HILLHURST SUNNYSIDE

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





WHAT'S HAPPENING TO HOME PRICES?





403 999 8610 20 YEARS OF EXPERIENCE





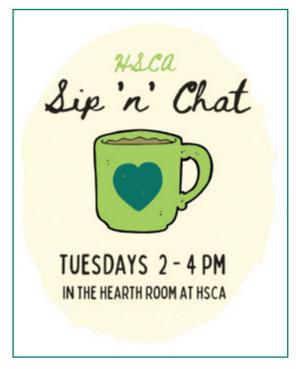


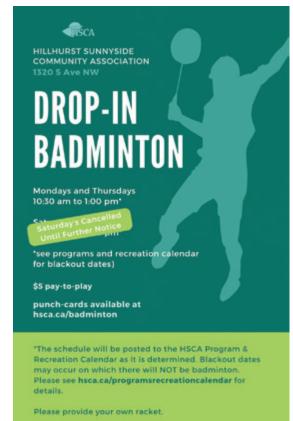
Bethany Calgary Redevelopment News

Get project updates at developmentbethany.com













Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403-283-0554 • Fax: 403-270-3130 • www.hsca.ca

BOARD OF DIRECTORS		
Chairperson	Garth Johnson	
Vice Chairperson	Vacant	
Treasurer	Shirley Wong	
Secretary	Monica Hess	
Director-at-Large	Hailey Doney	
Director-at-Large	Dora Lam	
Director-at-Large	Brian Ceelen	
Director-at-Large	Miranda Johnson	
Director-at-Large	Sierra Beaulieu	
Director-at-Large	Vacant	
STAFF LISTING		
Communications Coordinator ext. 226	Stephanie	stephanie.c@hsca.ca
Recreation and Rental Coordinator ext. 250	Anne	rentals@hsca.ca
Daycare Program Manager	Kerin	dcmanager@hsca.ca 403-270-9703
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



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

JAZZERCISE.



SPECIAL OFFER!

WHAT IF YOUR WORKOUT LEFT YOU FEELING:



STRONG

WITH SCIENCE-BACKED FITNESS



CONFIDENT

IN YOUR MIND AND BODY



UNSTOPPABLE



FIRST CLASS FREE

MON/WED 6:00PM WEST HILLHURST: 1940 - 6 AVE NW 403.461.7694



JAZZSTRATHCONA@GMAIL.COM





Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

famlit@canlearnsociety.ca (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 futher 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 HSFM 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!







Program Phone Numbers

Chair Yoga Debbie

403-283-0554 ext. 224

Farmers' Market

farmersmarket@hsca.ca

Sustainable Food Programs

403-617-6094

Flea Market

Angel

403-283-0554 ext. 231

(Drop in on Sundays or leave a message.

Calls returned on Wednesdays and Sundays only)

Neighbour Night

Claire

Sip 'n' Chat

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:

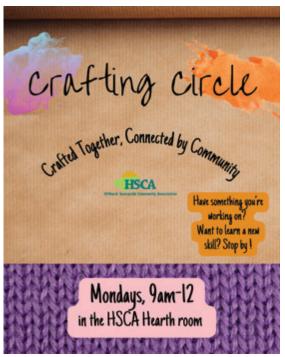
- Please email our Community Connections Coordinator, Claire (claire.l@hsca.ca), to let her know that you are interested in going to the Telus Spark Science Centre.
- 2. Provide the exact date you would like to attend the Science Centre in addition to how many family members are going (note: please include 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.









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

"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.hsca.ca/violetking-park









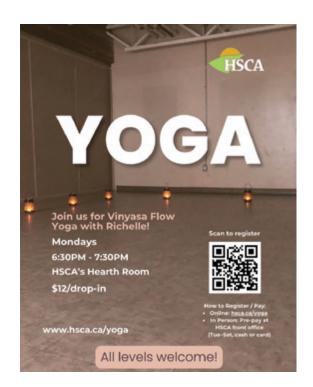
From Our Practicum Student

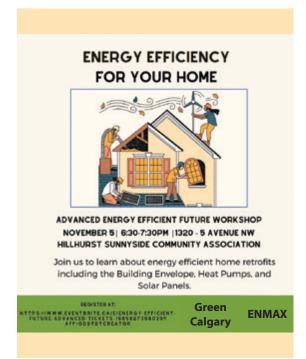


We're so grateful to have supported Brittany's practicum placement at HSCA this year. Here's what she shared about her experience:

"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.





	BR GA	MES		S	SU	D	Oł	(U	
	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								

YOUR CITY OF CALGARY

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!



Your One Stop for Real Estate & Legal Expertise!

Buying or selling a home?

We've got you covered—every step of the way! With us, you don't just get REALTORS®—you get a team that handles both your real estate transaction and the legal side, all in one place. From listing to closing, we guide you through every detail, ensuring a seamless, stress-free experience. No need to juggle multiple professionals—we simplify the process so you can focus on what matters most: your next move.

One team. One process. One smooth transaction. Let's get started!



Your Real Estate Experts!

Jason Ford
Residential & Commercial REALTOR® & Lawyer
403.827.6464
homes@landandlaw.ca | landandlaw.ca





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.hsca.ca/community-food-program









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@hsca.ca and help us celebrate the everyday beauty of our neighbourhood.







GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

We make your phone ring.
We bring you more customers.
We grow your sales.

Call 403-720-0762 | grow@greatnewsmedia.ca



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

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 Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

TAX PROFESSIONAL SAVING YOU TAXES! New North Hill Location. 30+ years of experience. Business, Corporate, Estate, Personal, Family, and GST returns. Competitive rates. E-filing, Notices of Objection, Tax Court. Flexible hours, free parking, by appointment. Call Taxmizers Canada Inc. at 403-266-3227 or 403-660-7334, or email Taxmizers@hotmail.com.

DETAILED HOUSE CLEANING: Weekly, bi-weekly and monthly. Plus, move-in and move-out cleaning. Licensed, insured and bonded. We work according to our clients' needs. We also do Airbnb hosting. Call 403-470-6548.

ENROLLMENT ONGOING AT CHILDREN'S PLACE DAYCARE: Your "home away from home." Newborn to 6 years old. Flexible hours: full-time, part-time, drop-ins. We provide 3 homemade meals for no additional fees, as well as French and preschool classes. Schedule a tour now. 403-262-4433. #200,115 2 Ave SW. Open 6:30 am-5:30 pm. Childrens97dc@hotmail.com.



COUGAR HOME SERVICES

403-255-3555 Call Today

Finalist Calgary Chamber
Small Business of the Year Award

Over 50,000 drains cleared in 30+ years

Drain Cleaning/Camera Inspections/Pipe Replacements

CARDINAL

BY TREVOR RAMAGE



RF/MAX **FIRST**

403.850.2560





1817 14







846



1406 29 Street SW

List Price: \$829,900 MLS #A2258294

Bright and inviting, blending comfort and convenience. Features include an open layout, a triple-sided gas fireplace, and a breakfast nook. Close to schools, transit, golf, and just minutes to downtown.

613, 1020 9 Avenue SE

List Price: \$389,900 MLS #A2258873

Live at the heart of it all in Inglewood. Features include a sleek kitchen, heated secure parking, bike storage and amenities right outside your door.





5104 Vallance Crescent NW

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

Congratulations to my clients on a sale that was all about commitment and patience.

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

