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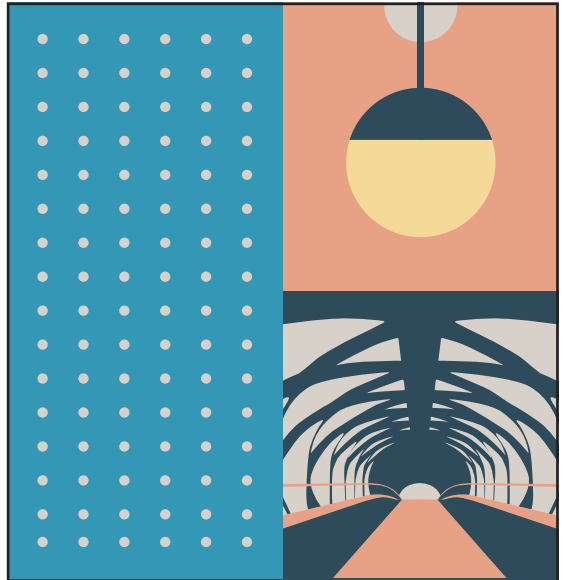
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Hillhurst Sunnyside Community Association

# Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

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## BOARD OF DIRECTORS

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## STAFF LISTING

Executive Director ext. 221	Kate Stenson	<a href="mailto:kate.s@hsca.ca">kate.s@hsca.ca</a>
Planning Coordinator	Becky Poschmann	<a href="mailto:planning@hsca.ca">planning@hsca.ca</a>
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Daycare Program Manager	Kerin Ching	<a href="mailto:dcmanager@hsca.ca">dcmanager@hsca.ca</a> 403-270-9703
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Seniors' Connection Coordinator ext. 224	Debbie Olson	<a href="mailto:debbie.o@hsca.ca">debbie.o@hsca.ca</a>
Controller ext. 225	Amy Kettenbach	<a href="mailto:accounting@hsca.ca">accounting@hsca.ca</a>
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	<a href="mailto:fleamarket@hsca.ca">fleamarket@hsca.ca</a>
Community Programs Coordinator ext. 248	Giselle Gilliard	<a href="mailto:giselle.g@hsca.ca">giselle.g@hsca.ca</a>
Community Connections Coordinator ext. 247	Reiko Yamagishi	<a href="mailto:reiko.y@hsca.ca">reiko.y@hsca.ca</a>

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## 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



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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](http://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.

### **Thursdays**

**Chair Yoga, 10:00 to 11:00 am**

Connect with Debbie for more information. There will be no chair yoga on July 4, 9, and 11. A reminder that chair yoga will pause in August and will return in September.

**Neighbour Night**

There will be no Neighbour Nights for the month of July. Please check back in August for details and sign-up instructions.

### **Sundays**

**The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession Now Open**

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**

**HSPC meetings are the first Thursday of each month from 7:00 to 9:00 pm online**

Please contact [planning@hsca.ca](mailto:planning@hsca.ca) to participate in a meeting.

**Call Out for Volunteers: Farmers' Market Volunteers, Shared Garden, Neighbour Night, and Sustainable Food Program**

**Farmers' Market Volunteers**

Please reach out to [Giselle.g@hsca.ca](mailto:Giselle.g@hsca.ca) directly to learn more about these exciting positions:

- Entertainment Coordinator.
- Welcome tent greeter.
- Tent set-up/take down support.

**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](mailto:giselle.g@hsca.ca) for more information.

**Neighbour Night Volunteer Opportunities**

Please reach out to [reiko.y@hsca.ca](mailto:reiko.y@hsca.ca) for more information.

- Community Connector.

## Sustainable Food Program Volunteers Opportunities

- Back-up Driver.

## Other Volunteer Opportunities at HSCA

For all other volunteer opportunities at HSCA, please visit [www.hsc.ca/volunteer](http://www.hsc.ca/volunteer) and click on our volunteer portal (Timecounts).

## 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@hsc.ca](mailto:stephanie.c@hsc.ca). Pictures tell a story and we're looking to include photos from community members in our newsletters and other communication channels.



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# Recreation at HSCA

## Bowview Pool - 2024 Season

Visit [www.hsca.ca/bowview-outdoor-pool](http://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](http://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](mailto: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](http://www.hsca.ca/tennis).

## Drop-in Badminton

Most Mondays and Thursdays from 10:30 am to 1:00 pm. Visit [www.hsca.ca/badminton](http://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.

# Your Health is Your Wealth: Badminton at HSCA

by Grace Yuen

Come try Badminton and experience the wonderful health benefits. It can build up strong muscle mass and strengthen your heart and bones. It boosts your metabolism and improves your mental agility. In a relaxing and fun atmosphere, it can ease your stress and help develop good social relationships. A sport that has a very long history and is well loved around the world in Asia and Europe.

We meet every Monday and Thursday, year-round from 10:30 am to 1:00 pm at the Hillhurst Sunnyside Community Centre (1320 5 Ave NW), a very centralized location. We are also the cheapest in town with only \$4 (cash) per each visit and \$1 drop-in shuttle fee but for a better deal you can purchase a punch card online of \$70 for 20 visits or \$10 annual shuttle fee. Most of the players are post beginners to advanced level. High school and up students are also welcome. There are four well maintained rubberized compound floors, showers and lockers, water fountain, vending machine and ATM machine. There is also free parking. We have been playing here for almost 20 years. We use Yonex 300 plastic shuttles as a group and some of our players are gold medallists of the Alberta Provincial 55+ this year. So come and join us and have some fun playing this interesting sport which is both exciting to play and beautiful to watch!

For more information, please contact Grace Yuen at [gymyuen@gmail.com](mailto:gymyuen@gmail.com) or visit [www.hsca.ca/badminton](http://www.hsca.ca/badminton).







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# 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

**ECAthleticClub.ca**

# How to Grieve the Loss of a Pet

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

*"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given."* Suzanne Clothier

# 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	3-4 lanes available with the start of Private Lessons at 8:25						
9:00	LESSONS 9:00 - 12:00					LANE SWIM 8:45 - 9:45	RENTAL 8:45 - 9:45
10:00						RENTAL 10:15 - 11:15	RENTAL 10:15 - 11:45
11:00							
12:00	LANE SWIM 11:50 - 12:50						
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					LANE SWIM 6:15 - 7:15	
19:00	LESSONS 6:15 - 7:50						
20:00	PUBLIC SWIM 8:00 - 9:30	SWIM CLUB 7:50 - 8:50	CBI HEALTH 8:00 - 9:00	JUNIOR JEWELS 7:50 - 8:50	PRIVATE RENTALS 8:00 - 9:00	PRIVATE RENTALS	
21:00						7:30 - 8:30	8:45 - 9:45
22:00							

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

## 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](mailto: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](http://www.hsca.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 July and 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**

There will be no Chair Yoga on July 4, 9, and 11. 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.hsca.ca/seniors](http://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.

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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.

**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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**LOTUS LANDSCAPING:** Is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.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.

## Who to Call, When to Call

**Emergency Services: 9-1-1.** Emergencies only: police, fire, medical. Should only be called if lives are in danger or a crime is in progress and an immediate response is required.

**CPS Non-Emergency Line: 403-266-123.** The number for non-emergency situations, where time has elapsed after the incident, the suspect is not on scene, or if calling about a nuisance issue.

**ALPHA House Help Team (formerly DOAP): 403-998-7388.** Please use this number if you meet someone in a vulnerable situation that could use non-emergency assistance from HELP, 24/7.

**ALPHA House Needle Response Team: 403-796-5334.** This is the number for a mobile response unit which safely cleans up needle debris.

**Encampment Team: 403-805-7388.** The Alpha House Encampment Team supports “rough sleepers”, navigating them into shelters, detox and housing, or providing them with food, medical assistance etc.

**Distress Centre: 403-266-HELP (4357).** Call or text this number for 24-hour crisis support, including youth peer support and professional counselling.

**Bylaw, City Information: 3-1-1.** Call, download the app, or visit [Calgary.ca/311](http://Calgary.ca/311) for City information (e.g., bylaw, garbage collection, etc.)

**Transit Watch: 403-262-1000 or text 74100.** Text 74100 or use the help phone/button on C-Trains and platforms to report immediate safety and security issues (e.g., such as disorder, areas needing attention or cleaning, infrastructure issues, broken glass, or harassment, etc.)



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**HILLHURST**



**SUNNYSIDE**



**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

**Pick-Up & Drop-Off Services**



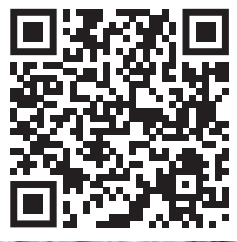
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