

MARCH 2026

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INQUIRE

MOUNT PLEASANT

QUALITY BUILD FACING PARK
605 & 607 29 AVENUE NW

Legacy location on the park in highly desirable West Mount Pleasant. This is a unique opportunity to own a brand new home with warranty in a coveted neighbourhood and location by a quality builder - Saville Homes.



SOLD

MOUNT PLEASANT

RENT | RENOVATE | REDEVELOP
811 19 AVENUE NW

Attractive raised bungalow sitting on a 50 x 120 south-facing lot. This large and well maintained home offers potential with 1,370 sq. ft. above grade including 3 beds and 2 baths up. The basement features an illegal suite.



\$699,900

HIGHLAND PARK

BRAND NEW TOWNHOME
#2, 440 32 AVENUE NW

Newly built 3 bedroom, 3.5 bathroom townhome spanning nearly 2,000 sq. ft. of total developed living space + a fully finished basement, with 9 foot ceilings throughout. The property was constructed by MountainPoint Homes.



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MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 Email info@mpca.ca Website www.mpca.ca
 Facebook https://www.facebook.com/MountPleasantCommunity
 Twitter https://twitter.com/MountPleasantCA

EXECUTIVES

President	Darcy Lane	president@mpca.ca
Vice-President	Vacant	vicepresident@mpca.ca
Past President	Chris Best	pastpresident@mpca.ca
Secretary	Sharon Dean	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

DIRECTORS

Green Initiatives	Claire Serdula Matthew Crist	green@mpca.ca
Hall Director	Murray Anderson	hall@mpca.ca
Communications	Kathy Langton	communications@mpca.ca
Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca
Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

COORDINATORS

Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
Special Events	Jackie Traynor Barker	specialevents@mpca.ca
Web Manager	Kendra Wannamaker	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	Rosey Fattouche	playgroup@mpca.ca
Grants	Vacant	grants@mpca.ca
Soccer	Mark Schmidt Whitney Punchak	soccer@mpca.ca
Casino	Elisa Woodard	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

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 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: 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.

BOARD REPORT

Spring is just around the corner, and with it comes a chance to get involved, try something new, and connect with your community. We're looking for volunteers ready to roll up their sleeves and step into leadership roles. Right now, we need a Vice President for our executive board and someone to take over as Hall Director to keep our community hall running smoothly. If either of these sounds like your kind of challenge, reach out to engagement@mpca.ca.

Our Communications Team is also scouting for a future Communications Director ahead of the AGM in October. If you enjoy social media, newsletters, or digital communications, this is your chance to help shape how Mount Pleasant stays connected. Reach out to communications@mpca.ca if you're interested in the Director role or being part of the team!

Our Green Initiatives Committee is also looking for people to join their team and bring fresh ideas for sustainability projects. Reach out to green@mpca.ca if you are interested in joining the GIC.

Of course, volunteering isn't the only way to get involved. Our calendar is packed with programs and activities for all ages, each one a chance to spark your imagination and have fun. Lace up your skates and glide across the Sportsplex or the outdoor rink at Horsy Park. Feel the rhythm with Zumba or try out Swing Dancing with friends old and new. Stretch, twist, and find your Zen with yoga or Tai Chi.

Crafternoons lets you unleash your creativity where you can paint, craft, and bring your ideas to life. Book Club invites you to dive into new worlds, share your thoughts, and connect with fellow readers over lively discussions.

Pleasant Times Day Trips and Senior Lunches are perfect for exploring, laughing, and spending time with neighbours. Playgroup brings tots and parents together for fun, learning, and discovery. With so much happening there is always a new experience waiting. Immerse yourself, try something different, and make your own Mount Pleasant memories.

Our Special Events Committee is busy behind the scenes getting everything ready for the third Annual Taste of Mount Pleasant. Join us on April 24 in the Upper Hall, for a feast of local cuisine and a celebration of culinary diversity! Don't miss this opportunity to connect with neighbours, support local businesses, and savour the

rich flavours of our community. This popular event sells out every year, so keep an eye on our website and social media for tickets and updates.

Spring also brings the Annual Community Cleanup; this event is organized by our Green Initiatives Committee in partnership with the City of Calgary. Think of it as a one-stop drop-off for household items that do not fit in your garbage cart, letting you reduce clutter while saving a trip to the dump. The date is still being finalized, so watch our website and social media for updates and details.

Mount Pleasant thrives because of the people who make it their community. Whether you're volunteering, attending a program, or just showing up for an event, every contribution matters.

Mount Pleasant Community Association



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
TO REPORT ANY CONCERNS



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"Getting older. I used to be able to run a four-minute mile, bench press 380 pounds, and tell the truth."
- Conan O'Brien

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:

We had another full house at January's lunch for a delicious roast pork dinner from Leroy's Catering.

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 to be added to our lunch invitation list.

Day Trips: We had a full house of 60 people for our trip to Stage West for a matinee performance of *Sister Act* on January 21. As usual, the food was great and the show was full of laughs and amazing music. We have two more Stage West outings planned: *New Sound in Town* on April 29 (sold out) and an evening performance of *Beehive* on August 5 (only five tickets remaining at time of writing).

Our most exciting news is a planned two-night trip to Lethbridge. Tickets are going fast but we need to have a minimum of 40 people to make this trip possible. We plan on visiting the Alberta Birds of Prey Foundation in Coaldale, the Nikka Yuko Japanese Garden in Lethbridge, the Empress Theatre in Fort Macleod, and Head Smashed In Buffalo Jump. We'll be a tired but happy crew when we arrive back in Calgary.

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 or 403 289-8390.



Nathan Fillion Civilian Pavilion

Edmonton-born actor Nathan Fillion celebrates his birthday on March 27. Edmontonians are so proud of their hometown hero that they created the Nathan Fillion Civilian Pavilion, and they painted it in vermilion no less!





Our fitness classes started up again on January 5 (January 5 start for Tai-Chi). You can enjoy a free try-out class at any point in a session. Don't delay. Start your fitness journey now by popping over to the hall any Monday or select Wednesday mornings.

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 remaining classes in the session or \$12 per class drop-in.

Classes are held from early September through late June with a break from mid-December until after the New Year. Monday and Wednesday morning classes

are held from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday morning classes are 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.

If you would like to try a free class to see if this program meets your needs, contact Linda (pleasanttimes@mpca.ca). Just dig out some comfortable exercise clothes and shoes, dust off any weights and resistance bands at the back of your closet, and pop over to the hall for a fun and energetic time.

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. If you would like to try a free class to see if this program meets your needs, come to the hall for a Monday morning class. 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.

ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events at mpca.ca/programs, mpca.ca/news, and 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 select Mondays from September to June with a break in December.

Select Mondays, 1:15 pm.

BFlowLatino | Zumba Fitness | Upper Hall

Mondays, 6:30 to 7:30 pm.

Exercise Program | Adults | Upper Hall

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

Monday and select Wednesdays, 10:15 to 11:00 am - Hall and Zoom sessions.

Fridays, 9:30 to 10:15 am - Zoom session.

Tai Chi | All Ages | Upper Hall

Sessions run from September to June with a break in December.

Monday and select 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.

Book Club | Adults | Lower Hall

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

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

Sessions run select Wednesdays from September to June with a break in December.

Select 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 | Ages 7+

Wednesdays, 5:00 to 6:15 pm.

Calgary Rakushinkan | Upper Hall

Wednesdays, 6:15 to 7:45 pm. Sundays, 5:00 to 7:00 pm.

Yoga with Trish Hardy Yoga | Upper Hall

Thursdays, 7:15 to 8:15 pm.

Fly Right Swing Dance Lessons | Upper Hall

Friday evenings.

Member Skating | SportsPlex Rink

Select days, register online.

Book Club | Lower Hall | *The Dictionary of Lost Words* by Pip Williams

Tuesday, March 24, 7:00 to 9:00 pm.

Book Club | Lower Hall | *James* by Percival Everett

Tuesday, April 28, 7:00 to 9:00 pm.

Special Events Committee Presents the Third Annual Taste of Mount Pleasant

April 24

Community Cleanup | Spring

Date TBD

Pleasant Times Day Trip | Stage West | *New Sound in Town*

April 29. Contact Linda at pleasanttimes@mpca.ca.

Pleasant Times Day Trip | Stage West | *Beehive*

August 5. Contact Linda at pleasanttimes@mpca.ca.



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 for more information.

Sportball [3rd Party] - Upper Hall

Sports Instruction for Kids

Sunday Afternoons

For more information and registration, please contact Calgary@Sportball.ca or call 403-975-2936.

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 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.

Rakushinkan Kids! [3rd Party] - Upper Hall

Wednesdays | 5:00 to 6:15 pm

Ages 7+. Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit 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 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.

Tai-Chi [MPCA Fitness] - Upper Hall

Mondays and select Wednesdays | 9:00 to 10:00 am

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Monday sessions are beginner friendly, and Wednesdays focus on returning students. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

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

Mondays and select 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 or on Zoom Mondays and select Wednesdays and Zoom only on Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca for more information or to try a free class!

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

Thursdays | 7:15 to 8:15 pm

For more information and to register, please contact Trish Hardy at hardytrish@gmail.com or call 403-620-4990.

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 to start your martial arts journey today!

Calgary Rakushinkan [3rd Party] - Upper Hall

Wednesdays | 6:15 to 7:45 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, 403-401-8257, or visit www.calgaryrakushinkan.com.

Fly Right Swing Dance Lessons [3rd Party] - Upper Hall

Friday Evenings

For more information, please go to 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 \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.

A Work in Progress



The first stone of the impressive *Basilica de la Sagrada Família* was laid on March 19, 1882. Designed by architect Antoni Gaudí, this church is still under construction, making it the largest unfinished Catholic church in the world. 144 years in the making and counting!

Cats, Canines, & Critters of Calgary



Archie, Cranston



Cleo, Seton



Dash, Seton



Hannah, Coach Hill



Nola, Mount Pleasant



Oliver, Sage Hill



Paris, Cranston



Sir Pepé, Somerset

To have your pet featured, email news@mycalgary.com

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 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.

Check the Events tab at <https://mpca.tidyhq.com> to signed up for March classes. It's always best to set a reminder to do this early in each month as classes fill up quickly.

Crafternoons' beloved community artists Connie Zerger and Doris Loewen have been busy collaborating on a

project and are now sharing it with us. Choose one or both classes and explore what's inspiring them.

Wednesday, March 11, 1:30 to 3:30 pm, West Coast Cedars - A watercolour and ink class with Doris Loewen: Inspired by Emily Carr. You will learn how to focus in on tree trunks and branches, highlighting texture and light. Templates will be provided if you wish to use them (no free hand drawing required). Come and play with pigment, colour, light, and water. You might even use your painting as insight for Connie's clay classes.

Wednesday, March 18 and Wednesday, April 8, 1:30 to 3:30 pm, West Coast Cedars - A Clay Relief Tile with Connie. This is a two-part class; please register once and commit to both dates. Imagine a tree painting made of clay. We will take artistic license to interpret trees in a relief composition on a clay tile using various techniques including texturing and sgraffito. Sgraffito pottery is a decorative technique where potters apply coloured slip or underglaze onto leather-hard clay and then scratch through the top layer to reveal the contrasting clay beneath, creating detailed designs. The second session on April 8 will follow the firing of our clay creations. We will apply shades of shoe polish to enhance the feeling of old growth forest giant cedar trunks.



Monday Afternoon Games

Monday Afternoon Games returned in January. 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 or 403-803-7697) to be advised when games afternoons are happening.



Where You'll See Green Line Construction In 2026

by The City of Calgary



Construction on the Green Line LRT – SE Project began in June 2025 and will ramp up this year. Calgarians will see action in the southernmost part of the route, between Shepard Station and the Bow River crossing (just north of Lynnwood/Millican Station).

After completing initial site grading and utility servicing at the Maintenance and Storage Facility (MSF) in January, three additional contracts will be awarded this year to begin the facility's main construction. Building the MSF remains a top priority to ensure we are prepared to receive, store, and assemble the light rail vehicles (LRVs) scheduled to arrive in 2028.

Alongside building the MSF, we need to complete a section of track to test the LRVs and ensure they're ready for service in 2031. To achieve this, the most effective approach is to begin construction at Shepard Station next to the MSF and extend up to the Bow River, providing enough track for testing. Procurement for this work is underway this spring under the Shepard to Bow and Bow River construction packages.

This year will also see the completion of three key projects already underway, including the Ogden Road Realignment, the 78 Avenue LRT Bridge, and the Blackfoot Trail LRT Bridge. Work will also begin on the elevated guideway at 114 Avenue and Barlow Trail this summer.

Other construction packages that will be awarded this year include the Highfield package, the Elevated Stations package, the Ramsay Elevated Guideway, and others.

For more information on upcoming construction, visit calgary.ca/GreenLineConstruction.



Our March 24 book will be *The Dictionary of Lost Words* by Pip Williams. Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the Scriptorium, an Oxford garden shed in which her father and a team of dedicated lexicographers are collecting words for the very first Oxford English Dictionary.

Young Esme's place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word *bondmaid* flutters beneath the table. She rescues the slip and, learning that the word means "slave girl," begins to collect other words that have been discarded or neglected by the dictionary men.

As she grows up, Esme realizes that words and meanings relating to women's and common folks' experiences often go unrecorded. She begins in earnest to search out words for her own dictionary: the *Dictionary of Lost Words*. To do so she must leave the sheltered world of the university and venture out to meet the people whose words will fill those pages.

Set during the height of the women's suffrage movement and with the Great War looming, *The Dictionary of Lost Words* reveals a lost narrative, hidden between the lines of a history written by men. Inspired by actual events, author Pip Williams has delved into the archives of the Oxford English Dictionary to tell this highly original story. *The Dictionary of Lost Words* is a delightful, lyrical, and deeply thought-provoking celebration of words and the power of language to shape the world.

The April 28 book will be *James* by Percival Everett. If you'd like more information about the book club or if there's a book you'd like to discuss, please contact Barbara at 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.

Make Every Drop Count

As we gear up for spring, it is never too early to start preparing your yards and gardens for the summer ahead. One thing that has been brought to mind recently is the importance of managing our water consumption and taking steps to encourage water conservation. Water conservation measures in your yard and garden can have an impact - a water efficient yard can save 30% to 40% of your water use throughout the summer.

One of the simplest and most effective conservation measures individual homes can take is to get a rain barrel. Using a rain barrel to capture and reuse rainwater in your yard helps to keep your plants healthy and reduces the amount of city water you use, reduces your water bill, while also reducing stormwater runoff in our creeks and rivers.

To encourage increased rain barrel installations and usage across the city this summer, the City of Calgary, in partnership with Green Calgary, is running its popular Rain Barrel Rebate Program for another year! The program opens for applications starting April 1, 2026, and will once again provide a \$50 rebate per rain barrel, with a max of

three per household (visit <https://www.greencalgary.org/eco-products/rain-barrel-sale-2> for program and application details along with FAQs). The rebates are first-come first-served, so be sure to apply fast!

Once you have your new rain barrel, be sure to check out all the great resources available on the City's website (<https://www.calgary.ca/water/programs/rainbarrel.html#benefits>) to assist with the set up and seasonal maintenance, as well as tips on how to maximize your water savings. By incorporating a rain barrel into your outdoor routine, you're not only benefiting your yard but also contributing to a greener, more resilient Calgary.

If you have ideas you want to share on how to prioritize water conservation or 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 for more information or to get added to our email list; you can also find us on the Mount Pleasant Community Association page as well.

Have a great month,

The MPCA Green Initiatives Committee

BRAIN GAMES

SUDOKU

4		3		1	6			
			4				3	
			9		3		6	4
2			8				1	
3		1				8		5
	4				1			2
1	7		3		9			
	3		1		4			
			5	2				

SCAN THE QR CODE FOR THE SOLUTION



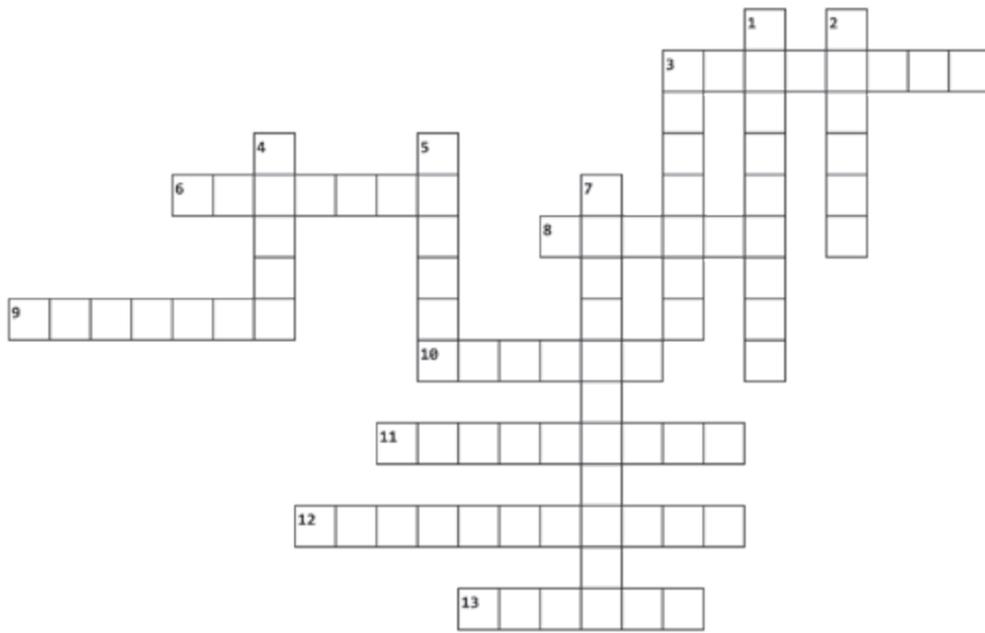
JOKE OF THE MONTH



WHAT DO YOU CALL A PIG THAT DOES KARATE?

A PORK CHOP.

March Crossword



Across

3. The prestigious piano manufacturer _____ & Sons was founded by Heinrich Steinweg on March 5, 1853.
6. *The Sound of Music* starring Julie Andrews and Christopher _____ premiered on March 2, 1965.
8. This equinox takes place on March 20 in the Northern Hemisphere.
9. The sports romance novel, *Heated* _____, by Canadian author Rachel Reid was originally published on March 25, 2019.
10. The _____ Harbour Bridge officially opened in Australia on March 19, 1932.
11. Ernest Shackleton's sunken ship, _____, was rediscovered after 107 years in the Weddell Sea on March 5, 2022.
12. On March 16, 1521, Portuguese explorer Ferdinand Magellan reached this archipelagic country in Southeast Asia.
13. World _____ Day is celebrated on March 21 honouring this form of literary work.

Down

1. On March 6, 1869, Dmitri _____ presented his periodic table of the elements to the Russian Chemical Society.
2. Turkish cities Constantinople and Angora officially changed their names to Istanbul and _____ on March 28, 1930.
3. Canadian actor William _____ was born on March 22, 1931, in Montreal.
4. In March 1997, the horror drama series _____ *the Vampire Slayer* premiered.
5. On March 13, 1781, William Herschel discovered this planet believing it to be a comet initially.
7. One of the most famous and fastest racehorses of all time, _____ was born on March 30, 1970.



Visit bit.ly/mycalgaryanswers
or scan the QR code for the answers

WORD OF THE MONTH

Hornswoggle: verb (horn-swah-gul)
To deceive or swindle someone.



The scammer tried to hornswoggle the woman into revealing her credit card details.



Rolling into the record books! Japan's Inazawa Grand Bowl is officially recognized by Guinness World Records as the largest bowling alley in the world, featuring a jaw-dropping 116 lanes. The bowling alley opened on March 24, 1972, and spans approximately 17,000 square metres of floor space.

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SCAN ME

March is Epilepsy Awareness Month



Show your support by **wearing purple** clothing or accessories on March 26.



Light up your homes, offices, and public spaces in purple to show your solidarity.



Be a part of the change! **Donate** or **start a fundraiser**.



epilepsy
southern
alberta



Purple Day
March 26

SUMMER ART CAMPS

Kids ages 9-12 | Teens ages 12-15

AUArts.ca/summercamps

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University
of the
Arts

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Real Estate Statistics



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ❤️

