

SEPTEMBER 2025

DELIVERED MONTHLY TO 4,450 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**JUMP INTO FALL AND
ART IN ACTION!**
SEPTEMBER 6



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Buying or Selling?
Let's talk.

NICK J.M. PROFETA | HEATHER PROFETA | ALBERT MAH | RYAN SCEVIOUR

 CIR REALTY

What's on at **AUArts**

Experience art, craft and design in your community with Alberta University of the Arts' public events, exhibitions, and Personal Interest art classes.

Illingworth Kerr Gallery: Faces and Places Exhibition Free Entry

Sept 19 – Nov 22 | Opening Reception: Sep 18, 5PM to 8PM

Public gallery hours: Tues, Wed, Fri: 11-6, Thurs: 11-7, Sat: 12-4

Discover the people, stories and moments that have shaped Calgary's creative identity. Spanning from the 1970s to today, this exhibition draws on local archives and personal histories to celebrate the city's vibrant artistic communities.

Fall Personal Interest Classes for Adults Register Online

Sept – Nov | One night a week for eight weeks

Explore your creative side with a hands-on art class in a beautiful AUArts campus studio. Classes are offered in a variety of disciplines and are open to all skill levels.

Alberta University of the Arts Open House Register Online

Oct 25, 9AM to 4PM

Prospective students and their families are invited to tour the campus and discover what's possible at AUArts. Explore our world-class art, craft and design facilities with guided studio tours, demonstrations and more!

Show + Sale Family Day Free Entry

Nov 15, 10AM to 4PM

Find one-of-a-kind items by emerging artists from AUArts at Calgary's only non-profit art market. Everyone is invited for a family-friendly day of shopping, art-making demos and music on campus.

**Alberta
University
of the
Arts**

Alberta University of the Arts, 1407 14 Ave NW, Calgary, AB
Learn more at AUArts.ca

Re-Elect

TERRY WONG

for Ward 7



terrywong.ca

**Tell Terry. Talk with Terry.
See the Results with Terry.**

Election Day: Oct. 20, 2025

ElectionsCalgary.ca/For-Voters.html

7 Real Solutions for Ward 7

- **Smart Growth, Not Blanket Rezoning**

Planning growth that fits the community—preserving character while welcoming thoughtful development.

- **Tax Dollars Delivering Results**

Focusing on core services and real outcomes—no waste, no delay—just real value for your money.

- **Safe Spaces, Secure Places**

Protecting our homes, streets, and parks with safety-focused planning and visible enforcement.

- **Free Residential Parking**

Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.

- **Clean and Vibrant Downtown**

Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.

- **Public Engagement, No Surprises**

Ensuring residents are heard before decisions are made—transparent, timely, and respectful.

- **Visit, Watch, Listen, and Learn**

Staying present in every community—open ears, open eyes, and open conversations.

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To have your pet featured, email news@mycalgary.com

MPCA Community Association

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

EXECUTIVES

President	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	Rosey Fattouche	playgroup@mpca.ca
Grants	Vacant	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
Casino	Vacant	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Memberships in Good Standing

- Alberta University of the Arts (AUArts)
- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint



MPCA Membership Form

Membership Year runs from date of purchase

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

Membership Type

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

Non-Resident \$25/year/family _____

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

Name

Address

Postal Code

E-Mail

Phone

Payment Attached:

I wish to subscribe to MPCA email list

Number in Family

Cheque

Yes

Adults

Cash

No

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

As summer winds down, we hope you had a chance to relax, recharge, and enjoy some well-deserved downtime. September is here, and with it comes the return of many MPCA programs and activities.

Our hall is once again buzzing with energy as MPCA Fitness, Monday Games, and Crafternoons resume their regular schedules. Third-party providers who paused over the summer are also returning, bringing even more options for our community. Visit mpca.ca/programs to see what the hall has in store this season.

The Sportsplex had a great summer of Pickleball, but the ice is back! Public Skating returns on September 3, and Pucks & Rings is back on September 8.

Over at the pool, we also had a fantastic season. Thank you to everyone who came out and made it such a fun and lively summer.

With the start of a new school year, the neighbourhood is coming back to life—and we're glad to be part of that rhythm. If you have little ones still at home, this is a great time to check out our Mount Pleasant Playgroup. Open to parents and caregivers, Playgroup is a welcoming, relaxed space to connect, play, and build community. Registration is free with an MPCA membership.

While the weather forced us to cancel our Annual Neighbour Day Celebration, our Special Events Team has been hard at work planning an exciting Jump into Fall Festival on Saturday, September 6 from 4:00 to 7:00 pm. We're also thrilled to share that Crafternoons will be presenting Art in Action!—a special showcase originally planned for Neighbour Day. Let's come together and celebrate all the things that make Mount Pleasant a great place to call home.

Looking ahead, our Annual General Meeting takes place in October. We are still looking for a dedicated individual to step into the Vice President role. This is a two-year term on the executive board, followed by a two-year term as President. We are also seeking a Hall Director for a two-year board position. If these roles aren't quite the right fit for you, we're also looking for a Grants Coordinator and a Casino Coordinator. Our committees—Communications, Special Events, Green Initiatives, and Community Watch—are always happy to welcome new members. If you've been looking for a way to get involved, reach out to engagement@mpca.ca this is a great time to jump in!

We're heading into a full and active September—we look forward to seeing you in and around the community.

MPCA Board of Directors

VOLUNTEER ROLE

MOUNT PLEASANT
COMMUNITY ASSOCIATION

GRANTS COORDINATOR

We're looking for a Grants Coordinator to join our team!

This vital role involves securing funding, managing grant applications, and supporting our community programs.

If you're detail-oriented and passionate about making an impact, we'd love to hear from you.

Email engagement@mpca.ca to express interest



INVITATION FOR EXPRESSION OF INTEREST

VICE PRESIDENT ROLE

The MPCA is extending an invitation for expressions of interest for role of Vice President.

The current term for the role ends in October, and the position will be up for election at the AGM (Annual General Meeting)

We would love to hear from you if you want to contribute your skills and knowledge to the Executive Board of Directors

Email vicepresident@mpca.ca to express interest or learn more



INVITATION FOR EXPRESSION OF INTEREST

ASSISTANT HALL DIRECTOR

We're looking for a passionate volunteer to serve as Assistant Hall Director for a year, learning directly from our Hall Director.

This role offers hands-on experience in daily operations, budgeting, and grant applications, with the opportunity to step into the role fully in 2025 for a two-year term. If you're eager to learn and grow into a key community role, we'd love to hear from you!

Email engagement@mpca.ca to express interest



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"Wrinkled was not one of the things I wanted to be when I grew up." - Anonymous

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

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

Monthly Lunches: Summer is here at last and with that comes our picnics and outdoor games such as bocce and horseshoes. You may remember that July was a little rainy and cool, so our annual pizza picnic was moved indoors. That didn't mean the pizza from 4th Street Pizza and the Caesar salad prepared by our many volunteers were any less delicious. Outdoor games were still available for the hearty. Many thanks for The City of Calgary for contributing toward the pizza cost. August will bring our "old fashioned" picnic, something far in the future at time of writing.

Our seniors' lunches are held on the fourth Wednesday of each month (except December when it's the second Wednesday) at 11:00 am, usually in the Upper Hall. Lunches are open to all MPCA members age 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 the 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 to be added to our lunch invitation list.

Day Trips: Our sold-out July 16 evening at Stage West for Legends of the 80s was a raucous success. We were treated to covers of some songs familiar to the older set (Billy Joel, Elton John, Tina Turner, etc.) and some of us were introduced to "new" music (Guns 'n Roses). We're already looking forward to next summer's evening musical show, Beehive.

Our next outing is an August 19 trip to Sundre to experience an Indigenous Medicine Walk and spend a bit of time exploring the town. The November 13 Rosebud Theatre trip to see *Miracle on 34th Street* is completely booked with a wait list.

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

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ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events at mpca.ca/programs, mpca.ca/news, and mpca.ca/specialevents.

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.

BFlowLatino | 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.

Indoor classes run from October to June.

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.

Wednesday Workout with Sinead | Upper Hall

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' Pickleball and Badminton | SportsPlex Rink

Select days, register online.

City of Calgary Community Farm Stand | Lil Green Urban Farms | Hall Lot

Thursdays, 2:00 to 6:00 pm.

Book Club | Lower Hall | *The Women by Kristin Hannan*

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

Book Club | Lower Hall | TBD

Tuesday, October 28, 7:00 to 9:00 pm

AGM | Upper Hall

October. Date and time to be announced.





Heather Hall
Wards 6 & 7 CANDIDATE
Public School Trustee
www.heather-hall.com



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 for more information.

Sportball [3rd Party] - Upper Hall

Sports Instruction for Kids

Sunday Afternoons

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

www.sportball.ca

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

Students from St. Joseph's School | Ages 5 to 12 years

Monday through Friday After School

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

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 or text 403-809-9363. Gabrielle Börger, level 4 certified Essentrics® instructor. Walk-ins welcome!

BFlowLatino [3rd Party] - Upper Hall

Mondays | 6:30 to 7:30 pm

For more information and to register, email BFlowLatino@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 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 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 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 or call 403-620-4990.

www.trishhardyyoga.com.

Flow Martial Arts [3rd Party] - Upper Hall

Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

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 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, 403-401-8257, or visit www.calgaryrakushinkan.com.

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

Friday Evenings

For more information, please go to 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 or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.



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MPCA SPECIAL EVENTS PRESENTS

Jump into Fall FESTIVAL

featuring
Crafternoons
 Art in Action

SATURDAY SEPTEMBER 6
4:00 PM - 7:00 PM
 MOUNT PLEASANT COMMUNITY HALL
WWW.MPCA.CA

Crafternoons



Arts and Crafts Sessions (Ages 14 and Up)

Crafternoon classes are back to nourish your creative abilities and to 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 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 September classes opened in early August. To learn what classes are upcoming as early as possible, check the Events tab at 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, September 10, and Wednesday, October 8, 1:30 to 3:30 pm, Ceramic Fish with Connie Zenger: During the first class, we will use clay to create a self-supporting dimensional fish. Your fish may be whimsical, comical, or a realistic depiction of the piscine species. The fish will dry and be bisque fired, then we will paint and adorn them during the second class. We will use a variety of acrylic based paints along with glittery, shimmery, pearlescent, and shiny topcoats. This is a two-part class. Please commit to attending both classes, so the materials provided are not wasted.

Wednesday, September 17, 1:30 to 3:30 pm, Card Making with Anna Turner and Liz Miller: Liz and Anna will share tips and tricks of the addictive hobby of card making. With their guidance we'll discover making cards using die-cut shapes, stamps, inks, and accessories.

Monday Afternoon Games

Monday Afternoon Games return this September. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, on select Monday afternoons in the Upper Hall, 602 22 Ave NW. A variety of games are offered depending on what interests the attendees: there's Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette (yvette.v53@hotmail.com or 403-803-7697) to be advised when games afternoons are happening.



MPCA

Community Pantry

A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY.
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✓ TAKE WHAT YOU NEED

✗ DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD

DONATE WHAT YOU CAN

DON'T MAKE A MESS

KEEP THE DOOR CLOSED

SPREAD THE WORD

CONTACT GREEN@MPCA.CA
TO REPORT ANY CONCERNS



Our fitness classes start up again on September 8, you're welcome to join any or all of our classes for the session. Classes run from September 8 through December 12 inclusive in the Upper Hall, 602 22 Ave NW.

Chair Yoga: Wednesday morning 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. She 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, no special shoes required.

Classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month). Classes are drop-in only and cost \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

Exercise Class for All Fitness Levels: People of all ages are welcome in the MPCA exercise class, whether you want a low, moderate, or high intensity workout. 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, two, or three classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the session or \$12 per class drop-in. If you would like to try a free class to see if this class meets your needs, contact Linda (pleasanttmes@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. Zoom 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'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.

Tai-Chi: Tai-Chi classes happen in the Upper Hall on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes focus on beginners while Wednesday classes are for returning students. Everyone, regardless of age and experience, is welcome both days but additional attention is not offered to new students on Wednesdays.

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 enrolled but is usually around \$3.50 per class if you sign up for the session or \$6 per class drop-in.



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Mount Pleasant 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 ages 0 to 5 a fun, unstructured play environment while allowing caregivers a well-deserved opportunity to relax and socialize with friends and neighbours.

The Mount Pleasant Playgroup was started in the fall of 1981—we are 44 years old! Playgroup is invaluable if you want an opportunity to meet people and to connect with neighbours who have kids the same age as yours. We are so fortunate to be part of such a vibrant community!

Playgroup isn't just for moms—dads, grandparents, nannies, and all caregivers are 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 Treasurer.

Hope to meet you and your little ones soon!

Your Playgroup Chair,

Rosey Fattouche

playgroup@mpca.ca



MOUNT PLEASANT PLAYGROUP
For kids age 0 to 5 and their caregivers

COME AND JOIN US!

TUESDAYS AND FRIDAYS
9:15 TO 11:15 AM
LOWER HALL OF THE MPCA
602 22 AVE NW, CALGARY, AB
FREE WITH MPCA MEMBERSHIP
(VOLUNTEER ROLE REQUIRED)
QUESTIONS? EMAIL
PLAYGROUP@MPCA.CA OR GO TO
WWW.MPCA.CA/PLAYGROUP

The flyer also features a QR code, a photo of a child playing, and a photo of a group of children.



Our September 23 book will be *The Women* by Kristin Hannan. Women can be heroes. When twenty-year-old nursing student Frances “Frankie” McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets and becomes one of the lucky, the brave, the broken, and the lost. But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

The October 28 book hasn't been selected yet. Is there one you'd like to enjoy chatting about with the group? If you'd like more information about the book club or if there's a book you'd like to discuss, please let Barbara know at bookclub@mpca.ca. 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. Come and join in a lively discussion about a great book.



Lower Your Food Waste This Fall

Getting back into rhythm after the summer can be overwhelming, but it's also a chance to re-focus on routines that help your wallet and the planet. One of the best examples is reducing your household food waste.



There are several ways to tackle food waste as a household: meal planning and shopping accordingly, freezing leftovers in small portions, and keeping the oldest food at the front of the fridge or cupboards can help. But many businesses are also looking to reduce costs and waste, creating more savings for you while supporting local.

Too Good to Go is a popular smartphone app where shops and restaurants list "surprise bags" of unused items, often for only 25 to 50% of their original cost. Since launching in Canada in 2021, the company estimates having saved at least 8 million meals from being wasted.

Right here in Mount Pleasant, MPCA business members Love Sugar and Dough shared that—according to the Too Good to Go app—they diverted 844 meals and a corresponding 2.28 metric tonnes of CO2 equivalent emissions over the course of a year. Owner Vibhor Shahi said, "We decided to join the platform as part of our commitment to sustainability and reducing surplus waste in our bakery." Shahi also said being on the app has brought in new customers who hadn't heard of them before, "so it's been beneficial in more ways than one."

According to a report from CBC's *What on Earth* feature, "A third of all food produced is never eaten, and that food waste is behind up to ten percent of greenhouse gas emissions that cause climate change." Not surprisingly, wasting food also wastes money. Planning ahead, using what you have, and looking for deals on apps like Too Good to Go can help your household and our community reduce food waste, and build a more sustainable future.

Other apps like Flashfood or Food Hero help you find discounts at major grocery chains. Peko Produce

(owned by FreshPrep) is a small Canadian company that delivers assorted surplus produce bags right to your door.

If you're not much for apps, look for discounts on store shelves. Make sure you'll be able to use or freeze what you buy.

Food waste is a big problem, but the numbers show that actions by individuals and small businesses add up to a big difference.

If you have more ideas on reducing food waste, or if you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or to get added to our email list; you can also find us at mpca.ca/greeninitiatives.

Have a great month,

The MPCA Green Initiatives Committee



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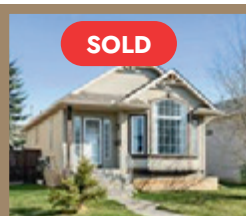
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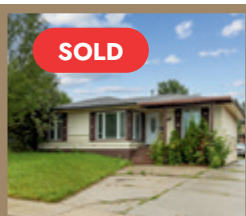
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