

JANUARY 2025

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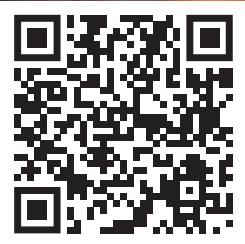
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Take the time to take care of yourself.

After counselling families and individuals for years, Nadine found her passion in working with and supporting women especially as they transition into motherhood, however that may look.

Nadine creates a safe space for women and mothers to talk about all their emotions and feelings, good or bad, and to feel supported rather than judged.

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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	Shaye 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!




HSCA
Hillhurst Sunnyside Community Association



YOGA AT HSCA

**STARTS
JANUARY 10, 2025**

**All levels
welcome!**



Join us for **Vingasa
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.hsca.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)

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 to HSCA in February 2025

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 North Social Hall.

HSCA's Farmers' Market (Indoors)

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

Please note, the Farmers' Market will be taking a short holiday break and will return on January 15, 2025.

Thursdays

Chair Yoga Will Return to HSCA in February 2025

Please reach out to Debbie for more information.

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

Note: This month, Neighbour Night will take place on January 16 and 30.

Join us January 16 to learn how to create a Non-Toxic Household with eco-friendly ingredients. This workshop will focus on how to create an affordable and eco-friendly Dishwashing Powder using simple ingredients like baking soda, citric acid, and essential oils. It's a budget-friendly way to make a non-toxic, effective cleaning product that is both efficient and safe for the environment. This DIY solution is perfect for those looking to reduce the chemicals in their home while still achieving a sparkling clean.

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

Fridays

Vinyasa Flow Yoga

Beginning January 10, HSCA will be offering 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!

Get ready for an exciting badminton lesson designed just for youth ages 10 to 15! Whether you're picking up a racquet for the first time or looking to improve your skills, this session promises fun, teamwork, and skill-building. Classes run Saturdays from 2:30 to 3:30 pm from January 11 to March 29. Cost is \$240 for the duration. Visit hsca.ca/badminton.

Meditation and Journaling Workshop at HSCA

Beginning Saturday, February 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 journaling. You'll leave feeling relaxed, rejuvenated, and full of clarity.

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.



New Year, New Vibes: 2025 at HSCA is About to Be (Even More) Amazing!

Hey Hillhurst Sunnyside fam! Are you ready to crush 2025? Because we sure are. The Hillhurst Sunnyside Community Association (HSCA) is kicking things off big this year with a lineup of exciting programs—and trust us, you won't want to miss out.

We've got something for everyone, and here's a sneak peek at what's coming your way:

Youth Badminton Lessons with Grace Yuen

Looking for a fun way to spend your Saturday afternoon? How about learning to crush it on the badminton court? Whether you're a newbie or already smashing birdies like a pro, these lessons are for you.

When: Saturdays, starting January 11, 2025

Time: 2:30 to 3:30 pm

Where: HSCA

Who: Youth ages 10 to 15

Whether you're new to the sport or wanting to develop your skill, coach Grace Yuen will help you learn all the tips and tricks to level up your game while making friends, building teamwork, and (most importantly) having an absolute blast.

Parents and Tots: Stay n' Play

Parents, we see you. You deserve a fun, relaxed morning where you can let your little one(s) play while connecting with other caregivers.

When: Wednesdays, starting January 8, 2025

Time: 9:30 to 11:00 am

Where: HSCA's North Social Hall

Who: Ages 0 to 5 (with parental supervision)

Cost: \$2 Drop-in and free for HSCA Membership holders

This drop-in program is your go-to for midweek playdates, complete with toys, space to roam, and plenty of opportunities to make new friends (for both kids and parents or caregivers).

Vinyasa Flow Yoga with Richelle

Ready to flow into 2025 with balance and calm? Join community member and instructor Richelle for a welcoming and rejuvenating yoga experience.

When: Fridays, starting January 10, 2025

Time: 11:00 am to 12:00 pm

Where: HSCA's North Social Hall

Cost: \$20 per class

This 60-minute Vinyasa Flow class is designed for all experience levels, blending breathwork, meditation, and flowing poses to help you unwind and recharge.

Meditation and Journaling Workshop

Need a little me time in 2025? This monthly workshop is the perfect blend of mindfulness and reflection.

When: Saturdays, 11:30 am to 12:45 pm

Dates: February 15, March 15, April 5, May 10

Where: HSCA's North Social Hall

Cost: \$25 per workshop (HSCA Members get 10% off!)

Who: Ages 14+ (All skill levels welcome)

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.

What to Bring:

- A yoga mat (optional).
- A journal and pen (or use what we provide).
- Comfortable athletic wear.
- Water bottle to stay hydrated.

Spots are limited to 20 participants, so grab your spot before it fills up!

Why Join These Programs?

Let's make 2025 about self-care, connection, and community. Whether you're smashing birdies, chasing toddlers, flowing through poses, or diving deep into mindfulness, there's something here for you.

Youth Badminton Lessons - Registration is open—secure your spot today!

Yoga - Sign up now to flow into your best self.

Parents and Tots: Stay n' Play - Drop in with the little ones to connect.

Meditation and Journaling - Reserve your space before it fills up!

HSCA is ready to make 2025 unforgettable. Let's build connection, health, and happiness—together.



Warmer Nights

Yes, Januarys can be long and cold, but winters have their charm too! Here's a little reminder of a warmer summer evening in Kensington, shared by community member Kyla B. Thank you for sharing!

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@hsca.ca.



 **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

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
February 15th, 2025

 www.hsca.ca/yoga

 403-283-0554 ext.250

 hannah.g@hsca.ca



Nat Geo's Grand Debut!



January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!

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, let me 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

Will Return in February 2025

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.



BADMINTON

YOUTH LESSONS



Join us for a fun-filled lesson where you can make new friends, enhance your skills, and enjoy the thrilling sport of badminton!

Who

Ages 10 - 15 years old
All skill levels welcome

When

Saturday | 2:30pm-3:30pm

Where

HSCA Gymnasium

Cost

\$240.00/session | 12 weeks
Jan 11th - March 29th, 2025
10% discount for all HSCA Members

Registration Deadline

January 4th, 2025

Your Instructor: **GRACE YUEN**

- Certified and Experienced Badminton Alberta Coach: 15 years
- Former Physical Education Teacher in Hong Kong
- Former Mount Royal University Badminton & Tennis coach
- Provincial Badminton Gold Medalist of Alberta 55+ Games, 2024.

REGISTER NOW!



Contact: gymyuen@gmail.com

Cats, Canines, & Critters of Calgary



Bear, Palliser



Buster, Hamptons



Lizzy, Huntington Hills



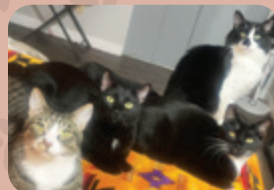
Mirabella, Lower Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

To have your pet featured, email news@mycalgary.com

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
Hillhurst Secondary Community Association

HSCA RECREATION PAGE

STAY UPDATED ON ALL PROGRAM REGISTRATION THROUGH OUR ONLINE WEBSTORE!



SCAN HERE

www.hsca.ca
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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GLENN RAMSAY

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ADVANCED SOCCER PATHWAYS



Register at **SoccerTech.ca**



STAY N' PLAY AT HSCA

COME AND JOIN US!

WEDNESDAYS | 9:30AM - 11:00AM
NORTH SOCIAL HALL
AGES 0-5 | SUPERVISION REQUIRED
\$2.00 PER DROP-IN
\$25.50 FOR 17-WEEK SESSION
FREE FOR HSCA MEMBERS!

PLAYTIME & COMMUNITY
TOYS AND BOOKS
BYO SNACKS

REGISTER NOW!



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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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Polar Bears' Secret Colour



Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.

BRAIN GAMES SUDOKU

8						6		
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5		6						4

SCAN THE QR CODE FOR THE SOLUTION



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,
furniture, antiques, books,
household items, and more!

HSCA.CA/FLEA-MARKET



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HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION
1320 5 Ave NW

**DROP-IN
BADMINTON**

Mondays and Thursdays
10:30 am to 1:00 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 and birdies.






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Girls & Boys Ages 4 to 16
All Skill Levels Welcome

foothillslittleleague.org



REGISTER
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Joke of the Month

Why did the pony get detention?

Because he was horsing around.



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BY TREVOR RAMAGE



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Wishing you a prosperous and inspiring 2025. Here's to a new year filled with purpose and joy!



3901 17 Street SW

List Price: \$1,667,500

MLS #A2167136

Located near schools, parks & vibrant amenities, this custom-built home features sleek finishings, a rare triple garage & an illegal two-bedroom basement suite for added flexibility—a unique find.



111 Woodland Lane

List Price: \$2,999,900

Heartfelt congratulations to my amazing clients on the successful sale of another beautiful home!



2031 Bowness Road NW

List Price: \$1,449,900

Warmest congratulations to a wonderful family on the successful sale of your home.



140 41 Avenue NW

List Price: \$699,900

A big congratulations to my first-time homebuyers and second-generation clients. It's an honour to be part of your family's journey again.

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

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SCAN ME



#1 OFFICE WORLDWIDE
*Based on Total Dollar Sales
Volume for a Single Office