

FEBRUARY 2026

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Cover Photo by Christie P.

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Communications Coordinator ext. 226	Stephanie	stephanie.c@hsc.ca
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Daycare Program Manager	Heysha	dcmanager@hsc.ca 403-270-9703
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Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel	fleamarket@hsc.ca
Community Programs Coordinator ext. 248	Martin	farmersmarket@hsc.ca
Community Connections Coordinator ext. 247	Claire	claire.l@hsc.ca

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HILLHURST



SUNNYSIDE



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Staff Spotlight: Martin



Farmers' Market, Food Programs, and Community Gardens

If you've spent time at our Farmers' Market, taken part in a food program, or wandered through one of our community gardens, chances are you've seen Martin around. With a calm, welcoming presence and a deep appreciation for people and connection, Martin plays an important role in helping these community spaces come to life.

What's your role at HSCA?

I work with HSCA's Farmers' Market, Food Programs, and Community Gardens, supporting the coordination of these programs and helping create welcoming, community-centred spaces around food and connection.

Ask me more about...

Music, travel, food, and non-profit and charity work.

What's your favourite part about HSCA or the Hillhurst Sunnyside community?

The people — it's all about the great people of this united community.

What inspires you?

Purpose, compassion, sincerity, kindness, and hope.

What does community mean to you?

A collective group of like-minded people watching out for each other and sharing life's little moments.

Finish this sentence: "On Saturday mornings, you can usually find me..."

Reviewing a brand-new album for CJSW radio with a croissant and a coffee.

Next time you're browsing the market, keep an eye out for Martin.

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@hsc.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.



Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.



ONGOING PROGRAMMING AT HSCA

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

\$5 pay-to-play. 20 play punch cards are available at hsc.ca/badminton (\$90 + system admin fee).

New! Crafting Circle

Mondays from 9:00 am to 12:00 pm in the Hearth Room. Bring any craft and enjoy dedicated creative time with others. No cost to attend. Everyone is welcome!

Evening Yoga at HSCA

Join Richelle for an evening Vinyasa Flow class in the Hearth Room Mondays from 6:30 to 7:30 pm. All levels are welcome. Drop-in is \$12—come move, breathe, and flow with us!

Fresh Routes Mobile Market, 4:00 to 6:00 pm - Returns January 5

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)

Returns February 3

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, 9:30 to 11:00 am

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 (Indoor 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)

Returns February 3

Please reach out to Debbie for more information.

Qigong (Gentle Movement)

Runs Thursdays from 1:00 to 2:00 pm in the North Social Hall. \$12 per class.

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, join us on February 5 and February 19.

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

Please check our program and recreation calendar for updates and information on Neighbour Night at www.hsc.ca/programsrecreationcalendar.

Saturdays

HSCA Pickleball Drop-In

Runs Saturdays, 10:30 am to 12:00 pm and 12:00 to 1:30 pm. Ages 16+. \$16 per session. HSCA gym.

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.

Special Events

Special Farmers' Market – February 11

Join us for a special Farmers' Market on Wednesday,

February 11, from 3:00 to 7:00 pm at HSCA. Alongside local vendors and market favourites, we'll also be hosting a children's art gallery fundraiser featuring work created by kids in HSCA's programming, in support of our Fresh Routes grocery subsidy. More details coming soon — mark your calendar!

Looking Ahead

Antique Market Returns This April!

We're thrilled to welcome back our much-loved Antique Market—a day packed with timeless treasures, unique finds, and plenty of stories waiting to be discovered. With so much history gathered under one roof, it's a must-visit for collectors and curious browsers alike.

Saturday, April 18, 2026, 10:00 am to 4:00 pm. \$2 admission at the door.



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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*

*see programs and recreation calendar for blackout dates)

\$5 pay-to-play

punch-cards available at
hasca.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 hasca.ca/programsrecreationcalendar for details.

Please provide your own racket.

What Is Qigong? A Gentle Practice for Body and Mind

Qigong (pronounced chee-gong) is a centuries-old movement practice that combines slow, intentional motions, breathwork, and focused attention. Often described as meditation in motion, qigong offers a calm, accessible way to move the body while bringing awareness to the breath.

Unlike more vigorous forms of exercise, qigong emphasizes ease and attentiveness. Movements are gentle and controlled, encouraging balance, posture, coordination, and joint mobility, while also creating space for relaxation and mental clarity. Many people are drawn to qigong as a way to slow down, reset, and reconnect with their bodies in a supportive environment.

Research highlighted by Harvard Health Publishing (2025) suggests that gentle, mindful movement practices — including qigong — may support relaxation, balance, and overall wellbeing as part of a regular routine.

This winter, HSCA is pleased to offer weekly Qigong classes led by instructor Nancy Hong, who brings over 20 years of experience practicing qigong and yoga. Nancy's classes focus on helping participants release tension, connect with the breath, and move in a way that feels grounded, welcoming, and accessible to all experience levels.

Whether you're curious about mindfulness, looking for gentle movement, or simply seeking an hour in your week to slow down, qigong offers a welcoming place to begin.

Qigong at HSCA — At a Glance

When: Thursdays, 1:00 to 2:00 pm

Dates: January 15 to March 12, 2026 (No class February 12)

Cost: \$12 per class

Members: HSCA members save 10%

Who: Open to all ages and experience levels.

Instructor: Nancy Hong.

To pre-register and learn more visit www.hsc.ca/qigong.

Drop-ins are welcome, and payment is also accepted in person.



HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION
1320 5 Ave NW

Qigong @ the HSCA

gentle movement • breath • balance

*No Class: Thursday, February 12

Drop-In: \$12 per class
(pre-paid or paid drop-in)

HSCA Members: Save 10%
North Social Hall



www.hsc.ca/qigong

Februum

The month we now call "February" has had many different names. Due to the wet conditions, "Solomonath" was used in Old English and means "mud month". The current name derives from the Latin term Februum (purification or to cleanse), and the Roman festival of purification called Februa.

SENIOR CONNECTIONS

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

New! Crafting Circle

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

The Monday Knitting/Crochet Circle 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 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 will return on February 3, 2026, with a new Zoom link.

Chair Yoga is offered in a hybrid model—meaning participants can join either online or in-person. If you'd like to join in person, you'll follow along with Sharon on the screen in the Hearth Room. Space is limited, and there's some safety information to go over, so please contact Debbie directly if you'd like to attend in

person. This gentle exercise class is a great way to stay active and limber—especially as the cooler months roll in. Come join us! To register or for more information, contact Debbie at 403-283-0554 ext. 224 or email debbie.o@hsca.ca.

Cribbage Group, Wednesday Afternoons from 12:30 to 3:00 pm in the North Social Hall

Join this established and well-organized group in their new location at HSCA! They play four games, break for coffee, tea, and snacks, and then play until 3:00 pm. There is a \$1 admission fee to cover coffee supplies and a sign-up sheet for snacks.

Each game is \$.25, which goes to the winner, then the winners move to the next table and there is an extra \$.10 for a skunk. Anyone who wishes to play is welcome.

Senior Connections Network

The Senior Connections Network aims to foster connections with seniors in our community in various ways. If you're interested in joining the network or have a senior who would like to connect, please reach out by email or phone. We can arrange a time to discuss opportunities moving forward. If you have ideas for senior programming at the centre, we'd love to hear them so please reach out to Debbie.

Winter Season

Winter is here, and we want to keep our community safe and walkable for everyone.

If you need help clearing your sidewalks this winter, contact the centre and we'll do our best to connect you with a volunteer. If you're able to lend a hand to a neighbour who needs assistance, we'd love your support.

Keeping sidewalks clear helps everyone get around safely. Visit our website for tips on safe snow shovelling and preventing cold-related injuries.



Crafting Circle

Crafted Together, Connected by Community

HSCA
Hillhurst Sunnyside Community Association

Have something you're working on?
Want to learn a new skill? Stop by!

Mondays, 9am-12
in the HSCA Hearth room

HSCA

YOGA

Join us for Vinyasa Flow Yoga with Richelle!

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

Scan to register

www.hsc.ca/yoga

How to Register / Pay:

- Online: hsc.ca/yoga
- In Person: Pre-pay at HSCA front office (Tue-Sat, cash or card)

All levels welcome!

HSCA

Sip 'n' Chat



TUESDAYS 2 - 4 PM
IN THE HEARTH ROOM AT HSCA



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!



Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Sustainable Food Programs	farmersmarket@hsc.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

Community Photo Corner



This month's cover photo was captured by Christie P., who beautifully caught a quiet Sunnyside moment—a clothesline glowing in the winter sun, stretching across a snow-covered yard. Simple, unexpected, and full of warmth, it's a lovely reminder that even everyday scenes can feel special when seen through a neighbour's lens. Thank you, Christie, for sharing this moment with us.

Have a photo or short story that captures your view of the neighbourhood? Big or small, candid or cozy—we want to see Hillhurst Sunnyside through your eyes. This community magazine is shaped by the people who live here, and your perspectives help us celebrate what makes this place feel like home.

Send your photos or stories anytime to communications@hsc.ca and help us keep telling our community's story—together.



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What questions do you have about conflict?

How conflict competent are you?

Which conflict patterns do you prefer?

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1320 5 ave NW

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	7			5		8		
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								8

SCAN THE QR CODE
FOR THE SOLUTION

Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

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**"People told me it wasn't a good idea
for a girl, particularly a coloured girl to
be a lawyer, so I went ahead."**

- Violet King (former Sunnyside resident)



To learn more and to
support this initiative
use the QR code or visit
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HSCA
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Illustrations of various sports like basketball, tennis, soccer, and badminton are shown in the background.

CARDINAL

BY TREVOR RAMAGE



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