

OCTOBER 2026

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



AGM
OCTOBER 20
7:00 TO 9:00 PM



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GREAT NEWS MEDIA

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Word of the Month



Deipnosophist: Noun (dighp-noss-uh-fist)

A person skilled in table talk.

"I host a monthly dinner for my friends; they are quite the deipnosophists".

OFFICIAL

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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>

EXECUTIVES

President	Darcy Lane	president@mpca.ca
Vice-President	Kaylee Maciejko	vicepresident@mpca.ca
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Treasurer	Leanne Palichuk	treasurer@mpca.ca

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Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

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Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
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Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Playgroup	Rosey Fattouche	playgroup@mpca.ca
Grants	Vacant	grants@mpca.ca
Soccer	Mark Schmidt Whitney Punchak	soccer@mpca.ca
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
- CPR Cell
- 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
- Phone Repair (North Calgary)



MPCA Membership Form

Membership Year runs from date of purchase

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

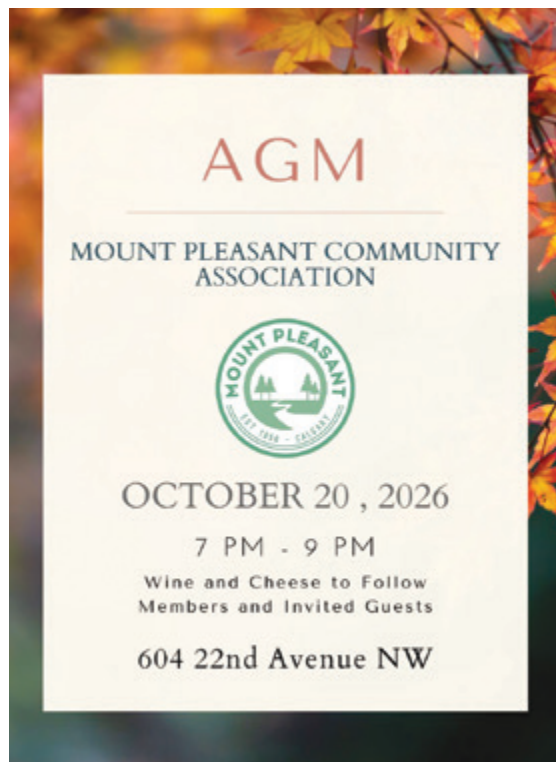
Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)

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 we head into fall, one of the most important dates on the MPCA calendar is our Annual General Meeting.



Join us on Tuesday, October 20, from 7:00 to 9:00 pm in the Upper Hall for the MPCA AGM, followed by a wine and cheese social. Open to members and invited guests.

The AGM is your opportunity to have a voice in your Community Association. It is a chance to hear about the work MPCA has been doing, learn what is ahead, ask questions, and help shape the future of our community.

We also have three important volunteer positions available:

- Hall Director
- Grant Coordinator

MPCA is powered by neighbours who are willing to share their time, skills, ideas, and perspectives. Whether you are interested in joining the Board, helping with a committee, or volunteering in another way, we would love to hear from you.

An active MPCA membership is required to hold a Board position and to vote at the AGM.

If you are interested in the Communications Director role, please reach out to communications@mpca.ca. For the Hall Director, Grant Coordinator, committee opportunities, or other ways to get involved, contact engagement@mpca.ca.

We hope to see you at the AGM. Your voice matters, and your involvement helps make Mount Pleasant the vibrant community we all value.

September was also a busy month for MPCA!

Our first Annual Clothing Swap was a wonderful success. Thank you to everyone who came out to support the Green Initiatives Committee and YYC Clothing Swap. A special thank you goes to the organizers and volunteers who helped make the event possible, as well as to everyone who donated clothing, participated in the swap, and embraced the spirit of reusing and keeping great items out of the landfill. We are grateful to have such an engaged and environmentally minded community.

The Special Events Committee also hosted another successful Jump into Fall Festival. Thank you to everyone who joined us for an afternoon of community fun, and to the organizers and volunteers whose time and energy made the event possible. Events like these take many hands, and we are grateful to everyone who helps bring our community together.

As always, thank you for being part of MPCA. We look forward to seeing you at the AGM and to continuing to build a connected, engaged, and welcoming Mount Pleasant together!

SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



INVITATION FOR EXPRESSION OF INTEREST

HALL DIRECTOR

We're looking for a passionate volunteer to serve as Hall Director

This role oversees the operation and upkeep of the Hall, supports the Hall Manager, prepares budgets, works with the Grants Director on applications, reports to the Board, and attends monthly Board meetings.

Email engagement@mpca.ca to express interest



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





Crafternoons



Arts and Crafts Sessions (Ages 14 and up)

Crafternoons are two-hour classes that are sponsored by MPCA and include all materials, the use of tools. They are led by experienced artisans while you complete your projects. Classes take place in MPCA Upper Hall on select Wednesday afternoons from September through June. All skill levels are welcome, no experience needed and are geared to ages 14 and up. Crafternoons provide a wonderful opportunity to gain insight into all different kinds of art and craft, while connecting with an amazing community of fellow makers. Classes have a non-refundable fee of \$10.00 per class.

Limited spaces are available at these popular sessions to allow the instructor to give sufficient attention to everyone. A current MPCA membership is required to register. To register, log in to your membership account at mpca.tidyhq.com/public/membership_levels and click on to the "events" tab. If you need assistance registering, or run into a full class and wish to be placed on the waitlist, please contact Aileen via email at crafternoonailen@gmail.com or call/text her at 403-862-1759. If you have registered for a class but can't attend, also please let Aileen know as soon as possible.

Registration for the following classes opened Tuesday, September 8, 2026, at 10:00 am.

Wednesday, October 7, 1:30 to 3:30 pm: Autumn Birch Tree Paintings (watercolour) with Doris

Come and paint "a beautiful stand of gleaming white birch trees, eager for sunshine". You will learn how to create a sunlight filled background, tree trunks, branches, and leaves, all in perspective. Doris can't wait to show you the tricks that will have you painting these delicate trees simply, quickly, and with success (no drawing). No watercolour painting experience necessary! Doris will walk you through each step.

**To Speak to the Trees* by Diana Beresford-Kroeger

Wednesday, October 21, 1:30 to 3:30 pm: Bath Bombs with Aileen and Anne

Cold weather is coming and you deserve the luxurious self-care of a steamy bath enhanced with a restorative, moisturizing and fizzy bath bomb. In this class we will combine all-natural ingredients along with essential oils and botanicals, then mould into puck shaped bath bombs. You'll go home with a set of four-or-more beautiful bombs along with the recipe and ingredient list. You'll be well equipped to make bath bombs for Christmas gifts and stocking stuffers!

Have questions or need assistance? Contact Aileen Lublinkhof, crafternoonailen@gmail.com or text/email 403-862-1759.

Hooting Season

Who's That Calling?

Did you know that autumn is a great time to hear owls? Known as hooting season, owls hoot more frequently to claim and defend territory and find mating partners. The cooler, quieter nights of fall also helps the sound of their hoots carry farther!



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 | *Love, Sex, and Frankenstein* by Caroline Lea

Tuesday, October 27, 7:00 to 9:00 pm.

Book Club | Lower Hall | *I Could Live Here Forever* by Hanna Halperin

Tuesday, November 24, 7:00 to 9:00 pm

Monthly Seniors' Lunches | Ages 60+ | Upper Hall

Fourth Wednesday of each month. RSVP required.

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 to 13

Wednesdays, 5:00 to 6:15 pm.

Calgary Rakushinkan | Teen (14+) and Adults | Upper Hall

Wednesdays, 6:15 to 7:45 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 Skate | Member Shcks, Pucks, and Ring

Select days, register online.

MPCA Annual General Meeting | Upper Hall | Membership Must Be in Good Standing to Vote

Tuesday, October 20, 7:00 to 9:00 pm.

Rosebud Theatre Pleasant Times Day Trip

Thursday, November 19

Green Initiatives Upper Hall 4th Annual RE-Gift: A Holiday Swap and Eco-Wrap Extravaganza!

Saturday, November 28, Time TBD

Special Events Upper Hall Children's Christmas Party

Saturday, December 5, Time TBD

Lake Louise Ice Sculptures Pleasant Times Dat Trip

February, Date and Time TBD



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

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.

BRAIN GAMES

SUDOKU

	4						7	
6		8	4		9			3
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SCAN THE QR CODE FOR THE SOLUTION



Calgary



Proposed Updates to Your Local Area Plan

City Council directed City Administration to update six of the approved local area plans (LAPs) to limit where rowhouses and townhouses can be developed

The proposed updates would apply the same location-based Limited Scale Policies in the Westbrook Communities and Heritage Communities LAPs to the rest of the approved LAPs.

What are the proposed changes?

The proposed updates would limit where rowhouses and townhouses are supported to parcels that have a rear lane and meet one of the following location criteria:

- within a transit station area,
- along or adjacent to an identified main street,
- on a corner parcel,
- or adjacent to a school, park or open space.



Scan here for more information and to join an information session!



26-0055013: CRV-46673



Our fitness classes are back! 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 by popping over to the hall any Monday or Wednesday morning.

Chair Yoga: Chair Yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Mount Pleasant resident Catharine will lead weekly chair yoga classes. 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 4 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: 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 4 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 at 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: 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 \$6.00 per class drop-in.

PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"As I've grown older, I've learned that pleasing everyone is impossible, but ticking everyone off is a piece of cake!"

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. 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.

Monthly Lunches: Our July and August lunches are indoor buffet "picnics" designed to give our volunteers a bit of a break in the summer heat. Lori Williams from Mount Royal College joined us at our August lunch to review the upcoming October 19 immigration and constitutional referendum questions. There was so much interest from our group we didn't stick to our maximum attendance. Instead, 94 people had the opportunity to understand what is known and what is still to be decided if the majority votes "yes" to these questions. We hope to receive copies of Lori's slides to share with the group.

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: 65 happy people joined our outing to Stage West for an evening performance of *Beehive*. Toes were tapping as we enjoyed songs from the 1960s onward. Our November 19 trip to Rosebud for *It's A Wonderful Life*, *A Live Rado Play* is already sold out. Next up is the ice and snow sculptures in Lake Louise and Banff in early February. We hope the weather co-operates: not too cold but not so warm the sculptures melt as they did in 2024 when we last went.

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.



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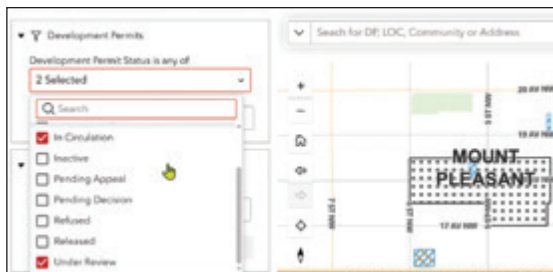
Support the local businesses that make our neighbourhood thrive, and make this publication possible.

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grow@greatnewsmedia.ca



SCAN ME

MOUNT PLEASANT HERITAGE



Did you know that you can have a voice about nearby discretionary development plans? It's easy to spot recent discretionary development permits, so you can provide feedback and follow the permit process. Everyone's voice matters—be sure to use yours!

Pinpointing Recent Development Permits

Open the City's Development Map (DMAP): developmentmap.calgary.ca/.

To see recent discretionary permit applications, filter on permit status being "In Circulation" or "Under Review."

Click on a development permit (shaded blue area) on the map, and then on the red "Learn more about this project" button, to view redacted project plans, and to share your comments. On request, you can also view unredacted plans (see below).

Tip: Use the Layers icon in the map's upper-right corner, to learn more about neighbourhood context, including which streets are in Heritage Guideline Areas!

Viewing Available Plans and Further Information

In addition to the partial drawings available through DMAP, you can also request a viewing of full permit drawings and other available documents, while an application is under review.

To request an online viewing, or an onsite viewing at City Hall (on a Surface Pro), email PropertyResearch@

calgary.ca for instructions on completing a Viewing Authorization Form, and for setting a viewing date.

Tips on Providing Feedback

You can share your comments in DMAP, or send them directly to the File Manager (whose name and email is shown in DMAP). Make your feedback personal. It's helpful to reference policy documents such as Land-use Bylaws, North Hill Communities Local Area Plan and NHC Heritage Guidelines Implementation Guide.

A development in a Heritage Guideline Area needs to consider additional contextual guidelines, that strongly encourage fitting in with the heritage character of the neighbours/street. So be sure to review and reference these guidelines (for more information see www.mPCA.ca/heritage-guidelines).

The City considers your comments in this process and will keep them confidential. However, if a decision is appealed, all information becomes part of the public record, and your comments will no longer be confidential.

The Application Review

In addition to your comments (and those of other neighbours), several other factors will be taken into account, including the Land Use Bylaw rules; applicable planning policies; circulation comments from external and internal referees (for example, the Community Association and City departments).

Finding an Application's Current Status

Check out the Development Permit Map at dmap.calgary.ca/ or call 403-268-5311.

Official Notification of Decision

If the Development Authority approves the application, the decision will be advertised on the Public Notice section at www.calgary.ca/publicnotices the following Thursday. This public notice is the only official notification. The File Manager is not required to contact anyone directly.

Appealing a Decision

You may appeal the decision within 21 days after the public notice advertisement (typically to the Subdivision and Development Appeal Board (SDAB)).

Parting Thought

We are fortunate to live in the beautiful community of Mount Pleasant. Let's encourage new developments to consider their immediate neighbours and our

GREEN INITIATIVES COMMITTEE

community in general, so Mount Pleasant remains a friendly, diverse, walkable, livable community.

**** Corrections to our August Article ****

Our apologies for two errors in our August article about the Heritage Guideline Area Lawn Signs, where both our email and website addresses were incorrect.

You can contact us at MPCAHeritage@gmail.com.

You can learn more about the Heritage Guidelines Lawn Sign initiative, and Mount Pleasant's Heritage, at www.mPCA.ca/heritage-guidelines.



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.



Community Orchard

Thanks to all our community volunteers and especially Darcy our fearless (and tireless) leader! Photo shows two of our eager young volunteers (Claire and Elin) who came out to help dig holes for planting the trees!



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.

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Our October 27 book will be *Love, Sex, and Frankenstein* by Caroline Lea. Villa Diodati, Lake Geneva, 1816: the dark summer that birthed a monster. Eighteen-year-old Mary Shelley has fled London with her lover, Percy Shelley, and her sister, Claire. Tormented by Shelley's betrayals, haunted by the loss of their baby, and suspicious of her sister's intentions, Mary seeks a refuge. But Lord Byron's villa, lying under ominous, ash-shrouded skies, feels more like a trap.

When Byron suggests each guest write a supernatural tale, Mary is as drawn to the challenge as she is, unexpectedly, to Byron himself. And so, an idea begins to form in her mind. It spills out of her in thick, black ink. A thing given life by her imagination. Day and night, it possesses her. Her heart, her desires. But is she in control, or is it? In this hauntingly evocative feminist retelling, Caroline Lea delves into the female rage, creative madness and steamy scandal that bore the world's most famous work of gothic fiction.

The November 24 book will be *I Could Live Here Forever* by Hanna Halperin. 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 December) in the Lower Hall. Come and join in a lively discussion about a great book.



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Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to
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