JULY 2025 DELIVERED MONTHLY TO 3,500 HOUSEHOLDS SOUTHWOODCOnnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER





DISCREET & CONVENIENT TEETH STRAIGHTENING



"Your Oral Health Is Our Priority"

COMFORTABLE:

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:

SHORTER TREATMENT:

IMPROVED ORAL HEALTH:

treatment plans.

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.

In some cases, Invisalign may offer a shorter treatment duration compared to traditional

braces, thanks to precise and personalized

Being able to remove the clear aligners when

necessary makes it easier to practice good

oral hugiene 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 decau.



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

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.





EXPLORE OUR WEBSITE www.symmetrydental.ca

All services provided by a general dentist

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: \$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 \$12,679
 Limited Supplies

SUPREME 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
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps

ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$17,789

- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

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

SALE \$14.639

Limited Supplies



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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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.





YOUTH NIGHT

LAST FRIDAY, EVERY MONTH

11 SACKVILLE DRIVE SW 5 TO 9 P.M.

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

INFO@SOUTHWOODCONNECTS.CA





READY TO INCREASE YOUR CURB APPEAL?

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

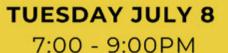
> Curbing will beautify your landscape and add value to your property

KILBCO

Free Estimates www.kilbco.com | 403-870-0737 Free Community Art Night

Makers Night

Join us once a month for Makers Night - a relaxed, social evening where you can work on your projects, share supplies, and connect with others. All crafts and skill levels welcome! We supply the snacks, basic supplies, you bring your projects! No registration needed—just drop in!



Southwood Community Hall 11 Sackville Drive SW





MONDAY MORNING MEETUPS



Every Second Monday July 14 & 28 10am–12pm Southwood Community Hall – Pioneer Room (11 Sackville Dr)

Drop in for a coffee and snacks and meet your neighbours!

For more info contact Teresa McLaren Southwood Community Connector teresa.mclaren@calgary.ca 403-818-1849



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
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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 28, 2026

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 SUMMER DROP IN

Free, weekly drop-in Summer Club for Southwood youth ages 12 and up. Each week will feature fun activities and snacks.

WEDNESDAYS AT THE SOUTHWOOD COMMUNITY ASSOCIATION 1:30PM-4:30PM. JULY 2, 9, 16, 23, 30, AUGUST 6, 13, & 27.

Contact Sarah Thomas (Southwood Community Worker). sarah.thomas@calgary.ca 368-889-5168 for more details.

JULY 22 COMMUNITY NATURE WALK SOUTHWOOD

Join staff from Calgary Parks and learn about the local plants and wildlife in our communities. Through a guided walk and activities, you will explore one of the many neighborhood greenspaces within Calgary and discover the wild right in your backyard.

Registration Required. Please contact sarah.thomas@calgary.ca for the link or visit the City of Calgary website - Free Summer Activites.





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BUSINESS CLASSIFIEDS

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/ electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

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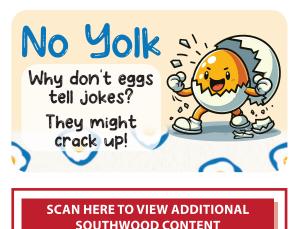
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

MAKO WATERPOLO IS LOOKING TO GROW! Join our fun, safe, and exciting club! Our certified coaches teach swim safety while building skills, confidence and teamwork. Great atmosphere, a fastpaced season and unbeatable value. No experience needed — just a love for water and fun! Boys and Girls teams, ages 6-17. Registration opens in August! www.makowaterpolo.com.





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YOUR CITY OF CALGARY

Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets. driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called Stormwater stormwater. picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

Word of the Month Lugubrious: Adjective (loo-GOO-bree-us)

Looking or sounding very gloomy and sad. He droned on in his lugubrious tone.







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Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!

www.kilbco.com

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Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

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