# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



Monday — Thursday: 2-8pm Friday By Appointment Only Saturday, Sunday and Holidays: 12-5pm GET IN TOUCH: 144 Creekstone Hill SW 403-930-6399 hudson@crystalcreekhomes.ca



crystalcreekhomes.ca

\*Find our ad inside for details.

# **BMAX BROKERS**

## MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

#### **Services**

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www.jacksonjackson.ca



## 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

#### **GET IN TOUCH:**

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

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

ABSOLUTELY NO HIDDEN COSTS

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

- · 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

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

SALE \$9,379

Limited Supplies

ABSOLUTELY NO HIDDEN COSTS
Some restrictions may apply. Reg: \$12,679

We Also Specialize in En Suites & Custom Bathrooms
PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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All packages pertain to standard size bathrooms



# 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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Learning Tree Preschool		learningtreepreschool@shaw.ca	403-479-4952	
Community Engagement Coordinator	Carolina Villasenor	partnerships.southwood@gmail.com		
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.



**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.



MONDAY NOV 4 & 18 9:30 AM

Monday Morning Muttins

Coffee, Tea, and Muffins

Southwood Community Hall, Pioneer Room



THURS NOV 7 & 14 10:00 AM

Calgary's Cooking

Southwood Cooking Group

Lutheran Church of the Cross



FRIDAY NOV 8 3 PM

After School Craft

Seasonal Craft TBA

Southwood Community Hall, Pioneer Room



FRIDAY TBA 6:00 PM Family Movie Night

Movie with Popcorn and Juice Lutheran Church of the Cross



teresa.mclaren@calgary.ca



www.southwoodcc.ca





# 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

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# **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.

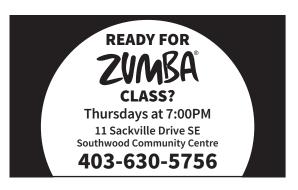
Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies.

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).



# **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
- Management, upkeep, maintenance of our hall, hockey rink, community gardens
- Hall rentals (creating needed income for Southwood Community Association)
- Funding for special programs
- Keeping residents informed through articles in the monthly community newsletter and online at www.Southwoodconnects.ca
- 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





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







# **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Southwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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**SOUTHWOOD MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**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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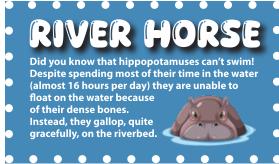
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#### PREDICTABLE RESULTS:

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 discreetlu.



#### 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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