

Kerby News

Published by
Kerby Centre

for the **55** plus

“The most read publication for the 55+
in Calgary and Southern Alberta”

2018
December

Volume 34 #12

Celebrating 10 years of The Nutcracker



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Friday, December 21, Winter begins
Tuesday, December 25, Christmas Day
Wednesday, December 26, Boxing Day



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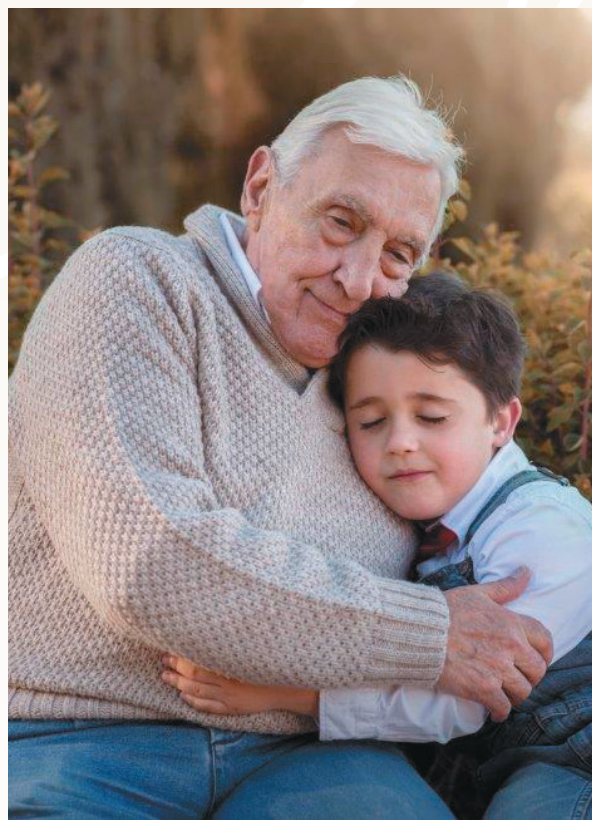
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By ZANE NOVAK
President of Kerby Centre

As we close out another year, it is a time to reflect, to plan, to celebrate, and to give back

This time of year, many pundits offer finger-wagging op-eds about the true meaning of the holidays, so I will not add another. Instead I want to tell you about what it means to receive.

Every one of us has had a day when we just needed a bit of help. A kind word, a moment of caring, or someone paying the tab for us at lunch.

There are those in our

community who struggle. Who stumble a bit and need a helping hand.

Kerby Centre is here for them.

Kerby Centre's Practical Christmas campaign asks for donations of gift cards and cash to replenish our crisis fund. This fund helps older adults year-round with emergency expenses.

Kerby Centre supports

many older adults for whom Christmas is a time when their needs are keenly felt. For those older adults, the best gifts are those that will provide basic human needs that will ease their minds. Every donation, large or small, goes to support programs and services for older adults in Calgary.

Instead of thinking of what it means for you to give, I want you to put yourself in the place

of that older adult who will receive your kind gesture. What they receive will show them that this world cares for them. That when they are down, we will come to their aid.

To find out more about how you can help, visit www.kerbycentre.com/donate.

Thank you for supporting Kerby Centre. Enjoy a safe and active holiday season, and have a happy New Year. ▲

December 2018

KERBY CENTRE'S MISSION:

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

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Kerby News

Published monthly by Kerby Centre
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
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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

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Get support and stay connected



By LUANNE WHITMARSH
CEO of Kerby Centre

It is hard to believe that we are in December. Every year I think that December comes faster! I feel a bit melancholy in December and I wonder if you do too?

I enjoy writing to you each month and hope you find my message interesting, helpful and supportive. This month I would like to talk about connections. All year long

we need to feel connected, perhaps to our families, our friends, or maybe it is to our neighbours and our community. When you are connected, this usually means that you have a support group, those who make you laugh out loud, who sit quietly with you or visit and share time, and even those who challenge you to get out of your comfort zone, to do something that you would not normally do! Research shows that when you have a support group you are healthier, you have less chronic illnesses and your smile is wider. Research also demonstrates that isolation is one of the main reasons that people are sad.

This month I would like to set out a challenge to you. If you feel that you are isolated, please reach out and

connect with one person. Let one person into your life. Also, if you are not isolated, please reach out and connect with someone who is. Then, let me know what you did, what you learned (about yourself and the other person) and I will share the thoughts you provide.

December is quite hyped up by many...but, you can make it YOUR month. I hope that you have a good month and that you are healthy and have someone to share time with. We live in a great City full of great people, including you! Reach out, breathe deeply and have a great time. Be well!

You are not alone. If you need assistance call:

Kerby Centre distress line — (403) 705-3250
Calgary Distress Centre — 211 ▲

Kerby Centre relocation update

For more than 40 years, Kerby Centre has established itself as Calgary's premiere multi-purpose seniors' centres, providing a host of services to older adults in the community.

Due to the rapidly growing "boomer" population, and as the services and number of older adults attending Kerby Centre has grown to 25,000 annually, so too has the need to expand and improve Kerby Centre's infrastructure in order to continue offering its services to an increasingly diverse population.

Built in 1948 as the original Mount Royal College, the current building is approaching 70 years in age, and has witnessed a significant amount of wear and tear during that time. Maintenance costs have become arduous; safety (from the LRT traffic, increased social issues in the parking lots) is a concern for older adults, volunteers, visitors and staff, and the environmental con-

ditions inside the building have made it extremely challenging for all who visit.

In July 2017, City Council unanimously approved a motion for City Administration to work collaboratively with the Kerby Centre, and their potential development partners on a relocation plan that would potentially see the Kerby Centre relocated to City-owned lands on the intersection of Haddon Road and Heritage Drive Southwest — former home of the YMCA.

Over the last year Kerby, working with a consulting team, assembled a great deal of information regarding the potential site and its surroundings, prepared preliminary site plans and presented a proposed acquisition strategy to the City. This resulted in a report being presented to the appropriate Committees and Council in July 2018.

Following consideration of our proposal by City Council as part of its meeting of July 31, 2018, we

were informed that our proposal had been rejected.

Because the report dealt with questions of land ownership and values it was dealt with by Council in a closed session and we were only informed that our proposal has been rejected and City Council had requested that the Civic Administration explore alternative potential locations with us.

Kerby Centre President Zane Novak said: "We are very disappointed with this decision as we believed that the location was a good fit for Kerby's needs and our proposed acquisition strategy was a reasonable one from both the City's and Kerby's perspectives."

Kerby CEO Luanne Whitmarsh said: "This setback is very unfortunate. We are now in the process of examining all of our options as we are still facing numerous challenges operating out of our existing facility". ▲



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Veterans, our day program is covered by the Veterans Independence Program! Veterans Affairs also covers the cost of foot care once per month.

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PROUDLY CANADIAN



Letter to the Editor

editor@kerbycentre.com

Please write to the Kerby News Editor at editor@kerbycentre.com or by mail to: 1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Re: Who am I really? (Kerby News, Oct, 2018)

If this article is meant to be humorous, it is not. Rather, it is a negation of what aging successfully entails.

The author spends several paragraphs joking about preferring unhealthy foods, and leaving nutritious foods in her fridge until they mold. (That's funny?) She laughs about seniors racing to outdo each other in the poor health department. And throughout the article she refers to herself as being mentally obtuse.

She finishes by saying, "Most of my life is now in the past", and that she lives with the memories of her past.

I too, am a senior, and I too, have good memories of the past. I plan, however, on continuing to create new ones.

Respectfully,
 Harmena Radsma

Editor's note:

Kindly note, that the author, Barbara Ellis, is in her 80s and is writing with her own personal, unique perspective on her own life, she is not writing about aging in general.

Barbara is making light of all the little and not so little issues that she has found come with getting older. At the end of her story, Barbara does bring out positivity and recognizes that she is "an elderly woman, fairly well-adjusted, and living life as it comes".

In her own words, she has had a wonderful life and "I feel so lucky to have lived it".

"It is Christmas in the heart, that puts Christmas in the air."

W.T. Ellis



News from City Hall

BY EVAN WOOLLEY

Calgary Councillor for Ward 8

Happy Holidays

Most of us love the holidays. They're a great time to get together with family, friends, and to take time to reflect on the year that has passed.

Looking back on 2018, many of us have had triumphs as well as challenges. My son was born in August, which was one of the happiest days of my life. Being a father is something I've always aspired to and my wife and I are overjoyed to begin this new chapter in our lives.

However, I experienced

challenges as well, both in my professional life and in my personal life. How do I cope with challenges both large and small? I can't stress enough how important it is to take time to slow down and care for yourself. Whether it's a yoga class, going for a bike ride, or just reading a book, all of these are great ways to decompress, gather thoughts, and regain some perspective on life.

I also want to convey how important it is to respect others and treat them with kind-

ness. Your neighbor or even a stranger you may walk past could be having a bad day and it doesn't take much to cheer them up. A smile, some kind words, maybe a conversation, perhaps even offering to buy a coffee or tea for someone who can appreciate it.

This doesn't just go for in-person interactions. It's easy to get caught up in arguments or debates online, especially through social media. Please always remember that there's a person on the other side of that

computer screen that you're typing to. I encourage you to treat people online as you would in person.

When respect is given, it's almost always returned. Whoever you're interacting with, I encourage you to treat them with the respect that you would like in turn. This will help all of us start 2019 on the right foot..

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

Every person deserves to live well in our society

As we take this month to celebrate the Holiday season and look ahead to the New Year, Albertans can rest assured that their friends and neighbours from diverse groups are supported and empowered.

This fall, I was pleased to announce that the Alberta government ensured the Victims of Crime Fund will receive an additional \$4.5 million in available money to improve the scope and quality of programs for victims of crime in five key areas. Available funding will almost double for police-based victim services units in seven municipalities, including

Calgary, and will go toward police-based victim services units, support for domestic violence survivors, help for victims in court, restorative justice initiatives and expanding outreach services for Indigenous victims.

I commend the staff and volunteers as they carry out this important work each day.

The Lubicon Lake Band, the Government of Alberta, and the Government of Canada recently reached a historic settlement to a long-standing land claim, while also securing treaty benefits for members. The agreement includes a land allocation of more than 246 square kilo-

metres for the Lubicon Lake Band, as well as \$95 million in financial compensation from Canada. In addition, Alberta is providing \$18 million. The agreement was decades in the making, and is a meaningful step toward reconciliation.

Lastly, Albertans now have a dedicated Advocate for Persons with Disabilities. The advocate, Tony Flores, will help them resolve issues, find supports, and promote inclusion. The Alberta government invested \$1 million in Budget 2018 to establish the Office of the Advocate for Persons with Disabilities, and the

advocate was selected after an open competition process. More than 1300 Albertans provided input into this role. For more information, please visit: www.alberta.ca/advocate-persons-disabilities.aspx

I wish everyone a safe and happy Holiday and New Year. As always, I'm happy to hear from constituents.

If you have feedback to offer, please contact my constituency office: Calgary.Buffalo@assembly.ab.ca Telephone 403-244-7737 Mail to Unit 130, 1177 11 Ave S.W., Calgary, AB., T2R 1K9 ▲



This month in Ottawa

KENT HEHR

Kent Hehr Member of Parliament for Calgary Centre

Homes for the holidays

First, I want to wish you all a happy Holiday season. I hope you know how honoured I am to serve as your Member of Parliament and to share my life with you.

Accordingly, I'd like to invite you to my Annual Holiday Party on Saturday, December 15, from 11.00 a.m. to 2.00 p.m. at Kerby Centre located at 1133 7 Ave SW.

Next, I'd like to discuss affordable housing and helping our neighbours. Housing is a critical issue all year, but there's something about the holidays that makes it stand

out even more. Regardless of our backgrounds or beliefs, our common humanity connects us and reminds us to look out for our fellow citizens.

This includes addressing housing because, without a place to live, it's very difficult to build a life. On any given night in Calgary, 2500 people are homeless.

While affordable housing was ignored by previous federal governments, our Liberal government is making big investments in housing Albertans:

• YWCA Calgary's new shelter

in Inglewood.

- Horizon Housing's 161-unit apartment in Glamorgan.
- Eight energy-efficient projects in Alberta, including YWCA Banff.
- The Ti'nu affordable rental housing complex.
- And more to come.

Accessibility is an important part of our housing plan, and something I'm especially proud to be delivering on. For individuals with a lower income, finding wheelchair-accessible housing in Calgary is difficult to impossible, so this is life-changing for many people.

Project by project, our national Liberal government is bringing affordable housing to Calgarians. It's one part of our huge increase in infrastructure funding. After just three years, we've invested more in Calgary than the Conservatives did in 10 years.

I'm proud to help more Calgarians truly be "home" for the holidays.

Contact me at kent.hehr@parl.gc.ca, telephone 403-244-1880. Subscribe to my email updates at www.KentHehrMP.ca/email-updates. ▲

Disclaimer: The opinions and projects of the correspondents on this page represent the views of the correspondent and are not necessarily endorsed by either Kerby News or the Kerby Assembly.

Green cart collection is moving to a winter schedule



The City of Calgary has moved its Green Cart composting program to a winter collection schedule as Calgarians have less yard waste to put into their green carts during the winter months.

This change means that green carts will be collected biweekly. Green carts will be collected on the same day of the week as before, but every other week. New

collection routes will be in effect, so it is important to check the new schedules online and have carts out by 7.00am on collection day.

Calgarians can visit the City of Calgary website to find out their new green cart schedule and to sign up for free reminders, or call the city's helpline on 311.

"Calgarians have really embraced the Green Cart

program so we wanted to give them time to get used to composting at home," explained Waste Diversion Specialist with The City of Calgary, Laura Hamilton. "Now that it's been a year, Calgarians have been asking us to collect their green carts less often in the winter, and the data shows that volumes have been decreasing, with less yard waste going into

the carts during the winter months. So it made sense to make the change to a winter green cart schedule although it is still important to compost your food waste as well as food-soiled paper and tissues."

There are no changes to blue or black cart collection. Weekly green cart collection will resume in the spring. ▲

Alberta Ballet Celebrates 10 years of The Nutcracker

By Sheila Addiscott

This December, Alberta Ballet celebrates 10 years of presenting Edmund Stripe's *The Nutcracker*, the much-loved holiday classic and the world's favourite ballet.

Created from E.T.A. Hoffmann's tale, *The Nutcracker and the Mouse King*, written in 1816 and set to the unforgettable score written by Tchaikovsky, versions of *The Nutcracker* are performed each December around the world.

In 2006, just after the end of the successful tour of choreographer Edmund Stripe's *Alice in Wonderland*, Jean Grand-Maitre, Artistic Director of Alberta Ballet, invited Stripe to choreograph a new Nutcracker. The previous version of *The Nutcracker* had been performed for 14 years, and the costumes were falling apart. The ballet needed a fresh vi-



Edmund Stripe.
Photo by Paul McGrath

When he was a young boy

sion, so he started the new Nutcracker from scratch. When it debuted, *The Nutcracker* was one of the most ambitious theatrical productions ever created in Alberta. "It was time for a new version of *The Nutcracker*," said Stripe. "It was a big challenge, but I love a challenge." When he was a young boy

dancing at the Royal Ballet School in London, England, Stripe was cast as a soldier in Rudolph Nureyev's production of *The Nutcracker*. "I remember it quite vividly, especially the sword-fighting, it inspired me."

The first step was to find a costume and set designer. A search, that had designers from around the world submitting their work. Stripe wanted to create something completely different and to get away from the old-school Nutcracker, and he found it in the work of Zack Brown, an Emmy award-winning designer, who designed for Broadway, opera and ballet. It is Stripe's beautiful choreography, combined with the artistry of Brown's costume and set designs that have come together to create *The Nutcracker* that we see on stage today.

It took nearly two years and thousands of hours to bring the production together.



The inspiring Cavalier and King Rat swordfight.
Photo by Paul McGrath

er. Each costume was handmade in a variety of sizes and some took up to six months to complete. Usually, Nutcracker is set in Nuremberg, but Brown and Stripe chose to set it in an opulent Russia.

The dancers are accompanied by the talents of the

Calgary Philharmonic Orchestra, which performs Tchaikovsky's music live at each show, the beautiful music adding to the fantasy, and connecting the audience to the performers.

Alberta Ballet's *The Nutcracker* has been performed in Edmonton, Vancouver, Victoria and Spokane. All of the costumes and the company dancers travel from city to city. A different group of more than 80 children are trained in each city, and help to make up the cast of 125 dancers.

Even though the ballet has been running for 10 years, each year Stripe tweaks the choreography and is constantly looking for improvements and to provide opportunities for new dancers.

"We do so many performances every year, 21 in Calgary alone. *The Nutcracker* is an opportunity for younger and inexperienced dancers in the company to dance solo roles that they may not get the chance to in the rest of the season," he said.

Kelley McKinlay is not a new name to Alberta Ballet patrons, he is a principal dancer with the company and this year will be dancing in his 17th season. An accomplished dancer, he has danced in all 10 years of Stripe's *The Nutcracker*. McKinlay is back on stage this year as Drosselmeyer and as the cavalier.

Not willing to spoil the surprise by revealing names, Stripe did say to look out for some special guest appearances on stage at some of the performances.

Still enthusiastic after 10 years, Stripe invites people to come and experience *The Nutcracker* for themselves. "I want people to come to the ballet with the eyes of a child. And let the experience unfold before you like a storybook," he added.

For ticket information go to: www.albertaballet.com ▲

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Getting your mail during the postal strikes

By Anna Ryan

In the run-up to December, the busiest postal season of the year, the Canadian Union of Postal Workers (CUPW) and Canada Post are still far from an agreement. This means the series of rotating strikes taking place across Canada is set to continue for the foreseeable future.

While you may not receive your regular mail on time, CUPW and Canada Post have confirmed that an agreement is in place to ensure that pension and social-assistance cheques will continue to be delivered during the strike. This agreement is virtually identical to the agreement used in 2011.

“Our public post office distributes government cheques that are a fundamental part of the social safety net. We do not want pensioners and those with low income to suffer if the union is locked out or forced to strike. After all, our dispute over contract issues

should be directed at Canada Post, not at the most vulnerable members of our society,” said CUPW National President, Mike Palecek.

CUPW offered to deliver pension and social assistance cheques early on in their negotiations with Canada Post and the details have now been announced. Volunteers from the union will deliver federal Canada Pension Plan, Old Age Security, Child Benefit and provincial social assistance cheques.

However, many Canadians who rely on Canada Post to deliver packages and other mail, will be either forced to turn to other options, courier companies such as FedEx, Purolator and UPS, or to wait patiently for their letters and packages to arrive.

The federal government has tabled legislation to put an end to the rotating strikes. However, both parties are still at the negotiating table and may reach a resolution before the bill is passed.

Ballet for the over 55s creates Silver Swans

Royal Academy of Dance (RAD) has created the Silver Swans ballet program specifically for dancers over the age of 55. The program is taught by RAD teachers across North America and the UK. Sarah Stewart, a professional dancer and now teacher is offering Silver Swan classes in Calgary.

Silver Swans are classes designed for the beginner or experienced dancer who has a love of dance. The program is based on research into the best dance practice for older learners. It aims to improve

mobility, posture, coordination and energy levels and, most importantly, impart the sense of wellbeing that dance can bring.

“Teaching adults is very rewarding. Ballet is a great form of exercise and improves posture, coordination and cognitive ability. The class is fun and people can learn the art of ballet in a group of people their own age,” said Stewart.

“You are not going to be asked to dance on pointe and you are not going to be asked to do the splits. I’m trying to make ballet acces-

sible to everyone.”

The program is based on movement for the older learner, teaching a range of abilities. It is designed for men and women and participants don’t have to have any experience in ballet. Classes can be adapted for all abilities. An entire class can be done holding onto a chair or sitting on a chair.

New classes start up in January. To try a free class or for more information on classes contact Sarah Stewart on 403-909-1962 or register on the website www.balletiques.com/silver-swans.



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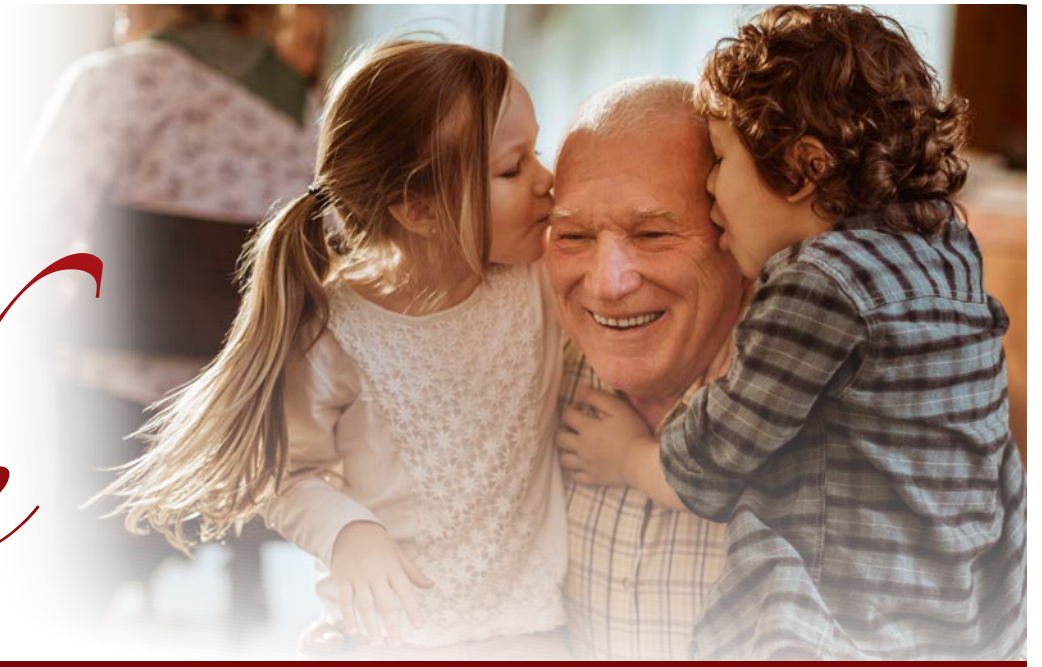
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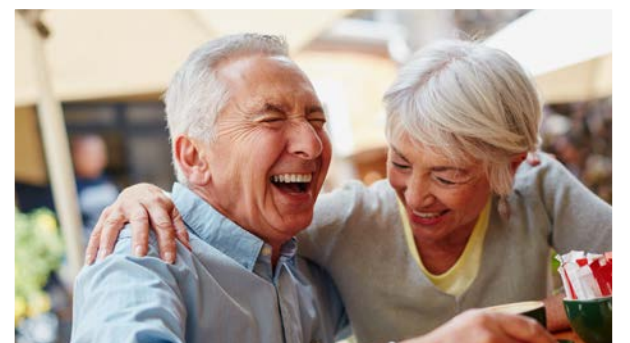
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Life and liberty

BY LIBERTY FORREST

Overcome the fear of change and live your best life to keep moving forward

Frequently, people tell me that they would love to make changes in their lives, but they're afraid of the fallout. They're afraid of the repercussions with family or friends who would not approve, or whose own

lives would, in some way, be changed, too.

I understand how this feels. I've been in those shoes myself on many occasions.

But I've learned what other people think is none of my business, and what I do is none of theirs, even if they are affected by my choices. They are still my choices to make, as I am the only one walking my path and I must follow it as I see fit, for I'm the only one who has to live in my skin and deal with the consequences of my actions, or inactions.

And there is one thing I know for sure: It's best to keep moving forward, no matter what.

When change happens, it is because it was needed.

We don't always have to understand why or how, but we can be sure it was necessary. Our own change can be the catalyst for others to change, too.

Perhaps when we stay stuck, when we choose to hold back from doing what we really want or need to do, we are also holding others back, too.

Perhaps we are meant to make those changes in order to allow others to progress.

It's like clearing out the weeds in the garden and making room for seeds to grow, or plants to spread and thrive. Or perhaps opening the cage door and letting the bird fly.

If you're worrying about the reactions of other people, or the effect that your choices will have on them, consider this: Do you suppose they would want you to be miserable? Do you suppose they would like to know that you're unhappy, and that they're the ones who are keeping you that way?

If the answer to either of those questions is "yes", then frankly, those people's opinions are not worth another thought. If they would really prefer you to be miserable, then it makes no sense to care at all what they think, much less rearrange your life and put aside your own needs and happiness just to please them.

And if the answer to those questions is "no", then you have no need to worry about the fallout. Anyone who truly loves and cares about you will accept you as you are, and will accept whatever you need to do in order to progress. They might have to be dragged kicking and screaming into it, if your changes affect them a lot, but that's okay. Time passes, people adjust, things settle down.

We are not born to stay the same. Otherwise, we would not grow and our bodies would not change. We would not have developed technology, methods of communication or long-distance travel. We would not be thinking, creating beings. We would not learn new hobbies, write new music or develop new theories.

Change can be a little frightening sometimes. Or even a lot. But so what? Is that a reason to avoid it? When you resist it, that's what hurts. That's what makes it painful. It's best to accept it, go with the flow,

embrace it as a constant in your life and change your attitude about it. See it as something that is good, that keeps the energy around you vibrant and healthy.

If you want something to change, then it needs to change. Whether you like it or not, whether anyone else likes it or not. And if you refuse to do it, then other things will begin to change anyway and the whole process will be more difficult. You can choose the easier way, with acceptance and positivity, or the harder way, with resistance and fear.

Sometimes, the toughest choices are the best ones. What looks like an easy way out is often a trap that lands you in quicksand. It may indeed, be difficult to move on, to leave people behind, to start over, to find a new way to deal with an old problem, or to go in a new direction, whatever that means to you. But if you're not happy where you are, or if you know you'd be happier after that change, then listen to the little voice inside you.

It is your Higher Self, speaking to you with its Divine wisdom, urging you to move forward with your life.

Sure, staying stuck and frustrated is an option. But why would you choose that over growth and happiness?

And consider this: Perhaps some of those people about whom you're worrying are just waiting for you, or someone, to make the first move. Perhaps they're aching for change, but are also afraid of the repercussions. Perhaps they're afraid of what you'll think of their changes.

Sticking your head in the sand isn't going to make your desire for change go away. And it isn't going to get you where you want to be, if that's somewhere other than where you are right now.

The people who really love you will understand that, and will support you until you get there. And you never know. By opening the door to your own happiness, you might just be doing the same for them. ▲

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

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Calgary senior receives first library card

By Sheila Addiscott

Representing Calgary's seniors, Frank O'Keefe was one of the first five people to receive a symbolic first library card at the opening of the new Central Library in Calgary. The library issued five library cards representing the diversified groups of people that use the library.

The new Central Library is Calgary's most ambitious cultural project since the 1988 Olympic Games. The \$245 million architectural wonder opened its doors to the public and expects to

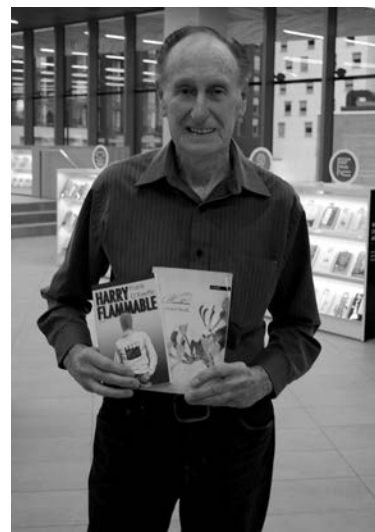
welcome tens of thousands of its 670,000 members through its doors. Calgarians borrow more than 14 million items every year from the Calgary Public Library.

O'Keefe is an author and among those items that can be borrowed are some of the eight books he has written for young adults and one adult historical fiction novel.

"The new library looks fantastic. I come to the Central library to do research for my books or to work on my family tree. It's a great building and it's going to be wonderful to come and do research here," he said.

He immigrated to Canada at 19 years old from Dublin, Ireland, and you can still hear the lilt to his words, that tell of Frank's heritage. He has had an adventurous life, which he has drawn upon to create his stories

Wanting to see more of the world, he took his wife and then two-year-old daughter to explore Australia, travelling there by ship in 1966. Then, they travelled living in an old Volkswagen camper van getting occasional jobs such as fruit picking, working on a sheep station



Frank O'Keefe with two of his books 'Harry Flammable' and 'Woodbine'.



Crowds queuing to visit the new downtown library on opening day.

and a gardener at a school. With the year almost up, they returned to Calgary, visiting the Philippines, Hong Kong and Japan on the way back.

O'Keefe moved back to Calgary permanently 10 years ago. "I come to the library for a lot of things. I love meeting people and the staff is always so friendly. I write all my emails at the library. I have a computer at home, but I just use it for writing," he said.

He has even enlisted the help of some of the Shawnessy librarians, to proof-read chapters of his most recent book, *Woodbine*.

Frank is a familiar visitor to his local library in

Shawnessy, visiting at least three times a week. He regularly attends the Friday coffee and conversation group with his wife Patricia who has Alzheimer's. The library is close and is one of the few places that they can go and spend time together outside of her care home.

"When I first saw Patricia she was riding her motorcycle to teach at Junior High School, with a pink headscarf flying out as she rode by. Sometimes I would ride on the back of the motor bike and it was a bit embarrassing," he said.

Frank has finished a new book called 'The Grand Get-away' coming out in spring.

It is about three old people living in a care home, and plotting to go and visit the Grand Canyon. ▲

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Breathtaking Central Library not yet perfect

By Sheila Addiscott

Calgarians said goodbye to the old Central Library and hello to the new Central Library, which opened to great fanfare. The old library was built in 1963, and closed its doors after serving the city for more than 55 years. The Calgary Public Library (CPL) is the second most used library system in Canada.

The new library is a beautiful piece of award winning architecture. Looking up to the main entrance is breathtaking, and impressive. For many visitors though, looking at the main entrance is also an intimidating experience.

“I looked up at all the stairs and it looked a bit daunting. I looked around to see if there was another way in, but there was only the ramp, which is really long,” said Arlene. A senior, Arlene is not wheelchair bound, and doesn’t use a walking aid, but she has a back injury that makes stairs difficult. She said the long ramp was even more intimidating because it had no handrail.

No handrails, a hand sensor that is not sensitive enough and a lack of signs directing people to the accessible entrance were just some of the issues that disabled library visitors have highlighted. One gentleman in a self-propelled wheelchair pushed the button on

the doors exiting the accessible entrance, and they closed on his wheelchair as he was half way through.

The library has recently engaged Level Playing Field to help provide solutions. Level Playing Field is a consulting company in Calgary that evaluates and develops barrier-free access.

“The new Central library is a construction project, and as with most construction projects there are items that need to be fixed after the fact. We are helping to make sure that happens,” said Level Playing Field’s Principal Accessibility Strategist, Darby Young.

Kerby Centre member, Kay Rankin who is a regular visitor to the Central Library described her experience. “I went into the library and I’m in a wheelchair, and couldn’t reach the screen at the self-checkout and I noticed that the elevator doors closed very quickly,” explained Rankin. “I talked to the library staff and wrote a lot of emails asking them to fix this.”

Since her frustrating experience three weeks ago though, Rankin’s feelings towards the library have changed.

“They’ve changed the shape of the checkout table on the second floor and now a person in a wheelchair can use the checkout. I’ve also noticed that they’ve slowed down the elevator doors



Calgary C-Train runs under the new Central Library.

closing. It took a few emails, but they have really listened and fixed the problems. This is my library, I go there at least twice a week. I’m very happy now with the new library,” she said.

“It’s a new building and

some of the issues are that you will always have things that need to be changed in a new building. Accessibility is constantly being addressed and things are being modified. We are listening to the feedback that

we are getting and we want people’s feedback,” said Mark Asberg, Director, Service Delivery.

For visitors, the accessible entrance and disabled parking is located on the east side of the library. ▲



Some of the many volunteers that helped out at the opening of the New Central Library. From left to right Zevin Tazlina, Tashdidd Islam, Danielle Kuzyk, Rose Tymensen, Shruthi Janardhan, Chander Anand and Maude Fortin-Sorkilmo.

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I remember how difficult it was to move my mother-in-law from her home of 40-years to a smaller condominium. The feeling that I was on my own in the face of imperatives to simply “get it done” were taxing financially and emotionally. Having the right support starts with having the right accredited senior agent. I understand the concerns and the feelings involved with life changes like the sale of the family home. I take the time to listen and respect what everyone involved is going through. And I have the connections to get the support everyone needs. When you’re ready to make the decision to sell the family home, I’ll be here. Please call me with any questions at all. I am here to help.

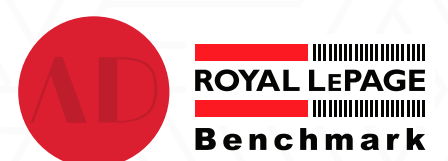


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Opening Historic City Hall time capsule brings the past alive

Sheila Addiscott

As the City of Calgary celebrated the opening of one of its most anticipated buildings, the new Central Library, a different ceremony took place at another of Calgary's architectural wonders. A 110-year-old time capsule was retrieved from a cornerstone at Historic City Hall and opened by Mayor Naheed Nenshi and members of City Council, marking an era for an old sandstone building that has already stood the test of time.

The time capsule was placed under the cornerstone of Historic City Hall on September 15, 1908, by Calgary's mayor at the time, Arthur L. Cameron (1856-1940). Mayor Cameron laid the cornerstone with assistance from former mayors George Murdock and George King.

The time capsule is a sealed box containing 27 items, including: copies of local newspapers, reports from local churches, the General Hospital and Calgary School Board, the voter's list and the City's Financial Report of 1907, the City's bylaws, trade reports, coins, medals of the Police department and City Comptroller, a New Testament, and an Album of the Dominion Exhibition (precursor to the Calgary Stampede).

A beautifully made copper box typical of that period, the time capsule has some corrosion and deterioration to the outside due to water damage.

"We can look in the top of the box, but not take anything out of the box because the items are too fragile," said Project Conservator, Lisa Isley. "At the time of its placement, they weren't taking into account that there would be humidity, snow or rain that would be coming through the stone."

The next step is to give the contents a chance to breathe and acclimatize. The contents have been in a microclimate for 108 years. The box will have a rest and then a lot of what's done next is documentation. "We will take a lot of photos of the box and slowly, as items come out, we will document them piece by piece. The whole process will take months," added Isley.

Historic City Hall is the only surviving city hall of its period in Western Canada. The building has been undergoing a rehabilitation following a \$34.1 million



The original engraved red Aberdeen granite cornerstone.

investment towards its renewal in 2014, which is expected to be completed in July 2020.

The cornerstone and four pillars are made of red Aberdeen granite. Bought for \$400, granite was considered a ceremonial stone.

Leaders built the historic city hall with an eye to the future as they had big dreams for the city. Calgary was only 14 years old and only had a population of 12,000 people at that time. They wanted future people to benefit from their investment and from their work.

The City is planning the placement of a new time capsule in Historic City Hall once the rehabilitation has been completed. The new time capsule will help to tell the story of present day Calgarians' lives. The City will be engaging with the public in 2019 to gather input on what should be included in the new time capsule.

"When I do things like this, it makes me think about what we are doing today, and the decisions we make



Conservator Lisa Isley and Facility Director Darrel Bell look on as Mayor Nenshi carefully opens the 110 year old time capsule.

and the impact they will have 100 years from now. When Calgary was named the best city in North America to live this summer, it was precisely because peo-

ple weren't afraid to dream big. We are allergic to small dreams here, and building this building was another great example of that," said Mayor Nenshi. ▲

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A sweet gesture to prevent falls

For 862,000 Canadian seniors per year, a simple fall often has life-altering circumstances. A simple misstep like a raised slab of sidewalk, a slip-up at home or a camouflaged patch of ice, can start a deadly chain reaction for seniors. That's the challenge that Canadian Safe Step Walk-in Tub Co. (CSST) is addressing with the launch of their Cane for Life initiative.

"We have pledged to give away 1000 canes to seniors and mobility-impaired Canadians," said CEO Renato Cavaliere. "We hope that we can contribute to reducing the number of falls experienced by seniors and mobility-challenged members of our society, so that they can continue to be active participants in our community."

Walking is an easy and accessible physical activity. It can improve health and fitness, reduce the risk of developing heart disease, type 2 diabetes, and cancers. It can be performed at a person's own pace and is a great form of exercise for the elderly. Walking in winter, however, can be tough for seniors, largely due to ice, rain, and poor outdoor conditions which greatly increase the risk of falling.

A bad fall can not only be physically devastating to seniors, but can also have a big psychological impact. The mental impact of a fall can oftentimes be as distressing as the injuries sustained. For the elderly, the consequences are frequently an increased level of fear that can lead to a sharp de-

crease in activity. A fall can also lead to very restrictive surveillance by partners and family while they are attempting to keep a loved one safe. It can even result in the institutionalization of the elderly.

Using a walking stick improves a person's mobility. It helps people maintain an active lifestyle by giving them better balance, and it reduces the risk of a life-altering tumble. It can also give a person more confidence in moving by alleviating the stress on joints, which in turn can relieve joint pain.

For seniors who would like to apply for a free walking cane, you can apply online at www.safestepubs.ca/acaneforlife. This offer is available to Canadian citizens until January 01, 2019.



▲ Christine Archibald leaving the Kerby Centre.



Santa Hugh Delaney is coming to town.

Santa Claus is coming to town

You better watch out, you better not cry, you better not pout I'm telling you why, Santa Hugh Delaney is coming to town.

According to legend, Santa Claus is a jolly old elf, who lives in the North Pole and is said to bring gifts to the homes of well-behaved

children at Christmas. It might have been that early autumn snowfall, but we didn't have to go as far as the North Pole, to meet with Santa, Hugh Delaney, right here in Calgary.

He may not be THE Santa from the North Pole, but with nearly 60 years ex-

perience under his belt of playing Santa, he is still a legendary figure. It is just now, having turned 88 years old, that he finally feels like he has grown into the role.

Delaney was working for CKCK radio and television in Regina in 1956, when the producer at the

station noticed that he had a lovely deep baritone voice. They also, diplomatically, pointed out that he was built like Santa Claus, and that his hair and eyebrows were completely white. His hair had gone white when he was a young man in his early thirties. After a little persuasion, he donned the red and white suit and became Santa Claus for the first time.

Every year after that, every December, Delaney put on the suit and for 10 years at CKCK became the public authority on all things Christmas. He answered viewers' important questions such as: "Were the elves working all right?" "Would there be enough toys?" And, "How was Mrs. Claus coping with the Christmas rush?"

After moving to Calgary, he still worked in television. One year, on Channels 2 and 7, during the intermission between hockey games, he was interviewed as Santa: "The interviewer asked me if I could deliver a gift to the Calgary Flames. He wanted me to give them the Stanley Cup. I told them that they had to be very, very good, to get one of those!"

Continued on page 15

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Snow Angels to the rescue

With a little help from our friends

By Sheila Addiscott

The snow is on its way. Keeping pathways and sidewalks free of ice and snow can be challenging for older adults and people with limited mobility. While we can't prevent the snow falling, we can help to prevent people from falling by clearing the

snow and ice from our properties. If you have difficulty getting in and out of your home, there are a variety of options available to help you keep pathways and sidewalks clear of snow this winter.

The City of Calgary has a Snow Angels program, in which individuals, community groups and schools can register to organize a Snow Angels program in their area. Snow Angels are individuals who shovel a neighbour's sidewalk just to be a good neighbour. There is no cost attached to the service. Contact your local school or community association to see if they have a Snow Angels program in your area.

Many communities also have snow removal services for seniors and those with disabilities. Greater Forest

Lawn Seniors and Ogden House Seniors in Southeast Calgary have a Snow and Mow service with a sliding scale fee based on income for qualifying seniors who may otherwise have no means of taking care of their property. Mount Pleasant Community Association in the northwest, has snow removal fees starting at \$5.

The North Haven community Snow Shovelling Program matches kids with neighbours (or as close as possible) to help shovel walks and driveways. Customers pay the community association, which then pays the shovellers monthly. Both shovellers and customers must be residents of the community and must have community association memberships. Contact your local community centre to see what snow removal ser-



Be a snow angel – help a neighbour out by shovelling their walk.

vices they have to offer.

The City of Calgary has a home maintenance program that helps low-income seniors to live safely in their homes by providing basic yard care, snow removal, house cleaning, interior and exterior house painting, and minor home repairs.

Older adults who meet the eligibility criteria are placed on a wait list for ser-

vice. An assessment of need determines priority for service as high, moderate or low. In most cases, those with high and moderate needs will be served first, and those with low needs will be referred to other support services where available.

Generally there is a waiting period for all services, with the exception of urgent situations where it is necessary to eliminate by-law complaints. The current waiting period for basic yard work and snow removal is approximately three months.

People who think they are eligible can apply through the city's Fair Entry program online, in person at City Hall and Village Square Leisure Centre or by mail. For questions regarding this program call the City of Calgary's information line on 311.

In addition, there are many private companies that offer winter contracts for regular snow removal. ▲

Santa is coming

Continued from page 14

Never a shopping-mall Santa, Delaney worked as Santa on television and radio and for office and home Christmas parties. Creating the illusion was an important part of the role. He would park blocks away, to make sure that any curious little people who looked out of the windows, wouldn't see him getting into his car, and so that they would believe that he got into his sleigh and flew away.

"With children, you have to be careful. I always checked with their parents beforehand to make sure that the toys they asked for were actually going to be there. I'd say I had the elves working, and there were only so many of them and there were a lot of children in the world. I didn't make promises their parents couldn't keep," he said.

His own children, all six of them, would come to the office Christmas party, sit on his lap, and tell Santa what they wanted for Christmas. And he was able to answer them with some confidence, yes or no. His own children were little at the time, the oldest was eight and the youngest was two and he played Santa for all of the years when the kids were growing up.

"They never understood why I couldn't go to the Christmas parties, or if I did go, why I was always late," he said. It wasn't until they were teenagers, that the children accidentally discovered their father's secret. They opened up an old briefcase and in it they found old pictures of their father, dressed as Santa Claus. "It wasn't until that moment, that they knew it was me," he added.

When his oldest daughter Sharon, got married, she bought her father a new suit and he has continued the tradition with his grandchildren and their friends. "I loved seeing all the children and how their faces lit up when they saw me, and it is wonderful that I still get to be a part of that Christmas magic," he said. ▲

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The end of Greyhound bus service

By Sheila Addiscott

The end of Greyhound bus service in Western Canada on October 31, had a profound effect on many seniors, who relied heavily on the service to visit family, attend medical appointments and send parcels. The affordable travel and delivery network offered by Greyhound is now gone.

On July 9, 2018, Greyhound Canada announced that it was discontinuing all remaining intercity bus services west of Sudbury, Ontario, a network of over 11,000 route-kilometres affecting 583 stops and up to two million passenger trips per year.

This has had a significant impact on many Greyhound users, especially for seniors and those in Indigenous communities, and rural and remote communities. According to Statistics Canada, approximately 23% of Canadian travelers taking intercity buses are seniors, aged 65 and over.

Subsequently, the Alberta and Federal governments have said that they will invest up to \$2 million per year over two years, to provide service to small and rural communities. The cost-sharing agreement between the two governments hopes to act as an incentive to draw proposals from private carriers to fill remaining service gaps.

“For Albertans in rural, remote and Indigenous communities, bus services have been a lifeline to work, school, vital health care, family and friends. That’s why our government will be working with companies to ensure that service continues across the province. We said we will not leave people stranded by the side of the road,” said Minister of Transportation of Alberta, Brian Mason.

Several regional western bus companies have stepped in to fill 87% of that gap, including Rider Express, Cold Shot, Pacific Western Transportation (Red Arrow and Ebus) and Mahihkan Bus Lines (Kelsey Bus Lines), a mix of provincial government-subsidized services and private companies.

“We are focusing on encouraging private sector operators to take over bus routes that will no longer be served. So far, there has been an 87% take-up of these routes,” said Minister of Transport, Marc Garneau.

Federal, provincial and territorial governments will continue collaborating to

explore innovative, longer-term solutions to address the transportation needs of Canadians, focusing on emerging technologies, alternative service delivery models and more flexible regulations for bus service providers.

Red Arrow buses are already a familiar site on Alberta’s highways. They have expanded bus service to include Camrose and Grand Prairie, as well as increasing frequency on all the other routes. They are also working on a pilot with the Rural Transportation Pilot program and the City of Red Deer to provide new bus lines for the area. The Rural Transportation Pilot is intended to improve mobility of residents in rural areas.

As well as Red Arrow, Pacific Western Transportation also runs Ebus, a low cost motor coach line. Ebus has routes in both Alberta and British Columbia, but the company does not offer service between the provinces. Neither of the bus companies runs a parcel delivery service.

Director of Business Development for Pacific Western, John Stepovy said: “Coordination is potentially a good place for the government to step in, by connecting all of these entrepreneurs and small communities and increasing communication between them. As long as commuters need and use the service, service providers will supply the buses and it will be sustainable,” said Stepovy.

“The biggest thing is that commuters who need transportation need to send that message loud and clear to municipal, provincial and federal governments. As long as commuters need and use the service, service providers will supply the buses and it will be sustainable,” said Stepovy.

Today, people are more inclined to leave their vehicles at home, and intercity bus ridership is up. More people are choosing to work on the way to their destinations or to relax and use the internet. Youth are also waiting longer to get their drivers’ licences, the average age is now 19, up from under 18 a few years ago, and students make up 20% of ridership.

“In general, there is a societal load shift, people are making the conscious effort to leave their vehicles at home. They choose to take the bus so that they can be productive, get work done and to relax,” added Ste-

povy.

Cold Shot, an Alberta company based out of Edmonton, that’s been in operation since 2005, is one company that is expanding its bus and parcel service in central and northern Alberta.

“We started working with Greyhound in 2015 offering the smaller 20-passenger bus service. It was sad news for us when they announced that they were ending bus service in the West, because we worked with them for so many years. We have successfully taken over those routes and have also teamed up with Sundog and KTCI bus companies, so we are now able to cover the whole of Alberta and some of Saskatchewan. It is better to work in collaboration with other vendors so that we are all successful,” said Cold Shot’s Director Sunny Balwaria.

The combination of providing both passenger and freight services allows them to make their routes affordable and profitable.

“We are in the market to provide good service at a good cost, and we are able to do this without private or government funding,” added Balwaria.

The combination of providing both passenger and freight services allows them to make their routes affordable and profitable.

For those riders travelling further afield to Vancouver, Rider Express expanded its lines and offers routes connecting major cities in Alberta, Saskatchewan, Manitoba and British Columbia.

A task force has been set up by the federal government, to talk to industry, stakeholders and decision makers over the next 12 months about the current situation and to make recommendations on how bus services should move forward.

One of those stakeholders is the owner of Maritime Buses, Mike Cassidy, who successfully took over passenger and bus services in the Maritimes six years ago, after an existing bus company pulled out of the region.

Cassidy took part in a consultation with the Government in July, on how bus services should fill the large gap left by Greyhound. He raised concerns that he hopes the task force will address, and that he believes are needed in order to implement a seamless delivery system across the country.

“We need good infor-



One of the new 20-passenger Cold Shot buses.

mation to make decisions and for bus companies across the country to coordinate and communicate so we can look at the future of this business. Our communities need our buses,” said Cassidy.

Despite his fears, Cassidy remains confident. “I’m very positive. I have a passion for bus transport. Because if we lose it, we won’t get it back,” he said. ▲

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Stephen Hair is the spirit of the season

By Sheila Addiscott

After 25 years of playing Scrooge, Stephen Hair is still excited to take to the stage in Theatre Calgary's annual production of Charles Dickens' *A Christmas Carol*, directed by Simon Mallett. This year is also the last opportunity for audiences to experience the current version of Theatre Calgary's *A Christmas Carol*, as next year there will be a brand new adaptation of this holiday classic on the stage.

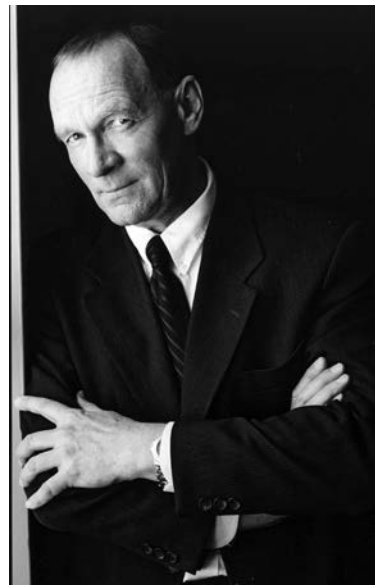
Hair has been working as an actor for more than


45 years, and this is his 32nd year of acting in Theatre Calgary's *A Christmas Carol*. His first role was playing Charles Dickens. In 1984 when the actor who played Scrooge left, he asked the artistic director at the time if he could play Scrooge and he was turned down, because he wasn't old enough.

"A few weeks passed, the director had second thoughts and invited me for lunch. We ended up having a three-hour lunch talking about *A Christmas Carol* and Scrooge and how I thought that the character development should go. He seemed



Stephen Hair onstage as Ebenezer Scrooge (above) and offstage (right).





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Volunteer Spotlight



Shafi Mahmud

Shafi is a very friendly and dedicated volunteer. Shafi completed his Master's Degree in Geography from Dhaka University in 1972. He has been living in Calgary since January 2015 and volunteering at Kerby Centre since 2015.

Shafi helps at our Membership Desk in Information Resources and for Special Events. He has also been an Ambassador at Kerby Centre during the tax season. He enjoys volunteering because he likes making new friends and helping older adults. He finds everyone at the Centre very friendly, wonderful and caring. Shafi also loves to spend his time meeting new people, playing cricket and soccer, and travelling. He has already contributed more than 808.0 volunteer hours.

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

to like my ideas. And I remember on opening night he said to me, 'You could play this role for ever'. Fateful words it seems," he explained.

"This is the type of role that I always loved to play. The only difference playing Scrooge now, compared to 25 years ago, is that now, I don't have to put on any makeup," he said. "I just turned 68 on Remembrance Day, so I'm finally in the right age range for Scrooge."

The veteran actor grew up with Scrooge. From when he was five years old, he used to watch the Alistair Sim version of *A Christmas Carol* on television every year with his family. It was part of their tradition and it stayed with him. Since he was a young actor 18-19 years old, he has always been a character actor. He was never the young romantic lead and he liked it that way.

"There is something about playing an old geezer who finds his way from darkness to light that's really appealing to an actor to play. It's an entire lifetime that you go through in two hours," he said.

When Hair steps on stage, Stephen disappears and Scrooge takes over. "I know it so well that no matter what happens on stage, Scrooge will cover it. I do relate to Scrooge, I have never thought of Scrooge as this old miserly cartoonish guy, I have always tried to find the humanity in him. He is just someone, who like all of us, took wrong turns in his life and ended up where he is, a miserable old rich man, who is unhappy with his life. Scrooge reminds me, to look at how lucky I

am and at all the good stuff in life."

It is one of those iconic roles, and for Hair it's been an incredible journey and he says that it is a big responsibility that he takes very seriously. For many Calgarians this production is the spirit of Christmas. It has become a huge tradition for Calgary audiences and families, with some families bringing their kids for more than twenty years and continuing the tradition with grandchildren.

Hair shared one of the most poignant stories of his career: "One of the stories that really stands out for me is one year when a young man in his forties and his wife came backstage and the man's eyes were all red from weeping. He said, 'I wanted to come and talk to you, because I didn't know this story when I came into the theatre and I realized when I saw Scrooge's story that it was my story'. He told me that at intermission, he was crying so much that he couldn't leave his seat. He said, 'I was thinking, this is my life, what have I done'.

And he said at the end, when Scrooge was changed he found himself laughing and cheering and he just wanted me to know how much this had meant to him, and what a change in his life this story and my portrayal had made. This is a pretty massive thing when someone says that to you as an actor. It just shows you how powerful the medium of theatre can be. To change somebody's life is just so incredible."

The children and families from Kid's Cancer Care Foundation are invited for the final dress rehearsal. They get to come and see the show and it's made into

a big celebration for them.

"One girl who must be 18 now, came for the first time when she was just 4 years old and very ill, and she has been coming back every year for 14 years. The cast goes out and mingles with the children, and I get my picture taken with her every year," he said. "It's an honour and a very humbling experience."

Hair would like to keep going with Scrooge. He says that as long as they keep asking him to play the part and as long as he can keep finding new things about Scrooge's character to portray, he will continue.

"*A Christmas Carol* is my Christmas. We start in early November and we finish up on December 23, so Christmas goes on for quite a while," said Hair.

Hair's sister, who lives in Oshawa, is flying out on opening night to come and see the show for the very first time, making this year extra special for him.

Having read and spoken the words many times, Hair's favourite line is not "Bah, Humbug", but "I will honour Christmas in my heart and try to keep it all the years."

For information about tickets go to www.theatre-calgary.com. ▲

Excelsior! The Amazing Stan Lee

By Sheila Addiscott

Creator of superheroes and a legend himself, Stan Lee died peacefully at the age of 95. Through the iconic characters that he helped to create such as Spider-Man, Iron Man, Thor and the Hulk, everyone knew Stan Lee even if they had never opened a comic book.

Born in New York City on December 28, 1922, as Stanley Martin Lieber (he later shortened his name to Lee), to Romanian immigrant parents, he spent much of his childhood in the Great Depression. However, it was also the start of the golden age of comic books, with the first American comic book ever being published in 1933. It was also the beginning of Lee's love of comics that lasted his whole life.

In the 1939, he started work at Timely Comics, filling ink wells and erasing pencil marks from final proofs. Comic book sales increased dramatically during World War II. They were cheap and popular, featuring characters like Captain America that inspired patri-

otism, with good conquering evil. At the time, comic book heroes were morally and physically perfect beings like Superman and Captain America.

Lee entered the United States Army in 1942 and served as a member of the Signal Corps, repairing telegraph poles and other communications equipment. He was later transferred to the Training Film Division, where he worked writing manuals, training films, slogans, and occasionally cartooning. Lee says his military classification was playwright, though he only discovered this on his discharge from the army. He adds that only nine men in the U.S. Army were given that title.

After the war, however, comic book popularity dropped dramatically. Timely Comics evolved into Marvel Comics in the 1960s and Lee went on to become Editor-in-chief. It was at this time, looking for a character that teenager readers could relate to, that he created Spider-Man.

Comic book writer and We Talk Comics podcast host, Brett Monro, explains the

popularity of Lee's characters.

"In the Marvel universe, with many of the characters that Stan helped to create, it was the idea that a kid like you could wind up with powers, but even more importantly, that someone with those powers would still struggle with the same issues as you. That's what made his characters so timeless and popular," said Monro.

"Stan created characters that were flawed and human, to which people could easily relate. He created a mythology starting from humans as opposed to gods. The characters he created are social and cultural icons that will live forever, in large part as well because they found new life in the movies. This is a sign of great characters, that they can shift genres seamlessly."

Lee lives on in his characters as they thrive on the big screen and in new comic books. His catchphrase and life motto was Excelsior. He used it at the end of his columns and in interviews throughout his life. It means "ever upward", a fitting farewell for a legendary figure. ▲



Credit @CharlotteNorris.Art

The very last bus

By Sheila Addiscott

On October 30, Jeanenne Seaward took an especially historic bus ride home to Calgary from Chilliwack, on the last day the Greyhound buses ran in Western Canada.

Born on the Rock, Newfoundland, Seaward has lived in Calgary for more than 50 years. In that time she has taken hundreds of Greyhound buses, many of those to visit her family in Chilliwack, BC. Jeanenne planned this last trip carefully. She booked her bus to Chilliwack to leave Calgary on October 24, at 8:00 am, so that she could enjoy the scenery travelling through the Rockies, and planned her return on the last day the buses ran.

There were 13 stops along the way, though none



Jeanenne Seaward rode the last Greyhound bus in western Canada from Chilliwack to her home in Calgary.

of the usual amenities were available at the bus depots. Washrooms were open, but there were no stores open and no food or drinks available. Some daring people

raced to the local Tim's and back to the bus before it left on the next leg of its journey.

There was nothing different or special about this trip to mark the significance of this journey, compared to any of the others, unless you count a three-hour delay, stuck on the bus at Lake Louise due to a bad car accident.

"I wanted to do the last run so that I could tell my grandchildren and future great grandchildren that I took the last Greyhound bus. The Greyhound was a great way to travel and see western Canada, especially if you travel during the daytime," she said.

Greyhound's travelling days may be over, but Jeanenne's are not. She is looking for a new bus company. When asked if she will miss Greyhound, she said: "It's just a bus and a driver, as long as they're going where I'm going I'll be happy, and coffee, coffee would be nice." ▲

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Pura vida, Costa Rica, a nature lover's haven

Story and photos by Tina Quinn

Page layout and design by Winifred Ribeiro.

Tina Quinn is a part-time travel writer and full-time student at a post-secondary institution, and of life. Navigating through the transition from being a full-time homemaker, mother of six children, to widowed after her late husband's death, Tina has spent the last five years travelling and redesigning her life.



Our guide, Bernard, drying his cacao beans.

Cost Ricans use "pura vida" to say hello, goodbye, to say everything is well. But it's more than just a saying. Pura vida means pure life, or the simple life. It is the way the Costa Ricans live, a very

relaxed, simple way at looking at life and remaining optimistic, even if in unfortunate circumstances, and focusing on the important things.

I was expecting rainfall every day. Arriving in Puerto

Viejo, Costa Rica, in September, this was the rainy season, after all. I was, instead, greeted by an intense 30° heat in the day, made to feel more like 35° with the extreme humidity. It did rain a couple of times at night, dropping a few degrees, but apparently the rain falls higher up in the mountains, and we still melted in the heat.

I had a notion of what it would be like to live in Costa Rica, but after spending three weeks on the Caribbean side I discovered it wasn't at all as I had imagined. I did not know that the cost of food would be so high, though that may have been due to our tourist location. There are, however, many varieties of local fruit



Surfer at Playa Cocles.



A beautiful Puerto Viejo beach.



Hanging cacao pods.



Our English-speaking Bribri guide, Tirza, with a freshly picked cherimoya.

to be had for next to nothing. Bananas, mangoes, jackfruit, plantains, papayas, soursop, avocados and more were in abundance, with locals offering us fruit they had just picked for free.

Safety was never an issue, though I make it a point not to go anywhere after dark by myself when travelling. My brother, Robert, flew in from Scotland to join me on this trip so we trekked into town a few times in the evening. One Saturday night we enjoyed a reggae band at an open air bar and danced in the street. I may have had some wine and a mojito to loosen me up.

Puerto Viejo has a distinctly Jamaican feel due to the presence of a large community of Jamaicans who first arrived in the 1850s to build the railroad. This is also a surfing paradise, with tourists visiting from every corner of the globe and hippy expats living in the area. Once a relatively unknown town, it is fast becoming a popular destination. A basic knowledge of the Spanish language is definitely an asset, though, more and more, the local people are trying to pick up some understanding of English due to the tourism industry. I found the local residents to

be very welcoming. We were constantly being greeted by folks in the street, with some offering help or directions if we were looking a little lost.

Transportation is very cheap, with buses running frequently. And if you don't make it to the stop on time, just flag the bus down, not with a wave because the driver will just wave back, but with arms flailing. I didn't rent a car, though the cost was fairly cheap, it was the insurance that was prohibitive.

Oh, but the wildlife! My goodness, there was no getting away from it. This is truly heaven on earth for people

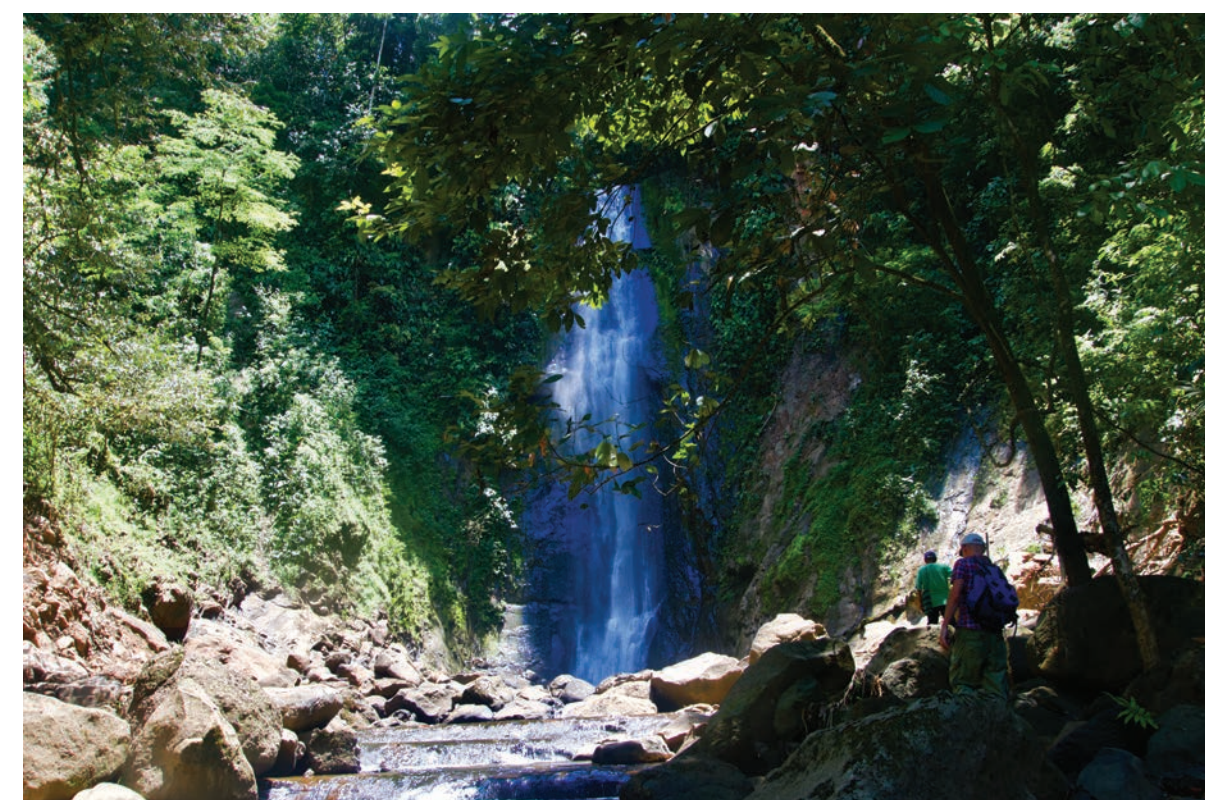
like myself, who can't get enough of nature. We rented a house just outside of Puerto Viejo and were roused around five o'clock each morning by the howler monkeys. Agoutis skittered through the vegetation on the property in search of fallen fruit and toucans called from the trees above. On one particular trip to the store we noticed a sloth in the tree above us. It was spectacular.

We went on a tour to the Kekoldi Indigenous Reserve, home to the Bribri people, where we hiked through cacao groves, dense jungle and swam in a waterfall. The Bribri people revere the land and care for it. Although they welcome tourism, they don't welcome the development that typically comes with it. Our guide took us to his home where his wife prepared us a meal and the most delectable cacao drink I have ever tasted. Upon our return from the waterfall we were pelted with fruit by some capuchin monkeys. They didn't hit us, but they tried, cheeky little things.

We hiked through the Gandoca Manzanillo Wildlife Refuge where we came upon a bright yellow Eyelash Viper, a venomous pit viper. I was more delighted than scared. Our guide, Raymond, took us to a tree where there was a bullet ant nest at the base and poked a stick into it. He brought out a few. Now, those guys are scary. They are about an inch long and get their name from the pain of the sting they can inflict. We also saw a couple of sloths and several toucans. Raymond acquired some fresh coconuts and deftly cut off the tops so we could enjoy a refreshing drink of coconut water.

Every day colourful butterflies flitted through our garden. I did my best to capture a morpho with my lens, but I wasn't quick enough, they fly too high and, when they land, they camouflage themselves by folding their magnificent blue wings so that you only see brown.

There are other insects there that you don't want to meet, so don't forget, insect repellent. I covered my-



Waterfall hike.

self every day and still came home with miscellaneous bites from mosquitoes, sand flies and some other unknown insects. Large orb spiders are in abundance. They are harmless, but impressive in size. We had a gigantic stick insect drop from the rafters one evening, about a foot in length! Then there were the cockroaches. I don't mind spiders, but I loathe cockroaches scuttling underfoot.

Despite all of that beauty, for me though, the jewel of our stay was the outdoor bathroom. It was attached to the house, but was partially open to the sky and garden. In among the plants there lived some tiny strawberry poison dart frogs. It was such a thrill to see them every morning.

In my wildest dreams I could not have imagined seeing such a variety of animals. It was a trip of a lifetime. My brother loved the pura vida, the simplicity of life in Puerto Viejo, the food, the wildlife and snorkeling in the ocean. As much as I enjoyed this wonderful visit, I know I could not live in such a humid climate. Though, perhaps I will have second thoughts when it hits -30° at home. Pura vida for me, means focusing on what is truly important in life, and that will stay with me in my own life for a long time to come. ▲



Baby howler monkey hidden in the rain forest.



Stick insect next to a wine bottle for size.



A boat off Puerto Viejo.



Strawberry poison dart frog in our bathroom.



Majestic green iguana.

Community Events

Germans from Russia

Germans from Russia (AHSGR) will hold a free Christmas Party on December 8 from 10:30 a.m. to 3 p.m. Lunch will be provided and guests will bring dessert and an item for the craft or bake sale tables. The Bell choir will provide entertainment and there will be singing and games. A food demo will be held on January 26 from 10:30 a.m. to 3 p.m. The program will showcase Germans from Russia cookbooks. There will be a

hot pot luck lunch, no tickets required. Meetings are in English and all ages are welcome. AHSGR is located at 1432 19 Street NE. For more information call 403-273-8178 or visit the website: www.calgarychapterahsgr.ca.

Ring Them Bells

Vocal Latitudes World Music Choir will present "Ring Them Bells" with special guests: Bell Epoque Handbell Choir, the Quintessential Singers, Robin Tufts, and Jeff White, on Saturday, December 15 at 2 p.m. (doors open at 1:30 p.m.)

at the Unitarian Church of Calgary, 1703 1 Street NW. Tickets cost \$20, children 12 and under free, low income pay what you can. Advance tickets available at tickets@vocalatitudes.org. Cash only at the door, festival seating.

For more information or to join the choir go to vocalatitudes.org.

First Baptist Church Music Ministry

First Baptist Church will present a free annual Christmas concert on Sunday, December 9 at 7 p.m. There will be performances by vocal and handbell choirs, as well as pipe organ and piano music. The church is located at the corner of 4th Street and 13th Avenue SW. Donations will be accepted for the Mustard Seed.

Birding Course at Fish Creek Park

Fish Creek Park will be hosting a 12-week birding course beginning on January 7. Participants will learn about the many bird species in Fish Creek Provincial Park and other natural areas within Calgary. The outings will be led by experienced birding instructors including Gus Yaki. Registration is required, and fees apply. For more information and to register visit www.friendsoffishcreek.org/programs/birding-course or call 403-297-5293.

Christmas at the Castle - Fairmont Banff Springs Hotel

Fairmont Banff Springs Hotel will celebrate Christmas until January 1 in the heart of Banff National Park. There you will find a historic castle that truly comes alive with the spirit of Christmas. Within the halls of Fairmont Banff Springs, the festive season is celebrated with international flavour, blending the traditional sights and sounds of Christmas into a magical festival. Fairmont Banff Springs Hotel is located at 405 Spray Avenue in Banff. For more information please visit <https://www.fairmont.com/banffsprings> or call 403-762-2211

Meet and Greet Stephanie Kusie MP

Stephanie Kusie, MP for Calgary Midnapore, will hold a Meet and Greet on Sunday, December 16 from 2 p.m. to 4 p.m. at Filo's Restaurant, 1221 Canyon Meadows Drive SE #38 (Deer Valley Market Place). Please RSVP to stephanie.kusie.c1@parl.gc.ca or call 403-225-3480.

Seniors scene

Inglewood Silver Threads

Inglewood Silver Threads will hold its annual Christmas lunch, bake, and craft sale on Saturday, December 1. The hot lunch

will cost \$5.00. The annual members' Christmas luncheon celebration will take place on December 7. The cost to members is \$15.

Inglewood Silver Threads is a 55+ senior activity centre, focusing on group activities, located at 1311 9 Avenue SE. Annual membership is \$20. For more information, please phone Wendy at 403-264-1006.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will hold a turkey bingo on December 1 at 12:15 p.m. Doors open at 11 a.m. The concession will serve GFLS hamburgers, pop, tea and coffee. Players must be 18 years of age. Also on December 1 there will be a dance with music by Sentimental Journey. Doors open at 6:30 p.m., dance at 7:30 p.m. Cost for members is \$12, non-members \$14. Five Star Bingo will be held on December 6 and 20 at 12:15 p.m. at 4980 25 Street SE., telephone 403-248-8334. Bus Route Circle #72 or #73. Also on December 20 the Albert Pancake Breakfast will be held from 9 a.m. to 10:30 a.m. Admission by donation. Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE. For more information call 403-272-4661, or visit www.gfls.org.

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

Answer on page 39

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Cathymunro@lifetimehighs.club ~ Traveling Together ~		
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Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonners Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$229 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 GST Included	\$820 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019	\$665 pp/dbl
Stoney Nakoda Kananaskis Overnight Trips Nov. 4 - 5, 2018 \$80 pp/dbl Price based on Calgary Departure		
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An early gift for hockey fans

Calgary Canucks Junior Hockey team have a Christmas gift for hockey fans, a free ticket to see a Canucks hockey game in December or January. Cut out and bring the free game coupon to one of the games at Max Bell Centre, and take your seat.

The Calgary Canucks are a founding member of the Alberta Junior Hockey League which started in the 1960s before the Calgary Flames were even in Calgary. The AJHL is one of the leagues that the NHL drafts players from. Many of the Canucks Alumni have been NHL players like Calgary's own Mike Vernon.

Calgary is a challenging market for a junior team like the Canucks because they are in the shadow of the Flames and Hitmen. However, the young men of the current Canucks are passionate about

hockey and are working hard to achieve their dreams, it makes the games that much more entertaining and exciting to watch. The game schedule can be found online at www.calgarycanucks.ca.

Calgary Canucks



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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 <i>DINING ROOM</i> 10:00 AM – 12:00 PM Free - 2nd & 4th Monday of each month	OPTIONS 45 Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00	GENERAL CRAFT GROUP <i>(Rm 311)</i> 9:00 AM - 12:00 PM FREE	ARTIST GROUP <i>(Rm 313)</i> 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP <i>(Rm 311)</i> 10:00 AM - 12 PM \$2.00
MAHJONG <i>(RM 308)</i> 10:30 AM - 12:30 PM \$2.00	VARIETY BOOK CLUB Room 301 1:00 – 3:00 PM \$ 2.00 3 rd Tuesday of the month	BOARD GAMES, COFFEE & CARDS <i>(Rm 301)</i> 1:00 PM - 3:00 PM \$2.00	BINGO <i>(Rm 205)</i> 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB <i>(Woodshop Rm 102)</i> 10:00 AM - 3:00 PM \$1.25 per hr
RECORDER GROUP <i>(RM 313)</i> 1:00 – 2:30 PM \$2.00	WEDNESDAY DANCE <i>(Lecture Rm 205)</i> 1:00 PM - 3:00 PM \$2.00	ENGLISH CONVERSATION <i>(Rm 301)</i> 10:30 AM - 12:00 PM \$2.00	PICKLEBALL <i>(Gym)</i> 3:30 PM - 5:00 PM \$2.00	BADMINTON & PING PONG <i>(Gym)</i> 10:30 AM - 12:45 PM \$2.00
CRIBBAGE <i>(RM 308)</i> 1:00 – 3:30 PM \$2.00				MONTHLY MOVIE <i>(Lounge)</i> 1:00 pm December 21st \$1.00
PICKLEBALL <i>(Gym)</i> 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre, Doing More For You!

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

- Seniors' Government Services & Benefits
- Community Resources
- Commissioner for 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

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

EDUCATION & RECREATION WORKSHOPS

Relaxation through Guided Imagery
 Tuesday, December 4th 2:00 – 3:00pm

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.

Members \$6.00 – Non Members \$10.00

December Outdoor Walk Ending at the Studio Bell Lobby to watch the Kerby Centre Ukulele Group Perform
 Thursday, December 6th 11:00 am
 Meet at Kerby Centre Dining Room at 10:00am

To register contact Education & Recreation
 403-705-3233 or Room 305



A Group For Mature Jobseekers

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

December 4th - Interview Skills
 Learn behavioral questions and how to handle them, what to expect before, during and after the interview and interview dos and don'ts

December 11th– Skills for the Workplace

December 18th - Success Strategies

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



Join Us Please Join Us For Our Annual
Kerby Centre Member Appreciation & Holiday Luncheon
 Tuesday, December 4th

Kerby Centre Gym at 1133 7th Ave SW
 Doors Open at 11:30 am - Holiday Luncheon at Noon

Kick off the season with a festive Holiday meal, musical entertainment featuring the scintillating piano stylings of Harvey Flemming!

Tickets: \$10.00 pp for Kerby Members
 \$15.00 pp for Kerby Member Guests

Available Now! at www.kerbycentre.com, in Education and Recreation Room 305 or call 403 705-3233
 Please book soon as tickets sell out quickly!

Generously Sponsored By




Handcrafted Wooden Reindeer

\$5.00 each (limited supply)
 Visit the Wise Owl Boutique for more information

Next to New Half-Price Sale
 Everything in the store is 50% off!
 Tuesday, December 4th, 2018
 10am – 2:30pm

Wise Owl Boutique Sale
 All red string (or red tagged) items are 50% off!
 Some exclusions may apply
 Monday, December 17th to Friday, December 21st, 2018

Kerby Day Trips

Strathcona Tweedsmuir School Christmas Luncheon & Concert
 Wednesday, December 12, 2018
 Cost: Members Only: \$5.00
 Cut-Off Date: November 23rd 2018

Airdrie Festival of Lights
 Tuesday, December 18th 2018
 Cost: Members: \$48.00 Non Members: \$58.00
 Cut-Off Date: Monday, December 10th 2018

Stage West Presents Jersey Boys
 Wednesday, January 30th 2019
 Cost: Members: \$82.00 Non Members: \$92.00
 Cut-Off Date: Fri. December 21st 2018

Stoney Nakoda Casino
 Tuesday, February 12th 2019
 Cost: Members \$26 Non Members \$36
 Cut-Off Date: Monday, February 4th 2019

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

Financial Planning Today

Protecting Yourself From Fraud & Scams

Thursday, December 6th
 10:00 am - 12:00 pm in the Kerby Centre Lounge

Join us for coffee & cookies while learning about phone, mail & email scams, and other types of fraud, including door-to-door scams. You will also learn about the most recent investment fraud trends & scams and how to protect our retirement savings and investments

RSVP Rob Locke, Director of Fund Development
 403 705-3235 or email robl@kerbycentre.com

Join Us For A Consumer Awareness Presentation

January 22, 2019

10:00 am - 11:30 am in the Kerby Lounge

Wayne Coristine, Utilities and Consumer Advocate, Service Canada, will provide tips resources and help you understand your energy utilities costs

Please RSVP at 403-705-3246 or email information@kerbycentre.com

SAVE THE DATE IN 2019 FOR THESE UPCOMING SPECIAL EVENTS

Robbie Burns Day Luncheon - January 25th
Chinese New Year Luncheon - February 12th
 See Ad Within

Annual Holiday Craft Sale
 December 5th 10:00 am - 1:00 pm
 The Kerby Dining Room

Financial Planning: Red Flags of Investment Fraud

We would all like to find a great investment that guarantees financial security, but unfortunately some offers are just too good to be true. Becoming a victim of investment fraud can be devastating, especially so later in life when we have less time to recover, and it's easier than many people think for scam artists to con you out of your hard earned money.

But there's good news. Even the most sophisticated, well-orchestrated schemes usually present red flags, you just need to know what to look for. If an investment opportunity you're interested in sounds like any of the examples below, be sure to 'CheckFirst' before you invest, the investment might be a scam.

A GREAT INVESTMENT OPPORTUNITY — YOUR FRIENDS AND FAMILY CAN'T BE WRONG:

Everyone loves their friends and family, but the truth is, when it comes to investments, they might be very, very wrong. Many investment fraud victims are introduced to the scam by friends, family, or co-workers in an approach called affinity fraud. Fraudsters will take advantage of the trust that exists within close-knit groups and use the community to lure more people in.

CELEBRITY ENDORSEMENTS:

First impressions are powerful, and scam artists try to use this to their advantage. It's important to remember that regardless of how impressive a website looks or what celebrities appear to endorse an investment, the opportunity may well be a fraudulent one. No matter how good an opportunity looks or sounds, it's important to do your own research.

DON'T MISS THIS OPPORTUNITY:

Investing and quick decisions don't mix. Scam artists will often pressure people into making a quick decision to exploit their fear of missing out. Investment decisions should be informed decisions — don't let anyone pressure you into handing over your money.

INSIDER TIPS — PROFIT LIKE AN EXPERT:

Scams are often marketed as opportunities to a select few who are promised they'll make a lot of money — as long as they keep the expert, special tip to themselves. Instead of being an insider, the victim becomes isolated, unprotected, and defrauded.

GUARANTEED HIGH RETURNS AND NO RISK:

Guaranteed high returns with no risk sounds too good to be true because it is. All investing involves some level of risk and, generally, the more risk, the higher the potential for returns. Accepting more risk isn't a guarantee for more rewards — nobody can guarantee that and someone should not be trusted if they say they can.

OFFSHORE AND TAX-FREE:

Paying taxes is part of life (with limited exceptions), so be very careful if you are considering a "tax-free" investment. If an investment requires you to send money overseas, it may be difficult or impossible to get it back. Offshore companies and individuals not registered under Alberta securities laws are not subject to ASC regulation.

If anything you've read here sounds familiar, don't hand over your money — check the registration of the company or the person right away at www.checkfirst.ca, www.arettheyregistered.ca or contact the Alberta Securities Commission at 1-877-355-4488 to speak to someone.

Financial Planning Today

Topic: Protecting yourself from fraud and Scams

Location: Kerby Centre -1133- 7th Ave SW

Room: Kerby Lounge

Date: Thursday, December 6th, 2018

Time: 10:00 am – 12:00 pm

Cost: Free Presentation

Join us for coffee and cookies while learning about phone, mail and email scams plus other types of frauds including door-to-door scams. Learn about the most recent investment fraud trends and scams and how to protect your retirement savings and investments.

**Please RSVP to Rob Locke,
Director of Fund Development
403-705-3235
or robl@kerbycentre.com**

Presenters:

Corporal Jack Busst
Retired RCMP Officer and
Bank Security Investigator
Alison Trollope
Director, Communications &
Investor Education
Alberta Securities Commission



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Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

1-877-250-4904
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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.

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

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.

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

Amount Enclosed \$ _____

Payment by:
 Cheque Visa Mastercard
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Please send tax receipt to (Please print)
 Name _____
 Address _____
 City _____ Province _____
 Postal Code _____ Phone _____
 Email _____

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

Knit one, shop too

Feather your nest from the Wise Owl Boutique

By Sheila Addiscott

The Wise Owl Boutique at Kerby Centre has been serving its patrons for more than 50 years. Run by a dedicated team of seven volunteers and stocked entirely by donation and consignment, this little boutique sells an amazing range of products, and all the money raised goes to Kerby Centre programs.

Betty Hesson has been volunteering at the Wise Owl for more than 18 years. Betty's lifelong love of sewing started in 1945, when she went to Olds College to become a seamstress. She's since turned her experience, sewing drapes and curtains for Hudson's Bay, into a passion, and now sews and knits toys and baby clothes especially for the store.

A more recent volunteer, working at the store for the past four years, Anne Johnson had her start making and selling Halloween costumes. This year Anne was asked to make the panda costumes worn by volunteers at Calgary Zoo for the opening of Panda Passage.

One of the items that Anne makes for the store is a fiddle mitt. Fiddle mitts, also called memory mitts, are for people with dementia. As dementia patients are constantly moving, the fiddle mitts provide a sensory object that they can fiddle with. It is a cuff made of different fabrics with buttons and objects sewn in that people can play with, which helps to reduce anxiety and keep the patients calm.

The boutique also takes items on commission. Marilyn Carter started sewing



Betty Hesson with toy dog and penguin she knitted.

in her teens and made all of her own clothes. "After getting married, I also made my husband's pants, and I was surprised, he actually wore them," she said. Marilyn creates a variety of different bags using upholstery fabrics for the boutique, putting some items in on consignment and donating others.

If you would like to make items for the store, baby clothes and matching hat and scarf sets are the top sellers. Practical things sell better than decorative things, but if it's handmade, bring it in. The store also sells other beautiful handmade items like wooden boxes and pottery.

Even if you are not crafty, you can drop in to the Wise Owl to shop or donate craft items to be turned into something beautiful. They are always looking for wool,

fabric, crochet cottons, craft materials, cards, sewing notions (e.g. thread, buttons and zippers), patterns, knitting needles, needlework



Anne Johnson with a baby's dress, bib and flannel cot blanket that she made.

kits and puzzles.

Both Anne and Betty enjoy meeting the many people who come into the store, as the store is also open to the

public. Store hours are Monday to Friday, 10:00 am to 3:00 pm. The Wise Owl boutique is located on the second floor of Kerby Centre. ▲



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Sign up for LivingWell Companion between October 15 and December 31, 2018 and TELUS will donate \$25 per activation to the Kerby Centre.*

We give where we live®



*Program runs from October 15 to December 31, 2018. Total campaign maximum of \$5000. All activations need to be within the municipal boundaries of Calgary, Okotoks, Airdrie, Canmore and Brooks. Not all products are available in all areas. Final eligibility for services will be determined by a TELUS representative. TELUS, the TELUS Health logo, LivingWell Companion and telus.com are trademarks of TELUS Corporation, used under license. All copyrights for images, artwork and trademarks are the property of their respective owners. All rights reserved. © 2018 TELUS. 18_01574

Practically Christmas



Drop off a grocery gift card, Walmart card, book of bus tickets, or cash donation to Kerby Centre and we will get it to an older adult in need.

Kerby Centre's Crisis Fund assists older adults year-round with emergency expenses.

Drop off donations until Dec 21 at Kerby Centre 1133 7 Ave SW Calgary Or call (403) 265-0661

Donors of cash or gift cards \$20 & over will be issued a tax receipt.



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A generous donation



Shown here are Knights of Columbus Benefit Club members Len Maxwell (left) and Chris Steudler (right) with Kerby Centre Director of Fund Development, Rob Locke.

The Knights of Columbus Benefit Club of Calgary has made a generous donation to the Kerby Rotary Shelter. Our shelter supports older adults who are fleeing elder abuse. We thank them for their support of these vital services. We would not be able to do the work that we do without the support of our kind benefactors.

Kerby Rotary Shelter is the first purpose built shelter in North America for older adults facing elder abuse. There are only two shelters in Alberta dedicated to older adults. Kerby Rotary Shelter provides a safe place for older men and women of over 55 years fleeing elder abuse and supports them through services designed and adapted to meet their needs.

Bill 26 indexes AISH to cost of living

A Bill proposing to index AISH income support and Alberta seniors' benefits programs by indexing these programs to cost of living increases has passed the first and second readings in the Alberta Legislature.

After decades of advocacy by the disability community in Alberta, Bill 26, "An Act to Combat Poverty and Fight for Albertans With Disabilities" was introduced by the Minister of Community and Social Services, Ifran Sabir.

"This legislation is a response to the concerns and feedback that we have heard from many Albertans, their families, and advocates, who count on AISH, low-income, and seniors' programs. If passed, this legislation will make a positive difference in the lives of thousands of Albertans," said Mr Sabir.

Albertans with disabilities will no longer wait years for an increase in AISH only to then watch this erode by inflation year after year. Indexing AISH is vastly more beneficial to individuals with disabilities in the long term than the past practice of sporadic and unpredictable one-time-only increases. Indexing does not preclude additional increases to AISH, when and where this will be needed in the future.

Inclusion Alberta president Barb MacIntyre, who is herself a parent of a son with developmental disabilities, stated:

"We wish to express our appreciation to the Premier and Minister of Community and Social Services Ifran Sabir for not only listening to the disability community but for taking action that was long overdue. We hope there will be continuing action on other matters of deep concern to children and adults with developmental disabilities and their families."

Bill 26 will still need to pass a Third Reading to become law. ▲

Kerby Centre for the 55plus

Please remember Kerby Centre in your holiday giving.

Kerby Centre has been helping older people in the community for over 40 years. Through education, recreation, information and support services, we connect with and help over 25,000 older Calgarians every year! When you walk through our doors, you feel a sense of comfort and safety. People are at the centre of everything we do. For many older adults facing adversity, Kerby Centre is all the family they have. We are committed to helping reduce the risk of social isolation and improving the quality of life for all. No matter how much money you have, where you live, what language you speak or who you love – Kerby Centre is here today and will be here for the future.



Miracles happen when we open our hearts.

We ask you this season to think about those who need support from Kerby Centre through:

- A 24-hour crisis line and safe and secure shelter for older adults fleeing abuse
- Grocery delivery and support to frail and isolated seniors
- Information and assistance with affordable housing options for older adults
- A supportive day program for older adults with health challenges
- Over 200 health, wellness, education and recreation programs

Please visit www.kerbycentre.com/donate to make your gift today. Thank you!

We need your help. Your donation will give the gift of hope and happiness to those in need. Your donation, no matter the size, will ensure that Kerby Centre is here for you and those you love! On behalf of all of us here at Kerby Centre thank you for your support and generosity. In the spirit of the season we wish you a wonderful holiday season and a Happy New Year.

Thank you for your support,

Luanne Whitmarsh
CEO, Kerby Centre

Zane Novak
President, Kerby Centre

PS: Your gift will help us continue the legacy of supporting older adults to be more engaged, physically active, and to live healthier lives.

Kerby Centre plans to raise an estimated \$100,000 this year through fundraising campaigns. We estimate our cost to raise these funds to be \$11,500. Donations will be used to support Kerby Centre's programs and services. For further information, please contact Rob Locke at 403-705-3235 or robl@kerbycentre.com.



Zane Novak, President **Luanne Whitmarsh**, RSW, CPCA; Chief Executive Officer
1133 – 7th Ave SW, Calgary, Alberta T2P 1B2 / Phone: (403) 265-0661 / Fax (403) 705-3211
www.kerbycentre.com generaloffice@kerbycentre.com
Charitable number 11897 9947 RR0001



Feeling gratitude and not expressing it is like wrapping a present and not giving it.
William Arthur Ward

Get set for holiday season success

Page design and layout Winired Ribeiro

In Anna's house, the holidays are a time for coming together with family and friends, celebrating traditions, and making some new ones, too. In this festive cookbook, Anna shares the recipes she most loves to make during the holiday season—for occasions like a festive brunch, entertaining a crowd, a cozy supper, Thanksgiving and Christmas dinner, an elegant New Year's evening—and sensational sweets such as holiday cookies, celebratory centerpiece cakes, festive pies and tarts, fancy bars and slices, and much more!



JALAPEÑO CORNBREAD MADELEINES©

Classic madeleines are sweet little cakes baked in shell-shaped molds. These savoury versions are a tender cornbread-style nibble, perfect to serve with cocktails. If you don't have madeleine pans, bake the batter in 24 greased mini-muffin cups instead.

Make ahead: Madeleines are best eaten fresh, but toasted day-old madeleines are delicious with soups or salads in place of crostini. You can freeze baked madeleines, well wrapped, for up to 3 months. Thaw them at room temperature, arrange them on a baking tray and re-warm, uncovered, in a 325°F (160°C) oven for about 8 minutes.

Makes: 18 Madelines (or 24 minimuffins) **Prep:** 10 minutes **Cook:** 12 minutes

2/3 cup (110 g) cornmeal
1/4 cup (30 g) cornstarch
2 Tbsp (25 g) granulated sugar
1 tsp chili powder or mild smoked paprika
3/4 tsp baking powder
1/2 tsp fine sea salt
2/3 cup (160 mL) buttermilk
2 large eggs
2 Tbsp (30 mL) vegetable oil
1 cup (150 g) frozen corn kernels, thawed
1 fresh jalapeño pepper, seeded and finely diced
(or 6 slices of pickled jalapeño, chopped)

1. Preheat the oven to 400°F (200°C). Grease 2 madeleine pans.
2. Stir the cornmeal, cornstarch, sugar, chili powder (or smoked paprika), baking powder and salt together in a medium bowl. In a separate bowl, whisk the buttermilk, eggs and oil together. Add all at once to the dry mixture and whisk until completely smooth. Stir in the corn and jalapeño.
3. Spoon the batter into the madeleine pans, filling them right to the top.
4. Bake for 10 to 12 minutes, until the madeleines begin to brown at the edges. Let the pans cool on a rack for 15 minutes, then tap out the madeleines to serve warm, or let cool to serve at room temperature

Add sparkle: Whether baked as a madeleine or a mini muffin, these bites make a great base for an hors d'oeuvre. Wrap them in a slice of prosciutto, or split them open to make a mini sandwich or slider.



SNAPPY GINGERSNAPS©

The "snappiness" in these cookies comes from the intense ginger flavour, the added kick of black pepper and the crisp snap they make when you bite into them. If you prefer a milder cookie, reduce the ginger to taste.

Make ahead: Madeleines are best eaten fresh, but toasted day-old madeleines are delicious with soups or salads in place of crostini. You can freeze baked madeleines, well wrapped, for up to 3 months. Thaw them at room temperature, arrange them on a baking tray and re-warm, uncovered, in a 325°F (160°C) oven for about 8 minutes.

Serves: 5 dozen gingersnaps **Prep:** 10 minutes **Cook:** 25 minutes

3/4 cup (175 g) unsalted butter, melted and cooled to room temperature
1 1/4 cups (250 g) packed demerara or dark brown sugar
1/4 cup (65 g) fancy molasses
1 large egg
1 large egg yolk
2 1/4 cups (335 g) all-purpose flour
2 Tbsp (18 g) ground ginger
2 tsp baking soda
1 tsp ground cinnamon
1/2 tsp fine sea salt
1/2 tsp black pepper
Granulated sugar, for rolling

1. Preheat the oven to 325°F (160°C) and line 2 baking trays with parchment paper.
2. Whisk together the melted butter, demerara (or brown) sugar, molasses, egg and egg yolk in a large mixing bowl. In a separate bowl, stir the flour, ginger, baking soda, cinnamon, salt and pepper together. Add to the butter mixture and stir until blended.
3. Use a small ice cream scoop or 2 teaspoons to shape the dough into balls. Roll each cookie in granulated sugar to coat and place on the prepared baking trays, 1 1/2 inches (3.5 cm) apart.
4. Bake for 20 to 25 minutes, until the cookies brown around the edges (they will puff up while baking but then collapse as they cool, developing a lovely crackled surface). Let cool on the trays on a wire rack.

With every recipe is a spoonful of practical and supportive advice, including menu planning, make-ahead preparation, and hundreds of other hints and tips. Set for the Holidays will help add sparkle and take away stress from your holidays, so you can navigate the season with confidence!



Home for the Holidays by Anna Olson. Copyright © 2018 Olson Food Concepts Inc. Photography by Janis Nicolay. Published by Appetite by Random House®, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



BANANA CRANBERRY VIRTUOUS MUFFINS©

"Healthy" muffins are sometimes misidentified as being heavy, dense or bland, but those words won't pop into your mind when you bite into one of these moist, tender and tasty gems. They're naturally sweet with the banana and tart with the cranberries, and they smell like banana bread when they bake—which is a real treat around the holidays or afterward.

Make ahead: You can store baked muffins in an airtight container at room temperature for 3 days. Or freeze them, well wrapped, in a resealable bag or an airtight container for up to 3 months. Thaw them at room temperature until soft.

Makes: 12 muffins **Prep:** 10 minutes **Cook:** 25 minutes

1 1/2 cups (225 g) mashed ripe bananas (about 3 large)
2/3 cup (160 mL) plain Greek yogurt (non-fat is OK)
1/3 cup (70 g) coconut palm sugar
1/4 cup (60 mL) vegetable oil
1 large egg
1 large egg white
2 tsp pure vanilla extract
1 1/2 cups (225 g) whole wheat flour
1/2 cup (50 g) regular rolled oats (not instant), plus extra for sprinkling
2 tsp baking powder
1/2 tsp ground cinnamon
1 cup (110 g) fresh or frozen, thawed, cranberries

1. Preheat the oven to 350°F (180°C) and grease a 12-cup muffin pan or line the cups with foil liners.
2. Place the mashed bananas in a large mixing bowl and whisk in the yogurt, sugar, oil, egg, egg white and vanilla. Add the flour, oats, baking powder and cinnamon and stir until combined. Stir in the cranberries.
3. Scoop the batter into the muffin cups and sprinkle the tops with a few oats.
4. Bake for about 25 minutes, until a skewer inserted in the centre of a muffin comes out clean. Cool in the pan on a wire rack.

Immunization is not just for the flu season

By Anna Ryan

Alberta's influenza (flu) immunization program is up and running for this winter. Alberta Health Services (AHS) continues to stress every winter that seniors are at a high risk of developing serious and life-threatening infections if they are not immunized. However, immunization is not just for the flu. There are additional vaccines that adults should

have to protect against other preventable illnesses out there, such as whooping cough, tetanus, pneumonia and shingles.

Today, people are usually given three doses of tetanus/diphtheria (Td) or diphtheria, tetanus, and acellular pertussis (dTdap) when they are babies. After this primary series, booster doses are needed to keep people protected, as immunity may decrease over time. Many old-

er adults however, may not have immunization records, and may not remember if or when they have had tetanus, diphtheria or whooping cough (pertussis) vaccines.

AHS recommends the following immunization routine for adults:

- an adult booster dose of tetanus/diphtheria (Td) vaccine every 10 years.
- for those initiating or completing their first series of vaccines as an adult, at least one dose of pertussis (whooping cough) vaccine, combined with one of tetanus/diphtheria (dTdap).
- pneumococcal vaccine – for all adults 65 years of age and older.

The tetanus/diphtheria (Td) vaccine is routinely given at community health clinics. Sometimes Td vaccine is given at your doctor's office, walk-in clinic, urgent care centre or the emergency department to people at risk for tetanus after an injury or wound. These vaccines are available free to adults through AHS.

The pneumococcal polysaccharide (PPV) vaccine is called the "pneumonia vac-

Quick facts

Diphtheria

- A nose and throat bacterial infection, which may cause trouble breathing or swallowing, heart failure, and paralysis.
- 1 out of 10 people who get diphtheria will die.

Tetanus

- Bacterial infection which causes spasms of the jaw (lock jaw) and other muscles. It can lead to trouble breathing, seizures, and death.
- These bacteria are common in dirt, manure, and human stool. they enter the body through a wound or animal bite.

Whooping Cough

- Whooping cough (pertussis) is a bacterial infection of the airways. It is easily spread (by sneezing or coughing) and by direct contact with someone who is infected.

Pneumococcal Disease

- A bacterial disease that can cause respiratory and middle ear infections, pneumonia, meningitis (infection of the covering of the brain and spinal cord), and blood infections.
- It is the main cause of bacterial blood infections and meningitis in young children, and pneumonia in adults.

Shingles

- Shingles is a painful, blistering rash caused by the same virus as chickenpox.
- If you had chickenpox in the past, the virus stays in the nerve cells in your body. The virus can stay there for many years and not cause a problem. But sometimes, especially as you get older, it can become active again and cause shingles.

Event and Meeting Space Available at Kerby Centre



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

- Free parking
- Storage space available
- Event set-up and take-down
- Space for 10 – 550 people

403-705-3177 lauren@kerbycentre.com
www.kerbycentre.com/rentals



ELF

Released 2003 (1 hr 35min) Rated PG Comedy

Friday December 21, 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 Lodge at Valley Ridge

ine", but it is important to note that it doesn't prevent all types of pneumonia. It is formulated to protect a person against the streptococcus pneumoniae bacteria, which causes some types of pneumonia and also meningitis, ear and sinus infections. It's available free to people 65 years and older, at community health clinics and from your family doctor.

The efficacy of the Zoster Virus (shingles) vaccine is not as clear, though the shot greatly lowers your chances of getting shingles. If you had chickenpox as a child, you have a 30 percent chance of developing shingles sometime in your life.

If you get the vaccine, your risk drops to 15 percent. If you get the shot and still get shingles, you are likely to have much less pain and for a much shorter time.

The shot works even better for people ages 60 to 69. In that age group, it lowers the chances of getting shingles by about two-thirds. The National Advisory Committee on Immunization (NACI) recommends the shingles shot for most adults age 60 and older. But you can get it starting at age 50. The shingles vaccine is not free in Alberta. It is available from your doctor or pharmacies and costs between \$100 and \$150.

While the effectiveness of the flu shot can vary each year dependent on the strain of flu, these vaccines are proven effective, demonstrated by the rarity with which some of these diseases are seen in Canada today. Not being immunized offers no protection and is damaging to herd immunity. When enough of the population is vaccinated, it makes it difficult for viruses to spread as there are so few people left to infect.

Help ensure you have the tools to beat these diseases by checking with your family doctor to make sure that your vaccinations are up-to-date. People who are unsure of their immunization history should talk to their family doctor or reach out to HealthLink by dialing 811. Registered nurses are available on HealthLink 24 hours a day seven days a week to help answer questions. ▲



Join Us Please Join Us For Our Annual

Kerby Centre Member Appreciation & Holiday Luncheon

Tuesday, December 4th

Kerby Centre Gymnasium at 1133 7th Ave SW

Doors Open at 11:30 am - Holiday Luncheon at Noon

Kick off the season with a festive Holiday meal and musical entertainment, featuring the scintillating piano stylings of Harvey Flemming!



Tickets

\$10.00 per person for Kerby Members
15.00 per person Kerby Member Guests

Available Now! at www.kerbycentre.com or in Room 305 Education and Recreation. Please book soon as tickets sell out quickly!

Generously Sponsored By



SHOWSTOPPING HOLIDAY DESSERTS

Page design and layout by Winifred Ribeiro

You don't have to be a world-class chef to make showstopping desserts this holiday season. *Sweet* by chef Yotam Ottolenghi offers a collection of over 110 recipes for sweets, baked goods, and confections, thoroughly tested and modernized starring Ottolenghi's signature flavor profiles and ingredients. Some holiday sweet suggestions range from a simple twist on traditional cookies to a more sophisticated version of the traditional sponge-cake yule log.



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Almond, pistachio and sour cherry wafers

These are lovely to snack on with tea or coffee, of course, but they also work well after a meal with a spoonful of ice cream. Don't be put off by how many slices one loaf makes: the slices are wafer thin so you can easily eat four or five at a time! Dried fruit: raisins, roughly chopped figs or apricots can be used instead of (or in combination with) the sour cherries..

Makes: 1 large loaf, 55–60 wafer-thin slices

3 1/4 cups/ 400 g all-purpose flour	1 packed cup plus 2 tbsp/ 240 g dark brown sugar
1 tsp baking soda	1 cup/ 150 g whole almonds, skin on
1/2 tsp ground cinnamon	2/3 cup/ 90 g shelled pistachio kernels
1/2 tsp salt	1/2 cup/ 100 g dried sour cherries
7 tbsp/ 100 g unsalted butter, cubed	
1/4 cup plus 1 tbsp/ 70 ml water	

Line the base and sides of a regular 8 1/2 x 4 1/2-inch/900-g loaf pan with parchment paper and set aside.

2 Sift the flour, baking soda, cinnamon and salt into a large bowl and set aside.

3 Place the butter, sugar and water in a small saucepan over medium-low heat.

Cook for about 5 minutes, until the sugar has dissolved, then pour into the dry ingredients, along with the almonds, pistachios and cherries. Mix to form a smooth, glossy dough, then tip the mixture into the prepared pan, pressing down firmly. Cover the top with a piece of parchment paper and transfer to the fridge or freezer for several hours to firm up; it should be cold but pliable when pressed for ease of slicing (see Note*).

4 Once the dough is firm, preheat the oven to 350°F/180°C. Line a baking sheet with parchment paper.

5 Slice the loaf as thinly as you can without the slices breaking — 1/8 inch/3 mm thickness is ideal—and lay them out on the parchment-lined baking sheet; they won't spread during baking, so don't worry about spacing them apart.

6 Bake in batches for 10–14 minutes (timing will vary, depending on how thick the slices are), until golden brown. Remove from the oven and set aside until completely cool; they will be slightly soft when warm but will harden and crisp up as they cool.

*At the bakery, we use a meat slicer to produce very fine, uniform slices. Using a large kitchen knife also works well, though. Freeze the dough once it's shaped into a loaf (but before it's sliced and baked), then transfer it to the fridge the night before you want to bake it, or just remove it from the freezer for a couple of hours before slicing. It is much easier to slice when not completely frozen; it should be cold but pliable when pressed.

The unbaked dough can be kept in the freezer for up to 3 months.

Once baked, the crisp wafers keep for up to a week in an airtight container.



Sesame brittle

We make large sheets of this in the Ottolenghi bakery, which are then broken into shards. Large shards are great as a garnish for all sorts of desserts—a mousse, for example, while smaller shards look great on the large or mini tarts. Play around with shapes and sizes and with all sorts of desserts. They're also lovely to snack on just as they are. You can make this with white sesame seeds only, if you like, but do try and get hold of the black as well; the contrast looks fantastic.

Makes: 20 shards (or more or less, depending on size)

1/4 cup/35 g black sesame seeds	1/4 cup plus 1 tbsp/100 g light corn syrup
1/2 cup plus 1 tbsp/90 g white sesame seeds	3 1/2 tbsp/50 g unsalted butter, at room temperature
1/2 cup/100 g granulated sugar	1/8 tsp salt

1 Preheat the oven to 375°F/190°C.

2 Spread all the sesame seeds out on a rimmed baking sheet and roast for 10 minutes, stirring halfway through, until golden brown. Keep the seeds warm in a low oven while you make the syrup.

3 Cut four pieces of parchment paper to fit on two large baking sheets. Set aside.

4 Place the sugar, corn syrup, butter and salt in a small saucepan over high heat and stir continuously until the mixture is combined and coming to a boil. Remove from the heat, add the warm sesame seeds and stir through.

5 Place two of the pieces of parchment paper on a heatproof surface and pour half of the sesame caramel onto each sheet. Cover with the other pieces of parchment paper and use a rolling pin to spread the caramel until 1/8 inch/3 mm thick. 6 Slide the paper and caramel onto the baking sheets, then remove the top layer of parchment; if any caramel sticks to the top layer of paper, just scrape it back down. Place the baking sheets in the oven and bake for 20 minutes, until golden. Remove from the oven and set aside to cool before breaking into shards.

These will keep for up to a week in an airtight container.



Coconut, almond and blueberry cake

Take the word cake out of the title here and this pretty much reads like a list of superfoods. All food is super to us, though, particularly when cake is added! It's supersimple and wonderfully moist. It's also versatile, as happy to be served warm for dessert, with some heavy cream poured over, as it is at room temperature when it's time for tea..

Serves 10–12

1 2/3 cups/180 g almond meal	3/4 cup plus 2 tbsp/ 200 g unsalted butter, melted and cooled
2/3 cup/60 g finely shredded coconut	1 1/2 tsp vanilla extract
1 1/4 cups/250 g granulated sugar	finely grated zest of 2 lemons (2 tsp)
1/2 cup plus 1 tbsp/70 g self-rising flour	1 1/4 cups/ 200 g fresh blueberries
1/4 tsp salt	1/4 cup/ 20 g sliced almonds
4 large eggs	

Preheat the oven to 350°F/180°C. Grease the base and sides of a 9-inch/23-cm round cake pan and line with parchment paper, making sure the paper rises 1 inch/ 3 cm above the sides of the pan. Set aside.

2 Place the almond meal, coconut, sugar, flour and salt in a large mixing bowl and whisk to aerate and remove the lumps.

3 Place the eggs in a separate medium bowl and whisk lightly. Add the melted butter, vanilla extract and lemon zest and whisk again until well combined. Pour this into the dry mixture and whisk to combine. Fold in 1 cup/150 g of the blueberries, then pour the mixture into the pan. Sprinkle the last of the blueberries on top, along with the sliced almonds, and bake for 50–55 minutes, or until a skewer inserted into the center comes out clean. Keep a close eye on it toward the end of cooking; the relatively large number of eggs in the batter means that it can go from still being a little bit liquid in the center to being overcooked in just a few minutes.

4 Set aside for 30 minutes before inverting the cake out of the pan, removing the parchment paper and placing right side up on a serving plate. It can either be served warm or set aside until cool.

Education & Recreation

Course Registration

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Membership Saves

Please ensure you have your 2019 membership before registering for courses. Contact the Information Department to renew or to apply for a membership 403-705-3224.

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!!!

Refund Policy

Request for a refund must be made before the start of the second class, after which courses are non-refundable.

ALL refunds are subject to a \$15.00 administration fee.

Computer Courses/Workshops are non-refundable.

Courses/workshops are designed for older adults 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.

Registration opens December 3rd for members and December 17th for non-members

Register in person at 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



Kerby Centre

Winter 2019

MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2

PHONE: (403) 705-3233/705-3232

Name: _____

Kerby Membership #: _____

Telephone #: _____

Courses you wish to register for:

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)

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Tai Chi Member \$49 Non Member \$79

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.

A01 Monday January 14 – March 25 (No class Feb 18)
9:00 – 10:00am Gymnasium

A02 Wednesday January 16 – March 27 (No class Feb 20)
1:00 – 1:55pm Lounge/311

A03 Wednesday January 16 – March 27 (No class Feb 20)
2:05 – 3:00pm Lounge/311

Fitness with Dan Member \$58 Non Member \$88

Instructor: Dan Leung

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

A04 Monday January 7 – March 25 (No class Feb 18)
10:05 – 11:00am Gymnasium

A05 Wednesday January 9 – March 27
10:05 – 11:00am Gymnasium

Everyday

Functional Fitness Member \$49 Non Member \$79

Instructor: Elena Bratishchenko

Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, as well as improve mobility and balance, range of motion and coordination.

A06 Monday January 7 – March 25 (No class Feb 18)
11:15 – 12:15pm Gymnasium

Building

Blocks for Balance Member \$49 Non Member \$79

Instructor: Joyce Slone

Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, as well as improve mobility and balance, range of motion and coordination.

A07 Monday January 14 – March 25 (No class Feb 18)
1:00 – 2:00pm Gymnasium

Indoor Cycling Member \$68 Non Member \$98

Classes held at Peloton Cycling # 109 1053 10th Street SW (8 Minute Walk from Kerby Centre or free parking is available)

Are you looking for a new, low impact way to raise your heart rate, build muscle and have some fun? Join this energetic Spin class tailored just for you! The passionate instructors at Peloton Cycling will have you burning calories and stress, all while cycling around the virtual world with amazing video footage on a 7' HD wide screen.

A08 Tuesday January 22 – March 12
10:30 – 11:15am



Salsa Workout Member \$49 Non Member \$79

Instructor: Bonnie Field

Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.

A09 Monday January 14 – March 25 (No class Jan 28, Feb 18, Mar 11)
1:00 – 2:00pm Room 205

Nordic Poling Member \$39 Non Member \$69

Instructor: Bonnie Field

Nordic Poling is a full body workout designed to improve core strength, reduce impact to the knee and hips, aid in balance training, address postural alignment, reduce pain and increase flexibility as well as mobility. Learn proper pole height and Nordic Poling technique, in this fun-filled activity! Please bring own poles.

A10 Monday January 14 – March 4 (No class Feb 18)
2:10 – 3:00pm Gymnasium

Pilates Fusion Member \$79 Non Member \$109

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 are provided for all levels.

A11 Wednesday January 23 – March 27
3:30 – 4:30pm Room 205

Fitness for Life Member \$49 Non Member \$79

Instructor: Elena Bratishchenko

Fitness for Life focusses on maintaining strength, increasing flexibility of spine and joints, and range of motion. Floor exercises are done using resistance bands and weights. Must be comfortable getting up and down from the floor.

A12 Thursday January 17 – March 21
11:15 – 12:15pm Gymnasium

Line Dancing Member \$49 Non Member \$79

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.

A13 Thursday January 17 – March 28
1:00 – 2:00pm Gymnasium



Functional Strength Member \$49 Non Member \$79

Instructor: Joyce Slone

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

A14 Friday January 18 – March 22
12:30 – 1:30pm Room 205/Lounge

Muscle Strength and Core Balance

Member \$58 Non Member \$88

Instructor: Dan Leung

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

A15 Friday January 11 – March 22
9:30 – 10:20am Gymnasium

Qi Gong

Member \$49 Non Member \$79

Instructor: Elena Bratishchenko

Qi Gong uses gentle movements, deep breathing, and a meditative state of mind to keep vital energy, or Qi, flowing throughout the body.

A16 Thursday January 17 – March 21
1:00 – 2:00pm Room 308

Gentle Seated Yoga

Member \$49 Non Member \$79

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.

A17 Wednesday January 16 – March 20
1:00 – 2:00pm Room 308

A18 Friday January 18 – March 22

10:45 – 11:45am Room 308

Monday Yoga

Member \$58 Non Member \$88

Instructor: Cathy Morrison

Boost your energy and calm your mind with this self-paced class. Use comfortable positions and a chair to increase balance, strength and flexibility. Getting to the floor easily is required. Please bring your own yoga mat.

A19 Monday January 14 – March 25 (No class Jan 28, Feb 18, Mar 11)
2:30 – 3:30pm Room 205

Yoga for You

Member \$58 Non Member \$88

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, but a chair can 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.

A20 Monday January 7 – March 25 (No class Jan 28, Feb 18, March 11)
9:30 – 10:30am Room 205

A21 Friday January 11 – March 22
9:30 – 10:30am Room 205

Level II: 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.

A22 Wednesday January 16 – March 27
11:00 – 12:00pm Room 205

Walk to the Beat!

Member \$49 Non Member \$79

Instructor: Joyce Slone

Have fun walking to music in this low impact, aerobic style, group exercise class for everyone of all ages and all fitness levels. WALK to the beat that features moves such as the step touch, high knees, kick backs, front kicks and arm movements. This will be followed by strength/resistance training, balance exercises and flexibility (you must be able to get down and up off the floor unassisted).

A23 Friday January 18 – March 22
1:50 – 2:50pm Gymnasium

Zumba Gold Chair

Member \$49 Non Member \$79

Instructor: Maaike 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!

A24 Tuesday January 22 – March 26
2:15 – 3:00pm Room 308

Zumba Gold

Member \$58 Non Member \$88

Instructor: Maaike 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!

A25 Thursday January 10 – March 21
10:00 – 11:00am Gymnasium

Featured Winter Active Living Course

Feldenkrais Method to Increase Mobility

Member \$35 Non Member \$65

Instructor: Ryan Hoffman

The Feldenkrais Method is an educational system based on the integration of our motor, sensory and cognitive learning. The instructor will guide you through small simple movements designed to create greater self-awareness. Rather than trying to memorize the instructions for moving correctly, students will bring their focus to new sensations experienced through these playful, exploratory movements. The focus is on moving comfortably within oneself to increase mobility—all exercises are done in a chair and no experience needed.

A26 Tuesday January 15 – February 12 10:00 – 11:00am Room 308

A27 Tuesday February 26 – March 26 10:00 – 11:00am Room 308

Academic Courses

Arts

Arts in the Afternoon Member \$99 Non Member \$139

Acrylic

Instructor: Lorrie Warkentin

Photographs can provide an overwhelming amount of detail for beginning artists. Learn to breakdown reference photos into simple shapes to complete a finished painting each week. This step by step course will utilize acrylic paints. We will discuss basic and more advanced techniques for painting in acrylics such as focal points, colour mixing, underpainting, blocking in, mediums and glazes. *All supplies are included.*

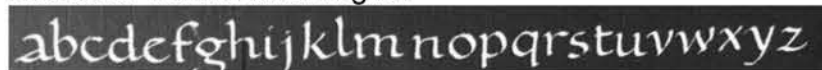
B01 Wednesday January 9 – February 13
1:00 – 3:30pm Room 313

B02 Wednesday February 20 – March 27
1:00 – 3:30pm Room 313

Calligraphy Member \$65 Non Member \$95

A Basic "Foundational" Hand

Instructor: Renate Worthington



We will begin with a simple lettering style that looks a bit like the font "Ariel". They are easy to read, not too fussy, but classic and satisfying to work with. We'll prepare a simple book with this "bookhand" alphabet as a final project. Chisel-tipped nibs, markers or pens will be used, e.g. 2 m.m. calligraphy markers or 2.4 m.m. parallel pens, or smaller sized nibs.

B03 Thursday January 31 – March 7
10:00 – 12:00pm Room 308

Clay Days Member \$115 Non Member \$145

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 hand building 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! *All supplies are included.*

B04 Friday March 1 – March 15 12:30 – 2:45 pm Room 308
Friday April 5 12:30 – 3:45 pm Room 308
Friday April 12 12:30 – 1:30 pm Room 308



Drawing Member \$95 Non Member \$125

Instructor: Cory Nelson

Have you always been interested in drawing, but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! *Supplies not included.*

Beginner Drawing

B05 Tuesday January 22 – March 12
10:00 – 12:00pm Room 313

Advanced Drawing

B06 Thursday January 24 – March 14
10:00 – 12:00pm Room 313

Featured Winter Academic Course

Expressive Art Member \$70 Non Member \$100

Instructor: Alicia Zubot

In this course, we invite you to come and slow down, tune into your imagination, and embark on journey of self-discovery. The flow of movement from one art form to another is utilized to spark personal inquiry, growth, and assist with transformation. Each week a new theme will be explored. A safe space is provided for creativity and expression--no artistic skill is needed.

All supplies included

B07 Monday Jan 28 – Mar 11 (No Class Feb 18)
10:00 – 12:00pm Room 313

Watercolour Basics Member \$75 Non Member \$105

Instructor: Katy Morris

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class

This course is designed to teach you the basics of water ratio & saturation, brush strokes and technique and colour mixing.

Simple Objects—Flowers

B08 Wednesday January 9 – February 13
10:00 – 12:00pm Room 313

Simple Scenes—Trees

B09 Wednesday February 20 – March 27
10:00 – 12:00pm Room 313

Advanced Watercolour Member \$109 Non Member \$139

Instructor: Katy Morris

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class

Through a greater development of techniques, we will be focusing on fine detail, expressive colour, form and structure, negative painting, watercolour sketching, pen and ink.

Pathways and Swamps

B10 Friday January 11 – February 15
10:00 – 3:00pm Room 313

Watercolour with Pen & Ink Drawing

B11 Friday March 1 – April 5
10:00 – 3:00pm Room 313

Personal Interest & Wellness

Beating the Winter Blues Member \$85 Non Member \$115

Instructor: Dr. Alan Le Boeuf, Clinical Psychologist
If spring seems too far away and you are feeling down in the dumps, how do you go about beating the blues without taking a winter vacation? This course will introduce you to psychological, biological and life style changes which will help improve your mood and prevent what Winston Churchill described as the “black dog”.

B12 Tuesday January 15 – March 26 (No class Jan 29, Mar 12)
2:15 – 3:30pm Room 205

Live Well, Be Well Member \$49 Non Member \$79

Instructor: Angie Friesen
Invest time and love in yourself learning various methods of Self Care. We will cover ways to manage stress and how you can optimize your physical and mental health. Topics will include meditation, connecting with nature, journaling, decluttering, the power of laughter, and so much more!

B13 Monday January 14 – March 4 (No class Jan 28, Feb 18)
11:00 – 12:00pm Room 301

Make Your Photography Zing Member: \$65 Non Member: \$95

Instructor: Patrick Kornak
This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Open to all levels of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education. Note: we will be taking outdoor photographs in local areas.

B14 Thursday February 7 – March 14
1:00 – 3:00pm Room 301

Photoshop Member: \$19 Non Member: \$49

Instructor: Patrick Kornak
This workshop will introduce you to the basic workings of Photoshop and how it can be used to enhance your photographs. Participants are encouraged to bring in 1 or 2 images on a memory stick that the instructor can use for demonstration.

B15 Thursday March 21 – March 28
1:00 – 3:00pm Room 301

Relaxation Through Guided Imagery Member: \$6 Non Member: \$36

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.

B16 Tuesday January 22
11:00 – 12:00pm Room 205

Scene Writing: Bringing You to the Stage! Member: \$55 Non Member: \$85

Instructor: Georgette Pare
Everyone has a story waiting to be told, here’s your chance to dramatize those memoirs! Come learn the basic skills of scene writing and reader’s theatre. We will be looking at our life stories—this is your chance to preserve the memory or even change the ending. Have fun building a short script, creating scenes and casting them with your classmates.

B19 Friday January 11 – February 8
12:30 – 2:00 pm Room 311

Self Defense For Women Member: \$49 Non Member: \$79

Instructor: Don Muldoon
Very simple methods are taught that can defeat the most common holds that can be applied to an individual. These techniques are designed to create time to escape the situation. Both verbal and physical skills will be covered. Methods are very easily applied and require very little strength to be effective.

B17 Tuesday January 15 – February 12
12:30 – 2:00pm Room 308

Situational Awareness & Mental Toughness Member: \$12 Non Member: \$42

Instructor: Don Muldoon
In this workshop, you will develop the skills that are essential in recognizing a potentially harmful situation long before it becomes an issue, as well as developing a plan and applying it appropriately. You will also acquire the knowledge to prepare mentally for any situation with the mindset of gaining confidence, avoiding panic and responding safely. Dealing with Self Limiting Thoughts will also be addressed.

B18 Thursday January 17
10:00 – 12:00pm Room 308

Featured Winter Drop In Group

Variety Book Club

Welcome to the Variety Book Club!

- Kerby Centre and the Calgary Association of Lifelong Learners are joining together to hold a monthly book club. Each month we will choose from a variety of genres such as biographies, historical fiction, mysteries, etc.
- The book club meeting is led by a Discussion Leader who provides some background to the selected book and some guidance to the discussion.
- Members of the club are asked to have read the book and be prepared to share their thoughts, ideas, feelings, and impressions of the book.

Meets every 3rd Tuesday of each month from 1:00 – 3:00pm in Room 301.

Languages

English as a Second Language Free to All

Instructor: Eleanor Cowan
Welcome to ESL Grammar and Fun Practice Group
No matter your level - beginner, intermediate or advanced, your language skills can improve as you enjoy a warm welcome, new friendships and fun activities with an encouraging, trained and experienced ESL teacher. Join learners from all over the world who gather to learn and share, each at their own gentle and respected pace. Come, give us a try! Drop-ins welcome.

B20 Monday January 21 – March 25
1:00 – 3:00pm Room 301

French Level I Member: \$59 Non Member: \$89

Instructor: Georgette Pare
“Parlez-vous français?” “Oui! oui! oui!”
This fun course is going to sharpen your listening skills, sharpen your memory, and improve your French all at once! Level I French is for beginners and advanced beginners. All you’ll need to improve your French conversation is curiosity. Have fun while building your confidence, and spontaneity in friendly dialogue.

B21 Friday January 11 – February 8
9:45 – 11:45am Room 301

Spanish Member: \$99 Non Member: \$139 Per Course

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. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.

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

B22 Monday January 14 – March 25 (No Class Feb 18)
10:00 – 12:00pm Room 311

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

B23 Tuesday Jan 15 – Mar 26
1:00 – 3:00pm Room 311

Spanish Grammar III A continuation of Spanish Grammar II. For those a basic level of 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.

B24 Tuesday Jan 15 – Mar 26
10:00 – 12:00pm Room 311

Spanish Grammar IV A continuation of Spanish Grammar III. Chapters 10-12 will be covered.

B25 Thursday Jan 17 – Mar 28
1:00 – 3:00pm Room 311

Spanish Grammar V A continuation of Spanish Grammar IV, this course will cover Chapters 12-14.

B26 Wednesday Jan 16 – Mar 27
1:00 – 3:00pm Room 311

Spanish Conversation This course is designed for students with strong knowledge of grammar. It will give an opportunity to practice the language through discussion of selected material, situational conversation, and topics of interest on daily life. Emphasis will be on interaction, focus on pronunciation, listening and comprehension. **Minimum Prerequisite: Advanced Spanish Grammar V or equivalent.**

B27 Monday Jan 14 – Mar 25 (No Class Feb 18)
1:00 – 3:00pm Room 311

Music

Learn to Play: Member \$85 Non Member \$115**Alto Recorder**

Instructor: Loretta Butot

The recorder is one of the oldest and most accessible of wind instruments, loved by musicians and kings for centuries; its beautiful, singing tone resembles the human voice. You will develop music reading skills, or build on current ones, as you play in a group setting. Please contact Education & Recreation for purchasing information.

Recorder and sheet music not included

B28 Monday January 14 – March 25 (No class Jan 28, Feb 18 Mar 11)
11:00 – 12:30pm Room 205

Learn to Play: Member \$85 Non Member \$115
Guitar

Instructor: Charles Franson

Are you looking to learn the basics of guitar or brush up on old skills? In this course you will learn all the basic chords in order to play your favorite songs and even learn to write your own songs! All are welcome to join this group to learn how to achieve this and have a lot of fun!

B29 Friday January 18 – March 8
1:00 – 2:30pm Room 308

Singing Circle Member: \$45 Non Member \$75

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! "And the skies are not cloudy all day."

B30 Thursday January 10 – March 28
10:00 – 11:00am Room 311

**Ukulele Magic** Member: \$75 Non Member: \$105

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.

B31 Wednesday January 16 – March 27
11:00 – 12:00pm Room 308

Ukulele Magic! Intermediate Member: \$75 Non Member: \$105

Instructor: Barry Luft

This ukulele course will be a direct follow up from the introductory level class and will include a healthy review of basics and lots of strumming and singing. New keys and chords will be explored in order to add color to your playing. Alumni are always welcome to register in order to brush up skills and to keep their playing going.

B32 Wednesday January 16 – March 27
9:45 – 10:45am Room 308

Technology

Beginner Basics Member: \$119 Non Member: \$149

Instructor: Dale Lee
Beginner Basics Starts at “where’s the ON button”, learning the keyboard and navigating the 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.

B33 Mon/Wed January 14 – 28
 1:00 – 2:30pm Room 312

Facebook Mastery Member: \$119 Non Member: \$149

Instructor: Dale Lee
New to Facebook and not sure how to get started? This is the course for you!. 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.

B34 Mon/Wed February 4 – 20 (No class Feb 18)
 1:00 – 2:30pm Room 312

Workshop: Tablet & Mobile Solutions Member: \$2 Non Member: \$5

Presented by Grant Burns
 Computer Manager London Drugs Signal Hill
Join us for an interactive workshop as we show you the basics of your phone and/or tablet. We will go over the ins and outs of setting up your user accounts, backups, adding contacts, text messaging, photography, downloading apps, WIFI and privacy settings.

B35 Wednesday, January 30
 12:00 – 2:00pm Room 205

B36 Thursday, March 21
 10am – 12:00pm Room 205

Kerby 2 St. Andrew’s

St. Andrew’s Centre 1 – 10601 Southport Road SW Calgary

Yoga for You Member \$85 Non Member \$115

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, but a chair can 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.

S01 Tuesday January 15 – March 26
 1:00 – 2:00pm

S02 Thursday January 17 – March 28
 9:00 – 10:00am

How to Use Your Laptop Windows 10 Member: \$119 Non Member: \$149

Instructor: Dale Lee
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.

S03 Tuesday March 5 - 26
 1:00 – 3:00 pm

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 403-252-4722
 Glenbrook Plaza 226-3715 51st St. S.W., Calgary 403-802-6022

www.audiologyinnovations.ca

5 ways to reduce stress this holiday season

(NC) Christmas comes but once a year. And that’s plenty for most people, especially those of us who deal with holiday stress.

According to the Canadian Psychological Association, our usual coping strategies fall short during this time of year. Special dinners, family visits and sparkling celebrations are events out of the ordinary. And we expect something extraordinary from them.

For many of us, seasonal checklists include the feelings we wish to create. We want people to feel festive when they enter our homes. Our parents should feel cherished when they

open our gifts. And our kids deserve their fair sense of wonder.

Such intangibles are impossible to achieve through sheer human effort. Most of them involve other people, whose responses we can’t control. This can only add to our stress as we prepare for every possible outcome.

The Canadian Psychological Association recommends that we get out ahead of holiday stress. They suggest we review our expectations, pace ourselves and try to focus on what really matters. Here are five things to consider:

1. Focus on outcomes you can control, like how you feel about an event or situ-

ation. Concentrate on your own fun and the love you want to share. Other people’s responses are beyond your control.

2. Don’t lose all sense of reason. Sure, Christmas comes once a year. But that doesn’t mean you need to bake everything in Grandma’s recipe book or purchase your kids’ entire Santa list.

3. Review your calendar of events. Are there enough quiet evenings for frozen pizza at home? Scheduling downtime means you’ll feel more human, and your family will thank you.

4. Look for meaning. Many of us prefer charitable gifts, which you can order online in your pyjamas. The World Vision Gift Catalogue offers ways to warm hearts while changing the world.

5. Seek help if needed. If, despite your best efforts, you still feel sad, anxious or overwhelmed, reach out to your doctor for help. Christmas is a time when emotion comes to the forefront, and that can be difficult. ▲

Spend the winter in Florida

Escape the cold and live much cheaper

No heating, enjoy outdoors. Low living costs.

www.GolfsideVacationRental.com

AROUND TOWN EVENTS December

Here is a peak at some of the arts events happening around Calgary this season.

To submit your event, please email editor@kerbycentre.com.

Get extra attention on your event by placing an ad in Kerby News and have it seen by 50,000 people across Southern Alberta!

December

Alberta Ballet

The Nutcracker

December 14 – December 24
Edmund Stripe's The Nutcracker celebrates its 10th anniversary this season. Featuring live music with the Calgary Philharmonic Orchestra.

Theatre Calgary

A Christmas Carol

November 29 – December 23
Join the Spirits of Christmas Past, Present, and Future as they take Ebenezer Scrooge on a journey through time from darkness to light, based on the book by Charles Dickens

Alberta Theatre Projects

Zorro: Family Code

November 27 – December 30
By Rebecca Northan, Bruce Horak and Christian Goutsis
In 19th century Spanish California, a heroic (but aging) masked outlaw known as el Zorro gets some unexpected help defending the small village of Los Angeles against his arch nemesis.

Lunchbox Theatre

It's a Wonderful Life: A Live Radio Play

November 26 – December 22
Adapted by Joe Landry
It is Christmas Eve and, George Bailey is on the edge of ruin so he wonders if the world would be better off had he never lived.

Calgary Philharmonic Orchestra

A Traditional Christmas

December 5-8

Home For the Holidays With Johnny Reid

December 11

Rune's Classical Christmas

December 13

Conducted by Rune Bergmann
Rune's Classical Christmas combines the finest in winter-inspired orchestral writing with traditional carols.

Calgary Opera

Amahl & The Night Visitors

December 7-9

by Gian Carlo Menotti
A retelling of the story of the Magi from the point of view of a young disabled boy, Amahl.

Morpheus Theatre Society:

One Bad Apple: The Queen, Snow White and the Evil Red Delicious

December 7th to 15th

By Charlotte Nixon

The story you know, bril-

liantly adapted for merriment, mirth and a Dame.

Mount Royal University (MRU) Conservatory

Winter Fantasia

December 9

Winter Fantasia is a showcase of the work of the Mount Royal University (MRU) Conservatory choral ensembles including Arietta, Aria, and Arioso, with the Conservatory Sinfonia and a performance of "How the Grinch Stole Christmas" by Dr. Seuss

Holiday Stories

December 9 at the Jack Singer Concert Hall.

You'll enjoy "Sleigh Ride" by Leopold Mozart, the fables of John Rutter's "Brother Heinrich's Christmas" and Dylan Thomas' "A Child's Christmas in Wales".

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JerryJ@kerbycentre.com or 403-705-3238

David Young

DavidY@kerbycentre.com

or 403-705-3240

PLEASE SAVE THE DATE & PLAN TO JOIN US FOR

"A-chasing the wild-deer, and following the roe,
My heart's in the Highlands wherever I go." — Robert Burns



A Robbie Burns Day Cèilidh

Friday, January 25th

Kerby Dining Room
Opens 11:30 am - 1:30 pm

Enjoy A Traditional Scottish Signature Meal
Only \$10 (no RSVP required)

Featuring A Special Performance Of Scottish
Song, Dance, Poetry & Piping of the "Shaggis"

Provided By The Mobile Robbie Burns Unit
of the St Andrew-Caledonian Society of Calgary

Performance 12:30 - 1:00 pm

Kilts Optional!

A Wee Dram For A Toast Will Be Available @ \$5.00

Chinese New Year Luncheon
Tuesday, February 12th, 2019

Traditional Chinese Lunch
& Entertainment

Ticket Sales Begin December 3rd
Kerby Centre Education & Recreation
Rm 305 Or Call 403 705 3233



Kerby Centre Department Directory

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

Accounting	403-705-3215	Fund Development	403-705-3235	Kerby News Editor	403-705-3229
Adult Day Program	403-705-3214	<i>Work with members and community to provide funding for Kerby Centre's vital programs.</i>		editor@kerbycentre.com	
<i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>			funddev@kerbycentre.com	Kerby News Sales	403-705-3238
	adp@kerbycentre.com	General Office	403-705-3249		advertising@kerbycentre.com
			generaloffice@kerbycentre.com	Kerby Rotary House	403-705-3250 (24 hour)
Diana James Wellness Centre	403-234-6566	Thrive	403-234-6571	<i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i>	
<i>Health services including footcare</i>		<i>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.</i>			shelter@kerbycentre.com
	wellness@kerbycentre.com		thrive@kerbycentre.com	Options 45	403-705-3217
Dining Room	403-705-3225	Housing	403-705-3231		options45@kerbycentre.com
<i>Serving nutritious meals to everyone.</i>		<i>Assists older adults in finding appropriate housing</i>		Room Rentals	403-705-3177
	kitchen@kerbycentre.com			President Zane Novak	403-705-3253
Education & Recreation	403-705-3233	Information/ Resources	403-705-3246		president@kerbycentre.com
<i>Information source for programs at Kerby Centre</i>		<i>The all-in-one older adult information source</i>		CEO Luanne Whitmarsh	403-705-3251
	program@kerbycentre.com		info@kerbycentre.com		luannew@kerbycentre.com
Event Planner	403-705-3178	Kerby News Classified Ads	403-705-3249		
	events@kerbycentre.com				

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 January issue must be received and paid by November 30.



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10 Health

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Senior Day Programs now
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Advanced foot care nurse,
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12 Home Care

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just4ufamilyservices@shaw.ca

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E: lindacare68@gmail.com

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service, windows, move in/
out, grocery & personal
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13 Mobility Aids

NOTE
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To see if you qualify
Mention this CBC5689 code
for your **Free** gift

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included 403-460-9401

20 Home Maintenance

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26 Services

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cy representation. For info
visit www.azperlegal.com

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hauling -1 piece or whole
bunch of garbage.
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and surrounding areas. Visit-
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\$3500 587-777-3832

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get read!*

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one corner table \$24, tod-
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33 Wanted

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cup/saucers, tools.
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Older adult lady would like
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interested pls call during day
or early evening 403-284-
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45 For Rent

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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.

Continued on page 39

Continued from page 38

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SODOKU ANSWER

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

PUZZLE ON PAGE 22



IN MEMORIAM

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

- Agnes Bethune
 - Bimal Kumar Moulik
 - Evan Griffith Roberts
 - Jane Marian Parkinson
 - Joaquim Tertulian D'Costa
 - Julie Tobias
 - June Forchert
 - Lauchlan Daniel Fleming
 - Margaret Helen Szabo
 - Myrle Isobel Duncan
 - Reginald Hardy Dorrett
 - Ruby E Goodman
 - Stanley Czarnacki
 - Stella Annie Kennard
 - Stephen Charchuk
 - Ulrich Walter Strelow
 - William (Bill) Dale Ferris
- 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.



CROSSWORD SOLUTION

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

PUZZLE ON PAGE 16

Install a carbon monoxide detector

A carbon monoxide detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. Carbon Monoxide is called the silent killer because it is a colorless, tasteless and odorless compound and virtually undetectable by humans without using CO detector. A CO detector is not a smoke detector, so you need to have both of them in-

stalled in your home. Some common sources of CO are open flames, blocked chimneys, running a car inside a garage, water heaters or operating a barbeque or grill inside of a building. Devices are either battery-powered or can be wired into your home's electricity. They are available in department and hardware stores and retail from \$10 and up.

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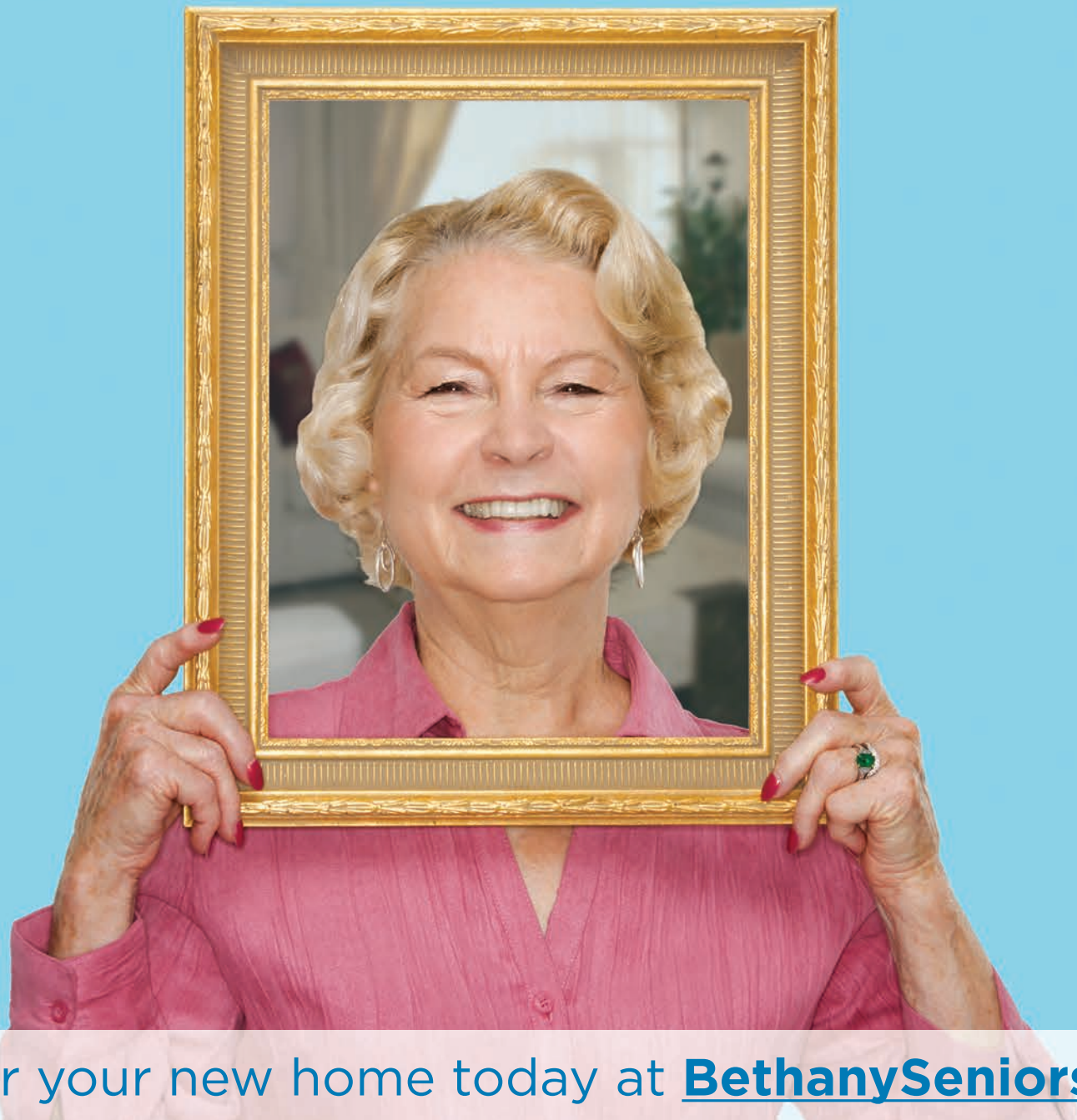
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