

MAY 2019

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myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER

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Community Centre

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PRESIDENT'S MESSAGE



We would like to welcome the Calgary Community Fencing Association & Yoga for you to the Centre. Please view the calendar of events for times and information.

Our next Prairie Wrestling Event is May 4, 2019. Doors open at 7pm and you can buy tickets in advance at the Centre at a reduced cost or at the door.

The Gardening Season is now underway, keep a close eye focused on Darrell's gardening updates in this edition of the Newsletter.

Centre Project's update: 1) Gymnasium Rooftop HVAC Unit Economizer actuator and motor, this equipment enables the HVAC to optimize recirculating interior air and intake of outside air providing the best efficient use of power and comfort to the gymnasium. Project Completed. 2) Kitchens, washrooms and workshop renovations. 3) Outdoor Rink Lights upgrade Project is completed. The centre will be a buzz with upgrade activity in the coming months.

Be sure to check our calendar for an array of activities for children and adults. We have many of our regular programs continuing through the spring at the Centre. We are pleased to offer now the popular Zumba. Why not come on down and try it out!

If you have any concerns please contact me at president@mycedarbrae.ca.

Please visit our web page at www.mycedarbrae.ca, or like us on Facebook. You can also follow us on Twitter @Cedarbraeinfo! The Centre office is often open too; stop by to check out all the activities happening in our neighbourhood!

We look forward to seeing you at the Centre!

Community minded,
Steven Brown, President, CCLA

Great Photos of Cedarbrae Wanted!

Send your photos to info@mycedarbrae.ca

YOUR CITY OF CALGARY

Green Carts Spring into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit calgary.ca/collection to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.



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CEDARBRAE COMMUNITY ASSOCIATION

Complex

11024 Oakfield Drive SW
Calgary AB T2W 5G6
Phone 403 251 2101
info@mycedarbrae.ca
www.mycedarbrae.ca

Community Contacts

C.O.P.S. Liaison
Cst. Gary Baldwin

EXECUTIVE BOARD

President Steven Brown
Treasurer Ron Bichel

DIRECTORS

Glenn Suart, Leasing/Rental Director
Chris Glynn
Darrell Ogden
Landen Field
Ariel McDuff

OTHER

Community Partnership Richard Lam
Richard.lam@calgary.ca
Gardens Coordinator Darrell Ogden

PEOPLE OF CEDARBRAE

We are looking for articles about people with interesting stories, who have demonstrated outstanding service, or people who have gone above and beyond the ordinary.

We would like to hear from you. Contact the community centre at 403-251-2101 or write info@mycedarbrae.ca.

COMMUNITY VISION AND MISSION

Community Vision

Cedarbrae is recognized as one of the most desirable, progressive and caring communities in Calgary to live, learn, work and play.

Mission

MyCedarbrae operates a vibrant, viable community centre that provides recreational, social & educational opportunities for residents of Cedarbrae and by extension, citizens of Calgary.



RENTAL SPACE RATES

- Birthday parties, Weddings, Celebrations of Life, Showers, Game days and Meetings, whatever your need, our recently upgraded facility can accommodate you.
- Our staff will be pleased to discuss you needs, provide availability and other detailed information.
- Liquor license and Liability Insurance are the responsibility of renter.
- Terms and conditions apply.

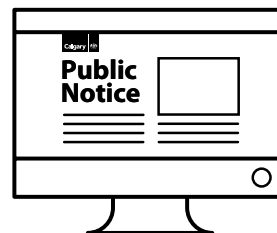
	Hourly	Daily (8hrs)	Event (16 hrs)
Gym Half	\$51	\$367	\$694
Gym Full (Cap. 472)	\$85	\$612	\$1,156
Garden View Room (cap. 59)	\$46	\$313	\$604
Aspen View Room (cap. 59)	\$42	\$286	\$551
Garden and Aspen Rooms Combined (cap. 200)	\$80	\$544	\$1,050
Park View Room (cap. 70)	\$31	\$211	\$407
Kitchens	\$5	\$34	\$66
Activity Room (Cap. 10)	\$20	\$136	\$262

Calgary



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.



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Cedarbrae Community League Association

Community Association Membership

Join your neighbours in making Cedarbrae a better place to live, learn, work and play. Become a member today!

The Cedarbrae Community League Association is a volunteer non-profit organization run by and for the residents of Cedarbrae. Funds are raised through rentals at our Community Centre, fundraising events and our yearly membership.

All those funds are put right back into our Community, maintaining the Centre, low cost programming, hosting events and Community Outreach.

Join us in ensuring our neighbourhood remains the beating heart of southwest Calgary!

Community Vision:

Cedarbrae is recognized as one of the most desirable, progressive and caring communities in Calgary to live, learn, work and play.

Mission:

MyCedarbrae operates a vibrant, viable Community Centre that provides recreational, social and educational opportunities for residents of Cedarbrae and by extension, citizens of Calgary.

Want to make the world a better place? Why not start in your own backyard? Become a member, get active and join in, attend an event, or volunteer. Your neighbours are amazing, come meet them!

Become a Member today!

What's the easiest way?

- Check out our website: www.mycedarbrae.ca, click on the membership tab to go to our secure membership site – a few easy steps and you're a member!
- Stop by the Community Centre and fill out a membership form. Anytime during office hours the Centre staff is ready to help.
- Come check out one of our Community Events. Memberships are available during all of our Events.

Cedarbrae Community Memberships are always a great value!

- \$30 per household
- \$15 for seniors (55+)

Yearly memberships run from May 1- April 30.

Our members have found the heart and soul of Cedarbrae. Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others.

Membership dollars go towards running your local Community Centre, Community Events, and programs offered at low cost so that everyone can join in.

Membership Application Form



\$30.00 – Family Membership \$15.00 – Senior 55+ Membership Date _____

Main Contact

Spouse/Partner – if applicable

Last Name _____ Last Name _____

First Name _____ First Name _____

Address _____ Postal Code _____

Home Phone _____ Cell Phone _____

Please send cheque or money order to Cedarbrae Community League Association 11024 Oakfield Dr. SW Calgary AB T2W 5G6

E-Mail _____

I would like to volunteer for the following:

- ☐ Stampede BBQ
- ☐ Casino

- ☐ Newsletter
- ☐ Special Events
- ☐ Board of Directors
- ☐ Community Clean-up

- ☐ Garden
- ☐ Sports Programming
- ☐ Other: _____



Get Active

at the Cedarbrae Community Centre

Baha'i Devotionals	403-278-7307
Calgary Community Fencing Association	403-710-1493
Calgary K-9	403-312-9288
Cedarbrae Kids	403-476-7174
Chinook Country Line Dancers	403-988-0973
Counterpoint Dance Academy	403-615-0103
Drop in Pickleball	403-251-2101
Fresh Rollers	403-471-4464
Guides & Pathfinders	403-283-8348
Holy Trinity Romanian Orthodox Church	587-703-6815
Kids in Spanish Preschool	403-542-6333
Lambert Academy of Sugar Craft	587-332-4234
Ladies Badminton	403-238-5185
Monday Night Men's Ball Hockey	403-669-6739
PWA Wrestling	1-780-232-1535
Qi Gong	403-829-3588
RDS Gymnastics	403-225-8519
South Four Soccer	403-801-5219
WagDogs	403-708-8224
Yoga with Tracy	403-281-5558
Yoga for You	403-255-3406
Zumba	403-251-2101

May 2019 Upcoming Events

May 3rd	Baha'i Devotions & Conversation Gathering
May 4th	PWA "MAYHEM"
Daily until May 10th	Pickleball (See our Website for play schedule)
Mon-Fri	Kids in Spanish Preschool
Mondays	Qi Gong / Counterpoint Dance Academy/Cedarbrae. Kids /RDS Gymnastics/1 Ball Hockey
Tuesdays	Counterpoint Dance Academy/ Cedarbrae Kids/ Yoga with Tracy/SWUS/Calgary Community Fencing Association
Wednesdays	Badminton / Guides & Pathfinders/Counterpoint Dance Academy/ Cedarbrae Kids/ SWUS/ Yoga with Bud
Thursdays	Yoga with Tracy/ Chinook Country Line Dancers / Counterpoint Dance Academy
Fridays	Fresh Rollers (Disco roller skating)
Saturdays	WAGDOGS / Zumba/ Counter Point Dance
Sundays	Holy Trinity Romanian Orthodox Church

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Garden Report

As May kicks into full swing, the community is buzzing with outdoor activity. Not only have the pollinators returned to start their important jobs, but the May long weekend brings the “unofficial” start to the growing season. The May long weekend has been the date marked on many calendars as the “planting weekend”, and while true in some years it is not a definitive date, but more an imported one.

Mother Nature does not enjoy following a calendar and there is no guarantee that snow or frost won't appear after the May long weekend. So instead of waiting to put all your plants out on the May long weekend, use a little planning and precaution to get your garden started whenever you wish to enjoy some outdoor weather.

To get a head start on your garden work, you will need to ensure your garden is workable first. This means warming it up enough to wake up all those wonderful garden microbes that aid in decomposition. If your garden is in the ground, some black plastic garbage bags will work wonders to warm up your garden space. Cover the garden space with the bags and place some rocks around the edges to keep them in place. The black colour will attract the sunlight and trap in the heat allowing the garden to thaw out faster than normal.



Figure 1: Covered Garden Bed In April

Raised garden beds benefit from being able to add hoops to the beds to cover them with plastic allowing them to heat up faster and offer protection from frost should you start your garden early. Many garden centres carry portable hoop houses that you can put out over your bed while the risk of frost (or cold weather) still exists to protect the garden.

Amending your garden bed with compost can also assist in warming up a covered bed. Compost naturally creates heat which if trapped can be absorbed back into the soil. It's great that a task that is on every gardener's check list can serve two purposes.

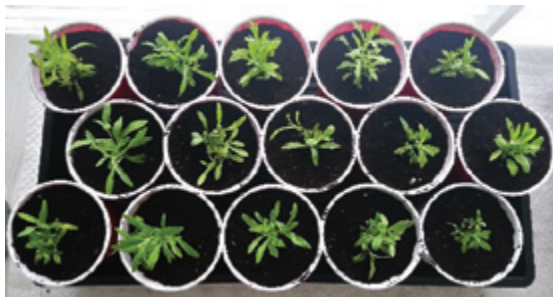


Figure 2: Seedlings started indoors

Of course, May is also the time to start hardening off your seedlings which you started indoors. Seedlings grown in a greenhouse or seed tray need time to adjust to the outdoor environment. The intensity of the sun, the chill of the wind, the strangeness of the raindrops, are all new to your tiny seedlings and they will benefit from a gradual exposure to the outdoors over the period of a week or two. Start slowly, avoiding direct exposure to the elements at first and increase the exposure over time.

If your garden is being planted directly from seeds, you can plant them when your soil is workable and has been amended for the growing season. Seeds have evolved over time and have an amazing ability to know when it's time to wake up and get growing. Seed germination requires contact with soil and moisture, but most importantly, a seed requires the right soil temperature. Plant your spinach seeds and your parsnip seeds at the same time, and you will find you'll be harvesting your spinach by the May long weekend but your parsnips won't be peeking out of the ground until June.



May will mark the beginning of the growing season for many in Calgary, and the Cedarbrae Community Gardeners will be out amending their garden beds, preparing their seedlings for planting and offering Mother Nature many good wishes for “no crazy hail” this year. We hope to see you around the gardens during this growing season.

Happy May!

Darrell Ogden
Cedarbrae Community Gardens

If you have questions, please feel free to email us at swgardener@telus.net



May 1: Gym North & South: Pickleball Mixed Drop in Beginner & Novice 9:00am-12:00pm, **Gym South:** Cedarbrae Kids 3:30-5:30, **Gardenview:** Kids in Spanish Preschool 8:45am-3:00pm, **Aspenview:** Yoga for You 5:00pm-6:30pm, **Aspen/Gardenview:** Guides & Pathfinders 6:30pm-8:30pm, **Parkview:** Counterpoint Dance 4:00pm-6:45pm

May 2: Gym North & South: Pickleball Beginner/ Intermediate 9:00am-11:30am, Advanced Mixed +3.0 11:45am-2:15pm, Pickleball Machine Drills 2:45pm- 5:00pm, CClinedancers 6:00pm-9:00pm, Parkview: Yoga with Tracy 9:30am-11:00am, **Aspenview:** Yoga with Tracy 7:30pm—9:00pm, **Gardenview:** Kids in Spanish Preschool 9:00am-3:00pm

May 3: Gym North & South: Pickleball sign up Ladies Intermediate 8:30am-11:00am, Pickleball Ladies Beginners 11:15am-1:45pm, Pickleball Men's intermediate +3.0, 2:00pm-4:30pm, Pickleball sign up Ball Machine Session 5:30-8:00, Fresh Rollers 8:00pm-11:00pm, **Parkview:** Baha'i Devotional Conversation 7:00pm-10:00pm, **Gardenview:** Kids in Spanish 8:45am-3:00pm

May 4: Gym North & South: Pickleball Mixed Ladder Play Tier 1 8:30am-11:00am. Mixed Ladder Ladies 11:15am-1:45pm, PWA MAYHEM 7:00pm-10:30pm, **AspenGardenview:** Zumba 9:15am-10:15am, **Parkview:** Wag Dogs

9:30am-11:30am, Counterpoint Dance 3:30pm-5:00pm

May 5: Gym North & South: Pickleball Beginner/ Novice 9:00am-11:30am, Pickleball Advanced Mixed 11:45am-2:00pm, Pickleball Mixed Open Play All Levels 2:30pm-5:00pm, **AspenGardenview:** Holy Trinity Romanian Orthodox Church 10:00am-1:00pm

May 6: Gym North & South: Pickleball Mixed Beginner/Novice 9:00am-12:00pm, Mixed Intermediate +3.0 12:30pm-3:00pm, Men's Ball Hockey 9:00pm-11:00pm, **Gym South:** Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** RDS Gymnastics 4:00pm-7:30pm **Parkview:** Counterpoint Dance 4:00pm-8:00pm, **Gardenview:** Kids in Spanish 8:45am-3:00pm, **Aspenview:** Qi Gong 7:00pm-9:15

May 7: Gym North & South: Pickleball Mixed Beginner 9:00am-11:30am, Men's Open Play All Levels 11:45am- 2:15pm, **Gym South:** Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** Calgary Community Fencing Association 3:45pm-5:15pm & 6:30pm-7:30pm, **Gardenview:** Kids in Spanish 8:30am – 3:00pm, **Parkview:** Counterpoint Dance 4:15pm-5:45pm, Calgary K-9 Scent Training 7:00pm-8:00pm

May 8: Gym North & South: Pickleball Mixed Drop in Beginner & Novice 9:00am-12:00pm, **Gym South:** Cedarbrae Kids 3:30-5:30, **Gardenview:** Kids in Spanish Preschool 8:45am-3:00pm,

Aspenview: Yoga for You 5:00pm-6:30pm, **Aspen/Gardenview:** Guides & Pathfinders 6:30pm-8:30pm, **Parkview:** Counterpoint Dance 4:00pm-6:45pm

May 9: Gym North & South: Pickleball Beginner/ Intermediate 9:00am-11:30am, Advanced Mixed +3.0 11:45am-2:15pm, Pickleball Machine Drills 2:45pm- 5:00pm, CClinedancers 6:00pm-9:00pm, Parkview: Yoga with Tracy 9:30am-11:00am, Counterpoint Dance 4:15pm-8:15pm, **Aspenview:** Yoga with Tracy 7:30pm—9:00pm, **Gardenview:** Kids in Spanish Preschool 9:00am-3:00pm

May 10: Gym North & South: Pickleball sign up Ladies Intermediate 8:30am-11:00am, Pickleball Ladies Beginners 11:15am-1:45pm, Pickleball Men's intermediate +3.0, 2:00pm-4:30pm, Pickleball sign up Ball Machine Session 5:30-8:00, Fresh Rollers 8:00pm-11:00pm, **Gardenview:** Kids in Spanish 8:45am-3:00pm

May 11: AspenGardenview: Zumba 9:15am-10:15am, **Parkview:** Counterpoint Dance 3:30pm-5:00pm

May 12: AspenGardenview: Holy Trinity Romanian Orthodox Church 10:00am-1:00pm

May 13: Gym South: Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** RDS Gymnastics 4:00pm-7:30pm **Parkview:** Counterpoint Dance 4:00pm-8:00pm, **Gardenview:** Kids in Spanish 8:45am-

3:00pm, **Aspenview:** Qi Gong
7:00pm-8:15

May 14: Gym South: Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** Calgary Community Fencing Association 3:45pm-5:15pm & 6:30pm-7:30pm, **Gardenview:** Kids in Spanish 8:30am – 3:00pm, **Parkview:** Counterpoint Dance 4:15pm-5:45pm, Calgary K-9 Scent Training 7:00pm-8:00pm

May 15: Gym South: Cedarbrae Kids 3:30-5:30, **Gardenview:** Kids in Spanish Preschool 8:45am-3:00pm, **Aspenview:** Yoga for You 5:00pm-6:30pm, **Aspen/Gardenview:** Guides & Pathfinders 6:30pm-8:30pm, **Parkview:** Counterpoint Dance 4:00pm-6:45pm

May 16: Gym North & South: CClinedancers 6:00pm-9:00pm, **Parkview:** Yoga with Tracy 9:30am-11:00am, Counterpoint Dance 4:15pm-8:15pm, **Aspenview:** Yoga with Tracy 7:30pm—9:00pm, **Gardenview:** Kids in Spanish Preschool 9:00am-3:00pm

May 17: Gym North & South: Fresh Rollers 8:00pm-11:00pm, **AspenGardenview:** Holy Trinity Romanian Orthodox Church 10:00am-1:00pm

May 18: AspenGardenview: Zumba 9:15am-10:15am, **Parkview:** Counterpoint Dance 3:30pm-5:00pm

May 19: AspenGardenview: Holy Trinity Romanian Orthodox Church 10:00am-1:00pm

May 20: Gym South: Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** RDS Gymnastics 4:00pm-7:30pm **Parkview:** Counterpoint Dance 4:00pm-8:00pm, **Gardenview:** Kids in Spanish 8:45am-3:00pm, **Aspenview:** Qi Gong 7:00pm-8:15

May 21: Gym South: Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** Calgary Community Fencing Association 3:45pm-5:15pm & 6:30pm-7:30pm, **Gardenview:** Kids in Spanish 8:35am – 3:00pm, **Parkview:** Counterpoint Dance 4:15pm-5:45pm, Calgary K-9 Scent Training 7:00pm-8:00pm

May 22: Gym South: Cedarbrae Kids 3:30-5:30, **Gardenview:** Kids in Spanish Preschool 8:45am-3:00pm, **Aspenview:** Yoga for You 5:00pm-6:30pm, **Aspen/Gardenview:** Guides & Pathfinders 6:30pm-8:30pm, **Parkview:** Counterpoint Dance 4:00pm-6:45pm

May 23: Gym North & South: CClinedancers 6:00pm-9:00pm, **Parkview:** Yoga with Tracy 9:30am-11:00am, Counterpoint Dance 4:15pm-8:15pm, **Aspenview:** Yoga with Tracy 7:30pm—9:00pm, **Gardenview:** Kids in Spanish Preschool 9:00am-3:00pm

May 24: Gym North & South: Fresh Rollers 8:00pm-11:00pm, **AspenGardenview:** Holy Trinity Romanian Orthodox Church 10:00am-1:00pm

May 25: AspenGardenview: Zumba 9:15am-10:15am, **Parkview:** Counterpoint Dance 3:30pm-5:00pm

May 26: AspenGardenview: Holy Trinity Romanian Orthodox Church 10:00am-1:00pm

May 27: Gym North & South: Men's Ball Hockey 9:00pm-11:00pm, **Gym South:** Cedarbrae Kids 3:30pm-5:30pm, **Gym North:** RDS Gymnastics 4:00pm-7:30pm **Parkview:** Counterpoint Dance 4:00pm-8:00pm, **Gardenview:** Kids in Spanish 8:45am-3:00pm, **Aspenview:** Qi Gong 7:00pm-8:15

May 28: Gym North: Calgary Community Fencing Association 3:45pm-5:15pm & 6:30pm-7:30pm, **Gardenview:** Kids in Spanish 8:35am – 3:00pm, **Parkview:** Counterpoint Dance 4:15pm-5:45pm, Calgary K-9 Scent Training 7:00pm-8:00pm

May 29: Gardenview: Kids in Spanish Preschool 8:45am-3:00pm, **Aspenview:** Yoga for You 5:00pm-6:30pm, **Aspen/Gardenview:** Guides & Pathfinders 6:30pm-8:30pm, **Parkview:** Counterpoint Dance 4:00pm-6:45pm

May 30: Gym North & South: CClinedancers 6:00pm-9:00pm, **Parkview:** Yoga with Tracy 9:30am-11:00am, Counterpoint Dance 4:15pm-8:15pm, **Aspenview:** Yoga with Tracy 7:30pm—9:00pm, **Gardenview:** Kids in Spanish Preschool 9:00am-3:00pm

May 31: Gym North & South: Fresh Rollers 8:00pm-11:00pm, **Gardenview:** Kids in Spanish 8:45am-3:00pm

Yoga for You

Yoga has been in existence for over 3000 years. Since then, it has continued to grow in popularity and it continues to be modified to meet modern-day needs. Anyone and everyone can do yoga. Professional athletes use it to train and prepare. People of all ages do it -from children in Nursery Schools to people in their nineties.

Yoga has proven to have many benefits for both the body and the mind.

A lot of people first try yoga to help them with back issues. Here is a recent student's experience after trying yoga for a short period:

"I have been a very active individual all my life until the affect of a lifetime of various injuries, medical procedures, work-related stressors and not forgetting the years sliding by, my body literally began to fall apart. After 5 years of chronic lower back pain as a result of bending over to untie my shoes one evening, it became almost impossible for me to sit or sleep. I was in constant agony. I spent thousands of dollars on physiotherapy and the medical profession in general. Nothing seemed to help.

I somewhat skeptically started attending yoga classes at the suggestion of a friend about 18 months ago. Within three months I was pain free, able to move freely and again able to pursue my active lifestyle.

I wish someone had convinced me sooner on the benefits of yoga. The subtle but targeted poses do wonders in freeing up long ignored muscles and bring new strength to joints and overall posture. I cannot speak highly enough as to the difference yoga has

made to the quality of going about my daily life and how it has made a huge positive difference to my mental outlook and physical wellbeing."

In brief here are a few more of yoga's benefits.

- Yoga maintains the body's posture which is very important for back care and for efficient breathing. Breathing practice is an important part of yoga.
- Yoga improves a person's flexibility by stretching all the key postural muscles.
- Practicing yoga also keeps the muscles strong because muscles work in opposition to each other; when you are stretching the quadriceps muscles, for example, you are strengthening the opposing hamstring muscles at the same time and vice versa.
- Yoga makes the bones less porous and stronger through its weight-bearing exercises.
- Yoga helps circulate the lymph which is vital to the proper working of the immune system.
- Sequencing yoga poses can help maintain the cardio vascular system.
- Yoga helps in dealing with anxiety, depression and stress

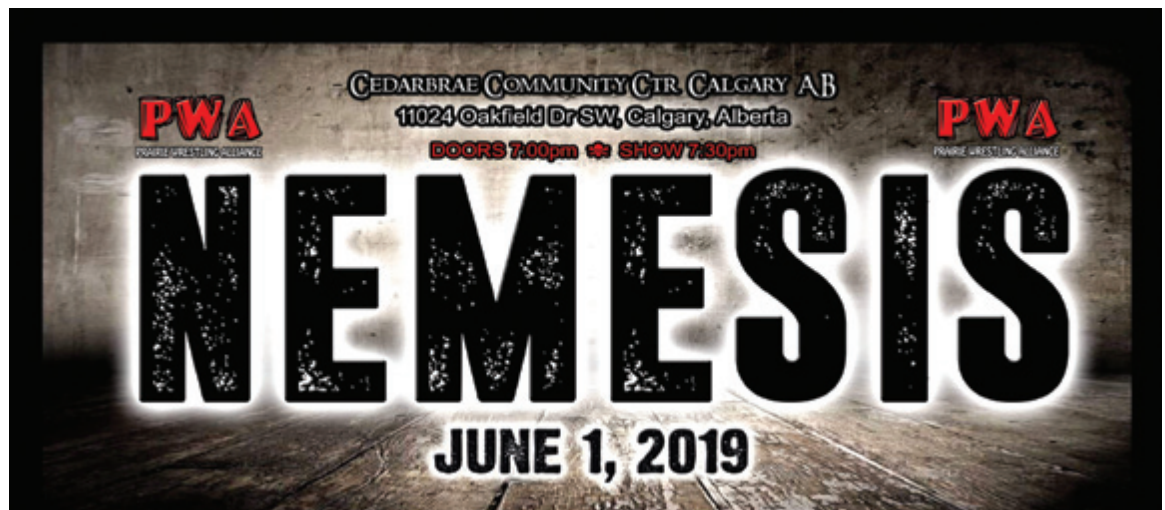
Your Cedarbrae Community Centre now offers four 1.5-hour classes per week. The first class is free.

So why not join the millions of people who have incorporated yoga into their lives? You may even make some life-time friends. I sure did. One of them is Tracy who teaches three of the classes at the Centre.

If you have any questions, please contact me at bobflo@shaw.ca

We hope to see you soon.

Tracy & Bud, Cedarbrae Community Centre Yoga Teachers



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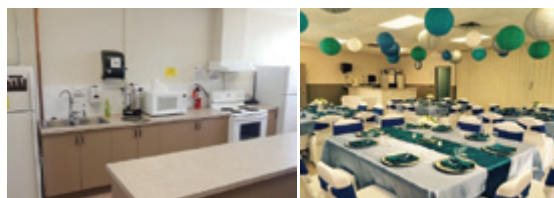
Take a look at our Cedarbrae Centre's Function rooms, Gym and an available Office Suite.



Parkview Room: On ground floor. Approx. 5.5m x 12.3m (68 sq.m). Accommodates 57 seated for dining. Adjacent to fully equipped kitchen with serving hatch/bar. Great for meetings or children's party gathering.



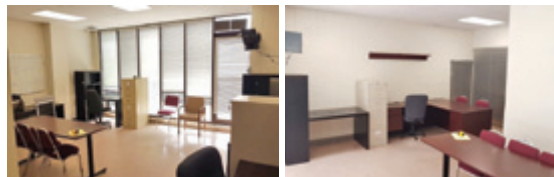
Aspenview Room: On second floor. Approx. 6.6m x 10.2m (67 sq.m). Accommodates 57 seated for dining. A bright windowed room overlooking Aspen copse from the outdoor patio. Can be combined with **Gardenview** Room using retractable divider.



Gardenview Room: On second floor. Approx. 7.5m x 10.8m (81 sq.m). Accommodates 59 seated for dining. A bright windowed room overlooking community gardens and outdoor hockey rink areas. Adjacent to fully equipped kitchen. The room includes bar area with sink and refrigerator. Either separately or combined, the **Gardenview** and **Aspenview** rooms are great for larger groups and ideal for weddings and family celebrations.




Gymnasium: The gym has a high quality wooden floor with bright LED lighting. Court markings include: volleyball, basketball and badminton courts. In addition, the gym is often used for indoor pickleball, soccer, floor hockey and lacrosse. Of course, it could be used for many other purposes too. Available for individual/private use or for group/ team tournaments, our gym is well worth a look and is available as a full or half gym space. One-off events such as expositions or fairs are easily accommodated.



Office Suite: On the second floor, this office space is approx. 6.0m x 6.8m (41 sq.m) including a file storage room. It offers a bright windowed workspace for up to 8 people. Some existing office furnishings available. Ideal for a non-profit or sport-centred organization on a short or long term basis. Additional (separate) equipment storage room(s) are available too.

Our rates are very competitive rental rates verses traditional hotel function rooms or commercial office space!, See our website at: www.mycedarbrae.ca. or, as ever, call our office (403- 251-2101) for more information.



DON'T FORGET
Submission
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each month
Please send all
submissions to
info@mycedarbrae.ca

Thank you, Martin and Diane

It is through the amazing work of volunteers the Cedarbrae Community League Association is able to offer programs and services to our community and wish to take this time to thank two wonderfully community-minded friends and neighbours for all the volunteer hours they have contributed to the success of our community association.

Martin Waugh and Diane Kirby have contributed countless hours to the Cedarbrae Community Centre during their years on the Cedarbrae Community League Association Board of Directors and it is that community spirit which energizes our centre and makes our community vibrant.

Many of the enhancements made to our community centre wouldn't be possible without dedicated volunteers like Martin and Diane and if you have attended any of the events hosted by the Cedarbrae community centre, you have most likely been greeted with a smile from Diane or chatted with Martin over the years.

As Martin and Diane transition to new endeavours, the Cedarbrae Community League Association Board and the community wish to offer a heartfelt "THANK-YOU," to them for all the time they have dedicated during their time with the Cedarbrae Community League Association Board of Directors.

Martin and Diane, we hope your time volunteering was as rewarding for you as it was appreciated by everyone!

The Cedarbrae Community League Association Board of Directors

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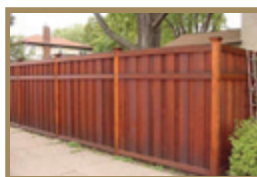
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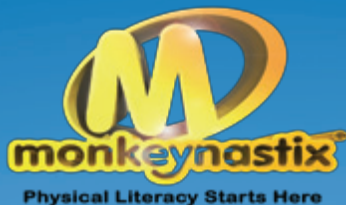
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Preschoolers 5pm - 5:45pm

Wednesday Mornings

Toddlers 9:20am - 10am (parented class)

Preschoolers 10am - 10:45am

Toddlers: 16 months to 3.5 years

Preschoolers: 3 to 5 years

Price: \$59 + GST



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