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SUNNYSIDE ART CRAWL
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Executive Director ext. 221	Kate Stenson	kate.s@hsca.ca
Communications Coordinator ext. 226	Stephanie Corbet	stephanie.c@hsca.ca
Childhood Director/Daycare Program Manager	Shannon Martel	shannon.m@hsca.ca 403-270-9703
OOSC Program Manager	Camie Chanasyk	camie.c@hsca.ca
Facility Services Manager ext. 223	Karl Kingsley	karl.k@hsca.ca
Seniors' Connection Coordinator ext. 224	Debbie Olson	debbie.o@hsca.ca
Controller ext. 225	Amy Kettenbach	accounting@hsca.ca
Sunshine and Rainbow Rooms	Hillhurst Sunnyside Daycare	403-270-9703
Flea Market Coordinator ext. 231 (Drop in on Sundays, or leave a message. Calls returned on Wednesdays and Sundays only)	Angel Davis	fleamarket@hsca.ca
Community Programs Coordinator ext. 248	Alex Walz	alex.w@hsca.ca
Community Connections Coordinator ext. 247	Shaye Radford	shaye.r@hsca.ca
Planning Coordinator	Beky Poschmann	planning@hsca.ca



Hillhurst Sunnyside Community Association

FLEA MARKET

SUNDAYS 7:00 AM- 3:00 PM

403-283-0554, ext 231
1320 5 Ave NW



A community program since 1985!
OPEN WEEKLY | YEAR ROUND | FREE ADMISSION
140+ vendor tables



Program Phone Numbers

Chair Yoga	Debbie 403-283-0554 ext. 224
Farmers' Market Fresh Food Basket	Alex Walz 403-617-6094
Flea Market	Angel 403-283-0554 ext. 231
<i>(Drop in on Sundays or leave a message. Calls returned on Wednesdays and Sundays only)</i>	
Neighbour Night	Shaye 403-283-0554 ext. 247



The Good Food Box (GFB)

The Good Food Box is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out.

Large Box: Includes approximately 40 pounds of produce. Cost: \$35

Medium Box: Includes approximately 30 pounds of produce. Cost: \$30

Small Box: Includes approximately 20 pounds of produce. Cost: \$25

Orders Accepted:

Online at the HSCA Web Store: www.hsca.ca/community-food-program.

Orders may be placed during the pick-up times – cash orders only.

New 2023 Order and Delivery Dates (Area B)

Order by 2:00 pm	New Pick-Up Time 2:00 pm to 6:00 pm
May 2	May 11
May 30	June 8
June 20	June 29
August 22	August 31
September 19	September 28
October 17	October 26
November 14	November 23



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

HILLHURST



SUNNYSIDE



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Hillhurst Sunnyside Community Association

Join us at the Hillhurst Sunnyside Fields

May 2 to June 28, Tuesdays/Thursdays
Play-Train-Play Modules
Advanced Soccer Pathways
U12-16 by Calgary Rockies FC

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U5/6 (2017/18) \$105 - 16 sessions
U8 (2015/16) \$137 - 16 sessions
U10 (2013/14) \$147 - 16 sessions

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Crime and Art

Submitted by Christie Page

Our inner-city neighborhoods are walkable places where the residents are out interacting with the landscape around them on a regular basis. Some spaces are community spaces, like parks for gathering. Some spaces are private spaces, like fenced in yards. There are spaces in between that are private but public facing, like front steps or garage doors.

When you walk along a front street with boulevards and beautiful tree canopies you see the effort that homeowners put into making their homes feel welcoming. There are also big windows looking out, and doors that might open with people coming and going. The behavior you portray is somewhat based on knowing you might be seen, that very quickly you could end up face to face with another person.

Back alleys are different. They were built with service in mind, not connectivity. Alleys prioritize vehicles coming and going, along with garbage, recycling, and compost removal. If you were to walk down a back alley with a line of closed garage doors on either side of you, you might feel very alone. Green, blue, and black bins, Enmax poles evenly spaced, and not much else.

If you were someone who had nefarious intentions, you might be under the impression that this was a space full of opportunity. No one is around to challenge your actions; you could likely go unseen for a while. You might think to yourself, how could you use this situation to your advantage?

What might take away from this feeling? The obvious are things like lights that activate with motion but after a moment of stillness a criminal will know no one is actually watching them. Bells on doors and gates that make it very hard to enter quietly can be a great deterrent. But what else can be done to deter bad behavior?

When you look down a back alley that has a garage door not blank and sterile, but with a mural painted on it, do you feel a pull to go take in the art? Others do. People from all over Calgary come to view Sunnyside's Garage Art Gallery. Could your garage door or fence be part of this effort and be a tool to dissuade crime?



Sunnyside Art Crawl Map

Other things you might do is plant an apple tree or some rhubarb or raspberries in the alley inviting people to come help themselves. A bench giving neighbors a spot to sit is a great way to give the feeling that people gather here. A basketball net or a chalk board shows this space is for play. This space is not always empty. This space is not full of opportunity but is designed for the community. All these ideas make your home feel safer and more connected to the community at large.

Many cities around the globe have found that activating a space to welcome more eyes on the street is game changing to keeping criminal behavior at bay. This has been proven to work on a large scale. Could we, here in Hillhurst and Sunnyside, do this piecemeal, each making improvements to our own plots of land? We have already started and we would love you to be part of the change.

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Purchase Your HSCA Membership!

By purchasing an HSCA membership, you are supporting the Hillhurst Sunnyside Community Association in a variety of ways, but also, you are making a statement that you care about our community and that you want to play an active part in the community movement. Purchase your membership online at www.hsca.ca/membership.

HSCA Membership Benefits

In addition to making a difference in the community, purchasing a membership now earns you perks and/or discounts at local businesses!

Memberships are valid for one year from the date of purchase, you can use your HSCA membership card to receive discounts with the following local businesses:

- **Sunnyside Natural Market:** Save 5% with your HSCA card (case discounts not included).
- **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.
- **Flippn' Burgers:** 10% discount on all purchases.
- **OXBOW:** 10% discount on breakfast/brunch or dinner.
- **Hotel Arts Kensington:** 10% discount on guest room accommodation.
- **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. For first visit clients only. Also 15% off on all other services at Rejuve.
- **Beagle 14 (formerly Regal Beagle):** 10% off your order (excludes daily specials).
- **Pho HouZ Vietnamese:** 10% off regular orders (excludes alcohol).
- **Tania MediSpa:** Family and individual members receive 20% off facials and body wraps, 10% off massages, botox, fillers, permanent makeup and fillers. Senior members receive 20% off facials, nails, and massages, 10% off product.
- **Free House YYC:** Enjoy 15% off pickup orders through our website, just click Order Online and use the promo code HSCA15, when you arrive to pickup your order show our lovely staff your card and enjoy.
- **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.
- **Cadence Chiropractic, Sport and Health:** 20% off your first 60- or 90-minute massage.
- **Sunny Cider:** 10% off to all HSCA members.
- **Canary Refillery and Zero Waste Market:** 10% off purchases.
- **Wheels Training Centre:** HSCA members will receive \$50 off any course. Use coupon code community50 when registering for the course through the website.
- **Good Trade Coffee Company:** 10% off all beverages with a valid HSCA membership card.
- **PB and J YYC:** Show your valid HSCA membership card and receive 10% off your order.
- **Gummi Boutique:** HSCA members will receive 10% off on regular bulk items.
- **D'Orient Spa:** Receive 15% off spa services and 5% off products when you show your valid HSCA membership card.
- **Indie counterculture:** 10% off your purchase with a valid HSCA membership card.
- **Villages Calgary:** *New* 10% off purchase (excludes rugs and clearance items).
- **Coco Bath and Soap:** *New* 10% off your purchase.
- **The Plaza Theatre:** *New* 10% off beverages at the café.

Ongoing Programming at HSCA

Mondays

Senior Connections Group, 10:00 to 11:00 am

Contact Debbie at 403-283-0554 for the Zoom link.

Sustainable Food Programming, 4:00 to 6:00 pm

Something for everyone! Fresh Routes affordable mobile grocery store is onsite for all to shop, and grocery credits and free food are available for folks in need.

Tuesdays

Chair Yoga (Online), 10:00 to 11:00 am

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

Sip 'n' Chat, 2:00 to 4:00 pm

Weekly drop-in time for all community members to enjoy a coffee or snack together. All ages welcome.

Wednesdays

Cribbage, 12:30 to 3:00 pm

Join a lively game of cribbage with community members and area seniors.

Thursdays

Chair Yoga (Online), 10:00 to 11:00 am

If you would like to join or would like more information, contact Debbie.o@hsc.ca or call 403-283-0554, ext. 224 and leave a message.

Neighbour Night

Thursday, May 4 and Thursday, May 18 from 5:30 to 7:30 pm

The first and third Thursday of every month. Come on over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Free! Children are welcome to attend with their caregivers.

Check the HSCA e-newsletter for details on the activities planned for each date.

Saturdays

The HSCA Farmers' Market Indoor Season runs from 11:00 am to 3:00 pm.

Sundays

The Sunday Flea Market runs 7:00 am to 3:00 pm.

Check out the crafts, furniture, antiques, books, treasures, and community building every Sunday at HSCA.

Other Programming

HSPC meetings are the first Thursday of each month from 7:00 to 9:00 pm online.

Please contact planning@hsc.ca to participate in a meeting.

Caregiver Connections (Online), 7:00 to 9:00 pm on the third Thursday of each month.

Providing a safe and welcoming space for all caregivers to share their journeys and connect with others in similar situations. Contact Debbie for the Zoom link.



HILLHURST SUNNYSIDE
COMMUNITY ASSOCIATION
1320 5 Ave NW

DROP-IN BADMINTON

Mondays and Thursdays
10:30 am to 1:30 pm

May 1 - August 31
(see programs and recreation calendar
for blackout dates)

\$4 pay-to-play

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

Please provide your own racket and birdies.



Outdoor Summer Farmers' Market

Wednesdays 3pm - 7pm
May 31st to October 15th, 2023



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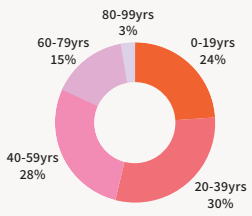
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Community Connections

Neighbour Night

The first and third Thursday of every month. Come over to enjoy a simple vegetarian meal, a fun activity or craft, and some neighbourly company!

Thursday, May 4 and Thursday, May 18 from 5:30 to 7:30 pm.

Free! Children are welcome to attend with their caregivers.

Check the HSCA e-newsletter for details on the activities planned for each date.

Sip 'n' Chat

Drop in any Tuesday for hot drinks, snacks, laughter, and conversation with neighbours.

Tuesdays from 2:00 to 4:00 pm in the Hearth Room at HSCA.

Community Walk About – May is the Month of Jane's Walks!

Want to experience the neighbourhood in a new way? Join Tyson from CDLI for a casual stroll in the community to explore and talk about the assets!

Keep an eye out for details in HSCA's e-newsletter on the extra special May walk that will be hosted alongside other Jane's Walks in the city.

Spring/Summer Volunteer Gardening Opportunity!

Now recruiting gardeners and gardeners-in-training for the 2023 Shared Garden season!

Spend an hour or so each week tending to this volunteer-run community garden and feeding your community! The Shared Garden differs from a traditional community garden because everyone works together to tend to all the plots, instead of having your own. All volunteers are welcome to share in the bounty, and the extra produce is donated to HSCA's Sustainable Food Program to feed neighbours struggling to afford good food.

The Sunnyside Shared Garden is seeking lead garden volunteers (folks with enough knowledge of gardening to share with the other gardeners and help keep things moving forward) and general garden volunteers (to support planting, watering, weeding, and harvesting – no experience necessary!).

Sign up for this and all current volunteer opportunities through our volunteer portal at www.hsca.ca/volunteer.



SENIOR CONNECTIONS

For seniors related support, information, or volunteering, contact Debbie at 403-283-0554 ext. 224 (and leave a message) or be emailing debbie.o@hsca.ca. We appreciate any opportunity to connect with you!

Monday Connections: Senior Support

When: Every Monday (except statutory holidays) from 10:00 to 11:00 am

This is a new variation of our Monday Connections. The Zoom link (connect with Debbie for the link) will continue until the end of June (except statutory holidays) for any senior who would like to connect for any reason, including programming and support, or for anyone who knows a senior who would benefit from some extra support.

***Unique Volunteering Opportunity!* 2023 Casino Fundraiser**

Looking to spend a unique day volunteering for the community? HSCA's next casino is in August at ACE Casino Airport located at 40 Aero Crescent NE (Formerly Cash Casino).

No experience needed! Join neighbours for the next casino that provides a large donation of casino funds to HSCA! Duties include cashing out casino chips and counting casino earnings, but don't worry, there is a paid advisor there to lead the volunteers!

Dates: Saturday, August 19 and Sunday, August 20

Shifts are available from 11:00 am to 7:00 pm, 7:00 pm to 3:30 am, and 11:00 pm to 3:45 am. Yes, you read those shifts correctly, so drink all the free casino coffee you want to pull off an important night shift for community!

Sign up on www.hsca.ca/volunteering through our volunteer portal and note your interest in 'Casino Volunteer.' For more information, contact Debbie.

Resources

Check out the HSCA website under 'Senior Community Connections,' 'Online Programming,' and 'Caregiver Connections Online' for more links and information or call Debbie.

Caregiver Connections

If you are a caregiver for another person, this online drop-in opportunity lets you connect with someone outside of family and friends who can empathize.

When: Third Thursday of each month (until June) from 7:00 to 9:00 pm over Zoom. Contact Debbie for the private link.

If the idea of a caregiver chat appeals to you but this time doesn't work, just send an email or call and we can chat through other options. If you don't have a computer or internet access, connect with me over the phone for other options.

Chair Yoga

A gentle exercise class led by an experienced instructor, Sharon! Anyone is welcome.

When: Every Tuesday and Thursday (until the end of July) from 10:00 to 11:00 am. In-person and online options available!

Contact Debbie for the private Zoom link. The room opens at 9:30 am for chatting before the class.

Or, come by HSCA and join from the Hearth Room to watch the class live on a projector.

***New!* Cribbage Group**

When: Wednesday afternoons from 12:30 to 3:00 pm in the Hearth Room.

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.

Connect with Us

We want to hear from you. Whether you are a senior, are looking to help a senior you know, are concerned about a senior, are a potential volunteer, or if you have ideas that you would like to explore around seniors. Mondays don't work? Contact Debbie and we will try to find a time that works better for you. Are you interested in the following?

- Looking for information around senior supports or other programs or connections.
- Volunteering to provide support for a senior in the community.
- Learning about the programming for seniors in the community.
- Connecting to learn more about the Seniors' Connections program.
- Anything you would like to learn more about, explore etc.
- If you just want to talk to someone.

Help Us Build a Seniors Support Network

The new Monday Connections is meant to build a seniors' support network of volunteers who would like to help provide support to seniors in our community. Building a network would give us the opportunity to respond more quickly when a need arises and make connections with seniors on a regular basis to check on how they are doing and explore any support they might be needing. If you would like to explore the possibilities and help to build this program, contact Debbie (contact information above). Or feel free to connect with Debbie online during our Monday Connections group at 10:00 am (email Debbie for the Zoom link).

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Beginning October 15th, 2022

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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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List Price: \$699,900

MLS #A2036613

Here is the home, lot, and location you have been waiting for, situated within a beautiful cul-de-sac with a park-like front yard and a notable west back yard.



1338



1339 9 Street NW

List Price: \$925,000

MLS #A2033048

Old-world charm detailing fills this beautiful brick bungalow on a prominent corner lot.



839 4 Avenue NW

List Price: \$599,900

Congratulations to my clients who trusted me with representing them with their sale.

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

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SCAN ME



#1 OFFICE WORLDWIDE

*Based on Total Dollar Sales Volume for a Single Office