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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

LADIES NIGHT MAY 14 AT 7PM EPI AWARENESS FAMILY FUN RUN JUNE 4



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calgary **reads**

Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.

• Children need books that are "just right"—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

Ways to make reading fun this summer:

- Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fundraising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com.



Arbour Lake Residents Assoc. 12 Arbour Lake Drive, NW Calgary, AB – T3G 4A3 Phone: 403.241.2628 info@arbourlake.com • www.arbourlake.com

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NEWSLETTER AD SALES GREATNEWS PUBLISHING 27

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING ARBOUR LAKE FOR 5 YEARS!

ALRA VISION & MISSION STATEMENT

VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.



MISSION STATEMENT

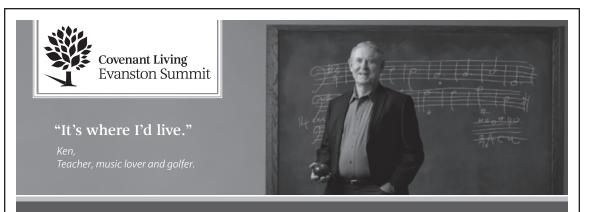
The Arbour Lake Residents Association is a limited company that was registered under the laws of Alberta on July 19, 1991. The purpose of this company is to care for, and improve upon, the Arbour Lake amenities, with the main focus being a pristine ten-acre lake in the heart of the community.

> ARBOUR LAKE RESIDENTS ASSOCIATION 403-241-2628 www.arbourlake.com • info@arbourlake.com



ARBOUR LAKE RESIDENTS HALL RENTALS:

Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Saturday 9am -4pm. Email: hallrentals@arbourlake.com Phone: 403-241-2628



Home. It's where we live. It's the feeling we get from freshly folded laundry in our bedroom. It's playing the piano and singing with friends and it's shared moments over dinner with family. It's feeling healthy, eating well and enjoying the community we savour with other great people. It's looking forward to a little exercise and some laughter at the pub afterwards. **Welcome to your life at Evanston Summit. Welcome home.**

121 retirement suites available for October 2016 occupancy. Visit us at evanstonsummit.com or call us at 587.538.7511 to schedule your appointment

UPCOMING EVENTS

Family Bingo Night

Friday, May 6, 7:00pm

Everyone loves Bingo! Spend some quality time competing with your family and friends to see who gets the first Bingo! This is a fun, all-ages event that will be sure to liven up your Friday night! **Register at the lake office soon, limited space is available. Cost is \$10 per family.



Ladies Night

Saturday, May 14, 7:00pm – 10:00pm

\$5.00 for a night with the gals! Snack on appetizers while checking out the latest household and other items from featured vendors. With door prizes and fun, it's the perfect way to spend Saturday night with the girls! Registration at the lake office is required. Tickets are \$5 each and include a glass of wine, appetizers and lots of door prizes. Vendors include Epicure Selections, Mary Kay, Tupperware and more! **18 & up event.



AAIA Epi Awareness Family Fun Run/ Walk Saturday, June 4

Run or walk a 2.5km or 5km loop through Arbour Lake to help raise awareness and funds for anaphylaxis, allergies and asthma. The AAIA creates safer environments and improves quality of life for Canadians affected by allergy, asthma, and anaphylaxis by empowering individuals and providing education, leadership, and a national voice. Visit www.aaia.ca to register, donate, or volunteer for this amazing event.



To Register, Donate or Volunteer visit: www.aaia.ca

Canada Day Pancake Breakfast Friday, July 1

Come celebrate Canada's Birthday at the lake with a Pancake Breakfast. We will have carnival games, the Mac's Froster Team handing out frosters, and pancakes and sausage for our residents! **Lake access card is required for entrance**



HALL PROGRAMS

The Arbour Lake Residents Hall hosts various programs through the Arbour Lake Residents Association as well as independent groups. Keep busy and connect with others through our various programs!

Parents & Tots: It's time to get the kids out of the house to play! There are lots of toys and games for infants to preschool aged children to enjoy while parents enjoy a coffee and meet some new friends. Parents and Tots meets Tuesdays from 9:30am – 11:00am in the Arbour Lake Residents Hall. For more information, please call the lake office at 403-241-2628.

Arbour Lake Seniors Group: Seniors come and enjoy a coffee, play games, and socialize with other residents, they meet Tuesdays from 1:00pm – 3:00pm in the Arbour Lake Residents Hall and always have a great time. Contact Skip at 403-239-9143 or Jim at 403-239-1628 for more details.

Looking to Build & Retain a Productive, Motivated Workforce?

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RBC Dominion Securities Inc.^{*} and Royal Bank of Canada are separate corporate entities which are affiliated. "MemberCanadian investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. Used under licence. O RBC Dominion Securities Inc. 2015. All rights reserved. 1, 59701. Banc. 11 **Arbour Lake Book Club:** This group meets on the first Monday of each month in the Arbour Lake Residents Hall from 1:00pm – 2:30pm. The book club chats about, and compares books while getting to know members of Arbour Lake. Please contact Elizabeth at eliza123@shaw. ca for more information.

Arbour Lake Adult Choir: The Choir meets on Tuesday evenings from 8:00pm – 9:00pm in the Arbour Lake Residents Hall. For more information, please contact Karen at 403-275-9845.

Child Safe Canada Programs: Child Safe Canada offers various safety programs at the Arbour Lake Residents Hall. Programs are offered throughout the year and include "Strangers & Dangers", "Don't Touch! It's my Body", "Home Alone Safety", and "Red Cross Babysitter Program". For more information or to register, please visit www.childsafecanada.com

Foxy Kickboxing: This Fitness Class is for Women and run by Women. It is sure to turn you into a "Knockout"! Program runs Mondays 7:15pm – 8:15pm throughout the entire year in the Arbour Lake Residents Hall. For program information, please call 1-888-974-3699 or visit www.foxykickboxing.ca

Tabata Boot Camp: Get results fast in a fun 8 week Bootcamp. Sessions run Tuesdays and Thursdays 6:30-7:30pm and Saturdays at 8:00am in the Arbour Lake Residents Hall. For details and to register visit www. tabatawithjudi.com or email tabatawithjudi@shaw.ca

Karate For All Ages:

Mondays & Fridays 6-7pm in the Arbour Lake Residents Hall

- Children's Karate
- Competition (Sport Karate)
- Traditional Shotokan Karate (for the serious Karate student)
- Self Defence (Women's Awareness & Self Protection – WASP)

Contact: Marc 403-991-1821 or Stanley 403-383-5972 Website: www.shotokankaratecanada.ca Email: karatearbourlake@gmail.com

Now that is some serious Calgary soccer pride.

AND WE'RE PROUD TO BE IN THE GAME.

CUPE

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work for you

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility where you feel comfortable taking your family.
- Saving you money city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public *and working for all Calgary families.*



Registration for Summer Programs is now open! Stand up Paddleboard **Register early as programs fill up quickly and there** Classes on paddle boarding basics available for ages 8-12 is limited space available. Classes are subject to change or cancellation. For more information on Summer Programs, visit the Programs & Events tab at www.arbourlake.com.



Management System (SMS) is all about managing the safety interaction with your workers. It's an overall strategy to help you communicate hazards and best practices in your workplace so you can develop ting culture of safety within all stakeholders in your organization.

SUMMER PROGRAMS 2016

Beginner Tennis

Beginner lessons available for ages 6-8, 9-12, and adult (13+). Water Safety

The basics of water safety, made for Arbour Lake! Perfect for young children or children soon receiving their first lake card.

Youth Rod and Reel

Learn basic fishing techniques, what equipment to use and what bait will catch you the biggest fish in the lake! Kayaking

Classes on the kayaking basics available for ages 8-12 and adult (13+).

Canoeing

Classes on the canoeing basics available for ages 8-12 and adult (13+).

and adult (13+).

Fly Casting

This one day course will teach you all you need to know to master the art of fly casting! This program is available for ages 10+.

Yoga on the Beach

For beginners/experienced beginners looking to improve body and mind at the lake!

Tai Chi on the Beach

Relax and strengthen your mental and physical state at the lake!

Bootcamp on the Beach

Workouts for getting that summer body! Great for any fitness level!

Learn to Bike Day Camp *MUST REGISTER*

A FREE course on the basics of biking and road safety for kids!



MAY 2016 | Great News Publishing | Call 403-263-3044 for advertising opportunities 8

403-241-2628 www.arbourlake.com **AT THE LAKE**

Beach Update

In preparation for summer, Arbour Lake Residents Association has added fresh sand to the beach to ensure beach quality and size. An astonishing 66 metric tonnes of sand was brought in by truck from Golden, BC. If you were in our parking lot at the time, you know that the giant trucks of sand couldn't actually drive into the lake area due to their capacity- and so the sand was dumped in the parking lot. Two and a half days were spent transporting sand from the parking lot to the beach, and many more spent spreading the sand over the beach. We had a good time getting our beach updated, and we hope that the sand will be up to your sand castle standards!



Spring is here!

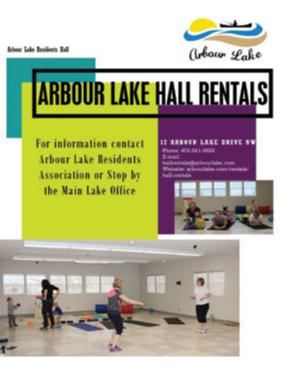
The lake is now open for fishing! Boats will not be allowed on the lake until the water temperature is consistently above 10°C. See our website for information on the lake status or call the office if you have any questions. A reminder that flagpoles are located around the lake and at the Front Entrance.

RED: full closure (stay off and far away from the water). YELLOW: partial closure (contact the lake office or check the website for updates). GREEN: the lake is open for all activities

Arbour Lake Garden Beautification Project

The Arbour Lake Residents Association is looking for dedicated and energetic gardening enthusiasts to form a group of volunteer workers for next summer's project to beautify our neighbourhood! Volunteers will meet in early spring to coordinate a group planting day, and to set up a plan for effective maintenance of our enhanced Arbour Lake Gardens. If you are interested, please call Karin B at 403-241-2994 or email karinpat@telus.net for further details.

Arbour Lake Residents Hall Rentals: Please see our website at www.arbourlake.com for rental information or visit the lake office Monday - Saturday 9am -4pm. Email: hallrentals@arbourlake.com Phone: 403-241-2628





Name:	Colour the picture
	and drop it off at
Phone #:	the lake office for a
Address:	chance to win a
	great prize!

Hey Everyone! Color the picture and drop it off at the lake office for a chance to win a great prize. The Winner for March 2016 is Brooklyn Harper. Please stop by the lake office to pick up you prize Brooklyn!



Mother's Day Word Search

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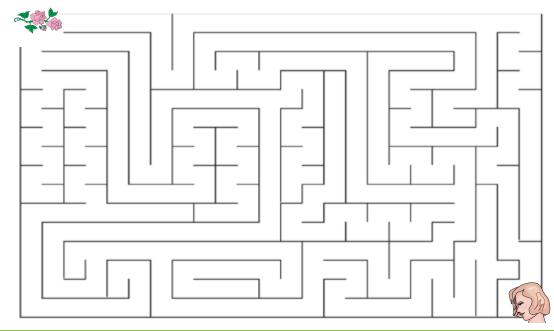
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APPRECIATE	FLOWERS
CAKE	GIFT
CARD	LOVE
CHERISH	MOM
CHOCOLATE	SUNDAY
FAMILY	THOUGHTFUL

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Take some roses to mom



ALRA Board Report

Hello Arbour Lake Residents!

Can you believe the great weather we have been having! Craig and the staff are a month ahead of schedule with the spring projects at the lake, starting with a load of white sand for the beach area. We got a fantastic deal on sand this year! Our biggest issue right now is the geese. They are really beautiful, majestic birds..... but, they leave a lot of droppings! We are looking for friendly solutions to keep them off the beach.

Our summer programs are filling up quickly. There are camps with only one spot left and we have one tennis program full as of April 1. There is a large variety of camps and programs to choose from. Please don't wait to sign up!

There are a number of events coming up. We have Family Bingo Night on May 6 and Ladies Night on May 14. These are events that you have to sign up for ahead of time. On June 4 we will be hosting our annual Epi Fun Run. Our Canada Day Pancake Breakfast will be held on July 1. We will feed the first 1,000 people. On August 1, Arbour Lake will be hosting the Canadian Open Water Swim Championships. This is a great honour for us, we hope you will come down to cheer on the athletes.

Arbour Lake has a new promotional drone video. Some of the footage was shot at our annual Polar Plunge. There is some fantastic footage promoting our unique little community. Please go to our website to check it out.

The Arbour Lake Residents Association will continue to work hard to bring you great events, programs and activities that make Arbour Lake one of the best communities in Calgary.

The ALRA is looking for an Arbour Lake resident with a financial background to be a part of our Finance Committee. The board feels that transparency is of the utmost importance to Arbour Lake, therefore we would like to invite other residents to share your knowledge. Please contact communications@arbourlake.com.

Happy Spring Everyone!



Neighbour Day is an opportunity for neighbours to come together in the form of BBQs, cleanups and potlucks to celebrate our strong community spirit in Calgary. Make Saturday, June 18 the day you host a block party, a picnic at your local park or even introduce yourself to a neighbour and lend a helping hand. The City of Calgary wants to encourage as many people as possible to host a local activity on their block or in their residential building. That is why they are waiving the fees for small scale local block party permits and neighbourhood park bookings for events that take place on June 18 this year. Please note the deadline for road closure permit applications is May 27. Visit calgary.ca/ neighbourday for more information about Neighbour Day including an event planning kit, information about permits and other logistical considerations.

This spring, Calgary Police Service along with Alberta Commercial Vehicle Enforcement will be paying extra attention to safety infractions by heavy and light trucks. They will focus on moving violations, cargo securement, mechanical fitness and other related infractions to ensure all vehicles are roadworthy and safe. There will be check stops and enforcement blitzes throughout the spring.

With the population growth and the new development throughout northwest Calgary, certain major roadways are becoming increasingly congested. Two major projects that I have been advocating for is to twin the Shaganappi Trail overpass over Stoney Trail and to build a full interchange on 14th Street NW and Stoney Trail. Both of these interchange improvements are critical to the transportation network in northwest Calgary. I have met numerous times with officials from the provincial and federal government to advocate for these projects and I will continue to advocate for them at City Hall. If improving these roadways is a priority for you, please share your views with your local Member of the Legislative Assembly, Member of Parliament, as well as my office through www. joemagliocca.com.

Joe's Tips:

Until May 29, bring your leaves, branches, plants, grass and other yard waste to any City of Calgary landfill for free composting! You can also pick up free mulch from the landfills. Please note that the Spyhill Landfill is now open seven days/week from 7:30 a.m. - 5 p.m.

Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs



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Easter Event:

Our annual Easter Event was held on Sunday March 20th and was attended by close to 700 Residents! It was a beautiful day for the little ones as they were treated to an Easter egg hunt, goodies, prizes, face painting and balloon animals from our favourite clown "Froot Loop"! A big THANK YOU to our volunteers including, Rachel, Daniela, Kennedy, Amanda, and the YVC volunteers for all of their help handing out prizes, spreading Easter Eggs, painting hundreds of faces and more! We could not host such great events without the assistance of our volunteers!











SUMMER Camps 2016

This year Arbour Lake Residents Association is proud to offer six weeks of children's summer camps! All camps run Monday – Friday from 9:00am – 3:00pm. Activities are subject to change. Children must be ages 6-12 to participate in summer camps.

The Great Outdoors! (July 4-8)

Kick off your summer with a week of fresh air at Bowness Park, Glenbow Ranch Prov. Park, and Southland Leisure Centre.

Make a Splash! (July 18-22)

Calling all water lovers! Enjoy a week of water activities! Southland Leisure Center, Calaway Park and Paddle Boarding in Arbour Lake!

Animal Planet! (July 25-29)

The ideal week for the young zoologist! Enjoy a week filled with animals all shapes and sizes at the Zoo, Butterfield Acres and the Calgary Corn Maze.

Adventureland! (August 8-12)

For the young adrenaline junky! Discover some of Calgary's greatest adventures at Bowness Park, Stronghold Rock Climbing and an Indoor Trampoline Park. **Under the Sea! (August 15-19)**

Enjoy a week filled with water activities! We will be learning how to Paddleboard at Arbour Lake, visiting Southland Leisure Centre and the Bow Habitat Station! **Aloha Summer! (August 22-26)**

Say goodbye to summer the right way by exploring Telus Spark, Heritage Park and the Calgary Corn Maze.

Before and After Care (All Camp Dates)

This program is for children registered in Daycamp(s). Before and After Care supervision runs one hour before camp and two hours after.

Volunteers Needed

The Arbour Lake Residents Association is looking for Summer Camp Volunteers between the ages of 14 and 17. Volunteers must be available for the full week of camp and there are six different weeks to choose from. Please email camps@arbourlake.com for more information.



Arbour Lake Adventure Camps are looking for camp volunteers ages 14-17 for the 2016 summer!

We serve children ages 6-12 Our activities include various trips to locations around Calgary (Calaway Park, Telus Spark, ect.) as well as time at Arbour Lake playing games, swimming and doing crafts! Volunteer opportunities are Monday to Friday, for your choice of one or more of the six, five day camps!

Benefits of Volunteering:

Gaining hands on experience working with children of various ages.
 Networking with people in your community.
 Being a role model and a buddy to campers.
 Having fun and making amazing memories each day!



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Name	Age	Contact	Course
Alice	15	403-702-3731	No
Angela	15	403-288-3410	Yes
Bailie	15	403-210-0113	Yes
Brenda	49	403-208-3623	Yes
Claire	30	403-402-1917	Yes
Claire	30	403-402-1917	Yes
Emily	17	587-777-5046	Yes
Gabby	21	403-667-7276	Yes
Julia	58	403-547-0380	Yes
Madison	14	403-241-9188	Yes
Maria	16	403-615-3797	Yes
Megan	15	403-241-5152	Yes
Meghan	14	403-239-2179	Yes
Michelle	14	403-208-0918	Yes
Naomi	16	403-615-9834	Yes
Yuna	16	587-969-7816	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in. Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Insects and Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine

Community Highlight

Local Teen Crowned Miss Teenage North Calgary 2016

Rachel Butler, a 14-year-old Arbour Lake resident, is the new Miss Teenage North Calgary 2016. The Alberta Provincial pageant took place on February 21, 2016, at the Coast Plaza hotel and Conference Centre. Participating in a pageant had always been a big dream of hers, but she had never looked far into it until the December of 2015. "I stumbled upon the website while looking through the Miss Universe commotion. Even then, I was hooked. I begged my mom to let me apply for Miss Teenage Alberta," recalls Rachel. Miss Teenage Alberta is a preliminary pageant for Miss Teenage Canada. Around 70 delegates from all across Canada, including Rachel, will be going to Toronto from July 17-24 to compete at Nationals.

Contrary to popular belief, beauty pageants aren't all about the looks. Winners are chosen based on their ability to be a positive role model for youth, as well as on interview and public speaking skills, attitude, photogenicy, contribution to the community, and platform. A platform is something that an individual is deeply passionate about, and wants to help make a change for the better. Rachel's platform goal is to change the stigma and take away the shame from people with disabilities/ special needs, and give more support for them and their families. "My mother has friends with children who have special needs, and that has really opened my eyes to this topic of huge importance." says Rachel.

Rachel is the proud successor of Angel Berry (Miss Teenage North Calgary 2015), who last year placed top 20 in the National competition. This was Rachel's first pageant.

As part of her pledge to be a positive role model, she will be volunteering with many charities and many events. Keep an eye out for her throughout the year!

For more information about her and her platform, you can visit Rachel's Facebook page: www.facebook.com/ missteenagenorthcalgary2016.

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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, 403-269-2707.

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COMMUNITY Announcements

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

 Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
 Forty word limit



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Last 12 Months Arbour Lake MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$534,950.00	\$530,000.00
January 2016	\$452,450.00	\$437,250.00
December 2015	\$519,000.00	\$503,000.00
November 2015	\$458,400.00	\$454,694.00
October 2015	\$499,900.00	\$483,750.00
September 2015	\$549,900.00	\$568,000.00
August 2015	\$464,900.00	\$455,000.00
July 2015	\$579,900.00	\$563,400.00
June 2015	\$549,700.00	\$525,500.00
May 2015	\$529,000.00	\$519,000.00
April 2015	\$499,500.00	\$482,500.00
January 2015	\$534,900	\$526,833

Last 12 Months Arbour Lake MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	9	13
February 2016	14	4
January 2016	15	2
December 2015	8	7
November 2015	9	6
October 2015	9	6
September 2015	9	11
August 2015	10	7
July 2015	12	12
June 2015	14	12
May 2015	8	9
April 2015	18	15

To view the specific SOLD Listings that comprise the above MLS averages please visit **arbour-lake.great-news.ca**



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Krista MacLaughin

Pharmacist/Owner

Hours of Operation Monday – Friday: 9:30 am - 5:30 pm Saturday: 10:00 am - 2:00 pm Sundays & Holidays: Closed