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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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Enhancing Mobility in Marda Loop: Construction Updates and Optimizations

Dear Marda Loop Community,

As we embark on the Marda Loop Main Streets project, a significant investment in our community, we are excited to share updates and enhancements aimed at improving mobility and safety. This project, representing Calgary's largest Main Street endeavour to date, encompasses a range of improvements designed to enhance the cultural, social, and economic vibrancy of our beloved neighbourhood.

What Are We Building?

Our efforts entail a comprehensive reconstruction of roadways, accompanied by the installation of new street furnishings to brand Marda Loop as a premier destination. This includes the addition of streetlights, benches, bike racks, waste bins, and the refurbishment of historic signs, all contributing to the unique character of our community.

Safety and traffic flow improvements at eleven intersections are a key focus. Through the installation of curb extensions or bump outs, we aim to shorten crossing distances for pedestrians while enhancing visibility for both pedestrians and drivers, ultimately creating a safer environment for all.

Plaza and gathering spaces will be created, alongside new landscaping tailored to thrive specifically in Marda Loop, based on a detailed climate analysis. Additionally, utilities will be upgraded to manage future growth, in collaboration with Enmax, ATCO, and other stakeholders, ensuring a sustainable infrastructure for years to come.

Addressing Community Concerns

We understand the community's concerns regarding traffic patterns during construction. Rest assured, once construction is complete, 33 and 34 Avenues S.W. will revert to two-way traffic. Temporary one-way detours have been implemented to facilitate ongoing work while maintaining traffic flow and on-street parking.

Regarding cycling infrastructure, a multi-use path (MUP) will be installed along the south side of 34 Avenue, providing a safe facility for cyclists and pedestrians alike, while preserving on-street parking, a high priority for the community.

Parking will be available on both sides of 33 and 34 Avenues S.W. after construction, ensuring accessibility to local businesses and promoting a vibrant pedestrian experience.

Construction Timeline and Information

Construction is anticipated to span two years, with completion scheduled for the end of 2024, followed by landscaping and final touch-ups in 2025. Regular updates will be provided through our website (www.calgary.ca/mardaloop) and newsletter subscriptions.

Your Feedback Matters

We value community input and remain committed to transparent communication throughout this project. Please do not hesitate to reach out with questions, concerns, or feedback as we work together to create a safer, more vibrant Marda Loop.

Sincerely,

Rod Babic

MLCA Mobility Volunteer



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Seniors In the Loop



Amanda Bruni speaking to our Seniors about Elder Law Topics and Estate Planning and a snapshot of the attendees



BBB Provides Awareness of Scams to Seniors at February Gathering

At the February monthly gathering of our community seniors, we were fortunate to have a presentation by Odeta Dorofitel, Marketplace Programs Coordinator, Better Business Bureau. Odeta spoke to us about common scams targeting seniors, the red flags and general prevention tips as well as where to report a scam.

As one of the attendees commented: "Odeta was exceptional! Thank you for getting her to speak to us."

The Q&A session also turned out to be interesting with some Seniors sharing their own scam experiences - some of them really eye opening and startling - as well as some interesting tips they had picked up along the way.

We hope to have Odeta back with us again in the future and in the meantime, we will continue with our monthly presentations on various topics of interest to us and invite you to watch for emails announcing these events.

Seniors Updated on Legal Matters by Local Lawyer at March Gathering

Amanda Bruni from Bruni Law in Marda Loop presented useful and timely tips to our Seniors Group on personal estate planning. She outlined the importance of

having three documents: a current and legal will, a personal directive and a living will. Amanda spoke to the appointment of single and multiple executors, the complications of family dynamics in the probate process with legal counsel. Ms Bruni emphasized that gifts to family, loans, annuities, or bequests be clearly outlined in the will. She brought up the possibility of trusts for minors or family members with disabilities and answered questions, leaving us her card and a handout on various Legal Education websites including www.cplea.ca (The Centre for Public Legal Education Alberta).

Thank you to Patricia Paterson, one of the attendees for the above report on our March gathering. Patricia adds "Amanda Bruni was friendly, informative and on point. Wills and related powers of attorney and health directives are obviously her legal specialty."

Our Seniors Group meets mostly on the first Monday of every month (emails are sent to members on exact dates) and topics of interest to Seniors are usually part of the agenda. Some gatherings can be fun with music and entertainment. Every session starts with an hour of light fitness or fun games to keep us Seniors in good shape. If you're a 65+ member of our community and not yet a member of our Association, please consider joining us. We will be happy to see you!

Heather Bhatty

Seniors in the Loop Director

seniors@mardaloop.com





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MLCA PROGRAMS

Spring Programs – Registration Now Open

Spring is in the air! Why not stay fresh by joining our wonderful programs.

Spring Programs run from April to June.

www.mardaloop.com/programs/

*All Programs are Pro-Rated

Please see below for details on some of our offerings.

Summer Camps Registration - Now Open!



MLCA Superstars

Dates: July 8 to 12, July 15 to 19, July 29 to August 2, and August 5 to 9

Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

Ages: 5 to 12

Cost: \$250 per registrant (includes a \$50 non-refundable admin fee)

Time to get active this summer!

Consider this the potpourri of camps.

Children will love playing a variety of sports (and other activities) throughout the day in our MLCA Superstars, Multi-Activity camp.

Sports include soccer, tennis, netball, beach volleyball, and pickleball. We've also included special activities such as yoga in the past. We're hoping to include some swimming at the newly renovated pool this season as well!

Your child will have the opportunity to play games, make crafts and sing some great songs! Children must be the required age prior to the first day of camp.

MLCA Little Chefs

Dates: July 1 to 5 and July 22 to 26

Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

Ages: 8 to 13

Cost: \$325 per registrant (includes a \$50 non-refundable admin fee)

One of the most popular camps is back!

Treat your Little Chef to the experience of a cooking camp this summer at the Marda Loop Communities Association. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. They will experience different cultures through food and get to discover themselves.

Children will also learn about growing healthy food and will have the opportunity to learn about gardening at the South Calgary Garden adjacent to the Community Hall. Participants will cook their own lunches so no need to bring a lunch!

There will also be time for several other outdoor activities!

Important: although nuts will not be used in cooking, the MLCA cannot guarantee a nut-free environment. Children must be the required age prior to the first day of camp.

Peanuts Soccer – Registration Now Open!

Peanuts Soccer is one of our most popular programs as it is fun based soccer for children aged three to six. We provide jerseys, equipment, and have some other fun activities during the season such as our Wrap-Up Party with bouncy castles.

This program is only \$50! All supplies included!

It runs May and June on Saturday mornings.

To register and for more details visit mardaloop.com/programs/.

New – Young Rembrandts

We have two classes to offer:

Preschool Drawing (Ages four to six)

Time: 4:30 to 5:15 pm – Tuesdays

Elementary Drawing (Ages six to twelve)

Time: 5:30 to 6:30 pm – Tuesdays

Runs April 9 to May 28

Cost: \$130 for eight sessions (pro-rated)

New program alert!

Are your littles showing an interest in drawing? Or want to stir those creative juices? Look no further! We have now partnered with Young Rembrandts to bring you some intro to drawing classes for those young minds.

Children already love to draw – we just take their love a little further by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements. During our once a week classes, we use an innovative step-by-step approach with drawing topics your kids can relate to and learn from. This process is specifically designed to improve student perception, visualization, and organizational skills.

Our program dispels the myth that art is a talent a child has or does not have. With your help we can work with the children in your community and help to build their confidence in drawing!

We use only dry media such as crayons, pencil crayons and markers making our clean up very easy. We will leave no mess behind and make this a fun and safe program for children from four to twelve years of age.

Our nurturing and encouraging environment bring out the best in children. Students enrolled in Young Rembrandts' classes also display an increase in the following skills:

- Fine motor skills, handwriting readiness and attention span
- Attention to detail, time on task
- Visual/spatial organization
- Patience, discipline, and focus

Young Rembrandts is a different kind of learning and a powerful kind of fun!

Playgroup 2023/2024

Time: 9:30 to 11:00 am

Ages: 0 to five

Cost: \$250 per family for the year – Pro-ration available

Continue with our popular playgroup this winter 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! Same price, just once now.

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

Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the spring 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 April to June

Time: 7:00 to 8:00 pm

Cost: \$100 + GST for eight sessions (pro-rated)

Friday Yoga with Sophie

Date: Fridays from April to June

Time: 9:30 to 10:30 am

Cost: \$125 + GST for ten sessions (pro-rated)

New – Gentle Yoga

Date: Mondays from April to June

Time: 7:00 to 8:00 pm

Cost: \$75 + GST for six classes (pro-rated)

There's a new yoga in town!

Sophie decided to offer something a little different on Mondays.

This class is a mix of relaxation and gentle movement to help practitioners unwind and reset. Participants are asked to bring a blanket from home, wear warm comfortable clothing and be prepared to slow down. All levels welcome!

continued on next page



MLCA PROGRAMS

MLCA membership is required to register in this program.

Seniors Yoga

Date: Thursdays from April to June

Time: 11:15 am to 12:15 pm

Cost: \$125 + GST for ten sessions (pro-rated)

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 whether 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.

Seniors Fit

Date: Tuesdays and/or Thursdays from April to June

Time: 1:30 to 2:45 pm

Cost: \$85 + GST for eight classes (pro-rated)

Spring into action with Beth!

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.

Prancing Peanuts Spring Session

Runs April to May

Cost: \$70 per child for seven classes (pro-rated)

There are two age groups to choose from:

- 4 to 5 – Thursdays from 4:00 to 4:50 pm
- 6 to 7 – Thursdays from 5:00 to 5:50 pm

Keep the prancing going this spring!

Come join the Prancing Peanuts! This program is for children to get them 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).

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 eleven to seventeen 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 journal 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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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.

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*For Details of all available Membership Benefits and for more information visit:
<https://mardaloop.com/community/mlca-member-discount-program/>

MLCA Preschool Update

It was another wonderful month at the MCLA preschool! Our children concluded their unit on friendship and kindness, learning how to be a good friend, and how to be kind. They were very excited to learn about our community helpers and meet one of our first responders in the classroom. Looking forward to what April is about to bring!

As a reminder our registration for the 2024/2025 school year is now open! Please visit our website or Instagram for more information!

Curious about becoming a volunteer on our preschool committee? We are recruiting new members for the coming year! It's lots of fun and a great way to stay connected to your community.

If you're interested in volunteering, please reach out to the directors at preschooldirector@mardaloop.com.

MLCA PRESCHOOL

registration NOW open



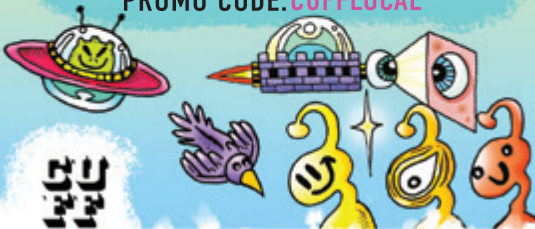
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

CERTIFIED MOBILE REFLEXOLOGY THERAPIST: Specializing in hand & foot reflexology, offering natural and therapeutic sessions that enhance overall well-being. Experience stress relief, improved sleep, and enhanced circulation through the convenience of mobile services. I bring relaxation and healing to your doorstep. Monday to Saturday, 10:00 am to 6:00 pm | 403-483-4510 | www.epcreflex.com | info@epcreflex.com.

LOCAL HANDYMAN IN MARDA LOOP – RELIABLE

HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

BOOKKEEPING, TAX PREPARATION, PAYROLL, GST:

I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

NIP AND TUCK YARD CARE - SPRING CLEANUP

PACKAGE AVAILABLE: Includes power rake, mow and trim, fertilizer application, thatch and leaf cleanup, starting at \$139. Weekly or biweekly mow and trim starting at \$35. Sod installation and underground sprinkler installation. Owned and operated lawn care business based in SW Calgary. Please call 403-589-9408.

PROFESSIONAL ACCOUNTANTS IN MARDA LOOP:

Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to www.padgettcalgary.com for more information.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellslawn.com or call 403-686-LAWN (5296).

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Plus, move-in and move-out cleaning. Licensed, insured and bonded. We work according to our clients' needs. We also do Air B&B hosting. Call 403-470-6548.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?

Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

TOP RANK TILE & STONE: "Miracles We Can Do Right Now, The Impossible May Take A Little Longer". Master Stonemason with 25+ years of experience. Apprenticed UK and Scotland. Specialist in tile, stone, hardwood, LVP, showers, renovations, and repairs. View previous work @topranktileandstone (Instagram). All work guaranteed ~ call Robert at 403-679-9063 or email rjhrank@gmail.com.



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