

JANUARY 2021

DELIVERED MONTHLY TO 3,200 HOUSEHOLDS

# *our* LEGACY



THE OFFICIAL LEGACY COMMUNITY NEWSLETTER



Photo by Marvin Popil



400-7th Street NW, High River  
Only 25 minutes south of Calgary  
[www.highwoodgolf.com](http://www.highwoodgolf.com)

**LOOKING FOR A SAFE,  
OUTDOOR FAMILY ACTIVITY?**

**COME TRY THE HIGHWOOD'S**

**NEW 9-HOLE SPITZEE COURSE  
2021 FAMILY MEMBERSHIP \$1,625  
SINGLES & COUPLES MEMBERSHIP AVAILABLE**

**18-HOLE CHAMPIONSHIP  
FAMILY \$5,525 | COUPLES \$5,398**

**BECOME A SHAREHOLDER  
FOR PREFERRED RATES**

Contact us for details  
on our Intermediate and  
Unrestricted Memberships

Call 403.652.3644 for more details

PRO SHOP | FOXES DEN RESTAURANT | PATIO SEATING | DRIVING RANGE



## LOCAL MORTGAGE BROKER

Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinancing, and renewal options.



Contact ANITA for a Quote  
403-771-8771 • [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

**AVENUE** | Financial  
Real Estate Solutions

Licensed by Verico Avenue Financial Real Estate Solutions.

In this time of social distancing...

...we are here  
to help keep  
your community

**connected.**

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

## MESSAGE FROM THE BOARD

A new year comes, always with new resolutions, and that's not an exception for the Calgary Legacy Community Association. We have big dreams and need our community's support more than ever to accomplish our goals. As our group of volunteers/board members continues working together, learning, and defining our role in the community, we have made our priority in 2021, to connect more closely with everyone in Legacy.

In December, we hosted our first virtual meeting open to the community, and we were very excited to have a community member attending and getting to know the behind the scenes of what our group does. We would like to encourage everyone to attend our meetings, send us emails, or send messages on social media. Share your thoughts, ideas, and plans. We want to become a venue to support community ideas, and work with many of you to continue delivering events and opportunities to connect, and at the same time, work towards things that improve and enhance our community.

Every month we will highlight someone from our board, so you can put a name, a face, and a story behind those volunteers that put their time and heart towards Legacy.

Happy New Year, and we wish you and your families a healthy 2021!

*Your Calgary Legacy Community Association CLCA*

### Meet your Board – Alex, President

August 16, 2018 – With no defined agenda, the group met to discuss the interest in conforming a Community Association. And this is the first bullet in the first ever official / unofficial minutes taken by what is now the Calgary Legacy Community Association. I'm Alex, the president of the Community Association. When I called for this first meeting, I had no ideas what I was getting into, but I must tell you that I cherish every minute that I've dedicated to our community, since that very first meeting.

My story goes back to a few weeks before August 16, when I contacted the Residents Association to learn if there was a plan in the community to have a building for us to know each other and enjoy time together. I was told there was a designated space for a future



Community Association Building, but the community needed a formal Community Association to bring this project to life. I asked what was needed to start and they said, "someone to take the lead".

I'm originally from Colombia, moved to Canada about 18 years ago, and lived in Legacy since 2017. I am a mom of two loud and happy girls, that everyone walking around the big pond will recognize, and a young adult who I'm very proud of. My husband is my partner in crime, who supports each and every one of my crazy ideas, and keeps me running when I need an extra push. I work full time, run my own charity during Christmas, volunteer on a regular basis for a couple of charities in the city, and cannot say no to an opportunity to help others.

I'm proud to say that I started the Community Association in Legacy, but as I've said many times, the success of this organization is thanks to the hard work of all our volunteers, and also due to the amazing support of our community. Over the time, my team in the board has changed, evolved, and become bigger and stronger! I truly believe that teamwork makes the dream work, and I feel blessed to have my board of directors and advisors dreaming with me on how to continue building our community together!

#### WELCOME TO THE FAMILIES MATTER FAMILY RESOURCE NETWORK



#### OUR FREE SERVICES INCLUDE:

Parent Education Classes (in-person and via Zoom), Postpartum Depression and Anxiety Classes (in-person and groups), Fathering Classes and Parent/Child Play, Home Visitation, Classes for Parents under 23 years old, Parent and Child Play Together classes

Come meet us, receive the support you need and have fun!

403.205.5194 | NE/SE locations and via Zoom |  
[www.familiesmatter.ca](http://www.familiesmatter.ca)



### Calling All BABYSITTERS

Enroll for free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

## MESSAGE FROM THE LEGACY RESIDENTS ASSOCIATION LRA

Happy New Year!

We hope you enjoyed the Christmas lights in Legacy, and that it brought a little cheer to the holiday season.

The Legacy Residents Association continues to build and maintain the ice rink for you in the community. This year, as we continue to be restricted in all our daily life's activities, we are very glad to be able to have a space for all residents to enjoy. It is important that all residents follow the COVID rules set forth by the City of Calgary and the province of Alberta, so that we can all continue to have fun at the rink. Are you unsure of what the rules are? Please visit <https://www.alberta.ca/enhanced-public-health-measures.aspx> to learn about the latest updates. We ask that you only skate with members of your household and remain two meters apart from other skaters. For any other updates on the rink, please visit the Legacy Residents Association Facebook page.

Enjoy the skating rink and Happy 2021!



### HEAVY CONFETTI!

Ever thought of celebrating New Year's Eve with a moose in Times Square? How about just its weight? Every year, over 2,000 pounds of confetti is released in Times Square, New York, at the ring of the bell on New Year's Eve. That is heavier than a full-grown moose!



## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

### Nearby Community Newsletter Magazines:

**To Advertise Call 403 720 0762**  
**Email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**

**GREAT NEWS MEDIA**  
 LEADERS IN COMMUNITY FOCUSED MARKETING

### Amanda Hodder

2021 is the year to shop local, and what better place to start, than right here in Legacy. Our community is home to so many incredible entrepreneurs. Our neighbors offer a variety of professional services, handmade goods, and sweets and treats. Among these entrepreneurs is Amanda Hodder, owner of her very own custom jewelry and hand-stamped metal business.

Amanda is a Nova Scotia native, with a true talent for handcrafting beautiful jewelry and stamped metal items. Her craft came to her at a young age, when jewelry making became her favorite hobby. Those of you who are members of the Legacy Community Association likely enjoyed some of Amanda's work on your tree over the Christmas holiday, as she provided the custom charms that adorned our 2020 community ornaments.

One of Amanda's favorite things to create is bridal gifts and custom pieces for brides to wear on their big days! She also enjoys taking time to build custom creations for just about any occasion.



## TRADITIONS AROUND OUR LEGACY COMMUNITY

### Lunar New Year 2021, the Year of the Ox

During Lunar New Year, families sit together and eat a big meal. It's the most important holiday for many families.

There are some lucky foods that people eat during Lunar New Year, make sure you try some:

1. Dumplings: The shape of dumplings is like the ancient silver and gold ingots which symbolize wealth.
2. Fish: Eating fish during Lunar New Year time, symbolizes having an abundant year ahead in the coming year. The fish should be the last course of the festival eve feast, and it should be left with some leftovers for the next meal, which is the first meal of the New Year. This is like

saying, have surplus year after year. Also, with spring rolls, rice balls, and more.

Another important and fun tradition is the envelopes! It's a monetary gift during Lunar New Year. The red colour of the envelope symbolizes good luck and is a symbol to ward off evil spirits. All children are the most excited about receiving red envelopes during Lunar New Year when they say, "Gong Xi Fa Chai", which means, "wishing you enlarge your wealth" to relatives.

So, make sure you celebrate the new year with these lucky foods, and practice saying, "Gong Xi Fa Chai". You might get some good luck and fortune.





# How To Make Your New Year's Resolutions Stick

## Board of Directors

President	Alexandra Velosa alexandra.velosa@calgarylegacy.ca
Vice president	Derek Sheahan derek.sheahan@calgarylegacy.ca
Secretary	Amanda Hodder amanda.hodder@calgarylegacy.ca
Treasurer	Jose Alvarado jose.alvarado@calgary.legacy.ca
Director of Web Development	David Cloutier david.cloutier@calgarylegacy.ca
Director of Memberships	Kendra Read kendra.read@calgarylegacy.ca
Director of Communications	Megan Harrison megan.harrison@calgarylegcay.ca
Director of Events	Carlene Jubinville carlene.jubinville@calgarylegacy.ca
Director of Volunteers	Elaine Shaneyfelt elaine.shaneyfelt@calgarylegacy.ca
Advisor of Finance	Shefali Jariwala shefali.jariwala@clagarylegacy.ca
Advisor of Communications	Kimberly Dixon Kimberly.Dixon@calgarylegacy.ca

2020 was a weird year. There were certainly positives, such as some of our neighbours welcoming new babies or new pets into their families, as well as Legacy welcoming many new neighbours into our community. There were also a lot of negatives – I think we all know what those were. In light of this weird year, some of us have made resolutions to simply have a better year, while others stuck with the more traditional resolutions, such as eating better, visiting Fitness 1440 a little more often, or spending more time with our families.

No matter what goal you've set for yourself in 2021, there are a few steps you can follow to make sure that you make that resolution stick!

1. Break your goal into small steps. Instead of aiming to lose 50 pounds, set a mini goal of losing five. Or instead of replacing every meal with healthy foods, commit to having one healthy snack every day for a week. Once you've achieved these small goals, you'll find it easier to work towards bigger, better goals.
2. Come to terms with the behaviours that got you where you are in the first place. If indulging in junk food is your problem, take some time to think about why you enjoy it so much. Or if you're finding yourself short on family time, consider what activities you're taking part in that are detracting from your loved ones – is it because you're attached to your devices? Or are you working too hard? Coming to terms with these problems are the best way to overcome them.
3. Be accountable. Find yourself an accountability buddy, post your goals to your social media, or keep a journal of the steps you've taken to succeed at your New Year's resolution.
4. Reward yourself. Don't just reward yourself when you reach your end goal – celebrate small successes. Rewarding yourself will keep your spirits high and train your brain to realize that it's worth continuing to reach your goal.

## Volunteers Needed

If you have experience, or a big interest in fundraising and/or grant applications, please contact us at [info@calgarylegacy.ca](mailto:info@calgarylegacy.ca).

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

**LEGACY MORTGAGE BROKER:** Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

**LEGACY CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Legacy. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

**LIFE INSURANCE:** Protect your family in case you unexpectedly die. Contact Jeff Tovee, CFP, at 403-923-5333, eternalwealth@f55f.com, www.eternalwealth.ca (In-home meetings are available).

**AFFORDABLE DENTAL CARE MINUTES FROM LEGACY:** Below ADA fee guide! Direct billing OAC. Only pay deductible/co-pay, get tax receipt. Save money, no charge PPE, uncomplicated dental care, live better. 30+ years of no fluff, no frills! Call today; 403-272-7272 or 403-287-6453. Visit calgarydentalcenters.com.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**PROFESSIONAL TAX PREPARATION SERVICES:** Affordable and accurate. Our services include employment income, students, seniors, foreign pension, self employed, business, rental, newcomers, and deceased/final return. Local senior tax specialist. Licensed E-filer. Open year round. Call or text Ella at 403-992-0419, or email ellasmobiletax@gmail.com.

**COMING SEPT '21:** Brand new beautiful Child Care Centre in Walden! Reggio-inspired, nature-based learning centre for infants to school aged. See the progress at 195 Walcrest Way, SE. Add your name to our email list for more information: waldenchildcare@gmail.com.

**EXPERIENCED BOOKKEEPER IN LEGACY:** Accepting new clients. Bookkeeping, payroll, GST, etc. Call Sandra at 403-899-7016.

## CLCA SMALL BUSINESS DIRECTORY

Our CLCA Small/Home Business Directory is now available at [www.calgarylegacy.ca](http://www.calgarylegacy.ca).

The purpose of this directory is to provide you with local consumer options. Looking for storefront business partners in the community? Check out the Partners and Promotions page for member exclusive discounts.



# 31 REASONS TO CELEBRATE

After an unprecedented 2020, many of us are happy to turn the page and start fresh the new year... What better way to embrace the new year, than having 31 reasons to celebrate in January? Many celebrations will not apply to all of us, but if you are looking for a reason to make a day extra special, here is a list of special dates in January. Some focus on achieving a healthier lifestyle, others encourage you to embrace your artistic inner-you and express yourself, and many just give us a reason to enjoy a delicious treat. As a big bonus, some days have more than one reason to be celebrated. Enjoy and Happy January!

- January 1: New Year's Day / Hangover Day
- January 2: Science Fiction Day
- January 3: Drinking Straw Day
- January 4: Trivia Day / Spaghetti Day
- January 5: Bird Day
- January 6: Cuddle Up Day
- January 7: Old Rock Day
- January 8: Bubble Bath Day
- January 9: National Word Nerd Day
- January 10: Peculiar People Day / Houseplant Appreciation Day
- January 11: Learn Your Name in Morse Code Day / Step in a Puddle and Splash your Friend's Day
- January 12: National Pharmacist Day / National Hot Tea Day
- January 13: Make Your Dream Come True Day / Take the Stairs Day
- January 14: Dress Up Your Pet Day
- January 15: Strawberry Ice Cream Day / National Hat Day / Bagel Day

- January 16: Appreciate a Dragon Day / National Nothing Day
- January 17: Ditch New Year's Resolutions Day
- January 18: Thesaurus Day / Winnie the Pooh Day
- January 19: Popcorn Day
- January 20: Cheese Lovers Day / Penguin Awareness Day
- January 21: Hugging Day
- January 22: Answer Your Cat's Question Day / Hot Sauce Day
- January 23: Handwriting Day / Pie Day
- January 24: Compliment Day / Beer Can Appreciation Day
- January 25: Opposite Day / Bubble Wrap Appreciation Day
- January 26: Spouse's Day
- January 27: Chocolate Cake Day / Punch the Clock Day
- January 28: Data Privacy Day
- January 29: Puzzle Day / Fun at Work Day
- January 30: Draw a Dinosaur Day
- January 31: Inspire Your Heart with Art Day



# Winter Colada Recipe

by Kimberly Dixon

Now that the holidays are over, some of us might be wondering what we can do with some of those leftover festive treats. While you can feel free to drop your extra Christmas baking on my doorstep, this recipe can help you get rid of that leftover eggnog in the best possible way. The Winter Colada is my absolute favorite drink for just about any time of year. And the best part? It can be enjoyed with or without alcohol!

### Ingredients

- 6 oz. eggnog
- 2 cups frozen pineapple
- 3 oz. coconut rum or coconut water
- 1 oz. dark rum (optional)

### Instructions

1. Put all ingredients, with the exception of the dark rum, into a blender, and blend until the concoction is smooth and frothy.
2. If your drink is too thick, add two parts eggnog to one-part coconut rum or coconut water.
3. Pour into your favorite glass and enjoy!

\*If you choose to add dark rum, float it on top of your drink after pouring.

**Disclaimer:** The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Legacy Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Legacy Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# Five Financial Tips For 2021

by Darwin Gammuc

1. Make a budget. Review your last year finances and create a budget for this year. Follow the money — it's important to understand how much money is coming in and out. Create a simple excel sheet showing the income and expenses. Update this excel sheet every payday and whenever you pay bills, buy groceries, etc.
2. Consider your wants vs. needs. Restrain yourself from buying unnecessary things that eventually end up cluttering up your home. Before you make a purchase, ask yourself, "Do I want this, or do I need it?"
3. Set up an automatic savings plan. Set aside three to five percent of your income and set up automatic transfers into a separate bank account each pay day. Ensure that you can access this account for both short-term and long-term needs.
4. Protect yourself and your family from financial difficulty due to unforeseen event. Ask your financial advisor to help find a solution that will fit to your current and future financial plan.
5. Learn to say no. Sometimes we spend money because we can't tell our friends, relatives, or co-workers that we can't afford a certain activity or item. It's important to remember that it's okay to say no to avoid over-spending.

**Legacy Montessori Academy**  
"Within the child lies the fate of the future" Maria Montessori  
ACCEPTING CHILDREN FROM 18 MONTHS TO 6 YEARS OLD. WE ARE OPEN 7AM UNTIL 6:00PM MONDAY TO FRIDAY.  
#5128-150 Legacy Main Street Calgary, AB T2X2C2  
Office: 403-903-4042  
Legacy.montessori@mail.com

# Adding a Puppy to Your Family

by Dr. Jennifer L. Scott B.Sc., D.V.M.



With our new normal, COVID-19 has even changed getting a puppy. In our isolation, and stuck at home, people want a puppy yesterday. Finding puppies has become more difficult, and this has led to many not making careful decisions. Some individuals are playing on our desperation. I watched a news release from Ontario where more than one person selling a puppy set up meetings in parking lots with prospective owners, only to be accosted by thieves there to steal the puppies. COVID-19 won't last forever, but with luck, this puppy will be with you for the next fifteen years, so... slow down and wait to get what you want.

Purebred versus mixed breed. With a purebred dog, you will know what to expect regards to size and behavior. Genetic screening of the parents for flaws improves your chance of a healthy pet, but is not a guarantee. A puppy cannot legally be sold as purebred without registration papers, and it is also against Canadian Kennel Club rules to charge a premium for those papers. Some breeders will replace puppies with genetic problems, but few families will give up the pet that's become a family member. Current market demand has led to a lot of less reputable breeders producing lots of puppies with serious health issues. Mixed breeds tend to be less expensive, except for some of the crosses that have become popular such as, Labradoodles or Yorkipoos. Many of these designer breeds, rather than having hybrid vigor, have the genetic issues of both breeds.

Buying a puppy from a private home or breeder, you should be able to see at least the mom, if not both parents, and get some idea of the temperament and appearance of the adult animal your pup will grow into. Leave the kids at home (Mom too, if necessary)! The first time you see the puppies, try to make a well thought out decision with your head, not your heart. Having said this, some of the brightest most business-like people I have met in my life are fundamentally incapable of thinking with anything but their heart when faced with a puppy.

Avoid single puppy litters if possible. A single puppy might not be adequately socialized, but this is usually not an issue if other dogs are in the household. For this same reason, avoid taking your puppy before seven or eight weeks of age or later. Most puppies are weaned earlier, but this socialization within the litter and with mom will affect your puppy's behavior for the rest of his life.

Look around. How clean is the whelping box and area? The dirtier a puppy's surroundings, the harder it will be to housetrain. Puppies raised in clean surroundings and taken out several times a day to urinate and defecate are well started on their training. They have already learned not to foul the area they eat, drink, and sleep. They have often been introduced to a crate. I start taking my four-week-old puppies outside in Calgary winters to poop and pee, but only for a brief supervised minute.

Has the puppy received its first vaccinations and been dewormed? This should be done between six to eight weeks by a veterinarian who will do a full physical examination. All reputable breeders will have done this. Make sure you can return the puppy if it fails a health check at a veterinarian of your choosing. This is heartbreaking to do, but it can be emotionally and financially devastating to have a puppy with a congenital problem.

Consider an adult dog.... There are several great rescue organizations in Calgary, including the Calgary Humane Society, who'd love to hook you up with an adult dog needing a home. Read, ask questions of knowledgeable people, and be tough at this stage, and with a little luck, the perfect furry family member will be in the house soon, and for a long time to come.

# JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

**Free Estimates 403.256.9282**

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

## WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS

Bathroom & Basement Remodeling

Custom Decks & Fences

Affordable Custom Landscape Plans

Stamped & Exposed Concrete

Retaining Walls

### BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

**Free Estimates 403.256.9282**

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

Councillor, Ward 14

**Peter Demong**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)

[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or

403-268-1653



### Happy New Year Ward 14!

It is a new trip around the sun, a new calendar on the wall, and a much-needed chance to reset and refocus. I hope I can help you in the new year with a few notes in this column. Make sure you visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of the column.

### 2021 Property Assessments

This is extremely important. Your 2021 property assessment value will be used to calculate your share of municipal and provincial education taxes. You will receive your assessment notice on or after January 14, and it is extremely important that you read it and review carefully. Visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for a more detailed summary of what you need to do.

### Stay Safe and Warm This Winter!

The Fire department has a message for you this year. Home-heating fires can be devastating, but fortunately, most are preventable. You can find their message by reading the full version of this article at [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter).

### Supporting Businesses Through Green Line Development

If you are involved in a business that could be impacted by Green Line construction, take note. The City is looking for your input. Visit [www.engage.calgary.ca/greenline/business-support](http://www.engage.calgary.ca/greenline/business-support) to learn more about the Business Support Program and to provide your input.

### Calgary Awards Nominations Open January 6

Do you know a Calgary individual, business, or organization that has improved the quality of life in our community? You should nominate them for a Calgary Award. Nominations open on January 6, and end on February 10. Visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the list of categories, and information on how to nominate.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14).

*Councillor Peter Demong*

# LEGACY FAMILY DENTAL

WE PROUDLY FOLLOW THE ALBERTA DENTAL FEE GUIDE

## OPEN EVENINGS & WEEKENDS



### SERVICES INCLUDE:

Dental Cleanings  
Teeth whitening  
Children's dentistry  
Sedation dentistry  
White fillings  
Partials & Dentures  
Root canals  
Crowns & Bridges

**FREE TEETH WHITENING  
OR ELECTRIC TOOTHBRUSH**  
WITH COMPLETE EXAM, XRAY, AND CLEANING

 **(587) 352-3100**

 **5250, 47 Legacy View SE,  
Calgary, AB T2X 2C3  
(Next to Domino's)**

 **[www.LegacyDentalCalgary.com](http://www.LegacyDentalCalgary.com)**

Dr. Kim Scott and Dr. Anita Sharma – General Dentists

