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AT THE MLCA?

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West Elbow Communities Local Area Planning

Your input today will help shape how your community evolves over the next 30 years.

We want to hear from you

We are continuing to work together to refine the West Elbow Communities Local Area Plan and encourage you to participate in this important phase of engagement.

Phase 3: REFINE of the West Elbow Communities Local Area Planning project is taking place September 17 to October 15. In this phase, we are looking to further discuss and refine how redevelopment and revitalization could happen in the West Elbow Communities of Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.

Provide your input on topics including:

- Draft local area plan maps. These maps are not finalized. Your input is needed to help inform what types of development could potentially fit best where it is proposed in the future.
- Community improvement ideas. Your input is needed to determine what community improvements and investments are needed — such as upgrades to mobility connections or enhancements to local parks.

**Share your thoughts
from September 17
to October 15**

Online

Join online at
calgary.ca/WestElbowPlan.

Engagement Booklet

Through an engagement booklet (delivered to homes and businesses starting September 17).

Each engagement booklet includes a feedback form that can be mailed in with pre-paid postage.

You can also pick a booklet up at an Engagement Station (see location map online).

In-person

Join a virtual or in-person engagement session — check out the schedule at calgary.ca/WestElbowPlan.

**Learn more at
[calgary.ca/
WestElbowPlan](http://calgary.ca/WestElbowPlan)**





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2024 BAGS, BABIES & BEYOND

Friday, October 25, 2024 1:00 - 7:00 PM
Saturday, October 26, 2024 10:00 AM - 3:00 PM
at

Marda Loop Communities Association
3130 16th Street SW, Calgary

Hand-crafted items for sale, from bags to children's clothes and toys, from home decor to jewelry, as well as knitted accessories such as scarves, hats, mitts and socks. Decorative items for Christmas and Halloween are on sale too.

Credit or Debit Cards Only.

Early access tickets for Friday, 1 - 4pm, available Oct. 1 for \$2.

Friday from 4 to 7pm and Saturday, everyone is welcome and no tickets are required.

For information and tickets,
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MLCA SOURCE ROLES AND CONTACT LIST

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President	Vacant president@mardaloop.com
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

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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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Notice Of the Annual General Meeting Marda Loop Communities Association

The Annual General Meeting of the Marda Loop Communities Association will be held on Monday, October 21, 2024, at the Marda Loop Communities Association Upper Hall, 3130 – 16 St SW, Calgary, Alberta commencing at 7:00 pm.

The agenda for the meeting will include:

- Approve/Adopt the 2023 AGM Minutes
- Vice President's Report
- Review/Accept the 2023-2024 Audited Financial Statements
- Appointment of the Auditors for 2024-2025
- Standing Committee Reports
- Set Membership Fees
- Election of Officers and Directors

All members and community residents are welcome to attend. To be entitled to vote at the AGM, you must be a member in good standing as of September 6, 2024.

For further information, please contact vp@mardaloop.com.



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Fall Programs Now Open!

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/. There may be also more to come!

Fall Programs run from September to December.

Please see below for details on some of our offerings.

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 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:

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

Please visit website for specific dates.

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 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.

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

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).

continued on next page



MLCA PROGRAMS

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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Email: volunteer@mardaloop.com

Seniors Gathering

The next monthly get-together will be on Monday, October 7 from 9:00 am to 12:00 pm in the Upper Hall of the Community Association. Senior MLCA Members will receive more details by email. For more information, or suggestions/comments, email seniors@mardaloop.com.





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Marda Loop Main Street Project

Mobility – multi-use path

The south side of 34 Avenue will feature a multi-use path to be shared by walkers and wheelers yet separated from traffic by a safety barrier. It's wider than a one-way cycle track but will preserve on-street parking on both sides of the avenue, allowing loads of options to shop Marda Loop businesses.

More information available at calgary.ca/mardaloop

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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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Fresh Kids
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Yoga & Meditation Centre of Calgary

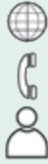
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Wisp Boutique Salon and Aesthetics

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

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

BENEFITS INCLUDE

- Great programming and events
- Member discount program
- Access to tennis/pickleball and volleyball courts
- Discounts on hall rentals
- Supporting your community!
- Voting privileges at the MLCAAGM & Special Meetings
- AGM Info: mardaloop.com/events/mlca-agm

MLCA Preschool – 2024/2025

It was a successful first month back at the MLCA preschool! Ms. Lynn and Mrs. M were so thrilled to welcome some fresh and some familiar faces to the classroom. The children worked hard on their snack placemats this month and have settled in nicely to routine.

In October we are looking forward to welcoming parents and their friends to our Wine and Beer Social. Neighbours, you're welcome to join us for an adult only night in support of the preschool. Friday, October 18 at the MLCA upper hall - save the date! We will have wine and beer tastings along with local delicious foods and a silent auction with amazing local goods to bid on. If you have a local business and would like to donate something to our event, please contact preschoolevents@mardaloop.com. We will see you there!

Visit mardaloop.com/events to purchase your ticket!



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Marda Loop Communities Association



Fall & Winter Music Classes



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Smart Start Age 0/1 Wed 9:15-10:00 am
Sat 9:00-9:45 am
Smart Start Age 2 Wed 10:15-11:00 am
Sat 10:00-10:45 am

Music Explorers ages 3-6

Tues 6 pm
Thurs 10:15 am
Thurs 1 pm
Sat 11 am



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