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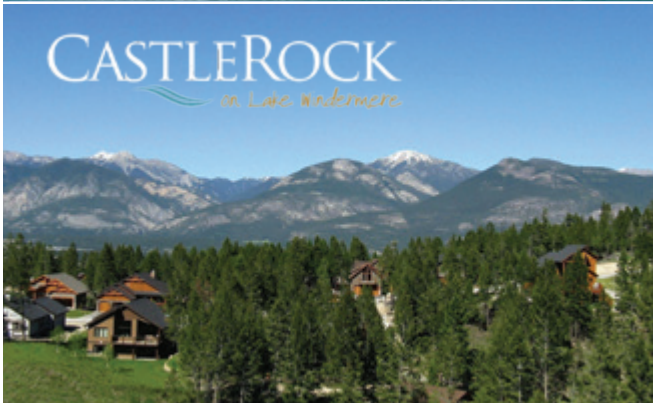
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MLCA SOURCE ROLES AND CONTACT LIST

Executives

President	Vacant president@mardaloop.com
Vice President	Vacant vp@mardaloop.com
Past President	Tom Rosettis pastpresident@mardaloop.com
Treasurer	Vacant treasurer@mardaloop.com
Secretary	Vacant secretary@mardaloop.com

Directors

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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.



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Doug Coats Returns to Enthral Seniors in the Loop

The last time Doug Coats, a well-known Calgary historian, was our guest speaker, he took us on a virtual tour of Calgary's quirky road system and enthralled the seniors with odd street names and eye-opening explanations about the evolution of our road systems.

At our last get-together in early March, he blew us all away with his presentation on Calgary's 20 oldest still-standing houses which he has researched and which he believes are still standing. These houses were built between 1878 and 1898 – even before Calgary was even incorporated as a town and spread across the city. Six of them have been moved from their original location and relocated to Heritage Park.

It was not just pictures of the exterior and interior of the houses that were fascinating, but so were Doug's stories of the people that built and lived in them. Some were palaces, some pretty rustic, but all truly remarkable.

Doug will be presenting another one of his captivating stories in early September.

Seniors Gathering

The next monthly get together will take place on Monday, April 7 from 9:00 am to 12:30 noon in the Upper Hall of the Community Association. There will be an hour of light fitness followed by a presentation by a representative of a local Wellness Service Spa called Bronze Baxx and time for socializing. Senior MLCA Members will receive more details by email. For more information, or with suggestions/comments, email seniors@mardaloop.com.

Heather Bhatti

Director, Seniors in the Loop




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Spring Program Registration Now Open!

Spring is in the air, and so are our programs! Continue your momentum of staying active and involved with a variety of popular programs. This includes Peanuts Soccer, Barre Sculpt, Senior Fit, Yoga, Prancing Peanuts, and more!

Our Summer Day Camps are also open for registration. Don't waste time, register now!

Spring programs run from April to June.

www.mardaloop.com/programs/

Please see below for details on some of our offerings.

Peanuts Soccer – Registration Now Open!

Peanuts Soccer is one of our most popular programs as it is fun-based soccer for children aged 3 to 6. We provide jerseys, equipment, and have some other fun activities during the season such as our Wrap-Up Party with bouncy castles.

This program is only \$60! All supplies included!

It runs May and June on Saturday mornings.

To register and for more details visit mardaloop.com/programs/.

Summer Camps Registration - Now Open!

MLCA Superstars

Time to get active this summer!

Consider this the potpourri of camps.

Children will love playing a variety of sports (and other activities) throughout the day in our MLCA Superstars, multi-activity camp.

Sports include soccer, tennis, netball, beach volleyball, and pickleball. We've also included special activities such as yoga in the past. We're hoping to include some swimming at the newly renovated pool this season as well!

Your child will have the opportunity to play games, make crafts and sing some great songs! Children must be the required age prior to the first day of camp.

Who: Children ages 5 to 12 years

When: July 7 to 11, July 21 to 25, August 5 to 8, and August 11 to 15

Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

Cost: \$250 per registrant (includes a \$50 non-refundable admin fee); \$200 for the August 5 to 8 week.

MLCA Little Chefs

One of the most popular camps is back!

Treat your Little Chef to the experience of a cooking camp this summer at the Marda Loop Communities Association. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. They will experience different cultures through food and get to discover themselves.

Children may also learn about growing healthy food and will have the opportunity to learn about gardening at the South Calgary Garden adjacent to the community hall. Participants will cook their own lunches, so no need to bring a lunch!

There will also be time for several other outdoor activities!

Important: Although nuts will not be used in cooking, the MLCA cannot guarantee a nut-free environment. Children must be the required age prior to the first day of camp.

Who: Children ages 8 to 13 years

When: July 14 to 18 and July 28 to August 1

Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)

Cost: \$335 per registrant (includes a \$50 non-refundable admin fee)

Playgroup 2025

Time: 9:30 to 11:00 am

Ages: 0 to 5

Cost: Visit Website

Now that the weather is cooler, why not join our Playgroup! Playgroup runs all year long from September to June. It is pro-rated, so no worries that it started in September.

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.

*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

• Wednesdays

Every Wednesday from September 18, 2024, to June 18, 2025.

• Thursdays

Every Thursday from September 19, 2024, to June 19, 2025.

Prancing Peanuts

Date: Thursdays from April to June

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

Ages: 3 to 7

Cost: Visit Website

The Peanuts are back this spring! 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 spring 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 April to June

Time: 7:00 to 8:00 pm

Cost: Visit Website

Wednesday Yoga with Sophie

Date: Wednesdays from April to June

Time: 7:00 to 8:00 pm

Cost: Visit Website

Friday Yoga with Sophie

Date: Fridays from April to June

Time: 9:30 to 10:30 am

Cost: Visit Website

Seniors Yoga

Date: Thursdays from April to June

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 April to June

Time: 1:30 to 2:45 pm

Cost: Visit Website

Put a spring in your step with Seniors Fit!

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 April to June

Time: 5:30 to 6:20 pm

Cost: Visit Website

Raise the Barre with Jen this spring!

continued on next page



MLCA PROGRAMS

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.

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

Goodbye winter, hello spring! This month the preschool is concluding their unit on weather, and we are really looking forward to our park days! We are also finishing up our friendship and kindness lessons. The three- and four-year-olds have both been working hard on being good friends and showing kindness to everyone around them. It's been a really fun and rewarding month watching them all learn and grow.

Interested in joining our program? Registration is now open for the 2025/2026 year. Please visit our website for more information. We would love to have your littles join us in the classroom.



The flyer features the MLCA logo at the top left, a smiling sun in the top right, and the text 'PRESCHOOL ENROLLMENT' in large green letters. Below this, three orange checkmarks list: '3 & 4 year old programs', 'Morning & Afternoon Programs', and 'Extended Care Available'. A central illustration shows three children playing with large colorful blocks labeled 'A', 'B', and 'C'. At the bottom, a yellow button says 'ENROLL TODAY' and a green bar contains the email 'EMAIL PRESCHOOLDIRECTOR@MARDALOOP.COM'.

DEVELOPMENT AND MOBILITY CORNER



We have a lot of private and City development projects happening in our Marda Loop community right now. As a Communities Association we receive pertinent development applications and review them to share with the community. Below is a list of just a few helpful links:

- You can find out more about the CA's role and key tools to help you on our website at <https://mardaloop.com/community/planning-and-development/>.
- You can see all the development permits issued by the City of Calgary here: <https://www.calgary.ca/development/permits/permit-application-search.html?redirect=/development>.
- To find out more on the major Main Streets project go here: <https://www.calgary.ca/planning/projects/marda-loop-main-street.html>.
- To find out more about the West Elbow Local Area Plan check here: <https://engage.calgary.ca/westelbowplan/REALIZE>.
- Check out the City's website about Altadore/North Glenmore: <https://www.calgary.ca/planning/projects/altadore-north-glenmore-area.html>.

If you have any questions, comments or opinions, please email us at development@mardaloop.com.

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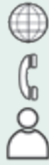


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INFORMATION FOR NEW AND RENEWING MEMBERS

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Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

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*For details of all available Membership Benefits and for more information visit:
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