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# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



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# PARKLAND HALL WEEKLY CALENDAR

## MAIN ROOM :

<b>MONDAYS</b>	9:00 to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	8:00 to 9:30 pm	Karate (private booking)	
<b>TUESDAYS</b>	9:00 am to noon	Parkland Preschool	403-225-0083
	Noon	Available for booking	
	5:30 to 7:45 pm	Sparks and Embers	403-283-8348
	8:00 to 9:00 pm	Available for booking	403-278-5330
<b>WEDNESDAYS</b>	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 5:00 pm	Available for booking	403-278-5330
	6:15 to 8:00 pm	Harvest International Baptist Church	403-616-7597
<b>THURSDAYS</b>	9:00 am to noon	Parkland Preschool	403-225-0083
	1:00 to 5:00 pm	Available for booking	403-278-5330
	5:15 to 6:15 pm	Vanshaw Dance Academy	vanshawacademy@gmail.com
<b>FRIDAYS</b>	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 7:00 pm	Available for booking	403-278-5330
	7:00 to 9:30 pm	Baha'i Community of Calgary (Two Fridays a month)	403-278-7307
<b>SATURDAYS</b>	8:45 to 9:45 am	Engage Mobile Pilates	engagemobilepilates@gmail.com
	10:00 am to 12:00 pm	Shakthi Shethralava Indian Classical Dance	403-667-7689
	12:00 pm onwards	Available for booking	403-278-5330
<b>SUNDAYS</b>	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597

## MEETING ROOM:

<b>MONDAYS</b>	9:00 am to 6:00 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	Al Anon	403-266-5850
<b>TUESDAYS</b>	5:30 to 7:45 pm	Sparks and Embers	403-283-8348
	8:00 to 9:00 pm	Available for booking	403-278-5330
<b>WEDNESDAYS</b>	9:00 am to 6:00 pm	Available for booking	403-278-5330
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
<b>THURSDAYS</b>	11:00 am to 1:00 pm	Art journaling/scrap booking	403-803-5336
	6:00 to 8:00 pm	Art journaling/scrap booking (One Thursday a month)	403-803-5336
	7:00 to 9:00 pm	Parkland Board meeting (Last Thursday of each month)	403-278-5330
	7:00 to 9:30 pm	Bow View Ringette (One Thursday a month)	www.bowviewringette.com
<b>FRIDAYS</b>	1:00 to 3:00 pm	Parkland Book Club (Third Friday of each month)	403-278-5462
	7:00 to 9:30 pm	Baha'i Community of Calgary	403-278-7307
<b>SATURDAYS</b>	10:00 am to 12:00 pm	Knitting Classes	403-278-5330

Please contact Erika at [parklandca@telus.net](mailto:parklandca@telus.net) or 403-278-5330 for Hall rental information or to view.

Remember: Parkland Community Association members receive a discounted rental rate.

# Parkland Cares



*Parkland Cares is a community-based organization of families and neighbours committed to helping others.*

Season's Greetings and Merry Christmas to all our Parkland friends and community members. Let's spread some joy! At this time of year, it can be very fulfilling to lend a helping hand and hearts to others in need. We have several opportunities to extend your kindness.

This is our eighth year helping the Senior Secret Service: <https://seniorssecretservice.com/>.

Early in November we received the profiles for five seniors. Teams then shop/buy, wrap, label, and deliver the gifts to a designated Calgary Police Station. It's a great way to spread some holiday cheer.

Warm Feet on the Street. On November 1 to 24 we collected toiletries and warm socks for the Calgary Drop-In Centre to "Warm Feet Warm Hearts". So many generous donations.

Fish Creek United Church Adopt-A-Family. We are hoping to make teams again and help one to two local families fill their Christmas wish lists. Let us know if you would like to help spread Christmas Cheer.

Grocery Gift Card Collection: Can you contribute a grocery gift card or two? We will be collecting grocery cards to help local families in need to celebrate the festive season. Families to receive the cards will be identified through local schools. Runs from December 1 to 17.

Take care and take time for kindness.

Please contact us if you have ideas for ways to encourage strong community connections, or if you would like to help with any of our planned events.

[parklandcaresyyc@gmail.com](mailto:parklandcaresyyc@gmail.com).

Facebook: Parkland Cares Calgary  
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# TRAILERS



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

# 8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

## UPCOMING EVENTS AND NEWS

### Knitting In December at the Hall!

Knitting Lessons on Saturday mornings from 10:00 am to noon.

#### Dates: December 2 and December 8

The cost is \$50 and community membership is required. Drop-in is now available if you want to come for partial attendance, the charge is \$14 per drop-in. If you do not have a membership, one can be readily purchased from the office. The cost is \$25.

To register, email the hall at parklandca@telus.net.

If you have any questions regarding suitable projects, or any questions at all, feel free to email the hall at parklandca@telus.net or phone 403-278-5330.

### Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. It holds up to 20 people and there are tables that can be folded and moved aside if need be. We have daytime spots available and evenings after 8:00 pm. Saturday afternoons are available as well. Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.

### Paint Night

The hall hosted a Paint night at the hall on October 7. Artist Kelli Robinson gave instruction to 19 participants who created a great work of art. We were all well-fed and entertained with Kelli's fun music. Thank you to organizer Antoinette Ferrari who made this all happen. And thank you to Josh Allen who served as bartender!

### Halloween Party

Thank you to everyone who attended the Parkland Community Association Halloween dance. There were so many fabulous costumes and decorated cakes, it was hard to choose the winners. A special thanks to our sponsors and those who donated; Jamie Newton for providing treat bags, to our MLA Myles McDougall who donated candy, and to the City of Calgary for providing signage leading up to our event.

Baseline DJ and Photo Booth did a great job helping us dance the night away in our costumes. Most importantly, thank you to the organizers Lana Bedard, Mary Simon-Johnston, and our volunteers whose assistance was invaluable: Corey, Claire and Noah Simon Johnston, Lisa, Jason, Jacelyn and Gia Gallant, Darren Way, Allan Boswell, Connor Sherry, Jennifer Rocker, Pat Teed, Blake Robinson, and Catherine Pressacco.

## BRAIN GAMES

## SUDOKU

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3				1				
	3			2		8	4	
				3	1			9
	2					5		

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### Christmas in the Village

Experience the magic of Christmas here at Lake Bonavista Village. We will be spreading the holiday cheer with some wonderful music, treats for all, and even a special appearance by your favourite guy... Ho ho hope to see you there!

**Saturday, December 9<sup>th</sup> @ 1:00 - 3:00pm**

### Waltzing Matildas - Christmas Show

Join us while we enjoy one of our favourite upbeat musical duos - with a Holiday Twist! We'll enjoy a medley of our favourite holiday sing alongs and more toe-tapping tunes!

**Tuesday, December 19<sup>th</sup> @ 7:00pm**



Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

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Friends,

The Calgary Ring Road is to date one of the largest public infrastructure projects in Alberta. Earlier this year, construction of the new West Bow River bridge and new interchanges at Old Banff Coach Road and Bow Trail opened for traffic. This is a milestone toward the overall completion of the entire Calgary Ring Road in 2024. These openings have improved access for communities, cut travel times for drivers by up to 20 minutes, and have vastly improved travel times for commercial carriers. When fully completed, the Calgary Ring Road will provide 101 kilometers of free-flow travel, create new travel options for drivers, and reduce traffic congestion. Construction of the West Calgary Ring Road is the final piece of the entire ring project, and the focus is now shifting to the final phase between Bow Trail and Highway 8, which is on track to be complete in 2024. More information can be found at [www.alberta.ca/calgary-ring-road-overview](http://www.alberta.ca/calgary-ring-road-overview).

Last fall, health care leaders, Indigenous partners, and experts from across Canada and around the world came together to form advisory panels as part of the Modernizing Alberta's Primary Health Care System initiative. The panels identified immediate, medium, and long-term improvements to strengthen Alberta's primary health care system. The recommendations will be implemented through a phased approach, with several moving forward immediately, improvements that will enhance community-based primary health care across Alberta. For more details see [www.alberta.ca/modernizing-albertas-primary-health-care-system](http://www.alberta.ca/modernizing-albertas-primary-health-care-system).

In addition to MAPS, Alberta's government announced the undertaking of a significant refocusing of Alberta Health Services. The new structure will center around four priority sectors: primary care, acute care, continuing care, and mental health and addiction. This will ensure Albertans get the health care system that works for them.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

If you have any questions or input, please feel free to reach out to my office at [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).

## JOKE OF THE MONTH

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gingerbread man  
put on his bed?

A cookie sheet!



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# The Community of Parkland



One of the greatest pleasures of the holiday season is to exchange greetings with those whose friendship we value so highly. In this spirit, it is a pleasure to say Thank You Parkland Residents and extend our sincere appreciation for the pleasant experiences we have enjoyed with you.

We wish you all a very Merry Christmas and an amazing new year filled with happiness and good health.

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