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Cover Photo by Randy B.

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## STAFF LISTING

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Activities and Rental Coordinator ext. 250	Hannah Garcia	<a href="mailto:hannah.g@hsca.ca">hannah.g@hsca.ca</a>
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Facility Services Manager ext. 223	Karl Kingsley	<a href="mailto:karl.k@hsca.ca">karl.k@hsca.ca</a>
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	Shaye Radford	<a href="mailto:shaye.r@hsca.ca">shaye.r@hsca.ca</a>

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**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

*(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



## YOUR CITY OF CALGARY

### Protect Your Pipes

by the City of Calgary

The holidays are a time for food, family, and fun. The aromas of gravy, turkey, and bacon may come to mind.

It's important to remember that any fats, oils, and grease (FOG) that travels down the drain can block your pipes and may result in messy and costly sewage backups.

#### Remember to:

- **Cool it:** in a disposable can or container.
- **Scrape it:** into a certified, compostable bag or paper bag.
- **Compost it:** place the rolled up or tied up bag in your green cart.

Smaller amounts of FOG can be wiped with a paper towel and placed in your green cart. Learn more at [calgary.ca/protectyourpipes](http://calgary.ca/protectyourpipes).

## 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](mailto:QE75grad@gmail.com).



## BRAIN GAMES SUDOKU

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			1	6	4			
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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)**

#### **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.

#### **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 Hearth Room.

#### **HSCA's Farmers' Market**

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

### **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](http://www.hsca.ca/programsrecreationcalendar).

### **Sundays**

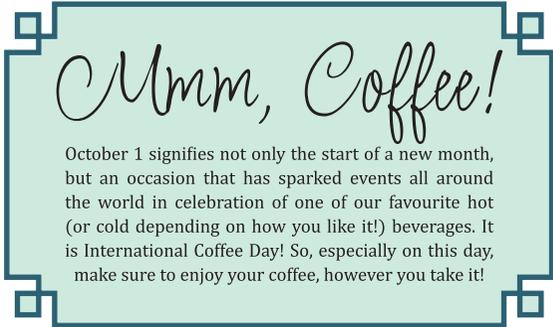
#### **The Sunday Flea Market runs 7:00 am to 3:00 pm - Concession On-site!**

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

Get your cookies! Stop by the Sunday Flea Market and support the Calgary Area Girl Guides on September 15, October 6, and October 20.

#### **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.



Mmm, Coffee!

October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

## Recreation at HSCA

### **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.

## Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



Cover Photo by Randy B.

Thanks, Randy, for submitting your photo of a foggy night in Sunnyside!



Coyote in Riley Park

Community member Ron S. captured a photo of a coyote in Riley Park during a morning walk.



Books in the Window

Thank you, Kyla B., for sharing your photo. October is a great time to dive into a good book!

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@hsc.ca](mailto:Stephanie.c@hsc.ca).*



## 4-H in the City - It's Not Just for Farm Kids!

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of the Calgary Foundation, we are thrilled to extend this pilot program for another year.



While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youth-led activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at [introclubs@4hab.com](mailto:introclubs@4hab.com).



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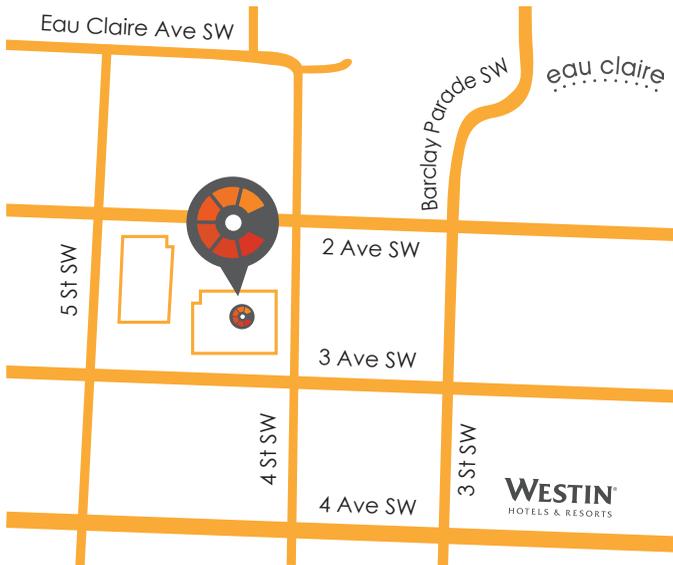


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## *Nobel Canadians*

Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



# HSCA Community Partner Spotlight: Fresh Routes Q & A



At the HSCA we believe in the power of collaboration and community. HSCA's ability to make a meaningful impact in our community is deeply rooted in the partnerships we've cultivated with other organizations. Today, we want to shine a spotlight on Fresh Routes as part of our Community Partner Spotlight series.

Fresh Routes Mobile Grocery Store is set up at HSCA every Monday (except stat holidays) from 4:00 to 6:00 pm, providing our community with access to more affordable produce. Everyone is welcome!

## What Is Fresh Routes?

Fresh Routes is a non-profit social enterprise dedicated to bringing fresh and healthy fruits and vegetables directly to communities through our mobile grocery store. Our mission is to ensure that everyone has access to nutritious food, regardless of where they live or their economic situation.

## What Makes Fresh Routes Special?

What makes Fresh Routes truly special is our unwavering commitment to the communities we serve. We don't just deliver food; we build connections. By visiting neighbourhoods directly, we lower the barriers to food access and foster a sense of belonging and community. Our markets are more than just a place to buy groceries—they are a place where neighbours connect, relationships are built, and conversations flourish.

We pride ourselves on being friendly, inclusive, and approachable. Every interaction is an opportunity to strengthen community ties and support one another. Our work is driven by a deep understanding of the challenges faced by the communities we serve, and we are dedicated to making a positive impact every day.

## Inspiration Behind Fresh Routes

What inspires us at Fresh Routes is the resilience and strength of the communities we serve. Every day, we see the positive impact that access to fresh, nutritious food can have on people's lives. It's incredibly inspiring to witness the bonds that form, the stories that are shared, and the support networks that grow in our markets.

We are driven by the belief that everyone deserves access to healthy food, regardless of where they live or their economic situation. This mission fuels our dedication to breaking down barriers and creating inclusive spaces where people can not only find the food, they need but also connect with others and build a stronger, healthier community together.

Seeing the smiles on people's faces and knowing we are making a tangible difference keeps us motivated and passionate about our work every single day.

## Community Building Stories

...We [at Fresh Routes] have many heartwarming stories about community building, but [a notable one] ... is from our regular market visits to a senior community centre.

At this centre, many of the seniors have limited mobility and face challenges accessing fresh, nutritious food. When we started bringing our mobile grocery store to their neighbourhood, it was clear that it wasn't just about providing food; it was about fostering a sense of community.

One of our regular customers, Maria, shared how our visits have become a highlight for her and her neighbours. They look forward to our arrival not only because they can purchase fresh produce but also because it gives them an opportunity to gather, chat, and connect with each other and with our team. Over time, we've seen friendships blossom among the seniors.

This experience reinforced our belief that food access is just one part of the equation. By being present in the community, we help to build a supportive network where people feel valued and connected. It's these

moments of connection and the relationships that form which truly embody the spirit of community building at Fresh Routes.

### What Do You Enjoy Most About the Hillhurst Sunnyside Community?

What we enjoy most about the Hillhurst Sunnyside community is its vibrant, inclusive atmosphere. The sense of belonging and mutual support among community members is truly inspiring. People here are genuinely friendly, and there's a strong emphasis on building connections and supporting one another. Whether it's through local events, markets, or simply daily interactions, the community spirit is palpable. Being part of Hillhurst Sunnyside feels like being part of a big, welcoming family, and it's incredibly rewarding to contribute to such a positive and engaged community.



## Scary, Spooky, Skeletons

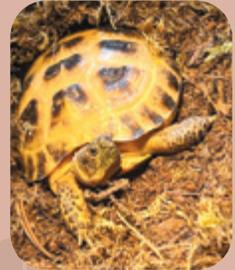
Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



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Leo, *Panorama Hills*



Percy, *Evanston*

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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 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**

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 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.

### **Cribbage Group, Wednesday afternoons from 12:30 to 3:00 pm in the Hearth Room until the middle of October**

The group will be meeting in the North Social Hall in mid-October.

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.

A logo for Hillhurst Sunnyside Farmers' Market. It features a circular emblem with a fork and a bicycle, and the text "FARMERS' HILLHURST SUNNYSIDE MARKET". Below the emblem, it says "OUR INDOOR WINTER SEASON BEGINS WEDNESDAY, OCTOBER 16TH". At the bottom, there are contact details: "farmersmarket.hsca.ca" and "farmersmarket@hsca.ca".

Hillhurst Sunnyside  
**FARMERS' MARKET**  
YEAR-ROUND  
Growing a good food community

**OUR INDOOR WINTER SEASON BEGINS WEDNESDAY, OCTOBER 16TH**

[farmersmarket.hsca.ca](http://farmersmarket.hsca.ca)  
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## Riley Communities Local Area Plan - Important Update

The proposed Riley Communities Local Area Plan is now available online. The Riley Communities Local Area Plan presentation to the Infrastructure and Planning Committee has been rescheduled to October 16, 2024. More details can be found here: <https://engage.calgary.ca/Riley/Realize>.

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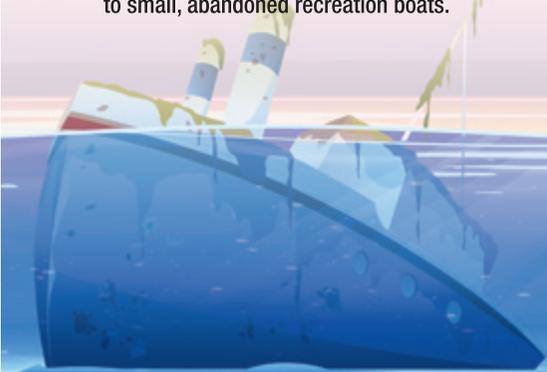
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