



CALGARY FLAMES

Better Halves

2025-26 SEASON

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Flames Contacts



**DON
MALONEY**
President of Hockey
Operations



**CRAIG
CONROY**
General Manager



**SEAN
KELSO**
Vice President,
Communications



**HEATHER
LEFEBVRE**
Community
Relations & Family Liaison
Coordinator



**SEAN
O'BRIEN**
Senior Director,
Team Operations



**SANDRA
KIRKLAND**
Executive Assistant to
President & GM, Hockey
Operations

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Security Contacts

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GLENN MCKAY
(NHL SECURITY)
Cell: 403-710-1110
Email: kgmckay@shaw.ca

October 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1  7:00	2 11 AM PRACTICE TEAM EVENT	3  7:00	4 1-2 PM BONFIRE FAN EVENT 4-7 PM OWNER'S BBQ SPRUCE MEADOWS
5 DAY OFF	6	7 FLY TO EDM	8  8:00 FLY TO VAN	9  8:00	10 FLY TO CGY	11  2:00
12 DAY OFF	13 THANKSGIVING	14  7:00 FLY TO UTAH	15  7:30 FLY TO VEG	16 DAY OFF	17	18  8:00
19 FLY TO CGY	20  7:30	21	22  6:30	23 FLY TO WPG	24  6:00 FLY TO CGY	25 DAY OFF
26  6:00	27 FLY TO TOR	28  4:30 FLY TO OTT	29	30  5:00	31 FLY TO NSH	

HOME

AWAY

ALL GAMES LISTED IN MT. ALL TIMES SUBJECT TO CHANGE.

November 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1  1:30 FLY TO PHI
2  5:00 DAYLIGHT SAVINGS	3 FLY TO CGY	4	5  7:30	6 DAY OFF	7  7:00	8 FLY TO MIN
9  6:00 FLY TO STL	10 DAY OFF	11  6:00	12 FLY TO CGY	13  7:00	14	15  8:00
16 GREY CUP DAY OFF	17 FLY TO CHI	18  6:30 FLY TO BUF	19  5:30 FLY TO CGY	20 DAY OFF	21	22  8:00 FLY TO VAN
23  7:00  3:00 FLY TO NSH 30	24 FLY TO TAMPA	25	26  5:00	27 US THANKSGIVING FLY TO FLA	28  2:00 FLY TO CAR	29

HOME

AWAY

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December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2  6:00	3 FLY TO CGY	4  7:00	5	6  5:00
7 FLAMES HOLIDAY SKATING PARTY	8  7:00	9	10  6:30	11 DAY OFF	12 FLY TO LAX	13  8:00 FLY TO SJ
14 DAY OFF	15	16  8:00	17 FLY TO CGY	18  7:00	19	20  8:00
21 TEAM CHRISTMAS DINNER	22 FLY TO EDM	23  7:00 FLY TO CGY	24 DAY OFF	25 DAY OFF CHRISTMAS	26 DAY OFF	27  8:00
28	29  7:00	30	31  7:30			

HOME

AWAY

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January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 DAY OFF	2	3  5:00
4	5  7:30	6 FLY TO MTL	7  5:30 FLY TO BOS	8  5:00	9	10  1:30 FLY TO CLB
11 DAY OFF	12	13  5:00 FLY TO CHI	14	15  6:30	16 FLY TO CGY	17  1:00
18 DAY OFF	19  7:00	20	21  7:30	22	23  7:00	24
25  6:00	26 DAY OFF	27 CELEBRITY POKER TOURNAMENT	28 FLY TO MIN	29  6:00 FLY TO CGY	30	31  2:00

HOME

AWAY

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February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 TBD	2  8:00	3	4  8:00	5	6	7
8 SUPERBOWL	9	10	11	12	13	14
2026 WINTER OLYMPICS						
15	16	17	18	19	20	21
2026 WINTER OLYMPICS						BRONZE MEDAL GAME
22 GOLD MEDAL GAME	23	24	25 FLY TO SJ	26  8:00 FLY TO LAX	27	28  5:00 BUS TO ANA

HOME

AWAY

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March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1  6:00	2 FLY TO CGY	3  7:00	4	5  7:00	6	7  8:00
8 FLY TO WSH DAYLIGHT SAVINGS	9  5:00 FLY TO NY	10  5:00	11 DAY OFF	12  5:00 BUS TO NY	13	14  5:00
15 FLY TO DET	16  5:00	17 FLY TO CGY	18  7:00	19 DAY OFF	20  7:00	21
22  6:00	23 DAY OFF	24  7:00	25	26  7:00	27	28  8:00
29 FLY TO COL	30  6:30	31 FLY TO VEG				

HOME

AWAY

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April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2  7:00	3 FLY TO LONG BEACH	4  8:00
5 EASTER SUNDAY FLY TO DAL	6	7  6:00	8 FLY TO COL	9  7:00	10 FLY TO SEA	11  5:00 FLY TO CGY
12  7:00	13	14  7:00	15 DAY OFF	16  7:00	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

HOME

AWAY

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May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Hotels Western Conference

ANAHEIM (MARCH)

VEA Newport Beach
900 Newport Center Drive
Newport Beach, CA 92660
Phone: 949-640-4000

ANAHEIM (APRIL)

JW Marriott, Anaheim Resort
1775 S Clementine St.
Anaheim, CA 92802
Phone: 714-294-7800

CHICAGO

Ritz Carlton Chicago
160 E Pearson St.
Chicago, IL 60611
Phone: 312-266-1000

COLORADO

Four Seasons Denver
1111 14th St
Denver, CO 80202
Phone: 303-389-3000

DALLAS

Hotel Crescent Court
400 Crescent Court
Dallas, TX 75201
Phone: 214-871-3200

EDMONTON

JW Marriott Edmonton ICE District
10344 102 St NW
Edmonton, AB T5J 0K9
Phone: 780-784-7650

LOS ANGELES

Ritz Carlton LA Live
900 W Olympic Blvd
Los Angeles, CA 90015
Phone: 213-743-8800

MINNESOTA

Four Seasons Minneapolis
245 Hennepin Ave
Minneapolis, MN 55401
Phone: 612-895-5700

NASHVILLE

The Joseph
401 Korean Veterans Blvd
Nashville, TN 37203
Phone: 615-248-1990

SAN JOSE

Hotel Valencia Santana Row
355 Santana Row
San Jose, CA 95128
Phone: 408-551-0010

SEATTLE

Four Seasons Seattle
99 Union St.
Seattle, WA 98101
Phone: 206-749-7000

ST. LOUIS

Ritz Carlton St. Louis
100 Carondelet Plaza
St. Louis, MO 63105
Phone: 314-863-6300

UTAH

Asher Adams
2 400 W
Salt Lake City UT 84101
Phone: 801-895-3195

VANCOUVER

The Douglas
45 Smithe St.
Vancouver, BC V6B 0R3
Phone: 604-676-0869

VEGAS

Waldorf Astoria Las Vegas
3752 Las Vegas Blvd
Las Vegas, NV 89158
Phone: 702-590-8888

WINNIPEG

Delta Hotels by Marriott
350 St. Mary Ave
Winnipeg, MB R3C 3JC
Phone: 204-942-0551

Hotels Eastern Conference

BOSTON

Ritz Carlton Boston
10 Avery St.
Boston, MA 02111
Phone: 617-574-7100

BUFFALO

The Westin Buffalo
250 Delaware Avenue
Buffalo, NY 14202
Phone: 716-854-9000

CAROLINA

The Umstead
100 Woodland Pond Dr.
Cary, NC 27513
Phone: 866-877-4141

COLUMBUS

Le Meridien Columbus
620 North High Street
Columbus, OH 43215
Phone: 614-227-0100

DETROIT

The Westin Book Cadillac
1114 Washington Blvd
Detroit, MI 48226
Phone: 313-442-1600

FLORIDA

Four Seasons
525 N Fort Lauderdale Blvd
Fort Lauderdale, FL 33304
Phone: 754-336-3100

MONTREAL

Ritz Carlton Montreal
1228, rue Sherbrooke Ouest
Montreal, PQ H3G 1H6
Phone: 514-842-4212

NEW JERSEY (day rooms)

Courtyard Newark Downtown
858 Broad St.
Newark, NJ 07102
Phone: 973-848-0070

NY ISLANDERS

Garden City Hotel
45 Seventh Street
Garden City, NY 11530
Phone: 877-549-0400

NY RANGERS

Pendry Manhattan West
438 33rd Street
New York, NY 10001
Phone: 212-933-7000

OTTAWA

Brookstreet Hotel
525 Legget Drive
Ottawa, ON K2K 2W2
Phone: 613-271-1800

PHILADELPHIA

Four Seasons
One N 19th Street
Philadelphia, PA 19103
Phone: 215-419-5000

PITTSBURGH

Fairmont Pittsburgh
510 Market St.
Pittsburgh, PA 15222
Phone: 412-773-8800

TAMPA BAY

The Edition
500 Channelside Drive
Tampa, FL 33602
Phone: 813-221-4600

TORONTO

Ritz Carlton Toronto
181 Wellington St. W
Toronto, ON M5V 3G7
Phone: 416-585-2500

WASHINGTON

Four Seasons Washington
2800 Pennsylvania, Ave NW
Washington, DC 20007
Phone: 202-342-0444

Restaurants

Breakfast | Coffee

Our Daily Brett

NHBR

Maven

Alforno

Pigeon Hole

Rosso

Lunch | Dinner

DOPO - *Italian*

Alloy - *Contemporary*

Pat & Betty - *Comfort/American*

Anejo - *Mexican*

Sukiyaki House - *Sushi*

Calcutta Cricket Club - *Indian*

Eight - *Japanese Fine Dining*

Charbar - *American*

Barbarella - *Italian*

Greta - *American*

Kama - *Mediterranean*

Salt and Brick - *Canadian*

Class Clown - *Burgers*

Major Tom

Cocktail Bars

Proof

Blue Rock Swim Club

Sound Room

The Wednesday Room

Side Hustle

Shelter

Business and Pleasure

Family Activities

The Calgary Zoo
- Zoo Lights

Spruce Meadows Christmas Market

Saskatoon Farm

Butterfield Acres

Heritage Park

Telus SPARK

Calgary Farmyard

Services

HOME CARE

Movers

Quality Move Management Inc (QMM)

**Recommended by the NHL*

Roy Phelps

W: 877-523-3713

Two Men and a Truck

Let's Get Moving

Calm Order - Packing and Unpacking

Augusta - Landscaping

Three Foot Nothing - Construction/
Renovations

By Comma - Interior Design

Amanda Hamilton Design - Interior
Design

REALTORS

Macoun Real Estate

RE/MAX Real Estate

403-310-9530

macounrealestate@gmail.com

CHILD CARE

Nannies on Call

nanniesoncall.com

BEAUTY

Laura Brows - Brows

ESME Beautiful - Manicures/
Pedicures

Stacey Irvine Skin - Skin Treatments,
Facials, Skin Care

Noir - Medical Esthetics

**Recommended by Anna Maloney*

Phi - Medical Esthetics

**Recommended by Frida Backlund*

Subtle - Medical Esthetics and
Hormone Optimization with Nurse
Practitioner

Essentia - Psychology and
Counselling

Rise Well - Psychology and
Counselling

Vital Performance Care -

Physiotherapy, Chiropractic Care,
Massage Therapy, Personal Training,
Exercise Physiology, Kinesiology,
Fascial Stretch Therapy, Shockwave,
Acupuncture, Traditional Chinese
Medicine, Dry Needling, Performance
Testing

**Recommended by Amy McKinnon*

Coalition Performance Care -

Physiotherapy, Chiropractic Care,
Massage Therapy, Personal Training,
Exercise Physiology, Kinesiology,
Fascial Stretch Therapy, Shockwave,
Acupuncture, Traditional Chinese
Medicine, Dry Needling, Performance
Testing

**Recommended by Amy McKinnon*

Coven Health Collective - Pelvic
Physiotherapy, Chiropractic Care for
Pre-Post Partum, Massage Therapy,
Pediatric Occupational Therapy,
Adult Occupational Therapy,
Acupuncture, Traditional Chinese
Medicine

Services cont

FITNESS STUDIOS

Barre Belle - Barre

YYC Cycle - Spin

Junction 9 - Pilates and Yoga

**Recommended by Tessa Andersson*

Reformed - Pilates

Lagree YYC

Home Lifestyle Club - Spin and Fitness

Classes

Rumble - Boxing

Barry's Bootcamp - HIIT Fitness

PET CARE

Bow Dog

Squish and Charlie's

Calgary Hospitals

Alberta Children's Hospital

2888 Shaganappi Trail NW

403-955-7211

Foothills Medical Centre

1403 - 29 Street NW

403-944-1110

Peter Lougheed Centre

3500 - 26 Avenue NE

403-943-4555

Rockyview General Hospital

7007 - 14 Street SW

403-943-3000

South Health Campus

4448 Front Street SE

403-956-1111

URGENT CARE CENTRES

South Calgary Health Centre

31 Sunpark Plaza SE

403-943-9300

Sheldon Chumir Centre

1213 - 4 Street SW

403-955-6200

24/7 Health Advice

Alberta Healthlink

1-866-408-5465

Team Contacts

DR. RAMONA CHRISOHOU (Family Doctor)

403-870-8791

Dr. Kristin Yont (Dentist)

Penn West Tower

150, 215 - 9 Avenue SW, T2P 1K3

Bus: 403-264-1736

Cell: 403-703-7465

Email: kristinyont@shaw.ca

Dr. Monty Gaur (Dentist)

409 1 Ave NW, Airdrie

Bus: 403-948-6684

Email: admin@nosecreekdental.ca

