

MARCH 2025

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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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# 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	Sharon Dean	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

## DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall Director	Murray Anderson	hall@mpca.ca
Assistant Hall Director	Vacant	
Engagement and Membership	Kathryn McIntosh	engagement@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	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	Vacant	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

- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nicastro Real Estate
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint
- Resolve Legal Group
- Cyndy D. Morin



## 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 \_\_\_\_\_  
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 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

Hello Neighbours,

There's so much to look forward to in Mount Pleasant this year! From community events to ongoing programs, there's something for everyone to enjoy.

Our Special Events Team is hard at work planning the second Annual Taste of Mount Pleasant Festival! Last year's event was a sold-out success, and we're thrilled to bring it back on Friday, April 11. Expect delicious bites from local vendors and a fantastic community atmosphere. Keep an eye on our website and social media pages for ticket details—you won't want to miss it!

Spring also brings opportunities to connect and refresh. Our Green Initiatives Committee is organizing the annual Community Cleanup (details to come), a chance to help keep our neighbourhood looking its best. The community gardens will also be opening for the season soon—make sure to check our website for plot reservations before they fill up!

Our community hall is always buzzing with activity, offering something for everyone:

- Crafternoons, where creativity flows and friends are made through arts and crafts.
- Fitness classes to get your heart pumping and keep you moving with your neighbours.
- Book Club, where lively conversations and new friendships bloom over great reads.
- Monday Afternoon Games - cards, board games, and lots of laughs with your community.
- Pleasant Times Monthly Seniors' Lunches, a chance to enjoy good food, great company, and connect with neighbours.
- Pleasant Times Day Trips, an exciting way to explore new places and make memories with friends.
- Friday Night Swing Dancing - get the weekend started with fun, friends, and great music.
- Playgroup, free with an MPCA Membership, a perfect way for parents and caregivers to connect while little ones play and make new friends.
- If you haven't taken advantage of members skating at the rink, now is the time before the season wraps up! And we're excited to welcome pickleball back this year—another great way to stay active and have fun.

If you're looking for a way to get more involved in the community, we are always looking for volunteers.

Whether you have an idea for an event, a new initiative, or just want to lend a hand, we'd love to hear from you! Reach out to [engagement@mpca.ca](mailto:engagement@mpca.ca) to learn more.

With so much happening, be sure to visit our website and follow us on social media to stay in the loop. We're looking forward to a great year ahead and hope to see you at our upcoming events!

*Mount Pleasant Community Association*



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# How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



## Crafternoon

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

Crafternoons are back and our crafters are happy! 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.

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.

**Wednesday, March 5, 1:30 to 3:30 pm, Papermaking Workshop with Emily Shanks:** Laid paper fabricated from a dilute suspension dates back from 8 BC in China. Today, fine art paper continues to be made using exactly the same techniques. In this class you will have the opportunity to learn the basics of papermaking and create six or more note-card size sheets.

**Wednesday, March 12, 1:30 to 3:30 pm, Big Bead Making:** Using air dry clay we will form cubes, spheres, and cylinder-shaped beads. The beads may be painted and strung with wood pieces and other found objects on rope or wire to create a linear sculpture. This class is brought to you by Connie Zerger and Doris Loewen.

**Wednesday, March 19, 1:30 to 3:30 pm, Book Making:** Doris Loewen introduces us to the process of basic book making and binding. We will incorporate pretty papers to fabricate small books, perfect for a poem or a shopping list.

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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.

### **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**

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**  
Wednesdays, 4:30 pm.

### **Wednesday Workout with Sinead | Upper Hall**

New Program!

Wednesdays, 6:45 to 7:45 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.

### **Book Club | Lower Hall | *The Dutch House* by Ann Patchett**

Tuesday, March 25, 7:00 to 9:00 pm.

### **Taste of Mount Pleasant Festival**

Friday, April 11.

Details will be posted on our website.

### **Book Club | Lower Hall | *Horse* by Geraldine Brooks**

Tuesday, April 22, 7:00 to 9:00 pm.



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& More**



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# 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

**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 [calgary.goplay.ca/](http://calgary.goplay.ca/). To register visit [homebasehub.ca/goplay/calgary](http://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.

### New Program! Wednesday Workout with Sinead [3rd Party] - Upper Hall

**Wednesdays | 6:45 to 7:45 pm**

Whether you're a fitness fanatic or just starting out, join us for a 50-minute Wednesday workout. A weekly dose of movement, connection, and good vibes. We will spend our time working through cardio and barre work, then finish off the evening with mat work and stretch. Email [sineadb@shaw.ca](mailto:sineadb@shaw.ca) for further questions and to reserve your spot.



## **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.



A colorful flyer for Mount Pleasant Playgroup. At the top left, a white circle contains the text 'AGES 0-5'. To the right is the Mount Pleasant logo, a circular emblem with a tree and the words 'MOUNT PLEASANT' and 'CALGARY'. The main title 'MOUNT PLEASANT PLAYGROUP' is in large, bold, blue and red letters. Below the title, text reads: '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'. There are two circular photos: one showing a group of children and another showing a child playing with blocks. A blue circle on the right says 'FALL REGISTRATION OPEN NOW!' next to a QR code. At the bottom, it lists 'MON, TUES, FRI, 9:15 TO 11:15 AM' and 'MPCA Lower Hall - 602 22 Ave NW, Calgary, AB'. It also says 'For more information, go to [mPCA.ca/playgroup](http://mPCA.ca/playgroup)' and 'Questions? Email [playgroup@mPCA.ca](mailto:playgroup@mPCA.ca)'.

## **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.





Chair Yoga is here! Chair yoga returned on Wednesday, January 8. It 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 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 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:** Our January to April exercise classes run from January 6 through April 30 inclusive. 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 in a workout during the day without leaving home.

If you would like 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 (but not the fourth Wednesday of the month) by 10:15 am or contact Linda (email [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or call 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 also returned on January 8, continuing through April 30 inclusive for the winter 2025 session. Classes are 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 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 depends on the number of people who sign up, usually about \$4 per class if you sign up for the session and \$6 per class drop in.



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## PLEASANT TIMES SOCIAL CLUB

*Talk to yourself. There are times you need expert advice.*

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:** The food committee volunteers are planning another delicious year of lunches and fun entertainment. Leroy's Catering supplied us with a delicious roast pork dinner in January. Technical difficulties prevented our movie being shown after lunch, but it gave more time for people to chat and laugh together. It was great to see some new attendees reconnecting with old friends at the lunch.

Our seniors' lunches are held on the fourth Wednesday of each month 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:** Joan and Linda are hard at work organizing our 2025 day trips. First up is Stage West for a hilarious farce, "Too Many Cooks" on March 19. This outing sold out quickly with people on the wait list in case someone has to cancel.

Many in the group have asked for an overnight trip to Waterton National Park and the Frank Slide Interpretative Centre. This is being planned for May 29 to 30. At least 30 people are needed for the tour to go ahead. We plan motor coach transportation, overnight accommodation in a standard room at the Bayshore Inn, buffet breakfast, entry to the Frank Slide Interpretative Centre, a 30-minute outdoor Frank Slide tour, a 1.25 hour interpretive cruise on Waterton Lake (weather dependent, doesn't land on the US side), and all tips. At time of writing, the estimate cost is \$230 per person for those sharing a hotel room and \$305 per person for single hotel occupancy. Check [mpca.ca](http://mpca.ca) for up-to-date information. If you would like to join us, please contact Linda ([pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403 289-8390) as soon as possible.

We're also working on trips to a Hutterite Colony, the Cremona Fall Market, an evening Stage West show and buffet, and Rosebud Theatre for its Christmas show.

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.





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Our March 25 book selection is *The Dutch House* by Ann Patchett. At the end of the Second World War, Cyril Conroy combines luck and a single canny investment to begin an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves.

The story is told by Cyril's son Danny, as he and his older sister, the brilliantly acerbic and self-assured Maeve, are exiled from the house where they grew up by their stepmother. The two wealthy siblings are thrown back into the poverty their parents had escaped from and find that all they have to count on is one another. It is this unshakeable bond between them that both saves their lives and thwarts their futures.

Set over the course of five decades, *The Dutch House* is a dark fairy tale about two smart people who cannot overcome their past. Despite every outward sign of success, Danny and Maeve are only truly comfortable when they're together. Throughout their lives they return to the well-worn story of what they've lost with humour and rage. But when at last they're forced to confront the people who left them behind, the relationship between an indulged brother and his ever-protective sister is finally tested.

The April book selection is *Horse* by Geraldine Brooks. 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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# Battery Recycling – Does it Matter?

After a year spent writing about sustainable projects around the world, the Green Initiatives Committee is going to keep it local this year and focus on Calgary. Each month, we will highlight a project or an initiative to shine a light on what Calgary is doing to protect the climate and advance towards a sustainable future. This month we're discussing batteries, which although not unique to Calgary, are an important topic for sustainability and safety reasons.

The City of Calgary has updated guidance regarding batteries – please do not put these (even little AAA or AA alkaline batteries) into your black or blue cart. According to the City website, battery fires are on the rise with over 50 incidents at our landfills and recycling facilities, just in the year 2024 alone!

Recycling batteries allows the reclaiming of the metals contained within the batteries, including rare metals, which of course then reduces overall demand for mining of these materials.

Recycle Your Batteries Canada has an informative website ([recycleyourbatteries.ca](http://recycleyourbatteries.ca)) that helps you find a free drop-off location nearby. Some examples near Mount Pleasant include the Home Depot on 16 Ave NW by 19 St NW, The Source at North Hill Mall, the Rona on Edmonton Trail NE, the London Drugs at Brentwood, and ListenUP! Canada at 2004 14 Street NW. Most locations take both single-use and rechargeable batteries, and limited locations even take e-mobility batteries also, such as those from e-bikes. Check the website for details. Operated by Call2Recycle, since its inception in 1997, it has diverted over 45 million kilograms of batteries from Canadian landfills.

Batteries can also be brought to one of the City's Eco Centres, but as they're located at the City landfills, this option is likely less convenient unless you also have other materials to bring as well.

For safety purposes, to prevent the battery from connecting and reacting with other items, the following batteries require terminal protection:

- Lithium
- Coin (button) cell
- Alkaline – 9 volt or higher
- Small sealed lead acid

### How to Protect the Terminals

**Option 1:** Cover the terminals using clear packing tape, duct tape or electrical tape, but make sure the brand name or chemistry label is still visible.

**Option 2:** Place each battery in a clear Ziploc-style bag. AA, AAA, C, and D batteries can be bagged in groups.



*Taping the terminals of a 9-Volt battery*

For more battery information but also anything else you might want to recycle or dispose of, the City of Calgary has a wonderful and comprehensive “What Goes Where” online tool ([calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere)) to help you know what items go in which bin or cart. For example, you can look up “parchment paper” and find out that it can go in your green compost bin.

We hope that you will enjoy staying with us as we tour Calgary this year and 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*

## Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



Calgary Confederation

**Len Webber, MP**

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### Buy Canadian, Shop Local

As we navigate through these challenging times, it's more important than ever to support our local economy and fellow Canadians. By choosing to buy Canadian-made products and shopping locally, we can make a significant impact on our community's prosperity and resilience.

When you buy local, you are not just purchasing a product; you are investing in your community. Local businesses are the backbone of our economy, providing jobs and supporting local families. Every dollar spent at a local business is reinvested into the community, helping to create a vibrant and sustainable local economy.

Buying Canadian also means supporting our national economy. Canadian businesses produce high-quality goods and services that meet rigorous standards. By choosing Canadian products, you are supporting our industries and helping to create jobs across the country. This not only strengthens our economy but also ensures that we are less dependent on foreign goods.

Moreover, buying local and Canadian products is an environmentally friendly choice. Local products often require less transportation, reducing carbon emissions and contributing to a healthier planet. By supporting local farmers and producers, we also promote sustainable agricultural practices that benefit our environment.

I encourage everyone to make a conscious effort to buy Canadian and support local businesses. Whether it's shopping at a local farmers' market, choosing Canadian-made products at the store, or dining at a locally owned restaurant, every small action counts.

The best way to shop Canadian is to look for the 'Made in Canada' or 'Product of Canada' label. You could also take the opportunity to ask the shop employees which products are produced in Canada or sourced locally.

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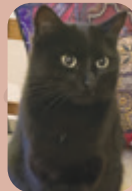
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The Winston offers a professional and enjoyable working environment, free golf privileges, and Golf Shop and meal discounts.

Contact [csteiner@thewinstongolfclub.com](mailto:csteiner@thewinstongolfclub.com) if you are interested in joining our team.  
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