

Kerby News

Published by
Kerby Centre

for the **55** plus

2018
August

Volume 34 #8



Spanish Steps in the early morning, not yet as besieged, as after the tour buses arrive.

Inside

- Brain health matters**page 6
- A passion for sketching**pages 16-17
- Veni, vidi, vici in today's Rome**pages 18-20
- Kerby Centre fall programs**pages 27-33



Monday, August 6, Civic Holiday



Kerby Centre

1133 - 7th Ave. S.W.
Calgary AB T2P 1B2
403-265-0661

www.kerbycentre.com

PO # 0040064604



Calgary Philharmonic Orchestra

Classical Mystery Tour: A Symphonic Evening of The Beatles

14 + 15 September 2018 / 7:30PM
Jack Singer Concert Hall
Tickets from \$30



calgaryphil.com | 403.571.0849



The Manor Village at Varsity

The Manor Village at Signature Park

1858 Sirocco Drive SW
P: (403) 249-7113

The Manor Village at Garrison Woods

2400 Sorrel Mews SW
P: (403) 240-3636

The Manor Village at Huntington Hills

6700 Hunterview Drive NW
P: (403) 275-5667

The Manor Village at Rocky Ridge

450 Rocky Vista Gardens NW
P: (403) 239-6400

The Manor Village at Varsity

40 Varsity Estates Circle NW
P: (403) 286-7117

The StayWell Manor at Garrison Woods

174 Ypres Green SW
P: (403) 242-4688

The Manor Village at Currie Green

Coming Soon
SW Calgary
P: (403) 256-4151

The Manor Village at Fish Creek Park

22 Shawnee Hill SW
P: (403) 918-2127



The Manor Village at Fish Creek Park

How do you want to live?

As the body ages, so does the brain. Just like our cardiovascular system, our brain responds to our lifestyle. The following STEPS for avoiding dementia relate to many factors. *Depression, poor nutrition & diet, lack of exercise & sleep, high blood sugar, low thyroid function, substance abuse; deficiencies in vitamin D, B6, B12, omega-3, and folate; as well as continual stress* all contribute to the incidence of dementia.

Here are a few simple steps to improving not only physical but mental well-being.

- Keep Active and Exercise Regularly
- Avoid Smoking & Excessive Alcohol Consumption
- Eat a Healthy, Balanced Diet
- Stay Connected Socially and Interact with Others
- Take Time to De-Stress
- Get a Good Night's Sleep

The commitment of the professionals at *The Manor Village Life Centers* is to educate care-providers, and to coach seniors and their families to recognize that a high percentage of memory loss with aging is preventable...when treated early.

Do you have questions? Are you or a loved one thinking about independent living or assisted living? We would be pleased to discuss your options at our beautiful, elegant communities with exceptional amenities. Call or visit www.themanorvillage.com and book a tour of one of our Centers today.



- Spacious 1 & 2 bedroom suites • Flexible meal plans
- Daily activities and entertainment • 24 hour onsite care teams
- Fitness and exercise programs • Physician and wellness programs



THE MANOR VILLAGE
LIFE CENTERS™

Independent Living • Independent Living with Assistance • Memory Care

www.themanorvillage.com



BY ZANE NOVAK
President of Kerby Centre

Connect with a neighbour or a friend

The dog days of summer are here and I hope you are staying active and safe.

It's always amazing how fast the seasons go by. Last month I was walking around the Stampede grounds in the heat and a couple of months from now I'll be building a fire to keep the chill of the snow away.

No matter what our age, we must take care to enjoy the weather in a safe way. That means sun screen, sun glasses, and a hat. Maybe even an umbrella if that's

what it takes to carry a bit of shade with you wherever you go.

One thing that gets overlooked when the temperature rises is medication. The effectiveness of certain medications can be reduced by high heat, especially by how it is stored. A medication can be made less effective just by sitting on the counter in the hot sun. High humidity can make diabetes test strips give false readings, for example. Check with your doctor to ensure you are do-

ing everything you need to.

This is also a good time to reach out to others. If you are an older adult, connect with a neighbour or friend who can check in with you regularly. If you are a caregiver, you should be checking twice a day to make sure the person you support is safe.

We always want to enjoy the warm weather while we have it, just take precautions to protect yourself. Stay hydrated, take frequent breaks, and seek out the shade. ▲

Life consists not in holding good cards but in playing those you hold well.

Josh Billings

Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams.

Ashley Smith

AUGUST 2018

Front page photo credit: Jerry Cvech
Design by Winifred Ribeiro

KERBY CENTRE'S MISSION:

To assist older people to live as well as possible for as long as possible as residents in the community.

Kerby Centre Board of Directors 2018 - 2019

1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

EXECUTIVE

President: Zane Novak
1st Vice President: Richard Parker
Treasurer: Ken Lin
Secretary: Tara Weber
Past President: Hank Heerema

Directors

Philip Dack, Stephanie Sterling

Kerby News

Published monthly by Kerby Centre
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212

Kerby Centre Website:
www.kerbycentre.com

e-mail: editor@kerbycentre.com

Co-Publishers: Keith Callbeck and Luanne Whitmarsh
Production Manager: Winifred Ribero
Sales Consultants & Distribution:

Jerry Jonasson (403) 705-3238
jerryj@kerbycentre.com
David Young (403) 705-3240
davidy@kerbycentre.com

Classified Ads: (403) 705-3249 Fax (403) 705-3212
generaloffice@kerbycentre.com

The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

Editorial Assistant: Margaret McGruther
Proofing: Anita Dennis, Margaret McGruther
Mailing: Don Sharpe, Murray Beck, Ellen Hansell, John Lamb, Wayne Orp, Margaret Walker, Peter Meyer, Anita St. Laurent, Lolita Kiemele, Shirley Evaskevich, Gloria Higgins, Anne Prystupa

Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Material published in the editorial columns of the Kerby News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.

Although every precaution is taken to monitor advertising placed in the Kerby News; claims made by advertisers are theirs and are not necessarily endorsed by Kerby Centre. Kerby Centre reserves the right to refuse any advertising materials submitted.

NOTE: Display advertising is accepted on the condition that, in the event of a typographical error made by Kerby News, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.

Time to enjoy the moment



BY LUANNE WHITMARSH
CEO of Kerby Centre

Spring is a time for planning future change, winter a time for quiet reflection on the past. As we are in the heart of the summer, I wonder if it is perhaps a good time for simply enjoying the moment. In the hustle and bustle of our days, it can sometimes be a challenge to simply stop and smell the proverbial roses. To put aside thoughts of the past or future and be here now.

We at Kerby Centre have been spending a lot of our time and energy on plans for the future. And part of that effort has, of course, been evaluating the past performance of all of our programs and services.

Living in the past and the future of our great organization as we have been doing sometimes leads us to miss the moment we are in. We are privileged to share our days with remarkable older adults who inspire us, move us, and make us part of their days. Daily we hear of the positive impact Kerby has had on the lives of older adults to learn, to laugh, to be safe and to play.

We just had our annual Stampede Breakfast — thanks to the 1,762 hungry people we fed in 3 hours! I want to share a story from our

Stampede breakfast that was shared with me by one of our staff.

We were being entertained by the Gordie West Band, and off to the side was a woman in a scooter. Because she did not have a breakfast yet, our staff member went over to see if he could assist her. The woman quietly said she did not want the food, she wanted to enjoy

the music. "He sings just like my father. He passed away seven years ago. But right now it's like he's here again."

We cherish these moments that we can share with the more than 25,000 older adults who access Kerby Centre every year. Thank you for being part of our days; yesterday, today, and tomorrow. Be well, live well and keep in touch! ▲

Sandra G. Sebree Lawyer

Serving our community for over 20 years

1909 17 Ave SW
Calgary, AB T2T 0E9

Ph. 403 • 228 • 8108
Fax. 403 • 228 • 8109

Wills & Estates

Real Estate

Free House Calls
Available



Proud supporter of the Royal Canadian Legion

email: sandrusebree@sebreeclaw.ca www.sebreeclaw.ca



STEVE SAILER DD

DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.

Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.

- Free Consultations • All Dental Plans Accepted
- Same Day Service On Repairs/Relines
- Alberta Health Care Program For Seniors

TAKE THIS TEST

<p>Are your dentures?</p> <input type="checkbox"/> Loose <input type="checkbox"/> Cracked, worn <input type="checkbox"/> Over five years old <input type="checkbox"/> In your pocket <input type="checkbox"/> Missing teeth	<p>Is your denture?</p> <input type="checkbox"/> Floating <input type="checkbox"/> Clicking <input type="checkbox"/> Requiring adhesive <input type="checkbox"/> Causing you to age	<p>Are your gums?</p> <input type="checkbox"/> Always sore <input type="checkbox"/> Flat <input type="checkbox"/> Difficult to fit
--	---	---

If you have checked any of the above please call for an appointment.

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre

403-282-6126





News from City Hall
BY EVAN WOOLLEY

Calgary Councillor for Ward 8

Ward 8 Summer Update

Summer is finally here! While it felt as if this past winter would never end, now that the trees are in full bloom I'm reminded of why I love Calgary at this time of year. This summer, in addition to looking forward to sun-filled days, my wife and I are excited to welcome our first child! This will mean a few less 12-hour days spent at the office for me in the next little while, but, I trust my team to keep the many exciting projects we have going in Ward 8.

Speaking of projects in Ward 8, my office has just put the finishing touches on our Ward 8 Work Plan 2.0! This is our four-year strategy document that outlines the programs, policies

and projects we've prioritized for Calgary and the 22 neighbourhoods within our boundaries. From traffic calming, to economic diversification, to Main Streets - my team and I look forward to connecting with all of the Community Association Boards, and sharing our goals and objectives with you this coming fall.

With that exciting news, I'm sad to share the news that one of my team members, Brienne Biblow, will be leaving the Ward 8 office this summer to pursue new opportunities in Victoria, BC. Many of you know Brienne through her diligent work on the Ward 8 development file, Main Streets, 17th Avenue Re-Construct-

ion or as the Ward 8 representative for your community association. Brienne has been a valuable part of our team for two-and-a-half years. From what I've heard from the communities she's worked with she has become a valuable part of your communities as well. Please join me in wishing her all the best on the Island!

Replacing Brienne in our office will be our new staff member, Zev Klymochko. Zev has been with the Ward 8 office since February and over the last five months, he has been dedicated to managing and resolving constituent concerns. If you haven't had the chance to meet Zev yet, I know you will this coming fall! I have

always said that the role of Constituent Liaison is the foundation of any Councillor's office and it provides any team member with a fulsome understanding of the City and the neighbourhoods within our ward. Zev has excelled in this position and will now be applying his passion for community building to diverse files like Main Streets, Heritage Projects, Development and more.

To conclude, I wish you all a great summer and look forward to re-connecting with you in the fall!

If you have any questions or concerns, contact my office at 403-268-2431 or ward08@calgary.ca for more information. ▲



This month in Edmonton
KATHLEEN GANLEY

Kathleen Ganley is MLA for Calgary Buffalo, Minister of Justice and Solicitor General

Spirit of community is exemplified in volunteer awards and efforts to resolve complaints

As Albertans continue to enjoy the summer and gear up for the fall, we have an opportunity to recognize those who've made a difference to our communities through their volunteer efforts in the past year. Nominations are open for the Stars of Alberta Awards, with a deadline of September 21, 2018. There are six awards, two awards each in 3 categories: youth, adult, and senior. The awards are presented on International Volunteer Day, December 5. To view the eligibility requirements, nomination process, and past recipients, please visit: <https://www.alberta.ca/stars-alber->

[ta-volunteer-awards.aspx](https://www.alberta.ca/stars-alberta-volunteer-awards.aspx)

The spirit of community has been central in engaging with constituents regarding Supervised Consumption Services at the Sheldon Chumir Health Centre. AHS is committed to being good neighbours to the residents and businesses of the area, and they want to hear from you as they continue to work to save lives. Please make sure to send any questions, concerns and feedback to: scs.calgary@ahs.ca or by calling 1-855-550-2555.

It's important for residents to contact 311 when encountering any debris so that staff can properly dis-

pose of the materials, and keep track of the needs in the area. The more you report, the more information the city has in order to maintain a fitting level of service.

My constituency office is working with AHS, the Ministry of Health, City of Calgary staff, and Calgary Police Services to help develop a more streamlined and fulsome process for community conversations and input regarding the impacts of SCS in the community.

Lastly, the Alberta Government is helping workers collect unpaid wages. Alberta Labour will send letters to employers who owe their

workers outstanding pay. The employers are encouraged to resolve complaints before a formal investigation starts, including various resolution options. You can read more about Employment Standards complaint resolutions: <https://work.alberta.ca/employment-standards/compliance-enforcement-2017.html>

I am always happy to hear from constituents. If you have feedback to offer, please contact my constituency office: Calgary.Buffalo@assembly.ab.ca ▲



This month in Ottawa
KENT HEHR

Kent Hehr
Member of Parliament for
Calgary Centre

Investing in Calgary: Flood mitigation

If you lived in Calgary during the 2013 flood, you would remember the river flowing down city streets and the basements and belongings that were destroyed. You would also remember neighbours coming together to help one another.

Since 2016, under our federal Liberal government, Infrastructure Canada has invested \$10.5 million in Calgary (and \$63 million across Alberta) to help reduce the risk of future flooding.

This includes a new

pumping station, and upgrades to groundwater and stormwater infrastructure, leading to more effective watershed management.

These investments will help to mitigate the safety concerns and expensive damage that flooding can cause.

It's a smart investment, and yet another example of how our federal government is investing in Calgary in a big way.

Further, once the Springbank reservoir proposal process has been completed, we

are fully committed to funding the federal share of that flood mitigation project as well.

How does this compare?

Under the Harper Conservatives, Infrastructure Canada invested zero dollars in flood mitigation in Calgary from 2006 to 2014. The figure for all of Alberta is \$0 as well.

In fact, the previous federal government mostly ignored Calgary's infrastructure overall. It's one of the main reasons I decided to run in the federal election.

From flood mitigation to

arts venues to the Green Line LRT, I'm proud of the huge infrastructure investments we're making in Calgary. These are important projects that will benefit Calgarians for many years to come.

Learn more at www.KentHehrMP.ca/infrastructure.

Contact me at kent.hehr@parl.gc.ca, telephone 403-244-1880.

Subscribe to my email updates at www.KentHehrMP.ca/email-updates. ▲

LIVE YOUR

best life



**South Calgary's Newest
Seniors' Lifestyle Community**

Large Suites. More Features. Better Price



Rents as low as **\$2450**

Ask how you can
receive up to **\$15,000**
in rent credits

Call Today!
(587) 602-1316

Save \$1000 a month in South Calgary!

SUITE FEATURES

- Large bright windows
- 9 foot ceilings
- Kitchen with fridge, stove & oven
- Storage room with hookups for your own washer and dryer
- Covered balconies
- Air conditioning
- Walk-in shower
- Large 3 piece bathroom with built-in storage & linen closet

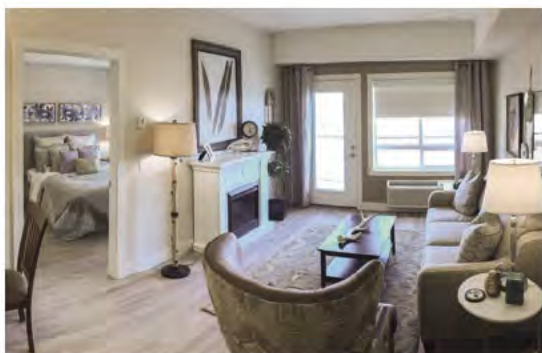
SERVICES

- Enjoy multiple unique dining experiences
- Over 10 evening meal options
- Weekly housekeeping
- 24-Hour emergency monitoring
- Shuttle bus
- Entertainment & Social Activities
- Personal care available

AMENITIES

- Library
- Exercise room
- Beauty salon
- Family dining and party room
- Crafts room / creative space
- Games room
- Hobby & Workshop Room
- Pet care room
- Theatre
- Pub / Lounge

Over 10 choices of chef prepared meals each night!



GRAND SETON
Village

Located in Seton Across from the South Health Campus
Opening Early 2019 – Call Today for More Information (587) 602-1316

Brain health matters

By Jacqueline Louie

Memory loss, brain fog and other cognitive issues don't necessarily mean someone is heading down a one-way street to dementia.

That's according to neuroscientist Corey Deacon, a functional medicine practitioner and the director of Neurvana Health, a precision health clinic with locations in Calgary, Red Deer and Kelowna, helping people suffering from chronic health conditions, mental health issues and head injuries.

"In my experience, nearly everything can be improved," says Deacon, who holds a doctorate in natural medicine and a master's degree in biomedical science, and is board-certified in neurofeedback, assessing and working to optimize the function of the brain. "Im-

provement is almost always possible once you know where improvements can be made."

According to Deacon, there are multiple reasons why people head down the path to cognitive impairment. Over the last 30 years, research from the University of Alberta has found that the onset of dementia may be correlated to exposure to environmental toxins.

True dementia, which is a neurodegenerative process, has four main causes, he says: inflammatory, infectious, inhalational and metabolic. While many people worry about whether their genes predispose them to developing dementia, according to Deacon, if your nervous system is healthy and balanced, it will lower that risk significantly. "It's all about epigenetics — how the environment around the cells is affecting genetic expression,"

he says.

We will all experience age-related memory decline, but if someone is noticing a significant and rapid decline in cognitive function, Deacon thinks it's important to get a cognitive assessment done. "You need to be compared to your age group." If you're within the 50th to 80th percentile, you're generally good, but when someone scores in the low end of their age group, that's when they will need to look into what's going on.

Here are Deacon's top tips for a healthy brain:

- **Work up a sweat** — exercise. According to Deacon, exercise is "absolutely essential" for brain health: "Three or four times a week, and you need to be sweating. Exercise is the only thing we know of that can significantly increase neurotrophic growth factor, which is required to build new neuronal connections in the brain. That's what's required for memory formation to hap-

pen," he explains.

More than 90 per cent of known toxins can be cleared through the skin by sweating. In 2016, a Finnish study found that when people sweated in a sauna four or more times a week, there was a 67 per cent reduction in dementia rates, compared to those who sweated only once a week.

University of Alberta research shows that it doesn't really matter how you sweat, Deacon explains, whether it's through hot yoga, a sauna, a hot bath or exercise. And with exercise, "you get the bonus of the neurotrophic growth factor: you can form new synapses and new connections in the brain, so you'll be able to form new memories." While there is currently no medication available to treat dementia, "exercise can slow it," he says.

- **Diet.** The typical North American diet is very high in carbohydrates, such as cereal grains. People who have difficulty metabolizing glucose and

eat a high carbohydrate diet could experience cognitive issues, Deacon says. While it's very difficult to assess how the brain metabolizes glucose, an easy workaround would be to lower the amount of carbohydrates eaten and see if there is any improvement in brain function, he suggests. (Another option, offered by Neurvana Health to its clients, would be to do a brain map, which analyzes electrical activity within the brain).

Deacon also recommends increasing the amount of healthy fats, found in fish, nuts and seeds, in the diet; and decreasing the amount of carbohydrates from grains and white sugars, "which tend to spike blood glucose a bit too fast." On the other hand, "foods that are more fibrous release sugar slowly, so they don't cause a huge glucose spike." Generally, fruit is OK, particularly fruits that score under 50 on the glycemic index, he adds.

- **Avoid alcohol.** Some people will say that a glass of red wine can be protective, but there are hardly any studies confirming that, says Deacon, who suggests it's best to avoid alcohol altogether. "Chronic use can lead to cognitive issues, so it's best to avoid it completely."

- **Clean house.** Make sure your home is clean and free of mold, which Deacon describes as "a huge, huge problem" in the development of an inhalational type of dementia. In Calgary, particularly since the 2013 flood, many homes have not been properly assessed for mold and likely contain high mold spore and DNA fragment counts, Deacon says.

He suggests testing your home through the Environmental Relative Moldiness Index (ERMI), which assesses mold spore and DNA fragment count, as well as mold type.

"You want to make sure you're not dealing with toxic molds," Deacon says, noting that chronic low grade exposure to toxic mold can lead to a high inflammatory and immune system response that affects the brain.

No matter what your age, the brain has the ability to regenerate and build new connections. "It doesn't matter how old you are," Deacon says, noting that research has shown people aged 80 and older are still producing neural stem cells in the brain. ▲

Resources:

- neurvana-health.com Neurvana Health offers free consultations.
- gotMold.ca (indoor air quality specialists)
- *The Healthy Brain – Optimize Brain Power at Any Age*, by Aileen Burford-Mason



Rendering is Artist's concept. Map not to scale. E & OE.



Experience Vibrant Seniors Living

At Prominence Way, warm, welcoming, worry-free retirement living is waiting for you between Patterson Park and Edworthy Park, with trails, shopping and more. Enjoy amazing views of Calgary from this elevated neighbourhood originally known as Broadcast Hill. Experience vibrant seniors living with a world of choices, beautiful architecture, caring people and a comprehensive program of activities and services. Choose Prominence Way and see how great life can be!

Visit us at our presentation centre off Patterson Blvd and Prominence Hill S.W.

905 Prominence Way SW
Calgary, Alberta

Contact us now
for information

403-727-9400



www.ProminenceWayRetirement.com

Strategies to avoid the negative effects of chronic stress

By Jacqueline Louie

“A key ingredient in maintaining your brain health is to manage the stresses in your life,” says Dr. Owen Schwartz, whose medical practice is focused on helping people to maximize their mental and emotional health through stress reduction, and learning to connect with the wisdom of their higher self.

“We know there is a huge relationship between chronic stress and virtually all forms of illness,” says Schwartz, who is based in Calgary.

Manageable stress in life is good, because it’s all part and parcel of growing and reaching for new challenges, notes Schwartz. “It activates us and helps us to avoid rusting out.” However, he adds, “prolonged stress is potentially harmful to the brain, nervous system and the body in general.”

Often, people create stress through worry and excessive thinking, by reviewing problems again and again, without letting go of

them. When they do this, they replay the stressful issues in their head and reactivate the stress all over again.

Chronic stress negatively impacts brain chemistry, reducing functions like focus and memory. “As well, sleep may be profoundly affected. Indeed, under chronic stress, you can’t really be relaxed and present with people. Even the ability to love and relate to others is reduced,” Schwartz says.

Regardless of the stressors in your life, you can control how you respond to an event, and in that lies the key to handling stress, according to Schwartz.

Here, he offers a number of suggestions on some of the best ways to manage stress:

Focus on something else to take your mind off disturbing thoughts. For example, immerse yourself in activities you enjoy, such as dancing, music, hobbies, and socializing.

• **Physical exercise.** Exercise helps get stress out of the body. Walking, dancing, “any kind of exercise can

help people feel better. We shake it out of our muscles and tissue,” Schwartz says. Find something you enjoy doing and will do regularly.

• **Posture.** Holding the shoulders back, head erect and chest open, will automatically relax you.

• **Smile.** Using humor can also help, because smiling and laughter changes your body for the better.

• **Getting a massage, or doing self-massage.** All of this is useful, because stress is retained in the body and in the muscles. “When you relax the muscles, it tells the brain to relax.”

• **Breathing.** “Breathing connects us to our emotions, so if we can slow our breathing, our emotions go toward calmness,” Schwartz says. “Breathe normally until your breathing is totally calm. If you can do nothing else, slow your breathing down. Diaphragmatic breathing is a very effective method of getting into meditation.”

• **Practice mindfulness.** When an event triggers us, the emotions build and we are locked in to them. “With



Dr. Owen Schwartz

mindfulness, you practise distancing yourself a little bit from the emotions,” Schwartz explains. It is useful to say to yourself, ‘No matter what is happening, I can choose either to get all excited about it, or I can choose to relax.’ The body and mind will follow a direct affirmation and command if

it’s repeated often enough.”

• **Meditation.** Meditation calms the mind and connects it with the spiritual part of ourselves. “You can call it the soul — the part of ourselves that is eternal, always calm, always loving, always peaceful. As we con-

Continued on page 8

MAKE THE MOVE OF A LIFETIME



With 25 locations in Calgary and a range of housing and service options, we make it easy for you to find the right affordable community to meet your unique needs and preferences.

**NONPROFIT AFFORDABLE HOUSING
AND SERVICES FOR SENIORS**

We’re ready to help you make your move!
403.567.5301 placement@silvera.ca silvera.ca

Silvera
FOR SENIORS

Strategies to avoid the negative effects of chronic stress

Continued from page 7

nect to the soul, we can actually practise that calmness," Schwartz says, noting there are many different meditation techniques to combat stress.

According to Schwartz, meditation is best done regularly, once or twice a day. "Even if you can't concentrate well, keep trying, even for five, 10 or 15 minutes. No matter how tense, fearful, angry or frustrated you feel, if you can just say 'I am relaxed' and keep repeating it, it will give that message to your body and brain."

• **Believe in yourself.** If we believe in ourselves and love ourselves, it's a much less stressful way to live than if we always feel we're inadequate and are trying to prove we're good enough. "Know-

ing that it's going to be OK, knowing that you'll rise to the occasion as well as possible, and letting go of the rest, is a powerful method of reducing stress."

Having faith that somehow things will work out creates a different response than if you are filled with fear, Schwartz says. "It's not necessarily spiritual faith — it's just faith that somehow things will always work out, even when it seems very difficult. That tells your brain and your whole being to relax.

"I really think the biggest thing is to learn to have faith in yourself. As well, 'have faith that spirit in some way is always present to love and support you. The more we identify with the soul, rather than simply identify with a body that will eventually deteriorate, the more we can have that refuge of calm and renewal." ▲

Silver Alert – What is it?

From The City of Calgary

Silver Alert is a generic term used to describe a system for finding vulnerable older adults who go missing. It is different from Amber Alert. There is no single Silver Alert system within Canada or Alberta. There is, however, a growing network of stakeholders across the country who are interested in sharing strategies to best respond to this issue.

In Canada, Amber Alert is managed by the RCMP. There are very strict criteria for activating it. It is usually criminal in nature and a child typically does not have the right to go missing.

Older adults who can safely care for themselves have a right to go missing if they choose. When an older adult goes missing in Calgary, vulnerability is assessed by the Calgary Police Service (CPS) to determine whether intervention is needed. It is usually non-criminal in nature. Vulnerable adults are usually found within eight kilome-

tres of their home. In 2015, 111 adults over age 74 were reported missing to CPS. It is believed that many more go unreported as families attempt to find the vulnerable person without police assistance.

Calgary has a Coordinated Response to Missing Seniors committee made up of stakeholders and the CPS. Its purpose is to create pub-

lic awareness about vulnerable older adults and ensure that resources are in place to support finding them.

If you know of a vulnerable person who is missing, call police immediately. CPS has a very sophisticated system in place for finding vulnerable people. If they assess the person to be vulnerable they could begin a search immediately. ▲

			5	2	9	6		4
		9		6				3
6	8	4			3			
		6		9		3	2	
			2			8		9
9					1	5		7
1		3	8					
				4	7		9	
	5	7			6		3	



**Are you 71?
Happy Birthday!**

If you turn 71 this year your RRSP will become a RRIF by December 31st.
Do you understand this change?
Do you have a plan?
For a clear explanation please call or e-mail lgerritsen@telus.net

Lawrence Gerritsen
at 403-804-4460

Portfolio Strategies Corporation

Attention Denture Wearers



There Is Another Option!



Introducing Implant Secured Dentures

Implant Secured Dentures sometimes called "All on 4s" can provide a permanent solution. No more shifting tilting or wandering! No more messy pastes or glues.

Not everyone is a candidate for implant secured dentures, a proper assessment by a dentist is necessary to determine your needs.

Find out if you are a candidate, call to book your complimentary consultation today!



Request Your Complimentary Consultation

Call (587) 329-5336 or online
MetroDentalCare.ca/implant-dentures

Five games that are surprising brain boosters

Trust us, in 30 years time, your older self will thank you for playing these games

When we think about games that give us a mental workout, games like chess and Sudoku are the first ones that pop into mind. And it's a long-proven fact that chess is a brain booster. But not everyone is into chess, or Sudoku for that matter.

So, for those who don't know their bishop from their knight, what other kinds of games can we play to increase both our IQ and learning potential? Here are five that you might find a little surprising.

Darts

If you think that darts is a game played in bars and smoky games rooms, then you're right: it often is. But the surprising fact is that darts is a brain booster for several reasons.

First off, the obvious. Playing darts helps your math skills but in a slightly different way from other games. Usually, games involve the addition of points and tallying your score is straightforward, but with darts, you start at 501 and work your way down to zero. Simple enough, but when you con-

sider doubles and triples, figuring out your score on the fly can get a little tricky.

Let's say, for example, that a player starts at 501 and throws a triple 17, 19 and a double 7. So that's 501 - 51 - 19 - 14, and if you can figure all that out without a calculator and in just a few seconds, then you're better at math than we are. The answer is 417 (just in case you were wondering).

The fast nature of the game also requires that players tally their scores as quickly as possible, so they know what they need to score on their next turn. It's also great for hand-eye coordination (you don't want to injure anyone).

It relieves stress and improves focus and concentration. Not bad for a game that's "just" throwing darts at a board, right?

But it's not just games like 501 that you can play. There are quite a few games, and the rules of each are simple enough to master, but if you're like us, you may need a calculator at first.

Jigsaw Puzzles

When was the last time you finished a jigsaw puzzle? And no, we're not talking about that Barney six-piece puzzle you helped your daughter or nephew finish. Jigsaw puzzles are traditional toys that are enjoying a bit of a comeback, and it's not just because they look nice framed and on the wall. The jigsaw puzzle, while not quite a game as such, is still deserving of a place on this list for the fact that it's a superb workout for the mind.

Sitting down with a jigsaw puzzle clears your mind and helps improve your ability to focus and maintain concentration levels by allowing you to use both sides of your brain. It's also great as a short-term memory booster as you continuously recall where you saw that piece just a moment ago. Many doctors like to encourage their Alzheimer and dementia patients to take it up as a hobby.

Some research even goes so far as to say that puzzles, in general, help reduce the buildup of brain plaque, which, in turn, reduces the

risk of both Alzheimer's and dementia. It's fun, boosts your brain and can help you in later life? Sounds ideal.

Continued on page 10

Escorted Motorcoach Tours

CALIFORNIA WINE COUNTRY
With Napa Valley Wine Train and more!
13 days, September 2 - guaranteed

ATLANTIC CANADA & NEWFOUNDLAND
Fly to Halifax/return from St. John's 16 days,
Sept. 4 or 15 days, Sept. 9 - both guaranteed

NEWFOUNDLAND & BEST of MARITIMES
Fly to/return from Toronto
24 days, September 9 - guaranteed

NASHVILLE and BRANSON
Includes Dollywood, Grand Ole Opry & more!
21 days, October 10 - guaranteed

NAGEL TOURS
www.nageltours.com

41 Years of Service

403-717-9999 or
1-800-562-9999

Life Time Highs www.lifetimehighs.club
587-223-0203
Cathymunro@lifetimehighs.club ~ Travelling Together ~

Edmonton, AB	Sept 25 - 27, 2018, Tour Extravaganza	\$425 pp/dbl
Deadwood, SD	Sept 30 - Oct 6, 2018	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26 - 29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise	\$400 pp/dbl
	March 24 - 28, 2019 Spring Fling Break	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonners Ferry, ID	Feb 3 - 6, 2019	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$240 pp/dbl
Polson-Kalispeil, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 2019	\$TBA

Stoney Nakoda Kananaskis Overnight Trips Nov. 4 - 5, 2018 \$80 pp/dbl
Price based on Calgary Departure

SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE
Let us arrange your group tour, call with destination ideas
Tours depart from Lethbridge or Calgary, other pick ups available

TOURHERO *Let's Go!* Toll Free 1.855.764.8500

Las Vegas Nevada
- Nov 3 (9 Days) \$649.00 pp/dbl

Side tours include:
Outlet Mall Shopping
Laughlin NV

Extra's include:
2 free buffet's & breakfast
\$14.00 slot play

Laughlin Nevada
- Oct 14, 2018 & Mar 17, 2019 (13 Days) \$719.00 pp/dbl

Side tours include:
Las Vegas NV
Oatman AZ
Bullhead City AZ
Lake Havasu AZ
Grand Canyon AZ (optional)

Extra's include:
9 Free buffet's
2 Continental breakfasts
\$28.00 Free slot play
Laughlin coupon book
Las Vegas Night (optional)

www.tourhero.ca  Motorcoach Tours

KERBY EXPO

2018

A FUN AND INFORMATIVE EVENT FOR THE 55+

LIVE MUSIC


WINE TASTING


TRADE SHOW


FREE ADMISSION + PARKING


GIVEAWAY BAGS


ALL AGES WELCOME


GOLD SPONSORS:













FIND MORE INFORMATION:

 **Kerby Centre for the 55+**
 **@KerbyCentre**
 **www.kerbycentre.com**



FRIENDS OF KERBY: Five Star Seniors Relocators Sobeys and Safeway Pharmacy

Late-season allergy survival guide



(NC) Allergies are often associated with springtime, but starting in August, ragweed pollen and other seasonal irritants are among the chief culprits for allergy sufferers. While you can't control what Mother Nature stirs up outdoors, sticking

to a well-rounded plan indoors can go a long way towards keeping allergens at bay, helping your family enjoy time together at home, sneeze-free.

Create a barrier. While walls and doors provide resistance to outdoor ele-

ments, you and your family bring allergens across every time you walk in from outside, as particles can stick to shoes, hair and clothing and spread. Create an additional barrier within your home by removing shoes and outerwear upon entry in a mudroom or hall closet.

Overpower pollen. Remove symptom-inducing dirt, dust and allergens by regularly and thoroughly vacuuming your home. The right vacuum with maximum power and suction can be the ultimate anti-allergy fighter, so you can create an environment where your family can flourish. The

suction power and HE Allergen Filtration of a high end central vacuum system removes allergens from the home, separating them from the air. Conventional vacuums may filter dirt and dust, but recirculate that same air back into the home.

Keep nature outside. While indoor plants can be an attractive part of your home's ambiance, certain types are high in pollen, including daisies, chrysanthemums and sunflowers. Avoid these top offenders and try out hypoallergenic ferns, cacti and begonias instead.

Dry it out. Allergens thrive in a humid environment and moisture can even lead to mould issues. The heat and

humidity in late summer can intensify the potential for an allergy outbreak. Keep windows shut and use the air conditioner along with a dehumidifier for extra effectiveness to keep pollen and other allergens at bay.

Banish allergens from bedding. Don't forget the bedroom when allergen-proofing your home, as mites and pollen can build up on sheets, blankets and comforters. Wash bedding in hot water at least once a week. Protective covers for mattresses and pillows provide additional protection. As an extra step, shower and wash hair before bedtime to rinse away allergens. ▲

Brain booster games

Continued from page 9

Blackjack

It's well known that playing card games of any kind are good for the brain, but there's only so much "Snap" and "Go Fish" you can do to boost your brainpower. No, if you want a card game that gives you a real mental workout, then poker is the way to go. And while many assume that it's a game of luck, in fact, it's not. Blackjack requires skill in no small amount, and to be a decent player, you'll need to practice, but why is it so good for the brain? It stimulates your brain like no other card game because you must play with a strategy in mind. You're always thinking and planning and never just sitting there waiting for a roll of the dice. It also improves memory function and helps to develop new brain cells, and that can only be a good thing. Yes, Twenty-One is a brain workout that we would put on a par with chess. But if you

want to get the most out of the game, then you should at least understand the basics. There's over a dozen variations to try out, but learning the basic rules of Blackjack is a good place to start. It's actually quite easy to get familiar with the game and feel like James Bond when playing with your friends.

Billiards

Much like darts, billiards is another game reserved for bars and those smoky games rooms. And like darts, it's another game with surprising mental health benefits and a few physical ones, too. While it's missing the math workout you get with darts, billiards still promotes tactical thinking and helps maintain those focus and concentration levels. It's also great for hand-eye coordination and improves cognitive skills. Of course, to enjoy the brain-boosting power of the game, you may have to take it easy on the beers. Beer and billiards go together like, well, like beer and billiards. But reducing your alcohol intake by even just a little

will increase your chances of enjoying the mental health benefits of the game.

Whether it's nine-ball or eight-ball, the rules of billiards are easy enough to remember, but if you're unfamiliar with the game, then do a little homework and learn how to play before you hit the pool hall.

Bingo

It's the game of the older generation, and it requires no brainpower at all. Well, at least half of that statement is true. Yes, it's a game often played by seniors around the world but playing bingo does require a keen mind. It may not be the extreme type of mental workout that poker or darts are, but its brain-boosting effects go a long way to explain why older people feel invigorated after a game. And while it may be a game of chance, it still pays to know the rules before playing.

But if you're not a keen chess player or the thought of adding numbers in a box makes you cringe, don't worry: there are other ways

to give your brain the workout it needs. Get a dartboard for the house, go play pool with your friends or, if you're inclined, sit down with a jigsaw puzzle. Whatever game you decide, you can enjoy yourself knowing that you're setting yourself

up for a nice retirement. ▲

The views, opinions and positions expressed by all Troy Media columnists and contributors are the author's alone. They do not inherently or expressly reflect the views, opinions and/or positions of Troy Media. ©



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB
403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager



Contact us today
1-800-394-1965

Looking for benefits options?
We've got you covered.

Whatever your age, enhance your health and well-being with the flexible, comprehensive benefits of one of our individual health plans.

Enjoy health benefits you can count on—from a brand you know and trust.

ab.bluecross.ca

**The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. **Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. ABC83756 2018/02



ROOM TO RENT

Kerby Centre's Wellness Clinic has a small room available for rent.

Perfect for wellness services such as massage therapy, reflexology or various esthetics.

Storage space available & free parking.
\$750/month.

For more information, please call Lauren Riley at 403 705 3177 or email at laurenr@kerbycentre.com.

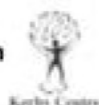
Event and Meeting Space Available at Kerby Centre



15% discount for annual contracts.
Conditions may apply, please inquire.

- Free parking
- Event set-up and take-down
- Catering services
- Space for 10 – 550 people

Phone: 403-705-3177 Email: laurenr@kerbycentre.com
Website: www.kerbycentre.com/rentals



Eleven lives saved from boy's miracle on the plains

By Johnnie Bachusky

INNISFAIL — When local teen Zike Maree was asked to accept the first-ever Bates Wardle Award she had no idea that its origin was a miracle almost 70 years earlier in a sunbaked dusty southeastern Alberta village.

Along with two dozen other students, Maree was awestruck about the chain of events that led to a life-saving story of 11 people.

"I think it is an amazing story," said Maree, a Grade 12 Innisfail High School student who was also given a \$750 bursary on June 15. "And how he said he got an anonymous donation of money to take his training and ended up saving 11 lives. They would not have existed without him there."

The storyteller was Cochrane senior Bob Wardle who came to Innisfail for Maree's award ceremony. The week before in Cochrane, the award was also handed to Grade 12 student Joseph Cline.

With Innisfail senior Gavin Bates, the new annual award was established to recognize one youth from Innisfail and another from Cochrane who had made an extraordinary volunteer contribution to help others. Most importantly, the award recognizes the important community roles lifeguards play, something that irreversibly changed the lives of both Wardle and Bates.

It was under a blazing hot morning sun in 1951 when Wardle saved the life of Bates' late wife Frankie when she was just 20 months old.

"It's very difficult to put this into perspective. You hear some people say there is nothing insignificant in life. I guess maybe that is true," said Bates' oldest son Stephen who attended the Innisfail award ceremony. "You think about the amazing amount of circumstances that had to occur for this to happen, and in turn, for me and my brothers to exist is pretty amazing."

CHANCE DAY OFF

Wardle was 15 years old on August 10, 1951 and working six days a week as a lifeguard in Brooks, a job he earned because of an anonymous donation he received to realize his lifeguard dream. It was the teen's day off. He decided to go to the nearby village of Tilley to

visit his parents and work on his motorcycle at a friend's garage.

At about 10:30 a.m. they heard screaming coming from a block-and-a-half away. They raced to the source of the bone-chilling outburst. Frankie had fallen 13 feet into a cistern, topped with an 18-inch-square opening leading into a three-foot chute and into a 10-foot by five-foot steel tank filled with ice cold water.

"When we got there somebody had tried to put a ladder down the shaft. The ladder was too big and it jammed and you couldn't get down the shaft. I remember running up and yelling to get the ladder out," said Wardle, a thin boy suddenly charged with squeezing down the narrow chute to save Frankie.

THE RESCUE

With a rope wrapped around his chest Wardle was lowered into the chute and the cold blackness below.

After four harrowing minutes, Wardle found Frankie on his third rescue attempt.

"I planted my feet against the steel top of the tank and pushed real hard. That got me down right to the bottom. When I stuck my arm out there she was," said Wardle. "I grabbed her hair. I went straight up to the shaft, stuck my head up through and yelled I had her. I then went back underwater and passed her body up through the shaft and felt them lift her away from my hands. Then they grabbed my wrists and lifted me out."

THE VOICE

Wardle estimated Frankie had been underwater for at least 15 minutes. A large crowd of between 30 and 40 distraught citizens gathered at the cistern. Women were crying. Men were yelling. Chaos was everywhere. An unresponsive child — "as blue as a brand new pair of blue jeans" — lay motionless on the ground. One man uttered, "She's dead, she's dead."

The child's limp body was then handed to him. He laid Frankie on his shirt that was put on the ground.

And then came a voice.

"I could hear the voice of my lifeguard instructor telling me what to do. The training stepped forward and took over. I did what I was trained to do," said Wardle, who

then applied artificial respiration for an agonizing undetermined amount of time.

But the miracle did come — a rasping, croaking sound from Frankie. Against all conceivable odds, the child was alive. Within days she made a full recovery.

"It is amazing it all happened. If you really think about it, his training was a chance thing. Being there was a chance thing," said Bates. "When he went into that (rescue) he didn't know what he was into. He's just in there looking, dead dark. It's all just a chance thing."

HONOURS AND GRATITUDE

Wardle's heroism was recognized by the Royal Life Saving Society with the first-ever Mountbatten Medal, now awarded annually, and only to a citizen from a Commonwealth nation, for the most gallant rescue or attempt undertaken in the previous calendar year. In July of 1952 at the Calgary Stampede the medal was presented to Wardle by Lord Lovat, a Second World War British hero.

"When you can look back on your life and remember something that was really special, this was it," said Wardle, adding the rescue was made extra special by the warm friendship he maintained with Frankie for the rest of her life, which included the thrill of attending her marriage to Gavin on May 6, 1972.

"In later years Frankie started coming over, and she seemed to know when we needed a visit, she always came. She was an outstanding woman," he said.

LOVING LEGACY

Frankie Bates passed away from cancer almost one year ago on June 29. She had 65 years of additional life because of Wardle's heroism. Frankie's survival meant meeting and marrying Gavin. They raised three boys — Stephen, 43, Michael, 40, and Mark, 37. The couple had seven grandchildren. Eleven people saved.

The Innisfail community greatly benefited from Frankie's survival. She was a beloved award-winning volunteer, always making herself available to help any worthy cause. Frankie was a cherished hockey mom who helped coordinate referees

Continued on Page 12



A re-enactment of the lifesaving event when Frankie fell into a cistern was held a month after the dramatic rescue in 1951. Submitted photo



A young Bob Wardle in the mouth of the cistern during a re-enactment of the lifesaving event that saved 20-month-old Frankie Bates. Submitted photo



Bob Wardle, right, helps to measure the mouth of the cistern during a re-enactment of the rescue, a month after it happened in Tilley, Alberta in 1951. Submitted photo



An overhead view of the narrow chute that led into the 13-foot cistern that Frankie Bates fell into on August 10, 1951. The re-enactment of the rescue was made in Tilley about a month after the incident. Submitted photo

Lives saved

Continued from Page 11

for the Innisfail Minor Hockey Association. She read to schoolchildren and dedicated her time to the Innisfail and District Food Bank.

“My mom never did any of her volunteer work for any recognition. She did it (because) part of her felt it was a duty as a member of the community to help out where she could,” said Stephen. “I think if she was here she would be humbled there was something in her name to recognize her contribution.”

As for Steven’s father, the award is especially fitting because Frankie did earn a life-guarding bronze medallion when she was in university. However, most importantly, said Gavin, the award will inspire new heroes for future miracles.

“As much as we will get pleasure out of telling the story to kids every time we award it that’s not really what it’s there for,” said Gavin. “By us giving it this way we are giving it to somebody who could potentially save a life in the future.”

Almost seven decades later Innisfail senior Gavin Bates spearheads the award to inspire today’s young life-guard heroes. ▲



Gavin Bates, left, and Bob Wardle, right, present Zike Maree, Innisfail junior lifeguard, with the Bates Wardle Award on June 15 at Innisfail High School. Photo by Johnnie Bachusky



Gavin and Frankie Bates with their three sons — Mark, from Singapore (far left), Michael from Cochrane (second from right) and Stephen from Innisfail (far right).



Frankie Bates at about 20-months-old and at around the time of her miraculous rescue on August 10, 1951.

(Left) Frankie Bates with all seven of her grandchildren on her 67th birthday in 2016. From left to right in the back row are Dustin, Kaylyn, Ellie and Riley. In front, left to right, are Tessa, Frankie, Amelia and Turner.



“I didn’t expect to feel so comfortable here.”

At Amica you can expect to feel at home. Whether joining in our daily activities or spending time with family, here you can always enjoy your day the way you want to.

Expect first-class amenities, with a range of personalized services and care to always meet your needs.

Expect More.™

Join us for a complimentary lunch to learn more about Amica!

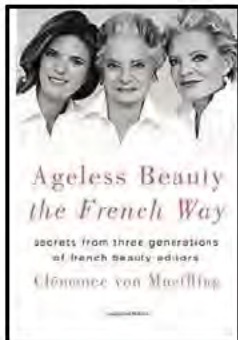


Amica at Aspen Woods
10 Aspenshire Drive SW, Calgary
587-906-5021
amica.ca/aspenwoods

South of Bow Trail SW
off 85th Street SW

August 2018 book picks —

By Winifred Ribeiro

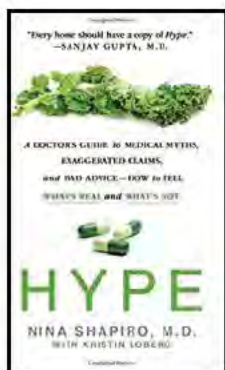


Ageless Beauty the French Way:
Secrets from Three Generations
of French Beauty Editors
by Clémence von Mueffling
St. Martin's Press
6/12/2018
9781250151605

From three generations of French beauty experts, *Ageless Beauty the French Way* is the ultimate book of tips, products, practices and French beauty secrets in ten categories such as hair, skin, makeup, sleep, and perfume.

While many women are passionate about the best skin care lines, hair treatments, and beauty practices, Clémence von Mueffling has that passion in her DNA. Both her mother and grandmother were beauty editors for French Vogue, and Clémence proudly continues their legacy in *Ageless Beauty the French Way*, an entertaining, unparalleled guide to every French beauty secret for women from all walks of life. Learn the most effective ways to let your natural beauty shine through; that double-cleansing your face is the only way to go; that there is more to choosing the perfect perfume than you ever imagined; and that a simple, nightly facial massage is the ultimate secret to an ageless, glamorous, youthful face.

Sharing wisdom from all three women with insiders' tips from top beauty experts, a wonderful guide that any woman can cherish throughout her life, and pass down to her daughter through the years.



Hype: A Doctor's Guide to
Medical Myths, Exaggerated
Claims and Bad Advice
— How to Tell What's Real
and What's Not
by Nina Shapiro (M.D.)
St. Martin's Press
05/01/2018
978-1250149305

Hype is Dr. Nina Shapiro's engaging and informative look at the real science behind our most common beliefs and assumptions in the health sphere.

There is a lot of misinformation thrown around these days, especially online. Headlines tell us to do this, not that — all in the name of living longer, better, thinner, younger. In *Hype*, Dr. Nina Shapiro distinguishes between the falsehoods and the evidence-backed truth. In her work at Harvard and UCLA, with more than twenty years of experience in both clinical and academic medicine, she helps patients make important health decisions every day. She's bringing those lessons to life here with a blend of science and personal stories to discuss her dramatic new definition of "a healthy life."

Hype covers everything from exercise to supplements, diets to detoxes, alternative medicine to vaccines, and medical testing to media coverage. Shapiro tackles popular misconceptions such as toxic sugar and the importance of drinking eight glasses of water a day. She provides simple solutions anyone can implement, such as drinking 2% milk instead of fat free and using SPF 30 sunscreen instead of SPF 100. This book is as much for single individuals in the prime of their lives as it is for parents with young children and the elderly.

Tick removal: How to safely get them out

(NC) Warmer weather brings with it barbecues, camping and sunny days on the water. It also increases the activity of ticks, especially near wooded areas.

Ticks are a concern because of the increase in the number of cases of Lyme disease and risk of other tick-borne disease in Canada each year. It's essential to take steps to protect yourself by using bug spray and doing regular tick checks after spending time outdoors.

If you do get bitten by a tick, it's important to remove it right away to reduce your chances of getting infected. Here are simple steps to follow that are recommended by the Public Health Agency of Canada for safe tick removal.

1. Using clean tweezers, grasp the head as close to the skin as possible and slowly pull straight out. Try not to twist or crush the tick. Visit your healthcare professional immediately if you are not comfortable with removing a tick or you cannot remove it yourself.
2. If the mouthparts break off and remain in the skin, remove them with tweezers or, if you are unable to remove them easily, leave them alone and let the skin heal. Consult your healthcare professional.
3. Wash the bite area and your hands with soap and water or disinfect with alcohol-based hand sanitizer.
4. Try to save the tick in a sealed container and record the date of

the bite. Bring it to your medical appointment as it may help your healthcare professional assess you.

5. Do not apply lotions, creams or nail polish to the tick or try to burn the tick off, as this may increase the risk of infection. If you feel unwell or are concerned about your health following a tick bite, contact your healthcare professional. ▲



ESTATES AND FAMILY LAW

- Wills
- Estate Planning
- Powers of Attorney & Personal Directives
- Estate Administration

COUNSEL WITH
OVER 40 YEARS
EXPERIENCE

#204, 105 1st St. W.
P. O. Box 1228,
Cochrane, AB T4C 1B2
Tel 403 851 7149
lgwilsonlaw@gmail.com

www.lgwilsonlaw.ca

Suites available
Call today!

Your Worry-Free Lifestyle Starts Here

So Elegant. So Warm.

Experience Vibrant Seniors Living

At Rocky Ridge Retirement Community we believe that enjoying life is what vibrant seniors living should be all about.

We offer a comprehensive choice of activities and services because you deserve a little more out of life. We're committed to helping you make every day great!

**Make the rest of your life,
the best of your life!**

10715 Rocky Ridge Blvd. NW
Calgary, AB T3G 4G1
info@rockyridgeretirement.com
403-930-4848

www.RockyRidgeRetirement.com



Life and liberty

BY LIBERTY FORREST

You can't help someone who doesn't want it

you to do it for them.

The challenge lies in trying to figure out who's who. And in not wasting your time and energy on that third group.

A few years ago, through the course of my work, I made an online "friend." A rather difficult and lonely man, he relied on me quite heavily for support and encouragement, which I've always been happy to give. It required a lot of patience on my part at times but I did my best to lift his spirits and to be friendly with him.

He was hard work, to say the least. No matter what I've said, in these few years he has continued to be as negative and stuck as ever. That was certainly his choice, and as long as it wasn't hurting me to carry on trying to cheer him up and help him, I was happy to

continue.

So for these years, I've been able to look past his self-pitying misery, and I kept hoping that someday, something I would say might make a difference and he would see that he could be happier if he just bothered to try. In hopes that he might find a more positive view of his situation, my blog posts were sometimes aimed at him but I don't think he ever saw that, even though he read my blog every day.

Recently, he ordered me to do something. I ignored his demand but he wouldn't leave it alone. He did it a few times, becoming more insistent and even writing "grrrr - or else!" the last time.

I was more than just a little annoyed. This was not the first time I'd heard this kind of thing from him, and

I repeated what I'd said on similar occasions in the past. I told him that was the quickest way to get me to do the opposite of what he wanted. And I said, "Nobody tells me what to do."

I even stuck a little smiley face there, and then chatted about other things in an effort to make my point without appearing to be angry.

Then he fired back a terrible insult, telling me to stay single because no man could put up with my selfishness.

And there was another comment after that, which was so unbearably cruel, I simply could not believe my eyes. He tore at an extremely painful wound in my life, ripped it wide open with his only intention being to hurt me.

And all because I stood up for myself and refused to be told what to do.

That little voice inside me said it was time to walk away. But I was faced with a dilemma. What about loving people unconditionally? What about forgiveness?

It didn't take long for me to realize that none of that is a problem. I still believe that there is a perfect divine spirit behind the hurtful words of the man. I can still love the spirit, and forgive the man. But forgiveness doesn't mean his behaviour is okay. It only means I have no interest in dragging around the pain of this incident.

Okay, so I can still love the spirit and forgive the man. So why walk away?

Because of that little voice inside. The one that says he crossed a line - again. The one that says this time he went too far. The one that has noticed other inappropriate comments escalating recently, but I continued to give him the benefit of the doubt because I really wanted to help him. The one that says this is a much bigger, deeper issue than it seems on the surface, and if I don't put a stop to it now, I'm just going back for more.

I have ignored and forgiven many inappropriate comments that he's made in the years I've known him but I'd always thought he was relatively harmless. Until now. That little voice is screaming at me.

So I am listening now because if there's anything I've learned in this life, it is that the little voice never lies.

That little voice knew this man is one of the ones who refuses to help himself.

Finally, I saw that despite my best efforts all these years, he has showed no interest in helping himself or improving his life. He was only interested in wallowing in his miseries, using my kindness to lift his spirits here and there, draining my energy to make himself feel better because he couldn't be bothered to do it for himself.

And on top of that, he would spew venom at me on occasion.

Well, it is not my purpose on the planet to be anyone's toxic waste dump and it's not your purpose either. Heaven knows there are plenty of people out there who appreciate your friendship and your help. Stop wasting your time or energy on people who refuse to help themselves or to respect you. ▲

Liberty Forrest is an international psychic medium, an award-winning author and a Huffington Post contributor. Contact info@yourstoryofhope.com

Get Ready for a Worry Free Lifestyle Carefree & Comfortable

We set the standard for **Age-In-Place living** by delivering support services needed to ensure ongoing quality of life throughout the years at our beautiful residences.



Auburn Heights
Retirement Residence™
21 Auburn Bay Street, S.E.
Calgary, AB
403.234.9695

Providing a
Continuum of
Care and Support
to seniors in an
elegant community.



Sage Hill
Retirement Residence™
6 Sage Hill Gardens NW
Calgary, AB
403.455.CARE (2273)



ALL SENIORS CARE™
LIVING CENTRES
Where Caring is Our Number One Concern™
www.allseniorscare.com
PROUDLY CANADIAN

The City of Calgary's Age-Friendly Business Initiative supports older Calgarians

By Bill Atwood

On June 6th, 2017, as part of its goal of becoming more age friendly, the City of Calgary announced its new age-friendly business initiative. The goal of this initiative is to help Calgary businesses to develop services and spaces that can support an aging population.

As part of last year's announcement, the city also released an Age-Friendly Business Resource Guide, including a checklist to help businesses understand the criteria and make the necessary changes in order to meet the qualifications.

Once businesses qualify as age-friendly, they are given a letter of recognition from the City, as well as a sticker stating that they are recognized as age-friendly, to place in their front window. Currently there are 16 businesses that are registered as age-friendly, with locations across the city. A map highlighting each of these businesses can be found on the city website with a printable list soon to be available.

While the City admits that response to the initiative has been slower than anticipated, they are currently taking steps to increase the number of businesses that meet age-friendly requirements.

The age-friendly committee is working with other age-friendly organizations on initiatives such as the Ramp it Up program through Accessible Housing, and the GoHere app through Crohn's and Colitis Canada.

According to the City of Calgary's Age-Friendly Steering Committee, one of the reasons why the initiative is important is that the consumer spending of baby boomers is 66% greater than that of millennials. The city also emphasizes that by 2036, nearly one in five Calgarians will be a senior.

As the Alberta Seniors Housing website explains, taking steps to make your business age-friendly will show your commitment to making your community stronger. They also state that, "This will be noticed and appreciated by all citizens, thus enhancing your business' reputation and goodwill."

Seniors Housing gives a few suggestions on how to start the process of how to become an age-friendly business.

"Place yourself in the shoes of someone else, such as an older person. Try to examine your business from their perspective as you take a look around your business," they suggest.

They also suggest asking others, such as an older relative or friend, for help in providing feedback.

Seniors Housing also recommends gaining the opinions of customers and staff through methods such as focus groups and surveys.

The City explains that while there are certain basic requirements that businesses need to

meet, they also realize that some businesses, such as those in rental spaces, might find it harder to make the necessary changes.

It is for this reason that the age-friendly checklist has some items that are required, as well as those that are "for additional consideration."

"We wanted to make sure that the checklist wasn't too rigid, which could make it unattainable for most businesses to qualify," the City explains.

While making changes to qualify as age-friendly is easier for some businesses than it is for others, Karen Lee, operations manager and senior assistance specialist at Horizon Health (which is recognized as age-friendly) thinks that having automatic doors is key to making a business accessible to all.

"That's really the main issue that we have. I have a lot of seniors who come in with a wheelchair or walker. So I always run to the door and help them to open it when I see them coming," she says. "But, most of the time if I

don't catch them in time they're struggling as they come in."

However, making your business age-friendly is not just about making it physically accessible, but also about making sure that it has a high level of customer service.

As recommended by Seniors Housing, using a secret shopper is a great way to assess the quality of the age-friendly customer service at your business.

As Rhonda Latreille, founder and CEO of Age-Friendly Business Academy in White Rock, B.C., explains, making little changes, such as being aware of customers who are hard of hearing, can go a long way to enhancing the quality of your business' customer service.

"It's important when you're speaking with the customer that you're facing them so that you give them the opportunity to be looking at your face, potentially reading your lips," says Latreille.

"Of course, there's a volume threshold that you have to overcome."

Latreille explains that having an age-friendly business really means having a business that is welcoming to all customers, regardless of age.

"When you start working with individuals and have them look at their environment in terms of the quality of their engagement and making it a high-quality customer experience, we've found that that translates into a type of service engagement that's independent of age," Latreille says. "They really start looking at things from the perspective of their customer."

In a statement to Kerby News, the City of Calgary explains, "Offering this program to businesses can help them prepare by making simple changes to their physical spaces that can benefit not only older adults, but also families with strollers or younger individuals with mobility issues."

The City's goal is that by the end of 2018, each of the four quadrants will have at least 10 businesses that are recognized as

age-friendly.

Further information and the Age-Friendly Business Self-Assessment checklist can be found at calgary.ca/CSPS/CNS/Pages/Seniors/Age-Friendly-Business.aspx ▲

BL Braden Denture Clinic
FULL SERVICE DENTIST IN OFFICE
609 - 14 St. NW OFFICE NO. 168 GROUND FLOOR
 Wheelchair Accessible
 SENIORS may qualify for special health care assistance
403 283-1134

Volunteer Spotlight



Nirmal Bhathal

Nirmal is a friendly and dedicated volunteer. Nirmal has been coming to the Kerby Centre since 2014 but has been volunteering for just over a year. Nirmal has a passion for sharing his time through volunteering as well as the opportunity to meet new people. He volunteers with Membership services as well as lending his journalism and education experiences to the Kerby News as a proofreader. He has a dedicated history of sharing his time and services not only through volunteering but also working in India with the Indian Red Cross Society for over 30 years. He values the time that the staff take to support him when he needs it as well as working with the other volunteers. Although volunteering is Nirmal's "most beloved hobby", he also enjoys his early morning exercises, going to the library and cooking. He has already contributed over 152.5 hours.

Thank you Nirmal, for all that you do for the Kerby Centre.

If you are interested in volunteering at Kerby Centre please contact Kerby Centre Volunteer Department at 403-6570

Become a member today!

Kerby Centre
for the 55 plus

Membership with Kerby Centre provides a number of benefits, including:

- Kerby News mailed directly to your home each month
- \$3 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration & member rates for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

One-time coupons* for:

- Voucher for one **FREE** beverage in the dining room
- **\$5 discount** off a one month 'FIT Room' membership (for first-time registers FIT Room users)
- One **FREE** Drop-in activity
- **\$5 discount** off a day trip booked with the Travel Desk
- \$10 discount off a first-time foot care assessment

*conditions may apply



To purchase a membership:

- Visit our membership desk Monday to Friday 9 - 3
 - Phone 403-265-0661, ext 256
 - On our website at www.kerbycentre.com
 - Mail this form with a cheque for payment and we will follow up by phone
- Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name _____

Address _____

City _____ Prov. _____

Postal Code _____ Telephone _____

Email _____ License Plate _____

Membership for 2018 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2018).

MEMBERSHIPS ARE NON-REFUNDABLE



Kerby Centre

A passion for sketching

By Kathleen Burke

Rod Zillman is really enjoying retirement. He's found a hobby that gives him a chance to meet new people, not just in Calgary but all over the world. It's a hobby that gets him out and about in all weather, and it makes travelling even more interesting.

An architect by profession, Rod found that he was doing "less and less drawing" at work, so when he retired, three years ago, he decided to "get back to the drawing board" and sketch instead of using his camera all the time. The result has been several sketch books full of pen and ink drawings finished in vibrant water colors.

Originally from Kitchener, Ontario, Rod and his wife moved to Calgary in the early 1980s, and he loves the city. "Calgary is the friendliest city in Canada," he says. Now, his hobby is allowing him to find out even more about his adopted home town. He's discovering some of the intricate work in



the city's older buildings, as, when he sits down to draw, "I start seeing details," he says, which would otherwise be missed. One of his favorite Calgary sketches

is of the old Central School building on 13th Avenue and 8th Street S.W., although he has also spent considerable time capturing some of the old buildings on Stephen Avenue.

His sketching interests have introduced him to a new set of drawing enthusiasts: he's a member of two local meetup groups: Calgary Sketchbookers and the Calgary Urbansketchers. Since they meet on weekends, he says, "my wife is resigned to the fact that we can't go anywhere on Sundays." Members of the Sketchbookers group have begun to sketch patrons at the coffee shop where they meet, and this

Continued on page 17



Would you like to stay in your own home longer, take a trip, pay off debt, help out loved ones?

Let me show you how you can easily access the equity in your home, tax free, with a CHIP Reverse Mortgage and make your dreams come true!

Call today for a free no obligation consultation.



Michelle L. Goulet
Senior Mortgage Professional
Verico Canadian Mortgage Lender



C #403.667.4086
E michelle.goulet@cmlmortgages.com



Lodge Living For Seniors



Mountain View Seniors' Housing is currently accepting applications for our lodges in the Towns of Carstairs, Didsbury, Olds and Sundre.

Our lodges provide quality care and services in a home-like setting, and our trained staff are dedicated to helping residents maintain independence in a supportive atmosphere.

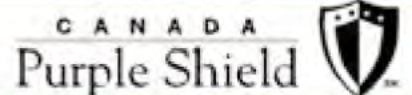
Please contact our Admissions Office at 403-556-2957 or e-mail: admissions@mvsh.ca for more information.

Applications are also on our website: www.mvsh.ca.

www.mvsh.ca



Who will pay for your funeral expenses?



- ✓ Pays immediate CASH at time of need! Up to \$15,000.
- ✓ Protects against inflation!
- ✓ Plans increase in value.
- ✓ Accepted by funeral directors everywhere.

- ✓ No medical required!
- ✓ Travel plan assistance.
- ✓ Low monthly premium rates to fit any budget
- ✓ Plans available to age 85
- ✓ Serving Canadians since 1963.

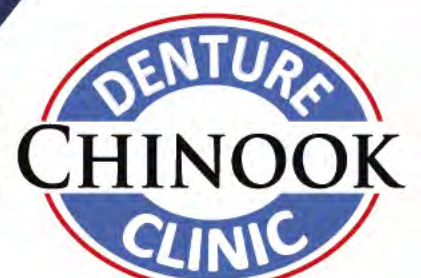
Call (403) 257-2279 for more information
or visit our website at www.purpleshieldplan.com



FREE DOOR-TO-DOOR SHUTTLE SERVICE!



- COMFORT FIT
- GENTLE IMPLANT SOLUTIONS
- 1 HOUR REPAIRS / 4 HOUR RELINES
- FINANCING AS LOW AS \$65 PER MONTH o.a.c



www.cdenture.com

OPEN SATURDAYS!

CALGARY NORTH
936 NORTHMOUNT DRIVE NW **403.289.4323**

CALGARY SOUTH
700 CHINOOK CENTRE PROF. TOWER **403.253.9050**

A passion for sketching

Continued from page 16

interest in sketching people has led him to hone those skills by attending life drawing sessions on Thursday evenings at Rumble House, an art studio/gallery and community centre. Rod's weekly life drawing classes follow his attendance at the Artists' Group at Kerby Centre on Thursday afternoons

And when he's not out sketching, Rod is contributing to the urban sketcher's blog, www.calgaryurban-sketchers.com, where he posts samples of his work with commentary on them. He also has an Instagram site containing samples of sketches from most of the places he's visited, and the variety is astounding.

Indeed, the idea of capturing the essence of exotic places was one of the driving forces behind Rod taking up his new hobby. His



wife is now resigned to the fact that the sketching activities will continue on their frequent travels, all over the world. Rod's first travel sketching began in France in the spring of 2015. Since then, much of his work has been of the Far East: Cambodia in 2015, Hong Kong in 2015 and 2017, and Japan and Vietnam in 2017. Hong Kong is one of Rod's favourite sketching sites. Indeed,

"Hong Kong, for me," he says, "is an urban sketcher's treasure trove." Many of his sketches show the city's tightly packed buildings, busy intersections and bustling markets. His sketches of Vietnamese working women is a colorful collage, and his "Kyoto Afternoon" depicts Japanese women in kimonos sheltering under their umbrellas. Indeed, from bird cages to laundry hanging on balconies, everything becomes an opportunity to see the sights with a new eye.

Not only is he able to take more time enjoying the local sights, Rod's interest in sketching has introduced him to fellow enthusiasts around the world. Meet-up groups can be found in many countries, and in Hong Kong, Rod joined fellow enthusiasts at an Urban Sketchers group as well as mixing with the locals at a People Sketching People group.

So it's not just the drawing that has given Rod a new life after retirement; it's the opportunity to meet new people at home and abroad and share his interest with them. In several respects, he's entered a new phase of life. He says he's lucky to retire and have a passion. "I'm enjoying every minute of it," he says, as he bustles off to his next sketching assignment. ▲



TAI WAI - 大圍

THE VILLAGE GATE

沙田大圍村侯王宮丁酉年十一月太平清醮

THE GATE IS A REMNANT OF THE VILLAGE WALL BUILT IN THE LATE MING DYNASTY. IT LEADS TO THE HOU WANG TEMPLE BEYOND, AND IS NOW ADORNED FOR THE FESTIVAL.



ELITE 55 CLUB

DAYTIME LOYALTY PROGRAM

for Seniors over the age of 55

Sign up today at Guest Services for your exclusive membership!

member benefits include:
 15% DISCOUNT AT ZEN 8 GRILL
 10% DISCOUNT AT CENTRE BAR
 EXCLUSIVE MEMBER CONTESTS
 PROMOTIONS & MONTHLY CELEBRATIONS

After every seventh visit earn a free gift!



MAKE THE MOVE OF A LIFETIME

Find comfort and community at Shouldice by Silvera in Montgomery.

- Homey suites
- Delicious meals
- Active programs
- Housekeeping

BOOK A TOUR!

We're ready to help.
 403.567.5301
placement@silvera.ca
silvera.ca

Silvera

FOR SENIORS

Kerby Centre Stampede Breakfast 2018



Luanne Whitmarsh, CEO of Kerby Centre, with Minister of Justice and Solicitor General, Kathleen Ganley, and volunteers.

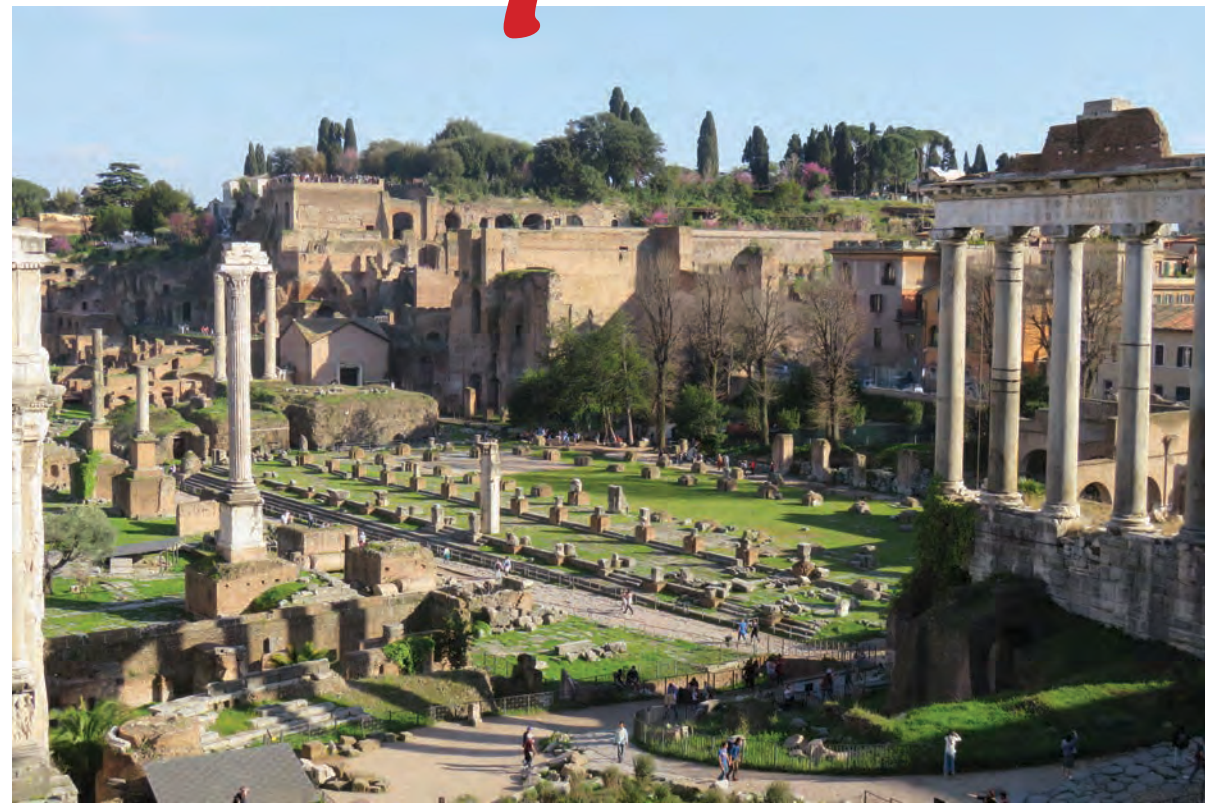


1,762

came down to Kerby Centre to participate in the 2018 Kerby Centre Stampede Breakfast

Veni, vidi, vici in today's Rome

Story and photos by Jerry Cvach.
Page layout and design by Winifred Ribeiro.



Forum Romanum, located in the centre of Rome



Villa (park) Borghese, Rome's third largest public park



Street dining al fresco, Roman-style

It is uncanny that already in 1969, the movie "If It's Tuesday, This Must Be Belgium!" had accurately predicted the most common mode of vacationing yet to come. When one is on a tour of Italy the stay in Rome will be very short, usually just one day, in spite of the fact that Rome is rife with unique tourist attractions. "When in Rome, do as the Romans do", so let's use Julius Caesar's minimalist report on his victory at the battle of Zeta: "Veni, vidi, vici" or "I went, I saw, I conquered" to describe the day.

Buses start arriving at the Vatican at about 9:30 a.m. If one is lucky there will only be a 45-minute wait in the security line to see St. Peter's Basilica. The 45-minute visit will be followed by a 30-minute drive to the Colosseum. On the way you'll learn that "The cylindrical building on the left-hand side of the bus is the famous San Angelo castle. It was used as a refuge by popes in cases of trouble." Everyone rushes to the left side of the bus to take pictures, because there won't be another chance. The

bus follows the main street, the Corso Vittorio Emanuele II to the monument commemorating Pope Victor Emanuel II, misses the Piazza Campidoglio and Trajan's Column, and turns toward the Colosseum.

Except for St. Peter's Basilica which, as a Catholic church, is always open to the public, touring companies have group bookings for popular sites so that they can get ahead of the plebs, the regular tourists, but "Please be back in the bus in 45 minutes, we'll have a quick lunch, and after that you'll be dropped off near the Fontana Trevi in which Anita Ekberg took a dip in the 1961 movie *la Dolce Vita*. Hopefully you have wide lenses on your cameras, because the fountain is frankly too big for the tiny square on which it is located. You will have to walk, because the bus is also too big for the square. It is either the bus or the Fontana, if you know what I mean.

Afterwards, the fast walkers can dash to the Piazza Navona that was originally built as a stadium in 86 AD by the Emperor Domitian (Stadio di Domiziano). It was rectangular, completely covered in white marble, and could seat up to 30,000 people. It was later paved over in the 15th century to create the Piazza, rimmed by Renaissance and baroque houses. Today it's full of buskers, art and knick-knack sellers, caricaturists and spray-can painters. It has three spectacular fountains, two of which were created by the famous sculptor Bernini.

The fittest will also manage the Spanish Steps, but "Hurry so that we can be back on the ship in time for dinner."

The Vici part is that one can check off an item on their bucket list, that is, "Been to Rome, seen the sights." We live busy lives, and casual travellers can't sacrifice a whole week for just one city.



Pantheon, a temple dedicated to the gods of Rome



Inside St. Peter's Basilica, Rome's most famous church

After taking tours to see the world's highlights, one can often follow up with more enjoyable and leisurely visits to the places that tugged at one's heartstrings. After visiting Rome twice for such short visits in 1974 and again in 2012, I decided to follow up and stay for a full week. That still wasn't enough to see all of it, yet it was an improvement.

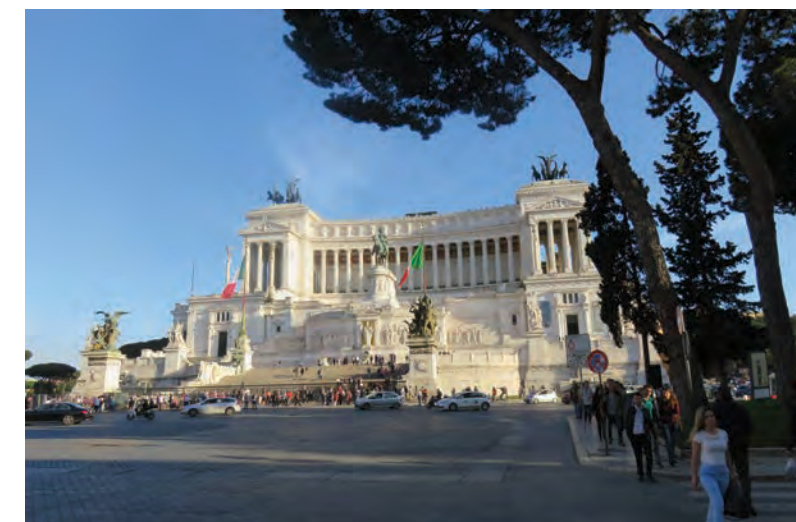
Except for the ubiquitous streets Vittorio Emanuele II and Via Roma that denote the centres of towns, as King Streets do in Ontario, and a nostalgia for the Roman Empire, there are few certainties in Italy. I had booked a B&B on Corso Vittorio Emanuele II that predictably lies in the dead centre of the ancient town, and it was a good choice. Although it is a large metropolis, one can walk from a central location to everywhere in ancient Rome, albeit the visits to Villa Borghese and to the best preserved city gate, San Sebastiano on Via Appia were long hikes.

There is so much to see in the Eternal City! First and above all in the Vatican, the museum and the Sistine chapel attached to it, are must see. Although the chapel's walls are painted as profusely as a sailor's body is tattooed, and they look garish, the ceiling frescos by Michelangelo are exquisite. It takes a full day to do justice to the whole complex. The secret is out, however, so book ahead, well ahead!

Another busy place is the Galleria Borghese in the Villa (park) of the same name. That surprised me. I thought that the general public wouldn't care much any more for classical art. The Galleria was sold out for the foreseeable future, but there is this little trick I had learned several years before in Milan, when wanting to see Leonardo's

Last Supper at Santa Maria delle Grazie. It had struck me as odd that the city tours included the Last Supper in their itineraries and you could join them at a moment's notice although the convent visit itself was sold out for weeks in advance. I didn't want to take the city tour for 70 Euros, because attractions in Milan are all within an easy walking distance from each other. I just wanted a six-Euro ticket to see the frescoes. There had to be some unused tickets, so I talked to the ticket clerk. She reached under the counter and sold me a "last minute" ticket at face value.

And so, in front of the Galleria Borghese I noticed a uniformed girl assisting her tour-company customers, and asked if she might have a spare ticket and voila, there was one! All I had to do was to order it on a smart phone which I didn't have. She let me use hers. Sometimes you have to go out on a limb and type your credit card number into someone else's machine, but nothing ventured, nothing gained. No surcharge, all she wanted was a good evaluation. She even picked the ticket up for me and brought it to the park bench where she had asked



Monument Vittorio Emanuele II, honours the first king of a unified Italy.



San Sebastian Gate, one of the largest gates in the Aurelian Walls



Roman Walls stretch up to 10 metres high

me to wait. So it wasn't really 100% by the book, but it's one of those nice Italian experiences. One good evaluation coming up, Francesca!

The main attractions in the Galleria are marble sculptures by Bernini, who specialized in depicting sexual harassments committed by mythological Greek gods, and originals by Leonardo da Vinci that are more politically correct.

The Roman city fathers didn't follow the barbarian practice of demolishing the past, as we do in Canada. It stands to reason that after 2,771 years, the city would accumulate plenty of ruins, palaces, cathedrals and public art. The baths of Diocletian are a pile of bricks too big to cart away anyway, but the little reminders of the city's past are everywhere. A few columns pop up here, ancient arches over there, remnants of an ancient Roman building became a foundation for a newer Renaissance one, and the 2,000-year-old bridge over the Tiber River is still serviceable.

It was a surprise for me to see the original city walls on each side of the San Sebastiano gate, as well as other sections of the wall, complete with gates, still standing elsewhere. Rome has the tallest, most impressive

walls I have ever seen, which may explain why the Roman Empire lasted for 1,000 years. Students of classical history will remember the saying, *Hannibal ante portas*.

There are neighbourhoods like Trastevere, downriver from the Vatican, in which to linger, and many quiet parks to see and laze in under the old pine trees, pleasures denied to one-day visitors.

Only a block away from the Corso Vittorio Emanuele II there is a daily food market on Piazza Farnese that is a busy, noisy and messy affair, yet they dismantle it at about 4 p.m., clean it up in minutes and it's converted into a charming square, lined with outdoor restaurants complete with "greeters" in front of each one. Some greeters are pretty girls, some are men and real characters. Sample food dishes that look irresistibly tasty are on display, and they are the real thing.

Near the Villa Borghese the Piazza del Popolo, as its name implies, though not beautiful is a great meeting place for the common folk and their children. It lies at the edge of the old town,



Colosseum, the largest amphitheatre ever built



2000-year-old Roman bridge



Piazza Campidoglio, designed by Michelangelo in the 16th century



Castel Sant'Angelo, commissioned by Emperor Hadrian as a mausoleum, is now a museum

Continued on page 20

Continued from page 19



Pluto and Persephone sculpture by Roman artistic master Bernini (c. 1621-1622) in the Galleria Borghese



Villa d'Este Tivoli, a UNESCO world heritage site, with Renaissance gardens



Via Appia, the Appian Way, one of the oldest Roman roads

backing onto yet another old city gate. During my visit the most popular attraction there was a group of men blowing huge bubbles with the aid of the wind, for kids to chase; seemingly done just for fun and not to sell anything.

A truly interesting building is the Pantheon, a huge, completely preserved temple built from Roman concrete called *opus caementicium* in Latin, used until the end of the Roman Empire. The quality of this material was excellent as demonstrated by 2,000-year-old buildings such as the Pantheon; and not to be confused with modern concrete, made with Portland cement that was invented in 1824. Something is always happening in the square in front of the Pantheon, another perfect place to have a drink on the patio and watch the crowds. The citizens of Rome love to be outside! The best time is just before dusk when the street lights come on and it becomes magical. It's time for pizza, the Italian fast food.

Over the years I've studied the "leaning tower" effect. The riddle to solve is why some places or edifices are famous and others are not. The world is full of leaning towers, but only the tower in Pisa, elaborate and looking like a wedding cake, makes the grade. There are many other wedding-cake towers that are not leaning, and there is no interest in them. In Rome they have baroque Spanish Steps that are incredibly wide, yet they are just to provide access to the church above, a common occurrence throughout Europe; or the Fontana Trevi with its marble horses emerging from waters just as they do in countless fountains in the world. In this case, it works, and there aren't that many places, even in Rome, where the crowds are so large that the actual attractions are hidden behind walls of tourists. A police officer told me that to see the fountain you should come at 3:35 a.m. I bought a postcard instead.

As is true in all the major cities of the world, there are always side-trips to make. In Rome it is to Tivoli, which has been a favorite vacation destination for the rich and influential for centuries. It is a leisurely trip by train that takes one to the town in the hills, where the climate is cooler on hot summer days. There are ancient palaces and gardens to see, most notably the Villa d'Este with its profusion of unbelievably varied fountains, artificial waterfalls and pools, all built 500 years ago, arguably the best working plumbing in Italy. Villa Georgiana with an entrance across the street is not bad either!

The best part of having plenty of time in Rome was bumming about the city, watching and mixing with people,

always stopping for the street entertainment and dining in the open air restaurants. You don't have to spend a fortune to have a good meal, but remember, booze is cheap, meat is expensive.

The biggest mistake I made was on the last day, picking up a car in an inner city rental location

and then spending two harrowing hours trying to find the way out. For a while I thought I would be lost forever in the maze of one-way streets that had no exit, emaciated and desperate, destined never to see my family again! The message is clear: "Don't Rome and drive"! ▲



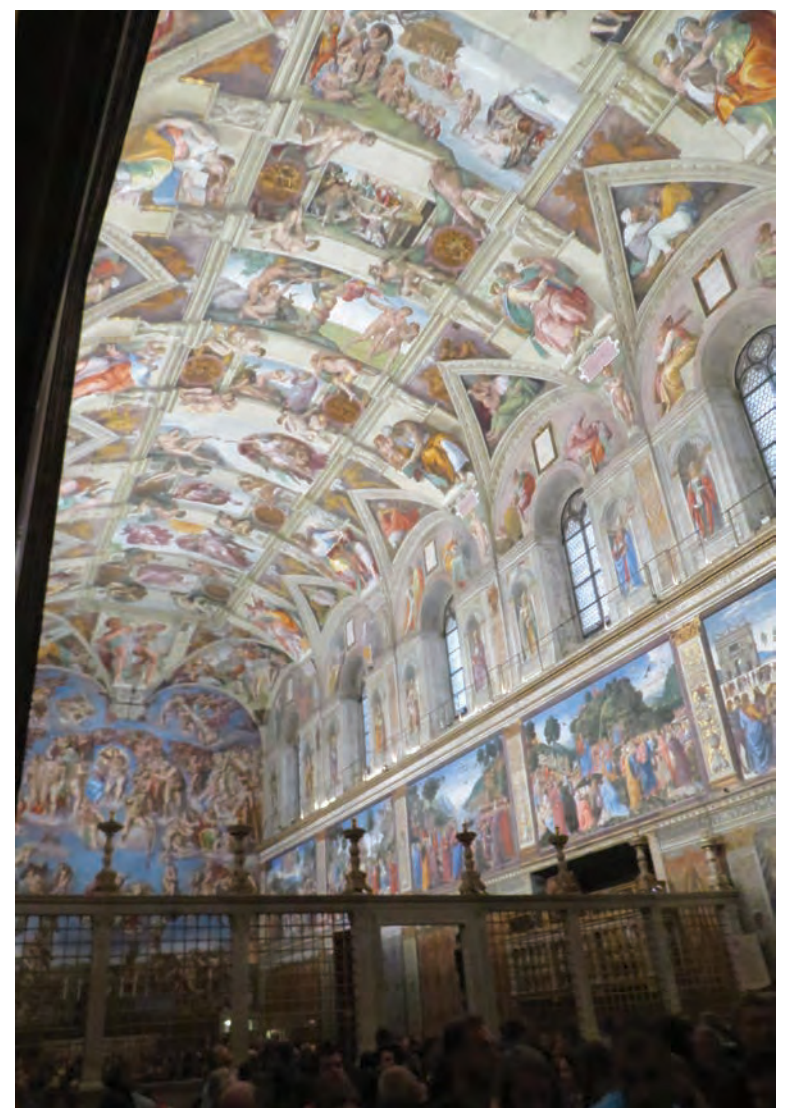
Night view of the Piazza Navona built in the 1st century AD.



Piazza del Popolo



Fontana Trevi, lifting the camera above the crowds. Being 6'1" tall helps.



Inside The Sistine Chapel

Kerby Centre's Thrive Program



By Bill Atwood

Kerby Centre's Thrive Program is more than a grocery delivery service for older adults. Thrive is about personal connection, bringing people together.

While the program's main focus is providing a grocery delivery service and helping connect older adults who are mobility challenged with the services they need, there are other major benefits as well.

"Our volunteers form friendships with the people they deliver groceries to," says Thrive manager Tina Lewis.

"Some people are shut in and don't get out of their home at all. So this is one person they can count on to visit them every two weeks."

For a \$4 delivery charge in addition to the cost of the groceries, Thrive clients aged 55+ who are mobility challenged receive their groceries delivered to their home from any Calgary Co-op location, with Co-op providing a 5% discount on the cost of the groceries.

Thrive, which started 18 years ago, currently serves 240 clients a year, with 25 volunteer drivers doing approximately 75 deliveries each month.

To qualify for the program, a person's annual income must be below \$26,500; or \$38,000 for a couple. An initial home visit, conducted by Lewis, along with another program worker, provides an opportunity to offer more assistance to the client if needed.

"It's almost like a wellness

check at the same time. We can direct them toward any service they might need," Lewis says.

Colleen Pruyn, who has been volunteering with Thrive since February 2017, explains that the wellness support continues, each time a client receives a delivery.

"You get to know your clients, and that way you can identify problems that might be coming up for them, and direct them into other Kerby programs as needed," Pruyn says.

According to Pruyn, proper communication between client and volunteer is key to ensuring that people are aware of the services that are available to them.

Keith Callbeck, Kerby's senior manager of marketing and communications, explains that the one thing that sets Thrive apart from the other services that Kerby provides, is that continual contact with the Kerby Centre.

"Sometimes Kerby gives information to a client or we connect them with a resource, and then we never see them again," Callbeck says. "Thrive is the one program where we get to see the results."

According to Lewis, the friendships that are formed through Thrive can sometimes be even more important than the grocery delivery. "I mean, groceries are food, they're life, you need your groceries, but you also need the personal touch, that contact with the outside world."

The connections run deep enough that some clients request specific volunteers to complete their deliveries.

"They'll say, 'Can I have Mike come? I really like him, he's great. And my order's always right when he comes, and we talk about fishing,'" Lewis says.

As Pruyn explains, the visits are just as beneficial for

the volunteers. For Pruyn, it is the 30-45 minutes she spends visiting with the client after the delivery is complete that is the most important. "I just really enjoy meeting the clients and sitting down and talking with them," she says.

Lewis credits both the kindness of the clients as well as the dedication of the volunteers for the program's success.

"Our volunteers are second to none. We can just call them [with an order] and they'll say, 'I'll be able to do it for them tomorrow.' It's like clockwork how it runs," she says.

"I can't say that I've met one client who's not appreciative of the job that we do for them." ▲

Community Events

Calgary International Pin Club

Calgary International Pin Club will hold its 28th annual festival of pins at Chapelhow Legion on Aug. 25 and 26 from 9 a.m. to 5 p.m. Admission is free. Donations of non-perishable food items for the Veterans' Food Bank will be gratefully received. Members of Calgary International Pin Club are dedicated to the collection of lapel pins. Chapelhow Legion is located at 606 38 Avenue NE. For more information please visit calgaryinternationalpinclub.com.

Music at McDougall

Music at McDougall: Summer Concert Series takes place at the west grounds, McDougall Centre, every Thursday until Aug. 30 from 11:45 a.m. to 1 p.m., produced by CKUA Radio and supported by a grant from the Government of Alberta. Musicians and artists from across the province are featured, including Calgary's Tom Phillips and Kate Stevens, Bow Valley bluegrass trio, Elk Run and Riot, Edmonton songwriter Scott Cook, and Lethbridge's Ryland Moranz. This event is free to the public and will encourage Calgarians and others to enjoy McDougall Centre's outdoor spaces and Calgary's downtown core.

Stanley Park Lawn Bowling Club

Stanley Park Lawn Bowling Club offers free instruction for beginners every Monday at 7 p.m. as an opportunity to introduce lawn bowling to new players. It is a sport for all ages. All equipment is provided. Bring flat-soled shoes. Bowl-

ing takes place in Stanley Park, between Elbow Drive and Macleod Trail. For more information phone 403-532-8006 or see calgarybowls.com.

Seniors Scene

Bowness Seniors' Centre

Bowness Seniors' Centre will hold their annual barbecue on Aug. 27 from 12 noon to 3 p.m. Entry fee is \$12 at the door. Doors open at 11:30 a.m. Entertainment by the Duotones. Bowness Seniors Centre is located at 6422 35 Avenue NW. For more information about this and other programmes call 403-286-4488 or visit www.bownessseniorscentre.com.

Greater Forest Lawn Senior Citizens' Society

Greater Forest Lawn Senior Citizens' Society will host a Bocce Ball, Croquet and Ice Cream Cone event on Aug. 20. Ice cream cones will cost \$1. A Tacos and Board Game afternoon will be held on Aug. 27 from noon to 3 p.m. The cost is \$5. On Aug. 28 there will be an outing to the Saskatoon Farm, leaving at 9 a.m. and returning at 3 p.m. The cost is \$40 for members and \$50 for non-members. Lunch is not included. For more information please call 403-272-4661 or visit www.gfls.org

MAKE THE MOVE OF A LIFETIME

Find comfort and community at Valleyview by Silvera in Southview.

- Homey suites
- Delicious meals
- Active programs
- Housekeeping

BOOK A TOUR!

We're ready to help.
403.567.5301
placement@silvera.ca
silvera.ca

NOW OPEN Already 80% Occupied!

Don't Miss this Opportunity to live in a BRAND NEW SUITE

Elegant, Brand New Senior Living

Come see why so many are enjoying the great lifestyle at!

THE MANOR VILLAGE AT VARSITY

The Community with Heart

403-369-3000 www.themanorvillage.com

THE MANOR VILLAGE

LIFE CENTERS™

- Independent Living
- Independent Living with Assistance
- Memory Care



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW

Daily Drop-in Programs and Activities. Except where indicated, the drop-in fee is \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE DINING ROOM 10:00 AM - 12:00 PM Free - On Summer Break from June 11 - Sept 09. Returns Sept 10	OPTIONS 45 - Employment Workshops (Lounge) \$2.00 1:30 - 3:00 PM	GENERAL CRAFT GROUP (Rm 311) 9:00 AM - 12:00 PM FREE - On Summer Break from June 13 - Sept 11. Returns Sept 12	ARTIST GROUP (Rm 313) 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP (Rm 311) 10:00 AM - 12 PM \$2.00
MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00 - On Summer Break from July 1 - Sept 09. Returns Sept 10		BRIDGE (Rm 301) 1:00 PM - 3:00 PM \$2.00	BINGO (Rm 205) 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB (Woodshop Rm 102) 10:00 AM - 3:00 PM \$1.25 per hr - On Summer Break May 14 - Sept 13. Returns Sept 14
RECORDER GROUP (RM 313) 1:00 - 2:30 PM \$2.00 NO GROUP JUNE 11 On Summer Break from June 19 - Sept 09. Returns Sept 10		WEDNESDAY DANCE (Lecture Rm 205) 1:00 PM - 3:00 PM \$2.00 - On Summer Break from June 20 - Sept 4. Returns Sept 5	PICKLEBALL (Gym) 3:30 PM - 5:00 PM \$2.00	BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00
CRIBBAGE (RM 308) 1:00 - 3:30 PM \$2.00		ENGLISH CONVERSATION (Rm 301) 10:30 AM - 12:00 PM \$2.00		MONTHLY MOVIE (Lounge) 1:00 pm - Last Friday of each month* \$1.00 *Date subject to change. Please refer to Kerby News for the exact date each month
PICKLEBALL (Gym) 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events



Kerby Centre, Doing More For You!

Did you know that Kerby Centre can also help you at our K2SA location by providing the following information & services

- Seniors' Government Services & Benefits
- Community Resources
- Commissioner of Oaths
- Assistance with completing forms such as; *Alberta Senior's Benefits; Special Needs Assistance, Old Age Security, Guaranteed Income Supplement & Canada Pension Plan*

To Learn More, Please Join Us Every Friday Between 9:00 am - 3:00 pm at St. Andrews Centre 1-10601 Southport Rd SW, Calgary Phone 403 259-4080

Free Admission. For More Information call Kerby Centre Information Resources at 403 705-3246

A Group For Mature Jobseekers

Sessions every Tuesday 1:30 PM - 3:00 PM in the Kerby Centre Lounge - \$2.00 Drop In Fee

August 7th - Interview Skills

Learn about behavioral interview questions and how to handle them; what to expect before, during and after the interview; and interview do's and don'ts

August 14th - Build Your Personal Brand

August 21st - Networking

Learn the basics of networking to be able to connect with confidence; why it's critical to have a networking plan so you can spend your time and energy wisely; how to identify WHO to connect with; and where to spend your time so that it's a win-win situation

August 28th - Goal Setting

Participants will have a better understanding of how to plan and lay down the foundation towards completing their goals; and will receive tools to assist in achieving their goals.

For more information, or to register, Phone 403 705-3217 or Email options45@kerbycentre.com

**Kingsman
The Golden Circle**
 Released 2017 (2 hrs 21 min)
 (Rated: Adventure, Action, Comedy)
Friday Aug 31, 2018
 at 1:00 PM in the Kerby Centre Lounge
 Tickets are \$1.00 from the Education and Recreation Department Room 305
 Price includes a snack and a drink!
 Sponsored by The Lodge at Valley Ridge

Free Events & Presentations

Monday, September 17th
CNIB - Seeing Beyond Vision Loss

Presented by Christopher Warner, Program Lead or Community Education at CNIB in Calgary & Southern Alberta

Kerby Centre Lounge
 Time: 10:30 AM - 11:30 AM

Pre - Registration is not required

Wednesday, August 8th
Protect Yourself From Fraud

Presented by Bonnie McIntyre - CRA

10:00 AM - 12:00 PM
 Kerby Lounge

Please RSVP to Rob Locke
 403-705-3235 or
 RobL@kerbycentre.com

Check Out Our Ad Within And Save The Date

2018 Kerby EXPO
 Saturday, September 22nd

Save the Date
October 1st

National Seniors Day
 Celebrating older adults across Canada

1:30 pm to 3:30 pm
Kerby Centre Gymnasium

Join us for an afternoon of entertainment, information & special guests

Free Admission - Presented By



Next to New Half-Price Sale
 Everything in the store is 50% off!
 Monday, Aug 20, 2018 10 AM - 2:30 PM

Kerby Day Trips

For more information or to book your trip contact Kerby Travel at 403-705-3237 or email travel@kerbycentre.com

Arrowwood Hutterite Colony
August 7th - Cut-off: July 24th
& August 28th - Cutoff: August 14th

Tour includes lunch, round trip bus transportation and a tour of the colony with an opportunity to buy home-made bread & fresh vegetables.

Members: \$55.00 - Non Members: \$65.00

September 20 & 21st
Waterton Lakes National Park
By Anderson Vacations

Includes round trip transportation, 1 night at Waterton Lakes Lodge, taxes, guided tour at Bar U Ranch w/lunch & tour of Remington Carriage Museum with breakfast

Members \$370 - Non Members \$380

Based on Dble Occupancy - Cut off Date: August 3rd

Monthly Walk

Please contact Education & Recreation For Details Of The August Walk

Rm 305 or Call 403 705-3233

Finger-licking, lip-smacking, flavourful barbecue

Page design and layout by Winifred Ribeiro

Co-host of *The Chew*, and celebrated Iron Chef and restaurateur Michael Symon returns to a favorite subject, meat, with his first cookbook focused on barbecue and live-fire grilling, with over 70 recipes inspired by his newest restaurant, Mabel's BBQ, in his hometown of Cleveland.

In preparing to open his barbecue restaurant, Mabel's BBQ, Michael Symon sampled smoked meat from across America. The 72 finger-licking, lip-smacking recipes here draw inspiration from his favorites, including dry ribs from Memphis, wet ribs from Nashville, brisket from Texas, pork steak from St. Louis, and burnt ends from Kansas City—to name just a few—as well as the unique and now signature Cleveland-style barbecue he developed to showcase the flavors of his hometown. Michael offers expert guidance on working with different styles of grills and smokers, choosing aromatic woods for smoking, cooking various cuts of meat, and successfully pairing proteins with rubs, sauces, and sides. If you are looking for a new guide to classic American barbecue with the volume turned to high, look no further.



WHOLE GRILLED STRIPED BASS

I love to toss the whole fish—skin, head, and tail—right on the grill. The skin helps to keep the fish from drying out, the bones add a ton of flavor, and the presentation is stunning and impressive. Sure, some people are bound to be a little freaked out by the eyeballs, but I say, go for it! If you can't look your food straight in the eye, maybe it's time to make the switch to vegetarianism!

SERVES: 4

2 (3-pound) whole striped bass, gutted and scaled
Kosher salt and freshly ground black pepper
4 lemons, sliced
2 bundles fresh dill
Olive oil

1. Prepare and preheat your lump charcoal grill to medium-high.
2. Pat the fish dry with paper towels and season inside and out with salt and pepper. With a sharp knife, make three or four shallow diagonal slits (about 3 inches long and 1/4 inch deep) into the flesh of the fish on each side. Insert the lemon and dill into the cavity of each fish and coat the exterior with olive oil.
3. Scrub and oil the grill grates, put the fish on the grill, and cook until the fish reaches an internal temperature of 140°F, about 10 minutes per side, depending on thickness. Transfer the fish to a platter and serve.



Excerpted from *Playing with Fire* by Michael Symon. Copyright © 2018 by Michael Symon. Photographs copyright © 2018 by Ed Anderson. Published in the United States by Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York. Reproduced by arrangement with the Publisher. All rights reserved.



GRILLED CHICKEN THIGHS

with **Blackberry BBQ Sauce**

I'm not gonna lie: when it comes to chicken, I'm definitely a thigh guy! To me, skin-on, bone-in chicken thighs have more flavor than any other part of the bird. If you moderate the grill temperature to cook them evenly, they are impossible to beat, making chicken thighs my favorite part of the bird. I love pairing grilled chicken with a fruit-based barbecue sauce. This one has fresh blackberries that add a subtle sweetness to the sauce, balance out the heat of the chiles, and soften the acidity of the vinegars.

Serves: 4

1 tablespoon ground coriander **8 skin-on, bone-in chicken thighs**
1 tablespoon smoked paprika **Olive oil**
1 tablespoon kosher salt **1/2 recipe Blackberry BBQ Sauce (recipe follows)**

1. In a small bowl, mix to combine the coriander, paprika, and salt. Pat the chicken thighs dry with paper towels, season on both sides with the spice mixture, and place in a gallon-size zip-top bag. Refrigerate for several hours but preferably overnight.
2. Prepare and preheat your lump charcoal grill to create two heat zones: high and low.
3. Brush the chicken thighs with olive oil and place them skin-side down on the hot side of the grill. Cover and cook for 2 minutes. Remove the cover and move the chicken to the low-heat side of the grill, skin-side up. Cover and cook until the thighs reach an internal temperature of 160°F, about 15 minutes.

Pour half the sauce into a medium bowl and use it to baste the chicken occasionally during the final 10 minutes of cooking.

4. Remove the chicken from the grill and serve with the remaining sauce on the side.

Blackberry BBQ Sauce

Makes: 2 quarts / 1 litre

3 pints fresh blackberries **1 habanero pepper, slit**
1 (12-ounce) dark beer **1 tablespoon ground**
1 cup balsamic vinegar **chipotle chile powder**
1 cup red wine vinegar **1 tablespoon finely ground coffee**
1/2 cup packed light brown sugar **1 tablespoon ground coriander**
1 onion, sliced **1 tablespoon ground cumin**
1 garlic clove, minced

In a large saucepan, combine the blackberries, beer, balsamic vinegar, red wine vinegar, sugar, onion, garlic, habanero pepper, chipotle, coffee, coriander, and cumin and cook over medium-low heat, stirring occasionally, for 2 hours. Remove the pan from the heat and carefully blend or purée the sauce in a blender or food processor until smooth. Strain the sauce and set aside until needed.

Use immediately or store in the refrigerator for up to 2 weeks.

SHAVED CARROT SALAD

An amazing thing happens to carrots when you shave them into long ribbons. Not only are they gorgeous to look at—especially if you use carrots of different colors—but the texture softens to a gentle crunch. Use a mandoline or sharp vegetable peeler to form long, thin strips. Fresh mint really gives this salad a summery boost.

SERVES: 4

2 teaspoons cumin seeds
1/4 cup red wine vinegar
1 tablespoon honey
1/4 cup olive oil
Kosher salt and freshly ground black pepper
1 pound carrots, shaved into long ribbons
4 scallions, thinly sliced
1 cup finely chopped fresh mint leaves
2/3 cup coarsely chopped roasted salted peanuts

1. Put a small skillet over medium heat. Add the cumin seeds and toast until lightly golden brown and fragrant, about 2 minutes. Remove from the heat.
2. In a medium bowl, whisk to combine the toasted cumin seeds, vinegar, and honey. While whisking, add the olive oil in a steady stream to form an emulsion. Season with salt and pepper. Add the carrots, scallions, mint, and peanuts and toss to combine. Taste and adjust the seasoning, adding salt and pepper as needed. Serve immediately or refrigerate in an airtight container for up to 1 day before serving.

CALGARY CO-OPERATIVE MEMORIAL SOCIETY (CCMS)

CCMS is a nonprofit member owned co-operative.

We arrange discounted funeral plans for our members in Calgary, Airdrie, Cochrane, Okotoks, Strathmore, High River, Medicine Hat, Lethbridge, Taber and surrounding areas.

Our service providers are locally-owned and operated. Members can save on average \$2500-\$5000 on their funeral arrangements depending on the plan selected.

Since being founded in 1965, we have had more than 45,000 members.

You can purchase a lifetime membership for only \$40 per adult.

For more information visit www.calgarymemorial.com, or call the CCMS at 403-248-2044 or 1-800-566-9959.

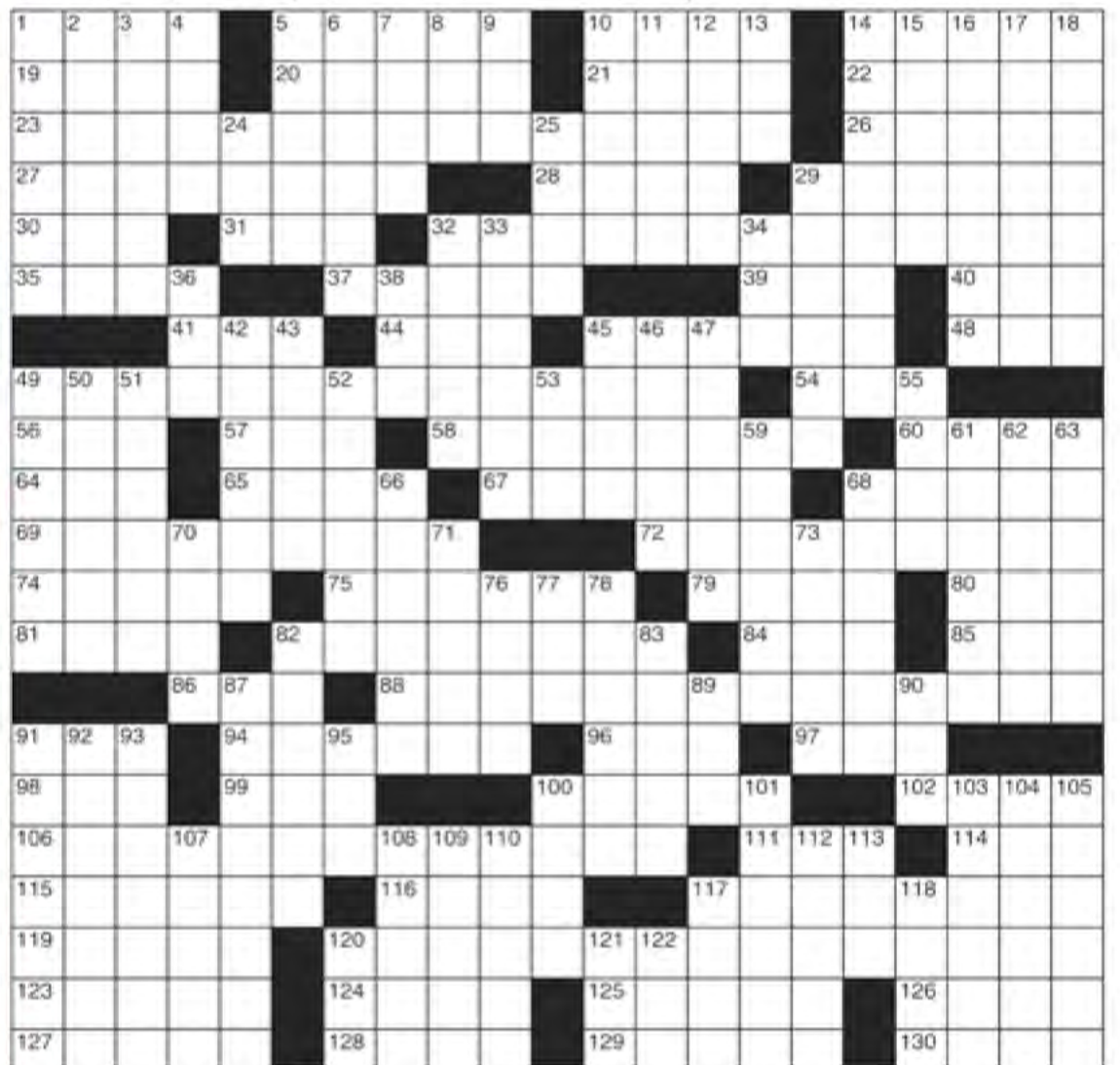


CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

GOOD-LOOKING BEGINNERS

- | | | | | | |
|------------------------------------|---------------------------------------|---|---------------------------|-----------------------------|---------------------------------|
| ACROSS | 49 What a happy couple makes together | 88 Big sum given for finding a lost pet, perhaps | 126 Slaving away | 34 Nintendo console | 82 "Quo Vadis" director — LeRoy |
| 1 Farm output | 54 Suffix with journal | 91 Conan's TV home | 127 Not on time | 36 Greek "T" | 83 TV producer Michaels |
| 5 Mosey along | 56 Liberal arts subj. | 94 Understood by very few | 128 Shot callers | 38 Water, to Yves | 87 Like trade winds |
| 10 Father | 57 With 90-Down, totally mistaken | 96 Roth — | 129 Mended | 42 Condition of equilibrium | 89 China's — Zedong |
| 14 Verbal tests | 58 Creepy quality | 97 Uvea's organ | 130 Pot tops | 45 Sale proviso | 90 See 57-Across |
| 19 Despise | 60 Rented living spaces; Abbr. | 98 Granola tidbit | DOWN | 46 Fraction of about 11% | 91 Certain rigging support |
| 20 Slow — (Asian primate) | 64 Screening airport org. | 99 "Law & Order" spinoff, informally | 1 Ballroom dance | 47 Forest cat | 92 Coffee shop employee |
| 21 Spoil | 65 Appear to be | 100 Italian port | 2 Quite | 49 "You —!" ("Oh yeah!") | 93 Less lax |
| 22 Bo of "Bolero" | 67 Fit snugly | 102 Low pair in poker | 3 Ontario city | 50 Comes after as a result | 95 Quart fourth |
| 23 Magnetic pull | 68 Target rival | 106 It's painted to make something seem better than it is | 4 Saucy | 51 Swirly marbles | 100 Avocado dip, for short |
| 26 Certain Arab | 69 Notions that an imp might get | 111 A Stooze | 5 Big maker of food cans | 52 Shorn wool | 101 Measure of current flow |
| 27 Place for online small talk | 72 Habanero, for one | 114 Inclined (to) | 6 Label for the Jackson 5 | 53 Suffix with script | 103 American elk |
| 28 Author Dinesen | 74 Pays mind to | 115 Oscar winner Helen | 7 Hat's edge | 55 Pack tightly | 104 Sedating substance |
| 29 One of Nixon's daughters | 75 Infant bed | 116 Emu relative | 8 Actress Tyler | 59 Fixed price | 105 Blood vessel openers |
| 30 Hack down | 79 Brand of nonstick cookware | 117 Food symbolizing America | 9 Suffix with journal | 61 Tropical fruit | 107 Walk (on) |
| 31 Crow cry | 80 Org. for drs. | 119 Ed with Emmys | 10 Non-poetry | 62 Aftershock | 108 Furious |
| 32 Clear skies and 70 degrees, say | 81 Admin. aide | 120 Equitable market practices | 11 Of hearing | 63 Hair bit | 109 Part of CEO |
| 35 Smell — (suspect something) | 82 Like rhythmic verse | 123 Thief | 12 Finicky | 66 Actress Plimpton | 110 Tenures |
| 37 Novelist Zora — Hurston | 84 Mag bigwigs | 124 News bit | 13 Ending for meth- | 68 Actor Grammer | 112 Decided |
| 39 Stopover site | 85 Thither | 125 Brother, in Paris | 14 Scenting substances | 70 1999 Ron Howard satire | 113 Part of REO |
| 40 Santa Fe-to-Denver dir. | 86 Victory sign | | 15 Send, as payment | 71 Clear kitchen wrap | 117 Highest point |
| 41 Horned viper | | | 16 Weaver of mythology | 73 Father, in Madrid | 118 Plus others; Abbr. |
| 44 Annex | | | 17 Lax | 76 Have supper | 120 Pine relative |
| 45 Sanctity with oil | | | 18 Place for downhillers | 77 PC readout of a sort | 121 A bit askew |
| 48 SFO posting | | | 24 Oval part | 78 Not as tough | 122 Hosp. body scan |



SOLUTIONS ON PAGE 27

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

Do you or your loved one have hearing loss but are concerned about the cost of hearing aids?



EXPERT UPDATE:

Hearing aid financial assistance programs are available for ALL SENIORS regardless of income. However as of 2016 those on a restricted income MAY QUALIFY FOR FUNDING COVERING THE ENTIRE COST OF HEARING AIDS. We go above and beyond to help our patients who have hearing loss because we believe hearing your world is an important part of our quality of life!

DON'T DELAY GETTING HELP WITH YOUR HEARING!

RESEARCH SHOWS:

It is important to identify and treat hearing loss as EARLY as possible in order:

- to prevent cognitive decline after age 50 (2015).
- for the auditory system to have better success at adapting to hearing aids and making sense of sounds
- to prevent people from withdrawing from the activities you like due to trouble hearing what is going on

If you would like HELP with your hearing loss, CALL our office, the leading experts in the field to find out more.



Mission Location: 202-320 23rd Ave. S.W., Calgary
 Glenbrook Plaza 226-3715 51st St. S.W., Calgary
 403-252-4722 403-802-6022

www.audiologyinnovations.ca



Kingsman THE GOLDEN CIRCLE

Released 2017 (2 hrs 21 min) Rated Adventure, Action, Comedy

Friday Aug 31, 2018

at 1:00 PM in the Kerby Centre Lounge



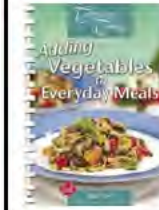
Tickets are \$1.00 from the Education and Recreation Department Room 305
 Price includes a snack and a drink!

Sponsored by The Lodge at Valley Ridge

Creative ways to eat more vegetables

Page design and layout Winired Ribeiro

Even for those of us who like eating vegetables, it can be a challenge to eat the recommended servings each day. Adding vegetables to everyday meals shows how easy it is to work more vegetables into your family meals throughout the day: lunch, dinner and even brunch and dessert. *Adding Vegetables to Everyday Meals* helps you eat the 7 to 10 servings of vegetables a day that are recommended by *Canada's Food Guide*. Handy at-a-glance graphics throughout the cookbook show you exactly how many servings of vegetables you're getting with each portion. You'll be surprised how many extra servings of vegetables are tucked into the 126 recipes in this book!



Adding vegetables to everyday meals
by Jean Pare ©
Published by Company's Coming
All rights reserved
Excerpted with publisher permission



Nutty Turkey Stew ©

This flavourful offering puts all that leftover holiday turkey to good use—and it's healthy too! Serve over couscous to make a complete meal.

SERVES: 6

Cooking oil	1 tsp.	5 mL
Chopped carrot	1 cup	250 mL
Chopped onion	1 cup	250 mL
Ground cumin	2 tsp.	10 mL
Garlic cloves, minced	2	2
or garlic powder (or 1/2 tsp., 2 mL, powder)		
Ground cinnamon	1/4 tsp.	1 mL
Salt	1/2 tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL
Can of diced tomatoes (with juice)	28 oz.	796 mL
Can of lentils, rinsed and drained	19 oz.	540 mL
Chopped cooked turkey (see Tip)	2 cups	500 mL
Small cauliflower florets	2 cups	500 mL
Chopped dried apricot	1/2 cup	125 mL
Peanut butter	1/4 cup	60 mL
Coarsely chopped unsalted peanuts	1/4 cup	60 mL
Chopped fresh parsley	2 tbsp.	30 mL

Heat cooking oil in Dutch oven on medium. Add next 7 ingredients. Cook for about 8 minutes, stirring often, until onion is softened.

Add next 6 ingredients. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered, for about 30 minutes until cauliflower and carrot are tender-crisp.

Scatter peanuts and parsley over top. Makes about 7 1/2 cups (1.9 L).

1 SERVING: 280 Calories; 11 g Total Fat (2.5 g Mono, 1.5 g Poly, 2 g Sat); 20 mg Cholesterol; 30 g Carbohydrate; 10 g Fibre; 20 g Protein; 770 mg Sodium

TIP: Don't have any leftover chicken or turkey? Start with two boneless, skinless chicken or turkey breast halves (4 – 6 oz., 113 – 117 g, each). Place in large frying pan with 1 cup (250 mL) water or chicken broth. Simmer, covered, for 12 to 14 minutes until no longer pink inside. Drain. Chop. Makes about 2 cups (500 mL) of cooked chicken or turkey.

Spiced Eggplant Cupcakes ©

Having trouble eating veggies? Hide five servings of vegetables in a batch of these cute cupcakes! These surprising little cakes are light, spicy and topped with a fluffy icing for the perfect finishing touch.

MAKES: 12 cupcakes

Chopped peeled Asian eggplant	2 1/2 cups	625 mL
Cooking oil	1 tbsp.	15 mL
Orange juice	1/2 cup	125 mL
Vanilla extract	1 tsp.	5 mL
All-purpose flour	1 1/2 cups	375 mL
Baking powder	1 tsp.	5 mL
Baking soda	1/2 tsp.	2 mL
Ground coriander	1/2 tsp.	2 mL
Ground nutmeg	1/8 tsp.	0.5 mL
Salt	1/8 tsp.	0.5 mL
Butter (or hard margarine), softened	1/3 cup	75 mL
Brown sugar, packed	3/4 cup	175 mL
Large eggs, fork-beaten	2	2

ICING

Icing (confectioner's) sugar	1 1/4 cups	300 mL
Butter (or hard margarine), softened	1/3 cup	75 mL
Frozen concentrated grape juice, thawed	4 tsp.	20 mL



Borscht Tart ©

Classic borscht flavours served in an unexpected way—this modern take on a traditional favourite packs vegetables into a tart! Surprisingly sweet with nice cayenne pepper heat.

SERVES: 6

Pastry for 9 inch (23 cm) deep dish pie shell

Cooking oil	1 tsp.	5 mL
Grated peeled beets (see Tip 1)	2 cups	500 mL
Chopped onion	1 cup	250 mL
Lemon juice	1 tbsp.	15 mL
Garlic cloves, minced	2	2
or garlic powder (or 1/2 tsp., 2 mL, powder)		
Cayenne pepper	1/4 tsp.	1 mL
Salt	1/4 tsp.	1 mL
Pepper	1/4 tsp.	1 mL
Large eggs, fork-beaten	2	2
Sour cream	1 cup	250 mL
Chopped walnuts, toasted (see Tip 2)	1/4 cup	60 mL
Chopped fresh parsley	2 tbsp.	30 mL
Sour cream, for garnish		

Roll out pastry on lightly floured surface to 1/8 inch (3 mm) thickness. Line 9-inch (23 cm) deep dish pie plate. Trim, leaving 1/2 inch (12 mm) overhang. Roll under and crimp decorative edge.

Heat cooking oil in large frying pan on medium. Add next 7 ingredients. Cook for about 10 minutes, stirring often, until onion and beets are softened. Let stand for 5 minutes to cool slightly.

Combine next 3 ingredients in medium bowl. Add beet mixture. Stir. Spoon into pie shell. Bake on bottom rack in 375°F (190°C) oven for about 1 hour until knife inserted in centre comes out clean. Let stand for 5 minutes.

Sprinkle with parsley.

Garnish individual servings with sour cream. Cuts into 6 wedges.

1 SERVING: 320 Calories; 23 g Total Fat (8 g Mono, 6 g Poly, 8 g Sat); 65 mg Cholesterol; 23 g Carbohydrate; 3 g Fibre; 6 g Protein; 310 mg Sodium

TIP 1: Don't get caught red-handed! Wear rubber gloves when handling beets.

TIP: When toasting nuts, seeds or coconut, cooking times will vary for each type of nut—so never toast them together. For small amounts, place ingredient in an ungreased shallow frying pan. Heat on medium for 3 to 5 minutes, stirring often, until golden. For larger amounts, spread ingredient evenly in an ungreased shallow pan. Bake in a 350°F (175°C) oven for 5 to 10 minutes, stirring or shaking often, until golden.

Toss eggplant and cooking oil in large bowl. Arrange in single layer on greased baking sheet with sides. Bake in 375°F (190°C) oven for about 25 minutes, stirring occasionally, until tender and starting to brown. Cool. Transfer to blender.

Add orange juice and vanilla. Process until smooth.

Combine next 6 ingredients in medium bowl.

Beat first amount of butter and brown sugar in large bowl until light and fluffy.

Add eggs, 1 at a time, beating well after each addition. Add eggplant mixture.

Beat well. Add flour mixture. Stir until just combined. Fill 12 paper-lined muffin cups 3/4 full. Bake in 350°F (175°C) oven for about 18 minutes until wooden pick inserted in centre of cupcake comes out clean. Let stand in pan for 5 minutes before removing to wire racks to cool completely.

ICING: Beat all 3 ingredients on low in small bowl until smooth. Beat on high for about 3 minutes until light and fluffy. Spread over cupcakes.

1 CUPCAKE: 280 Calories; 12 g Total Fat (3.5 g Mono, 1 g Poly, 7 g Sat); 50 mg Cholesterol; 39 g Carbohydrate; 1 g Fibre; 3 g Protein; 180 mg Sodium



Financial Planning: Your will, your legacy

By Jonathan Ng

A recent poll by the Angus Reid Institute showed that only 45% of Albertans have a Will. The reasons why so many people do not make their final arrangements are broad – apathy, fear of death, cost of legal services – yet the average person would not be comfortable with the ‘default will’ provided by the government, officially known as the Wills and Succession Act in Alberta.

A Will allows a person to take matters into their own hands by creating legally-binding directions on how assets are to be divided, who shall administer those directions, and several other important matters.

Executor. The first few months after a person dies can be grueling. In addition to the grief and emotion, surviving family members find themselves shuffling from meetings with banks, filling out a multitude of documents, and dealing with institution after institution. A Will simplifies this process by appointing an Executor to take charge of these matters. In the absence of a Will, it can be unclear as to who has the authority to deal with the third-parties involved in an estate, often resulting in a family member making a court application to become the ‘administrator’. The average estate takes over one year to fully administer, therefore it is imperative that the proper person is selected for the important role of Executor.

Beneficiaries. The Wills and Succession Act has a formula for Albertans who

do not have a Will: everything goes to family. For many people, this formula is acceptable. However, not all families are the same. For example, parents of blended families struggle between dividing their assets between their current spouse and the children from their first marriage. In the absence of a Will, assets are split 50/50 between the two after the first \$150,000 goes to the spouse – this is entirely unacceptable for many blended families. A Will would allow such a family to carefully ensure that both sides are provided with proper support thereby limiting the conflict that may follow.

Charitable Giving. A Will is a final chance to leave a legacy. According to Statistics Canada, 84% of Canadians aged 15 and over reported making at least one financial donation to a charitable and nonprofit organization, yet less than 10% leave a gift to charity in their Will. If charitable giving is a part of a person’s life, they should consider making it part of their death. Making a gift to charity through a Will can provide significant tax benefits. A charitable receipt issued to the estate can serve to reduce the capital gains realized at death – in other words, a carefully planned Will allows a person to re-direct a large portion of taxes toward chosen charities.

Planning for incapacity. The Will is the centerpiece of an ‘estate plan’. Although it is important to make advance directions after death through a Will, it is equally important to make advance

decisions about finances and personal care in the event of mental incapacity. The Enduring Power of Attorney and Personal Directive complete the trinity of estate planning documents by appointing decision-makers for finances and personal care, respectively.

Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at 403-288-8855 ext. 229 or jonathan.ng@willsandestates.ca.



You can now donate your car and support Kerby Centre! Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

1-877-250-4904
www.donatecar.ca

FINANCIAL PLANNING TODAY

Topic: Protect Yourself from Fraud and How Financial Planning and CRA work together

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Wednesday, August 8, 2018

TIME: 10:00 am – 12:00 pm

COST: Free Presentation

Join us for coffee and cookies while learning how to protect yourself from fraud. Know how to recognize a CRA scam. Learn about common types of income and credits. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit. Learn how to maximize available credits, benefits and income during your retirement.

PRESENTERS:

Bonnie McIntyre - Canada Revenue Agency
Joanne Kirk – Investors Group

**Please RSVP to Rob Locke
Director of Fund Development**

**403-705-3235 or
robl@kerbycentre.com**

Sponsored by



Leave a Legacy of Inspiration

“When I am gone, I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre’s important work will continue on for years to come.”

“My decision to include Kerby Centre in my will is part of the legacy I wish to leave.”

- Anonymous donor



The generosity of today’s donors and tomorrow’s legacy gifts provides hope, dignity, and independence to older adults.



Kerby Centre

Kerby Centre assists older adults to be active and engaged in their lives through health, wellness, education, recreation, and support programs.

Please choose to make a difference today.

For Information please contact Rob Locke at robl@kerbycentre.com 403-705-3235

YES, I wish to make a contribution in support of Kerby Centre

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

Kerby Centre assists older adults to be active and engaged in their lives through health, wellness, education, recreation, and support programs.

Please choose to make a difference today.

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2

Contact us at 403-705-3235 or email to funddev@kerbycentre.com

Charitable Registration #11897-9947-RR0001

Education & Recreation LEARNING 2018 – FALL SEMESTER

Registration opens August 1st, 2018 at 9:00 am for members and August 15th, 2018 at 9:00 am for non-members.

HOW TO REGISTER

- ❖ In person at the Kerby Centre in Room 305.
- ❖ By telephone at (403) 705-3233 or (403) 705-3232.
- ❖ Online at www.kerbycentre.com
- ❖ By mail to:
Kerby Centre
1133 - 7th Avenue S.W.
Calgary AB, T2P 1B2
Attn: Education & Recreation
- ❖ **Please ensure you have your 2018 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3224**
- ❖ 2018 Kerby membership does NOT guarantee course availability.
- ❖ Non-members must be 55 years of age. Proof of age may be requested.
- ❖ Non-members pay a non-refundable surcharge on each course/workshop and do not have parking privileges.
- ❖ Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education & Recreation, may make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.
- ❖ If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232.



Fall Registration
Now Open

Don't Miss Out!

- ❖ Waiting to the last minute to register means missing out on great opportunities.
- ❖ **We will cancel under subscribed courses one week prior to first day of class.**
- ❖ **Please be sure to register early!!!**

Methods of Payment

- ❖ Cash/Cheque
- ❖ Debit
- ❖ VISA/MasterCard
- ❖ PayPal
- ❖ Payment is required at the time of registration; however, if the cost of courses is a concern, please contact the Manager of Education & Recreation at (403) 705-3232 to discuss options.

Refund Policy

- ❖ Request for a refund must be made before the start of the second class.
- ❖ All refunds are subject to an administration fee.
- ❖ Computer Courses/Workshops are non-refundable.
- ❖ Please contact the Education & Recreation Department with any refund inquiries.

LEARNING 2018 – FALL

MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____
Telephone #: _____

Kerby Membership #: _____

Courses you wish to register for:

Course # _____ Course Name: _____
Course # _____ Course Name: _____
Course # _____ Course Name: _____

Course # _____ Course Name: _____
Course # _____ Course Name: _____
Course # _____ Course Name: _____

Method of Payment:

Cash: _____ (In person)

Cheque: _____ (In person/mail-in)

MasterCard #: _____

Expiry Date: _____ (In person/Telephone/Mail-in)

VISA #: _____

Expiry Date: _____ (In person/Telephone/Mail-in)

Please note: MasterCard and VISA numbers are four groups of four numbers.

Zumba Gold Chair

Instructor: Maaïke Seaward

Zumba Gold Chair brings the joy of Latin dance moves and rhythms of Zumba to be done in a chair. It has been designed for participants with medical issues, physical limitations, are in a wheelchair, have limited mobility or anyone who may not be able to stand up for long periods of time while exercising. It will help improve physical and mental health and most of all quality of life! It will provide safe, slow progressions and teach participants to listen to their body! It's great for the mind, body and soul but most of all IT IS FUN!

A11 Tuesday Sep 18 – Dec 4 2:15 – 3:00 pm Room 308 Member: \$49 Non Member: \$79
No Class Oct 9

Yoga for You Level II

Instructor: Angie Friesen

Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.

A12 Wednesday Sep 19 – Nov 28 11:00 – 12:00 pm Room 205 Member: \$58 Non Member: \$88

Wednesday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A13 Wednesday Sep 19 – Nov 28 10:05 – 11:00 am Gymnasium Member: \$58 Non Member: \$88

Gentle Seated Yoga

Instructor: Angie Friesen

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A14 Wednesday Sep 19 – Nov 28 1:00 – 2:00 pm Room 308 Member: \$58 Non Member: \$88

Tai Chi Wednesday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A15 Wednesday Sep 19 – Nov 28 1:00 – 1:55 pm Lounge Member: \$49 Non Member: \$79
A16 Wednesday Sep 19 – Nov 28 2:05 – 3:00 pm Lounge Member: \$49 Non Member: \$79

Pilates Fusion

Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.

A17 Wednesday Sep 19 – Nov 28 3:30 – 4:30 pm Room 205 Member: \$75 Non Member: \$105
No Class Oct 31

Zumba Gold

Instructor: Maaïke Seaward

Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!

A18 Thursday Sep 20 – Dec 6 10:00 – 11:00 am Gymnasium Member: \$49 Non Member: \$79
No Class Oct 11

Fitness For Life

Instructor: Elena Bratishchenko

An expansion of our Everyday Functional Fitness class, Fitness for Life continues to focus on maintaining strength, improving mobility and balance, range of motion and coordination.

A19 Thursday Sep 20 – Nov 22 11:15 – 12:15 pm Gymnasium Member: \$49 Non Member: \$79

Line Dancing

Instructor: Bonnie Field

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills!

A20 Thursday Sep 20 – Nov 29 1:00 – 2:00 pm Gymnasium Member: \$49 Non Member: \$79
No Class Sept 27

Yoga for You Level I

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

A21 Friday Sep 28 – Nov 30 9:30 – 10:30 am Room 205 Member: \$58 Non Member: \$88

Muscle Strength & Core Balance

Instructor: Dan Leung

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.

A22 Friday Sep 28 – Dec 7 9:30 – 10:20 am Gymnasium Member: \$58 Non Member: \$88

Zumba Gold Chair

Instructor: Maaïke Seaward

Zumba Gold Chair brings the joy of Latin dance moves and rhythms of Zumba to be done in a chair. It has been designed for participants with medical issues, physical limitations, are in a wheelchair, have limited mobility or anyone who may not be able to stand up for long periods of time while exercising. It will help improve physical and mental health and most of all quality of life! It will provide safe, slow progressions and teach participants to listen to their body! It's great for the mind, body and soul but most of all IT IS FUN!

A11 Tuesday Sep 18 – Dec 4 2:15 – 3:00 pm Room 308 Member: \$49 Non Member: \$79
No Class Oct 9

Yoga for You Level II

Instructor: Angie Friesen

Ideal for students wanting more of a challenge in their yoga practice. Previous yoga experience not necessary, but must be comfortable with getting up and down from the floor, and doing postures without the support of the chair. We will deepen our practice of balance and stability in a friendly and safe environment. Please provide your own yoga mat.

A12 Wednesday Sep 19 – Nov 28 11:00 – 12:00 pm Room 205 Member: \$58 Non Member: \$88

Wednesday Fitness

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.

A13 Wednesday Sep 19 – Nov 28 10:05 – 11:00 am Gymnasium Member: \$58 Non Member: \$88

Gentle Seated Yoga

Instructor: Angie Friesen

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A14 Wednesday Sep 19 – Nov 28 1:00 – 2:00 pm Room 308 Member: \$58 Non Member: \$88

Tai Chi Wednesday

Instructor: Adrian Buczek

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A15 Wednesday Sep 19 – Nov 28 1:00 – 1:55 pm Lounge Member: \$49 Non Member: \$79
A16 Wednesday Sep 19 – Nov 28 2:05 – 3:00 pm Lounge Member: \$49 Non Member: \$79

Pilates Fusion

Instructor: Cathy Morrison

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.

A17 Wednesday Sep 19 – Nov 28 3:30 – 4:30 pm Room 205 Member: \$75 Non Member: \$105
No Class Oct 31

Zumba Gold

Instructor: Maaïke Seaward

Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!

A18 Thursday Sep 20 – Dec 6 10:00 – 11:00 am Gymnasium Member: \$49 Non Member: \$79
No Class Oct 11

Fitness For Life

Instructor: Elena Bratishchenko

An expansion of our Everyday Functional Fitness class, Fitness for Life continues to focus on maintaining strength, improving mobility and balance, range of motion and coordination.

A19 Thursday Sep 20 – Nov 22 11:15 – 12:15 pm Gymnasium Member: \$49 Non Member: \$79

Line Dancing

Instructor: Bonnie Field

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills!

A20 Thursday Sep 20 – Nov 29 1:00 – 2:00 pm Gymnasium Member: \$49 Non Member: \$79
No Class Sept 27

Yoga for You Level I

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

A21 Friday Sep 28 – Nov 30 9:30 – 10:30 am Room 205 Member: \$58 Non Member: \$88

Muscle Strength & Core Balance

Instructor: Dan Leung

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.

A22 Friday Sep 28 – Dec 7 9:30 – 10:20 am Gymnasium Member: \$58 Non Member: \$88

Gentle Seated Yoga

Instructor: Angie Friesen

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A23 Friday Sep 21 – Nov 30 10:45 – 11:45 am Room 308 Member: \$58 Non Member: \$88

Functional Strength

Instructor: Joyce Slone

Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility.

A24 Friday Sep 28 – Dec 7 12:30 – 1:30 pm Room 205 Member: \$45 Non Member: \$75
No Class Oct 5

Academic Courses

No classes on Monday October 8th, 2018—Kerby Centre is closed for Thanksgiving Day.
Please note: there may be other cancellations in individual rooms due to other activities at Kerby Centre.

Bridge

Instructor: Peter Segers

BRIDGE – Intermediate: Ten lessons on all phases of bidding with emphasis on forcing and non-forcing sequences, pre-emptive bidding and balancing, Stayman and play of hand.

B01 Tuesday Sep 11 – Nov 20 9:30 – 11:30 am Room 308 Member: \$99 Non Member: \$129
No Class Oct 16

Calligraphy: Playing With Capitals

Instructor: Renate Worthington

Drawn and embellished letters are our theme for this session. We'll use pencil, markers, ink and colour to make beautiful calligraphic creations. Birthday cards for friends will be keepers! All levels are welcome.

B02 Thursday Oct 11 – Nov 15 10:00 – 12:00 pm Room 311 Member: \$65 Non Member: \$95

Christmas Ornament Decorating

Instructor: Pat Seifert

Join us for some holiday fun as we decorate Christmas ornaments. These creative ornaments would make a lovely festive gift or add a little holiday cheer to your own home. Supplies will be provided.

B03 Monday Dec 3 10:30 – 11:30 am Room 301 Member: \$19 Non Member: \$24

Computer Courses

Instructor: Pat Seifert

Note: A USB memory stick may be required to take home homework, please bring one to your first class.

Beginner Basics Starts at "where's the ON button", the keyboard and mouse. From there, we will be creating, saving, and retrieving files and exploring the picture library. As well, time will be spent exploring the internet and learning how to use your email. Time is given to review tasks and practice work.

B04 Mon/Wed Sep 17 – Oct 22 10:00 – 11:30 am Room 312 Member: \$165 Non Member: \$195
No Class Oct 8

Level One Windows 10 Already familiar with the basics? This class will teach you the ins and outs of Windows 10.

B05 Mon/Wed Oct 29 – Nov 12 10:00 – 11:30 am Room 312 Member: \$115 Non Member: \$145

How to Use Your Laptop Windows 10 Bring your own laptop to class with Windows 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.

B06 Mon/Wed Sep 17 – Oct 1 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$145

Facebook Mastery Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address.

B07 Mon/Wed Oct 3 – Oct 22 12:30 – 2:00 pm Room 312 Member: \$115 Non Member: \$145
No Class October 8

Computer Workshops

Instructor: Pat Seifert

Setting Up and Basic Functions of Your iPad Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WiFi. Find and install apps such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on iTunes.

B08 Monday Oct 29 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$74

Internet Exploration Are you looking for information on health, hobbies or the weather? In this workshop you will learn to search the internet and discover what interests you!

B09 Wed Oct 31 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$74

Intro to Social Media Wondering what the kids mean by tags, tweets and likes? This workshop will take an introductory look at Facebook, Twitter and Pinterest.

B10 Wed Nov 21 12:30 – 3:30 pm Room 312 Member: \$44 Non Member: \$74

Drama**Performance in Senior's Collective: Seniors Behaving Badly**

Instructor: Gail Whiteford

This class will allow participants to showcase their strengths through rehearsal and performance of a show called Seniors Behaving Badly. A collective of poetry, dance and song. The class will work on improving their skills of voice, movement and acting with lot of laughter and fun. Technical support will also be needed for this class for those who do not want to perform.

B11 Tuesday Sep 18 – Nov 27 2:15 – 3:30pm Room 205 Member: \$85 Non Member: \$115
No Class Sept 25, Oct 16, Nov 6

Drawing

Instructor: Tayebe Joodaki

Note: The cost of supplies is not included in the course price.

Beginners Drawing: Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the class for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be!

B12 Tuesday Sep 18 – Oct 23 10:00 – 12:00 pm Room 313 Member: \$80 Non Member: \$110
B13 Tuesday Nov 6 – Dec 11 10:00 – 12:00 pm Room 313 Member: \$80 Non Member: \$110

Advanced Drawing: – Prerequisite: Beginner Drawing

B14 Thursday Sept 20 – Oct 25 10:00 – 12:00 pm Room 301 Member: \$80 Non Member: \$110

Hearing Health: Funding for Hearing Aids

Presented by Dr. Carrie Scarff

Did you know that at least half of Canadian seniors have some hearing loss, and most of them do not know that they do? Early treatment of hearing loss is important to keep the brain healthy and avoid health concerns like Dementia. Join us at the Kerby Centre to discuss the common signs and symptoms of hearing loss and what you can do about it. Dr. Scarff and her team will share their knowledge of the financial programs available to help seniors get hearing help if needed. If you think you or a loved one has hearing loss and you need help finding funding resources, join us at this workshop. Bring your income tax assessment and a recent bank statement and they will assist participants with applying to the government and other programs for hearing aid and hearing assistive device funding. Please call us for more information 403-252-4722.

B15 Tuesday Oct 23 10:30 – 12:00 pm Room 205 Member: \$2 Non Member: \$5

Mahjong

Instructor: Swee Wong

Have you always been interested in mahjong but didn't know where to start? Our three week introductory workshop will teach you the basics and prepare you to join our ongoing Monday drop in group.

B16 Monday Sep 17 – Oct 1 10:30 – 12:30 pm Room 308 Member: \$15 Non Member: \$45

Model Railroad Workshop

Presented by Calgary Model Railway Society

Are you looking for a new hobby or pastime which combines learning new skills, artistry, craftsmanship, fellowship, challenges, and above all, fun? The fascinating hobby of model railroading encompasses all these, and much more. There are many facets to this hobby and you can pursue whatever interests you, by yourself, or with others. It is a great family activity, often joining multiple generations on common projects.

Come enjoy a coffee while the Members of the Calgary Model Railway Society show you the basics, answer all your questions and help you get started. Examples of what you can easily achieve yourself will be on display.

B17 Friday Nov 23 10:00 – 12:00 pm Lounge Member: \$2 Non Member: \$5



Painting: Watercolour

Instructor: Katy Morris

Note: The cost of supplies is not included in the course price. A full list of recommended supplies can be obtained in Room 305.

Watercolour: Seascapes In this session we will be painting coastal scenes, waves and water, boats in harbor and stormy skies. Learn about rule breaking in art. Work with the problem of a straight horizon, and how to make it work. This course will use cold pressed paper.

B18 Friday Sep 14 – Oct 19 10:00 – 3:00 pm Room 313 Member: \$79 Non Member: \$109

Watercolour: Small One Item Images Take an old barn and change it to winter. Take a poplar tree and make a magic snow scene. We will also work with other small one item images such as flowers and animals. Learn about adapting what you see to become something different. Learn about seasonal colours, and colour temperament. This course will use cold pressed paper.

B19 Friday Nov 2 – Dec 7 10:00 – 3:00 pm Room 313 Member: \$79 Non Member: \$109

Painting: Acrylic

Instructor: Tayebe Joodaki

Note: The cost of supplies is not included in the course price. A full list of recommended supplies can be obtained in Room 305.

Acrylic: Nature Path Narrate the journeys taken on this dirt path, this course will be navigating the use of both a palette knife and flat brushes to interpret this scene. The serene path among the woods will mirror the journey of painting this course will take you on as you interpret this scene on a square canvas. You will employ the use of; Blue, Black, Burnt Sienna, Burnt Umber, Yellow, Green, White, and Ocher acrylic paints to portray this peaceful solitude.

B20 Wednesday Sep 12 – Oct 17 10:00 – 12:00 pm Room 313 Member: \$109 Non Member: \$139

Acrylic: Mountain Lake Using color theory and exploring texture with both palette knives and flat brushes, tour the contours of the mountains and pristine waters that flow between them. Utilizing; Blue, Black, Burnt Sienna, Burnt Umber, Yellow, Green, White, and Ocher paints this course will instruct you on how to navigate a rectangle canvas to depict this peaceful scene.

B21 Wednesday Nov 7 – Dec 12 10:00 – 12:00 pm Room 313 Member: \$109 Non Member: \$139

Photography

Instructor: London Drugs

Introductory Photography Workshop Love the idea of photography but not quite sure where to start? This photography course is aimed at beginners and will start you with the basics such as learning how to navigate camera menus. This course will help you to understand your camera and how to take good quality pictures with confidence. Please bring with you your camera, a fully charged battery and a passion for learning photography!

B22 Tuesday, Oct 16 10am – 12pm Room 308 Member: \$2 Non Member: \$5

Relaxation through Guided Imagery

Instructor: Don Muldoon

You will learn total body relaxation, both mind and body. Techniques will also assist with reducing heart rate and blood pressure. Make sure you bring a pillow and a blanket.

B23 Tuesday Dec 4 2:00 – 3:00 pm Room 205 Member: \$6 Non Member: \$10

Self Defense and Personal Safety

Instructor: Don Muldoon

Learn very simple methods that can defeat the most common holds that can be applied to a person. The skills learned are more a way of creating a diversion rather than a takedown move. Both verbal and physical skills will be taught.

In Personal Safety, strategies for dealing with scams, travel and everyday situations will be discussed.

B24 Tuesday Nov 20 – Dec 11 12:30 – 1:30 pm Room 205 Member: \$19 Non Member: \$49
No Class Nov 27

Singing Circle

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "Please don't take my sunshine away."

B25 Thursday Sep 20 – Dec 6 10:30 – 11:30 am Room 308 Member: \$45 Non Member: \$65

Spanish

Instructor: Norah Hutchinson

The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson.

Beginner Spanish Grammar A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

B26 Monday Sep 17 – Dec 10 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$129
No Class Oct 8

Intermediate Spanish Grammar A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered.

B27 Tuesday Sep 18 – Dec 4 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$129

Advanced Spanish Grammar I For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

B28 Tuesday Sep 18 – Dec 4 10:00 – 12:00 pm Room 311 Member: \$99 Non Member: \$129

Advanced Spanish Grammar II A continuation of the above course. Chapters 10-12 will be covered.

B29 Thursday Sep 20 – Dec 6 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$129

Advanced Spanish Grammar III A continuation of Advanced Spanish Grammar II, this course will cover Chapters 12-14 and review previously covered material.

B30 Wednesday Sep 19 – Dec 5 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$129

Spanish Conversation This course is designed for students with strong knowledge of grammar. It will provide with an opportunity to practice the language through a variety of activities and topics of interest on daily life. Emphasis on interaction and focus on pronunciation, listening and comprehension. Minimum Prerequisite: Advanced Spanish Grammar II or equivalent.

B31 Monday Sep 17 – Dec 10 1:00 – 3:00 pm Room 311 Member: \$99 Non Member: \$129
No Class Oct 8

Technology Workshops

Instructor: London Drugs

iPhone Basics New to the iPhone? Join us for an interactive workshop as we show you the basics of your phone. We will go over the ins and outs of the iPhone including adding contacts to your phone, text messaging, photography, downloading apps, WIFI and privacy settings

B32 Tuesday, Sept 18 10am – 12pm Room 205 Member: \$2 Non Member: \$5

Android Basics New to android? Join us for an interactive workshop as we show you the basics of your phone. We will go over the ins and outs of typical android phones including adding contacts to your phone, text messaging, photography, downloading apps, WIFI and privacy settings.

B33 Tuesday, Oct 09 10am – 12pm Room 205 Member: \$2 Non Member: \$5

Technology Help Drop-In Do you have a question about a small electronic device? Well we are here to help! Drop by anytime between 10am – 12pm with your questions and we will do our best to navigate you through the technology world!

B34 Tuesday, Nov 13 10am – 12pm Room 205 Member: \$2 Non Member: \$5

Ukulele Magic

Instructor: Barry Luft

Ukulele Magic! Introductory This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing and playing. If you already have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Education & Recreation department at 403-705-3233 for purchasing information.

B35 Wednesday Sep 19 – Dec 5 11:00 – 12:00pm Room 308 Member: \$70 Non Member: \$100

Ukulele: Intermediate Magic! This class will focus on different topics according to the flow of the class and whims of the instructor! We will cover things like better song accompaniment, playing in all 12 keys, ear training, finger picking, reading tab, jamming skills, and other subjects too fierce to mention! Good fun for sure. Note: alumni are always welcome to register. Pre-requisite: an introductory course or equivalent.

B36 Wednesday Sep 19 – Dec 5 9:45 – 10:45 am Room 308 Member: \$70 Non Member: \$100

Ukulele in the Classroom

Instructor: Judy Henderson

Level 1 Advanced This class is a continuation of our work in book 1 (the green book) of James Hill's program:

James Hill's Ukulele in the Classroom program focuses primarily on single note picking, rather than the more traditional concentration of the ukulele as an instrument to accompany the voice through strumming. The aim is to provide the opportunity for students to experience and create harmonies through picking different parts together at the early stages of musical development. This sequential approach features creative exercises and prepared arrangements of traditional, classical and popular songs, each reinforcing the expanding skills set.

B37 Thursday Oct 4 – Nov 29 12:30 – 1:45 pm Room 308 Member: \$60 Non Member: \$90

Level 2 This class is a continuation of our work in book 2 (the red book) of the James Hill program:

Ongoing practice with the ukulele as an instrument providing harmonic accompaniment and melody, exploring elements of improvisation, music theory and arrangement, and developing sight reading skills while exploring a wide variety of musical traditions.

B38 Thursday Oct 4 – Nov 29 2:00 – 3:15 pm Room 308 Member: \$60 Non Member: \$90

up for a nice retirement.
▲
The views, opinions and positions expressed by all Troy Media columnists and contributors are the author's and do not necessarily reflect the views and/or positions of Troy Media. ©

Clay: The Basics

Instructor: Darlene Swan

Have you ever been curious about clay & glazing and are wondering just how that piece was made? Now is your chance to get a glimpse into that wonderful medium! You will be taught the handbuilding skills to create a pinch pot, coil pot & slab pot, as well as how to glaze your pieces. This course is designed for both the absolute beginner as well as those who have taken our previous courses, all are welcome! Come be creative and have a lot of fun!

Course includes materials, firings, and food safe glazes.

B39 Friday Sep 14-28 12:30 – 2:45 pm Room 308 Member: \$115 Non Member: \$135
Friday Oct 19 12:30 – 3:45 pm Room 308
Friday Oct 26 12:30 – 1:30 pm Room 308

Kerby 2 St. Andrew's Courses

St. Andrew's Centre 1 – 10601 Southport Road SW Calgary, AB T2W 3M6

Computer Courses

Instructor: Pat Seifert

How to Use Your Laptop Windows 10 Bring your own laptop to class with Windows 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.

S01 Tuesday Sep 18 – Oct 9 10:00 – 12:00 pm Member: \$135 Non Member: \$165

Facebook Mastery Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address and own laptop.

S02 Tuesday Nov 6 - 27 10:00 – 12:00 pm Member: \$135 Non Member: \$165

Setting Up and Basic Functions of Your iPad Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WIFI. Find and install "Apps" such as phone book, music stations and video games. Use built in features like the camera and calendar. Search for, preview and download music on iTunes.

S03 Tuesday Dec 4 11:00 – 2:00 pm Member: \$45 Non Member: \$75

Yoga for You

Instructor: Angie Friesen

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

S04 Thursday Sep 20 – Dec 6 9:00 – 10:00 am Member: \$85 Non Member: \$115

Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary

Main Switchboard 403-265-0661 www.kerbycentre.com		Fund Development 403-705-3235 Work with members and community to provide funding for Kerby Centre's vital programs funddev@kerbycentre.com	Options 45 403-705-3217 options45@kerbycentre.com
Adult Day Program 403-705-3214 Socializing and health monitoring program for physically and/or mentally challenged older adults adp@kerbycentre.com	General Office 403-705-3249 generaloffice@kerbycentre.com	Taxes 403-705-3246 Low income tax preparation	Thrive 403-234-6571 Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication. thrive@kerbycentre.com
Diana James Wellness Centre 403-234-6566 Health services including footcare wellness@kerbycentre.com	Housing 403-705-3231 Assists older adults in finding appropriate housing housing@kerbycentre.com	Volunteer Department 403-234-6570 Volunteers are the heart of Kerby Centre volunteer@kerbycentre.com	Room Rentals 403-705-3177
Dining Room 403-705-3225 Serving nutritious meals to everyone kitchen@kerbycentre.com	Information / Resources / Taxes 403-705-3246 The all in one older adult information source info@kerbycentre.com	President Zane Novak 403-705-3253 president@kerbycentre.com	CEO Luanne Whitmarsh 403-705-3251 luannew@kerbycentre.com
Education & Recreation 403-705-3233 Information source for programs at Kerby Centre program@kerbycentre.com	Kerby News Classified Ads 403-705-3249	Kerby News Editor 403-705-3229 editor@kerbycentre.com	
Event Planner 403-705-3178 events@kerbycentre.com	Kerby News Sales 403-705-3238 advertising@kerbycentre.com or 403-705-3240 sales@kerbycentre.com	Kerby Rotary House 403-705-3250 (24 hour) Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness. shelter@kerbycentre.com	
Finance 403-705-3215			

Classified Ads

To place your ad call: 403-705-3249, Fax: 403-705-3211, e-mail: generaloffice@kerbycentre.com

All ads must be pre-paid. Kerby Centre reserves the right to refuse any materials submitted and assumes no financial responsibility for errors or omissions in an ad. Kerby Centre accepts no responsibility for the performance or services offered by advertisers to their clients.

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for September issue must be received and paid by August 10.



Classified Ad Categories

- 10 Health
- 11 Foot Care
- 12 Home Care
- 13 Mobility Aids
- 20 Home Maintenance
- 24 Landscaping
- 26 Services
- 30 For Sale
- 33 Wanted
- 45 For Rent
- 48 Real Estate
- 50 Relocation Services

10 Health

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 Foot Care

Alberta's Mobile Foot Care
The company that Albertan's trust the most.
Advanced Foot Care
Ear Candling Therapy
Liane at 403-512-2429 or
www.albertasmobilefootcare.ca

All about Seniors is now offering quality Footcare services. Provided by a certified professional foot care specialist with a caring approach and a gentle touch.
403-730-4070
www.allaboutsensors.ca

Happy Feet Mobile Foot Care - Advanced foot care service Marlet 403-604-6684

Kerby News can be viewed online at www.kerbycentre.com

It's SUMMERTIME – BARE FOOT Time!
Nothing beats the feel of sun-baked sand between your toes, or walking barefoot through the cool, comforting grass. But when your feet suffer from misshapen nails, athlete's foot, persistent cracked skin or other common foot ailments ... you may be too embarrassed to even take your socks off. I can help! As a Certified Pedicurist, I provide professional foot care either in my office, or right in your home. Call 403-620-7851 today for more information, or visit <https://www.toesonthego.ca>

Special promotion for new clients. Call Becky @ 403-472-8885 for details. Advanced foot care nurse, specialized in diabetic foot, fungal, ingrown nails, corns and callouses.

12 Home Care

Home Residential Cleaning Services - wkly, biweekly, mthly. Decluttering, organizing, house sitting. 20+ yrs exp. Bonded & insured. Pls leave msg or text for Liz 403-519-3004

Are you expecting a Caregiver to be an angel in your home? **Karev Home Caregivers** offers a wide range of home care, personal support services to seniors & individuals with disabilities. We provide exceptional & affordable care to fit your unique needs.
NO MINIMUM HOURS REQUIRED. Call us today for a FREE Assessment: 587-224 9852

Caregiving, cleaning, cooking 20 yrs exp respite \$18/hr ph: 403-251-2767 or 403-714-7545

just4familyservices.com housekeeping/meal prep, In/out of home companionship. Accompany to appts, shopping. Corinne 403-590-2122 just4familyservices@shaw.ca

Respite/companion for seniors. Meal prep, light housekeeping, errands. Linda Holtorf, 30 yrs exp. P: 403-869-8822 E: lindacare68@gmail.com

Seniors need a companion or a "Helping Hand" for grocery shopping, errands and more? Make life as comfortable and beautiful through our "caring" care. Call Leah at 403-975-9998 or email us at healthcare@ahhand.com

Stella the care helper. No job too small. Specializing in cleaning for seniors: laundry service, windows, move in/out, grocery & personal shopping 403-890-9861

13 Mobility Aids

NOTE

Government assisted program for seniors 65+ on low income
Free Lift Chair
Free custom-made orthotics
Free Foot Assessment
Mobile service (in Calgary)
Lifetime warranty on our orthotics.
Call CBC Foot Products
Bay 8 6320 11 St SE
403-259-2474
To see if you qualify
Mention this CBC5689 code for your **Free** gift

20 Home Maintenance

A2Z General Contracting Bath, basement, deck, door, drywall, electrical, fence, hardwood, painting, tile, plumbing, windows. Basil 403-604-9058/403-390-0211

All types of electrical work new, old, trouble shooting & renos. Sr disc. 403-239-5918 or 403-870-8687

Senior working for seniors - will do small repairs, electrical, plumbing, carpentry work. Call Jim 403-249-4180, cell 403-519-8761

GLOBAL HOME ELECTRIC
Residential Electric Services, house wiring, troubleshooting, lighting, receptacles, panel upgrades and much more. Licensed, bonded and insured. Call Mario-Master Electrician 403-619-6262

Londonderry Painting
Int & ext painting. Ceilings, wallpaper, Sr. disc Free est. Howard 403-226-3456

Millennium Contracting Ltd
For all your exterior home repairs/replacements. Int & ext painting. Roofing, siding, soffit, fascia eaves troughs, etc. Please check full details on our website: millenniumcontracting.ca or ph Shawn at 403-703-9132 I am a Kerby Centre member & a general contractor in Calgary for over 30 yrs.

Painter semi-retired, interior/exterior, great rate! Wayne 403-804-2046

Quality Painting
Responsible & senior friendly over 25 yrs exp on residential paint. Senior Disc. Reliable, Personal Service, Reasonable rates. Free Est. Call Les 403-863-0212

The Scottish Painter and Sons
Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Ph 403-284-5154 403-875-8077 Refs avail. www.thescottishpainter.ca

Tony Peterson Eavestrough
Quality work, prompt service. Free estimates 5" continuous gutter install. Cleaning & Repairs Service (Since 1997) Call Tony 403-230-7428

Total Home & Business Repair (Ltd) 40 years exp Handyman & Renovations. Call Riley 403-615-1621

24 Landscaping

Action Lawncare
Catering to NW, Fall Clean up, hedge trimming & eaves cleaning. Ph: 403-651-3900

Catering to NE/SE Calgary for 17 years Weekly / Biweekly & Holiday Lawn Care, Deep Core Aeration / Edging / Hedge Trimming / Eaves Cleaning

A Plus Lawn & Snow
403-248-0357

"THE YARDIST LTD"
TREE & SPRAY SERVICE
Tree pruning/tree removal/fertilizing/insect & disease control. Certified arborist. Licensed. Insured. **Senior Discount.** Ph: 403-242-3332

26 Services

Best Deal Junk Removal
All trash incl. dirt, sod, yard clean up, tree trimming. Free estimate 403-828-7373

3T Solutions Computer Help to Your Door

Do you want to use your computer without the stress of it breaking down or running slow? We can provide you with that peace of mind. Personalized training is also available. 403-399-1997

AZPERLEGAL SERVICES
20+ yrs exp drafting Wills, Enduring Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer. I am a mobile service - I will come to you. Pls call 403-629-5702 or email cherrington@azperlegal.com for appt. AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit www.azperlegal.com

Calgary and surround reads Kerby News monthly

Carpet cleaning, or garbage hauling -1 piece or whole bunch of garbage. Call Don @ 403-383-9864

Do you WISH you could travel, see your loved ones, but your health concerns make you feel uneasy? Compassionate Care In The Air is your solution. www.compassionatecareintheair.com

GEEK COMPUTER
PC Repair
Setup TV/Netflix
Serving Canada over 25 years
Senior Discount
Available
403-560-2601

!!! Great Haircuts!!!
Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

HAIRSTYLIST IN MOTION
mobile hair care in the comfort of your own home, hospital, nursing home, anywhere. Please call Brenda 403-471-7500

Handyman, semi-retired, licensed, WCB, reasonable rates, flexible schedule, available for household repairs. For more info call Howard 403-235-1529

Kerby News is the official publication of Kerby Centre

HANDYMAN SERVICES
Serving Calgary area great rates on odd jobs, yard work, journeyman Electrician, 17+ years painting exp, plumbing & more. Call Scott 403-978-4201

Maintenance, Repairs & Renos Painting, installations, decks, fences, basement development. Reasonable Rates. **Dylan 403-651-7414**

Mature man will build or repair wooden fences and decks. Smaller jobs only. Call 403-289-5760 or rwheatley@shaw.ca

Meticulous cleaning, grocery shopping, organizing, errands. Insured and bonded. Call Cynthia 403-612-2993

New to or frustrated with computers & other technologies? Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt. at 587-894-9487. **In Calgary & Airdrie.**

Service Outside the Line is a customized concierge service for seniors. We provide private transportation to appointments, personal shopping, companionship and much more. Call 403-771-9658 or email us at lori@serviceoutsidetheline.ca. See our website www.serviceoutsidetheline.ca for a complete description of all our services.

WE FIX COMPUTERS
Computer repair & lessons. Great service
Affordable rates
403-481-8080
www.xentas.ca

30 For Sale

2 Cemetery Plots in Mtn View Mem Gdns, Garden of Devotion \$4950. Info/offers: 519-622-3899

2 S X S plots in Mtn View Mem Gdns, \$2500 OBO Ph: 403-283-5730

Cemetery plots for sale
Mtnview Mem Gds – Gdn of Devotion, 3 plots, ea holds 1 casket + 2 urns or 3 urns Will sell \$2500 ea info & or offers 403-282-7334

Kerby Centre's Programs & Services help keep older people in their community

Moving sale: lift chair like new, love seat, etc. 403-281-7967

Niches for 2 Mtnview Gdns opening/closing Heritage Gdns Ph: 403-285-2695

Year round garage sale now open for business. Call Don for an appointment 403-383-9864

35 Wanted

Buying antiques & collectibles, old jewelry, license plates, badges, watches, china, figurines, cup/saucers, tools. Call Kevin P 403-660-0483

Vibrant 76 yr male non smoker non drinker vegan seeks right female to take on cruise. Reply to tra42d@gmail.com

Continued on page 35

Continued from page 34

45 For Rent

Penbrooke bsmt suite 1 bdrm + office, quiet tenant \$750/mth + \$350 DD All included elec/gas/Shaw Cable/WiFi also washer/dryer. Contact Alex 403-383-8424

Sooke BC Pacific Coast
Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1000/mth. 403-720-8609
No pets, no smoking.

48 Real Estate

ADULT ONLY CONDOS
ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS
www.CalgaryAdultCondos.com
No Hassle. No Obligation
Debra & Peter Molzan
RE/MAX Complete Realty
403-605-3774

Thinking of moving but need to sell first?

Free Home Evaluation
Find out what homes in your neighbourhood sell for.
Call Debra or Peter Molzan
RE/MAX Complete Realty
403-605-3774
www.PriceMyCalgaryHome.com
No Hassle - No Obligation

Wonderful seniors complex 60 yrs young or older that provides safe shelter, social activities, dining facility with gourmet meal plan & much more. Two bedroom & two bathroom apartment condo with sunny quiet west patio. \$209,900. MLS # C4193466
Call Bob Jablonski
Remax First 403-650-0092

50 Relocation Services

AAA-Brother's Moving Co.
"Seniors deserve a break"
Brent 403-383-9586

ABC MOVING specializes in relocating seniors from one place to another.
\$\$ low low rates \$\$
Call Don at 403-383-9864
www.abcmoving.ca

A-SAV-ON MOVING
Serving Kerby clients for over 10 years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

CROSSWORD SOLUTION

C	R	O	P	A	M	B	L	E	P	A	P	A	O	R	A	L	S	
H	A	T	E	L	O	R	I	S	R	U	I	N	D	E	R	E	K	
A	T	T	R	A	T	I	V	E	F	O	R	C	E	O	M	A	N	
C	H	A	T	R	O	O	M	I	S	A	K	T	R	I	C	I	A	
H	E	W	C	A	W	L	O	V	E	L	Y	W	E	A	T	H	E	R
A	R	A	T	N	E	A	L	E	I	N	N	E						
A	S	P	A	D	D	A	N	O	I	N	T	E	T	A				
B	E	A	U	T	I	F	U	L	M	U	S	I	C	I	S	T		
E	N	G	A	L	L	E	E	R	I	N	E	S	S	A	P	T	S	
T	S	A	S	E	E	M	N	E	S	T	L	E	K	M	A	R	T	
C	U	T	E	I	D	E	A	S	H	O	T	P	E	P	P	E	R	
H	E	E	D	S	C	R	A	D	L	E	T	F	A	L	A	M	A	
A	S	S	T	M	E	T	R	I	C	A	L	E	D	S	Y	O	N	
V	E	E	H	A	N	D	S	O	M	E	R	E	W	A	R	D		
T	B	S	A	R	C	A	N	E	I	R	A	E	Y	E				
O	A	T	S	V	U	G	E	N	O	A	T	W	O	S				
P	R	E	T	T	I	P	I	C	T	U	R	E	M	O	E	A	P	
M	I	R	R	E	N	R	H	E	A	A	P	P	L	E	P	I	E	
A	S	N	E	R	F	A	I	R	C	O	M	P	E	T	I	T	I	
S	T	E	A	L	I	T	E	M	F	R	E	R	E	A	T	I	T	
T	A	R	D	Y	R	E	F	S	F	I	X	E	D	L	I	D	S	

PUZZLE ON PAGE 24

ADVERTISERS' INDEX AUGUST 2018

ABC Benefits Corp10	Lifetime Highs 9
All Seniors Care14	Manor Village.....2
Amica12	Manor Village.....21
Assurant Life16	Maya Knows Best35
Audiology Innovations.....24	Metro Dental Care8
Bethany Care36	Mountain View Seniors 17
B.L. Braden Denture Clinic15	Nagel Tours 9
Bowbridge Manor10	North Hill Denture3
Calgary Co-op Memorial24	Prominence (Signature)6
Calgary Philharmonic1	Red-E-bins Calgary Ltd 35
Calgary Philatelic Society35	Rob's Roofing 35
Cash Casino24	Rocky Ridge 13
Chinook Denture16	Sandra Sebree.....3
Compassionate Nursing	Silvera For Seniors7
Foot care Ltd35	Silvera For Seniors16
Cowboys Casino16	Silvera For Seniors.....21
Financial Concierge35	The Estate Lady.....35
Golden Life5	Tour Hero 9
Handy Helpers35	Verico21
Lawrence Gerritsen 8	Wilson Law13

For ads that deliver results advertise in the Kerby News
Jerry Jonasson JerryJ@kerbycentre.com or 403-705-3238
David Young DavidY@kerbycentre.com or 403-705-3240

IN MEMORIAM

Join us in extending sympathy to the families of these Kerby Centre members and volunteers:

Anita Yvonne Bozak
Betty Joan Harrison
Catherine Mary Mitchell
Doris May Raleigh
Grant Pinzon Bates
James (Jim) Hubert Hagedorn
John (Jack) Johnston
Linda Jane McAulay
Loretta (Reta) Bretz
Phyllis Josephine Frebrowski
Sam Chakrabarti
Samuel Goresht
Woldemar (Walter) Hollasch

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of Kerby News.

SODOKU ANSWER

5	1	9	6	4	8	2	7	3
7	8	2	5	3	9	4	6	1
6	3	4	1	2	7	9	8	5
8	9	5	7	1	4	6	3	2
2	4	1	9	6	3	8	5	7
3	7	6	2	8	5	1	9	4
9	5	8	4	7	1	3	2	6
1	2	7	3	9	6	5	4	8
4	6	3	8	5	2	7	1	9

PUZZLE ON PAGE 8

- Q.** What's the difference between a jeweler and a prison guard?
A. A jeweler sells watches, and a prison guard watches
- Q.** Name the next letter in this sequence: J F M A M J J A S O N ?
A. D. The sequence contains the first letter of every month, in order.
- Q:** Why was the chef embarrassed?
A: Because he saw the salad dressing!
- Q:** What kind of coat is always wet when you put it on?
A: A coat of paint.

Kerby News Business and Professional Directory

Calgary Philatelic Society
General Monthly Meetings with auction
1st Wednesday of the month start at 6:30 pm
Mid Month Auctions
3rd Wednesday of the month start at 6:30 pm
\$10 off a new membership with mention of this ad
Kerby Centre (2nd floor lecture room)
1133 7th Ave. SW Calgary, Alberta T2P 1B2
www.calgaryphilatelicsociety.com

SENIOR'S DISCOUNT

Rob's Roofing Solutions

Roofing / Siding,
Soffit / Fascia,
Gutters' / Downspouts

403-700-0600
www.robsoofingsolutions.ca
Licenced Insured WCB

HANDY HELPERS

Need help with tasks around the house? We can help you!
Some of our services include: home building, maintenance, minor plumbing repairs, painting, cleaning, gutter maintenance & maintenance, drywall repairs, deck, fence maintenance, set-up after a move, purchased furniture delivery & assembly, general or more technical work, & much more.

Call Jim at 403-992-9274
E-mail: HandyHelpersCalgary@gmail.com
Website: www.HandyHelpersCalgary.ca

FINANCIAL CONCIERGE™

Trouble getting bills paid?
Afraid of financial abuse?
Important papers everywhere?
www.financial-concierge.ca

Contact me for Peace of Mind.

JILL CHAMBERS BN CFP
(403) 978 2176

The Estate Lady

Wills, Powers of Attorney, Personal Directives
Estate Probate/Administration Applications

Kimberly Wallace
Paralegal, Commissioner for Oaths
25+ Years' Experience

Phone: (403) 870-7923
Email: estate.lady.ab@gmail.com

Maja Knows Best
Senior Home Care

Experienced, trustworthy,
reliable and responsible

Book your appointment
587-435-4476
maja.calgary@gmail.com

Compassionate Nursing FOOT CARE

Let me - Help you - Manage your feet in the comfort of your own home.
Specializing in those with low mobility, diabetes, thickened nails, painful ingrowns, corns and calluses.

Katie MacNeil, LPN, FCN
403-875-8602
footcarebykatie@gmail.com
CompassionateNursingFootCare.ca

RED-E-BINS CALGARY LTD.

Moving, Renovating
or Just Cleaning Up?
We've got the bins for you!

Summer & Senior Specials
403-998-6676
redebinscalgary@gmail.com
www.redebinscalgary.ca

Book your business directory ads

Size: 3 1/4" X 2"
Cost: \$160

Picture yourself
in a community
created just for

YOU

Affordable Housing: More than a Landlord

It can be difficult to find suitable accommodation for a reasonable rent. For independent seniors, we provide great rental apartments geared to income or set below current market rents. Every Bethany rental property offers a unique sense of community that is reflective of the residents who call it home.

Seniors Communities: Living Made Easy

Our popular *Life Lease* program is tailor-made for active, independent seniors, offering an ownership arrangement that provides home-style living with the comfort of equity. This program comes with the added perk of guaranteed buy back. These bright, roomy homes offer independent living at its finest.

EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES
EVERY WEDNESDAY IN AUGUST FROM 11AM to 3PM

Riverview Village
Affordable Housing

2945 26 Ave SE, Calgary
403.272.8615

Sundance on the Green
Life Lease

3 Sunmills Green SE, Calgary
403.254.9800



Discover your new home today at BethanySeniors.com

bethany
CREATING CARING COMMUNITIES