

OCTOBER 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



HSCA RECREATION PAGE

STAY UPDATED ON ALL PROGRAM REGISTRATION
THROUGH OUR ONLINE WEBSTORE!



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Community Connections Coordinator ext. 247	Claire Locey	claire.l@hsca.ca

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

HILLHURST



SUNNYSIDE



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Violet King Park - Coming Soon!



Help Us Bring Violet King Park to Life!

HSCA's Heritage Committee is thrilled to announce a new initiative in Sunnyside: naming the bus loop park Violet King Park. The park, located at the corner of 7 Avenue and 5 Street NW, is just across the street from Violet King's former family home, where she lived with her family for decades.

This project honours Violet King, a trailblazer whose life represents inclusion, resilience, and leadership. The park will be a welcoming community space that shares her inspiring story—one that shaped Canadian history and continues to inspire today.

How You Can Support

While this project is still in its early stages, donations are being accepted to help bring this vision to life. Contributions will support planning, design, and the creation of interpretive elements that share Violet King's story within the park. These elements may include a bench, signage, public art, and other forms of interpretation that highlight Violet King's contribution and her family's importance to our community.

A portion of funds will help with project administration, and any excess will go toward HSCA's food security programs for local families.

Tax receipts will be issued for all donations.

You may also see signs around the community with a photo of Violet King and a QR code linking directly to the fundraising page. The photo art is by artist Jordan Carson.

To donate or learn more, visit: www.hasca.ca/violet-king-park.

Let's come together to celebrate a local hero and ensure Violet King's story continues to inspire our community!

Did You Know?

- Violet King was born in Sunnyside in 1929 and lived here until 1975.
- In 1954, she became the first black woman lawyer in Canada.
- The following year, at a national lawyers' conference, she reminded her peers that law should be about people, not just business. She said: "We need more lawyers in other fields who can look at problems in terms of people and not just property."
- Next time you pass by the bus loop park, imagine Violet walking those same streets on her way to changing Canadian history.

Want to learn more? Scan the QR code on neighbourhood signs or visit hsca.ca/violet-king-park.



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ONGOING PROGRAMMING AT HSCA

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

Evening Yoga at HSCA

Join Richelle for an evening Vinyasa Flow class in the Hearth Room from 6:30 to 7:30 pm. All levels are welcome. Drop-in is Mondays \$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.

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 October 2 and October 16.

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

Please check our program and recreation calendar for updates and information on Neighbour Night at www.hasca.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 October

"Turn your Cents into Sense" with Lilypad Learning

Tuesday, October 7, 4:30 to 5:30 pm. This workshop is best suited for ages 11 to 17, but everyone is welcome to attend and learn!

Cooking on a Budget 101

Tuesday, October 7, 5:45 to 6:45 pm.

Career Skills Workshop: Resumes, Job Hunting, and Interviews

Thursday, October 9, 4:30 to 5:30 pm.

Free Hearing Health Check Day at Hillhurst Sunnyside Community Association

Wednesday, October 15, 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: the 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, October 26, 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: November 30 and December 21.

Special Halloween Farmers' Market

Wednesday, October 29, 3:00 to 7:00 pm. Bring the whole family for a spook-tacular time at our Halloween Farmers' Market at HSCA! Enjoy festive treats, seasonal goodies, and fun community vibes — plus, we'll be revealing the winners of our Halloween colouring contest! More details coming soon, but you won't want to miss this family-friendly celebration of the season.



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
Bowview Outdoor Pool	403-720-8893



Hillhurst Sunnyside

FARMERS' MARKET

Growing a good food community

**EVERY WEDNESDAY, 3-7 PM
YEAR-ROUND**

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farmersmarket.hsca.ca

 [@hsca.farmersmarket](https://www.instagram.com/hsca.farmersmarket)


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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@hscala.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.



DUCK LIPS

What did the duck say
when it bought lipstick?

Put it on my bill



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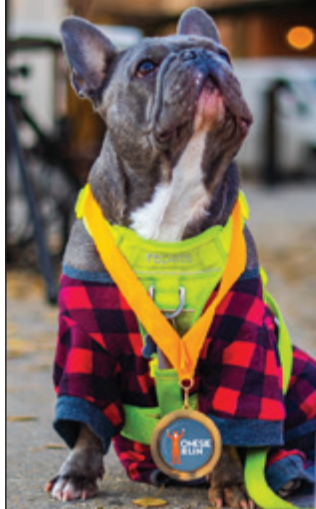
1KM & 5KM

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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. 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.

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)

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@hsc.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.

Other Updates

Seniors/Alberta Seniors Benefit and Special Needs Assistance: Eligibility for these programs is updated each July based on the previous year's income tax (2024).

Visit alberta.ca/alberta-seniors-benefit or call 1-877-644-9992 for information or forms. Have your Notice of Assessment ready to check eligibility. Income guidelines may be updated online by mid-July.

If you need printed forms or help accessing information, contact the centre for assistance.

Website updates on www.hsc.ca/seniors page will continue in the months ahead. Please connect with Debbie directly for information about supports and programs.

If there is something you would like to see added to the website related to Seniors, Caregivers and/or Volunteering or Volunteers, please connect with Debbie.



Financial Empowerment Month at HSCA

Financial empowerment is vital for building strong, resilient communities. When individuals build a foundation of financial knowledge and can manage their finances effectively, they're better equipped to make more informed decisions, achieve personal goals, and contribute to the local economy. Moreover, gaining confidence in the job market and in personal finances helps to build a sense of independence and stability for community residents. By prioritizing financial education and access to resources, we can help strengthen our community's foundation and create opportunities for all members to thrive together.

This month at HSCA we have three Financial Empowerment workshops for free!

Drop-in welcome, but if you plan to attend, please RSVP to Claire.l@hsc.ca so we can have an idea of numbers.

"Turn your Cents into Sense" with Lilypad Learning Tuesday, October 7, 4:30 to 5:30 pm

This workshop is best suited for ages 11 to 17, but everyone is welcome to attend and learn!

Lilypad Learning's mission is to empower youth to achieve financial literacy. By welcoming and fostering a community of collaboration and relatability, they aim to redesign traditional financial literacy making it more personal and impactful. Their vision is to help create a society that can better help and understand unique financial challenges, allowing youth to feel connected and, ultimately, making a more empowered and educated society.

This youth financial literacy workshop will focus on budgeting, debt, and investing. This session is aimed to provide a simple and engaging introduction to personal finance, with a strong emphasis on relatability and gamification learning models. <https://www.lilypadlearning.ca/>.

Cooking on a Budget 101

Tuesday, October 7, 5:45 to 6:45 pm

The cost of food has risen, and our grocery bills are often a big part of our monthly expenses. Certified holistic nutritional consultant, Melisa Centofanti from Chento Nutrition, will walk us through some ideas for purchasing groceries on a budget and resources to help you store them so there is less waste at the end of the week. We will talk about some easy, basic, five-ingredient recipes and discuss how to advocate for better access to good food. <https://www.chento.ca/>.

Career Skills Workshop: Resumes, Job Hunting, and Interviews

Thursday, October 9, 4:30 to 5:30 pm

Client Manager and Recruiter, Cody Reeves, will teach us about how to effectively navigate the job market—from what stands out on a resume, how to build your marketable skills, and how to shine in an interview. This workshop will be geared towards general skillsets. Make sure to come with questions if you have any, and feel free to bring your resume in case there is time for a resume review!





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Cut out and hand in with your colouring page!

Halloween Colouring Contest Entry Form

Artist's Name: _____

Age: _____

Parent/ Guardian Name: _____

Phone or Email: _____

Don't forget!

Attach this form to our colouring page and drop it off at HSCA's front office or the Farmers' Market Welcome Tent (Wednesdays, 3-7 pm) before October 22. Winners announced and all artwork displayed at the Halloween Farmers' Market on October 29!



Find Your Monday Night Reset with Richelle

Fall is in full swing at HSCA, and so is Evening Vinyasa with Richelle Peace. If you've been looking for a cozy way to recharge as the days get shorter, this all-levels class is the perfect Monday night ritual.

Why You'll Love It

- Move + Breathe + Unwind: Richelle blends flow-style movement, mindfulness, and breathwork so you leave feeling lighter and calmer.
- For everybody: Whether you're a seasoned yogi or just rolling out your mat for the first time, the class is designed to be accessible and energizing.
- Neighbourhood vibes: Richelle has more than a decade of teaching experience and a warm, approachable style. You might even spot her walking her golden retriever, Tucker, around Hillhurst Sunnyside.

Class Details

- When: Mondays from 6:30 to 7:30 pm through December 15 (no class October 13)
- Where: HSCA
- Cost: \$12 per class, 10% off for HSCA members
- Style: All-levels Vinyasa Flow + mindfulness

How to Register or Pay

Online: Register at hsc.ca/yoga

In-person: Stop by the HSCA front office Tuesday to Saturday during open office hours to pre-pay (cash or card).

Important:

- We can't accept cash at the door.
- If you're paying cash, it must be done at the front office ahead of time.
- Richelle won't be handling payments in class—just show your digital or front-office proof of payment when you arrive.
- Front office is closed during class time, so please plan your payment ahead.

Make It Your Monday Thing

October's cooler evenings make this class the perfect start to your week. Bring your mat (or borrow one), unplug for an hour, and reconnect with yourself and your community.



Find Your Monday Night Reset with Richelle

Richelle
Evening Yoga starts
Mondays, 6:30-7:30 pm

\$12/class

hsc.ca/yoga



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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.hsca.ca/community-food-program



October Neighbour Nights

Thursday, October 2 and 16 | 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!

- **October 2:** Craft Smart – join us for a fun night of 3D cubism and acrylic paint crafting with local artist and Neighbour Night regular, Paul!
- **October 16:** Come tell a spooky story through four-panel comics at our Halloween-themed Neighbour Night with local artist, Nicole!

Please RSVP to confirm attendance: email claire.l@hsca.ca or text 368-886-4310 to register or to learn more!

Neighbour Nights are always free thanks to funding from FCSS.



Community Photo Corner



A big thank you to everyone who has shared their beautiful snapshots with us over the past year—you've helped us showcase the people, places, and special moments that make our community so unique.

We don't have any new photos to share this month, but we'd love to feature your shots in future issues of *The Voice*, on our e-newsletter, or across HSCA's social media.

Next time you're out enjoying Hillhurst or Sunnyside, snap a photo of what inspires you—whether it's a mural, a market moment, or a sunset stroll—and send it our way at communications@hsca.ca.

Help us keep shining a spotlight on the beauty of our neighbourhood!



VINYASA FLOW YOGA

Join us for Vinyasa Flow Yoga with Richelle!

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

Register online or in-person

www.hsca.ca/yoga

All levels welcome!





HSCA

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!




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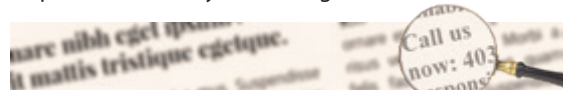
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CARDINAL

BY TREVOR RAMAGE



RE/MAX FIRST

📞 403.850.2560



JUST
LISTED



1.5



1047



540, 1304 15 Avenue SW

List Price: \$267,500

MLS #A2253032

Modern updates, ideally located near 17th Ave's vibrant energy, and full of style. Features include a private balcony with city views, a primary bedroom with dual closets and covered parking.



JUST
LISTED



1



696



1014, 1111 6 Avenue SW

List Price: \$319,900

MLS #A2241988

Move-in ready corner unit. Features include in-suite laundry, titled parking, panoramic Bow River views and is only steps from downtown and Kensington.



SOLD



1



675



211, 35 Inglewood Park SE

List Price: \$299,900

Congratulations to my sellers on the successful sale of this stylish retreat in a vibrant and historic community.



SOLD



1



807



1402, 733 14 Avenue SW

List Price: \$295,000

Success is sweet. Proof that patience and smart investing go hand in hand. Congratulations to my amazing clients.

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

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