

JANUARY 2024

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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

**WINTERFEST**  
**JANUARY 7, 2024**



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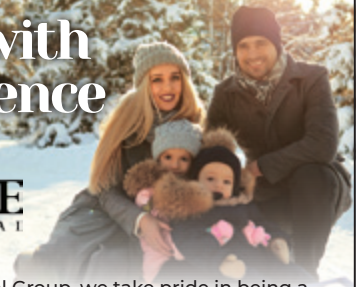


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\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

# ZUMBA

## LIKE A NIGHT OUT BUT A WORKOUT

Dance with Us at Zumba® Class  
Thursdays at 5:30pm and  
Saturdays at 9am  
Southwood Community Association  
\$5 first drop in

# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES

### 403-282-2226



# SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Drive SW, Calgary, Alberta, T2W 0W3

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

## BOARD OF DIRECTORS

President	Andrej Brajic	southwood.president@gmail.com	403-999-7379
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Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195
Learning Tree Preschool		learningtreepreschool@shaw.ca	403-479-4952

## Hall Rentals

Looking for a space to hold your next function or weekly/monthly meeting? The Southwood Community Hall is the perfect spot for birthdays/anniversaries, seminars/workshops, book clubs, day camps and playgroups, fitness classes and more! Discounted rental fees for community members! For more info, visit our website at [www.southwoodconnects.ca](http://www.southwoodconnects.ca) or call Lola at 403-474-3845.

### SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# SOUTHWOOD winter fest

FREE community event

January 7, 2024, 1- 4 p.m.

Southwood Community Hall  
11 Sackville Drive SW

- ❁ sleigh rides
- ❁ free skate rentals
- ❁ hot chocolate
- ❁ music
- ❁ firepit
- ❁ crafts



scan me to visit  
Facebook event

presented by the



# St. Stephen School Playground Update

How does one achieve a dream of constructing a project that will enhance the physical, mental, and emotional well-being of youth, both at a school and the surrounding community? The answer lies in the grit, determination, passion, and generosity of our St. Stephen School and Southwood community who know how important it is to create an environment that positively impacts not only children but the community as a whole for generations.

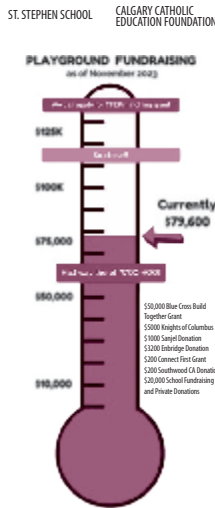
A playground ensures students at a school and the surrounding community have unstructured play opportunities that support physical, cognitive, social, and emotional development. Playgrounds build fine and gross motor skills. They encourage collaborative play, language development, and physical health. They also offer a safe space for children who prefer to play alone or to be alongside their peers. This playground has become an important part of the fabric that weaves our community together.

The facility will be developed to ensure accessibility. This is incredibly important as there are no playgrounds in the area that have been developed in such a manner.

The playground at St. Stephen's was constructed in the late 1990's and is at its end-of-life cycle. A playground committee of volunteer parents was created in 2022 to drive this important initiative. Fundraising has been ongoing over this time period with a myriad of events and incredible volunteerism from our community.

We are thrilled to announce that in November 2023, St. Stephen School in partnership with the Calgary Catholic Education Foundation (CCEF) found out it has secured \$50,000 for our playground through the Blue Cross Build Together grant.

We are well on our way to raising \$125,000 from our community and grants that we are actively applying for. Once we have reached this objective, we will be able to apply for the Alberta Community Facility Enhancement Program (CFEP) matching grant. When we secure this matching grant, we will then have about half a year to raise



any additional funds with the goal of building our new playground in Summer of 2025.

Please drop by our booth at Southwood Winterfest January 7, 2024, to see the proposed playground plans and speak with our team.



## SOUTHWOOD CA

This is your community newsletter with a mission to keep Southwood residents connected and involved in community life. The volunteer efforts of contributors and distributors ensure its success. This newsletter is printed monthly and is distributed without charge to all residents of Southwood.

Please check out our website, which contains useful information for you to access at [SouthwoodConnects.ca](http://SouthwoodConnects.ca).

### Newsletter Submissions

We welcome articles and letters from our readers. All submissions must be accompanied by a name and telephone number. Articles should be between 200 and 550 words and can be submitted to the newsletter editor.

We reserve the right to edit articles for appropriate content or length. Photographs of community events are also greatly appreciated. Editorial deadline is the first day of the month prior to publication.

We want to make our newsletter as complete as possible, to include all community events and programs. If we missed yours, please contact the newsletter editor.

**Newsletter** [newsletter.southwood@gmail.com](mailto:newsletter.southwood@gmail.com)

**Publisher** Great News Media

403-720-0762

[www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

**Distribution** Canada Post and Cadets

READY FOR  
**ZUMBA®**  
CLASS?

Thursdays at 5:30PM

11 Sackville Drive SE  
Southwood Community Centre

**403-630-5756**

# Get Your FREE Southwood CA Membership!

More and more Southwood residents are getting involved!

Connect with your community association to find out what makes Southwood a great community!

## Your community association offers:

- Community representation on city development issues
- Funding for special programs
- Management, upkeep, maintenance of our hall, hockey rink, community gardens
- Keeping residents informed through articles in the monthly community newsletter and on line at [www.Southwoodconnects.ca](http://www.Southwoodconnects.ca)
- Hall rentals (creating needed income for Southwood Community Association)
- Exclusive offerings for Southwood Community Association Members at community events

To register your household for a membership, you can do one of the following:

1. Go to [Southwoodconnects.ca/Memberships](http://Southwoodconnects.ca/Memberships).
2. Complete the form below and drop it off or mail it to the community association (11 Sackville Dr SW Calgary, Alberta T2W 0W3)

# Southwood Community Association Membership

**Valid until FEBRUARY 29, 2024**

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties.

Family Name:..... First Name: .....

Address: ..... Postal Code.....

Email:.....

*(Used only by SCA to send occasional emails about community issues and events)*

Phone #: ..... Cell #: .....

Can we contact you about upcoming activities? YES NO

Can we contact you about volunteer opportunities? YES NO

Casino volunteer? YES NO

Quarterly e-newsletter? YES NO

**THANK YOU FOR SUPPORTING YOUR COMMUNITY**

- Southwood Community Association meetings are held the third Thursday of each month at 7:00 pm – All are welcome. 11 Sackville Dr SW
- Have a voice and be informed about issues affecting our community
- Volunteer at Events. Join the Southwood community board



## Gentle Yoga

We will explore yoga poses, mindful movement, and tools for self-regulation, including breathing exercises. We will learn gentle ball rolling techniques that function like a tune-up for the body and bring awareness to the continuity of our fascia. Some classes will include Critical Alignment exercises to care for our spines. The intended effect of the practice is to leave feeling refreshed, calm, and ready for the rest of the day.

Three main goals of this class are adding variety to the way that we move and to practice sensing and responding to our body with kindness.

Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies. A squishy, apple-sized ball or a pair of thick socks rolled into a ball may be used in some classes. Please bring your own if you have one.

No prior yoga experience required.

June Kwak holds certifications from the Myofascial Yoga Institute of Canada (300Hr), the Yoga Studio College of Canada (RYT 200), Critical Alignment and Therapy (CAY-T Level IV), and Mindful Yin Yoga.

Wednesday mornings from 10:30 to 11:45 am

14 classes for \$156

Drop-ins (\$15) can be arranged if space permits. Please reserve your class at least a day in advance.

For new students, a 4-class pass (\$44), is available to see if the class is a good fit.

For more information and to register, contact June Kwak: [june@regroovenating.com](mailto:june@regroovenating.com) or 403-710-5126 (texts welcome).



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- Quick turnaround times

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*continued on next page*

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continued

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# Meet Your MLA



**Nagwan Al-Guneid**  
MLA for Calgary-Glenmore

**Diana Batten**  
MLA for Calgary-Acadia



**Register now!**  
**Wed Jan 31 6:30PM**  
**(403-640-1363)**

## SOUTHWOOD COMMUNITY CONNECTORS

### OUR VISION

A safe, inclusive, and welcoming community where residents are connected to each other, and to the resources and supports they need

### WHAT WE DO

- Connect Southwood residents with neighbours, resources, and supports
- Assist in the development of beneficial programs and projects
- Amplify community voices and concerns to explore effective solutions

### WHO WE ARE

Driven by passion and commitment, we are Southwood residents, working in partnership with the City of Calgary, to build stronger community connections

Website: [www.southwoodcc.ca](http://www.southwoodcc.ca)

Email: [southwoodcc1@gmail.com](mailto:southwoodcc1@gmail.com)

Find us on Facebook:  
Southwood Community Connectors





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Thursday:	8AM - 3PM
Friday:	8AM - 3PM
Saturday:	8AM - 2PM

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