

JANUARY 2026

DELIVERED MONTHLY TO 2,900 HOUSEHOLDS

# SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



## SOUTHWOOD WINTERFEST SATURDAY, JANUARY 10, 1:00 TO 4:00 PM

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FREE TRIAL CLASS

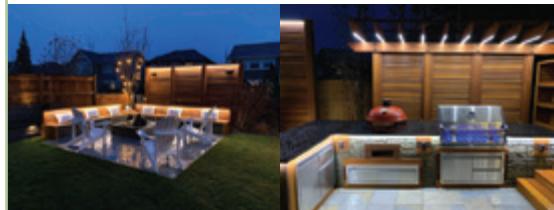
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## Contact Us

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**(403) 269-8308**

Tues, Wed, Thur: 8:30 am - 4:30 pm  
Monday by appointment only.



# 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	president@southwoodconnects.ca	403-999-7379
Vice President	Open	vp@southwoodconnects.ca	
Treasurer	Angelica Hizsa	treasurer@southwoodconnects.ca	
Secretary	Open	secretary@southwoodconnects.ca	
Director of Communications	Open	communications@southwoodconnects.ca	
Director of Memberships	Teresa McLaren	membership@southwoodconnects.ca	
Director of Development and Traffic	William Mesquita	development@southwoodconnects.ca	
Director at Large	Claire Prokopenko	info@southwoodconnects.ca	
Director at Large	Kim Kartushyn	kim@southwoodconnects.ca	
Director at Large	Emma McCaul	emma@southwoodconnects.ca	
Newsletter Editor	Open	newsletter@southwoodconnects.ca	

## OTHER CONTACTS

Facility Coordinator	Sherry Cousins	gm@southwoodconnects.ca	
Hall Rental	Lola Medjedovich	hallrental@southwoodconnects.ca	403-474-3845
Casino Chair	Paul Webber	southwoodcasino@gmail.com	
Ice Rinks Coordinator	Paul Webber		
Community Garden Coordinator	Teresa McLaren	gardens@southwoodconnects.ca	
Webmaster	Claire Prokopenko	webmaster@southwoodconnects.ca	
Community Resource Officer CPS	Cst. Matt Forest	pol5067@calgarypolice.ca	403-428-6642
Neighbourhood Partnership Coordinator	Jenna Findlater	jenna.findlater@calgary.ca	
Community Social Worker	Sarah Thomas	sarah.thomas@calgary.ca	368-889-5168
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](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, January 20 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**

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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

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**LIKE A NIGHT OUT  
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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!



**SECOND TUESDAY OF THE  
MONTH**

7:00 - 9:00PM

Southwood Community Hall  
11 Sackville Drive SW





# MONDAY MORNING MEETUPS



Every Second Monday  
January 12 & January 26  
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 NO REGISTRATION REQUIRED

Friday, January 16, 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:  
**TBD**

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

Calgary

Lutheran Church of the Cross




# Southwood Winterfest

**JANUARY 10<sup>TH</sup> 2026**

**1-4 PM**

Southwood Community Hall  
11 Sackville Dr. SW

# Volunteer Opportunities

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

**VICE PRESIDENT**

**SECRETARY**

**DIRECTOR OF COMMUNICATIONS**

**NEWSLETTER**

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
- Management, upkeep, maintenance of our hall, hockey rink, community gardens
- Hall rentals (creating needed income for Southwood Community Association)
- Funding for special programs
- Keeping residents informed through articles in the monthly community newsletter and online at [www.Southwoodconnects.ca](http://www.Southwoodconnects.ca)
- 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**



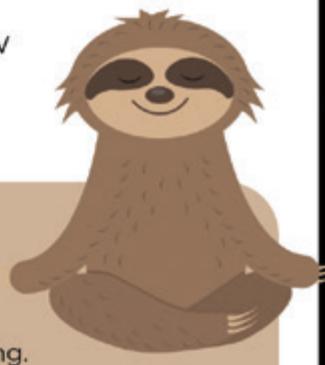
**Southwood Community Association**  
11 Sackville Drive SW.  
Outside the main doors.

# 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.

Calgary



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

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SCAN ME

### BRAIN GAMES

### SUDOKU

			2			8	6	
9			8				2	
				1	3			9
6				2				
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3	7					1	2	

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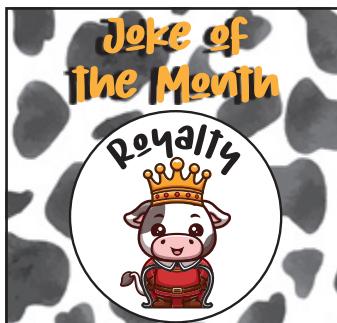
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of cow wears  
a crown?  
A dairy queen

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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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## Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

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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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Trust + Transformation Together



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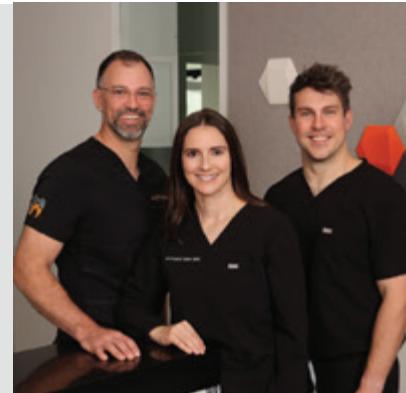
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