

AUGUST 2024

DELIVERED MONTHLY TO 6,450 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

PRESERVING AND ENHANCING THE QUALITY OF LIFE FOR RESIDENTS OF HILLHURST SUNNYSIDE



**THE TEDDY BEAR
PICNIC COMES TO THE
FARMERS' MARKET
AUGUST 21**

📞 403.850.2560

RE/MAX[®]
REAL ESTATE (CENTRAL)



CARDINAL

BY TREVOR RAMAGE

HONESTY • INTEGRITY • EXPERIENCE

CARDINALBYRAMAGE.COM

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



SCAN ME





TerraBurst

TRENCHLESS SEWER & WATER

No-Dig Sewer & Water Line Repair

We rehabilitate pipes without disturbing trees, landscaping, or interior flooring and finishings.

SOLUTIONS FOR

- Root Intrusions
- Water Line Leaks
- Pipe Corrosion
- Sewer Belly or Low Spot
- Pipe Misalignments
- Aging Pipes

Upgrade Your Infrastructure, Increase Your Property Value & Preserve Your Asset

75% OFF

Present this coupon for 75% off a sewer line camera inspection. This offer includes a sewer camera inspection, video recording, and assessment from an expert technician.

Valid until 2024/12/31

403-450-0087 | TerraBurst.ca | info@terraburst.ca



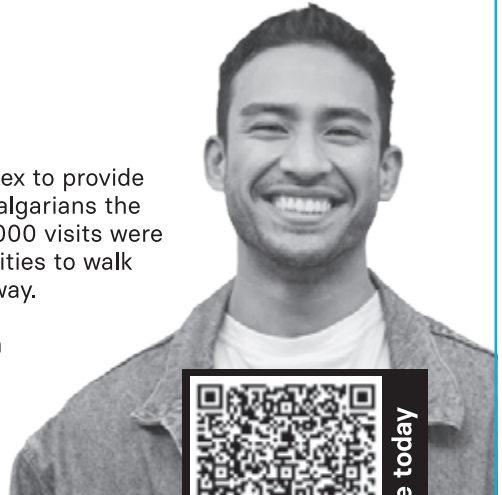
Health.
Home.
Humanity.

This is Our Community.

Together, we shape it. Your support empowers The Alex to provide vital health, housing, and food programs that offer Calgarians the critical support they need. Last year alone, over 100,000 visits were made to our programs. That's over 100,000 opportunities to walk alongside clients, providing help—every step of the way.

We can't do it without you. The community counts on your generosity. The Alex needs your help to provide vital care and support to vulnerable Calgarians.

Please give today.

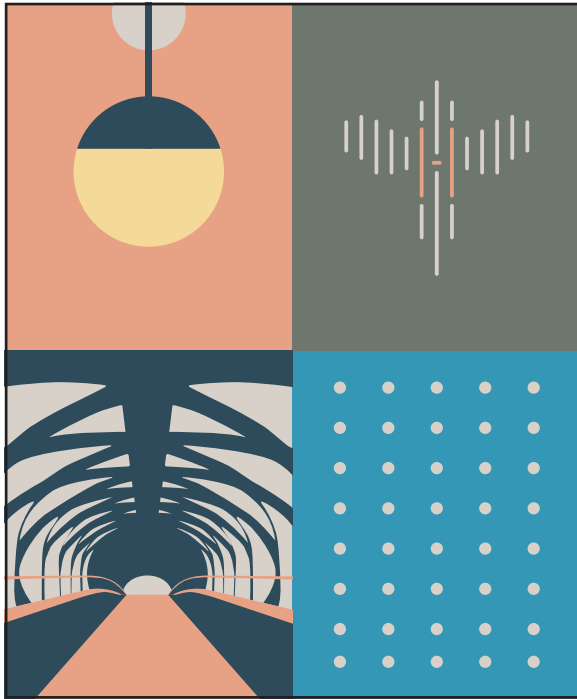


Give today

give.thealex.ca



@Thealexhc



hi, SUNNYSIDE

Come explore Hive, 140 modern rental apartments for people who enjoy the buzz of life. Move-in ready starting in July 2024.

Pre-register to make Hive in Sunnyside your home. Prices start from \$2095/month.

HIVEYYC.COM | HIVELIVINGYYC

HIVE

BOWVIEW OUTDOOR POOL

1910 6th Ave NW - July 1st to Aug 25th 2024

Time:	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
6:00							
7:00	LANE SWIM 6:45 - 8:45						
8:00	* 1st hour available with the start of Private Lessons at 8:00						
9:00	LESSONS 9:00 - 12:00					LANE SWIM RENTAL 8:45 - 9:45 8:45 - 9:45	
10:00						RENTAL RENTAL 10:15 - 11:15 10:15 - 11:45	
11:00							
12:00	LANE SWIM 6:50 - 12:30						
13:00	PUBLIC SWIM TIME SLOTS: 1:00 - 2:30 2:45 - 4:15 4:30 - 6:00						
14:00							
15:00							
16:00							
17:00							
18:00	LANE SWIM 6:15 - 7:15			LESSONS 6:15 - 7:50		LANE SWIM 6:15 - 7:15	
19:00							
20:00	PUBLIC SWIM 8:00 - 9:30	SWIM CLUB 7:50 - 8:50	CHI HEALTH 8:00 - 9:00	JEWELS 7:50 - 8:50	PRIVATE RENTALS 8:00 - 9:00	PRIVATE RENTALS 7:30 - 8:30 8:45 - 9:45	
21:00							
22:00							

To Book Public Swim, Lessons, Rentals, or Swim Club visit: calgaryoutdoorpools.ca

Prices By Age:

Under 2:	FREE!	Email bowlviewmanager@theco.ca if you wish to book
2 to 7:	\$4.00	1.5hr or 2hr private rentals: Fri: 8:00pm-9:30pm Sat & Sun: 7:30pm-9:30pm
8 to 17:	\$6.00	
18 to 64:	\$4.00	For more information: Email: bowlviewmanager@theco.ca Phone: 403-221-5571
65+:	\$4.00	

Full Pool Rentals: 1-40 ppl - \$175/yr. 41-80 ppl - \$260/yr.

TEDDY BEAR PICNIC

August 21, 3PM - 7PM

1320 5 Ave NW

ACTIVITIES

- Teddy Bear Clinic, hosted by Westmount Vet Clinic
- Dive into magical stories with Little Red Reading House
- Face painting and balloons!

BOARD OF DIRECTORS

Chair	Bekah Callaghan
Treasurer	Andrew Rogan
Planning Committee Chair	Vacant
Director-at-Large	Laila Adam
Director-at-Large	Joanne Gordon
Director-at-Large	Brian Ceelen
Director-at-Large	Hailey Doney
Director-at-Large	Jaimie Graham
Director-at-Large	Miranda Johnson
Director-at-Large	Dora Lam
Director-at-Large	Garth Johnson

STAFF LISTING

Executive Director ext. 221	Kate Stenson	kate.s@hsca.ca
Planning Coordinator	Becky Poschmann	planning@hsca.ca
Communications Coordinator ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Activities and Rental Coordinator ext. 250	Hannah Garcia	hannah.g@hsca.ca
Daycare Program Manager	Kerin Ching	dcmanager@hsca.ca 403-270-9703
OOSC Program Manager	Chelsea Wroblewski	chelsea.w@hsca.ca
Facility Services Manager ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller ext. 225	Amy Kettenbach	accounting@hsca.ca
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Giselle Gilliard	giselle.g@hsca.ca
Community Connections Coordinator ext. 247	Reiko Yamagishi	reiko.y@hsca.ca

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

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

HILLHURST



SUNNYSIDE





Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Sustainable Food Programs	Giselle Gilliard 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	Reiko 403-283-0554 ext. 247



The Riley Women

This is an excerpt from the Hillhurst Sunnyside Historical Context paper, 'Early Homesteaders & Pioneer Settlement (1883-1907)' (pp. 14-16). For more on the history of Hillhurst Sunnyside, check out the full paper: <https://www.hsca.ca/historical-context-paper>.

Margaret Louise Riley (1900-1957)



Portrait of Margaret Louise Riley (1900-1957) [Online]. Glasgow Archives SA.3975.19

Author and longtime children's librarian Margaret Louise (1900-1957) is best known for her role in introducing children's sections to Calgary's public libraries. She was educated in library science, majoring in children's libraries, and

completed her post-graduate work in that field. In 1930 she joined the Calgary Public Library system, serving as its children's librarian for 19 years and becoming the assistant chief librarian in 1949. In addition to establishing a room in the libraries for youth, her initiatives included developing the library's collection of children's books and initiating a Children's Story Hour on radio. Louise also served as chairman of the Alberta Library Board and was a published author of adult and children's books. She lived with her father in the Ezra Riley family home until 1936, the year before Ezra's passing, at which time it was sold to the Anglican Diocese.

Maude Riley (née Keene, 1880-1962)

Maude Riley was just as well-known as her husband Harold, and was recognized for her achievements in women's rights, child welfare and justice reforms, and family courts. Born in Ontario, Maude came to Calgary in 1903, teaching at the Nose Creek School up until the time she married Harold in 1907. She helped found the Calgary Playground Association in 1917 and the Calgary Child Welfare Society in 1918 (which later became the Alberta Council on Child and Family Welfare) and served as president of the Council for four decades. Her honours include an award by the Belgian government for work on behalf of the Belgian Relief Fund and the King George VI Coronation Medal. Their son Harold W Riley Jr was a lawyer and for a period of time worked with Riley's Limited; in 1957 he was appointed to the Alberta Supreme Court.



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

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.

Mondays (Except Stat Holidays)

Senior Connections Group, 10:00 to 11:00 am (Online)

Sustainable Food Programming, 4:00 to 6:00 pm

Fresh Routes affordable mobile grocery store is onsite every Monday (Except stat holidays).

HSCA offers residents of Hillhurst Sunnyside experiencing food insecurity resources and assistance, including access to the free table. Questions? Connect with one of our team members at the Sustainable Food Program (SFP) for more information.

Tuesdays

Chair Yoga, 10:00 to 11:00 am (Online and In-person)

Sip 'n' Chat, 2:00 to 4:00 pm

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. In 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

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

Be sure to check out our upcoming special event markets, including:

- Local Food Week, August 12 to 18
- Teddy Bear Picnic, August 21
- Harvest Fest, September 25

Thursdays

Chair Yoga, 10:00 to 11:00 am

Neighbour Night

There will be no Neighbour Nights for the month of August. Please check our program and recreation calendar for updates and information on future Neighbour Nights: www.hsca.ca/programsrecreationcalendar.

Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession On-site!

Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA.

Flea Market Partnership with Cerebral Palsy Alberta- Donation Drop Off

Shop and donate! The HSCA Flea Market has partnered with Cerebral Palsy Alberta and is now a charitable drop off location. Important: Drop off donations can only be made Sunday during the Flea Market hours in HSCA's Tyler Room (there is signage on the door). Donations cannot be left outside the building. HSCA will not be accepting donations any other time during the week. Donation items Cerebral Palsy Alberta is accepting include: quality used clothing, accessories, and small household items.

Other Programming

There Will Be No HSPC Meetings During the Month of August.

To learn more about the Hillhurst Sunnyside Planning Committee, visit hsca.ca/planning or contact planning@hsca.ca to participate in a meeting.

Shared Garden Volunteer Opportunities

Spend a few hours a week tending to this volunteer-run community garden and feeding your community! The Shared Garden differs from a traditional community garden because everyone works together to tend to all the plots, instead of having your own. All volunteers are welcome to share in the bounty, and the extra produce is donated to HSCA's Sustainable Food Program to feed neighbours struggling to afford good food. The Shared Garden is seeking general garden volunteers (to support planting, watering, weeding, and harvesting – no experience necessary). Reach out to giselle.g@hsca.ca for more information.

Call Out for Photos: Show Us Your Community!

We know there are many of you out there capturing the beauty of our community through photography and we want to hear from you! If you'd like to share your photos around our neighbourhood, please email stephanie.c@hsca.ca. Pictures tell a story and we're looking to include photos from community members in our newsletters and other communication channels.



bethany
creating caring communities

Bethany Calgary Redevelopment News

Get project updates at
developmentbethany.com

Recreation at HSCA

Bowview Pool - 2024 Season

Visit www.hsca.ca/bowview-outdoor-pool.

It's pool season and there's something for everyone at the Bowview Outdoor Pool, including programs and exciting events! Bowview Outdoor Pool is operated by Hillhurst Sunnyside Community Association, and we offer plenty of programs and events to keep your summer active. Bowview offers Lifesaving Society Swim for Life® swimming lessons, private lessons, swim club, private pool rentals, public swimming, and lane swimming.

Please visit www.hsca.ca/bowview-outdoor-pool for the most up-to-date information including schedule changes, closures, and events. Don't forget to follow us on Instagram @bowviewoutdoorpool. You can reach out to bowviewmanager@hsca.ca with any questions or concerns.

HSCA Tennis Courts - 2024

Registration for use of the HSCA tennis courts is now open. All registrants must have a valid HSCA membership. Tennis courts will be open from April 29 to October 31, weather permitting. Visit www.hsca.ca/tennis.

Drop-in Badminton

Most Mondays and Thursdays from 10:30 am to 1:00 pm. Visit www.hsca.ca/badminton for full schedule and blackout dates. No registration is required, \$4 per session.

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

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



FARMERS'

MARKET AT HSCA

Wednesday's from 3 pm - 7 pm
1320 5 Ave NW



Upcoming Special Markets:

- Local Food Week - August 12 -18
- Teddy Bear Picnic - August 21
- Harvest Fest - September 25



<https://farmersmarket.hsca.ca>

HSCA Turned 76 in July: The Evolution of a Community Association

HSCA has been serving our community since 1948! Over the last 76 years the association has evolved, pivoted, and grown. Check out our 'Looking Back: Evolution of a Community Centre' map from our 2023 Annual Report to get a snapshot over the years. You can view our entire 2023 Annual Report at hsc.ca/agm.

Get Involved

Looking for ways to get involved? HSCA is always looking for volunteers for community initiatives, events, and programming. We also encourage community members to check out HSCA's committees and sub-committees and the important work they are doing, including our:

- Board of Directors
- Planning Committee
- Mobility sub-committee
- Heritage Preservation sub-committee
- Sunnyside Brightening sub-committee
- EPARC Committee

You can also:

Visit our volunteer page at www.hsc.ca/volunteer for more details on how you can get involved with HSCA!

Sign up for HSCA's monthly e-newsletter to stay updated on exciting community programs, events, initiatives, and other ways to connect with your community!

Check out our program and recreation calendar for a full listing of programs, events, and markets! Visit www.hsc.ca/programsrecreationcalendar.



FAIRPLAY PET SUPPLY
...everything
pets

2604 Kensington Rd. NW 403-283-2117

Looking For A New Dentist?

Get a FREE Philips Sonicare Electric Toothbrush

With your comprehensive exam, cleaning & x-rays!



We follow the ADA&C Fee Guide

FOR ALL BASIC PROCEDURES

			SAME FEE
Code	Treatment Description	ADA&C Fee Guide Pricing	Centennial Smiles Dental Pricing
01103	New Patient Exam	\$116.66	\$116.66
02144	4 X-Ray Bite Wings	\$100.36	\$100.36
11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12113	Fluoride Treatment	\$34.66	\$34.66

BOOK YOUR FREE CONSULTATION TODAY

587.317.7959 | info@centennialsmiles.ca



centennialsmiles
dental

We're Making a Difference



Our Gift To You!

\$50 OFF

your first in-office treatment

Offer expires August 31, 2024.
No cash value. Not applicable towards facial products.



587.317.7959
info@centennialsmiles.ca

Services Offered:

Botox, Fillers, Sculptra, Facials,
Microdermabrasion, Chemical Peels,
Skin Tightening & Rejuvenation,
Laser Hair Removal and much more!

BOTOX



FILLERS



The Beauty of Results

RECEIVE A 20% DISCOUNT
ON ALL PRODUCTS

ZO® SKIN HEALTH

Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family, or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings, to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?



Get the smile you've always wanted with the clear alternative to braces. Book a FREE consultation today and find out if you're a candidate for as low as \$149/month.



Want to look like you've turned back the hands of time? Need relief from TMJ? Book a FREE consultation and see how Botox can help!



We are a digital impression practice.

Visualize a better smile.

Do you have a strong gag reflex? Hate the mess of gooey impression materials? The iTero 3D Oral Scanner comfortably captures the intricate contours of your teeth with high levels of precision for Crowns, Bridges, Invisalign, and much more without the goop or gag.

Flexible Financing Starting at 0% **paybright**

Looking for financing options? We've got you covered. Apply online today.



services



**TEETH
WHITENING**



**BOTOX
TREATMENTS**



**TEETH
CLEANING**



**DENTAL
IMPLANTS**



**PORCELAIN
VENEERS**



INVISALIGN



**SMILE
MAKEOVER**



**CERAMIC
RESTORATION**



CROWNS



**SNORE
GUARDS**



ORTHODONTICS



BRIDGES



TMD THERAPY

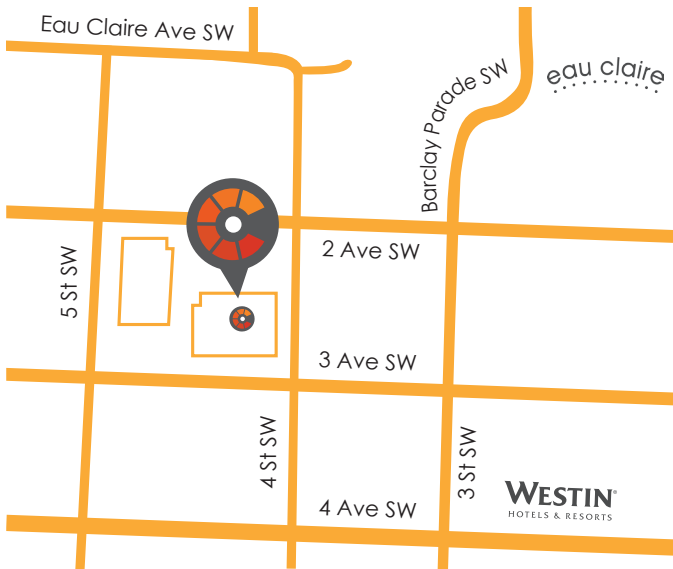


**TOOTH COLOURED
FILLINGS**

**DIRECT BILLING
TO INSURANCE**

OPEN WEEKENDS

**NOW ACCEPTING
NEW PATIENTS**



LOCATION

**Unit #245 - 520 3rd Ave SW
Calgary, AB T2P 0R3
Located in Centennial Clinic
on the Plus 15 level**

CONTACT US

**587.317.7959
info@centennialsmiles.ca**

SCAN OR VISIT

www.centennialsmiles.ca



All services performed
by a general dentist

How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you

think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

An advertisement for Sunalta Farmers' & Makers' Market. The background is a vibrant collage of fresh produce including blueberries, tomatoes, bell peppers, and carrots. In the center, there is a white circular graphic with a red chili pepper illustration. The text reads: "FARMERS' & MAKERS' MARKET Sunalta". Below this, it says "Saturdays, 10am to 2pm" and "May 25th to October 5th" followed by "1627 10th Ave. S.W.". At the bottom, there is a logo for "Farmers Market Alberta" and a box containing the text: "A weekly Alberta Approved Farmers' Market featuring over 30 local farmers, growers, food and craft artisans" and the "SUNALTA" logo.

A Sip 'n' Chat Farewell to Reiko

Last month, during HSCA's weekly Sip 'n' Chat, participants said farewell to Community Connections Coordinator, Reiko. Participants and staff shared their heartfelt appreciation and parting words over sweets and a warm beverage in HSCA's Hearth room. Reiko has shared that one of her primary objectives was to ensure people felt welcomed, supported, and included (HSCA's 2023 Annual Report). Reiko joined the HSCA team last summer to cover Shaye's parental leave and will be moving on to a new opportunity. During her time at HSCA, Reiko led our Neighbour Night, Tuesday's Sip 'n' Chat, and Monday's Sustainable Food Program. Although we're all very excited for Reiko's next adventure, we will miss her compassion, enthusiasm, and, of course, her impressive origami skills that she has shared across programming and around the centre. Thank you for making a lasting impact on our community, Reiko!

More About Sip 'n' Chat

Sip 'n' Chat runs every Tuesday from 2:00 to 4:00 pm at HSCA. The weekly program offers a casual, low-committal, drop-in format where all are welcome. The connections and relationships that participants make in the Hearth room have sprouted and extended far beyond the walls of HSCA. "Participants have truly created a network of support," says Reiko.

Sip 'n' Chat's Basket of Questions

Community members often connect and chat using "the basket of questions". Just like it sounds, "the basket of questions" is a basket full of questions or talking points for participants to pull from to break the ice and promote conversation. Read one participant's experience below.

"One person picks a question out of the basket, answer(s) it, and paper is passed around so everyone present gets a chance to answer. This has resulted in unbelievable discussions! Everyone answers from their perspectives, and this often leads to many interesting facets of our lives being discussed! The coffee, tea, and goodies, oranges always included is a highlight for those with food insecurity! However, everyone enjoys these treats! This group works so well, because it involves all age groups! I believe this is one of the keys to its success. We also come from many different countries and many different cultures. This enriches our discussions and

opens our minds to new horizons! Of course, all good groups are led by good leaders. Thank you for all your hard work, Reiko." - 2023 Sip 'n' Chat participant.

Check out our program and recreation calendar for a full list of activities, programs, and events at www.hasca.ca/programsrecreationcalendar including the return of Neighbour Night. Neighbour Night dates and details will be posted as soon as they are available.

BARKER'S
FINE DRY CLEANING

PICK UP & DELIVERY SERVICES

403-282-2226

BOWVIEW OUTDOOR POOL
1910 6th Ave NW - Aug 26th to Sept 2nd 2024

Time:	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
10:00	PRIVATE RENTALS					RENTAL	RENTAL
11:00	10:45 - 11:45					10:15 - 11:45	10:15 - 11:45
12:00	LANE SWIM 11:50 - 12:50						
13:00	PUBLIC SWIM						
14:00	TIME SLOTS:						
15:00	1:00 - 2:30						
16:00	2:45 - 4:15						
17:00	4:30 - 6:00						
18:00	LANE SWIM 6:15 - 7:00						
19:00	PUBLIC SWIM	SWIM CLUB	CBI HEALTH	JUNIOR JEWELS	PRIVATE RENTALS		
20:00	7:30 - 9:00	7:50 - 8:50	8:00 - 9:00	7:50 - 8:50	7:30 - 8:30		
21:00							

Prices By Age:

Under 2:	FREE!
2 to 7:	\$6.00
8 to 17:	\$6.00
18 to 64:	\$6.00
65+:	\$6.00

Full Pool Rentals: 1-40 ppl - \$175/hr. 41-80 ppl - \$260/hr.

To Book Public Swim, Lessons, Rentals, or Swim Club visit: calgaryoutdoorpools.ca

For more information:
Email: bowviewmanager@hsca.ca
Phone: 403-221-3571

BOWVIEW OUTDOOR POOL

1910 6th Ave NW - August Lesson Schedule

Time:	Lesson			
8:30	Private 8:25 - 8:55	Private 8:25 - 8:55		Private 8:25 - 8:55
9:00	Rookie Patrol 9 - 10	Preschool 1 9:00 - 9:30	Swimmer 3 9:00 - 9:45	Swimmer 2 9:00 - 9:30
9:30		Swimmer 6 9:35 - 10:35		Swimmer 4 9:35 - 10:20
10:00	Preschool 4 & 5 10:05 - 10:35		Preschool 2 9:50 - 10:20	
10:30	Parent & Tot 10:40 - 11:10	Ranger & Star Patrol 10:40 - 11:40	Swimmer 1 10:25 - 10:55	Swimmer 5 10:25 - 11:10
11:00			Preschool 3 11:00 - 11:30	
11:30	Private 11:35 - 11:45		Private 11:35 - 12:05	Private 11:35 - 11:45
12:00				

18:00	Preschool 1 & 2 6:15 - 6:45	Swimmer 1 6:15 - 6:45	Private 6:15 - 6:45	Swimmer 2 6:15 - 6:45
18:30				
19:00	Adult Swimmer 6:50 - 7:50	Swimmer 3 & 4 6:50 - 7:35	Swimmer 5 & 6 6:50 - 7:50	Private 6:50 - 7:20
19:30				
20:00				

To Book Public Swim or Lessons visit:

calgaryoutdoorpools.ca

Registration set to open early May.

For more information:

Email: bowviewmanager@hsca.ca

Phone: 403-221-3571

Bowview also offers leadership courses:

- Bronze Medallion
- Bronze Cross
- Lifesaving/Swim Instructor

SENIOR CONNECTIONS

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

Monday Connections: Seniors Connections Network (Online), 10:00 to 11:00 am

Rebuilding the Seniors Connections Network is well underway. This volunteer network is about developing connections with seniors in our community, in a variety of ways. If you are interested in being a part of this network, please reach out to Debbie to arrange some time to connect and explore the possibilities.

Caregiver Connections, the Third Thursday of the Month, 7:00 to 9:00 pm (Online)

There will be no scheduled sessions during August 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.

Chair Yoga - Online and In-person

A reminder that Chair Yoga will pause in August and will return in September.

A gentle exercise class led by an experienced instructor, Sharon! Anyone is welcome.

When: Every Tuesday and Thursday from 10:00 to 11:00 am.

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

Cribbage Group Wednesday afternoons from 12:30 to 3:00 pm in the Hearth Room.

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.

Other Updates


Website updates on www.hsc.ca/seniors page will continue in the months ahead. Please connect with Debbie directly for information about supports and programs.

If there is something you would like to see added to the website related to Seniors, Caregivers and/or Volunteering or Volunteers, please connect with Debbie.

Rockyview Ramblers Square Dance Club
2024 New Dancer Evenings Start on
Friday, September 13 from 7:00 to 8:30 PM.
\$8 per lesson per person
Who can join: Singles, Couples & Families

*MODERN SQUARE DANCING IS A FUN ACTIVITY
SET TO MUSIC, FRIENDSHIP & FITNESS.*

North Haven Community Centre
5003 North Haven Dr. NW Calgary
CONTACT: David or Joyce (403) 293 - 0033
Email: rockyviewramblers@gmail.com



ALL CASH OFFER FOR YOUR HOME

-  **Fast closing, on your time.**
-  **Hassle-free process.**
-  **Zero repairs needed.**
-  **Zero commissions.**

If you are thinking of selling...
CALL/TEXT
587-400-9627



DREAM TEAM
Capital Inc.

www.dreamteamcapital.ca



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

HILLHURST | SUNNYSIDE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

YOURS TRULY, JOHNNY DRYWALL: Your local drywall and texture repair specialist. We do many other minor & not so minor interior repairs. Estimates & advice are always free. Call or text Brad at 403-771-5228.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

HILLHURST/SUNNYSIDE CARPENTER/CONTRACTOR: Licensed and insured carpenter for home or office renos or repairs. From small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Plus, move-in and move-out cleaning. Licensed, insured and bonded. We work according to our clients' needs. We also do Airbnb hosting. Call 403-470-6548.

continued on next page

BUSINESS CLASSIFIEDS

continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca



Licensed by Avenue Financial

EVERY SUNDAY
7 AM - 3 PM

1320 5 Ave NW

Free admission
Concession on-site

HSCA Flea Market
Since 1985

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

HSCA.CA/FLEA-MARKET

EVERY WEDNESDAY, 3-7PM • YEAR-ROUND

LOCALLY-CONSCIOUS, WEEKLY SHOPPING



Join us for the outdoor Season!

Cats, Canines, & Critters of Calgary



Chiko, Stradwick Rise Dude, Evanston Harry, Bridgeland Pikko, Hillhurst Sunnyside Riley, Kensington Sawyer, Beddington Snowbelle, Discovery Ridge Tilly, Deer Run

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

H&SCA

Sip 'n' Chat



TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA



No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

WHAT'S NEW IN OUR NEIGHBOURHOOD



SCAN FOR INFO



Eau Claire Athletic Club, Calgary's new private athletic facility, slated to open in early 2025, in the former YMCA building

Sign up for Emails and Membership Details at **ECAthleticClub.ca**

CARDINAL

BY TREVOR RAMAGE



RE/MAX®

REAL ESTATE (CENTRAL)

☎ 403.850.2560



1827 11 Avenue NW

List Price: \$1,550,000

MLS # A2144295

Discover blissful living with stunning downtown vistas. Features include meticulous construction and landscaping, a bright open floor plan, a lower-level walkout, and a dream garage with a lift. Enjoy the urban vibe with easy access to transit, schools, medical facilities and Kensington's delights.



1112, 222 Riverfront Avenue SW

List Price: \$459,900

Congratulations to wonderful clients and friends on the sale of their condo in the heart of Eau Claire.



141 24 Avenue SW

List Price: \$550,000

Heartfelt congratulations to a new client who is becoming a homeowner for the first time.



305 Crystal Green Rise (Okotoks, AB)

List Price: \$809,900

Congratulations to new clients. Welcome to Alberta!

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

CARDINALBYRAMAGE.COM



SCAN ME



#1 OFFICE WORLDWIDE
*Based on Total Dollar Sales
Volume for a Single Office