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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.

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Program Phone Numbers

| C | hair | Yoga |
|---|------|------|
| | | |

Flea Market

Debbie 403-283-0554 ext. 224

Farmers' Market Sustainable Food Programs

403-617-6094 Angel 403-283-0554 ext. 231

Giselle Gilliard

(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)

Neighbour Night Sip 'n' Chat Shaye 403-283-0554 ext. 247





Queen Elizabeth High School Reunion

Queen Elizabeth High School's graduating class of 1975 is hosting a 50th reunion in June 2025. The Reunion Committee Members are still looking to connect with classmates. Please contact QE75grad@ gmail.com.





ONGOING PROGRAMMING AT HSCA

Important Holiday Hours Information

HSCA will be closed Tuesday, December 24 to Wednesday, January 1, 2025. This means all programming, markets, and recreation will not be running during this time. We will reopen on Thursday, January 2, 2025. Wishing you a safe and happy holiday.

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)

Sustainable Food Programming, 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.

This session will run until December 19, 2024 and will return in February, 2025.

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. 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 (Indoors)

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

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

• A Very Local Holiday Market on Wednesday, December 4.

Thursdays

Chair Yoga, 10:00 to 11:00 am

Please reach out to Debbie for more information.

Neighbour Night, First and Third Thursday of the Month, 5:30 to 7:30 pm Please check our program and recreation calendar for updates and information on Neighbour Nights at www. hsca.ca/programsrecreationcalendar.

Friday

Vinyasa Flow Yoga

Beginning January 10, HSCA will be offering Vinyasa Flow Yoga in the North Social Hall from 11:00 am to 12:00 pm. \$20 per class. Visit hsca.ca/yoga.

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.

Sunday, December 8 - Repair Exchange at HSCA (Runs alongside HSCA's Sunday Flea Market!)

Instead of throwing away broken items, we encourage everyone to bring them to one of the Repair Exchanges, where community volunteers will help fix and give them a second life, avoiding the landfill. This project is in partnership with the City of Calgary and the Arusha Centre.

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. 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.

Sunday, December 22 - The HSCA Holiday Flea Market! Join us for a special and sustainable Holiday Market to get your stocking stuffers, gifts, and holiday cheer!

Sunday, December 29 - HSCA Flea Market closed. Please note there will be no Flea Market on this day.



HSCA Spotlight Series: Meet Richelle

We're thrilled to welcome Richelle to HSCA as she kicks off her Vinyasa Flow classes in January 2025! Whether you're new to yoga or a seasoned yogi, Richelle's inclusive Vinyasa Flow class combines breathwork, meditation, and flowing movements to help you feel both energized and at ease. With over a decade of experience on the mat, Richelle has completed her 200hour teacher training at Yoga Santosha and a 30-hour certification in unified mindfulness coaching. And if she seems like a familiar face, you've probably seen her strolling around the neighbourhood with her golden retriever, Tucker! Join us in welcoming Richelle to HSCA and get ready to flow with her in the new year!

Let's get to know Richelle... in five questions or less.

Q: What is your favourite part about HSCA or the Hillhurst Sunnyside community?

A: I love how family-friendly the HSCA is, with an on-site daycare, a weekly farmers' market, and the lively Riley Park just across the street.



Q: What inspires you?

A: Hearing family and friends share their challenges with stress and body aches motivates me to show them how yoga can help. Seeing yoga's positive impact on others inspires me to share its benefits with everyone.

Q: What does community mean to you?

A: To me, community means having a welcoming space to come together and connect. Working from home makes me crave that shared energy with others who love this neighbourhood as much as I do.

Q: What's something that recently made you smile?

A: Getting a free sample of delicious cheese while I waited for my sandwich at Peasant Cheese. If you know, you know.

Q: Anything else you'd like to share?

A: As much as yoga and mindfulness has been there for me, so has journaling. It's a way for me to process feelings and emotions (good and bad) and I actually kept every single one of my journals since I was a kid. Dating back to 2003. Kick off 2025 with a mindful, moving start! HSCA is thrilled to announce that starting Friday, January 10, we'll be offering Vinyasa Flow Yoga with Richelle Peace. Drop-in fee is \$20 and runs Fridays from 11:00 am to 12:00 pm in HSCA's North Social Hall. Visit hsca.ca/yoga to register and to learn more!



COMMUNITY PHOTO CORNER



Cover Photo by Ray W.

Thanks to Ray W. for submitting this stunning photo of the Northern Lights captured on 3 Ave NW.



Ducks in a row

Community member Randy B. submitted this fantastic shot taken at Prince's Island lagoon in October.

A big thanks to our community members for submitting and sharing your photos!

Do you want your photos to be featured in our Voice, e-newsletter, or social media channels? Email your photos to Stephanie.c@hsca.ca.





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WWW.HSCA.CA/RESOURCES-1



Shop Sustainably This Holiday Season at The HSCA Flea Market

Looking for something a little different—and a lot more thoughtful—this holiday season? The HSCA Flea Market has you covered! Skip the big-box stores and dive into a world of unique funds while supporting local artists and entrepreneurs.

Every Sunday from 7:00 am to 3:00 pm the Flea Market brings together a huge range of treasures: handcrafted art, jewellery, vintage vinyl, antiques, practical household items, and more. Whether you're shopping for a practical-minded friend, the sentimental type, or someone who just loves nostalgia, there's something for everyone here. And the best part? Flea Markets are one of the most eco-friendly ways to shop, giving secondhand items a new life and helping you stick to a budget.

This year let's make holiday shopping a feel-good experience for everyone—support local, shop sustainably, and find gifts with real meaning at the HSCA Flea Market.



Mark Your Calendar for Our Holiday Flea Market!

Make sure to swing by on Sunday, December 22 for our special Holiday Flea Market! Not only will you find amazing gift options from our local vendors, but you'll also get to enjoy fun family activities to add a little extra sparkle to the season.

Heads up: the Flea Market will be taking a break on December 29, so make sure to grab your last-minute goodies before then! The Flea Market will reopen again on Sunday, January 5, 2025.





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@hsca. ca. We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and for program Zoom links at www.hsca.ca/seniors.

Snow Removal

If you are clearing your own sidewalks or helping a neighbour in the community, please remember to take care and keep the following in mind:

The heavy snow can be difficult to lift and move; the colder weather means our blood vessels constrict, making the blood flow more restricted, which can drive up our blood pressure and lead to a heart attack. The heart attack does not always happen while removing the snow. It can come later in the day. Even the most active and healthy individual can be at risk.

Instead of "lifting" the snow shovel, try to push the snow out of the way, or put less snow on the shovel if you must lift it. This will take longer, but it is a safer way of clearing the snow. Take a break, especially if you are finding yourself getting out of breath. Doesn't hurt to take a break.

Dress appropriately for the weather. Use layers, mittens (better than gloves or wear gloves under your mittens) to keep your hands warm. Take a break to warm up if needed.

If you are a senior and cannot clear your sidewalk, or if you know a senior who needs some help with this, please connect with Debbie.

If you would like to help a senior in the community remove their snow this winter, please connect with Debbie. This will help improve the safety of all community residents during the winter snowfalls.

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 someone who is caregiving for a family member, please connect with Debbie directly to talk or learn more about available resources and support in our city.

Chair Yoga - Online and In-person

This session runs until December 19, 2024.

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.

This program will break in January and return in February to the end of July. A new link to the program will be available in the middle of January 2025.

Cribbage Group, Wednesday afternoons from 12:30 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.

Note: There will be no program December 4.

Other Updates

Website updates on www.hsca.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.

A CHRISTMAS CAROL

The first edition of the Christmas classic A Christmas Carol, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!



Our 2024 Holiday Matching Program was a success! Thank you for making a difference in our community. We wish you a wonderful holiday season and we look forward to seeing you in 2025!





WWW.MYCALGARY.COM.MAGAZINES | HILLHURST · SUNNYSIDE 11



Calgary Confederation Len Webber, MP 2020 – 10 St NW Calgary, AB T2M 3M2 S 403-220-0888 S len.webber@parl.gc.ca

Christmas Help

This month, many families will gather around the table to celebrate Christmas with loved ones. Unfortunately, the meal will not be as grand as it once was for a growing number of families.

Food Banks Canada has reported that food bank use in Canada is setting all-time records with shocking regularity. They report that up to 25% of Canadians are living in a state of poverty, while 35% feel worse-off financially. Canadians are struggling to keep their heads above water, relying on food banks to survive.

Food bank use in Canada has doubled since 2019 with over two million visits in March 2024 alone. This is 6% higher than last year and this year will likely set a new record.

Food Banks Canada blames inflation, housing costs, and insufficient social supports for creating the food insecurity problem.

At the same time, a 23% hike in the carbon tax is not helping. If you tax the farmer who grows the food, and the trucker who ships the food, you end up taxing the Canadian who buys the food.

One-third of those using food banks are children. One-in-five is employed and 70% live in market rent housing. These are people struggling to keep up. Food insecurity has a huge impact on one's mental health and overall health outcomes. This in turn puts additional stress on other social services and the healthcare system.

This Christmas season, if you are able, please donate to a food bank or food pantry so that we can all celebrate Christmas like we used to.

While the need for donations continues throughout the year, your Christmas donation sends a special message of support to those who need it the most during the holiday season.





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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.

Word of the Month

Absquatulate: Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



The sneaky cat managed to absquatulate any time the door was open. **BLANK PAGE STUDIO:** Located in Kensington, we are currently leasing private and shared creative spaces. Whether you are looking for artist studio space, a desk to focus on a project or an office to develop your business, we have space designed for you. Contact bpagestudio@ gmail.com or call 403-404-6226.

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.



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HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION 1320 5 Ave NW

DROP-IN BADMINTON

Mondays and Thursdays 10:30 am to 1:00 pm*

*see programs and recreation calendar for blackout dates)

\$5 pay-to-play

punch-cards available at hsca.ca/badminton

"The schedule will be posted to the HSCA Program & Recreation Calendar as it is determined. Blackout dates may occur on which there will NOT be badminton. Please see hsca.ca/programsrecreationcalendar for details

Please provide your own racket and birdies.

01 17 ST NV



The Fairplay Christmas Tree Event



December 15 to 24

With a purchase of \$10 or more, you are invited to choose a free gift from our tree for your pet!

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An exceptional home with stunning curb appeal framed by mature trees. Features include a custom staircase, an elegant wine room, all nestled in a vibrant neighbourhood with nearby parks and eateries.



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