

NOVEMBER 2025

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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*

*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

*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 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

STAY UPDATED ON ALL PROGRAM REGISTRATION
THROUGH OUR ONLINE WEBSTORE!



SCAN HERE

www.hsca.ca

1320 5th Ave NW Calgary, AB



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OOSC Program Manager	Chelsea	chelsea.w@hsca.ca
Facility Services Manager ext. 223	Karl	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie	debbie.o@hsca.ca
Controller ext. 225	Amy	accounting@hsca.ca
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Martin	farmersmarket@hsca.ca
Community Connections Coordinator ext. 247	Claire	claire.l@hsca.ca

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

HILLHURST



SUNNYSIDE



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grows together.**

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(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

ONGOING PROGRAMMING AT HSCA

For the most-up-to-date information, visit our program and recreation calendar for more information at www.hsca.ca/programsrecreationcalendar.

Mondays (Except Stat Holidays)

Drop-In Badminton

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

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 (\$90 + system admin fee).

New! Crafting Circle

Mondays from 9:00 am to 12:00 pm in the Hearth Room. Bring any craft and enjoy dedicated creative time with others. No cost to attend. Everyone is welcome! No Crafting Circle on November 24.

Beginner Spanish Class

On Mondays (October 6 to December 1, 11:15 am to 12:15 pm). \$40 for the eight-week course, or \$35 for HSCA members!

Evening Yoga at HSCA

Join Richelle for an evening Vinyasa Flow class in the Hearth Room Mondays from 6:30 to 7:30 pm. All levels are welcome. Drop-in is \$12—come move, breathe, and flow with us!

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.

Intermediate Spanish Class

On Tuesdays (October 7 to December 2, 12:15 to 1:15 pm). \$40 for the eight-week course, or \$35 for HSCA members!

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

Stop in with little ones and connect with parents and

caregivers in your community in a relaxed environment. 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 and connections (for both kids and parents/caregivers). Parental supervision is required at all times. Free!

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

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.

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 November 6 and November 20.

Please email Claire to RSVP if you are planning to attend: claire.l@hsca.ca.

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

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.

Other Special Events and Dates at HSCA for November

Energy Efficient Future Advanced

November 5 at 6:30 pm. Join Green Calgary for an in-depth discussion on energy-efficient retrofits to reduce energy

use and emissions. Ideal for homeowners, renovators, and anyone interested in sustainable building practices. Held at HSCA. More info: <https://www.greencalgary.org/events/energy-efficient-future-advanced>.

Repair Exchange at the HSCA Flea Market

Sunday, November 30, 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 next on December 21.

Save the Date! HSCA Farmers’ Market Holiday Market

Wednesday, December 3, 3:00 to 7:00 pm. Mark your calendar! Our annual Farmers’ Market Holiday Market is back on Wednesday, December 3, and you won’t want to miss it. We’ll have an incredible lineup of local vendors, family-friendly activities, and plenty of festive cheer to get you in the holiday spirit. Join your neighbours, discover unique handmade gifts and treats, and celebrate the season while supporting local makers and growers. More details to come—stay tuned!



Happy Birthday!

What does a clam do on its birthday?
It shellebrates



Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers’ Market Sustainable Food Programs	farmersmarket@hsca.ca 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




HSCA and Telus Spark

HSCA has recently been accepted as a partner of Telus Spark's Community Access Program. This partnership makes it possible for residents—who might not otherwise be able to go or who would face financial barriers to attending with their families—to visit the Science Centre. This means we can offer free tickets to the Science Centre.

Here's How It Works:

1. Please email our Community Connections Coordinator, Claire (claire.l@hsca.ca), to let her know that you are interested in going to the Telus Spark Science Centre.
2. Provide the exact date you would like to attend the Science Centre in addition to how many family members are going (note: please include number of adults and number of children). For example: "Hi Claire, my family and I would like to go to the Telus Spark Science Centre on November 25. We will have two adults and two children going."
3. Claire will email you the PDF copies of your tickets that give you free access on that specific day. If you would instead like them printed out to pick up at HSCA, please let Claire know in advance to arrange a specific time and day to pick up.

Thank you for being part of our community. We know how much family means, and we are grateful to lend a helping hand in seeing your family thrive.



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**LEND A HAND,
GRAB A SHOVEL**



Contact Debbie.O@hsca.ca

crafting circle

Crafted Together, Connected by Community



Have something you're working on?
Want to learn a new skill? Stop by!

Mondays, 9am-12
in the HSCA Hearth room

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. 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.

New! Crafting Circle

Mondays, 9:00 am to 12:00 pm in HSCA's Hearth Room.

The Monday Knitting/Crochet Circle is expanding to welcome all kinds of crafts—knitting, crochet, needlepoint, cross-stitch, sketching, calligraphy, and more. Join in for a relaxed morning of creating, sharing, and connecting with fellow crafters in the Hearth. All ages, everyone welcome! No Crafting Circle on November 24. (Excludes Statutory Holidays).

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 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)

Tuesdays and Thursdays | 10:00 to 11:00 am.

Chair Yoga is offered in a hybrid model — meaning participants can join either online or in-person. If you'd like to join in person, you'll follow along with Sharon on the screen in the Hearth Room. Space is limited, and there's some safety information to go over, so please contact Debbie directly if you'd like to attend in person. This gentle exercise class is a great way to stay active and limber — especially as the cooler months roll in. Come join us! To register or for more information, contact Debbie at 403-283-0554 ext. 224 or email debbie.o@hsca.ca.

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.

Winter Season

Snow will soon be arriving, and we want to keep our community safe and walkable for everyone.

If you need help clearing your sidewalks this winter, contact the centre and we'll do our best to connect you with a volunteer. If you're able to lend a hand to a neighbour who needs assistance, we'd love your support.

Keeping sidewalks clear helps everyone get around safely. Visit our website for tips on safe snow shovelling and preventing cold-related injuries.

Fall Prevention Month

November is Fall Prevention Month. Fall Prevention Month encourages organizations to coordinate their efforts for a larger impact. Canadian organizations participate by planning initiatives and sharing evidence-based information on fall prevention. Together we can raise the profile of fall prevention and encourage everyone to see their role in preventing falls and fall-related injuries across the lifespan (Fall Prevention, 2025).



COMING SOON

Violet King Park

Corner of 7th Ave & 5th St NW 

“People told me it wasn’t a good idea for a girl, particularly a coloured girl to be a lawyer, so I went ahead.”

- Violet King (former Sunnyside resident)



To learn more and to support this initiative use the QR code or visit www.hasca.ca/violet-king-park



HSCA
HOLIDAY MATCHING PROGRAM

Receive a little extra for your family OR Give a little extra to a neighbour

WE ARE MATCHING:
Hillhurst Sunnyside residents and active HSCA volunteers who wish to **receive** a little something extra **WITH** Neighbours able to **give** a little extra this Holiday Season!

Complete sign up form by November 21st



HSCA

“ Thank you for helping our family during the holiday season. As being very new to Canada, this holiday season has been very difficult for us. This program helped us significantly. We are particularly grateful to see a big smile on our son’s face!
— Past Program Participant ”

Sign up at <https://forms.office.com/r/qn0E7VkmEU>

From Our Practicum Student



We're so grateful to have supported Brittany's practicum placement at HSCA this year. Here's what she shared about her experience:

"The HSCA community also empowered me as a student. I was encouraged to explore my interests and strengths creatively, with space to make mistakes, learn, and grow." - Brittany

To read Brittany's full reflection, visit www.hsca.ca/blog.

HSCA

YOGA

Join us for Vinyasa Flow Yoga with Richelle!

Mondays
6:30PM - 7:30PM
HSCA's Hearth Room
\$12/drop-in

Scan to register

How to Register / Pay:

- Online: hsca.ca/yoga
- In Person: Pre-pay at HSCA front office (Tue-Sat, cash or card)

www.hsca.ca/yoga

All levels welcome!

ENERGY EFFICIENCY FOR YOUR HOME

ADVANCED ENERGY EFFICIENT FUTURE WORKSHOP
NOVEMBER 5 | 6:30-7:30PM | 1320 - 5 AVENUE NW
HILLHURST SUNNYSIDE COMMUNITY ASSOCIATION

Join us to learn about energy efficient home retrofits including the Building Envelope, Heat Pumps, and Solar Panels.

REGISTER AT:
WWW.EVENTBRITE.CA/E/ENERGY-EFFICIENT-FUTURE-ADVANCED-TICKETS-186827368039?AFF=0DDTDTCREATOR

Green Calgary **ENMAX**

BRAIN GAMES SUDOKU

	2			8	9	7		3
				1	5			8
9								
	9					3		
3		7				2		1
		4					6	
								6
8			4	7				
5		1	9	3			8	

SCAN THE QR CODE FOR THE SOLUTION

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



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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

If you do not currently need to access the 25% subsidy, please tell the cashier so that we can provide it for the next community member who could benefit!

www.hsc.ca/community-food-program



Stay n' Play

Fun and engaging playtime for babies and toddlers aged 0-5 years.

Caregiver supervision required

Every Wednesday

9:30am - 11:00am

Hillhurst Sunnyside Community Association
North Social Hall

Free to drop in!



**Come Play
and Grow
Together!**

Community Photo Corner



A warm thank-you to Sunnyside resident Lolai'rei C. for sharing two wonderful photos taken at The Roasterie. We love seeing the neighbourhood through your lens!

We're always happy to feature more photos from our community—whether it's a familiar street corner, a cozy café, or a sunny/snowy stroll through Hillhurst, Sunnyside, and Kensington. Share your snapshots with us at communications@hsc.ca and help us celebrate the everyday beauty of our neighbourhood.



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7 AM- 3 PM**

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846



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MLS #A2258873

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1759



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List Price: \$998,000

Every step led us here. Congratulations to my patient and trusting clients on their new home.



2834



113 Aspens Meadows Hill SW

List Price: \$995,000

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