

MARCH 2023

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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## BOARD REPORT

We are pleased to report that our requests for someone to consider the role of Treasurer resulted in several inquiries from our community. At our January meeting, two potential candidates joined us to learn more about MPCA. We are grateful for all inquiries we received, particularly because they came as we were heading into our next budget. We are pleased to announce that Parshant Parshant has accepted the role. As he has been appointed by the Board to fill a vacancy, the position of Treasurer will be up for election at the AGM in October.

We continue to discuss the role of Planning Director. There are a variety of opinions as to what this role should entail and how we should move forward. Please note that the City of Calgary has moved Planning Matter advertisements to an online format. The City recently placed a public notice in the newspapers to say that all relevant information can be found at [www.calgary.ca/planningmatters](http://www.calgary.ca/planningmatters). This public notice also informed us that the City is offering a new "push-feature" where you can subscribe to receive all news related to planning matters. You can subscribe to this service at the website noted. If you have a concern about a development, it is best for you to communicate with the City Planner assigned to the project. Check out <https://dmap.calgary.ca> to find information about where applications are proposed and who to contact. It is best to contact the City Planner before any application progresses to the Calgary Planning Commission or Council. If a matter is progressing to Council, and you wish to address the topic, you must register in advance to do so.

*Philip E. Carr*

Past President - MPCA

403-467-0351 | [pastpresident@mpca.ca](mailto:pastpresident@mpca.ca)

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
 Email [info@mpca.ca](mailto:info@mpca.ca) Website [www.mpca.ca](http://www.mpca.ca)  
 Facebook <https://www.facebook.com/MountPleasantCommunity>  
 Twitter <https://twitter.com/MountPleasantCA>

## EXECUTIVES

President	Jessica Karpat	president@mpca.ca
Vice-President	Chris Best	vicepresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Parshant Parshant	treasurer@mpca.ca
Past President	Philip Carr	pastpresident@mpca.ca

## DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
Planning and Development	Vacant	planning@mpca.ca
Communications	Kathy Langton	communications@mpca.ca
Special Events	Jackie Traynor Barker	specialevents@mpca.ca
Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca
Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

## COORDINATORS

Web Manager	Vanessa Gillard	webmanager@mpca.ca
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
Social Media	Natalia Gorobinski	
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

## Business Memberships in Good Standing

- Michele Gole Real Estate
- Nicastro Real Estate
- CottageCare North Central



## MPCA Membership Form



Membership Year runs from date of purchase  
 Please complete and send with cheque payable to Mount Pleasant Community Association 602 22 Ave NW  
 Calgary, Alberta, T2M 1N7 or apply online at [www.mpca.ca](http://www.mpca.ca)

### Membership Type

Mount Pleasant Resident \$15/year/family \_\_\_\_\_ Senior, 65 and over \$5/year/family \_\_\_\_\_

Non-Resident \$25/year/family \_\_\_\_\_

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.

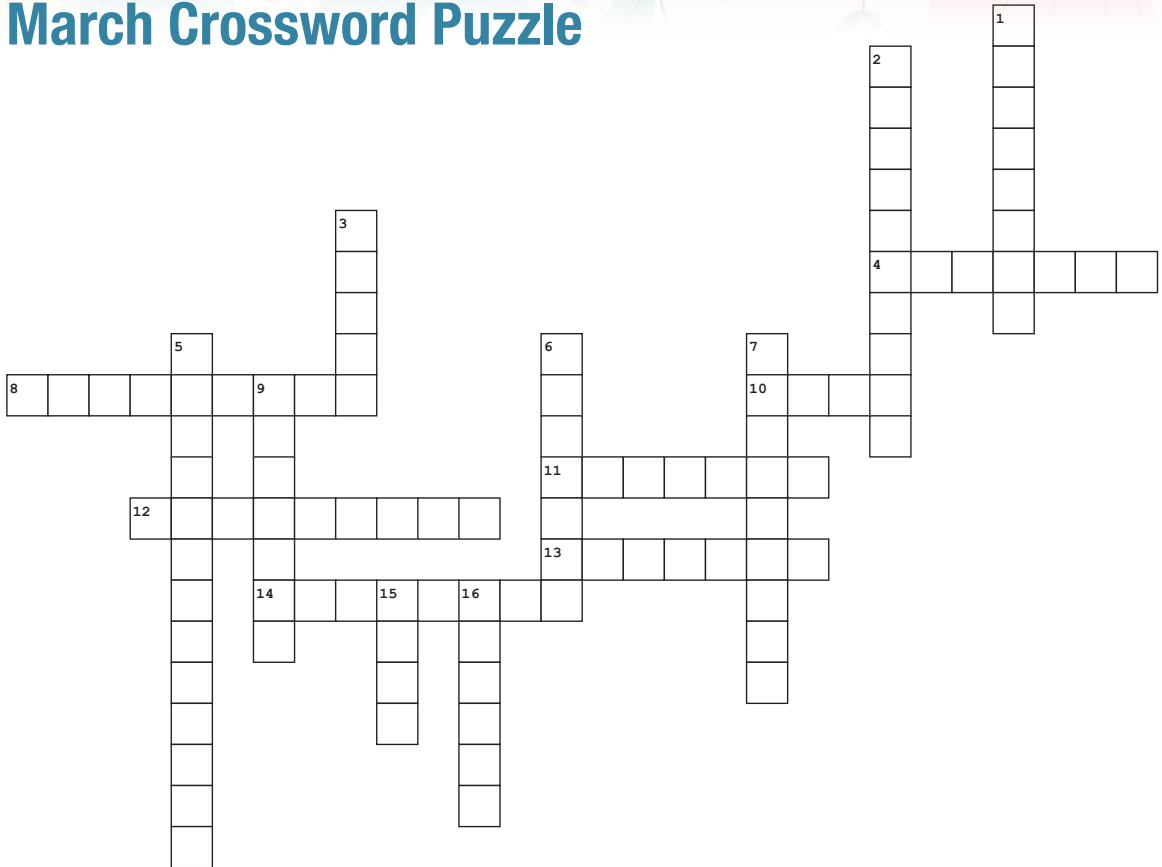
**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**Postal Code** \_\_\_\_\_  
**E-Mail** \_\_\_\_\_  
**Phone** \_\_\_\_\_

**Payment Attached:** Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
**I wish to subscribe to MPCA email list** Yes \_\_\_\_\_ No \_\_\_\_\_  
**Number in Family** Adults \_\_\_\_\_ Children \_\_\_\_\_

**Reason for Purchase** (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)  
 please specify: \_\_\_\_\_

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR THE ANSWER KEY**



by *The MPCA Green Initiatives Committee*

Transportation is a big deal. You probably don't think about it every time you leave the house, because you have regular habits for how to get to each destination. For more than 70% of Calgarians, that means getting in a car to go to work. This makes sense, because our choices are shaped by the design of the communities we live in: decisions made by politicians and city planners across decades. One of the most important decisions these people can make is how to run an effective public transportation system.

This month in our series on climate action in Calgary, and where Mount Pleasant fits into that, we want to share a few thoughts on public transit: its potential, and what's needed to get there.

Done right, public transit can improve affordability, health, quality of life, and the environment. Although it's a more obvious ding in your wallet when you buy a ticket every day, or a pass every month, over time the costs of using transit are much lower than driving to work—factoring in fuel, maintenance, parking, insurance, etc. If transit were more convenient and reliable, could you sell that second car? Here's more incentive for younger families: as of January 2023, kids 12 and under ride transit for free (up from five and under).

For health and quality of life, those short walks to and from bus stops add up and taking cars off the road benefits everyone—lighter traffic, less urban noise, safer streets. And finally, the environmental impacts: about one-third of Calgary's carbon emissions come from transportation. Traffic jams of single-occupancy vehicles are a big part of this. Transit systems across the country, including in Calgary, are reducing their emissions. Did you know the C-Train is already powered by wind electricity? Given the number of people that transit can serve, this has a much bigger climate impact than individuals buying electric cars.

In Mount Pleasant, we already benefit from bus service that provides convenient trips to the downtown core, or the grocery stores to the north (Route 2 on 4 St NW). Major rapid bus routes also run along Centre St. (300, 301) and 16 Ave N (Max Orange). However, these express routes are quite a long walk from certain parts of our neighbourhood. What if routes like the 404, that reach further north and west, came more often than

once an hour? Frequency is a major aspect of why people choose, or don't choose, to take transit.

Of course, the Green Line LRT will significantly change transit in Mount Pleasant, as stations at 28 Ave N and 16 Ave N open up easier train access to the north and east parts of the neighbourhood. However, the opening of the Green Line—especially north of downtown—is a very long time away. With more frequent and reliable bus service, transit use could grow in Mount Pleasant now, instead of ten or more years from now.

The City of Calgary's Community Profile for Mount Pleasant from 2016 shows transit use on par with the rest of the city—about 16% of commuters primarily use transit to get to work. Given our proximity to downtown, SAIT, the University of Calgary, and other destinations, that number should grow in the years to come. We'll be watching for a new Community Profile, based on the 2021 Canadian census, coming out soon. For now, we hope to see you on the bus.

If you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email [green@mpca.ca](mailto:green@mpca.ca) for more information, if you have any questions, or if you'd like to join our email list for our planned quarterly newsletter. As well, please check out our Mount Pleasant Green Initiatives Group on Facebook! You can find us through the Mount Pleasant Community Association page.



## SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## PLAYGROUP – UPCOMING EVENTS

### Winter 2023 Registration is Now Open!

We are a volunteer-run parent program offering a low-cost parent and tot playtime in a fun and child friendly environment.

Join us and meet new people in a relaxed, non-structured environment. Kids can play, make crafts, paint, use play dough, or have a snack while parents relax and chat with neighbours.

During the year, we hold a number of parties and events, which are all run by our parent volunteers. Face painting, bouncy castles, crafts, and a visit from Santa are some of the activities that the kids can enjoy at our parties.

We meet in the Lower Hall of the MPCA Community Centre on weekdays from 9:00 to 11:00 am. Visit [mpca.ca/](https://mpca.ca/) playgroup for more information and to register!



AGES 0-5

**MOUNT PLEASANT PLAYGROUP**

AT HOME WITH KIDS AND NEED TO GET OUT OF THE HOUSE? WE ARE A VOLUNTEER-RUN PROGRAM OFFERING A LOW-COST PARENT AND TOT PLAYTIME! JOIN US AND MEET NEW PEOPLE IN A RELAXED NON-STRUCTURED ENVIRONMENT.

**WINTER REGISTRATION OPEN**

JANUARY TO JUNE  
WEEKDAYS, 9 AM TO 11 AM

MPCA Lower Hall - 602 22 Ave NW, Calgary, AB

For more information, go to [mpca.ca/playgroup](https://mpca.ca/playgroup)

Questions? Email [playgroup@mpca.ca](mailto:playgroup@mpca.ca)



## Arts and Crafts Sessions for All Ages

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. You can sign up to receive email notifications of upcoming classes or click the Events button at [https://mpca.tidyhq.com/public/membership\\_levels](https://mpca.tidyhq.com/public/membership_levels) to check what classes are on tap. Adults of all ages are welcome to attend, but you must have a current MPCA membership and register in advance. If you sign up for a class and find you can't attend, please let Anne know as soon as possible. This avoids purchasing class supplies that aren't used or may allow someone on the waiting list to take your place. Classes are provided at no charge thanks to MPCA.

### March Classes Are:

**Wednesday, March 1 and 8: Mask Making with Connie Zerger** - This is a two-part class; you must be able to commit to both weeks. Masks have roots in all cultures, with the oldest we know of dating from 7000 BC! We are going to create a mask that represents your own personality: fun-loving, flair-filled, and fabulous! The first day of the workshop involves creating an impression with the classic materials of plaster and gauze. The second session will be painting, decorating, and adorning with texture, gems, feathers, and love. Please bring a towel to the March 1 class.

**Wednesday, March 15: Easter Egg Dyeing** - Judy Gerlitz will lead us in this unique method of dyeing eggs based on an old Slavic tradition. Each participant must bring their own carton of raw, white-shelled eggs.

**Wednesday, March 29: Sun Catcher Workshop** - Artist Tracy Franks will help us create a sun catcher for your window or garden using coloured glass and copper wire.

For further information, or to sign up for email notifications, contact Anne at [anne.countryman@gmail.com](mailto:anne.countryman@gmail.com) or 403-282-3675.

# Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

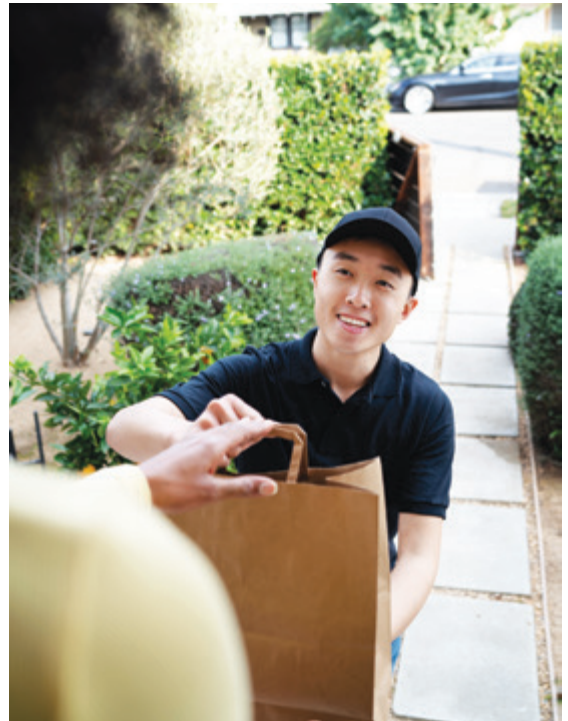
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



## MPCA HALL PROGRAMS

We are open!

The Mount Pleasant Community Centre is located at 602 22 Avenue Northwest.

The Mount Pleasant Community Association offers something for everyone to keep you busy this winter! Come join us!

### Children and Youth Programs

#### MPCA Playgroup – Lower Hall

**Ages 0 to 5 Years**

**Weekdays | 9:00 to 11:00am**

For more information and to register, please visit our website at <https://www.mPCA.ca/our-community/mount-pleasant-playgroup.html>.

#### Sportball (Third Party) – Upper Hall

##### Sports Instruction for Kids

##### Tuesday Mornings and Sunday Afternoons

For more information and registration, please contact [Calgary@Sportball.ca](mailto:Calgary@Sportball.ca) or call 403-975-2936, or visit [www.sportball.ca](http://www.sportball.ca).

#### Pleasant Heights After School Care (Students from St. Joseph's School) (Third Party) - Lower Hall

**Ages 5 to 12 Years**

##### Monday through Friday, After School

School-age care spots available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22nd Ave. NW) for children in kindergarten through grade six. Our school-age care program is licensed and accredited, with many long-term staff. For more information, please contact 403-289-8233 or 403-220-1212. Call and reserve your spot today.

### Adult Programs

#### Aspire to Inspire Zumba – Upper Hall

**Mondays | 6:30 to 7:30 pm**

Zumba Toning with Aspire to Inspire. Fun cardio and muscle toning in one. Try it for free on Mondays at 6:30 in the Upper Hall. More information and to register, go to [ATIZumba.com](http://ATIZumba.com), call 403-975-5817 or email [ATIZumba@gmail.com](mailto:ATIZumba@gmail.com).

#### Tai-Chi – Upper Hall

Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Everyone is welcome, regardless of age. We hope to be able to have enough people interested to have a beginners' class on Mondays and a continuing beginners' class on Wednesday in January. Sign up for one or both classes each week, or come on a drop-in basis. The cost is just \$3.50 per person per class if you sign up for all

remaining classes in the session or \$4.50 per class drop-in. Many thanks to MPCA for subsidizing the cost. Contact Linda at [pleasanttimes@mPCA.ca](mailto:pleasanttimes@mPCA.ca) or 403 289-8390 for more information.

#### Yoga in Mount Pleasant with Trish Hardy Yoga (Third Party) – Upper Hall

**Thursdays | 7:45 pm to 8:45 pm**

For more information and registration, please contact Trish Hardy at [hardytrish@gmail.com](mailto:hardytrish@gmail.com), call 403-620-4990, or visit [www.trishhardyyoga.com](http://www.trishhardyyoga.com).

#### Flow Martial Arts (Third Party) – Upper Hall

**Mondays | 8:00 pm to 9:15 pm**

**Wednesdays | 8:00 pm to 9:00 pm**

For more information and registration, please contact Jeff Estrada at [fma.academy.calgary@gmail.com](mailto:fma.academy.calgary@gmail.com) or call 587-891-8108. More information can be found at [www.flowma.ca](http://www.flowma.ca). You can also follow them on Instagram at [@flowmartialartsacademy](https://www.instagram.com/@flowmartialartsacademy).

#### Mount Pleasant Children's Karate (Third Party) – Upper Hall

**Tuesdays | 5:30 pm to 6:30 pm**

For more information and to register, please contact Eric at [efleiger@outlook.com](mailto:efleiger@outlook.com), or call Senpai Eric at 403-650-8445.

#### Zumba with Andre (Third Party) – Upper Hall

**Wednesdays | 5:30 to 6:30 pm.**

#### Calgary Rakushinkan (Third Party) – Upper Hall

**Thursdays | 6:00 to 7:30 pm**

**Sundays | 5:00 to 7:00 pm**

Japanese Martial Arts with Calgary Rakushinkan: learn Japanese sword and other martial arts - kenjutsu, iaijutsu, aikijujutsu, aikido, and more.

Adults and youth 14+. For more information and registration, please contact [rakushincalgary@gmail.com](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://www.calgaryrakushinkan.com).

#### Fly Right Swing Dance Lessons (Third Party) – Upper Hall Friday Evenings

For more information, please go to <https://m.facebook.com/flyrightswing/>.

#### Yoga en Espanol - Spanish Hatha (English: No Worries) (Third Party) – Upper Hall

**Sundays | 7:30 to 8:30 pm**

An easy-going approach to Hatha Yoga for beginner/intermediate. Class is in Spanish, with translation when necessary. For more information, contact Kevin at 403-607-5082.



## ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events.

### **Weekdays, 9:00 to 11:00 am**

MPCA Playgroup - Lower Hall

### **Tuesday Mornings and Sunday Afternoons**

Sportball - Upper Hall

### **Mondays, Friday After School**

Pleasant Heights After School Care (Students from St. Joseph's School) - Lower Hall

### **Mondays, 1:15pm**

Afternoon Games - Upper Hall (Adults, no minimum age, September to June)

### **Mondays, 2:45 to 3:45 pm**

Members Stick & Puck/Ring (Sportsplex). Members must register on website.

### **Mondays, 6:30 to 7:30 pm**

Aspire to Inspire Zumba - Upper Hall

### **Mondays and Wednesdays, 10:15 to 11:00 am, Fridays, 9:30 to 10:15 am**

Exercise Program (adults, no minimum age, September to June)

Always available on Zoom or, Mondays only, in the Upper Hall with the instructor

### **Mondays and Wednesdays, 9:00 to 10:00 am**

Tai-Chi - Upper Hall (all ages welcome)

### **Mondays, 8:00 to 9:15 pm and Wednesdays 8:00 to 9:00 pm**

Flow Martial Arts - Upper Hall

### **Tuesdays, 5:30 to 6:30 pm**

Mount Pleasant Children's Karate - Upper Hall

### **Fourth Tuesday of Each Month, 7:00 to 9:00 pm**

Book Club (adults, no minimum age) - Lower Hall

### **Select Wednesdays, 1:30 to 3:30 pm**

Arts and Crafts Crafternoon - Upper Hall (adults, no minimum age, September to June)

### **Fourth Wednesday of Each Month**

Monthly Seniors Lunches (age 60 and over) - Upper Hall - RSVP Required

### **Wednesdays and Thursdays, 2:45 to 3:45 pm, Sundays, 3:30 to 4:30 pm**

Members Public Skate (Sportsplex) Members must register on website.

### **Wednesdays, 5:30 to 6:30 pm**

Zumba with Andre - Upper Hall

### **Thursdays, 7:45 to 8:45 pm**

Yoga with Trish Hardy Yoga - Upper Hall

### **Thursdays, 5:30 to 7:30 pm, Sundays, 5:00 to 7:00 pm**

Calgary Rakushinkan - Upper Hall

### **Friday Evenings**

Fly Right Swing Dance Lessons - Upper Hall

### **Sundays, 7:30 to 8:30 pm**

Yoga en Espanol - Spanish Hatha (English: No Worries) - Upper Hall

### **March 1 and 8 (Two-day workshop)**

Crafternoon Mask Making (Members must register on website)

### **March 15**

Crafternoon Easter Egg Dyeing (Members must register on website)

### **March 29**

Crafternoon Sun Catcher Workshop (Members must register on website)

### **March 28**

MPCA Book Club, *Comedy Comedy Comedy Drama: A Memoir* by Bob Odenkirk

### **April 25**

MPCA Book Club, *1984* by George Orwell



## Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

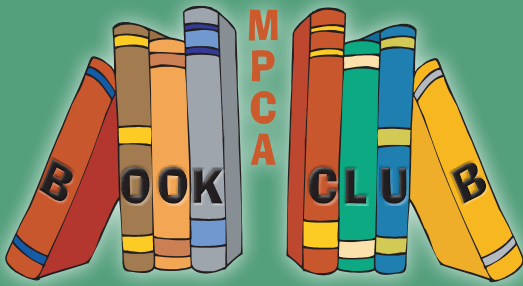
### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



The March 28 book is *Comedy Comedy Comedy Drama: A Memoir* by Bob Odenkirk. Bob Odenkirk's career is inexplicable. Charting a "Homeric" decades-long "odyssey" from his origins in the seedy comedy clubs of Chicago to a dramatic career full of award nominations—with a side-trip into the action-man world that is baffling to all who know him—it's almost like there are many Bob Odenkirks. He was a writer at Saturday Night Live before moving to Hollywood where he played the lawyer, Saul, on *Breaking Bad*. Featuring humorous tangents, never-before-seen photos, wild characters, and Bob's trademark unflinching drive, *Comedy Comedy Comedy Drama* is a classic showbiz tale.

-Adapted from Good Reads

Our April 25 book will be *1984* by George Orwell. Why not contact Brianna at burichan@live.com or 403-836-3626 with the book you'd like to share with the group? The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December) in the Lower Hall. Come and join in a lively discussion about a great book.

## Nominate a Community Builder

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a community builder, please contact Linda at pleasanttimes@mpca.ca or 403-289-8390.



### For Adults of All Ages

*"The older I get, the better I used to be" - Lee Trevino*

Adults of all ages are welcome to participate in our activities, except for the monthly lunches, which are open to those aged 60 and over. Most events are held during the day, Monday to Friday, with the odd exception, but if something piques your interest and you're available, please contact us for more information.

**Monthly Lunches:** Our free seniors' lunches are held on the fourth Wednesday of each month (except December) at 11:30 am in the Upper Hall. Lunches are open to all MPCA members aged 60 and over who have registered in advance. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, games, or live entertainment. Many thanks to MPCA for making our lunches possible.

We're looking forward to our February 22 lunch at the time of writing. One of our Tai-Chi participants is bringing his musical friends to entertain us with a mix of Celtic and Canadian folk music. They play fiddle, banjo, guitar, Irish penny whistle, accordion, and upright bass. I'm sure we'll enjoy them so much we'll want to see them again at this summer's Water Valley Celtic Festival.

If you are age 60 or over, or if you know of someone who is, please get in touch with Linda at 403-289-8390

or [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Exercise Class:** People of all ages are welcome to join our exercise class. We enjoy moderate-high intensity exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. Options are given to accommodate all fitness levels, and any physical concerns participants have. You can sign up for one or more classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the remaining classes in the session or \$12 per class drop-in. Thank you to MPCA for subsidizing our classes.

Most participants have opted to join the class via Zoom at home, but we do offer classes at the community hall on Mondays, with the instructor there. In May and June, we expect to offer both Monday and Wednesday classes at the hall, as well as on Zoom. Classes are held on Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Tai-Chi:** Classes are held twice a week on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Everyone is welcome, regardless of age. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for one or both classes each week, or come on a drop-in basis. The cost is just \$3.50 per person per class if you sign up for all remaining classes in the session or \$4.50 per class drop-in. Many thanks to MPCA for subsidizing the cost. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Day Trips:** Forty-seven of us jumped on a Sunshine Coach in January to take in Banff SnowDays. We enjoyed wandering the town to find snow sculptures. Some of us had the time and inclination to visit one of Banff's many museums, while others enjoyed the shops and restaurants. We are planning an outing to visit the new northern Calgary Food Bank in March. Also being considered are theatre outings to Stage West, Jubilations, and/or Rosebud, and a visit to Fairville Hutterite Colony later in the year when fresh vegetables are ready to be bought. Which of these we go to will depend on what interests the group.

Our day trips sell out quickly, often before the Pulse is delivered. If you'd like to receive email notifications of upcoming trips, contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us.



MPCA

# Community Pantry

A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY.

LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW



TAKE WHAT YOU NEED

DON'T LEAVE OPEN ITEMS OR  
HIGHLY PERISHABLE FOOD



DONATE WHAT YOU CAN

DON'T MAKE A MESS

KEEP THE DOOR CLOSED

SPREAD THE WORD



CONTACT [GREEN@MPCA.CA](mailto:GREEN@MPCA.CA)  
TO REPORT ANY CONCERNS



### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!

1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790



SCAN THE QR CODE  
FOR THE ANSWERS!



## Monday Afternoon Games

*Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm on Monday afternoons in the Upper Hall, 602 22 Ave NW. A variety of games are offered depending on what interests the attendees: Whist, Scrabble, Bridge, Cribbage, or whatever game you'd like to suggest. Contact Yvette (yvette.v53@hotmail.com or 403-284-1715) to be advised when Afternoon Games is happening.*



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## Pig Beach

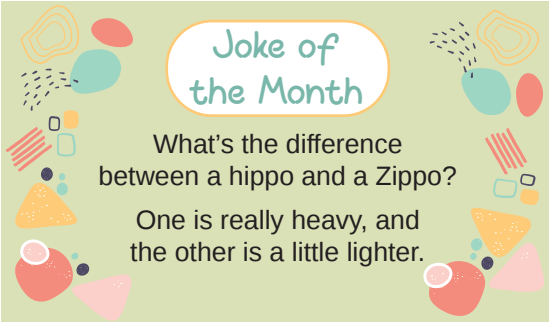
Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



### Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.



# spring

INTO ACTION  
IF YOU'RE LOOKING TO SELL.

As the weather starts to heat up, so does the real estate market. If you're looking to sell, here are a few tips to get prepared.

## Interior:

- Clean windows
- Clean light bulbs & replace, if necessary
- Wash & polish flooring
- Vacuum & steam clean any carpeting
- Dust all surfaces
- Organize all closets & storage areas
- Declutter
- Repaint/Neutralize rooms, if necessary
- Deep clean appliances



## Exterior:

- Reseal driveway
- Freshly mulch flowerbeds & gardens
- Trim shrubs & bushes
- Plant bright flowers & plants
- Clean windows
- Paint faded or peeling paint, if applicable
- Wash siding, if applicable
- Clean & inspect gutters & downspouts
- Inspect roof
- Inspect chimney

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