

AUGUST 2025

DELIVERED MONTHLY TO 7,250 HOUSEHOLDS

# HILLHURST SUNNYSIDE

## VOICE

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



**TEDDY BEAR PICNIC AT THE  
MARKET!  
WEDNESDAY, AUGUST 20**



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## STAFF LISTING

Communications Coordinator ext. 226	Stephanie Corbett	<a href="mailto:stephanie.c@hsca.ca">stephanie.c@hsca.ca</a>
Activities and Rental Coordinator ext. 250	Hannah Garcia	<a href="mailto:hannah.g@hsca.ca">hannah.g@hsca.ca</a>
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OOSC Program Manager	Chelsea Wroblewski	<a href="mailto:chelsea.w@hsca.ca">chelsea.w@hsca.ca</a>
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>
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	Claire Locey	<a href="mailto:claire.l@hsca.ca">claire.l@hsca.ca</a>

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

**HILLHURST**



**SUNNYSIDE**



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## Neighbour Day Farmers' Market: Appreciating HSCA's Incredible Volunteers

We celebrated our amazing volunteers on June 25 during the Neighbour Day Farmers' Market with a special appreciation tent. Despite the rain, spirits stayed high as we shared stories, music, and small tokens of thanks. We're so grateful for all you do! Here's a photo from the event!



## Bowview Outdoor Pool (BOP)

Here we are, almost done the pool season already! Bowview Outdoor Pool is open until Monday, September 1.

We continue to offer all our programs 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 limited spots left for August, register to secure your spot before it's too late!

Register for all programs through the BOP webstore: <https://app.amilia.com/store/en/bowviewoutdoorpool/shop/programs> or through the Calgary Outdoor Pools website: <https://www.calgaryoutdoorpools.ca/>.

- Swim Lessons
- Private and Semi-Private Lessons
- Leadership Courses – Bronze Medallion, National Lifeguard, and Swim & Lifesaving Instructor still have spaces available.
- Bowview Bluefins Swim Club – Registration is closed, we will see you in 2026!
- Private Rentals
- Public Swim, Family Swim, Parent and Tot Swim
- Lane Swim

Start your Lifeguard & Swim Instructor journey with Bowview today! We offer our final Leadership Certification courses in August, including Bronze Medallion, National Lifeguard: Pool, and Swim & Lifesaving Instructor. These programs help participants build confidence, develop leadership skills, and gain certifications needed for roles in aquatic safety and instruction.

For complete information on Bowview Outdoor Pool, including pool and lesson schedules, private rentals, and more, please visit [hsc.ca/bowview-outdoor-pool](https://hsc.ca/bowview-outdoor-pool).

Stay updated on schedule changes, closures, and events by visiting [hsc.ca](https://hsc.ca) and following us on Instagram at @bowviewoutdoorpool. We cannot wait to see you this summer!



## 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)

#### 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](http://hsca.ca/badminton) (\$90 + system admin fee).

#### The Knitting and Crochet Circle

Mondays from 9:00 am to 12:00 pm in the Hearth Room. All are welcome—whether it's to learn, relax with a current project, or simply enjoy good company. No cost to attend.

#### 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

#### On Hold until September. Chair Yoga, 10:00 to 11:00 am (Online and In-person)

Please reach out to Debbie for more information.

Reminder: Chair Yoga will pause for the month of August.

#### 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

This program is on hold over the summer months and will return Wednesday, September 10, 2025.

#### 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 from 3:00 to 7:00 pm, year-round. Be sure to check out our upcoming special event markets.

### Thursdays

#### Drop-In Badminton

Drop-in badminton runs Mondays and Thursdays, 10:30 am to 1:00 pm (some blackout dates).

#### On Hold until September. Chair Yoga, 10:00 to 11:00 am (Online and In-person)

Please reach out to Debbie for more information.

Reminder: Chair Yoga will pause for the month of August.

#### Neighbour Night- First and Third Thursday of the Month, 5:30 to 7:30 pm in the HSCA Hearth Room

Free and everyone welcome – dinner, dessert, and a workshop!

This month, Neighbour Night will take place on August 7 and August 21.

Please email Claire to RSVP if you are planning to attend: [claire.l@hsca.ca](mailto:claire.l@hsca.ca).

Please check our program and recreation calendar for updates and information on Neighbour Night 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.

## Other Special Events and Dates at HSCA for August

#### Free Hearing Health Check Day at Hillhurst Sunnyside Community Association

Tuesday, August 5, 9:30 am to 4:00 pm. Ears to You will be on-site offering complimentary hearing health checks in our mobile hearing clinic! If you've been curious about your hearing or simply want a quick, professional check-up, this is a great opportunity. Appointments are required. Please call 403-970-7201 to book your time slot. Please note: the mobile clinic is not wheelchair accessible and there is one step to enter the van. If accessibility is a concern, please call us and we'd be happy to arrange a convenient in-home hearing assessment just for you.

### Teddy Bear Picnic Special Farmers' Market

Wednesday, August 20 from 3:00 to 7:00 pm. Bring your teddy bears and join us for family fun activities at the Farmers' Market for this annual event! More details to come—stay tuned!

### Repair Exchange at the HSCA Flea Market

Sunday, August 31, 10:00 am. 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. Also join us for the Repair Exchange at HSCA on: September 28, October 26, November 30, and December 2.

## Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
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Farmers' Market Sustainable Food Programs	Giselle Gilliard 403-617-6094
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Flea Market	Angel 403-283-0554 ext. 231
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*(Drop in on Sundays or leave a message.  
Calls returned on Wednesdays and Sundays only)*

Neighbour Night Sip'n' Chat	Claire 403-283-0554 ext. 247
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Bowview Outdoor Pool	403-720-8893
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HSCA Hillhurst Sunnyside  
**FARMERS' MARKET**  
Growing a good food community  
**EVERY WEDNESDAY, 3-7 PM  
YEAR-ROUND**

[farmersmarket@hsc.ca](mailto:farmersmarket@hsc.ca)  
[farmersmarket.hsc.ca](http://farmersmarket.hsc.ca)

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1320 5 Ave NW Calgary, AB

HILLHURST SUNNYSIDE FARMERS MARKET





**HSCA TENNIS COURTS**

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

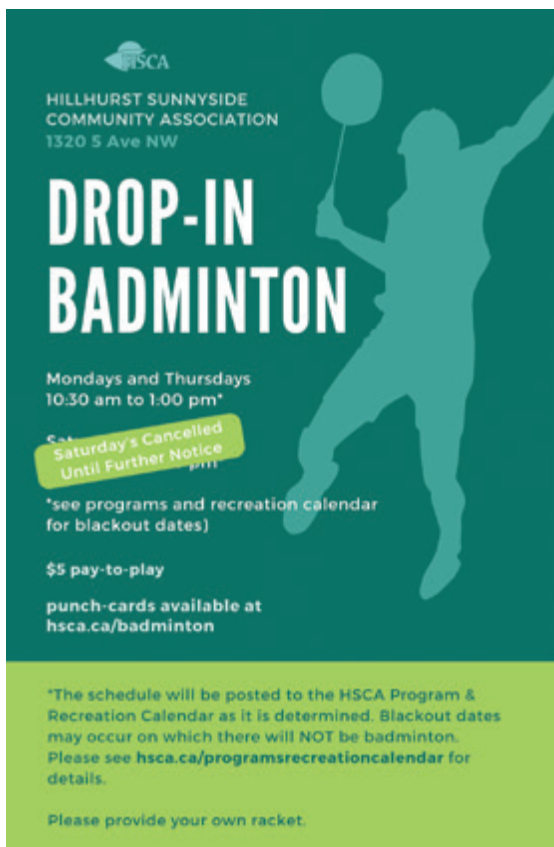
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**REGISTER HERE**

  
 HILLHURST SUNNYSIDE  
 COMMUNITY ASSOCIATION  
 1320 5 Ave NW

**DROP-IN  
 BADMINTON**

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

**Sat  
 Saturday's Cancelled  
 Until Further Notice**

\*see programs and recreation calendar  
 for blackout dates)

**\$5 pay-to-play**

**punch-cards available at  
[hsca.ca/badminton](https://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](https://hsca.ca/programsrecreationcalendar) for details.

Please provide your own racket.



*HSCA*  
**Sip 'n' Chat**



**TUESDAYS 2 - 4 PM**  
**IN THE HEARTH ROOM AT HSCA**



  
 Hillhurst Sunnyside Community Association

**HSCA RECREATION PAGE**

STAY UPDATED ON ALL PROGRAM REGISTRATION  
 THROUGH OUR ONLINE WEBSTORE!



**SCAN HERE**

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# Ride into Summer with Confidence

Whether you're gearing up for a wedding or just soaking in the sunshine, Centennial Smiles is here to keep your smile bright, healthy, and ready for anything.



## Getting wedding-ready?

- **Invisalign (18 months before).**  
Straighten your smile discreetly before the big day—no brackets.
- **Porcelain Veneers (3+ months before).**  
Enhance the appearance of your teeth for that perfect smile.
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- **Injectables (4–6 weeks before).** Subtle touch-ups like Botox/Dysport for a relaxed, fresh look, without overdoing it.
- **Gentle Facial (2–3 weeks before).**  
Rejuvenate your skin with a gentle facial for that bridal glow.
- **Teeth Whitening (2–3 weeks before).**  
Achieve a brighter smile with our professional whitening options.

Smile out loud.

Contact us to book your dental or aesthetics appointment today!  
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WE GOT YOU COVERED

# Summer Dental Emergencies



We handle it all: broken teeth, lost crowns, unexpected pain. Just give us a call — we'll get you back in the saddle in no time. Our emergency services include:

- **Tooth Fillings.** Repair cavities and minor tooth damage.
- **Dental Crowns.** Restore the shape and function of damaged teeth.
- **Root Canals.** Treat infected or inflamed tooth pulp.
- **Dental Extractions.** Safely remove problematic teeth.
- **Dental Implants & Fixed Bridges.** Replace missing teeth for a complete smile.



## Summer Smile Refresh

Our professional teeth whitening treatments are fast, safe, and perfect for refreshing your look before a season full of selfies, events, and good times.

Whitening options include:

- **Zoom! In-Chair Whitening.** Achieve dramatic results in just one visit.
- **Pola Take-Home Kit.** Whiten your teeth at your convenience.

Smile out loud.

Contact us to book your dental or aesthetics appointment today!  
P: 587.317.7959 | E: [info@centennialsmiles.ca](mailto:info@centennialsmiles.ca) | W: [centennialsmiles.ca](http://centennialsmiles.ca)



GET SUMMER READY

# Dental Travel Essentials

Whether you're off to the mountains or the beach, keep your smile fresh and healthy all summer long with these travel-friendly must-haves.



## OptiRinse Plus Fluoride Rinse

Powerful, plant-based protection—OptiRinse Plus fights plaque and gingivitis with a fresh mint kick and zero alcohol.



## Before Whitening Toothpaste

Whitens, strengthens, and wins awards—Before Toothpaste does it all in one brush.



## CocoFloss

Keep things clean between teeth, even after road trip snacks.

## Pro tip!

Keep a mini dental kit in your bag all summer so your smile stays fresh and cavity-free wherever the season takes you.

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# Centennial Smiles



We are committed to providing our patients with excellent dental services, treatment, and care in a warm and friendly environment. Through consultation and education, our patients are empowered to make healthy decisions for their dental and overall health. The result is a beautiful, healthy, and fully functional smile for life!

## Why Choose Us

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X-rays

### COSMETIC DENTISTRY

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Dental Bonding  
Smile Design  
Teeth Whitening

### RESTORATIVE DENTISTRY

Tooth Fillings  
Dental Crowns  
Root Canals  
Fixed Bridges  
Dental Implants

### INVISALIGN

### FACIAL AESTHETICS

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## Contact Us

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**Smile out loud.**

**Contact us to book your dental or aesthetics appointment today!**  
**P: 587.317.7959 | E: info@centennialsmiles.ca | W: centennialsmiles.ca**



## 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).

### Knitting/Crochet Connections at HSCA

The Knitting and Crochet Circle has returned and gathers every Monday from 9:00 am to 12:00 pm in the Hearth Room. All are welcome—whether it's to learn, relax with a current project, or simply enjoy good company. No experience? No problem. Tools and yarn are available for beginners, and there's always plenty of support for those just starting out. Experienced knitters and crocheters are also encouraged to share their skills with others. No cost to attend. Drop in, connect, and create—one stitch at a time.

### 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 - Currently Paused Until September

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

This program takes a break in August and returns in September with a new link to the class online.

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.

### Other Updates

Seniors/Alberta Seniors Benefit and Special Needs Assistance: Eligibility for these programs is updated each July based on the previous year's income tax (2024).

Visit [alberta.ca/alberta-seniors-benefit](http://alberta.ca/alberta-seniors-benefit) or call 1-877-644-9992 for information or forms. Have your Notice of Assessment ready to check eligibility. Income guidelines may be updated online by mid-July.

If you need printed forms or help accessing information, contact the centre for assistance.

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.



# Sunnyside Neighbour Day Parade



On Sunday, June 22, Sunnyside's annual Neighbour Day Parade brought together 160 residents, families, and local groups for a vibrant community celebration. The City presented HSCA with a Certificate of Recognition for "Building a Better Community," delivered by Councillor Terry Wong. The event was proudly sponsored by the City of Calgary.

The parade featured residents in costume, the Cowtown Collection marching band, and contributions from Norfolk, Blank Page Studio, Acme Pizza, Arusha, and Lasting Strides Equestrian Stables. It wrapped up at the playground at 804 5 Ave NW—the one with the duck—where HSCA's Sunnyside Brightening Committee (SBC) is advocating for improvements.

To learn more or get involved with the McHugh Bluff playground project, email [katy.d@hsc.ca](mailto:katy.d@hsc.ca) to sign up for updates.

Thanks to everyone who shared photos from the event!



## EARS TO YOU

Join us for our Hearing Health Check Day! Please call to book your time spot!

Tuesday, August 5<sup>th</sup>, 2025

Hillhurst Sunnyside Community Association in the Mobile Van

- ✓ FREE on-site hearing tests
- ✓ State of the art technology
- ✓ Professional at-site after-care included
- ✓ Competitive pricing & acceptance of most third-party insurance plans
- ✓ FREE clean & check of existing devices





# BRONZE MEDALLION

## WITH CPR-C & AED

AUGUST 25 - 29, 2025  
8:00AM - 12:00PM  
**\$200.00**  
[REGISTER HERE!](#)



**BOWVIEW OUTDOOR POOL**



## WORD OF THE MONTH

**Galumph: Verb (guh-LUMF)**

To move in a noisy or awkward style.



*They galumphed around the living room looking for Sara's phone.*

# BOWVIEW OUTDOOR POOL

## National Lifeguard: Pool

**Aug 11 -15, 2025**  
8:00am - 4:00pm

**\$380.00**

Develop essential lifeguard skills, judgment, and fitness. This course focuses on lifeguarding principles, decision-making, and safety supervision in pool environments.

Register Online: [calgaryoutdoorpools.ca](http://calgaryoutdoorpools.ca)



**NATIONAL LIFEGUARD LIFESAVING SOCIETY**



# BOWVIEW OUTDOOR POOL

## BECOMING A LIFEGUARD & SWIM INSTRUCTOR

**Intermediate First Aid CPR-C/AED**  
Obtain this certification first, to attend all courses with ease and accessibility.  
Prerequisites: None


**Bronze Cross**  
Prerequisites:  
• 13+ Years old  
• Has completed Bronze Medallion  
• Current Intermediate First Aid CPR-C/AED

**Bronze Medallion & CPR-C**  
Prerequisites:  
• 13+ Years old OR has successfully completed Bronze star  
• CPR-C/AED certification obtained with this course

**Swim & Lifesaving Instructor**  
Prerequisites:  
• 15+ Years old  
• Has completed Bronze Cross  
• Current Intermediate First Aid CPR-C/AED

**National Lifeguard**  
Prerequisites:  
• 15+ Years old  
• Has completed Bronze Cross  
• Current Intermediate First Aid CPR-C/AED

4\* After completing Bronze Cross, you may choose to take either Swim and Lifesaving Instructor or National Lifeguard in any desired order



**EVERY SUNDAY 7 AM- 3 PM**

**1320 5 Ave NW**

**Free admission**  
**Concession on-site**

**HSCA Flea Market**  
Since 1985

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[HSCA.CA/FLEA-MARKET](http://HSCA.CA/FLEA-MARKET)



# free house dance plus

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# Hillhurst Real Estate Update

Last 12 Months Hillhurst  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$787,450	\$767,500
May 2025	\$750,000	\$730,000
April 2025	\$899,399	\$868,750
March 2025	\$650,000	\$658,000
February 2025	\$612,000	\$604,000
January 2025	\$844,950	\$814,950
December 2024	\$412,500	\$406,500
November 2024	\$799,500	\$756,500
October 2024	\$529,950	\$520,000
September 2024	\$597,250	\$595,000
August 2024	\$465,000	\$440,000
July 2024	\$489,500	\$475,500

Last 12 Months Hillhurst  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	21	10
May 2025	21	14
April 2025	14	20
March 2025	19	15
February 2025	17	12
January 2025	20	10
December 2024	6	10
November 2024	5	10
October 2024	16	8
September 2024	10	6
August 2024	14	9
July 2024	11	10

To view more detailed information that comprise the above  
MLS averages please visit [hill.mycalgary.com](https://hill.mycalgary.com)

# Sunnyside Real Estate Update

Last 12 Months Sunnyside  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$412,450	\$397,500
May 2025	\$347,400	\$331,000
April 2025	\$299,450	\$290,500
March 2025	\$369,900	\$365,000
February 2025	\$374,900	\$365,250
January 2025	\$600,000	\$623,000
December 2024	\$529,900	\$520,000
November 2024	\$349,900	\$341,000
October 2024	\$344,900	\$352,625
September 2024	\$404,495	\$403,950
August 2024	\$402,400	\$397,750
July 2024	\$302,000	\$293,000

Last 12 Months Sunnyside  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	14	12
May 2025	14	12
April 2025	16	10
March 2025	20	9
February 2025	9	6
January 2025	7	3
December 2024	7	9
November 2024	7	5
October 2024	10	10
September 2024	12	12
August 2024	15	8
July 2024	11	12

To view more detailed information that comprise the above  
MLS averages please visit [sunn.mycalgary.com](https://sunn.mycalgary.com)





# ROOTS tree care

## Tree Pruning, Planting & Removals

Local Sunnyside Business  
ISA Certified Arborist



Nicholas Todd  
PR-5691A



**Contact us for a  
free quote!**

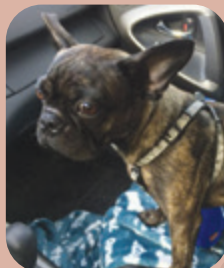
📞 **403-604-8740**

✉ [nick@rootstreecare.ca](mailto:nick@rootstreecare.ca)

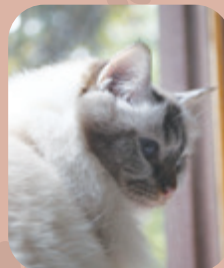
Scan or visit [rootstreecare.ca](http://rootstreecare.ca)



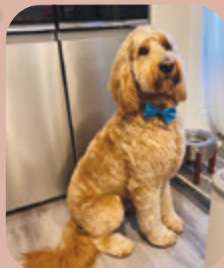
## Cats, Canines, & Critters of Calgary



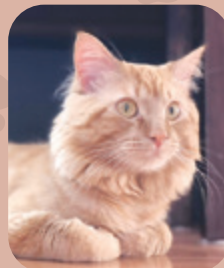
Bugsy, Dalhousie



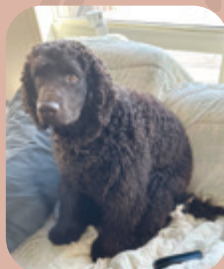
Ella, Mount Royal



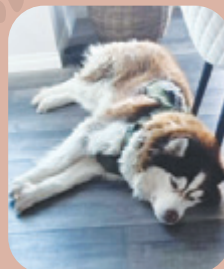
Mac, Evanston



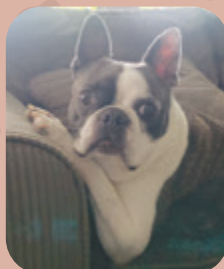
Mango, Evanston



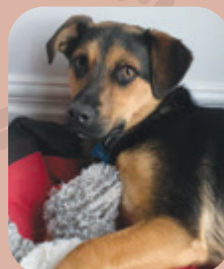
Mick and Turd,  
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## 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](http://www.hsca.ca/community-food-program)



# Age-Friendly Calgary Essential Numbers for Seniors in Calgary

## 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

## 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

## 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

## 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

## 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

## 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

## 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

## 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

# HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just “appear.” Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.



## Time to Renew Your Mortgage?

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anita@anitamortgage.ca

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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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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](http://YardBustersLandscaping.com).

**HILLHURST/SUNNYSIDE CARPENTER/CONTRACTOR:** 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.

**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](http://www.communitymediation.ca), 403-269-2707.

**MUSICAL DREAMS PIANO STUDIO:** Online piano lessons. Accepting students for the fall. Ages 5 and up; adults and individuals with special needs welcome. [www.musicaldreamspianostudio.ca](http://www.musicaldreamspianostudio.ca). 403-472-8405.

**EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS:** Interior/exterior; simple fixes to more complicated projects. Plumbing & electrical fixes; full reno for bathrooms, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work installations & maintenance. Local, licensed, insured. We offer free consultations. Property Managers welcome. Call 403-992-5574.

**GARDEN DESIGN & LANDSCAPING FOR YOUR INNER-CITY SITE:** Book a consultation with a local garden designer specializing in inner-city landscapes, pocket gardens & hardscape solutions. Make the most of your yard with Calgary-proven trees, shrubs & flowers. Design with plant list only or installation & hardscaping included. Contact 403-585-1125 or [design@everhaus.ca](mailto:design@everhaus.ca).

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# CARDINAL

BY TREVOR RAMAGE



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1877



**310 11 Street NW**

**List Price: \$1,299,900**

**MLS #A2234557**

Prime location with elegant character and elevated comfort. Features include modern updates and an oversized double garage.



2004



**2603 30 Street SW**

**List Price: \$1,097,500**

**MLS #A2232123**

Timeless style meets modern farmhouse charm. Features include thoughtful upgrades throughout and sun-filled living spaces.



2784



**816 24 Avenue NW**

**List Price: \$2,150,000**

Congratulations to my clients on the successful sale of their property. Thank you for your trust.



1261



**1, 1925 32 Street SW**

**List Price: \$589,900**

Congratulations to my amazing first-time homebuyers. Cheers to new beginnings and big dreams.

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

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