JANUARY 2025

DELIVERED MONTHLY TO 3,500 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

WINTERFEST JANUARY 5, 12:00 TO 4:00 PM SLEIGH RIDES, ICE SKATING, AND MORE!





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Your Haysboro Community Dentist

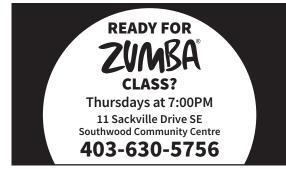
Special Promotion for Haysboro Residents* *Mention this ad when booking

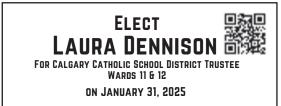
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Dr. Crystal Cobb is Joining the West Peaks Dental Team!

Dr. Cobb starts in January, call or scan the QR code to book an appointment with her today!



Suite 205, 125 Oakmoor PI SW Calgary, AB T2V 4A3 (403) 281-4264 westpeaksdentalsuite.ca



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
- \cdot Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$15,679

- 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 \$11,679 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
- Tile Schluter base
- Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$13,679

- 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 \$9,879 Limited Supplies

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



All Labour & Material Included

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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Southwood Community Gardens		southwoodcommunitygardens@gmail.com	
Southwood Community Social Worker	Sarah Thomas	sarah.thomas@calgary.ca	368-889-5168

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.



JANUARYEVENTS

MONDAY JAN 6 & 20 9:30 AM	Monday Morning Muffins	Drop by for Muffins, Coffee and Te Southwood Community Hall	a
THURS JAN 9 & 16 10 AM	Calgary's Cooking	Southwood Cooking Group Lutheran Church of the Cross	MEC N
FRIDAY JAN 17 6 PM	Movie Night	Community Movie, Popcorn and Ju Lutheran Church of the Cross	lice
TUES JAN 28 7 PM	Seasonal Craft	Winter Craft Southwood Community Hall Chateau Room	
Teresa McLare Southwood Cor 403-818-1849	n mmunity Connector	Calgary 🐵	resa.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
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).



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)
- Keeping residents informed through articles in the monthly community newsletter and online at www.Southwoodconnects.ca

• Funding for special programs

• 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 communit,	y issues and e	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

JOIN US!

Southwood Community Conversations

YOUR IDEAS, YOUR SOUTHWOOD: LET'S PLAN 2025!

We want to hear about what is important to you, your ideas, concerns, and what you would be excited to see happen in Southwood in 2025! Over December and January, myself and Teresa McLaren, Southwood's Community Connector, are hosting a series of community conversations with in-person and virtual options for us to meet and connect.

IN-PERSON

- Monday, January 20th, 9:30am-11:30am @ the Southwood Community Association (muffins, coffee, and tea will be served).
- Tuesday, January 14,7-8:30pm @ the Southwood Community Association (juice, tea, and light snacks will be served).

VIRTUAL - Microsoft Teams

- Thursday, January 23 @ 12:00pm 1:00pm
- Wednesday, January 29 @ 7:00pm-8:00pm
- Text or Email for virtual meeting link.

We can also meet one-on-one or you could share your ideas and feedback over email/text/phone call - I am happy to connect however is best for you. Sarah's Phone Number: 368-889-5168

Sarah's Email: sarah.thomas@calgary.ca





Get involved - come to our next board meeting!

Thursday, January 16 7 to 9 p.m.

Southwood Community Hall 11 Sackville Drive SW Pioneer Room

YOUTH NIGHT

11 SACKVILLE DRIVE SW

5 TO 9 P.M.

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

INFO@SOUTHWOODCONNECTS.CA



TAKE ON WELLNESS

Preventing Slips, Trips, and Falls During the Winter Months

by Alberta Health Services

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips To Prevent Falls and Other Injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level.
 Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.

• Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing, or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well, and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 9-1-1. If your condition is not life-threatening, call Health Link 811 for health advice or information.





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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.

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Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.







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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.





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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