

MARCH 2025

DELIVERED MONTHLY TO 7,250 HOUSEHOLDS

# HILLHURST SUNNYSIDE VOICE

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

**AGM: APRIL 29 AT  
6:30 PM IN-PERSON!  
TAX CLINIC IS BACK!**



Cover Photo by Randy B.

☎ 403.850.2560

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## BOARD OF DIRECTORS

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Director-at-Large	Brian Ceelen	
Director-at-Large	Hailey Doney	
Director-at-Large	Joanne Gordon	
Director-at-Large	Garth Johnson	
Director-at-Large	Miranda Johnson	
Director-at-Large	Dora Lam	
Director-at-Large	Vacant	

## STAFF LISTING

Executive Director ext. 221	Kate Stenson	<a href="mailto:kate.s@hsca.ca">kate.s@hsca.ca</a>
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**





## 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



## Notice of HSCA's 2025 AGM

HSCA's Annual General Meeting will take place on Tuesday, April 29, 2025, at 6:30 pm. We are pleased to share that this year's AGM will be held in-person at HSCA. We will cover the business, including the election of the Board of Directors and this will be followed by a chance to celebrate community and the work of HSCA. Light snacks and refreshments will be provided. Registration details will be available on our website at [hsca.ca/agm](http://hsca.ca/agm). If you wish to vote or run for a Board position, your HSCA Membership must be purchased 30 days prior to the AGM (by March 30, 2025). We hope that you will join us for your chance to engage in the work we do as well as gathering together in community!

### Join the HSCA Board of Directors

Are you interested in making a meaningful contribution to your community? Our Board of Directors at HSCA plays an essential role in stewarding and overseeing the work of the organization. We are seeking community members who have an interest in non-profit governance and are looking for an opportunity to give back. To run for HSCA's Board of Directors you must have a valid membership and be a resident in Hillhurst Sunnyside. We are a diverse group of motivated professionals working on interesting and engaging projects for a forward-looking community association. To express your interest or find out more please visit [hsca.ca/agm](http://hsca.ca/agm) and review the Prospective Board Member Handbook.

## BMAX BROKERS MERGERS & ACQUISITIONS

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**SAVE THE DATE**  
Hillhurst Sunnyside Community Association's  
**Annual General Meeting**  
Join us in-person!  
**APRIL**  
**29**  
TUESDAY  
@ 6:30 PM  
[www.hsca.ca/agm](http://www.hsca.ca/agm)

## 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.

\*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](http://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, 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 (Indoors)**

The HSFM runs every Wednesday from 3:00 to 7:00 pm, year-round. Be sure to check out our upcoming special events markets.

### **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, 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

Free | Everyone Welcome | Includes simple supper | Children welcome to attend with their caregivers | Maximum 30 people per night, please RSVP by emailing [claire.l@hsca.ca](mailto:claire.l@hsca.ca) or text 368-886-4310 to register or to learn more!

This month, Neighbour Night will take place on March 6 and March 20.

**March 6, Part 2:** Making watercolour paint using upcycled materials! Please join us for Part 2 of our three-part DIY art series. In this workshop, we will be guided how to make DIY upcycled watercolour. Didn't come to Part 1? No problem, please join us and we will have materials for you!

**March 20, Part 3:** Watercolour painting session! Using your DIY artist's palette and watercolour from Part 1 and Part 2, come together in creativity, and paint using your DIY watercolour materials. Didn't make it to Part 1 and/or Part 2? No problem! Please join us, we will provide all the materials necessary.

Please check our program and recreation calendar for updates and information on Neighbour Night at [www.hsca.ca/programsrecreationcalendar](http://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](http://hsca.ca/yoga). Drop-in or register online.

### **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](http://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.

**Repair Exchange at the HSCA Flea Market - Sunday, March 30**

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.

**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.



**Epilepsy Awareness Month**  
Shine a Light on Epilepsy

Share your purple moments using **#postyourpurple**

**MARCH 26**  
**Purple Day**

  
epilepsy association  
OF CALGARY  
[epilepsycalgary.com](http://epilepsycalgary.com)



## 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!



 **Resources** 

SUPPORTS, RESOURCES & ASSISTANCE IN  
CALGARY



[WWW.HSCA.CA/RESOURCES-1](http://WWW.HSCA.CA/RESOURCES-1)

# Income Tax Clinic

If you meet the following requirements, the CPA will do your taxes for free!

Have a household income that does not exceed:

- \$35,000 or less with no dependents
- \$52,500 or less with dependents

Not have interest or investment income:

- beyond the \$35,000/\$52,000 threshold

Not have earnings from:

- self-employment income, rental income, or real estate holdings (land and/or buildings, including a house or condo that provides income)

By filing your taxes, you could be eligible to RECEIVE money!

- monthly Canada Child Benefit payments
- quarterly Goods and Services Tax (GST) payments
- quarterly Alberta Child Benefit payments
- semi-annual Alberta Family Employment Tax Credit payments

Many free and low-cost programs and initiatives also require information from your filed taxes.

In-person file drop off registration:  
<https://forms.office.com/r/sTPxRuUU2c>

If you have any questions, please contact Claire:  
[taxclinic@hscsa.ca](mailto:taxclinic@hscsa.ca)

HSCSA

At the Hillhurst Sunnyside Community Association

1320 5 Ave NW

## STAY N' PLAY AT HSCSA

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 HSCSA MEMBERS!

PLAYTIME & COMMUNITY

TOYS AND BOOKS

BYO SNACKS

REGISTER NOW!

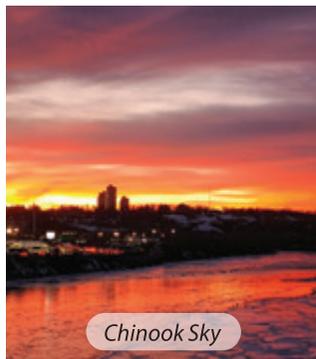


## COMMUNITY PHOTO CORNER

**Cover Photo by Randy B.** - Thank you Randy for submitting your 'Ready for the game' photo captured at the Edinburgh Park rink.

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@hscsa.ca](mailto:Stephanie.c@hscsa.ca).

Here are a few photos around our community and HSCSA.



Chinook Sky

HSCSA team member Frank T. captured this beautiful Chinook sky from the 14 Street bridge.

"Research shows that the act of making art is good for the brain because it decreases stress levels and increases focus." – Abby Schukei

Be sure to join us on March 6 and March 20 for some fun watercolour activities! Please RSVP to confirm attendance. Email [claire.l@hscsa.ca](mailto:claire.l@hscsa.ca) or text 368-886-4310 to register or to learn more! Neighbour Nights are always free thanks to funding from FCSS.



Neighbour Night



Neighbour Night



Neighbour Night



Neighbour Night



SERVICES WE OFFER

# Cosmetic Dentistry

Ready to love the smile you're wearing? Our Cosmetic Dentistry services are designed to enhance your confidence and transform your smile.



## Invisalign

Straighten your smile—without the metal. Invisalign uses virtually invisible aligners to gradually shift your teeth into place, giving you a confident smile with comfort and ease.

Before



After



## Porcelain Veneers

Porcelain veneers are ultra-thin, custom-made shells that enhance the colour, shape, and alignment of your teeth. Natural-looking, long-lasting, and effortlessly beautiful!



## Dental Bonding

Small imperfections, big transformation! Dental bonding is a quick, non-invasive treatment that fixes chips, gaps, and discolouration with a tooth-coloured resin. Seamless, natural, and done in just one visit.



## Smile Design

See your dream smile before treatment even begins! Our smile design service uses advanced technology to preview your results and create a personalized plan just for you. Confident, radiant, and uniquely yours.

Smile out loud.

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



SERVICES WE OFFER

# Cosmetic Dentistry



## Teeth Whitening

Brighten your smile in no time with Zoom! in-chair whitening for instant results and the Pola take-home kit for a gradual glow.

Safe, effective, and designed for a radiant, confident smile!



## Smile Analysis

Our comprehensive service includes a full dental exam with diagnostic x-rays, an oral cancer screening, and a gum disease evaluation.

We also provide professional cleaning to ensure your teeth are at their best.



### MEET YOUR TREATMENT PROVIDER

## Dr. Goska Nowak

Meet Dr. Goska Nowak! With nearly 30 years of experience, she brings a passion for dentistry and a keen eye for Aesthetic Smile Design using a minimally invasive approach. Her goal? Creating natural, confident smiles that you can love.

Beyond dentistry, she's dedicated to healthy living, longevity, and staying active. She also loves exploring the Canadian Rockies with her family.

Smile out loud.

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



FACIAL AESTHETIC SERVICE FEATURE

# TriBella™ Facial Rejuvenation



**TriBella™** is the ultimate facial rejuvenation combining photofacial, anti-aging, and skin resurfacing for visibly younger, radiant skin. This treatment can help:

- Reduce age spots, fine lines, and redness
- Stimulate collagen for smoother, firmer skin
- Improves texture and elasticity

**TriBella™** is a quick, 90-minute session with minimal downtime and gives visible, immediate results.



EXPERIENCE TRIBELLA & RECEIVE 25% OFF UNTIL THE END OF MARCH!



MEET YOUR TREATMENT PROVIDER

## Anna Zhydkova

Meet Anna Zhydkova, a skilled cosmetologist and aesthetician with over 7 years of experience. Anna combines expertise and artistry to deliver facial treatments that rejuvenate and enhance your skin, from chemical peels to advanced laser treatments like IPL, laser hair removal, and radio frequency therapy.

Specializing in acne, post-acne scarring, and anti-aging, Anna's personalized approach empowers clients to embrace their beauty with confidence. With a track record of exceptional customer satisfaction, she offers tailored solutions for your unique beauty needs, ensuring a transformative experience every time.

Smile out loud.

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

# Centennial Smiles



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

## Why Choose Us

**DIRECT BILLING AND INSTANT FINANCING ✨ RATES THAT FOLLOW THE ALBERTA DENTAL FEE GUIDE ✨ A CONVENIENT DOWNTOWN LOCATION ✨ FREE PARKING**  
**FREE ELECTRIC TOOTHBRUSH FOR NEW PATIENTS**

## Our Services

### PREVENTATIVE DENTISTRY

Dental Exams and Cleaning  
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### COSMETIC DENTISTRY

Porcelain Veneers  
Dental Bonding  
Smile Design  
Teeth Whitening

### RESTORATIVE DENTISTRY

Tooth Fillings  
Dental Crowns  
Root Canals  
Fixed Bridges  
Dental Implants

### INVISALIGN

### FACIAL AESTHETICS

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Facials  
Platelet Rich Fibrin  
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## Contact Us

587.317.7959  
info@centennialsmiles.ca

245 – 520 3rd Ave SW  
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bag size



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Expires: March 31, 2025

## 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).

### **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! Get ready for a fantastic opportunity to support our community while having fun! We're looking for enthusiastic volunteers to join us for our upcoming casino fundraiser at ACE Casino Airport. This event is a crucial fundraiser that helps sustain our programs and maintain our building, ensuring the services you love at the centre can continue. There are three shifts each day, and we need a total of 19 volunteers (six for the daytime and

evening shifts, seven for the late-night shifts in the count room). It's a great way to meet and connect with your neighbours, all while contributing to an important cause! If you're interested or have questions, please reach out to Debbie at [debbie.o@hsc.ca](mailto:debbie.o@hsc.ca). We're also exploring transportation options, so if you'd like to help but need a ride, just let us 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**

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.

## Knitting/Crochet Connections

We're excited to potentially bring back the Knitting/Crochet group at HSCA! Whether you're looking to learn, share your skills, or simply connect with others, this group is for you. We're currently gauging interest, so if you're interested, please reach out and let us know!

## 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.



**HSCA**

**VINYASA YOGA**

Join us for Vinyasa Flow Yoga with Richelle!

All levels welcome!

Friday's  
11:00AM - 12:00PM  
North Social Hall  
\$20.00/drop-in

Register online or in-person

[www.hsca.ca/yoga](http://www.hsca.ca/yoga)

**HSCA**  
Hillhurst Seniors Community Association

**HSCA RECREATION PAGE**

STAY UPDATED ON ALL PROGRAM REGISTRATION THROUGH OUR ONLINE WEBSTORE!

SCAN HERE

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

## Real Talk with Sageesse

**Thursday, March 27, 4:00 to 5:30 pm in the HSCA North Social Hall**

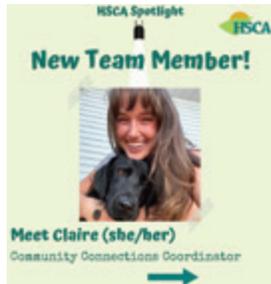
Did you know that one in three Albertans experience domestic abuse in their lifetime? Real Talk is a guide to help us understand and talk openly about domestic abuse in Alberta. Chances are you are close to or know someone impacted by domestic abuse. Break the cycle of domestic abuse with just a few words.

Sageesse will be leading a workshop to learn how to recognize domestic abuse, understand its impact, and develop comfort in responding to domestic abuse disclosures, including providing appropriate support and referrals.

If interested, please join us Thursday, March 27, from 3:30 to 5:30pm in the North Social Hall. Please email [claire.l@hsca.ca](mailto:claire.l@hsca.ca) to register.

Free. Everyone welcome. Please be advised that this workshop will be discussing a topic that may be sensitive for some.

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



Meet Claire! If you've spent time at HSCA recently, chances are you've already crossed paths with her. As our new Community Connections Coordinator, Claire brings warmth, enthusiasm, and a deep love for community-building to her role. You might have seen her at Monday's Sustainable Food Program, chatting with neighbours during Tuesday's Sip N' Chat, or at Neighbour Night.

Fun fact: Claire grew up right here in Hillhurst! She attended Hillhurst School and has many fond memories of both HSCA's Flea Market and Farmers' Market (especially the kettle corn and balloons!), HSCA's soccer program, and swim lessons at the Bowview Outdoor Pool.

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

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

A: I love how HSCA is a hub for people to come together and make connections that extend beyond our programs.

**Q: What inspires you?**

A: I am inspired by resiliency, optimism, and authenticity in others.

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

A: Community is more conceptual to me in that it is not only place-based but also centres around people. Community to me is about inclusion, relationships, and shared interests and motivations.

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

A: My morning coffee with my husband and dog!

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

A: I keep myself busy outside of HSCA with my other role as a researcher in Women's Health and Homelessness at the University of Calgary. And I love spending quality time with my family and friends.

Next time you see Claire at HSCA, be sure to say hello! She's always happy to chat—especially about feminism, camping, and canoeing, gluten-free food, and fitness. Welcome to the team, Claire!

**Community Service Award**  
**NOMINATIONS OPEN**

Do you know someone in our community making a meaningful difference? Consider nominating them for HSCA's Community Service Award (CSA) so we can celebrate their achievements! Submit a nomination form at [www.hsca.ca/agm](http://www.hsca.ca/agm)

**Deadline is March 24, 2025**

[www.hsca.ca/agm](http://www.hsca.ca/agm) **JANET & LAVERNE, 2024 RECIPIENTS**

**HSCA SOCCER**

**FRIDAY'S | MAY 2 - JUNE 20, 2025**

5:30-6:15PM	5:30-6:25PM	6:30-7:30PM
U3* & U4	U5/U6	U7/U8/U9*
2022 & 2021	2020/2019	2018/2017/2016
*PARENT \$ 100 <b>\$99.00</b>	<b>\$129.00</b>	<b>\$159.00</b>

\*U9/U9 Optional Game Day Thurs, Location 100 | \$50.00

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

**REFLEXOLOGY THERAPIST (RCRT):** Why not enjoy a relaxing foot and/or hand reflexology session to relieve body tension, improve circulation, and support the body's efforts to heal and function optimally – for yourself or someone you care about! For services available and information: [www.align-vitality.com](http://www.align-vitality.com), call 403-277-0962, or email [alignvitality@yahoo.com](mailto:alignvitality@yahoo.com). Gift certificates also available!

**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.

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**IFSCA** Bowview Outdoor Pool

## Programming Survey

We want to hear from YOU! Fill in this survey to let us know what programming you want to see at Bowview Outdoor Pool in the future.



Scan this code to send us your thoughts!

Hillhurst Sunnyside  
**FARMERS' MARKET**  
 Growing a good food community  
**EVERY WEDNESDAY, 3-7 PM**  
**YEAR-ROUND**

farmersmarket@hsc.ca  
 farmersmarket.hsc.ca

@hsc.farmersmarket

1320 5 Ave NW Calgary, AB

Hillhurst Sunnyside  
**FARMERS' MARKET**  
**2025 SPECIAL EVENT MARKETS**

- Season Opener - May 28
- Salsa Fest - July 23
- Teddy Bear Picnic - August 20
- Harvest Fest - September 24
- Holiday Market - December 3

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1320 5 Ave NW

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[HSCA.CA/FLEA-MARKET](https://www.hsc.ca/flea-market)

## Samaritan Club of Calgary Semi-Annual Super Thrift Sale

Samaritan Club of Calgary Semi-Annual Super Thrift Sale will be held Saturday, April 26, 2025, from 9:00 am to 1:00 pm at the Hillhurst Sunnyside Community Centre (1320 – 5 Ave NW).

The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. This year we are celebrating 115 years of helping Calgarians in need! Great deals on household goods, clothing and shoes for all, fashion accessories, collectibles, art, books, toys, sporting goods, and much more! All proceeds will benefit Calgarians in need. Cash only. Check [www.samaritanclub.ca](http://www.samaritanclub.ca) for details.

Don't forget to bring your tote bag!

Back by popular demand: Concession, Change Rooms, and Parcel Pickup.



HSCA  
*Sip 'n' Chat*

**TUESDAYS 2 - 4 PM**  
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