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MLCA SOURCE ROLES AND CONTACT LIST

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Vice President	Hugo Batteke vp@mardaloop.com
Past President	Tom Rosettis pastpresident@mardaloop.com
Treasurer	Anna Biasutto-Mowbray treasurer@mardaloop.com
Secretary	Lauren Peebles secretary@mardaloop.com

Directors

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Staff

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Accountant	Karen Murphy accounting@mardaloop.com
Hall Services and Rentals	Alyssa Preston 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 Wine Tasting – February 23

Roses are red, violets are blue, we'll be attending our Wine Tasting this month, will you?

It's back as our first event for 2024! Come on down and experience a delicious selection of wines provided by Crowfoot Wines. We are sampling all wines under \$30, so you can taste and see what you would like to purchase in the future!

There will also be snacks (charcuterie) and a cozy atmosphere to enjoy. Only \$40 per ticket!

Celebrate the month of love with us and our wines.

Register via the QR Code or at www.mardaloop.com/events.

WINE TASTING

Tickets: \$40 - snacks will be provided

Date Changed
Feb 23, 2024
7-9PM
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Casino 2024 - Call for Volunteer!



The MLCA dedicated to serving the residents of South Calgary, Altadore, Garrison Woods, and River Park, is reaching out to seek your support for our upcoming Casino Fundraiser on February 26 and 27 at Deerfoot Casino, located at 114 Ave and Barlow Trail SE.

Once every two years, the Alberta Gaming Authority grants the MLCA the opportunity to engage in a casino fundraiser over two days. This initiative provides the MLCA with a portion of the proceeds that are crucial in helping us maintain a balanced budget and allowing us to continue the various community-oriented initiatives we undertake.

We invite you to consider volunteering for this event, by emailing volunteer@mardalooop.com for more information.

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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

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Winter Programs – Registration Now Open!

Time to shake off that Holiday rust and get back into action after the break! Stay warm this Winter by being active with the MLCA.

Winter Programs run from January to April.

www.mardaloop.com/programs/

*All Programs are pro-rated

While we are still working on some other programs (please visit website for updates), please see below for details on some our offerings:

Little Lemons Learn to Skate

Date: January 13 to March 2

Time: We are offering three different classes. Each class will take place Saturdays on our outside rink between 2:30 and 3:15 pm

Cost: \$200 per child for eight classes (pro-rated)

We're bringing it back!

One of the most wonderful times of the year brings one of the most wonderful programs. Want to get your children out on the ice at a young age to get them up to speed with skating?

This year we're partnering with Little Lemons Sports inc. to provide a professional, fun, and enhanced learning experience.

Whether it's their first time hitting the ice or just need a bit of improvement, there is a class for you. No prior skating experience is required. These programs are for children aged three to twelve.

MLCA membership is required to register in this program.

Little Seeds

Ages three to five

Little Seeds is the entry-level program at Little Lemons, designed for younger skaters who are just starting out where parents are required to attend (with helmets) classes.

With the use of fun games and engaging activities, our experienced Little Lemons coaches will teach their students the fundamental skills of skating in such a way that builds comfort and confidence on the ice.

Little Seeds

Ages five to twelve

Little Seeds is the entry-level program at Little Lemons, designed for skaters who are just starting out. Parents are not required for this age group but are encouraged to stay and watch.

With the use of fun games and engaging activities, our experienced Little Lemons coaches will teach their students the fundamental skills of skating in such a way that builds comfort and confidence on the ice.

Swizzle Sticks

Ages seven to twelve

Our Swizzle Sticks program is designed for skaters who are ready to take their skating journey to the next level. With the combination of engaging games and skill developing activities, this program is perfect for those with basic foundational skating skills.

This level includes more opportunities for the skaters to expand their skill set with extreme skill opportunities. This creates an environment where more advanced skaters are able to grow while those taking smaller steps are still tended.

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

Cost: \$100 for six sessions

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 Winter 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 January to April

Time: 7:00 to 8:00 pm

Cost: \$115 + GST for nine sessions (pro-rated)

Friday Yoga with Sophie

Date: Fridays from January to April

Time: 9:30 to 10:30 am

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

New – Gentle Yoga

Date: Mondays from January to April

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!

MLCA membership is required to register in this program.

Seniors Yoga

Date: Thursdays from January to April

Time: 11:15 am to 12:15 pm

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

Age doesn't matter, Yoga is for everyone!

continued on next page



MLCA PROGRAMS

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 January to April

Time: 1:30 to 2:45 pm

Cost: \$120 + GST for eleven classes (pro-rated)

Beth is Back and ready to get back at it after the holiday 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.

Barre Sculpt

Date: Thursdays from January to April

Time: 5:15 to 6:15 pm

Cost: \$110 + GST for eleven classes (pro-rated)

Jen is back this winter!

Join us for a sixty-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.

Prancing Peanuts Winter Session

Cost: \$80 per child for eight classes (pro-rated)

There are four age groups to choose from:

- Ages two to three – Fridays from 9:15 to 9:45 am
- Ages three to four – Fridays from 10:00 to 10:40 am
- Ages four to five – Thursdays from 4:00 to 4:50 pm
- Ages six to seven – Thursdays from 5:00 to 5:50 pm (New! We changed the age to include seven-year-olds)

Although Caroline is gone, we have new instructors excited and ready to teach your little ones to dance!

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 Preschool – 2024/2025 – Registration Opens February 1!

Looking for an exceptional play-based preschool in the heart of your community? Join us at the MLCA preschool! Registration for the 2024/2025 year is open Thursday, February 1 at 9:00 am. What do we have to offer? Our three-year-old class runs AM or PM on Tuesdays and Thursdays. Four-year-olds AM or PM on Mondays, Wednesdays, and Fridays. As well as a Junior Kindergarten program Monday to Friday in the afternoon. Extended preschool hours are also available for each program at an additional cost to allow flexibility on pick-up/drop-off for our families.

For more information on any of our programs please contact preschoolregistrar@mardaloop.com. To register please visit www.mardaloop.com/preschool/registration.

Want to get more involved? We have a few spots opening on our parent run committee this Fall. We would love to have you! Email preschooldirector@mardaloop.com.

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children three to four years old come together to learn and explore through age-appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles.

Set in the heart of Marda Loop, our bright and cheerful preschool is positioned a short distance from the community centre, playground, ice-rink, library, fire hall, and a community garden.

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SUPERHERO OF TIME

We all know Leap Day occurs on February 29 every four years. But did you know without leap day swooping in every four years, our calendar would be like that friend who's always fashionably late—except 24 days late every century! We'd be celebrating Christmas in January and New Year's in February. Thank goodness for leap day, the superhero of timekeeping, saving us from the chaos of a wonky calendar!

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