

AUGUST 2024



ROCKY RIDGE ROYAL OAK

VIEW

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Suburban Journal



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Rocky Ridge Ranch Homeowners Association

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Calgary, AB T3G 4G1
403-547-6633 • info@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

info@roeha.ca • www.roeha.ca

The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com
Website: cascadesroyaloak.com

Elected Officials

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403-268-2430
ward1@calgary.ca

MLA: Rajan Sawhney
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Councillor Report

Hello, Ward 1! As we transition from the peak of summer to the crisp days of August, we wanted to remind you of some community updates and initiatives in Ward 1 and around the city to keep you in the know!

Water Safety

As summer winds down, it's important to prioritize safety when enjoying Calgary's waterways. Plan your day on the water by checking river conditions, weather forecasts, safety advisories, river access points, and health advisories to ensure a safe and enjoyable experience for your family and friends.

School Zones

As the new school year approaches, the Ward 1 Office would like to stress the importance of driving cautiously near schools and residential areas. Please note that playground zones are active around schools every day from 7:30 am to 9:00 pm throughout the year. It is very important to adhere to the regulations, and passing another vehicle within a playground zone is strictly prohibited. If you have any traffic safety concerns in your local area, you can submit a Traffic Service Request at calgarypolice.ca. A member of the Calgary Police Service's Traffic Section will then contact you to discuss the matter further.

Bus Route Changes

In September, Calgary Transit will be implementing changes to several bus routes in Ward 1 as part of the 2024 Transit Service Review program. These changes will include the introduction of the new Route 26 Tuscany/Westbrook and an extension of Route 134 to Rockland Park. Additionally, there will be minor adjustments to Route 108 and Route 120. The Ward 1 Office is excited about the new route to Rockland, and would like to thank the Rockland residents for their advocacy on the new bus route. You can visit calgarytransit.com for more detailed information about these upcoming changes to transit services in our community.

Sonya Sharp, Councillor, Ward 1



Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA. Please check out our website at www.rrroca.org for all volunteer opportunities.



Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, tball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

Time Commitment: Minimum 10 hours/month, will vary based on scheduled programming

Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

Time commitment: 10-20 hours/month

Membership Chair

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to

implement opportunities of benefits for membership.
Time commitment: Approx 10 hours a month

Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up.

Time commitment: Approximately 2-5 hours/month (not including event attendance)

Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. **gain valuable volunteering experience and essential work skills;**
2. **know the first-hand community news;**
3. **get the RRROCA membership (\$30) or one sport registration for free (~\$50 or \$65) annually;**
4. **the most important: help us to build a thriving community**

Child Writers Wanted!

Do you have a child or teen at home who enjoys writing? Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general.

Did you know that RRROCA has a number of teens volunteering within our committees today? It is such a great experience for all involved and we'd love to get more youth engaged. If this is something of interest for your child, please reach out to the Communications team at communications@rrroca.org.



Want to receive emails about any volunteer opportunities for the community association?

Please email
volunteerlead@rrroca.org
to sign up.



ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

www.rrrha.ca info@rrrha.ca

Office Hours

Updates to office hours are available online.

ROCKY RIDGE RANCH
HOMEOWNERS ASSOCIATION

2024 at Rocky Ridge Ranch:

- Babysitting Course for Youth
- Spring vendor market
- Spring Camp for ages 8 to 13
- Easter Party
- Youth Market
- Yoga
- Dance classes
- Karate Classes
- Good Food Box
- Halloween
- Holiday Market
- Christmas at the Ranch and more... Stay Tuned.

YOUTH VOLUNTEERS NEEDED

Do you have a teenager who is interested in volunteering? Maybe they are looking for some extra high school credits, looking for some work experience or maybe interested in making a difference in our community.

We are looking for a few teenagers in the area who would be willing to come and help with our Ranch events (such as Easter Hunts, crafts etc.). Please come into the Ranch office and talk to our Operations Manager Erika. For more information email us to: info@rrrha.ca



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Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at rrroca.org to sign up for a membership, or email membership@rrroca.org if you have any questions.

Benefits of RRROCA Membership

Here are some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at www.rrroca.org to review the active offerings. **

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team at membership@rrroca.org.

RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30 New membership Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____ **Phone #:** _____

Email*: _____

* Please note e-mail is used to communicate your membership number. If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? Yes No

Send form and cheque to: **RRROCA Membership**
P.O. Box 91009, RPO Royal Oak
Calgary, AB T3G 5W6

Important Phone Numbers

If you require emergency supports to meet basic needs, Income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



Royal Oak School Council News

The Royal Oak School Council and Fundraising Society are excited to welcome back our families in a few weeks!

A little about your ROS Council and Fundraising teams:

- Run by parent volunteers & are always happy for additional helping hands!
- Meet once monthly to discuss issues impacting our school and upcoming events.
- In 2023/24, we contributed over \$68,000 to enhance ROS and organized 13 events that brought out 123 parent volunteers – that's 25% of our families!
- We do NOT plan field trips or any in-school activities – those are school organized (where parents often volunteer time)

Our kick off to the 2024/2025 includes:

- **Aug 28 @ 6.30pm:** Welcome Back Chalking – Meet in the Royal Oak teacher's parking lot & bring your chalk!
- **Aug 29 @ 8.37am:** First Day of School – New bell times this year!
- **Sept 5 from 5-8pm:** Picnic in the Park – Community event at the RRROCA Community Park
- **Sept 9 @ 6.30pm:** First ROS Council & Fundraising meeting. All parents welcome!

Just a reminder for parking rules around Royal Oak School:

- Marked ROS Hug & Go zone in effect every school day from 7-9am – NO PARKING is allowed in the zone during this time
- STOP for students and FOLLOW posted traffic & speed signs
- DO your part to keep our students & families safe

New volunteer process begins in August!

Sign in through your students CBE PowerSchool account, then click on "Online Forms and School Registrations" to access a volunteer registration form for the 2024/2025 school year.

Questions? Email ROSchoolCouncil@gmail.com

École Tuscany School News

We hope everyone is enjoying their summer break.

Just a reminder the school, including the office, is closed until August 26th. Our first day of school is August 29th, and we can not wait to welcome everyone back and see all our students' smiling faces. Parents will receive an email from their child's teacher between August 26th and August 28th.

On the first day of school, keep your eyes open for some special festive yard signs on Tuscany Hill NW (west side of the school). They make for a fun first day photo for you and your kids! Our School Council will also be hosting a welcome back coffee for the parents following the initial bell, please come see us and say hello!

As we head into the new school year, we would like to remind all our parents and guardians to please follow all traffic and pedestrian by-laws and refrain from J-walking as this creates additional safety concerns for motorists and our students.

Please check out our website at www.tuscanycouncil.ca for up-to-date info, and follow us on social media Facebook www.facebook.com/tuscanycouncil; Instagram [@tuscanycouncil](https://www.instagram.com/tuscanycouncil) and twitter [@TuscanyCouncil](https://twitter.com/TuscanyCouncil) for reminders and photos of our adventures together. If you have any questions about becoming involved with the School Council or volunteering for a committee, please email tuscanycouncilchair@gmail.com.

You can also follow Tuscany school on Twitter [@Tuscany_cbe](https://twitter.com/Tuscany_cbe).



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Stampede Breakfast

We had a great turn out at our Stampede Breakfast in July. Thank you to all who came, and all of our sponsors and volunteers to make this a successful event.



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof.



- They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Alberta Health Services

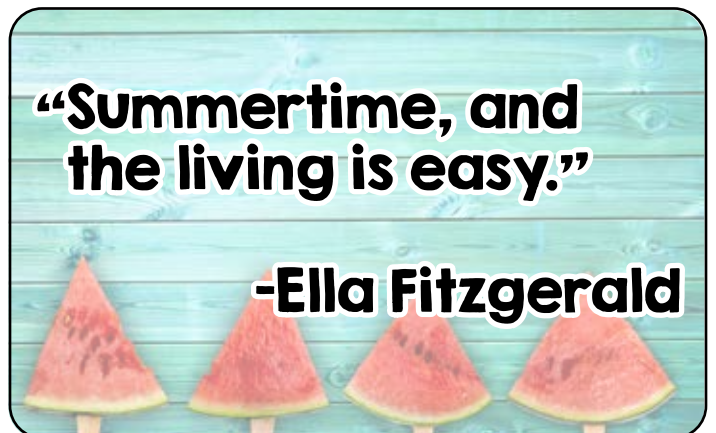


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**“Summertime, and
the living is easy.”**

-Ella Fitzgerald



Sport and Recreation Safety

Stay safe while taking part in sport and recreation activities. You can do your part in reducing chances of falling, getting hurt, or having a serious injury.

Teens and children are also at risk of injury as they take part in sports and summer recreation. In Alberta, getting hurt while playing a sport is the top cause of the emergency department visits related to injuries for youth ages 10 to 19.

Following these tips will lower everyone's risk of getting hurt while playing sports and enjoying recreation activities:

Check the environment to reduce or avoid hazards
To improve safety, look for hazards. A hazard is something dangerous that may not be obvious but that can cause serious injury. Examples of hazards include thin ice on a frozen lake, broken equipment, or an icy sidewalk.

A risk is different. A risk is a situation where you can see the chance of an injury happening, think about the challenge, and decide what to do.

Your challenge is to learn to recognize, reduce, or avoid hazards, while having the chance to explore and accept the level of risk you're comfortable with.

For example, when you are out walking on a nature trail and see a hole, root, or wet section on your path (a hazard), you can:

- Prepare for the hazard by walking slowly and making sure you have the right shoes and equipment for your walk.
- Reduce the hazard by walking during daylight hours when the trail is well-lit.
- Avoid the hazard by walking on clean, well-maintained trails, or finding a path around the hazard when you can.

Wear protective gear

Wearing protective gear like a helmet, mouth guard, elbow pads, knee pads, or lifejacket (if participating in water-related activities) can lower your risk of an injury. No matter what the activity, make sure you use the right gear and equipment. The gear should fit and be worn properly every time.



Develop skills!

Prepare and plan before starting a sport or activity. This includes getting your gear together and warming up. Warm-up programs that include aerobic (activities that bring up your heart rate), balance, strength, and agility (being able to move quickly and easily) exercises may help reduce the risk of injury.

Training and practice help you learn how to do an activity and get better at it. They also help lower your risk of getting hurt by teaching you how to participate in an activity safely. If you don't know how to do an activity, start slowly to develop skills. Think about taking lessons to learn or improve how you ski, skate, bike, or play a sport. Take lessons from someone who knows how to teach the skills, like a trained coach or professional. They can help with both skill development and safety.

Alberta Health Services



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Calgary Wildlife: Big Babies

A large bird sits beneath a tree on the grass. As people approach, it waddles or hops away but doesn't fly. It looks about the size of an adult bird but isn't flying. Does it need our help? Let's find out:

Canada Geese:

Goslings are born with the ability to walk, swim and feed themselves (called being precocial). Between hatching to maturity, they stay in a family group, and can be awkward, fluffy, non-flying birds. It can take about 70 days for their first flight.

Canada geese adults, and most waterbirds in general, molt all their flight feathers at once during the summer months (called a synchronous molt). They cannot fly while waiting for their new set of feathers to grow in. This is different from other birds who molt a few flight feathers at a time allowing them continued flying during this process. Because of the single molt event in adult geese, both juvenile and adult geese are more likely to retreat to the water than the air in the summer months. While it may look like they need help, once the single molt event is over, the geese will be able to fly again and do not require our intervention.

Magpies:

When the magpie fledgling is ready to leave the nest, it looks nearly as big as an adult. Leaving the nest is a big adjustment. Fledglings will be a little unbalanced as they adjust to being upright and standing on flat ground as opposed to the curves of a cup-nest. Fluttering and hopping are common behaviours for fledglings, along with fanning their wings and squawking at nearby parents from whom they are hoping to beg food. Parents supervise their young, checking in with them, and giving



alarm calls when pets or people come too close. It can take some time (usually about four weeks from hatching) for the magpie to develop a full set of flight feathers, along with the muscles and skills to fly. Fledgling magpies begin with short stumpy tails, which grow longer with time. Young fledglings will spend more time on the ground, or on low perches. Despite looking as big as the adults, they will not yet be able to fly. This stage is temporary and they are not in need of any help!

Both baby and adult wildlife will need your help if you see the following:

- Has been attacked by an animal (dog/cat for example)
- Has visible wounds, broken bone, bleeding
- Is covered in flies
- Is shivering or wet
- Is unresponsive or listless

You can help young wildlife by giving them space, and keeping pets leashed as they grow through this awkward flightless stage.

When in doubt, reach out to Calgary Wildlife's hotline at 403-214-1312 which provides expert advice, and can help determine if wildlife needs help!

Keep an eye out and remember to maintain a respectful and safe distance when investigating wild babies in your neighbourhood!

Calgary Wildlife



"BETTER THREE HOURS TOO
SOON THAN A MINUTE TOO LATE."
- WILLIAM SHAKESPEARE

Calgary's Outdoor Promenades

In January, we surveyed Calgary's first shopping mall. In summertime, let's consider its outdoor promenades.

Stephen Avenue comes to mind. It's a National Historic Site and served as Calgary's main commercial street from 1880 until the 1930s. Its centrality is marked by beautiful examples of Victorian, Art Deco and Beaux-Arts architecture. I have fond childhood memories of visiting Stephen Ave, to see Aunt Barb, who worked in the 1932 Bank of Montreal building, or to take luncheon with Aunt Maria at the 1913 Hudson's Bay Department Store (the fries and gravy were a must!).

Stephen Ave's grandeur contrasts with the workhorse nature of Bridgeland-Riverside's two main streets, 1st Ave NE and 4th Street. Bridgeland dates back to the 1880s, when Russian-German immigrants, then Ukrainians and Italians, took up residence. Over the decades, it's been a first stop for many newcomers to our bustling prairie city. Its main streets contain fine examples of Edwardian commercial buildings, including the 1911 Morasch Block and 1909 Reliance (Armour) Block. Today, many eclectic shops, eateries and services await you.

A modern promenade is Britannia Plaza (Elbow Drive and 49th Ave SW). Britannia was Calgary's first comprehensively planned community designed by the City's Planning Department. It's a complete neighbourhood, with a park, public building (today's B'nai Tikvah Temple), mixture of dwellings, and a shopping plaza, completed in 1955.

The Plaza joined the area's other destinations, the Calgary Golf and Country Club (Alberta's oldest private golf club, est. 1909) and the Windsor Park Riding Stables



Britannia Plaza, Elbow Drive & 49 Avenue SW, June 2024 (Anthony Imbrogno)

and Racetrack. It fit in nicely with the existing stores, McDermid Greig Drugs and the no.7 branch of Jenkins Groceteria. Henry Jenkins brought the first self-serve grocery store to Canada in 1918. Behind Jenkins was the end of the trolley line. The building burnt down in 1978 and was rebuilt, today housing Sunterra Market.

The Plaza was a model for other promenades, including Cambrian Heights, Haysboro, Mayland Heights and the now-demolished Stadium Shopping Centre. With its suburban London feel and old-world name, Britannia Plaza retains a unique charm and ambiance.

Take a stroll before the season changes and enjoy Calgary's outdoor promenades.

Anthony Imbrogno is a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

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To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



Stephen Avenue looking east from 134 - 8th Avenue SW, ca. 1897-1899 (Glenbow Library and Archives Collection)



Addition to Hudson's Bay Company store, 1929 (Glenbow Library and Archives Collection)

Bike Safety for Everyone

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly, and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

Do you have protective gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. (Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.)
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.
- Set a good example for children by wearing your bike helmet.



- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

Staying safe while riding with children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at 10-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.

Alberta Health Services

Staying Active in Hot Weather

Summer is a great time for being active but heat and humidity can present challenges. If the temperature is lower than 27°C, you usually can be active outside without taking extra precautions, depending on how active you already are and how much you are used to hot weather. These tips can help you stay safe when being active as the summer months heat up.

- Drink plenty of water. You lose fluid when you are active. If you lose too much, it can result in dehydration, muscle cramps, or even heat exhaustion. In hot weather, drink plenty of fluids before, during, and after activity. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help prevent dehydration.
- Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.
- Stay in the shade when you can.
- Wear light-coloured, breathable clothes.
- Always wear sunscreen.
- Watch for signs of dehydration and heat-related illnesses such as heat exhaustion and heatstroke. Signs of dehydration include having a dry mouth and eyes and feeling dizzy.

If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble if you are not used to exercising in warmer weather. Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.

Taking extra precautions

When it's hot and humid out, take extra precautions when you're active. This might mean you change your activity or when you choose to do it. Here are some ideas you can try:

- Take morning or evening walks.
- Walking the dog or walking with a partner helps you make it part of your routine.
- Go for a bike ride.
- Find shaded areas, and ride during cooler times of day.
- Go swimming on hot days. This is a healthy family activity for summer.
- Do light yard work or gardening. You'll burn calories while you keep the yard looking good.
- Wash your car. This gets you outside and helps you burn calories. Give yourself a splash to stay cool.

Sometimes it isn't safe to be active outdoors. There are



many ways to be active indoors. Here are a few ideas:

- Go for walks—indoors. Take a walk at the mall with a friend. Or check with local schools or places of worship. They may have indoor gyms where you can walk.
- Get fit while you watch TV or listen to music. Get some hand weights or stretch bands. You can use cans of food as weights if you don't want to buy weights.
- Use an online exercise video or a smartphone app. This can be a fun way to stay active at home.
- Do active housework. This may include activities such as sweeping, mopping, vacuuming, doing laundry, or washing the windows.
- Join a gym or health club. You can use equipment like weights, treadmills, stair-climbers, or exercise bikes.
- Try a fitness class or a new indoor activity. Examples include dancing and water aerobics. Many cities have community centres that offer affordable fitness classes.
- Get involved in indoor sports leagues. Many cities offer indoor sports like basketball, volleyball, indoor soccer, or swimming.

Alberta Health Services