

DECEMBER 2025

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**ANNUAL CHRISTMAS PARTY!**  
**DECEMBER 6, 10:00 AM TO 12:00 PM**



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NICK J.M. PROFETA | HEATHER PROFETA | ALBERT MAH | RYAN SCEVIOUR

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a bright start to  
the new year.**

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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	Darcy Lane	<a href="mailto:president@mpca.ca">president@mpca.ca</a>
Vice-President	Vacant	<a href="mailto:vicepresident@mpca.ca">vicepresident@mpca.ca</a>
Past President	Chris Best	<a href="mailto:pastpresident@mpca.ca">pastpresident@mpca.ca</a>
Secretary	Sharon Dean	<a href="mailto:secretary@mpca.ca">secretary@mpca.ca</a>
Treasurer	Leanne Palichuk	<a href="mailto:treasurer@mpca.ca">treasurer@mpca.ca</a>

## DIRECTORS

Green Initiatives	Claire Serdula Matthew Crist	<a href="mailto:green@mpca.ca">green@mpca.ca</a>
Hall Director	Murray Anderson	<a href="mailto:hall@mpca.ca">hall@mpca.ca</a>
Communications	Kathy Langton	<a href="mailto:communications@mpca.ca">communications@mpca.ca</a>
Sportsplex	Jeff Gerlitz	<a href="mailto:sportsplex@mpca.ca">sportsplex@mpca.ca</a>
Swimming Pool	Caron Gerlitz	<a href="mailto:swimmingpool@mpca.ca">swimmingpool@mpca.ca</a>

## COORDINATORS

Engagement and Membership	Kathryn McIntosh	<a href="mailto:engagement@mpca.ca">engagement@mpca.ca</a>
Special Events	Jackie Traynor Barker	<a href="mailto:specialevents@mpca.ca">specialevents@mpca.ca</a>
Web Manager	Kendra Wannamaker	<a href="mailto:webmanager@mpca.ca">webmanager@mpca.ca</a>
Hall Rentals	Nickie Brockhoff	<a href="mailto:hallrentals@mpca.ca">hallrentals@mpca.ca</a>
Pleasant Times	Linda O'Hanlon	<a href="mailto:pleasanttimes@mpca.ca">pleasanttimes@mpca.ca</a>
Dog Park	Chris Rvachew	<a href="mailto:dogpark@mpca.ca">dogpark@mpca.ca</a>
Playgroup	Rosey Fattouche	<a href="mailto:playgroup@mpca.ca">playgroup@mpca.ca</a>
Grants	Kristi Meckelberg	<a href="mailto:grants@mpca.ca">grants@mpca.ca</a>
Soccer	Mark Schmidt Whitney Punchak	<a href="mailto:soccer@mpca.ca">soccer@mpca.ca</a>
Casino	Vacant	<a href="mailto:casino@mpca.ca">casino@mpca.ca</a>
Outdoor Rink	Shawn Stordy	<a href="mailto:odr@mpca.ca">odr@mpca.ca</a>

## Business Memberships in Good Standing

- Alberta University of the Arts (AUArts)
- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint



## 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) and pay by credit card.

### 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:**

**I wish to subscribe to MPCA email list**

**Number in Family**

Cheque \_\_\_\_\_

Yes \_\_\_\_\_

Adults \_\_\_\_\_

Cash \_\_\_\_\_

No \_\_\_\_\_

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.

## BOARD REPORT

It's hard to believe it's December. 2025 was a busy year for the Mount Pleasant Community Association, filled with programs, events, and plenty of community connection.

Our Special Events Committee started the year strong with a sold-out Taste of Mount Pleasant, a celebration of local food and community. A big thank you to the local restaurants and cafés who helped make the event a success: Barnburner Cafe, Citizen Brewing Company, Dengs Dumplings, Don Taco, Love, Sugar & Dough, Our House, Springbank Cheese, Turca, and Yellow Chili.

This year we also joined Our House, Winston Heights-Mountview, and Tuxedo Park for the first annual multi-community Pancake Breakfast. It was an overwhelming success with a great turnout and a wonderful example of neighbouring communities coming together.

While we had to cancel Neighbour Day due to weather, our Special Events Committee made up for it with the Jump into Fall celebration, which drew residents of all ages and was a fantastic way to close out the season. The Crafternoons team also hosted Art in Action during the festival, transforming the hall into an art studio for the day and inspiring creativity across the community.

Our regular hall programs continued to provide opportunities for social connection, fitness, and creativity, from afternoon games and playgroup sessions to the Book Club, Senior Lunches, Day Trips, and Fitness Classes organized through Pleasant Times. We are also grateful to the many third-party providers who choose to hold classes at our hall, bringing their programs into our community and giving residents even more ways to connect, learn, and stay active.

The SportsPlex and Pool were busy throughout 2025, with pickleball, skating, and swimming lessons drawing residents of all ages. We thank the staff and volunteers who keep these programs running smoothly.

The Community Garden and our third annual Community Farm Stand with Lil Green Urban Farm were both successful again this year, offering fresh local produce and a chance for residents to connect outdoors.

The Green Initiatives Committee also kept busy, holding the annual Community Cleanup, managing the

Community Pantry, running the Buy and Sell Facebook page, and hosting the popular Re-Gift event in November.

As we wrap up the year, we're looking forward to the upcoming Christmas Party on December 6 from 10:00 am to 12:00 pm. This festive morning will include Santa, entertainment, and a cookie decorating station sponsored for a second year in a row by MPCA Business Member and longtime resident and volunteer Michele Gole. It's always a highlight of the holiday season and a wonderful way to celebrate together as a community!

We'd like to thank all our members, volunteers, coordinators, and board members who dedicate their time and energy to making Mount Pleasant a welcoming and engaging community. Your contributions are deeply appreciated.

And finally, this year's AGM brought a few changes to the executive board. We sincerely thank Jessica Karpat for her years of service. Chris Best has moved into the Past President role, and we welcome Darcy Lane as our new President. We are still looking for someone to take on the Vice President role, as well as the Hall Director and Casino Coordinator positions. Many of our committees also welcome new volunteers, so if you are interested in helping out, please reach out to [engagement@mpca.ca](mailto:engagement@mpca.ca).

Thank you to everyone who participated in 2025 and helped make it a memorable year. We look forward to 2026 with excitement and optimism, and we wish all our members a joyful holiday season and a happy new year.

*MPCA Board of Directors*

### Quantum Energy Healing

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## PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

*"The longer I live, the more convinced I am that this planet is used by other planets as a lunatic asylum."* - George Bernard Shaw

Pleasant Times Social Club is a great way for people to get out of the house, socialize with old and new friends, be active, see places and things we might otherwise miss, and build support systems. Our activities are possible thanks to the backing of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are open to those age 60 and over. All you need is an MPCA membership! 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:** Another December is upon us, time for our favourite lunch of the year. Serge Soucy will join us again, bringing his baby grand piano and lovely singing voice to entertain us. Leroy's Catering will cater a full turkey dinner. We also collect donations for the Calgary Food Bank at this lunch and each year hope to top our previous donation total.

Our seniors' lunches are held on the fourth Wednesday of each month (except December when it's the second Wednesday) at 11:00 am, usually in the Upper Hall. Lunches are open to all MPCA members age 60 and over who have registered in advance to attend. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after the lunch – a speaker, movie, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

If you are age 60 or over, or if you know of someone like this, 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.

**Day Trips:** At time of writing, we're still looking forward to our November 13 Rosebud Theatre trip to see *Miracle on 34th Street*. This is always a popular destination as people enjoy the drive through the countryside, a delicious buffet lunch, and a well-produced production. Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notification of upcoming trips or have ideas for where to go next, contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us. Upcoming 2026 outings include three Stage West productions: *Sister Act* on January 21, *New Sound in Town* on April 29, and an evening performance of *Beehive* on August 5. We're also investigating a two- or three-day trip to Jasper.





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### 2025 Year in Review

Hello Mount Pleasant Neighbours!

In our final article of the year, we want to thank you for joining us in highlighting success stories and initiatives from across the city that can be used as inspiration for action in our community. As we wind down 2025, let's take some time to review some of the great Green Initiatives that have taken place in our community this year:

1. Our annual Community Cleanup event took place in May of this year. Put on with support from the City of Calgary, this event enabled the community to declutter their homes and save a trip to the landfill, all while providing the opportunity to recycle or re-home as much as possible. The 2025 Cleanup collected over 15,710 kg of garbage, with 7,140 kg (45%) being successfully diverted from the landfill!
2. Our third annual Re-Gift Holiday event took place last month (thanks to all that joined us for the day!). This event provided community members with an eco-friendly twist to their holiday shopping. New and gently preloved items were donated and swapped, with the purpose of re-gifting for the holiday season. The event also included a small cafe, festive music, and a festive craft station!
3. The community sharing economy continued to be strong throughout the year. The Buy/Sell/Trade/Give provided a platform for community members to share and exchange used items to avoid buying new or throwing away items that can have a second life. The Community Pantry initiative advocates for food security and is available for community members to leave non-perishable food items and toiletries.

The great community support and participation, along with all of our wonderful community volunteers, are very much appreciated! We are looking forward to continuing with all of these great initiatives, as well as a few new and exciting ones, into 2026.

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'd like to get added

to our email list, or if you have any questions. You can find us on the Mount Pleasant Community Association page as well.

Have a great month,

*The MPCA Green Initiatives Committee*

### JOKE OF THE MONTH



Why did the football coach go to the bank?

To get his quarter back.

**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



## ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events at [mpca.ca/programs](http://mpca.ca/programs), [mpca.ca/news](http://mpca.ca/news), and [mpca.ca/specialevents](http://mpca.ca/specialevents).

### **MPCA Playgroup | Lower Hall**

Select weekdays, 9:15 to 11:15 am.

### **Sportball | Upper Hall**

Sunday afternoons.

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

Monday to Friday after school.

### **Afternoon Games | Adults | Upper Hall**

Sessions run from September to June.

Mondays, 1:15 pm.

### **BFlowLatino | Zumba Fitness | Upper Hall**

Mondays, 6:30 to 7:30 pm.

### **Exercise Program | Adults | Upper Hall**

Mondays and Wednesdays in the Upper Hall and on Zoom. Friday sessions over Zoom.

Sessions run from September to June.

Mondays and Wednesdays, 10:15 to 11:00 am, and select Fridays, 9:30 to 10:15 am.

### **Tai Chi | All Ages | Upper Hall**

Sessions run from September to June.

Mondays and Wednesdays, 9:00 to 10:00 am.

### **Flow Filipino Martial Arts | Upper Hall**

Mondays, 8:00 to 9:15 pm. Wednesdays, 8:00 to 9:00 pm.

### **Essentrics® with Gabrielle | Upper Hall**

Tuesdays and Thursdays, 10:00 to 11:00 am.

Indoor classes run from October to June.

### **Tuesday Workout with Sinead | Upper Hall**

Tuesdays, 5:30 to 6:30 pm.

### **Book Club | Adults | Lower Hall | No Book Club in December**

Fourth Tuesday of each month, 7:00 to 9:00 pm.

### **Crafternoons Arts and Crafts | Adults (Ages 14+) | Upper Hall**

Sessions run from September to June.

Wednesdays, 1:30 to 3:30 pm.

### **Chair Yoga | Upper Hall**

Wednesdays, 11:15 am to 12:15 pm.

No classes on the fourth Wednesday of the month.

### **Monthly Seniors' Lunches | Ages 60+ | Upper Hall**

Fourth Wednesday of each month. RSVP required.

### **Rakushinkan Kids! | Calgary Aikido Kids Classes**

Wednesdays, 5:00 to 6:15 pm.

### **Yoga with Trish Hardy Yoga | Upper Hall**

Thursdays, 7:45 to 8:45 pm.

### **Calgary Rakushinkan | Upper Hall**

Thursdays, 6:00 to 7:30 pm. Sundays, 5:00 to 7:00 pm.

### **Fly Right Swing Dance Lessons | Upper Hall**

Friday evenings.

### **Member Skating | SportsPlex Rink**

Select days, register online.

### **Annual Christmas Party | Upper Hall**


Saturday, December 6, 10:00 am to 12:00 pm.

Santa, entertainment, cookie decorating.

### **Book Club Returns in January | Lower Hall | *What I Know About You* by Éric Chacour**

Tuesday, January 27, 7:00 to 9:00 pm.







**MOUNT PLEASANT PLAYGROUP**

For kids age 0 to 5 and their caregivers

**COME AND JOIN US!**

TUESDAYS AND FRIDAYS  
9:15 TO 11:15 AM  
LOWER HALL OF THE MPCA  
602 22 AVE NW, CALGARY, AB  
FREE WITH MPCA MEMBERSHIP  
(VOLUNTEER ROLE REQUIRED)  
QUESTIONS? EMAIL  
PLAYGROUP@MPCA.CA OR GO TO  
WWW.MPCA.CA/PLAYGROUP



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## Crafternoons

### Arts and Crafts Sessions (Ages 14 and Up)

Crafternoon classes are back to nourish your creative abilities and to let you spend an enjoyable afternoon with others at the same time. These two-hour Crafternoon classes are sponsored by MPCA. They include all materials, use of professional grade tools, with experienced artisans leading the projects. Classes take place in MPCA's Upper Hall on select Wednesday afternoons. All skill levels are welcome, no experience needed. This is an amazing opportunity to gain insight into a new medium and connect with new people.

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. Please have a current MPCA membership and pre-register online at [mpca.tidyhq.com](http://mpca.tidyhq.com) to ensure space and materials are available for you. Classes have a non-refundable price of \$10 each. If you sign up for a class and find you can't attend, please let Aileen know as soon as possible. This may allow someone on the waiting list to take your place and avoid purchasing supplies that aren't used.

Registration for December classes opened Tuesday, November 4. To learn what classes are upcoming as early as possible, check the Events tab at [mpca.tidyhq.com](http://mpca.tidyhq.com) regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

#### **Wednesday, December 3, 1:30 to 3:30 pm, Christmas House with Lori Holdenried**

Lori will share steps and tips for creating these charming holiday houses. The houses are ready to paint, embellish, and landscape to your very own design. Perhaps Victorian, Vintage, Winter Wonderland, Gingerbread, or Grinch? This will be our last gathering of 2025. Please join us in making Christmas memories.



## Candlelight Service

And

## Christmas Choir

Sunday Evening

December 21, 2025 at 6:00 pm

At the Calgary Scandinavian Centre

Viking Hall

739 - 20 Ave NW

Free Admission

Door Prize

Light Refreshment

Presented by Good News Bible Chapel

WWW.GOODNEWSBIBLECHAPEL.ORG




### Monday Afternoon Games

Monday Afternoon Games return this September. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, on select Monday afternoons in the Upper Hall, 602 22 Ave NW. A variety of games are offered depending on what interests the attendees: there's Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette ([yvette.v53@hotmail.com](mailto:yvette.v53@hotmail.com) or 403-803-7697) to be advised when games afternoons are happening.



## MPCA HALL PROGRAMS

Embrace an active lifestyle and discover a wide range of engaging activities at the Mount Pleasant Community Hall (602 22 Avenue NW)! Our community hall is open year-round, providing a vibrant hub for individuals of all ages.

### Children and Youth Programs

#### **Mount Pleasant Playgroup - Lower Hall**

##### **Ages 0 to 5 years**

##### **Weekdays | 9:15 to 11:00 am**

At home with the kids and need to get out of the house? Come out and join us! Enjoy a fun outing and routine for the kids and make lasting friendships for yourself and them! Mount Pleasant Playgroup is a volunteer-run parent program that offers low-cost parent/tot playtime in a fun and child-friendly environment! Visit [mpca.ca/playgroup](http://mpca.ca/playgroup) for more information.

#### **Sportball [3rd Party] - Upper Hall**

##### **Sports Instruction for Kids**

##### **Sunday Afternoons**

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

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

#### **Pleasant Heights After School Care (PHAS) [3rd Party] - Lower Hall**

##### **Students from St. Joseph's School | Ages 5 to 12 years Monday through Friday After School**

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. 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.

#### **Rakushinkan Kids! [3rd Party] - Upper Hall**

##### **Wednesdays | 5:00 to 6:15 pm**

Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit [www.calgaryrakushinkan.com/rakushinkan-kids](http://www.calgaryrakushinkan.com/rakushinkan-kids).

### Adult Programs

#### **Essentrics® Gentle Fitness - Upper Hall**

##### **Tuesdays and Thursdays | 10:00 to 11:00 am**

The Essentrics® technique simultaneously strengthens

and stretches all muscles. For information and registration, please email [mauvefitnesscalgary@gmail.com](mailto:mauvefitnesscalgary@gmail.com) or text 403-809-9363. Gabrielle Börger, level 4 certified Essentrics® instructor. Walk-ins welcome!

#### **BFlowLatino [3rd Party] - Upper Hall**

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

For more information and to register, email [BFlowLatino@gmail.com](mailto:BFlowLatino@gmail.com).

#### **Tai-Chi [MPCA Fitness] - Upper Hall**

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

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Enroll for \$5 per class (full session sign-up) or \$6 drop-in. Reach out to Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) for details. All are welcome!

#### **Exercise Class [MPCA Fitness] - Upper Hall and Online Options**

##### **Mondays and Wednesdays | 10:15 to 11:00 am**

##### **Fridays | 9:30 to 10:15 am**

Join our inclusive fitness classes, which are suitable for all ages and fitness levels. Our sessions focus on enhancing aerobic fitness, strength, balance, and flexibility with tailored options for varying fitness levels. Enroll for the full session or drop-in. Participate in person at the community hall on Mondays and Wednesdays, and Fridays from 9:30 to 10:15 am. Zoom sessions are available. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information. You can try out a free class to see if this is for you.

#### **New Program! Tuesday Workout with Sinead [3rd Party] - Upper Hall**

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

Whether you're a fitness fanatic or just starting out, join us for a 50-minute Wednesday workout. A weekly dose of movement, connection, and good vibes. We will spend our time working through cardio and barre work, then finish off the evening with mat work and stretch. Email [sineadb@shaw.ca](mailto:sineadb@shaw.ca) for further questions and to reserve your spot.

## **Yoga in Mount Pleasant with Trish Hardy Yoga [3rd Party] - Upper Hall**

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

For more information and to register, please contact Trish Hardy at [hardytrish@gmail.com](mailto:hardytrish@gmail.com) or call 403-620-4990.

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

## **Flow Martial Arts [3rd Party] - Upper Hall**

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

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

Join Flow Martial Arts for traditional Filipino martial arts training in a supportive community. We offer Arnis stick fighting, unarmed applications and a great workout. Develop discipline, respect, and skill with our team. No experience is necessary!

Call Jeff at 587-891-8108 or check out [flowma.ca](http://flowma.ca) to start your martial arts journey today!

## **Calgary Rakushinkan [3rd 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 [3rd Party] - Upper Hall**

**Friday Evenings**

For more information, please go to [m.facebook.com/flyrightswing/](https://m.facebook.com/flyrightswing/).

## **Chair Yoga [MPCA Fitness] - Upper Hall**

**Drop-in classes are available on Wednesdays | 11:15 am to 12:15 pm**

Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Enrol for \$8 per class. For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.



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## **ALBERTAWOOD**

Hollywood isn't the only location to shoot great films; Alberta has become a popular backdrop for many beloved films over the years. Most recently *Die My Love* was filmed here but other blockbusters include *Brokeback Mountain*, *Jumanji: The Next Level*, *Cool Runnings*, *Inception*, *Interstellar*, *Legends of the Fall*, *The Revenant*, *Ghostbusters: Afterlife*, and many, many more!





Our fitness classes continue until December 12 inclusive in the Upper Hall, 602 22 Ave NW. We'll take a break for Christmas and resume again on January 5. You don't have to wait until January to try out the class or classes that interest you. Don't delay. Start your fitness journey today by popping over to the hall any Monday or Wednesday morning.

**Chair Yoga:** Wednesday morning Chair Yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Mount Pleasant resident Catharine will lead weekly chair yoga classes. She has been practicing yoga since the early 1980s and would love to share her passion for yoga with you.

Just wear comfortable clothing and bring a yoga mat if you have one to put under your chair. You won't be getting down on the floor, only your mat will! You will be practicing in bare feet or socks, no special shoes required.

Classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month). Classes are drop-in only and cost \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

**Exercise Class for All Fitness Levels:** People of all ages are welcome in the MPCA exercise class, whether you want a low, moderate, or high intensity work out. The classes are designed to improve aerobic fitness, balance, strength, and flexibility—how energetic you are is up to you. You can sign up for one, two, or three classes per week or come on a drop-in basis. The cost

is only \$7 per class when you sign up for the session or \$12 per class drop-in. If you would like to try a free class to see if this class meets your needs, contact Linda (pleasanttimes@mpca.ca or call 403-289-8390).

Classes are held September through June on Monday and Wednesday mornings from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday mornings from 9:30 to 10:15 am (Zoom only). If you are new to the class, please come to the hall initially to allow the instructor to assess your fitness level and speak with you about your goals. Zoom is a convenient way for people who work from home or have children to get in a workout during the day without leaving home. If you're a fan of high intensity burpees, mountain climbers, lunges, and much more, this class may be just what you're looking for. If you'd like a more laid-back class to increase your fitness level or just get in some physical activity, you can accomplish that too. The instructor accommodates all fitness levels with easier and more challenging variations to meet all goals.

**Tai-Chi:** Tai-Chi classes happen in the Upper Hall on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes focus on beginners while Wednesday classes are for returning students. Everyone, regardless of age and experience, is welcome both days but additional attention is not offered to new students on Wednesdays.

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 depends on the number of people enrolled but is usually around \$3.50 per class if you sign up for the session or \$6 per class drop-in.



## Batters Up! Holiday Baking and Life Skills with 4-H



Baking isn't just about cookies or muffins — especially during the holiday season, it's a hands-on way for kids aged 9 to 15 to learn practical skills while creating festive treats. The Batters Up Baking Club, part of 4-H Alberta's Intro Clubs, gives young bakers a chance to explore new recipes, practice teamwork, and discover the science behind their favourite holiday goodies.

Each week, participants try a new baking activity, from holiday cookies to pies, brownies, and cupcakes. Along the way, they also practice planning, measuring, following instructions, and record-keeping, all skills that are part of 4-H's life-long learning approach.

**Fun Baking Fact:** Did you know that baking powder creates tiny bubbles of carbon dioxide that make dough rise? This is why muffins and cakes become light and fluffy! Learning the "why" behind baking steps helps young bakers become confident and creative.

Even at home, kids can explore similar skills from measuring ingredients to blending flavours in simple projects like a quick orange creamsicle smoothie, made with 1 cup of orange juice, 1½ cups of vanilla

Greek yogurt, 2 peeled oranges, 2 frozen bananas, and 4 teaspoons of vanilla extract. Try this at home for a refreshing twist on holiday flavours.

Through the 4-H Intro Club, kids not only create delicious treats but also gain confidence, learn teamwork, and explore new ideas all while having fun in a supportive environment. Baking becomes more than just mixing ingredients; it becomes a way to explore science, math, and life skills in a hands-on, memorable way. Whether it's measuring sugar, stirring batter, or decorating cupcakes, every step teaches something new and what better way to celebrate the season than with treats made by your own hands?

Find out more about 4-H Intro Clubs at [4hab.com/member](http://4hab.com/member) or email [introclubs@4hab.com](mailto:introclubs@4hab.com).



## News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.



December brings our annual dinner, a time to enjoy good food, good company, and maybe even good conversation about books we've read or are looking forward to reading.

We'll be back at it on January 27 when we'll discuss *What I Know About You* by Éric Chacour. As a boy in 1960s Cairo, Tarek knows that his entire life is written in advance. He'll be a doctor like his father, marry, and have children. Under the watchful eyes of his mother and his sister, he starts to do just that, until Ali enters his life and turns it upside down. The two men, from very different worlds, embark on an unsayable relationship that threatens to tear apart Tarek's family.

Years later, as Tarek is living a solitary life in Montreal, someone starts writing about him and to him, piecing together a past he wants only to forget. But who is the writer of this tale? And will he figure it out in time?

A bestseller in its original Quebec edition, and the recipient of several awards, including the Prix Femina des Lycéens, *What I Know About You* is poised to be an international sensation. "This novel is a searing love story that moves between Egypt and Montréal, that shifts between hearts, highlighting the sacrifices the characters feel they have to make for the ones they love. Romantic, surprising, mesmerizing, and so devastating, *What I Know About You* examines the terrible costs of family secrets and toxic shame." – Suzette Mayr, author of *The Sleeping Car Porter*.

If you'd like more information about the book club or if there's a book you'd like to discuss, please let Barbara know at [bookclub@mpca.ca](mailto:bookclub@mpca.ca). 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.

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