

NOVEMBER 2024

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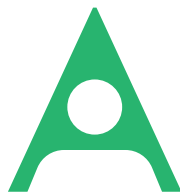
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Vice President	Hugo Batteke vp@mardaloop.com
Past President	Vacant pastpresident@mardaloop.com
Treasurer	Anna Biasutto-Mowbray treasurer@mardaloop.com
Secretary	Vacant secretary@mardaloop.com

## Directors

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Membership	Sarah Firman membership@mardaloop.com
Mobility	Rita Shewchuk mobility@mardaloop.com
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Director at Large 2	Vacant 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	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](mailto:president@mardaloop.com).



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# Temporary Parking Lot Now Open in Marda Loop

by Rade Babic, Marda Loop Communities Mobility Committee



The City of Calgary is excited to announce the opening of a temporary parking lot at 2039, 34 Ave SW, right beside Original Joe's on Marda Loop Main Street. This new 16-stall gravel lot is designed to help alleviate parking concerns in the area and make visiting local businesses easier and more convenient.

The lot is open from 8:00 am to 8:00 pm, with the first two hours of parking completely free. After the two-hour mark, a \$10 hourly charge applies. This fee structure is intended to encourage quick vehicle turnover, ensuring more people have access to parking throughout the day.

Access to the lot is available via the alley off 20 Street or directly from 34 Avenue. While a pay machine is present on-site for registration, no credit card is required unless you're staying beyond the free two-hour window.

This initiative aims to provide a reliable, predictable parking option for shoppers and visitors, supporting short-term stays and increasing traffic in the Marda Loop shopping district. Though this lot is a temporary solution, it serves as a step toward addressing the ongoing parking challenges in the area.

For any questions or feedback, feel free to reach out on <https://www.calgary.ca/planning/projects/marda-loop-main-street.html>. We hope this temporary lot makes your Marda Loop visits smoother!



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## Still Time for Fall Programs

Fall back into routine with our beloved programs this month! See below for some of our offerings, and please visit our website for more details: [www.mardaloop.com/programs/](http://www.mardaloop.com/programs/). There may be also more to come!

Fall Programs run from September to December.

Please see below for details on some of our offerings.

All programs are pro-rated.

### **New! Young Rembrandts – Holiday Art Adventure: Fun Drawing and Card-Making Class!**

**Dates: Wednesdays from November 27 to December 18**

**Time: 5:30 to 6:30 pm**

**Ages: 6 to 12**

**Cost: Visit Website**

Join us for a festive four-week session where creativity knows no bounds! In this exciting workshop, kids will explore the joy of drawing with a holiday twist. From cheerful snowmen to whimsical ornaments, they'll learn to create vibrant, holiday-themed pictures that sparkle with imagination.

Not only will participants develop their drawing skills, but they'll also dive into the delightful world of card-making. Using our same step-by-step drawing method, each child will craft unique holiday cards to share with family and friends.

This class is perfect for young artists of all skill levels, fostering creativity and confidence in a fun, supportive environment. Get ready for a merry time filled with laughter, art, and the magic of the season!

### **Playgroup Fall 2024**

**Time: 9:30 to 11:00 am**

**Ages: 0 to 5**

**Cost: Visit Website**

Come back this fall to our popular playgroup and meet some other families. Playgroup runs all year long from September to June.

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.

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:**

#### **• Mondays**

Every Monday from September 16, 2024, to June 16, 2025  
Exceptions: No playgroup on Holiday Mondays, and from December 23 to January 9

\*Note: For the Holiday Mondays, you may join another day to make-up your session!

#### **• Tuesdays**

Every Tuesday from September 17, 2024, to June 17, 2025  
Exceptions: No playgroup from December 23 to January 9

#### **• Wednesdays**

Every Wednesday from September 18, 2024, to June 18, 2025  
Exceptions: No playgroup from December 23 to January 9

#### **• Thursdays**

Every Thursday from September 19, 2024, to June 19, 2025  
Exceptions: No playgroup from December 23 to January 9

### **Prancing Peanuts Fall Session**

**Date: Thursdays from September to November**

**Time: 3:00 to 6:00 pm (depending on age group)**

**Ages: 3 to 7**

**Cost: Visit Website**

The Peanuts are back this fall! 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).

### **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.

### **Tuesday Yoga with Sophie**

**Date: Tuesdays from September to December**

**Time: 7:00 to 8:00 pm**

**Cost: Visit Website**

### **Wednesday Yoga with Sophie**

**Date: Wednesdays from September to December**

**Time: 7:00 to 8:00 pm**

**Cost: Visit Website**

### **Friday Yoga with Sophie**

**Date: Fridays from September to December**

**Time: 9:30 to 10:30 am**

**Cost: Visit Website**

### **Seniors Yoga**

**Date: Thursdays from September to December**

**Time: 11:15 am to 12:15 pm**

**Cost: Visit Website**

Age doesn't matter, yoga is for everyone!

Enjoy yoga at a Senior level with 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 September to December**

**Time: 1:30 to 2:45 pm**

**Cost: Visit Website**

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.

### **Barre Sculpt**

**Date: Thursdays from September to December**

**Time: 6:15 to 7:15 pm**

**Cost: Visit Website**

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 and 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.

Visit our website for date, time, and cost.

### **New – Young Rembrandts**

**Date: Wednesdays from September to November**

**Time: 4:30 to 6:30 pm (depending on age group)**

**Cost: Visit Website**

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 introduction 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

*continued on next page*



## MLCA PROGRAMS

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

### Gentle Yoga

**Date: Mondays from September to December**

**Time: 7:00 to 8:00 pm**

**Cost: Visit Website**

There's a new yoga in town!

Sophie decided to offer something a little different.

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.

### 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 the 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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Code Ninjas Marda Loop

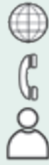
Yoga & Meditation Centre of Calgary

Phil & Sebastian

# MLCA MEMBERSHIP

## INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit [www.mardaloop.com/membership](http://www.mardaloop.com/membership)

Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

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- AGM Info: [mardaloop.com/events/mlca-agm](http://mardaloop.com/events/mlca-agm)

## MLCA Preschool – 2024/2025

What a wonderful October in the classroom! We had a blast celebrating fall and finishing off the month with Halloween. It is always such a treat to see the kids in their costumes. Our four-year-olds also started “Student of the Day” and it has been so great to see them each take on a leadership role and share more about themselves with their classmates.

This month we are looking forward to starting dance lessons and prepping for our December Christmas Concert. Don't forget to save the date! Friday, December 13. The three-year-old party will be in the AM and the four-year-old party in the PM. See you there!



## MLCA PRESCHOOL

registration NOW open





## Seniors Celebrate Thanksgiving with Silent Pie Auction for Calgary Food Bank

by Heather Bhatti, Director of Seniors in the Loop



A request went out to MLCA Seniors in the Loop to bring in homemade or store-bought pies for a silent auction at their October get-together. Cherry, peach, apple, pumpkin pies, and even quiche lorraines poured in and were auctioned off at a premium, bringing in a total cash donation of \$322 for the Calgary Food Bank! Thank you, bakers, donors, and purchasers.

In addition, the morning provided fun and games for all with quizzes, games, trivia, and mad libs all centered around Thanksgiving.

Here's another reason for the Seniors to give thanks - the pickleball players have completed a glorious season on the community courts and will be moving indoors to the gym on Tuesday and Friday mornings at Rosscarrock Community Association.

In mid-December, we will be collecting donations of woolens for Rocky View Hospital. If you or your friends/family members knit or crochet, please keep this good cause in mind.

If you or your parents/grandparents are 60+, you may want to join the MLCA Seniors Group for any of the monthly events and year-round activities in the 'hood'. Just make sure you have a current membership (only \$10 a year!)

I will welcome any questions, comments, or suggestions you may have and can be reached by email at [seniors@mardaloop.com](mailto:seniors@mardaloop.com).

The next monthly get-together will be to commemorate Remembrance Day and will take place on Monday, November 4 from 9:00 am to 12:00 pm in the Upper Hall of the Communities Association building. Senior MLCA members will receive more details by email. For more information, or if you have any suggestions/comments, email [seniors@mardaloop.com](mailto:seniors@mardaloop.com).



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