

JUNE 2026 • ISSUE 301

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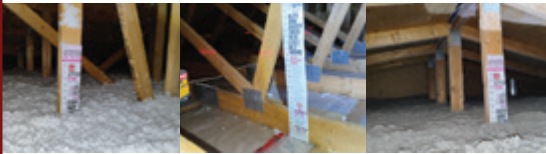
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BRAIN GAMES

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8					9			
						7		
5	4	9		1	8			2
	9					2		
1	2						8	3
		3					5	
3			8	6		9	4	1
		1						
			9					7

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Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.

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BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE **\$13,879**
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE **\$15,679**
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Thursday, June 4 at 2:00pm



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Come on in and enjoy a performance by this legendary Canadian duo—Donna and LeRoy—bringing their signature charm, energy, and love of music to the stage!

Tuesday, June 23 at 7:00pm



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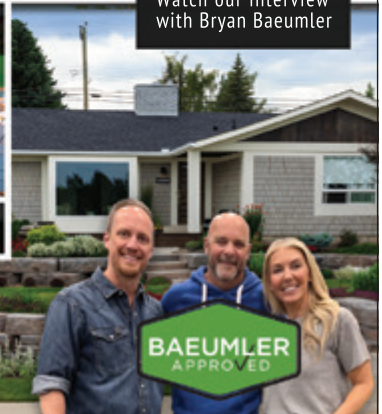


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SUNDAY JUNE 21, 2026 - FREE ENTRY

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Breakfast 9am-11am. Events 9am-12pm

Did you know that LBCA's annual
Pre-Stampede Breakfast is a "test run"
for the **Calgary Stampede Caravan** before
Calgary Stampede officially kicks off?!



SCHOOL DIRECTORY

Andrew Sibbald Elementary
Canyon Meadows Spanish Academy
Dr. EP Scarlett High School
École de la Rose sauvage (French) 10-12
École de la Source (French) K-9
Ecole Notre-Dame-De-La-Paix
École Sam Livingston Elementary School
École St. Cecilia French Immersion
Ecole Sainte-Marguerite-Bourgeoys
Elementary School
Fairview School
Lake Bonavista Elementary School
Lord Beaverbrook High School
Midnapore Community School
(bilingual Mandarin)
Nickle Middle School
Our Lady of the Rockies High School
Prince of Wales School
St. Bonaventure Junior High School
St. Boniface Elementary School
St. Philip Fine Arts Elementary School
Ste-Marguerite-Bourgeoys (S)(French) 7-12
St. Matthew Elementary/Junior High School
St. William Elementary School

CHURCH DIRECTORY

Bonavista Baptist Church
1507 Acadia Drive SE
Bonavista Evangelical Missionary Church
1509 Lake Ontario Drive SE
Holy Nativity Anglican Church
12707 Bonaventure Drive SE
St. Bonaventure Catholic Church
1600 Acadia Drive SE
Fish Creek United Church
77 Deerpoint Road SE
Your Grace Land
Delta Calgary South
Red Deer Lake United Church
Hwy 22X West
The Church of Jesus Christ of Latter Day Saints
14540 Parkland Blvd SE
McDougall United Church
8516 Athabasca St. SE
Lutheran Church of Our Saviour
8831 Fairmount Dr SE Calgary



LBCA
join the fun!

FACILITY BOOKINGS

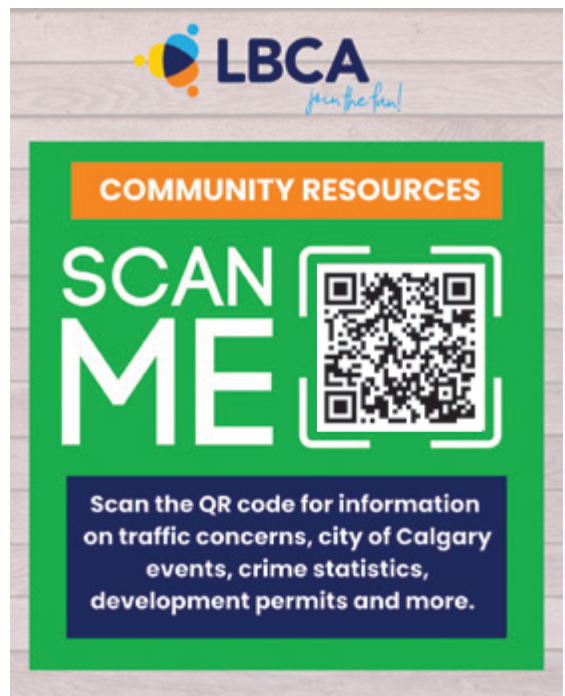
Booking requests are accepted online, over the phone and in office. One hour minimum.



LBCA MEMBERS
RECEIVE 20% OFF LAST MINUTE BOOKINGS

Last minute booking requests are only accepted over the phone or in the office up to 24 hours in advance. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum.


CALL THE LBCA TO BOOK: 403-271-7107 (ext. 225)



LBCA
join the fun!

COMMUNITY RESOURCES

SCAN ME



Scan the QR code for information on traffic concerns, city of Calgary events, crime statistics, development permits and more.



FOLLOW US ON SOCIAL MEDIA



1401 Acadia Drive SE Calgary, AB T2J 4C6

(403) 271-7107

info@thelbca.ca

www.thelbca.ca

Administrative Office Hours

Monday - Friday: 9:00 am - 4:00 pm

CLOSED Saturdays, Sundays & Stat Holiday [office open for drop-in activities]

LBCA STAFF

General Manager: Andrea Waara
andrea.waara@thelbca.ca

Facility Administrator: Tammy Brennan
tammy.brennan@thelbca.ca

Program Supervisor: Cara Madan
cara.madan@thelbca.ca

Customer Service Representative: Haley O'Brien
haley.obrien@thelbca.ca

Operations Manager: Devon Marr
devon.marr@thelbca.ca

Accountant: Kyle Mackee
kyle.mackee@thelbca.ca

Arena Staff
587-229-7880

BOARD OF DIRECTORS

President: Simone Thumm
president@thelbca.ca

Vice President: Vacant

VP of Finance: Pamela Oliva
vpfinance@thelbca.ca

Past President: David Shaw
directorDS@thelbca.ca

Director at Large: Caroline Martel
directorCM@thelbca.ca

Director at Large: Ryan Lake
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Director at Large: Alex Retfalvi
directorAR@thelbca.ca

Director at Large: Mick Somerwil
directorMS@thelbca.ca

Director at Large: Emily Peterson
directorEP@thelbca.ca

Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association (The Lake)
403-271-3333 | www.lkbonavista.ca

City of Calgary
311 | www.calgary.ca

Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)





Community Program Providers at the



The LBCA rents to a diverse range of program providers, each offering unique activities and opportunities. Be sure to check out what some of our Community Program Providers have available at the LBCA.



Court Programs



Bow River Basketball
Calgary Sport & Social Club
Stryker Sports
CMBA(Calgary Minor Basketball Assoc)

bowriverbasketball.com
calgarysportsclub.com
strykersports.ca
cmba.ab.ca

Ice Programs



(LBFSC)Lake Bonavista Figure Skating Club
KHC(Knights Hockey Club)

lbpsc.ca
knightshc.ca



More Programs



FLC Yoga & Line Dancing
Calgary Fellowship of the Sword
Girl Guides of Canada
Devotion Danceworks
Calgary Kyokushin Karate
Heiben Martial Arts
The Wellness Dojo Kung Fu
Fencing Calgary
TOPS(Taking Off Pounds Sensibly)
Wee Wonder Daycare
Scouts Canada
Iron Fist Taekwondo

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calgarysword.ca
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devotiondanceworks.com
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weewonder.ca
scouts.ca
ironfist.taekwondo@gmail.com

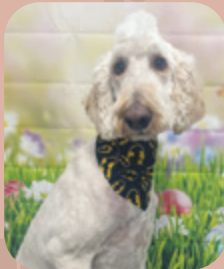


Visit us at thelbca.ca for more information!

Cats, Canines, & Critters of Calgary



Coco, Shawnessy



Copper, Hidden Valley



Dino, Hanson Ranch



Horst, Mission



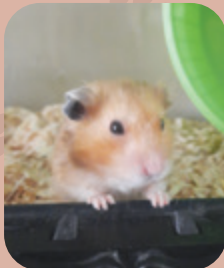
Pepper, Evergreen



Tia, Currie Barracks



Vincent, Quarry Park



Yoshi, Canyon Meadows

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EXTERIOR RENOVATIONS





Crime Prevention Dashboard

WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers:
Emergency: 911
Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

- Crimes that have already happened and there is no injury or bodily harm
- Crimes that do not require immediate police response
- Suspicious vehicles and/or people
- All other non-emergency calls

ONLINE REPORTING

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>
These reports are not reviewed in real time.

REPORTS YOU CANNOT SUBMIT ONLINE

- Robbery (Theft with violence)
- House break-in & enter
- Domestic disputes
- Theft of a vehicle
- Incidents where there is a known suspect offender
- Any type of fraud resulting in the loss of funds / personal information or property
- Incidents that involve lost/stolen citizenship cards, permanent resident cards, immigration documents, government cheques, or cash from the government

These crimes may require a dispatched call. Please phone the Police non-emergency line (403) 266-1234.

REPORTS YOU CAN SUBMIT ONLINE

- Damage to Property
- Damage to Vehicle
- Lost Property (excluding government ID)
- Theft
- Theft from Vehicle
- Car Prowling
- Online telephone scams
- Online email scams

9:00 PM ROUTINE

The Calgary Police Service are encouraging Calgarians to establish a 9:00 pm routine to help secure their property before heading to bed.

The routine recommends:

- Removing valuables from vehicles
- Ensuring vehicles are locked
- Windows are closed and if possible, parked in a garage
- Closing garage doors and windows
- Locking garage doors including those leading into a house
- Checking that all house doors are locked
- Ensuring all windows are shut
- Turning on an exterior light

SUBMIT A TIP TO CRIME STOPPERS

Crime Stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto the CPS.

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

ONLINE: <http://tttips.com/home>

Please note that not all tips submitted to Crime Stoppers are investigated.

SUBMIT A DRUG TIP

If you have information about a drug house, or people who are selling drugs, you can report this information online.

Please note if you want to remain anonymous, you must submit your information to www.Crimestoppers.org

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

Include the location; description of the object the graffiti is on and a photo of the graffiti.

ALBERTA EMERGENCY ALERT

Alberta Emergency Alerts are issued by the communities where a disaster or emergency is occurring.

<https://www.emergencyalert.alberta.ca/content/about/signup.html>

511 ALBERTA WEBSITE AND APP

Please visit <https://511.alberta.ca/> and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. <https://511.alberta.ca/map>

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

If you are experiencing domestic abuse or violence, reach out for help:

- Immediate danger: Call 911
- Experiencing domestic abuse: Call 403-234-SAFE (7233)
- Experiencing sexual abuse: Call: 403-237-5888
- To report domestic abuse or violence: Call: 403-266-1234



Lake
Bonavista
Community
Association

join the fun!



2025-2026 MEMBERSHIPS

\$40 PER HOUSEHOLD

\$30 SENIORS (60+) PER HOUSEHOLD

MEMBERSHIPS VALID JULY 1/25 - JUNE 30/26
PUNCH PASSES VALID SEPT. 14/25- MAY 29/26

MEMBER BENEFITS:

- Free Leisure Skate
- Free Stick & Puck Drop-In
- 20% Off Last Minute Facility Bookings
- 20% Off Birthday Parties
- LBCA Program Discounts
- Drop-In Discounts
- Drop-in Pass Perks

LBCA memberships are available for everyone! You **do not** have to live in Lake Bonavista to purchase a membership.



ENGINEERING FOR KIDS SUMMER CAMP

Creativity Awaits

**Juniors 5-7yrs
Aug 17 - Aug 21**

In the morning kids will blast off into space camp and then have an afternoon of hands-on interactive inventions!

**Apprentice 8-14yrs
Aug 10 - Aug 14**

Kids will learn game design with MakeCode Arcade in the morning and then learn stop motion animation in the afternoon!



**Half Day Options
Available!**



Registration Information: www.thehbca.ca

COMMUNITY CLEAN UP

Sunday, July 12th | 9:00 am - 2:00 pm

1401 Acadia Drive S.E.

Garbage Truck Prohibited Items

- car batteries, BBQ's, lawnmowers, large appliances
- glass (window panes, glass table tops, etc.)
- appliances with freon (refrigerator, freezer)
- microwaves
- liquids (cooking oil) & household chemicals
- household hazardous waste (propane tanks, paint)
- railway ties
- sod or dirt

Scrap Metal Prohibited Items

- A/C units
- dishwashers
- refrigerators
- freezers
- flammable items
- wire mesh

Electronic Recycling Prohibited Items

- Liquids of any kind (Gas, Paint or Chemical)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Large appliances (stoves, dishwashers, washers, dryers)
- Anything with Freon (AC units, water coolers or fridges)
- Fluorescent Bulbs or Regular Household Bulbs
- Thermostats with mercury
- Smoke detectors with radioactive material
- Glass of any kind
- Media - VHS tapes, DVD's or CD's



For more information visit
WWW.THELBCA.CA



NEW!



Improv Summer Camp



BottleRocket Improv Camp:

Half Day, 7-10yrs

July 27 -31, 2026

Monday – Friday, 1pm-4pm

\$180 LBCA Members

\$200 Non-Members

Seniors' Week Celebrates 40 Years of Connection, Contribution, and Community

by The City of Calgary

Seniors' Week is celebrated across Alberta from June 1 to 7. In Calgary, the theme is "40 Years of Connection, Contribution, and Community," marking the 40th anniversary of Seniors' Week in Alberta. This week is an opportunity to express our gratitude for older adults and acknowledge the invaluable contributions they make to our communities. Older adults are dynamic and integral members of community life. They support their families and friends, contribute their time and expertise through volunteering and work, and play a crucial role in enriching our communities.

Seniors' Week is for everyone. Senior-sector organizations, non-profits, and Calgarians from all walks of life come together to host fun, welcoming, cross-cultural, and multi-generational events across the city.



Get involved—drop into any Seniors' Week event, meet older adults in your community, and enjoy the celebrations. Event listings and updates will be posted at calgary.ca/seniorsweek.

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SOCCER SUMMER CAMP

**JULY
27-31**

AGES 6-12YRS

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Fun games & practice matches
- ✓ Experienced coaches
- ✓ All skill levels



**MORE INFO & TO REGISTER
WWW.THELBCA.CA**



VOLUNTEER OPPORTUNITY!

Lake Bonavista
Community Association
is recruiting a volunteer
Director at Large

to join our Board of Directors.

If you want to make a meaningful
community impact, and are ready to
contribute your skills and perspective,
we encourage you to apply!



Scan the
QR Code to
learn more
and apply
today!



Good Food Box

The Good Food Box is a Community Kitchen Program that enables people to purchase fresh fruit and vegetables for less. There are no income criteria, everyone is welcome to place an order. Orders are delivered once a month to our facility, Lake Bonavista Community Association.

All orders must be received by 4:00 pm on order date (listed below).

All orders must be picked up between the hours of 12:00 to 4:00 pm on pickup date (listed below).

Please make note of the pickup date as we do not send email reminders.

No Refunds.

Pricing and Sizes

*Pricing change

Small : \$35 for 20 to 25lbs

Medium: \$40 for 30 to 35lbs

Large: \$45 for 40 to 45lbs

WORD OF THE MONTH



Peristeronic

adjective (puh-riss-tuh-rah-nick)

Of, relating to, or resembling pigeons.

That statue is rather peristeronic.

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
June 1	June 10
July 13	July 22
August 10	August 19
September 7	September 16
September 28	October 7
October 26	November 4

For more information, please visit our website at www.theibca.ca/good-food-box/.



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JULY 20-24, 10AM-12PM

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Jellyfish, Mermaids and
more!

CARTOON ANIMALS



ELEMENTARY 6-12YRS
JULY 20-24, 1-4PM

Learn to draw and personify
ordinary animals into
cartoon characters!



www.thebca.ca



When Love Starts to Feel Like Logistics

Practical Psychology for Everyday Life

by Rebecca Pink, Registered Provisional Psychologist



It rarely happens all at once. More often it is a slow shift. Between busy schedules, work demands, and the mental load of daily life, conversations become practical. Connection gets replaced with coordination. “Did you grab the groceries?”, “What time is practice?”, “Can you handle bedtime tonight?”

And at some point, many couples find themselves wondering: When did we start feeling more like roommates than partners?

If this feels familiar, you’re not alone. This is one of the most common experiences couples share, especially as life gets busier and more demanding. It’s not necessarily a sign of deeper issues; it’s often a sign that life has simply taken up more space than the relationship.

Over time, interactions can become increasingly transactional. Necessary yes, but they can crowd out the smaller moments of connection that relationships rely on.

Connection is built in subtle ways: a comment about your day, a shared laugh about something that made

the day a little lighter, or even a small attempt to connect in the middle of a busy day. These moments are easy to miss, or just as easy to brush past when we are tired or distracted.

Rebuilding connection doesn’t require big changes. It often starts with noticing and responding to those small moments. Relationships are often built on many small moments, those shared rituals that keep connection feeling alive, meaningful, and fun.

Pausing to listen, looking up instead of away. Taking a few minutes to check in, not about tasks, but about each other. These moments may seem minor, but they add up. Over time, they help shift a relationship from simply functioning to feeling connected again.

If things have been feeling a bit distant lately, it may not mean you’ve grown apart, it may mean your connection needs a little more attention. Sometimes, even the smallest turn toward each other is where connection finds its way back, reminding us that we’re still in this together.

FRIENDS *of* Fish Creek

Savannah Sparrows in the Bow Valley Ranch Grasslands

Fish Creek Provincial Park's grasslands are full of life, and native plants are what fuel native species and provide them with the habitat they need to not only survive, but thrive, in their natural ecosystems. We're always interested in understanding what native species are making their homes in our restored areas and seeing if changes have happened due to the restoration process itself. As part of this data collection, volunteers joined us in June last year to do a Bio-Blitz in the grassland restoration area at the Bow Valley Ranch. The goal of this project was to use iNaturalist (a citizen science app) to document biodiversity (plants, birds, insects, mammals, fungi, and more!) between restored and un-restored areas.

In the restored area, we documented at least four Savannah Sparrow adults and located three nests that had either eggs or a nestling inside. This is exciting because while this species is known for living in native grasslands, it was only an occasional visitor within the bounds of Fish Creek Provincial Park for some time (dating back to the 1980s) due to the invasive brome and bluegrass making up most of the landscape. Savannah Sparrows are a small migratory songbird that nest in Alberta's grasslands and then depart between mid-September and early November to the Southern US, Mexico, and Central America. They return in the spring, usually in late April, and are recognizable by the yellow stripe on their heads.

Their song, which you may have heard if you frequent high-diversity grasslands here in Southern Alberta, has a three-part structure, which can resemble that of a red-winged blackbird—though blackbirds tend to live in different areas. Another similar species you may see in the Bow Valley Ranch are clay-colored sparrows, which have a buzzy almost grasshopper-like song, lay blue-coloured eggs, and usually nest in shrubs rather than the grass. Like all native grassland birds, Savannah Sparrows benefit from heterogeneous plant communities, with tall plants they can use for perching, short grasses for nesting, and plenty of wildflowers that produce seeds

and attract insects for them to eat. With the diversity of native plants in our grassland restoration sites, it is no surprise we're now finding so many of these sparrows!

Savannah Sparrows have one of our favorite Latin names, *Passerculus sandwichensis*, not because of our favorite lunch food, but because the first specimen to be formally described was collected near Sandwich Sound (now Prince William Sound) in Alaska.



Savannah Sparrow in the BVR Grasslands



Savannah Sparrow in the BVR Grasslands: by iNaturalist user klukshu95



Savannah Sparrow Nest at Bow Valley Ranch



Love birds and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from birding to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at @fishcreekpp to learn more about summer day camp and all our exciting programs. Use the QR code to visit the iNaturalist site on your phone.

Spring Gardening Tips for a Beautiful Yard

by The City of Calgary



The City of Calgary's YardSmart program offers free, local gardening advice from local experts – Calgary Horticultural Society. Here are three ways to get your yard summer-ready:

1. Have good soil – and lots of it. Add a base of at least eight inches of good quality soil for a healthy garden or lawn. You can also improve your soil by adding compost.
2. Add a garden bed. Replacing a small part of your lawn helps your yard stay beautiful longer and use water wisely. Follow these YardSmart Basic steps for success:
 - a. Start with lots of good soil. "Soil is the foundation of a sustainable garden. It plays a vital role in supporting plant growth, improving water retention, and enhancing over all landscape sustainability," says Kath Smythe, Calgary Horticultural Society.
 - b. Design your garden to save water. Direct your downspouts to tree wells or garden beds, and group plants with similar water needs together.
 - c. Put the right plant in the right place. Explore YardSmart's plant lists for plants that thrive in Calgary and where to plant them.
 - d. Add mulch to garden beds to prevent evaporation and keep weeds in check.
 - e. Water wisely. New plants need lots of water to get established, consult plant tags for specific directions and consider installing a rain barrel.
3. Get local gardening advice to help your yard thrive. Local experts know what works in Calgary's climate – saving you time, water, and effort.

Visit calgary.ca/yardsmart to explore YardSmart's free plant lists, design layouts, how-to videos and yard care tips.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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BONAVISTA



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DOWNS



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LBHA General Information

Park Hours

June Park Hours – 9:00 am to 9:00 pm

South Gate is now open

*Please Note: In the event of poor weather, the park may close earlier and with short notice. Visit the website or call the office for the most up to date information.

New App Features:

- A new guest sign-in feature! Users of the mobile app can pre-check-in their guests. Once the member has checked in and is onsite at the lake they no longer need to return to the gate to sign-in their guests. Guests can enter the park to join them whenever they arrive.
- Don't have the HOA mobile app yet? Call, email, or drop by the lake office to get your link.

Upcoming Park Events:

- Canada Day BBQ, Wednesday, July 1

Summer Programs:

- Tennis, Paddle Sports, and five-day Exploration Camp programs are running in July and August. Pricing and dates are available on the website and on the mobile app under the programs tab.

2026–2027 Annual Fee Invoices

Annual invoices for the 2026–2027 fee season have now been issued.

Payment is due by June 30, 2026.

Available Online

- Park news and amenity updates
- Group bookings (policies and requests)
- Drop-in program and special event calendars
- Annual fee and membership details
- AGM and Board Member information

Contact us to:

- Access the Lake Bonavista HOA mobile app
- Provide or update your email to receive important LBHA communications

Address: 757 Lake Bonavista Drive SE

Phone number: 403-271-3333

Email: lbha@lkbonavista.ca

Website: www.lkbonavista.ca




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The oldest living animal in history is a Seychelles giant tortoise named Jonathan. He will be celebrating his 194th birthday later this year. The average life expectancy of his species, *Aldabrachelys gigantea hololissa*, is 150 years.



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continued on next page

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Spring session has concluded, which means I will be spending my summer in the constituency! I am most excited for my annual Stampede BBQ which will be hosted at the Bonavista Downs Community Hall on July 4, 2026, from 11:00 am to 2:00 pm. I am looking forward to great food, live music, and community fellowship!

I want to wish all seniors in the constituency a happy seniors' week! For 40 years, the Government of Alberta has honoured and recognized the invaluable contributions our seniors have made in our great province! I look forward to spending time with many of the seniors residing in seniors' residences in the constituency!

I hope everyone has an amazing June and I look forward to seeing everyone at the BBQ!



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	26	18	14	\$1,024,450	\$1,049,385
March	26	14	18	\$899,900	\$897,000
February	26	8	8	\$499,900	\$484,750
January	26	17	8	\$739,450	\$800,500
December	25	5	7	\$899,900	\$900,000
November	25	9	14	\$832,400	\$832,500

To view more detailed information that comprise the above MLS averages please visit lakb.mycalgary.com



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