

JUNE 2026

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



MOUNT PLEASANT POOL OPENS JUNE 13!



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



403-771-8771

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Licensed by Avenue Financial



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



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Your local neighbourhood mechanic shop

Bring this ad in to receive 10% off your invoice.

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FOLLOW US



address: 5515 4 Street NW, Calgary,
AB T2K 1B1
phone: 403-274-1749

Meet

JASON WAI REALTOR®



RE/MAX
Real Estate (Mountain View)

Born and raised in NW Calgary, Jason is YOUR local realtor in the neighbourhood. He is a second-generation realtor, with a focus on inner-city neighbourhoods like Hillhurst and West Hillhurst. Jason is an award-winning Realtor at REMAX, delivering practical market guidance and trusted advice – just look at the testimonials!

Selling your home should be a smooth process. Give him a CALL TODAY to see what your home is worth. Jason can provide knowledge, experience, and trusted value in getting the job done the RIGHT WAY.

GET IN TOUCH
403-478-0307



LET'S CONNECT

- Jason Wai Real Estate
- @recalgary
- re-calgary.ca



MR. TRENCHLESS SEWER, WATER & CIPP LINING

TRENCHLESS TECHNOLOGY - NO DIG - NO MESS



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\$1000 OFF

ANY TRENCHLESS SERVICE

FREE CAMERA
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NO-DIG TECHNOLOGY



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COST EFFECTIVE



LONG LASTING SOLUTION

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- ✓ SEWER LINING (CIPP)
- ✓ WATER BURSTING
- ✓ PIPE REHABILITATION

- ✓ CRACKED PIPE REPAIR
- ✓ ROOT INTRUSION SOLUTIONS
- ✓ SUMP & STORM SOLUTIONS



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RESIDENTIAL & COMMERCIAL

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ANY PLUMBING OR HEATING SERVICE

COUPON MUST BE PRESENTED AT TIME OF SERVICE. CANNOT BE COMBINED WITH ANY OTHER OFFER.

403-520-2040

FREE TRAVEL & DISPATCH FEE
FREE ONSITE QUOTES UNTIL
END OF JUNE 2026



MY CALGARY MECHANIC + TIRE



- GENERAL MAINTENANCE
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- ENGINE DIAGNOSTICS
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FREE BRAKE INSPECTION

SOME CONDITIONS APPLY
CALL FOR DETAILS
COUPON MUST BE PRESENTED AT TIME OF SERVICE. CANNOT BE COMBINED WITH ANY OTHER OFFER.

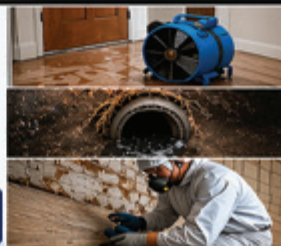
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3 DAYS OF ADVENTURE A LIFETIME OF IMPACT



KidneyMarch



Learn More
**MARCH
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DONATE**

Join us this September for a life-changing **100KM** journey
in support of kidney disease & organ donation.



1 in 10 Canadians has kidney disease.
Most don't even know it until it's too late.
We're marching to change that. You could too.

KidneyMarch.ca • 403.255.6139 • kidneymarch@kidney.ca



kidney
FOUNDATION

Charitable registration
No. 10756 7398 RR0001

You might be at risk of kidney disease.

Don't wait until it's too late. Know your risk
and learn how to prevent kidney failure with our
10-minute risk awareness quiz at [kidney.ca/risk](https://www.kidney.ca/risk)

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	Kaylee Maciejko	vicepresident@mpca.ca
Past President	Chris Best	pastpresident@mpca.ca
Secretary	Sharon Dean	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

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Hall Director	Murray Anderson	hall@mpca.ca
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Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

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Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
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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

As we head into June, it's hard not to notice how quickly the year is moving. The seasons are shifting, the days are getting longer, and our community spaces are once again full of activity. Programs are in full swing, and there's a real sense of momentum as we move into summer across Mount Pleasant.

We'd like to take a moment to share thanks for two highlights this spring.

On April 24, Taste of Mount Pleasant sold out for the third year in a row. This evening continues to be a wonderful example of community coming together in support of local business. Neighbours gathered to share food, conversation, and connection while enjoying the diverse offerings from our vendors. Thank you to our Special Events Committee, the volunteers who made the evening possible, and to every local vendor who joined us and helped create such a vibrant and welcoming experience. It was a true reflection of community spirit and the relationships that grow when people come together.

We also want to thank the Green Initiatives Committee volunteers, and vendors who organized the Annual Community Cleanup on May 3. There was a tremendous turnout, and it was great to see so many neighbours come out and take part. Thank you to everyone who participated and helped make the day such a success.

June brings the return of seasonal programming. The Mount Pleasant pool is reopening along with swimming lessons for the season! The Sportsplex is active with pickleball and badminton, and the Community Gardens are starting to bloom, adding life and colour to the neighbourhood.

We are also happy to welcome back Lil Green Urban Farm for the third year of the Community Farm Stand. Starting in June, they will be at the Community Hall on Thursdays with fresh, locally grown produce available for the community.

As we move into summer, we continue to welcome volunteers into the work of the association. There are opportunities to join the Board of Directors, as well as our committees and initiatives. We are currently seeking someone to work alongside the current Hall Director with the intention of transitioning into the Director role. We are also looking to fill the Grants Coordinator role to help identify funding opportunities, assist with applications, and support ongoing efforts to secure resources for

community programs and projects. We are also exploring the introduction of a community watch program and are looking for neighbours interested in helping shape, organize, and implement this initiative. Your participation can make a real difference in our community. If you're interested in any of these roles or want to learn more, please reach out to engagement@mpca.ca today.

The Communications Director role will be up for election at the AGM this October. If you are interested in the role, or in supporting the communications committee through newsletters, digital communications, and social media, please connect with communications@mpca.ca.

Our President and the Green Initiatives Committee are also looking for volunteers interested in helping plant fruit trees in the community as part of a new initiative. If this sounds like something you'd like to be part of, please reach out to president@mpca.ca.

Thank you for being part of what makes Mount Pleasant such a connected and welcoming community.

MPCA Board of Directors



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

Illustrations include a shopping bag with produce, a can of Chicken Soup, and a can of Spaghetti.



Our fitness classes continue through June 26, then take a break until we're back moving in September. You can enjoy a free exercise and/or Tai-Chi try-out class at any point in a session. Start your fitness journey now by popping over to the hall any Monday or Wednesday morning in June.

Chair Yoga

The last class will be Wednesday morning, June 17. 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 leads 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.

These drop-in only classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month) 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

The last class at the hall is Monday, June 22. Zoom classes will continue Wednesday, June 24 and Friday, June 26. 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. 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 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 at 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

The last class for this session is Wednesday, June 24. 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 \$6.00 per class drop-in.

PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

I don't feel old. I don't feel anything until noon. Then it's time for my nap. - Bob Hope

The Pleasant Times Social Club is midway through its 15th year! It started when MPCA offered part of its casino funds to support seniors' activities. The goals were to give people opportunities to get out of the house, be active, see places and things they might otherwise miss, and build support systems. The City helped with a focus group of about 30 community seniors to determine what events were of interest. This led to monthly lunches and day trips in and around Calgary. We haven't looked back since. Interest soon brought afternoon games, an exercise class, Tai-Chi, chair yoga, Crafternoon arts and craft sessions, and the book club. Tai-Chi and Crafternoon classes resulted from the federal government's New Horizons for Seniors grants.

Over the years, we've sourced many grants and donations to support our programmes. The latest are a \$500 donation from the North Calgary Costco and \$500 from The City's Ward Community Event Fund. Our activities are made 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 seniors 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, but if something piques your interest and you're available, please contact us for more information.

Monthly Lunches

We enjoyed a delicious Chinese food meal from Emerald Garden at our April lunch. Afterwards, community residents Corine Jansonius, Joan Thomson, and Anette Madsen gave a well-received presentation on Heritage

Guidelines and the City of Calgary development process. They started studying these topics to be able to provide feedback on a proposed R-CG development down their street. They shared what they discovered and gave some useful resources for learning about our neighbourhood and housing development. Look for more information on this in a future *Pulse*.

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. Many thanks to our volunteers, MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible.

If you are age 60 or over, or if you know of someone please get in touch with Linda at pleasanttimes@mpca.ca to be added to our lunch invitation list.

Day Trips

A happy group of 61 people travelled to Stage West on April 29 for a matinée performance of *New Sound in Town*. Not only did we enjoy a delicious buffet lunch but we watched a high-energy musical revue of pop, rock, and country music. As always, a good time was had by all. We've also booked tickets for an evening performance of *Beehive* on August 5 (only one ticket remaining).

At time of writing, we're looking forward to our sold out, two-night trip to Lethbridge on May 19 to 21. 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.



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

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

Mondays and select Wednesdays in the Upper Hall and on Zoom.

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.

No Book Club in December.

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 Pickleball | SportsPlex Rink

Select days, register online.

Book Club | Lower Hall | *The Penguin Lessons* by Tom Mitchell

Tuesday, June 23, 7:00 to 9:00 pm.

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

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

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, 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 [Third 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) [Third 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! [Third 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 four certified Essentrics® instructor. Walk-ins welcome!

BFlowLatino [Third 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 [Third 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 [Third 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 [Third 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 [Third 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.



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

Annual Membership \$35/person
gogetters.ca



THE GO-GETTERS
55+ Social Activity Centre

A better way to spend your day.

Play: Daily card games (Euchre, Bridge, Cribbage, Canasta, Whist)
Learn: Spring Speaker Series
Explore: Day trips/tours around town
Move: Fitness classes for all abilities

Community BINGO
Every Wednesday at 12PM
Progressive Jackpots • Pull Tickets
Soups and Sandwiches

1940 6 Ave NW
(403) 283-3720

Annual Membership \$35/person
gogetters.ca

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.



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 <https://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, or avoid purchasing supplies that aren't used.

Check the Events tab at <https://mpca.tidyhq.com> to see what classes are upcoming. It's always best to set a reminder to do this early in each month as classes fill up quickly. Registration for June classes opened on May 5.

Wednesday, June 3, 1:30 to 3:30 pm, Block Printing on Fabric with Tracy Franks

Create a cute bandanna by designing a pattern and doing some mock-ups on paper, then printing onto 100% cotton with textile inks. Tracy will provide a wide selection of textures to ink. The finished bandanna will be your fave summer accessory for your hair, neck, or doggo.

Wednesday, June 17, 1:30 to 3:30 pm, Rock and Cedar Wrapping with Doris Loewen

Join us for this meditative class where you will learn a basic technique for decorative wrapping of rocks and cedar with cotton thread/cord and wire. Embellishments may include moss, beads, buttons - there will be a variety of choices. Your end products will be palm-sized sculptures that will be uniquely yours. We can't wait to see you there!

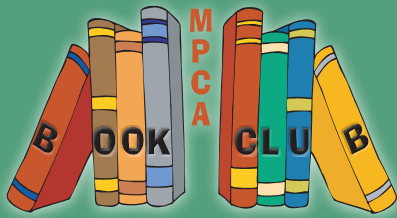
June 17 will be our last class of the season. Please watch your August inbox for September's schedule. Have a wonderful summer!



Joke of the Month

What do you call a noisy horse?
A heard animal.





Our June 23 book will be *The Penguin Lessons* by Tom Michell. “*The Penguin Lessons* teaches an important truth: that a single act of compassion can be repaid a thousand-fold.”—Sy Montgomery, author of the National Book Award finalist *The Soul of an Octopus*.

In 1975, twenty-three-year-old Englishman Tom Michell follows his wanderlust to Argentina, where he becomes assistant master at a prestigious boarding school. But Michell’s adventures really begin when, on a weekend in Uruguay, he rescues a penguin covered in oil from an ocean spill, cleans the bird up, and attempts to return him to the sea. The penguin refuses to leave his rescuer’s side. Michell names the penguin Juan Salvador (John Saved), but Juan Salvador, as it turns out, is the one who saves Michell.

After Michell smuggles the bird back to Argentina and into his campus apartment, word spreads about the young Englishman’s unusual roommate. Juan Salvador is suddenly the center of attention—as mascot of the rugby team, confidant to the dorm housekeeper, co-host of Michell’s parties, and an unprecedented swimming coach to a shy boy. Even through the collapse of the Perónist government and amid the country’s economic and political strife, Juan Salvador brings joy to everyone around him—especially Michell, who considers the affectionate animal a compadre and kindred spirit. Witty and heartwarming, *The Penguin Lessons* is a classic in the making, a story that is both absurd and wonderful, exactly like Juan Salvador.

The July 28 book will be *The Dictionary of Lost Words* by Pip Williams. 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.

Cats, Canines, & Critters of Calgary



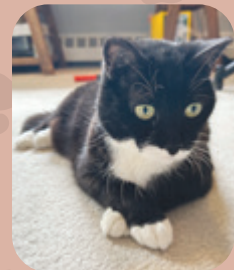
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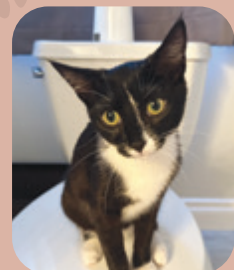
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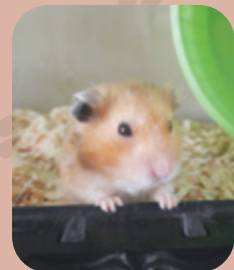
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Calgary is a city that builds, competes, volunteers, and shows up. That is why I was pleased to see the Spring Economic Update include \$755 million in sports funding. This investment will help more kids and families become active, support community programs and facilities, and back the world-class athletes who make Canadians proud.

Sport is community-building. It is where youth learn teamwork, where families connect, and where local organizations create belonging — on fields, rinks, courts, and tracks.

The update also includes measures that matter for affordable housing in Calgary. At Midfield Heights, 176 new homes received \$20 million through the Alberta Housing Partnership Program, part of a ten-year, \$678 million cost-matched investment to get homes built for Albertans. These are safe, affordable homes made possible through partnership, showing what happens when governments and community organizations work together to move housing from idea to reality.

The Spring Economic Update continues that work nationally, with measures to unlock new housing supply, accelerate low-cost financing for rental homes, support factory-built housing, and help provinces and territories remove construction barriers. For Calgary families, that means more homes, more options, and stronger, more connected communities.

There is also support for workers and young people, including Team Canada Strong, which will help train and hire the skilled trades we need for housing, infrastructure, and major projects. The update builds on 175,000 employment and work-integrated learning opportunities through Canada Summer Jobs, the Youth Employment and Skills Strategy, and the Student Work Placement Program.

For Calgary, these measures mean stronger communities, more affordable homes, more opportunities for youth, and better pathways into skilled trades. As your MP, my focus is making sure federal policy keeps delivering to build a Calgary, Alberta, and Canada strong for all of us.

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