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MTC McKenzie Towne Council

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McKenzie Towne
COMMUNITY ASSOCIATION

McKenzie Towne Community Association (MTCA)

Executive Committee		
President	Sally Samuel	president@mymtca.ca
Vice-President	Mike Pasma	vicepresident@mymtca.ca
Secretary	Renee Barrett	secretary@mymtca.ca
Treasurer	Pam Schneider	treasurer@mymtca.ca
Director at Large	Patrick Giroux	patrick.giroux@mymtca.ca
Director at Large	Satyam Bansal	satyam.bansal @mymtca.ca

Check out our website at www.mymtca.ca or on socials at www.facebook.com/mckenzietowneca or www.instagram.com/mckenzietowneca.

You can also email us at feedback@mymtca.ca.

The McKenzie Towne Community Association meets on the first Wednesday of each month at the McKenzie Towne Hall (40 McKenzie Towne Blvd SE). Feel free to drop in or shoot us an email if you'd like to get involved!

Please Note: We are the MTCA, not the MTC. The McKenzie Towne Council (MTC) is our community's Homeowners' Association that oversees HOA fees and maintains amenities and features across McKenzie Towne.

9 PM ROUTINE

CALGARY POLICE SERVICE

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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McKenzie Towne Community Association is Looking for Board Members

McKenzie Towne Community members—your Community Association is looking for Board members. If you are passionate about local, municipal, provincial, and federal policy discussions and issues, this is the Board for you. The Community Association is a volunteer-run, non-profit organization that represents the interests and concerns of a community.

What Does a Community Association Do?

- Create opportunities for residents to participate in social events, recreational programs, and educational activities in their communities.
- Promote the protection of their community's natural resources and beauty.
- Foster a sense of community and civic pride, and promote inclusiveness, diversity, and respect for all their residents.
- Inform community residents with a website and newsletter.
- Voices community concerns on issues affecting their community.
- Provides an association that brings residents together to work collaboratively to create a strong, vibrant, and resilient community.

Community Association VS. Residents or Homeowners Association

This table shows the key differences between the Community Association (MTCA) and the McKenzie Towne Council (MTC):

McKenzie Towne Community Association	McKenzie Towne Council
Formed by the residents of an area.	Created by the developer.
Run by a volunteer board of directors.	Run by paid staff; oversight by volunteer board of directors.
Access to public land for public amenities.	Built on private land by developer.
Host broad community and accessible events.	Primarily host events paid for by the membership.
Voluntary annual memberships available.	Collect mandatory annual fees.
Reliant on grants, rentals of community facilities (if applicable), programs, sponsorships, and casinos for funding.	Guaranteed source of revenue through encumbered fees. RAs/HOAs can generate facility rental income. Some developers provide financial support.
CA amenities are built through fundraising on public land and are operated by the CA.	HOA/RA amenities are in place when residents buy so can be enjoyed immediately.
Registered as a Not for Profit under the Societies Act.	Registered as a Not for Profit under the Companies Act.
Accountable to their membership.	Accountable to their Board of Directors, who in turn answer to the membership of homeowners.
Representative role to the City of Calgary of the needs and issues in their community and often regionally.	Private organizations with primary focus on the management and high-level maintenance of their assets.

If you are interested in joining us, please reach out to president@mymtca.ca.

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Nancey Yip
Treasurer
Reelika McNeil-McIntyre
Directors
Darvin Zuch, Chris Fader, Sheri Barclay, Jeff Josey Tania Cortes-Diaz, Christopher LaPointe, Jodi Morton-Parcey, JP Fouillard
mtcouncil.com/board-of-directors


MTC
McKenzie Towne Council
Holiday Closures
CHRISTMAS EVE:
ADMIN HOURS 8-12PM
CHRISTMAS DAY - CLOSED
DECEMBER 28:
OPEN FOR FAMILY SPORTS
NEW YEARS EVE:
ADMIN HOURS 8-12PM
NEW YEARS DAY:
OPEN FOR FAMILY SPORTS
We apologize for any inconvenience
Happy Holidays from MTC


McKenzie Towne
MTC
McKenzie Towne Council
LOCAL BUSINESS OWNERS
McKenzie Towne Council and McKenzie Towne Community Association are partnering to build a Local Business Directory for home-based or retail businesses, small or large
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December 2026 Drop-In Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pickleball 18+ 12:30-3:00PM Youth Volleyball (12-17 yrs) 6:30-8:30PM	2 Playgroup 9:30-11:00AM Pickleball 18+ 12:45-3:00 PM	3 Walking Group 9:00-10:30AM Pickleball 18+ 12:30-3:00 PM	4 Pickleball 8:30-10:00AM Basketball 18+ 5:15-8:15PM	5 Pickleball 18+ 9:00-11:00AM Badminton 18+ 12:30-2:30PM Volleyball Family 2:45-4:45PM Floor Hockey Family 5:00-6:30PM Floor Hockey 18+ 6:45-8:45PM
6 Pickleball 18+ 8:45-11:30AM Basketball Family 11:45AM-2:45PM	7 Walking Group 9:00-10:30AM Pickleball 18+ 12:30-3:00 PM Badminton Family 5:00-7:15PM Badminton 18+ 7:15-9:30PM	8 Pickleball 18+ 12:30-3:00PM Youth Basketball (12-17 yrs) 6:30-8:30PM	9 Playgroup 9:30-11:00AM Pickleball 18+ 12:45-3:00 PM	10 NO DROP-IN	11 NO DROP-IN	12 NO DROP-IN
13 Pickleball 18+ 8:45-11:30AM Basketball Family 11:45AM-2:45PM	14 Walking Group 9:00-10:30AM Pickleball 18+ 12:30-3:00 PM Badminton Family 5:00-7:15PM Badminton 18+ 7:15-9:30PM	15 Pickleball 18+ 12:30-3:00PM Youth Baminton (12-17 yrs) 6:30-8:30PM	16 Playgroup 9:30-11:00AM Pickleball 18+ 12:45-3:00 PM	17 Walking Group 9:00-10:30AM Pickleball 18+ 12:30-3:00 PM	18 Pickleball 8:30-10:00AM Basketball 18+ 5:15-8:15PM	19 Pickleball 18+ 9:00-11:00AM Badminton 18+ 12:30-2:30PM Volleyball Family 2:45-4:45PM Floor Hockey Family 5:00-6:30PM Floor Hockey 18+ 6:45-8:45PM
20 Pickleball 18+ 8:45-11:30AM Basketball Family 11:45AM-2:45PM	21 Walking Group 9:00-10:30AM Pickleball 18+ 12:30-3:00 PM Badminton Family 5:00-7:15PM Badminton 18+ 7:15-9:30PM	22 Pickleball 18+ 12:30-3:00PM Youth Volleyball (12-17 yrs) 6:30-8:30PM	23 Playgroup 9:30-11:00AM Pickleball 18+ 12:45-3:00 PM	24 Christmas Eve Sorry we're CLOSED	25 Christmas Day Sorry we're CLOSED	26 Boxing Day Sorry we're CLOSED
27 Pickleball 18+ 8:45-11:30AM Basketball Family 11:45AM-2:45PM	28 BOXING DAY Badminton Family 10:00AM-12:00PM Volleyball Family 12:30PM-2:30PM Basketball Family 3:00PM-5:00PM	29 Pickleball 18+ 12:30-3:00PM Youth Basketball (12-17 yrs) 6:30-8:30PM	30 Playgroup 9:30-11:00AM Pickleball 18+ 12:45-3:00 PM	31 New Years Eve Sorry we're CLOSED		



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McKenzie Towne Council

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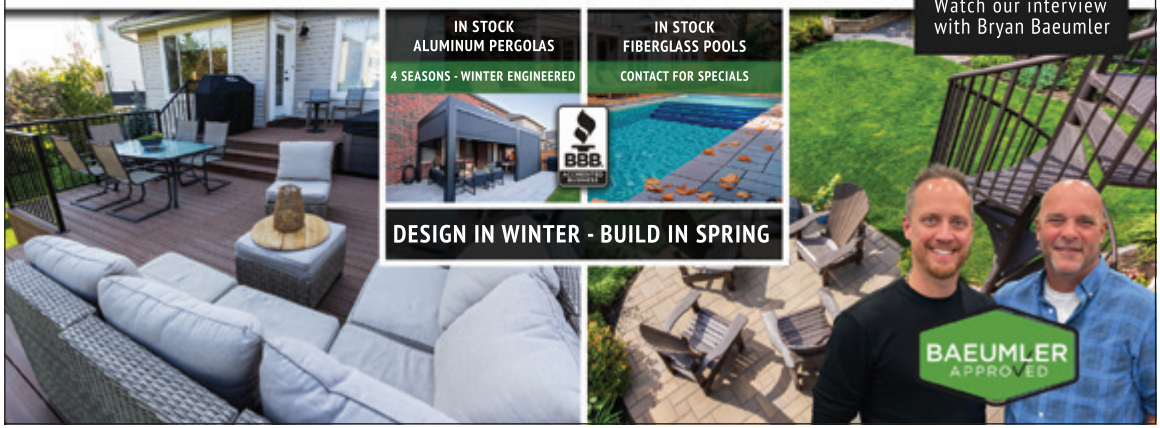

Why Do the Holidays Bring Up So Much Emotion?

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

Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

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