

SEPTEMBER 2025

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VOICE

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Election Day: Oct. 20, 2025

ElectionsCalgary.ca/For-Voters.html

7 Real Solutions for Ward 7

- **Smart Growth, Not Blanket Rezoning**
Planning growth that fits the community—preserving character while welcoming thoughtful development.
- **Tax Dollars Delivering Results**
Focusing on core services and real outcomes—no waste, no delay—just real value for your money.
- **Safe Spaces, Secure Places**
Protecting our homes, streets, and parks with safety-focused planning and visible enforcement.
- **Free Residential Parking**
Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.
- **Clean and Vibrant Downtown**
Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.
- **Public Engagement, No Surprises**
Ensuring residents are heard before decisions are made—transparent, timely, and respectful.
- **Visit, Watch, Listen, and Learn**
Staying present in every community—open ears, open eyes, and open conversations.

BOARD OF DIRECTORS

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Director-at-Large	Sierra Beaulieu	
Director-at-Large	Vacant	

STAFF LISTING

Communications Coordinator ext. 226	Stephanie Corbett	stephanie.c@hsca.ca
Activities and Rental Coordinator ext. 250	Vacant	rentals@hsca.ca
Daycare Program Manager	Kerin Ching	dcmanager@hsca.ca 403-270-9703
OOSC Program Manager	Chelsea Wroblewski	chelsea.w@hsca.ca
Facility Services Manager ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller ext. 225	Amy Kettenbach	accounting@hsca.ca
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Vacant	farmersmarket@hsca.ca
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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The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



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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.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).

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.

Yoga at HSCA

Starting Monday, September 8. 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 \$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.

Chair Yoga returns Tuesday, September 2.

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

Returns Wednesday, September 10. 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.

Chair Yoga returns Tuesday, September 2.

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 September 4 and September 18.

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 September

Wayfinding Together: A Community Celebration at HSCA

Saturday, September 13, 1:00 to 3:00 pm. Join us for Wayfinding Together, a special event celebrating the completion of HSCA's multi-year mural project. Enjoy



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

opening and closing remarks by Siksika Elder Adrian Wolfleg, an artist talk with daniel j kirk (Director and Founder of Blank Page Studio), and light refreshments. No registration needed—just drop in and be part of this meaningful gathering. Supported by Calgary Arts Development and the City of Calgary.

Special Harvest Fest Farmers' Market

Wednesday, September 24, 3:00 to 7:00 pm. Join us for one of our favourite annual events — Harvest Fest — at the HSCA Farmers' Market! Expect great music, local vendors, and all the cozy fall vibes. Whether you're here for the harvest treats or to connect with your community, this is the perfect way to celebrate the season. More details coming soon — but trust us, you won't want to miss it!

Samaritan Club of Calgary Super Thrift Sale

Saturday, September 27 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 for details. Don't forget to bring your tote bag! Back by popular demand: concession, change rooms, and parcel pickup.

Repair Exchange at the HSCA Flea Market

Sunday, September 28, 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: October 26, November 30, and December 21.





Hillhurst Sunnyside

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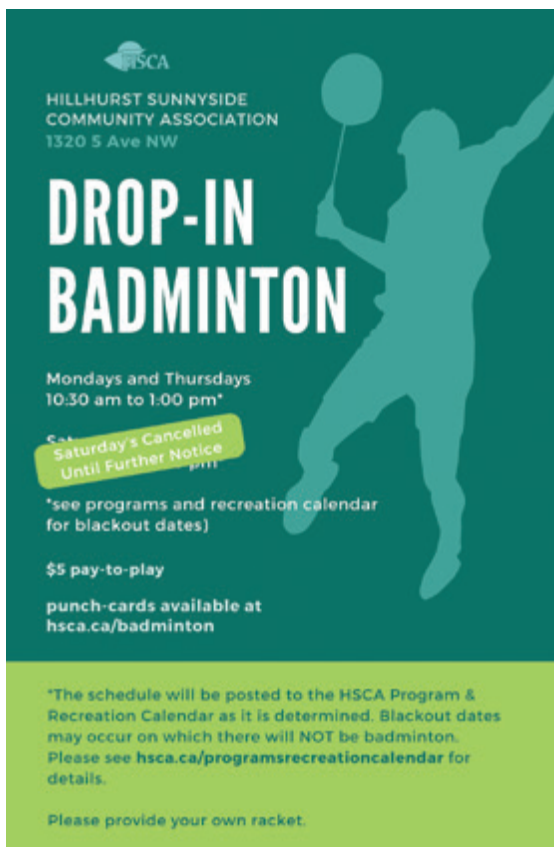
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**DROP-IN
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Mondays and Thursdays
 10:30 am to 1:00 pm*

**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**

*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

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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@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.

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) - Back Starting Tuesday, September 2!

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

We're excited to welcome everyone back to Chair Yoga this fall! Starting Tuesday, September 2, we'll continue with our 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 me 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.

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.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.



A Note from HSCA



We want to share some important news with our community. After many years of dedicated service, our Executive Director, Kate, has decided to step down. Below, you'll find a message from our team followed by a formal message from the HSCA Board of Directors.

From the HSCA Team: With Gratitude and Love

While Kate's official title may have been Executive Director, to us — her team — she's been so much more: a compassionate leader, a tireless advocate, a fierce supporter, and a kind, steady presence through every high and low.

Kate, you've led with heart through every moment, every challenge, and every celebration. Your impact is woven into the fabric of this place — into the relationships, the programs, the laughter, and the care that defines HSCA. We're grateful for the countless ways you've lifted others up, and we wish you all the best as you step into your next adventure.

With appreciation,

Your HSCA Family

A Message from the HSCA Board of Directors

The Hillhurst Sunnyside Community Association (HSCA) Board of Directors announces the resignation of our Executive Director, Kate Stenson, with gratitude for her years of service. Kate joined HSCA in 2013 as the Community Food Program Coordinator and has served as Executive Director since 2019. Her leadership has been instrumental in shaping a more connected, resilient, and inclusive community.

Under Kate's guidance, HSCA secured federal funding through the Community Services Recovery Fund to advance diversity, equity, and inclusion initiatives. Kate also championed resident-led actions by supporting work like Sunnyside's Neighbour Day Parade, advocacy efforts for improved flood protection, and several grassroots placemaking and art projects throughout the neighbourhood.

Kate's legacy is one of compassion, collaboration, and vision. While we are sad to see her go, we are excited for what lies ahead for her and confident that HSCA is stronger because of her leadership. Together, the Board of Directors, Kate, and the Leadership Team will steward this transition with thought and care for the staff team and the community we serve.

With thanks,

HSCA Board of Directors



Thanks For Making a Splash!



The Bowview Outdoor Pool's last day of the season is Monday, September 1, 2025.

Thank you to our amazing staff, our rockstar volunteers, and everyone who came out for lessons, programs, and (some) sunny days at the pool! Rain or shine, you made this season one to remember.

We can't wait to welcome you back for more fun in the sun (fingers crossed!) in 2026!

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.

This month's cover photo is by HSCA's Dave B., capturing artist daniel j kirk in action as he painted this summer's mural at HSCA. Don't miss our community event, *Wayfinding Together*, on Saturday, September 13, 1:00 to 3:00 pm at HSCA.



Sunrise in Sunnyside by Kyla B.

"When the sky throws a sunrise party, even the alley shows up dressed to impress." Thanks to Kyla B. for sharing this stunning Sunnyside moment!



Rainbow by B. Willman

"A beautiful gift after three days of rain." Captured by B. Willman on July 28 at the bottom of the bike path, McHugh Bluff.



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



Starts Monday, September 8th

HSCA

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

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Saturday, September 27

9:00am-1:00pm

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Don't forget to bring your tote bag!

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- Concession
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For More Information:
samaritanclub.ca

All proceeds will benefit Calgarians in need (Cash Only)

Find Calm in a Chaotic World: How Hypnotherapy Helps with Anxiety

by Krista Francis, PhD, RCH

Anxiety disorders are the most common mental health concern worldwide. According to the World Health Organization, over 301 million people live with an anxiety disorder globally. In Canada, one in four people will experience significant anxiety at some point in their lives. For many, symptoms like racing thoughts, insomnia, and constant worry can take a toll on both mental and physical health.

If you've been feeling overwhelmed, on edge, or unable to quiet your mind, there's a powerful tool that may help: clinical hypnotherapy.

Though often misunderstood, hypnosis is far from stage magic. It's a safe, evidence-based therapeutic approach that uses focused relaxation and guided imagery to help people shift unhelpful patterns stored in the subconscious mind. And now, science is backing up what many have experienced firsthand.

In a comprehensive meta-analysis Valentine et al. (2019), reviewed 17 clinical trials comparing hypnosis to control groups for the treatment of anxiety. The results were striking: the average person treated with hypnosis reduced anxiety more than 79% of those in the control group. Even more impressively, at long-term follow-up, that number rose to 84%, with hypnosis showing a large and lasting effect on anxiety relief.

The study also found that hypnosis worked especially well when combined with other psychological therapies—suggesting it can be a powerful addition to existing treatment plans.

So how does hypnotherapy help with anxiety? By guiding you into a calm, focused state, a trained hypnotherapist helps you access the subconscious patterns that drive anxious thoughts and feelings—such as perfectionism, catastrophizing, or chronic fear. In this relaxed state, it becomes easier to shift these patterns and install healthier emotional responses.

Hypnotherapy can be especially helpful for:

- Overthinking and excessive worry
- Social or performance anxiety
- Panic attacks
- Sleep issues tied to anxiety
- Anxiety related to health or life transitions

To ensure the best results, it's important to work with a well-trained, certified hypnotherapist. Look for a practitioner who is certified by a recognized hypnotherapy association and who takes the time to understand your goals and tailor sessions to your individual needs. A qualified practitioner will always work ethically, collaboratively, and with your safety and comfort in mind.

If anxiety is interfering with your daily life, you don't have to manage it alone. Hypnotherapy is a well-researched, holistic option that supports emotional resilience and long-term change.

Reference

Valentine, K. E., Milling, L. S., Clark, L. J., & Moriarty, C. L. (2019). The Efficacy of Hypnosis as a Treatment for Anxiety: A Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, 67(3), 336-363. <https://doi.org/10.1080/00207144.2019.1613863>



WORD OF THE MONTH

RIGMAROLE: NOUN (RIG-MUH-ROHL)
Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.



What's on at **AUArts**

Experience art, craft and design in your community with Alberta University of the Arts' public events, exhibitions, and Personal Interest art classes.

Illingworth Kerr Gallery: Faces and Places Exhibition Free Entry

Sept 19 – Nov 22 | Opening Reception: Sep 18, 5PM to 8PM

Public gallery hours: Tues, Wed, Fri: 11-6, Thurs: 11-7, Sat: 12-4

Discover the people, stories and moments that have shaped Calgary's creative identity. Spanning from the 1970s to today, this exhibition draws on local archives and personal histories to celebrate the city's vibrant artistic communities.

Fall Personal Interest Classes for Adults Register Online

Sept – Nov | One night a week for eight weeks

Explore your creative side with a hands-on art class in a beautiful AUArts campus studio. Classes are offered in a variety of disciplines and are open to all skill levels.

Alberta University of the Arts Open House Register Online

Oct 25, 9AM to 4PM

Prospective students and their families are invited to tour the campus and discover what's possible at AUArts. Explore our world-class art, craft and design facilities with guided studio tours, demonstrations and more!

Show + Sale Family Day Free Entry

Nov 15, 10AM to 4PM

Find one-of-a-kind items by emerging artists from AUArts at Calgary's only non-profit art market. Everyone is invited for a family-friendly day of shopping, art-making demos and music on campus.

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MUSICAL DREAMS PIANO STUDIO: Online piano lessons. Accepting students for the fall. Ages 5 and up; adults and individuals with special needs welcome. www.musicaldreamspianostudio.ca. 403-472-8405.

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List Price: \$995,000

MLS #A2231335

This Manhattan loft-inspired gem offers style and space. Features include a gourmet kitchen, an elevator connecting all floors to the garage and park views.



SOLD



1877



310 11 Street NW

List Price: \$1,299,900

Quick & seamless. Warmest congratulations to my wonderful clients.



SOLD



2658



653 27 Avenue NW

List Price: \$2,099,000

Nothing better than guiding past clients through another successful sale. Congratulations.



SOLD



1859



112A Equestrian Drive

List Price: \$1,849,000

Another beautiful property for longtime clients. Grateful for the continued trust.

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

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