

JANUARY 2026

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HILLHURST SUNNYSIDE

VOICE

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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@hsca.ca
Community Programs Coordinator ext. 248	Martin	farmersmarket@hsca.ca
Community Connections Coordinator ext. 247	Claire	claire.l@hsca.ca

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

HILLHURST



SUNNYSIDE



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HSCA Spotlight: Meet HSCA's New Executive Director, Joe-Ann

We're so happy to welcome Joe-Ann Schlosser to the HSCA team and community. Many of you have already bumped into her in the halls or at programs—and you've likely noticed the warmth and genuine curiosity she brings with her. Over the past while, Joe-Ann has been getting to know our spaces, meeting staff and neighbours, and joining in on programs to better understand the heartbeat of HSCA.

As part of our HSCA Spotlight series, we asked Joe-Ann a few quick questions about community, inspiration, and the little moments that keep her moving forward each day. Here's what she shared (in five questions or less!)

These responses come from a short sit-down Spotlight interview we filmed with Joe-Ann. If you'd like to watch the video version, you can find it on HSCA's Instagram and Facebook.

1. What does community mean to you?

"Community means that family—that family who supports you, that family who loves you for who you are, and the family who is your biggest champion in bringing out the best in you."

2. What inspires you?

"Young people... all ages—teenagers to really little ones, like one- and two-year-olds—because they look at the world very creatively.

They look at the world with a pure sense, and I have to remind myself that that's what I need to be always looking through my lenses: what makes sense, what is pure, and remembering the joy."

3. What's something that made you smile recently?

"The privilege of touring the Centre—meeting all the staff, meeting the patrons, and seeing the joy when they share what they do with such passion—has truly made me smile. And the little kids, too, showing me a craft they made with a big grin and a wave. It's been such a



warm welcome, and I really have been walking around with a smile on my face. I'm excited for the opportunities that lie ahead for us here."

4. What gets you out of bed every morning?

"Okay... so every morning, what gets me out of bed is that I'm grateful for another day to live at my best.

And what I really love is the people I meet, what I have on my agenda to do, and what happens in a day when I'm open—it's always exciting.

I'm learning, I'm meeting new challenges, meeting new people and opportunities. And I end my day grateful for what I did.

I've always learned something, and I'm excited the next morning to be curious and learn more."



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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 hsc.ca/badminton (\$90 + system admin fee).

New! Crafting Circle - Returns January 12

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!

We'll return January 12, 2026, to kick off another year of creative fun!

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) - Paused until February 3

Please reach out to Debbie for more information.

Reminder: Chair Yoga will be taking a short winter pause and will return on February 3, 2026, with a new Zoom link.

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 - Returns January 7

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. This year starts anew with our first market of 2026 on Wednesday, January 14. We can't wait to welcome you back!

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) - Paused until February 3

Please reach out to Debbie for more information.

Reminder: Chair Yoga will be taking a short winter pause and will return on February 3, 2026, with a 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 welcome – dinner, dessert, and a workshop!

This month, there will only be one Neighbour Night. Join us on Thursday, January 15!

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.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. The Flea Market returns January 4, 2026.

Looking Ahead: Qigong at HSCA — Coming in 2026

We're excited to share that we're exploring a brand-new Qigong program for 2026!

Details are still being finalized, but once dates are set, you'll find them on HSCA's Program and Recreation Calendar. Stay tuned for updates in the coming weeks.

Community Photo Corner



Have a photo that shows off the charm of Hillhurst Sunnyside—winter lights, cozy corners, or everyday moments that make our community special?

We're looking for submissions! Send your pics to communications@hsc.ca and you might see them featured in a future edition.

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.



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HSCA
Hillhurst Sunnyside Community Access

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B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!



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	Claire 403-283-0554 ext. 247
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Youth Badminton Lessons — Returning in Early 2026!

Our popular Youth Badminton program is returning in the new year, this time offered directly through Grace for ages 10 to 15.

Final dates, times, and pricing will be confirmed soon.

To register or inquire, please contact Grace directly at gymyuen@gmail.com.

Be sure to check out our Program and Recreation Calendar at hsca.ca for updates once details are finalized. Grace is hoping to build a group of about 16 students, so early interest is encouraged!



HSCA RECREATION

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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
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.

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.

We'll return January 12, 2026, to kick off another year of creative fun!

The Monday Knitting/Crochet Circle is expanding 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.

Reminder: Chair Yoga will be taking a short winter pause and 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

We're back Wednesday, January 7!

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.



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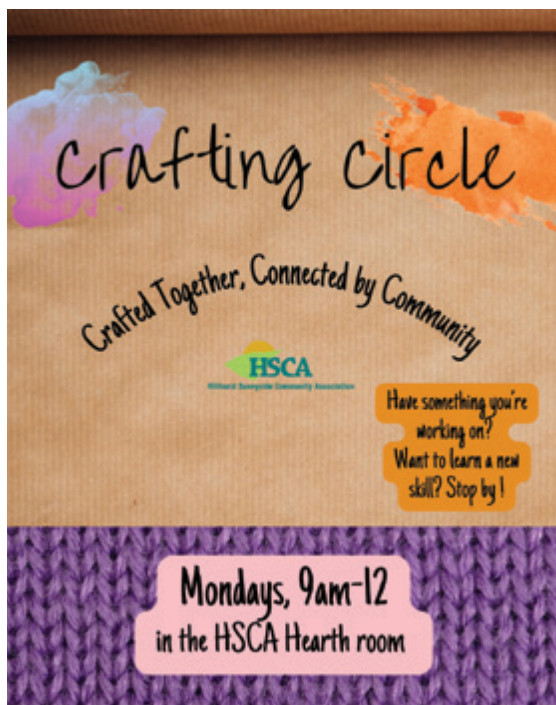
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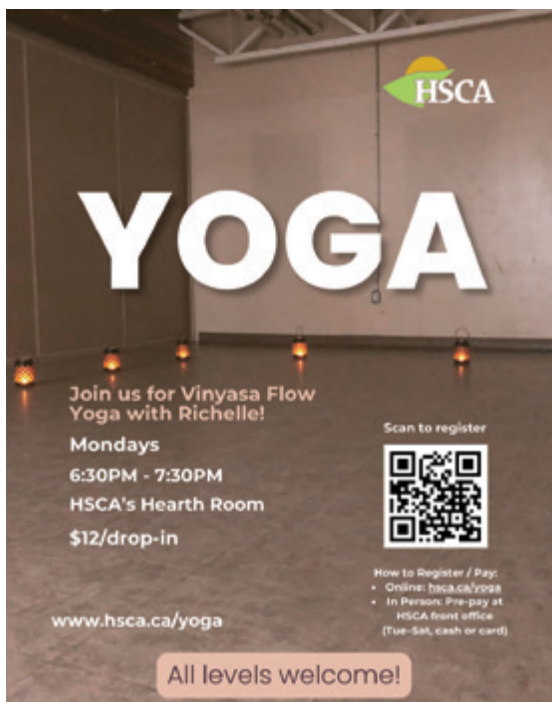
crafting circle

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



How to Register / Pay:

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

www.hsca.ca/yoga

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!



HSCA Staff Appreciation

We recently gathered for a relaxed Staff Appreciation Night at the Kensington Legion—a fun chance to connect, share some laughs, and welcome our new Executive Director, Joe-Ann Schlosser.

A huge thank you to our incredible HSCA Membership Partners for donating gifts that added so much joy to the evening: Good Trade Coffee Co, Pho House, Sunny Cider, and Vine Styles.

Here are a few snapshots from a night filled with smiles and great moments.



**Joke of
The
Month**



**What kind of cow
wears a crown?
A dairy queen**

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



BRAIN GAMES

SUDOKU

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6					2			
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		4					7	8
							5	4
	3	7					1	2

SCAN THE QR CODE FOR THE SOLUTION

Neighbour Night Highlight: Neurogenic Art

At our November Neighbour Night, participants explored Neurogenic Art—also known as neurographic art—a calming, mindful practice that turns stress into something peaceful and expressive. Through simple lines, shapes, and colour, neighbours gathered to slow down, connect, and create artwork designed to soothe the mind and spark creativity.

It was a warm, relaxed evening of conversation, community, and art-making—thank you to everyone who joined us!



COMING SOON

Violet King Park

Corner of 7th Ave & 5th St NW



**"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
www.hasca.ca/violet-king-park



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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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HAVING TROUBLE CONTROLLING THE WAY YOU EAT? Food Addicts in Recovery Anonymous (FA) can help. Free program (no cost). Meetings every Monday 7:00 pm at Parkdale United Church (Basement), 2919 – 8 Avenue NW, Calgary, AB.

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Hillhurst Sunnyside Community Association

HSCA Gymnasium
Now Booking Saturdays 2026

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TO BOOK YOUR LEAGUE IN TODAY!



CARDINAL
BY TREVOR RAMAGE



**RE/MAX
FIRST**

Wishing you a healthy, happy, and inspiring 2026.

A Year Defined by Client Trust, Market Confidence & Meaningful Milestones

I'm grateful for every client, every conversation, and every connection that shaped 2025. Your trust remained the driving force behind a year of growth and accomplishment across Calgary's distinguished communities.

2025 CLIENT + COMMUNITY SNAPSHOT

Representing clients across 25 Calgary neighbourhoods was an honour and a privilege. The heart of my business continues to be built on trust, experience, and long-standing relationships.

18% first-time buyers beginning their journey

32% introduced through valued client referrals

52% returning clients who entrusted me again

52% new clients welcomed into the Cardinal experience

Each number reflects a story, a family, a milestone, and I hold that trust with deep appreciation.

2025 RECOGNITION & ACHIEVEMENTS

RE/MAX First - Top Producer

A year marked by consistency, performance, and unwavering client commitment:

March #1 • May #5 • July #4 • August #1 • September #6

RE/MAX Western Canada - Individual Residential Rankings

Proud to be recognized across a competitive Western Canadian landscape:

March #83 • May #50 • July #72 • August #20 • September #90

Year-to-Date: July #79 • August #46 • September #46 • October #60 • November #73

With gratitude, thank you for your trust, your loyalty, and the community we continue to build together. I look forward to walking into 2026 with purpose, momentum, and appreciation for the people who make this work meaningful.

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

CARDINALBYRAMAGE.COM

📞 **403.850.2560**    

