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MLCA SOURCE ROLES AND CONTACT LIST

Executives

President	Tony Norman president@mardaloop.com
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Treasurer	Anna Biasutto-Mowbray treasurer@mardaloop.com
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Staff

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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.



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.

Winter Biking in Marda Loop

Calgary offers some great winter biking opportunities. In the past several years the city has made many improvements for cycling, including the addition of bike routes and lanes. To encourage year-round biking, the city clears snow from many of the pathways and bike lanes. The City of Calgary website is a great resource for winter cycling (<https://www.calgary.ca/bike-walk-roll.html>). The website includes a map showing which paths have been cleared and also provides other useful information on winter cycling. With the amenities available in the Marda Loop area and the proximity to parks and downtown, there are many opportunities for year-round biking.

If you are planning to start winter biking, here are some tips to consider.

Choosing a safe route to your destination is an important starting point. Although the bike lanes and paths may not always be the most direct route to your destination, where possible, a slight detour to utilize these may make for a safer trip. One big difference between winter and summer cycling on roads where there is no dedicated bike lane is the loss of useable road space for bikes due to snowbanks. Altering your route to quieter streets may help avoid having to deal with traffic and reduced cycling space in these situations.

Having bike tires with a winter tread and possibly studs will help with traction. With the dry road and path conditions that are not uncommon in a Calgary winter, keep in mind that studs on a bare road surface do not have the same traction as an unstudded tire.

Be sure to wear a properly fitted helmet. Earmuffs or a helmet cover may be necessary to keep your head warm. Check with a bike shop for cold weather clothing options and have them confirm that your helmet is fitted properly. As you do more winter cycling, you will be able to sort out what clothing you need to keep warm, but not overheat. Fingers and toes can get quite cold so some experimenting may be required to find what works best for you.

If you have never ridden your bike in the snow, be sure to get some practice in a variety of snow conditions in a place that is safe with no traffic. A bike will handle differently in different snow conditions.

Be visible. Use a headlight and taillights and wear brightly coloured clothing. Even when it is not dark, you want to be sure to be visible to drivers, especially during grey winter days.

Ride defensively. Remember that vehicles will take longer to stop and can skid on snow and ice as well. Watch out for ice and snow piles that you might have to go around and make sure you are not swerving into traffic. Although it is not permitted, some residents and businesses shovel snow onto the bike lanes. Don't be in a rush. Winter conditions require slower speeds, and as you are underway, you may want to detour to a safer route due to the conditions you are encountering. While out on your bike stay alert to changes in riding conditions and watch for ice. If there is an unavoidable ice patch that you have to cross, it is best to dismount and walk your bike across.

Winter cycling can be very enjoyable and an easy way to get around and the Marda Loop area is a great place to start.



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Call to book in-person info sessions at 403.270.7787

admissions@banburycrossroads.com

www.BanburyCrossroads.com

Indulge Volunteers!

The Marda Loop Communities Association (MLCA) needs volunteer committee members to produce the famous indulge social gathering.

Positions Available Include:

Assistant to the Chair - Co-Chair

Job description: Assisting in all production elements, from coordinating suppliers to creating the 2024 entertainment programming.

Sponsorships and Silent Auction

Job description: Contacting local businesses with an invitation to support Indulge with silent auction items and sponsorship dollars. Having a sales background is an asset.

Committee Member at Large

Job description: Filling in where needed. All committee members will be involved in designing the event from theme decor to entertainment.

If you can offer a few hours a week and commit to attending a few in-person meetings, we welcome you on board!

Please email your contact details to indulge@mardaloop.com.



We invite YOU to plan the 2024 Indulge Party!

For details on joining our MLCA Volunteer Indulge Committee, email indulge@mardaloop.com

marda loop communities association

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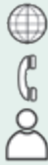
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MLCA MEMBERSHIP

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

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

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- Supporting your community!
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- AGM Info: mardaloop.com/events/mlca-agm

Family Skate Party

Join the MLCA on a nice wintery afternoon for our first ever Family Skate Party on January 14 between 2:00 to 4:00 pm! There will be hot chocolate, cookies, fire pits, music, and a lot of fun! This is a free event located at our MLCA Outdoor Rink. This event is weather dependent.

Please also bring a non-perishable item for the Calgary Food Bank as we will be accepting donations.

Please register here so we have an idea on numbers:
<https://mardaloop.com/events/>.

FREE FAMILY SKATING PARTY

Jan 14th from 2-4 - weather dependent



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 of 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

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.

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

Friday Yoga with Sophie

Date: Fridays from January to April

Time: 9:30 to 10:30 am

Cost: \$125 + GST for ten sessions

New – Gentle Yoga

Date: Mondays from January to April

Time: 7:00 to 8:00 pm

Cost: \$75 + GST for six Classes

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

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 January to April

Time: 1:30 to 2:45 pm

Cost: \$120 + GST for eleven classes

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

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.

continued on next page



MLCA PROGRAMS

MLCA membership is required to register in this program.

Prancing Peanuts Winter Session

Cost: \$80 per child for eight classes

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 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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<https://mardaloop.com/community/mlca-member-discount-program/>

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Seniors in the Loop

2023 proved to be a fun and satisfying year for seniors!

The December gathering provided much music, merriment and mouthwatering potluck and the whole morning was truly delightful.

However, what really gave the Seniors a reason to celebrate were the following acts of generosity over the past few months.



In October the group raised \$1,412.51 for the Calgary Food Bank. According to the letter of thanks received from their Community Engagement Coordinator, Yasmin Hassan "To have community members join us in ensuring no Calgarian goes hungry is truly humbling. We are incredibly grateful and fortunate."

In November, we filled the back of Marie's car (Marie is one of our members who volunteers with the Legion - see picture) with various non-perishable items which she delivered to a Veterans Food Bank. We did remember them.

And to end the year as we have been doing for the past ten years, we will be gifting patients in need at the Rocky View Hospital with woollies to send them home warm upon discharge. The scarves, shawls, mitts, hats, and gloves have all either been handcrafted or purchased by members of our Seniors group. A huge contribution has come as in the past, from Carol Peteherych, who continues to support us faithfully each year by knitting away while watching TV. It's a good thing she does that a lot!

Go ahead, Seniors in the Loop, give yourselves a pat on the back for all these amazing contributions to our community. Thank you all for your generosity.

We take this opportunity to wish all our fellow Marda Loopers a very safe and healthy new year.

Heather Bhatty

Director, Seniors in the Loop

Seniors Gathering

Next get together will be on January 8 between 9:00 am and 12:00 noon in the Marda Loop Communities Association Upper Hall. Get togethers will follow every first Monday of the month. Every session will start with light fitness exercises followed by a presentation/entertainment. Coffee and a snack are served. Senior Members will receive details by email. For more information, or with suggestions/comments, e-mail seniors@mardaloop.com.



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

MLCA Call for Volunteers!

Are you eager to make a difference in the community? Join our team as a volunteer and be part of something incredible!

We're seeking enthusiastic individuals willing to lend a hand and share their skills in the following roles.

Marketing Director: A board position is available to an individual with knowledge and experience that will support the promotional efforts of the MLCA.

Mobility Director: A board position for an individual who will encourage improvements and programs that focus on the safety of the MLCA community to walk, run, bike, and drive.

Events Committee: Looking for three dynamic individuals to join a fun and hardworking committee.

Indulge Planning Committee: Actively seeking members to help organize the popular annual Indulge event and be part of the 2024 planning committee.

Membership Committee: Seeking members to help to maintain and increase MLCA membership and host the 'Membership tent' at events like the Stampede Breakfast and Marda Gras here in the 'Loop'.

Marketing Committee: Positions are available for individuals with Graphic Design, Web Design, and/or Social Media Marketing experience to support the promotional efforts of the MLCA.

Sustainability Committee: Seeking two to three individuals to organize community engagement and educational events to promote the seventeen United Nations sustainable development goals and develop sustainable initiatives to address some of these goals within the MLCA community.

Your dedication matters most! No matter if it's event planning, community outreach, or administrative support, contact Rebecca at volunteer@mardaloop.com.

Let's make a difference together!

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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