

# Scenic Review



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## Happy Valentine's Day

**February 8: Chinese New Year Celebration**

**February 14: Bubble Gum Boogie Red and White Party**

**February 17: Family Day Free Skate and Hot Chocolate Bar**

**February 21: Poker**

**February 28: Spring Programming Registration Opens**

**Photo:**  
**Rosanne Fortini-Burrows**

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# Scenic Review

The Official Voice of the Scenic Acres Community Association

## SCENIC ACRES COMMUNITY ASSOCIATION (SACA)

Located at the Scenic Acres Community Center (SACC)

8825 Scurfield Dr. N.W., Calgary, AB T3L 2A8

Telephone: 403-547-9589 Fax: 403-547-9579

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Facebook: [business.facebook.com/scenic-acres](https://business.facebook.com/scenic-acres)

Twitter: [@scenicacresca](https://twitter.com/scenicacresca)

## SACA EXECUTIVE

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Scenic Review Editor	Yvonne M.	<a href="mailto:scenicreview@scenicacresca.ca">scenicreview@scenicacresca.ca</a>

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Mondays/Wednesday/Fridays: 9:00 a.m. - 1:00 p.m.

Tuesdays/Thursdays: 9:00 a.m. - 3:00 p.m.



## SACA EXECUTIVE

President	Jim Palmer	<a href="mailto:president@scenicacresca.ca">president@scenicacresca.ca</a>
Vice President	Colin Yeo	<a href="mailto:vicepresident@scenicacresca.ca">vicepresident@scenicacresca.ca</a>
Secretary	Vacant	
Treasurer	Stanley Wong	<a href="mailto:tresurer@scenicacresca.ca">tresurer@scenicacresca.ca</a>

## SACA BOARD OF DIRECTORS

Communications	Amy Funk	<a href="mailto:marketing@scenicacresca.ca">marketing@scenicacresca.ca</a>
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## COMMUNITY LIASONS

Crowchild Twin Area Assoc	John Palazeti	403-239-5819
Community Resource Officer	(Calgary Police Service)	403-567-6700
Scouts (159 SA & SS Group)		<a href="mailto:contact@159scouts.ca">contact@159scouts.ca</a>
Girl Guides		<a href="mailto:any-calgaryscenicbowvalley@girlguides.ca">any-calgaryscenicbowvalley@girlguides.ca</a>
Norwest Soccer		<a href="mailto:programs@silverspringscommunity.ca">programs@silverspringscommunity.ca</a>
Northwest Warriors Hockey	Brad Logel	403-286-9735
Crowchild Skating Club		403-239-7091
Neighbourhood Partnership Coordinator	Heather Gibbons	<a href="mailto:heather.gibbons@calgary.ca">heather.gibbons@calgary.ca</a>
Our Ward 1 Councillor	Sonya Sharp	403-268-2430
Our MLA (Calgary North-West)	Rajan Sawhney	403-297-7104
Our MP (Calgary Rocky Ridge)	Pat Kelly	403-282-7980

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## In Our Community

# Send us our Cover Photo!



Are you a budding photographer? Have you captured some pictures that showcase this amazing community? We would love to see them!

SACA is looking for monthly contributions to grace the cover of the Scenic Review. These images need to be 300 DPI at a size of 8.5" x 11", and at least 1mb. Photos can be taken in or of the community, be based on the seasons or holidays, or just a great picture. All ages are encouraged to partake!

For more information, or to submit your photographs, please contact [scenicreview@scenicacresca.ca](mailto:scenicreview@scenicacresca.ca)

Entries must be submitted by the fifth of the previous month to be featured in the newsletter. E.g.: March 5 to be featured in the April newsletter.

## Get Your Business Noticed!

SACA is now offering business advertising opportunities.

- Small banner ("20"x36")  
\$200/4 months  
additional months are \$50
- Large banner (30"x48")  
\$300/4 months  
additional months are \$75.

Contact SACA for more information.



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## President's Report

Happy New Year fellow Scenic Acres residents! We live in a great community and have so many things to be thankful for and I pray for your peace, prosperity and well-being as you journey through 2025 (I actually do pray in general for you and for specific things and people when I am aware of circumstances!).

### Snow Clearing Map

Attached is the City's snow clearing map for pathways and bikeways <https://maps.calgary.ca/PathwaysandBikeways/>. You can zero in to the Scenic Acres and see what areas are the snow clearing responsibility of the City for sidewalks, pathways, bikeways, bus stops and medians and whether the City staff or other agencies do the work. If you have any concerns that this service is not completed in a timely fashion, please call 3-1-1. If there are areas on this map that you think should be added, please let me know so SACA can assess it and determine if we should be advocating for some additions to the map.

### Snow Clearing – Yours or the City's Responsibility?

Attached is a link that displays a graphic outlining what is your responsibility and the City's for snow clearing <https://www.calgary.ca/bylaws/snow-shovelling.html>. You are responsible for clearing the sidewalks to bare pavement between private properties and the street. For those residents on corners, you have additional clearing responsibilities. For those with homes located on street corners, you are responsible for clearing both sidewalks adjacent to your property. For those with a walkway between private properties, you are responsible to clear that section along the length of your property to the street. For those adjacent to a pathway, you are responsible for clear snow the full length of your property to create a swath at least 1.5 metres wide. The City will clear snow bordering a park and in our community, along streets where there is no obvious residential street access such as along Scenic Acres Link, Scenic Acres Blvd and some areas along Scurfield Drive. The schools are responsible for clearing sidewalks adjacent to their properties. Canada Post clears snow around their community mailboxes. In my childhood, my

home was on a corner and shoveling both the front and side sidewalk areas was second nature but I have observed this is not the normal practice in Scenic Acres; let's be considerate neighbours and complete the full task. Remember, as well you cannot shovel snow on the street but must place it on your own property. Let's ensure we keep our residential streets clear so melting snow can run without obstruction along swales into culverts and prevent an unnecessary build-up of snow and ice.

### 2024 Year in Review

The SACA Board reviewed the results of our 2024 Business Plan and those will be shared with you in more detail at the next AGM planned for May but I will note a few highlights. I am very pleased with the prolific and varied opportunities available throughout the year for all ages at our community centre including programs, events, celebrations, and community services. Our social media presence has increased as well as the analytics involved to assess if we are making progress to effectively engage our followers and encourage action. Attendance and utilization of the community centre facilities is strong and, as a Board, we review these metrics monthly along with other key performance indicators (KPI's). I have a background in governance and financial controls and have spent a significant time this past year training board members on these topics and establishing regular board rhythms to ensure we are focusing on the right priorities.

We have had success in completing major capital projects including a new roof and procuring new appliances thanks to success in competing for grants. We now have a professional site development plan for our property which we plan to communicate in more detail and obtain your feedback in 2025; again we were able to procure a grant to develop this plan.

What can I say, I am so thankful; the LEAF Committee handled our environment maintenance program extremely well during a time of water restrictions and was also able to install additional flower beds, progressing completion of the long term plan. We had a successful Casino event thanks to faithful volunteers that we have depended on for many years. Our advocacy efforts engaging with individual residents and in collaboration with other community associations

on developments and transportation issues was intense in 2024 and most poignantly fulfilled our mandate.

There is so much more and I am thankful for the efforts of each of our board members to give up their personal time to make our community a better place. SACA board members are residents just like yourselves and we are here to serve our community and yourselves the best way we can within our mandate. At our first 2025 board meeting, we will be finalizing our business plan for the year. There are many opportunities for you to engage in contributing to our community's success whether that is volunteering at an event, helping with a project, joining a committee, or providing feedback. Your tangible support is appreciated and one way to demonstrate this is to purchase a SACA membership.

All best to you in 2025!

*Jim Palmer, President,*  
*president@scenicacresca.ca*

## Crafts /Social Club

Members share patterns, ideas, and give help where needed if we are able. Also, we share many laughs.

Crafts include knitting, crocheting, cross stitch, embroidery, diamond dots, etc. We provide tips to beginners and are willing to teach a craft to those interested. New members always welcome.

SACA membership required and there is an attendance fee of \$2.00

This winter we are meeting Fridays from 9:00am -12:00pm

## Quilting Club

Quilting first Friday of the month from 9:00am-3:00pm. January will be on the 11th. This group is open to all levels of quilters, and we are willing to help teach beginners! We share patterns, help with colour combinations, and quilt layouts.

SACA membership required and there is a \$2 attendance fee.

For more information call SACA office

## Councillor Report

Hello, Ward 1! February brings new opportunities and important updates for our community. Whether it's navigating property assessments or staying informed about upcoming events, there's plenty happening in Calgary and at City Hall this month.

### Property Assessment Notices

Property assessment notices were mailed out on Jan. 3, and if you haven't received yours yet or have any questions about the assessed value of your property, you can contact the Assessment Department at 403-268-2888 or visit [calgary.ca/assessment](http://calgary.ca/assessment). The City's Customer Review Period runs until March 11, so be sure to review your notice and reach out to the Ward 1 Office or 311 if you need assistance.

### Calgary Plan Review

The review of the overarching Calgary Plan, initially scheduled for December 2024, has been postponed to February 2025. The plan outlines long-term development strategies for the City.

### Events Happening in Calgary

#### Chinook Blast

Calgary's ultimate winter festival returns from January 31 to February 17! Enjoy dazzling light installations, live performances, and family-friendly activities at iconic spots like Stephen Avenue. Details at [chinookblast.ca](http://chinookblast.ca).

#### YYC Hot Chocolate Festival

Savour the City's best hot chocolates throughout February, with proceeds supporting Calgary Meals on Wheels. Explore creative entries from local cafes and vote for your favorite at [yychotchocolate.com](http://yychotchocolate.com).

#### Valentine's Day with the Calgary Philharmonic

Celebrate love with Tchaikovsky's most enchanting works at the Jack Singer Concert Hall on Feb. 14. Secure your seats at [calgaryphil.com](http://calgaryphil.com).

#### Family Day

Family Day on Monday, Feb. 17, is a great chance to enjoy time with loved ones. Keep an eye on local events happening throughout the city to celebrate the day together!

*Sonya Sharp, Councillor, Ward 1*

# Home Businesses in Scenic Acres

Calgary's Land Use Bylaw allows for the incidental use by a resident of a house for business purposes provided that certain conditions are met. The Scenic Acres Community Association (SACA) supports home businesses because they promote economic growth and job creation, permit access to local services and amenities, provide support for entrepreneurship and innovation, and allow the efficient use of resources by the business. However, SACA recognizes that residents with a home-based business must be respectful of their neighbours as our community is predominantly residential.

The Development Authority, who makes the decision to grant a Home Occupation (home-based business) Development Permit, takes several matters into account. The compatibility and impact of the proposed development on adjacent properties and the neighborhood is considered and whether the development would interfere with the amenities in the area or affect the use, enjoyment, or value of neighboring properties. The Development Authority can approve the permit up to three years, impose conditions on the permit, or refuse the application, even though it meets all the requirements of the Land Use Bylaw. The Development Authority uses discretion in their decision-making process and can refuse an application based on various factors, not just compelling planning issues. Consideration is also given to previous infractions related to the Community Standards Bylaw or violations of any conditions of an existing development permit when considering whether to renew that development permit.

The Development Authority looks to SACA to provide context and local area knowledge that is reflective of the community. SACA's position is usually to neither support nor oppose a development permit application because often the application's benefits and drawbacks are balanced. SACA often recommends that a time limit be placed on the permit along with conditions that mitigate complaints made by neighbours. The intent is to permit the business to operate, minimize disruptions to the neighbourhood, and provide an exit ramp to close the business if conditions are not met.

There are many home-based businesses operating in Scenic Acres and have been for many years. Basic conditions like the business must be contained within the home, limits on the number of vehicle visits per day and per week, no signage related to the business, no interference, noise, odour, smoke, or anything objectionable to the neighbours, while occupying less than

20% of the building or 30 square metres, whichever is less, must be met. Additional conditions may be imposed for the permit to be approved.

**Colin Yeo**  
*Director, Community Development*  
*Chair, SACA Community Development Committee*

## Family Day 2025 Free Skate

Come and spend some family time on the ice at Crowchild Twin Arenas Feb 17th. Free skate from 1:45pm-3:45pm and this year, Leslie Schmeiler of RE/MAX, will be onsite offering a delicious hot-chocolate bar with treats and glitter tattoos from 1:30-4pm. Thank you to the CTA for continuing to support the community and provide a free space to make memories each year!



## Primetimers' Program 2025

We are pleased to share that we have received a bit of funding from the City's social services grants to support our seniors' programs at SACA. This means we are going to be able to continue to build our successful Primetimers' program to include things like seated yoga, digital literacy, mental health classes and caregiver support, as well as bringing back favourites like senior fitness, art class and making a family book. The Primetimers' Committee will provide the oversight and will be steering the program (let the office know if you'd like to be part of that group!), and we will have the pleasure of having Jennelle, a communications intern from Mount Royal University, coming on a part-time basis to help support the delivery and administration of the program. We will be sending out important information throughout January to seniors in our programs, and to the rest of us who have seniors in our families and as neighbours (so you can tell them about our great program!)



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2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
	<b>Yoga Core Conditioning</b> 9:00 - 10:00 AM <b>Zumba Gold</b> 10:15 - 11:15 AM <b>Senior Fitness</b> 11:30 - 12:30 PM	<b>Chair Yoga</b> 9:00 - 10:00AM <b>Dance For Fun</b> 10:45 - 11:45 AM <b>Senior Art</b> 1:00pm - 3:00pm	<b>Mother Goose</b> 10:00 - 11:00 AM <b>Senior Fitness</b> 1:00 - 3:00 PM	<b>Morning Yoga</b> 9:00 - 10:00AM	<b>Quilting Club</b> 9:00AM - 3:00PM <b>Make a Family Book Workshop</b> 1:30 - 3:30PM	<b>Chinese New Year Celebration</b>
9	10	11	12	13	14	15
	<b>Yoga Core Conditioning</b> 9:00 - 10:00 AM <b>Zumba Gold</b> 10:15 - 11:15 AM <b>Senior Fitness</b> 11:30 - 12:30 PM	<b>Chair Yoga</b> 9:00 - 10:00AM <b>Dance For Fun</b> 10:45 - 11:45 AM <b>Senior Art</b> 1:00pm - 3:00pm	<b>Mother Goose</b> 10:00 - 11:00 AM <b>Senior Fitness</b> 1:00 - 3:00 PM <b>Book Club</b> 1:30 - 3:00 PM	<b>Morning Yoga</b> 9:00 - 10:00AM	<b>Craft Club</b> 9:00 - 12:00PM <b>Senior Fitness</b> 12:15 - 1:15PM <b>Make a Family Book Workshop</b> 1:30 - 3:30PM <b>Bubble Gum Boogie Red and White Party</b>	
16	17	18	19	20	21	22
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23	24	25	26	27	28	
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## Babysitting, Dog Walking & Snow Shovelling

# REGISTRY

Calling all teen and adult Babysitters! Would you like to share information about your availability and training in babysitting for interested families in our community? Contact SACA at [scenicacresca@shaw.ca](mailto:scenicacresca@shaw.ca) or 403-547-9589.

\*SACA Provides registry service but all parties are responsible for negotiating scope of work and payment themselves.\*

### BABYSITTERS LIST

Name	Age	Phone #
<b>Joell</b> - Experienced babysitter who will also pet sit, mow lawns and water plants		403-863-3429
<b>Mariah</b> - Babysitter course and experienced babysitter	16	403-477-3669
<b>Carson C</b> - Experienced baby sitter, pet sitter	16	403-618-3365
<b>Naomi L</b> - Experienced babysitting course, home alone course experience with animals		nomilern@gmail.com
<b>Peyton H</b> - She has her babysitting course, home alone course experience with animals	14	thurley011@gmail.com
<b>Beth L</b> - References available	13	403-615-8053, lonihull@gmail.com
<b>Hadley H</b> - home alone safety and babysitting course interested in child care as well as pet sitting	15	403-827-0256
<b>Laura</b> Babysitter & first aid courses. Experienced babysitter who is also good with pets. .	16	825-449-8040
<b>Max A</b> - Interested in dog walking, pet sitting, water plants etc	13	403-477-3669
<b>Michaela</b> - Home alone and babysitter with fist aid courses completed. Willing to babysit, walk the dog, clean up/mow the yard or other duties. Looking for experience!	11	403-618-4393
<b>Elizabeth A</b> - She's completed the babysitting course	12	403-542-5853
<b>Maele C</b> - Babysitter course with CPR and First Aid, and home alone course completed. Has babysitting experience.	13	403-999-7539
<b>Alex</b> - home alone, and babysitting with first aid courses completed. She looks forward to playing, reading and crafting with your child(ren).	12	587-897-0007, tricham@telus.net
<b>Maeve D</b> - Babysitter. For more information please call: 403-870-7283.		403-870-7283
<b>Jio An</b> Certifications: CPR, Babysitting and First Aid courses completed. I have babysitting experience.	14	587-215-6317

### SNOW SHOVELLERS LIST

Name	Age	Contact Info
<b>Charlie S.</b>	Adult	825-561-4410
<b>Peyton H.</b>	12	thurley011@gmail.com
<b>Danny H.</b>	9	thurley011@gmail.com
<b>Connor D.</b>	17	(vehicle) 403-827-1157
<b>Naomi L</b>		nomilern@gmail.com
<b>Hayden</b>	13	403-807-2356
<b>Ian C</b>	11	403 360-9226
<b>Grayson C</b>	15	text 403-700-3001).
<b>Barrett P. &amp; Emmet</b>		403-701-6606

## Save the Dates

It's a busy time of year!!! Please consider reaching out to volunteer for any of these events!

### February

- February 8: Chinese New Year Celebration
- February 14: Bubble Gum Boogie Red and White Party
- February 17: Family Day Free Skate and Hot Chocolate Bar
- February 21: Poker
- February 28: Spring Programming Registration Opens

### March

- March 15: Ukrainian Egg Decorating
- March 21: Trivia
- March 29: Small Business Market
- March 31: Spring Programming Starts

We are always looking for volunteers for all our events. Please contact the office if you would like to help out or if you have any ideas on new fun events!

## Book Club

Book Club meets on the second Wednesday of the month from 1:30pm-3:00pm. If you are interested in joining, please contact Christine Costello at [ccostello53@icloud.com](mailto:ccostello53@icloud.com).

Here is our upcoming meeting date for this month:

- **Wednesday, February 12, 2025**

# SACA 2025 Winter Programs

See schedule for pricing, dates and times.

## Adults

### Core Conditioning

This is a fun class integrating the practice of Yoga, Pilates, Barre and strengthening exercises to build a stronger, toned and lean body. With focus on proper alignment, using light weights and small fitness props, you will get a full body workout to help you stand taller, feel stronger and tone the muscles in your shoulders, back, legs and abdominal. We finish it all off with a great 15-minute yoga stretch! All levels welcome! (Can be done seated on a chair)

### Zumba Gold

Designed specifically for those looking for a slower paced Zumba class! This is a Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose! Zumba classes feature exotic rhythms set to Latin and international beats. Before you know it, you will be getting fit, and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. (Can be done seated on a chair)

### Fitness for Seniors

Keeping fit is the secret to aging well! This class was such a hit last year we are doing it 3 days a week!!! This is a fun course for seniors suitable for all fitness levels. It is an interval-style class offering cardiovascular, strength, and flexibility training for active aging adults. After our warm-up, we'll work through a series of 45-second activities, each followed by 15 seconds of rest, to create a full-body workout. Activities can be done seated or standing, and more challenging alternatives will be demonstrated to ensure the workout meets individual needs. Participants are encouraged to bring their own set of light Weights.

### Just Yoga

This 75-minute class will include some slow flowing sequences with longer restorative postures to close. We will flow through sun salutations, standing and seated postures, with an emphasis on core stability and total body strength and mobility. You will leave this class feeling strong, energized, and more open. If you are looking to promote mind-body awareness and all-over fitness, this class is for you! All levels and abilities are welcome. Classes may include breath

work and meditation.

### Dance For Fun

Join our wonderful "Dance for Fun" Program as we take you on a beautiful journey learning how to dance. This activity slows down aging and sharpens our cognitive skills. Come and be apart of an incredible community and meet a happy dancing family of friends. Adult Dance Classes for women and men.

### Morning Yoga

Start your day feeling great with our energizing 60-minute Morning Yoga class! Designed for everyone, from beginners to seasoned yogis, this class invites you to discover the joy of movement at your own pace. Feel free to modify each pose to match your body's needs, whether you're working out those sore shoulders or stretching out tight hamstrings. Our friendly atmosphere encourages you to loosen up, soften, and open up, setting a positive tone for the day ahead. Join us to breathe, stretch, and embrace the morning sun! Let's kick off the day feeling refreshed, relaxed and ready to take on whatever comes our way.

### Chair Yoga (NEW)

Welcome to our friendly Chair Yoga class, where everyone is invited to stretch, breathe, and relax! This class is designed for all fitness levels and is perfect for those who prefer a seated practice. In a warm and supportive environment, you'll enjoy gentle movements that promote flexibility, strength, and mindfulness. Each session will guide you through soothing stretches, deep breathing exercises, and calming techniques—all from the comfort of your chair! No experience is necessary, just a willingness to move gently and have fun. Join us for a wonderful way to enhance your well-being, reduce stress, and discover the joy of movement.

### Senior Art

Come to our beginner art class! Art is a wonderful form of expression and creativity, and we are excited to embark on this journey together. Art is about enjoying the creative process. Don't worry too much about the end result; The most important thing is that you have fun while you create!

## Youth

### Goga Play

Join us on adventures with amazing puppets, by actively engaging in stories, accompanied by yoga, music, dance and arts and crafts! Let's explore how we feel and get inspired to be more curious, brave, kind, thoughtful and confident! Designed for ages 3&4



## Mother Goose

Join Valerie from At Home with Mother Goose for music, rhymes, books, stories, and PLAY! We may play with scarves and balls, explore instruments, and chase bubbles. Some classes may also incorporate baby sign language and simple children's yoga poses. Designed for ages 0-3

## Go Play\*

GoPlay! is your new local sports club for kids 18 months to 7 years old, offering sport programs, social events, drop-in's, birthday parties and more. It's a low commitment, recreational, and fun place for kids to learn a variety of sports, as well as physical literacy and life skills, be active and meet friends right in their own community.

Register at [goplay.ca](http://goplay.ca) Scenic Acres Residents can receive 25% off

## Girl Guides\*

Girl Guides is a place where friendships, adventures and real-life experiences are waiting to be found. In Girl Guides, girls ages 5-17 will explore fun kids' activities designed just for them. They'll have a blast making new friends, discovering the world and taking on community projects. With a range of fun kid's activities, Girl Guides is a safe space for her to be curious, adventurous, and confident. Register at [girlguides.ca](http://girlguides.ca)

## Scouts\*

We foster leadership skills that will last a lifetime. From leading their peers to making impactful decisions, your child will grow into a confident and capable leader.

Register at [scouts.ca](http://scouts.ca)

*\*These programs are run independently from SACA*

# Improvements in the Hall

You may have noticed that we have installed big screens on the bulkheads in the main hall. We wanted to give ourselves the ability to improve our AV experience, which will allow us to share information at our AGM, run Flames & Stampeders games in the background on pub nights we are planning, and allow those who rent our space for events to have a better visual for their Powerpoints and such. We are waiting on some equipment to arrive, so watch for further updates!

# Parks & Environment News

## SACA Garden Club (SACG)

As the Community Garden committee has said goodbye to three of our members, we are now looking for a few more folks to ensure the garden is a success. We are looking for a committee Chair plus two garden coordinators.

### Brief role descriptions:

#### Chair

- Leads the committee, delegates tasks, and ensures financial reporting is accurate.
- Leads garden Improvements, renovations, and developments.
- Reports to and works with the Director of Parks and Environment on the SACA Board.

#### Garden Coordinators

- Ensures garden is maintained, receives approval from Garden chair / treasurer for purchases of equipment or garden repairs/maintenance. Ensures tasks assigned to gardeners are completed.
- Confirms that the garden is cleaned up in the fall (equipment put away, etc.) and ready for spring.

If your strengths are in organizing events, being a great communicator or you are just looking to spend 2 – 4 hours a month on a community initiative, now is your chance to lend a hand. Scenic Acres is a great community, so please consider joining the garden committee to contribute your time and talents.

If interested, please reach out to [parks@scenicacresca.ca](mailto:parks@scenicacresca.ca).

Please note that registration for the 2025 garden plots will be available around March 1st. Registration information will be sent out via the SACA Garden Club email address, the Scenic Acres Community Association (SACA) email notifications and will be available on the SACA website.

Respectfully Submitted,

**Lee Syhlonyk, Director, Parks and Environment**  
**Email: [parks@scenicacresca.ca](mailto:parks@scenicacresca.ca)**

# Winter Programs

Day of the Week	Class	Instructor	Time	Length of Class	Dates	Weeks/ Sessions	Dates not offered	Member -- Full Price	Non-member Full Price	Drop In	5 class pass
Monday	Yoga Core Conditioning	Rahmi	9:00- 10:00 AM	60	Jan 13- Mar 24	10	17-Feb	\$138.00	\$145.00	\$14.65	\$75.00
	Zumba Gold	Rahmi	10:15-11:15 AM	60	Jan 13- Mar 24	10	17-Feb	\$138.00	\$145.00	\$14.65	\$75.00
	Senior Fitness	Tricia	11:30-12:30 PM	60	Jan 13- Mar 24	10	17-Feb	\$100.00	\$120.00	\$13.00	n/a
Tuesday	Just Yoga	Holly	1:00-2:15 PM	75	Jan 13 - Mar 24	10	17-Feb	\$205.00	\$217.00	\$22.00	\$105.00
	Chair Yoga	Lora	9:00-10:00 AM	60	Jan 14 - Mar 25	11		\$145.00	\$160.00	\$15.00	\$80.00
	Dance For Fun	Reba J	10:45-11:45 AM	60	Jan 14 - Mar 18	10		\$130.00	\$145.00	\$14.65	\$75.00
Wednesday	Senior Art	Sally	1:00pm-3:00pm	120	Jan 14 - Mar 25	11		\$100.00	\$120.00	\$13.00	n/a
	Senior Fitness	Tricia	11:30-12:30 PM	60	Jan 15 - Mar 26	11		\$110.00	\$132.00	\$13.00	n/a
	Morning Yoga	Lora	9-10 AM	60	Jan 16 - Mar 27	11		\$155.00	\$160.00	\$14.65	\$75.00
Friday	Senior Fitness	Tricia	12:15-1:15PM	60	Jan 17 - Mar 28	9	No Class Feb 7, Mar 7	\$90.00	\$110.00	\$12.00	n/a
	Make a Family Book Workshop	Peggy	1:30- 3:30 PM	120	Jan 17 - Mar 28	11				\$2.00	

# February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

## Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or a ‘heavy’ sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

## Heart attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

## What to do when seconds count

- Call 9-1-1. Early treatment can greatly reduce heart damage;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);



- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many organizations. It's easy and could make a significant difference in the outcome of someone experiencing a cardiac event.

*Alberta Health Services*

## Did You Know... Groundhog Day Facts

- February 2nd is the most watched weather forecast of the year and of course, the only one where a rodent is the focus.
- The average Ground hog is 20 inches long and can weigh 12 to 15 pounds.
- The Bill Murray movie, ‘Groundhog Day’ was filmed in Woodstock, Illinois, and not in Punxsutawney.
- Early February is the mid-way point between the winter solstice and spring equinox.
- Candelmas Day, a Christian holiday is also celebrated on February 2nd.

*Larynda McKay*



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# Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.



Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).

*The City of Calgary - Waste & Recycling Services*



[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

# Scenic Acres Community Association

## Join our organization and help make Scenic Acres thrive!

The Scenic Acres Community Association (SACA) is one of 150 non-profit community associations operating in Calgary. SACA with the support of its residents and memberships, helps make our community stronger by:

- 1) Hosting community based programs and events that not only bring us together, volunteer with SACA.
- 2) Creating opportunities for residents to give back to their community through volunteering.
- 3) Advocating on behalf of our residents for:
  - The upkeep of City owned facilities in our community such as the tennis and basketball courts, and neighbourhood playgrounds.
  - Vehicular and pedestrian traffic, major and feeder roads, and the Crowfoot LRT station and bus routes design.
- 4) Helping to influence bylaw and development policy in collaboration with City administration. Local politicians routinely engage with SACA on topics related to their respective mandates, new developments (such as schools or seniors' facilities), all look to SACA for input.
- 5) Securing special offers with local businesses such as Dalhousie Family Chiropractic and Benjamin Moore Beacon Hill paint.
- 6) Communicating new initiatives and opportunities. By being a member you can be one of the first to know about our new programming, including holiday programs and paid youth support roles.

## How can residents support SACA?

Residents can support SACA in four ways:

- 1) Buy a membership and help support the important work that SACA does on your behalf. Use the QR Code above or go to Available Memberships (<https://scenicacres.getcommunal.com/memberships>). Members get special discounts on programs and activities, and the money from your membership goes back into future programming and events.
- 2) Volunteer your time and talent to make sure events can be as grand and as great as we can imagine them. Get involved in bringing the best programming to our community.
- 3) Sign up for programs and events at [www.scenicacrescca.ca](http://www.scenicacrescca.ca).

Use the QR Code Below to Signup for SACA Membership



Take a course, stay fit, learn about social issues, have fun and celebrate life in Scenic Acres.

- 4) Donate your treasure – donate money or equipment to the Association to help fund activities. If you have a business, sponsor activities such as the Community Cleanup, Stampede Breakfast, Summer Celebration, Harvest activities and Winter holiday celebrations.

## What are the Annual Fees?

Regular annual fees are \$30.00 if you live in Scenic Acres (\$40 if you live outside Scenic Acres). What a deal! We have special rates for single seniors as well (see the website, [www.scenicacresca.ca](http://www.scenicacresca.ca) or call 403-547-9589). The fees are truly annual – good until the same day next year. We also have an option for auto-renew so you never have to remember to update it!

Use the QR Code to sign up for the community newsletter to learn about upcoming events and programs.



## Do you follow SACA on Social Media?

Be the FIRST to know about SACA's Events, Programs and Initiatives, by following us on one or more of these platforms:

Facebook



Scenic.Acres

Instagram



@scenicacres