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THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER





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BY TREVOR RAMAGE

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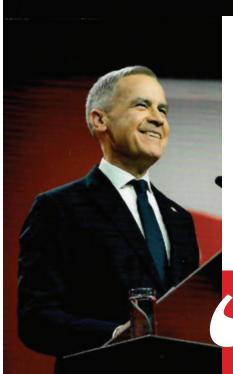
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- Deliver a middle-class tax cut.
- Create new jobs.
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It's time to build together. Because we are strong – Canada strong."

– MARK CARNEY

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Community Garden	admin@westhillhurst.com		
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200000	events@westimmust.	com	



WHCA Facility Rentals

We have our WHCA arena, gymnasium, and studio spaces available for rent! Please check our online calendar for available times at www.westhillhurst.com/facility-rentals. Questions? Email rentals@westhillhurst.com.





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SCAN HERE TO VIEW ADDITIONAL WEST HILLHURST CONTENT



GENERAL MANAGER'S MESSAGE

Dear West Hillhurst Community,

We're excited to kick off our spring season full of fun, community building, and outdoor activities! Check out the highlights of our upcoming spring programming and events.

A Special Thank You to Our Volunteers!

First, we want to extend a heartfelt thank you to all the volunteers who helped make our casino fundraiser a success! Your time, energy, and dedication were truly appreciated, and your support helps us continue to offer valuable programs and events for the community. We couldn't have done it without you!

Spring Sports Programs

Get ready to shake off the winter chill with our spring sports! We have something for everyone: t-ball, tennis, soccer, spring skating, pickleball, and youth art classes.

Community Garden

Spring is the perfect time to get your hands dirty and grow something beautiful! Join our community garden to plant, tend, and harvest together. Whether you're a seasoned gardener or a newbie, we'd love to have you be part of this green initiative. Watch for updates on our planting schedule and volunteer opportunities!

Spruce Up the Neighbourhood - Community Cleanup

Clean out those closets and garages. Date to be confirmed soon, so be sure to follow us on social media for updates. May 2025 – Date TBA.

Annual Community Garage Sale

Spring 2025 – Date TBA.

Save the Date: Kick-Off to Summer Event Saturday, June 21

Mark your calendars for our biggest summer celebration! Join us for a day of games, food, music, and fun to officially kick off the summer season. It's an event you won't want to miss!

Stay connected with us on social media for all the latest news, updates, and announcements. We can't wait to see you out and about this spring!

Warm regards,

Susan Lenio

General Manager, West Hillhurst Community Association

generalmanager@westhillhurst.com

P.S. Don't forget to check out our website and social media pages for upcoming events, volunteer opportunities, and more!





Valid WHCA Annual Membership required Plot costs \$40

For more information contact Carla: admin@westhillhurst.com 403 283 0464 x6

WHCA Member Card Discounts

Members of the West Hillhurst Community Association have access to a variety of activities, sports, events, seminars, and more. A WHCA membership also comes with some exclusive benefits and discounts at local businesses. We are always adding new partners to our benefits program, so keep an eye out each month for new sponsors.

Exclusive Member Card Discounts: Our members receive promotional discounts with local businesses when presenting a WHCA Membership Card.

- Amato Gelato: 10% off
- Calgary Health Collective: 10 to 20% discounts
- Canary Goods: 10% off
- Dignity Memorial: 10% savings
- Eco Equitable: Use promo code 'WHCA' for a 15% discount
- Framed on Fifth: 10% off picture framing services
- Holiday Inn Express & Suites University Calgary: 10% discount on room bookings
- Kensington Wine Market: 10% off wine, 5% off beer and spirits
- Little Rock Painting: 20% discount, use promo code WHCA20
- Shae Spa: \$50 off initial treatment
- Showhome Furniture: 20% off regular priced items, 10% off custom furniture
- Shuswap Ski & Board: 10% discount on regular priced paddles and court shoes.
- Sunny Cider: 10% off any cider purchased at the tap room
- Superior Vacuums: 5% off any purchase or service
- Trinity Wellness Centre: 15% off your initial acupuncture assessment and treatment
- Villages Calgary: 10% off purchases excluding rugs, food, and sale items
- Vine Styles: 10% discount, excluding already discounted products

Contact generalmanager@westhillhurst.com or call 403-283-0464 for sponsorship and advertising opportunities including spaces in the arena, gymnasium, squash courts, and more.

No membership card? No problem! Come see us at the administration office to get yours. To register for WHCA free member programs visit westhillhurst. com. Membership cards must be shown. Online administration fees go back to WHCA.



Have an old injury that just won't go away? Discomfort you just don't seem to be able to get rid of? Have you tried Osteopathy or RAPID? Book your appointment at maximumhealth.ca.

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- RAPID NeuroFascial Reset
- Functional Medicine



Your Health Is Your Most Important Asset maximumhealth.ca #4 213 19th ST NW 403-283-0725 Book Now



WHCA EVENTS

Friends of West Hillhurst! Come support local at The Nest and enjoy a delicious burger, hot wings, gluten-free options, and an affordable kids' menu. Takeout available.



For takeout, reservations, and

group bookings email thenest@westhillhurst.com or call 403-389-2039.



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We Need You! We Are Better Together!

We are looking for people interested in helping with West Hillhurst Community Association events. If you have any ideas or are interested in helping, please contact info@westhillhurst.com.



April Fools... Not!

On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them – Gmail was real, and it's still one of the most popular email services today.

WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association and its external renters offer a wide variety of programming with activities for all ages, schedules, and fitness levels. Please contact the organizer/organization directly for information.

Youth Programming

www.westhillhurst.com/youth-programs

WHCA Preschool 2025-2026 Spots still available. www.westhillhurstpreschool.com

WHCA Lunchtime Literacy Program - FULL Ages 4 to 6. www.westhillhurst.com/youth-programs/

WOW Occupational Therapy for Kids with ADHD wowot.ca

Jugando: Spanish Centre for Kids! www.jugando.ca

Sportball www.sportball.ca/calgary

Triple Meg Soccer www.triplemeg.com

Calgary Roller Derby Jr. www.calgaryrollerderby.com. juniors@calgaryrollerderby.com

Karate Jkaiwayama www.jkaiwayama.ca

Hybrid Hockey Hockey development programming. www.hybridhockey.net

Breakaway Hockey and Ringette Development www.breakawaypowerskating.com

Summit Kids Before/After School Care Monday to Friday. www.summitkids.ca

WHCA Soccer U4 to U8

WHCA Drills and Skills Soccer 8 to 12 years

WHCA T-Ball 5 to 8 years

WHCA Youth and Adult Spring Group Tennis Lessons



MONDAYS MAY 5 - JUNE 16, 2025 \$110 - no class May 19

MEG

Drills & Skills are a great way to advance your next level this spring! With coaching instruction led by Triple Meg Soccer, you can bet you will leave with a few new soccer tools in the box!

* These lessons are not intercommunity league games

REGISTRATION CLOSES MARCH 31

CONSIGNATION AND A STATE OF A STA



U4 U6 U8 AGE GROUPS



TUESDAYS - THURSDAYS MAY 6 - JUNE 19, 2025 TIMBITS SOCCER

Come join us and learn the basics to advance your soccer skills through fun drills, practice, and games!

Registration includes soccer ball, photo, jersey, medal, and June 21 Tournament!





Adult Sports and Fitness Programming

www.westhillhurst.com/adult-programs

WHCA Women's Squash www.westhillhurst.com/squash-lessons-programs

Boogie Nights Dance fitness class. melissa.fellows@outlook.com

NCHL (Adult Non-Contact Hockey League) Monday to Sunday. www.nchl.com

Jazzercise with Judy Mondays and Wednesdays. 6:00 to 7:00 pm. jazzed@telus.net

Yogamaya Yin, gentle, and flow yoga classes. www.yogamaya.ca

Lisa Scott Bootcamp Indoor and outdoor boot camp. scottlj@telus.net

JKA Karate (Jkaiwayama) Adult and youth karate. www.jkaiwayama.ca

Fight 34 Krav Maga We teach the Krav Maga system of realistic self-defence. info@fight34.com

Yarn Ball Drop-in adult floor hockey. robvh2@gmail.com

Calgary Sport and Social Club Volleyball, pickleball, floor hockey. www.calgarysportsclub.com

Calgary Roller Derby Adult roller derby. www.calgaryrollerderby.com/juniors and calgaryjuniorrollerderby@gmail.com

Chinook City Roller Derby

Adult roller derby. michael.p.willie@gmail.com







Head to our Market Mall and Heritage Gate store locations for a special WEST HILLHURST COMMUNITY ASSOCIATION SHOPPING EVENT 3412 49th St NW and 33 Heritage Gate SE - April 6 to 13 Special Event Pricing for all team members.

30% OFF FOOTWEAR & APPAREL % OFF GEAR

Valid in-store only. Discount applies to regular priced product only. Excludes select brands and styles. Expires April 13, 2025.

CANADA

SOLES 4 Donating your used shoes can make a world of difference. Whether they're new SOULS or gently-loved, donate your shoes to protect the planet and help lift people out of poverty. sales localizanada.ang

Word of the Month



Ebullient: adjective (ih-buhl-yuhnt)

Liveliness, enthusiasm, overflowing with excitement.

He was in quite an ebullient mood.



If you enjoy playing Euchre, we invite you to join us Tuesday nights for "Euchre after Dark".

Play starts at 6:30 pm and goes until about 9:00 pm. Access is from the entrance is on the West side of the building.

Become a Go-Getter!

We are an energetic and diverse group of individuals 50+ who thrive on staying active, making new friends, and trying new things. The Go-Getters offer a variety of fitness classes, daily card games, and monthly special events.

Memberships for 2025 are only \$35 and are available now.

To purchase a membership or to learn more about the Go-Getters, please call 403-283-3720, or send an email to programs@telus.net. If you are in the neighbourhood, feel free to drop by and visit us Monday to Friday between 8:30 am and 3:30 pm.

The Go-Getters are located at 1940 6 Avenue NW. You will find us at the SW corner of the WHCA facility building.

Planning Committee

by Karen Dahl

The West Hillhurst Planning Committee (WHPC) is a small but dedicated group of volunteers that meets on the third Monday of every month to review development applications received from the city. Should the meeting fall on a holiday, it will be held on Tuesday night.

All residents and guests are welcome to attend!

For more information, please access the following resources:

- WHPC upcoming meetings, past meeting minutes, and the WHPC Terms of Reference are posted on www.westhillhurst.com/planning.
- Go to developmentmap.calgary.ca to find details and timelines on specific development projects.
- Email the WHPC directly at planning@westhillhurst.com.

WEST HILLHURST PRESCHOOL NEWS



by Lisa Kelly

Happy spring everyone!

March was another fantastic month at preschool! We learned about famous artists like Van Gogh, Kandinsky, Picasso, Monet, and Mondrian. The classroom is filled with colourful artwork created by our very own artists! They always impress us with their attention to detail and the care they put into their artwork.

Over the past few months, we've been practicing our fine motor skills in class with lots of fun activities. We've used playdough, taught the kids to stretch, roll, squeeze, pinch, and cut. In the secret garden, we've used water spray bottles to spray the walls, trees, and ground, practicing squeezing the trigger. In class, we've used tongs to pick up and drop objects into buckets. All these activities help build the muscles in the children's hands and improve their hand-eye coordination, which are important skills for writing.

At the end of March, we started our topic 'Space'. This is always a hit with the kids because they love blasting off to the moon, having dramatic play with the class rocket, making their own spaceship for an alien, and learning about different constellations of stars. Registration for our 2025/2026 program is open to the public and spaces are filling up fast. We also offer a Lunchtime Literacy program for children attending our preschool program. For more information, please visit our website at www.westhillhurstpreschool.com.





The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member— Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.

Learn to Skate

If you forgot your WHCA account password, please do not create a new account. Call our admin staff at 403-283-0464, ext. 6 to reset your password.

For questions about the WHCA Skate Club program contact skate@westhillhurst.com.



West Hillhurst Racquet Club



New Private/Semi-Private Training

Please reach out to trainers directly for pricing and scheduling.

lan Coburn: ian.t.coburn@gmail.com, 403-714-3578 www.westhillhurst.com/meet-the-instructors

Squash Lessons

Sasha Thomson: sasha@thomsonfamily.ca Ozzie Vallejos: ozzievallejos@aol.com

Membership information can be found at www.westhillhurst.com/membership-pricing. Questions? Contact whfitness@westhillhurst.com or 403-283-0464, ext. 1.



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WEST HILLHURST MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc. cleaning@shaw.ca.

VIRTUAL ASSISTANCE FOR SMALL BUSINESSES OR BUSY PROFESSIONALS: Bookkeeping (Xero, QuickBooks, OpenInvoice), administration, calendar management, PowerPoint presentations, research & data management, Spanish & French tutoring for kids, personalized support for your business needs. With over 20 years of experience, I provide reliable, professional, punctual and tailored assistance. Visit www.riliservices. com. Lilia Saro. riliservices@gmail.com.

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.



Skip the Depot

What is SkipTheDepot? A door-to-door bottle collection, electronic recycling, and clothing donation service that makes recycling and clothing donations even more manageable as they will come to you! For a full refund use promo code DONATEWESTHILLHURST. Download the app and book a pick-up!

https://app.skipthedepot.com/westhillhurst.



Adult Pickleball

Check out our WHCA website. The new outdoor (Tennis Courts) and indoor (Gym) schedules are posted. Please contact Carla at West Hillhurst, 403-283-0464, ext. 6 or email admin@westhillhurst.com.







ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/ vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

Help us provide assistance to people and dogs in need. Learn more:



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403.850.2560



653 27 Avenue NW List Price: \$2,099,000

MLS #A2198350

Timeless custom-built home with abundant light, near parks and community sportsplex. Features include in-floor heating, a chef's kitchen with butler's pantry, and a family-friendly mudroom.



613, 1020 9 Avenue SE List Price: \$459,900 MLS #A2195494

Modern living with prime walkability, sleek design, and unobstructed views. Features include in-suite laundry, titled underground parking, and a shared rooftop patio.



1913 3 Avenue NW List Price: \$1,990,900 Heartfelt congratulations to a wonderful family! I couldn't be happier that you've found your dream home.



6528 Lombardy Crescent SW List Price: \$1,299,900

Congratulations to my clients on their successful sale. It was a pleasure working together again.

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

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