

OCTOBER 2020

DELIVERED MONTHLY TO 7,500 HOUSEHOLDS

HILLHURST SUNNYSIDE VOICE

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



**THE HSCA FARMERS' MARKET HAS A
NEW DATE AND TIME!**

**BEGINNING OCTOBER 24, THE FARMERS' MARKET WILL RUN
ON SATURDAYS, 12:00 TO 4:00 PM INDOORS**

**FRESH ROUTES MOBILE GROCERY STORE
EVERY MONDAY, 4:00 TO 6:00 PM**

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Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinancing, and renewal options.

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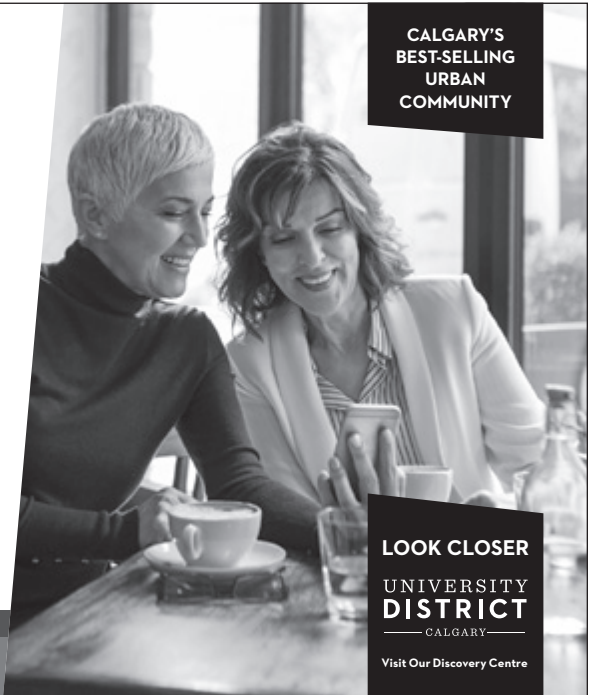
COME CHECK US OUT!

AMPLE SHOPPING

spots to catch up before finishing your weekly

Love living close to everything you love. New retailers now open.
Find your new home in the NW at myuniversitydistrict.ca

**CALGARY'S
BEST-SELLING
URBAN
COMMUNITY**



**LOOK CLOSER
UNIVERSITY
DISTRICT
— CALGARY —**

Visit Our Discovery Centre

CONDOS TOWNHOMES RENTAL APARTMENTS SENIORS LIVING





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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Ryan Morstad	Director at Large
Hayley Richards	Director at Large

Please note that due to the HSCA's closure related to COVID-19, only a limited number of staff will be available. We appreciate your patience during this transitional time.

STAFF LISTING

Kate Stenson	Executive Director Ext. 221	kate.s@hsca.ca
Lisa Chong	Community Planning Ext. 229	lisa.c@hsca.ca
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Debbie Olson	Seniors' Connection Coordinator Ext. 224	debbie.o@hsca.ca
Amy Kettenbach	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
Shaye Radford	Community Connections Coordinator Ext. 247	shaye.r@hsca.ca

CRIME STATISTICS



Hillhurst Crime Activity was Down in August 2020

The Hillhurst community experienced 43 crimes in August 2020, in comparison to 45 crimes the previous month, and 46 crimes in August one year ago. Hillhurst experiences an average of 30.8 crimes per month. On an annual basis, Hillhurst experienced a total of 370 crimes as of August 2020, which is down 17% in comparison to 447 crimes as of August 2019. To review the full Hillhurst Crime report visit hill.mycalgary.com

Sunnyside Crime Activity was Up in August 2020

The Sunnyside community experienced 31 crimes in August 2020, in comparison to 21 crimes the previous month, and 30

crimes in August one year ago. Sunnyside experiences an average of 19.1 crimes per month. On an annual basis, Sunnyside experienced a total of 229 crimes as of August 2020, which is down 1% in comparison to 232 crimes as of August 2019. To review the full Sunnyside Crime report visit sunn.mycalgary.com

How To Report Crime In Hillhurst | Sunnyside: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Hillhurst Sunnyside Voice - Designed, manufactured, and delivered monthly to 7,200 households by:

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



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Print & Digital
**TARGETED
MARKETING
BY COMMUNITY**

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

			<p>To Advertise Call 403 720 0762 Email sales@greatnewsmedia.ca GREAT NEWS MEDIA LEADERS IN COMMUNITY FOCUSED MARKETING</p>			



UPCOMING EVENTS

With the mandatory closure of HSCA, most events and programs have been cancelled, with the recent exception of:

Every Monday: Fresh Routes Mobile Grocery Store, 4:00 to 6:00 pm

Every Wednesday: HSCA Farmers' Market, 3:00 to 7:00 pm

Every Sunday: Flea Market, 7:00 to 3:00 pm

The HSCA Farmers' Market has a new date and time! Beginning, October 24, the Farmers' Market will run on Saturdays from 12:00 to 4:00 pm indoors.

LDK Karate classes began September 8 at HSCA! Visit ldkfoundation.com for registration and COVID-19 protocols.

As we continue to monitor provincial and city regulations, visit the HSCA website for the most up-to-date information about HSCA programming and events.

Program Phone Numbers

*Art Classes

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 Shaye 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

Your Message Here



Have you ever noticed the sign outside of Framed on Fifth and the Remax office on 5th Avenue? The sign is currently on-loan to the community during this time of physical distancing so that we can still have a connection point to share some words with each other. If you have something to say to the community, perhaps it's a message of hope, a joke or a thank-you to everyone on the front lines, now is your chance! Please email your short message (approximately 40 characters) to hannah@framedonfifth.com for your chance to be featured. Messages will be updated frequently to allow all to be featured. **All ages welcome!**



FARMERS' MARKET

HILLHURST SUNNYSIDE

NEW DATE AND TIME
Starting October 24th

GROWING A GOOD FOOD COMMUNITY

saturdays • year round • 12-4pm
1320 5th Ave NW

  farmersmarket.hsca.ca


Hillhurst Sunnyside Community Association



Are you looking for Adventure?

Then, Scouting is the place for you!



We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Help desk toll free number: 1-888-855-3336



SUNNYSIDE SHARED GARDEN

THANK YOU GARDENERS!
Your garden bounty was directed back to your community through Fresh



we meet every other
THURSDAY 6:30 PM
at the garden.


Hillhurst Sunnyside Community Association
Email: heather.r@hsca.ca to get on the gardeners e-mail list.

A Call to Join the Sunnyside Brightening Committee



Time-limited opportunity to join your fellow Sunnysiders and “brighten” upcoming infrastructure. Let’s improve the Bow River Pathway, our interaction with the Bow River, and create art projects throughout our community.

With flood mitigation infrastructure projects now confirmed by the City of Calgary, the new Sunnyside Brightening Committee (SBC) has organized within HSCA to advocate for community-oriented customizations. The SBC feels these infrastructures could be customized to help create a better sense of place through art, aesthetic, and recreation initiatives. Importantly our initiatives would not compromise the infrastructure projects’ technical aspects nor incur significant cost increases. The three priority areas are:

Connecting to the Bow – With the construction of a higher 1:100 flood barrier, SBC will (A) engage with Parks on the design of the planned boat launch at 3 St NW to better serve the community; (B) advocate for accessibility to the wooded riverside area between 7 St NW and 4a St NW.

Brightening the Barrier – Municipal plans currently show the construction of new floodwall and pathway as part of the 1:100 barrier. SBC will advocate for this infrastructure be brightened through concrete texturing, murals, mosaic, and seating or other features.

Stormwater Lift Station Art – Station #1 plans will have wall space for community art. SBC will engage with the municipality to secure and develop community-led art projects.

Call to action: If you would like to contribute or have questions, please contact the SBC group chair, Preston Welker, at preston.welker@ucalgary.ca. Stay tuned for future updates!



Community Connections for Seniors

While the Community Centre is closed, we are still working to provide connections and supports in the community for seniors. The longer we face challenges with the current pandemic, the more likely seniors are to need support of one kind or another.

If you are concerned about a senior on your block, try the following:

- Ring the doorbell and then step away from the door so that they can see you but know you are standing a safe distance away and wear a mask to show you are taking precautions.
 - Tell them you are checking to see if they are okay (we can keep our distance but let them know they are not isolated or forgotten)
 - Ask if there is anything they need (maybe they would just like someone to talk to for a while. You can do that through the door.)
- If you can help, great. If not, let the community centre know, and we can follow up.
- Ask if they would like to be connected to the community centre and give them my phone number to call. They could write it down or you could give them my name and contact number.
- If they don’t answer the door and you haven’t seen them for a while and are worried, call or email me and I will connect with you to learn more and see what we can do to help. You could also call the Police non-emergency number (403-266-1234), let them know you are worried and ask them to do a welfare check if you feel the need is more urgent.
- Contact Debbie
 - 403-283-0554, Ext. 224 and leave a message
 - Send an email – Debbie.o@hsca.ca
 - Provide as much information as possible. I will connect with you as soon as possible

Now Available: 2020 Memberships

While the HSCA's facility is closed, memberships can still be purchased online at <https://www.hsca.ca/membership> (please follow the step-by-step renewal instructions).

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 Trade Coffee Co: HSCA Members receive 10% off all beverages
- NEW- Bailey Nelson- Kensington: HSCA Members will receive a Free Blue Light Filter (\$50 Value)
- Canary Refillery and Zero Waste Market - NEW: 10% off purchases
- Sunnyside Natural Market: Save 5% with your HSCA Card (case discounts not included)
- Swizzlesticks Salon and Spa: 15% discount on all services at the Salon and 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.
- Flippn' Burgers: 10% discount on all purchases
- Marathon Ethiopian Restaurant: save 10% on all regular priced purchase with your HSCA card
- Cadence Chiropractic Sport and 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 and 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)
- MYo Lab Sports Therapy + Personal Training: 20% off all retail supplies + supplements (for as long as you hold an active HSCA membership).
- Pho HouZ Vietnamese: 10% off regular priced 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
- Dignity Memorial Funeral Services: 10% savings on all pre-need 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
- Wheels Training Centre: 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.hsca.ca for news and updates about this program.



fresh routes
Mobile Grocery Store

Mondays, 4:00pm - 6:00pm

Hillhurst Sunnyside Community Association
Outdoors in the back parking lot
1320 5th Ave NW, Calgary

Weather permitting, check our website & social media for changes

Fresh Routes is a mobile grocery store. We bring healthy, affordable, food right to you—veggies, fruit, eggs, bread, and other healthy non-perishables that are awesome for humans & for our planet.

Accepting cash, credit, or debit. Bring your own bags and help us reduce waste. Everyone is welcome!

Operations have been modified to follow physical distancing practices and health and safety protocol from Alberta Health Services.

Made possible through the support received from the Calgary Foundation and its partner, RBC Foundation.

@freshroutes
www.freshroutes.ca

GOOD FOOD STOPS FOR YOU



Commit to 3 simple acts of kindness

Neighbours helping Neighbours

In light of the COVID-19 pandemic, social connectivity, mental health and community wellness are more important than ever. The City of Calgary is encouraging citizens to commit to three simple acts of kindness to support their neighbours, their community and the city.

Calgarians are renowned for our spirit of generosity, especially during times of crisis but, sometimes, it can be difficult to know exactly *how* to help. That's why we're launching Calgary.ca/HelpingOthers – an online collection of resources, ideas and inspiration on how you can help others during the pandemic.

Once you've chosen your three simple acts of kindness, share them on social media and join these community-led movements that are gaining popularity for their messages of positivity: #3Things4Neighbours, #AlbertaCares, #SupportLocalYYC and #yycHubs.

Visit Calgary.ca/HelpingOthers for:

- Tip sheets on how to connect with your neighbours, community and the city
- Printable tools and resources, like Neighbour Bingo and Connection Cards (example adjacent)
- Toolkit on how to start your own Neighbourhood Pod
- YYC volunteer opportunities
- Other ways to give



Hello neighbour!

Connecting to each other is more important than ever during the **COVID-19** pandemic.

Turn this card over for more information about a neighbour that is willing to extend a helping hand.

Please **give me a call** if you want to talk or need support:

My name: _____

My address: _____

My phone number: _____

My email address: _____

If you:

- have a medical emergency, call 9-1-1
- are in distress, call the Distress Centre (403) 266-1501
- need to access resources, call 2-1-1
- have health questions, call 8-1-1

To find a printable version of this card, or for information about The City of Calgary's response to COVID-19, visit calgary.ca/covid19.

To learn more about The City's response to COVID-19, visit calgary.ca/covid19.



Hillhurst Sunnyside Community Association



COMMUNITY BINGO

RULES: Only mark off a square once you have completed the task, each square has to be a separate activity.

PRIZE: BRAGGING RIGHTS!

Make a leaf pile	Make something Pumpkin spiced!	Plan a household Halloween movie night	Call a neighbour	Decorate a window for autumn
Go for a hike	Place an order at a local business	Make a pinecone bird feeder	Make pumpkin or squash soup!	Try a new workout on YouTube
Attend a Farmers' Market	Borrow something from the Calgary Public Library	FREE	Visit or order from one of our Membership Partners	Bake a pie
Attempt a Pinterest DIY	Snap a pic of a fall sky and tag us!	Buy a gift card from a local business	Carve a pumpkin!	Video chat with an old friend
Roast some vegetables!	Follow HSCA on Instagram	Take a Fall bike ride	Make some autumn garland with fallen leaves	Read a gothic novel

How many did you check off?
Tag us with your photos on social media at #hscayyc



The Good Food Box (GFB)

Place your October orders by 2:00 pm on Tuesday, October 13 for pickup on Thursday, October 22 from noon to 2:00 pm. Visit: <https://www.hsc.ca/community-food-program>.

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

Order date: November 17

Pick-up date: November 26

*Please note, the GFB will not be available in December.

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.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

LOCAL MORTGAGE BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

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.

SNOW REMOVAL, YARD CARE & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

LOCAL HANDYMAN IN MARDA LOOP – RELIABLE HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (leaky/running faucet or toilet, garburator), electrical (wall switch, light fixture, exhaust fan), install new window hardware/coverings, fix sticky doors, drywall repairs, painting, fence/gate repairs. Call/text Tom, 403-970-4466, or email tomh5566@gmail.com.

THE GUTTER AND SNOW DOCTOR! Eavestrough cleaning, repairs, and replacements. Fascia, soffit, cladding, roofs, siding, and snow removal. For over 17 years and 40,000 projects, we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.

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KARATE HILLHURST

Classes start September 8, 2020

LDK FOUNDATION

Leadership Development through Karate

Ages 5 & Up

Beginners Welcome!

Leadership Development through Karate classes for:

- Little Dragons (5-7 years)
- Children, Youth & Adult
- StrengthFit Karate

Karate Hillhurst

Hillhurst Sunnyside

Community Association

1320 5th Avenue NW, Calgary, AB

Visit ldkfoundation.com for COVID-19 protocols during in-person classes.

LDKFOUNDATION.COM

403-203-8710 | info@ldkfoundation.com

Abundant Communities



Calgary Neighborhood Block Project

What is it?



- An initiative focused on building community resilience, capacity & advocacy in Calgary neighbourhoods.



- Neighbours caring for neighbours and building community where they live.



- An opportunity to build blocks and neighbourhoods where we look out for one another, share our skills and resources within one another and collectively build the neighborhood we dream of.

Benefits of Neighbouring

- Disaster Preparedness
- Resident Retention
- Mental Health
- Social Connection
- Neighborhood Engagement
- Participation in Civic Engagement
- Safer, more liveable communities



Get Involved if:

- You already know or are interested in getting to know your neighbours.
- You can commit to a once weekly check in meeting, connecting 2x a month with a network of neighbourhood connectors and connecting on an ongoing basis with your block or neighbourhood.



For more information check out:
https://www.calgarycommongood.org/neighbourhood_block

To get involved email or call:
Jodi Lammiman at:
info@calgarycommongood.org
403.875-5718

INDUSTRIAL AREAS
FOUNDATION

CALGARY ALLIANCE

HSCA
Withstand Neighbourhood Community Associations

Mental Health Moment

What Is a Psychoeducational Assessment?

By Nancy Bergeron, RPsych | info@nancybergeron.ca

Now that the new school year is beginning, I thought I would shed some light on a sometimes confusing topic: psychoeducational assessments. Hopefully the following will help you gain an understanding as to why some children need psychoeducational assessments while others do not.

A psychoeducational assessment is used to help identify areas in which students excel or need support. Psychoeducational assessments for giftedness or learning challenges provide specific recommendations to help students achieve their full potential. Assessments offer one way to understand the learning needs and abilities of students who are underachieving or capable of learning more than expected by the standard curriculum for their grade. Formal assessments provide objective measures of a child's performance relative to their peers and help identify their unique strengths and limitations. These assessments may be used diagnostically to identify intellectual, learning, emotional and behavioural concerns affecting a child's ability to succeed in school. They may also provide support for applications to gifted programs for students who may benefit from advanced learning opportunities.

As parents, we often become concerned about our child's learning when there are signs our child is not reaching their potential. We and our child's teachers may have noted that our child puts in significantly greater effort than other students or needs extra support to maintain grades. Or, we may have noticed our child consistently completing work more quickly than their peers, exceeding grade-level expectations, or expressing that school is uninteresting. Other signs our child may benefit from an assessment may include:

- Indicating less interest in learning
- Complaining about or avoiding school
- Saying the work is too difficult or too easy
- Struggling to focus or being disruptive in class
- Straining to organize or complete assignments
- Expressing sadness or worries about school
- Disengaging in class or from learning or peers
- Lagging behind peers in reading, writing, or math skills

If your child is showing signs they are not reaching their potential, an assessment can provide valuable information about our child's abilities. Specific recommendations can help us understand how to improve our child's learning experiences, reduce barriers to our child's potential, and provide guidance through the next several school years. Information gathered in the assessment may also help identify learning disorders, such as AD/HD, dyslexia, or dysgraphia. An assessment may also recognize emotional concerns, such as depression and anxiety, that may be affecting our child's ability to learn.

Psychoeducational assessments may be used when parents or teachers believe a student's abilities are not fully recognized within their current academic program. In conjunction with other academic or subjective information about our child, a formal assessment may provide information to help our child qualify for gifted or talented programs. Gifted and talented programs typically determine which tests are required for entry into their program. These tests provide scores that describe our child's performance relative to other students and indicate whether our child can maintain their program's standards. Our child's assessing psychologist may determine if other tests are necessary and will ensure that these provide information about the intellectual, academic, creative or leadership qualities each school's programs may require.

At the end of the assessment process, the psychologist will arrange a feedback session to inform us of the assessment's overall findings. The psychologist will discuss recommendations, a plan for helping our child move forward, and provide copies of the formal written report. We may choose to share this confidential report with our child's school to help teachers understand our child's learning profile, adjust their teaching methods, and/or create an Individual Program Plan (IPP). Based on the confidential written report, our child's school may apply to modify the curriculum, access funding for extra supports, or approve academic accommodations for school and provincial exams.

You do not need a referral for a psychoeducational assessment. If you have any questions or would like a complimentary consultation about whether your child may need an assessment, please feel free to email me. I wish everyone a smooth transition into the new school year. I know there are many unknowns with COVID-19, so let's all try to stay present focused and deal with any challenges day by day.

Free!

WOMEN'S
CENTRE

FALL 2020 GIRLS PROGRAMS

THE WOMEN'S CENTRE IS RUNNING LEADERSHIP
PROGRAMS FOR GIRLS IN GRADES 5-9 ONLINE AND IN
PERSON THIS FALL!



Zoom Meet-Ups (Grades 5-9)
Tuesdays 4-5:45pm, Sept 8-Dec 1

Girl Force (Grades 7-9)
Thursdays 4-5:45pm, Sept 17-Nov 26
In person*

Girl Power (Grades 5 & 6)
Wednesdays 4-5:45pm, Oct 7-Dec 2
In person*

***Alberta Health safety guidelines
will be followed at all times**

Girls supporting girls!

39-4TH STREET NE; 403-264-1155

ERA@WOMENSCENTRECALGARY.ORG

EMAIL OR DM @GIRLSLEADYYC ON INSTA FOR MORE INFO

CALGARY
WOMEN'S
FOUNDATION

FAMILY AND
COMMUNITY
SUPPORT SERVICES

338 10th Street NW

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Pre-order your holiday bird to enter!

WIN YOUR TURKEY & A \$50 GIFT CERTIFICATE!

ORDER BY:
Oct. 6!

WINTER'S
TURKEYS

CERTIFIED
ORGANIC
OR
FREE RANGE

\$5.00 off!

With a minimum purchase of \$35.00
Clip and present coupon for discount.



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SIDEWALK
CITIZEN
Sunnyside Location

• Limit 1 coupon per transaction • This offer cannot be combined with other discounts. •

Expires Nov. 15, 2020

ORDER IN STORE OR: info@sunnysidemarket.ca | 403.270.7477

CARDINAL
BY TREVOR RAMAGE



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REAL ESTATE (CENTRAL)

☎ 403.850.2560

Stay safe and be well.



620 16A Street NW
List Price: \$1,379,900
Hillhurst



4524 16A Street SW
List Price: \$749,900
Altadore

Two unique homes in separate communities recently sold for over 98% of their asking prices prior to listing on MLS.

If you are considering selling this Fall lets discuss how I can add value to your home through Cardinal's personalized marketing.

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

CARDINALBYRAMAGE.COM

