

Kerby News

Published by
Kerby Centre

for the **55** plus

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

2019
August
Volume 35 #8

Rainbow Elders lead the way



Rainbow Elders members from left to right: Rocky Wallbaum, Rosemary Taylor, Mike Neudecker, Rowena Taylor, Stephen Ditchburn, Bob Rayment, Ken Tan, Donna Thorsten, Lindsay Jennifer, Lois Szabo, Nick Gardener, and Jan Olafson.

Inside

- Food guide falls short for those in care page 8
- Routes to healthy eating page 12
- Tales of two cities pages 18-19
- Divorce late in life page 20



Monday August 5, Civic Holiday/Provincial Day



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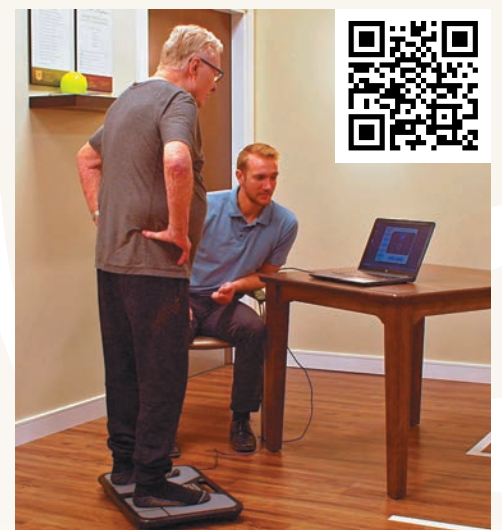


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BY ZANE NOVAK
President of Kerby Centre

Embrace all your community offers

Here we are half-way through summer. How has your summer gone so far? As per usual, mine has been busy. My summer schedule is always overbooked, but in a good way.

Stampede was a big hit this year with Calgary seeing the second-highest ever attendance. Kerby Centre did the Calgary Stampede one better by having the

largest crowd ever at our annual Kerby Centre Stampede Pancake Breakfast. We had numerous dignitaries on hand to mingle and speak to a crowd of more than 1,700 visitors.

Several Members of the Legislature and the mayor of our fair city Mayor Naheed Nenshi attended. Alberta's Minister of Seniors and Housing Minister Josephine Pon served up some pancakes, while Minister Kent Hehr greeted our guests. None of this could have happened however, without all of our wonderful staff, our more than 70 volunteers, and our sponsors.

I hope you were able to attend some of the other Stampede activities as well this year. I know I saw some of you when I was on the grounds for a breakfast event that coincided with Seniors Day at the Stampede. It was a beautiful sunny day and the lineup for the gate went all around the BMO building.

Getting out and enjoying the various activities, festivals and other community events is so important.

It feels good to break out of our routines and say hello to familiar faces. I think we are a little spoiled in Calgary for things to do. Not many places in the world offer what we offer to our residents in terms of community activities

Have you ever heard that old saying: "You do not truly appreciate something until it is gone?" There is a lot of truth held in those words. It is up to us as individuals to get out and support our community whether it is through activities that your local community hall puts on, the programming at seniors' centres such as Kerby or by participating in events, like music festivals or local community markets. If we do not support our community events, they will eventually slip into obscurity and fade away. And once something is lost, the effort to bring it back to life in our neighbourhoods is colossal.

All of these events help to keep Calgary's neighbourhoods vibrant and stop us from becoming just another run-of-the-mill city. Often I will think to myself, I have nothing I really need

to buy at the farmers' market, or, I am too busy to go to that music festival or some other event.

However, I am fortunate that one of my friends or my daughter will call me up and say, let's go. I can truthfully say that never once have I regretted getting out of the house and going with them. Even if I do not buy a single thing at a farmer's market, I have enjoyed the vibrancy of the event and I realize that my being there has added to its energy.

I talk to people, make new connections and learn some interesting stuff about new products. I always come away enriched in my life. So now, I am working on being the one to call others up to get out of the house to see and do things, rather than miss these opportunities.

Try to get out there and embrace all that your community offers. Lots of times, by reading Kerby News, you can find out about some of the unique and wonderful activities that are going on around us.

Enjoy this beautiful summer and this wonderful city. ▲

August 2019

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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1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212
Kerby Centre Website:
www.kerbycentre.com
e-mail: editor@kerbycentre.com

Publisher: Keith Callbeck
Editor: Sheila Addiscott
Production Manager: Winifred Ribeiro
Sales Consultants & Distribution:

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

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

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BY LESLIE TAMAGI
Interim Executive Director

Living an active, fulfilling life well into your 90s is possible for all of us according to longevity expert Dan Buettner. So, what's the secret?

Many of the world's longest lived people come from such diverse areas as Sardinia, Italy, Nicoya, Costa Rica and Okinawa, Japan. Buettner discovered that these places had common elements of lifestyle, diet and outlook that have led to amazing longevity and quality of life, and he called these places Blue Zones™.

Not surprisingly, one of the lessons that has emerged through this extensive research is the importance of having a reason to wake up in the morning. Called "ikigai" by the Okinawans, and "plan de vida" by the Nicoyans, it translates to having a sense of purpose.

Finding your ikigai

Each of us needs to discover our own unique purpose — for some it may be to volunteer, for others it may be art that they are truly passionate about, and for others spending time with their grandchildren. This element is critical to feeling valued and being a contributing member of our community.

Finding your "ikigai" not only promotes better health, it also brings happiness. It is the belief that our lives, the part we play in the world, truly matters. It is never too late to find ways to bring more meaning into your life.

The challenge then becomes to articulate your own purpose and reason for being, and then to make a plan for realizing it. This may involve exploring different possibilities, trying a novel activity or learning something new, such as a language or musical instrument. Think of it as strength training for your brain — an area of our body that needs regular exercise.

At Kerby Centre, some of our most popular classes fill this need, such as ukulele, Spanish conversation, and painting. Our amazing contingent of more than 1,000 volunteers range in age up to 99 years old, many who have

passionately volunteered for more than 30 years.

For some people it may be easy to articulate your passion and purpose, for others it may take more courage to step outside your comfort zone and explore things you have never tried. At Kerby we offer a wide range of opportunities where you are needed and can contribute to our world in meaningful ways. Wherever your journey takes you, may you find your "ikigai".

(Based on Buettner, Dan (2012). The Blue Zones. Washington D.C.: National Geographic. www.bluezones.com) ▲

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This month in Ottawa
KENT HEHR
 Member of Parliament for
 Calgary Centre

A dementia strategy for Canada

You know as well as I do the impact that dementia can have on those living with the disease, as well as their family members, friends and caregivers. In response to these struggles, our federal government has released a National Dementia Strategy.

The strategy identifies three national objectives:

1. Prevent dementia.
2. Advance therapies and find a cure.
3. Improve the quality of life

for people living with dementia, and their caregivers.

The strategy includes increasing research, developing more effective therapeutic approaches, improving early diagnosis, improving access to quality care, and increasing resources and supports for caregivers.

The Government is also taking the next steps in Pharmacare. Canadians face some of the highest prescription

prices in the world. Seniors should not have to choose between paying for a prescription or buying groceries.

To help improve your health and leave more money in your pocket, the Government is taking the next steps toward national pharmacare by creating a Canadian Drug Agency to negotiate better drug prices on behalf of all Canadians.

I think the plan to move forward with pharmacare is

smart public policy that will especially benefit seniors.

I hope to see you all at my annual free end-of-summer community BBQ! Saturday, August 17, from 11 a.m. – 2 p.m. at Sunalta Community Centre located at 1627 10 Ave SW.

Kent Hehr can be contacted by email at kent.hehr@parl.gc.ca or phone on 403-244-1880. Subscribe to email updates at www.KentHehrMP.ca/email-updates. ▲



News from City Hall
 BY EVAN WOOLLEY

Join Calgary's most colourful celebration

Are you ready to celebrate the LGBTQ+ community in Calgary? The Labour Day long weekend marks the end of Calgary's Pride Week and culminates in the annual Pride Parade.

In the week leading up to the parade be sure to check out some of the events happening in the community during Pride Week.

Memorial Pride takes

place August 24 and 25, starting at 12:00 p.m. at Central Memorial Park. This is a two-day multi-generational, inclusive and educational event to kick off Pride Week. The celebration will include performances, family-friendly activities and workshops which are all free to attend.

The Pride Run takes place August 25, at 7:30 a.m. in South Glenmore Park. This is a 5 km or 10 km fun run to celebrate the start of Calgary Pride Week.

On August 27 from 5:00-10:00 p.m., check out The Pride Block Party in Sunnyside, an all-ages free outdoor event in celebration of pride. There will be live music, food trucks, and bar service. All funds raised will help support a local charity, Skipping Stone Foundation.

Finally, join Calgary Pride for their 29th annual Pride Parade and Pride in the Park on September 1, from 11:00 a.m. – 1:00 p.m. The parade will start at 421 6th Avenue SE and ends

at Prince's Island Park for Pride in the Park. Calgary Pride hosts the second biggest parade in Calgary, a signature event that colours all of downtown Calgary with rainbows and smiles!

I'd like to invite all Ward 8 communities to join us and march in the parade! If you're interested please get in contact with the Ward 8 office at 403-268-2431 or ward8@calgary.ca. For more information visit www.calgarypride.ca. ▲

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.

Shelters are transforming the lives of seniors

Alberta Council of Women's Shelters (ACWS) has released a snapshot of the extent to which shelters across the province are serving seniors facing abuse.

In 2017 and 2018 shelters across Alberta accommodated 574 people over the age of 55 in emergency and second stage residential programs. In addition, shelters served 116 people over the age of 55 through community outreach initiatives.

Many shelters in Alberta provide support to people over the age of 55 facing abuse. ACWS has two member shelters whose sole focus is specialized care for, and support to, seniors. The Kerby Centre Rotary Shelter in Calgary and Sage Seniors Safe House in Edmonton.

Each shelter provides a range of services for seniors including nursing, health care, mental health care, social workers, telephone helplines, online resources

and a range of cultural and social activities which allow seniors to flourish as they transition to living in safe homes, free from abuse.

Abuse can be emotional, physical or financial. No matter the circumstances, abuse is never acceptable.

Seniors, or those supporting them, can contact The Kerby Centre Rotary Shelter 24-hour crisis line at 403-705-3250 for help. For more information visit www.kerbycentre.com. ▲



Become a member today!

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

- Kerby News mailed directly to your home each month
- \$5 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration & member rates for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

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*conditions may apply

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Membership for 2019 is \$25.00 plus \$5.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2019).

MEMBERSHIPS ARE NON-REFUNDABLE

Kerby Centre Men's Shed

Information Session

August 6 10:00 am Kerby Centre room 108

Men's Sheds is a program that started in Australia about 20 years ago and spread quickly. Sheds now exist in several countries including more than 20 in Canada.

Good health is based on many factors including feeling good about yourself, being productive, contributing to your community, connecting with friends and maintaining an active body and mind. Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of friendship.

- Australian Men's Sheds

Join us for an information session and share your ideas and projects. Call Keith at (403) 234-6569 for more information.



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Phillis and Clem, Evanston Summit Residents

We are happy and our children are happy that we are in such a wonderful place.” - *Phillis, Evanston Summit Resident*

At **Evanston Summit** finding peace of mind, body and soul is easy to do with great value for exceptional service all at a beautiful place to live. You can choose from one or two bedrooms suites that are bright, spacious, and reasonably priced. Including options for a walkout garden patio.

Offering a premium lifestyle at competitive and affordable rates, **Evanston Summit** has monthly rentals starting as low as \$2,987 or a life lease starting at \$1,875 a month. With a life lease, you pay an entrance fee that's 99% refundable. The monthly savings on a life lease will generate better returns than a 5% GIC.

Home is more than just a place to sleep and eat, it's a lifestyle and **Evanston Summit** is proud to offer an active and vibrant community for seniors looking for independent living. Services like our in-suite cleaning and 24-hour concierge will give you more time to do what you want, while our games room and in-house executive chef prepared meals will allow you to get the most out of your retirement. **Evanston Summit's** regular activities will keep you as busy and social as you like, including guided fitness programs, crafts and card playing, movie nights and happy hour with live entertainment at the Bistro.

Evanston Summit is a not-for-profit organization that is part of the Covenant family who has been serving Albertans for over 150 years and has helped 100,000+ Albertans thrive, so you can feel secure that your investment will be used in your best interest.

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Transition from AISH to seniors' benefits gets streamlined

Until now, AISH recipients had to submit a separate application for provincial seniors' benefits. Since the government already has this information, they are now streamlining this process by bringing in automatic enrolment.

Auto-enrolment will eliminate an unnecessary application process and ensure AISH recipients will not miss out on provincial financial assistance they may be eligible for as they reach 65 years of age.

"Reducing red tape for seniors with disabilities will ensure that our most vulnerable citizens get uninterrupted service as they turn 65. Alberta seniors built this province and our government is committed to finding innovative

ways to remove barriers and improve access to the services they need," said Josephine Pon, Minister of Seniors and Housing.

This change also ensures that seniors with disabilities are protected and cared for financially when they are in this transition.

Civil society organizations have played a critical role in supporting seniors through the process of changing from AISH to seniors' benefits. These organizations will now be able to focus more of their resources on other areas of support.

"Streamlining the enrolment process between AISH and seniors' financial assistance is a positive step in the right direction. This change will take

some of the pressure off AISH recipients as their 65th birthday nears," said Sheila Serup, Chair of the Premier's Council on the Status of Persons with Disabilities.

There are 64,000 AISH recipients and 44 per cent are age 50 or older. Around 125 older adults receiving AISH turn 65 each month and will benefit from the new process.

"The change is a welcome surprise to us. We look forward to telling AISH recipients that they won't have to worry about filling out extra paperwork to apply for provincial seniors' benefits," added Gail Sopkow, Executive Director, Operation Friendship Seniors Society.

The joy and goals of older adult fitness



Take the first step to being fit. (Photo credit Dominic Winkel.)

By Steven Snell

How do you get fit? By being active. A moderately vigorous 150 minutes a week and you're good. There, that was easy. But it's not, is it?

What exercises to do? Where to do them? Then there's the cost, and hopefully finding someone to do them with.

Renowned strength coach Dan John says that to be active as we age, we need to rediscover and reacquaint ourselves with two principles of fitness. One, the joy of strength and movement, finding pleasure in being fit and two, having a reason for it, a strength and movement goal.

I became a yin yoga instructor and personal trainer. Those were two of my goals. I pressed a 24 kg kettlebell over my head. That was another goal. I keep active by checking boxes and I enjoy doing it. Maybe your first goal is to just do something, change something. Perhaps it is signing up for a class, or simply parking a little farther away and putting a few more steps into your day.

If you haven't exercised for a long time, start with foundational fitness. Move some of those muscles that are chronically neglected in our contemporary lives, from your neck to the back of your legs. One simple way to do that is to set a goal to do 10 squats every time you brush your teeth. It's that easy.

My fitness goals bring me joy. I now want to press a 32 kg kettlebell over my head, which is a very concrete and measurable goal. I want to chase my daughter up a mountain when I'm 120 years old. Or maybe that's her chasing me. That's a longer term goal, but thinking about my daughter and my goals brings me joy.

Start small. Start with your butt. Maybe a few gluteal squeezes while watching TV, or stopped at a red light. Focusing on your bum is not time wasted.

Here's something to consider from Dan John: "Start that goal yesterday. Today will do. But not tomorrow. Get after it." Maybe you just need to walk more. Have you hit that benchmark 10,000 steps yet? Park that car farther from the entrance, and take the first of those steps.

Or maybe you could aim to lift a load of laundry to the top of the stairs. Maybe you could complete a 10 km road race or plank for two minutes. The effort required to complete your goal may or may not bring you joy, but the journey to the goal will.

Find that thing that can make you smile, provide you with a sense of accomplishment, a sense that you are improving, and do it with someone. Consider them your accountability buddy. Do something that is vigorous to you. Get that heart beating and those muscles flexing. Find that thing that brings you joy. Take care of yourself and invest in yourself. Enjoy! ▲

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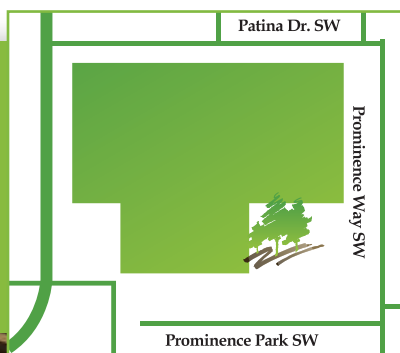
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Historic Calgary Week is all about fun

By Anna Ryan

There is something for every history buff at the 29th annual Historic Calgary Week. Take in a behind-the-scenes tour of Glenbow Museum, peek inside The Grand theatre and take tea, or listen to the musical story of the Bugle Boy at the National Music Centre.

This is the largest Historic Calgary Week ever. There are more than 100 events taking place in Calgary and the surrounding towns.

The theme this year is Oh The Fun We Had! The presentations visit pioneers' passions and pastimes. Peek into the playing fields and

parlours of the past. Not all of these pastimes were necessarily legal! There are opportunities to take in sport, dance, music and cinematic history through learning about the people who have made this area their home over the centuries.

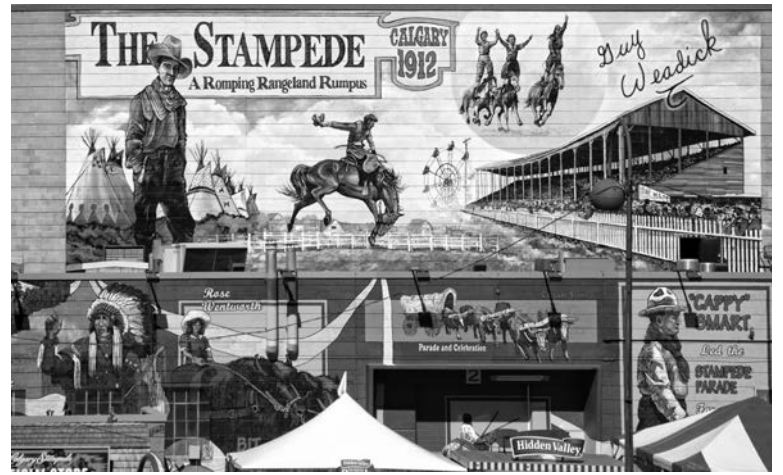
Memorial Park Library is holding daily film screenings of movies from each decade since the beginning of the 20th century. *Jaws* represents the 1970s, while the iconic film *Back to the Future* brings us back to the '80s.

President of Chinook Country Historical Society, Walter DeBoni, said: "I would recommend that people take in the tour of the Stampede Corral this

year, as it is being torn down in 2020, so this is the only opportunity people will have to look behind the scenes of this piece of Calgary's history."

Tours of the Stampede Corral take place on August 2 and 3, preregistration is required as numbers are limited.

Looking for something a little different? There are two cemetery tours this year. One is through Queens's Park Cemetery, Calgary's largest public burial ground, and one through Union Cemetery, Calgary's oldest cemetery. Learn about the people who rest there, who helped shape the events that made Calgary the vibrant



This iconic mural at the corral depicts Guy Weadick's hopes for *The Calgary Stampede, the Greatest Outdoor Show on Earth.* (Photo credit Walt DeBoni)

city it is today.

Explore the Seedy Side of the city's past at the Calgary Police Interpretive Centre and learn about the illicit pastimes and illegal games in speakeasies, gambling dens and houses of ill-repute from pioneer days through

Prohibition into the 1950s. Be introduced to some fascinating "entrepreneurs" and the police who tried to catch them.

For a complete list of Historic Calgary Events go to www.chinookhistory.ca. ▲



**Are you 71?
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Food Guide falls short for those with frailty

By Dr. Heather Keller

Malnutrition is too common in vulnerable populations. We need to remedy this by adapting the new Canada's Food Guide.

As a researcher with the Canadian Frailty Network, "What do you think of the new Canada's Food Guide?" is a question I've been asked a lot since Health Canada launched new guidance on how the nation should eat.

I have reservations, as the guide is well designed for the healthy among us. That's good news. But what about those living with chronic illness or frailty?

Frailty isn't simply getting older, it is when a person's overall well-being and ability to function independently deteriorates. The food that people eat can prevent malnutrition and, in turn, prevent frailty.

People who are frail tend to spend more time in hospital and in long-term care. That's where caregivers provide the food that they eat. Canada's Food Guide has been traditionally used to plan menus for those hospitals and care residences, despite the fact that it was not intended for this purpose.

When someone is frail, they have poor function in many areas of their life and are vulnerable to bad health outcomes. Even a minor stress can result in a crisis. The new guide isn't specific enough to meet the essential dietary needs of aging seniors living with chronic illness or frailty.

The guide recommends a plant-focused diet, but not to the exclusion of animal products. It's an approach consistent with the Mediterranean diet that has been studied extensively and shown to pro-

mote good health.

As we get older though, we start to lose muscle mass because of our sedentary lifestyles and because of what we eat. Muscles allow us to get out of a chair, pick up our grandchildren and balance so we don't fall. It's now recognized that older adults need more protein and specifically, quality protein, than other age groups to maintain their muscles. In effect, they need a different balance of nutrients to maintain wellness.

Experts recommend one to one and a half grams of protein per kilogram of body weight per day. So for someone who weighs 175 pounds (80 kg), this is 80 to 120 grams of protein per day.

But what do I mean by quality protein? This is protein that contains the essential amino acids that our body can't make that needs to come from what we eat.

Animal products such as meat, poultry, fish, eggs and milk provide all of these essential amino acids in the right amounts, but not all plants do (an exception is soy). So if you avoid animal products, this means eating a variety of plant sources every day to get the right mix of essential amino acids.

This takes education, planning and often cooking your own food. This can be challenging for older adults.

For older adults, getting enough of those essential amino acids without blowing their calorie requirements is also a challenge. Most plant sources are not as efficient as animal sources for attaining those requirements. We need to eat more lentils, beans and nuts to get the protein we need.

Take the humble egg: at six grams of protein and 70 calories the same amount of

protein from peanut butter will double your calories. A chicken breast with no skin (three ounces) has around 30 grams of protein in under 200 calories. To get the same amount of protein from soy would also mean more calories. Also, some key nutrients known to mitigate frailty such as calcium, vitamin D and omega 3 fatty acids, are more often found naturally in animal products.

We know that menus in long-term care often miss the mark on almost half of necessary nutrients, in part because the 2007 Canada's Food Guide was used for planning. A dietitian is the best resource for guiding the nutrition requirements for those who are in hospitals or in residences, not the food guide.

With malnutrition common in hospitalized patients, many of whom are older adults, this means we need to work towards a standard for health-care institutions that promotes recovery from illness and prevents more malnutrition.

I've been advocating for some time that dietary reference intakes (DRIs), which are specific recommendations by sex and age group for vitamins, minerals and protein, should be the starting point for hospital and residence menus to prevent deficiency and chronic diseases.

The good news is that the Canadian Malnutrition Task Force is working with the Canadian Nutrition Society, toward this goal.

I do like the new Canada's Food Guide. I am, however, waiting for more information on how this guide can be adapted to vulnerable populations living in our health-care institutions. ▲

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Life and liberty

BY LIBERTY FORREST

Throughout my life, from being a little kid right up until my mother got dementia and she was no longer herself, she told me what I couldn't do. Okay, there's some stuff mums are supposed to tell you that you can't do.

Like throw yourself off the roof of your three-storey house when you're playing Superman because really, honestly, no doubt about it, you will not be able to fly. No, not even with your beach-towel cape clothes-pinned to the shoulders of your T-shirt. Not

“I can't” vs. “I haven't done it – yet.”

even if you're wearing your lucky underwear.

No, I'm not talking about the kind of “You can't”, that means you're not allowed for reasons of safety, health etc. I'm talking about the kind that says you won't be able to do it so don't even bother trying.

I wanted to try this or that new thing and was always told, “You can't.” I was told I'd get it wrong or mess it up or simply be unable because I was too stupid.

And of course, if I did try and she turned out to be right, I got the ITYS three-course special crammed down my throat, right from “I told you so” for the starter, through to the smug look smothered in superiority for the main course, followed by the rather tart dessert, “You think you know so much.”

So I stopped trying.

The older I got, the more

I dared to try things that I “wouldn't be able to do because I wasn't ‘something' enough.” Looking back, her words make me smile now because they're just so ridiculous. How could she know I “couldn't do” when I hadn't even tried?

But as a kid (and even later as an adult), that never occurred to me. I just believed her because she was my mother.

I was just listening to Fantasie Impromptu Opus 66 in C sharp minor—one of my favourite pieces of music, and one of Chopin's best known works and, in my opinion, one of the most beautiful pieces ever written. It's insanely fast and complicated – until you get to the middle bit which slows and becomes deliciously romantic with one note melting into the next like rich chocolate blends into thick cream.

I was thinking about how I've learned that beautiful middle bit with no problem, but am wistfully waiting for the day when I can get the insanely fast parts down, too. Although I can play the millions of notes that run up and down the keyboard, I'm nowhere near fast enough.

It feels a bit daunting when I listen to it. But then I remember a summer when I was 19. My mother came upon an ancient piece of sheet music that was her father's. “Meditation” from the opera Thais. She said: “Oh, this is beautiful! This was his favourite piece of music. But you could never play it. It's way too hard.”

I suppose she'd forgotten about some of the extremely complicated and lengthy pieces that my music teacher had me playing on television, radio, at the Calgary Stampede and at various other venues

and in competitions when I was as young as 12 or 13.

A few weeks later, on a rainy Monday with no one else around, I spent eight hours at the piano. By Tuesday at noon, I had this piece memorized. It wasn't nearly as difficult as the ones my teacher had given me years earlier.

In fact, I thought it was relatively simple. But it was certainly one of the most beautiful pieces I've ever heard.

It was one of very many lessons in my life about the difference between “I can't” and “I haven't done it yet.”

What's kind of funny is that the next time I saw my mother, I couldn't wait for her to hear that I'd learned this song. I was so excited and thought that – for once – she might actually be proud of me, be pleased with something I'd done.

Without a word, I sat down at the piano while she pattered in the house and I began to play.

I got every note right. I played with lots of feeling (there is no other way to play anything, as far as I'm concerned). When I was finished, I waited for her to be surprised, to be impressed, and to be amazed that I'd learned it flawlessly and so quickly.

But she made no comment. She continued pattering with her chores, as if she had not heard me play at all. I asked if she recognized the piece, hoping to get some sort of positive reaction. “No,” came her disinterested reply.

I told her what it was. She said it wasn't at all familiar and that perhaps there's some other piece called “Meditation” that my grandfather loved. Which, as it turned out, was the case, and that piece was exceptionally simple by comparison and I couldn't believe she had thought that one would have been too complicated for me!

At the time, this was all rather upsetting but I can laugh at myself now, and I see how far I've come because eventually, with many lessons and a lot of healing, I stopped seeking my mother's (or anyone else's) approval.

I'm still carefully picking my way through the speedy part of Chopin's Fantasie Impromptu as though I'm walking barefoot through thistles. And sometimes I get impatient because I'm not playing it quickly and the only part I play as it should be done is the slower middle bit. Occasionally, my mother wanders through my head and tells me I can't do it, but I just smile and whisper to her in the spirit world. “Yes, I can, Mum. I just haven't done it...yet.” ▲

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Let me stand up

By Louisa Daley

How do you tell people not to be kind to you? It is an unusual question to which I haven't found an answer.

A short while ago my husband died of cancer. I will admit I lived through a very dreadful six months pretending there was nothing seriously wrong with him and keeping a constant smile on my face and now, although I am incredibly lonely and lost without him, how can I tell my family and friends that, no matter what they do, they cannot ease that loneliness?

If the whole world to a man stood on my doorstep, I'd still be lonely and I guess there are a lot of others in the same predicament.

I know my family and friends really do want to help, but the only way I can face up to my life ahead with any semblance of normality is to face it alone. To have someone always visiting or phoning doesn't, at the end of the day, give me the chance to take up the reins and drive all alone. When you consider there could be 20 years ahead to

survive through, you have to accept that no matter how wonderful friends and family are, they themselves could not keep up this sort of companionship for that length of time.

One's own family, after all, have their own lives to live and if they get into the habit of visiting or phoning every day it will become such a chore and a bore, in the end and they will be too ashamed to stop.

The same is true of friends. They cannot always afford the time they spend with me and are upset if they miss a day, afraid to arrange a holiday because of leaving me.

To anyone in this situation I'd say it is far kinder to start as they mean to go on, to say straight away. "I'll call in when I am passing and you are sincerely welcome to come and visit me whenever you wish."

It lets one learn to stand on one's feet from the start and not lean on the prop someone else provides and which will, inevitably, give way.

I am not ungrateful, in fact, I cannot begin to express the heartfelt thankfulness I have for the family and friends who have been such

a wonderful comfort to me, but I do have to think of, and for, myself and provide my own occupation.

In any case, I think most people prefer to keep their sorrow to themselves. The only place one can really find relief is in one's own home and it is embarrassing for all concerned when visitors find the hostess crying her eyes out.

I think there is relief and a sort of comfort in tears, but in company one feels as if they must keep a stiff upper lip which is actually a bigger strain and more difficult than being alone.

I often feel that I am reaching the point of wanting to say: "Please go home and let me be by myself just for a little while." One can weep in bed, and no one can go without sleep, even if it is induced sleep, but I think I would sleep more naturally if I had spent the day thinking and doing for myself, and not been waited on hand and foot.

Perhaps I am wrong, for I know my family and friends don't regret anything they do for me and do not think I am a burden to them, so how do I say: "Let me get on with my own life my own way? I will have to, eventually, so why not now while I am battered, sore and lonely inside?"

I know it will be difficult to face lonely days, but I'd rather face them now, when I am down on the floor. At least, when I do make the grade, I'm there. I won't

have to worry about what I'll do when I am left to my own devices, and I'll be able to cope by myself and have a life of my own, not dependent on others all of the time.▲



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Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary www.kerbycentre.com

MAIN SWITCHBOARD 403-265-0661

Adult Day Program 403-705-3214

adp@kerbycentre.com

Socializing and health monitoring program for physically and/or mentally challenged older adults.

Diana James Wellness Centre 403-234-6566

wellness@kerbycentre.com

Health services including footcare.

Dining Room 403-705-3225

kitchen@kerbycentre.com

Serving nutritious meals to everyone. Available for catering events.

Education & Recreation 403-705-3233

program@kerbycentre.com

Information source for programs at Kerby Centre.

Event Planner 403-705-3178

events@kerbycentre.com

Finance 403-705-3215

Fund Development 403-705-3235

funddev@kerbycentre.com

Work with members and community to provide funding for Kerby Centre's vital program.

General Office 403-705-3249

generaloffice@kerbycentre.com

Housing 403-705-3231

housing@kerbycentre.com

Assists older adults in finding appropriate housing.

Information / Resources / Taxes 403-705-3246

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Options 45 is a weekly drop-in group for mature workers in Calgary (age 45 plus) interested in job transitioning, new careers strategic networking and volunteering.

Taxes 403-705-3246

info@kerbycentre.com

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Thrive 403-234-6571

thrive@kerbycentre.com

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.

Volunteer Department 403-234-6570

volunteer@kerbycentre.com

Volunteers are the heart of Kerby Centre.

Interim Executive Director 403-705-3251

leslieT@kerbycentre.com

Routes to healthy eating

By Sheila Addiscott

Some neighbourhoods in Calgary are known as “food deserts”, these are communities that have no affordable grocery stores. Fresh Routes’ mobile food market is tackling this problem by bringing its community grocery store on wheels to provide affordable fresh foods to underserved neighbourhoods around the city.

The goal of Fresh Routes is to bring food to communities that may face barriers to accessing fresh fruits, vegetable, eggs and bread. Communities like the East Village, where many of the buildings provide housing for seniors and where there is no grocery store.

The market sets up shop in the green space behind Murdoch Manor every Wednesday afternoon. Not everyone has the ability to get out to a grocery store. The closest grocery store to Murdoch Manor is the Safeway on 12th Avenue and 7th Street SW, 15 blocks away.

King Tower resident Robin Marsh said: “To get groceries on Sundays I ride my electric scooter over to

the Co-op on 11th Avenue, a 38 block round-trip. Having this market really makes a difference to me, especially because I live on a pension. I can eat healthy when I can buy fresh, affordable food.”

Long-time East Village resident, and one of the market founders, Rowena Williams, explained how the market came to the village.

“One day a group of residents were in a meeting and we were talking about getting fresh vegetables and fruit. We heard about a pilot program called Fresh Routes, and decided to reach out to them.

Eighteen of us walked down to their Eau Claire Market location. We didn’t realize how far it was, but it was the most successful walk we have ever done. When they saw how serious we were they started coming to the East Village.”

Market Lead at Fresh Routes’ Mobile Food Market, AJ Musters, said: “At this location, because we are based out of Murdoch Manor, a lot of our visitors are seniors. But we are not just for seniors or low-income, the market is open to absolutely everybody.”

All items sold are

budget friendly – the aim is to be under market value, allowing everyone to have access to healthy food.

“Fresh Routes is not-for-profit. We are all about accessibility, affordability and sustainability,” explained Musters.

One of the key differences that the market offers is that they try to keep their prices low. On average, a basket of food from the market is 30 per cent cheaper than a similar basket of food from a grocery store or other market.

“Our main goal is to bring healthier food and make it as accessible as possible. All the food is grocery-store quality. It is not seconds or donated, it is all fresh,” added Musters.

Fresh Routes do three markets a day. On Mondays they are in the Northeast of Calgary in three different locations, on Tuesdays they are in the Southeast, on Wednesdays they are in three different downtown locations, on Thursdays they are out of town at Tsuu T’ina and Stoney Nakoda health centres and on Fridays they are in Bowness. The downtown locations serve more than 300 people each Wednesday.



King Tower resident Robin Marsh is able to buy peaches in her ‘backyard’, from Fresh Routes team lead, AJ Musters,

City of Calgary Community Social Worker, Twyla Moon, said the city was one of the original partners with Fresh Routes.

“We saw a need for food security within a lot of communities. Food security is a major social issue. We received some funding and were partners in the trial for this project in four different neighbourhoods last year. Now Fresh Routes is its own not-for-profit entity,” said Moon.

“East Village is a known food desert. There are no affordable grocery stores in this community. A lot of residents have mobility issues and finances can also be an issue, so the market

provides an opportunity for people to access reasonably priced healthy food. It stops people from having to buy cheap fast food from restaurants and convenience stores, which is a very unhealthy way to eat.”

Jean Woodhouse lives in East Village Place and has been volunteering for the market since it started.

“So many people in these building are older and have disabilities that make it difficult to go out to get food. It gives you some independence when you can just step out of your building and choose what they want to eat,” said Woodhouse. “People should come down to the market. It’s a lot of fun. You don’t need a lot of food if you are living on your own, and at the market you can easily buy small amounts or single items.”

Murdoch Market is one of the most successful markets that Fresh Routes’ runs. More than 80 people attend each week.

One of the other things that the market provides is food dignity, by allowing people to have choice in what they get to eat.

“The market is open to all, whether you are simply missing a vegetable for a soup or for your week’s groceries. We serve all members of the community. Nothing builds community like food,” added Musters.

For more information on the dates and locations of Fresh Routes’ Mobile Food Market go to www.freshroutes.ca.

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Calgary Fire Department joins dementia awareness initiative

The Brenda Stafford Foundation, a charitable organization whose focus is on seniors' care, invited the Calgary Fire Department to join the first Dementia Friendly Community pilot project in Alberta.

The project involved a year-long plan to help raise awareness and understanding of dementia throughout the Calgary Fire Department. Online dementia awareness training was provided to more than 1,400 Calgary fire staff, both uniformed and non-uniformed.

Firefighters at the Coach Hill Fire Station, Station 29, received a more intense training program because of their proximity to the Dementia Friendly Community pilot project that was launched in the West Hills community.

Derek Arthurs helps vulnerable populations every day in his job as a Community Safety Officer for the Calgary Fire Department. Getting involved made sense on many fronts, explained Arthurs.

"We already do a lot of work with older adults to promote fire prevention and fall prevention," he said. "Working with the Brenda Stafford Foundation, we had the firefighters simulate what it's like to have dementia and the physical ailments that are prevalent in older adults. It was eye-opening. They have a new appreciation for everything dementia sufferers go through."

But leading an effort to support Calgarians with dementia was also a personal and very rewarding opportunity for Arthurs.

"I had a grandfather and several relatives who had dementia," said Arthurs. "Seeing the progression of this disease in them was difficult, but I find it very rewarding that there are ways we can make a difference and support people with dementia in Calgary."

Today, there are more than 13,000 people diagnosed with dementia or related conditions in the city and 130,000 Calgarians know someone who is affected. These numbers are expected to double in the next 15 years.

Less than a month after completing their training, a crew at the Coach Hill Fire Station was first on-scene to a 911 call of an elderly gentleman who wandered from his home and got lost in a wooded ravine in -25C weather.

"The crew correctly identified his dementia, and they were able to better com-

municate and provide more empathetic and compassionate assistance," explained Arthurs. "The family sent a letter of appreciation and were so thankful for how well he was treated."

As part of the Calgary Fire Department's dementia

awareness efforts, Calgarians with dementia, along with their family and caregivers, can contact 311 to request a visit from the community safety team so they can share helpful tips and resources.

Since the dementia

awareness initiative was implemented, Arthurs said other fire departments and first responder agencies across Canada have reached out to

learn about what the Calgary Fire Department is doing.

"We are a leader in dementia support," he added. ▲



Community Safety Officer Derek Arthurs, right, along with members of the Calgary Fire Coach Hill station participate in a dementia awareness training exercise.

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Unvarnished tales of women's fury in later life

A book of moving short stories and an outstanding contribution to Canadian literature, 'Season of Fury and Wonder' is also a warning. The wonder of old age has been stifled in every era of human

history by societal repressions, which culminate in feelings of fury as in these stories of the old age of women.

These ten sizzling short stories are stripped bare of guile or pretense. Nestling into

the first story, 'What Else We Talk About When We Talk About Love', inspired by Raymond Carver's novel of a similar title, I was struck by the honesty of the female narrator. Upon learning of a cancer diagnosis and illness of family members, she's uncertain of how to behave. There's frank admission of a lack of feeling.

She said: "For a long time, I wanted to be a decent person, actually tried to figure out how one would actually go about achieving this goal...I don't think it was ever obvious to me."

The woman recounts that back in high school, she hurt a girl famous for being the nicest person in the crowd, by informing her that being nice was too stupid for words.

Still, years pass and our "old" woman, who remains nameless, has changed. She's adopted decency. She'll do



Season of Fury and Wonder

by Sharon Butala

Book review
by Eleanor Cowan

the right thing because civility requires it. Even though she never liked her dying brother-in-law, nor believed her sister was happy with him, she'll

pay her last respects. She'll order a taxi, refuse offers of a bed with chatty relatives, and book a separate hotel room.

Yet, the wonder is that while paying her duty call, an astonishing thing happens in the sickroom to warm everyone. This older woman did her best, and something human happens to her.

In the third story, inspired by Hemingway's 'Hills Like White Elephants', a desperate young woman agrees to a backroom abortion in order to hold onto a lover who may leave her anyway. In Butala's take, we learn of the suspected suicide of Maggie's best friend, possibly because of an empty marriage, drained of love. I sense tremendous helplessness about love, the filling up and emptying ebb and flow of dependent women.

Most women born in 1936 would be about ready to leave home in 1956. But many would merely switch houses and assume an unvaried domestic role. For many talented women, that option was just moving to a new jail cell and wearing invisible handcuffs.

Until, that is, in 1957, when Betty Friedan was asked to conduct a survey of her former college classmates and found that many of them were wretched with their lives as housewives. She began the research for her book 'The Feminine Mystique', which she wrote to show the mistaken assumptions that women were fulfilled from their housework, marriage, and children.

It was touted that 'feminine' women should not even want to work, nor get an education, or have political opinions. Friedan's work proved that such women were shamed for voicing their distress and were advised to mute it. But in Butala's stories, the besieged bellow their grief.

When husband, children, and home disappear in a blinkered world, everything is indeed lost.

'Season of Fury and Wonder' must be read through the lens of societal deprivation and not the optics of a Canadian feminist today who can, for example, live her orientation, study, choose to give birth with or without a partner, and still enjoy a career, acceptance, friendship, and community support.

In 'Guilt: A Discussion', the character Jessie-Marie reflects importantly, "...even though individuals don't have the power to make laws, in the end what will work will be where each of us takes responsibility for our actions."

Read Butala's unvarnished stories of those who paid the humbling physical, mental, and emotional costs of aging within the confines of a patriarchal system of human organization. Lest we forget. ▲

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Walking is one of my favourite things to do



By BARBARA ELLIS

Walking is one of my favourite things. Always has been and of course, it comes with a bonus, it is very good for my body. Over the years I have walked many miles in many places. My footsteps have taken me through forests and grasslands, along the shores of some of the world's oceans and even on a few mountain tops, low mountain tops. More like hills.

My favorite time to walk has always been in the morning, but sometimes for a change, I walk at sunset and find it to be a completely different experience. In the morning everything is fresh and new while at sundown the world seems to relax and unwind as it settles down for the night.

Early morning walks inspire me and are the most creative portions of my day. In my mind I plan a new painting or how to improve the one I am working on. I write and re-write story lines in my head and can hardly wait to get home to feed the words into my computer.

Every once in a while I am treated to a magnificent sunrise. I watch the sun emerge from behind crimson clouds and burst onto the scene in golden splendor. At about the same time, the birds are waking up and start chirping as they busy them-

selves to meet the new day.

On one such morning, the month could have been March or April, I happened upon a children's playground just as the seagulls were arriving. They landed on the grass in front of me, exhausted and excited by their long journey back to Calgary.

They were squawking and greeting one another and I was sure I was witnessing their private conversations. I was imagining that they were probably telling one another about their flight, how long it took, how tired they were and how dangerous it was getting over the Rockies. They stretched their necks high and walked about with their wings gently flapping. It was an obvious demonstration of how it all happened and the scene completely captivated me.

Springtime is a magical time. I relish the blossoming trees and bushes which fill the air with their perfume, apple blossoms, lilacs, honeysuckle, all blend together and waft past my nose. I can hear my father's voice telling me to "breathe deep to the bottom of your lungs." He has been gone many years now, but I still try to do what he taught me. He was right, and I fill my lungs to capacity with the cool fresh air and then smile as I exhale and let it all out.

Walking when there is a chill in the air and dew on the grass engages me in the big change that is to come. Soon the leaves turn various shades of yellow and rust and, as they fall to the ground, they lay down a carpet of gold. The bright orange berries of the Mountain Ash stand out in sharp contrast to the leaves, making it easier for the birds to see and eat them.

Overhead I can see some Canada Geese flying in military formation getting an early start to the day. What

courage and tenacity they must have to endure the long journey ahead of them. I wave and wish them well, and if anyone is watching, I don't care.

Walking in winter brings new joys and wonders. I am not talking about those very cold days when the wind whips up the snow in mini tornados to sting my face. No, on those mornings I stay in. I mean those few amazing mornings when the temperature hovers around zero and there is a fresh layer of snow blanketing everything. The street lights illuminate the ground in a blueish tinge and the newly fallen snow glistens like a million diamonds at my feet. All is very still and quiet and, as I walk, the only sound comes from my boots as they crush the snow beneath me. Behind me, I can see my footprints disappearing into the dark.

Recently I joined a walking group of seniors whose companionship I treasure. During our walks, we find out about each other, where we are from, what our hobbies are, about children and grandchildren. It is a great way to not only pass the time but to also keep our bodies healthy.

I consider myself lucky to live in a city where there are so many beautiful parks. It was only when I walked along the ridge of Nose Hill that I realized just how big that area is. Our path meandered along the top for a while and then descended into a deep valley full of trees and bushes. The climb back up was certainly a heart-pumping workout.

Walking anywhere in Fish Creek Park has the added joy of perhaps encountering a deer or some other creature. There are always birds, Blue Jays, Robins, Woodpeckers, Chickadees and many others

that I do not know.

I do not have to leave the city to be surrounded by wilderness and nature, and when I get tired, I can rest on any number of comfortable benches that are provided

everywhere. For as long as I can, and for as often as I can, I am going to keep walking and enjoying the fellowship of my friends and finding new pathways to share and enjoy. ▲

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Volunteer Spotlight



Wayne Orpe

Wayne is a hardworking, fun and friendly volunteer. In 2007, he saw an ad in Kerby News looking for volunteers and has been volunteering with Kerby News ever since. Wayne has contributed more than 463 volunteer hours. Apart from Kerby Centre, Wayne has also volunteered with the Calgary City police for 22 years and Calgary Go-Kart Club for 15 years as a track marshal! He enjoys the people and fun community at Kerby Centre and looks forward to coming in to volunteer. One of his favourite things about volunteering is there's always something more to do! When Wayne isn't volunteering he enjoys golfing, fishing, camping and of course go-karting!

Thank you Wayne, for all that you do for Kerby Centre.

Wake up and smell the coffee

People are becoming more interested in coffee and the complexities of how it's grown, as they realize how little they really know about their morning ritual.

Here are some key things you probably don't know about coffee:

Coffee can be as complex as wine. Everyone knows what bad coffee tastes like, but did you know that good coffee can play host to a whole array of complex flavours? From cognac to mandarin oranges, the flavour of a bean starts with the seed, not in those syrupy bottles you see at your local coffee shop.

The final outcome can be changed at any point during the growing, roasting and brewing process. The difference between a full and flavourful dark roast and a burnt cup of beans is about three seconds roasting time or less.

A lot goes into the tasting of coffee as well, and the process can be similar to tasting wine, with attention being paid to acid levels, bitterness, florals, start and finish in the mouth, and aftertaste.

Drinking bad coffee can kill you. That's right, coffee can be toxic. If you over-roast coffee beans, they can undergo a chemical change

and become carcinogenic.

If you see containers of shiny, glistening coffee beans stay away. An oily exterior on coffee beans means they have expired.

Did you know that coffee makes great tea? Coffee beans are actually a form of cherry and grow in bushes that smell like jasmine. The skin of the cherry also makes a lovely, fruity-tasting tea, that is very high in antioxidants, and is even used as an ingredient in makeup products. The cherries can take about nine months to mature, and only the ripe fruits can be harvested for coffee. ▲

Home is the place where you can be yourself

By Sheila Addiscott

Carewest, Calgary's largest public care provider, is consulting with the Rainbow Elders to find ways to provide safer and more welcoming long-term care for members of the LGBTQ+ community.

Many older LGBTQ+ clients have experienced poor treatment in their lifetimes, suffering family rejection, social isolation and discrimination in the healthcare system. Alberta Health Service (AHS) working together with Rainbow Elders member, Rocky Wallbaum and others, have created some resources on awareness and ideas of how to better support LGBTQ+

clients in continuing care residences.

Carewest is now taking these resources to the next step and has asked Rainbow Elders for advice on how to implement the education for staff and residents.

"Carewest want to be leaders in this area. We want to figure out how to take these resources that have been created and put them into action and bring it to life in our facilities," said Carewest Sarcee Director of Operation, David Sawatzky.

Carewest has completed a baseline survey of all staff at two of their sites, the Dr. Vernon Fanning Centre and Carewest Sarcee locations.

The survey asked staff if these sites were welcoming to people with diversities, such as indigenous people, people with disabilities, LGBTQ+ people and visible minorities, and whether the staff was comfortable providing appropriate care to these diverse groups of people.

Out of all of the groups the survey mentioned, the staff thought the facilities were least welcoming for LGBTQ+ clients. Their responses underscored a need for more awareness, and a need to help the staff become confident in creating a more welcoming community.

"This is not an area that we have navigated before. So we wanted to find resources in the community to support us and make sure that we were successful, and we found the Rainbow Elders," added Sawatzky.

People often think they know more about a subject than they do, and it is important that they understand that there are many nuances that they can't know about someone's particular experience, especially if they are an LGBTQ+ senior.

Wallbaum said: "For example if an 8-year-old girl goes to her parents and says, 'I like all these dresses and stuff, but I'm actually a boy'. There is no one in that family who has had that experience before. For staff, it can be the same situation. They don't know which pronoun they should use or perhaps what clothes the senior would like to wear?"

This new education addresses these issues and more. The first step to making the centres feel more welcoming is by making the staff

feel comfortable asking those questions. One of the most appreciated pieces of advice is for people to not be afraid to make a mistake.

"If you say the wrong thing, it's okay, you are learning, we are learning and we will all get better," added Wallbaum.

The new guidelines provide ways of communicating that ease those fears. Such as when you meet someone, introduce yourself and ask not only "What is your name?" but also "What name do you go by?" A person's legal name is not always the name that they use. Also ask what pronoun they go by, such as he, she or they. When you use a person's preferred name and pronoun, you are showing them that you respect them.

"It all comes down to respectful communication. Asking ourselves are we respecting the other person?" added Lesley Myles, Director of Operations at the Dr. Vernon Fanning Centre. "We are taking what's good from the broader AHS and adding in what is specific to our sites and making this work."

In their older facilities there are a lot of shared rooms, adding another layer of complexity in residences. Carewest want to make sure that residents feel safe being out, being their authentic

selves, in their homes.

Couples regardless of orientation, are also allowed to stay together in the same room in all Carewest facilities.

"We hope that through showing that our facilities are inclusive environments that LGBTQ+ couples are more comfortable having those conversations about wanting to stay together," said Sawatzky.

Rainbow Elders suggested Pride flags be displayed at Carewest centres as a first step. The rainbow flags are a sign that this is a safe place.

"We want our staff to be more comfortable assessing new clients and having these conversations in a respectful way," said Sawatzky.

"I'm really glad to work with Carewest. I've had many experiences and heard so many stories about LGBTQ+ seniors, I have so much to share, because I've actually lived it. It is just great to be heard," added Wallbaum.

"Carewest is committed to this project. We want to get to the point where we are so comfortable with where our facilities are, that we can be a resource for other long-term care facilities," added Sawatzky.

AHS is doing a broader rollout of education around LGBTQ+ seniors during Pride Week this month. ▲



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The beauty of grey

By Sheila Addiscott

For decades women have been dyeing their grey locks back to their original blond, red and brunette shades, but no longer. Grey hair is in vogue among women of all ages.

For older women this is a good thing. Colouring hair in a salon is time consuming and expensive as those roots seem to grow in faster than anything in your garden. Many women who “go grey” find it liberating and a statement of confidence.

There are many shades of grey hair, from near white hair to dark smoky grey. As well as different shades, grey hair also comes in many different textures.

Once hair has gone grey it means that it has lost its original pigment. Approximately 50 per cent of people have grey hair by the time they are 50 years old. Even teenagers can go grey. There is a small percentage of the population that will go completely grey in their 20s and 30s. Genetics have a big part to play if your hair goes prematurely grey.

Race, gender and ethnicity also play a role. People of Asian or African descent have fewer grey hairs than those of Caucasian origin of the same age. Men also have more grey hair than women of the same age.

Grey hair is actually finer than coloured hair, but it can seem coarse because the hair has less oil on it as our scalps produce less oil as we age. The many textures of grey hair are dependent on the composition and percentage of pigmented and grey hair.

No matter the shade of your grey hair, there are some tips to keeping your silver locks looking healthy.

Natural grey hair can look more yellow than grey without proper care. Use silver shampoo, also called purple shampoo, to keep that silver colour. These shampoos contain a purple pigment designed to remove brassy tones from hair. Leave shampoo on the hair for a few minutes before washing it out. Only use these products every 2-4 washes so your hair doesn't take on a violet tone.

For regular washing and conditioning use products that have oils in them to help replace the oil that your scalp has lost. Look for shampoos and conditioners with argan, Moroccan, almond or coconut oil. Shea butter is also very moisturising.

Avoid buying products with sulphates as they can make your hair dry and frizzy. Steer clear of products that

contain dimethicone too, a type of silicon that can sit on hair even after rinsing and make hair look flat. Also skip hairsprays that have a high alcohol content as they dull hair.

For styling, try to stay away from heat. If you blow-dry your hair or use hair straighteners or a curling iron protect your hair from the heat. Keep temperatures low and use a heat protecting styling product. Heat protectants, prevent hair from getting weak and breaking, and from getting frizzy.

Celebrities like Helen Mirren, Jamie Lee Curtis and Judi Dench have played a role in this shift to welcoming grey hair. They embrace their hair colour and bring grey glamour to the red carpet.

But it's not just celebrities, women everywhere are enjoying 50 shades of grey.▲



Cathy Hiebert.



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Tales of two cities

Story and photos by Jerry Cvach

Page layout and design by Winifred Ribeiro.



Bandelier National Monument, ladder to cliff dwellings.

According to Leonard Cohen, America is “the cradle of the best and of the worst”. If you want to see bizarre differences in pretty well anything, the United States is the place to look. When we visited the mighty Houston, Texas, and just across the state line the sophisticated, but small, Santa Fe, New Mexico, the veracity of Cohen’s lyric became apparent.

There are the very wealthy and the very poor, the educated and the well, brainless. There are cutting edge superfluous technologies alongside plain, well-tried craftsmanship. In the USA mighty metropolises and neighbourly little towns exist side-by-side, where ‘big’ is enormous and ‘small’ is tiny.

Everything is big in Texas. It’s the largest state in the contiguous United States. Houston is the fourth largest city in the USA, and its port is the 13th busiest in all the Americas. Texans don’t lack in confidence and like to brag that Texas “allowed the USA” to join them



The view from Acoma Pueblo.

in December 1845. Four of their own also became presidents.

The lack of standard tourist fare in Houston was demonstrated best by a friend who offered us a tour of the refineries and oil-rig dry docks. Houston can’t be visited for its beauty, but rather needs to be admired for its industrial might and vitality. However, it is worth visiting, for there are some fine museums, an opera and a ballet.

The city has a modern, rather vertical downtown and a very ritzy area with amazing mansions around White Oak Drive where there are more private security guards on patrol than police officers. The oak trees in themselves are worth a detour. Houston supposedly has a very interesting nightlife. It is a port after all, but I suspect that it can’t beat storied New Orleans for merriment.

After Mickey Gilley’s honky-tonk bar burned down in 1990, two main attractions remain. Lyndon B. Johnson’s Space Center, 20 miles south of downtown in the suburb of Nassau Bay, is one, and a good fit for the



Mission San Jose y San Miguel de Aguayo in San Antonio.



Chaco Canyon.

no-nonsense, efficient Houston.

Also located just outside of the city limits, not far from the Space Center, the historical San Jacinto Battleground is the site of Mexican dictator Santa Anna’s final defeat on April 21, 1836, resulting in Texas’ independence. Santa Anna’s real name was more impressive than his military achievements — Antonio de Padua María Severino López de Santa Anna y Pérez de Lebrón.

Imagine, that just 183 years ago the fate of whole nations was decided in a 20-minute battle. Eight hundred Texans under Commander in Chief, Sam Houston, routed 1,500 Mexican regulars on that day. The slaughter of retreating soldiers notwithstanding, the human losses were small by today’s standard and yet the prize won was so big.

Houston also has excellent seafood markets located on Galveston Bay, selling bay shrimps almost directly from the boats moored nearby. Shrimping has been taken over in recent years by Vietnamese sailors who are willing to get up early and to



Kit Carson’s ranch in Taos NM.



Mansion in White Oak neighborhood in Houston.

short-story teller better known for the chocolate bar named after him.

One important historical site not to miss is the Alamo mission. A converted fort that saw action in the same war for independence that ended so ingloriously for General Santa Anna. He had more success here, because he had a bigger manpower advantage: 22 to 1. The battle is an event of lore. Texans were wiped out to the last man, with the names of many Alamo defenders known to every American child even today, William B. Travis, David Crockett, James Bowie to name a few. Alamo today is a very pleasant place to visit, enclosed by walls with beautiful gardens and well-restored buildings.

It is less known that downriver from Alamo, but still within the city limits, there are partial or complete ruins of four other missions. They are bicycling distance from each other and an enjoyable outing on a nice spring day. The best-preserved is the San Jose y San Miguel de Aguayo founded in 1720 by Fray Antonio Margil. It was a model mission and social center at its peak. The mission residents, natives, learned commercial skills and how to use firearms to fend off Comanche and Apache raids, so the pamphlets say.

North of San Antonio is the little, touristy town of Fredericksburg, purportedly founded by German immigrants. There is nothing there to outwardly remind one of the real German towns since the layout of the place is pure geometrical Americana, with a very straight and wide main street. The architecture is also more western log cabins and 19th century Victorian houses than the ubiquitous half-timbered houses of the Black Forest, but the cleanliness, orderliness and attitude are clearly German. Restaurants offer wiener schnitzels, sausages, spätzle and pork roasts, and plenty of beer with which to wash it down.



River Walk in San Antonio.

Not far away is a little settlement called Luckenbach that is as opposite to Fredericksburg as one can find, a situation straight out of Lewis Carroll’s Alice Through the Looking-Glass where everything is reversed. It can be best described as organized mayhem. There are a few rickety old barns now converted to bars, a grocery store, a dance hall, and a small church. The campground next to the parking lot was full of Harleys and Indian motorcycles. The clientele was rural or pseudo rural, the music loud, public drinking profuse, and check-stops nowhere to be seen. It was a fun place, very un-German like.

Then there is the city of La Villa Real de la Santa Fe de San Francisco de Asis (“The Royal Town of the Holy Faith of Saint Francis of Assisi”), New Mexico. The name displays the seventeenth century love of flowery expressions by its Spanish founders, later abbreviated to just Santa Fe by more practical Americans. A more poignant contrast from Houston can’t easily be found. The city is 30 times smaller, and yet is a state capital founded in 1610, making it the oldest in the USA.

The city was laid out around a central plaza with the Palace of the Governors on the north and the Cathedral Basilica of Saint Francis of Assisi on the east side. The city grew considerably throughout the 19th century and the building styles changed. By 1912, the eclectic nature of the buildings caused it to look like anywhere in the USA.

The city government started to impose a unified building style — the Spanish Pueblo Revival look. This style has borrowed from many old adobe homes and churches built in the past, notably the rough, exposed beams that extrude through supporting walls — vigas, the rain spouts cut into short parapet walls on roofs — canales, and most importantly the earth-toned look of the old



Mission San Francisco De La Espada on San Antonio River.

adobe buildings, in the modern era reproduced in stucco.

Since 1957, new and rebuilt buildings, especially those in designated historic districts, must exhibit a Spanish Territorial or Pueblo style of architecture. Understandably, many contemporary houses are built from lumber or concrete blocks, but with stucco surfaces referred to as “faux-adobe”, reflecting the historic style. The result is spectacular.

There are many fine art museums in Santa Fe. The one specializing in Native American history and closest to my heart is one displaying Georgia O’Keefe paintings. There are also churches with interesting interiors such as the St. Francis Cathedral, San Miguel Mission and the Loretto chapel known for its spectacular Miraculous Staircase.

The restaurants downtown are fabulous. One mustn’t mind the prices, as eating out in downtown Santa Fe is part of the lifestyle and a “must do” for the visitor. Cuisine is definitely Latino, spicy and delicious.

A visit to Santa Fe should always include forays into the country for which one must have a car. There is so much history! We started with the town of Taos in the north, which does a good imitation of Santa Fe. They have many original adobe buildings most notably, the residence of Kit Carson, a well-known US Army scout, an old theater, many shops and outdoor cafés. Not to be missed is a visit to Taos Pueblo, even if you might need three tries to get in. First we were stymied by some ceremonial dancing from which strangers were banned, and two days later by a funeral of two residents. It was opened later in the day, and it was well worth the wait.

Taos Pueblo is a lived-in Native American Community. In spite of its origins, it’s built like a modern apartment complex. The main building is four stories high and is constructed



Kiva in Nambe Pueblo.

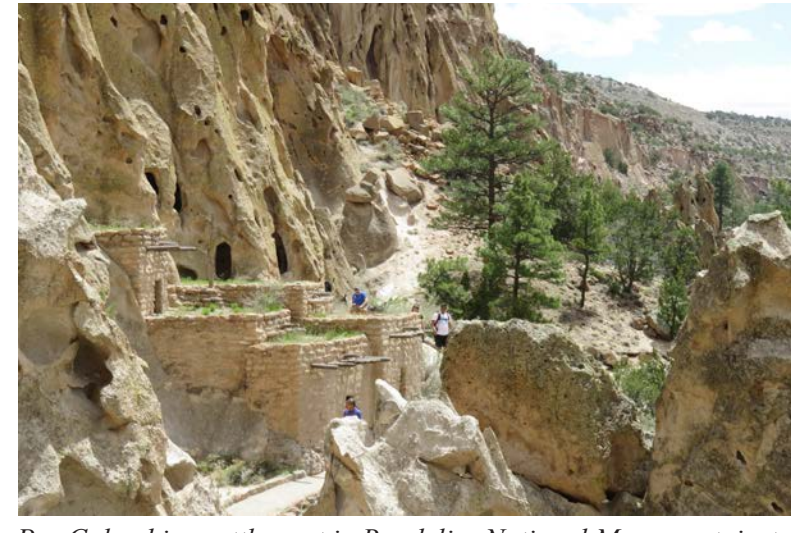
with adobe bricks. The access to individual dwellings is directly from the ground or by ladders to the upper levels, so it’s pyramidal in shape. It is not fortified, unlike other ancient pueblos in the American southwest, but positioned on the flat bottom of a fertile valley. There are many craft shops and one can buy bread baked in clay ovens, that isn’t as much tasty as it is a curiosity.

I was enthralled by the native cemeteries. Taos Pueblo’s cemetery lies behind a low wall on the edge of town. It has no discernible grid. Old wooden crosses are rickety, with recent graves’ headstones placed here and there. Nambe Pueblo’s were smothered in flowers while in Acoma they have only a few markers in an otherwise open field. The mood is melancholy, but always touching, the grieving and reverence for the dead obvious, embodying acceptance.

An excursion in an entirely opposite direction is to Acoma Pueblo that is as unlike Taos Pueblo as can be. It is perched above the plain on a rocky outcrop so formidable, that its inhabitants were able to hold off Spanish raiders for some time during the 1680 Pueblo Revolt, at least until the frustrated Spaniards brought in cannons.

Acoma people are very businesslike and proud to show their city. There is an excellent visitor centre from which tourists are taken up in busses and accompanied by very able guides. The placement of the pueblo is reminiscent of southern Italian fortress cities, but of course, the buildings are of southwest aboriginal construction, with access to upper floors by outside ladders again.

To demonstrate their might, the Catholic Church built a large San Estevan Del Rey Mission church between 1629 and 1641. It is by far the largest building in the pueblo. The Acoma were ordered to build the church, moving tons of adobe, straw,



Pre-Columbian settlement in Bandelier National Monument, just outside of Santa Fe.

sandstone, and mud to the mesa for the church walls. Ponderosa pine was brought in from more than 64 km away. The 6,000 square foot church has an altar flanked by 60-foot-high wooden pillars, hand carved in red and white designs representing Christian and indigenous beliefs.

Although these pueblos are centuries old, to learn about an even more distant past it is imperative to visit Bandelier National Monument with its cliff dwellings. It is very close to Santa Fe and at least in April, not so busy. There is so little left, just the foundations of the old settlements and some caves in the cliffs above, petroglyphs and breakneck ladders, but the area is enchantingly beautiful and makes a great outing.

Before our departure we took a 700 km return trip to Chaco Canyon, a National Historical Park. Visiting Chaco is key to understanding the history of pueblo people. According to the Acoma guide, people originally came from Mesa Verde where they still lived in cliff cities, via Aztec where they lived in a simple pueblo, and finally coming to Chaco Canyon where they lived in bigger and more elaborate settlements. Chaco is rich with these ruined settlements, most notably the Pueblo Bonito.

After surviving an unspeakably bad dirt road such as one would more expect to find in Afghanistan, the valley narrows ultimately, the first prize for oddity has to go to unique parking “meters” in the library lot in Albuquerque, conveniently close to the old town. The lots are numbered and there is a large panel erected at the exit. It has tiny slots with corresponding numbers. The driver estimates the cost and pushes money through the slot into a compartment with a stick on a chain. The proceeds go to the library. No credit cards, please.

It’s an honour system and it works. There is really nothing wrong with New Mexico! ▲



Taos Pueblo church.



Taos Pueblo, adobe “apartment”.

The divorce rate among older people is on the rise



(Photo credit Gerd Altmann)

By Sheila Addiscott

The divorce rate among older people is on the rise. Many older adults are getting a divorce at a time when they could be expected to be settling into retirement together. Making the decision to get a divorce later in life and the practicalities surrounding that decision can be a daunting prospect.

Divorce is very common and people of all ages divorce for many of the same reasons. Some of the most common reasons given for marital breakdown are infidelity, constant arguments, verbal and physical abuse, alcohol, drug and other addictions and simply falling out of love with a partner.

Statistics Canada notes that the rate of divorce for those 55 and over is steadily growing, and is expected to increase. For couples who are separating later in life, there are some particular barriers that they need to cross, that younger people do not have to consider, such as pension and retirement fund splitting and selling off a home they have probably lived in for most of their lives.

The cost of living for a single person is much more than that of a couple, no matter what age you are. However, for seniors, divorce at this later stage can lead to a huge change in financial circumstances, and there is no opportunity to go back to work and bring in a salary to make up the difference.

Canada has a no-fault divorce system. There are three

reasons you can use to apply for a divorce. You and your spouse have separated and have lived apart for at least one year, or your spouse has been physically or mentally cruel making living together intolerable or your spouse has committed adultery.

No matter the reason for the divorce, matrimonial property and debt are divided equally between both partners unless otherwise agreed upon. The Matrimonial Property Act (MPA) states that matrimonial property is that which was acquired by either spouse, or jointly during the marriage. This includes bank accounts, pensions, cash, stocks, cars, jewelry and property.

There are some items that are excluded from the act and these include assets owned prior to the marriage, inherited assets, proceeds from a personal injury lawsuit or insurance and gifts from a third party.

If you are in an unsafe relationship, all other factors need to be ignored, personal safety comes first. But, if abuse is not the reason for ending a marriage, taking the time to really understand where you sit financially and with your home, usually a couple's most valuable asset, is of huge benefit.

One of the most important issues for older adults is finances. There is often one partner in a marriage who knows more, often much more, about the couple's financial situation than the other. When deciding to separate, it is important to under-

stand the financial fallout that will follow. You both need to know how much money you have and what assets you own along with what you owe.

Take time to create a list of all the assets you own together and those you own separately. Make a copy of the supporting documents for these assets. Keep a copy of your bank statements.

The same reasoning applies to any debts that you have. You should be able to provide a lawyer with credit card statements, mortgage statements, car loan papers etc.

Also make sure you have a copy of your tax returns and any pension statements that you receive. It is much easier to figure out how to separate finances, if all the information about the finances is organized in one place.

Recognize that it is most likely that you will have to sell the family home to release the equity so that it can be divided between the two owners. If one person decides to keep the family home they need to make sure they have the funds to look after the property. A new roof, boiler or other emergency could blow an already tight single person's budget.

Most couples have a joint life insurance policy. If you have a joint life insurance policy, you should both try to keep it, as it is much more expensive to start a new life insurance policy after 65. Make sure that you each change the beneficiaries though, as it is unlikely you would want your ex-partner to financially benefit from your death.

When you collect all that financial information don't forget to calculate in lawyer's fees. A lawyer, in an uncontested divorce can cost around \$1800, while a divorce contested in court can cost upwards of \$10,000 dollars. While only time can heal the emotional pain of the end of a marriage, coming to an agreement on how assets should be split is the smartest financial decision you can both make and will at least ease the financial pain. ▲

Where to go for free legal advice in Alberta

Free legal advice is available from Legal Aid if you qualify. Call 1-866-845-3425, or go to www.legalaid.ab.ca for more information.

Calgary Legal Guidance provides free legal assistance to individuals experiencing financial hardship. They also have an Elder Law Program that helps older adults. Call 403-716-6489 or go to www.cig.ab.ca.

Calgary Legal Guidance also has a Dial-A-Law series that provides general information on a wide variety of legal issues in Alberta. Call toll free 1-800-322-1091.

Volunteer lawyers provide free legal advice at different agencies such as:

The Genesis Centre 1000 Voices Legal Clinic call 403-716-6476 for more information. ▲

Women's Centre Calgary Legal Advice Clinics. For more information email legal@womenscentrecalgary.org or go to www.womenscentrecalgary.org.

Kerby Centre has a volunteer lawyer program. There is no charge for the initial meeting. Call 403-705-3246 or go to www.kerbycentre.com for more information. ▲



THRIVE PROGRAM

Over 55? Low Income? Mobility Challenged?

Thrive Department at Kerby Centre can shop for & deliver your groceries

Call 403-234-6571
to see if you qualify

Have Fun Learning

Choreographed Social Dancing At CueSteps Round Dance Club



- Remain Active (Physically & Mentally)
- Enjoy a Casual, Friendly Atmosphere
- Regular Classes start September 15
- Free Introductory Lesson 7-9pm Aug 11

VENUE: Winston Heights Community Centre
520 - 27th Ave. NE
(easy access off Edmonton Trail)

For further information:
Contact Ron or Donna at 403.851.1581
www.rounddancecalgary.com



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- Weekly Housekeeping
- & Much More

Seniors Scene

F.O.C.U.S. on Seniors

Chit Chat English conversation classes every Tuesday at 10:00 a.m. in the 1000 Voices area at the Genesis Centre. Free English classes are available from August-October 2019 from 12:00 – 2:00 p.m. Call Dominic 587-899-5077 for more information. Aquacize takes place on Monday and Thursday, from 12:00 – 1:00 p.m. at YMCA/Genesis Centre. Cost is \$30.00 for 7 sessions or \$5.00 drop-in if space available. To register call Fauzia 587-998-3320 or 403-816-8145. Memberships available for \$10:00/year. Email info@focusonseniors.ca for more information.

Bow Cliff Centre for 50+

Bow Cliff Centre will hold a social event on August 23 at 6 p.m. Supper is free and donations are welcome. This event is held on the fourth Friday of every month. For more information,

contact our office at 403-246-0390 or by email at info@bowcliffseniors.org. Or visit our website: www.bowcliffseniors.org.

Greater Forest Lawn 55+ Society (GFLS)

Five Star Bingo will be held on August 1 and 15 at 4980 25 Street SE. For information about bingo call 403-248-8334. Wednesday lunches are at noon, \$7 bingo to follow. August 24 come see The Legends with Stan Foster. Tickets still available and are \$35.00. There is limited seating. Doors open at 4:30 p.m., cocktails 5:00 p.m., supper 6:00 p.m. and entertainment starts at 7:30 p.m. No Saturday night dances. For more information call 403-272-4661. GFLS is located at 3425 26 Avenue SE.

Inglewood Silver Threads

Inglewood Silver Threads is a 55+ seniors' centre, focusing on group activities. Annual membership costs \$20, and members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for ten cents per card. As well, our \$2 tea and chat lunches and monthly potlucks are a great way to meet new people and engage in group activities. On August 3, Silver Threads will be participating in Sunfest. Join us for our annual Summer Bake and Craft sale, all proceeds go to senior activities. For more information about this and other programs please call Wendy at 403-264-1006. Inglewood Silver Threads is located at 1311 9 Ave SE.

Rainbow Elders

Rainbow Elders Calgary is a group of LGBTQ+ senior volunteers dedicated to strengthening the ties between different generations of LGBTQ+ citizens in Calgary, while also being advocates for LGBTQ+ seniors. We meet every second and fourth Friday at 2:00 p.m. in Kerby Centre.

Some dates to note: Gay it Forward Serves Dinner, August 28, 5:30 – 7:00 p.m. at the Calgary Drop-in Centre (The DI). Rethinking the Closet: New York Gay Life before Stonewall, August 23, 6:00 – 8:00 p.m. at the Central Library, 800 3rd Street SE. Memorial Park Pride, August 24 and 25, 11:00 a.m. to 5:00 p.m., 1221 - 2nd St SE. Save the Date! Pride Week – August 23 to September 2. Pride Parade, September 1, 11:00 a.m. to 1:00 p.m. Start point is 421 6th Ave SE. Pride in the Park, Sunday, September 1, 10:00 a.m. to 6:00 p.m. at Prince's Island Park. For more information visit www.rainbowelderscalgary.ca.

Good Companions 50+ Club

Good Companions 50 Plus Club will be holding their 10th Annual Multicultural Social on Wednesday, August 14 from 11 a.m. to 2 p.m. Tickets are only \$5 and can be purchased until August 9. Ticket includes lunch, cake and ice cream, door prizes and music by Timeless Jazz Band. Bring a friend and join us! Tai Chi and Qi Gong will also be running weekly in August. We are located

at 2609-19 Avenue SW. For more information call 403-249-6991.

Heritage 50+ Seniors

Heritage 50+ Seniors is holding its annual open house and you're all invited. It will take place Thursday, August 29, from 9:30 to 11:30 a.m. at St. Andrew's Presbyterian Church, 703 Heritage Drive S.W. Come and see the activities that are offered, such as aerobics, music, art, yoga, bridge, carpet bowling and more. Memberships will be available for \$20 for the 2019-2020 year. Also, members may get tickets for the September 9 luncheon

from John, Margaret or Ron, cost is \$12. If you are 50 years or older and want something to do, come join the Heritage Seniors and we will welcome you.

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SEATTLE BASEBALL GETAWAY
Includes a 3-game Blue Jays Series!
6 days, August 22 **guaranteed**

CALIFORNIA WINE COUNTRY
San Francisco & Napa Valley Wine Train!
13 days, September 3 **guaranteed**

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4 nites in Kelowna with unique side trips!
7 days, September 22 **guaranteed**

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AROUND TOWN EVENTS August

Shakespeare by the Bow

A Midsummer Night's Dream

August 1 – August 18
Prince's Island Park (Pay what you will, no tickets)
www.theatrecalgary.com

Mercury Opera Carmen

August 17
www.mercuryopera.com

THIRD ACTION and ESCape Film Festival

Cocoon, Globe Cinema
August 21
www.globecinema.ca

Fort Calgary Black and White Movie Night: The Manchurian Candidate

August 23
www.fortcalgary.com

Jubilations A Country Star is Born

August 3 – October 12
www.jubilations.ca

Lougheed House Exploring Métis Identity Past and Present

August 1 – September 29
www.lougheedhouse.com

Stage West Theatre Legends of Country

August 1 – September 1
www.stagewestcalgary.com

www.lifetimehighs.club
587-223-0203
~ Traveling Together ~

Winnipeg, Mb	Aug 11 - Aug 17, 2019, Casino Package	\$820 pp/dbl
	Aug 11 - Aug 17, 2019, Adventurer Package incl Casino	\$1015 pp/dbl
Moose Jaw, SK	Sept 16 - 19, 2019, Sights, Shopping & More	\$425 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019, No rules, no regrets	\$665 pp/dbl
Coeur D'Alene, ID	Oct 25 - 28, 2019 w 2 days Spokane Shopping	\$415 pp/dbl
	Dec 1 - 4, 2019 1 day Spokane Shopping & Xmas Light Cruise	\$415 pp/dbl
Edmonton, Ab	Jan 19 - 21, 2020 River Cree and West Edm Mall	\$285 pp/dbl
Bonnars Ferry, Id	Feb 2 - 5, 2020 Super Bowl Action	\$385 pp/dbl
Yellow Stone	Jun 21 - 27, 2020 Old Faithful, Sightseeing	\$ Call
China	April 6-23, 2020 Amazing Deal - 18 days	\$5300 pp / dbl

All Inclusive - Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship w Cabins and Balconies, Bullet Train, Panda Research Center Silk, Pearl, and Jade Factory Shopping, Ghost City, Bird's Nest Olympic Center & More
Free Info Session: 10333 Southport Road SW, Suite 532, Calgary, Sat, Sept 7th, 10:00 AM - Noon
Stoney Nakoda Kananaskis Overnight Trip Nov 12-13, 2019, Feb 13-14, 2020

Let's Go! Toll Free
1.855.764.8500

TOURHERO

Laughlin Nevada
Oct 13, 2019 (13 Days) \$799.00 pp/dbl

<p>Side tours include:</p> <ul style="list-style-type: none"> Las Vegas NV Oatman AZ Bullhead City AZ Lake Havasu AZ Grand Canyon AZ (optional) 	<p>Extra's include:</p> <ul style="list-style-type: none"> 4 free buffets & 5 meal vouchers 2 Continental breakfasts \$28.00 Free slot play Laughlin coupon book Las Vegas Night (optional)
---	---

www.tourhero.ca **Motorcoach Tours**

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curriegreen@statesman.ca

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Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Kerby Centre 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

Next To New 1/2 Price Sale

50% Off
Everything Sale

Weds., August 21st

10:00 am – 2:30 pm



SAVE THE DATE & PLAN TO JOIN US!

Tuesday, October 1st
National Senior Day
Celebration at Kerby
Centre

Stay tuned to Kerby News
and www.kerbycentre.com
for all the details of an exciting
& timely presentation you
won't want to miss!

A Group For Mature Jobseekers

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



August 6th **Resume Writing** - participants will receive information and tips about:

- Writing a customized resume
- How to write a resume based on the latest Canadian labor standards
- Essential components of a resume and what makes it effective

August 13th **Networking**

August 20th **Preparing for Interviews**

August 27th **It's Part Of The Job Search - Facing the Rejections**

For more information phone 403 705-3217 or
email options45@kerbycentre.com

Financial Planning Today

Seniors Benefits & Credits with CRA & Budgeting for Seniors

Presented By
Bonnie McIntyre - Canada Revenue Agency
& Pamela Quist - Money Mentors

Wednesday, August 14th
10:00 am - 12:00 pm

Kerby Centre Lounge, 1133 7th Ave SW

Join us for coffee and cookies as CRA presents tips about the GST/HST credit, medical expenses, Home Accessibility Tax Credit, Disability Tax Credit and the Combined Caregiver Credit. Then learn the secrets of spending less, saving more, setting goals, budgeting for a happier tomorrow.

Free Event - Please RSVP to Rob Locke,
Director of Fund Development
Phone 403 705-3235 or
Email: robl@kerbycentre.com

KERBY DAY TRIPS

Enjoy "An Evening At The Glenbow Museum"

Thursday, August 1st, 2019

Regal Cat Café

Thursday, August 8th, 2019

Hutterite Colony Tours (SOLD OUT/WAIT LIST ONLY)

Wednesday, August 14th & August 28th, 2019

Ribbon Creek Hike (SOLD OUT/WAIT LIST ONLY)

Thursday, August 15th, 2019

Botanical Gardens, Silver Springs

Friday, August 23rd, 2019

Ghost Lake Boat Trip (SOLD OUT/WAIT LIST ONLY)

Wednesday, September 4th, 2019.

Dyson Falls Hike - Kananaskis Country

Thursday, September 19th, 2019

Rosebud Theatre "A Christmas Story"

Rosebud Alberta - Wednesday, November 6th

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



Join us at Kerby Centre every Wednesday this summer for a fun and energetic outdoor game of **KUBB**

Every Wednesday
10:00 am to 12:00 pm

For more information, or to register, please contact Kerby Ed & Rec Rm 305 or call 403 705-3233

Kerby Centre
Health Committee Presents



Yoga For Everyone

Have you always wanted to try Yoga but felt unsure? No matter your ability, you can do it! Join Angie Friesen, Certified Yoga Instructor with Beaming Lotus, to show you how!

Kerby Centre Lounge
Weds September 11th
9:45 am - 10:45 am

Free Event - No Registration Required

Please Note!

The Diana James Wellness Centre will no longer provide blood pressure and blood glucose testing services, effective July 1, 2019

2019 Daily Drop-in Programs and Activities (Activities In The Gym May Be Subject To Cancellation) Ed & Rec 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE <i>DINING ROOM</i> 10:00 AM - 12:00 PM Free On Summer Break Until Sept 9th</p> <p>MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00 On Summer Break Until Sept 9th</p> <p>RECORDER GROUP (RM 313) 1:00 - 2:30 PM \$2.00</p> <p>CRIBBAGE (RM 308) 1:00 - 3:30 PM \$2.00</p> <p>PICKLEBALL (Gym) 3:30 - 5:00 PM \$2.00</p>	<p>OPTIONS 45 Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00</p> <p>FLOOR CLURLING (RM 205) 1:00 - 3:00PM \$2.00</p>	<p>GENERAL CRAFT GROUP <i>(RM 311)</i> 9:00 AM - 12:00 PM FREE</p> <p>ENGLISH CONVERSATION <i>(Semi-Private Dining Room)</i> 10:30 AM - 12:00 PM \$2.00 On Summer Break Until Sept 4th</p> <p>BOARD GAMES & CARDS (RM 301) 1:00 - 3:00 PM \$2.00</p> <p>WEDNESDAY DANCE <i>(Dining Room)</i> 1:00 - 3:00 PM \$2.00 On Summer Break Until Sept 11th</p>	<p>KERBY CENTRE TOUR MEET IN THE DINING ROOM 10:30 AM</p> <p>ARTIST GROUP (RM 313) 10:00 AM - 3:00 PM \$1.50 half day</p> <p>BINGO (RM 205) 11:00 AM - 3:00 PM</p> <p>PICKLEBALL (Gym) 4:00 - 6:00 PM \$2.00</p>	<p>INFORMATION RESOURCES AT ST ANDREW'S CENTRE #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM</p> <p>SPANISH CONVERSATION GROUP (RM 311) 10:00 AM - 12 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB (Woodshop RM 102) 10:00 AM - 3:00 PM \$1.25 per hr On Summer Break Until Sept 13th</p> <p>BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00</p> <p>MONTHLY MOVIE (Lounge) 1:00 pm \$1.00</p> <p><i>Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.</i></p>

On The House

Free events taking place in and around the city

Chinook Country Historical Society Historic Calgary Week
More than 100 events (most are free, check website for details)
August 1 – 5
www.chinookhistory.ca

ProArts Society ProArts@Noon Concert Series
Cathedral Church
August 1 – October 31

Free concerts, every Wednesday at 12:00 p.m.
www.proartssociety.ca

Aberta Open Farm Days
August 17 – 18
More than 100 farms and ranches open their gates to visitors
www.albertafarmdays.ca

Heritage Day Festival
August 5, 12:00 p.m. – 6:00 p.m.
Olympic Plaza
www.calgaryfolkartscouncil.ca

City of Calgary Music in the Park free concert series
Central Memorial Park
Calgary Chinese Orchestra – August 1, 12 – 1 p.m.

Calgary Wind Symphony –
August 2, 12 – 1 p.m.
www.calgary.ca/CSPS/Parks/Pages/Programs/Music-in-the-park

Lawn Chair Theatre
Bring your lawn chair, enjoy snacks and live entertainment at various locations around the city from August 1 – 30
www.calgary.ca/CSPS/Parks/Pages/Programs

Calgary Dragon Boat Festival
August 9 – 11, check website for times
North Glenmore Park
www.calgarydragonboatso-ciety.com

Glenbow Museum Free First Thursday Nights
Free admission from 5 p.m. – 9 p.m. on the first Thursday of every month.

www.glenbow.org
Inglewood Night Market
August 9
www.inglewoodnightmarket.ca

Salsa On The Street
Casual weekly opportunity to dance Salsa.
August 2, 9 and 23 from 6:00 p.m. – 9:00 p.m.
Eighth Avenue between 1 Street and 3 Street SE ▲

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo E-EQUIVALENT FIGURES

- ACROSS**
- 1 Napoleon exile locale
 - 5 Lobby gp.
 - 8 — Bill (Old West hero)
 - 13 Soda shop drink
 - 19 Diving bird
 - 20 Glass of public radio
 - 21 Large crowd
 - 22 Muzzle-loading tool
 - 23 "You Light Up My Life" singer's good friend?
 - 26 Orange-and-black bird
 - 27 Many times o'er
 - 28 Real ladies' men
 - 29 Close examination of the "Room at the Top" novelist?
 - 31 Some of a "Waltons" actor's furniture?
 - 34 Blast creator
 - 35 Camera variety, for short
 - 36 Mets' old ballpark
 - 37 Ballgame cry
 - 40 Sugar suffix
 - 42 Help
 - 44 Heap
 - 48 What the penner of "Tristram Shandy" spoke with?
 - 51 Toward the rudder
 - 54 Lures
 - 58 Paris-to-Berlin dir.
 - 59 Aviating guys
 - 60 "You Send Me" crooner's preferred cruise destinations?
 - 63 Mr. or Dr.
 - 65 Seraglios
 - 66 "— Ben Adhem"
 - 67 A&E part
 - 68 Greedy gullet
 - 71 TV awards
 - 72 "Uncle Tom's Cabin" writer not at home?
 - 74 Pie serving
 - 76 Coloring stuff
 - 77 Litigious one
 - 78 Gillette's — II razor
 - 79 Truthful
 - 80 Longtime SeaWorld whale
 - 82 "Two Treatises of Government" philosopher making a choice?
 - 84 Not eternal
 - 87 Me, to Mimi
 - 89 Tranquil
 - 90 Long time
 - 91 Red fruit for an "L.A. Law" actress?
 - 94 Joins closely
 - 96 Smith and Jones film, for short
 - 97 WWW access inits.
 - 98 PC b-board admins
 - 102 Google Play purchases
 - 106 1998 Angelina Jolie film
 - 108 Gmail alternative
 - 110 "Gladiator" Oscar winner's kin?
 - 114 "House" co-star's estimate?
 - 118 Get more profound
 - 119 Mil. VIP
 - 120 Queued
 - 121 Doctor's plan for the author of "Common Sense"?
 - 124 Secondary divinity, in Greek myth
 - 125 Break in, say
 - 126 Pooch checker
 - 127 Teeny bit
 - 128 Firstborn
 - 129 Unpopular plants
 - 130 Quaint ending for 100-Down
 - 131 Black stone
- DOWN**
- 1 Bodily joints
 - 2 Spa sponge
 - 3 Infant sock
 - 4 Shaker Lee
 - 5 Loop of lace
 - 6 Smell
 - 7 Obtained
 - 8 Sci-fi zapper
 - 9 Long time
 - 10 Infant bed
 - 11 Smell
 - 12 French legislature
 - 13 Drivers' places
 - 14 Endangered
 - 15 A little off
 - 16 Declare
 - 17 Makeup of a frozen Arctic cap
 - 18 Early utopia
 - 24 Before, to Kipling
 - 25 Warsaw native
 - 30 Involved with
 - 32 Water spigot
 - 33 Sea plea
 - 38 Salt Lake City team
 - 39 "Taps" hour
 - 41 Devilish
 - 43 Forest home
 - 45 List units
 - 46 Luau favors
 - 47 Mushroom ends?
 - 49 Made a new outline of
 - 50 Miner's haul
 - 51 Pined
 - 52 Frothy
 - 53 Singer Mel
 - 55 Diamond official at home
 - 56 Five player's drum
 - 57 Blizzard stuff
 - 61 Crucial
 - 62 Because of
 - 64 Suffix with absurd
 - 67 See 114-Down
 - 68 The press, TV, etc.
 - 69 Serving perfectly
 - 70 Pie serving
 - 72 Total
 - 73 Brow curves
 - 74 Established the tempo for
 - 75 Pen filler
 - 77 Product rep
 - 79 Mention
 - 80 Haloed Fr. woman
 - 81 Cards dealt
 - 82 Tulip's kin
 - 83 Foot with fur
 - 84 "2001" studio
 - 85 Not a copy
 - 86 Sent a new invoice to
 - 88 Photo —
 - 92 Baseball's Matty
 - 93 Top-row PC key
 - 95 Actor Elliott
 - 99 Demands
 - 100 Verse creator
 - 101 Zig or zag
 - 103 Cooing bird
 - 104 Oodles
 - 105 Sentence structure
 - 107 Stop on —
 - 109 Cartoon skunk Pepé
 - 111 Duel swords
 - 112 Notable acts
 - 113 Bug in "A Bug's Life"
 - 114 With 67-Down, up and no longer sleepy
 - 115 Baseballer Slaughter
 - 116 Not crazy
 - 117 Location
 - 122 Toon Flanders
 - 123 "O Sole —"

SUDOKO PUZZLE

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

Answer on page 35

Suites Now Available in Olds & Sundre

Quality of Life, Affordable & Welcoming Life Lease Suites for Independent Seniors

Life Lease Suites are specifically designed for independent seniors who desire the flexibility and freedom to come and go as they please, with the security and comfort of knowing their needs will be met as their lifestyle and health change over time.

Sharing many amenities with the attached Lodge, our unique Life Lease Suites include one and two-bedroom suites that are larger than the lodge units and include full kitchens equipped with 5 appliances and storage room.

Is a MVSH Life Lease Suite Right for You?

To request an information package, please contact:

Sam Smalldon, CAO
Mountain View Seniors' Housing
Phone: 403-556-2957
Cell: 403-586-2702
E-mail: sam.smalldon@mvsh.ca

www.mvsh.ca

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Solution on page 35

The taste of tomatoes

By Deborah Maier

Aside from a strong desire to nurture, cultivate, and grow plants, biting into a home-grown tomato always makes me think, “this is why I garden...it’s a taste you just can’t get from a store”.

August is a favourite month in the garden. It’s when we can have a meal, not just a taste of the fruits of our labours. In my mind, August and toasted tomato sandwiches are always linked.

Many other later season and storable vegetables are ripening now. Here are some tips to let you know when and how to pick a few of the popular ones.

Garlic scapes, a cylindrical swan-necked stem that terminates with a pointy seed head, are harvested when the stem curls around twice. Cut the scape stem about 20 cm from the ground. The scapes are removed so that the plant can put its energy into developing the head.

Hardneck garlic is harvested when the bottom sets of leaves turn brown. Dig up one plant to ensure that the bulb is fully formed and a suitable size, before harvesting the rest of the plants. Delaying harvesting may cause the heads to split making them unsuitable for storing.

Let the plant air dry for a while, then brush off the soil and store, usually by hanging, for a couple of weeks in a warm dry place to cure the garlic. The skin on cured garlic becomes a dry paper coating. The coating helps to lock the moisture into the garlic cloves. Once cured, remove the leaf stems and trim off the roots. Store garlic in a cool, dry place. Well cured garlic will store for months.

Bulb onions, such as yellow onions, indicate that they are mature when the foliage begins to yellow and flop over. To assist the ripening process, bend the stalks over. Pull the onions when the stalks are brown. After the onions are pulled, brush off the soil and let the onions dry for a few days.

Then trim off the roots and cut the stems down to about 2 cm above the bulb. Onions will need to air dry for a few weeks before they are ready for storing. Care must be taken not to bruise the onions as bruises will cause early spoilage. Onions store best in a cool (4 to 10 °C) dark area.

Potatoes are ready for lifting after the leaves have withered and turned brown. Keeping the tuber in the ground for a week after the plant has died back will

toughen the skin for storage. The tubers will turn to mush if frozen, so lift them before there is a risk of freezing. It’s best if they can be removed by hand to prevent being damaged by a digging tool.

Let the tubers air dry in the shade or under a cloth for a few hours, then rub off the loose soil. Less than perfect potatoes should be placed in ready-to-eat storage. Dry, blemish-free potatoes may be placed in a cool, dark, long-term storage area.

And the tomatoes? They are harvested when the fruit is red and firm but yields just a bit. I prefer to snip the tomatoes off with a bit of stem to prevent over-squeezing them while picking.

Cherry tomatoes, except at their most prolific, don’t make it into the house. When they are ripe, they just pop

off the stem. While I’m doing my garden chores, I’m munching on cherry tomatoes.

If you are looking for more information about gardening visit the Calgary Horticultural Society website www.calhort.org.



Juicy and ready to eat tomatoes on the vine.



Gifted

Released 2017 (1 hr 41 min) Rated Parental Guidance Drama

Friday August 30, 2019

at 1:00 PM in the

Kerby Centre Lounge



Kerby Centre

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



Kerby Centre

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2019

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Something much tastier than words!

Page design and layout by Winifred Ribeiro

Rediscover the simple pleasure of cooking for those you love with unfussy, straightforward delicious and easy recipes for breakfast, lunch, dinner and, of course, dessert.

Rosie Daykin, founder of Butter Baked Goods and bestselling author of *Butter Baked Goods* and *Butter Celebrates!*, realized early on that her talent in life is feeding others. For her, cooking is a way of starting a conversation—a way of saying “thank you,” “I love you,” or simply “tell me about your day” — with something much tastier than just words.

Given how busy life can be, Rosie doesn’t believe making a comforting home cooked meal should make it any more complicated—because complicated doesn’t always mean better.

Let Me Feed You is a warm, humorous cookbook full of easy-to-follow recipes destined to become new favorites. It is a celebration of everyday life at home, filled with beautiful photography and funny stories. *Let Me Feed You* is the perfect gift for yourself, or for anyone in your life who has fed you, or loved you.



Let Me Feed You by Rosie Daykin ©2019

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Fried Chicken for Impatient People Like Me

I had to break up with fried chicken. It was proving to be too big a commitment to maintain our relationship. He wanted me standing over a hot stove all day, attending to his every need. Then I met his cousin, chicken cutlet, who has all the same great qualities but isn't half as demanding of my time and attention. It's early, but I feel like this could really work out for us— although I imagine it's going to be a little awkward at family gatherings.

Serves: 4

1 cup self-rising flour
1 teaspoon finely chopped thyme leaves
1 teaspoon salt, plus a little more for seasoning
1/2 teaspoon pepper
1/2 teaspoon onion powder
1/4 teaspoon garlic powder

1/4 teaspoon chili flakes
1/4 teaspoon smoked paprika
2 cups sour cream
4 boneless, skinless chicken breasts (about 2 pounds)
1/2 cup vegetable oil
2 lemon wedges

Combine the flour, thyme, salt, pepper, onion powder, garlic powder, chili flakes, and paprika in a shallow bowl (I like to use glass pie plates) and stir to combine. Place the sour cream in another shallow bowl; if it's on the thicker side, give it a good stir to help loosen it up.

Place a chicken breast between two sheets of parchment and use a kitchen mallet to pound it down to 1/4 inch thick. (If you don't have a mallet, consider using the underside of a cast-iron skillet. A couple of good whacks should do the trick and work out any pent-up frustrations you may have.) Repeat with the remaining chicken breasts.

Dredge a chicken breast in the flour mixture. Gently shake off any excess and then dredge the chicken in the sour cream to coat all sides. Again, try to remove any excess before placing the chicken in the flour once more to coat. Repeat with the remaining chicken breasts.

In a large skillet, heat the oil over medium-high heat. Working in batches of two, cook each chicken breast for about 4 minutes per side, until crispy and a lovely golden brown. Make sure to adjust the heat as needed to avoid burning the cutlets. Use tongs to transfer the cooked chicken to a paper towel-lined cookie sheet to help absorb any excess fat. Give each cutlet another sprinkle of salt and a squeeze of lemon, and serve.

Store the chicken, covered, in the refrigerator for up to 3 days.



Nutty Citrus Carrot Salad

This is a very popular French salad. They serve some kind of version of it all over France. I heard that the French optometrists are circulating a petition to have it abolished.

Serves: 6 side servings

1 1/2 pounds carrots
1 cup walnuts
1/4 cup finely chopped flat-leaf parsley
2 tablespoons orange juice
1 tablespoon orange zest

2 tablespoons olive oil
1 teaspoon granulated sugar
1 teaspoon Dijon mustard
1 teaspoon salt
1/2 teaspoon pepper

Preheat the oven to 350°F. Line a cookie sheet with parchment paper.

Wash, peel, and trim the carrots before you grate them. You can use a stand grater to grate all of the carrots by hand, but I much prefer to use my food processor, which kindly does the job in a matter of seconds. Place the grated carrots in a large serving bowl.

Spread the walnuts across the prepared cookie sheet and bake for about 10 minutes, until they are lightly toasted and fragrant. Remove from the oven and allow to cool slightly before roughly chopping the nuts with a large knife. Sprinkle the nuts and parsley over the carrots.

In a small bowl, whisk together the orange juice, zest, olive oil, sugar, mustard, salt, and pepper. Dress the salad and toss to combine.

Store, covered, in the refrigerator for up to 3 days.



Kale, Quinoa, and Radish Salad

Kale and quinoa . . . remember when no one had even heard of them? Can vegetables and grains feel smug?

Makes: 6 servings

1/2 cup quinoa, uncooked
3/4 cup water
1 1/2 teaspoons salt
5 cups baby kale
1 1/2 cups thinly sliced radishes
1/2 cup pumpkin seeds

3 tablespoons olive oil
1 tablespoon fresh lemon juice
1 tablespoon Dijon mustard
1/2 teaspoon pepper

In a small pot over high heat, combine the quinoa, water, and 1/2 teaspoon salt and bring to a boil. Place the lid on, reduce the heat, and allow to simmer for 15 minutes. Remove from the heat and allow quinoa to sit for several minutes before fluffing with a fork. Set aside to cool.

In a large serving bowl, combine the baby kale, radishes, pumpkin seeds, and quinoa and toss to combine.

In a small bowl, whisk together the olive oil, lemon juice, mustard, remaining 1 teaspoon salt, and pepper. Dress the salad and toss again.

This salad is best served the same day unless you choose to make it with a heartier kale like Black or Tuscan, which has a much stronger leaf and won't break down as easily when dressed. If using, make sure to use a large knife to remove the thick, bony spines from each leaf before cutting or tearing them into bite-sized pieces.

Financial Planning Today

Topic: Seniors Benefits and Credits with CRA and Budgeting for Seniors

Location: Kerby Centre —1133, 7th Avenue SW

Room: Kerby Centre Lounge

Date: Wednesday, August 14, 2019

Time: 10:00 am – 12:00 pm

Cost: Free Presentation



Join us for coffee and cookies while learning about the GST/HST credit, medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit. Learn the secrets of spending less, saving more, setting goals, and budgeting for a happier tomorrow.

Presenters:

Bonnie McIntyre – Canada Revenue Agency
Pamela Quist – Money Mentors

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

403-705-3235

or robl@kerbycentre.com

Sponsored by:



Financial Planning: Your will, your legacy

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

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

Executor

The first few months after a person dies can be grueling. In addition to the grief and emotion, surviving family members find themselves shuffling from meetings with banks, filling out a multitude of documents, and dealing with institution after institution. A Will simplifies

this process by appointing an Executor to take charge of these matters.

In the absence of a Will, it can be unclear as to who has the authority to deal with the third-parties involved in an estate, often resulting in a family member making a court application to become the ‘administrator’. The average estate takes more than a year to fully administer therefore it is imperative that the proper person is selected for the important role of Executor.

Beneficiaries

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

Charitable giving

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

Planning for incapacity

The Will is the centerpiece of an ‘estate plan’. Although it is important to make advance directions after death through a Will, it is equally important to make advance decisions about finances and personal care in the event of mental incapacity. The Enduring Power of Attorney and Personal Directive complete the trinity of estate planning documents by appointing decision-makers for finances and personal care, respectively. ▲

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

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.



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

1-877-250-4904

www.donatecar.ca

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

Amount Enclosed \$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Education & Recreation

Course Registration

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Registration opens August 1st for members and August 15th 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

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.

Fall 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)



Kerby Centre



Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong Member \$49 Non Member \$79 per course

Instructor: Adrian Buczek

Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.

A01 Monday Sept 16 – Dec 9 (No class Oct 14 & Nov 11, & Nov 18)
9:05 – 10:00am Gymnasium

A02 Wednesday Sept 18 – Dec 4 (No class Oct 16)
1:00 – 1:55pm Room 205

A03 Wednesday Sept 18 – Dec 4 (No class Oct 16)
2:05 – 3:00pm Room 205



Fitness with Dan Member \$59 Non Member \$89 per course

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 Sept 9 – Dec 9 (No class Oct 14 & Nov 11, & Nov 18)
10:05 – 11:00am Gymnasium

A05 Wednesday Sept 18 – Dec 11 (No class Oct 16)
10:05 – 11:00am Gymnasium

Building

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

Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.

A06 Monday Sept 16 – Nov 25 (No class Sep 30, Oct 14, Nov 11 & Nov 18)
1:00 – 2:00pm Gymnasium

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.

A07 Monday Sept 16 – Nov 25 (No class Sep 30, Oct 14 & Nov 11 & Nov 18)
11:30am – 12:30pm Room 205

Introduction to Belly Dance Member \$35 Non Member \$65

Instructor: Cathy Morrison

Discover grace, fluidity and core strength through this beautiful art form. This beginner level class will work on isolations, basic steps and easy to follow choreography. Get ready to let loose and have fun! No previous experience required.

A08 Monday Nov 18 – Dec 9
3:10 – 4:10pm Room 205

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.

A09 Tuesday Sept 24 – November 12
10:30 – 11:15am

Feldenkrais Method To Increase Mobility Member \$35 Non Member \$65 per course

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 or mat and no experience needed.

A10 Tuesday Sept 10 – Oct 15
10:00 – 11:00am Room 308

A11 Friday Sept 13 – Oct 18
1:00 – 2:00pm Room 308

A12 Tuesday Nov 5 – Dec 10
10:00 – 11:00am Room 308

A13 Friday Nov 8 – Dec 13
1:00 – 2:00pm Room 308

Feldenkrais PLAY 101 Member \$16 Non Member \$46

Instructor: Ryan Hoffman

We originally didn't need fitness goals or athletic competition in order to move. As young children, we all played our way through some enormous developmental and behavioral changes. If we can engage a similar process, as adults, it's possible to relearn some of the basic movement competencies we had as children. This workshop will feature certified instruction in Feldenkrais Method® movement classes, a kind of structured play that helps adults play their way to better posture, balance, and coordination. The seminar is appropriate for any level of movement limitation; just come ready to play.

A14 Tuesday October 29
10:00am – 12:00pm Room 205



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.

A15 Wednesday Sept 18 – Nov 20
 3:30 – 4:30pm Room 205

All About M.E. Member \$45 Non Member \$75

Mindful Exercise
 Instructor: Bonnie Field
All fitness components (cardio, resistance, flexibility, mobility, stability and balance) are important for our overall health and wellness! Going through the motions or activity without the focus on effort, technique and efficiency does not give us the full benefit of the movement pattern, exercise or fitness component. Customize your own program by learning ways to improve your wellness through the tools of proper alignment, breath work, and core activation. Strengthen your body, enhance your mental clarity, preserve your joint integrity while engaging with others in All About M.E.!

A16 Thursday Sept 19 – Nov 14 (No class Oct 17)
 11:30am – 12:30pm 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.

A17 Thursday September 19 – December 5 (No class Oct 17)
 1:00 – 2:00pm Gymnasium

Muscle Strength & Core Balance Member \$59 Non Member \$89

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.

A18 Friday Sept 13 – Dec 13 (No Class Sept 20, Oct 25, Nov 8 & Nov 22)
 9:30 – 10:20am Gymnasium

Monday Yoga Member \$59 Non Member \$89

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 Sept 16 – Dec 9 (No class Oct 14, Nov 4, & Nov 11)
 2:30 – 3:30pm Room 205

Gentle Seated Yoga Member \$49 Non Member \$79

Instructor: Angie Friesen per course
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.

A20 Wednesday Sept 18 – Dec 4 (No class Oct 16)
 1:00 – 2:00pm Room 308

A21 Friday Sept 13 – Dec 6 (No class Sept 20, Oct 11)
 10:45 – 11:45am Room 308

Yoga for You Member \$59 Non Member \$89

Instructor: Angie Friesen per course
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.

A22 Monday Sept 16 – Dec 9 (No class Oct 14, Nov 4, & Nov 11)
 11:00am – 12:00pm Room 205

A23 Friday Sept 13 – Dec 6 (No class Sept 20, Oct 11)
 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.

A24 Wednesday Sept 18 – Dec 4 (No class Oct 16)
 11:00am – 12:00pm Room 205

Zumba Gold Chair Member \$39 Non Member \$69

Instructor: Maaik 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!

A25 Tuesday Sept 24 – Nov 12
 2:15 – 3:00pm Room 308

Zumba Gold Member \$59 Non Member \$89

Instructor: Maaik 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!

A26 Thursday Sept 19 – Dec 5 (No class Oct 17)
 10:00 – 11:00am Gymnasium

Academic Courses

Arts

Arts in the Afternoon: Acrylic Member \$109 Non Member \$139

Instructor: Carol Marasco

This course is designed for students who are looking to learn how to paint and have a little fun along the way. Beginners need not be daunted! Carol will guide you step by step to create a finished acrylic painting each week. Techniques will include shading, creating reflections, depth, and blending. *All supplies are included.*

B01 Wednesday Sept 18 – Oct 23
1:00 – 3:30pm Room 313



Arts in the Afternoon: Holiday Edition Member \$55 Non Member \$85

Instructor: Carol Marasco

Join us for this fun holiday themed session where our art projects will be decorating reindeer, painting a festive polar bear and decoupage a wine bottle--great for gifts or to help decorate your holiday mantle. *All supplies are included.*

B02 Wednesday Nov 6 - 20
1:00 – 3:30pm Room 313

Artist Mentors

Are you interested in painting and drawing, but never really knew how to get started or how to advance your technique? If so, then come meet our new Kerby Centre Art Mentors Kim and Rod! Kim and Rod will be at the Artist Drop in Group to provide guidance, demonstrations, and mini lessons. Drop in fees apply, starts September. *Supplies not included.*

Thursday Artist Group Drop In Program

Painting Mentor Kim: 10:00am - 12:00pm
1st & 3rd Thursday of the month

Drawing Mentor Rod: 1:30pm - 3:30pm
2nd & 4th Thursday of the month

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*

B03 Monday Sept 23 – Nov 4 (No class Oct 14)
10:00am – 12:00pm Room 313

Christmas Ornaments Member \$19 Non Member \$49

Instructor: Katy Morris

Wake up your Christmas tree with hand painted and embellished ornaments!
All supplies included.

B04 Wednesday Dec 4
10:00am – 12:00pm Room 313

Watercolour: Advanced Techniques Member \$119 Non Member \$149 per course

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 colour theory, form and structure.

Countryside

B05 Friday Sept 13 – Oct 18
10:00am – 3:00pm Room 313

The Twelve Days of Christmas: Canadian Wildlife Version!

B06 Friday Nov 1 – Dec 6
10:00am – 3:00pm Room 313

Wacky Watercolour Wednesdays Member \$35 Non Member \$65 per course

Instructor: Katy Morris

Are you looking to stretch your watercolor techniques beyond tradition methods? Join us for this fun series where we will be playing around with a variety of surfaces, textures and mountings.

Please bring watercolour paints and brush—all other supplies included.

Mounting and Waxing

B07 Wednesday Sept 25 & Oct 2
10:00am – 12:00pm Room 313

Wood, Canvas & Wrapping Paper Surfaces

B08 Wednesday Oct 23 & 30
10:00am – 12:00pm Room 313

Building Texture

B09 Wednesday Nov 13 & 20
10:00am – 12:00pm Room 313

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.

B10 Monday Sept 9 – Dec 9 (No class Oct 14, Nov 11)
1:00 – 3:00pm Lounge



French Level I Member: \$99 Non Member: \$129

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.

B11 Friday Sept 20 – Nov 29 (No class Oct 11, Nov 8)
9:45 – 11:45am Room 301

Spanish Member: \$109 Non Member: \$139
Instructor: Norah Hutchinson per course

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.

B12 Monday Sept 16 – Dec 2 (No Class Oct 14, Nov 11)
10:00am – 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.

B13 Tuesday Sept 17 – Dec 3 (No Class Oct 15, Nov 12)
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.

B14 Tuesday Sept 17 – Dec 3 (No Class Oct 15, Nov 12)
10:00am – 12:00pm Room 311

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

B15 Thursday Sept 19 – Dec 5 (No Class Oct 17, Nov 14)
1:00 – 3:00pm Room 311

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

B16 Wednesday Sept 18 – Dec 4 (No Class Oct 16, Nov 13)
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.

B17 Monday Sept 16 – Dec 2 (No Class Oct 14, Nov 11)
1:00 – 3:00pm Room 311

Music

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

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!

Level I

B18 Thursday Sept 12 – Oct 17
1:00 – 2:30pm Room 308

Level II

B19 Thursday Nov 7 – Dec 12
1:00 – 2:30pm Room 301

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."

B20 Thursday Sept 19 – Dec 5 (No Class Nov 7)
10:30 – 11:30am 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.

B21 Wednesday Sept 18 – Dec 4 (No Class Nov 6)
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.

B22 Wednesday Sept 18 – Dec 4 (No Class Nov 6)
9:45 – 10:45am Room 308

Ukulele in the Classroom

Member: \$70 Non Member: \$100 per course

Instructor: Judy Henderson

This program focuses primarily on single note picking, rather than the more traditional concentration of the ukulele as an instrument to accompany the voice through strumming. The aim is to provide the opportunity for students to experience and create harmonies through picking different parts together at the early stages of musical development. This sequential approach features creative exercises and prepared arrangements of traditional, classical and popular songs, each reinforcing the expanding skill set. As we progress through the levels, more advanced skills and concepts are added.

Beginner (Green Book C tuning): *for students who are just beginning with the James Hill program and for those who are feeling sufficiently challenged by the material in the Green Book.*

B23 Thursday Oct 24 – Dec 12
10:45am – 12:00pm Room 308

Mid-level (Red Book C tuning): *for students who have completed the Green Book and for those who require more challenge than what is offered at the starter level.*

B24 Thursday Oct 24 – Dec 12
12:30 – 1:45pm Room 308

Advanced (Red/Purple Books C tuning): *for students who have completed most of the Red Book and are ready for the challenges offered at the next level.*

B25 Thursday Oct 24 – Dec 12
2:00 – 3:15pm Room 308

Personal Interest & Wellness

Drama:

Member: \$55 Non Member: \$85

Turning Sensibility on its Head!

Instructor: Georgette Pare

Get on your feet and giggle galore. Through drama games and role playing, this class will sharpen all of your senses. We will create a character and work with scenes. Absolutely no experience necessary, just a willingness to put yourself out there! Rule of thumb - do everything like it's the first time. Just leave your sensible nature at home and come give it a try!!!

In class presentations only, no public performance yet!

B26 Friday Sept 27 – Nov 29 (No class Oct 11, Nov 8)
12:30 – 2:30 pm Room 205

Keep On Keepin' On

Free

Instructor: Canadian Mental Health Association
Register by calling 403-297-1402 Course 0K0K0-1

Each phase of our lives have different challenges. In our senior years, changes in income, loss of friends and family members, change of residence, physical changes, and increased dependency on others can leave us feeling as though we are becoming less vital, less worthy, isolated and lost. Together with the support of each other, we can face these challenges, explore and understanding of our purpose, and re-discover our passion for life.

Monday Oct 28 – Nov 4
10:00am – 12:00pm Room 301

Keeping Up with the Kids

Free

Instructor: Canadian Mental Health Association

Register by calling 403-297-1402 Course 0K0K0-2

Technology and media is the new way of communicating. Our kids and grandkids grew up with it but we did not. Technology offers us the opportunity to stay in touch with our families and friends around the world. We can see, talk and type our way to connection; if we only knew how! This course offers hands-on instruction to help learn the basics of how to use Facebook, Facetime, email, text messaging, etc.

Monday Nov 18 – Dec 2
10:00am – 12:00pm Room 301

Loss and Grief Through Expressive Arts

Member: \$19 Non Member: \$49

Instructor: Alicia Zubot

Grief after loss can be an overwhelming part of life. Whether it's the death of a loved one, declining health, loss of property, personal autonomy, or significant life change, we may feel alone and wonder if life can become meaningful again. Expressive Arts seeks to validate and honour an individual's personal grief experience. We invite you to come slow down, tune into your imagination, and embark on journey of healing and hope." All supplies included.

B27 Monday Nov 18
9:30am – 12:30pm Room 313

Mahjong

Member: \$16 Non Member: \$46

Instructor: Swee Wong

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

B28 Monday September 9 - 23
10:30am – 12:30pm Room 308

Outdoor Safety & Awareness

Member \$5 Non Member \$35

Instructor: Don Muldoon

Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.

B29 Tuesday Sept 10
10:00am – 12:00pm

Polishing the Silver Life Skills Workshop

Free

Instructor: Eleanor Cowan

Just as beautiful silverware sometimes requires a good polishing to restore its brilliance, so too can we benefit from revitalizing our own personal sparkle! Together we'll refresh our best Self-Care strategies through fun and lighthearted interactive activities and sharing. We can all use a little extra support and encouragement sometimes, and this free two hour workshop aims to do just that!

B30 Friday Sept 27
1:00 – 3:00pm Room 301

B31 Friday October 18
1:00 – 3:00pm Room 301

Personal Safety

Member: \$35 Non Member: \$65

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.

B32 Tuesday Oct 8 & 22
10:00am – 12:00pm Room 205

Situational Awareness & Mental Toughness Level I Member: \$16 Non Member: \$46

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.

B33 Wednesday Oct 16
 10:00am – 12:00pm Room 205

Taking the Stress Out of the Holidays! Member: \$16 Non Member: \$46

Instructor: Angie Friesen
Learn ways to relax and renew this holiday season. Topics discussed will be stress management, breath work, mindfulness and meditation.

B34 Friday November 22
 1:00 – 3:00pm Room 205

Let's Talk about Sex

Instructor: Centre for Sexuality
For a variety of reasons, information about sexual health can often be inaccessible to older adults. Having current information and open conversations about sexual health helps to provide the tools to continue to live healthy active lives.

Sexuality in Older Adulthood Free

In this workshop, participants will define sexuality in a broad context, explore their own attitudes about sexuality, and increase their confidence and comfort in talking about their concerns and needs. We will explore specific issues that older adults may be experiencing, such as questions of consent, boundaries and ethical relationships. Participants will practice responding to situations and will leave with practical tools and strategies to address sexuality in their lives.

B35 Tuesday Oct 8 & 15
 10:00am – 12:00pm Room 313

Becoming an Ally Free

In this workshop, participants explore the reality of heterosexism in our society and its impact on LGBTQ2S+ individuals as they age. Myths, language and definitions are clarified and strategies to create safe and supportive environments for LGBT older adults are practiced. This workshop is for community members that are interested in learning about and finding ways to support the LGBTQ2S+ older adults.

B36 Tuesday Nov 12
 10:00am – 12:00pm Room 313

Twin Hearts Meditation Free to All

Instructor: Bodhi Well-Being & Healing Centre
The Meditation on Twin Hearts is used for gaining deep relaxation, stress relief, increasing creativity and intelligence, inner peace, joy and fulfillment. This simple, yet very affective meditation has helped many to relieve stress, worries, and the ability to change such situations into positive outcomes.

Dates to be announced, please call for details

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.

B38 Mon/Wed Sept 16 - 30
 1:00 – 2:30pm Room 312

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

Instructor: Dale Lee
A continuation of Beginner Basics, we will expand our knowledge of Microsoft Office, internet exploration and managing the picture directory.

B39 Mon/Wed Oct 7 – 23 (No class Oct 14)
 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.

B40 Contact Education & Recreation for Date & Time

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 per course
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 Sept 17 – Nov 26
 1:00 – 2:00pm

S02 Thursday Sept 19 – Nov 28
 9:00 – 10:00am

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for September issue must be received and paid by August 8.



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

10 Health

CERAGEM Calgary Sales Service Parts
403-455-9727

Hearing Aids

All solutions, including on-site service! Call David: 403-455-9688 or visit www.amityhearing.ca for more information

11 Foot Care

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

Kerby Centre supports older people to live as residents in the community

All About Seniors offer quality foot care services provided by a certified professional foot care specialist with a caring approach and a gentle touch. 403-730-4070 www.allaboutseneiors.ca

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

12 Home Care

Ex'pd certified personal care aid 20 yr exp, refs avail Criminal check. Specializing in cooking healthy meals, grocery shopping, appt companionship, light housekeeping, PT or live in \$15/hr affordable rates. Call Brenda 403-277-1302

Senior's Caring Companion visits, outings, appts, shop, meal prep. NW preferred. call Lynn @ 403-669-8173

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

Ex'pd woman avail to help srs with shop, transport to apt, meal prep & companionship Call Pat 403-831-4647

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

13 Mobility Aids

The Wheelchair Guy
Manual folding wheelchairs \$75-\$150 ea
Many more mobility items available 403-796-2648

NOTE

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

20 Home Maintenance

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

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

Boy with Toolbox
Jack of all Trades, Handyman, Renovations Will fix anything!
Seniors \$25 per hour Free quotes available Chris 403-827-8617

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

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

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

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

Painter semi-retired est 1974 great rates. Wayne 403-804-2046

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

The Scottish Painter and Sons

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

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

24 Landscaping

Action Lawncare
Fall Cleanup Hedge trim, eaves clean, aerate power rake 403-651-3900

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

26 Services

ABC Moving - Sr discount
Call for a free estimate 403-383-9864

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

Kerby News is the official publication of Kerby Centre

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

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

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

!! Great Haircuts!!!

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

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

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

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

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

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

In Calgary & Airdrie.

Office Cleaning Services Commercial/Residential Specializing in home/office cleaning Sr Disc. For a free quote call 403-903-2672 or 403-613-6213 Email: Roseofficecleaningservices@yahoo.com Website: roseofficecleaningservices.com

Watch and Clock Repairs
by A Second Time
FREE estimates
Please call us at 403-616-2545
www.asecondtime.ca

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

30 For Sale

Your Kerby News Classified ad could be here!

33 Wanted

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

New or nearly new chair lift for 14 steps straight Ph: 403-238-3743

Occasional driver wanted for conversion van. Ph Marlene 403-275-0132

Please be a nice man who would come to my NW home to play 'kitchen' Scrabble. Ph 403-289-2271 evenings to confirm your interest.

Selling old gold?
Best prices paid.
Call David at 403-498-4050

Follow Kerby Centre on Twitter, Facebook and Linked In

45 For Rent

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.

45 Real Estate

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

For sale \$239,900.00
1200 sq. ft. plus condo close to airport /city centre. 2 - 4pc bathrooms incl. 6 appliances, new F/S Dining suite/teak b/r suite/ love seat 2 matching chairs/all window coverings / all of above in excellent to new condition, in floor heating, S-attached gar. Incl. all tools/saws/painting / plumbing/no need to buy anything, just move in, moving to independent living home. Price is firm. Ph 403-293-9054

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

50 Relocation Services

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

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

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Serving Kerby clients for over 15+ years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

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FOR RESULTS ADVERTISE IN KERBY NEWS

Community Events

Germans From Russia (AHSGR)

The library is open on the second Tuesday each month from 2-7 p.m. Research assistance is available. Next general meeting is September 14, program – Germans from Russia games. Come and see what games we play here that were played in Russia. Doors and library open 10:30 a.m., with a potluck lunch at noon, program is at 1:15 p.m. The Harvest Lunch will be held on October 19, tickets are \$20. For more information, call 403-273-8178 or go to www.calgarychapterahsgr.ca.

CueSteps Round Dance Club

Come Dance With Us! August 11 from 7 – 9 p.m. CueSteps Round Dance Club invites you to a free introduction to cued social dancing. Have fun learning some two-step figures! Bring your partner and join us at Winston Heights Community Centre, 520 – 27 Ave. NE. For more information go to www.rounddancecalgary.com or call 403-851-1581.

Calgary Horticultural Society Garden Conversations in the Park

On August 6 from 7:00 to 8:30 p.m., join Elaine Rude for an interactive gardening discussion in the park. Whether you have a balcony garden or a large yard, come find out what to do from summer care, harvesting and pest management to creating a fall plan. Registration is not required. This is a free talk. Please bring your own chair or blanket.

Hoop Gardens and Garlic

On August 21 from 7:00 to 8:30 p.m. Learn about the history, planting, harvesting and storage of varieties of garlic that can be grown in Calgary. Following this talk, take part in setting up a hoop house in the community garden. Cost is \$10 at the door.

Woody Plant Walk at the Saskatoon Farm

On August 27, from 10:00 a.m. to noon enjoy a guided walk through the Saskatoon Farm led by owner

and propagator Paul Hamer. Hear about how the farm has grown from only a few saskatoon bushes to include a variety of fruiting trees and shrubs that can be grown in the Calgary area. Discover varieties of pears, plums, cherries, apples, currants, haskaps, sea buckthorn and, of course saskatoons. This event will take place rain or shine. Registration is required and fees apply.

Call 403-287-3469 to register for events or for more information visit www.calhort.org.

Friends of Fish Creek Wellness in Fish Creek

Relax, unwind and rejuvenate body, mind and spirit in the beautiful natural setting of Fish Creek Provincial Park this summer. Experience Raja Yoga, Good Morning Yoga, Blending Yoga and Qi Gong, Nature Babes, Success Without Stress/Meditation, and Saturday Wellness Workshops – Spring into Shape and Keep Fit with Bungy Pumps! All sessions take place at the Bow Valley Ranch in Fish Creek Provincial Park.

Walking and Minibus Tours

Through both public and private tours, members of the public have the opportunity to participate in guided walks or hop on our minibus, the latter of which ensures that those with limited mobility also have the opportunity to enjoy the park. Here is a quick look at what we have to offer this year, as we bring back some old favorites and introduce some new opportunities - ReWilding for Restoration, Leave it To Beaver, A Park is Born and more!

Featured Artist – Jim Pescott

Drop by the Cookhouse to see Jim's artwork – vibrant landscape paintings in the pointillism style. This free art exhibit is open during Friends office hours. Please call ahead before coming down to make sure a Friends staff member is here. For more information on any of our programs please visit www.friendsoffishcreek.org.

Calgary International Pin Club

The 29th Annual Festival of Pins takes place on August 24 –25 at Chapelhow

Legion, 606 38th Avenue NE from 9:00 a.m. – 5:00 p.m. Admission is free, but donations of non-perishable food items for the Veteran's Food Bank are gratefully accepted.

Square Dance Calgary

Square dancing is just walking to music! Come and try it on Square Dance Rocks Tuesdays in August. From 6:30 to 7:30 p.m. on August 6, 13, 20, and 27, at Winston Heights Community Hall located at 520-27 Avenue NE. Free admission. No partner necessary. An experienced caller will introduce you to the basic steps of Modern Western Square Dancing. For more information email promotion@squaredancecalgary.com or go to www.squaredancecalgary.com. ▲

SUDOKU ANSWER

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PUZZLE ON PAGE 23



IN MEMORIAM

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

- Andreas (Andy) Arvanitakis
- Etta Isabelle Hoare
- Gloria Johanna Steele
- Guenter Brauer
- H David Matthews
- Harold Fowler
- Herbert (Herb) Karl Bretz
- Kenneth (Ken) Ott
- Peggy Deyell
- Robert Russel (Bob) Dewitt
- Stanley D. Williams
- William Evan Davis

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

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PUZZLE ON PAGE 23

ADVERTISERS' INDEX AUGUST 2019

Alberta Blue Cross	12	Lifetime Highs	22
All Seniors Care	10	Luxstone Manor.....	20
Amica.....	13	Manor Village	2, 21
Bethany Care	36	Mountain View Seniors	23
B.L. Braden Denture Clinic ..	3	Nagel Tours.....	21
Bowbridge Manor	8	North Hill Denture	8
By Your Side Probate	16	Origin at Spring Creek	16
Calgary Co-op Memorial ...	14	Richard Farand	16
Cowboys Casino	6	Sandra Sebree	13
CPO.....	FC	Signature	7
CueSteps	20	Silvera for Seniors	14
Evanston Summit	5	Swan Evergreen.....	15
Golden Life.....	9	The Estate Lady	35
Handy Helpers	35	Tour Hero	21
Jahdeil Home Care	17	Wentworth Manor	17
Lawrence Gerritsen	8		

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