

JUNE 2025

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# HILLHURST SUNNYSIDE

## VOICE

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NEIGHBOUR DAY**  
JUNE 22

**BOWVIEW OUTDOOR POOL  
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## STAFF LISTING

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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>
Daycare Program Manager	Kerin Ching	<a href="mailto:dcmanager@hsca.ca">dcmanager@hsca.ca</a> 403-270-9703
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>

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**HILLHURST**



**SUNNYSIDE**



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## Recap: HSCA's In-Person AGM – A Night of Connection and Celebration

On Tuesday, April 29, we welcomed our community back into the building for HSCA's first fully in-person Annual General Meeting since 2020—and wow, did it feel good to be together again! We kicked things off at 6:30 pm and from the moment the doors opened, the energy was warm, welcoming, and full of community spirit.

This year, we tried something new—a pre- and post-meeting program showcase where staff from each department set up interactive displays to share more about what they do and what's coming up. From Daycare and OOSC to Community Connections, Senior Connections, the Farmers' Market and Flea Market, every table offered a chance to chat, ask questions, and learn something new. It was a huge hit and we're already thinking about how to bring it back next year.

During the meeting, we held our Board elections, welcoming two new members to the team and offering a heartfelt farewell to four outgoing members. Thank you for your dedication and leadership—we're so grateful.

We also had the honour of presenting our Community Service Awards to Armi and Grace, two outstanding volunteers who have gone above and beyond in their service to HSCA.

Another memorable moment of the night was the premiere of our first-ever video collage, "Through These Doors: Celebrating Moments That Matter." It's a tribute to the many little and big things happening at HSCA every day—capturing behind-the-scenes moments, staff efforts, and the buzz of programs that fill our halls. If you haven't seen it yet, check it out on our YouTube page or visit [www.hsc.ca/agm](http://www.hsc.ca/agm).

Of course, no event is complete without snacks—and we served up some local favourites! These included:

- Lemonberry Pastries for their signature shortbread cookies (an HSCA Farmers' Market vendor).
- Giselle's dreamy vegan chocolate balls.
- Sunnyside Natural Market's delicious vegan samosas (an HSCA Membership Partner).
- And Kensington Safeway's delicious fruit and veggie trays which was kindly donated to HSCA for the event.

To wrap it all up, we welcomed Councillor Terry Wong (Ward 7), who addressed attendees.

To everyone who joined us—thank you. Your presence, your questions, and your support help keep our community strong. Here's to another year of connection, care, and community at HSCA!



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# Wayfinding

by Daniel J. Kirk

In the fall of 2024, the HSCA was successful in applying for a micro-grant through Calgary Arts Development. The intention for the grant was to bring awareness to the changes happening to the front of the HSCA building's main entrance way and to begin conversations about "wayfinding" in our community. Wayfinding is the process of helping individuals orient themselves and navigate a physical space or environment.

Partnering with Blank Page Studio to engage the community and develop an artistic outcome, the project officially began in April of 2025.

After some initial conversations, posing broad questions about "where we are?" and "how did we get here?" the idea that our community exists as three main sections within the whole became clear; Sunnyside, Hillhurst, and Kensington.

Though very much interconnected, these three distinct areas remain separate in the minds of many. For example, we found that just because someone finds their way to Kensington to shop or meet at a cafe, doesn't mean they know that they are in the community of Hillhurst-Sunnyside.

We began working with the Kensington BIA to talk about ways to connect the business district and the greater community, sparking more conversations about signage and landmarks.

To bring some of this work back to the HSCA's building, we will be completing the exterior mural around the new main entrance in June 2025.

We will continue to connect some of the imagery from the mural at the HSCA to the broader community, such as has already happened in 2023 with the murals at the Sunnyside Lift Station (by the curling club).

Stay tuned for other visual connections throughout Kensington, Sunnyside, and Hillhurst in the coming months as we work to weave thoughtful threads throughout the area, bringing attention to our context.

To culminate this project, we will host a circle at the HSCA in the fall of 2025 to better understand our community together and to ponder the questions of: "where we have come from?" and "where we are going?"





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## June is National Indigenous History Month in Canada

Saturday, June 21 is National Indigenous People's Day.

As we live, work, and play on the traditional territories of the Treaty 7 First Nations, we are all called to learn about and honour the diverse peoples whose land we share. June is a time to listen, reflect, and celebrate the heritage, cultures, and achievements of First Nations, Inuit, and Métis peoples—and to consider how we can show up as allies all year long.

National Indigenous People's Day falls on Saturday, June 21. While many event details have not been announced at the time of printing, we encourage you to check out organizations like the Calgary Public Library, Aboriginal Awareness Week Calgary (AAWC), and many others for up-to-date information, programs, and events taking place throughout the city.

In recognition of this important day, Sunnyside residents have chosen to hold their annual Neighbour Day Parade on Sunday, June 22, to allow neighbours to participate in citywide celebrations on the 21st.



**Neighbour Day Market**

**Wednesday, June 25th**  
3:00 - 7:00 PM

Bring your family and come meet your neighbours!

Explore the market for local produce, meat, eggs, honey, fresh baking, artisans and more!

LIVE MUSIC

Balloon Animals  
Kids Crafts

1320 5 AVE NW  
<https://farmersmarket.hsca.ca/>



### SUNNYSIDE NEIGHBOUR DAY PARADE

Join the  
celebration on  
Sunday, June 22!

[WWW.HSCA.CA/NEIGHBOUR-DAY](http://WWW.HSCA.CA/NEIGHBOUR-DAY)

### DISCOVER WHAT'S HAPPENING IN OUR COMMUNITY!

Some Neighbour Day events may also take place on Saturday, June 21.

Scan the QR code or visit [hsca.ca/neighbour-day](http://hsca.ca/neighbour-day) for parade info and the full list of community activities!





## ONGOING PROGRAMMING AT HSCA

For the most-up-to-date information, visit our program and recreation calendar for more information at [www.hsc.ca/programsrecreationcalendar](http://www.hsc.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 [hsc.ca/badminton](http://hsc.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.

#### **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 HSFM runs every Wednesday from 3:00 to 7:00 pm, year-round. Be sure to check out our upcoming special event markets. Explore a variety of local produce, meat, eggs, honey, fresh baking, handmade artisan goods, and more. Don't miss out on this opportunity to support local vendors.

### **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.

#### **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 June 5 and June 19!

#### **Thursday, June 5, 5:30 to 7:30 pm: Join Us for Neighbour Night to Make Your Own Zine!**

This creative and unique workshop will be led by Nicole.

#### **Thursday, June 19, 5:30 to 7:30 pm: Join Us for a Mindfulness Workshop Led by Registered Therapist, Crystal!**

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

Please check our program and recreation calendar for updates and information on Neighbour Night at [www.hsc.ca/programsrecreationcalendar](http://www.hsc.ca/programsrecreationcalendar).

### **Fridays**

#### **Vinyasa Flow Yoga**

Please note that Vinyasa Flow is no longer being offered at HSCA. We thank all participants for joining us and encourage you to explore our other recreation programs.

### **Saturdays**

#### **Drop-In Badminton**

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

#### **Save the Date: Antiques and Collectibles Market Returns to HSCA**

Saturday, July 26. Discover timeless treasures: antiques, collectibles, vintage jewellery, and more! \$2 admission at the door.

### **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.





# Spring Cleaning Dental Refresh

Halfway through the year already? It's the perfect time to book your dental exam and cleaning! Your comprehensive dental exam & cleaning includes several important steps to ensure your oral health. During your visit, our caring team will perform:



## DENTAL EXAM

### Diagnostic X-rays

To find decay, tumors, cysts, bone loss, and tooth positions.

### Oral Cancer Screening

To check your face, neck, lips, tongue, throat, tissues, and gums for any signs of oral cancer.

### Gum Disease Evaluation

To check your gums and bone around your teeth for any signs of periodontal disease.

### Tooth Surface Exam

To check for decay with special dental instruments.

### Existing Restoration Check

To check the state of your fillings, crowns, veneers, etc.

## DENTAL CLEANING

### Tartar (Calculus) Removal

Calculus is hardened plaque that has formed on the tooth above and below the gum line. This can be removed with appropriate dental instruments.

### Plaque Removal

Plaque is a sticky, almost invisible film that forms on the teeth and is essentially a growing colony of living bacteria, food debris, and saliva. The bacteria produce toxins that inflame the gums, which is the start of periodontal disease.

### Teeth Polishing

Remove stains and plaque that is not otherwise removed during tooth brushing and scaling.

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GET SUMMER READY

# Dental Travel Essentials

Family road trip? Week at the lake? Wherever you're headed, a little dental prep goes a long way. Here's what we recommend:



## Electric Toothbrush

Compact, powerful, and perfect for travel. We recommend the **Philips Sonicare One**.



## Travel-Size Toothpaste

Look for fluoride-rich options like **Crest** to protect enamel on the go.



## Cocofloss or Interdental Brushes

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



## Mouthwash (Alcohol-Free)

A fresh rinse anytime with travel-size **Listerine**.



## Invisalign Retainer or Night Guard

Don't forget your case! Essential for sleep and orthodontic care.



## Disposable Dental Wipes

For those "no sink in sight" moments. Handy, hygienic, and kid-friendly too.



## Sugar-Free Gum or Mints

Boost saliva and freshen breath between brushings.

## Pro tip!

Pack these in a small pouch and keep it in your carry-on or car kit. You'll thank yourself later.

Smile out loud.

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GET SUMMER READY

# Summer Skin, Simplified.

Long days in the sun are what summer dreams are made of—but your skin needs extra love to keep that healthy glow. Here are curated picks from our skincare lineup to have you covered:



## For sun protection

### **Vivier SHEER SPF 45**

This broad-spectrum UVA/UVB sunscreen delivers a silky matte finish with shine control—no heavy residue here.



## For hydration

### **ZO Hydrating Crème**

Soothe and calm severely dry or irritated skin. This rich moisturizer replenishes the skin's natural barrier and promotes visible recovery.



## For recovery

### **ZO Recovery Crème**

A luxuriously rich hydrator for moderate dryness and redness, clinically proven to rejuvenate the appearance of fragile skin, including neck aging.



## For fighting sun damage

### **ZO 10% Vitamin C**

This powerful vitamin C serum brightens, firms, and defends against sun damage.

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## 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 June

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

Monday, June 23, 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: Our 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.

### Repair Exchange at the HSCA Flea Market

Sunday, June 29, 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 June 29, July 27, August 3, September 28, October 26, November 30, and December 2.

### Neighbour Day Farmers' Market

Wednesday, June 25, 3:00 to 7:00 pm.

Celebrate Neighbour Day with us at the Farmers' Market! Bring the whole family and come meet your neighbours.

Live music from 4:00 to 6:00 pm. More details to come!



## 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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## Growing Great Local Food for Great Local Folk



Subscribe to our weekly meat box and get a curated selection of delicious locally raised yak and pork.

Wednesdays at Hillhurst Sunnyside Farmers' Market



**HSCA TENNIS COURTS**

**SEASON**  
 **April 28 - October 31, 2025**  
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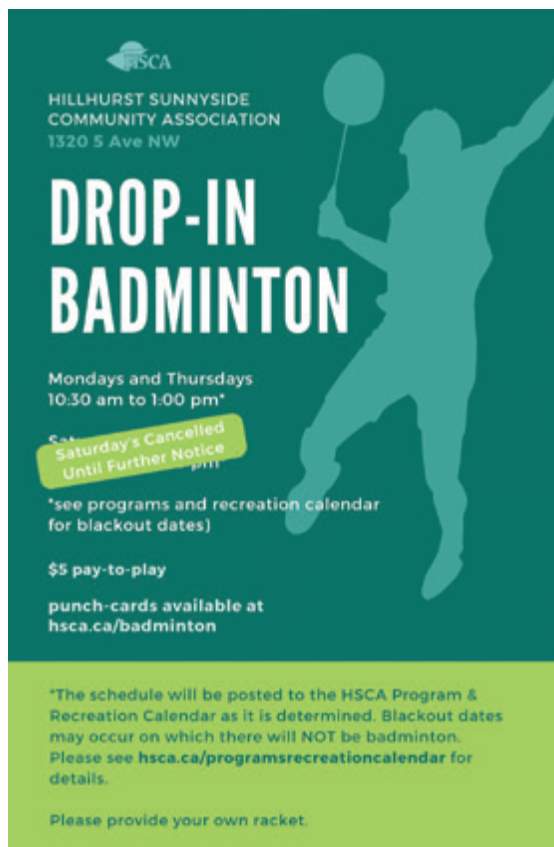
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**DROP-IN  
 BADMINTON**

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**

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 THROUGH OUR ONLINE WEBSTORE!



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 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@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

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

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

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

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

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

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

### Senior Connections Network

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

### Other Updates

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.

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**HAPPY Father's DAY**

**SCAN ME**

## Bowview Outdoor Pool

Pool season is almost here! Bowview Outdoor Pool is set to open earlier than anticipated! Our new opening date is Sunday, June 8. We cannot wait to see you all again and enjoy a fun-filled summer.

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

Registration has already opened for all programs and classes are filling quickly.

Register for all programs through the BOP webstore ([app.amilia.com/store/en/bowviewoutdoorpool/shop/programs](http://app.amilia.com/store/en/bowviewoutdoorpool/shop/programs)) or through the Calgary Outdoor Pools website ([calgaryoutdoorpools.ca/](http://calgaryoutdoorpools.ca/)).

- Swim Lessons
- Leadership Courses
- Private and Semi-Private Lessons
- Bowview Bluefins Swim Club
- Private Rentals
- Public Swim, Family Swim, Parent and Tot Swim
- Lane Swim

We offer Leadership Certification courses through the Lifesaving Society, including Bronze Medallion, Bronze Cross, Intermediate First Aid CPR-C and AED, National Lifeguard: Pool, and Swim and Lifesaving Instructor. These programs help participants build confidence, develop leadership skills, and gain certifications needed for roles in aquatic safety and instruction. Start your Lifeguard/Swim Instructor journey with Bowview today!

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

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



## BOWVIEW BLUEFINS SWIM CLUB

**Junior: Ages 7-9**  
Tuesdays | 8:05pm - 9:05pm

**Senior: Ages 10-12**  
Thursdays | 8:05pm - 9:05pm

**\$220.00/SESSION | 11 WEEKS**  
**JUNE 17TH - AUG 28TH, 2025**  
**PLUS a Swim Cap & T-Shirt!**

**All returning swimmers receive a Bowview Bluefins Waterbottle!**  
Registration Opening: April 7th!

**Register Here:**  


**BOWVIEW Bluefins Swim Club**  
Est. 2019

**BOWVIEW Outdoor Pool**

## Intermediate First Aid

**CPR-C & AED**

**July 30 - 31, 2025**  
**8:30am - 4:30pm**  
**\$135.00**

In-depth training on first aid and CPR, covering spinal injuries, heat/cold injuries, bone/joint injuries, abdominal/chest injuries, burns, and medical emergencies.



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

**Hillhurst Sunnyside Community Association**  
1320 5 Ave NW



## 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@hsc.ca](mailto:Stephanie.c@hsc.ca).

Thanks to Gerald for submitting these wonderful snapshots! Here's a look back at Neighbour Day celebrations in Sunnyside—featuring moments from past parades and gatherings that brought joy and connection to our streets.



# 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**





**EVERY SUNDAY**  
**7 AM- 3 PM**

**1320 5 Ave NW**

**Free admission**  
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Since 1985

Vinyl records, crafts,  
furniture, antiques, books,  
household items, and more!

**HSCA.CA/FLEA-MARKET**

## 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.





# We Are Moving 1209 5th Ave NW

Next Door to



*...Same same  
but different*

Same fabulous framing  
Same art gallery supporting our local artists  
Same great parking



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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.

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**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.

**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](mailto:tomh5566@gmail.com).

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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**Sustainable Food Program**



**Fresh Routes**

25% Grocery subsidy available for  
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**Don't need it? You can opt-out**

If you do not currently need to access the  
25% subsidy, please tell the cashier so  
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[www.hsc.ca/community-food-program](http://www.hsc.ca/community-food-program)



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2903



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