

NOVEMBER 2024

DELIVERED MONTHLY TO 4,400 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**RE-GIFT: A HOLIDAY SWAP AND  
ECO WRAP EXTRAVAGANZA!  
NOVEMBER 30**



CONNECT WITH US

403.560.2166 | [connectgroupcalgary.com](http://connectgroupcalgary.com)

NICK J.M. PROFETA | HEATHER PROFETA | PATRICK E. HARE | ALBERT MAH | RYAN SCEVIOUR

FOSTER'S GARDEN CHAPEL

# Christmas Candlelight

SERVICE

at Foster's Garden Chapel  
3220 - 4 Street NW, Calgary  
Wednesday, December 4, 2024  
7:30 p.m.

The Service will be conducted by members of the Clergy from the surrounding area, making this a non-denominational ceremony.

We would sincerely appreciate the presence of your family and hope that the ceremony will be of value and comfort to you.

## BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

### Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | 📞 1-825-438-4653

## CALGARY FINE DENTISTRY

*Dedicated to providing you with optimal dental health.*



*Dr. Lauren Vredenburg,  
Practice owner*

21 Ave NW

Calgary Fine  
Dentistry



20 Ave NW

**Come check us out!**

403-284-3061

#206 1910 20th Ave, NW

www.calgaryfinedentistry.com

## OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

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

# 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	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	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



## 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 (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 <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 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.

Contact Aileen at [crafternoonailen@gmail.com](mailto:crafternoonailen@gmail.com) or 403-862-1759 (text or call).

### November Classes Are:

#### Wednesday, November 6, 1:30 to 3:30 pm, Drawing with Charcoal and Graphite

We are delighted to have guest artist, Maria Muszynski lead this class! She will guide us in exploring both animal portraits and still life studies in graphite and charcoal. We will learn tips and tricks for using the medium and creating shadows and light.

#### Wednesday, November 13, 1:30 to 3:30 pm, Mixed Media

The perfect intersection of art and craft! Leigh Ellen Caro will teach us how to make a whimsical art piece incorporating watercolour, shells, sea glass, and more.

#### Wednesday, November 20, 1:30 to 3:30 pm, Project to Be Determined...

Connie Zerger will bring something wonderful to the table, details are still being worked out. Mark your calendar and watch the MPCA website for announcements.

## 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](mailto:yvette.v53@hotmail.com) or 403-803-7697) to be advised when games afternoons are happening.



## Word of the Month

### Accismus:

noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

*"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.*



## 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.

Select 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 Book Club | Remarkably Bright Creatures by Shelby Van Pelt | Lower Hall**

Tuesday, November 26, 7:00 to 9:00 pm.

### **PleasantTimes Day Trip | Rosebud Theatre, *Christmas On The Air* (Sold Out)**

Thursday, November 28, 10:00 am to 5:00 pm.

Contact pleasanttimes@mpca.ca.

### **Re-Gift: Holiday Swap and Eco Wrap Extravaganza | Upper Hall**

Saturday, November 30, 11:00 am to 2:00 pm



## Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



**ANITA** 403-771-8771  
anita@anitamortgage.ca

*Licensed by Avenue Financial*

## BOARD REPORT

Dear Mount Pleasant Community,

The Board of Directors would like to thank everyone who attended the Annual General Meeting (AGM) on October 15. We were thrilled with the great turnout and the enthusiasm shown by our members. Your engagement helps shape the direction of our community, and we value your input and support.

November 11 is Remembrance Day, a time to honour and reflect on the sacrifices made by those who have served. As we take this opportunity to remember their bravery and commitment, let us also acknowledge the importance of their contributions. This day encourages us to pause and reflect on the values of courage and dedication that they exemplified.

We're excited to announce the second Annual Re-Gift Event on November 30, proudly organized by the Green Initiatives Committee! After last year's huge success, this event presents a fantastic opportunity to pass along gently loved items while reducing waste and embracing sustainability. We invite everyone to join in by donating gently used items and discovering new treasures.

We will have a creative eco-wrap crafting station and delicious holiday treats to enjoy. It's also a wonderful chance to strengthen our community bonds, so please consider bringing non-perishable food items or personal hygiene items for our Community Pantry.

As we move into the colder months, we want to remind residents of the wide range of programs and amenities for children and adults available at the MPCA. From skating at the SportsPlex to senior lunches, arts activities, and a variety of fitness classes at the Community Hall, there is something for everyone. Your participation in these programs helps to ensure their success and longevity.

Did you know that residents living within the borders of Mount Pleasant who are 65 years or older and have maintained their MPCA membership for ten consecutive years may qualify for a free lifetime membership?

For more information on membership options and to apply, please visit [mpca.ca/membership](http://mpca.ca/membership) or reach out to [engagement@mpca.ca](mailto:engagement@mpca.ca).

Warm regards,

*Mount Pleasant Community Association*

## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!

### BRAIN GAMES

### SUDOKU

					5	6	
	8		5		6	7	3
		3					
							7
		2		1	3		4
	1		4		2	3	
7		1		2			
8			1	4			
	6						

SCAN THE QR CODE FOR THE SOLUTION



# MPCA Playgroup

Hello Neighbours!

Registration for the fall session of Playgroup is now open, so I wanted to take a minute to introduce Mount Pleasant Playgroup for those who haven't heard of us yet! Run by parent volunteers, Playgroup allows children a fun, unstructured play environment while allowing caregivers a well-deserved opportunity to relax and socialize with friends and neighbours.

The Mount Pleasant Playgroup started in the fall of 1981 - we are 43 years old! After the pandemic forced Playgroup to take a break, it was difficult to get it off the ground again, but we've been slowly building it back up and while it may look different than it used to, we've been having lots of fun! I have found Playgroup invaluable - I moved to Mount Pleasant in 2020 and didn't have many opportunities to meet people, and being part of Playgroup has connected me with so many neighbours with kids the same age as mine - I always see people I know at the park and the pool, and I feel very fortunate to be part of such a vibrant community!

Playgroup isn't just for moms - dads, grandparents, and nannies are all a part of our community, too. So, whether you're looking for a place where your little ones can adjust to being around other littles before starting daycare or preschool or just somewhere your kids can play freely while you get some time to connect with other adults, I hope you'll consider joining us!

We could also use your help! We're looking for keyholders and volunteers for board positions, including Vice-Chair and Treasurer.

**Vice-Chair:** The Vice-Chair supports the Chair and board, acts as a contact for Playgroup information, and prepares to take on the Chair role the following year.

**Purchaser/Treasurer:** The Purchaser/Treasurer attends playgroup board meetings, manages finances, and creates the annual budget for MPCA board approval.

**Secretary:** The Secretary takes minutes at Playgroup Executive meetings, distributes them to members, maintains playgroup documents, and manages duty rosters.

**Keyholders:** Keyholders volunteer to open and close the facility on their playgroup day and serve as leaders and liaisons to the board for their group.

Hope to meet you and your little ones soon!

Your Playgroup Chair,

*Kimberley Adams*

playgroup@mPCA.ca



The poster features the MPCA Playgroup logo at the top, which includes the text 'MPCA PLAYGROUP' in a curved font and a circular emblem with 'MOUNT PLEASANT' and 'CALGARY' around a central graphic. Below the logo is an illustration of six diverse children holding hands. The main text reads 'Volunteers Needed' in a large, blue, sans-serif font. Underneath, it says 'We're looking for keyholders and Volunteers for Board Positions:' followed by a list of roles: 'Vice Chair', 'Purchaser/Treasurer', and 'Secretary'. At the bottom, there is a line for contact information: 'For more information: playgroup@mPCA.ca | https://mPCA.ca/playgroup'.

**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.

# 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**



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

<p><b>News, Events, &amp; More</b></p> 	<p><b>Crime Statistics</b></p> 	<p><b>Real Estate Statistics</b></p> 
--	--	--



Our November 26 selection is *Remarkably Bright Creatures* by Shelby Van Pelt.

December is our month to socialize over dinner, enjoying a lovely meal and chatting about whatever piques our interest, even a good book. 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.



MOUNT PLEASANT PLAYGROUP

For kids age 0 to 5 and their caregivers




COME AND JOIN US!

MON, TUES, AND FRI  
 9:15 TO 11:15 AM  
 FALL REGISTRATION OPEN NOW!  
 LOWER HALL OF THE MPCA  
 802 22 AVE NW, CALGARY, AB  
 FREE WITH MPCA MEMBERSHIP  
 AND VOLUNTEER ROLE  
 QUESTIONS? EMAIL  
[PLAYGROUP@MPCA.CA](mailto:PLAYGROUP@MPCA.CA)




## PLEASANT TIMES SOCIAL CLUB

*The secret of staying young is to live honestly, eat slowly, and lie about your age - Lucille Ball.*

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:** With the return of autumn, we're "back" in the hall for our monthly lunches. We always hope to have outdoor lunches with bocce and horseshoes in July and August but Calgary's weather and wildfire smoke in the air kept us indoors both months.

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:** Our September 5 journey to the Yamnuska Wolfdog Sanctuary was a great success. If you haven't yet visited the Sanctuary, be sure to put it on your bucket list of must-see places. It's a short drive from



Calgary and very close to Cochrane for some shopping and a cone or two from MacKay's. Yamnuska is a non-profit Sanctuary dedicated to driving awareness and education surrounding wolfdog ownership. The staff provides educational programs, informational resources, and assists in homing wolfdogs that have been neglected, abandoned, or otherwise displaced. There are currently 55 permanent wolfdog residents.

We enjoyed a private session on a viewing platform inside one of the enclosures. The guide told us about



wolfdogs and answered our many questions while occasionally throwing food out to the wolfdogs living in that enclosure. It was interesting watching the wolfdogs and the keen attention they paid to the guide, waiting for the next food offering. We then had time to walk past the enclosures to view other wolfdogs and to take in a Wolfdog Wisdom Session. This included a guide inside an enclosure interacting with a wolfdog and answering more of our questions.

We're now looking forward to our sold-out November 28 trip to see Christmas On The Air at Rosebud Theatre.

We're starting to gather suggestions and to plan for our 2025 day trips. Will we try for better luck at the Lake Louise Ice Sculptures? 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.

## 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.

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

A graphic for the MPCA Community Pantry. It features a green and yellow color scheme. At the top, it says 'MPCA Community Pantry' with a leaf icon. Below that, it states the purpose: 'A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY.' and the location: 'LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW'. There are five instruction boxes: 'TAKE WHAT YOU NEED' (yellow), 'DONATE WHAT YOU CAN' (green), 'KEEP THE DOOR CLOSED' (yellow), 'SPREAD THE WORD' (green), and 'DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD' (green with a red X). Another box says 'DON'T MAKE A MESS' (yellow). At the bottom left is the Mount Pleasant logo. At the bottom right is an image of a shopping bag filled with groceries, including a can of 'Chicken Soup' and a box of 'SALTY SPAGHETTI'.

## GET NOTICED

### ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



SCAN ME

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

## Around the World in 71 Days

In our spirit of Armchair Travel, let's head to the United Kingdom to learn about Ellen MacArthur. Dame Ellen MacArthur sailed solo around the world in 2005, setting a new speed record at 71 days. Imagine carrying everything with you that you need and battling the elements on your own, including intense storms near Antarctica. She returned a changed person, realizing that we really do live in a world with finite resources, having increased respect for nature and with a better understanding of systems.

In 2010 she set up the Ellen MacArthur Foundation, which has become an internationally respected charitable organization driven to help our world transition from a linear to a circular economy. Here are excerpts taken directly from their website, since I can't phrase it better than this:

"We're a charity committed to creating a circular economy, which is designed to eliminate waste and pollution, circulate products and materials (at their highest value), and regenerate nature. It's an economic system that delivers better outcomes for people, and the environment.

Our pioneering work on plastics has achieved an unprecedented level of collaboration to eliminate plastic pollution, bringing together more than 1,000 public and private organisations, large and small, from across sectors and industries around the world, including many of the world's largest producers, users, and recyclers of plastic packaging, to work towards a common goal of creating a circular economy for plastics."

This organization creates evidence-based original research on the benefits of a circular economy, and how it can contribute to solving global challenges. They partner with many other organizations and groups to collaborate and help accelerate change. There is also a focus on education and awareness to help share the vision of circularity and make information accessible to many.

The foundation also works to drive change through planning and developing concrete actions. For example, consider the following three actions regarding plastics:

- Eliminate all problematic and unnecessary plastic items, for example through re-design.

- Innovate to ensure that the plastics needed are reusable, recyclable, or compostable.
- Circulate plastic items to keep them in the economy and out of the environment as waste.

Dame Ellen MacArthur is truly a role model, and her foundation is helping make great strides in the transition to circularity.

As a perfect example of the circular economy, please come check out our Re-Gift Exchange on November 30 at the Mount Pleasant Community Association. If you have items to bring/donate that someone else may like as gifts, please do bring them along! This is your chance to re-gift that item that you were given, that perhaps you feel guilty about giving away... Someone else may just pick it up and love it or know someone who would! It doesn't get much more circular than Christmas shopping in your community for re-gifting treasures! However, even if you don't think you have anything to give away (that's nice enough to re-gift), feel free to come browse! We'll also have crafts for kids, and a little café set up! We had really positive feedback about our event last year, so we're excited to bring it back again, hopefully even better.

If you'd like to find out more about our committee, check out our Facebook page "Green Initiatives" or contact us at [green@mpca.ca](mailto:green@mpca.ca). 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.

Have a great month,

*The MPCA Green Initiatives Committee*

### Recommended References:

1. [https://www.ted.com/talks/dame\\_ellen\\_macarthur\\_the\\_surprising\\_thing\\_i\\_learned\\_sailing\\_solo\\_around\\_the\\_world?subtitle=en](https://www.ted.com/talks/dame_ellen_macarthur_the_surprising_thing_i_learned_sailing_solo_around_the_world?subtitle=en)
2. [www.ellenmacarthurfoundation.org](http://www.ellenmacarthurfoundation.org)





# Re-Gift

## A HOLIDAY SWAP AND ECO-WRAP EXTRAVAGANZA



**Join us for the 2nd Annual Community  
Holiday Gift Swap!**

Re-gift your gently used items and also get your shopping done - sustainable style! While you are swapping, enjoy treats, music and learn how to eco-wrap your gifts at home.

### ACCEPTED ITEMS:

- BOOKS
- GAMES
- TOYS
- HOUSEHOLD DECOR
- KITCHEN GADGETS
- HOLIDAY DECORATIONS

**SATURDAY, NOVEMBER 30, 2024  
MPCA COMMUNITY UPPER HALL  
DROP OFF BEGINS: 10AM  
MAIN EVENT: 11AM-2PM**



**A Green Initiatives Event**

## Cats, Canines, & Critters of Calgary



Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



**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 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 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.



[www.BIKEBIKE.ca](http://www.BIKEBIKE.ca)  
FRIENDLY • FAMILY-OWNED  
403-457-2453  
430B - 40 AVENUE NE  
SALES AND SERVICES

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**MOUNT PLEASANT MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**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.

**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.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**FALCONER HANDYMAN SERVICES LTD:** New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

**SPC MATH TUTORING SERVICES:** Alberta certified professional teacher with 10 years high school math teaching experience available to provide targeted instruction on weekends and evenings, in-person or online. All courses and levels, including IB and AP. Rate \$75/hour. Please contact spc.mathtutor@gmail.com to arrange schedule and location.

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

## WINDOWS 1.0

*Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release.*

*When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!*



## Is Your Condo Management Office Located Near Your Condo?



**Lenyx Corp.** is a condo management firm with an office in Mount Pleasant, offering services to small condos like yours. For more information, or to request a proposal for your condo, contact us at: [Info@LenyxCorp.ca](mailto:Info@LenyxCorp.ca) or [www.LenyxCorp.ca](http://www.LenyxCorp.ca).

### Not just another condominium management company

Our promise to you:

- Your condo will be managed by an office located in **Mount Pleasant**
- Your property will be visited regularly as a part of our contract
- We are flexible and will adjust our approach to fit your condo needs
- We send clear monthly financial information
- We ensure that your property is well-maintained and safe; and
- We have 24/7 emergency response services.



**MEOW**  
Charity Thrift Shop

owned & operated by

**MEOW**  
Foundation

**Shop • Volunteer • Donate**

2 Calgary Locations

North: **110-336 41 Ave NE**

**NEW** South: **3711 61 Ave SE**

[meowcharitythriftshop.com](http://meowcharitythriftshop.com)

