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

HILLHURST



SUNNYSIDE



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Program Phone Numbers

Chair Yoga Debbie
403-283-0554 ext. 224

Farmers' Market farmersmarket@hsc.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 Melisa
Sip 'n' Chat 403-283-0554 ext. 247



Take Action Grant

Re-introducing the HSCA Take Action Grants for community members.

Do you have an idea for a project for social, economic or environmental work in Hillhurst Sunnyside?

Are you a part of a group of three or more individuals that need a boost to get your initiative off the ground? Hillhurst Sunnyside Community has their own one time Take Action Grants for up to \$250 and 250 Calgary Dollars.

Application is due on the 15 of each month.

Email communityconnections@hsc.ca for more information or to request an application or visit hsc.ca/tag.

Thank you to The Calgary Foundation for providing the Canadian Dollars via Calgary Dollars for this fund.



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.

We're proud to offer a wide range of free programs and events for our community. Any programs with fees are clearly noted.

Mondays (Except Stat Holidays)

Drop-In Badminton

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

Beginning September 1, 2026, weekday drop-in badminton fees will increase to \$7 per player. The weekday schedule remains unchanged. 20-play punch cards will increase from \$90 to \$125. Existing punch cards will continue to be honoured until used up.

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!

Evening Yoga at HSCA

Currently paused.

Fresh Routes Mobile Market

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 and the new Zoom link.

Sip n Chat

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

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

Outdoor Season

The HSFM runs every Wednesday from 3:00 to 7:00 pm, year-round.

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 and the new Zoom link.

Neighbour Night

First and third Thursday of the month, 5:30 to 7:30 pm in the HSCA Hearth Room. Free and everyone is welcome—dinner, dessert, and a workshop! Join us on Thursday, September 3 and Thursday, September 17.

Please email Melisa 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.

Fridays

New! Free Drop-In Play and Mini Mother Goose

Fridays, August 8 and 22, 10:00 to 11:30 am in the North Social Hall, HSCA.

A family pop-up program featuring a snack, play time, and a Mini Mother Goose circle. Suitable for parents and caregivers with children ages zero to six. No registration required.

New! Friday Evening Badminton Pilot

We're introducing a new Friday Evening Badminton Pilot program this summer, running July 3 to August 28, 2026. Drop in for a game, meet fellow players, and help us test this new evening offering. Fees are \$10 per player. Visit hsca.ca/badminton or our Programs and Recreation Calendar for schedule details, registration information, and updates.

Saturdays

HSCA Pickleball Drop-In

Runs Saturday, 10:30 am to 12:00 pm in the HSCA gym. Ages 16+. Special introductory rate: \$12 per session. Space is limited and advance registration is encouraged.

Sundays

Sunday Flea Market

Runs 7:00 am to 3:00 pm, concession onsite! Check out the crafts, furniture, vinyl records, antiques, books, treasures, and community building every Sunday at HSCA.

Special Events

Teddy Bears' Picnic at the Farmers' Market

Wednesday, August 19, 3:00 to 7:00 pm.

Bring your favourite teddy bear and join us for a fun-filled afternoon at the Farmers' Market. Enjoy family-friendly activities, local vendors, fresh produce, and a little extra summer fun.

Repair Exchange at the Flea Market

Sunday, August 30.

Bring your small household items and work with volunteer fixers to give them a second life. This free community repair event takes place alongside the Sunday Flea Market on the last Sunday of every month.



Pet Corner

Calling all proud pet parents!

We're looking for furry, feathered, and scaly neighbours to feature in the *Voice*. Send us a favourite photo of your pet, their name, and a few fun facts for a chance to be featured in a future issue.

Email submissions to communications@hsca.ca.

Because every community has local celebrities... and some of them have four legs.



SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message), or email debbie.o@hsc.ca. We appreciate any opportunity to connect with you! Visit HSCA's Seniors page for more information at www.hsc.ca/seniors.

New! Crafting Circle

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

The Monday knitting/crochet circle has expanded 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! (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, please connect with Debbie directly to talk or learn more about available resources and support in our city.

Chair Yoga (Online and In-Person)

The program takes a break in August and returns in September with a new link for the online class.

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 info 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 debbie.o@hsc.ca.

Cribbage Group

Wednesday afternoons from 12:00 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.



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Without Barriers Community Association

NEW

Friday Evening Badminton

A SUMMER PILOT PROGRAM

Fridays, 6-8pm
Ages 8+

July 3- Aug 28

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\$10/session
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WWW.HSCA.CA/BADMINTON

DMap Update: Heritage Guideline Areas

The City has added a new layer to the Development Map (DMap) to help identify where Heritage Guidelines may apply. Heritage Guideline Areas are identified in Local Area Plans and highlight places with concentrations of heritage assets.

By turning on the 'Heritage Guideline Areas' layer, you can see:

- Which Local Area Plan a location is associated with.
- How many development applications are currently proposed within those areas.

Specific requirements for Heritage Guideline Areas are found in the associated Local Area Plan. Explore the map at developmentmap.calgary.ca.



2026 Special Markets:

- Vernal Equinox - April 8
- Summer Season Opener - May 27
- Volunteer Day Market - June 24
- Salsa Fest - July 22
- Teddy Bear Picnic - August 19
- Harvest Fest - September 23
- Holiday Market - December 2

www.farmersmarket.hsc.ca

Crafting Circle

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Hillhurst Sunnyside Community Association

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in the HSCA Hearth room

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Why Songs, Rhymes, and Stories Matter More Than You Think

When you hear a room full of children singing, clapping, and laughing together, it might just sound like fun. And it is! But those simple songs, rhymes, and stories are also helping young children build important skills that support their development.

That's one of the reasons programs like Parent-Child Mother Goose have been enjoyed by families across Canada for decades.

We're so excited to partner with Carya to offer Mini Mother Goose and Drop-In Play this summer. As we prepare to welcome families, we thought we'd share a few reasons why these programs are so much more than a morning of songs and stories.

Building Early Language Skills

Long before children learn to read, they begin learning language through listening, repeating sounds, and interacting with the people around them.

Songs, rhymes, and stories introduce children to new vocabulary, speech patterns, and sounds. Research has found that children participating in Parent-Child Mother Goose programs demonstrated improvements in expressive language skills, helping them build confidence in communication and self-expression.

Strengthening Parent-Child Connections

Some of the most meaningful learning moments happen during everyday interactions.

Singing together, sharing a story, or participating in a rhyme creates opportunities for connection, eye contact, and shared experiences. Research on Parent-Child Mother Goose has found positive impacts on parent-child attachment and relationships, while many caregivers report feeling more confident in their parenting after participating.

Supporting Social and Emotional Development

Programs like Mother Goose also help children and caregivers connect with others.

For young children, group activities provide opportunities to observe, participate, and develop social skills in a welcoming environment. For parents and caregivers, they offer a chance to meet other families, share experiences, and build community connections.

Research has shown that participants often report feeling less isolated and more supported through their

involvement in Mother Goose programs.

Learning Through Play

Children learn best when they're engaged and having fun.

Movement, music, storytelling, and repetition all help support memory, listening skills, coordination, and early literacy development. Best of all, children don't see it as learning. They're simply enjoying time with the people around them.

Join Us This Summer

We're thrilled to partner with Carya to bring Mini Mother Goose and Drop-In Play to HSCA.

Parents, caregivers, and children ages zero to six are invited to enjoy free play, songs, stories, and connection in a welcoming community space.

Fridays, August 7 and August 21

10:00 to 11:30 am

HSCA North Social Hall (1320 5 Avenue NW)

Free to attend

No Registration Required

Whether you're looking to connect with other families, enjoy quality time with your child, or just try something new this summer, we'd love to welcome you!!

Learn More

Curious about the research behind Parent-Child Mother Goose? Explore these resources to learn more about the benefits of songs, rhymes, storytelling, and parent-child connection:

- Parent-Child Mother Goose Program – Research and Resources
- Terrett, White and Spreckley (2013), Journal of Early Childhood Research
- Scharfe (2011), Child Welfare
- Mother Goose NL – Research Library

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



Updated Fees, Ages, and Times!

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Drop in or pre-register to secure your spot!
 Limited Spaces—16 per Session
 Bring your own paddle
 All skill levels welcome

Scan for details

www.hsc.ca/pickleball

Photo Corner

This month's cover photo celebrates one of our favourite summer traditions. The Teddy Bears' Picnic at the HSCA Farmers' Market, returning Wednesday, August 19 from 3:00 to 7:00 pm.

Do you have a photo that captures life in Hillhurst Sunnyside? We're always looking for community photos to feature in *The Voice*. Whether it's a neighbourhood event, a favourite local spot, a nice view, or a simple moment that made you smile, we'd love to see our community through your eyes. Community photos help make our *Voice* unique and tell the story of Hillhurst Sunnyside from the people who know it best.

We also love receiving article ideas, personal stories, neighbourhood memories, recipes, and community updates. Our best content comes directly from our readers and community members! This is your community magazine, and we'd love your help telling the stories that make Hillhurst Sunnyside such a special place to call home.

Send your photos, stories, and ideas to communications@hsc.ca for a chance to be featured in a future issue.

Together, Let's Raise \$35,000 by September 30, 2026

SUPPORT THE ***Violet King Park*** COMMEMORATIVE PROJECT

HSCA
 Hillhurst Sunnyside Community Association

Questions? Email katy.d@hsc.ca

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**All donations will receive a tax receipt*

Violet King, a former Sunnyside resident, was the first Black woman lawyer in Canada and a pioneering advocate for justice and equality, breaking racial and gender barriers.

In February 2026, the Sunnyside Bus Loop park (across from King's former home) was renamed ***Violet King Park*** to honour her legacy and connection to the community. Donations will support a local artist in creating a commemorative feature, ensuring her story is honoured, shared, and remembered for generations to come.

Your support can help bring this important commemorative project to life, join us in making this vision a reality. To learn more and donate towards this initiative use the QR code below or visit www.hsc.ca/violet-king-park.

Illustration by Jordan Carson @_escape_artist

Some recipes bring back memories of backyard dinners, paper napkins, and long summer evenings. This month, we're revisiting a community cookbook favourite shared by community member and volunteer Christine N. These Lentil Sloppy Joes are a hearty twist on a classic comfort food and are perfect for feeding a hungry family.



Lentil Sloppy Joes

by Christine N, Community Member and Volunteer
Serves Four

Time Commitment: Approximately 30 minutes

Ingredients

- 2 cups water or 1 cup vegetable broth and 1 cup water
- 1 cup green lentils, well rinsed

Sloppy Joes

- 2 tbsp vegetable oil
- 1 small onion, minced
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- ½ green bell pepper, diced (optional)
- 1, 15 oz (425 g) can tomato sauce
- 1 tbsp sugar
- 2 tbsp Worcestershire sauce (vegan if desired)
- 2 tsp chili powder
- 1 tsp ground cumin

For Serving

- 4 hamburger-sized buns

Method

1. In a small pot, combine the water or broth and rinsed lentils. Heat over medium-high heat.
2. Bring to a low boil, then reduce heat and simmer uncovered for about 18 minutes, or until tender. Drain if needed.
3. Heat oil in a large frying pan or pot over medium heat. Add onion, garlic, and bell pepper. Season with a pinch of salt and pepper.

4. Sauté for 4 to 5 minutes, stirring frequently, until vegetables are tender.
5. Add tomato sauce, sugar, Worcestershire sauce, chili powder, and cumin. Stir to combine.
6. Add cooked lentils and stir to combine.
7. Continue cooking over medium-low heat until warmed through and thickened, stirring occasionally, about 5 to 10 minutes.
8. Taste and adjust seasonings if desired.
9. Serve on toasted buns.

Christine's Tips

- Great served with coleslaw.
- Best enjoyed fresh but will keep in the refrigerator for up to three days. You may need to add a little extra liquid when reheating.
- Add a couple of shredded carrots with the onion for extra vegetables—picky eaters won't even notice!
- A simple, budget-friendly way to add more plant-based meals to your rotation.

Do you have a go-to recipe, family favourite, or potluck hit you'd like to share? We'd love to feature more recipes from our community cookbook collection and from neighbours across Hillhurst Sunnyside.

Submissions: communications@hsc.ca.

Recipe adapted from minimalistbaker.com and originally shared in the HSCA Community Cookbook (2021).



Celebrating Alberta Heritage Month: Honouring Violet King's Legacy



August is Alberta Heritage Month, a time to celebrate the people, places, and stories that have shaped our province. Earlier this year, our community gathered to officially name Violet King Park in honour of one of Hillhurst Sunnyside's most remarkable trailblazers.

Born in Calgary in 1929 and raised in Sunnyside, Violet King

was a trailblazer whose accomplishments helped open doors for future generations. In 1953, she became the first Black person to earn a law degree in Alberta. One year later, she became the first Black person admitted to the Alberta Bar and the first Black woman to practice law in Canada. Throughout her career, she challenged barriers and inspired future generations through her leadership, determination, and commitment to equality.

Violet's connection to our neighbourhood runs deep. Her parents, John and Stella King, settled in Sunnyside in 1919, where they raised their family. Her father worked as a sleeping car porter with the Canadian Pacific Railway, while her mother worked as a seamstress. Alongside Violet's groundbreaking achievements, her brother Theodore "Ted" King became a prominent civil rights advocate in Alberta, championing equality and helping raise awareness of discriminatory practices.

While the official naming of Violet King Park was an important milestone for the Hillhurst Sunnyside community, it is only part of the story. Through the Violet King Park Commemorative Project, HSCA, community members, community partners, and donors are working together to create a space that will help tell Violet King's story for generations to come. Planned commemorative features will encourage learning, reflection, and a deeper appreciation of both Violet King's contributions and the rich history of our neighbourhood.

During Heritage Month, we invite you to learn more about the Violet King Park Commemorative Project and consider supporting this meaningful community initiative. Together, we can help preserve an important piece of local history and ensure Violet King's legacy

continues to inspire future generations.

Help Shape Violet King's Legacy

To learn more about the Violet King Park Commemorative Project or to make a donation, please visit hsca.ca/violet-king-park.

Sources and Further Reading

Building Social and Community Life: Violet King and Theodore King, Hillhurst Sunnyside Historical Context Paper, pp. 80–81.

Violet King, The Canadian Encyclopedia.

Cordeiro, Lorna. *February is Black History Month in Canada: Violet King*. HSCA Blog, February 3, 2020. Written for the Hillhurst Sunnyside Heritage Sub-Committee.

Joke of the Month

What do you call a dinosaur sleeping in the sun?

A *hot-asaurus*!

Summer Challenge

Can you spot all five of these before summer ends?

- ☐ A ladybug
- ☐ A rainbow
- ☐ A sunflower
- ☐ A teddy bear
- ☐ A squirrel

We're always looking for jokes, drawings, and artwork from our youngest neighbours. Send your creations to communications@hsca.ca and you may be featured in a future edition of *The Voice*!

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EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complex projects. Plumbing & electrical fixes; full reno for bathrooms, basements, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work, Smart toilet installations, & general home maintenance. Local, licensed, insured. Call 403-992-5574. <https://everhaus.ca/>.

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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, 403-269-2707.



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3.5



2657



2339 Westmount Road NW

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3.5



1726



1764 7 Avenue NW

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2



1053



1904, 888 4 Avenue SW

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