


FEBRUARY 2026

DELIVERED MONTHLY TO 2,900 HOUSEHOLDS

# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



**SOUTHWOOD SEED AND SUPPLY SWAP**  
**SATURDAY, FEBRUARY 28, 1:00 TO 3:00 PM**

**SMART SELLERS START HERE.**



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FIND OUT YOUR  
HOME VALUE



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# Southwood Seed & Supply Swap

**FEBRUARY 28<sup>TH</sup>, 1-3PM**

**SOUTHWOOD COMMUNITY HALL  
11 SACKVILLE DR SW**

**GET, GIVE, & TRADE SEEDS & SUPPLIES**

**Bring your:** seeds & bulbs, plant pots, plant trays, garden accessories (ties, stakes, etc), garden tools, bagged soil to trade, or food for the food pantry

**For more information contact:**  
[gardens@southwoodconnects.ca](mailto:gardens@southwoodconnects.ca)



## 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](https://southwoodca.getcommunal.com/memberships)**





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**READY FOR ZUMBA® CLASS?**

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11 Sackville Drive SE  
Southwood Community Centre  
**403-630-5756**



# SOUTHWOOD COMMUNITY ASSOCIATION

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

Telephone: 403-259-0919

Website: [SouthwoodConnects.ca](http://SouthwoodConnects.ca)

Twitter: @SouthwoodYYC Facebook: Southwood Connects

## BOARD OF DIRECTORS

President	Andrej Brajic	<a href="mailto:president@southwoodconnects.ca">president@southwoodconnects.ca</a>	403-999-7379
Vice President	Open	<a href="mailto:vp@southwoodconnects.ca">vp@southwoodconnects.ca</a>	
Treasurer	Angelica Hiza	<a href="mailto:treasurer@southwoodconnects.ca">treasurer@southwoodconnects.ca</a>	
Secretary	Open	<a href="mailto:secretary@southwoodconnects.ca">secretary@southwoodconnects.ca</a>	
Director of Communications	Open	<a href="mailto:communications@southwoodconnects.ca">communications@southwoodconnects.ca</a>	
Director of Memberships	Teresa McLaren	<a href="mailto:membership@southwoodconnects.ca">membership@southwoodconnects.ca</a>	
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## OTHER CONTACTS

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Casino Chair	Paul Webber	<a href="mailto:southwoodcasino@gmail.com">southwoodcasino@gmail.com</a>	
Ice Rinks Coordinator	Paul Webber		
Community Garden Coordinator	Teresa McLaren	<a href="mailto:gardens@southwoodconnects.ca">gardens@southwoodconnects.ca</a>	
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Community Resource Officer CPS	Cst. Matt Forest	<a href="mailto:pol5067@calgarypolice.ca">pol5067@calgarypolice.ca</a>	403-428-6642
Neighbourhood Partnership Coordinator	Jenna Findlater	<a href="mailto:jenna.findlater@calgary.ca">jenna.findlater@calgary.ca</a>	
Community Social Worker	Sarah Thomas	<a href="mailto:sarah.thomas@calgary.ca">sarah.thomas@calgary.ca</a>	368-889-5168
Learning Tree Preschool		<a href="mailto:info@thelearningtreeyycc.com">info@thelearningtreeyycc.com</a>	825-540-1202
Air Cadets	Andrea Chant	<a href="mailto:sscchair52rcac@gmail.com">sscchair52rcac@gmail.com</a>	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](http://www.southwoodconnects.ca) or call Lola at 403-474-3845.

## Board Meeting

**Board meetings have changed to the third Tuesday of the month.**

Our next board meeting is Tuesday, February 17 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



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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## 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](http://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](mailto:newsletter@southwoodconnects.ca)

**Publisher** Great News Media

403-720-0762

[www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

**Distribution** Canada Post and Cadets

**ZUMBA**

**LIKE A NIGHT OUT  
BUT A WORKOUT**

Dance with Us at Zumba® Class  
Thursdays at 5:30pm and  
Saturdays at 9am  
Southwood Community Association  
\$5 first drop in

## 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](mailto: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.

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.





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 FEBRUARY 10**

**7:00 - 9:00PM**

Southwood Community Hall  
11 Sackville Drive SW

Calgary





**MONDAY MORNING MEETUPS**

Every Second Monday  
February 9 & February 23  
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 Sarah  
sarah.thomas@calgary.ca 368-889-5168

Calgary



**Community MOVIE NIGHT**

FREE Friday, February 20, 6:00-8:00 pm

Lutheran Church of the Cross  
Fellowship Hall  
10620 Elbow Drive SW

All are welcome  
Those under 18 must be accompanied by an adult  
Popcorn and refreshments will be provided  
This is a free community event  
Drop ins welcome

Featured Movie:  
**TDD**

For more information and to register contact Sarah  
sarah.thomas@calgary.ca or 368-889-5168

Calgary

Lutheran Church of the Cross



**SOUTHWOOD COMMUNITY ASSOCIATION**

# Volunteer Opportunities

THE SOUTHWOOD COMMUNITY ASSOCIATION BOARD IS  
LOOKING TO FILL THE FOLLOWING POSITIONS:

- VICE PRESIDENT
- TREASURER
- SECRETARY
- DIRECTOR OF COMMUNICATIONS
- DIRECTOR OF PROGRAMS
- DIRECTORS AT LARGE

Commitment is until next AGM in June 2026  
Interested? Attend our next board meeting or  
email us: [board@southwoodconnects.ca](mailto:board@southwoodconnects.ca)



# 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](http://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](http://southwoodconnects.ca)
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 Tuesday 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 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.



# 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.



## Dates:

- Sunday, January 11<sup>th</sup> @ 3-4pm
- Sunday, January 18<sup>th</sup> @ 3-4pm
- Sunday, January 25<sup>th</sup> @ 3-4pm
- Sunday, February 1<sup>st</sup> @ 3-4pm
- Sunday, February 8<sup>th</sup> @ 3-4pm

## Location:

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



Any questions? Contact Michael at [michaelianderson03@live.com](mailto:michaelianderson03@live.com)



## Cats, Canines, & Critters of Calgary



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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](http://www.communitymediation.ca), 403-269-2707.

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**BRAIN  
GAMES**

SUDOKU

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

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FOR THE SOLUTION**

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+



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## Made like they were back in 1822.

Only at  
 amaranth.



## GAMES & PUZZLES

### Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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QR CODE  
FOR THE  
ANSWERS!



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@pmakarate provincial martial arts association www.provincialmartialarts.ca

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\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

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thrive, and make this  
publication possible.

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