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RRROCA REPORTER



JANUARY | 2018

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The official monthly publication of the Rocky Ridge & Royal Oak Community Association

OPENING THIS MONTH!
ROCKY RIDGE RECREATION
FACILITY *photo by Brian Keenan*



CIRCULATION | 7600

ROCKY RIDGE & ROYAL OAK
COMMUNITY ASSOCIATION
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2018

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YOUR CITY SECTION

Check out these important
updates from The City of Calgary

Storm ponds have an important job to do, even in the winter. For health and safety reasons, you should stay out of the water, and off of frozen ponds. **Calgary.ca/StormPond**

Become more active and creative this winter by joining Calgary Recreation programs. The Winter Recreation Guide is now available. **Calgary.ca/Recreation**

Applying for a home improvement project just got 51 times easier, with our new online application form. **Calgary.ca/MyHome**

Make it a green Christmas and compost your real tree using your green cart or drop it off. **Calgary.ca/ChristmasTree**

Learn about the Community Drainage Improvement program, and how The City is addressing stormwater flooding in the SW communities of Woodlands, Woodbine, Cedarbrae and Braeside. **Calgary.ca/WWCDI**

facebook.com/thecityofcalgary
twitter.com/cityofcalgary
calgarycitynews.com



Vice President's Message

Happy New Year!

By Jenna Mortis, RRROCA Vice President

I hope everyone had a great holiday season in 2017. I am very excited to be taking on the role of Vice President for RRROCA in 2018. We're looking forward to a great year! With some awesome upcoming community events, and the addition of the

RRROCA Park and our new community rink, 2018 is shaping up to be a great year for our community.

If you're interested in getting involved with RRROCA, we are always looking for great volunteers to help with events, our community rink, and our upcoming Spring Sports Program. If can't commit your time to volunteering with us, you can still support RRROCA by purchasing a membership! Learn more by visiting www.rrroca.org.



MARK YOUR CALENDARS

- **January 1:** New Year's Day
- **January 15:** Opening of Rocky Ridge Recreation Facility



CAR TIPS TO HELP YOU SURVIVE WINTER

We all know that winter driving is a whole different beast with seemingly more snow, ice, and slush every year to get in our way. Here are a few quick tips to ensure you're prepared for any wild weather this season brings:

WINTER TIRES: Switch to winter tires when temperature drops below 7°C.

TIRE PRESSURE: Check it once a month, when the vehicle has not been driven for at least four hours. It's an early warning system that will reduce the chances of low pressure which can lead to flats.

EMERGENCY WARMTH: Keep a warm sleeping bag, extra layers and tea light candles in the car in case of a breakdown.

FUEL UP: Don't let your gas tank get below the half full mark and keep water and snacks on hand for yourself.

- newscanada.com



For trip planning to Disney, Europe, the beach and more!



WWW.PLANESTRAINSANDKIDS.CA



West Valley Softball

By Sherry Gavlin, Program Coordinator for the Silver Springs Community Association

Are you interested in playing softball with us? Registration begins in late December for the 2018 season. West Valley is the designated softball program for children in your community wishing to play softball, and we offer a Learn To Play program for children born between 2010-2013 and a softball program for those born 1999-2009. The softball season runs late April to mid July. For more information, please check out the West Valley website at www.westvalleysoftball.com, email me at ssca2@shaw.ca, or give me a call at 403-288-2616. West Valley happily accepts JumpStart and KidSport funding.

REPORTER - EDITORIAL POLICY

The official newsletter of the Rocky Ridge Royal Oak Community Association

We welcome community content, including community event listings, area school updates, senior and youth content, and more. All content appears at the discretion of the RRROCA Board of Directors, the Newsletter Editor, and Mind's Design Publishing, in accordance with these guidelines. All submissions may be edited for length, grammar, and spelling. Any questions about this policy should be directed to the Editor (newsletter@rrroca.org).

SUBMISSION GUIDELINES: All content submitted to the Editor for publication must be both community-related and family-friendly.

Please note that we are no longer accepting announcement requests (e.g., birthdays, weddings, etc.) for publication in the newsletter.

Articles should be no more than 500 words in length. They should not contain any advertorials, creative writing (short stories or poetry), political statements/messages, or anything of a highly charged nature. Photos should be high-resolution JPEGs (300dpi or greater). Both professional and amateur photographer's submissions are welcome. Though it is not possible for us to offer monetary compensation for submissions, you will receive credit for the photo (i.e., your name printed alongside your photo). If selected, photos will appear either on the cover or in the Local Photographers Page.

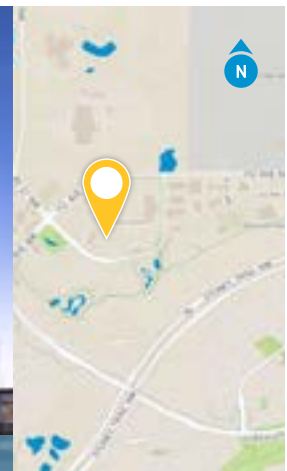
SUBMISSION DEADLINES:

Community content is due on the 8th of the current month for the following month's issue. Advertising is due on the 15th of the current month for the following month's issue.

All advertising enquiries should be directed to info@mindsdesign.ca.

FOR LEASE

The Link at Royal Vista
19 Royal Vista Link NW



Tired of the commute? Work next to where you live!

Located in Northwest Calgary, the most under serviced office and medical quadrant, The Link at Royal Vista is a new development by MartinVest Corporation. The Link features modern design finishes and easy accessibility to major traffic routes such as Stoney Trail and Country Hills Boulevard. It is medically zoned and ready for tenant fixturing.



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Accelerating success.

On behalf of Calgary Community Standards & Waste and Recycling Services

Thank you Rocky Ridge Royal Oak Community Association

Congratulations on a successful **Community Cleanup** on September 17, 2017.

The weights collected for this year:

Garbage: 4550 kg

Organics: 210 kg

Total: 4760 kg

Truck Loads Hauled: 2

Thank you to the Community Association and residents for your commitment to keep our communities healthy, safe and vibrant.

THE MANOR VILLAGE AT ROCKY RIDGE

Elegant Senior Living with Care



New Move-In Incentives Until March 31, 2018!

New Residents can receive up to **\$500** towards their moving costs!

BOOK YOUR COMPLIMENTARY LUNCH & TOUR
403-239-6400
450 ROCKY VISTA GARDENS NW, CALGARY



RRROCA Volunteer Corner

Heartfelt thank you to our volunteers!

By Joanna Tija, RRROCA Director of Volunteers



As winter slowly creeps in, RRROCA will start planning events for next year. We hope for exciting events, and we will need volunteers to make them happen. Some of our directors have moved on. Look at the opportunities below: can you fill any of these roles? Please email me at volunteer@rrroca.org. Remember, fulfilling one of these roles will get you a free RRROCA membership.

We are also looking for ice rink volunteers to upkeep our new ice rink! Please email Steve Branter at volunteerlead@rrroca.org if you are interested.

BOARD

Communications Chair

Responsible for connecting residents to RRROCA by conveying the work, events, and initiatives of the organization. The Communications Chair will oversee the newsletter, website, social media outlets, signage, and advertising. Education and/or experience in public relations or communications, and strong leadership skills would be an asset.

Time commitment: 10 hrs/month

Events Co-Chair

Responsible for organizing RRROCA community events, as well as updating information on upcoming/past events on the website and in the newsletter. Will be expected to attend monthly board meetings.

Time commitment: varies/month

LEAD

Events Lead

The Events Lead assists the Events Team in the planning and execution of community events, including idea generation, vendor booking, event promotion, on-site event direction, etc.

Time commitment: varies/month

DID YOU KNOW?

Volunteering for RRROCA as a Board Member or a Committee Lead will allow you to:

1. Gain valuable volunteering experience and essential work skills;
2. Be among the first to learn community news;
3. Get a RRROCA membership (\$30) or one sport registration for free ((\$50 or \$65) every year;
4. Most importantly: help us build a thriving community!



Community Park Lead

Responsible for overseeing icemaking and maintenance of the ice rink, as well as coordinating volunteers for community park maintenance. Will also help monitor the condition of the community park and report any issues to the board when needed.

Time commitment: 10 hrs/month from December to February, with fewer hours in other months.

GENERAL VOLUNTEER

Skating Rink Volunteers

No experience required, just a keen will to keep the ice in great condition for skating. Training will be provided. Volunteers aged 16 years or younger must have a parent or guardian present (waiver required).

Time commitment: varies



DID YOU JUST MOVE TO THE NEIGHBOURHOOD?

Are you looking for information on Rocky Ridge and Royal Oak? Do you want to try some fabulous local businesses at a discounted rate? Contact Welcome Wagon to take advantage of all of this for FREE! My name is Sadaf and I am your local Welcome Wagon representative. I would be happy to provide you with some information on Rocky Ridge and Royal Oak and answer any questions you have about the neighbourhood. Give me a call at 403.471.5279 or send an e-mail at mehdisadaf@hotmail.com

RRROCA Volunteer Corner

Volunteer of the Month: Muoi Leong

By Joanna Tija, RRROCA Director of Volunteers



This month we are recognizing Muoi Leong's long-term contribution to our community as the Director of Membership, a role she has held since 2014. She has handled thousands of membership registrations and inquiries. She also connected us with Welcome Wagon, an organization that helps us connect with new residents settling into our community.

Here is the interview with Muoi (M).

Q: Why do you volunteer for RRROCA?

M: It's my chance to give back to the community. I love living in Rocky Ridge; it is a wonderful community. This volunteer opportunity also allows me to develop new skills and understand the inner workings of a community association.

Q: Tell us about your experience volunteering for RRROCA.

M: It's been great! We have a very active and determined board that constantly brings forward ideas that benefit the community. I have gained a lot of useful experience by volunteering with RRROCA. I've been able to use the communication and planning skills I learned here in other parts of my daily life.

I have also enjoyed learning how the city and the community association(s) work together to make decisions on roadwork, planning parks, and all the behind-the-scenes work that goes on to make sure our community runs smoothly.

Q: What have you accomplished?

M: I have helped with the membership registration and general membership inquiries.

Q: What have you learned from volunteering for RRROCA?

M: I've learned about the functioning of a community association, the functioning of a board, and how to run a membership registration program.

Q: Any future goal(s)?

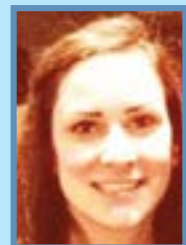
M: I hope to continue to be involved with the community in other ways, and to continue working to improve our communities.

Words from the Author:

Muoi has been humble about her accomplishments in this interview. She is a busy mom who works full-time, but has never failed to give back to our community. We can't express enough gratitude for her outstanding volunteer service over the past three years.

Meet your new Director of Schools

By Marcie Hawranik, Director of Schools



I am pleased to be assuming responsibility for the Director of Schools portfolio of RRROCA. I previously served as Director of Events and enjoyed organizing a variety of events for our community, including the 2017 Stampede Breakfast. I am excited to take on this new role as your Director of Schools and look forward to meeting with the schools in our community. The Director of Schools acts as the link between our schools and the broader community. Please do not hesitate to contact me if you have any questions, ideas, or concerns by emailing me at schools@rrroca.org.

YOUTH EMPLOYMENT CENTRE



Do you know someone aged 15-24 who is looking for work?

The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment, and take the first step in their career.

YEC offers a variety of services FREE of charge, including employment counseling, career planning, networking assistance, résumé assistance, industry-training, and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit: youthemploymentcentre.ca.





RRROCA Contacts

Rocky Ridge Royal Oak Community Association

PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6
(403) 879-2820 • communications@rrroca.org • www.rrroca.org

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Tessa Sakamoto..... president@rrroca.org

Vice President

Jenna Mortis..... vp@rrroca.org

Treasurer

Ambreen Sulman..... treasurer@rrroca.org

Secretary

Patience Fagbenro..... secretary@rrroca.org

Communications Chair

VACANT..... communications@rrroca.org

Membership Chair

Rachel Kim..... membership@rrroca.org

Parks Chair

Aaron Dirk..... parks@rrroca.org

Planning & Development Chair

Dave Spencer..... planning@rrroca.org

Safety Chair

Jessica Asuquo..... safety@rrroca.org

Schools Chair

Marcie Hawranik..... schools@rrroca.org

Sponsorship Chair

Gerry Lynch..... sponsorship@rrroca.org

Transportation Chair

Durotolu Aro..... transportation@rrroca.org

Volunteers Chair

Joanna Tjia..... volunteers@rrroca.org

Events Co-Chair

Dan Toma..... events@rrroca.org

Programs Co-Chair

Kate Millar..... programs@rrroca.org

Programs Co-Chair

Elena Spronk..... programs@rrroca.org

Mind's Design

NEWSLETTER AD SALES

FOR THE REPORTER:

403.203.9152

NEWSLETTERSALES@MINDSDESIGN.CA

COMMUNITY CONTACTS

MP, Calgary Rocky Ridge

Pat Kelly..... pat.kelly.c1@parl.gc.ca

MLA, Calgary Northwest

Sandra Jansen calgary.northwest@assembly.ab.ca

Councillor, Ward 1

Ward Sutherland..... ward.sutherland@calgary.ca



Babysitter Registry

Please contact babysitting@rrroca.org for information.



Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1

Registration ongoing for Rocky Ridge Ranch Programs

Punch passes available. Contact the office 403.547.6633 or visit www.rrrha.ca for details.

www.rrrha.ca
officeadmin@rrrha.ca

Program guide available at www.rrrha.ca and Facebook

HOURS:

Mon/Wed/Fri 8am-4pm,
Tue/Thu 8am-8pm
Sat/Sun 8am-12pm

☐ New membership ☐ Membership renewal
Memberships are annual and are valid January 1 to December 31
New/Renewal memberships \$30.00

Your personal information will be used for Association correspondence and will never be shared to third parties

Last Name _____

First Name _____

Address _____

Postal Code _____ Phone _____

E-mail* _____

* Please note e-mail is used to communicate your membership number, if you choose "No" for update the e-mail will be on file but not used for Association news

Would you like Association news and updates by e-mail ___ Yes ___ No

RRROCA MEMBERSHIP: PO BOX 91009, RPO Royal Oak,
Calgary AB T3G 5W6

The **REPORTER**, the official newsletter for both Rocky Ridge and Royal Oak, is published 11 times a year by Mind's Design Studio and is delivered by Canada Post to approximately 7600 residents and local businesses.

SUBMISSIONS - Please direct editorial enquiries to newsletter@rrroca.org and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of RRROCA or the publisher.

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No Bake Chocolate Cherry Energy Bites

By Terri Gilson, Resident & Volunteer Contributor



January is the time for getting back on track, but you don't need to give up chocolate. These healthy No Bake Chocolate Cherry Energy Bites are perfect for staying on track and satisfying that chocolate fix!

Course: Dessert, Snack
Cuisine: North American

Prep Time: 15 minutes
Total Time: 4 hours 15 minutes
Servings: 16 bites
Calories: 156 kcal

Ingredients

- 1/2 cup almond butter
- 2 tbsp. agave syrup or substitute 3 tbsp. liquid honey
- 1 tsp. vanilla extract
- 3 tbsp. unsweetened cocoa powder
- 1-2 tbsp. warm water as needed
- 1 cup quick oats
- 1/3 cup sweetened coconut
- 1/2 cup chia seeds
- 6 tbsp. semi-sweet chocolate chips
- 1/2 cup dried cherries

Instructions

In a large mixing bowl, mix together almond butter, agave, vanilla, and cocoa powder. Add 1 tbsp. of warm water.

Add oats, coconut, chia, and chocolate chips; stir until evenly coated. Add dried cherries. Add water as needed if mixture still doesn't stick together at this point. Transfer mixture to refrigerator to chill until nearly set and easier to handle.

Lay parchment paper on a cookie sheet. Remove mixture from refrigerator and shape into 1 – 1 1/2 -inch balls and space apart on cookie sheet. NOTE: I find it helpful to wet my hands when I am forming the mixture into balls.

Freeze for 4-6 hours, or overnight.

Then transfer to freezer bag to store (I store this in the freezer for up to 2 months). Thaw when ready to eat (you can put them in the microwave for 10- 15 seconds) OR put them in a lunch bag in the morning and they'll be ready to eat by lunch time!



NUTRITION FACTS

No Bake Chocolate Cherry Energy Bites

Amount Per Serving

Calories 156

Calories from fat 81
% Daily Value*

Total Fat 9g	14%
Saturated Fat 2g	10%
Sodium 8 mg	0%
Potassium 151 mg	4%
Total Carbohydrates 16g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 4g	8%
Vitamin A	2.7%
Vitamin C	0.1%
Calcium	7.1%
Iron	8.3%

*Percent Daily Values are based on a 2,000 calorie diet.

WHY NOT PLAY SUDOKU WHILE YOU EAT...

Sudoku: For solution, go to mind's design studio 

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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

Local PHOTOGRAPHERS

See below to find out how your pictures can
be featured in the RRROCA Reporter

MOONSET AT SUNRISE

BY BRIAN RUSHFELDT



FROST OF WINTER

BY YASH KAPADIA



MOOSEY FRIENDS

BY SHEZY EAGAR



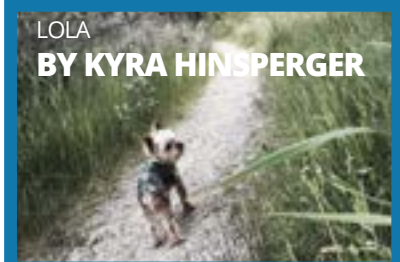
CUTE LACEY

**BY CAROLE
WESTLAKE**



LOLA

BY KYRA HINSPERGER



The REPORTER wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature and in the newsletter. **Think seasonal:** send us your Stampede photos for July, or your street decked out for December, for example. **Think local:** capture our community in a great light, our natural environment, or just something unique that you've seen when you're out and about. Amateur and professional photographers of all ages are welcome to submit. We cannot provide monetary payment, but we will give you a photo credit using your personal name (not your business name, if you have one). Please send your photos as high quality JPEGs to newsletter@rrroca.org. Who knows, you just might see your photo(s) in print!



2018 Spring Sports Program

By Kate Millar and Elena Spronk, RRROCA Programs Co-Chairs

REGISTRATION

Registration for the 2018 Spring Sports Program starts February 1, 2018, and closes on March 12, 2018. Registration is available online only and a link can be found on the Rocky Ridge Royal Oak Community website (www.rrroca.org) under 'Sports.' Register early to avoid disappointment. If you have not registered in 2016 and/or 2017, you will need to set up a new account.

Registration for RRROCA Programs is available for households that have a RRROCA membership. If you do not have a RRROCA membership, the membership fee will be automatically applied during the registration process. Memberships are \$30 annually per household. Registration is open to non-residents as well if a RRROCA membership is purchased.

SCHEDULE

Programs run for 8 weeks, beginning Tuesday, May 1, and ending on Saturday, June 23, 2018. To be eligible for registration, players must have been born prior to March 31, 2015.

Program	Birth Year	Day	Time	Fees
TBall	2012/2013	Wednesday	6:30-7:30 PM	\$65
Coach Pitch	2010/2011	Tuesday	6:30-7:30 PM	\$65
U04 Soccer	2014	Saturday	9:15-10:00 AM	\$60
U05	2013	Saturday	10:15-11:15 AM	\$65
U06	2012	Thursday	6:30-7:30 PM	\$65
U08	2018/2011	Wednesday	6:30-7:30 PM	\$65
U10	2008/2009	Tuesday	6:30-7:30 PM	\$65

FEES

Fees for each program include the costs of a Team Jersey (Shirt, Shorts and Socks) and a Team Photo!

A \$50 Volunteer Deposit will be applied to each household at the time of registration. The cost of registration will be waived for those with a valid Calgary Recreation Fee Assistance Card. Please contact the Programs Co-Chair for registration assistance.

VOLUNTEER DEPOSIT

Our program would not be able to run without volunteers. A \$50 Volunteer Deposit is collected at the time of registration for each household. If a member of your household fulfills a volunteer commitment for the Sports Program, the \$50 Volunteer Deposit will be refunded at the end of the Sports Program.

There are a few key volunteer positions that we would like to have in place before registration starts. By contacting us now to volunteer, you can guarantee your child's spot in the program and ensure you get the volunteer position you'd like. We are currently recruiting Age Group Coordinators, Coach Coordinator, Equipment Manager, and Volunteer Coordinator. If you are interested in any of these key positions or would like more information, please email programs@rrroca.org. All other volunteer positions are filled during registration.

If you have any questions, please email us at programs@rrroca.org.

"I once cried because I had no shoes to play soccer, but one day, I met a man who had no feet." – Zinedine Zidane

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Further details: Deborah Laxton T.C.R.A.D., R.T.S., A.L.D.T.A., C.P.D
www.deblaxtondance.com – or tel: 403 475 9952

SKIING FUN! COLOUR ME!



IT'S TIME TO FLY!



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

EQUIPMENT

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

HAZARDS

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

PLAN AHEAD

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual from the cold environment; gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm (not hot) water, until re-warmed.

Community Civic Chat

Ward Sutherland, Councillor Ward I

Phone: 403.268.2430 • Email: ward01@calgary.ca

Website: www.Calgary.ca/ward1



Happy **NEW YEAR** and welcome to 2018!

To kick off January, I am bringing in new ideas to better communicate with you. Ward I has a diverse population, and I'm keen to reach across all the demographics.

Since December, I have switched over to an interactive e-newsletter with video and audio features. An option to download a PDF version will still be available online. If you need a physical copy mailed to you, please contact my office at (403) 268-2430. If you haven't already signed up for my mailing list, email my office at ward01@calgary.ca.

In previous years, I've hosted Ward I Report presentations in a lecture-style format. This year I'm adding "Chat with Ward" events. Drop in, have a bite to eat, and talk to me about topics important to you, all while supporting a local business. If you want to be notified of "Chat with Ward" events, give my office a call, or send us an email.

I'm pleased to note that my City of Calgary website has updated all latest Ward I developments and projects. Visit my Development and Project web page to read the most recent information. If you need help navigating through the site, contact my staff for assistance.

It's back to business for me at City Hall. Please know that I'm working hard to ensure quality services for Calgarians at the best value under this economic environment.

Warm Regards, Ward Sutherland

Your Community CLASSIFIED ADS!

To place your classified ad,
contact sales at 403.203.9152 or
newslettersales@mindsdesign.ca today!

EXOSIDE CONSTRUCTION INC.: Finding quality solutions to all of your exterior housing needs. Our services include: Roofing, Aluminum Cladding, Soffit and Fascia, Exterior Painting, Vinyl, James Hardie and Aluminum Siding. **NOW BOOKING!** Senior's Discounts Available! Call Robert today at 403.990.1346 www.exosideconstruction.com (with the BBB) (Please see our display ad on page 12)

NEPTUNE PLUMBING & HEATING LTD. Residential and commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!

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SNOW REMOVAL SERVICES Receive a FREE estimate for this winter's season. Other services: Lawn Cut & Trim, Spring/Fall Clean up, Garden Care. Call Braeden at Top Turf today! 587.438.0036

CITY OF CALGARY RECREATION



FREE PUBLIC SWIMMING: Free swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at calgary.ca/pools. Not available at our Leisure Centres. Various locations, All Ages Free Drop-in.

FREE PUBLIC SKATE: Free skating is available on some statutory holidays at select arenas. Check online for the dates and locations of upcoming free public skating at calgary.ca/arenas.

All Ages Free Drop-in

SATURDAY AND SUNDAY SPLASH

SWIM: \$1 FOR KIDS: Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search calgary.ca/pools.

TERRIFIC TUESDAYS AT SOUTHLAND LEISURE CENTRE: Tuesdays, 4 - 10PM Come join us for 50% off regular admission. (Waterpark access begins at 7 p.m.).

WILD WEDNESDAYS AT VILLAGE SQUARE LEISURE CENTRE:

Wednesdays, 4 - 10PM Come join us for 50% off regular admission. All ages.

THURSDAYS AT SOUTHLAND

LEISURE CENTRE: Toys in the Waterpark from 7 - 9PM Try out our giant inflatable obstacle course or "walk on water" in one of our WOW balls. Anyone age 7 and up can try them out. General admission applies.

SATURDAYS FOR 50% OFF REGULAR ADMISSION: Saturdays, 7 - 10PM at Village Square Leisure Centre. Come join us for 50% off regular admission.



LOCATED IN ROYAL OAK SQUARE!

Royal Oak FAMILY DENTISTRY

"Our dentists practice all aspects of family dentistry and treat patients of all ages."

NOW ACCEPTING NEW PATIENTS! Dr. Jasbir Mundi | Dr. Rashmi Bajaj

- Emergency Dental Care
- Children Dentistry
- Cosmetic Dentistry
- Root Canal Therapy
- Preventive Therapy
- Teeth Whitening
- Wisdom Tooth Extractions
- Mouth Guards/Sports Guards
- Dental Crown and Bridges
- Laser Dentistry
- Orthodontics
- Dental Hygiene



403.374.6161

#112, 500 Royal Oak Drive, NW



North-East Corner of Royal Oak Drive and Rocky Ridge Road, next to Royal Oak Victory Church and Church of Jesus Christ of Latter-day Saints.





SHANE HOMES YMCA AT ROCKY RIDGE



JOIN THE SHANE HOMES YMCA THIS JANUARY & SAVE UP TO \$75!

Purchase a Shane Homes YMCA membership by January 31, 2018 and we'll waive the joining fee.

In partnership with the City of Calgary and with a shared commitment to impact the health and wellness of Calgarians, build strong communities and develop leadership potential in individuals, YMCA Calgary will offer a variety of programs and services for all ages and abilities at the new Shane Homes YMCA at Rocky Ridge.

Amenities include:

- Fully-equipped strength and conditioning centre
- 3 full-sized gymnasiums
- 8 lane, 25m lap pool
- Wave pool with water slide and lazy river
- Indoor running track
- NHL-sized rink and leisure rink
- Flexible art studios and gallery space
- 250-seat performance theatre
- Multi-purpose rooms
- Licensed child care and child minding
- Calgary Public Library

Along with multiple facilities, programs and services to help keep you active, the YMCA is known as a healthy place to connect with others. From the children, youth, adults and seniors who use the YMCA, to the staff and volunteers that work here—all contribute to a positive Centre of Community.

ASK US ABOUT OUR NEW **+One** MEMBERSHIP

Add one or more members from your household to your membership at a reduced monthly rate. Add an adult, plus a senior, young adult, child and/or youth to your membership - there are no limits per household!

VISIT THE SHANE HOMES
YMCA IN JANUARY!

Tours & Membership Sales

Now Available!

Mon-Fri 12pm-8pm

Sat 10am-2pm

Facility Opening

January 15, 2018

VISIT US
ONLINE NOW!

YMCAcalgary.org/shanehomesymca

Gym & Theatre Rentals

Now available!

Career & Volunteer Applications

Now available!

Program Registration & Child Care Reservations

Now available!

Learn more at YMCAcalgary.org/shanehomesymca

