

APRIL 2025

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HILLHURST SUNNYSIDE

VOICE

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

JOIN US FOR OUR AGM
APRIL 29, 6:30 PM
IN-PERSON



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April 20th

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STAFF LISTING

Executive Director ext. 221	Kate Stenson	kate.s@hsca.ca
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Controller ext. 225	Amy Kettenbach	accounting@hsca.ca
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	Claire Locey	claire.l@hsca.ca

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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
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night Sip 'n' Chat	Claire 403-283-0554 ext. 247



Register to Attend HSCA's AGM!

HSCA's Annual General Meeting will take place on Tuesday, April 29, 2025, at 6:30 pm. We are pleased to share that this year's AGM will be held in-person at HSCA. We will cover the business, including the election of the Board of Directors and this will be followed by a chance to celebrate community and the work of HSCA. Light snacks and refreshments will be provided. Please register at hsca.ca/agm. If you wish to vote or run for a Board position, your HSCA Membership must be purchased 30 days prior to the AGM (by March 30, 2025). We hope that you will join us for your chance to engage in the work we do as well as gathering together in community!

We encourage you to register for the AGM at www.hsca.ca/agm to help us plan for the event. However, if you're unable to register in advance, feel free to stop by on the day of the AGM—you're more than welcome to join us!

Join the HSCA Board of Directors

Are you interested in making a meaningful contribution to your community? Our Board of Directors at HSCA plays an essential role in stewarding and overseeing the work of the organization. We are seeking community members who have an interest in non-profit governance and are looking for an opportunity to give back. To run for HSCA's Board of Directors you must have a valid membership and be a resident in Hillhurst Sunnyside. We are a diverse group of motivated professionals working on interesting and engaging projects for a forward-looking community association. To express your interest or find out more please visit hsca.ca/agm and review the Prospective Board Member Handbook.

GAMES & PUZZLES

Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR
CODE FOR THE
ANSWERS!

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)

Drop-In Badminton

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

Please note, Saturday Drop-In Badminton is cancelled until further notice.

\$5 pay-to-play. 20 play punch cards are available at hsca.ca/badminton (\$90 + system admin fee).

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

Parent and Tot Stay n' Play

Every Wednesday, 9:30 to 11:00 am in HSCA's North Social Hall. For ages 0 to 5 (with parental or caregiver supervision). Cost is \$2 per session or free for HSCA Membership holders.

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 events markets.

Thursdays

Drop-In Badminton

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

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

Please reach out to Debbie for more information.

Neighbour Night - First and Third Thursday of the Month, 5:30 to 7:30 pm

Free | Everyone Welcome | Includes simple supper | Children welcome to attend with their caregivers | Maximum 30 people per night, please RSVP by emailing claire.l@hsca.ca or text 368-886-4310 to register or to learn more!

This month, Neighbour Night will take place on April 3 and April 17.

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

Fridays

Vinyasa Flow Yoga

HSCA offers Vinyasa Flow Yoga in the North Social Hall from 11:00 am to 12:00 pm. \$20 per class. Visit hsca.ca/yoga. Drop-in or register online.

Saturdays

HSCA Youth Badminton Lessons with Grace Yuen!

Program is full.

Meditation and Journaling Workshop at HSCA

April 5 and May 10, 11:30 am to 12:45 pm. Cost is \$25 per workshop. Visit hsca.ca/yoga. This 75-minute workshop, led by Richelle Peace, focuses on balancing the body's energy centres (chakras) through meditation, breathwork, and journaling. You'll leave feeling relaxed, rejuvenated, and full of clarity.

Drop-In Badminton

Please note, Saturday Drop-In Badminton is cancelled until further notice.

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.

Repair Exchange at the HSCA Flea Market - Sunday, April 27

Stop in at HSCA for an exciting community building event! 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. The Repair Exchange will run alongside our Sunday Flea Market and 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.

Other Events and Dates at HSCA For April

- HSCA's Casino Fundraiser is Friday, April 25 and Saturday, April 26 at ACE Casino. Support an important cause in your community and volunteer by connecting with Debbie.o@hsc.ca or call 403-283-0554 ext. 224.
- HSCA's Annual General Meeting will be held in-person on Tuesday, April 29, 2025, at 6:30 pm. Visit hsc.ca/agm to register and learn more.
- Mid-Century Show and Sale at HSCA on Saturday, April 12, 10:00 am to 4:00 pm (admission at the front door).

Sunnyside Art Crawl

Did you know there's an outdoor gallery of amazing art throughout Sunnyside? Get out (and bundle up), explore the community and take your own art crawl!



HSCA
Hillhurst Services Community Association

Meditation & Journaling Workshop

Join us for our Meditation & Journaling Workshop, a welcoming and inclusive environment where we integrate meditation and journaling to enhance mindfulness and personal growth, offering a holistic approach to well-being.

\$25
per class

Saturday's
11:30AM-12:45PM

1320 5th Ave NW
North Social Hall

April 5th, 2025

REGISTER NOW

www.hsc.ca/yoga | 403-283-0554 ext.250 | hannah.g@hsc.ca

The flyer features a woman in a white tank top performing a yoga pose against a brick wall background. A green leafy branch graphic is on the right side.

Resources

SUPPORTS, RESOURCES & ASSISTANCE IN CALGARY

WWW.HSCA.CA/RESOURCES-1

The flyer has a white background with green search icons on either side of the word 'Resources'. A QR code is centered below the text.



Sustainable Food Program



Fresh Routes

25% Grocery subsidy available for Hillhurst Sunnyside residents

Don't need it? You can opt-out

If you do not currently need to access the 25% subsidy, please tell the cashier so that we can provide it for the next community member who could benefit!

www.hsca.ca/community-food-program



COMMUNITY PHOTO CORNER

Huge shoutout to everyone who's shared their awesome photos with us over the past few months—you're the best! We're always on the lookout for cool snapshots of the amazing spots and moments that make our community shine. Want to see your pics featured in *The Voice*, our e-newsletter, or on our socials? Send us an email with your photos! Stephanie.c@hsca.ca.



As the last patches of snow disappear, signs of warmer days fill our community. The sunshine grows thanks to a HSCA team member, Dave B., for capturing this beautiful transition!

Thank You Volunteers!

HSCA has an incredible team of volunteers! National Volunteer Week takes place April 27 to May 3. Volunteer Canada's theme for 2025 is "Volunteers Make Waves: Together, We Create a Ripple of Change". This theme highlights the power, impact, and importance of individual and collective volunteer efforts. Like a wave, volunteering is a movement building (Volunteer Canada, 2025).

"Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change."- Volunteer Canada

Thank you to our incredible volunteer community—we truly couldn't do it without you! The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our community.




TENNIS COURTS

SEASON

April 28 - October 31, 2025
**weather permitting*

FEES

- Family Membership holder - \$25.00
 - Access for all registered family members
 - May bring one guest per visit
- Individual Membership holder - \$15.00
 - May bring one guest per visit
- Senior Membership holder - \$5.00
 - May bring one guest per visit

Buy your HSCA Membership Here:
<https://www.hsca.ca/membership>

rentals@hsca.ca
403-283-0554 ext.250

REGISTER HERE



Bowview Outdoor Pool

As pool season approaches, we are excited to announce that Bowview Outdoor Pool is set to open on Saturday, June 14. We look forward to welcoming you all for a fun-filled summer!

Operated by Hillhurst Sunnyside Community Association, Bowview Outdoor Pool offers a wide range of programs and events to keep you active throughout the season. Our offerings include Swim for Life® swim lessons, private and semi-private lessons, swim club, private rentals, public swimming, and lane swimming.

We have already begun hiring staff for the summer but are still seeking passionate and dedicated lifeguards and instructors to join our team! To qualify for these roles, candidates must hold the following certifications: National Lifeguard – Pool (NLS), Lifesaving Instructor (LSI), Intermediate (Standard) First Aid CPR-C/AED. Additional Lifesaving certifications are considered an asset. A criminal record check with Vulnerable Sector clearance and eligibility to work in Canada are also required. If you are passionate about swimming and meet these qualifications, we encourage you to apply. Please submit your resume and cover letter to bowviewmanager@hsca.ca. Additionally, you can apply through our affiliate, the Calgary Outdoor Swimming Pools Association (COSPA), at calgaryoutdoorpools.ca/employment.

Registration for all programs—swim lessons, private rentals, swim club, and public and lane swimming—is available on the Calgary Outdoor Pools website under Bowview Outdoor Pool: <https://calgaryoutdoorpools.ca/find-a-pool/bowview-outdoor-pool/>.

Registration Opening Dates:

- Private Rentals: April 7
- Bowview Bluefins Swim Club: April 7
- Swim Lesson Visibility (view all offerings prior to registration): April 25
- Swim Lessons: April 28
- Private and Semi-Private Lessons: April 28

For complete information on Bowview Outdoor Pool, including pool and lesson schedules, private rentals, and more, please visit hsca.ca/bowview-outdoor-pool.

Stay updated on schedule changes, closures, and events by visiting hsca.ca and following us on Instagram @bowviewoutdoorpool. We cannot wait to see you this summer!

Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast

Live in the present, not the past.

What's your secret, we have to ask

Joan would say: "at everything you just laugh!"

Joan is a special gal -

A loyal friend through and through.

The world would be a better place

If this skill was one everybody knew.

Her circle has been busy and wide

Golf, curling, travel, bridge

But, if you need a friend

Joan is right there by your side.

She has tackled many sports,

Always showed up with a smile

If you need love and support,

Joan always goes the extra mile.

A kind word, a compliment, a laugh

She understands what's on your mind.

She listens, has a thought, perhaps an idea new

Joan cares about each and everyone of you!

Happy birthday, dear Joan!

Thank you for being a good friend to all of us.

We are all better for knowing you and could learn from your example.

We have watched you approach life with compassion and intention putting others' need first while making light of your own.

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

2025 Casino: Friday, April 25 and Saturday, April 26

HSCA is scheduled for our next casino! Get ready for a fantastic opportunity to support our community while having fun! We're looking for enthusiastic volunteers to join us for our upcoming casino fundraiser at ACE Casino Airport. This event is a crucial fundraiser that helps sustain our programs and maintain our building, ensuring the services you love at the centre can continue. There are three shifts each day, and we need a total of 19 volunteers (six for the daytime and evening shifts, seven for the late-night shifts in the count room). It's a great way to meet and connect with your neighbours, all while contributing to an important cause! If you're interested or have questions, please reach out to Debbie at debbie.o@hscala.ca. We're also exploring transportation options, so if you'd like to help but need a ride, just let us know!

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

Chair Yoga occurs Tuesday and Thursday from 10:00 to 11:00 am until July 31.

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

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 North Social Hall

Join this established and well-organized group in their new location at HSCA! They play four games, break for

coffee, tea, and snacks, and then play until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

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

Senior Connections Network

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

Knitting/Crochet Connections

We're excited to potentially bring back the Knitting/Crochet group at HSCA! Whether you're looking to learn, share your skills, or simply connect with others, this group is for you. We're currently gauging interest, so if you're interested, please reach out and let us know!

Other Updates

Website updates on www.hscala.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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Mondays and Thursdays
10:30 am to 1:00 pm*

Sat
Saturday's Cancelled
Until Further Notice
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.

HSCA

VINYASA YOGA

Join us for Vinyasa Flow
Yoga with Richelle!

All levels welcome!

- Friday's
- 11:00AM - 12:00PM
- North Social Hall
- \$20.00/drop-in

Register online or
in-person




www.hsca.ca/yoga

BRAIN GAMES SUDOKU

4								
5		6		1				
3	2					9		1
			8		2	3		7
7			1		6			2
8		2	7		3			
9		8					5	4
				8		7		9
								6

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FOR THE SOLUTION



HSCA
Hillhurst Sunnyside Community Association

HSCA RECREATION PAGE

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5-30-6-15PM	5-30-6-25PM	6-30-7-30PM
U3* & U4	U5/U6	U7/U8/U9*
2022 & 2021	2020/2019	2018/2017/2016
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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.

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Hillhurst Sunnyside
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 Growing a good food community
EVERY WEDNESDAY, 3-7 PM
YEAR-ROUND

farmersmarket@hsc.ca
 farmersmarket.hsc.ca

@hsc.farmersmarket

1320 5 Ave NW Calgary, AB

Hillhurst Sunnyside
FARMERS' MARKET
2025 SPECIAL EVENT MARKETS

- Season Opener - May 28
- Salsa Fest - July 23
- Teddy Bear Picnic - August 20
- Harvest Fest - September 24
- Holiday Market - December 3

1320 5 Ave NW Calgary, AB

www.farmersmarket.hsc.ca

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](https://www.hsc.ca/flea-market)

Samaritan Club of Calgary Semi-Annual Super Thrift Sale

Samaritan Club of Calgary Semi-Annual Super Thrift Sale will be held Saturday, April 26, 2025, from 9:00 am to 1:00 pm at the Hillhurst Sunnyside Community Centre (1320 – 5 Ave NW).

The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. This year we are celebrating 115 years of helping Calgarians in need! Great deals on household goods, clothing and shoes for all, fashion accessories, collectibles, art, books, toys, sporting goods, and much more! All proceeds will benefit Calgarians in need. Cash only. Check www.samaritanclub.ca for details.

Don't forget to bring your tote bag!

Back by popular demand: Concession, Change Rooms, and Parcel Pickup.



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653 27 Avenue NW

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Timeless custom-built home with abundant light, near parks and community sportsplex. Features include in-floor heating, a chef's kitchen with butler's pantry, and a family-friendly mudroom.



613, 1020 9 Avenue SE

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Modern living with prime walkability, sleek design, and unobstructed views. Features include in-suite laundry, titled underground parking, and a shared rooftop patio.



1913 3 Avenue NW

List Price: \$1,990,900

Heartfelt congratulations to a wonderful family! I couldn't be happier that you've found your dream home.



6528 Lombardy Crescent SW

List Price: \$1,299,900

Congratulations to my clients on their successful sale. It was a pleasure working together again.

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

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