

SEPTEMBER 2024

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HAPPENING  
AT THE MLCA?

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QR CODE

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## MLCA SOURCE ROLES AND CONTACT LIST

### Executives

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

### Directors

Events	Mindy Chatta events@mardaloop.com
Marketing	Christina Kim marketing@mardaloop.com
Membership	Sarah Firman membership@mardaloop.com
Mobility	Rita Shewchuk mobility@mardaloop.com
Planning and Development	Kim Kemper development@mardaloop.com
Preschool	Kelsey Boudraa preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Frank Fabiano sponsorship@mardaloop.com
Sports and Recreation	Rob Baillargeon sportsrec@mardaloop.com
Sustainability	Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Darren Grelowski atlarge1@mardaloop.com
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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Marda Loop Communities Association

## **Join the MLCA Board - Make an Impact and Lead with Passion!**

The MLCA is recruiting Board Director positions for the following:

- **President**
- **Vice-President**
- **Secretary**
- **Sports & Recreation**
- **Preschool Registrar**
- **Preschool Treasurer**

For more information contact [volunteer@mardaloop.com](mailto:volunteer@mardaloop.com)



### Fall Programs Now Open!

Fall back into routine with our beloved programs this September! 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.

#### **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: Visit Website**

**Time: Visit Website**

**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](mailto: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](mailto:gm@mardaloop.com) if you have any questions and to receive the registry.



### Cleaning Services

- ☒ Dry Cleaning
- ☒ Tablecloths
- ☒ Napkins
- ☒ Table Skirts
- ☒ Chair Covers
- ☒ Massage Sheets
- ☒ Face Cradles
- ☒ Gym Towels
- ☒ Face Cloths
- ☒ Chef Coats
- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

### Mat Rentals

- ☒ Standard
- ☒ Waterhog
- ☒ Scraper
- ☒ Logo

### Paper Products

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- ☒ Paper Towel
- ☒ Centre Pulls
- ☒ Toilet Paper
- ☒ Facial Tissues

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## We Need Some Marketing Committee Members!



We're looking for some individuals to join our Marketing Committee at the MLCA! If you're looking to give back some time to the community and have a passion for Marketing, we want to hear from you. We're looking for anybody with Graphic Design, Web Design, and/or Social Media Marketing experience to support the promotional efforts of the MLCA.

If interested, contact Christina at [marketing@mardaloop.com](mailto:marketing@mardaloop.com).

Come have some fun!



## September Music Classes

[fortemusicstudio.com](http://fortemusicstudio.com)



### Smart Start Age 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 10 am  
Tues 6 pm  
Thurs 1 pm  
Sat 11 am

All classes at NGPCA - 2231 Longridge Dr. SW







Marda Loop Communities Association

**Marda Loop Communities Association Needs You!**

**To complete this short survey....**



**SCAN ME**

## Marda Loop Communities Association Summer Survey is NOW OPEN

For more information visit: <https://mardaloop.com/initiatives/mlca-engagement-survey/>

**BRAIN  
GAMES**

**SUDOKU**

	4	9		2				
2						5	4	
	3			4				2
		1	7					4
	2		6	1	3		7	
9					4	3		
8				5			1	
		2						
				6		4	5	

**SCAN THE QR CODE  
FOR THE SOLUTION**



### 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.

360 Brain Body  
8 Cakes  
Altadore Dental  
Bankview Barber Shop  
The Brewers Apprentice  
Cellular Cellar  
Chica Beauti Bar  
Chinook School of Music  
Coco's Esthetics  
Code Ninjas Marda Loop  
Cookie Occasion  
Counterpoint Dance Academy  
DYP Refillery  
Eye Gallery  
EverFlex Calgary  
Fishman's Wet Cleaners  
Fresh Kids  
Gelous Spa  
Inhale Exhale Massage Therapy  
Yoga & Meditation Centre of Calgary

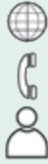
La Diperie Marda Loop  
Master Chocolat  
Marda Loop Barber Shop  
Marda Loop Brewing Company  
The Military Museum  
Modern Rentals  
Original Joe's  
POKENROLL  
PHI Medical Aesthetics  
Phil & Sebastian  
S2 Fitness Studio  
Sienna Flooring  
Skintelligence Esthetics  
Southwest Auto Service  
Studio Jewellers  
Swish Salon  
Taylor Made Pilates  
Vive Artistic Nails & Spa  
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](http://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](http://mardaloop.com/events/mlca-agm)

## MLCA Preschool – 2024/2025 – Welcome Back!

Welcome back students! We are so excited to kick off another year at the preschool. Don't forget our class times have slightly shifted. AM drop off is now 9:00 to 11:30 am and PM students will attend 1:00 to 3:30 pm.

A couple dates we would love you to note! Our Welcome Back Picnic is on Sunday, September 22. Be sure to check your emails for details closer to the date. It's a great opportunity for us all to connect outside of the classroom.

And something maybe a little more fun for the parents (and your friends!) Please mark your calendars for our Wine & Beer night! A wonderful fundraiser for our school and your students that you won't want to miss, Friday, October 18 at 8:00 pm.

Lastly, our parent run committee is still looking for a Treasurer and we would really love to have you! Please reach out if you think you might be a good fit. Happy September and welcome back to school!

## MLCA PRESCHOOL

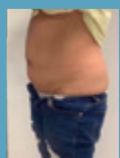
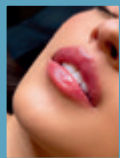
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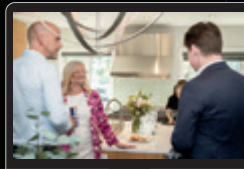
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