

# UNIVERSITY HEIGHTS NEWSLETTER

OCTOBER 2022

WWW.UHCACALGARY.ORG

FALL EDITION

## Hello Neighbours, Happy Thanksgiving!

“You can’t listen to the Thanksgiving Address without feeling wealthy... The Thanksgiving Address reminds you that you already have everything you need... That’s good medicine for land and people alike.” - Robin Wall Kimmerer, *Braiding Sweetgrass*

Thank you for supporting the University Heights Community Association this year. We are thrilled to have you as a part of our community!

## UPCOMING EVENTS

### **Membership Drive 2023**

**January 2023**

We are kicking off our 2023 UHCA Membership Drive. Memberships are \$20 a year and help the community association cover the costs of community events, communications, and more!

If you are not a member yet you can sign up on the website [UHCACalgary.org](http://UHCACalgary.org). If you are, simply renew online at or drop off your membership form and payment at the Foothills Mennonite Church. Unsure if your membership is up to date – no problem! Simply log in to the UHCA website or email [membership@UHCACalgary.org](mailto:membership@UHCACalgary.org) to check.

### **Development Meeting**

**Date and Location TBA**

The upcoming Fall Development Meeting will be a general introduction to the notion of Urban Densification as intended in the Municipal Development Plan (MDP).

Densification concerns all Calgarians. The City of Calgary is embarking on Local Area Plans (LAPs) which will shape the development of our communities.

Such questions as "What is Densification?", "Why is it necessary?", "Where will it occur?", "How will it affect my community?", "Who gets a say in where densification is allowed?" will all be discussed at this meeting.

### **Skating Rink Party**

**Date TBA | Located in the green space south of the alley that connects Utah Cres and Utah Place NW (Map available on UHCA website)**

Strap on your skates and join us for a winter celebration at our rink and firepit! A big thank you to PCL Construction for donating benches.

Date tentatively set for mid-January. Hot drinks and goodies provided, so be sure to show up!

## **UHCA Logo Contest!**

We are looking for a new logo. Want to show us what you think the logo should look like? We accept images, photos, drawings, crayon art, and even play-dough if that is your medium. Send us a picture of whatever you have to submit to the contest.

Email your submissions to

[newsletter@UHCA.Calgary.org](mailto:newsletter@UHCA.Calgary.org)



# UHCA SENIORS EXERCISE AND MOVEMENT PROGRAMS!

We are delighted to welcome back our popular Seniors Movement and Dance Class this fall as well as offering a new session of Chair Yoga. Both of these classes are offered in person at Foothills Mennonite Church. See program details below:

## **Movement & Dance**

**Wednesdays from 10-11am with social hour after class**

This class involves physical stretches, gentle exercises, new dance routines, and strategies for improved balance to help put a spring into your step.

Cost: \$8 per session



## **Chair Yoga**

**The first three Thursdays of every month from 2-3pm (October 6, October 13, October 20, November 3, November 10, November 17, December 1, December 8)**

In Chair Yoga, participants perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion and stress reduction. Practice will be adapted for all levels of mobility.

Cost: \$8 per session

For more information or to register, check out [UHCACalgary.org/seniors/chairyoga](https://UHCACalgary.org/seniors/chairyoga)  
[UHCACalgary.org/seniors/danceandmovement](https://UHCACalgary.org/seniors/danceandmovement)

# VOLUNTEERS NEEDED!

**As with everyone during COVID, we were unable to host many of our community engagement activities. Now that we are back on track hosting events and activities in the community, we need volunteers to come out and help us out again.**

### **Volunteer Opportunities:**

- **Soccer Administrator** - Work with the team at the UHCA to help coordinate the soccer program for 2023. We have divided up much of the work to spread it out across several people. The administrator focuses on the daily operation of the Soccer program.
- **Content Manager** - Manage the gathering of content for the newsletter and website. This role gathers and organizes the content from various sources.
- **Newsletter Layout** - Arrange content to complete the layout of the newsletter and prepare for printing/distribution.
- **Advertising** - Contact current and new advertisers for each newsletter edition.
- **Social Media / Web** - Post content to UHCA social media and website.

For more information or to apply, please email [volunteers@UHCACalgary.ca](mailto:volunteers@UHCACalgary.ca)

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and  
Get Involved!**



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