

MAY 2019

DELIVERED MONTHLY TO 5,800 HOUSEHOLDS

# THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION



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# CONTENTS

---

- 5    PRESIDENT'S MESSAGE**
- 5    ANNUAL GENERAL MEETING**
- 8    ADVENTURES IN LEARNING PRESCHOOL**
- 10   FAMILY CONNECTIONS PARENT LINK CENTRE**
- 13   VOLUNTEERS NEEDED!**
- 14   KIDS SUMMER CAMP**
- 16   YOGA**
- 18   SPRING FITNESS**



Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Huntington Hills Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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LEADERS IN COMMUNITY FOCUSED MARKETING



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## PRESIDENT'S MESSAGE

May is our month to volunteer at a Casino which brings us in a share of the money earned for those two days. With this we get to do some of the activities we couldn't do otherwise. I would like to thank all those who volunteered their time. It is part of the spirit this community has, and we need to be proud of it.

By now most of the gardens are planted and watching them grow is almost a daily vigil. It's time to sit outside in the evening and enjoy a cool drink. Don't think about chores. Just relax for a little while. If you're close to a park or playground you can probably hear the young ones having fun or the sounds of ball games or soccer. I know the community playing fields are probably in use. If you're looking ahead, there is Neighbour day on Saturday June 15 where the whole family can have fun.

See you soon  
Moe



## Programs

**Gym Rentals for Birthday Party** – available of Sundays

**Outdoor Soccer registration is now open** – program begins May 2019.



## FF THE MENU

Mayonnaise is one of the world's most popular condiments. Some of the countries where it is the most popular are Russia, Chile, and Japan!

YOU ARE INVITED TO THE HUNTINGTON HILLS  
COMMUNITY ASSN.  
ANNUAL GENERAL MEETING  
MONDAY, JUNE 24, 2019 AT 7:00 PM  
HOSTED AT THE HUNTINGTON HILLS COMMUNITY  
ASSN  
520 78 Avenue NW

Please Join Us

Any questions please contact: [president@huntingtonhillscalgary.com](mailto:president@huntingtonhillscalgary.com)



## Building Strong Families Lone Parent Program

The Building Strong Families Lone Parent Program offers individual and group support.

**Individual Support:** providing information, resources, referrals and parenting resources.

Contact: Kayleigh at 587-392-2262 or [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca)

### Huntington Hills Location

For more information call 403-275-6666 ext 2274 or email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca).

### Lone Parent Networking Collective

Come learn, share and have fun. A different topic every month. The second Saturday of the month from 2:00 PM to 4:00 PM. Child care provided.

To register call 403-275-6666 ext. 2274 or email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca)



# 2019 EVENT DESCRIPTIONS

Events are free for Community Members (Annual Memberships are \$25 per household) or \$5.00 per person for non-member.

## Neighbour Day – Open House

Saturday June 15th, 2019

Come check out all that Huntington Hills Community Association has to offer as well as enjoy a day full of fun activities including a magic show, Dunk Tank, carnival games, live entertainment and more!

## Stampede Breakfast – Open House

Saturday July 13th, 2019

Yahoo! Come on down cowboys and cowgirls to Huntington's annual Stampede Breakfast! This year enjoy a car show, live entertainment, face painting and of course PANCAKES! Wear your plaid and celebrate your Calgarian pride with your neighbours! Free event for all.

## Movie in the Park

Friday August 16th, 2019

(weather permitting) Grab your lawn chairs and your cozy blankets. Join us under the stars on Friday August 16th at the south Ball diamond as we will be playing one of your favourite's on the big screen. In the event of inclement weather this event will be rescheduled until further notice or moved indoors – keep an eye on our website and social media for updates.

## Haunted House

October 31st 2019

You're in for a fright as the witching hour draws near, come and join us for the scariest night of the year. It's a frightful time, filled with ghosts and ghouls don't miss out! Candy and treats for all. Entry \$2.00 per person

## Community Christmas Celebration

December 7th 2019

This is an event you will not want to miss! From Christmas Markets, caroling, visits with Santa, crafts, entertainment and visiting with neighbours, you will be oh so jolly here at Huntington Hills!

## THE HONOURABLE BRIGADIER

## SIR NILS OLAV



Nils Olav is a brigadier, knight, and colonel-in-chief in the Norwegian Army's Hans Majestet Kongens Garde. In 2005, a bronze statue of Nils was erected at the Edinburgh Zoo, and he was awarded knighthood by King Harald V of Norway in 2008. He is also the mascot of his unit...because Nils Olav...is also a penguin.



### Good Food Box Dates for 2019

Call 587-392-2276 or 587-392-2274 for more information. You must pay cash by the order deadline.

Orders must be picked up between 1-5 pm at the Huntington Hills Community Association. We are not responsible for orders not picked up on time. Identification may be requested at pick up.

\$25/20 lbs, \$30/30 lbs, \$35/40 lbs

Orders are cash only. Exact change appreciated.

Pick up date is THURSDAY from 1-5 pm (Earlier/later pick up may be available if arranged prior to pick up)

Order Deadline	Pick Up Date
May 2	May 16
May 30	June 13
August 29	September 12
September 26	October 10
October 24	November 7



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 Visit Store for More Details

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[recyclewithvecova.ca](http://recyclewithvecova.ca)

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# Huntington Hills Community Centre

520 – 78 Avenue NW, Calgary  
[www.huntingtonhillscalgary.com](http://www.huntingtonhillscalgary.com)  
 HELPFUL • CARING • ACCESSIBLE

## EXECUTIVE BOARD MEMBERS

President	Moe Sinotte
Vice President	Heather Allison
Treasurer	Tim Hungate
Secretary	Zonita Salazar

## BOARD OF DIRECTORS

Director-at-large	Christine Koop
Director-at-large	Sarah Malahias
Director-at-large	Molly McDonald
Director-at-large	Chris Smidesang
Director-at-large	Mianne de Guia
Director-at-large	Ward Balleine
Director-at-Large	Karen Williams

Stay current and involved with activities,  
 local news and meetings with your  
 Huntington Hills Community Association at

[www.huntingtonhillscalgary.com/](http://www.huntingtonhillscalgary.com/)

## Gym Rentals Available

Call the Main Office at  
 403-275-6666, ext 2263 for more information.

## DROP IN PICKLE BALL

Tuesday  
 Wednesday  
 Thursday  
 11:00am – 2:00pm  
 \$5.00/person



## Adventures in Learning Preschool

### Registration for fall now open!

Registration fee: \$75.00 non-refundable fee

Monday, Wednesday, Friday classes from 9:00-11:30 am:  
 \$180.00/ month

Tuesday, Thursday classes from 9:00-11:30 am: \$150.00/  
 month

Conditions: Children registering for Preschool must  
 be at least three years in age and be completely toilet  
 trained.

We offer subsidy through the government of Alberta.

### What we offer:

- Great and friendly staff!
- Healthy snacks!
- Fun, engaging activities!

Register with us today!

Online at [hungtingtonhillscalgary.com](http://hungtingtonhillscalgary.com)

Huntington Hills Community Adventures in Learning  
 Preschool

587-392-2265 | 403-512-5732

520 78th Ave NW

[Kayann.laylor@huntingtonhillscalgary.com](mailto:Kayann.laylor@huntingtonhillscalgary.com)

[preschool@huntingtonhillscalgary.com](mailto:preschool@huntingtonhillscalgary.com)





# GEMS

## Girls Empowered through Mentorship and Support

ATTENTION ALL GIRLS AGES 9-12!

Are you interested in being a part of a fun & creative girls group in your community?

Join GEMS and learn "real life" skills, create cool things to take home, and meet new friends!

**Where:** Huntington Hills Community Association – Lower Boardroom (520- 78 Ave NW)

**When:** Wednesdays Afterschool!

**Time:** Doors open at 3:30 pm; Programming from 4 pm – 5:30 pm

**Who:** Girls 9-12 years old

**Cost:** FREE, food and tons of fun included

To join GEMS, please contact Desiree at 403-275-6666 ext. 2276 or e-mail at [families@weconnectyou.ca](mailto:families@weconnectyou.ca)



### Lone Parent Networking Collective

Winter/Spring 2019

Lone Parents are invited to attend this monthly gathering to connect with others, share knowledge and information and learn new skills. Topics and activities are based on parent suggestions.

**Location:** Huntington Hills Community Association  
520 78 Avenue NW Calgary

**Dates:** Jan 12, Feb 9, March 9, Apr 13, May 11, June 8

**Time:** 2:00 PM to 4:30 PM (childcare and meal provided)

**Fee:** No cost, but registration is required

For information and to register, please  
email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca) or  
[lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca) or call 403-275-6666 ext. 8



lone parent program



# Huntington Pioneers Association

**A group for adults 50 years and older, working, retired or semi-retired.**

Located in the lower level of the Huntington Hills Community Association

520 78th Avenue NW T2K 0S2

Phone: 403-275-4294 • Fax: 403-275-5227

[www.huntingtonpioneers.com](http://www.huntingtonpioneers.com)

E-Mail: [pioneers50@telus.net](mailto:pioneers50@telus.net).

Office Hours: Tuesdays and Thursdays from 10am – 4pm

**The Huntington Pioneers Association** is a group of people participating in a variety of activities such as: Art Classes, Bridge, Pool, Cards, Craft Classes, Day Trips, Movies, Volunteer Activities, Yoga, Line Dancing, Hand Bells, Social Events and more!

- **Art classes:** Every Tuesday 10:30am – 12:30 pm & 1:00pm-3:00pm, includes: oil painting, water color, acrylics and sketching. Contact office to register.
- **Yoga Classes:** Friday 9:00 am
- **Line Dancing:** Monday 6:00 pm
- **Card Night:** Every Tuesday from 6pm – 9pm.
- **Casino Day Trips** – 3<sup>rd</sup> Wednesday of every month
- **Men's Acapella Chorus:** Every Tuesday 10 am. Contact Doug Marwood for more information – 403-244-4952
- **Movie Night:** Once a month, 7pm, silver collection for popcorn and pop.
- **Pot Luck Supper** - Last Monday of each month, starts at 5:30pm
- **Soup and Bun Day:** 2nd Thursday of every month, starting at 12pm. (nominal charge, call for information)

We have a reasonable once a year membership fee and an opportunity to visit with us before membership is required.

Call 403-275-4294 for more information; registration and costs, program start times, and more or check out our website listed above!

# FAMILY CONNECTIONS PARENT LINK CENTRE

The Parent Link Centre is open Monday 1:00pm - 5:00pm, Tuesday & Wednesday 9:00am - 5:00pm, Thursday 9:00am - 7:30pm and Friday 9:00am - 3:00pm. The Parent Link Centre will be closed Monday, May 20 for Victoria Day. We offer free programs for parents with children 0-6. For more information on hours and programs please stop by, and visit us to pick up a calendar or call Tracey at 587-392-2271

## PARENT LINK STAFF

- Sue: Parent Coach – 587-392-2270
- Paula: Child Development Facilitator – 587-392-2269
- Vivian: ESL Program Facilitator – 587-392-2273
- Mona: ECD Facilitator – 587-392-2272
- Cassandra: Manager 587-392-2268
- Tracey: Administrative Assistant 587-392-2271

The Parent Link will be closed Monday, May 20 for Victoria Day.

## PROGRAMS:

### Playtime Fun

Tuesday mornings, 10:00-11:30

Please join us for this free, drop-in, playgroup for parents and children (Birth to 5). Children are able to move about in the room and pick from a variety play areas.

This program will return January 8, 2019

### Kids' Corner

Tuesday afternoons, 1:30-3:00;

Join us for this afternoon, relaxed, drop in group for parents and children free of charge (Birth – 5). Our afternoon program is a little quieter than the morning program.

This program will return January 8, 2019

### Play & Songs

Wednesday mornings, 10:00-11:30

This is a playgroup for all ages with a variety of activities to explore in the Parent Link Room and ending with a short song time. Please sit with your child on the rug during this time. Toddlers are not expected to sit for songs and wandering will happen. We ask parents not to have conversations with one another during song time, please model sitting on the carpet, taking part in singing the songs, and or listening to the story quietly. Exposing your child to these song times is great for developing their attention span.

This program will return January 9, 2019

### Baby and Me (under 12 months)

Wednesday afternoons 1:30 – 3pm

Stop in and join the fun playing with your baby and talking with other parents. Watch the calendar for special guests (e.g. Library, AHS nutrition.)

This program will return January 9, 2019

### \*Come Play with Me (at Vivo):

Thursday mornings April 4 – May 23, 10 – 11:30am

Come join us for this, free drop in playgroup for parents/care-givers and children (birth –5 years). Children are able to move about in the room and pick from a variety of play areas such as dress up, play dough, puzzles and play with lots of toys. Staff will be available to answer questions about developmental growth, parenting, and help parents identify community resources. For information call 587-392-2271 or check website [www.weconnectyou.ca](http://www.weconnectyou.ca)

\*This program is being run through partnership between Family Connections Parent Link Centre, Northern Hills Community Association and Vivo.

### Let's Play in the Gym (All Ages 1-5 years)

Program runs April 5 – May 31 10:30 – 12pm

Please join us for this active drop-in play program for children 1-5 years old (children need to be walking). Activities will involve exploring and developing physical and social skills with other children and adults in a gym setting. Siblings are welcome. Children and adults must wear indoor non-marking running shoes. (NO socks or bare feet) No shoes, NO PLAY! Families need to arrive and sign in between 10:30 and 11 am to participate in the gym program. Please come early. For more information call 587-392-2271.

### Family Evening Fun Drop In

April 4, 11, 18, & 25, 2019 6:15-7:15PM

This is a great opportunity for the whole family to come out and have some fun playing with your children. This program is best suited for families with children under the age of 6, but everyone is welcome.

More information to ask call Vivian at 587-392-2273

## SPECIAL PROGRAMS:

For more information about our ESL programs please Contact Vivian at 587-392-2273

### Baby & Me Storytime

May 29. The library will be dropping in 2:30-3 pm.

### Play and Chat with Alberta Health Services Speech and Language Pathologist

May 16 10-11:30 am (Vivo location)

Do you have questions about your baby, toddler or preschooler speech and language skills? Just drop in during our regular play group and ask to speak with our contact. Call 587-392-2271 for more information



### **Get Outside and Play**

May 25-June 2

Come join our weekly programs and be prepared to go outside and play even if it rains. We will be playing outside (all or part of the programs will be outside). Look for a poster which will include further details. Call 587-392-2272 for more information.

Get Outside and Play Week happens every spring and is about celebrating outdoor play. Check for further details at Alberta Council for Environmental Education <https://getoutsideandplay.ca/> for a variety of possible activities in Calgary area.

### **Me and My Dad (1 year to 5 years old)**

"Let's Go to the TELUS Science Centre"

Sat. June 1 9:30-11:30 am

Come join us our Dad's ONLY (and children) trip to the Telus Science Centre. Please meet inside the front entrance at 9:30 am where we will purchase tickets for families who do not have a science centre pass. If you have a pass, please come and join us. A snack will be provided but you may want to bring a lunch.

**\*\*Registration priority will be given to new families who have Not participated in past field trips.\*\*** If you have attended a previous field trip you can go a waiting list.

Registration will begin May 17 at 10 am where you can call 587-392-2271 and leave a message with your name, children's name and age and your telephone number. You can also email your information to [tracey@weconnectyou.ca](mailto:tracey@weconnectyou.ca) Families will be registered in the order call are received.

### **JUST FOR MOMS**

"Let's Go to the TELUS Science Centre"

Sat. June 1 12pm-2:30 pm

Come join us. Our moms-ONLY (NO children) trip to the Telus Science Centre. Please meet inside the front entrance at 12pm where we will purchase tickets for families who do not have a science centre pass. If you have a pass, please come and join us. We will be providing a light lunch and some snacks

**\*\*Registration priority will be given moms who have attended previous Just For Moms programs\*\***

Registration will begin May 17 at 10 am where you can call 587-392-2271 and leave a message with your name and your telephone number. You can also email your information to [tracey@weconnectyou.ca](mailto:tracey@weconnectyou.ca) Families will be registered in the order call are received.

For more information about our ESL programs please Contact Vivian at 587-392-2273

## **PARENTING:**

### **Little Kids, Big Feelings**

Monday May 13 6:30-8:30 pm

Big feelings are part of childhood, and yet responding to them as a parent can be very challenging! Come hear about the brain-body connection that helps children develop emotion regulation skills. Understand more about why children lose control of their emotions, what it means to 'flip your lid', and the role of parents in helping kids with feelings. Learn skills you can teach your children, and use yourself, to help your child manage big feelings. This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services, Early Childhood & Perinatal Mental Health—AHS & the Family Connections Parent Link.

Call 587-392-2271 to register for this workshop and childcare.

### **Dealing with Disobedience (Triple P Parenting discussion workshop)**

for children 3-11 years

Monday May 27 6:30-8:30 pm

Come share ideas and experiences while identifying positive parenting strategies to help prevent problems and handle disobedience. Call 587-392-2271 to register for the workshop and free childcare starting April 25.

### **Avoiding Power Struggles**

Mon. June 3 6:30-8:30 pm

The earlier the prevention, the less intervention. In this workshop we discuss issues and concerns regarding positive discipline; examine the difference between punishment and discipline and learn positive approaches to encouraging positive behaviour. This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services, Families Matter Society and Family Connection Parent Link. Call 587-392-2271 to register and for childcare.

### **Parent Support**

Come speak with the Parent Coach about parenting issues or concerns regarding children. Please call 587-392-2270 to set up a time to meet or speak on the phone.



# Huntington Hills



## mybabysitterlist

Name	Age	Contact	Course
Bella	14	587-227-6567	Yes
Tegan	14	403-203-8163	Yes
Willow	14	403-608-0003	Yes
Keira	16	403-809-9020	Yes
Saml	16	403-463-8264	Yes
Emily	17	587-581-3684	Yes
Hazel	17	587-890-9559	Yes
Brooklyn	18	403-990-6176	Yes
Eva	21	403-612-9598	No
Rachelle	21	403-971-8870	Yes
Tamara	25	587-583-1172	Yes
Tannis	27	403-852-0889	Yes
Ashley	28	403-466-3399	Yes
Emilie	29	403-923-3816	No
Tammy	32	587-968-1638	Yes
Dayelle	35	587-755-1878	No
Teresa	46	403-478-3749	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

## Just For You Daycare

#3 Hunterhorn Gate N.E.  
Calgary, AB T2K 6H3

403-275-0454

Spaces available nursery to pre-school

[j4udaycare2004@shaw.ca](mailto:j4udaycare2004@shaw.ca)



## FOCUS for Attention

SPRING 2019

There are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network.

**Location:** North Central Family Support Program  
Huntington Hills Community Centre  
520-78 Ave NW Calgary, Lower Level

**Dates:** May 14, June 11

**Time:** 7:00 to 9:00pm

**Free program but intake registration is required.**

To register, contact [lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca)

(Child care may be available by contacting two weeks prior)

For more information, call 587-392-2275



## Are You Interested in Walking?

### North Central Family Support Program has a walking group!

Just 30 minutes a day walking outdoors can tone your limbs, strengthen your heart, boost your mood and Vitamin D levels, lower your risk of chronic diseases, increase your energy, lower stress ... and it's free!

Making your walk social increases those benefits!

We meet twice a week, Wednesday and Friday mornings, at 9 am until 10am, at the doors of the Huntington Hills Community Centre. Strollers and dogs are welcome!

If you are interested, register by email to [lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca) with 'walking' in subject line.

# New! Family Social Connection Creative Cafe

## Mondays at Huntington!

- Bring your creative, crafty projects
- Teach others / Learn from others
- Our wonderful volunteer leader, Sandra, will be on site
- No child care on site, but there is space for your little ones to keep themselves busy.

**WHERE:** Huntington Hills Community Ctr,  
Main floor auxiliary gym

**DAYS:** Mondays, (except holidays)

**TIME:** 7:30 to 9pm

**FOR INFORMATION & TO REGISTER, CONTACT**  
lorraine@weconnectyou.ca Or call 587-392-2275



## Call for Volunteers:

The Family connections Parent Link program is looking for people interested in volunteering. Volunteers help staff; prepare snack, supervise child doing crafts, prepare crafts, clean and sterilize toys as well as the room itself, and provide childcare for adult only programs. Volunteers work closely with the staff and can work from an hour or two a week, to a few hours a week.

For more information please contact Vivian at 587-392-2273.

## THE NORTH CENTRAL FAMILY SUPPORT PROGRAM

We assist families living in the communities of North Central Calgary in locating necessary resources and welcome all families in the community to participate in our free family social connection programs and events. We provide educational opportunities, parent workshops and youth programming. Through our partnerships with a number of community agencies we are better able to respond to the needs of children and families in the communities we serve.

We are located on the lower level of the Huntington Hills Community Centre. Stop by during our drop-in hours for more information or to register for programs. Call or email for an intake appointment with us for an assessment that will enable us to better understand what your family needs are and determine how to support you. Our aim is to assist you in accessing the best services and supports so that your family remains strong.

### **Desiree, Family Support Coordinator**

587-392-2276, families@weconnectyou.ca

### **Lorraine Spector, Family Support Coordinator and Lone Parent Facilitator**

587-392-2275, lorraine@weconnectyou.ca

### **Kayleigh, Lone Parent Coordinator**

587-392-2262, singleparent@weconnectyou.ca

### **Jeni, NCFSP Manager**

587.392.2274, jeni@weconnectyou.ca

### **Appointment Times:**

We no longer have drop-in hours and have moved to appointments only. Please call or email to book an appointment – Tuesday to Friday, 9am to 4pm.

Do you have a special skill or talent you would like to offer to other community members? Do you have something you want to see happen at the HHCA? We're constantly looking for suggestions on what educational programs and social connection opportunities people want to see at the HHCA. We want to hear from you!

Please contact Desiree at 587-392-2276 or families@weconnectyou.ca

### **Closed Mondays**

**Workshops, family connection events and education programming held evenings and weekends. Please see our calendar for more information.**

### **Outreach Community Advocate:**

We are working together in partnership with the BowWest Community Resource Centre and the Northern Hills Community Association to meet the needs of our neighbours in the ever-expanding regions of North West and North Central Calgary. A Community Advocate from BowWest will be at Huntington Hills office on Mondays from 11:30 – 2:30pm, and at the Northern Hills Community office in Vivo on Thursdays, 4-7pm to provide outreach, information and basic needs referrals for singles, seniors and adults experiencing economic challenges. Please call Germaine at 403-874-6809 for information or to schedule an appointment.

### **Free Social Connection programs, educational workshops and groups!**

Stay tuned for: Family Laughter Yoga, KMITT to Knit, Grief Workshop, GEMS Girls Group, FOCUS for Attention Parent support group and more! Contact us for more information on upcoming activities.

*\*\*Programs are created by needs identified within the community. If you have suggestions about 'things to do' that are of interest to you or your children please let us know.*

**HHCA**

**Fun for ages 5 to 12!**

# KIDS

## Summer Camp

### Weekly themes:

July 2-5: Color Me War

July 8-12: Welcome to Cowtown

July 15-19: Natural Wonders

July 22-26: Mindfulness

July 29- August 2: The Arts

August 6-9: Ooey Gooey

August 12-16: Let's celebrate Seasons and Holidays

August 19-23: Huntington's Got Talent

Closed from August 25 to September 3, 2019

If interested, please contact us at

587-392-2265/ 587-392-2266

Kayann.laylor@huntingtonhillscalgary.com or at oosc2@huntingtonhillscalgary.com

**Come join us for fun and sun all summer long!**

**PRICED AT \$170/ WEEK**

**Hours of operation**

**7:00 am to 6:00 pm Monday to Friday**

We offer: Kid inspired activities | Weekly field trips | Exciting, healthy snacks | Warm, fun and certified staff | Full use of the Gym, Arena, Park and Field | Easily accessible location (right by bus loop)







# Huntington Hills Skating Club

Programs run out of the  
Huntington Hills Community  
Centre and VIVO



**COME SKATE  
WITH US!**




## BEGINNER COMPETITIVE RECREATIONAL

Learn to Skate | Canskate  
Pre-Power | Adult  
Intro to Figure Skating  
Figure Skating programs

*National Certified Programs taught by  
National Certified Coaches*

**REGISTER ONLINE**

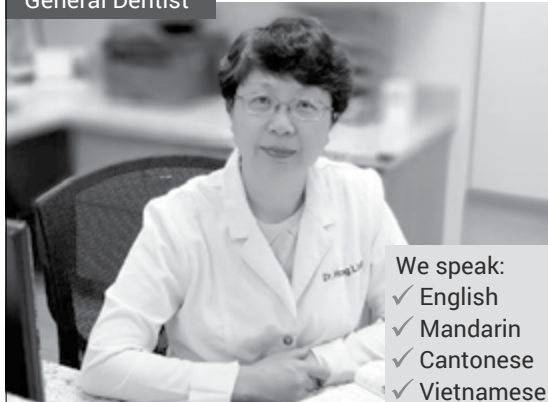
[www.HHskatingClub.com](http://www.HHskatingClub.com)

   @HHSkatingClub

**403-275-6061**

# Dr. Hong Liao

General Dentist



We speak:  
✓ English  
✓ Mandarin  
✓ Cantonese  
✓ Vietnamese

New Patients Welcome

#200, 4616 Valiant Dr NW  
2nd Floor of Provident Professional Building

**403-452-7891**

Tuesday to Saturday 9:00am – 6:00pm

**Motive Action**

# WANTS TO HELP YOU GET A JOB!

**Enroll in an auto body, heavy  
duty, auto mechanics, or welding  
training program. It's FREE for  
eligible Albertans!**

For more information,  
visit [www.motiveaction.com](http://www.motiveaction.com)  
or call us at (403)-287-3132



Must live in Calgary area, between age 18-30,  
unemployed or working less than 20 hours per  
week, lacking in education or work experience,  
and out of high school for at least 1 year



# Community Board Members

Huntington Hills Community Association is always looking for people to step forward and volunteer their time. One way you can do this is to become a potential board member for the Board of Directors. We are looking for people who are energetic, able to work well with a group, help on committees for community activities. Our Annual General Meeting is held in the month of June. If you are interested, please submit your name to the President Moe Sinotte at 403-614-6085 or the Vice President Heather Allison at 403-512-7237 or email [president@huntingtonhills.ca](mailto:president@huntingtonhills.ca) with a brief summary about yourself.



## Building Strong Families

### Workshop Series for Lone Parents

This is a 6-week facilitated program covering topics such as: Parenting On Your Own, Stress, Self Care, Grief & Loss, Resources, Boundaries, Budgeting, Relationship Building with Your Child, Family Activities and Moving On.

Whether you are a new or experienced Lone Parent, this program offers an opportunity to build (or add to) your resource base while enhancing strategies and skills along with other Lone Parents.

**\*Registration is Required \*Lunch & Child Care provided**

**Location:** Huntington Hills Community Centre  
520-78 Ave NW Calgary

**Dates:** Next session dates TBA

**Time:** Saturdays 10 AM to 1 PM

To register or for more information,  
email [singleparent@weconnectyou.ca](mailto:singleparent@weconnectyou.ca) OR  
[lorraine@weconnectyou.ca](mailto:lorraine@weconnectyou.ca)  
OR call 403-275-6666 ext 8



# HHCA Out of School Care Program!

520 78th Ave N.W. • 587-392-2265 | 587-392-2266 • Email: [Kayann.laylor@huntingtonhillscalgary.com](mailto:Kayann.laylor@huntingtonhillscalgary.com)

## What We Offer:

- Fun, child interest-based activities
- Onsite arena, gym, park and field
- Onsite bus for pick up and drop off
- Field trips
- Healthy fun snacks
- Personable Staff
- Subsidy and Accreditation approved program!

## Pricing:

- Fulltime: \$450.00/ month
- Part time (morning): \$250.00/ month
- Part time (afternoon): \$330.00/ month
- Drop in: \$45.00/ day
- Kindergarten: \$585.00/ month
- Summer camp: \$170.00/ week
- Registration fee: \$25.00 non-refundable

**Come experience a home away from home for you and your child!**





## Play With Me, Please!

As grandparents or seniors, when we hear a child ask us to play, do we think about how we played as children? Or do we think that we don't know how to play in today's fast-paced, electronic world? Exploring outside, making up games and stories with friends, spending afternoons building elaborate structures with sofa cushions and blankets or making mud pies in the back yard; these are all still wonderful ways to play. We know that spending time outside and in natural settings builds better brains and that positively connecting with other people helps children learn social and emotional skills. Having sensory experiences encourages connections in the brain and helps children with more complex learning later in life, (like reading and writing). Using imagination to transform pillows and blankets into a pirate hideaway or a princess castle promotes problem solving, language development and cooperation.

So, the next time a young child in your life asks you to play, think back to your childhood and jump right in! You can make a difference in a child's life just by taking the time to play; the most important thing is to be available and enjoy the experience!

For more information on children's brain development watch the video The Core Story of Brain Development at <https://www.albertafamilywellness.org/resources/watch/how-brains-are-built-core-story-of-brain-development/> if you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**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](mailto:officialplumbingandheating@outlook.com); [www.official-plumbing-heating.ca](http://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](http://www.communitymediation.ca), 403-269-2707.

**NEIGHBOURHOOD PAINTING COMPANY - HARDING'S PAINTING:** Let us help you love and protect your home. Experienced painting crews available to complete exterior and interior painting projects. We've been painting homes just like yours in the neighbourhood for over 21 years. \$5 million liability insurance, bonded, and WCB. Call us for a free estimate today. 403-254-4726.

**HD PROPERTY CARE:** 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**THE GUTTER DOCTOR!** Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

*Volunteering*  
is good for the soul



Huntington Hills Community Association

# SPRING FITNESS

**Tuesday - 5:30pm**  
Yoga - for backs

**Wednesday - 7:30pm**  
Belly Dancing

**Thursday - 6:45pm**  
Yoga - all levels

**Friday - 9:30am**  
Yoga - beginners

To register:  
587-392-2263  
sue.williams@huntingtonhillscalgary.com

## News from the Friends of Nose Hill

by Anne Burke

Don't forget to check out our website at [www.fonhs.org](http://www.fonhs.org) for all the information you will need about Plants in Bloom for the May Flower Count, during the last week of May (25-31). This is an annual event, when volunteers survey their favourite natural areas and provide valuable data on the distribution of flowering plants in Alberta. Conduct a fun "trek and check" through your favourite natural space. Expertise in wildflower identification is valuable, but not mandatory. Use our alphabetical flower list, which has space to record how far in bloom the flowers are.

Urban ecology and biodiversity are free and family friendly, in backyards, gardens, schoolyards, local parks, and community green spaces. At any time, citizen scientists can find nature, take photos of their finds, and share their observations by [iNaturalist.ca](http://iNaturalist.ca). The app is free, enables identification, and operates all over the world now.


The Calgary City Nature Challenge involves taking photos of plants and animals (26-29 April) and then identifying them (30 April-5 May). Winners are announced 6 May ([www.calgarynatureyc.ca](http://www.calgarynatureyc.ca)). Calgary, Halifax, and Richmond, B.C. are only 3 of the over 160 cities worldwide to compete for the most observations, number of species, and participants ([www.citychallenge.org](http://www.citychallenge.org)). Started in 2016 with 2 cities, the City Nature Challenge went national, in 2017, and, in 2018 with 68 cities, became an international event!

The new City Parks and Pathways Bylaw states: "natural area" is a park or portion of park space where the primary role is the protection of an undisturbed (or relatively undisturbed) area of land with characteristics of a natural or native plant community. The Director, Calgary Parks, may close or restrict the use of any park (or portion of a park) to protect endangered or at-risk species; to preserve vegetation required for wildlife; and to rehabilitate a natural area.

To disturb wildlife in a park (\$200-\$300), to disturb or damage park vegetation (\$200-\$300), and to remove park vegetation (\$150-\$250) are only a few of the minimum and specified fines for offences.

## LOOSELY BOUND BOOK CLUB

New Book Club in Huntington Hills



**Come Join Us!**  
February 28<sup>th</sup>, 8pm  
Men & women welcome

Our first meeting will be a Meet & Greet. Please come with a few book suggestions: we will select the books for the next 6 months.

**Last Thursday of each month**  
8:00-9:00pm

**Hosted by: Kim**  
[Looselybound1@gmail.com](mailto:Looselybound1@gmail.com)

Huntington Hills Community Association | Out of School  
Care Room (2<sup>nd</sup> Floor)

# REJOICE. LIFE'S SMALL VICTORIES.

*If you're without employer-sponsored benefits, we have a plan that fits your needs and your budget—so you can spend time enjoying the little things.*



1-800-AB-CROSS | [ab.bluecross.ca](http://ab.bluecross.ca)

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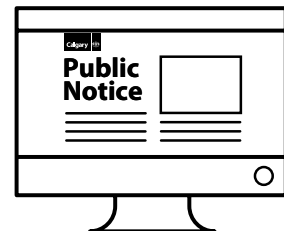
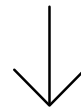
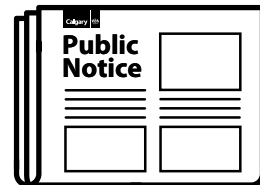


## Calgary



## Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16<sup>th</sup>. Visit **[Calgary.ca/publicnotices](http://Calgary.ca/publicnotices)** to see detailed information on development activity in your neighbourhood.



19-00217417



# Huntington FAMILY DENTAL

*where your neighbours go*

Here's an example of our pricing  
versus the New Alberta Fee Guide

*We're the same fee  
if not lower!*

Treatment Description	2018 ADA Fee Guide Pricing	Huntington Family Dental Pricing
New Patient Exam	\$101.48	<b>\$89.97</b>
New Patient Pediatric Exam (under 6)	\$71.17	<b>FREE*</b>
New Patient Child Exam	\$97.00	<b>FREE*</b>
4 X-ray Bite Wings	\$78.37	\$78.37
3 Units Scaling	\$201.48	\$201.48
Polishing	\$59.84	\$59.84
Fluoride Treatment	\$28.99	\$28.99
Panorex X-Ray	\$88.32	<b>\$85.00</b>

\*free exams when booked with hygiene and xrays

## PAY ONLY YOUR PORTION ... WE DIRECT BILL!

We file claims on your behalf!

No interest financing options available.

We help you understand your insurance and maximize your benefits to ensure you get the treatment you need.



## CHILDREN'S DENTAL CARE

Prevention and Oral Hygiene for your superheroes!

You're invited to call **403.295.9335**

**EMERGENCIES SEEN SAME DAY!**

## ALWAYS WELCOME NEW PATIENTS

Open **6** days  
per week

Convenient evening & weekend  
appointments available.

Do you feel anxious  
about dental visits?

**SEDATION  
DENTISTRY**

Could Help You!

CALL TODAY FOR DETAILS

**AFFORDABLE  
DENTAL IMPLANT**

✓ Single Dental  
Implant

✓ Abutment

✓ All Ceramic Crown  
And Dental Consult

**\$2995**

**Your Health ... Your Smile ... Your Dentist**

## Huntington Family Dental

570 64th Ave NE

Your Huntington Hills Dental Choice  
Located in the Hunterhorn Plaza



**403.295.9335**

## Family Dentistry for ALL ages

- IV sedation available
- Dental Implants
- Digital technologies for your safety and dental lasers for your comfort
- Root canal treatment & wisdom teeth removal



### Doctors:

Dr. George Chao  
Dr. Shora Forootan  
Dr. Mohammed Zeina  
Dr. Martine Anderson

### Office Hours

Monday 7 am – 4 pm  
Tuesday 7 am – 7 pm  
Wednesday 7 am – 4 pm  
Thursday 7 am – 7 pm  
Friday 8 am – 3 pm  
Saturday\* 8 am – 3 pm

\*(Alternating)  
\*(Opening soon on Saturdays)