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Your community plan is ready!

Hello West Elbow Communities! That's you - Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park, Richmond, Rideau Park, Roxboro, Scarboro, South Calgary, Sunalta, and Upper Mount Royal.

The West Elbow Communities Local Area Plan is ready.

Starting January 14, 2025, visit calgary.ca/WestElbowPlan to

- Check out the final draft of the West Elbow Communities Local Area Plan.
- Learn how public input informed the Plan.
- Find out about upcoming public information sessions (online and in-person).

Wondering what the Plan's all about?

The West Elbow Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

A few of the key ideas in the Plan include:

- Increasing housing choices for people
- Improving mobility in and around the area
- Supporting and respecting historic places and spaces
- Enhancing parks and open spaces
- Providing more daily needs and amenities within walking distance

Change is gradual, but having a plan in place to guide change - from proposals for new homes and businesses to future investment into community spaces - helps ensure change is aligned to the future vision for the area.



Learn more at calgary.ca/WestElbowPlan





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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

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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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Winter Registration Now Open!

Shake off that holiday rust and bring in the New Year with our beloved programs! We have something for everyone. We have our usual staples, along with a few new ones to start you fresh for the year.

Winter Programs run from January to April.

www.mardaloop.com/programs/

Please see below for details on some of our offerings.

All programs are pro-rated.

Playgroup 2024

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, 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 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: 5:30 to 6:30 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.

Visit our website for date, time, and cost.

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!

continued on next page



MLCA PROGRAMS

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.

Little Lemons Learn to Skate

We're hoping to bring it back this year!

One of the most wonderful times of the year brings one of the most wonderful programs. Want to get your children out on the ice at a young age to get them up to speed with skating?

Whether it's their first time hitting the ice or just need a bit of improvement, there is a class for you. No prior skating experience is required.

Please visit the website for more details!

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.

360 Brain Body

Code Ninjas Marda Loop

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8 Cakes

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

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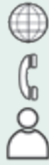
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MLCA MEMBERSHIP

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
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- Access to tennis/pickleball and volleyball courts
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- Supporting your community!
- Voting privileges at the MLCAAGM & Special Meetings
- AGM Info: mardaloop.com/events/mlca-agm

MLCA Preschool

Happy New Year Marda Loop! December was a magical month at the preschool. Winter crafts, holiday books, and a pyjama party to kick off December break were just a few highlights of our classroom. The kiddos also spent weeks working on a special dance performance for their holiday party. Dance class is always a favourite enrichment program for our children.

Do you have a 3- or 4-year-old you would like to register in an amazing preschool program? Our open house is set for Monday, January 20 from 5:30 to 7:30 pm. Please drop in to meet our teachers, fellow parents, and learn more about our play-based program. We can't wait to see everyone there!



PRESCHOOL ENROLLMENT

- ✓ 3 & 4 year old programs
- ✓ Morning & Afternoon Programs
- ✓ Extended Care Available

ENROLL TODAY

EMAIL PRESCHOOLDIRECTOR@MARDALOO.COM

Seniors Gathering

The next monthly get together will be on Monday, January 13 from 9:00 am to 12:00 noon 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.



Seniors in the Loop send Season's greetings to all their fellow Marda Loopers



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1				8				
9			4	6	5			
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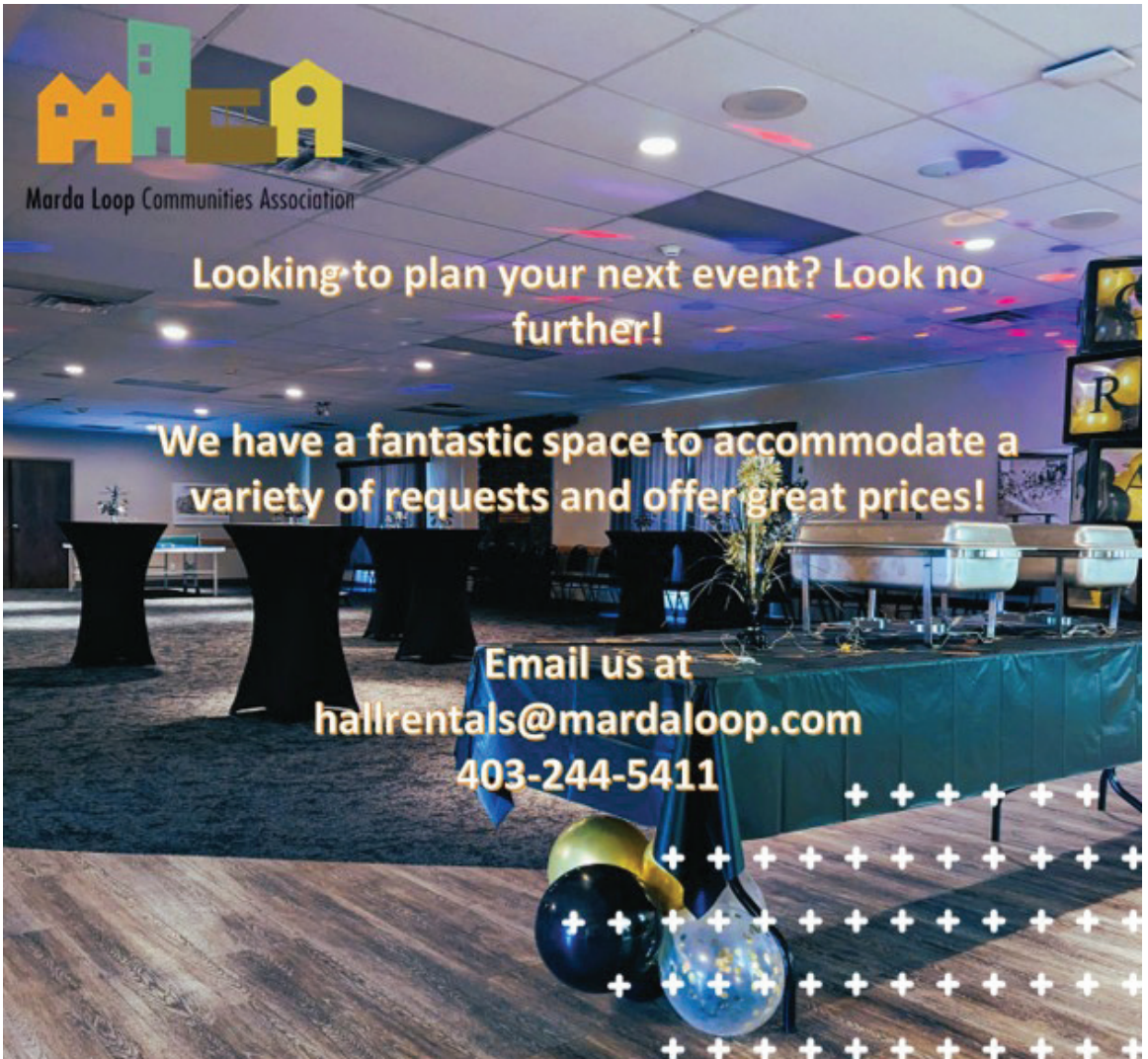


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