

SEPTEMBER 2026

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



CLOTHING SWAP
SEPTEMBER 12

JUMP INTO FALL
SEPTEMBER 19



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Our September 22 book will be *The Frozen River* by Ariel Lawhon, a gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history. Martha is brave and outspoken when it comes to protecting the innocent. Maine, 1789: When the Kennebec River freezes, entombing a man in the ice, Martha Ballard is summoned to examine the body and determine cause of death. As a midwife and healer, she is privy to much of what goes on behind closed doors in Hallowell. Her diary is a record of every birth and death, crime and debacle that unfolds in the close-knit community.

Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen, one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own. Over the course of one winter, as the trial nears, and whispers and prejudices mount, Martha doggedly pursues the truth. Her diary soon lands at the center of the scandal, implicating those she loves, and compelling Martha to decide where her own loyalties lie. Clever, layered, and subversive, Ariel Lawhon's newest offering introduces an unsung heroine who refused to accept anything less than justice at a time when women were considered best seen and not heard. *The Frozen River* is a thrilling, tense, and tender story about a remarkable woman who left an unparalleled legacy yet remains nearly forgotten to this day.

The October 27 book will be *Love, Sex, and Frankenstein* by Caroline Lea. 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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EXECUTIVES

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Casino	Elisa Woodard	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

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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 _____

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I wish to subscribe to MPCA email list _____

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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

September has arrived, and it's hard to believe summer is already behind us! We hope you had a chance to enjoy the sunshine, spend time with family and friends, and make the most of everything our community had to offer.

As we head into fall, the Mount Pleasant Community Association is looking forward to another season filled with activities, programs, and opportunities to connect with your neighbours.

We would also like to extend a heartfelt thank you to everyone who had a Community Garden plot this season. Your time, care, and dedication helped create a beautiful, shared space while growing fresh, local food, and fostering connections with fellow gardeners. Community gardens thrive because of the people who give their time and energy, and we are grateful for your contribution to making Mount Pleasant greener, more welcoming, and more connected.

We have two exciting community events this month!

On Saturday, September 12, our Green Initiatives Committee is hosting the first Annual Fall Clothing Swap. It's a great opportunity to refresh your wardrobe, reduce textile waste, and connect with neighbours while giving gently loved clothing a second life. Clothing drop-off takes place on Friday, September 11 from 4:00 to 6:00 pm, with the swap happening on Saturday, September 12 from 10:00 am to 1:00 pm in the Upper Hall. Please bring clean, gently used clothing that is free of stains and tears, so they are ready for someone else to enjoy. All brands, seasons, and sizes are welcome, and any remaining items will be donated to local charities.

Then, on Saturday, September 19, join us for our Jump into Fall Festival! Celebrate the changing season with an afternoon of family fun, community spirit, and plenty of opportunities to connect with friends and neighbours. We hope to see you there!

Many of our popular programs are also returning this month. MPCA Fitness classes are back, including Chair Yoga, Tai Chi, and exercise classes designed to help you stay active and connected.

Crafternoons return with two-hour arts and crafts workshops led by experienced local artisans. All materials and tools are provided, making it easy to learn something new while creating a handmade project. Sessions are held on select Wednesday afternoons in the Upper Hall from September through June for participants aged 14 and up.

Our Book Club continues year-round, and Monday Afternoon Games returns this month for those looking to enjoy good company over a friendly game.

Fall registration is now open for Playgroup, free for members! Parents and caregivers with children aged 0 to 5 are invited to join us in the Lower Hall from 9:15 to 11:15 am for unstructured, child led play. It's a welcoming space for little ones to explore and make new friends while adults connect with other parents and caregivers. Best of all, Playgroup is open to everyone. You do not need to live in Mount Pleasant to participate!

A big thank you to everyone who joined us for pickleball this summer. As the seasons change, so does the SportsPlex! The ice is back, and we invite members to register for our free Member Public Skate sessions and Sticks, Pucks, and Rings. Visit our website for schedules and registration details.

Our Annual General Meeting takes place this October, and we are looking for volunteers to help shape the future of our community association.

The Communications Director and Hall Director positions will both be up for election at the AGM. We are also looking to grow our volunteer teams with opportunities to support communications, including the *Pulse* newsletter, digital newsletters, and social media, as well as roles that support our facilities, programs, grants, and special projects.

Whether you are interested in a Board role, building new skills, gaining hands on experience, or contributing to your community in a meaningful way, we would love to hear from you.

For communications related opportunities, contact communications@mpca.ca. For Hall Director, Grants Coordinator, and all other volunteer opportunities, contact engagement@mpca.ca.

The Mount Pleasant Community Association is entirely volunteer run. Every event, program, committee, and initiative is made possible by neighbours who choose to give their time and talents back to the community. Whether you have a few hours each month or are interested in taking on a larger role, volunteering is a meaningful way to meet people, build new skills, and help make Mount Pleasant an even better place to live.

We look forward to seeing you at our events, programs, and around the community this fall!

Crafternoons



Arts and Crafts Sessions (Ages 14+)

Crafternoons are two-hour classes that are sponsored by MPCA and include all materials and tools. You complete your projects while being led by experienced artisans. Classes take place in the 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 arts and crafts, while connecting with an amazing community of fellow makers. Classes have a non-refundable fee of \$10 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 https://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, August 11, 2026, at 10:00 am.

Wednesday, September 16, 1:30 to 3:30 pm: Rock and Cedar Wrapping with Doris Loewen.

Join us for this meditative class where you will learn a basic technique for decorative wrapping of rocks and cedar with cotton thread/cord and wire. Embellishments may include moss, beads, buttons—there will be a variety of choices. Your end products will be palm-sized sculptures that will be uniquely yours. We can't wait to see you there!

Wednesday, September 30, 1:30 to 3:30 pm: Beaded Candle Holders/Succulent Hangers with Aileen Lublinkhof.

Bring your love of your favourite colours and string a pattern of beads into a hanger that is uniquely you. Does your personal style lead you to warm, cool or neutral tones? Do you love high or low contrast in colours? Everything goes in this class. You do you! The completed project can be used to hang a candle or display a small plant. The simple yet elegant project also provides ample opportunity to visit with fellow participants. It promises to be a fun class.

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



Volunteer with the Women's Centre of Calgary

Empower women and help her build a brighter future.

Volunteers are at the heart of everything we do. Make a meaningful difference in the lives of women in our community. You will help women access support, build connections, and find a welcoming community.

www.womenscentrecalgary.org/volunteer | volprog@womenscentrecalgary.org

PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day."

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 were indoor buffet "picnics" designed to give our volunteers a bit of a break in the summer heat. Our August lunch was a hit, with Lori Williams from Mount Royal College going through the pros and cons of the upcoming October 19 immigration and constitutional referendum questions. More about that in the October *Pulse*.

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: *Pulse* submissions are made a month in advance so at time of writing we're still looking forward to our August 5 outing to Stage West for an evening performance of *Beehive*. We'll be going to Rosebud Theatre's Christmas play on November 19 and are planning a trip to 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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The Sharing Economy—What's It All About?

The "Sharing Economy" provides opportunities to share items when appropriate, instead of needing to purchase them. This month we'd like to provide some positive examples of the Sharing Economy.

The Calgary Public Library is an excellent example of the Sharing Economy, with free access for all. Some people read a book only once and thus don't feel the need to own it, and it can be fun to browse in the library stacks. Even more locally, we are so fortunate to have so many wonderful Little Free Libraries in Mount Pleasant. These are the mini-bookshelves placed on posts near sidewalks for public access. Thank you to our generous neighbours who host these! This concept of "leave a book, take a book" is a great way to share a love of reading with others in the community.

I remember as a child, that my Dad kept the auger for our small town's horticultural society. I had no idea what an auger was or what it was used for, but I understood it was something for lending out. Random people would show up at our front door and I would help direct them out to the garage to borrow it. Items that you use infrequently are perfect for the Sharing Economy.

Another example is the Banff Library of Things (part of the Public Library in Banff). Especially with so many temporary or seasonal workers living in the area, this has become a popular lending program. Residents are able to borrow a variety of items that are rarely used, hard to store, or are expensive, such as tools, cooking appliances and hobby items.

One of the primary focus areas of the Green Initiatives Committee is to promote and expand sharing programs available to Mount Pleasant residents. We are excited to be hosting our first Fall Clothing Swap event planned for September 11 and 12. We've had clothing trades at other events before such as the Holiday Re-Gift Exchange, but this will be our first event devoted solely to clothing! What better way to shop locally than in your own community! Clothing drop-off will be on Friday evening, September 11, between 4:00 and 6:00 pm to give us time to get it organized.

Please only bring clean, gently-used items that are in good condition with no stains or rips.

You can then, come socialize and "shop" for new-to-you clothes on Saturday, September 12, from 10:00 am to 1:00 pm! This is a free event and everyone is welcome.

Any leftover items will be donated to local charities. Please consider bringing a non-perishable item for donation to our Community Pantry.

Another initiative we're working on is obtaining more trees for Mount Pleasant common spaces through a Community Orchard pilot program. It's possible these trees may already be planted by the time you read this, if the stars align! With another hot summer, increasing the tree canopy will bring welcome shade (as they get bigger!) and help keep our community a bit cooler overall. Please be careful not to damage them; it's disappointing to see that some of the new young trees in Confederation Park had their limbs broken off.

If you would like to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee or help us out with a project. Please email green@mpca.ca for more information or to get added to our email list; you can also find us on the Mount Pleasant Community Association page as well.

Have a great month,

The MPCA Green Initiatives Committee



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 | *The Frozen River* by Ariel Lawhon

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

Book Club | Lower Hall | *Love, Sex, and Frankenstein* | by Caroline Lea

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

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

Saturday, September 19, 4:00 to 7:00 pm.

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 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.

Green Initiatives Upper Hall Fall Clothing Swap

Saturday, September 12, 10:00 am to 1:00 pm.

(Drop off items Friday, between 4:00 and 6:00 pm)

MPCA Annual General Meeting

Tuesday, October 20, 7:00 to 9:00 pm. Membership must be in good standing to vote.

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.

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.



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Joke of the Month

Why are writers always
so cold?

They are always
surrounded by drafts.





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 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: 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: 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

Featuring Two Historic Resources

by Joan Thomson, with Corine Jansonius and Anette Madsen

Mount Pleasant is fortunate to have been both the childhood home of architect Joseph English and the location of one of his artistic creations.

535 18 Ave. NW



This house was built in 1912. Its earliest occupant was William D. Buff. Over the next decade it often served as a boarding house and was bought and sold four times due to economic fluctuations.

In 1923 it was purchased by Joseph and Mary English, teachers who raised seven children in the home. One

of them was Joseph English (1923-2010) who had an illustrious career as a Lancaster bomber pilot in World War II. He dropped food supplies in enemy-held Holland where citizens were starving, serving 30 missions before turning 21 with no damage to his plane. He was honoured by the Dutch after the war ended. Later he became an architect and designed the Scandinavian Centre, and over 30 other buildings including hospitals, churches, and schools in Alberta. Joe even bought and flew an airplane so that he could keep an eye on his projects, according to his 2010 obituary.

The current owners bought the house in 1982. Restorations over the next few years included lifting the foundation and installing steel tele posts, upgrading the electrical and plumbing, adding insulation for the first time, etc. In 2000 a garage was added and gardens were planted in the front and back yards.

For more information on Joseph English:

<https://www.legacy.com/us/obituaries/legacyremembers/joseph-english-obituary?id=45243729>.

<https://www.jkenglish-architecture-project.com/jk-english-biography>.

<https://www.jkenglish-architecture-project.com/video-articles>.

The Scandinavian Centre, 739 20 Ave NW



The St. Joseph Parish Centre (later The Scandinavian Centre) was designed by Joseph K. English in 1960. It is a four-sided structure with a cantilevered roof. English enjoyed math and a design specialty of his was a hyperbolic paraboloid roof which juttied out without any visible external support system, according to his obituary.

In July 1974 the Scandinavian Centre was opened by the Scandinavian Centre Co-operative Limited of Calgary. Its website describes it as a "Cultural Community Hall." Rentals are available to the public for Wedding Receptions and Private Events. "Communities of Scandinavian/Nordic groups from Finland, Iceland, Norway, and Sweden meet and provide their cultural activities and events." The Scandinavian Centre also hosts public events including the Annual Scandinavian Choir Concerts and a Scandinavian Christmas Bazaar.

For more information on the Scandinavian Centre:

<https://www.calgary.ca/arts-culture/heritage-sites/scripts/historic-sites.html?dhcResourceId=647>.

<https://scancentre.ca/>.



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MP Calgary Confederation

Corey Hogan, MP

207-1717 10th St NW

Calgary, AB T2M 4S2

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 corey.hogan@parl.gc.ca

This summer has been marked by Calgary receiving federal dollars for two exciting projects: the Olympic Oval at the University of Calgary and Contemporary Calgary. I was proud to take part in both announcements, which demonstrate the federal infrastructure investments being made in Alberta.

One of the ways we strengthen communities is by investing in sport. Creating more opportunities for Calgarians to play, train, and proudly wear the maple leaf on the world stage brings us together and inspires all generations.

To that end, I was proud to have advocated for federal funding to come to the University of Calgary's Olympic Oval, which received up to \$26 million through the Build Communities Strong Fund. This investment will support the rehabilitation and modernization of the Oval—a legendary facility that hosted the 1988 Olympic Winter Games and remains home to the fastest ice in the world. It has nurtured generations of Olympic medallists and world-record holders, and this funding secures its long-term operation and accessibility for years to come. More than an elite training centre, the Oval is a community hub that keeps Calgary's reputation as a world-class sporting city strong.

Contemporary Calgary received up to \$40 million through the Build Communities Strong Fund. This investment will transform our historic Centennial Planetarium—home to Contemporary Calgary—into one of Canada's leading destinations for contemporary art, education, and community gathering. Expanding public access to the arts, creating a new gallery, education spaces, and revitalizing Calgary's Downtown West End, all while preserving one of our city's most recognizable landmarks through adaptive reuse.

Projects such as these enhance connectivity in our community and drive economic growth. Infrastructure is the foundation of healthy and prosperous communities, and of a strong Canada.

From our ice to our galleries, these investments will Build Calgary Strong.

I am honoured to be your MP,

Corey Hogan

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