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AT THE MLCA?

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Marda Loop Communities Association



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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

Events	Mindy Chattha events@mardaloop.com
Marketing	Christina Kim marketing@mardaloop.com
Membership	Vacant membership@mardaloop.com
Planning and Mobility	Rita Shewchuk mobility@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	Sean Holler atlarge1@mardaloop.com
Director at Large 2	Patrick Tillisch 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

**BINGO**  
**EVENT**  
**DISNEY THEMED**  
**SATURDAY MAY 17 FROM 2-4PM**  
Marda Loop Community Association  
3130 16 St SW  
**\$10 PER TICKET**  
1 ticket per family.  
Ticket price includes 3 bingo cards, 1 dauber,  
a drink + snacks. Extra bingo cards available for \$2.  
Prizes to be won for bingo winners and best costumes.  
Come dressed up in your favourite  
Disney-inspired costumes!  
Tickets can be purchased online at  
[www.mardaloop.com](http://www.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.



## PLUMBER



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### Seniors Introduced to High-Tech Wellness Services

How could UV and spray tanning, spa, sunbeds, and body contouring be of interest to folk like the Seniors in the Loop, you ask? Well, Megan Fordham, Director of Special Projects from Bronze Baxx spoke to a group of keen listeners about “a luxury full body experience” such as the following which would leave them looking and feeling great no matter their age:

- Red Light Therapy
- Infrared Saunas
- Balancer Pro Lymphatic Massage
- Hydration Station
- Luxury Sunbed Tanning

Each of these treatments and more are offered at the Bronze Baxx Marda Loop location. Megan left every one of the attendees with an invitation to try one of the above treatments of their choice and many are looking forward with great enthusiasm and anticipation to trying these cutting-edge technology techniques and products.

#### Next Seniors Gathering

The next monthly get together will have a Latin American theme and will take place on Monday, May 5 from 9:00 am to 12:30 noon in the Upper Hall of the Community Association. Senior MLCA Members will receive more details by email. For more information, or with suggestions/comments, email [seniors@mardaloop.com](mailto:seniors@mardaloop.com).

*Heather Bhatti*

Director, Seniors in the Loop



### Marda Loop Jane's Walk

**Marda Loop - How It Started... How It's Going**

**Sunday, May 4, 2025, at 11:00 am**

Come and join us after the Jane's Walk cSPACE tour at 10:00 am. We will begin at the Marda Loop Communities' Hall at 11:00 am on Sunday. Join us inside the building to look at historical photos. From there we will walk to 33 Avenue and explore our neighbourhood. We will talk about the new buildings - both residential and commercial. We will talk about the historical connection to the military. We will talk about how Marda Loop started and where it's going. We might stop at a business for coffee or a visit. We will end at the corner of 20 Street and 33 Avenue SW. Feel free to enjoy the local businesses afterwards. Come with your curiosity to explore an established neighbourhood - where it's been and where it's going.

People invited to participate in the walk:

- A representative from Sarina Homes, a builder with many projects on 33 Avenue
- Harry Sanders, local Calgary historian
- Lloyd Northcott, retired military chaplain (confirmed)
- Margaret Hope, Marda Loop BIA

More info: [janeswalk.calgarycommunities.com/](http://janeswalk.calgarycommunities.com/).

## RECRUITING BOARD DIRECTORS

Live in Marda Loop? Seek board experience?  
Get involved in your community!

#### Available Board Positions

- President
- Vice President
- Secretary
- Membership
- Sponsorship



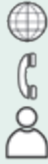
EMAIL  
[VOLUNTEER@MARDALoop.COM](mailto:VOLUNTEER@MARDALoop.COM)



# MLCA MEMBERSHIP

## INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit [mardaloop.com/about/membership/](https://mardaloop.com/about/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](https://mardaloop.com/events/mlca-agm)



## 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	Counterpoint Dance Academy	La Diperie Marda Loop	Siena Flooring
Altadore Dental	DYP Refillery	Master Chocolat	Skintelligence Esthetics
Atha Hot Yoga	Eye Gallery	Marda Loop Barber Shop	Southwest Auto Service
Bankview Barker Shop	EverFlex Calgary	Marda Loop Brewing Company	Studio Jewellers
Cellular Cellar	Fishman's Wet Cleaners	The Military Museum	Swish Salon
Chica Beauti Bar	Fresh Prep	Modern Rentals	Taylor Made Pilates
Chinook School of Music	Fresh Kids	POKENROLL	Vive Artistic Nails & Spa
Coco's Esthetics	Gelous Spa	Phil & Sebastian	Wisp Boutique Salon and Aesthetics
Code Ninjas Marda Loop	Inhale Exhale Massage Therapy	S2 Fitness Studio	Yoga & Meditation Centre of Calgary
Cookie Occasion			

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



## Marda Loop Main Streets Project: April 2025 Update

The Marda Loop Main Streets project continues to enhance the area with significant infrastructure improvements. This spring, construction will focus on 34 Avenue and surrounding streets, including utility upgrades, pedestrian pathway enhancements, and temporary parking solutions. Here's what to expect in the coming weeks.

In March, the pedestrian path along the Crowchild Trail SW ramp at 33 Avenue SW was temporarily closed to allow for the installation of a new pedestrian pathway.

- The pathway will feature new stairs and switchbacks to reduce the slope from 34 Avenue to 33 Avenue and Crowchild Trail SW.
- Pedestrian detours will be in place, directing foot traffic from 33 Avenue to 22 Street SW, reconnecting at the Safeway parking lot.
- The pathway connection at 34 Avenue will also be affected.

**Marda Loop Community Association**

# PRESCHOOL ENROLLMENT

- ✓ 3 & 4 year old programs
- ✓ Morning & Afternoon Programs
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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/](http://www.mardaloop.com/programs/)

\*All programs are pro-rated!

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/](http://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 once again. 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.



Marda Loop Communities Association

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10th Annual MLCA

# COMMUNITY RECYCLING DAY

**Saturday, June 7 from 9AM - 1:30PM**

**Marda Loop Communities Association 3130 16 St SW**

The Marda Loop Communities Association and the City of Calgary Waste & Recycling Services and Community Standards have joined forces again this year to help MLCA residents dispose of unwanted household items and property waste.

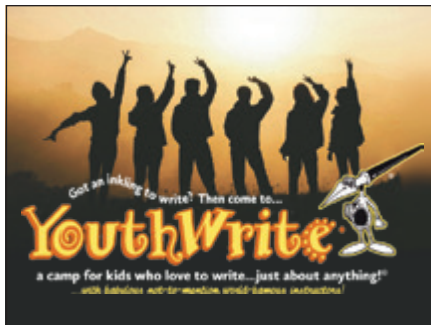
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- ✓ Household waste (City of Calgary)
- ✓ Home electronics (Quantum Lifecycle Partners LP)
- ✓ Metals (ALCOP Resource Recycling Inc.)
- ✓ Clothing, Household items, furniture (WINs - Women In Need Society)
- ✓ Kids Car Seats (Re-Matt)

## NOT ACCEPTING

- ✗ Glass
- ✗ Household Chemicals Liquids (Oils)
- ✗ Alkaline Batteries
- ✗ Refrigerated Appliances
- ✗ Propane Tanks
- ✗ Railway Ties
- ✗ Tires
- ✗ Paint

Any questions or suggestions for other recycling services please email: [sustainability@mardaloop.com](mailto:sustainability@mardaloop.com)



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June 29 - July 4, 2025

Ages 8-12

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July 13 - 18, 2025

Ages 14-19 (overnight or day camp option)

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Rockyview, AB

June 29 - July 4, 2025

Ages 10-14 (overnight or day camp option)

July 6 - 11, 2025

Ages 15-19 (overnight or day camp option)

[www.youthwrite.com](http://www.youthwrite.com)





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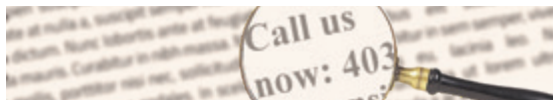
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