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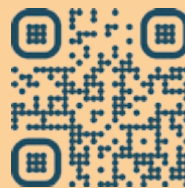
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MLCA SOURCE ROLES AND CONTACT LIST

Executives

President	Tony Norman president@mardaloop.com
Vice President	Tom Rosettis vp@mardaloop.com
Past President	Vacant
Treasurer	Lisa Batteke treasurer@mardaloop.com
Secretary	Lauren Peebles secretary@mardaloop.com

Directors

Events	Aranka Rosettis events@mardaloop.com
Indulge	Minx Rai indulge@mardaloop.com
Marketing	Vacant
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Sponsorship	Jeremy D'Mello sponsorship@mardaloop.com
Sports and Recreation	Rob Baillargeon sportsrec@mardaloop.com
Sustainability	Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Andrew Lambert atlarge1@mardaloop.com
Director at Large 2	Hugo Batteke atlarge2@mardaloop.com

Other Important People

The Source (Newsletter Editor)	Kevin Forbes gm@mardaloop.com
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Staff

General Manager	Kevin Forbes gm@mardaloop.com
Accountant	Karen Murphy accounting@mardaloop.com
Hall Services and Rentals	hallrentals@mardaloop.com

Monthly MLCA Board Meeting

If you would like to address the Board, or simply attend one of these meetings, please contact president@mardaloop.com.



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MLCA Member Discount Program

The purpose of the MLCA Member Discount Program is to increase MLCA memberships and to provide greater value to our existing members by partnering with our local business community, who will offer our members a special discount or benefit when they shop at the local business establishment.

- 360 Brain Body
- 8 Cakes
- Altadore Dental
- Bankview Barber Shop
- The Brewers Apprentice
- Cellular Cellar
- Chica Beauti Bar
- Chinook School of Music
- Code Ninjas Marda Loop
- Cookie Occasion
- Counterpoint Dance Academy
- CurryQueens LTD
- DYP Refillery
- Eye Gallery
- EverFlex Calgary
- Fishman’s Wet Cleaners
- Fresh Kids
- Gelous Spa
- Inhale Exhale Massage Therapy
- Yoga & Meditation Centre of Calgary

- La Diperie Marda Loop
- Master Chocolat
- Marda Loop Barber Shop
- Marda Loop Brewing Company
- The Military Museum
- Modern Rentals
- Original Joe’s
- PHI Medical Aesthetics
- Phil & Sebastian
- S2 Fitness Studio
- Siena Flooring
- Skintelligence Esthetics
- Southwest Auto Service
- Studio Jewellers
- Swish Salon
- Taylor Made Pilates
- Vive Artistic Nails & Spa
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*For Details of all available Membership Benefits and for more information visit:
<https://mardaloop.com/community/mlca-member-discount-program/>

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ALTADORE



GARRISON WOODS



SOUTH CALGARY



MLCA MEMBERSHIP

INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit www.mardaloop.com/membership

Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

ANNUAL MEMBERSHIP FEES

Family	\$30
Individual	\$20
Senior (65+)	\$10
Associate	\$35
Senior Associate (65+)	\$10

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- Great programming and events
- Member discount program
- Access to tennis/pickleball and volleyball courts
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- AGM Info: mardaloop.com/events/mlca-agm

FALL FOR MARDA LOOP

Check out our fall and winter events and shop our business district.



Check out our Marda Card and conveniently shop the Loop!

Purchase an e-gift card that can be used across the Loop in time for the holiday season!

Check out our most up-to-date list of participating businesses on our website at www.visitmardaloop.com

Fall & winter events,
ONLY IN THE LOOP!

SPOOK THE LOOP

Saturday, October 28

Spirit of The Loop

Saturday, December 9

Check out our website for more details: www.visitmardaloop.com



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#VisitMardaLoop #spooktheloop #spiritoftheloop

Sign up for our email newsletter by Thanksgiving weekend using the code "Marda2023" and be entered to win a \$100 gift certificate



MLCA PRESCHOOL PROGRAMS 23/24

3YO MORNING / AFTERNOON PRESCHOOL

Tuesday/Thursday Morning or Afternoon
9:10 - 11:35 or 1:05 - 3:30 \$125.80 Monthly
Before and after care available

8:45 - 12:15 or 12:45 - 4:15 \$75 Monthly

4YO MORNING / AFTERNOON PRESCHOOL



Monday/Wednesday/Friday Morning or afternoon
9:10 - 11:50 or 1:05 - 3:45 \$156.75 Monthly
Before and after care available

8:45 - 12:15 or 12:45 - 4:15 \$75 Monthly

4YO JUNIOR KINDERGARTEN

5 Day a week Afternoons
1:05 - 3:45 \$320 Monthly
Before and after care available
12:45 - 4:15 \$125 Monthly

This program will offer additional learning opportunities to include numeracy, science and physical development.

 @mardalooppreschool
 MLCA Preschool

www.Mardaloop.com/preschool for more information or to register.

Thank You, Volunteers!

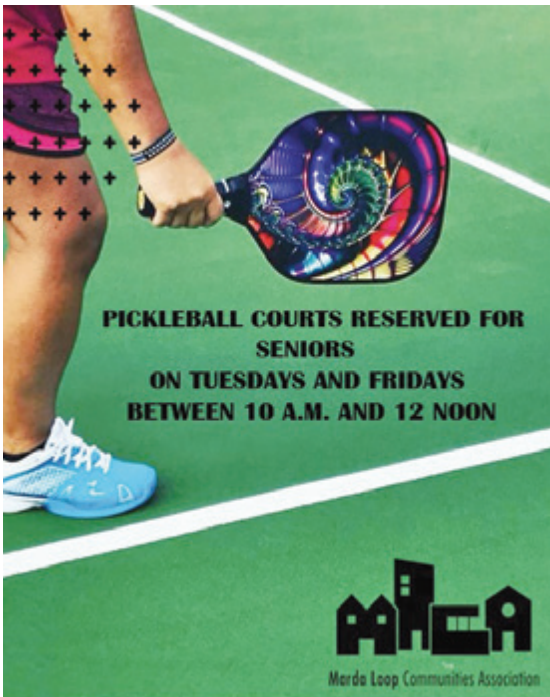
Yeehaw! Hold onto your cowboy hats because the Stampede Breakfast on July 15 was an absolute blast! It's all thanks to our superstar volunteers who swooped in like real-life superheroes to make it happen. Let's give 'em a big ol' round of applause, folks! These folks are the heart and soul behind this unforgettable event.

Events Committee: Aranka R., Catherine F., Deanne W., Kathryn W., Kerry C., Trina M.

Breakfast Volunteers: Andrea J., Ann H., Anna B., Calvin Y., Carla P., Corrine L., Cristian D., Deva K., Dianne C., Doug F., Erica M., Gene L., Heather B., Hugo B., Jean H., Karyna B., Katherine H., Kevin F., Kim T., Kyla B., Leslie H., Linda M., Lisa B., Lorry K., Lucy S., Maria A., Marilyn F., Monica Q., Nancie A., Pat K., Peter H., Robert B., Sarah F., Sarah R., Sophie H., Tim Y., Tom K., Tom R., Tony N., Youth Central, and missionaries from The Church of Jesus Christ of Latter-day Saints.

With gratitude,

Rebecca

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MLCA
Merde Loop Communities Association



Oktoberfest
Today, we're all German!
6-11 PM | September 22, 2023
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MLCA Members: \$10
Non-Members: \$15

Marda Loop Hall 3130 16th St. SW
Merde Loop Communities Association



Fall Programs – Registration Now Open

Fall back into routine with our beloved programs! Please visit our website for all our great offerings including Senior Fit, Yoga, Prancing Peanuts, Playgroup, Barre Sculpt, and hopefully a few new ones we've been planning!

Fall Programs run from September to December.
www.mardaloop.com/programs/

Please see below for details on some our offerings:

Playgroup Fall 2023

Time: 9:30 to 11:00 am

Ages: 0 to 5

Come back this fall to our popular playgroup and meet some other families.

Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighbourhood. For infants and children up to five years old. MLCA membership is required to register in this program.

*We've decided to simplify things and make it one registration for the entire year, instead of a gap in February!

Please Note: Although only one fee applies per family, each child must be registered, and each name must appear on your receipt.

This is a parented session, parents/guardians are required to remain on site for the duration of the program.

Four groups to choose from:

- Playgroup Mondays
- Playgroup Tuesdays
- Playgroup Wednesdays
- Playgroup Thursdays

* Please visit website for specific dates

Cost: \$250 per family for the year

Prancing Peanuts Fall Session

When: September to November

The Peanuts are back this fall! This program is for children to get involved in dance at an early age. This is an introduction to the basics of ballet in a fun-filled environment. Encouraging your little one to express themselves through music while picking up some foundations of dance along the way.

MLCA membership is required to register in this program.

Requirements: ballet shoes or bare foot and a leotard or tights/leggings (tight fitting clothing).

There are three age groups to choose from:

- 2 to 3 Year Olds - Fridays from 9:00 to 9:30 am
- 3 to 4 Year Olds - Fridays from 9:50 to 10:30 am
- 4 to 5 Year Olds - Thursdays from 4:00 to 4:50 pm
- 5 to 6 Year Olds - Thursdays from 5:00 to 5:50 pm

Cost: \$90 for nine weeks

Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher, Sophie for the fall session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath and movement, body and mind, heart and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

Wednesday Yoga with Sophie

Date: Wednesdays from September to December

Time: 7:00 to 8:00 pm

Cost: \$150 + GST for 12 weeks

Friday Yoga with Sophie

Date: Fridays from September to December

Time: 9:30 to 10:30 am

Cost: \$135 + GST for 11 weeks

Seniors Yoga

Date: Thursdays from September to December

Time: 11:15 am to 12:15 pm

Age doesn't matter, yoga is for everyone!

Enjoy yoga at the senior level with the comfortable instruction from our great teacher Sophie! Move with strength and ease with a regular dose of yoga. This class is designed to encourage mobility at any age. Whether you're new to yoga or you've been practicing all your life, you'll enjoy the playful nature of this gentle yoga class.

MLCA membership is required to register in this program.

Cost: \$150 + GST for 12 weeks

Seniors Fit

Date: Tuesdays and/or Thursdays from September to December

Time: 1:30 to 2:45 pm

Beth is back and ready to get back at it after summer break!

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The workout combines aerobic, flexibility, and resistance (strength) training with plenty of friendly fun.

MLCA membership is required to register in this program.

Cost: \$120 + GST for 11 weeks

Barre Sculpt

Date: Tuesdays and/or Thursdays from September to December

Time: 5:15 to 6:15 pm

Jen is back this fall!

Join us for a 60-minute class where you can tone and sculpt your whole body. Taught by our instructor Jen, she will use light weights and resistance bands with high repetitions to create an effective burn. This is designed to lengthen and strengthen your muscles to create a leaner and stronger physique.

MLCA membership is required to register in this program.

Cost: \$120 + GST for 12 weeks

Babysitters Registry

This service is available to all MLCA members with active memberships. Both babysitters and the interested families must have valid memberships. Individuals aged 11 to 17 years will require a parent/guardian's signature on the waiver form (available by emailing gm@mardaloop.com) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The MLCA and its Board of Directors do not pre-screen/sanction/verify any credentials for those using this service. The employer takes full responsibility for

interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community newsletter or on our website. It will be provided to interested families upon request once active membership status is confirmed. Please email gm@mardaloop.com if you have any questions and to receive the registry.

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A Hot and Varied Summer for Seniors

Let's begin with a write up from Frances Rawson, a spry member of our Seniors group, about one of our hikes organized in partnership with the Edward Seniors Residence:

"The bus was booked; participants were signed in; there wasn't a cloud in the sky; Perfect! We were ready to go! – but – a forecast of +35C? Maybe the plan will be changed to a sightseeing tour, or better still, a taste test of the latest cold/frozen beverages or ice cream and gelato treats. But not with Deanna Bessler in charge - the Edward's event coordinator. No, it wasn't too hot as a breeze cooled us in the open hills and the forest provided peaceful comfort the rest of the time. The official temperature turned out to be a record-breaking +35.1C. Calgary's hottest day of the year! Native berry bushes such as Saskatoons, Chokecherry, and bright red enticing clumps of Baneberry (poisonous for humans) were plentiful, a feast for the abundant resident birds. A hawk circled above, no doubt eyeing its next morsel of rodents or squirrels. After 3 km., Deanna decided to shorten the loop and instead wait for the bus in a cool shaded grove. It was a stone's throw from her home and that's why she knew every inch of this massive park (the fourth largest urban park in North America). We had the best gabfest while relaxing on the grass before our trip back to the Edward. What a day! Thanks to Deanna, an outstanding planner and leader, and the generosity of the Edward for their invitation to Marda Loop Seniors. Don't miss out on the next trip offered by the Edward; I'm betting on another winner!"

Paulette Doyle, another energetic member had this to say about the same outing:

"The hills were alive with the sound of... moaning, grunting, and groaning! It was after all, the hottest day of the year (33C+) and here we were hiking Nose Hill Park! Our complaining fell on the deaf ears of our lovely, young hike director! She had us trooping up and down those hills like we were in our 20s haha! By the time we arrived at our last destination, we were cool as cukes, while the Director was hot, sweaty, and limping! She couldn't keep up with us! Truth be told, she had to run between the head of the group and the tail of our group several times (a good half kilometer or more each time) to keep us 'together'. Our highlight was at the end of our trek, when we were sitting on a cool, shady patch of grass waiting for the bus, getting to know one another! Many good stories and laughs all around! We can't wait for our next hike. Banff here we come! "

So, as you see, those dog days of summer have not held us seniors back. And wait, there was lots more happening on the pickleball courts! Two introductions to kids at the Summer Camps organized by our Association and another one by The

City of Calgary Multi-Agency School Support Team. MASST is an early intervention, school-based program that supports children (6 to 12 years) who are exhibiting behaviours that put them at risk for negative, possibly criminal patterns of behaviours or victimization into teen years. As part of the program, children are introduced to sports, and this year it was pickleball and the seniors' pickleball group was privileged to get involved. Each child was accompanied by a social worker and a police officer.

"Seniors in the Loop" will be meeting again on September 11 for a sketching workshop. See you there!

Heather Bhatti

Coordinator, Seniors in the Loop



Marda loop kids



MASST kids



Nose Hill hike

October 14th
10 AM to 4 PM
Free door prize with every entry and every purchase



WITCHING HOUR MARKET

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 3130 16 Street SW, Calgary, AB T2T 4G7

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DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	1	\$1,065,000	15
2 Storey	6	\$1,276,667	29
3 Storey	1	\$1,995,000	10

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	6	\$599,667	24
2-3 Storey	4	\$900,952	17

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	2	\$213,000	51
2 Bdr	1	\$265,000	10

South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	0	--	--
2 Storey	1	\$720,000	13
3 Storey	1	\$916,000	14

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	7	\$555,443	39
2-3 Storey	3	\$1,018,833	30

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	4	\$271,888	42
2 Bdr	5	\$303,800	20

Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
Bungalow	0	--	--
2 Storey	1	\$785,000	21
3 Storey	0	--	--

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
Row	3	\$698,333	26
2-3 Storey	3	\$689,667	11

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
1 Bdr	1	\$339,000	57
2 Bdr	0	--	--



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