



Varsity VOICE

FEBRUARY 2019

The Official Newsletter of the
VARSITY COMMUNITY ASSOCIATION
www.vcacalgary.com



**Happy
Valentine's
Day**

**VCA Tykes
Soccer Registration**

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Varsity Community Association

4303 Varsity Dr. N.W., Calgary T3A 0Z7
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 Childcare Services (Preschool/Out of School) vcachild@telus.net, 403-247-1145
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 MLA Stephanie McLean, 403-216-5436
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Varsity Voice

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make an impression

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- more than 88,000 homes
- over 228,000 residents
- Unlimited response

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www.SuburbanJournals.ca

In Our Community

Mom & Tot Yoga Flow

Join Instructor Carrie Versfeld for this fun and innovative Yoga Flow style class specially designed for Moms (or Dads) and their pre-school children. The focus will be on controlled range of motion poses (asanas) designed to build strength, stamina and flexibility. Fun and playful poses for the children will be incorporated into the first 10 minutes of class with the focus on the parent to follow. The format will be flexible to allow for parent and child interaction when needed. The room is a great space with washrooms attached. (children ages: baby to 3 yrs – it is recommended that babies be in car seats for safety)

Please bring: yoga mat, water bottle, toy for your child

CLASS: 1. 4 wks Mon. Feb. 25 – Mar. 18

2. 4 wks Mon. Apr. 8 – May 6 (No class Apr 22)

TIME: 10:30 – 11:30 am

COST: \$45.00 (each session)

REGISTRATION: Online at vcacalgary.com



YES!

I want to be a supporter of my community and all the good it does!

Please send me a Varsity Community Association membership!

Names: _____

Address: _____

Phone: _____ Postal Code: _____

E-mail: _____

Type of membership: Community (Household) - \$36.75
 Senior (55+) - \$10.50/senior

Payment: \$ _____ Donation: \$ _____

Please issue a tax receipt for my donation

* Memberships are valid from September to August of the following year. Please mail or drop off, along with your cheques made payable to:

Varsity Community Association,
4303 Varsity Drive NW, Calgary, Alberta, T3A 0Z7

Art Combo

Please join Artist and Instructor John Cheng for this class which will include both water colour painting and drawing. Learn and expand your knowledge of both these versatile mediums. Explore areas of composition, technique using still life, animal and landscape subjects.

- Check take an art class off your bucket list!

Please bring: hard and soft lead pencils, sharpener, eraser, good quality drawing paper pad, set of 8 – 12 water colour, paints, good quality water colour paper pad and set of 4-6 brushes.

CLASS: 8 wk Mon. Jan. 14 – Mar. 18 (no class Feb. 18)

TIME: 1:00 – 2:30 pm

COST: \$120.00

REGISTRATION: Online at vcacalgary.com

New VCA Tykes Soccer Registration Procedure

If you have questions please email vcapros@telus.net

2019



Tykes Soccer



Jersey, Professional Pictures, Hacky Sack, Tech Training included
Volunteer Opportunities on first-come, first-served basis

U4 Tue Apr 30 - Jun 18

U5-U10 Tue/Thu Apr 30 - Jun 20

Early Registration Jan 28 - Feb 22

U4 \$55, U5-U10 \$70

Regular Registration Feb 23 - Mar 16

U4 \$70, U5-U10 \$85

VCA Membership of \$36.75 required

U12, U14, U16/U18 also available

Register at www.soccertech.ca

Varsity Programs

Program details and online registration on our website at: www.vcacalgary.com

- **Art Combo:** 8 wks. Mon. Jan. 14 – Mar.18
1:00 – 2:30 pm \$120.00
- **Cardio Combo Fitness:** 18 wks
Thurs. Feb. 7 – Jun. 6 10:30 – 11:30 am \$150.00
- **Food, Mood, & Energy for Seniors:** 4 wks
Mon. Jan. 14 – Feb. 4 10:30 – 11:30 am \$45.00
- **LaBlast Dance Fitness: EVENING** 4 wk sample
Mon. Feb. 4 – Mar. 4 6:15 – 7:15 pm \$45.00
- **LaBlast Dance Fitness: EVENING** 8 wks
Mon. Mar. 18 – May 13 6:15 – 7:15 pm
\$95.00 5X Punch \$70.00
- **LaBlast Dance Fitness: MORNING** 10 wks
Wed. Feb. 6 – Apr. 10 10:30 – 11:30 am
\$110.00 5X Punch \$70.00
- **Ladies Bridge:** FULL ongoing Wed. 12:30 – 3:30
- **Mindful Meditation:** 6 wks.
Thurs. Mar. 7 – Apr. 11 9:00 – 10:00 am \$70.00
- **Mom & Baby – Stretch & Strength: 1.** 4 wks
Wed. Feb. 6 – Feb. 27 9:00 – 10:00 am \$45.00
- **Mom & Baby – Stretch & Strength: 2.** 4 wks
Wed. Mar. 13 – Apr. 3 9:00 – 10:00 am \$45.00
- **Mom & Tot Yoga Flow 1.** 4 wks
Mon. Feb. 25 – Mar. 18 10:30 – 11:30 am \$45.00
- **Mom & Tot Yoga Flow: 2.** 4 wks.
Mon. Apr. 8 – May 6 10:30 – 11:30 am \$45.00
- **Pilates:** 4 wk sample
Wed. Jan. 16 – Feb. 6 11:00 – 12 noon \$45.00
- **Pilates:** 8 wk regular
Wed. Feb. 20 - Apr. 17 11:00 – 12 noon \$95.00
- **Seniors Card Club:** FULL ongoing Mon. 12:30 – 3:30
- **Seniors Fitness:** FULL Mon +Wed 9:15 – 10:15 am
- **Seniors Yoga:** 13 wks for price of 10
Tues. Jan. 15 – Apr. 9 11:00 – 12:30 pm \$170.00
- **Silver Swans 55+ Ballet Fitness:** 4 wk sample
Thurs. Jan 17 – Feb. 7 10:30 – 11:30 am \$50.00
- **Silver Swans 55+ Ballet Fitness:** 8 wk regular
Thurs. Feb. 21 – Apr. 11 10:30 – 11:30 am \$100.00
- **Tai Chi:** 8 wks
Tues. Jan. 15 – Mar. 12 9:00 – 10:30 am \$130.00
- **Varsity Walking Group:** ongoing Thu Sep – Aug
9:15 a.m. Meet VCA lobby FREE + Membership

DID YOU KNOW??

The croissant was invented in Austria.



Varsity Child Care

School Age Child Care at Varsity Out of School:

We offer child care for children Gr. 1 to Gr. 6 attending Varsity Acres. The program is operated at the Varsity Community Centre. Our program is full of fun, games, various child friendly clubs, sewing, hockey and much, much more. We are an accredited and licensed program with the Alberta government.



We offer full day care on professional days, teacher convention and Spring break for children enrolled in the Out of School programs.

We offer child care for children attending the A.M. Kindergarten program at the Varsity Acres School.

At the Varsity Community Centre,
4303 Varsity Drive NW 403-247-1145, vcachild@telus.net,
www.vcocalgary.com

Varsity Babysitters

An asterisk (*) before the names below indicates that babysitters have passed a course sponsored by the Calgary Safety Council.

- * Alice 403-481-1364
- * Angel..... 403-797-4443
- * Calla 587-438-5343
- * Chiara 403-454-3306
- * Christine 403-863-8634
- * Liam..... 403-690-5666
- * Maria 587-887-2424
- * Nick..... 403-710-8984
- * Olivia 403-312-0941
- * Prerna..... 403-286-9595
- * Sara..... 403-607-4365
- * Shelby 403-275-6728
- * Sierra, *Aleisha..... 403-276-8085
- * Sophie 403-719-2834
- * Stavroula 587-998-5557
- * Stefan..... 403-288-0608
- * Tessa 403-275-6728
- *Tiffany 403-202-7668

If you want your name added to the list, please call Ann at the Varsity Community Centre at 403-288-9001. The Varsity Community Association will not accept responsibility – sitters are not screened. The employer is responsible for negotiating reliability, maturity, safety, rates, etc.

What We Are In Need of In Childcare.....

- Costume Jewelry
- Film canisters
- Wooden Beads

Varsity Preschool:

We want to emphasize that learning through play is fun. We believe that a valuable part of learning occurs through unstructured play, and within this atmosphere, a variety of art material, toys and play centers (i.e. blocks, sand, water, etc.) are presented to the children each day during supervised play periods. As professionals, we promote the overall development of our children, including physical, social, emotional and intellectual needs. We recognize that each child is an individual with distinct needs and interests, and endeavor to meet the needs of each child.

Family grouping is a mix of 3 and 4 year olds in a class. The learning is based on how a family works together. Family members are different ages yet they all learn from each other and work together all the time. Age is not a factor, its knowing what you can do and helping someone else learn as well as knowing what you cannot do and asking for help.

Varsity Preschool Registration For School Term 2018-2019

Ongoing Registration

- 3 year old by end of October 2018
- 4 year old by end of February 2019

For School Term 2019-2020

- 3 year old by end of October 2019
- 4 year old by end of February 2020

Open House

Saturday March 23, 2019
10:00am – 1:00pm
Online Registration
Opens March 23, 2019

Current & Alumni Registration

- Online Registration
- Opens Tuesday March 19, 2019

Please contact us for more information at
vcachild@telus.net
vcocalgary.com
403-247-1145

Silver Swans - 55+ Ballet Fitness



Join Melinda Morrall a certified Royal Academy of Dance Ballet Teacher and Silver Swans Licencee to re-kindle or discover your love of dance in a fun, safe and positive environment. Each class will be a blend of barre work, ballet and fun fitness! Silver Swans Licencees are trained specifically to teach Ballet to adults over 55 with a range of abilities. (all ages are welcome) these classes will improve your mobility, posture, coordination and energy level no matter how old you are!

Please wear: work out pants and top or dance leotard With dance skirt and tights.
Footwear: ballet or jazz flats are best, or ballet teaching flats with small Cuban heel, or indoor runners with a very flexible mid sole, socks are used for barre work
Please note: long hair should be tied back, no loose jewelry

CLASS: 4 wk sample Thurs. Jan. 17 – Feb. 7
: 8 wk regular Thurs. Feb. 21 – Apr. 11
TIME: 10:30 – 11:30 am
COST: 4 wk sample \$50.00
: 8 wk regular \$100.00
REGISTRATION: Online at vcacalgary.com

Pilates

Join instructor Christine Penner and experience a fantastic whole body workout. Pilates concentrates on establishing a strong core to correct and prevent a wide range of back and joint issues. Results are achieved by correcting muscle imbalances, and improving both muscle elasticity and joint mobility. Fluid controlled movements along with correct spinal and pelvic alignment with focused breathing help establish a strong body. It is gentle yet challenging with many movement options for beginners.

Please bring: yoga mat, water bottle, wear comfortable clothing

CLASS: 4 wk sample Wed. Jan. 23 – Feb 13
: 8 wk regular Wed. Feb. 20 – Apr. 17 (no class Mar. 27)
TIME: 11:00 – 12 noon
COST: 4 wk \$45.00
: 8 wk \$95.00
REGISTRATION: Online at vcacalgary.com

VARSITY VOICE

Varsity Park Schedule

Main Rink

Weekdays	10:00am – 11:00am Family Skating (no sticks) 2:30pm – 4:00pm Family Skating (no sticks)
Weekends/Holidays	12:00pm – 2:00pm Family Skating (no sticks)

Pleasure Rink

Everyday	All Day Family Skating (no sticks)
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Varsity Park closes at 10:00pm daily.
This is a shared facility.

NOTE: Schedule subject to change and interruptions to allow for ice resurfacing.

This rink is monitored by security cameras 24 hours.

Mom & Baby Stretch & Strength

Join instructor Anita Wong for this specially designed program for moms and their babies. This class will focus on post-natal recovery with movements to improve strength, balance, flexibility and core fitness. Simple Brain Gym development movements for baby will also be included. (babies: newborn – 12 mon recommended) Please bring: yoga mat, baby blanket, babies favorite toy Optional free visit time available after class till 10:30 am

CLASS: 1. 4 wks Wed. Feb. 6 – Feb. 27
: 2. 4 wks Wed. Mar. 13 – Apr. 3
TIME: 9:00 – 10:00 am (optional free visit till 10:30 am)
COST: \$45.00 (each session)
REGISTRATION: Online at vcacalgary.com

Hey Varsity, You Used Your Voice

Thank you to everyone that responded to the Varsity Needs and Preferences survey. Please check our website to see a summary of the input.
www.vcacalgary.com

Councillor Report

Property Assessment

The Municipal Government Act requires that all residential property in Alberta be assessed every year reflecting the market value (the amount it likely would have sold for on the open market) as of July 1st of the previous year. Your current 2019 property assessment is based on the market value of your property on July 1, 2018 and improvements to its physical condition as of December 1, 2018. This property assessment provides the basis for your 2019 property tax bill mailed out in May once the provincial portion of the tax rate is announced in the Spring.

Customer Review Period

The Customer Review Period is your opportunity to review and ensure the accuracy of your Property Assessment, which is from January 3 - March 12, 2019. Assessment will only consider making changes to your assessment if an inquiry is received during the Customer Review Period. To review your property details and factors that were used to determine your assessment, go to Calgary.ca/assessment.

Managing your tax payments

The Tax Instalment Payment Plan (TIPP) allows you to pay your property tax on a monthly basis instead of one payment in June. Visit Calgary.ca/TIPP for more information.

If you are a residential property owner experiencing financial hardship, there are a number of programs offering assistance. Information on the Property Tax Assistance Program can be found at Calgary.ca/ptap

For information on seniors' programs, such as the Seniors Property Tax Deferral Program, contact the Government of Alberta at 310-0000.

Go paperless with eNotices. Sign up at Calgary.ca/assessment

Want to know where your property tax dollars go? Find out at Calgary.ca/taxbreakdown

Have any further questions, call 403-268-2888

Ward Sutherland, Councillor, Ward 1

Crowchild Hockey News

January has passed and with it one of the most exciting starts to Esso Minor Hockey Week. If you had the good fortune to visit some the rinks around the city you would have been delighted to see the passion that our teams exuded. It was thrilling to watch them showcase their talent on the ice, and a big Thank You to our coaches who share their love for the game with our kids.

The week was jam packed with excitement, as our teams battled their way to the championship games, and ultimately the Division banners. We will have a complete review in the March newsletter – but I can tell you it was electrifying.

February is one of those months that always seems to be over before it begins, so it stands to reason that before we know it our teams will be vying for the City Championships. It all starts February 25th. All the hard work the kids and coaches have put in during the season will be tested as they work their way through their divisions in search of the gold medals. If you have the chance, take advantage of these great hockey games. There is a link on our website for the complete schedule. We will also be hosting our annual Georgie Bamber Tournament of Champions! It all kicks off on Thursday, Feb 21st. Our rinks will be swarming with Timbit hockey players. It is one of the most entertaining events ever. It runs from Thursday, Feb 21 to Sunday, Feb 24. Stop by and enjoy some Timbits hockey.

We hope you all enjoy a fun filled Family Day weekend. Please visit our website to see what is new:
www.northwestwarriors.com

The Northwest Warriors & Crowchild Hockey

Tai Chi

1.5 hr format

Join instructor Yan Cui to learn and master the beginner to intermediate forms for Tai Chi. These movements are derived from meditation, yoga and martial arts. Practicing these gentle flowing movement series improves, balance, coordination, concentration and mindfulness.

Please wear: comfortable clothing, flat shoes that slide

CLASS: 8 wks Tues. Jan. 15 – Mar. 12 (no class Feb. 12)

TIME: 9:00 – 10:30 am

COST: \$130.00

REGISTRATION: Online at vcacalgary.com

Varsity Community Garden News

The Varsity Community Garden Club's Annual General Meeting is scheduled for 7:00pm on Thursday March 21, 2019 in the Vista Room at the Community Centre. All new and returning VCGC members are asked to attend to elect the new set of officers who will be on the Executive Committee following the AGM.

The AGM also marks the final deadline for renewing club memberships and paying plot rental fees for the 2019 gardening season. **Any unassigned plots after March 21 could be rented out to applicants on the waiting list on a first-come first-serve basis.**

Please submit the signed 2019-2010 Membership Agreement form to Ann Wohlers at the Community Centre no later than the AGM. This applies to all 2019 members whether or not you are renting a plot. Annual memberships are valid from April 1, 2019 to March 31, 2020. The downloadable Membership Agreement form can be found on the website varsitycommunitygarden.ca under the Information tab.



Varsity Walking Group

Join this social and adventurous group for walks and coffee in and around our beautiful community. The group meets in the VCA lobby and walks for at least an hour followed by coffee.

Please note: if it is below -10 the group meets at the west doors of Market Mall by Shoppers to walk indoors.

CLASS: ongoing Thurs. Sept through August
TIME: 9:15 a.m. meet VCA lobby
COST: FREE VCA membership required

Knitting for a Cause

Are you an avid knitter? Don't have a clue how to knit but want to learn? Come Join us as we knit for a good cause! Knitting for a Cause is a group of knitters with a social conscience. We turn generous wool donations from the community into items that people in need can use. Thanks to the donations we've received over the years, the group has been able to spread kindness and compassion throughout our wonderful city, one stitch at a time. The group began by knitting sets of Children's hats, scarves and mitts to donate to elementary schools in Calgary. While the group continues to knit winter wear for kids, they have also expanded to participate in some incredible initiatives. We are always looking for new members. All ages and skill levels welcome! No knitting experience necessary. Come knit with us and be part of the amazing projects we have underway. We meet at 1:00 – 3:00 pm every Saturday at the Carroll Place Lounge. Call Erika Cusimano to sign up. 403-452-5575.

Seniors Yoga

**13 classes for the price of 10
(miss 3 without a fee)**

This innovative class format: using chairs and mats, invites participants to listen to their own bodies and work at a comfortable level. Instructor Lynn Fairey combines traditional yoga postures with breathing and relaxation techniques. Please bring: yoga mat, blocks, water bottles

Class: 13 wks Tues. Jan. 15 – Apr. 9
Time: 11:00 – 12:30 pm
Cost: \$170.00
REGISTRATION: Online at vcacalgary.com

Mindful Meditation

Join Instructor Lynn Fairey to explore several innovative approaches to meditation with the goal of improving mindfulness, concentration, and relaxation. Technique focus will include: stimulating the imagination, quieting negative thoughts, improving thought process and conscious breathing practice. Please bring: small note book, pen, and a sweater

CLASS: 6 weeks, Thurs. Mar. 7 – Apr. 11
TIME: 9:00 – 10:00 am
COST: \$70.00
REGISTRATION: Online at vcacalgary.com

LaBlast Dance Fitness

Morning and Evening now available

Join Instructor Anita Wong for this awesome partner free ballroom style dance fitness class, with choreography designed by Louis Van Amstel (ABC's Dancing with the Stars). This class is low impact, easy to follow and suitable for a variety of fitness levels. You will enjoy learning everything from tango, waltz, jive, disco and line dance! Please wear: comfortable clothing, supportive shoes

CLASS: **Morning** 10 wk regular Wed. Feb 6 – Apr. 10

TIME: 10:30 – 11:30 am

COST: \$ 110.00 5X Punch \$70.00

LOCATION: Main Hall

CLASS: **Evening** 4 wk sample Mon. Feb. 4 – Mar. 4

(no class Feb. 18)

: **Evening** 8 wk regular Mon. Mar. 18 – May 13

(no class Apr. 22)

TIME: 6:15 – 7:15 pm

COST: 4 wk \$45.00

: 8 wk \$95.00 5X Punch \$70.00

REGISTRATION: Online at vcacalgary.com

Varsity Open Stage Night

Live Music in Varsity!

7:00 pm, Friday, February 8, 2019

Come out and enjoy live music/performances by local talent in an all-ages venue. This is our 8th year in operation! Open mic sign-up starts at 7:00 pm when the opening band starts performing. In addition to open mic, Christine and the BraveHarts (Jazz band) will perform as featured guests. A full sound/lighting system. Complimentary refreshments. Free admittance. Call Nobuo (403-288-4895) or email kawaguchi.nobuo@gmail.com for more details. Also see facebook group (Varsity Open Stage Night) for photos and future dates.



Cardio Combo Fitness (55+)

Join instructor Anita Wong, our new senior fitness specialist, for this program focusing on seniors looking to establish a more active lifestyle. Whether you are already active or recovering from an illness or injury this program will provide activity modifications to meet a variety of fitness levels. Two class styles including regular AEROBICS and WALKFIT will be rotated to provide variety. Warm up and a stretch & strength component will be part of every class. This class will improve balance, increase cardiovascular endurance as well as improve strength and flexibility, all important for fall prevention and improved quality of life.

Please bring: yoga mat, small hand weights, and a water bottle

Please note: if you are new to fitness or recovering from an illness or injury please speak with your Doctor before starting any activity program.

CLASS OPTIONS: 1. 18 wks Thurs Feb. 7 – June 6

COST: \$150.00

2. 14 wks Thurs. Mar. 7 – June 6

COST: \$120.00

3. 10 wks Thurs. Apr. 4 – June 6

COST: \$90.00

4. 6 wks Thurs. May 2 – June 6

COST: \$60.00

TIME: 10:30 – 11:30 am

REGISTRATION: Online at vcacalgary.com

Food, Mood, & Energy For Seniors

Join Health Care Specialist Myra Murias (BA. Psych, and Holistic Nutritionist) for Food, Mood and Energy For Seniors. This fun and informative 4 wk session will explore foods, supplements, and lifestyle choices and how they affect mood and energy. Information on how the body functions, diet management and mood stability will also be shared. Q & A will be part of the format

CLASS: 4 wks Mon. Jan. 14 – Feb. 4

TIME: 10:30 – 11:30 am

COST: \$45.00

REGISTRATION: Online at vcacalgary.com