

JUNE 2024

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**MOUNT PLEASANT NEIGHBOUR  
DAY CELEBRATION**

**ART EXHIBIT AND  
REPAIR EXCHANGE**

**JUNE 15**



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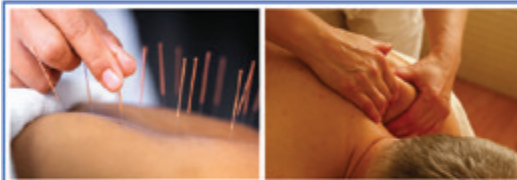
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# MPCA Community Association

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 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	Vacant	treasurer@mpca.ca

## DIRECTORS

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

## COORDINATORS

Web Manager	Vanessa Gillard	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	Johanna Plant Donnelly	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



## 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.



# Crafternoon

## Arts and Crafts Sessions for All Ages

These two-hour Crafternoon classes are sponsored by MPCA. They include all materials and 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 is 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 [www.mpca.tidyhq.com](http://www.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 June classes opened on May 7. To learn what classes are upcoming as early as possible, check the Events tab at [www.mpca.tidyhq.com](http://www.mpca.tidyhq.com) regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

### The June Classes Are:

**Wednesday, June 5, 1:30 to 3:30 pm, Framed Floral:** Doris Loewen returns to share more techniques of loose watercolours enhanced by inking. Join us for this guided class with tips on how to add just a few lines to make a basic flower come alive. After completing three pieces, choose your favourite floral creation, and we will frame it!

**Wednesday, June 12, 1:30 to 3:30 pm, Bird Figurine in Air Dry Clay:** Air Dry Clay is a wonderful sculpting material that doesn't require kiln firing. Tracy Franks will explain how to manipulate the clay to create a charming figurine of a bird on a branch.

**Wednesday, June 19, 1:30 to 3:30 pm, Learn to Crochet:** Aileen Lublinkhof will teach us to make a basic Granny Square, which we will then transform into a small purse. Once you have learned the basic square, you can make larger bags, blankets, sweaters, etc. Crochet is the perfect easy-to-pickup craft that will keep you busy all summer!

This is our last class of the semester. Please keep watch for the September schedule announcement. Have a wonderful summer!

## Monday Afternoon Games

Monday Afternoon Games in the Upper Hall happen September through June. 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 at [yvette.v53@hotmail.com](mailto:yvette.v53@hotmail.com) or 403-803-7697 to be advised when games afternoons are happening.

# Father's Day



Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?

## ACTIVITIES AND EVENTS

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

### **MPCA Playgroup – Lower Hall**

Select weekdays 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 - Upper Hall**

Mondays and Wednesdays only in the Upper Hall with the instructor.

Sessions run from September to June.

Mondays and Wednesdays from 10:15 to 11:00 am and select 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

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

Returning to hall in October

### **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

### **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

### **Mount Pleasant Community Farm Stand - Community Hall Parking Lot**

Thursdays from 2:00 to 5:30 pm

### **Pickleball – SportsPlex**

Select Days. Register online.

### **Neighbour Day | Art Exhibit | Repair Exchange**

Saturday, June 15

### **MPCA Book Club, *A Killer in King's Cove* by Iona Whishaw - Lower Hall**

Tuesday, June 25, 7:00 to 9:00 pm

### **MPCA Book Club, *The Bittlemores* by Jann Arden – Lower Hall**

Tuesday, July 23, 7:00 to 9:00 pm

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## BOARD REPORT

Dear Members of the Mount Pleasant Community,

As we approach June 15, we eagerly anticipate our annual Neighbour Day celebration, a cherished tradition in our community. This year marks the 11th anniversary of this meaningful event, and we couldn't be more excited to come together once again to celebrate our unity and resilience.

Our dedicated Special Events Committee has been hard at work planning a day filled with activities and initiatives to strengthen our bonds and enhance our community spirit. From mouthwatering eats to lively music performances and fun-filled bike parades, there's something for everyone to enjoy.

We're particularly thrilled to announce a special collaboration with The Arusha Centre for a Repair Exchange event. Scheduled from 2:00 to 6:00 pm in the MPCA Lower Hall, with potential outdoor stations for bike tune-ups. This event, organized by our Green Initiatives Committee in collaboration with The Arusha Centre, aims to promote sustainability and community engagement through repair and exchange.

We're delighted to continue our tradition of spotlighting local talent with the upcoming Annual Art Exhibit. Last year's debut was a testament to the abundance of creativity within our community, especially among our young artists whose work left us truly inspired.

From the remarkable talent showcased at last year's Neighbour Day Art Exhibit, "MPCA Artistic Expressions: A Celebration of Young Talent," was born. This ongoing initiative provides a dedicated platform for our budding artists to showcase their creations and ignite inspiration within our community.

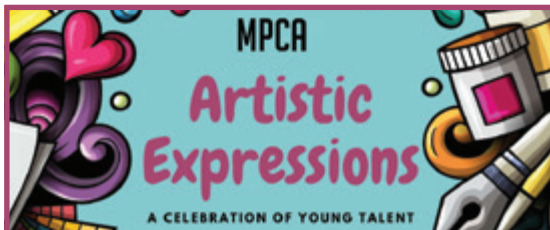
This year, we're extending our invitation to encourage even more young artists to participate in the Art Exhibit, fostering an inclusive environment that embraces diverse forms of artistic expression. Additionally, we're proud to announce that we've secured the Arts and Culture Microgrant from the City of Calgary, allowing us to amplify our efforts in promoting arts and culture within and beyond our community.

As we prepare for this day of celebration and connection, we invite you to join us on June 15. Let's come together to make this Neighbour Day memorable, filled with meaningful connections, sustainability efforts, and community building.

Visit [www.mpca.ca](http://www.mpca.ca) for more details! Looking forward to seeing you there!

Warm regards,

*Mount Pleasant Community Association*



## Introducing "MPCA Artistic Expressions: A Celebration of Young Talent"

Attention all budding artists in Mount Pleasant!

We are thrilled to announce "MPCA Artistic Expressions: A Celebration of Young Talent," a monthly showcase designed especially for you!

### What is "MPCA Artistic Expressions"?

"MPCA Artistic Expressions" is your platform to shine. Inspired by the incredible talent we saw at the Neighbour Day Art Exhibit; we want to continue celebrating your unique creativity and inspiring others.

### How to Participate:

- Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
- Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
- Seek permission from your parents or guardians to share your artwork with the community.
- Email your masterpiece to our Art Exhibit Coordinator at [artist@mpca.ca](mailto:artist@mpca.ca), along with your name, age (0 to 18), and a brief description of your artwork.

### What's in It for You?

Your artwork could take center stage in our monthly newsletters and social media channels! We were truly amazed by the talent displayed at the Neighbour Day Art Exhibit, and we want to encourage even more youth submissions for next year's art show!

So, young artists, are you ready to kick off "MPCA Artistic Expressions: A Celebration of Young Talent" with a bang? Send in your artwork today and let your creativity shine! Let's keep the artistic spirit alive in Mount Pleasant!

## Rethinking and Prioritizing Water

At the time of writing, there's been a lot in the media about drought concerns again this year. The large water users have worked on agreements to reduce usage. Canada of course is blessed with a huge number of freshwater resources. However, as a country, we also use more water per capita than almost every other country in the world. That statistic should make us pause... As water resources get scarcer, we should be rethinking about the incredible value of this important resource.

The City of Calgary is working towards 350 litres per person per day as a target. However, even if our per capita usage keeps decreasing, as Calgary's population grows, so does the demand for water and wastewater treatment. This usage target was set years ago for the year 2033, and likely needs a review in light of changes in both population growth and river water flows. We're all going to have to do our part going forward and look for ways to reduce our collective and individual water usage.

In 2021, the average day's demand in Calgary was 362 litres per person per day. For comparison, Copenhagen in Denmark is well on its way towards its target of 100 litres per person per day. In the theme of our 2024 armchair travel, let's review some of their innovative practices.

Copenhagen is considered a global leader in sustainable water management, with its commitment to water conservation, efficient wastewater treatment and the integration of green infrastructure. One of its key policies focuses on rainwater harvesting, through the concept of "blue green" infrastructure, capturing rainwater and using it for a variety of purposes. The widespread use of green roofs, with vegetation on rooftops, absorbs rainwater, reduces runoff, and also provides additional insulation for buildings. The stored rainwater is then used for irrigation, toilet flushing and street cleaning, for example, to reduce municipal water supply requirements.

Copenhagen has also prioritized water conservation and efficiency, including stringent regulations and incentives for both residents and businesses regarding water-saving practices, including promotion of water-efficient appliances and fixtures along with public awareness campaigns. Significant investment in advanced water treatment technologies protects water bodies, ecosystems, and human health.

Back home in Calgary, let's look at some ways we can reduce water usage. Replacing toilets and other fixtures with low-flow versions can make a large difference if you haven't already done so. The City's YardSmart website ([calgary.ca/yardsmart](http://calgary.ca/yardsmart)) provides useful information to help us locally. Easy-to-read material includes ensuring you have good-quality soil, choosing garden plants wisely, adding mulch to gardens, and also include advice for watering tips and ways to support pollinators. In addition, information related to drought and how to reduce drought impacts can be found at <https://www.calgary.ca/environment/climate/climate-hazards--drought.html>. Please access the City of Calgary's website for lots of useful tips!

If you want to get involved to help make Mount Pleasant a greener community please email [green@mpca.ca](mailto:green@mpca.ca) for more information. Please check out the Mount Pleasant Green Initiative Group on Facebook, found on the Mount Pleasant Community Association page.



*Picture from City of Calgary YardSmart brochure – Design for Full Sun (in partnership with Calgary Horticultural Society). See [Calgary.ca/yardsmart](http://Calgary.ca/yardsmart).*

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**SALES AND SERVICES**

# 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](http://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](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.

### 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](mailto:efleiger@outlook.com) or call Senpai Eric at 403-650-8445.

## Adult Programs

**Essentrics® Gentle Fitness [3rd party] - Upper Hall**

**Tuesdays and Thursdays | 10:00 to 11:00 am until end of May, moving outside in June!**

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 [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](mailto: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. 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**





For more information and registration, please contact Jeff Estrada at [fma.academy.calgary@gmail.com](mailto:fma.academy.calgary@gmail.com) or call 587-891-8108. More information can be found at [www.flowma.ca](http://www.flowma.ca).

**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/).



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# 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

**TAKE WHAT YOU NEED**

**DONATE WHAT YOU CAN**

**KEEP THE DOOR CLOSED**

**SPREAD THE WORD**

**DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD**

**DON'T MAKE A MESS**

**CONTACT GREEN@MPCA.CA TO REPORT ANY CONCERNS**

## 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.

## Mount Pleasant Community Farm Stand Program

The MPCA is thrilled to continue our partnership with the City of Calgary and Lil Green Urban Farm for another Community Farm Stand Program season. Building on last year's success, we're excited to offer our community access to fresh, locally grown produce while continuing to support local businesses.

Join us at the Mount Pleasant Community Hall every Thursday from 2:00 to 6:00 pm to enjoy the bounty of the Farm Stand. This partnership allows us to connect with neighbours, support our farmers, and indulge in delicious, healthy food options.

For more information about local food initiatives in Calgary, visit [www.calgary.ca/localfood](http://www.calgary.ca/localfood).



## Joke of the Month

What do you get from a pampered cow?

Spoiled milk.



# MOUNT PLEASANT NEIGHBOUR DAY CELEBRATION

Saturday, June 15th



Mark your calendars because Neighbour Day 2024 is almost here! This beloved yearly event, scheduled for June 15, is more than just a date - it's a celebration that embodies the lively spirit of our community. Neighbour Day was first introduced in 2014 as a response to the devastating floods that hit the city the previous year, as a way of bringing people together to celebrate the community's resilience and strength.

Our community will be buzzing with live music, the aroma of delicious food wafting through the air, and the sight of colourful bike parades winding through our streets. It's a day for old friends to reconnect and make new connections in the context of our shared history and the promise of a brighter future. So, let's come together, hand in hand and heart to heart, as we rejoice in the camaraderie that makes our neighbourhood truly exceptional.

In conjunction with the Neighbour Day festivities, we're delighted to announce the return of our annual Art Exhibit, generously supported by the Arts and Culture Microgrant from the City of Calgary. This year's exhibit will showcase the incredible talents of artists from both within and beyond our neighbourhood. Your support is crucial in making this event a success and promoting Mount Pleasant's vibrant arts scene. From stunning paintings to captivating artworks in various mediums,

the Art Exhibit promises to be a feast for the eyes and a celebration of creativity. Don't miss this chance to support our local and citywide artists and immerse yourself in the vibrant arts scene of Mount Pleasant.

We are thrilled to announce a new addition to this year's Neighbour Day festivities - the Repair Exchange initiative. This event, organized by our Green Initiatives Committee in partnership with The Arusha Centre, aims to promote sustainability and community engagement through repair and exchange. A Repair Exchange works like this: residents bring broken items to the event to be fixed, and community volunteers assist in the repair process. The fixer can either guide the resident to fix their own item or share their skills as they fix the item.

You are welcome to bring your broken items, whether it's a bike needing a tune-up or a small appliance needing fixing. Our community volunteers will be available to assist you. The event features various stations, including a bike tune-up station, a sewing station for small repairs, an electronics station, and a small appliances station. This event is about reducing waste and empowering you to learn new skills and build connections within our community. We invite you to join us and be a part of this exciting initiative!

For additional details and updates, check out our website.

# Pleasant Times Social Club – For Adults of All Ages

*Everything slows down with age, except the time it takes cake and ice-cream to reach your hips. - John Wagner*

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 due to the support 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, please contact us for more information.

**Monthly Lunches:** At our April lunch we hosted a session with Neurotrack, a company which develops digital health tools that doctors' offices will someday use to test thinking and memory skills. These will help with the early detection of Alzheimer's and other dementias. Many volunteered to test a new tool Neurotrack is developing and gave feedback on how easy the game was to use.

May's lunch featured our annual plant exchange where we brought extra outdoor and indoor treasures with the hope of giving them new homes. We're looking forward to our June lunch where we'll be joined by the Acting Our Age comedy troupe. Acting our Age is an amateur senior drama group consisting of fun-loving retired people from Calgary. They put on many shows at seniors' events, bringing laughs to many. July and August give us a chance to get outside for picnic lunches, bocce, and horseshoe tournaments, and good conversation. Fingers crossed for warm, but not too warm, and clear weather.

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 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 Hour 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 60 or over, or if you know of someone who is, 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.

**Exercise Class:** Have you been looking for a community exercise program to increase your fitness level? You may be surprised to learn that MPCA's exercise program includes burpees, mountain climbers, lunges, and much more. Our instructor is able to offer a hybrid class with more challenging and easier variations of the exercises to accommodate the fitness levels of all participants. If you would like to try a free class to see if this class meets your needs, please contact Linda O'Hanlon at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or call 403-289-8390.

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.

People of all ages and fitness levels are welcome to join, 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.

**Tai-Chi:** Tai-Chi classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Monday classes will focus on beginners though all, regardless of age and experience,

are welcome 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 is only \$4 per class when you sign up for the remaining classes in the session or \$5 per class drop-in. We'll take the summer off and hope to be back in the hall come September.

**Day Trips:** We're making plans for more outings this year though there's little definite to announce just yet. An evening performance of A Closer Walk with Patsy Cline at Stage West on August 28 is sold out. We're waiting to hear if we can visit the Fairville Hutterite Colony in Bassano this summer for tours, a hearty lunch, and the chance to buy produce and baking. We're also investigating a September trip to Yamnuska Wolfdog Sanctuary followed by some time in Cochrane for shopping, lunch, and, of course, some MacKay's ice cream.

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](mailto:pleasanttimes@mpca.ca) or 403 289-8390. People of all ages are welcome to join us.

**Monday Afternoon Games:** Monday Afternoon Games in the Upper Hall happen September through June. 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](mailto:yvette.v53@hotmail.com) or 403-803-7697) to be advised when games afternoons are happening.



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Children up to five years old, accompanied by their caregivers, are warmly invited to join us. It's a chance to build friendships, connect with other parents, and create relationships that stand the test of time. Plus, it offers kids the valuable opportunity for some much-needed social interaction.

For more details and to register, visit: [mpca.ca/playgroup](http://mpca.ca/playgroup).

Don't miss out on this wonderful opportunity to create lasting memories for your family this winter with MPCA Playgroup!



**AGES 0-5**

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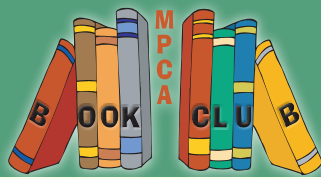
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For more information, go to [mpca.ca/playgroup](http://mpca.ca/playgroup)

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



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Our June 25 book will be *A Killer in King's Cove* by Iona Wishaw. It is 1946, and war-weary, young ex-intelligence officer Lane Winslow leaves London to look for a fresh start. When she finds herself happily settled into a sleepy hamlet in the interior of British Columbia, surrounded by a suitably eclectic cast of small-town characters, she feels like she may finally be able to put her past to rest.

But then a body is discovered, the victim of murder, and although she works alongside the town's inspectors, Darling and Ames, to discover who might have possibly had the motivation to kill, she unknowingly casts doubt on herself. As the investigation reveals facts that she has desperately tried to keep a secret, it threatens to pull her into a vortex of even greater losses than the ones she has already endured.

The July 23 book will be *The Bittlemores* by Jann Arden.

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](mailto: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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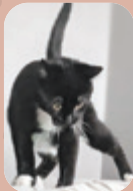
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