# THE SOURCE

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BRINGING ALTADORE, GARRISON WOODS, SOUTH CALGARY & RIVERPARK RESIDENTS TOGETHER







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Mark D. Evernden 403.829.3776





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We offer an extensive selection of dance classes for all ages. Experience the joy and freedom found within dance.







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VALID AT ANY BLUSH LANE ORGANIC MARKET, YOU MUST PRESENT THIS COUPON AT THE TIME OF PAYMENT. A MINIMUM \$100 PURCHASE IS REQUIRED. NO CASH VALUE. ONE COUPON PER CUSTOMER, PER TRANSACTION, PER DAY. CANNOT BE COMBINED WITH ANY OTHER OFFER. VALID UNTIL AUGUST 31, 2023.

Blush Lane

VISIT US AT 2044 33RD AVE SW

# MARDA LOOP IS OPEN DAILY

We have some great events, and our businesses are open every day to serve you #intheloop!





Enjoy the legendary Pet Pageant + Kids Quarter, dance to the best of live music, local shopping, food trucks, and more!



(i) @mardagrascalgary



#### FRIDAY, SEP 1 | 5PM - 10PM | 34 AVE SW

Unique vendors, food trucks, live music, kids area, beer patio, and more!

(i) @mardaloopnightmarket

sarinahomes





www.mardagras.ca | www.visitmardaloop.com (a) @ visitmardaloop #VisitMardaLoop #MardaGras23 #MardaLoopNightMarket Sign up for our email newsletter by Labour Day using the code and be entered to win a \$100 gift certificate





Evecutives

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	vp@mardaloop.com	
Past President	Vacant	
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Sustainability

Volunteers

Director at Large 1

Director at Large 2

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sustainability@mardaloop.com

volunteer@mardaloop.com

atlarge2@mardaloop.com



#### **MLCA Member Discount Program**

The purpose of the MLCA Member Discount Program is to increase MLCA memberships and to provide greater value to our existing members by partnering with our local business community, who will offer our members a special discount or benefit when they shop at the local business establishment.

360 Brain Body

8 Cakes

Altadore Dental

**Bankview Barber Shop** 

The Brewers Apprentice

Cellular Cellar

Chica Beauti Bar Chinook School of Music

**Code Ninjas Marda Loop** 

Cookie Occasion

**Counterpoint Dance Academy** 

CurryQueens LTD

DYP Refillery

Eve Gallery

**EverFlex Calgary** 

Fishman's Wet Cleaners

Fresh Kids Gelous Spa

Inhale Exhale Massage Therapy

Yoga & Meditation Centre of Calgary

La Diperie Marda Loop

**Master Chocolat** 

Marda Loop Barber Shop

Marda Loop Brewing Company

The Military Museum

**Modern Rentals** 

Original Joe's

**PHI Medical Aesthetics** 

Phil & Sebastian

**S2 Fitness Studio** 

Siena Flooring

**Skintelligence Esthetics** 

**Southwest Auto Service** 

Studio Jewellers

**Swish Salon** 

**Taylor Made Pilates** 

Vive Artistic Nails & Spa

Wisp Boutique Salon and

**Aesthetics** 

\*For Details of all available Membership Benefits and for more information visit:

https://mardaloop.com/community/mlca-member-discount-program/

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

**ALTADORE** 



**GARRISON** 



SOUTH



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# SPANISH CLASSES OPEN ADMISSION

#### **ABOUT US**

We offer non-academic courses for people to learn Spanish in a casual, fun and productive way.

### **OPEN REGISTRATION**

WWW.CASAMEXICO.CA

### **PROGRAMS FOR**

- Adults
- Children
- Teenagers



## **CONTACT US:**

SPANISHCLASSES@CASAMEXICO.CA

#### **ADDRESS:**

CASA MÉXICO AT CSPACE (THIRD FLOOR) - 1721 29 AVE SW, CALGARY, AB

# **MLCA MEMBERSHIP**

#### INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership





Visit www.mardaloop.com/membership

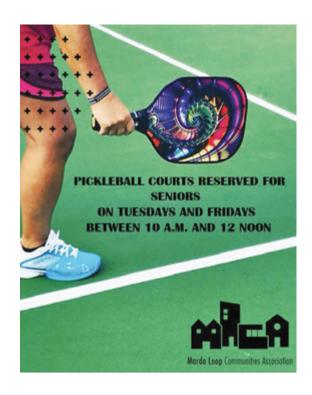
Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

#### ANNUAL MEMBERSHIP FEES BENEFITS INCLUDE

Family	\$30
Individual	\$20
Senior (65+)	\$10
Associate	\$35
Senior Associate (65+)	\$10

- Great programming and events
- Member discount program
- Access to tennis/pickleball and volleyball courts
- · Discounts on hall rentals
- Supporting your community!
- Voting privileges at the MLCA AGM & Special Meetings
- AGM Info: mardaloop.com/events/mlca-agm





#### Summer Adult Yoga at MLCA

Can still enjoy for the last month pro-rated!

We welcome back our amazing and experienced yoga teacher Sophie for the summer session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath and movement, body and mind, heart and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

#### Wednesday Yoga with Sophie

Date: Wednesdays from July 5 to August 30

(No Class July 19 and August 2)

Time: 7:00 to 8:00 pm

**Cost:** \$85 + GST for seven sessions (Pro-Rated)

#### Summer Day Camps – Still Two Weeks Left!

We still have a couple weeks left of summer camps! The last two weeks are our Superstars camp. See below!

#### MLCA Superstars

Consider this the potpourri of camps! Children will love playing a variety of sports throughout the day in our MLCA Superstars, multi-activity camp.

Sports include soccer, tennis, netball, beach volleyball, and pickleball. We've also included special activities such as yoga in the past. We're hoping to include some swimming at the newly renovated pool this season as well!

Your child will have the opportunity to play games, make crafts, and sing some great songs! Children must be the required age prior to the first day of camp.

Please visit the website for more details and to register: https://mardaloop.com/programs/.

#### Fall Programs – Registration Now Open

Fall back into routine with our beloved programs! Please visit our website for all our great offerings including Senior Fit, Yoga, Prancing Peanuts, Playgroup, Barre Sculpt, and hopefully, a few new ones we've been planning!

Fall Programs run from September to December. www.mardaloop.com/programs/.

Please see below for details on some of our offerings.

#### Playgroup Fall 2023

Come back this fall to our popular playgroup and meet some other families.

Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other

children from the neighbourhood. For infants and children up to five years old.

MLCA membership is required to register in this program.

Time: 9:30 to 11:00 am

**Ages:** 0 to 5 **Cost:** Visit website

Please Note: Although only one fee applies per family, each child must be registered, and each name must appear on your receipt.

This is a parented session, parents/guardians are required to remain on site for the duration of the program.

#### **Four Groups to Choose From:**

- Playgroup Mondays
- Playgroup Tuesdays
- Playgroup Wednesdays
- Playgroup Thursdays

\* Please visit website for specific dates

#### **Prancing Peanuts Fall Session**

The Peanuts are back this fall! This program is for children to get involved in dance at an early age. This is an introduction to the basics of ballet in a fun-filled environment; encouraging your little one to express themselves through music while picking up some foundations of dance along the way.

MLCA membership is required to register in this program.

**Requirements:** Ballet shoes or bare foot and a leotard or tights/leggings (tight fitting clothing).

#### There Are Three Age Groups to Choose From:

- 2 to 3 Year Olds Fridays from 9:00 to 9:30 am
- 3 to 4 Year Olds Fridays from 9:50 to 10:30 am
- 4 to 5 Year Olds Thursdays from 4:00 to 4:50 pm
- 5 to 6 Year Olds Thursdays from 5:00 to 5:50 pm

When: September to November

Cost: Visit website

#### Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher, Sophie for the fall session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath and movement, body and mind, heart and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

#### **Wednesday Yoga with Sophie**

**Date:** Wednesdays from September to December

**Time:** 7:00 to 8:00 pm **Cost:** Visit website

#### Friday Yoga with Sophie

Date: Fridays from September to December

**Time:** 9:30 to 10:30 am **Cost:** Visit website

#### **Seniors Yoga**

Age doesn't matter, Yoga is for everyone!

Enjoy yoga at the senior level with the comfortable instruction from our great teacher, Sophie! Move with strength and ease with a regular dose of yoga. This class is designed to encourage mobility at any age. Whether you're new to yoga or you've been practicing all your life, you'll enjoy the playful nature of this gentle yoga class.

MLCA membership is required to register in this program.

**Date:** Thursdays from September to December

Time: 11:15 am to 12:15 pm

Cost: Visit website

#### **Seniors Fit**

Beth is back and ready to get back at it after summer break!

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The workout combines aerobic, flexibility, and resistance (strength) training with plenty of friendly fun.

MLCA membership is required to register in this program.

Date: Tuesdays and/or Thursdays from September to

December

**Time:** 1:30 to 2:45 pm **Cost:** Visit website

#### **Barre Sculpt**

Jen is back this fall!

Join us for a 60-minute class where you can tone and sculpt your whole body. This class is taught by our instructor Jen, she will use light weights and resistance bands with high repetitions to create an effective burn. This is designed to lengthen and strengthen your muscles to create a leaner and stronger physique.

MLCA membership is required to register in this program.

**Date:** Tuesdays and/or Thursdays from September to

December

**Time:** 5:15 to 6:15 pm **Cost:** Visit website

#### **Babysitters Registry**

This service is available to all MLCA members with active memberships. Both babysitters and the interested families must have valid memberships. Individuals aged 11 to 17 years will require a parent/guardian's signature on the waiver form (available by emailing gm@mardaloop. com). All sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The MLCA and its board of directors do not pre-screen/sanction/verify any credentials for those using this service. The employer takes full responsibility for interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitters' names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed. Please email gm@mardaloop.com if you have any questions and to receive the registry.



#### 3YO MORNING / AFTERNOON PRESCHOOL

Tuesday/Thursday Morning or Afternoon 9:10 - 11:35 or 1:05 - 3:30 \$125.80 Monthly Before and after care available

8:45 - 12:15 or 12:45 - 4:15 \$75 Monthly

#### 4YO MORNING / AFTERNOON PRESCHOOL

Monday/Wednesday/Friday Morning or afternoon 9:10 - 11:50 or 1:05 - 3:45 \$156.75 Monthly Before and after care available 8:45 - 12:15 or 12:45 - 4:15 \$75 Monthly

#### 4YO JUNIOR KINDERGARTEN

5 Day a week Afternoons 1:05 - 3:45 \$320 Monthly Before and after care available 12:45 - 4:15 \$125 Monthly



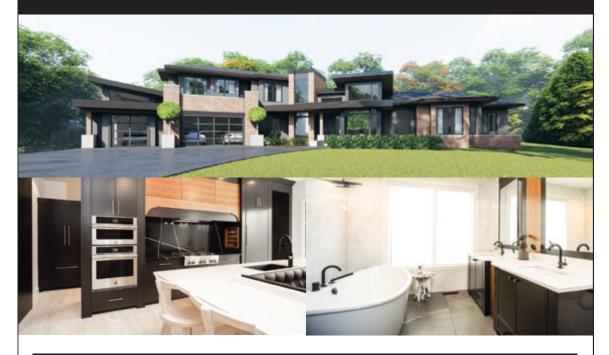
This program will offer additional learning opportunities to include numeracy, science and physical development.

www.Mardaloop.com/preschool for more information or to register.

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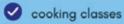




weddings

craft shows

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**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.

**K AND K MAID SERVICES:** Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

# **BUSINESS CLASSIFIEDS**

LOCAL HANDYMAN IN MARDA LOOP - RELIABLE **HOME SOLUTIONS:** Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/ replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

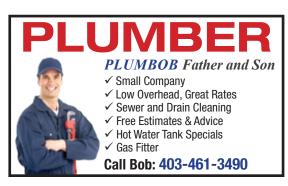
BOOKKEEPING, TAX PREPARATION, PAYROLL, GST: I can help you with all your tax needs - Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

PROFESSIONAL ACCOUNTANTS IN MARDA LOOP: Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to www. padgettcalgary.com for more information.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentallyfriendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc. cleaning@shaw.ca.

**DETAILED HOUSE CLEANING:** Weekly, bi-weekly and monthly. Also move-in and move-out. Licensed, insured and bonded. We work according to our clients' needs. We also do Air B&B Hosting. Call 403-470-6548.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.









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# **YAHOO**



# **SIDEKICK**









## **GIDDY UP**





















## Altadore

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	1	\$870,000	84
2 Storey	7	\$1,158,214	27
3 Storey	0		
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	8	\$533,250	25
2-3 Storey	5	\$1,031,401	19
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	2	\$296,750	18
2 Bdr	3	\$293,500	31

# South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	3	\$809,967	92
2 Storey	1	\$570,000	75
3 Storey	0		
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	5	\$542,780	18
2-3 Storey	5	\$1,224,100	52
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	5	\$225,060	40
2 Bdr	9	\$359,634	26

## Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	0		
2 Storey	2	\$818,750	11
3 Storey	0		
ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	1	\$705,000	1
2-3 Storey	0		
APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	1	\$325,000	61
2 Bdr	0		

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Renata M. Reid, CLHMS, MICP SENIOR VICE PRESIDENT, SALES

403.630.3991

rreid@sothebysrealty.ca renatareid.com

