

MAY 2025

DELIVERED MONTHLY TO 3,500 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

SOUTHWOOD PLANT SALE!

SATURDAY, MAY 24

SEE PAGE 7



Dr. Ernest Olamide Ayeni

FAMILY PHYSICIAN

MBBS 2012
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MRCGP - Membership of the Royal College of General Practitioners
LMCC - Licentiate of the Medical Council of Canada
CCFP - Certification in the College of Family Physicians

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Dr. Ayeni has managed patients in both community and hospital settings, specializing in areas such as geriatric and preventive medicine, mental health, and more.





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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: \$15,679

SALE \$11,679

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
- 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

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

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

Twitter: @SouthwoodYYC Facebook: Southwood Connects

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OTHER CONTACTS

Southwood Hall General Manager	Kaitlen Neal	southwoodcommunitygm@gmail.com	
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Neighbourhood Partnership Coordinator	Jenna Findlater	jenna.findlater@calgary.ca	403-479-4952
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195
Learning Tree Preschool		learningtreepreschool@shaw.ca	403-479-4952
Community Engagement Coordinator	Carolina Villaseñor	partnerships.southwood@gmail.com	
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.



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!

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YOUTH NIGHT

LAST FRIDAY, EVERY MONTH

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5 TO 9 P.M.

AGES 10 - 18.

GAMES, PIZZA, POP, CHIPS, & MORE

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Southwood Community Events - May 2025

MAY 1	10:00am - 1:00pm	Southwood Cooking Program - Planning Meeting Lutheran Church of the Cross - 10620 Elbow Dr. SW Calgary Contact Teresa for details: teresa.mclaren@calgary.ca or 403-818-1849.
MAY 2	4:30pm - 6:30pm	Soup for the Soul: Indigenous Storytelling with Elder Adrian Wolfleg Southwood Community Hall - 11 Sackville Drive SW Free community event with soup and bannock. Please email or text Sarah to register: sarah.thomas@calgary.ca 368-889-5168
MAY 6	7:00pm - 9:00pm	Makers Night Southwood Community Hall - 11 Sackville Drive SW Free Drop-In craft night for all skill levels. We supply the snacks, basic supplies, you bring your projects!
MAY 8	10:00am - 3:00pm	Southwood Cooking Program - Cook Lutheran Church of the Cross - 10620 Elbow Dr. SW Calgary Contact Teresa for details: teresa.mclaren@calgary.ca or 403-818-1849.
MAY 9	6:30pm - 8:00pm	Family Craft Night - Painting Flower Pots Southwood Community Hall - 11 Sackville Drive SW Free Community Event. Supplies, snacks, and refreshments will be provided. Contact Teresa to register: teresa.mclaren@calgary.ca or 403-818-1849.
MAY 12	10:00am - 12:00pm	Morning Meet Up Southwood Community Hall - 11 Sackville Drive SW Drop in for a coffee and snacks and meet your neighbours!
MAY 13	7:00pm - 10:00pm	Southwood Gamers Guild Southwood Community Hall - 11 Sackville Drive SW Get together, play some games, and have fun! Player fees \$5.00/night. Southwood Community Association Members play for free.
MAY 15	7:00pm - 9:00pm	Southwood Community Association Meeting Southwood Community Hall - 11 Sackville Drive SW
MAY 20	7:00pm - 9:00pm	Sourdough Workshop with Kristen of Homestead Bread Southwood Community Hall - 11 Sackville Drive SW Free Community Event - Registration required. Contact Teresa for details: teresa.mclaren@calgary.ca or 403-818-1849.
MAY 24	2:00pm - 4:00pm	Southwood Community Garden Plant Sale Southwood Community Hall - 11 Sackville Drive SW Plants are started and donated by garden and community members. All proceeds will go towards Southwood Community Garden projects.
MAY 26	10:00am - 12:00pm	Morning Meet Up Southwood Community Hall - 11 Sackville Drive SW Drop in for a coffee and snacks and meet your neighbours!
MAY 27	7:00pm - 10:00pm	Southwood Gamers Guild Southwood Community Hall - 11 Sackville Drive SW Get together, play some games, and have fun! Player fees \$5.00/night. Southwood Community Association Members play for free.
MAY 30	5:00pm - 9:00pm	Southwood Community Association Youth Night Southwood Community Hall - 11 Sackville Drive SW Free Drop-In Youth Night with Pizza! Ages 10-18.





Plant Sale

SATURDAY MAY 24
2 - 4 P M

11 SACKVILLE DR SW

GROUND CONTROL TO MAJOR TOM

On May 12, 2013, an unlikely beautiful voice in space emerged. Canadian astronaut Chris Hadfield, aboard the International Space Station, fittingly recorded a cover of David Bowie's "Space Oddity". His video, featuring him floating in zero gravity while singing, quickly went viral.





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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BUT A WORKOUT**

Dance with Us at Zumba® Class
Thursdays at 5:30pm and
Saturdays at 9am
Southwood Community Association
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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 involved - come to
our next board meeting!**

**Thursday, May 15
7 to 9 p.m.**

**Southwood Community Hall
11 Sackville Drive SW
Pioneer Room**

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 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





Hello Southwood residents!

I am your City of Calgary Community Worker, Sarah Thomas

What does a Community Worker do?

- We connect residents with one another to increase a sense of belonging for everyone.
- We work with residents to build their awareness on social issues that impact their neighborhood.
- We collaborate with residents to work on initiatives and projects in response to their neighborhood interests and needs.
- We create opportunities for networking, conversation, and skill building.
- We support residents to be champions and leaders of their neighborhoods, by creating leadership training and offering meaningful volunteer opportunities.

What guides our work in the community?

- We believe residents have the knowledge and skills to make a difference in their community.
- We believe each person in the community has gifts and talents that can benefit others and their community.
- We believe residents have deeper knowledge on how to make their neighborhood even better place to live.

Do you have ideas for what you want for your neighborhood?

I would love to have a coffee/meeting to hear your ideas and thoughts.

Please call me at (368) 889-5168 or email me at sarah.thomas@calgary.ca

STAY CONNECTED

Where to find out what is happening in Southwood:



Southwood Community Connectors Website

<https://www.southwoodcc.ca/>



Southwood Community Association Website

<https://www.southwoodconnects.ca>



Southwood Community Connector Email Newsletter

Email us to sign up: info@southwoodcc.ca

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Southwood Community Connectors Facebook Page:

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- Run by the Southwood Community Connector and Community Development Worker.



Southwood Connects Facebook Group:

@Southwoodconnects

<https://www.facebook.com/groups/southwoodconnects>

- Run by the Southwood Community Association
- Make sure you check the EVENTS section on the Facebook group to see the list of upcoming events.



Southwood Connects Instagram

@southwoodconnects



Southwood Connects Mail Flyer

- Delivered monthly via mail to all residents.
- The flyer and other news are also posted online:
<https://mycalgary.com/communities/calgary/sw/southwood/>



Volunteer with the Southwood Community Association!

Open opportunities:

Secretary

Director of Newsletter

Director of Facility and Rink
and more!

Learn more & apply: send an email to:

communications@southwoodconnects.ca



Word of the Month

Filipendulous: adjective
(fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of
filipendulous drawings and artworks.

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News, Events, & More



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