

NOVEMBER 2024

DELIVERED MONTHLY TO 3,445 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



**CHECK OUT SOUTHWOOD
EVENTS FOR NOVEMBER!
PAGE 5**



HUDSON
IN PINE CREEK



SHOW HOME HOURS:
Monday – Thursday: 2-8pm
Friday By Appointment Only
Saturday, Sunday and Holidays: 12-5pm

GET IN TOUCH:
144 Creekstone Hill SW
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crystalcreekhomes.ca

*Find our ad inside for details.

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Fall Savings Event in Hudson!

\$50,000* in savings or 2.99%* exclusive interest rate on move-in ready homes!

Discover Hudson in Pine Creek, a stunning community with breathtaking views and amenities. Explore our immediate possession homes available this Fall and make your move today. Limited inventory available.



SHOW HOME HOURS:

Monday – Thursday: 2-8pm
Friday By Appointment Only
Saturday, Sunday and Holidays: 12-5pm

crystalcreekhomes.ca

GET IN TOUCH:

144 Creekstone Hill SW
403-930-6399
HUDSON@crystalcreekhomes.ca

*See sales centre for details.



MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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SOUTHWOOD COMMUNITY ASSOCIATION

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

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

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Southwood Community Gardens		southwoodcommunitygardens@gmail.com	

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 or call Lola at 403-474-3845.

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

NOVEMBER *EVENTS*

<p>MONDAY NOV 4 & 18 9:30 AM</p>	<p><i>Monday Morning Muffins</i></p>	<p>Coffee, Tea, and Muffins Southwood Community Hall, Pioneer Room</p>	
<p>THURS NOV 7 & 14 10:00 AM</p>	<p><i>Calgary's Cooking</i></p>	<p>Southwood Cooking Group Lutheran Church of the Cross</p>	
<p>FRIDAY NOV 8 3 PM</p>	<p><i>After School Craft</i></p>	<p>Seasonal Craft TBA Southwood Community Hall, Pioneer Room</p>	
<p>FRIDAY TBA 6:00 PM</p>	<p><i>Family Movie Night</i></p>	<p>Movie with Popcorn and Juice Lutheran Church of the Cross</p>	

teresa.mclaren@calgary.ca



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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.

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

Publisher Great News Media

403-720-0762

www.greatnewsmedia.ca

Distribution Canada Post and Cadets

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 act as 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 we move and to practice sensing and responding to our bodies with kindness. We will explore movements that resource our fascial matrix to resource ourselves.

Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies.

A squishy apple sized ball may be used in some classes as well as a Pilates stability ball (approximately 8 to 12 inches in diameter). Please bring your own if you have one. Extras are available to borrow.

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.

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

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

**READY FOR
ZUMBA®
CLASS?**

Thursdays at 7:00PM
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 online at 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.
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, 2025**

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



Southwood Community
Calgary's Cooking
Cooking Group



Planning Meeting
Thursday, November 7, 10-1 PM

Cook
Thursday, November 14, 10-3 PM

Lutheran Church of the Cross
10620 Elbow Dr. SW Calgary

For more information and to register contact Teresa:
teresa.mclaren@calgary.ca or 403-818-1849 or
apply at www.ckpcalgary.ca/calgarys-cooking

**Community
Kitchen**



**Lutheran Church
of the Cross**

**YOUTH
NIGHT**

LAST FRIDAY, EVERY MONTH

11 SACKVILLE DRIVE SW
5 TO 9 P.M.

AGES 10 - 18.
GAMES, PIZZA, POP, CHIPS, & MORE

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SCOTT COOK, SCOTT NOLAN & JOE NOLAN Nov 29, 2024
MADISON VIOLET Nov 29, 2023
CATHERINE MacLELLAN + MAMA'S BROKE Feb 7, 2023

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

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Get involved - come to
our next board meeting!

Thursday, November 21
7 to 9 p.m.

Southwood Community Hall
11 Sackville Drive SW
Pioneer Room

RIVER HORSE

Did you know that hippopotamuses can't swim!
Despite spending most of their time in the water
(almost 16 hours per day) they are unable to
float on the water because
of their dense bones.
Instead, they gallop, quite
gracefully, on the riverbed.



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Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



PREDICTABLE RESULTS:

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.

INVISIBLE APPEARANCE:



Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.

REMOVABLE:



Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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