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Seniors Celebrate Cinco de Mayo with a Fiesta



If you have been following previous articles about the monthly activities of the Seniors in the Loop, you will not be surprised that they took yet another opportunity to have “muy divertido.”

This time, they partied to Mexican music, played Mexican games, and feasted on Mexican treats including enchiladas courtesy Tres Marias.

There was even a door prize generously donated by Casa Mexico and the lucky winner was Sylvia Yallop.

The Edward was also kind enough to, as they do every month for the Seniors gatherings, send over a tray of goodies and coffee.

One of the goals of the Seniors group is to get to know the members of the Marda Loop Communities Association. It was a pleasure to have Kim Kemper, Director of Development, with us to update us on the latest changes in the area as well as answer some questions.

Attached is a picture of a group of Senior buenos amigos who thoroughly enjoyed the Fiesta.

Pickleballers in the Seniors Group Contribute to Ukraine Charity



The group contrived a way to support the ongoing humanitarian efforts in Ukraine while still enjoying their favourite game. Every Friday, the gals and the guys in the group challenged each other to a game, and the loser donated a small sum towards the donation which went to the charitable cause. Here’s an acknowledgment from Jay Bowyer, Director, Graceland Ministries, Kraków, Poland:

“Pickleball Donation Acknowledgement

Dear Members of the Marda Loop Pickleball Club,
Thank you for your recent donation of \$100 towards our Ukrainian refugee support. Your donation will be used towards housing for a senior disabled woman and her mentally disabled adult son. She has currently been living in a rooming house situation here in Kraków Poland, and he has been living in the psychiatric hospital. We are trying to help them move into an apartment of their own in May. The cost of housing here in Kraków is similar to that in Calgary. Every donation helps these dear women who are now coming to terms with the fact that the war won’t end any time soon and they have to find a way to make their way in Poland, the majority of them without their husbands. We are grateful for you[r] help.”

Thank you Pickleball Seniors (see picture of some of the players)!

PICKLEBALL COURTS RESERVED FOR SENIORS ON TUESDAYS AND FRIDAYS BETWEEN 10 A.M. AND 12 NOON

Marda Loop Communities Association



MLCA SOURCE ROLES AND CONTACT LIST

Executives

President	Tony Norman president@mardaloop.com
Vice President	Tom Rosettis vp@mardaloop.com
Past President	Vacant
Treasurer	Lisa Batteke treasurer@mardaloop.com
Secretary	Andrew Lambert secretary@mardaloop.com

Directors

Events	Aranka Rosettis events@mardaloop.com
Indulge	Minx Rai indulge@mardaloop.com
Marketing	Sarah Firman marketing@mardaloop.com
Membership	Sarah Firman membership@mardaloop.com
Mobility	Andrea Joyce mobility@mardaloop.com
Planning and Development	Kim Kemper development@mardaloop.com
Preschool	Alicia Smith preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Jeremy D'Mello sponsorship@mardaloop.com
Sports and Recreation	Rob Baillargeon sportsrec@mardaloop.com
Sustainability	Marisa Mazepa and Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Vacant atlarge1@mardaloop.com
Director at Large 2	Hugo Batteke 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	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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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
Associate	\$35
Senior Associate (65+)	\$10

BENEFITS INCLUDE

- Great programming and events
- Member discount program
- Access to tennis/pickleball and volleyball courts
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- AGM Info: mardaloop.com/events/mlca-agm

MLCA Member Discount Program

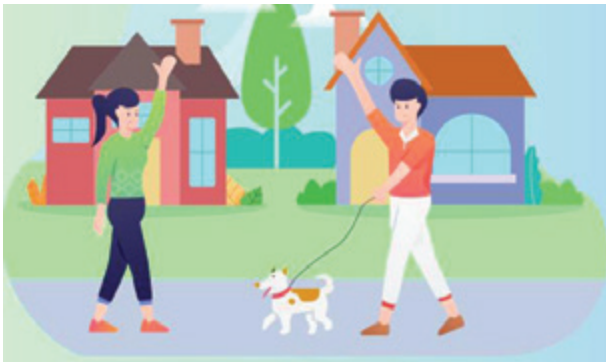
The purpose of the MLCA Member Discount Program is to increase MLCA memberships and to provide greater value to our existing members by partnering with our local business community, who will offer our members a special discount or benefit when they shop at the local business establishment.

360 Brain Body	Eye Gallery	Original Joe's
8 Cakes	EverFlex Calgary	PHI Medical Aesthetics
Altadore Dental	Fishman's Wet Cleaners	Phil & Sebastian
Bankview Barber Shop	Fresh Kids	S2 Fitness Studio
The Brewers Apprentice	Gelous Spa	Siena Flooring
Cellular Cellar	Inhale Exhale Massage Therapy	Skintelligence Esthetics
Chica Beauti Bar	Yoga & Meditation Centre of Calgary	Southwest Auto Service
Chinook School of Music	Master Chocolat	Studio Jewellers
Code Ninjas Marda Loop	Marda Loop Barber Shop	Swish Salon
Cookie Occasion	Marda Loop Brewing Company	Taylor Made Pilates
Counterpoint Dance Academy	The Military Museum	Vive Artistic Nails & Spa
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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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JUNE 17
10:30-1:00
MLCA HALL



Marda Loop Communities Association



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June 10th
10 AM to 4 PM

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Spring Programs Registration - Still Time to Try

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, Axe Capoeira, 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. Still have one month to enjoy!

This program is only \$50 (Pro-rated)! All supplies included!

It runs May and June on Saturday mornings.

To register and see more details, visit mardaloop.com/programs/.

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.

Wednesday Yoga with Sophie

Date: Wednesdays from April 12 to June 14, 2023 (No class April 26 and May 24)

Time: 7:00 to 8:00 pm

Cost: \$100 + GST for 8 sessions (Pro-rated)

Friday Yoga with Sophie

Date: Fridays from April 14 to June 16, 2023 (No class May 26 and June 2)

Time: 9:30 to 10:30 am

Cost: \$100 + GST for 8 sessions (Pro-rated)

Seniors' Yoga

Age doesn't matter; yoga is for everyone!

Enjoy yoga at the senior level with the 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.

Date: Thursdays from April 13 to June 15, 2023 (No class April 27 and May 25)

Time: 11:15 am to 12:15 pm

Cost: \$100 per person + GST for 8 sessions (Pro-rated)

Seniors' Fit

Beth is back and ready to get back at it for spring!

Due to popular demand, we added an additional day for Senior Fit last year. You can now choose either Tuesday or Thursday or do both! With adding the extra class, we had to change the date and time, and the feedback has been positive.

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.

Date: Tuesdays and/or Thursdays from April 18 to June 15, 2023 (No class April 25 and 27, and May 23 and 25)

Time: 1:30 to 2:45 pm

Cost: \$75 + GST for 7 sessions (Pro-rated)

Playgroup Winter/Spring 2023

Continue on with Playgroup this spring!

Playgroup is a Marda Loop community program that 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 5 years old. MLCA membership is required to register in this program.

Time: 9:30 to 11:00 am

Ages: 0 to 5

Cost: \$125 per family (Pro-rated)

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 onsite for the duration of the program.

Four groups to choose from:

Playgroup Mondays

Every Monday from February 13, 2023, to June 12, 2023. Exceptions: No playgroup February 20, April 10, or May 22. *Note: For the holiday Mondays, you may join another day to make up your session!

Playgroup Tuesdays

Every Tuesday from February 14, 2023, to June 13, 2023

Playgroup Wednesdays

Every Wednesday from February 15, 2023, to June 14, 2023

Playgroup Thursdays

Every Thursday from February 16, 2023, to June 15, 2023

Summer Day Camps – Registration Now Open

Registration is now open for summer day camps! We will have our usual:

• MLCA Superstars

Consider this the potpourri of camps! Children will love playing a variety of sports 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.

• Little Chefs

Treat your little chef to the experience of a cooking camp this summer at the Marda Loop Community 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 will 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!

• Little Doctor School

Calling all future doctors! Students will explore the exciting field of medicine with a complete mini medical school experience aligned with STEM-based curriculum objectives through hands-on interactive instruction, role play, crafts, and games.

Children will have so much fun as they dress up like doctors, use real medical instruments, discover how the body works, learn about our human vital organs and function, practice suturing stitches, learn about necessary life skills such as CPR and Heimlich Maneuver, understand how medications work, be a health advocate, and more. By participating in these role-playing experiences, Little Medical School® is inspiring tomorrow's doctors today!

All supplies are included in the fee!

Camps run from July through to August weekly.

Please visit the website for more details and to register: <https://mardaloop.com/programs/>.

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 11 to 17 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 babysitters' 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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With the school year coming to an end, the children have had an amazing month learning about all things spring which includes bugs, rainbows, and the lifecycle of seeds and flowers! We are planning a year end picnic in the park which is always a great time for preschool families to celebrate the end of the year together.

We have vacant positions on the Preschool Committee for the coming year (2023-24). The preschool is a parent/volunteer run program, and the Committee is one of the keys to success. It is also a fun way to be involved in the community and school. In particular, the preschool needs a new volunteer Director! The Director role ensures the smooth day-to-day operations of the preschool, sits on the MLCA Board, and is well supported by the other Committee members. If you are interested or want to know more about what this role entails, please reach out to preschooldirector@mardaloop.com.

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children three to four years old come together to learn and explore through age-appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles. Set in the heart of Marda Loop, our bright and cheerful preschool is positioned a short distance from the community centre, playground, ice-rink, library, fire hall, and a community garden.



MLCA Green Awards Sustainability Superstar: Forage

The MLCA Green Awards occur biennially and recognize businesses for their choices to operate in a way that meets the needs of the present without compromising the ability of future generations to meet their own needs. The Sustainability Superstar award is given to a Marda Loop business to recognize exceptional sustainability practices and, this year, the MLCA is pleased to announce Forage as our Green Award Sustainability Superstar.

Forage's ongoing initiative and balanced approach to the way they operate checked off all the award criteria boxes!

This is Forage's second Green Award, and we warmly congratulate them for their great work in the community and for becoming our first ever Sustainability Superstar!

Any Interest in a Repair Café?

Our sustainability committee is currently investigating the feasibility of running a Repair Café event in Marda Loop and are looking to gauge interest from our residents? Might you, or anyone you know, be interested in participating as a fixer, tool/material provider, or as a resident (with items you would prefer to repair instead of throwing away)? If so, please reach out to sustainability@mardaloop.com and let us know which role you might be interested in along with your thoughts regarding which type of items we should look at repairing.





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DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	2	\$933,500	3
2 Storey	12	\$1,188,208	20
3 Storey	1	\$1,399,000	64

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	1	\$595,000	86
2-3 Storey	6	\$1,116,167	18

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	1	\$275,000	14
2 Bdr	2	\$273,450	38

South Calgary

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	1	\$695,800	30
2 Storey	2	\$985,000	37
3 Storey	0	--	--

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	2	\$607,500	17
2-3 Storey	2	\$629,300	10

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	2	\$337,500	27
2 Bdr	12	\$303,982	30

Garrison Woods

DETACHED	# Sales	Avg. Sale \$	Av. DOM
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Bungalow	0	--	--
2 Storey	1	\$637,000	14
3 Storey	0	--	--

ATTACHED	# Sales	Avg. Sale \$	Av. DOM
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Row	1	\$779,000	9
2-3 Storey	2	\$566,250	14

APARTMENT	# Sales	Avg. Sale \$	Av. DOM
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1 Bdr	2	\$333,750	14
2 Bdr	0	--	--



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