

JULY 2026

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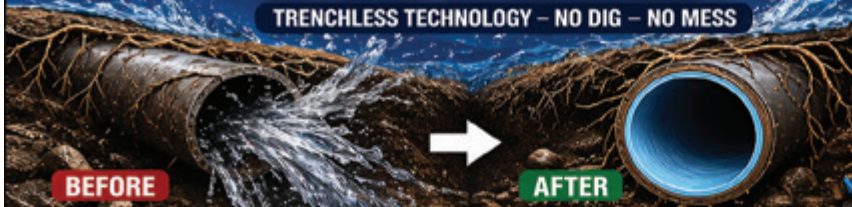


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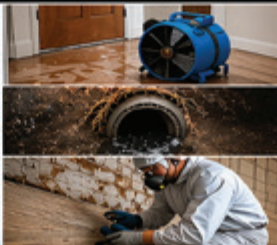
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Director-at-Large	Brian Ceelen
Director-at-Large	Mateusz Salmassi
Director-at-Large	Sierra Beaulieu
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STAFF LISTING

Communications Coordinator ext. 226	Stephanie	stephanie.c@hsca.ca
Recreation and Rental Coordinator ext. 250	Anne	rentals@hsca.ca
Daycare Program Manager	Heysha	dcmanager@hsca.ca 403-270-9703
OOSC Program Manager	Sze Man	ooscmanager@hsca.ca
Facility Services Manager ext. 223	Karl	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie	debbie.o@hsca.ca
Controller ext. 225	Amy	accounting@hsca.ca
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel	fleamarket@hsca.ca
Community Programs Coordinator, ext. 248	Martin	farmersmarket@hsca.ca
Community Connections Coordinator, ext. 247	Melisa	communityconnections@hsca.ca

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

HILLHURST



SUNNYSIDE



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Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Sustainable Food Programs	farmersmarket@hsca.ca 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night Sip 'n' Chat	Melisa 403-283-0554 ext. 247

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ONGOING PROGRAMMING AT HSCA

For the most up-to-date information, visit our program and recreation calendar for more information at www.hsca.ca/programsrecreationcalendar.

We're proud to offer a wide range of free programs and events for our community. Any programs with fees are clearly noted.

Mondays (Except Stat Holidays)

Drop-In Badminton

Drop-in badminton runs Mondays and Thursdays, 10:30 am to 1:00 pm.

Beginning September 1, 2026, weekday drop-in badminton fees will increase to \$7 per player. The weekday schedule remains unchanged. 20-play punch cards will increase from \$90 to \$125. Existing punch cards will continue to be honoured until used up.

New! Crafting Circle

Mondays from 9:00 am to 12:00 pm in the Hearth Room. Bring any craft and enjoy dedicated creative time with others. No cost to attend. Everyone is welcome!

Evening Yoga at HSCA

Paused until August.

Fresh Routes Mobile Market

4:00 to 6:00 pm.

Fresh Routes affordable mobile grocery store is onsite every Monday (except stat holidays). Everyone is welcome to shop at Fresh Routes.

Tuesdays

Chair Yoga

10:00 to 11:00 am, online and in-person. Please reach out to Debbie for more information and the new zoom link.

Sip n Chat

Drop by anytime between 2:00 and 4:00 pm. We welcome all community members to enjoy a coffee or snack together. Everyone is Welcome. Stop by the Hearth Room at HSCA.

Wednesdays

Cribbage

12:30 to 3:00 pm, join a lively game of cribbage with community members and area seniors in the North Social Hall.

HSCA's Farmers' Market

(Indoor Season)

The HSCA runs every Wednesday from 3:00 to 7:00 pm, year-round.

Thursdays

Drop-In Badminton

Drop-in badminton runs Mondays and Thursdays, 10:30 am to 1:00 pm (some blackout dates).

Chair Yoga

10:00 to 11:00 am, online and in-person. Please reach out to Debbie for more information and the new zoom link.

Neighbour Night

First and third Thursday of the month, 5:30 to 7:30 pm in the HSCA Hearth Room. Free and everyone is welcome—dinner, dessert, and a workshop! This month join us on Thursday, July 2 and Thursday, July 16.

Please email Claire to RSVP if you are planning to attend: claire.l@hsca.ca.

Please check our program and recreation calendar for updates and information on Neighbour Night at www.hsca.ca/programsrecreationcalendar.

Fridays

New! Free Drop-In Play and Mini Mother Goose

Fridays, July 11 and 25, August 8 and 22, 10:00 to 11:30 am in the North Social Hall, HSCA.

A family pop-up program featuring a snack, play time, and a Mini Mother Goose circle. Suitable for parents and caregivers with children ages zero to six. No registration required.

New! Friday Evening Badminton Pilot

We're introducing a new Friday Evening Badminton Pilot program this summer, running July 3 to August 28, 2026. Drop in for a game, meet fellow players, and help us test this new evening offering. Fees are \$10 per player. Visit hsca.ca/badminton or our Programs and Recreation Calendar for schedule details, registration information, and updates.

Saturdays

HSCA Pickleball Drop-In

Runs Saturday, 10:30 am to 12:00 pm in the HSCA gym. Ages 16+. Special introductory rate: \$12 per session. Space is limited and advance registration is encouraged.

Sundays

Sunday Flea Market

Runs 7:00 am to 3:00 pm, concession onsite! Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA.

Special Events

Design-a-Boot Contest

Calling creative kids (and kids at heart)! Pick up a contest sheet at the Flea Market or download one at hsc.ca/flea-market. Submit your design for a chance to win.

Stampede Breakfast at Flea Market

Sunday, July 12, starting at 8:00 am.

Free pancakes for the first 200 people, games, and a little western flair.

Special Farmers' Market: Salsa Fest

Wednesday, July 22, 3 to 7:00 pm.

A summer favourite returns. Salsa tasting and more. Details to come.

Antique and Collectibles Market

Saturday, July 25, 10:00 am to 4:00 pm.

Vintage finds, antiques, jewelry, and more. A favourite summer browse.

\$2 admission.

Repair Exchange at the Flea Market

Sunday, July 26.

Bring your small household items and work with volunteer fixers to give them a second life. A free community repair event held alongside the Sunday Flea Market. Last Sunday of every month!

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SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message), or email debbie.o@hsc.ca. We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information at www.hsc.ca/seniors.

New! Crafting Circle

Mondays, 9:00 am to 12:00 pm in HSCA's Hearth Room.

The Monday knitting/crochet circle has expanded to welcome all kinds of crafts—knitting, crochet, needlepoint, cross-stitch, sketching, calligraphy, and more. Join in for a relaxed morning of creating, sharing, and connecting with fellow crafters in the Hearth. All ages, everyone welcome! (Excludes Statutory Holidays.)

Caregiver Connections

There are currently no scheduled sessions but please connect with Debbie at any time. Connecting with someone outside of family and friends can help when we are feeling overwhelmed or just need someone to talk to. If you are a caregiver or want to explore ways to support someone you know, please connect with Debbie directly to talk or learn more about available resources and support in our city.

Chair Yoga (Online and In-Person)

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

Chair Yoga is offered in a hybrid model—meaning participants can join either online or in person. If you'd like to join in-person, you'll follow along with Sharon on the screen in the Hearth Room. Space is limited, and there's some safety info to go over, so please contact Debbie directly if you'd like to attend in-person. This gentle exercise class is a great way to stay active and limber—especially as the cooler months roll in. Come join us! To register or for more information, contact Debbie at 403-283-0554 ext. 224 or debbie.o@hsc.ca.

Cribbage Group

Wednesday afternoons from 12:00 to 3:00 pm in the North Social Hall.

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

Each game is \$.25, which goes to the winner, then the winners move to the next table and there is an extra \$.10 for a skunk. Anyone who wishes to play is welcome.

Senior Connections Network

The Senior Connections Network aims to foster connections with seniors in our community in various ways. If you're interested in joining the network or have a senior who would like to connect, please reach out by email or phone. We can arrange a time to discuss opportunities moving forward. If you have ideas for senior programming at the centre, we'd love to hear them so please reach out to Debbie.



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Bethany Calgary Redevelopment News

Get project updates at
developmentbethany.com

New Family Pop-Up Coming to HSCA This Summer

Looking for a fun way to connect with your little one this summer?

HSCA is excited to partner with Carya to bring a new Drop-In Play and Mini Mother Goose pop-up program to the community.

Designed for parents, caregivers, and children ages zero to six, this free drop-in program offers a welcoming space to connect through play, songs, stories, and early learning experiences. Each session includes a snack, play time, and a mini Mother Goose circle.

Rooted in the Parent-Child Mother Goose approach, the program encourages connection, interaction, and shared experiences between children and their caregivers while supporting early learning in a fun and engaging way.

Whether you're looking to meet other local families, spend quality time with your child, or simply enjoy a morning of play and connection, we invite you to join us.

Drop-In Play and Mini Mother Goose

Friday, July 11 and 25, and August 8 and 22, 10:00 to 11:30 am.

Location: North Social Hall, Hillhurst Sunnyside Community Association

Cost: Free

No registration required.

Suitable for parents and caregivers with children ages zero to six.

For more information, contact fic@caryacalgary.ca.

FREE SUMMER PROGRAM FOR FAMILIES

carya HSCA
Hillhurst Sunnyside Community Association

Hillhurst Sunnyside Drop-in Play & Mini Mother Goose

A place for families to connect and play! Enjoy a snack, play time and a mini mother goose circle! Suitable for parents and caregivers with children ages 0-6.

INSIDE HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION
1320 5 AVE NW

FRIDAYS
JULY 10 & 24
AUGUST 7 & 21
10 - 11:30 AM

DROP IN PROGRAM, NO REGISTRATION REQUIRED!
FOR MORE INFORMATION CONTACT: [FIC@CARYACALGARY.CA](mailto:fic@caryacalgary.ca)

Pet Corner

Calling all proud pet parents!

We're looking for furry, feathered, and scaly neighbours to feature in the *Voice*. Send us a favourite photo of your pet, their name, and a few fun facts for a chance to be featured in a future issue.

Email submissions to communications@hsc.ca.

Because every community has local celebrities... and some of them have four legs.

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Crafting Circle

Crafted Together, Connected by Community



Have something you're working on?
Want to learn a new skill? Stop by!

Mondays, 9am-12
in the HSCA Hearth room

2026 Special Markets:

- Vernal Equinox - April 8
- Summer Season Opener - May 27
- Volunteer Day Market - June 24
- Salsa Fest - July 22
- Teddy Bear Picnic - August 19
- Harvest Fest - September 23
- Holiday Market - December 2





www.farmersmarket.hasca.ca

HSCA Sip 'n' Chat



TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA

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Bring your own paddle
All skill levels welcome



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Free admission
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Flea Market

Since 1985

Vinyl records, crafts, furniture, antiques, books, household items, and more!

HSCA.CA/FLEA-MARKET

Photo Corner

Some of the best summer memories are made close to home.

This month, we're looking back at two Farmers' Market favourites: last year's Stampede-themed Flea Market and Salsa Fest 2024. From pancakes on the griddle to music filling the market, these moments remind us why summer at HSCA is so special.

With Salsa Fest returning on July 22 and the Antique and Collectibles Market on July 25, we're looking forward to another month of summer traditions, local treasures, and community connection.

Have a photo that captures life in Hillhurst Sunnyside? We'd love to showcase it!

Send your photos or stories anytime to communications@hscala.ca and help us tell our community's story together.



Joke of the Month

What do you call a bear with no teeth?

A gummy bear!



We're looking for jokes, drawings, and artwork from our youngest neighbours. Send your creations to communications@hscala.ca and you may be featured in a future edition of the *Voice*.

Looking for another creative challenge? The HSCA Flea Market's Design-a-Boot Contest kicks off June 28! Find the template in this month's *Voice* or pick one up at the Sunday Flea Market and show us your best Stampede-inspired design.

DMap Update: Heritage Guideline Areas

The City has added a new layer to the Development Map (DMap) to help identify where Heritage Guidelines may apply. Heritage Guideline Areas are identified in Local Area Plans and highlight places with concentrations of heritage assets.

By turning on the 'Heritage Guideline Areas' layer, you can see:

- Which Local Area Plan a location is associated with.
- How many development applications are currently proposed within those areas.

Specific requirements for Heritage Guideline Areas are found in the associated Local Area Plan. Explore the map at developmentmap.calgary.ca.



Food has a way of bringing people together, and this month we're revisiting a favourite from the HSCA Community Cookbook created back in 2021. This refreshing watermelon, feta, and cucumber salad was shared by Abir B., and is perfect for summer gatherings.

Do you have a go-to recipe, a family favourite, or a dish that's always a hit at potlucks? We'd love to hear from you. Community recipes, food photos, and the stories behind them are always welcome for future editions of the *Voice*.

While you're at it, we'd also love to meet your furry family members! Send us a photo and a few fun facts about your pet for a chance to be featured as our Pet of the Month.

And for our younger neighbours, keep an eye out for upcoming colouring pages and creative activities. We may even feature some of your artwork in a future issue!

To submit a recipe, pet photo, or artwork, email communications@hsc.ca.

Watermelon, Feta, and Cucumber Salad

Shared by Abir B. through the 2021 HSCA Community Cookbook.

Serves 6 | Ready in 30 minutes

Ingredients

- 3 cups watermelon, cubed
- 1½ cups cucumber, sliced or cubed
- 2 tbsps fresh mint, chopped
- ½ cup feta cheese, crumbled
- 3 tbsps olive oil
- 1 tbsp lime or lemon juice
- 1 tbsp maple syrup
- Salt and pepper, to taste

Directions

1. Place the watermelon, cucumber, and mint in a large bowl.
2. In a small bowl, whisk together the olive oil, lime or lemon juice, salt, and pepper.
4. Pour the dressing over the watermelon mixture and toss gently.
5. Sprinkle with feta cheese and drizzle with maple syrup before serving.



Tip: Serve chilled for a refreshing summer side dish.

Recipe Credit: Originally featured in a Good Food Box from the Community Kitchen of Calgary and shared through the 2021 HSCA Community Cookbook.

HSCA
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1929 Broadview Road NW

List Price: \$749,900

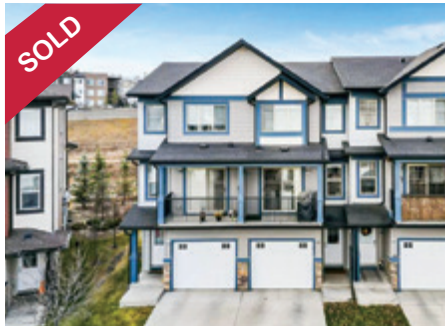
Congratulations to my valued client on the successful sale of this investment property.



561 Point McKay Grove NW

List Price: \$739,900

Patience truly is a virtue. Congratulations to my loyal client, so glad we finally found "the one."



443 Sage Hill Grove NW

List Price: \$479,900

It was a pleasure working with past clients. Welcome back to Calgary.

Not intended to solicit buyers or sellers currently under contract with a broker.

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