

DECEMBER 2024

DELIVERED MONTHLY TO 4,400 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**CELEBRATE THE  
SEASON AT THE MPCA  
CHRISTMAS PARTY!  
DECEMBER 7**



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MPCA SPECIAL EVENTS COMMITTEE  
PRESENTS

THE MOUNT PLEASANT ANNUAL

# Christmas Party

Saturday, December 7, 2024

10:00 AM - 12:00 PM

Mount Pleasant Community Hall

SNACKS

CRAFTS

MUSIC

SANTA

AND MORE!



# MPCA Community Association

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

## EXECUTIVES

President	Chris Best	president@mpca.ca
Vice-President	Darcy Lane	vicepresident@mpca.ca
Past President	Jessica Karpat	pastpresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

## DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement and Membership Planning and Development	Kathryn McIntosh	engagement@mpca.ca
Communications	Vacant	planning@mpca.ca
Special Events	Kathy Langton	communications@mpca.ca
Sportsplex	Jackie Traynor Barker	specialevents@mpca.ca
Swimming Pool	Jeff Gerlitz	sportsplex@mpca.ca
	Caron Gerlitz	swimmingpool@mpca.ca

## COORDINATORS

Web Manager	Kendra Wannamaker	webmanager@mpca.ca
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Kimberley Adams	playgroup@mpca.ca
Grants	Open	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
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
- Resolve Legal Group
- Mount Pleasant Dental Care
- Campus Preschool Calgary
- Love Sugar & Dough
- Nido dei Bambini Montessori



## 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](http://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: Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
 I wish to subscribe to MPCA email list Yes \_\_\_\_\_ No \_\_\_\_\_  
 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.

# BOARD REPORT

Dear Mount Pleasant Community,

As we approach the holiday season, we extend our warmest wishes to you. This time of year brings reflection on our achievements and celebrates the togetherness that makes our neighbourhood special.

2024 has been an incredible year for MPCA, and it wouldn't have been possible without the support of our Board Directors, Coordinators, Committee Members, and all our volunteers. Your hard work and dedication have made a true difference.

In January, our Mount Pleasant Casino event raised an impressive \$79,907.30 thanks to the efforts of our Casino Coordinator and all our volunteers. This contribution will directly benefit community programs throughout the year.

The Pleasant Times Social Club fostered connections among residents through activities like monthly Seniors Lunches, welcoming friends to gather, and Monday Afternoon Games, which sparked friendly competition. The MPCA Fitness program kept us active with weekly classes, including Chair Yoga, Tai Chi, and Exercise. The Book Club continued to inspire readers, featuring an engaging evening with local author Doreen Vanderstoop. Monthly Crafternoon classes allowed neighbours to explore their artistic sides and form new friendships, while the second annual MPCA Neighbour Day Art Exhibit showcased community creativity.

Our Special Events Committee brought us together with a range of events, from the outdoor community skate to the sold-out Taste of Mount Pleasant, as well as the Neighbour Day Celebration and Jump into Fall Festival. Families enjoyed the Mini-Pumpkin Scavenger Hunt, and we look forward to the upcoming Christmas Party.

We're grateful to the Green Initiatives Committee for their commitment to sustainability. This year, they launched programs like the Community Cleanup, Buy and Sell Facebook Page, Community Pantry, and our first Repair Exchange Event on Neighbour Day. The second Annual Re-Gift event in November encouraged a spirit of sharing and sustainability.

Our soccer program thrived, offering young athletes opportunities to learn, grow, and build lasting

friendships. The SportsPlex was active, with a second successful season of Pickleball and a busy winter on the rink. The Mount Pleasant Pool enjoyed a successful season, overcoming city-wide water restrictions.

The Community Hall, guided by our dedicated Hall Manager and staff, has been bustling with activities. In addition to MPCA programs, a variety of third-party program providers offered classes and workshops, enriching our community's experiences.

Our second season of the Community Farm Stand, in partnership with the City of Calgary and Lil Green Urban Farm, brought fresh, local produce to the neighbourhood, supporting local agriculture and building community connections.

Reflecting on this past year, it's clear that our achievements come from the collaborative spirit of our residents, volunteers, program leaders, and supporters. Thank you for making Mount Pleasant a welcoming, vibrant community. We look forward to creating even more cherished memories together in the year ahead.

With heartfelt gratitude, we wish you and your family a joyful holiday season filled with warmth and happiness and a safe and prosperous New Year.

*Mount Pleasant Community Association*



## [Alfred] Nobel Prize



The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



## Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



SCAN THE QR CODE FOR THE ANSWERS!

## Crafternoons



### Arts and Crafts Sessions (Ages 14 and Up)

Crafternoon classes nourish your creative abilities and let you spend an enjoyable afternoon with others at the same time. These two-hour Crafternoon 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 [mpca.tidyhq.com](http://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 Aileen know as soon as possible. This may allow someone on the waiting list to take your place, and avoid purchasing supplies that aren't used.

Registration for the December class opened on November 5. To learn what classes are upcoming as early as possible, check the Events tab at [mpca.tidyhq.com](http://mpca.tidyhq.com) regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

#### There is One Class in December:

**Wednesday, December 4, 1:30 to 3:30 pm, Gnome for the Holidays!**

Aileen Lublinkhof leads us in making an adorable gnome/wizard for any occasion. Your creation can fit any theme you desire depending on the colours you choose for the wardrobe and how you embellish it. Construct a Christmas gnome, a gnome for any season, or a wizard for all year long. You'll fall in love with the enchanting character you create.

Join us for our last Crafternoon of 2024 where we'll also celebrate the season with hot chocolate and cookies!

# OFFICIAL



PLUMBING & HEATING

Plumbing Services  
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403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



**Chair Yoga:** Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Mount Pleasant resident Catharine will lead weekly chair yoga classes. Catharine has been practicing yoga since the early 1980s and would love to share her passion for yoga with you.

Just wear comfortable clothing and bring a yoga mat if you have one to put under your chair. You won't be getting down on the floor; only your mat will! You will be practicing in bare feet or socks only, no special shoes required.

Drop-in classes are available on Wednesdays (except the fourth Wednesday of each month) for just \$8 a class. Class time is 11:15 am to 12:15 pm. All classes will take place in the Upper Hall (602 22 Ave NW.) For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887.

**Exercise Class for All Fitness Levels:** It's time to get back in shape after taking the summer off. If you're a fan of high-intensity burpees, mountain climbers, lunges, and much more, this class may be just what you're looking for. If you'd like a more laid-back class to increase your fitness level or just get in some physical activity, you can accomplish that, too. The instructor accommodates all fitness levels with easier and more challenging variations to meet all goals. And it's available on Zoom Monday, Wednesday, and Friday mornings. This is a convenient way for people who work from home or have children to get a workout in during the day without leaving home.

If you want to try a free class to see if this class meets your needs, please drop by the community hall (602 22 Ave NW), any Monday or Wednesday morning (except the fourth Wednesday of the month) by 10:15 am or contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages and fitness levels are welcome, whether you want a low, moderate, or high intensity work out. The classes are designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. 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.

Classes are held September through June on Monday and Wednesday mornings from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday mornings from 9:30 to 10:15 am (Zoom only). If you are new to the class, please come to the hall initially to allow the instructor to assess your fitness level and speak with you about your goals.

**Tai-Chi:** Tai-Chi returned in September with classes scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Monday classes focus on beginners, though all, regardless of age and experience, are welcome to attend both days. 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 will depend on the number of people who sign up. Currently, it is \$4 per class this round if you sign up for the session and \$6 per class drop in.



**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.

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## ACTIVITIES AND EVENTS

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

### **MPCA Playgroup | Lower Hall**

Select weekdays, 9:15 to 11:15 am.

### **Sportball | Upper Hall**

Sunday afternoons.

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

Monday to Friday after school.

### **Afternoon Games | Adults | Upper Hall**

Sessions run from September to June.

Mondays, 1:15 pm.

### **Aspire to Inspire Zumba | Zumba Fitness | Upper Hall**

Mondays, 6:30 to 7:30 pm.

### **Exercise Program | Adults | Upper Hall**

Mondays and Wednesdays in the Upper Hall and on Zoom. Friday sessions over Zoom.

Sessions run from September to June.

Mondays and Wednesdays, 10:15 to 11:00 am, and select Fridays, 9:30 to 10:15 am.

### **Tai Chi | All Ages | Upper Hall**

Sessions run from September to June.

Mondays and Wednesdays, 9:00 to 10:00 am.

### **Flow Filipino Martial Arts | Upper Hall**

Mondays, 8:00 to 9:15 pm. Wednesdays, 8:00 to 9:00 pm.

### **Essentrics® with Gabrielle | Upper Hall**

Tuesdays and Thursdays, 10:00 to 11:00 am.

### **Book Club | Adults | Lower Hall**

Fourth Tuesday of each month, 7:00 to 9:00 pm.

No Book Club in December.

### **Crafternoons Arts and Crafts | Adults (Ages 14+) | Upper Hall**

Sessions run from September to June.

Wednesdays, 1:30 to 3:30 pm.

### **Chair Yoga | Upper Hall**

New Program!

Wednesdays, 11:15 am to 12:15 pm.

No classes on the fourth Wednesday of the month.

### **Monthly Seniors' Lunches | Ages 60+ | Upper Hall**

Fourth Wednesday of each month. RSVP required.

### **Go Play! | Children (18 months to 7 years) | Upper Hall**

New Program!

Wednesdays, 4:30 pm

### **Yoga with Trish Hardy Yoga | Upper Hall**

Thursdays, 7:45 to 8:45 pm.

### **Calgary Rakushinkan | Upper Hall**

Thursdays, 6:00 to 7:30 pm. Sundays, 5:00 to 7:00 pm.

### **Fly Right Swing Dance Lessons | Upper Hall**

Friday evenings.

### **Members Public Skate | Members Sticks, Pucks, and Rings | SportsPlex Rink**

Select days, register online.

### **MPCA Special Events Presents: MPCA Annual Christmas Party**

Saturday, December 7, 10:00 am to 12:00 pm

## Monday Afternoon Games

Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, 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 403-803-7697) to be advised when games afternoons are happening.



# 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 | 9:15 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](http://mpca.ca/playgroup) for more information.

### Sportball [3rd Party] - Upper Hall Starting October 6

**Sports Instruction for Kids**

**Sunday Afternoons**

For more information and registration, please contact [Calgary@Sportball.ca](mailto:Calgary@Sportball.ca) or call 403-975-2936. [www.sportball.ca](http://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.

### New Program! Go Play! [3rd Party] - Upper Hall Wednesdays Starting at 4:30 pm

GoPlay! is your new local sports club for kids 18 months to 7 years old.

For more information visit <https://calgary.goplay.ca/>. To register visit <https://www.homebasehub.ca/goplay/calgary>.

## Adult Programs

### Essentrics® Gentle Fitness - 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](mailto: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](http://www.ATIZumba.com).

Call 403-975-5817 or email [ATIZumba@gmail.com](mailto:ATIZumba@gmail.com).

### Tai-Chi [MPCA Fitness] - 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](mailto:pleasanttimes@mpca.ca) for details. All are welcome!

### Exercise Class [MPCA Fitness] - 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. Enroll for the full session or drop-in. 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](mailto: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](mailto:hardytrish@gmail.com) or call 403-620-4990.

[www.trishhardyyoga.com](http://www.trishhardyyoga.com).

### Flow Martial Arts [3rd Party] - Upper Hall

**Mondays | 8:00 to 9:15 pm**

**Wednesdays | 8:00 to 9:00 pm**





## City Kids: Exploring 4-H Beyond the Farm

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.



One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email [introclubs@4hab.com](mailto:introclubs@4hab.com). Thank you to all the families who've joined us on this journey—stay tuned for updates, and we hope to see you at our next workshop!

Join Flow Martial Arts for traditional Filipino martial arts training in a supportive community. We offer Arnis stick fighting, unarmed applications and a great workout. Develop discipline, respect, and skill with our team. No experience is necessary!

Call Jeff at 587-891-8108 or check out [flowma.ca](http://flowma.ca) to start your martial arts journey today!

### **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](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://www.calgaryrakushinkan.com).

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

For more information, please go to [m.facebook.com/flyrightswing/](https://m.facebook.com/flyrightswing/).

### **Chair Yoga [MPCA Fitness] - Upper Hall** **Drop-in classes are available on Wednesdays | 11:15 am to 12:15 pm**

Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Enrol for \$8 per class. For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.

**SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT**

**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



## PLEASANT TIMES SOCIAL CLUB

*Do you remember when a “new hip joint” was somewhere you wanted to be on a Friday night?* - Anonymous

Pleasant Times Social Club is a great way for people to get out of the house, socialize with old and new friends, be active, see places and things we might otherwise miss, and build support systems. Our activities are possible thanks to the backing of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.



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

**Monthly Lunches:** December brings our ever-popular turkey dinner catered by Calypso's Taverna. We hope Mount Pleasant pianist and singer, Serge Soucy, will be back to serenade us with Christmas carols and classic tunes. Our September lunch featured Chicken Florentine from Leroy's Catering followed by desserts donated by Edgemont Retirement Living. Edgemont also donated a Tim Hortons gift pack, won by Isabel. October brought us shepherd's pie from Costco and coleslaw, both prepared by our kitchen volunteers.

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 ages 60 and over who have registered in advance to attend. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

If you are age 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](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Day Trips:** At time of writing, we're looking forward to our sold-out November 28 trip to see Christmas On The Air at Rosebud Theatre. Also being planned is a trip to the Airdrie Festival of Lights in December. This came from a suggestion from our group which gained a lot of interest from others. Many great suggestions have been received and being researched now but it's not too late to submit your ideas. A summer journey to Banff? Another great play or three at Stage West, Rosebud, or Jubilations? Maybe an overnight trip to the Frank Slide Interpretive Centre and Waterton Lake? A day in Diamond Valley (formerly Black Diamond and Turner Valley). What are your ideas? We want to go where you want to go!

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

## BMAX BROKERS

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## Playgroup News

Winter is coming, and so is our new session!

### Registration Now Open: Mondays Starting November 18

Secure your spot for our Monday Playgroup, beginning November 18. Register now to ensure a fun-filled winter of play, learning, and connection.

### Exciting Events Ahead!

- Creative Seeds will join us for interactive art sessions throughout our fall and winter sessions.
- Christmas festivities and activities planned to get your little ones in the holiday spirit.

### We Need Your Help!

- Toy Clean Lead: Volunteer to oversee our toy cleaning sessions, ensuring a healthy and happy play environment.
- Board Positions: Join our playgroup leadership team to help shape our community and programs.

Interested in learning more or getting involved? Email [playgroup@mpca.ca](mailto:playgroup@mpca.ca) or visit our website [mpca.ca/playgroup/](http://mpca.ca/playgroup/).

### Stay Tuned for More Updates!

We're excited about the winter session and look forward to sharing more news and events with you.

All the best,

*Mount Pleasant Playgroup Team*



AGES 0-5

**MOUNT PLEASANT PLAYGROUP**

AT HOME WITH THE KIDS AND NEED TO GET OUT OF THE HOUSE? COME JOIN US!  
KIDS ENJOY FREE PLAY WHILE PARENTS GET SOME MUCH NEEDED SOCIAL TIME TOO!  
FREE WITH MPCA MEMBERSHIP

FALL REGISTRATION OPEN NOW!

MON, TUES, FRI, 9:15 TO 11:15 AM

MPCA Lower Hall - 602 22 Ave NW, Calgary, AB

For more information, go to [mpca.ca/playgroup](http://mpca.ca/playgroup)

Questions? Email [playgroup@mpca.ca](mailto:playgroup@mpca.ca)

MPCA

**Community Pantry**

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

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

TAKE WHAT YOU NEED

DONT LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD

DONATE WHAT YOU CAN

DONT MAKE A MESS

KEEP THE DOOR CLOSED

SPREAD THE WORD

MPCA

CONTACT [GREEN@MPCL.CA](mailto:GREEN@MPCL.CA) TO REPORT ANY CONCERNS

Chicken Soup

SALICY SPAGHETTI

## Community Connection Spotlight: A Sense of Community

We're grateful to share a heartwarming example of community that highlights the power of small acts of kindness. With the holidays approaching, these gestures become even more significant. While it's easy to focus on challenges, sharing uplifting stories fosters connection among us. Thank you to Maria and her family for sharing their experience, and a special thank you to Mr. B for inspiring such a strong sense of community. We'd love to hear more stories like this—small acts can make a big impact!

### A Sense of Community

A few weeks ago, my little ones and I were taking a stroll around our neighbourhood when we noticed a bunch of apples on the ground and some very happy magpies munching on them. My kids were concerned that maybe the neighbours didn't know their apples were falling into the street, so they wanted to let them know.

We knocked on their door, and a kind man answered. After we explained the situation, he was very grateful and recognized us because we had recently moved in nearby. It's easy to remember us since there aren't many families with four little children around!

A couple of days later, we found a lovely bag of apples on our porch, along with a thoughtful handwritten note. We were beyond excited by the sweet surprise (and those apples didn't stand a chance!).

Since moving here last December, we hadn't had much interaction with our neighbours, and with no family nearby, this gesture meant the world to us. My little ones wanted to thank the neighbour for his kindness and quickly decided to bake cookies and make thank-you cards. It was a touching and innocent display of appreciation that they were eager to work on.

Just a week ago, my six-year-old had an assignment about community and what it means to her. She drew the picture below, capturing her sense of community through this kind gesture. It's something we will all remember forever.

We feel so grateful to have met such a wonderful neighbour, and we hope to continue meeting more lovely people as we journey through life. It's amazing how children easily forget unkindness but never forget a thoughtful act.

Mr. B, if you're reading this, thank you again from the bottom of our hearts. You are truly an example of what community is all about, and it's a joy to share this adventure called life with you.

Your neighbours,

*Maria, Evie, Avie, Ben, and Ivy*





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## 2024 Year in Review

Hello Mount Pleasant Neighbours!

In our final article of the year, we want to thank you for joining us on our virtual trip around the world, highlighting success stories and initiatives from other cities that can be used as inspiration for action in our community. As we wind down 2024, let's take some time to review all the great Green Initiatives that have taken place in our community this year:

1. Our annual Community Cleanup event took place in May of this year. Put on with support from the City of Calgary, this event enabled the community to declutter their homes and save a trip to the landfill, all while providing the opportunity to recycle or re-home as much as possible. The 2024 cleanup collected over 23,500 kg of garbage, with 8,460 kg (36%) being successfully diverted from the landfill!

2. The Mount Pleasant Repair Exchange, an exciting new green initiative, took place at our community Neighbour Day Celebration. The Green Initiatives Committee and the Arusha Centre teamed up to host the event, bringing volunteers and community members together to collaborate on repairing damaged and worn items. It provided the opportunity to keep items functional, build skills, strengthen community, and reduce waste.

3. Our second Annual Re-Gift Holiday event took place last month (thanks to all that joined us for the day!). This event provided community members with an eco-friendly twist to their holiday shopping. New and gently preloved items were donated and swapped, with the purpose of re-gifting for the holiday season. The event also included a small café, festive music, and a homemade wrapping paper station!

4. The community sharing economy continued to be strong throughout the year. The Buy/Sell/Trade/Give provided a platform for community members to share, and exchange used items to avoid buying new or throwing away items that can have a second life. The Community Pantry initiative advocates for food security and is available for community members to leave non-perishable food items and toiletries.

The great community support and participation, along with all of our wonderful community volunteers, are very much appreciated! We are looking forward to continuing with all of these great initiatives, as well as a few new and exciting ones, into 2025.

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](mailto:green@mpca.ca) for more information. If you'd like to get added to our email list, or if you have any questions, you can find us on the Mount Pleasant Community Association page as well.

Have a great month,

*The MPCA Green Initiatives Committee*



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December is our month to socialize over dinner, enjoying a lovely meal and chatting about whatever piques our interest, even a good book. We'll be back on January 28 to discuss *The Last Devil to Die* by Richard Osman. This is the fourth instalment of the popular *Thursday Murder Club* series. This is the perfect book after the busy holiday season.

It's rarely a quiet day for the Thursday Murder Club. Shocking news reaches them. An old friend has been killed, and a dangerous package he was protecting has gone missing. The gang's search leads them into the antiques business, where the tricks of the trade are as old as the objects themselves. As they encounter drug dealers, art forgers, and online fraudsters, as well as heartache close to home. Elizabeth, Joyce, Ron, and Ibrahim have no idea whom to trust. With the body count rising, the clock ticking down, and trouble firmly on their tail, has their luck finally run out? And who will be the last devil to die?

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 [bookclub@mpca.ca](mailto:bookclub@mpca.ca) for more information. Come and join in a lively discussion about a great book.



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