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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	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	Vacant membership@mardaloop.com
Mobility	Rita Shewchuk mobility@mardaloop.com
Planning and Development	Rita Shewchuk development@mardaloop.com
Preschool	Kelsey Boudraa preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Vacant sponsorship@mardaloop.com
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Sustainability	Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Vacant 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**

# MLCA PRESCHOOL

Prepare your preschooler for kindergarten with our enrichment preschool offerings, where they will learn, and explore and in a safe, and creative community environment where long term friendship can be built.

Learning skills that will help build the foundations for transition into kindergarten, while emphasizing fun, celebrate success and help children connect with others in the community in a safe environment.

**Our programs:**

- foster independence
- teach cooperation
- build self-confidence
- encourage creativity

**Registration for 2025/2026 opens February 3**

For more information please visit [mardaloop.com/preschool](http://mardaloop.com/preschool) or contact [preschoolregistration@mardaloop.com](mailto:preschoolregistration@mardaloop.com)



## Winter Registration — Not Too Late to Register!

It's not too late to register for our winter programs. They are all pro-rated and we have something for everyone. Whether it's dance, yoga, fitness, or drawing, we have a great program to start you fresh for the year.

Winter Programs run from January to April.

[www.mardaloop.com/programs/](http://www.mardaloop.com/programs/)

Please see below for details on some of our offerings.

All programs are pro-rated.

### 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 Winter Session

**Date: Thursdays from January to March**

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

**Ages: 3 to 7**

**Cost: Visit Website**

The Peanuts are back this winter! 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).

### New – Prancing Adults

**When: Thursdays**

**Time: 6:00 pm**

**Ages: 16+**

**Cost: Visit Website**

Our amazing Prancing Peanuts teacher (who is experienced in all kinds of levels) is offering an adult dance class for the first time this New Year! This will be an intro to dance, so have no fear.

Visit the website for more details!

### 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.

### Tuesday Yoga with Sophie

**Date: Tuesdays from January to April**

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

**Cost: Visit Website**

### Wednesday Yoga with Sophie

**Date: Wednesdays from January to April**

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

**Cost: Visit Website**

### Friday Yoga with Sophie

**Date: Fridays from January to April**

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

**Cost: Visit Website**

### Seniors Yoga

**Date: Thursdays from January to April**

**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 January to April**

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

**Cost: Visit Website**

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: 6:15 to 7:15 pm**

**Cost: Visit Website**

Jen is back this winter!

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.

### **New – Young Rembrandts**

**Date: Wednesdays from January to March**

**Time: 4:45 to 6:45 pm (depending on class)**

**Cost: Visit Website**

It's back!

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!

The winter we're offering two classes:

- Elementary Drawing
- Cartoon Drawing

### **Gentle Yoga**

**Date: Mondays from January to April**

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

**Cost: Visit Website**

Ease into the New Year!

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.

*continued on next page*



## Summer Camps and Peanuts Soccer

It's that time of year! Hard to believe registration is opening soon for our amazing Summer Camps and Peanuts Soccer, but here we are. This month you will see both updated on the website.

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.

Summer Day Camps offer a range of weekly camps such as Sports, Cooking, Arts, and more for ages 5-14. They will run through July and August.

Stay tuned to Social Media and our Website for updates.

## 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@mardalooop.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@mardalooop.com if you have any questions and to receive the registry.

## BEAU Gardens

New program alert! We have something exciting happening in March/April!

Kickstart your edible garden series with BEAU Gardens.

Dive into the exciting world of edible gardening this spring and learn everything you need to know to successfully grow your own organic, nutrient-dense food in any urban space - big or small!

In this hands-on learning series, BEAU Gardens coach, Mirna Fox, will walk you through a detailed process to confidently:

- Map-out and install your edible garden in your available outdoor space.
- Select the right growing system and choose quality soil, plants, seeds.
- Design a customized planting plan and determine what you will grow and when.
- Start growing edible plants from seed indoors for best results outdoors.
- Immerse your children in gardening to nurture their curiosity, zest for learning, and connection to nature.

Courses can be taken separately, however, to ensure that you have the complete knowledge to successfully start your edible garden this season, it is highly recommended that you complete the Beginners Guide to Edible Gardening course before taking Perfect Planting Plans.

Visit our website at [Mardalooop.com/programs](http://Mardalooop.com/programs) for more details on each offering, along with cost and dates. See you in the garden this spring!

**MLCA**  
Mardalooop Community Association

**NEW!**

# Kickstart Your Edible Garden

**SERIES** with BEAU GARDENS

Learn everything you need to know to successfully start growing your own organic, nutrient-dense food in any urban space this spring!

**INDIVIDUAL COURSES**

- Beginners guide to edible gardening**  
MARCH 9, MARCH 16
- Perfect Planting Plans**  
MARCH 30
- Seed Starting 101**  
APRIL 6
- Seed Starting with Littles**  
APRIL 13

SPACE IS LIMITED  
**REGISTER TODAY**

[www.mardalooop.ca](http://www.mardalooop.ca)





## Seniors in the Loop Go Beyond Fun and Games

The Marda Loop Seniors usually meet at the Hall the first Mondays of each month. In addition to exercising



our brains, socializing, and supporting local charities, we also look after our physical bodies. For example, Megan starts us off on our Monday get-togethers with a diverse exercise program.



But also, on Tuesdays and Thursdays in the afternoon, some of us join Beth in the Hall for a workout called Seniors Fit. During her 75-minute instruction, she could include a warm-up, cardio work, strength, balance and flexibility exercises as well as a stretch and cool-down segment. She is a knowledgeable leader and excellent in the skills needed to work with seniors.

On Tuesdays and Fridays in the morning some of us play pickleball, an excellent activity for staying healthy and mentally alert since we also have to keep score – not as

easy as one may think. We are fortunate to play on our outdoor courts at Marda Loop in the warm months and then move indoors to play at Rosscarrock Community



Hall when the weather turns cold.

Maybe some more of you would like to join us in the coming months?

*(Article submitted by Brenda Falle, Committee member, MLCA Seniors in the Loop)*



I would also like to report that a good supply of woollies knitted by our members was recently donated to Rocky View Hospital. On behalf of the administrative staff who replenish their shelves with these items, I would like to say a big thank

you to all those who contributed. Let's do it again this year!

*Heather Bhatti*

Director, Seniors in the Loop



## 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.

8 Cakes	Cookie Occasion	La Diperie Marda Loop	Siena Flooring
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Atha Hot Yoga	DYP Refillery	Marda Loop Barber Shop	Southwest Auto Service
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Code Ninjas Marda Loop	Inhale Exhale Massage Therapy	S2 Fitness Studio	Yoga & Meditation Centre of Calgary

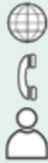
\*For details of all available Membership Benefits and for more information visit:

<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
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Associate	\$35
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- Member discount program
- Access to tennis/pickleball and volleyball courts
- Discounts on hall rentals
- Supporting your community!
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		3						4
4		5		1	9			
	5				6		3	1
	3		1	2	7			
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*Joni Mitchell*

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.

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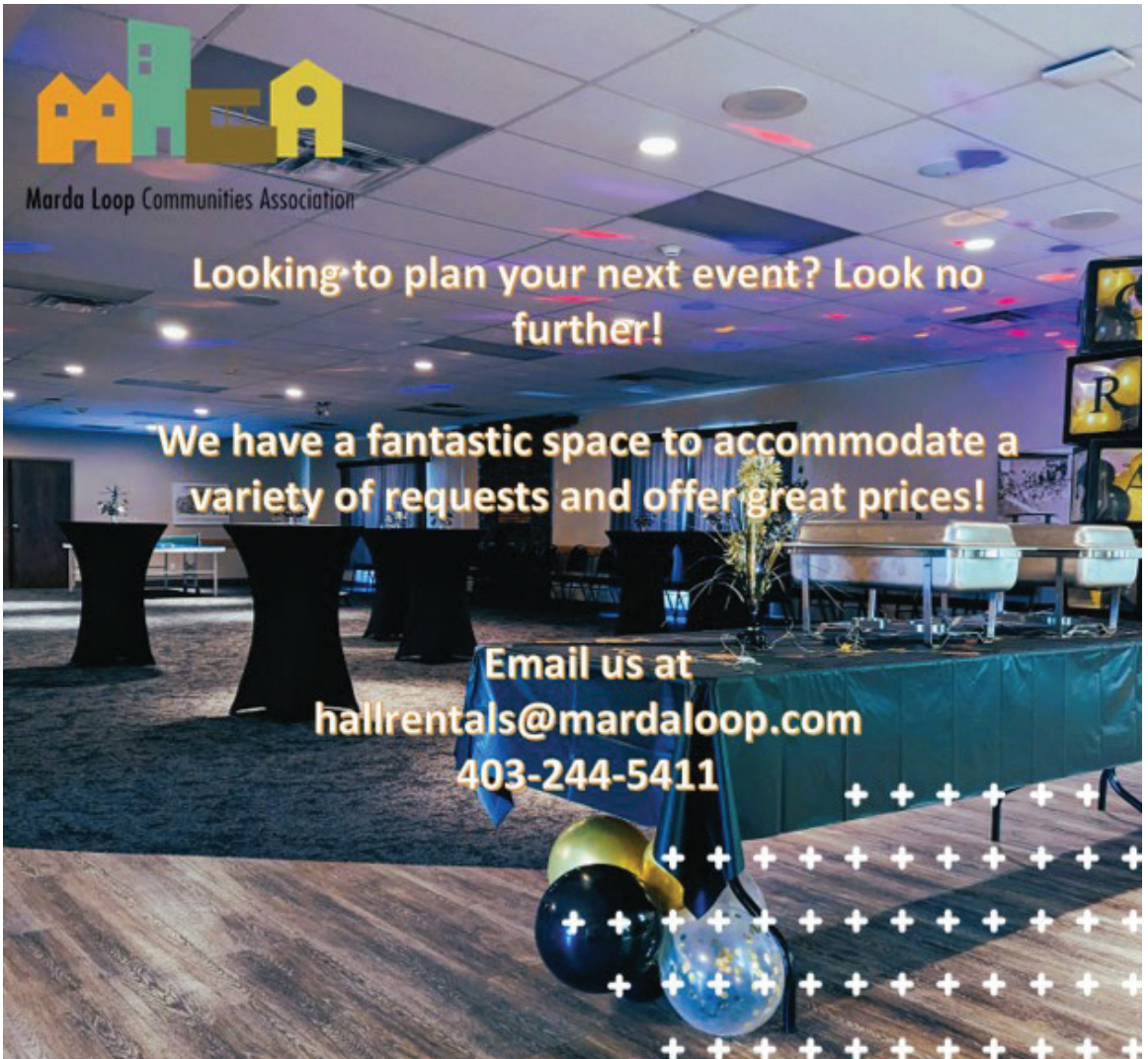


Marda Loop Communities Association

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# How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



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