

AUGUST 2026

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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THE MORTGAGE GROUP

Streaming Killed the Video Star

Music Television, or MTV, first debuted on August 1, 1981. The first music video played was *Video Killed the Radio Star* by The Buggles, followed by Pat Benatar's *You Better Run* and Rod Stewart's *She Won't Dance with Me*.



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News, Events,
& More



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Statistics



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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>

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Casino	Elisa Woodard	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.

Cats, Canines, & Critters of Calgary



Bear, Cranston



Chico, Richmond



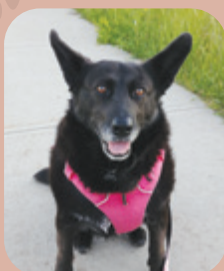
Dexter, Tuscany



Ferland, Cranston



Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral



Tui, Hillhurst Sunnyside

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



Our August 25 book will be *Meditations* by Marcus Aurelius, Roman Emperor from AD 161 to 180, translated by Gregory Hays.

It is a series of personal writings, recording his private notes to himself and ideas on Stoic philosophy as a source for his own guidance and self-improvement. Stoicism is a philosophical movement and practical guide to living, emphasizing daily self-discipline and moral improvement.

The ancient Stoics believed that the universe operated according to reason, providing a unified account of the world, constructed from ideals of rational discourse, monistic physics, and naturalistic ethics. These three ideals constitute virtue, which is necessary for the Stoic goal of 'living a well-reasoned life.'

The September 22 book will be *The Frozen River* by Ariel Lawhon. If you'd like more information about the book club or if there's a book you'd like to discuss, please contact Barbara at bookclub@mpca.ca. The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except in December) in the Lower Hall. Come and join in a lively discussion about a great book.

JOKE OF THE MONTH

I went to buy some camouflage pants, but I couldn't find any.

BOARD REPORT

We hope everyone is enjoying their summer and staying safe as we wind down from another busy Stampede season!

A huge thank you to everyone who came out for our second Annual Stampede Breakfast. We had a phenomenal turnout, and it was wonderful to come together with our neighbouring communities to celebrate. This year's event brought together residents from Tuxedo Park, Winston Heights, Mount View, Highland Park, and Cambrian Heights for a morning of great food, entertainment, and community spirit.

A special thank you goes to MPCA Business Member Our House for once again hosting this fantastic event. We would also like to thank our participating MPCA Business Members Love, Sugar, and Dough, Mount Pleasant Dental Care, and Kristen Johnson, Mortgage Broker, along with the many other vendors who helped make the morning such a success.

Summer programming continues to keep our facilities busy. The pool is bustling with swimming lessons and exciting new programs, while preparations are already underway for another busy season at the SportsPlex. It is hard to believe, but the ice is back in and ready for skaters to return.

Fall registration for the MPCA playgroup is now open. This free, unstructured, child-led playgroup welcomes parents and caregivers with children aged zero to five to join us from 9:15 to 11:15 am in the Lower Hall of the Mount Pleasant Community Centre. It's a relaxed space for little ones to explore and play while adults connect and share in the experiences of parenting. Everyone is welcome, not just Mount Pleasant residents!

Our committees have also been hard at work preparing for the return of many programs this September. Crafternoons will be back, along with several MPCA fitness programs coordinated by the Pleasant Times

Team. September will also see the return of some of our third-party hall programs that took a break over the summer months.

Meanwhile, our Special Events Committee is busy planning the Jump Into Fall Festival, scheduled for September 19. Be sure to keep an eye on our website and social media channels for event details as they become available.

As always, we continue to welcome interest from community members who would like to get involved with the Association. We are actively seeking community members interested in joining our Board of Directors, committees, and coordinator roles. Whether you have a few hours to contribute or are looking to take on a larger role, volunteering is a meaningful way to support our community and help shape its future.

The Communications Director and Hall Director positions will both be up for election at our Annual General Meeting this October. Anyone interested in learning more about joining the Board or getting involved in these roles is encouraged to reach out.

We are also looking to grow our Communications Team with volunteers to support *Pulse Newsletter* submissions, digital newsletters, and social media. Whether you are hoping to build skills, gain hands-on experience, or contribute creatively to community communications, there are opportunities to get involved. Contact communications@mpca.ca if interested.

We continue to seek a Grants Coordinator to help secure funding that supports community programs, amenities, and special projects. If helping bring community ideas to life interests you, please contact engagement@mpca.ca.

Thank you for being part of Mount Pleasant. We wish everyone a safe and enjoyable summer and look forward to seeing you around the community!

MPCA Board of Directors



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"I'm not aging, I'm just becoming a limited edition collector's item." - Anonymous

The Pleasant Times Social Club continues through August with monthly lunches and a sold out day trip to Stage West. Our activities are made 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 seniors 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 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, but if something piques your interest and you're available, please contact us for more information.

Monthly Lunches: Our June lunch was a delicious perogy, cabbage roll, and kubasa feast catered by Ukrainian Fine Foods. Many thanks to Tony and Ken for the recommendation and legwork to make this lunch happen. 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, conversation and games, or live entertainment. Many thanks to our volunteers, 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 pleasanttimes@mpca.ca to be added to our lunch invitation list.

Day Trips: Our next outing is to Stage West for an evening performance of *Beehive* (already sold out). We're also looking into Rosebud Theatre's Christmas play and a trip to the ice and snow sculptures in Lake Louise and Banff. 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.



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.

Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.

GREEN INITIATIVES COMMITTEE

Hello Mount Pleasant!

As we are well into the heat of summer, it brings to mind the importance of managing our water consumption and taking steps to encourage water conservation. In Calgary, residential water consumption in the dry summer months can go up as much as 50% when compared to the rest of the year, due mainly to the use of water for watering lawns, gardens, and plants throughout our yards. This increased use can put stress on our system in an already dry and drought-prone time.

In order to reduce the impact we have, here are some ways you can water more wisely this summer:

- Follow Calgary's new lawn and landscape watering schedule, which is a year-round schedule that sets regular days and times for outdoor watering across Calgary. Watering your lawn and landscaping with a sprinkler or irrigation system on your three assigned watering days per week helps spread water use evenly to manage peak day demand for water and reduces pressure on our water system during hot weather. Find your watering day here: <https://www.calgary.ca/water/drought/lawn-watering-schedule.html>.
- Watering in the morning (From 12:00 am to 10:00 am) or in the evening (7:00 to 11:00 pm) uses water more efficiently, as it reduces the amount lost to evaporation.
- Use a rain barrel as a free source of soft, warm water for your yard.
- Water low and slow—low targeting the plant roots and slow with a watering can, soaker hose or drip irrigation.
- Avoid overwatering. Soils in Calgary are generally clay-based, and retain more moisture. Always check your soil moisture before watering.
- Sun, shade, and wind affect how much water evaporates from the soil. Adding mulch to cover soil around plants, shrubs, and trees helps retain soil moisture.

By following these water-wise actions, you can keep your yard lush and green all summer long, while doing your part to conserve our local water supply.

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 if you have any questions.

Happy Summer!

The MPCA Green Initiatives Committee



Crafternoons

Arts and Crafts Sessions (Age 14 and Up)

Crafternoon classes return in September! Remember to check the Events page at <https://mpca.tidyhq.com/public/schedule/events> this month to learn what is planned for September!

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

✗ 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



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.

Tai Chi | All Ages | Upper Hall

Sessions run from September to June with a break in December.

Monday and select Wednesdays, 9:00 to 10:00 am.

Afternoon Games | Adults | Upper Hall

Sessions run select Mondays from September to June with a break in December.

Select Mondays, 1:15 pm.

BFlowLatino | Zumba Fitness | Upper Hall

Mondays, 6:30 to 7:30 pm.

Exercise Program | Adults | Upper Hall

Sessions run from September to June with a break in December.

Mondays and select Wednesdays in the Upper Hall and on Zoom.

Fridays, 9:30 to 10:15 am—Zoom session.

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 | Lower Hall | *Meditations* by Marcus Aurelius, translated by Gregory Hays

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

Book Club | Lower Hall | *The Frozen River* by Ariel Lawhon

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

Special Events | Jump Into Fall Festival | Community Hall Green Space

Saturday, September 19

Monthly Seniors' Lunches | Ages 60+ | Upper Hall

Fourth Wednesday of each month. RSVP required.

Pleasant Times Day Trip | Stage West | *Beehive*

August 5. Contact Linda at pleasanttimes@mpca.ca.

Chair Yoga | Upper Hall

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

No classes on the fourth Wednesday of the month. Returning in September.

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

Sessions run select Wednesdays from September to June with a break in December.

Select Wednesdays, 1:30 to 3:30 pm.

Rakushinkan Kids! | Calgary Aikido Kids Classes | Ages 7+

Wednesdays, 5:00 to 6:15 pm.

Calgary Rakushinkan | Upper Hall

Wednesdays, 6:15 to 7:45 pm. Sundays, 5:00 to 7:00 pm.

Community Farm Stand | Lil Green Urban Farm | Community Hall Parking Lot

Thursdays, 2:00 to 6:00 pm.

Yoga with Trish Hardy Yoga | Upper Hall

Thursdays, 7:15 to 8:15 pm.

Fly Right Swing Dance Lessons | Upper Hall

Friday evenings.

Member Pickleball | SportsPlex Rink

Select days, register online.



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, 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 [Third 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.

Rakushinkan Kids! [Third Party] - Upper Hall

Wednesdays | 5:00 to 6:15 pm

Ages 7+. Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit www.calgaryrakushinkan.com/rakushinkan-kids.

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 four certified Essentrics® instructor. Walk-ins welcome!

BFlowLatino [Third 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 select Wednesdays | 9:00 to 10:00 am

Open to all ages and experience levels. Enhance

balance, flexibility, memory, and concentration. Monday sessions are beginner friendly, and Wednesdays focus on returning students. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

Exercise Class [MPCA Fitness] - Upper Hall and Online Options

Mondays and select 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 or on Zoom Mondays and select Wednesdays and Zoom only on Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca for more information or to try a free class!

Yoga in Mount Pleasant with Trish Hardy Yoga [Third Party] - Upper Hall

Thursdays | 7:15 to 8:15 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 [Third 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 [Third Party] - Upper Hall

Wednesdays | 6:15 to 7:45 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 [Third 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 \$10 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.



A poster for Mount Pleasant Playgroup. At the top left, the text "MOUNT PLEASANT PLAYGROUP" is written in large, bold, blue letters. Below it, in smaller blue text, is "For kids age 0 to 5 and their caregivers". To the right of the text is a circular logo with a mountain and the words "MOUNT PLEASANT PLAYGROUP". Below the text is a yellow rectangular box with a torn-edge effect. Inside the box, the text "COME AND JOIN US!" is written in red. Below this, in black text, are the details: "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", and "WWW.MPCA.CA/PLAYGROUP". To the right of the yellow box is a vertical strip of images: a child playing with blocks, a child playing with a ball, a QR code, and a group of children. The background of the poster is decorated with colorful stars and hearts.



A banner with a brown, textured background. On the left, the text "THE FIRST EMPEROR" is written in large, bold, black letters. Below it, in smaller black text, is "The month of August is named for Augustus (Octavian) Caesar - the first Emperor of Rome and adopted son of Julius Caesar!". On the right side of the banner is a black and white illustration of a Roman figure, likely Augustus, standing and holding a staff. The background of the illustration shows a classical building with columns.

Monday Afternoon Games

Monday Afternoon Games returns in 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 except in July and August. 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.





Our fitness classes take a break until we're back moving in September. You can enjoy a free exercise and/or Tai-Chi try-out class at any point in a session. Don't delay. Start your fitness journey in September by popping over to the hall any Monday or Wednesday morning after classes resume.

Chair Yoga (returns in early September): 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.

These drop-in only classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month) 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 (returns in early September): People of all ages are welcome in the MPCA exercise class, 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, 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 remaining classes in the session or \$12 per class drop-in.

Classes are held from early September through late June with a break from mid-December until after the New Year. Monday and Wednesday morning classes are

held from 10:15 to 11:00 am (in the Upper Hall and on Zoom, Zoom only on the fourth Wednesday monthly) and Friday morning classes are 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.

If you would like to try a free class to see if this program meets your needs, contact Linda (pleasanttimes@mpca.ca). Just dig out some comfortable exercise clothes and shoes, dust off any weights and resistance bands at the back of your closet, and pop over to the hall for a fun and energetic time.

Tai-Chi (returns in early September): 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.

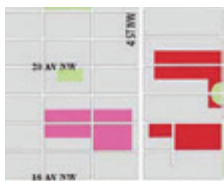
Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. If you would like to try a free class to see if this program meets your needs, come to the hall for a Monday morning class. Sign up for one or both classes each week or come on a drop-in basis. The cost depends on 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.

MOUNT PLEASANT HERITAGE

Have you seen the “Heritage Guideline Area” lawn signs in Crescent Heights, Rosedale and/or Elbow Park? Soon, you’ll see them in Mount Pleasant too! We’re raising awareness of our community’s heritage character and sharing information about how to preserve it.

What are Heritage Guideline Areas?

Heritage Guideline Areas are identified in our North Hill Communities Local Area Plan, indicating where there are concentrations of heritage assets, sometimes referred to as “character homes,” typically constructed before 1945.



In Mount Pleasant, we have several Heritage Guideline Areas, in neighbourhoods that were historically called West Mount Pleasant (pink) and Balmoral (red).

A plan for the West Mount Pleasant Subdivision (between 18 and 26 Avenue, 4 and 9 Street) was registered in 1906. By 1910, the year that Mount Pleasant was annexed by the city, there were only 9 households in this subdivision, with 51 households a year later. Until the mid-1940s, the neighbourhood was largely undeveloped with much open space and a semi-rural character. The neighbourhood experienced rapid growth after the Second World War.

A plan for Balmoral (on land just north of Crescent Heights) was registered in Oct. 1906. Both Crescent Heights and Balmoral were annexed by the City in Jan. 1911. Growth stalled throughout Calgary at the start of the First World War. With surges of city growth in the late 1920s and after World War II, Balmoral was fully developed by 1954.

What Are Heritage Guidelines?

Heritage Guidelines are intended to ensure that new development fits into the historic character of Heritage Guidelines Areas. They are part of the North Hill Communities Local Area Plan (Section 2.6: “Heritage”). They are meant to guide development and are enforced by the City as part of the Land Use Bylaw.

Developers: If you are developing a property in a Heritage Guideline Area, do review the *Heritage Guidelines Implementation Guide* (see link at end of article), and incorporate these guidelines into your design!

Residents: If you live in a Heritage Guideline Area, do review proposed development plans (available in DMAP), against the Implementation Guidelines, to ensure developers understand and help maintain our heritage character.

Mount Pleasant Heritage Guideline Area Lawn Signs

These lawn signs will help people learn how Heritage Guidelines impact redevelopment in our neighbourhood and help maintain the historic character of our community.

This design was developed by Crescent Heights. It has since been adopted by Rosedale and Elbow Park, and will soon be appearing in other heritage communities, including our Mount Pleasant!

We’d like to place one to two signs per Heritage-Guideline-Area block, in strategic locations (i.e. in front of heritage homes, in visible locations).



If you are interested in supporting this initiative and getting a lawn sign for your block, please contact us at MPCA-Heritage-Guideline-Area-Lawn-Signs@gmail.com.

Want to Learn More?

Download the Heritage Guidelines Implementation Guide: www.calgary.ca/content/dam/www/pda/pd/publishingimages/lap/north-hill/growth-strategies-heritage-guidelines-north-hill-LAP-implementation-guide.pdf.

See this article's content, with additional details: www.mcca.ca/heritage-guidelines.

Visit these Community Association websites: www.crescentheightssyc.ca/planning/, www.elbowpark.com/heritage-guidelines.



**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**Entry
\$2 Adults
Kids Free**



Vintage and Boutique items

**Get great deals on household goods,
clothing & shoes for all, fashion accessories,
vintage & boutique items, collectibles,
art, books, toys & much more**

Don't forget to bring your tote bag

Back by popular demand:

- Concession
- Parcel Pickup



**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**

Cash Only

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MOUNT PLEASANT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

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