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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>

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**HILLHURST**



**SUNNYSIDE**



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## Farewell to Michelle's Market



After many wonderful seasons at the HSCA Farmers' Market, Michelle's Market will no longer be attending. On behalf of HSCA and our entire community, we extend our heartfelt thanks to the folks behind Michelle's Market for their years of participation, dedication, and service.

Known for bringing wholesome, fresh produce and a welcoming presence to our market, Michelle's Market has been a valued part of the community. Your hard work and commitment have been deeply appreciated.

While we'll miss seeing your stand at the market, we wish you all the best as you return to grain farming. Thank you for being such a meaningful part of the HSCA Farmers' Market story.

With appreciation,

*The Hillhurst Sunnyside Community Association*

### **A Note from Janice of Michelle's Market:**

After 25 consecutive years participating in the Hillhurst-Sunnyside Farmers Market we've made the very difficult decision to retire from the produce business. Our farm has returned to its roots as a grain farm. We can't thank our loyal customers, who have become our friends, enough for their support over the years. You all will be greatly missed!

Yours in Veggies,

*Janice, Mark, Michelle, Amy, Diane, Sharon, and Family*

A green poster for "SALSA FEST". At the top, the words "SALSA FEST" are written in large, white, bold letters. Below the title is an illustration of a bowl of red salsa with a slice of cheese on top, a green pepper, and a tomato. To the right of the bowl is a yellow circular logo with a sunburst border, containing the text "FARMERS' MARKET" and "HILLHURST SUNNYSIDE MARKET". Below the illustration, there are two yellow boxes with black text: "WEDNESDAY JULY 23, 2025" and "3:00 PM - 7:00 PM". Below these boxes is another yellow box with black text: "1320 5 AVE NW". At the bottom of the poster, there is a list of activities:

- Live Music by Los Majes Latin Band (5 - 7 pm)
- Sample & vote for your favorite homemade salsa!
- Stop by the welcome tent for a bag of tortilla chips (\$2 donation) or bring your own
- Swing by for Balloon Animals and sweet icy treats from the Ice Cream truck!

A yellow poster for "ANTIQUE &amp; COLLECTIBLE MARKET". At the top left is a circular logo featuring a Native American figure. At the top right is the HSCA logo: "HSCA" in blue and green, with "Hillhurst Sunnyside Community Association" below it. In the center, the text "Saturday, July 26th, 10am-4pm" is circled in pink. Below this, the words "ANTIQUE &amp; COLLECTIBLE MARKET" are written in large, bold, black letters. Below the text is an illustration of a pair of large, white sunglasses with a reflection of a sunset on the lenses. To the left of the sunglasses is a small illustration of a video game cartridge, and to the right is a small illustration of a CD. Below the sunglasses, the text "Explore Timeless Treasures at the Antique Market" is written in bold black letters. Below this, it says "Find unique items from the past". At the bottom left, it says "\$2 entry at the door". At the bottom right, there is a location pin icon and a box containing the text "1320 5 Ave NW".

## Mix-Mix and Meaning: Celebrating Asian Heritage Month with OOSC Kinder Kids

This past May, in recognition of Asian Heritage Month in Canada, our Out of School Care (OOSC) Kinder group celebrated the month through storytelling, crafts, cultural dress, and a sensory-filled tasting activity featuring the Filipino dessert halo-halo—a name that translates to “mix-mix” in Tagalog.

While the day was cut short due to rain, the kids’ excitement and curiosity made the celebration shine.

Led by OOSC educators Freda and Gerand, the children were invited to create their own versions of halo-halo, a beloved and interactive summer treat in the Philippines. Traditionally made with crushed ice, sweetened fruits, jellies, condensed milk, and topped with items like ice cream, purple yam, or flan, halo-halo is as colourful and diverse as the culture it comes from.

“My favourite part was seeing the kids smile and enjoy the halo-halo, even though it was raining,” Freda shared. “It made me happy to share something special from our culture with them.”

The children selected from a spread of toppings—some unfamiliar—like coconut jelly, palm fruit jelly, tapioca pearls, purple yam, and sweet banana, with the familiar presence of ice cream drawing immediate attention. While some ingredients didn’t land with the children, their openness to trying something new impressed the educators.

“They didn’t actually like the taste of the halo-halo,” Gerand shared. “But I appreciated their honesty and politeness. I saw their willingness to try new experiences—and as their educator, I want them to explore.”

Cultural sharing didn’t stop at dessert. Leading up to the celebration, children made flags representing various Asian countries and engaged in discussions about the continent’s diversity. On the day of the event, Gerand wore a Barong Tagalog, a traditional embroidered shirt worn during formal occasions in the Philippines. He used the opportunity to talk with the children about cultural dress and its importance.

“Wearing the Barong made me think about the difference between cultural appreciation and appropriation,” he reflected. “Clothing is an excellent way to express how



you feel—and I explained to the kids that people in the Philippines wear this for special celebrations.”

Throughout the day, both educators saw powerful moments of connection.

“One of the kids shouted, ‘I’m from China!’ during our discussion and proudly talked about speaking Chinese,” said Gerand. He shared that the moment stood out to him because it showed the children were making personal connections to what was being shared.

As Freda explained, halo-halo is a perfect metaphor for cultural celebration: “It brings people together and helps us learn more about each other through food.”

Beyond the fun and colour, the educators hoped the experience planted seeds of appreciation, self-expression, and curiosity.

“When we introduce traditions, foods, and customs from different cultures—like making halo-halo—we’re giving kids the chance to explore new experiences in a fun and engaging way,” Freda explained. “These moments help children learn not just about others, but also about themselves. It builds trust, respect, and a deeper understanding of the world around them.”

And that’s the real magic of “mix-mix”—bringing different ingredients, stories, and people together.

# Unlocking the Mind: The Transformative Power of Hypnotherapy

by Krista Francis, PhD, RCH

In a world saturated with self-help strategies and wellness trends, one therapeutic method continues to quietly reshape lives from the inside out—hypnotherapy. Often misunderstood and occasionally met with skepticism, hypnotherapy is emerging from the shadows of stage shows and Hollywood dramatizations to claim its rightful place as a powerful tool for psychological healing and personal growth.

## What is Hypnotherapy?

At its core, hypnotherapy is the use of hypnosis—a deeply relaxed, trance-like state—to access the subconscious mind. Unlike the theatrical portrayals of people clucking like chickens under a magician's command, clinical hypnotherapy is a safe, guided process where clients remain fully aware and in control. It's not about surrendering your will; it's about tapping into your mind's untapped potential.

Registered clinical hypnotherapists use this state to help individuals explore thoughts, memories, and feelings that may be buried beneath the surface. The subconscious mind, which drives much of our behaviour and emotional response, is far more suggestible under hypnosis, making it easier to reframe negative patterns and adopt healthier mental habits.

## Applications: More Than Just Quitting Smoking

While many associate hypnotherapy with quitting smoking or losing weight—and it is effective for both—the applications go far beyond. From managing chronic pain and anxiety to healing trauma and overcoming phobias, hypnotherapy offers a gentle yet profound pathway to healing.

Hypnotherapy is solution based, and it creates a space where real transformation can happen. People are often surprised by how much better they feel after a session.

## The Science Behind the Trance

Research into hypnotherapy has grown in recent years, offering scientific validation for what practitioners have long observed. Brain imaging studies reveal

that hypnosis can alter the way the brain processes information, reducing activity in areas related to self-awareness and critical judgment while increasing focus and suggestibility.

This altered state can be especially useful for breaking cognitive loops—those stubborn mental patterns that reinforce anxiety, self-doubt, or addiction. By quieting their inner critical voice, people can gain access to insights that are otherwise blocked.

## What to Expect in a Session

A typical hypnotherapy session begins with a conversation about the client's goals and concerns. The therapist then guides the client into a relaxed state through breathing techniques, visualization, or gentle verbal cues. Once in a hypnotic state, the therapist may suggest new ways of thinking or help the client explore root causes of emotional pain.

Most sessions last 60 minutes, and many clients report feeling calm and refreshed afterward, even after emotionally intense work. Results vary, but many people see lasting improvements in as few as three to six sessions.

## Is Hypnotherapy Right for You?

Hypnotherapy isn't a magic cure-all, but it can be a powerful complement to other forms of therapy or self-development. It's particularly helpful for those who feel stuck in a cycle of behaviours or emotions that talk therapy alone hasn't resolved.

As with any therapeutic approach, it's essential to work with a qualified, ethical practitioner. Look for certification from reputable organizations, and don't hesitate to ask about their training and experience.

## A Window into the Self

In a fast-paced world that often rewards surface-level fixes, hypnotherapy offers something rare and valuable: the chance to go inward, slow down, and listen deeply to the self. Whether you're battling anxiety, trying to break a habit, or simply seeking clarity, the power to change may be closer than you think—hidden in the depths of your own mind.



## 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**

#### **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**

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 (Moving Outdoors)**

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).

#### **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 July 3 and July 17!

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).

### **Saturdays**

#### **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.

#### **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 Special Events and Dates at HSCA for July

### Pancake Breakfast at the Flea Market!

Sunday, July 6 starting at 9:00 am. We're flipping up something special! Join us at the HSCA Flea Market for a delicious Pancake Breakfast. Free pancakes for the first 100 customers! After that, it's just \$5 for a plate of pancakes and sausage. Come hungry—and early! We'll be serving until we sell out.

### Sun Fun Summer Bash at Bowview Outdoor Pool

Saturday, July 19 from 1:00 to 6:00 pm. All ages. Join us for an epic afternoon of pool games, prizes, and food trucks! Walk in or book your swim online (space is limited): <https://app.amilia.com/store/en/bowviewoutdoorpool/shop/programs>. Don't miss the splash of the summer!

### Salsa Fest at the Farmers' Market!

Wednesday, July 23 from 3:00 to 7:00 pm. Spice up your week with salsa sampling, live music, and family fun! Live Latin music by Los Majes (5:00 to 7:00 pm). Sample and vote for your favourite homemade salsa. Balloon animals and sweet icy treats from the ice cream truck. Grab chips at the welcome tent (\$2 donation) or bring your own.

### Antique and Collectibles Market at HSCA

Step into the past and discover something special at the HSCA Antique and Collectibles Market on Saturday, July 26 from 10:00 am to 3:00 pm at HSCA! Whether you're a seasoned collector, a curious browser, or just looking for something unique, you'll find a wide variety of treasures—from vintage jewellery and retro décor to rare collectibles and timeless antiques.

### Repair Exchange at the HSCA Flea Market

Sunday, July 27 at 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: August 3, September 28, October 26, November 30, and December 2.



## Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
------------	---------------------------------

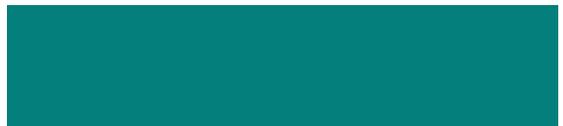
Farmers' Market Sustainable Food Programs	Giselle Gilliard 403-617-6094
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Flea Market	Angel 403-283-0554 ext. 231
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*(Drop in on Sundays or leave a message.  
Calls returned on Wednesdays and Sundays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

HSCA  
 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

HSCA  
 Hillhurst Sunnyside Community Association

**HSCA RECREATION PAGE**

STAY UPDATED ON ALL PROGRAM REGISTRATION  
 THROUGH OUR ONLINE WEBSTORE!

**SCAN HERE**

[www.hsca.ca](https://www.hsca.ca)  
 1320 5th Ave NW Calgary, AB

## 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@hsc.ca](mailto:debbie.o@hsc.ca). We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information and for program Zoom links at [www.hsc.ca/seniors](http://www.hsc.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

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

Website updates on [www.hsc.ca/seniors](http://www.hsc.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.



**FARMERS'**  
**MARKET AT HSCA**  
1320 5 Ave NW  
Wednesday's from 3:00 pm - 7:00 pm

**2025 Special Markets:**

- ~~Summer Season Opener - May 28~~
- ~~Neighbor Day Market - June 25~~
- Salsa Fest - July 23
- Teddy Bear Picnic - August 20
- Harvest Fest - September 24



<https://farmersmarket.hsc.ca>

# HSCA Spotlight Series: Meet Katy (She/Her)



Let's get to know Katy... in five questions or less!

**Q: What is your role at HSCA?**

A: Leadership Coordinator

**Q: Fill in the blank: Ask me more about \_\_\_\_\_  
(list topics or area of interests you love talking about with people)**

A: Travel, what I'm learning, what I'm watching.

**Q: What is your favourite part about HSCA or the Hillhurst Sunnyside community?**

A: The people and the variety of gatherings and activities we have in one building!

**Q: What inspires you?**

A: People in the later stages of life who have continued to learn, grow, and stay active.

**Q: What does community mean to you?**

A: People doing some ups and downs of life together regularly.

**Q: What's something that recently made you smile?**

A: A video of my niece.

**Q: What keeps you busy outside of your role at HSCA?**

A: Hiking, traveling, and eating

**Q: Finish this sentence: 'On Saturday mornings, you can usually find me...'**

A: Getting outdoors with my boyfriend.

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• 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.

**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.

NATIONAL LIFESAVING SOCIETY

Register Online:  
calgaryoutdoorpools.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**

## Sun Fun Summer Bash with Bowview Outdoor Pool!

**When: Saturday, July 19 from 1:00 to 6:00 pm.**

**Where: Bowview Outdoor Pool**

Who: All ages, book your public swim online or walk-in, space is limited. Book your public swim tickets to secure you spot here: <https://app.amilia.com/store/en/bowviewoutdoorpool/shop/programs>.

Get ready for the ultimate summer party at our Sun Fun Summer Bash! Dive into a day filled with fun, excitement, and unforgettable memories. We've got everything you need for the perfect pool party:

- **Epic Pool Games:** Challenge your friends to thrilling poolside competitions, from a ring dive to relay races, and even a cannonball contest! There are plenty of ways to win big and get soaked.
- **Food Trucks Galore:** Treat your taste buds to delicious options from a variety of local food trucks, offering something for everyone to enjoy!
- **Awesome Prizes:** Compete for amazing prizes throughout the event! From winning a game to pool pass giveaways, there's a prize for everyone!

Whether you're there for the games, the food, or just soaking in the sun, this pool party is the place to be! Don't forget your sunscreen, swimsuit, and a smile. Come ready to have a blast at Bowview Outdoor Pool!



## Sunnyside Art Crawl

Did you know there's an outdoor gallery of amazing art throughout Sunnyside? Step outside, soak up the sunshine, and enjoy your own springtime art crawl through the community! This is a great family fun activity for all ages right here in our community.





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## Sustainable Food Program



## Fresh Routes

25% Grocery subsidy available for Hillhurst Sunnyside residents

### Don't need it? You can opt-out

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[www.hasca.ca/community-food-program](http://www.hasca.ca/community-food-program)



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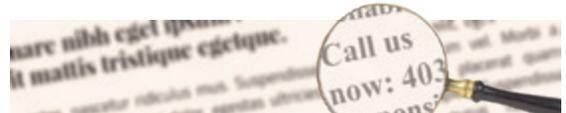
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