

FEBRUARY 2025

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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



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.



EVERY WEDNESDAY, 3-7PM • YEAR-ROUND

**RAISE A SPOON:
IT'S SOUP &
STEW SEASON**

The HSFM has got ALL your essentials (and extras) for those warming soups and stews!





YOGA AT HSCA

STARTS
JANUARY 10, 2025

All levels welcome!

Join us for **Vinyasa Flow Yoga** with
Richelle
Fridays
11am-12pm

North Social Hall at HSCA
1320 5 Ave NW
\$20/drop-in
Register online or in-person
www.hsc.ca/goga

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.

New Saturdays, 12:30 to 2:30 pm (some blackout dates).

\$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 Will Return Tuesday, February 4, 2025

Please reach out to Debbie for more information.

(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. 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.

Thursdays

Drop-In Badminton

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

New Saturdays, 12:30 to 2:30 pm (some blackout dates).

Chair Yoga Will Return Tuesday, February 4, 2025

Please reach out to Debbie for more information.

(Online and in-person).

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

Note: This month, Neighbour Night will take place on February 6 and 20.

February 6: Bracelet-Making and Intention Setting

This workshop will be a mindful exercise of setting intentions for the year ahead and creating a unique bracelet. Join us for a meditation followed by bracelet making where you will pick your beads, create a bracelet, set intentions for the New Year, and wear your bracelet as a reminder of your intentions.

February 20: Details to Come

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.

Saturdays

HSCA Youth Badminton Lessons with Grace Yuen!

Program is full.

Meditation and Journalling Workshop at HSCA

Beginning Saturday, March 15, 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 journalling. You'll leave feeling relaxed, rejuvenated, and full of clarity.

Drop-In Badminton

New Drop-in badminton will run Saturdays, 12:30 to 2:30 pm (some blackout dates apply).

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.

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.



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!





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Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

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.

Here are a few photos around HSCA!



Resources

SUPPORTS, RESOURCES & ASSISTANCE IN CALGARY



WWW.HSCA.CA/RESOURCES-1

NEIGHBOURS HELPING NEIGHBOURS

LEND A HAND,
GRAB A SHOVEL



Contact Debbie.O@hsca.ca



WE'RE EXCITED TO SHARE

Our new look with you!

Over the past few months, Centennial Smiles has undergone an exciting makeover. A new look, new treatments, and a stunning new space to match. We'd love to see you at Centennial Smiles today!



COSMETIC DENTISTRY SERVICE FEATURE

Teeth Whitening



In-Clinic Care

Achieve a brighter smile in just one visit with Zoom! This in-office professional treatment is quick, safe and effective. Get your most radiant smile while watching your favourite show on Netflix.



At-Home Care

The Pola Light Teeth Whitening Kit is a professional-grade solution that combines advanced whitening gel with an LED mouthpiece for effective stain removal in a few treatments—all from the comfort of your home!

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AESTHETICS SERVICE FEATURE

Facial Massage



Discover total wellness at Centennial Smiles with Facial Massages.

Our integrated approach combines smile care, skincare, and in-house massage therapy services. From relieving discomfort caused by TMJ to enhancing your skin's radiance with facial massages, our registered massage therapists deliver targeted treatments to support your oral health and overall well-being.

AESTHETICS SERVICE FEATURE

Acupuncture

Experience the benefits of acupuncture—a natural, holistic practice to balance, heal, and rejuvenate at Centennial Smiles.

Our certified acupuncturists provide targeted treatments for headaches, stress, tension, and even enhanced cosmetic results, helping you achieve your wellness goals.



MEET YOUR TREATMENT PROVIDER

Katya Heinrich, BSc, MSc

Katya is a licensed Acupuncturist and RMT. She has a unique background in physics which enhances her understanding of body mechanics and the root causes of pain. Since 2015, she has focused on health and healing, specializing in treatments for TMJ disorders and facial pain. Katya combines various modalities such as massage, needling, cupping, Gua Sha, and Acutonics. Her integrated approach is particularly effective for musculoskeletal issues, headaches, and TMJ disorders, providing patients with comprehensive care and relief.

Smile out loud.

Contact us to book your dental or aesthetics appointment today!
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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!

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Hillhurst Sunnyside 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

**REGISTER
NOW**



STARTING
March 15th, 2025



www.hsca.ca/yoga



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For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message) or by emailing debbie.o@hsca.ca. We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and for program Zoom links at www.hsca.ca/seniors.

Snow Removal

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

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

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

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

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

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

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

HSCA is scheduled for our next casino. If you would like more information or to volunteer and you have not received an email from me, please connect with Debbie to learn more about shifts, times, and positions. The casino will be in the same location as 2023, ACE Casino Airport.

This is a very important fundraiser for the centre so if you can help, please connect with Debbie. We are exploring possibilities for transportation so if you would like to help but cannot get to the casino, please reach out.

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 - Will Return February 4

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

When: Every Tuesday and Thursday from 10:00 to 11:00 am.

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

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

Cribbage Group, Wednesday afternoons from 12:30 to 3:00 pm in the North Social Hall

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

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

Other Updates

Website updates on www.hsca.ca/seniors page will continue in the months ahead. Please connect with Debbie directly for information about supports and programs.

If there is something you would like to see added to the website related to Seniors, Caregivers and/or Volunteering or Volunteers, please connect with Debbie.



This #GivingTuesday You Made a Difference

This Giving Tuesday, our community came together to show incredible generosity and support. Thanks to your kindness, we raised \$2,255 for the Hillhurst Sunnyside Community Association's (HSCA) Chair Yoga program!



A heartfelt thank you goes out to all our donors and those who shared and amplified our message. Your contributions help ensure this program can continue to enrich the lives of seniors in our community throughout 2025—at no cost to participants. Chair Yoga fosters connection, well-being, and joy, and your generosity makes it all possible.

If you would like to see the tremendous impact our Chair Yoga program has on the lives of seniors in our neighbourhood (and beyond), watch our Chair Yoga YouTube video. Consider subscribing to our channel for more stories related to programming, events, and community connections.

Looking to Make an Impact Beyond Giving Tuesday?

There are many ways to stay involved and help us continue our mission.

Purchase (or Gift!) an HSCA Membership

Support local programs and enjoy discounts at 30+ businesses. Learn more at www.hasca.ca/membership.

Sign Up for HSCA's E-Newsletter

Stay informed about events, inspiring stories, and ways to connect. Sign up at: www.hasca.ca/newsletter-sign-up.

Subscribe to Our YouTube Channel

Discover more about HSCA's mission and see how we're building a stronger, more connected community. Watch, like, and subscribe!

Follow Us on Social Media

Join the conversation on Instagram and Facebook to stay in the loop and share your voice (Instagram and Facebook).

Donate to HSCA's General Campaign or a Specific Program

Every dollar counts! Make a one-time or monthly donation to create lasting impact. Visit www.hasca.ca/donate.

Thank you for being part of this amazing journey. Together, we're making a meaningful difference in the lives of our neighbours and building a stronger, more connected community.

The Little Month

We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February "y mis bach," which means "the little month".

An aerial view of a city block with street names: 1001 17 ST NW, 17 ST NW, and 8 AVE NW. A white location pin is placed on the map.

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Bethany Calgary Redevelopment News

Get project updates at
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HSCA Soccer

HSCA is continuing their partnership with SoccerTech to deliver a community soccer program for the 2025 season.

Registration Opens February 2025!

Program Dates, Times, and Pricing: Coming soon!

An HSCA Family Membership is a required for registration. Please purchase your membership at hsca.ca/membership.

Contact our Activities Coordinator, Hannah Garcia, for any questions about soccer at HSCA: hannah.g@hsca.ca or 403-283-0554 ext. 250.

If you require financial assistance, please visit Jumpstart or KidSport.

Please visit <https://soccertech.ca/> for more information.

HSCA
Hilliard-Sawynish Community Association

HSCA RECREATION PAGE

STAY UPDATED ON ALL PROGRAM REGISTRATION THROUGH OUR ONLINE WEBSTORE!



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1320 5th Ave NW Calgary, AB



HSCA SOCCER

REGISTRATION OPENS
FEBRUARY 2025

DATES
MAY - JUNE 2025

DIVISIONS
U4/U5/U6
(2021/2020/2019)
U7/U8/U9
(2018/2017/2016)

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AGES 0-5 | SUPERVISION REQUIRED
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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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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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HSCA
Sip 'n' Chat

TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA

EVERY SUNDAY
7 AM - 3 PM

1320 5 Ave NW

Free admission
Concession on-site

HSCA **Flea Market**
Since 1985

Vinyl records, crafts,
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HSCA.CA/FLEA-MARKET

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HSCA
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COMMUNITY ASSOCIATION
1320 5 Ave NW

**DROP-IN
BADMINTON**

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

Saturdays
12:30 pm to 2:30 pm*

*see programs and recreation calendar
for blackout dates)

\$5 pay-to-play

punch-cards available at
hsc.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 hsc.ca/programsrecreationcalendar for details.

Please provide your own racket.

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Minutes from downtown, river pathways, and schools.

Choose from a variety of lot sizes and configurations to suit your needs.

Call for more information.



2.5



1034



210, 116 7A Street NE

List Price: \$489,900

Congratulations to my first-time homebuyer and referred client. It's a privilege to be part of your family's venture again.



2.5



1401



1721B 1 Avenue NW

List Price: \$749,900

Discover charm and functionality in this home featuring custom stained glass, a vaulted great room, bespoke kitchen, and sunlit deck with garage access. Steps from amenities and Bow River pathways, it's urban living at its best.

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

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