

APRIL 2020

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HILLHURST SUNNYSIDE

VOICE

PRESERVING AND ENHANCING THE QUALITY OF LIFE FOR RESIDENTS OF HILLHURST SUNNYSIDE



**CHECK OUT OUR
EARTH DAY ECO-MARKET
APRIL 22, 3-7PM**

**HSCA'S AGM
APRIL 27, 7-9PM**





Opening
June
2020



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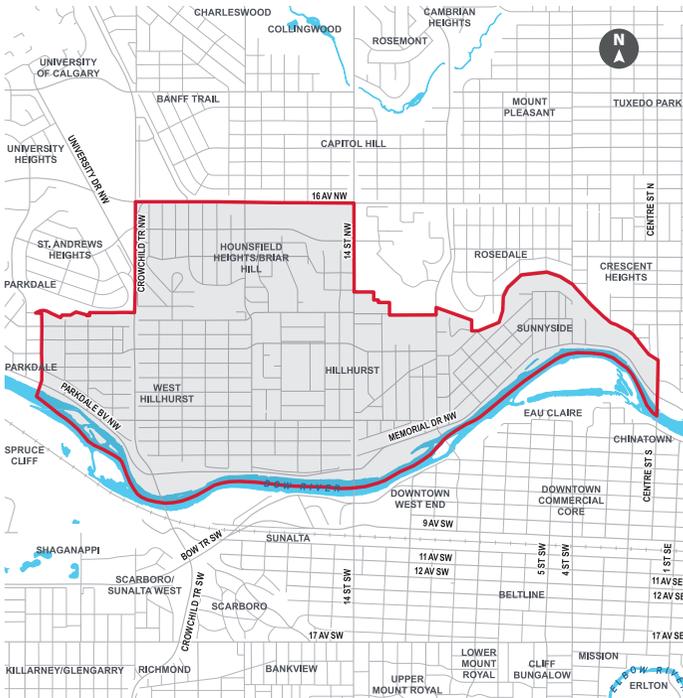
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What's the plan for the future of this area?

Communities change and evolve over the years and we're planning for future growth and development in this area.



In 20 or 30 years, your community and the surrounding area will likely look and function differently than it does today. A local area plan is being created for a number of inner-city communities in northwest Calgary. Learn more about growth and redevelopment, why we're working together now to plan for the future, and how you can get involved.

Get Involved

Public engagement kicks-off late April and there will be ongoing participation opportunities throughout the next year.

Visit calgary.ca/Area4LAP to learn more and get involved.

Apply to join your Local Growth Planning Working Group

Are you passionate about your community? Do you have an interest in future growth? Are you curious about redevelopment and community planning?

We're looking for locals who are passionate and committed to participate in the Area 4 Communities Working Group. This working group will provide key input into the Area 4 Communities project and will help ensure different viewpoints and perspectives are brought to the table.

Visit calgary.ca/Area4LAP to learn more and apply by April 19.

GOOD TIMES ARE HERE.



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Hillhurst Sunnyside Community Association

Community Centre

1320 5 Avenue NW, Calgary, AB T2N 0S2

Phone: 403 283-0554 • Fax: 403 270-3130 • www.hsca.ca

BOARD OF DIRECTORS

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All of our staff can be reached at the extensions listed through our main reception number at 403-283-0554 Monday through Friday from 9:00 am to 3:30 pm.

STAFF LISTING

Kate Stenson	Executive Director Ext. 221	kate.s@hsca.ca
Allison Harrison	Front Office & Rentals Ext 232	rentals@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
Stephanie Corbett	Communications Coordinator Ext. 226	stephanie.c@hsca.ca
Sophie Bandula	Daycare Program Manager	403-270-9703, sophie.b@hsca.ca
Taiya Colonel	OOSC Program Manager	taiya.c@hsca.ca
Karl Kingsley	Facility Services Manager Ext 223	karl.k@hsca.ca
Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
Bianca Zhou	Controller Ext. 225	accounting@hsca.ca
Hillhurst Sunnyside Daycare	Sunshine and Rainbow Rooms	403-270-9703
Bonnie Constable	Flea Market Coordinator Ext. 231 (drop in on Sundays, or leave a message - calls returned on Wednesdays and Sundays only)	
Heather Ramshaw	Community Programs Coordinator Ext. 248	heather.r@hsca.ca
Sarah Howden	Community Connections Coordinator Ext 247	sarah.h@hsca.ca



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Poetry at the Market

by Monica Kidd

For more than a decade, April has been the month for an international celebration of poetry. It's said that members of the Academy of American Poets began the tradition in 1996 when they stood on the steps of a post office in New York City, in April, and handed out copies of T.S. Eliot's poem "The Waste Land—say it with me, *April is the cruellest month...*—to people waiting to file their taxes. (Haha. Can't say poets don't have a sense of humour.) Canada's League of Canadian poets imported the tradition two years later. National Poetry Month has since become a time to bring together poets and publishers, booksellers and buyers, and take poetry to the streets.

Now I know that not everyone loves poetry. If my being a poet comes up in mixed company, I'm often met with a polite smile and a quick do-si-do toward another topic of conversation. It's okay. If your only exposure to poetry was a steady diet of heroic couplets or pondering *That sunny dome! those caves of ice!* à la Coleridge in Grade 10 English, or even just sassy limericks, I can understand your hesitation.

Poetry (considered opposite prose) can be difficult to put into a box, but is principally concerned with style, layers of meaning, and often emotion. It sometimes gets at truth by looking at it askance, much the way one can sometimes see stars more clearly by looking slightly away, employing parallax. Poetry can rhyme but doesn't have to. Poetry doesn't even need words: "concrete" poets convey meaning by visual means, often typographical marks. Poetry is a practice of celebration and innovation.

I can't say what brought me to poetry in the first place. I was a science undergrad for Pete's sake. But somehow, I found it, and poetry happily became my constant companion, the way I make sense of the world.

And I'm not alone. Earlier this year, *The Guardian* ("Poetry sales soar as political millennials search for clarity," January 21, 2019) reported that sales of poetry in the UK had hit an all-time high in 2018. Yes, you read that correctly: in 2018, poetry sales in Britain topped £12.3 million, a historical record. A spokesperson for the UK book sales monitor Nielsen BookScan put it this way: "Poetry is resonating with people who are looking for understanding. It is a really good way to explore complex, difficult emotions and uncertainty."

In a time where politics and community-making has devolved into launching 140-character missives from behind enemy lines, people, not unsurprisingly, crave more complexity, more nuance.

So, this April, safely in your own community, I invite you to the Hillhurst Sunnyside Farmer's Market, 4-6 pm, to sample some poetry. Locally-connected publishers (Freehand Books, House of Blue Skies Press, Loft 112, Pedlar Press,?! Press, NeWest Press, University of Calgary Press) will be on hand with titles for sale. Several poets will read from their work. There's a good chance you'll go home with swag. And maybe even a new place in your life for poetry.

Monica Kidd is a published poet and works as an acquisitions editor.

Community Trivia Time!

Q1. What is the name of the oldest road in Hillhurst Sunnyside?

Q2. In what year was HSCA created?

Do you have some fun community trivia questions or facts you'd like included in the next Voice newsletter? Send them to stephanie.c@hsc.ca or call 403-283-0554, Ext. 226 and they could be featured in our next Voice or e-newsletter!

Submission must be submitted by the end of the day on the 3rd of the month prior to publication.

At 1. Gladstone Road, A2. 1948 for sports and HSCA was officially formed in 1973.

Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Hillhurst-Sunnyside Community Association (HSCA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and HSCA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services.

Please note that effective March 17th, 2020, the HSCA is CLOSED. The closure of our facility means ALL HSCA programming, services, events, and operations will no longer be running until further notice. If you require support, please contact 211. We encourage you to check our website (www.hsca.ca) and social media (Instagram: @hillhurst_sunnyside, Facebook @hillhurstsunnyside) for updates, resources, and ways you can support our community during this difficult time.



Program Phone Numbers

*Art Classes		
*Badminton	Allison	403-283-0554 ext. 232
Capoeira		403-827-7917
*Chair Yoga	Debbie	403-283-0554 ext. 224
*Drop In ESL Classes	Norman	esl@hsca.ca
*Farmers' Market		
*Fresh Food Basket	Heather	403-283-0554 ext. 248
*Flea Market	Bonnie	403-283-0554 ext. 231
		(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)
Karate	Richard	403-203-8710
Karma Yoga*	Lisa K.	403-270-0995 (no texting please)
*Neighbour Night	Sarah	403-283-0554 ext. 247
*Seniors' Knitting/Morning & *Seniors' Drop In	Debbie	403-283-0554 ext. 224
Spanish Lessons	Guilliana	403-835-2650
Sportball		403-700-7994

IMPORTANT NOTICE

With the closure of HSCA (effective March 17, 2020) our scheduled Annual General Meeting on Monday April 27, 2020 may be postponed. Please visit www.hsca.ca/annual-general-meeting for the most up-to-date information on our AGM.

We recognize the importance of community during this time and we encourage you to still:

- renew your HSCA Membership or make a donation directly to HSCA's campaign page (www.hsca.ca/donate)
- consider participation in the Board of Directors voting and nomination process (see the AGM website for detail)
- submit your Community Service Award Nominations (see the AGM website for detail)

HSCA Soccer 2020: Volunteers Needed

This year we're offering U4 & U6 leagues and we need some volunteers. To register and learn more about the volunteer opportunities available, visit www.hsca.ca/soccer. We're specifically looking for **Coaches** for this Soccer Season! We offer a free Coach Manuals—so there is no need to worry about 'not knowing' about Soccer. Questions? Email Taiya at soccer@hsca.ca for more details.

All volunteers will receive a \$20 credit online toward HSCA services (including 2021 Soccer registration, HSCA Memberships, and the Bowview Pool).

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Drop-in Knitting & Crocheting

Mondays, 9am – noon, Hearth Room

If you would like to learn how to knit or crochet, or if you would like to come by and meet with the ladies of the group, visit and see the great items they create, you are most welcome.

You may purchase the Knitting Group's items at the Wednesday Farmers' Market (now indoors for the fall and winter) or on Mondays when the group is in the centre. Come down and check out all the wonderful things they have for sale. Proceeds from the sale of these items support programming for the Seniors Connections Program. The seniors are always looking for donations of yarn to create their projects. If you have some yarn you would like to donate, please drop it off at the centre. The yarn is greatly appreciated.

Contact Debbie for more information: 403-283-0554 ext. 224 debbie.o@hsca.ca.

Monday Afternoon Card Group

Mondays, 1pm – 3:30pm, Boardroom

This group meets each Monday from about 1 p.m. to 3:30 p.m. to chat and drink coffee over a game of "Stop the Bus", a classic and easy to learn card game. This free and informal drop-in group welcomes seniors to come out and get to know some new people, share stories and have fun. Come join them for an afternoon and enjoy some good fun. Feel free to bring new game ideas too!

Contact Debbie for more information: 403-283-0554 ext. 224 or at debbie.o@hsca.ca.

Drop-In Badminton

Monday and Thursdays, 10:00am-1:00pm, Gymnasium

Join an enthusiastic group for competitive, but friendly badminton on Monday and Thursday mornings! Bring your own racket, running shoes and \$4 to play.

Fresh Food Basket

Mondays, 4pm – 6pm, Hearth Room

Are you facing financial barriers to accessing good, fresh food? Drop by and pick up a few servings of fresh produce for free! Our supply of single-use plastic bags is decreasing. Please bring your own bags or containers and join us in this growing movement to use less plastic.

Note: On statutory holiday Mondays, Fresh Food Basket is open Tuesdays instead.

For more information, contact Heather at 403-283-0554 ext. 248 or at heather.r@hsca.ca.

Drop-in ESL Club

Tuesdays, 7:15pm – 8:45pm, Board Room

"There is a place on this planet where frontiers don't exist, where no passport is needed [and] you can go on a trip around the world in just 90 minutes" (ESL member, 2019). Practice and improve your English speaking and listening skills in a free, informal, conversation-based club. Please register before attending as class size is limited. Priority is given to residents of the Hillhurst Sunnyside Community, though if space is available, we also welcome residents of the rest of Calgary.

To register or for more information, please email esl@hsca.ca.

Farmers' Market – Indoor for the season!

Wednesdays, 3pm – 7pm year round

Join us for great local food, music and fun Wednesdays when farmers, artisans and chefs gather each week to bring the community the best in local food and goods. Don't forget, the market is year-round!

For more information visit www.farmersmarket.hsca.ca or call or email Heather at 403-283-0554 ext. 248 or heather.r@hsca.ca.

Chair Yoga – TWO CLASSES

Thursdays, 10:15am to 11:05 am (first class) & 11:15 am to 12:05 pm (second class), North Social Hall

The first class has room for more participants. If you are interested in joining the class, please call Debbie to register to make sure that there is room. Each class is capped at 25 participants to make sure there is room for participants to move and no one feels crowded.

Classes return February 6, 2020 and run until June 25, 2020. Join us for gentle exercise to help increase body strength, stretch muscles, help improve balance, prevent falls and help improve movement.

Have questions? Contact Debbie for more information or register for the class(es): debbie.o@hsca.ca or 403-283-0554 ext. 224.

Neighbour Night

Neighbour Night is on break for April, returning on Thursday, May 7th at 5:30pm.

Come get to know your neighbours and learn something new! Join us every Thursday for an interesting activity or discussion, childminding, and a vegetarian meal. Neighbour Night is FREE for all to attend.

Neighbour Night runs on Thursdays on a drop-in basis.

For more information, contact Sarah at 403-283-0554 ext. 247 or at sarah.h@hsca.ca.

Supporting Caregivers

1st Thursday of every month, 6pm – 8pm, Tyler Room

The Caregiver Support Network will meet on the first Thursday of every month from January to June. This network was started by caregivers who wanted to explore ways to support each other. Everyone's journey will have unique elements, but most of the challenges are the same. Whether you are a current caregiver, anticipate becoming a caregiver, want to help someone who is caregiving, or just want to learn more, come join us. We look forward to input from all sides as we navigate this journey together.

If you are not able to make the meetings but would like to learn about what we are exploring, give Debbie a call and she will gladly get you up to speed and tell you about next steps. I hope to have information set up on our website in the coming months. Will post it on Facebook when it is available for viewing.

For more information, contact Debbie for more information: debbie.o@hsca.ca or 403-283-0554 ext. 224

Volunteer Opportunities

To find all volunteer opportunities available at HSCA, visit www.hsca.ca/volunteer

Neighbour Night – Looking for volunteers to help cook meals!

Love to cook? Share your creations with the Neighbour Night program to help a group of amazing residents build relationships and livelihood assets over dinner and activities!

The responsibilities of a Neighbour Night Volunteer Cook are to:

- Plan, prepare, and cook a healthy, vegetarian meal for Neighbour Night
- Inform the Community Connections Coordinator of any ingredients needed for the meal to ensure everything is ready to cook upon arrival
- Clean up related materials and spaces after use

Volunteer Cooks would ideally be available on Thursdays leading up to the 6pm dinner service, OR the volunteer could prepare the meal at an earlier time or date and leave instructions for serving. We ask for volunteer to please commit to cooking at least one meal per month, or as many as one per week. All volunteers are invited to join the group dinner each week.

Contact Sarah for more information: sarah.h@hsca.ca or 403-283-0554 ext. 247.

Volunteer Network: Supporting Seniors

Help build a Volunteer Network to connect with and support seniors in our community in a proactive way by being able to respond to seniors needs more quickly. Having volunteers who have completed the screening process and identified ways they would like to support seniors, when the need or request arises, means that we can respond to their needs more quickly after a request is made.

If you are interested in being part of this volunteer network, contact Debbie or sign up online on our Timecounts program – www.timecounts.org/hillhurst-sunnyside. We will do the security clearance process and training ahead of time so that you are ready to help us respond to emergent or regular requests as they come in.

Check out the following Bucket List of some of previous requests to see if there's something that you might be interested in helping with and join our Volunteer Network today!

Volunteer Bucket List: Snow removal, light housekeeping, friendly visiting, garden support, escorting to a program, shopping support, transportation, replacing a smoke detector battery, fixing a dripping faucet, unclogging a sink, changing a light bulb in a ceiling light, downsizing, help getting home from cataract surgery, dog walking, and more!

For more information or to explore the possibilities for seniors programming or support, contact Debbie for more information: debbie.o@hsca.ca or 403-283-0554 ext. 224

If you're looking to get involved at HSCA and you don't see an opportunity that suits you, please reach out to chat – we would love to hear from you!

For anything related to seniors: Debbie at debbie.o@hsca.ca or 403-283-0554 ext. 224

For anything related to Fresh Food Basket or the Farmers' Market: Heather at heather.r@hsca.ca or 403-283-0554 ext. 248

For questions about Neighbour Night, Community Potlucks, resources and supports contact Sarah at sarah.h@hsca.ca or 403-283-0554 ext. 247.

COMMUNITY PLANNING, DEVELOPMENT, AND ENGAGEMENT UPDATE

The Hillhurst Sunnyside Planning Committee (HSPC) is a diverse group of residents interested in how the community evolves.

“Community associations have an important role to play in urban and community planning. They help to shape and communicate community goals and aspirations in both policy planning and implementation of plans. They are repositories of local knowledge and history. They provide City of Calgary authorities and development applicants with advice and insight into neighbourhood issues, concerns, and desires.” – Federation of Calgary Communities

HSPC is a subcommittee of the HSCA Board of Directors and is guided by its Terms of Reference. HSPC responds to development applications using the Hillhurst Sunnyside Area Redevelopment Plan (ARP) which is a Council-approved policy that provides homeowners and development applicants with direction on the height, density and shape of new buildings in our neighbourhood.

New Planning System

Important NEW Planning Policy Changes in 2020



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COME CHECK US OUT!

Urban planning is always evolving; Hillhurst Sunnyside was the first to go through Transit Oriented Development (TOD); that is, adding housing options and population density around train stations. From 2006 to 2009, the community was engaged through workshops and a Citizens Advisory Committee on conversations about appropriate heights and densities, while balancing the human scale and village-feel of the community. It was a 3-year consultation process that led to City Council's adoption of the ARP's TOD amendment.

A block-by-block review resulted in thoughtful transitions that have guided redevelopment. For example: the St. John's on Tenth building at 8 storeys, is tallest closer to 10th Street and steps down 3 & 4 storeys closer to 10A Street where there is a mix of apartments and single-detached homes. Main floor units with patios and gates on the main level were incorporated into the design to fit in with the residential feel of the community, characterized by the numerous front porches as private/public spaces where neighbours bump into each other.

The same year in 2009, the Municipal Development Plan (MDP) and Calgary Transportation Plan was approved by Council to guide land use and mobility across the entire city. The MDP had (at the time) ambitious goals of 50% population growth in established communities and 50% growth absorbed by new suburbs by 2069. It also set a shorter-term target of 33% in established areas and 66% in suburbs respectively by 2039. The City is currently conducting its 10-year review of these policies (see <https://engage.calgary.ca/next20>).

Along the way, we have seen other policy initiatives: from Transforming Planning (engaging and understanding stakeholders earlier in the development process) to Main Streets (increasing housing and job densities along the livelier mixed residential and commercial streets) and currently, Guidebook for Great Communities, which is meant to implement MDP policies. The Guidebook will only apply to communities that have gone through the Local Area Plan process and will go forward to Council on April 27, 2020 for decision. More information at www.calgary.ca/guidebook.

As the City of Calgary transitions to Local Area Plan / Multi Community Plans, community members in Hillhurst, Sunnyside with our neighbours in West Hillhurst and Hounsfeld Heights-Briar Hill will be called upon to take part in envision how our communities evolve and change. Follow HSCA Community Planning online at <https://hsc-community-planning.mn.co>, on our e-news and social media for opportunities to get involved. You can also email the Planning Committee c/o Lisa Chong, Community Planning & Engagement Coordinator at lisa.c@hsc.ca.

The City of Calgary will also be sending out notices and updates on the new Multi Community Planning initiative via social media, on the web and on our newsletters over the next 1-2 years.

Skillz 'N Stuff: Our First Zero Waste Evening at HSCA



Last month, HSCA hosted our first ever Skillz 'N Stuff event. This community event was a Zero Waste Night, featuring a free pop-up refillery and information sessions by the City of Calgary & BluPlanet Recycling. Two of our HSCA Membership Partners had booths set up, (Sunnyside Natural Market & Canary Goods) promoting zero waste options and tips on how to reduce single-use plastic in our community. Attendees were encouraged to bring their own containers (BYOC) from home or donate any of any unused ones to others (a great excuse to declutter that container drawer).

With over 90 people in attendance, we're pleased to say it was a success! Conversation, community building, and waste reduction strategies filled the space at HSCA. We want to give a huge shout out to all the passionate volunteers that made the event possible, including visionary and organizer Jocelyn K. and our hosts with the Kensington Clean-up Club (KCC).

Do you have an idea or activity you'd like to see or be involved in for our next Skillz 'N Stuff event? We would love to hear from you! Skillz 'N Stuff is intended to bring our community together over initiatives and activities important to residents! For more information, contact Heather.r@hsc.ca



Hillhurst Sunnyside Community Association

CAREGIVING SUPPORT GATHERING

ALL CAREGIVERS
WELCOME!



THURSDAY, APRIL 2,
6-8PM

AT THE HILLHURST SUNNYSIDE COMMUNITY CENTRE, BOARDROOM
(1320 5TH AVE NW)

COME AND JOIN US AS WE SHARE
OUR JOURNEYS, CHALLENGES,
FRUSTRATION, IDEAS ETC. AND CREATE
A PLAN FOR US AND OTHER CAREGIVERS
IN THE COMMUNITY TO HELP AS WE
TRAVEL THIS PATH.

THESE MEETINGS WILL BE HELD ON THE
FIRST THURSDAY OF EACH MONTH.

FOR MORE INFORMATION, CONTACT DEBBIE AT
403.283.0554, EXT. 224 OR DEBBIE.O@HSCA.CA



HOST YOUR
EVENT,
WORKSHOP OR
GROUP AT HSCA



SPACE AVAILABLE
IN OUR HALLS,
GYM & EVEN
PARKING LOT!

CONTACT FOR
AVAILABILITY
403-283-0554
WWW.HSCA.CA



FLEA MARKET

SUNDAYS 7:00 AM - 3:00 PM

403 283 0554, ext. 224
1320-5 Ave NW

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Karate Hillhurst

Hillhurst Sunnyside
Community Association
1320 5th Avenue NW

Ages 8 & Up – Beginners
welcome!

**Leadership Development
through Karate classes for:**

- Spring Sparring Session
- StrengthFit Karate

Classes start May 5, 2020

Call or email for info NOW!
403-203-8710 | info@ldkfoundation.com

The LDK Foundation is a registered non-profit
organization under the direction of Richard
Fossey, 7th Degree Black Belt.

What's Happening with Bow to Bluff?

We chatted with Daniel England, Project Manager at city of Calgary Parks and Hillhurst Sunnyside volunteers about this exciting, soon to be built project. **Bow to Bluff** (B2B) is an award-winning citizens' initiative to improve the triangle-shaped parks along the corridor between the Bow River and McHugh Bluff.

The concept for the redevelopment of the Bow to Bluff area is to create a great public realm corridor that connects the community as well as commuters. The current scope of the project includes the triangular shaped parcels along 9A Street NW by the LRT tracks from Memorial Drive to McHugh Bluff. The triangle site at 1020 2 Ave NW with the shipping containers is owned by the City of Calgary and slated as a future mixed affordable/ market housing development.

City Parks completed extensive public engagement in 2011, resulting in the Bow to Bluff Urban Design Framework and again in 2017 to prioritize and refine details given a more fiscally challenged environment.

The project is fully funded and supported by the City of Calgary with a budget of approximately <\$4 million to complete the project between 2020-2022. The detailed designs are moving towards tender for construction to start in spring 2020.

Redevelopment Highlights

Work include expanding the Memorial Drive community garden, creating play areas, improved paving/pathways and a skateboard area under the C-Train bridge and skateable elements along the corridor.

The 2nd Ave NW park may include a bocce ball zone, bike racks, a harvest table, community kitchen and lighting in the seating area. The 4th Ave park will include a children's play area.

Improvements to the fencing along the C-train line include material upgrades. Wayfinding and interpretative storytelling features will be woven into the design of the entire project.

Construction updates

For your safety, area closures and detour signs will be in place to help users navigate the construction. Although the City will try to minimize disruption to the area outside the park, it expects that roadway access should be maintained with some detours.



Bow landing park (Memorial Drive community garden and area)



Harvest park (2nd Ave NW park)



Play park (4th Ave NW park)



Lions Park
denture clinic

Dhiren Bharadia, Denturist

Tel: 403-284-1803
Fax: 403-220-0486
info@accufit.ca

Lions Park Professional Building 1521-19 St. N.W., Calgary, AB T2N 2K2



2020 Good Food Box Dates

Order by 3:30pm on Tuesday. Pick Up between 1:00pm and 4:00pm on Thursday:

Order By	Pick Up
April 21st	April 30th
May 19th	May 28th
June 9th	June 18th
September 15th	September 24th
October 13th	October 22st
November 17th	November 26th

GOOD FOOD BOXES ARE NOT AVAILABLE IN JULY, AUGUST, and DECEMBER.

The Good Food Box may include:

Potatoes, onions, carrots, tomatoes, oranges, celery, bananas, cauliflower, apples, melon, cabbage, cucumber, grapes, lettuce, green peppers, etc.

- Jumbo Box: Includes approximately 40 pounds of produce. Cost: \$ 35.00
- Family Box: Includes approximately 30 pounds of produce. Cost: \$ 30.00
- Senior/Single Box: Includes approximately 20 pounds of produce. Cost: \$ 25.00

PAYMENT BY CASH ONLY AT THE FRONT OFFICE

For more information, please contact: Allison Harrison, Front Office & Rentals Coordinator
allison.h@hsc.ca | (403) 283-0554 ext. 232

We do not accept phone orders; orders must be placed in person with cash at the time placed.



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Art Class

Beginner Acrylic Painting Class

Online registration available.
Visit www.hsc.ca/art-classes to register and find out more!

Thursday April 23rd to June 4th, 2020
9 am to Noon
\$119.00

Instructor – Joy Kaitman
Run at the Hillhurst Sunnyside Community Centre

This art class will introduce the Beginner to the wonderful world of painting with Acrylics as it is a very versatile medium. Acrylics can be painted in a style that resembles watercolours or oils and provide for artistic creativity with their own wide range of textural applications. Acrylics come in beautiful vibrant colours and can be applied with vibrancy or subdued. This 7-week instructional class will use guided demonstrations to cover the basics of painting techniques, colour explorations, drawing and the elements of design. A supply list will be provided upon registration. Start your journey of seeing the world through your own artist's eyes with a class full of colour and discovery.



We have started our registrations for our Sun Fun 9-week program and for the 2020/2021 school year and we still have spaces available! To register, please see the contact information below!

HSCA-Out of School Care is a program for children in kindergarten up until grade 6. We work closely with Hillhurst School and provide transportation to from and from this location. Our primary approach to childcare is a belief that each child is an individual. We strive to provide a wide range of activities in order to meet the physical, social, emotional, intellectual, creative and developmental needs of each child in our care. We love to see children grow and flourish and strive to build their self-esteem in a caring and supportive environment. We are firm believers in the Emergent Curriculum method of program planning, and always include and plan around children's interests. We would love to have your child join our program, please email Taiya for more information.

Contact:

Program Manager Email: Taiya.c@hsc.ca

Number: 403-270-9705

Hours of Operation: 7:00am-6:00pm



**HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION**

**Tuesdays 9 to 10 am Kids 3
-5 Years Old**

**Wednesdays 4:30 to 5:30 pm
Kids 6 -10 Years Old**



FOR MORE INFO:
WWW.JUGANDO.CA
 403 - 2352650
 giulliana@jugando.ca



Volunteer for the Pathway and River Clean-Up

The 53rd annual Pathway and River Clean-Up will be held Sunday May 3, 2020, from 9 am - 12 pm (ish). Hillhurst Sunnyside Community Association will once again participate in this City event by getting a volunteer group together. We are looking for around 30 people to help out. Here are the details:

This one-day City of Calgary event engages hundreds of local volunteer groups to participate to remove accumulated litter along designated pathway areas. Garbage bags, snacks and an orientation are included.

What: Volunteer to help clean the river pathway adjacent to Hillhurst Sunnyside of litter. This year's location – pathway between LRT bridge (9a St) and 14 St NW, north side of Bow River.

When: Sunday, May 3, 2020, 9 am - 12 pm

Where: Volunteers meet at Poppy Plaza 9 am (weather permitting)

Who: YOU (and any of your friends, family, neighbours)

- Age 12 years and older.
- Youth ages 12 – 16 **must be accompanied by a parent or guardian.**
- Physically fit and willingness to get dirty.

Why: A good deed, fresh air, exercise, fun, meet new people and/or your neighbours

To volunteer, or for more information, please email Maria at ideahamstergirl@gmail.com before April 19.



Now Available: HSCA 2020 Memberships

When you purchase an HSCA Membership, you earn discounts at some great local businesses & make a difference in our community!

All memberships are available for purchase online at www.hsc.ca/membership.

If you need assistance purchasing your membership online, please call 403-283-0554 ext 232 for assistance or drop by HSCA during administrative hours (Monday-Friday 9:00am-3:30pm).

HSCA Membership benefits:

- **10% discount on HSCA facility rentals with a family membership**
- **Reduced rates for some HSCA programs, drop- in sports, some special event admissions**
- **\$5 discount per swimming lesson set; discounted monthly pass at Bowview Pool for members only (open during the summer only)**
- **Free use of the tennis court**

You can also use your HSCA membership card to receive discounts with the following local businesses:

- **NEW- Good Grade Coffee Co:** HSCA Members receive 10% off all beverages
- **NEW- Bailey Nelson- Kensington:** HSCA Members will receive a Free Blue Light Filter (\$50 Value)
- **Sunnyside Natural Market:** Save 5% with your HSCA Card (case discounts not included)
- **Swizzlesticks Salon & Spa:** 15% discount on all services at the Salon & Spa.
- **Vine Styles Kensington:** 10% off total purchase. Show your HSCA membership to Vine Styles staff to create your customer profile with built-in discount. Not applicable to already existing discounted items and/or case discounts.
- **Midtown Kitchen & Bar:** 10% off regular priced orders
- **Flippn' Burgers:** 10% discount on all purchases
- **Marathon Ethiopian Restaurant:** save 10% on all regular priced purchase with your HSCA card
- **Cadence Chiropractic Sport & Health:** 20% off your first 60- or 90-minute massage. 20% off your initial Acupuncture Assessment and Treatment
- **Kensington Auto Pro:** 10% off on parts & labour
- **Framed on Fifth:** 10% discount on all framing
- **Rejuve your Body:** Get a 30 minute massage FREE when you book the next 30 minutes for \$49.00 for 1st visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly the Regal Beagle):** 10% off your order (excludes daily specials)
- **Kensington Fitness:** \$15 off your first massage treatment
- **MYo Lab Sports Therapy + Personal Training:** 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- **Pho HouZ Vietnames:** 10% off regular priced orders (excludes alcohol)
- **Tania MediSpa:** Family & Individual members receive 20% off facials & body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior Members receive 20% off facials, nails and massages, 10% off product
- **Dignity Memorial Funeral Services:** 10% savings on all preneed or at-need funeral or cremation products and services, cemetery interment rights, products and services* [*On already discounted Dignity Memorial plans, the employee or member is entitled to the greater of the two discounts.] National Transferability on prearranged services at no additional charge, Thirteen (13) months of unlimited access to the 24-Hour Compassion Helpline®, Access to the Dignity Memorial Bereavement Travel Program
- **The Mat's Diner:** 10% off your meal
- **Macleod Optometry and Tamas Eyecare** - \$125 off prescription glasses or sunglasses. Must have a valid prescription.
- **Sunny Cider:** 10% off to all HSCA Members
- **Canary Refillery & Zero Waste Market - NEW:** 10% off purchases
- **Wheels Training Centre - NEW:** HSCA Members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation
- **OXBOW:** 10% discount on breakfast / brunch or dinner.

Visit our website www.hsc.ca for news and updates about this program

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RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Hillhurst and Sunnyside areas with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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.

LANDSCAPING & WEEKLY YARD CARE: Starting at \$36. Garden bed design, mulch, rock and sod installation, stone patios, walkways, raised beds, rock walls. Affordable exterior painting, deck and fence builds. Window or gutter cleaning starting at \$89. A+ Member of BBB, Licensed, insured. Seniors' discount. Call or text 403-265-4769. YardBustersLandscaping.com

LOCAL HANDYMAN IN HILLHURST/SUNNYSIDE: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

MANA.EDI.CATERING: Four cuisines in one menu for companies, organizations, individual's events, and kids catering for child-focused celebrations. https://mana.catering, 403-401-8473.

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