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THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER

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SOUTHWOOD COMMUNITY ASSOCIATION

Memberships

THE SOUTHWOOD COMMUNITY ASSOCIATION WILL REIMPLEMENT MEMBERSHIP DUES MARCH 2026

HOUSEHOLD $15/YEAR

SENIOR (55+) $5/YEAR

Membership gives you discounts on hall rentals, programs, events, access to membership communications, is required for community garden bed rental and allows one vote at Community Association General Meetings

BUSINESS MEMBERSHIP $25/YEAR

Business membership will give your business recognition on our website, social media and membership communications, as well as partnership with events and programs

SIGN UP ON OUR WEBSITE

HTTPS://SOUTHWOODCA.GETCOMMUNAL.COM/MEMBERSHIPS

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: $17,679**

SALE $13,879

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: $20,679**

SALE $15,679

Limited Supplies

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

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Website: SouthwoodConnects.ca
Facebook: Southwood Connects

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Learning Tree Preschool		info@thelearningtreeyyc.com	825-540-1202
Air Cadets	Andrea Chant	sscchair52rcac@gmail.com	403-461-5195

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 information, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.

Board Meeting

Board meetings are held on the third Tuesday of the month.

Our next board meeting is Tuesday, April 21 from 7:00 to 9:00 pm! Join us in the Chateau room at the Community Hall | 11 Sackville Drive SW.

SCAN HERE TO VIEW ADDITIONAL SOUTHWOOD CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics

2026 MEMBERSHIP REGISTRATION

- Members recieve discounts on hall rentals
- Exclusive offerings for SCA members at community events and programs
- Members are kept informed through emails and email newsletters
- Membership allows for one vote at Community Association General Meetings
- Promotional opportunities available for Business members
- SCA keeps residents informed through the community newsletter, social media, the website southwoodconnects.ca
- The SCA maintains the community hall, skating rinks, and garden
- The SCA represents the community on city development issues

To register for a membership you can do one of the following:

1. Go to www.southwoodconnects.ca Get Involved>Membership and pay by credit card online
2. Complete the form below with payment by cheque to Southwood Community Association or cash and drop off or mail to the Southwood Community Association (11 Sackville Dr. SW, Calgary, AB T2W 0W3)

MEMBERSHIP VALID UNTIL FEBRUARY 28, 2027

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties

FULL NAME _____

ADDRESS _____

EMAIL _____

PHONE _____

OTHER HOUSEHOLD MEMBERS _____

_____

MEMBERSHIP TYPE

- ☐ SENIOR (55+) $5/YEAR
- ☐ HOUSEHOLD $15/YEAR
- ☐ BUSINESS $25/YEAR

INTEREST

- ☐ CONTACT ME TO VOLUNTEER
- ☐ E-NEWSLETTER OPT IN
- ☐ GARDEN BED ADD ON $20

THANK YOU FOR SUPPORTING YOUR COMMUNITY

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@southwoodconnects.ca
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).

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.

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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!

TUESDAY APRIL 14
7:00 - 9:00PM

Southwood Community Hall
11 Sackville Drive SW

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Word of the Month

Effervescent: *adjective* (eh-fur-veh-sent)

Describes a person who is enthusiastic, full of energy, or lively. It may also describe a bubbly drink!

They have a strong and effervescent personality.

Lutheran Church of the Cross

Tai Chi in Southwood

Free community series for all ages and abilities.

Connect with your body, build balance, and enjoy gentle movement with neighbours this winter!

Tai Chi is a gentle, mindful flowing practice of slow movements and deep breathing that supports overall well-being.

What to Expect

- Resident led series.
- A welcoming, beginner-friendly class.
- Slow, gentle movements focused on balance and grounding.
- Drop in style! No registration required!
- No equipment required — just comfortable clothing and a water bottle.

Upcoming Dates:

- Sunday, April 12 @ 3-4pm
- Sunday, April 19 @ 3-4pm
- Sunday, April 26 @ 3-4pm

Location:

Southwood Community Association
Pioneer Room (Lower Level).
11 Sackville Drive SW.

Calgary

Any questions? Contact Michael at michaelianderson03@live.com

SOUTHWOOD COMMUNITY ASSOCIATION

Southwood COMMUNITY FOOD PANTRY

TAKE WHAT YOU NEED, LEAVE WHAT YOU CAN

ITEMS ACCEPTED

- Canned Goods
- Dry Goods
- Powdered or boxed drinks.
- Sealed shelf-stable items (nut butters, baby formula, crackers, granola bars, etc.)

ITEMS NOT ACCEPTED

- Perishable food
- Opened packages
- Homemade food
- Alcohol

LOCATION

Southwood Community Association
11 Sackville Drive SW.
Outside the main doors.

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See in store for details.

amaranth.

Whole Foods Market

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BRAIN GAMES

SUDOKU

					2		4	3
				6	3		8	9
				9		5		
		7		3			9	2
	3				7		5	
1	2				9	7	3	
		5		8				
2	1		3	7			6	
4	6		9					

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Boots, *Richmond Hill*

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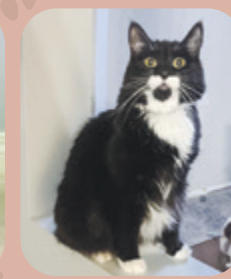
Miss Sadie, *Bonavista*

Ruby, *Bridlewood*



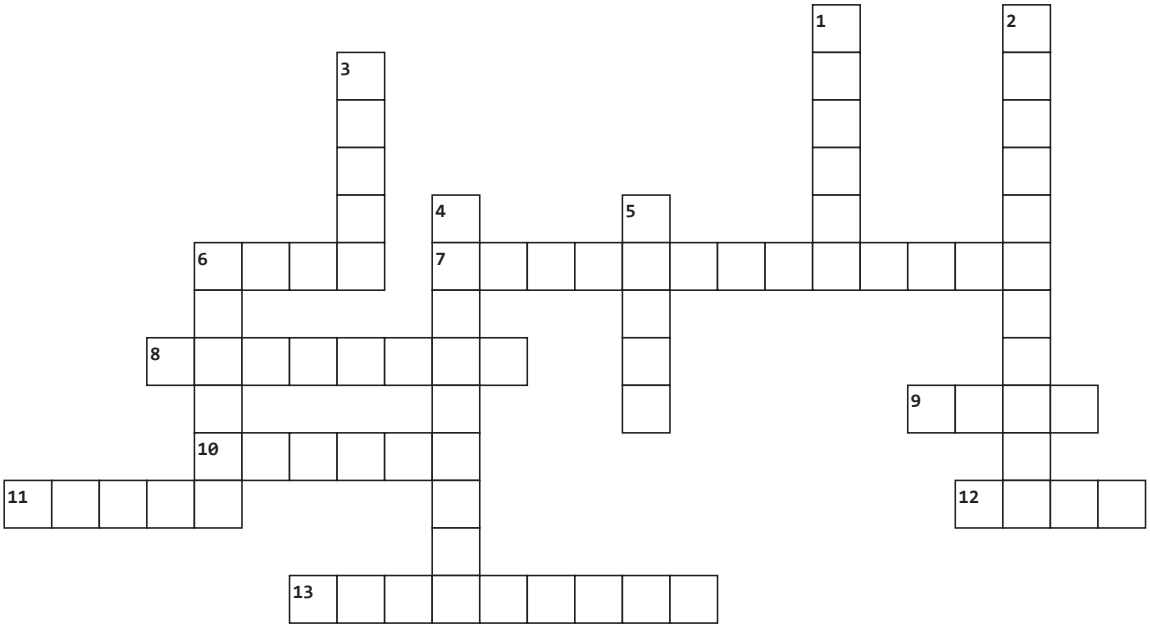
Secret Agent Randy Beans, *Somerset*

Smokey, *Tuxedo Park*

Peanut, *Westhills*

To have your pet featured, email news@mycalgary.com

April Crossword



Across

6. The express mail service, the _____ Express, started delivering mail by horse-and-rider relay teams on April 3, 1980.
7. The first exhibition of this type of art opened in Paris on April 15, 1874, featuring artists such as Monet, Degas, and Renoir.
8. The dystopian novel *Never Let Me Go* by Kazuo _____ was originally published on April 5, 2005.
9. Johnny _____ released one of his biggest hits "Ring of Fire" in April 1963.
10. On April 6, 1896, the first modern Summer Olympics opened in Greece's capital city.
11. On April 1, 2004, Google launched this email service.
12. This Queen of England knighted scientist Isaac Newton on April 16, 1705, at Trinity College.
13. Ludwig van _____ dated the manuscript of one of his most popular compositions "Für Elise" on April 27, 1810.

Down

1. Grace Kelly married Prince Rainier III, a prince of this European microstate, in April 1956.
2. Canadian actor Hayden _____, famous for his role as Anakin Skywalker, celebrates his birthday on April 19.
3. One of April's birth flowers, the _____, is a symbol of innocence and purity.
4. This technology company was founded by Bill Gates and Paul Allen on April 4, 1975.
5. David Lynch's crime drama series, *Twin* _____, premiered on April 8, 1990.
6. *Last of Us* star, Pedro _____, was born on April 2, 1975, in Santiago, Chile.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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Support Victoria Fortuna and Her Family After a Tragic Highway Accident

Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥

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May 8-17

bigbooksale.ca

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