

OCTOBER 2023

DELIVERED MONTHLY TO 4,410 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

AGM

**OCTOBER 17 | 7:00 TO 9:00 PM
MOUNT PLEASANT COMMUNITY HALL**



New Patients Welcome! New Convenient Office Hours.

**MT. PLEASANT
DENTAL CARE**



**CONTACT FOR APPOINTMENT 403-289-4411
OR EMAIL APPOINTMENTS@MPDENTALCARE.CA**

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Clinic Hours
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We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.

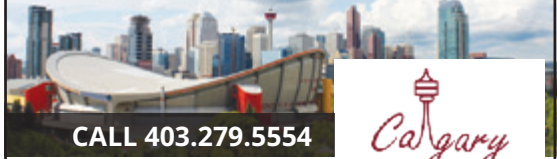


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Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

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MATS

Commercial mat rentals and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR

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403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 Email info@mpca.ca Website www.mPCA.ca
 Facebook <https://www.facebook.com/MountPleasantCommunity>
 Twitter <https://twitter.com/MountPleasantCA>

EXECUTIVES

President	Jessica Karpat	president@mpca.ca
Vice-President	Chris Best	vicepresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Vacant	treasurer@mpca.ca
Past President	Philip Carr	pastpresident@mpca.ca

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Green Initiatives	Matthew Crist	green@mpca.ca
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Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca
Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

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Web Manager	Vanessa Gillard	webmanager@mpca.ca
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Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Kimberley Adams	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt Whitney Punchak	soccer@mpca.ca
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Memberships in Good Standing

- Michele Gole Real Estate
- Nicastro Real Estate
- CottageCare North Central
- Resolve Legal Group
- 4.2.4 Bar. Kitchen. Social.
- Campus Preschool Calgary



MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association 602 22 Ave NW Calgary, Alberta, T2M 1N7 or apply online at www.mPCA.ca and pay by credit card.



Membership Type

Mount Pleasant Resident \$15/year/family _____ Senior, 65 and over \$5/year/family _____

Non-Resident \$25/year/family _____

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.

Name _____
 Address _____
 Postal Code _____
 E-Mail _____
 Phone _____

Payment Attached: Yes _____ No _____
 I wish to subscribe to MPCA email list _____
 Number in Family Adults _____ Children _____

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other) please specify: _____

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

GREEN COMMITTEE

As residents of a city that is nestled in the foothills of the Rocky Mountains, we have the joy of being surrounded by rich flora and fauna. Calgary boasts an abundant biodiversity, and it's up to us to ensure that we are promoting the conservation of these natural areas and wildlife as we live our day-to-day urban lives.

Biodiversity plays a crucial role in the success of green initiatives and the pursuit of sustainability on multiple levels. As we strive to create a more environmentally friendly and resilient world, understanding and preserving biodiversity is of paramount importance. Our ecosystems rely on biodiversity to continue to provide essential services such as clean air, pollination, and climate regulation. Biodiversity can also help with the effects of climate change, as continuing to have biodiverse habitats enhances the resilience of ecosystems to environmental changes. Biodiversity also provides green infrastructure that supports urban sustainability. These areas can provide flood control, reduce the urban heat effect, improve air quality, and provide relaxing or residential spaces for residents.

Preserving biodiversity is not just an ethical responsibility but also a strategic investment in a more sustainable and resilient future. Did you know that the City of Calgary council has a 10 Year Biodiversity strategic plan called "Our BiodiverCity". This plan is in place to ensure the continuation of biologically diverse, open spaces and neighbourhoods for Calgarians, visitors, plants, and wildlife. You can read more on this plan here: <https://www.calgary.ca/parks/wildlife/biodiversity.html>.

Of course, everyone can do their part in taking care of this community. We've compiled a list of ways that you can contribute to preserving biodiversity in Mount Pleasant.

Native Plant Landscaping: Incorporating native plants in our gardens can attract local pollinators and support the ecosystem.

Responsible Pet Ownership: Keeping pets on leashes and respecting wildlife habitats helps reduce stress on local animal populations.

Supporting Conservation Efforts: Contributing to local conservation organizations and participating in community cleanup events can make a tangible difference.

Educational Initiatives: Learning through newsletters like this one (and books, documentaries, podcasts, etc.) and/or taking part in events that educate on the importance of biodiversity will give you more knowledge to be empowered to act and encourage your neighbours to act as well.

If you have ideas you want to share on how to prioritize biodiversity conservation or if you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or if you have any questions. Also, please check out our Mount Pleasant Green Initiatives Group on Facebook! You can find us on the Mount Pleasant Community Association page. The Facebook group is a great place to share knowledge and resources and check in to see what others are saying.

Have a great month,

The MPCA Green Initiatives Committee

Mount Pleasant Community Farm Stand



The MPCA is thrilled to be partnering with the City of Calgary and Lil Green Urban Farm to bring a produce stand to our community centre this summer.

We are excited to offer our community access to fresh, locally grown produce while supporting local businesses at the same time.

The Farm Stand will run on Thursdays from 2:00 to 5:30 pm at the Mount Pleasant Community Hall.

BOARD REPORT

Welcome to fall. We hope you had a wonderful summer. The Mount Pleasant Outdoor Pool had another very busy season, and the swimmers again showed the diversity and age range that we enjoy in our community. We were pleased to see the pool featured in a live report by Bill MacFarlane on CTV News on August 17, as part of a story about how to beat the summer heat.

We continued to receive less than positive news from the City of Calgary about the project at the North Mount Pleasant Arts Centre (including our community garden plots.) On August 10, the City informed us that the work had been halted when a “sub-grade and compaction issue was discovered.” We continue to follow up with the City in an effort to bring this project to completion.

Turning our attention to a brighter development, the sportsplex has just been awarded a grant for an impressive \$100,000.

We have also been awarded a casino during the first quarter of 2024, receiving the dates of January 29 and 30. As we need many volunteers to make these fundraisers successful, please watch for opportunities to sign up and assist.

We would also like to share a note from our Grants Coordinator, Johanna Plant Donnelly, on accepting the Alberta Blue Cross Community Wellbeing Grant.

“We were truly thrilled to nominate Linda O’Hanlon for this recognition and even more thrilled that the nomination was successful. She has worked tirelessly for her community, and it’s wonderful to be able to acknowledge her contribution with this award.

We are grateful that Alberta Blue Cross has offered this program, and we appreciate your support of our community and of many others across Alberta. Thank you!”

As many of you know, Linda O’Hanlon is the coordinator of the Pleasant Times Social Club, which provides a wide range of activities such as seniors’ lunches, outings, fitness classes, arts and crafts sessions, and games days. These initiatives play a pivotal role in enhancing mental and physical wellness, nurturing creativity, and fostering meaningful connections among community members, and we are thrilled that she has been recognized for her remarkable contributions.

In closing, we remind you that the MPCA Annual General Meeting will take place on Tuesday, October 17, at 7:00 pm in the Mount Pleasant Community (Upper) Hall. Please join us to hear updates from the Board, as well as our annual elections.

Philip E. Carr

Past President - MPCA

403-467-0351

pastpresident@mpca.ca



A photograph of various handcrafted items, including a green heart-shaped object and a circular green logo for Mount Pleasant Community Association (MPCA). The logo features a stylized landscape with trees and a path, surrounded by the text "MOUNT PLEASANT" and "EST. 1951 - GILDED".

Crafternoon

Arts and Crafts Sessions for All Ages

Crafternoons are Back!

These two-hour classes are sponsored by MPCA. They include all materials, use of professional grade tools, with experienced artisans leading the projects. Classes take place in MPCA's upper hall on select Wednesday afternoons. All skill levels are welcome, no experience needed. This is an amazing opportunity to gain insight into a new medium and connect with new people.

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. Please have a current MPCA membership and pre-register online at <https://mpca.tidyhq.com/> to ensure space and materials are available for you. Classes have a non-refundable price of \$10 each. If you sign up for a class and find you can't attend, please let Anne know as soon as possible. This may allow someone on the waiting list to take your place and for us to avoid purchasing supplies that aren't used.

Fall Wall Hanging

Wednesday, October 4 from 1:30 to 3:30 pm

Welcome fall! Doris Loewen, our neighbour and fellow crafter, will teach us to create a rustic wall hanging using simple weaving and embroidery techniques, along with fun embellishments.

Still Life with Chalk Pastels

Wednesday, October 11 from 1:30 to 3:30 pm

Together with Tracy Franks, Crafternoon's Artist in Residence, we will revisit the astonishingly forgiving medium of chalk pastels, a highly concentrated pigment that creates ethereal effects as we depict a still life composition.

Card Making

Wednesday, October 18 from 1:30 to 3:30 pm

Create a portfolio of six lovely greeting cards with that very special message for the people in your life. Connie Zerger will guide us in exploring the hallmarks of an effective greeting card, including illustration, decoration, and lettering of your sentiment.

MPCA Seeking a Vice-President

The Mount Pleasant Community Association (MPCA) Executive Board of Directors is inviting expressions of interest for the vice-president role, which will become available when the current VP term is up for election at the AGM in October.

The vice-president plays a crucial role in the effective governance of the organization, staying informed about issues affecting the community, and actively participating in the board's discussions and decisions regarding policy, finance, programs, personnel, and advocacy. They also work to develop and maintain positive relationships among the board, committees, and community to advance the MPCA's mission and vision.

This position requires a strong commitment to the work of the organization and a passion for making a positive impact in the community. As a member of the MPCA Executive Board of Directors, the vice-president will have the opportunity to contribute to the success of the organization and help shape the future of our community.

The vice-president position is a two-year term, with the expectation that the individual will serve an additional two years in the role of president.

If you're interested in serving in this important role or would like to learn more, please get in touch with us today at vicepresident@mpca.ca to express your interest. We look forward to hearing from you!

INVITATION FOR EXPRESSION OF INTEREST

VICE PRESIDENT ROLE



MPCA HALL PROGRAMS

Embrace an active lifestyle and discover a wide range of engaging activities at the Mount Pleasant Community Hall (602 22 Avenue NW)! Our Community Hall is open year-round, providing a vibrant hub for individuals of all ages.

Children and Youth Programs

Mount Pleasant Playgroup - Lower Hall Ages 0 to 5 years

Weekdays | 9:00 to 11:00 am

At home with the kids and need to get out of the house? Come out and join us! Enjoy a fun outing and routine for the kids and make lasting friendships for yourself and them! Mount Pleasant Playgroup is a volunteer-run parent program that offers low-cost parent/tot playtime in a fun and child-friendly environment! Visit mpca.ca/playgroup for more information.

Sportball [3rd Party] - Upper Hall

Sports Instruction for Kids Starting October 15, 2023 Sunday Afternoons

For more information and registration, please contact Calgary@Sportball.ca or call 403-975-2936.

www.sportball.ca

Pleasant Heights After School Care (PHAS) [3rd Party] - Lower Hall

Students from St. Joseph's School | Ages 5 to 12 years Monday Through Friday After School

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. Our school-age care program is licensed and accredited with many long-term staff. For more information, please contact 403-289-8233 or 403-220-1212. Call and reserve your spot today.

Mount Pleasant Children's Karate [3rd party] - Upper Hall

Ages 4+ | Mondays | 5:00 to 6:00 pm

Ages 7+ | Tuesdays | 5:30 to 6:30 pm

For more information and to register, please contact Eric at efleiger@outlook.com or call Senpai Eric at 403-650-8445.

Adult Programs

New! Essentrics® Gentle Fitness [3rd party] | - Upper Hall

Tuesdays and Thursdays | 10:00 to 11:00 am

The Essentrics® technique simultaneously strengthens

and stretches all muscles. For information and registration, please email mauvefitnesscalgary@gmail.com or text 403-809-9363. Gabrielle Börger, level 4 certified Essentrics® instructor. Walk-ins welcome!

Aspire to Inspire Zumba [3rd Party] - Upper Hall Mondays | 6:30 to 7:30 pm

For more information and to register, visit www.ATIZumba.com.

Call 403-975-5817 or email ATIZumba@gmail.com.

Tai-Chi [Pleasant Times] - Upper Hall Mondays and Wednesdays | 9:00 to 10:00 am

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Enroll for \$5 per class (full session sign-up) or \$6 drop-in. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

Exercise Class [Pleasant Times] - Upper Hall and Online Options

**Mondays and Wednesdays | 10:15 to 11:00 am
Fridays | 9:30 to 10:15 am**

Join our inclusive fitness classes, which are suitable for all ages and fitness levels. Our sessions focus on enhancing aerobic fitness, strength, balance, and flexibility with tailored options for varying fitness levels. Attend weekly classes for \$7 each (session sign-up) or \$12 for drop-ins. Participate in person at the community hall on Mondays and Wednesdays, and Fridays from 9:30 to 10:15 am. Zoom sessions are available. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can try out a free class to see if this is for you.

Yoga in Mount Pleasant with Trish Hardy Yoga [3rd Party] - Upper Hall

Thursdays | 7:45 to 8:45 pm

For more information and to register, please contact Trish Hardy at hardytrish@gmail.com or call 403-620-4990.

www.trishhardyyoga.com.

Flow Martial Arts [3rd Party] - Upper Hall Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

For more information and registration, please contact Jeff Estrada at fma.academy.calgary@gmail.com or call

PLAYGROUP – UPCOMING EVENTS

587-891-8108. More information can be found at www.flowma.ca.

Zumba with Andre [3rd Party] - Upper Hall
Wednesdays | 5:30 to 6:30 pm

Calgary Rakushinkan [3rd Party] - Upper Hall
Thursdays 6:00 to 7:30 pm
Sundays 5:00 to 7:00 pm

Japanese Martial Arts with Calgary Rakushinkan. Learn Japanese sword and other martial arts - Kenjutsu, Iaijutsu, Aikijujutsu, Aikido, and more.

Adults and youth 14+. For more information and registration, please contact rakushincalgary@gmail.com, 403-401-8257, or visit www.calgaryrakushinkan.com.

Fly Right Swing Dance Lessons [3rd Party] - Upper Hall
Friday Evenings

For more information, please go to <https://m.facebook.com/flyrightswing/>.

Playgroup is a wonderful, casual place to connect with other families in your community. And a fun way for kids to interact and engage with other kids their age (ages 0 to 5).

We are a volunteer-run parent program offering low-cost parent and tot playtime in a fun and child-friendly environment. Join us and meet new people in a relaxed, non-structured environment. Kids can play, make crafts, paint, use play dough, or have a snack while parents relax and chat with neighbours.

Are you, or do you know anyone interested in trying Playgroup before fall registration opens?

We meet in the Lower Hall of the MPCA Community Centre on Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am.

Please reach out and come see what it's all about. We look forward to seeing you there!

Visit mpca.ca/playgroup or email playgroup@mpca.ca.



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PLAYGROUP

9am - 11am
Mon, Tues, Thurs & Fri
Mount Pleasant Community Hall

visit mpca.ca/playgroup
or contact playgroup@mpca.ca

MPCA Community Pantry

A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY.

LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW



Green Initiatives Committee Community Pantry Update

The MPCA Community Pantry has been a huge success since its installation in June 2022.

We've loved seeing the community come together and embrace sharing economy.

There are just a few things to keep in mind to ensure this project continues to be successful!

A good rule of thumb is, "If you wouldn't find it on a shelf in the grocery store - it does not go in the pantry."

Donate:

- Food purchased from approved food establishments.
- Non-perishable foods (do not need to be stored in the fridge).
- Consider the weather when donating canned or jarred foods. These foods may freeze in cold weather and become unsafe to eat or make a big mess.
- Foods stored in original, sealed containers with labels and in good condition.

Don't Donate:

- Perishable food items.
- Food without labels or in damaged packages (dented cans, bulging cans, torn packaging, cracked jars).
- Food that is contaminated by pests, chemicals, or anything else.
- Home-prepared foods, home-canned foods, or leftovers.
- Expired baby formula.
- Open food or partially consumed product.

The pantry is for non-perishable food and toiletry items only. Please do not leave clothing or other household goods. There are other initiatives that can take in donated household goods.

The most important thing is ensuring that we are adhering to AHS Health and Safety standards to ensure that our pantry remains a safe place for our community members to share with each other.

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 or the 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 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.

Call for Volunteers: Planning and Development Committee

We're excited to announce that Estelle Ducatel has joined the MPCA Board as our new Planning and Development Director!

With a new Director in place, the Planning and Development Committee is looking for enthusiastic volunteers who share our passion for making our neighbourhood a great place to live. If you're interested in land use, zoning, and community development and want to contribute your skills and knowledge to our committee, we would love to hear from you.

Email us at planning@mpca.ca to express your interest or to learn more about what we do.

**VOLUNTEERS
NEEDED**

PLANNING AND
DEVELOPMENT COMMITTEE



Join Us at the Casino and Support Your Community!

Are you ready for some fun and a chance to make a difference in our Mount Pleasant Community? Mark your calendars for January 29 and 30, and head over to Pure Casino, 1420 Meridian Road NE. We're hosting a fantastic casino event, and we need your help!



Volunteers Needed

We're looking for 36 enthusiastic volunteers to ensure the event runs smoothly. Your contribution will go a long way in supporting our community.

Have you ever wondered where the money from our casino event goes? Here's a quick breakdown:

Insurance Coverage: The funds raised help cover insurance costs for our essential facilities, including the hall, community center, pool, and sportsplex.

Hall Cleaners: Your support ensures that our community hall remains clean and welcoming for all.

Hall Supplies: We stock up on essential cleaning supplies and office materials to keep our operations running smoothly.

Hall Utilities (excluding electricity): Your contributions help cover utility costs, with the exception of electricity, which is included in the sportsplex payment due to AGLC regulations.

Hall Repairs and Maintenance: We allocate funds to maintain and repair our community spaces, ensuring they remain safe and attractive.

Advertising and Promotion: Your involvement allows us to spread the word about our incredible community events, reaching as many residents as possible.

Ready to be part of something great? Contact Michele Gole at casino@mpca.ca and sign up to volunteer. Your support makes our community stronger and more vibrant!

Re-Gift: A Holiday Swap and Eco-Wrap Extravaganza!

Save the date for the Green Initiatives Committee holiday event! Re-Gift: A Holiday Swap and Eco-Wrap Extravaganza!

On November 18, we will be hosting the Re-Gift Market at the Mount Pleasant Community Hall for you to get all your holiday shopping done - sustainable style!

Bring your books, games, gently used clothing, toys, and small appliances and swap them for something else at the market. We will also have an eco-wrap crafting station and holiday treats to enjoy.

Stay tuned for more details on our website and social pages!



Nominate a Community Builder

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a community builder, please contact Linda at pleasanttimes@mpca.ca or 403-289-8390.

Pleasant Times Social Club – For Adults of All Ages

“We don’t grow older, we grow riper” - Pablo Picasso

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are only open to those aged 60 and over. All you need is an MPCA membership! Most events are held during the day, Monday to Friday, with the odd exception, but if something piques your interest and you’re available, please contact us for more information.

Donations: Our lunches and other activities are supported by donations our volunteers source from many different companies and people. The Costco at 2853 32 St NE has given us \$1,000 this year for our lunches and other activities; the City of Calgary paid \$200 toward the cost of our pizza in July; Steve Zacher has helped cover the cost of our day trips for many years; Paramount 24 Hr Animal Hospital makes a generous donation monthly; and, not least, various members of our group have made significant individual donations. Plus, many members of our group donate their time and energy to make our lunches and other activities happen. There are so many people to thank for giving us the opportunity to get out, socialize, be active, and see places and things we might otherwise miss.

Monthly Lunches: Our seniors’ lunches are held on the fourth Wednesday of each month (except December) at 11:30 am, usually in the Upper Hall. Lunches are open to all MPCA members aged 60 and over who have registered in advance. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, games, or live entertainment. Many thanks to MPCA for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

August was a little cool and wet, so we moved into the hall for an indoor picnic of deli meats, salads, and even baked beans! Best of all, there was lots of chatter resounding in the hall as the group caught up on neighbourhood news.

If you are aged 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390

or pleasanttimes@mpca.ca to be added to our lunch invitation list.

Exercise Class: We were back to being active in September. People of all ages and fitness levels are welcome to join. We enjoy moderate to high intensity exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. Options are given to accommodate all fitness levels and any physical concerns participants have. You can sign up for one or more classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the remaining classes in the session or \$12 per class drop-in.

Many participants have opted to join the class via Zoom at home, but we do offer classes at the community hall as well on Mondays and Wednesdays (except on lunch days), with the instructor in attendance. Classes are held on Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can also try out a free class to see if this is for you.

Tai-Chi: Tai-Chi returned to the Upper Hall in September. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes will focus on beginners though all, regardless of experience, are welcome both days. Everyone is welcome, regardless of age. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for one or both classes each week, or come on a drop-in basis. The cost is only \$5 per class when you sign up for the remaining classes in the session or \$6 per class drop-in.

Day Trips: Thirty-four eager shoppers made the trip to the Millarville Farmers’ Market in August. There were lots of fresh vegetables and fruits to browse as well as crafts, baked goods, and much more. We all came home with some super locally produced goods.

Jubilations Dinner Theatre announced a special matinée performance of *Crocodile Rock: The Legend of Elton John* and we quickly scooped up tickets at the special price offered. This outing is still being organized at time of writing, so the cost hasn’t been set. We may also travel to CrossIron Mills in November for some early Christmas

shopping or perhaps a return visit to the Christmas Market at Spruce Meadows.

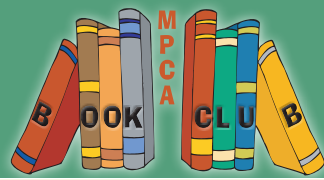
Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notification of upcoming trips or have ideas for where to go next, contact Linda at pleasanttimes@mpca.ca or 403-289-8390. People of all ages are welcome to join us.



BRAIN GAMES SUDOKU

6	5	9		1		2	8	
1				5			3	
2			8				1	
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SCAN THE QR CODE FOR THE SOLUTION



Our October 24 book will be *Love in the Time of Cholera* by Gabriel Garcia Marquez. In their youth, Florentino Ariza and Fermina Daza fall passionately in love. When Fermina eventually chooses to marry a wealthy, well-born doctor, Florentino is devastated, but he is a romantic. As he rises in his business career he whiles away the years in 622 affairs - yet he reserves his heart for Fermina. Her husband dies at last, and Florentino purposefully attends the funeral. Fifty years, nine months, and four days after he first declared his love for Fermina, he will do so again.

"A love story of astonishing power" (Newsweek), the acclaimed modern literary classic by the beloved Nobel Prize-winning author.

The November 29 read will be *The Marriage Portrait* by Maggie O'Farrell. The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December) in the Lower Hall. Contact Brianna at burichan@live.com or 403-836-3626 for more information. Come and join in a lively discussion about a great book.



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News, Events, & More



Crime Statistics



Real Estate Statistics



ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events.

MPCA Playgroup – Lower Hall

Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am

Sportball – Upper Hall

Tuesday mornings and Sunday afternoons

Pleasant Heights After School Care (Students from St. Joseph's School) – Lower Hall

Monday to Friday after school

Afternoon Games – Upper Hall

Adults, no minimum age, September to June

Mondays at 1:15 pm

Aspire to Inspire Zumba – Zumba Fitness – Upper Hall

Mondays from 6:30 to 7:30 pm

Exercise Program

Adults, no minimum age, September to June.

Always available on Zoom or, Mondays only, in the Upper Hall with the instructor.

Mondays and Wednesdays from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am

Tai-Chi | All Ages – Upper Hall

Monday and Wednesday from 9:00 to 10:00 am

Sessions run from September to June

Flow Martial Arts – Upper Hall

Mondays from 8:00 to 9:15 pm and Wednesdays from 8:00 to 9:00 pm

Mount Pleasant Children's Karate – Upper Hall

Tuesdays from 5:30 to 6:30 pm

Members' Public Skate – SportsPlex

Weekdays. Book online.

Essentrics® with Gabrielle – Upper Hall

Tuesdays and Thursdays from 10:00 to 11:00 am

Book Club – Lower Hall

Adults, no minimum age

Fourth Tuesday of each month from 7:00 to 9:00 pm

Arts and Crafts Crafternoons – Upper Hall

Select Wednesdays from 1:30 to 3:30 pm

Sessions run from September to June.

Monthly Seniors' Lunches – Upper Hall

Age 60 and over

Fourth Wednesday of each month

RSVP required

Zumba with Andre – Upper Hall

Wednesdays from 5:30 to 6:30 pm

Yoga with Trish Hardy Yoga – Upper Hall

Thursdays from 7:45 to 8:45 pm

Calgary Rakushinkan – Upper Hall

Thursdays from 5:30 to 7:30 pm and Sundays from 5:00 to 7:00 pm

Fly Right Swing Dance Lessons – Upper Hall

Friday evenings

MPCA AGM – Mount Pleasant Community Hall

Tuesday, October 17 from 7:00 to 9:00 pm

MPCA Book Club, *Love in the Time of Cholera* by Gabriel Garcia Marquez

Tuesday, October 24

MPCA Book Club, *The Marriage Portrait* by Maggie O'Farrell

Tuesday, November 28

Monday Afternoon Games

Monday Afternoon Games in the upper hall returns this September. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm on Monday afternoons in the upper hall (602 22 Ave NW).

A variety of games are offered depending on what interests the attendees. There's whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette (yvette.v53@hotmail.com or 403-284-1715) to be advised when Afternoon Games is happening.

BUSINESS CLASSIFIEDS

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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

BLUE WAGON LANDSCAPING: A student-owned business offering fall leaf cleanup and lawn aeration services now! Get your yard ready for the holidays! 700+ homes served so far. Limited spots are available. Contact Michael at 403-585-6128, team@bluewagon.ca, or visit www.bluewagon.ca to get a free instant quote!

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.

NEW WORKOUT PROGRAM BASED ON THE ESSETRICS® TECHNIQUE: Gentle exercises to increase flexibility and strength. Upper Hall in the Mount Pleasant Community Hall on Tuesdays and Thursdays from 10:00 to 11:00 am. \$8 per class. Teacher: Gabrielle Börger, Level 4 certified Essentrics® instructor. Email: MauveFitnessCalgary@gmail.com. Text: 403-809-9363. First class is free!

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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.

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