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HILLHURST *SUNNYSIDE*

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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
(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)	
Neighbour Night Sip 'n' Chat	Melisa 403-283-0554 ext. 247

Save the Date: Winter for Everyone!

A message from HSCA's Sunnyside Brightening Committee

Get ready to embrace winter! Winter for Everyone is bringing a series of family-friendly outdoor activities to Sunnyside in the new year.

From Nordic skiing and skating to curling, community fires, storytelling, and more, there will be plenty of ways to enjoy the season. The events will prioritize people who are new to winter sports, with equipment and a limited selection of winter clothing available.

Mark your calendars for these Saturdays in 2027:

- January 16
- February 6
- February 20
- March 6

Activities will take place at New Edinborough Park and throughout Sunnyside.

Stay tuned for more details!



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@hsca.ca for more information or to request an application or visit hsca.ca/tag.

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

HSCA Casino Volunteers Needed

HSCA's casino fundraiser takes place February 18 and 19, 2027 at ACE Casino Airport. This is an important fundraising event for HSCA and helps support our work and impact in the community. We're looking for volunteers to help fill a variety of shifts and roles. If you're interested in helping or would like more information, contact Debbie at debbie.o@hsca.ca or 403-283-0554 ext. 224.

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

Please Note: HSCA will be closed for the holidays from December 24, 2026, through January 1, 2027, inclusive. Regular programming will not take place during this closure.

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.

$7 per player – Twenty-play punch cards are $125

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
Mondays | 6:30 to 7:30 pm | September 14 to December 21 | $12/class. Suitable for all experience levels. Visit hsca.ca/yoga for registration and details.

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.

December Update: The last Chair Yoga class of 2026 will be Thursday, December 17. Classes resume Tuesday, February 2, 2027. A new class link will be sent out in mid-January.

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 in the Health Room HSCA.

Wednesdays

Cribbage
12:30 to 3:00 pm, join a lively game of cribbage with community members.

Please Note: There will be no Cribbage on Wednesday, December 2, due to our annual Holiday Farmers' Market setup. All adults are welcome to join the regular sessions.

Farmers' Market is indoors for the season! Keep shopping local and connecting with your favourite vendors every Wednesday from 3:00 to 7:00 pm at HSCA.

Holiday Farmers' Market: Wednesday, December 2, 3:00 to 7:00 pm. Join us for a special holiday edition of our weekly market!

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.

The last class of 2026 is Thursday, December 17. Classes resume February 2, 2027.

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. Come enjoy dinner, dessert and a workshop! Check the HSCA program calendar for December Neighbour Night updates and details.

Please email Melisa to RSVP if you are planning to attend: communityconnections@hsca.ca.

Fridays

Parent-Child Mother Goose (Free Registered Program)
9:30 to 10:30 am | October 9 to December 11

Join Carya at HSCA for songs, rhymes and stories designed for young children and their caregivers. Registration is required through Carya. Visit hsca.ca/mother-goose for details and registration.

Parented Drop-In Play

10:30 to 11:30 am | September 18 to December 11

A free, relaxed drop-in space for parents and caregivers to connect while children play. Come after Parent-Child Mother Goose or attend Drop-In Play on its own. No registration required. Everyone is welcome.

Friday Evening Badminton
6:00 to 8:00 pm. Drop in for a game, meet fellow players, and help us shape this new evening offering. Fees are $10 per player. Visit hsca.ca/badminton or our Programs and Recreation Calendar for the latest schedule, registration information, and updates.

Saturdays

HSCA Pickleball Drop-In
Runs Saturday, 10:30 am to 12:00 pm in the HSCA gym. Ages 8+. Special introductory rate: $10 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 and Programs

Holiday Farmers' Market
Wednesday, December 2

Join us from 3:00 to 7:00 pm for a festive edition of our weekly Farmers' Market! Shop local, discover seasonal favourites, and connect with vendors as we head into the holiday season.

Calgary Night Market
December 5 and 12

We're excited to welcome Calgary Night Market to HSCA for two evenings of holiday shopping! Saturday, December 5 and Saturday, December 12, 5:00 to 10:00 pm. These holiday markets are organized by Calgary Night Market and hosted at HSCA.

Special Holiday Flea Market
Sunday, December 20

A little holiday cheer and elf mischief are coming to the HSCA Flea Market! Visit us from 7:00 am to 3:00 pm and see if you can spot all ten HSCA Elves. Take a selfie with each one for a chance to win, while prizes last. More holiday-themed market fun to come!

Repair Exchange at the Flea Market
Sunday, December 20

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 in partnership with the City of Calgary and the Arusha Centre.

Coming Up: Winter for Everyone
January to March 2027

Get ready to embrace winter! Winter for Everyone is bringing a series of family-friendly outdoor activities to Sunnyside in the new year. From Nordic skiing and skating to curling, community fires, storytelling and more, there will be plenty of ways to enjoy the season. Save the dates: Saturday, January 16, February 6, February 20, and March 6. Stay tuned for more details!





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

Chair Yoga (Online and In-person)
Tuesdays and Thursdays | 10:00 to 11:00 am. This program runs September to December with a new link to the class online. 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. 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 12:00 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 $0.25, which goes to the winner, then the winners move to the next table and there is an extra $0.10 for a skunk. Anyone who wishes to play is welcome.

Caregiver Connections — Returning Again
January 2027

Caregiver Connections is an in-person gathering at HSCA offering a welcoming space for caregivers to meet others, share experiences and connect with support in the community.

Caregiver Connections will return in January 2027 with three in-person sessions: one in the morning, one in the afternoon and one in the evening. Dates will be shared in the January Voice and e-news.

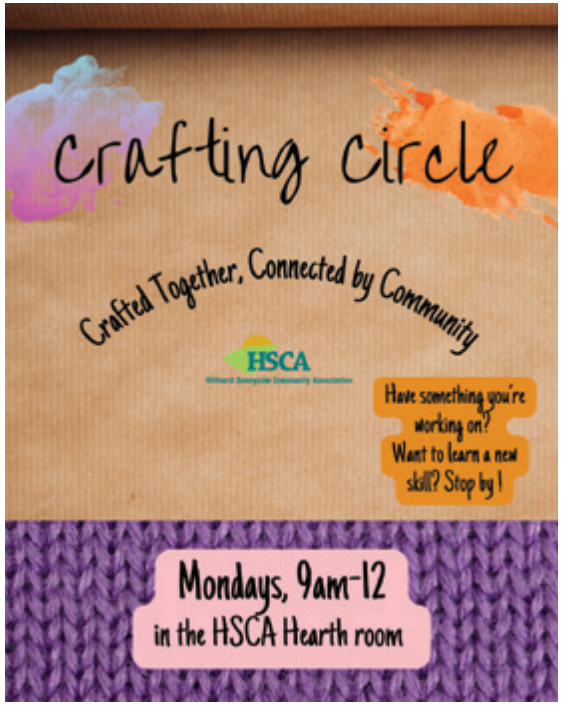
Learn more at hsca.ca/caregiver-connections or connect with Debbie.

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 center, we'd love to hear them so please reach out to Debbie.

HSCA Casino Volunteers Needed
HSCA's casino fundraiser takes place February 18 and 19, 2027 at ACE Casino Airport. This is an important fundraising event for HSCA and helps support our work and impact in the community. We're looking for volunteers to help fill a variety of shifts and roles. If you're interested in helping or would like more information, contact Debbie at debbie.o@hsca.ca or 403-283-0554 ext. 224.




Holiday Market
December 2nd
12 DAYS OF
CHRISTMAS
COUNTDOWN
DAY 1
One yummy samosa in a basket
SHAMMI'S KITCHEN
DAY 2
Two chocolate chip banana breads
PRAIRIE MILL BREADS AND MORE....
DAY 3
Three grass-fed jerky boxes
MOUNTAIN VIEW GROWERS
DAY 4
Four yummy jars of jam
FROM BACKYARD BOUNTY
FARMERS'
HILLHURST
SUNNYSIDE
MARKET


Crafting Circle
Crafted Together, Connected by Community
HSCA
Have something you're working on?
Want to learn a new skill? Stop by!
Mondays, 9am-12
in the HSCA Hearth room


HSCA
NEW
Friday Evening Badminton
Fridays, 6-8pm
Ages 8+
Register Now!
$ 10/session
HSCA Members
save 10%
WWW.HSCA.CA/BADMINTON


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Drop in or Pre-Register
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HSCA Gym
Every Saturday
10:00 am – 12:00 pm
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.hsca.ca/pickleball

Good Finds, Good Food, and a Little Holiday Magic

Holiday shopping doesn't have to mean crowded malls, endless scrolling, or another last-minute gift card. Sometimes the best finds are the ones you weren't even looking for.

And if you're looking for a little festive fun, HSCA is the place to be this holiday season!

Our Farmers' Market and Flea Market are bringing back their annual holiday traditions, and we're so excited to welcome Calgary Night Market for its Christmas Night Market Series! That's a whole lot of opportunities to shop local, find something unexpected, and enjoy some holiday vibes.

Your Holiday Gift Guide (Mall Not Required)
For the vintage lover: A stack of old records, a one-of-a-kind book, some funky glassware or that oddly specific collectible someone would absolutely love. Our Sunday Flea Market is full of possibilities, and half the fun is not knowing what you'll find. This is where gifts with personality live.

For the foodie (or the person who has everything): A jar of locally made jam, something delicious to level up a holiday charcuterie board, fresh baked goods, or a few goodies bundled together as a thoughtful host gift. Our Farmers' Market is a great place to find something tasty for everyone on your list. And while you're at it, grab a little something for yourself. Consider it a shopping reward.

For the white elephant exchange: Okay, hear us out. What if your entire white elephant gift had to come from the Flea Market? Set a budget, bring a friend and see who can find the most hilariously random, surprisingly useful or wonderfully weird gift. Bonus points for giving something pre-loved a second life.

For the handmade gift lover: Skip the mass-produced stuff and discover something made with a little extra love. Calgary Night Market is bringing local vendors, arts and crafts, and live music to HSCA. Grab a friend, browse the stalls, and make a festive evening of it.

For the whole family: Here's a fun holiday challenge: give the kids a little spending money and let them loose (within eyesight, of course!) at the Flea Market to hunt for gifts for family and friends. Will Grandma get a beautiful vintage teacup or a wildly unexpected knick-knack? Who knows! That's the fun of it. Let them explore, make their own choices, and experience the joy of finding something special for someone else. It's a little treasure hunt, a little lesson in giving and a lot more memorable than another trip to the mall.

And there's even more fun on December 20! The Flea Market is getting festive with ten HSCA Elves to find. Snap a selfie with all ten for a chance to win, while prizes last.

So, When's All This Happening?

December 2 — Farmers' Market Holiday Market, 3:00 to 7:00 pm.

Our Wednesday Farmers' Market is getting festive! Shop local, discover delicious treats, fun family activities, and pick up a few goodies for the holidays.

December 5 and 12 — Calgary Night Market, 5:00 to 10:00 pm.

We're excited to welcome Calgary Night Market to HSCA for its Christmas Night Market Series! These independently organized markets bring local vendors, arts and crafts, live music and plenty of holiday atmosphere to our space. Find more details at calgarynightmkt.com.

December 20 — Special Holiday Flea Market, 7:00 am to 3:00 pm.

Come for the treasure hunt, stay for the holiday fun! Our annual Flea Market Holiday Market is back, complete with our ten HSCA Elves challenge and more festive surprises to come.

Whether you're on a mission to find the perfect gift, hunting for a white elephant gift or just looking for an excuse to get out with the family, there's something happening for everyone.

And hey, sometimes the best part of a market isn't what you bring home. It's the fun you have along the way.

All markets take place at HSCA, 1320 5 Ave NW. Visit hsca.ca for more information.



Help A Neighbour This Winter

A little help can make a big difference.

We currently have a senior in our community looking for support with snow shovelling this winter. If you may be able to lend a hand, please connect with Debbie at debbie.o@hsca.ca or 403-283-0554 ext. 224.

Even occasional help throughout the season would be appreciated.



Community Photo Corner



Ready for the Game!
We're bringing back a favourite winter scene! This photo, Ready for the Game, was captured by community member Randy B. at the Edinburgh Park rink last winter. Thank you again, Randy, for sharing this wonderful snapshot of winter in our community.

We want to hear from you!

One of the things that makes *The Voice* special is hearing directly from the people in our community. Your photos, stories, recipes, memories and ideas bring these pages to life and help us stay connected.

Have a favourite family recipe? A great photo? A neighbourhood memory, an article idea or something you'd love to share with your neighbours? We'd love to hear about it!

We welcome contributions from community members of all ages. You don't have to be a writer or photographer. Sometimes the simplest stories are the ones that connect us most.

Send your photos, stories and ideas to communications@hsca.ca for consideration in a future issue.





Rewriting the Story of Enough

Part Three of When Capable Women Cannot Switch Off

by Krista Francis, PhD, RCCH

"I have always been the responsible one."

"I am the person who keeps everyone calm."

"If I stop pushing, everything will fall apart."

"I should be able to handle this."

These statements are more than isolated beliefs. Together, they form a story about who the person is, what makes her valuable, and what she must do to remain safe and connected. For many high-performing women, anxiety is woven into this internal story. Their vigilance, productivity, and care for others are not merely behaviours. They have become part of an identity.

This is one reason lasting change can be difficult. Reducing anxiety may unconsciously feel like becoming less responsible, less useful, or less worthy.

The Brain as a Storyteller

Research on the brain's default mode network suggests that human beings continuously integrate memory, language, social experience, and imagined possibilities into an ongoing internal narrative. The default mode network has been associated with autobiographical memory, self-reflection, understanding other people, mind wandering, language, and envisioning the future Menon (2023) proposes that it helps integrate and communicate memory, language, and semantic information to create a coherent internal narrative shaped by individual experience.

This narrative contributes to our sense of continuity: the experience that the person who remembers yesterday, acts today, and imagines tomorrow is the same self. Stories are therefore not merely decorative additions to experience. They help organize it. An individual's ongoing story influences what she notices, remembers, expects, and imagines. It shapes how she interprets mistakes, praise, rest, conflict, responsibility, and uncertainty.

The Limiting Story May Once Have Been Adaptive

An individual's internal narrative usually developed for understandable reasons. Perhaps being helpful brought connection. Achievement produced recognition. Anticipating other people's moods reduced conflict. Remaining composed protected more vulnerable feelings. Becoming indispensable made rejection or abandonment seem less likely. The story "I must hold everything together" may have supported resilience in an earlier environment.

The difficulty is that an old story can continue organizing perception after circumstances have changed. The client notices evidence that people need her but overlooks evidence that they can cope. She remembers mistakes more vividly than successes. She interprets fatigue as weakness and asking for help as failure. The narrative becomes self-reinforcing.

When a person repeatedly acts as though everything depends upon her, other people may also begin depending upon her more. Their dependence then appears to confirm her original belief.

Hypnosis as an Experiential Narrative Process

Suggestion is a defining element of hypnosis (Elkins et al., 2015). Those suggestions may be direct or indirect, literal or metaphorical. They may invite changes in perception, emotion, bodily experience, memory, expectation, or behaviour. Clinical hypnosis therefore naturally incorporates narrative. Metaphor, imagery, memory, future rehearsal, role exploration, and therapeutic suggestion all involve the creation or revision of possible experience.

Alter (2025) describes hypnosis as an interactive process through which narrative may engage the client's neuroplastic potential and support changes in self-reinforcing personal stories. From this perspective, the self is maintained partly through an internal narrative that remains capable of revision, although that revision may require a supportive interpersonal context.

This does not mean replacing their story with one chosen by the hypnotherapist. Effective hypnotic work is collaborative. The practitioner listens for the client's language, values, images, exceptions, strengths, and unrealized possibilities. Metaphors and suggestions are most useful when they emerge from the client's world rather than being imposed upon it. The aim is not to install a more positive story. It is to help them experience a broader and more flexible one.

From Affirmation to Lived Possibility
A statement such as "I am enough" may be meaningful, but it can also feel hollow when it conflicts sharply with lived experience.

Rather than repeatedly telling herself that she is enough, they might imagine completing a piece of work and recognizing the moment when it is sufficient. She may rehearse receiving appreciation without immediately minimizing it. She may experience saying no while remaining connected to the other person. She may picture allowing someone she trusts to carry part of a shared responsibility.

The internal story may gradually shift from: "I am valuable because I never let anyone down"

to: "My value is not measured by how much I carry."

From: "I must remain in control"

to: "I can respond effectively without controlling everything in advance."

From: "I cannot rest until everything is finished"

to: "Rest is part of how I sustain what matters."

Future Rehearsal and the Possible Self
The brain's capacity to remember the past and imagine the future appears closely connected. The default mode network participates in both autobiographical memory and future-oriented thought (Menon, 2023). This makes future rehearsal particularly relevant to hypnosis.

The client can imagine herself entering a previously stressful situation with a different internal stance. She may see herself pausing before agreeing to another obligation, noticing what she needs, tolerating another person's disappointment, or leaving work at a reasonable time. The future she imagines is not a prediction or guarantee. It is a possible experience.

By rehearsing that possibility, she begins to make it more familiar. She develops language, imagery, emotional responses, and behavioural options that may become available when the real situation occurs.

A Larger Identity
You're not looking to erase the identity of the capable woman. She can still be responsible without being responsible for everyone. She can care deeply without abandoning herself. She can pursue excellence without living in fear of imperfection. She can be dependable and also have limits. Most importantly, she can begin to experience herself as worthy before the task is finished, before everyone is pleased, and before she has proved once again that she can cope. Someone who has organized her life around doing more, the deepest change may not be learning how to accomplish less. It may be discovering that she is already more than what she accomplishes.

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Let's Talk

Pemberton Redevelopment

Norfolk Housing Association is proposing a six-storey building with approximately 142 mixed-income rental homes at **607 and 615 9A Street NW.**

We'd like to hear from you!

Learn about the project and share your questions, concerns and ideas.

Visit **norfolkhousing.ca/pemberton**

Join us this Christmas!

December 24th at 4:00 PM: Family Service
December 24th at 7:30 PM: Candlelight Service
December 25th at 10:30 AM: Holy Communion

St. Barnabas Anglican Church
1407—7 Ave NW
Next to Riley Park

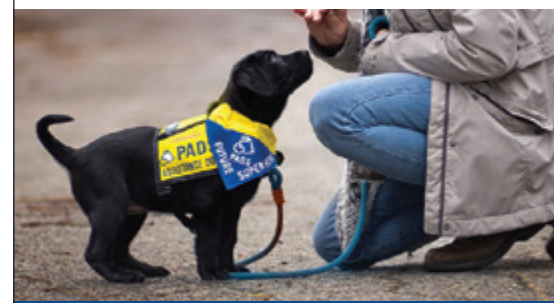
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