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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	Melisa	communityconnections@hsca.ca

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 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
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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.



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.

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

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

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.

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.

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.

Please Note: There will be no Farmers' Market on Wednesday, November 11, in recognition of Remembrance Day.

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. Come enjoy dinner, dessert and a workshop! For November, Neighbour Night takes place November 5 and November 19.

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 16+. 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

Still Scary Halloween Market

Sunday, November 1

Halloween isn't over quite yet! Join us at the Sunday Flea Market for a little more seasonal fun.

- Trick-or-treating at select vendor tables
- Costume contest at 12:00 pm
- Themed food and seasonal fun
- Community contest details coming soon

Caregiver Connections – November @ HSCA

November 12, 18, and 23

A welcoming space for caregivers to connect, share and find support.

- Thursday, November 12 | 7:00 to 9:00 pm
- Wednesday, November 18 | 9:00 to 11:00 am
- Monday, November 23 | 1:00 to 3:00 pm

See the Seniors Programs section or visit hsca.ca/caregiver-connections for full details.

Repair Exchange at the Flea Market

Sunday, November 29

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 the month.

Coming Up: Holiday Farmers' Market

Wednesday, December 2

Save the date! Our Holiday Farmers' Market is coming up on Wednesday, December 2.

Shop local, discover seasonal favourites and connect with vendors as we head into the holiday season. More details coming soon!



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).

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@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 \$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 Returns

Caregiver Connections offers caregivers a space to connect, share experiences, explore available resources, and learn about supports in the community.

November: Nov. 12, 7:00 to 9:00 pm • Nov. 18, 9:00 to 11:00 am • Nov. 23, 1:00 to 3:00 pm

Learn more at hsc.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

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HSCA
Without Barriers Community Association

NEW
Friday Evening Badminton

Fridays, 6-8pm
Ages 8+

Register Now!

\$10/session
HSCA Members save 10%

WWW.HSCA.CA/BADMINTON

Referendum Yum: Creating Space for Community Conversations

Sometimes a community event starts with something as simple as a conversation.

Earlier this summer, conversations about the upcoming referendum started coming up at HSCA's weekly Sip N Chat. Participants had questions about what would be on the ballot, what the different questions meant, and where they could go to better understand them. Those questions led to plenty of conversation around the table. People brought different perspectives, shared information, asked questions and took the time to listen to one another.

"The one thing everyone agreed on at Sip N' Chat was that voting in the referendum was important, and more important was that what they were voting for was fully understood," said HSCA Community Connections Coordinator Melisa Centofanti.

During one Sip N Chat gathering, a participant brought in information they had received after a thoughtful conversation with a neighbour who held a different perspective. The two had ultimately agreed to disagree, but the conversation continued around the Sip N Chat table, where participants talked through what they were reading and what it could mean for their community.

That ongoing interest raised another question: would people come to an event where they could learn more, hear additional context, and have the opportunity to ask their own questions?

For the Sip N Chat group, the answer was a unanimous yes.

And from there, Referendum Yum: A Tasting Guide to the 10 Questions began to take shape.

On September 29, around 60 people gathered at HSCA for an evening of food, learning and conversation with Dr. Duane Bratt, a professor at Mount Royal University whose research includes Alberta politics.

There were plenty of questions. In fact, the question period ran past its scheduled time as people took the opportunity to learn more before casting their votes. Julie Hrdlicka, a mediator and facilitator with Conflict Revolution, helped facilitate questions from the audience throughout the evening. She was struck by how intentional people were with their questions and how curious they were about the history, the process

and the implications of what they were being asked to consider.

"There were differences of opinion, and people felt comfortable asking difficult questions, challenging ideas and seeking clarification," Julie said.

The evening brought together familiar faces from HSCA programs, community members of different ages, and people who were new to the Community Association.

For the Sip N' Chat participants whose questions helped spark the event, the evening offered some of the clarity they had been looking for. Afterward, they shared that the referendum questions felt clearer and that they felt more confident in their understanding of what they were being asked to vote on.

Referendum Yum is one example of how the conversations happening within community programs can help shape what comes next. What started as a conversation at Tuesday's Sip N Chat eventually opened the door to a larger community event where people could learn, ask questions and connect.

The evening was also made possible with support from across the community. Thank you to Community Natural Foods Crowfoot, Peppino's in Kensington and Matador Pizza Hillhurst for contributing food, and to our incredible volunteers for lending their time and energy to the event. Thank you as well to Dr. Duane Bratt, Julie Hrdlicka and everyone who came ready to ask questions, listen, and take part in the conversation.

About Sip N Chat

Sip N Chat is a casual weekly gathering at HSCA where community members can drop in, grab a cup of coffee or tea and a snack, and spend some time connecting with neighbours. It's an informal, easy-to-join space for conversation, connection, and whatever happens to come up around the table.

Sip N Chat takes place Tuesdays from 2:00 to 4:00 pm at HSCA. No registration required.

Photos from the event were taken by Colleen H.



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in the HSCA Hearth room

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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.



Field of Crosses

November 1 to 11

Each year, the Field of Crosses Memorial at 200 Memorial Drive NW honours Southern Albertans who made the ultimate sacrifice in service to Canada. The public is welcome to walk among the illuminated crosses throughout the 11 Days of Remembrance.

Visit fieldofcrosses.com to learn more about the Field of Crosses Memorial Project.

Celebrating the Sunnyside Flood Barrier

Neighbours gathered in September for the City of Calgary's Sunnyside Flood Barrier celebration, marking a major milestone for our community.

It was a chance to celebrate the completed project and recognize the years of hard work, involvement, and advocacy from community members who have helped keep flood resilience and the needs of our neighbourhood at the forefront.

A pretty special moment to see this milestone reached and celebrated together.

Have a great photo of Hillhurst Sunnyside, a story to tell, or something to share with your neighbours? We welcome submissions from community members of all ages! Send us your photos, article ideas, personal stories, neighbourhood memories, recipes, or updates. Some of our best content comes directly from community members, helping *The Voice* tell the stories of Hillhurst Sunnyside through the people who know it best.

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



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



November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.
7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.
8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.
10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.
11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.
12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in 1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.
2. Remembrance Day is celebrated in Canada on what day of November?
3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found in many parts of Alberta, including Calgary parking lots.
4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.
5. Toni ____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *The Sixth Sense*, *Little Miss Sunshine*, and *Knives Out*.
9. These small brown nuts come from oak trees and have a distinct cup shape.

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2000



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567



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942



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