

Kerby News

Published by
Kerby Centre

for the **55** plus

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

**2019
March**

Volume 35 #3

Senescence in the animal kingdom



Older elephants are crucial to a herd's survival. (Photo credit: Rotating Planet Productions)

Inside

- Golden years of cycling page 12
- Senescence in the animal kingdom..... page 16
- Cruising through Europe..... pages 18-19
- Fred Penner..... page 20



Sunday, March 10, Daylight Savings Time
clocks get changed 1 hour forward
Wednesday, March 20, Spring begins



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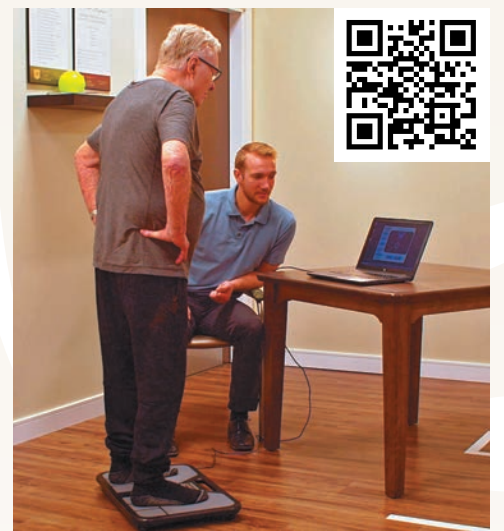


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BY ZANE NOVAK
President of Kerby Centre

Here's to March and all its possibilities

Welcome to March. Hopefully it will be warmer than February. The mildness of December and January was certainly erased from memory with the brutal reality delivered to us in February.

March brings many new things, events and issues that we need to deal with.

One item that needs to

be on everyone's agenda is the filing of personal tax returns. This can seem like a very stressful and daunting process, but Kerby Centre can help with that.

Every year Kerby runs a tax clinic. We offer free assistance to low income individuals filing personal tax returns. Filing an annual tax return ensures eligibility and continuation of the GST and Carbon Tax rebates along with the Guaranteed Income Supplement (GIS) and the Alberta Seniors Benefit (ASB). At Kerby Centre tax clinic, our volunteers can file basic returns for anyone who is either disabled or is over 55 and has a gross income of less than \$35,000.00, or, for a couple \$45,000.00 combined income.

For many who are reporting little or no income, paid tax services are simply not an option. Our clinic

makes sure their returns are filed correctly, which ensures that their benefits stay on track.

We are particularly proud of the tax clinic at Kerby. Last year our volunteers filed 3,548 returns during the tax season.

Fortunately, there is more to March than tax season. We have St. Patrick's Day to look forward to. Who doesn't enjoy all things green? It's like a little preview of spring. I tend to prefer it over Valentine's Day as I am single and Valentine's Day can seem a bit frustrating.

St. Paddy's day is more than green beer for those of us who are not big beer drinkers. St. Patrick is the patron saint of Ireland. A young boy who grew up in Britain during the Roman era, he was kidnapped and taken as a slave to Ireland. He escaped and

eventually was one of the individuals who introduced Christianity to Ireland. When the Irish immigrated to North America, this was the saint with whom the Irish immigrants identified. And as they say, the rest is history, from joyous parades and celebrations to things like dyeing the Chicago River green.

So many of our most colourful and enjoyable traditions and events have their origins in the rich history of our immigrant past. I am part Ukrainian and I am so thankful for their food, dance and hard working ethics to name just a few.

So here is hoping for more sunshine, warmth and lots of green in the month of March, whether that green is St. Patrick's green, the possibility of green grass or maybe some green cash returned from your tax refund. ▲

March 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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Kerby News

Published monthly by Kerby Centre
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
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The following volunteers assist our professional staff in the production and distribution of Kerby News each month. We are indebted to them for their help:

Editorial Assistant: Margaret McGruther
Proofing: Anita Dennis, Margaret McGruther
Mailing: Don Sharpe, Ellen Hansell, Wayne Orp, Margaret Walker, Peter Meyer, David Kaufman, Anita St. Laurent, Lolita Kiemele, Shirley Evaskevich, Gloria Higgins, Anne Prystupa, Rosa McDermott, John Becker

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

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

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

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Take a break from stress



BY LUANNE WHITMARSH
CEO of Kerby Centre

I decided to focus this column on 'taking a break'. I find that we are all too often taken hostage by other people's news, world issues, and the drama of others. This engagement causes significant stress on you and it is very bad for your health.

A break from these stresses, and a focus on self, is very calming and, I suggest, necessary. While some will find their calm by leaving and going on a vacation, others can find their calm by turning off technology for a period of time, choosing not to answer the phone (why don't we use that silent mode more often?), or to tune out

the horrific events shown on the news every hour.

What if, for a period of time, you just enjoy quiet? You put yourself first, in the manner which is unique to you? Meditate, read a book with positive messages, write a letter to the great 'you', draw, color, smile - whatever works for you.

Today and every day, remember to carve out a wee bit of time (or a lot of time if you can) and just 'be' in the moment, without distraction. March ushers in spring, so use this month to spring into action for you! Be selfish with your time and emotions.

See you at Kerby! ▲



Kerby Centre

Open to Kerby Centre members & stakeholders

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Kerby Assembly Annual General Meeting

The Volunteer Spirit



April 30 - Kerby Centre Gymnasium
Entertainment & light refreshments at 9:00 am
AGM begins at 10:00 am



News from City Hall
BY EVAN WOOLLEY

Calgary Councillor for Ward 8

Municipal Development Plan and Calgary Transportation Plan review

The City is reviewing its Municipal Development Plan (MDP) and Calgary Transportation Plan (CTP), and we need your help.

The MDP and CTP are Calgary's long-range land use and transportation plans that look 60 years into the future, when our population is expected to reach over two million people. The plans help shape how the communities that we live and work in grow, develop and evolve over time.

Calgary is recognized as a great place to make a living and a great place to make a life, and was named the fourth most "livable city" in the world in 2018.

How do we continue to shape our bright future? That's where we need to focus on priorities and actions over the next 20 years.

We're checking on our long-range plans to see what's working well and contributing to the quality

of life that many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

Within the next few months, we want to hear what's important to you, and your big picture ideas for making life better for everyone who calls this city home.

With your help, we'll also delve deeper into core

elements of our plans like transportation, jobs, housing and the environment.

To find out what our plans mean for you and how you can participate visit www.calgary.ca/Next20. Let's work together to plan our future.

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



This month in Edmonton
KATHLEEN GANLEY

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

Major project investments on track for Calgary

Calgarians might be looking for signs of spring this month after the cold snap of winter. Our patience will soon be rewarded with brighter days and the outdoors in full bloom. Likewise, the province has been making significant investments to keep major projects advancing towards fruition, building hope and opportunity for those in the province.

In late January, Premier Rachel Notley announced that a funding agreement has been signed for the Green Line. The agreement between the Government of Alberta and the City of

Calgary locks in \$3 billion in funding, and gives the green light to begin construction on the project. With equal funding portions provided by the provincial and federal governments, the total provincial contribution for the Green Line is \$1.7 billion, made possible through funds raised through the Climate Leadership Plan.

The newly-announced funding will flow over eight years, supporting Stage 1 of the Green Line, and is estimated to create more than 12,000 direct jobs and 8,000 supporting industry jobs.

Meanwhile, construction on the Calgary Cancer Centre remains on time and on budget. Early this year, the project reached the milestone of having 30 per cent of its total concrete, or 37,000 cubic meters, poured, specifically for the radiation therapy department.

The Calgary Central Library continues to attract visitors and patrons in droves. A new program offered at the library will make Indigenous languages more accessible via the Indigenous Language Resource Centre. The Alberta government is investing \$1 million into

acquisition of language resources and programming that preserves culture and heritage. The government grant aligns with the United Nations' declaration of 2019 as the Year of Indigenous Languages.

As always, I'm happy to hear from constituents. If you have feedback to offer, please contact my constituency office:

CalgaryBuffalo@assembly.ab.ca,
Telephone: 403-244-7737
Mail to: Unit 130,
1177 11 Ave S.W.
Calgary, AB, T2R 1K9 ▲



This month in Ottawa
KENT HEHR

Kent Hehr
Member of Parliament for
Calgary Centre

Cutting taxes increases support for Canada's small businesses

Small businesses are the backbone of our economy, employing 8 million Canadians. They are also the local shops, restaurants and services that we enjoy and rely on every day.

To help small businesses succeed, the government has cut taxes, reduced red tape, and increased financial supports.

In 2015 the small business tax rate was 11%. The rate is now just 9%, with the latest tax cut on January 1, 2019. This tax cut is now saving business owners up

to \$7,500 every year. It's among the lowest small business tax rates in the world, and lower than all other G7 countries, including the USA.

The government has also asked credit card companies to lower the fees they charge businesses, saving business owners thousands of dollars more each year.

Through federal programs that offer funding, debt relief, advice, and paid internships, small business owners are being given unprecedented opportunities to

start-up, scale-up and access new markets.

New opportunities abroad are being opened up by negotiating important international trade deals with countries around the world.

A new website has been launched to reduce red tape and make it easier for businesses to find the government programs and services they're eligible for. Go to www.ic.gc.ca/app/scr/innovation as a one-stop-shop.

In addition, a new Women Entrepreneurship Strategy to increase wom-

en entrepreneurs' access to financing, export opportunities, data and expertise has been launched. The goal is to double the number of women-owned businesses by 2025, and to help women break down barriers, participate fully in the economy, and grow their businesses.

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

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

We are springing forward with a new look for this page in April 2019.



Life and Liberty

BY LIBERTY FORREST

Expand your reality to fit your dreams

I'll bet you have a dream, maybe even more than one. And if you don't have any right now, I'll bet it's because somewhere along the way, you had some that never came true.

And if that happened, especially if it happened a bunch of times, you might have given up on the notion of having dreams altogether. If that's the case, it's a sad state of affairs and it's my mission in life to change that.

Am I going to promise that your dreams will all

come true if you just click your heels together three times or something equally sweet but impossible? Not a chance.

Am I going to disregard how much it hurts when dreams die or get blown to smithereens? Nope. I know that pain all too well myself. I know how it feels to swear you'll never dream again because it just never turns out like you thought and it hurts too much to see them crumble before your very eyes.

But does that mean you should never dream again? Absolutely not.

There's no guarantee that dreams will come true, just as there's no guarantee that the plans you make in the

morning for the rest of your day won't get interrupted or derailed in some way. That's life. It happens. And when it does, you make new plans. You adjust the old ones.

Or you create new dreams. They make life worth living. They give us something to work toward. They inspire us and ignite a creative spark inside us that tells us what really matters to us. And sometimes those dreams are tied to a sense of purpose. That's pretty powerful, don't you think?

When you have dreams, you're only expected to do your best to achieve them. There's no rule that says you have to get there, or that you can't change your mind.

But while you've got them, do your best to make them happen and heck, perhaps they'll actually become your reality.

What's crucial to the idea of having dreams is that they allow you to think outside the box and to create goals for yourself that will enhance your life when you reach them. They allow you the freedom to create a fulfilling life that will bring you and your family happiness.

If dreams are supposed to do all that, how can any of it happen if you don't dream in a way that is bigger than your life is at the moment?

If your only dreams are to get a job you like better than the current one, or to

pay off your credit cards, or to take a family holiday every year, then the most you can hope for is the job you like better, the credit cards to be paid off and the family holiday every year.

If you're not thinking about any more than that, you're not trying for any more than that. And if you're not trying for any more than that, you won't get any more than that. Life will be about plodding along, day after day, never knowing what great things you could achieve, what adventures you could have, or just how far you could really go.

We have imaginations. We are creative beings. Even if you're not creative in the traditional sense (i.e. art, music etc.), you still have the ability to create your own world, your own life. You are still able to carve out a life for yourself that makes you happy, and that you find to be fulfilling and rewarding.

If having that job you like, with no debts and a family holiday leave you feeling fulfilled and blissful, then that's great. More power to you. But if you find yourself sometimes being a bit wistful, wishing for that big house in the country, those exotic travels, the pursuit of hobbies that you think you can't afford in time or money, or if there is anything else you wish you could do or try, then there's a door with a dream on the other side of it.

Whether or not you choose to open that door is entirely up to you because you are the creator of your life, the master of your destiny, the weaver of your own dreams. No one but you can make them come true.

If you restrict your dreams by thinking you will only ever achieve the mundane, the usual, the average, then that's exactly what you'll get. But if you lift yourself out of what you already have and you allow yourself to imagine the possibilities, your life will begin to open up, and to blossom and unfold in a way that begins to take you down new and exciting roads.

Dreams don't cost anything. They just ask to be heard, to be acknowledged. And what they give you in return will be amazing.

Go on. Open that door. And see where it leads you. It can only be somewhere wonderful. ▲

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Connecting generations enriches everyone's lives

By Sheila Addiscott

Connecting youth and older people can provide a broad range of benefits to both generations. This can be as simple as grandparents hanging out with grandchildren to older people taking an opportunity, to reach out and volunteer with organizations that work with youth.

As a society, we see people of all ages in our daily lives. We pass them in the street, while out shopping and in our neighbourhoods. But there is little communication among these strangers and seeing people of different ages does not tell anybody, anything about who that person is.

Extended families used to live very close together, some still do, but for others this is no longer the case. A weekly family meal with grandparents and older relatives was a part of the family routine. Now, things have changed as both parents and children have busy schedules and often long lists of extracurricular activities to attend.

Young people also often move far away from where they grew up, to attend post-secondary education

and for work. So though they may want to visit their older relatives, distance makes it impossible to do so, on any kind of regular basis.

While older people may not live close enough to visit with their own relatives, they can still benefit from connecting with the youth in their own neighbourhoods and cities. One of the benefits of that connection is an opportunity for two generations to learn about each other. Interacting with people of all ages provides new perspectives and experiences.

Loneliness effects all generations. As society changes and more communication is made through electronic means, young people live more isolated lives and are less likely to interact with other people in person than older generations.

Older people can find themselves living alone with no social network and with no idea how to change that. Spending time together can lead to friendships, which helps to bridge the loneliness gap for both generations. This has a positive impact on everyone by boosting self-esteem, confidence and happiness.

Meeting with older adults and learning their sto-

ries gives youth an appreciation of who older adults are as people. It opens their eyes to the rich history of oral story telling. Listening in turn to youth stories also opens up the eyes of older adults to the issues effecting adolescents in today's world such as cyber bullying, job insecurity and the high cost of housing and post-secondary education.

Sometimes youth develop an intense interest in their ethnic background. Older people can provide information and talk about their customs and why they were or are still important. They bring history to life by sharing cultural stories and discussing traditions that are passed down through generations.

Spending time together is a great way for both groups to get to know each other and can be an opportunity to learn new skills. Youth are quick to pick up the latest advances in social media, cell phones and computers and are happy to share this information. If a senior thinks they don't have a skill a youth might be interested in, think again. Knitting is one pastime seeing resurgence in popularity and is fast becoming popular with young people.

If you have a skill, you can also teach it. Doing this



Spending time together is a great way to get to know each other. (Photo credit: Kerby Centre)

can reconnect seniors with their previous passions too. Activity keeps the mind healthy and offers a chance for personal expression and a creative outlet. Engaging in a hobby with other people doubles the benefit, because it not only obliges you to do the activity, it also makes you interact with other people.

Consider volunteering with local charities that work with youth such as, churches, schools, clubs, non-profits, and community centers to make some new connections and friendships.

Holidays like Spring Break are a great way to find some time to spend with grandchildren and oth-

er children in your life as they have more time away from their daily routines. A few simple ideas on how to keep busy and connect with the youth in your life could just be going out for food, everybody eats, or getting some exercise like walking or skating. These are great opportunities to talk and get to know each other.

If you can't think of anything, there are activities suitable for everyone going on all over the city during Spring Break. Kerby Centre, Education & Recreation department is offering a free morning of fun-filled activities specifically aimed at connecting the generations. To register contact 403-705-3233. ▲

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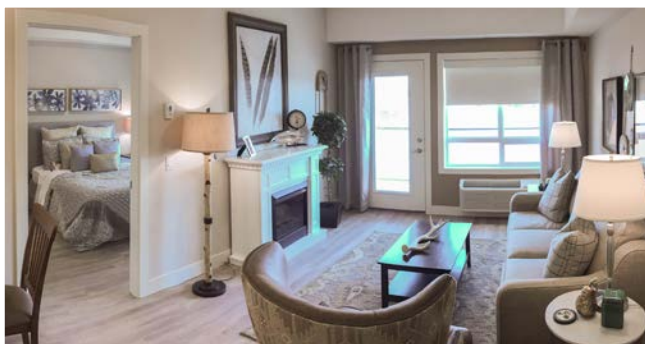
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Why I love ‘Little Mosque on the Prairie’



BY MANSOOR LADHA

I love the show, *Little Mosque on the Prairie*. It takes place in a fictitious town called Mercy in Saskatchewan. It is a wonderful example of a church that offers space to the town’s Muslims to hold their services.

What a superb gesture of religious co-operation and non-denominational brotherhood. This message of unity is important, because just recently, a mosque in Edmonton received a nasty message – in fact it was hate mail.

“On behalf of real Albertans, we would like to advise you that you and your religion don’t belong here in Alberta,” said the letter, dated January 30. “We are White.

We are Christians. We are Proud. Our Premier to be, Jason Kenney, is going to take Alberta back. So adapt if you want to stay (sic).”

The letter was dropped off at the Markaz Ul Islam mosque in southeast Edmonton. The issue has been reported to the Edmonton Police Service Hate Crime Unit.

Religion is a personal and intimate issue. Racism is an equally emotional and sensitive matter and people get hurt when it raises its ugly head. Unfortunately, it shows up in different Canadian cities from time to time. The incident of the 2017 Quebec City mosque shooting that killed six people and injured 19 others is still vivid in many Muslims’ minds. A place of worship should be the safest place anywhere in the world.

The perpetrator, Alexandre Bissonnette, 29, in what a judge called an act of “visceral hate” toward Muslim immigrants, was sentenced to life in prison with no chance of parole for 40 years. The judge called the shooting a gratuitous act of fanaticism and said its date – January 29, 2017 – would “forever be

written in blood in the history of this city, this province, this country”.

We are living in a country which promotes and believes in religious freedom. Every Canadian is free to follow whatever religion they prefer and no one has the right to pass judgment whether one religion is better than another. The Canadian Charter of Rights and Freedoms guarantees that everyone has the following fundamental freedoms: “(a) freedom of conscience and religion; (b) freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication; (c) freedom of peaceful assembly; and (d) freedom of association.”

It is unfortunate, that once in a while, some crazy people do things that disturb our peaceful existence. What does it mean when someone says “You don’t belong here?” Years ago, I was also told, “Paki, go home,” on the streets of Edmonton, one of the most multicultural and diverse cities in Canada.

To begin with, I am not even from Pakistan and there is nothing wrong with be-

ing from Pakistan. “Paki, go home”, used to be a mantra which became popular in Britain during the 70s when British politician Enoch Powell tried to mobilize an anti-immigrant lobby in the country. He failed, but the battle cry has remained, plaguing Muslims all over the world, no matter where they come from.

Muslims, like any other ethnic group, come to Canada legally and after satisfying all the regulatory requirements like anyone else. Yes, granted some have come to this country as refugees, but then this privilege of being a refugee is accorded to all religions and ethnicities, Muslim or Christian, or whatever. So no religious group has been getting preferential treatment. Everyone has been treated equally.

According to Statistics Canada, reported hate crimes involving black people and other racial groups have increased by 47 per cent since 2014. What is the root of racism? It is ignorance and lack of contact between the races.

Many people have no contact with Muslims at a personal level as friends or

neighbours. The solution is for everyone to invite their neighbours for coffee and get to know them. Office colleagues should do the same. It’s only through friendship and personal contacts that one would know that Muslims are the same as anyone else. Contact between different people is very important.

For centuries, Muslim and Western cultures were largely separated geographically - although there have been memorable periods of integration as well - on the Iberian Peninsula and in South Asia - among other places. But those were hopeful exceptions to what some observers came, over time, to describe as an inevitable pattern of clashing civilizations.

Muslims are hated because of the terrorist attacks undertaken by the so-called jihadists, who have no legitimacy or right to unleash a reign of terror in the name of Islam. They do not represent the religion nor do they have any right to speak for Muslims. They are a bunch of hooligans out to cause death and destruction.

Continued on page 9.

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Continued from page 8.

As the Aga Khan, spiritual leader of Shia Ismaili Muslims, said, the Muslim world, with its history and culture, is still unknown to the West.

“Even today, the study of the Muslim world in our high schools and universities is a specialist subject. Very little of the Muslim world features in the study of humanities in the West,” said the Aga Khan. “The two worlds, Muslim and non-Muslim, eastern and western, must as a matter of urgency make a real effort to get to know one another, for I fear that what we have is not a clash of civilizations, but a clash of ignorance on both sides. Insofar as civilizations manifest and express themselves through their art, museums have an essential role to play in teaching the two worlds to understand, respect and appreciate each other.”

Ignorance breeds suspicion and intolerance toward others. A pluralist, cosmopolitan society is one which not only accepts differences, but also actively seeks to understand and learn from them. Diversity is not a burden to be endured, but an opportunity to be welcomed.

Political, educational and civic leaders should be concerned about the rise in hate crimes in Canada. The best way to eradicate this venom is to initiate a campaign to connect different races in neighbourhoods and communities. At formal and informal levels, efforts should be made to allow different races to mingle informally as neighbours, friends and colleagues. All religious leaders should hold more inter-faith functions so as to educate their congregations about different religions.

School boards and trustees have a responsibility to devise curriculums that teach different religions and cultures so that the country’s citizens-to-be are well conversant with the make-up of Canadian society and there is no repetition of the Quebec mosque incident.

Little Mosque on the Prairie may be a fictional sitcom but its message - all religions working for everyone’s betterment - is universal and applicable to present-day Canada.

At a speech in New Delhi, the Aga Khan spoke of his vision for a multicultural society.

“Tolerance, openness and understanding towards other peoples’ cultures, social structures, values and faiths are now essential to the very survival of an interdependent world. Pluralism is no longer simply an asset or a prerequisite for progress and development, it is vital to our existence,” he said. ▲



Re: Is Canada playing games with Albertans?

Just the other day, I was reading a book, and a chapter called *Some Common Institutional Victim Games*, and quickly realized that this entire section could easily apply to us Albertans today.

Three “victim games”, really stuck out: Making the institution Canada, a person, swearing your allegiance first and forever to Canada and falling into the jargon trap, i.e. equalization.

Pierre Berton once wrote, “Our love affair with Canada has been long and slow, never a sudden infatuation”. If you didn’t know that Canada was just a country, an alliance of provinces really, you might believe

Canada to be the name of a person whom he loves. In fact, Canada is just a corporate entity, which receives and redistributes our money to people we mostly do not know and to places we almost never go.

I have often heard Canada described in terms of a family – complete with parents and siblings. Contrary to popular belief, unless you are a corporate lawyer, provinces are not real “people”. Is the province of Quebec going to care or cry if you die tomorrow? Probably not. And I doubt very much, that even Quebecers, themselves, (who live very far away) took notice when Alberta’s beloved Premier, Ralph Klein died.

Albertans have been swearing their allegiance – forever – to institutions like the Canadian federal government for as long as Alberta has been a province. Where has this Canada first and forever allegiance gotten Albertans so far? Many Albertans risked their finan-

cial futures on Alberta, only to find that their contribution (decades of paying hundreds of billions more in federal taxes than they received back in benefits) was neither respected nor even remembered.

Now, to add insult to injury, unemployed and underemployed Albertans (some of whom used to be employers) are being told, that the prime beneficiaries (i.e. Quebec) of their extra taxes, would rather buy their oil from a nation like Saudi Arabia, that has little regard for human rights let alone so-called Canadian values.

And now that we are on the subject of values, it seems that this “person” – Canada – has made words like “equalization” and “health transfer payments” into the most respected Canadian values. And what amounts to wealth transfers from Albertans for the past five decades, have gone on unchallenged, in the name of fairness. This is just jargon, confusing and meaningless talk.

It took me a lifetime to

realize that it wasn’t our Alberta government that simply cut an “equalization cheque” or “transfer payment” to others. In fact, it is the Canadian federal government that takes more tax from Albertans to give to others. And Albertans are told, by the Canada jargon experts, that the federal formula for equalization is far too complicated to easily communicate.

And there you have it. Albertans’ victimhood is complete in three easy steps. First, believe that the “machine” you are dealing with is a living and breathing person that you can love. Second, swear your undying allegiance to this person forever. Third, believe every word that this person tells you – because this Canada person, deserves your love more than even yourself, your family, your friends, or your neighbours.

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PROUDLY CANADIAN








By BARBARA ELLIS

Discovering the wonder of life in my backyard

Have you ever really looked at a tree? Wondered what goes on behind the bark and under the ground? Trees are amazing, and I got to know one particular tree that I had growing in my own backyard very well.

It was an unassuming tree, quite ordinary really, a crab apple tree. The tree was probably about twenty years old when I moved into my house and as it was January, I didn't even notice it. The first time I actually did notice the tree was when I shoveled snow off my patio and inadvertently hit one of the lower branches with my shovel. The tree rewarded me by sending a small avalanche of snow

down on top of me. She immediately got my attention and I shivered as the snow melted and dribbled down the back of my neck.

Sometime in March the Cedar Waxwings returned from their southern retreat and a flock of them swooped down and noisily took over the tree. They began to pick off the remaining shriveled-up apples, which could not have been very appetizing, but I guess when a bird is hungry, anything will do.

With the coming of spring, the snow began to melt and, wonder of wonders, my tree pushed out buds from dried out twigs from even drier branches. I watched these buds puff up until one day they burst and tiny little leaves popped out. Next to those tiny leaves I saw another sort of bud, a pinkish purplish color and as they burst out of their shell, they turned into beautiful flowers. In no time the whole tree was crowned in a mass of white blossoms and the scent of the flowers was

intoxicating. I was fascinated and in awe of the transformation that had taken place.

One morning as I sat drinking my coffee enjoying the sun, I noticed my cat sitting under the tree. She was mesmerized by what she was seeing and to my surprise, I saw and realized what she had been watching. Tiny little wings moved a tiny little body from blossom to blossom. It was a delicate little hummingbird.

I had never seen one in Calgary before and I was delighted to have these wondrous little creatures feed from my tree. The little visitor did not stay long, but from that morning on I stared at that tree just as intently as my cat had done and not often, but every once in a while, I was rewarded by a hummingbird returning to visit.

Soon the flowers petals began to fall and the ground was covered in a carpet of white. Next came bigger leaves and, where the flowers had been, I saw small orbs slowly turning

into apples. Over the next few weeks, these apples grew larger and larger until they were about the size of a golf ball. As they plumped up they ripened and turned a delicate cream with streaks of red.

One day, I saw that a robin was building a nest in my tree, and that became my next fascination. After a few days the nest was complete and I could barely see it though the leaves. She began spending most of her time sitting in her nest and I realized that she must have laid her eggs. I waited anxiously for the sounds of new life and dearly wished that I could see inside the nest.

One night in late June a fierce storm blew in with pelting rain and fierce lightning that lit up the sky. The wind whipped the branches about and I was concerned for my little mother and wondered how she was coping. As soon as I was awake the next morning, I went into my backyard to see if the nest was still there. I was so relieved to see that my robin had sur-

vived. She was tired and had her eyes closed, until she sensed that I was there, then she looked at me with a sort of "I made it" look and I told her I was proud. "Well done," I said out loud. She had built a sturdy nest and had cleverly positioned it firmly against the crook of two branches.

Soon other visitors started coming to my tree to eat the ripening fruit. Squirrels darted among the branches and I also noticed to my consternation, wasps buzzing around. With those yellow jackets around, I gave the tree a wide berth. But I was curious and picked off one apple just to sample it. The apple was both tart and sweet. I guess the squirrels and wasps knew what they were doing.

One of my neighbours had been eyeing the ripening apples and asked if she could pick them to make jam and apple brandy. She was welcome, and so was anyone else who asked. There were plenty to go around.

Summer was coming to a close and I noticed another change in my tree. Some of the leaves looked worn out, bedraggled, some with holes and tears in them, and something else was happening, the leaves were changing colour. No, not the red of the maple that I have heard so much about, but yellow, not even yellow, more gold. The beauty of these changing leaves contrasted against the gunmetal gray of the bark, very artistically. I looked at my tree and realized that the shape of the branches was perfectly balanced, as she stretched out her arms in a circle around her trunk.

Soon the leaves began to fall and I spied something round and grey secured against one of the branches, a wasp's nest. Big and bold, it now stood out in clear sight. How they must have worked to build such a structure and how many there must have been. I did not see any movement so I assumed that the heavy frost must have sealed their fate. I called the zoo and asked if they wanted the nest to put on display. They were delighted to accept it and quickly sent someone to pick it up. The zoo uses nests such as these as a teaching tool for the many school children who visit them.

Fall had arrived and it was time to clean up the yard. I raked up the last of the leaves and looked around me, the flower pots were nestled next to the house and my tree was bare, with the exception of just a few shrunken apples clinging stubbornly to the branches. That was okay, they would be food for the Cedar Waxwings and robins in the spring.

I could almost hear her sigh as she settled down for the long winter to come. Soon a snowy blanket of white would cover her as she slept. Rest, my friend, enjoy your slumber then come back to life, full of renewed energy to repeat your miracle again next year. ▲

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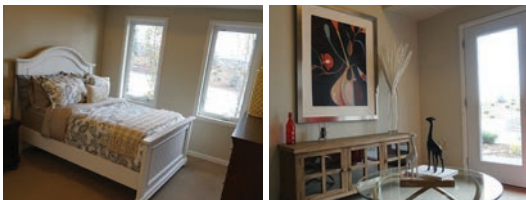


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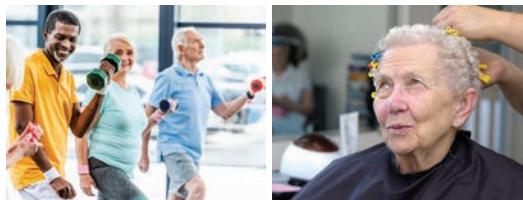


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The golden years of cycling

By Anne Walton

Like many folks had a bicycle when I was a kid, then many years went by without a bike being part of my life. In my early 40s, I was back living in Ottawa where I'd grown up, and I suddenly became aware of the whole world of bike paths, and bought myself a new bike.

After some wobbly starts, it all came flooding back and that's when I really connected with my deep passion for cycling.

I'm 76 now and just as passionate about riding my bike today. I'm just an ordinary cyclist, no marathon rides, Tour de France dreams, or winter riding for me. I like to meander along and take in the sights and these days, I like to do so when the temperature is at least 5 °C.

Interestingly, though cycling

also supports physical wellbeing, to me it's just a side effect. Riding my bike gives me the most incredible sense of freedom and connection to the beauty of the world around me. And there is something about doing so under "my own steam" that is very satisfying for me.

Over the years since then I've explored bike paths in PEI, Vancouver, England and California, all of which have served to deepen my passion for being on a bicycle. Always it has been fairly gentle exploration, long treks or bike races have not been my calling. Now living in Calgary, exploring paths by the Bow and Elbow Rivers and Glenmore Reservoir have only served to enhance the joy and delightful sense of expansiveness and freedom I get from pedaling.

In 2000, when I was in

my late 50s, I moved to Calgary and was keen to explore bike trails here. So, I ride down along the Elbow River, past the Rockyview Hospital. Then I can sit on a bench and enjoy Glenmore Reservoir from above – ahh, so much easier on the body. This has become one of my favourite routes.

One summer, when I was in my early 60s, I was working at Foothills Hospital and living in Mission, so I'd bike to the Bow, ride the path on the south side of the river, cross the river under Crowchild Trail, ride along the path on the north side of the Bow then up 29th Street. I loved having that exercise prior to work. I found that I was more clear-headed and better able to focus on patient care.

As the days got shorter and colder, I continued bik-



Walton poses for a picture with her bicycle.

ing to and from the Foothills. My rule of thumb was, as long as it was above about -15 C (depending, of course on wind chill) I was good to go. This included when I was on evening shifts and getting off at 11 p.m.

I recall one evening it had snowed a lot during my shift. I managed to make it down the hill on 29th Street and, assuming that the bike path wouldn't be clear, I turned eastward along one of the avenues north of Memorial Drive. The ruts left by the

cars were particularly treacherous. It was a very long, slow, cold ride that night. However, despite my fear and trepidation, I managed to make it home without incident, and it didn't deter me at all.

From time to time I visit my son out east and he introduced me to a beautiful path along the St Lawrence River. Needless to say the pace we travel at isn't the speed he'd usually bike at, but he's willing, as he says, to keep "down" with me.

After one such ride, I declared my intention to bike well into my 90s. To which my son replied: "Well Mom, we'll just have to get you a set of those adult training wheels." Adult training wheels? I had no idea such things existed. The only experience I had of training wheels were the ones you put on kid's bikes.

You may consider adult training wheels, as I do, an option for when "I'm really, really old and wobbly", however, they're also a great way to get back to biking if you've stopped, due to health challenges or injuries. The most challenging thing about getting back on a bike after some years of abstinence is the whole balance matter. With training wheels, the balance aspect is taken care of, leaving you to enjoy the pleasure without the fear.

In the meantime, in fair weather you'll see me (sans training wheels for now) on the bike paths along the Bow, in foul weather you'll see me perched in my bedroom window "riding" along on my bike.

Ah the glories of bicycling, in fair weather or foul, in youth or old age. As Michael Palin said: "One of the most important days of my life was when I learned to ride a bicycle."

If you, in your travels, see an elderly woman with gray hair poking out from under her hot pink bike helmet, do wave as you pass me on the trail. Over these years, I've been drenched to the skin, sunburned and chilled to the bone on many of these bike adventures yet undeterred I continue to pedal along. ▲



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Take advantage of tax benefits and credits to put money back in your pocket

As a senior, you may be eligible for a wide range of tax benefits and credits. The Canada Revenue Agency (CRA) has tips to help make sure you get everything you're entitled to this tax season.

Take advantage of free tax help

If you have a modest income and a simple tax situation, community volunteers may be able to do your taxes for you, for free. Free tax clinics are usually open from February to the end of April.

Claim benefits, credits and other expenses

As a senior, here are some of the most common things that you may be able to claim:

1. Medical expenses – You may be able to claim eligible medical expenses you or your spouse or common-law partner paid in any 12-month period ending in 2018.

2. Age amount – If you were 65 years of age or older on December 31, 2018, and your net income was less than \$85,863, you may be able to claim up to \$7,333 on your return.

3. Disability tax credit – If you have a severe and prolonged impairment in physical or mental functions, you may be eligible for the disability tax credit (DTC). If your spouse or common-law partner or your dependant has a severe and prolonged impairment in physical or mental functions, are able to

claim the DTC, and they don't need to claim all or part of the amount, they may be able to transfer the amount to you.

4. Canada caregiver credit – Do you support a spouse or common-law partner, or a dependant with an impairment in physical or mental functions? The Canada Caregiver Credit (CCC) is a non-refundable tax credit that may be available to you.

5. Pension income amount – You may be able to claim up to \$2,000 if you reported eligible pension, superannuation, or annuity payments on your return.

6. Guaranteed Income Supplement – The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security (OAS) pension recipients who have a low income and are living in Canada. If you live on a low-income and receive the GIS or allowance benefits under the OAS Program, you must file your return by April 30 to make sure your benefits are renewed automatically.

7. Goods and services tax / harmonized sales tax (GST/HST) credit – You may be eligible for tax-free quarterly payments that help individuals and families with low and modest income to offset all or part of the GST or HST that they pay. When you file your taxes, the CRA automatically determines eligibility.

8. Working Income Tax Benefit – The working income tax benefit is a refundable tax credit that provides relief for eligible working low-income individuals and families who are already in the workforce.

Protect yourself from tax scams

Did you get a suspicious email, telephone call, letter or text message claiming to be from the CRA? If you're being asked for personal information such as your credit

card number, bank account number or passport number, this is a scam. Learn how to protect yourself.

For more tax information for seniors, go to www.canada.ca

Source: CRA website ▲

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Kerby Centre and your Notice of Assessment.
- All reporting slips (paper T-slips) for each type of income you receive.
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest or dividends).
- Details of any deductible items that you may be eligible to claim: medical (yearly printouts from Pharmacy for prescriptions), services and medical devices, premiums to private medical plans, charitable donations etc.
- Records of any tax installments paid for 2018.

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.

Unfortunately, Kerby Centre is unable to provide a tax service at home. Low-income individuals, who are unable to leave home, can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the CRA can be contacted on: 1-800-959-8281.

I am and have the following:	If any of the following apply, you are <u>unable</u> to access the Tax clinic
Over the age of 55 or receiving AISH: Income for a single person is less than \$35,000 or for a couple, less than \$45,000. Tax return is simple and includes any of the following: <ul style="list-style-type: none"> • Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD. • Rental Income with all deductible expenses totaled and categorized. • Deceased person's taxes if they are simple. 	Under the age of 55. Income for a single person is more than \$35,000 or for a couple, more than \$45,000. Tax return is complicated and includes any of the following: <ul style="list-style-type: none"> • Business Income, Farm Income, Capital Gains Trade Summaries. • Estate tax returns or bankruptcy returns. • Deceased persons taxes if they are complicated.

Did you know you may be eligible to claim medical expenses?

You may be able to reduce the amount of federal tax you pay by claiming a non-refundable tax credit on a wide variety of medical expenses.

You may be able to claim medical expenses for yourself, your spouse or common-law partner, your dependent children (under 18 years of age), and certain other dependants.

To claim medical expenses, the expenses must:

- be eligible – the Canada Revenue Agency (CRA) has a list of common medical expenses that may qualify.
- have been paid by you or your spouse or common-law partner.
- have been paid within a 12-month period ending

in 2018 and not claimed for 2017.

Before doing your taxes, make sure you are claiming eligible medical expenses. If you claim expenses that are not eligible (e.g., athletic or fitness club fees or over-the-counter medications), the CRA may adjust your return accordingly.

You may also be able to claim travel expenses if you travelled at least 40 kilometres one-way from your home to get medical services that were not available in your area. If so, you may be able to claim the public transportation expenses paid (e.g., taxi, bus, or train). Where public transportation is not readily available, you may be able to claim vehicle expenses instead.

Did you travel at least 80 kilometres one-way from your home to get medical services that were not available in your area? If so, you may be able to claim accommodation, meal, and parking expenses in addition to your transportation expenses.

Did someone travel with you? You may be able to claim that person's transportation and travel expenses. To make that claim, a medical practitioner must certify in writing that you were not capable of travelling alone to get medical services.

In addition, if you have low employment or self-em-

ployment income and high medical expenses, you may be able to claim the refundable medical expense supplement, which may reduce the federal amount of tax you pay by up to \$1,222.

New this year is the Medical Expense Tax Credit, which has been expanded to allow expenses related to service animals that are specially trained to perform specific tasks for a patient with a severe mental impairment that helps the patient cope with the impairment.

Eligible expenses paid in 2018 include the cost of the animal, the care and maintenance of the animal (food and veterinary care), reasonable travel expenses paid for the patient to attend a school, institution, or other facility that trains in the handling of these animals, and reasonable board and lodging expenses paid for the patient's full-time attendance at a school, institution, or other facility that trains in the handling of such animals. ▲

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Retired nurse brings puppets to life

By Sheila Addiscott

Puppet shows are springing up all over Calgary this March as part of the Festival of Animated Objects (FAO). Two shows breaking new ground are *The Bench*, and *Dorothy: a Mother Daughter Memoir*.

Juanita Dawn's journey into the world of puppetry began with working with humans as a nurse. Working as a nurse for 36 years gave her a really good understanding of people's needs and opened her eyes to the wide cross section of people who make up humanity. She is now bringing all that experience to her new work, *The Bench*.

Dawn spent her years nursing, in women's health, delivering babies and helping women with all their pregnancies and issues.

"You really see humanity when you work with vulnerable people. I've seen a wide cross section of people from the wealthiest to the poorest and that has given me empathy for people," she said.

Retired from nursing, and now working as a full-time artist, puppetry is fueling her energy.

"*The Bench* story came from a real story. I was work-

ing as a nurse and one of the other nurses was talking about the condo meeting she had attended the previous night. In the meeting, people were complaining that there are too many homeless people sitting on the benches in the park and they wanted to remove the bench."

"This story comes from a simple idea, it's about who has the right to sit on the benches. I think that with puppetry you can take a really simple idea like this and get it across without a lot of words, using mostly action," she said.

The story starts with Frank, a homeless man, sleeping on the bench. And someone gets really angry seeing him sleeping on the bench and starts a campaign to get rid of the bench and him.

Meanwhile, the community bench is being used all day long by all kinds of other characters like kids, joggers, readers. It's a little parade of characters that are all enjoying the community, and it is the idea that the bench creates that community.

What really struck Dawn about this story is that removing the bench wasn't really solving the problem. They were not helping the homeless, all they were do-



Juanita Dawn poses for a picture with her puppet Frank.

ing was removing a community service.

"I believe that you can bring in difficult subjects in puppeteering, because puppets can get away with saying things that people can't, because they're puppets. Puppets have historically been used to explore difficult subjects. It is a different way for people to communicate issues and ideas," she explained.

Dawn was doing a lot of her own art expressing the whimsy of humankind, through sculpture and making little figures. Then she got involved volunteering with FAO, painting and building things, and that's where she became hooked on puppets. That led to her signing up to take her first puppet course with The Old Trout Puppet Workshop at the Banff Centre.

"I thought these puppets were very similar to the figures that I make. So, after the workshop, I then went on to spend every waking minute trying to learn the art of puppetry," she said.

Ten years later, and

Dawn now teaches puppet construction workshops at Banff Centre.

"I call myself a late bloomer. As an older woman, you become invisible in the world. Nobody notices you. But I don't think it has to be that way," she said.

"Puppetry is a difficult art. You kind of have to cobble together all types of skills. You're casting, carving, molding, painting and sewing. You are a jack of all trades doing so many types of art forms. It's a totally crazy passion," she added.

In addition to her puppet work, Dawn runs a full-time art studio called *A Long Grass studio and workshop* with her husband. "My husband does woodworking, which is great because he has all the woodworking tools for set building and puppet building."

Dawn partnered with Monica Ila to create and perform *The Bench*. They met at Banff Puppet Intensive, where Ila took one of Dawn's puppet construction classes, becoming friends over power tools. Dawn is

the builder, and Ila is the technical heart of the show, and they both perform.

Ila is a full-time painter and visual artist, but she was drawn to puppetry because she has always loved puppet theatre. She describes herself as Dawn's "number one fan girl and assistant".

"Last year, the show that we were working on did not get accepted into the Casteliers festival in Montreal. But, then three weeks before we left to attend the festival, we got invited to Festival Off Casteliers (OUF), a fringe festival in Montreal. We had nothing ready, but a concept.

In three weeks we built and rehearsed enough to put together a 10-minute piece that we carried to Montreal in three suitcases. We then took that little piece and expanded the neighbourhood in *The Bench*, and that is the version we are performing at the FAO," added Ila.

"I have always loved puppetry, and, I saw a puppet musical, and I thought, I can't believe that this is someone's job. Puppetry mixes theatre and visual art with a general sense of playfulness and creativity. There is something very engaging about bringing an inanimate object to life," said Ila.

Puppet shows are varied in size and scope. Puppets can be huge like Warhorse, a big venture with a big budget and audience. Or small, *The Bench* seats an audience of only 50. Smaller venues work well with small puppets, to create a more intimate setting that allows the audience to get close to the puppets and to the performers.

Ila believes it is the accessibility of the characters that bring people into the theatre. "People are put in a more childlike playful state, when they see a sock or a Yeti puppet come to life. It lets us whisk the audience away to another world," she explained. ▲

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A mother and daughter memoir about Alzheimer's

By Sheila Addiscott

A true story, *Dorothy: A Mother Daughter Memoir Project* is the story of how three generations of women cope with Alzheimer's disease and its lifelong impact on family members.

"This story is about my grandmother Dorothy Dixon, who had Alzheimer's, and my mother and aunt who took care of her in the later stages of Alzheimer's. It was completely life changing for them," explained Randi Edmundson from the Little Onion Puppet Co.

"For a long time my grandfather took care of her at home until he passed away, then my mom and aunt took over her care. That was when they realized how far the Alzheimer's had progressed. She was like a lot of people with Alzheimer's, quite private about it," she added.

Dorothy had early onset Alzheimer's, starting in her early 50s, and she was only 74 when she passed away.

Edmundson's mother, Susan Dixon and her aunt Nancy Horobetz, kept a journal and documented every single day they spent with their mother. They captured a lot of the challenges of the experience of that disease including the grief and loss, but also the love and hilarity that comes out in some of the situations they faced.

This story is about how they brought Dorothy into their care and the challenging conversations they had with her, including one about moving her into a care home.

There is also a subplot, as Susan Dixon and her daughter are getting a little bit older, they start to ask the same questions about themselves, and what that care could look like.

The story is brought to life on the stage using text and material from the journal, and puppetry.

"One of the things that fascinates me about puppets is their ability to do things that human actors just can't

do. I was interested in this idea of illustrating how a person's personality seems to change, or parts of their memory sort of leave them when they are going through Alzheimer's and how you can do that physically with parts of the puppet leaving and not returning to the puppet," explained Edmundson. "This is what sparked the show."

Edmundson and Dixon use a lot of Dorothy's actual belongings in the show. They have incorporated a type of puppetry called 'found objects puppetry'. This is where everyday objects are transformed and are used to tell a story.

"We've got her wedding dress that we bring to life. And we have a sewing theme throughout the show, where we use sewing objects like her pinking shears, and her actual Singer sewing machine from the fifties. All of these beautiful things that help to show her perspective and give her a voice," she added.

"Dorothy was a seamstress, and she taught my mother to sew, and she is also a seamstress. I have landed in this puppet world, which also requires a lot of sewing. It's a gift that she has given us both."

Susan Dixon facilitates support groups for caregivers through the Alzheimer's society of BC. She is very familiar with the content and sharing stories of this nature so it seemed like a natural marriage of their two different worlds.

"I have dragged my mother into this project completely. We kind of merged our knowledge and explored where the two parts meet," said Edmundson.

One of the things that the duo wanted to make sure that came across was the love that exists with any kind of experience of aging and caretaking. They wanted to make sure it wasn't too hard a story, because it could easily have gone in that direction.

"Highlighting the solace that you can get from sharing your own story is really important for us," said Edmundson.

"This has been a good way for my mother to process her relationship with her mom. And for me it was a way for me to get to know my grandmother, because I was so young when she lived with us. I learned through this process who my grandmother was, it's been such a gift," she added.

For more information on both of the shows go to www.puppetfestival.ca. ▲



Dorothy in her wedding dress, Gladstone, Manitoba, 1953.

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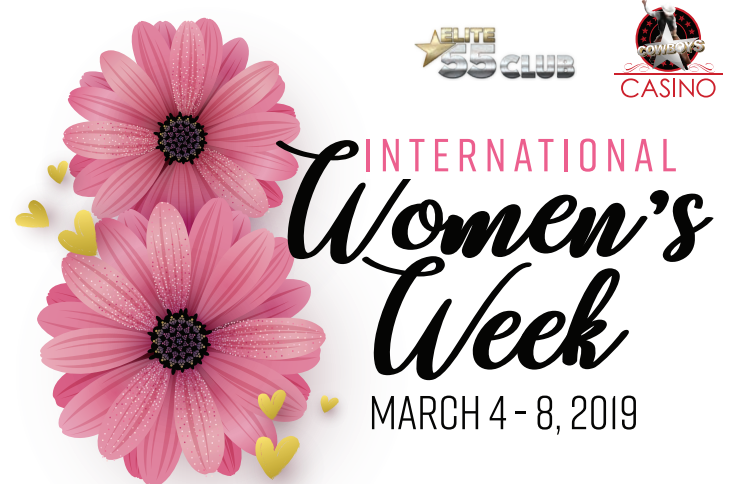
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Senescence in the animal kingdom

By Sheila Addiscott

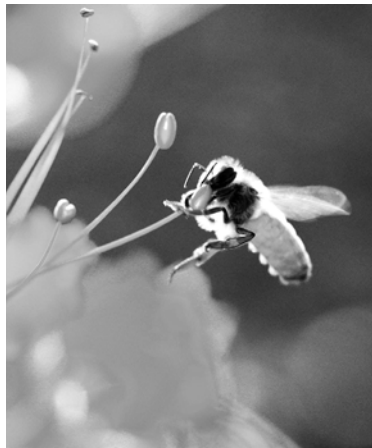
Senescence is the study of aging. Our wild and distant relatives have a lot to teach us about aging, whether you look at an animal that lives for only 30 days like a bee, or an orca that lives more than a hundred years.

Canadian filmmaker Ari A. Cohen has a new wildlife documentary called *Aging in the Wild*, about growing older in the animal kingdom, and he talks about what we as humans can learn from animals about getting older.

Filmed over two year, the documentary touches on the themes of longevity, dominance, reproduction, wisdom and death.

“There are a lot of take-aways for us in this film about aging. We all start somewhere and we all end up somewhere. It could be a few days or a few hundred years, this film displays that complexity. Life itself is spectacular and it’s something to cherish,” said Cohen.

In the animal kingdom



An older bee at work.

age has its advantages. Experience and size matter, especially if you are an elephant. Elephants are the longest living land mammal on earth.

One of the elephants in the documentary is a matriarch called Ella. She is 50 years old and pregnant again. The older you get doesn’t mean the weaker you get, for elephants, the older you get it means the wiser you become.

One of the researchers on the film, Lesley Evans Ogden said: “Matriarchs are really crucial to elephant societies, especially during hard times like drought, when it’s these wise old leaders that know where to find water and food. Without their expert knowledge and amazing memories, the younger elephants they lead would be in big trouble.”

“The young elephants that follow the older elephants trust that they know where they are going and that they will protect them. Like humans, all that security, building all that comfort is passed on from generation to generation,” added Cohen.

Another of the animals featured in the film is whales. There is a grandmother orca of 103 that has a boyfriend in his 20s. She is as strong at 100 as she was at 20. We don’t see things like this very often in human societies, but orcas do have other similarities to humans. This grandmother orca exemplifies the idea to strive be your best self at any age that you are.

“As a documentary filmmaker, I have made many

biographies about grandmothers that live in the arctic and many older people. I have always been really interested in the wisdom that comes with age. In doing this project I was looking for that in wildlife,” said Cohen.

Female orcas can have babies until they are in their 40s, and then live another 60 years past their reproductive age. The older female orcas are still vital to the pod as they have knowledge of feeding grounds etc. that they continue to teach for the rest of their lives. This pattern of imparting knowledge is something that we see in humans too.

“In the wild if you know where the food is and you know how to defend yourself it helps the other generations follow in your footsteps. The older animals are revered by the other animals,” explained Cohen

For some species, the rate of aging depends on their social environment. Alpine marmots live in families that hibernates together for six months in the winter. This is one of the keys to their survival. All those bodies together generate heat, and staying warm through the winter equals survival.

Frequent hibernation, may be another factor to living longer lives. Bears like to live alone, and there is science that shows bears don’t lose memory when they hibernate. Humans don’t hibernate, but we do spend one-third of our lives sleeping, or we are supposed to. Scientists have discovered that lack of sleep accelerates aging, because it prevents cells from properly restoring themselves. This in turn leads to forgetfulness.

“Marmots have what are called helpers to raise their young. The idea that we need help to raise our families, and help increases longevity makes sense. Less stress makes for a better life,” said Cohen.

Bees only live 30 days, and it would seem that they would have little in common with human aging. However, there is an experiment shown in the film where scientists looked to see if they could reverse aging and memory loss and teach older worker bees new tricks.

The bees didn’t live longer, but the bees were able to relearn behaviours from their youth. Scientists discovered that the social environment had an effect on the bees’ memories and their ability to learn. In understanding the science behind this, “researchers hope to gain in-



Killer whales, or orcas, can live more than 100 years.

sight into treating age related memory loss in humans too”.

“There is this idea, that as we get older, that we should be doing less. When I worked up in the arctic, the Inuit mothers and grandmothers, were packing up early in the morning getting their skidoos and their fishing rods ready and going out onto the ice.

They weren’t running across the ice, but they weren’t afraid to go out onto the ice and they were not afraid to spend hours outside in the elements,” said Cohen. “Being close to nature is a great way to maintain vitality and remain connected.”

One thing that humans do is to take care of our elders. We feed them and look after them when they can no longer look after themselves. In the animal kingdom there is evidence that some species, like whales and elephants, also take care of their ailing members.

Healthy whales have been seen to hold up an ailing pod member in a group. Elephants have also been observed looking after sick members of the herd. If an elephant is dying, the herd will gather by her side and comfort her by touching her with their trunks. Elephants even remember their elders after they have died.


Evans Ogden said: “I think the key thing we can learn from animal aging is to respect our elders, and not be so fearful of getting old! In so many animal societies, it’s wise old leaders that are critical to the survival of families and communities. Their role in society is vital.”

Cohen also believes that we need to be open to what the animal world can teach us.

“We are just one among many species that are getting older. It’s something that we all have in common and that’s what makes it fascinating. There are so many ways to get from beginning to end. We can learn to respect and appreciate life itself by looking at animals through a different lens,” added Cohen.

The spectrum of aging is very diverse, and every species has its own rate and pace of aging. The concept of senescence, is as diverse as the number of different animals that live on our planet.

Filmed over two years the documentary features more than 20 species, and was filmed in countries around the world. *Aging in the Wild* will be shown on March 10 on CBC’s *The Nature of Things*. ▲



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A large, healthy family is key to a long life for marmots.

Artificial Intelligence and the future of modern medicine

By Sheila Addiscott

Cyborgs may soon not just be a figment of science fiction imagination. Dr. Naweed Syed, professor at the Cumming School of Medicine at the University of Calgary recently gave a talk on the future of artificial intelligence (AI) and medicine. It's not as far away as you might think.

In the future, Dr. Syed envisions a world where relatives could decide to have a digital copy of their loved one's brains saved and uploaded into an android. An android that will look, act, think and emote just like their loved one, with all of their memories intact, but who will also be a walking computer with access to all of the world's knowledge available online.

However, we are not there quite yet. Modern computers are basically data-adding machines. They add so fast, they give the illusion that they are "thinking".

"We currently have algorithms that we have developed for computer systems that are able to perform tasks that were thought to require human intelligence like visual perception, and speech recognition. iPhones and other androids can actually do these things," said Dr. Syed.

There is a computer program called AlphaZero which has actually learned on its own, without any human intervention. It was created by a company called DeepMind to play the games *go*, *shogi* and *chess*. The program was trained by "self-play", meaning the program made mistakes and then corrected itself, humans did not teach it.

Even in its 2019 version, the AlphaZero is capable of defeating any human. This is a remarkable and very exciting development. What takes a human brain one hundred years to learn, these smart AI devices can learn in one hour.

One of the major problems that scientists face in taking AI further, is understanding how the brain works so as to emulate its function in designing a super artificial intelligent machine.

"There is currently no cure for Parkinson's, Alzheimer's, MS, bipolar disorders, schizophrenia or depression. We manage these patients, but cannot cure them, because we don't know how the brain was put together in the first place. We first need to be able to understand how Mother Nature was able to put this remarkable organ together," he explained.

The grand challenge is to find out how the brain

works. Scientists are hoping that a super intelligent AI will help us to solve these problems when we reach the point of technical singularity. Technical singularity is the idea that the invention of AI will trigger technological growth resulting in a super intelligence that could then find the solutions to these human conditions.

To understand how the brain functions, and how to fix it when it is damaged, scientists have to acquire the ability to connect with brain cells directly, to make a brain machine hybrid or interface (a cyborg) whereby brain cells can connect with a semiconductor chip.

Dr. Syed and his team have accomplished this step. "We were the first team in the world to make a true bionic hybrid whereby we coupled brain cells with an artificial semiconductor chip that is so small that it fits on a single brain cell. The chip can talk to the brain cell and the brain cell can talk back to the chip," he said.

In the field of prosthetics, in patients with missing limbs, the brain is still intact. If you can design a semi-conductor chip that communicates two ways with those brain cells, the chip could act as a remote control and drive a prosthetic limb as if it was part of the patient's own body. New technology using nanofibres, is making this possibility a lot closer."

Now that scientists are beginning to crack the code of communication between brain cells they are learning how Mother Nature has put these circuits together. "It is only when we know how

things were put together, that we can fix them when things go wrong," he added.

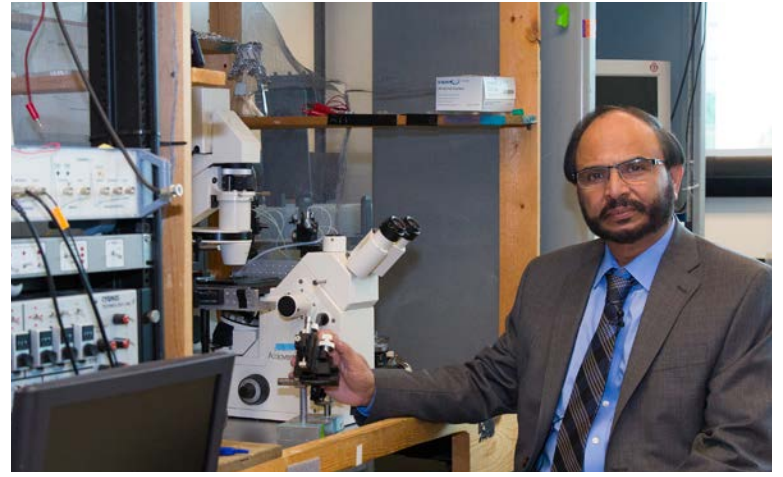
One area they are currently working on is human brains that have epilepsy. Here science fiction is becoming reality. Dr. Syed is in development of non-invasive technology that doesn't touch the brain while using this microchip.

"One could see in the future whereby such chips could be coupled with a cochlear implant to detect seizures. The moment the patient has a seizure, the implant will dial the person's cell phone, telling them that "you are about to have a seizure, so sit down". It will also dial 911 and turn on the GPS locator in the phone so that the ambulance will know exactly where they are," he said.

Moving forward Dr. Syed looks to the future with one final thought.

"We know that data is information, but information is not knowledge and knowledge is not wisdom. Wisdom requires consciousness," said Dr. Syed. "If these artificial devices could get access to the parts of our brain that deal with learning, emotions and memory, they could be designed to have feelings or sensations just like humans and become conscious."

The important question is "whether we can or should give AI consciousness. If these devices have access to our limbic systems they could acquire it anyway. If they do, will AI decide that humans are the weakest link and that they do not actually want to help us or need us after all?" he added. ▲



Dr. Naweed Syed in his lab. (Photo courtesy of Riley Brandt/University of Calgary)



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Rules to seeing the European continent by ship

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



Notre Dame in Paris, France (river cruise on Seine).

Seeing the European continent from a cruise ship is a very different experience. We booked our first cruise in 1988, and how the times have changed since then.

When we were packing back then, we needed an extra suitcase just for evening clothes. We were getting ready for fancy dining, night performances, dancing and such. We weren't on an expensive cruise line either, just on a modest Epirotiki ship named *Pegasus*, touring around the Greek islands.

Pegasus eventually caught fire and sank in Venice in 1991 and the wearing of evening clothes and posh dining on common cruises seems to have also sunk somewhat since then.

On our next cruise we went

from Barcelona in Spain to Venice in Italy, via France, Greece and Croatia. Most participants transferred directly from the airport to the port. The cruise sailed in the evening and the itinerary didn't even include visiting the city, though, in fact Barcelona is one of the "must see" cities in the world.

At least two days are needed to explore Barcelona reasonably well, and that doesn't even include a chance to visit the nearby attractions like Montserrat, Cadaqués and Besalú. It was better at the other end of the trip as we had an extra day to see Venice, but it was still not enough time.

So we brought in our first rule of booking a cruise. We book extensions to our trip in order to

explore the cities of origin and/or the end of the cruises. This applies, if the tours originate or end in these cities so that we can experience their attractions: Amsterdam, Budapest (Szentendre), Bucharest (add Transylvania), St. Petersburg (the Czar's residences in the country) and Moscow (ballet), or any other cruises for that matter.

Tours often include visits to signature cultural events in selected cities, but because of the sheer volume of travellers, the trips to the famous venues often don't have the required capacity. We visit the tourist performances included in the cruise itinerary even though they are "minor leagues" of the real things. We go to see the commercial Russian ballet companies, concerts in the Musikverein in Vienna, classical concerts in Prague, churches, and the like.

So our next rule is that if you want to see the real thing, book in advance on the Internet. Even though the tourist shows are still good in St. Petersburg or Moscow, the unadulterated ballets in the famed Mariinsky or Bolshoi theaters respectively are truly exquisite!

On our second cruise, we soon found out that they still serve dinners on ships, albeit not formal, of course. On sea cruises



City Hall in Bamberg, Germany (river cruise Main).

the seating is fixed so one dines with the same people every day. The dinner topics are mostly centered on what was seen that day and what attractions to select for tomorrow.

Cruise companies provide booklets with the options and there are usually information sessions in the evening before the next stop. The trouble is that all the options look enticing, some indeed are, but some are overrated. It helps to have some prior knowledge to make educated decisions.

Probably the best example of this was before we arrived in Livorno, in Italy. From the tourist point of view it is a hellhole commercial port and the city is bland, with nothing to see other than the crumbling fort in the old port. The difficult choice we were given was between going to Florence, or to Pisa combined with Lucca, maybe Cinque Terre, or possibly to San Gimignano.

For the first-time traveller Florence is probably a must, but one day can't do it justice. It may be better to save it for a land trip and schedule at least two full days. Pisa has a leaning tower and a dome as everyone knows, surrounded by souvenir stands, but frankly there is not much more there, so the tours often include the town of Lucca 22 kilometers away that is more interesting on the whole, even though the church tower is straight.

Cinque Terre is an absolutely fascinating stretch of dramatic coast with five picturesque towns

in a row tucked into tiny triangles of flat land inaccessible by passenger car. Tour buses drop you off above the first town, Riomaggiore, and you can walk to at least the next town, Manarola. It is a wonderful introductory visit.

San Gimignano is the one and only town in the world where patrician houses were built as fortresses complete with towers so that from a distance the city looks like a stone porcupine — not much brotherly love among the mediaeval citizenry obviously. Sadly, with all of these other glamorous options available, the shuttle bus to Livorno was still busy all day.

Arriving in Naples, it is a bit easier to decide. You choose between the city itself and the ruins of Pompeii. If it's your first trip, Pompeii will look better on your resume. It is fascinating for sure. If you have already visited Pompeii, other good day trips are the Amalfi loop or a boat trip to Capri. Be warned though that both excursions are very busy in the main season.

Our third rule was making sure to consider what kind of experience we wanted: whether we wanted to cruise by sea or river, or to drive to our destinations. However, a vacation by a sea- or river-cruise is much more about the land visits than the sailing. Cruising is limited in scope, though it still covers a disproportionately large part of European history and culture. Many of the oldest and most famous cities are located by the sea or within driving distance from it or on navigable rivers.

These cities were founded and rose to prominence way back before cars and airplanes were invented. The rivers and the sea along the shores were the infrastructure of our forefathers, just as the rivers were later to voyageurs in Canada. The difficulties of overland travel prevented other settlements from being built. Today, it is hard to imagine that the ancient Greeks or medieval Spaniards found the rugged land between their major population centres so hard to cross that they would



Sea cruise ship anchored in Greece.

rather sail around. But then the mountain ranges were impenetrable, full of obstacles, robbers and fairy-tale monsters. When I was young I didn't understand that the Roman Empire was successful not only because of its military prowess and seafaring, but also because of its excellent road-building abilities.

There are some fundamental differences between sea and ocean cruises. If luxury sea voyages right out of Victorian times complete with social and entertainment events are your thing, it's better to take an ocean cruise.

The more popular sea cruises operating on the small Baltic and Mediterranean seas hug the shore as the little Greek and Roman boats did in pre-Christian times. The luxury floating hotel that you are on, takes you to the next destination while you sleep and because there is not that much to see from the ship when at sea, it is a very efficient way to vacation, as you don't miss much.

These cruises stop in exotic locales like Monte Carlo, Kerkira (Corfu), Dubrovnik and Venice. Most of the Baltic port cities are tourist attractions meriting a long visit, although even these cruises offer short half-day excursions if you want to split your day.

Places not to miss would include the Hanging Villages (Villages Perchés) like Saint-Paul-de-Vence and Gourdon in the mountains behind Monte Carlo, a tour of Corfu from Kerkira, Cavtat from Dubrovnik or Burano from Venice. It is not just Livorno, but also Civitavecchia and Katakolon that have no appeal whatsoever for visitors and are just jump-off points to see Rome and ancient Olympia respectively, so there are no tough decisions to make there.

If you are thinking of heading north, the Scandinavian countries are much more about untouched nature, very enticing for Europeans, perhaps not so much for Canadians, as we are blessed with so much of our own

untouched nature. It's also not easy to savour nature when on a cruise ship. The cities Oslo and Bergen in Norway and St. Petersburg in Russia were the best. It is also probably more interesting, and faster, to sail rather than to drive to the Arctic along the Norwegian coast, as we have done.

Our last rule is to consider taking a river cruise, if one is available. The coast-hugging sea cruises are good and it is hard to improve on the comfort they provide, but river cruises allow for seeing not just the highlights, but also the countryside.

The smaller river cruise ships discharge fewer tourists. It is unimaginable what would happen to the many lovely towns like Rudesheim or even Bamberg in Germany, not to speak about tiny Durnstein in Austria if one of those sea-faring behemoths would let out some 3000-plus camera-toting tourists at one time in these small locales.

An added benefit of a river cruise is being able to watch the countryside unfold in front of your eyes from your cabin's balcony, with a glass of wine in your hand, as the advertisements are quick to point out. The busiest river cruise routes are the Danube and Rhein rivers. Connected through the River Main and the Europa Kanal between Bamberg and Kelheim, they form an east-west corridor that makes sailing from the English Channel to the Black Sea possible.

It is a tourist route made in heaven. It would take three to four weeks to go from Amsterdam to Bucharest in Romania. Typically it is broken down to two separate trips. Amsterdam to Budapest in Hungary is the western leg, and then further to Bucharest is the eastern leg.

The highlights of the eastern leg are Bucharest from where it is recommended to add on an excursion to be able to visit Transylvania (Dracula country), the Iron Gates, that is a Danube gorge, Belgrade, and Budapest.



Burano, Italy (sea cruise).

When starting in Budapest and going west the second stop already is the spectacular Vienna, followed by Wachau Valley, Passau and Regensburg.

Further down the River Main there is Wurzburg, at one time at the Rhein confluence with the Main. It enters a gorge with a multitude of castles on each side of the river, and even one built in the center of the river, the Pfalzgrafenstein. The Rhein was a major trade route in the Middle Ages so that everyone who had any influence and money wanted to build a castle on the shore, so that they could throw a chain across the river and collect tolls, Roman Catholic bishops included. Some of the castles are ridiculously close to each other. In one case there are two which had been owned by feuding brothers. Between Coblenz and Amsterdam there are the mildly interesting cities of Cologne and Bonn, but Amsterdam is one of Europe's best destinations.

The only difficult stop for choosing the right day trip away from the river is Regensburg. All the choices are good. You can go either to Salzburg in Austria, Prague in Czech Republic or stay in the city. To help you choose, consider that Salzburg can be viewed in one day, while Prague requires at least two days, plus another day because from there one ought also to visit the nearby Český Krumlov, a jewel among central European towns.

There is just not enough time to visit the Czech Republic properly from a cruise ship. It might be best to throw caution to the wind and settle for having a beer on the patio in the Regensburg cathedral square instead.

There are many shorter Danube River cruises that include a visit to Prague at the beginning or the end, but that would be another vacation. If you have to decide between excursions to Basel up the Rhein River or to Trier on Mosel River, I would choose the latter.

Other cruises operating on navigable rivers and adjacent canals are the Douro in Portugal, Rhone and Seine in France that are short, under a week long and usually end either in Paris, or Lisbon to make them more



Parc Guell in Barcelona, Spain (sea cruise).



Bacharach in Germany (river cruise Rhein).



Judy and Jerry Cvach are stammgäste (regulars) in Rudesheim, Germany (river cruise, Rhein).

attractive. There is also a cruise on the Elbe River that includes Berlin and Prague. Only part of this trip is actually sailing. The cities at each end are fascinating.

Last but not least there is the St. Petersburg to Moscow cruise in Russia. It is different from all other European cruises as one visits two world-class metropolises, and then sails between them through the vast Russian bucolic beech forests on rivers, canals and lakes, an experience

straight out of the 19th Century. It is like everything Russian, big, slow and melancholy. The absolute highlight is St. Petersburg, its history, palaces and white nights in summer.

Beware that cruising has a catch. You see a good sample of the best of Europe and it leaves you wanting more cruises or more overland trips as there is so much outside of the narrow strip of the continent that you saw. *You are now hooked.* ▲



Salzburg Castle, Austria (river cruise Danube).



Europa Kanal north of Kelheim in Germany (river cruise).



Belogradchik, Bulgaria (river cruise Danube).

Fred Penner is still taking good care of his friends

By Sheila Addiscott

It's been more than 20 years since *Fred Penner's Place* last aired on CBC television, but Fred Penner is still playing his guitar and singing his way into the hearts of Canadians of all ages.

Penner has a new single

out, *Somebody Believes*, that he wrote to help promote the work of World Vision, a charity who sponsors children overseas by providing access to basic necessities like food, clean water and education.

The song was inspired by a sponsored child's story. Penner was at a World Vision

event and a man called Edgar Gonzales took to the stage to share his story of how the charity had impacted his life.

"One line in his speech stood out for me," said Penner. "He said 'I wouldn't be here if somebody didn't believe in me'. It was that phrase that inspired this song. Within an hour of hearing Edgar speak, I had the song written down and finished."

"Somebody believed in me, isn't that what life's is all about. The only way that we survive is with the support of the people around us and the love of our families and telling people how we feel about them. We need to tell them that we care and give them that moment of support, tell them we believe in what they are doing," he added.

"I have four children and five grandchildren. I was at a point, where I could have slowed down and just been the grandfather, but I realized that I'm not finished discovering things yet," said Penner.

"Learning about life, about people, about everything, the wonder is still there. And the older I get, the more I realize how little I know. I can't believe that I've been allowed to do this for 46 years already."

Now 72, Penner is still in demand at children's festivals across Canada, as grandparents and parents



Fred Penner with Edgar Gonzales, who's story inspired his new song *Somebody Believes*. (Photo credit: World Vision)

who grew up listening to his music, now bring their own children to hear him sing Penner favourites like *The Cat Came Back* and *Sandwiches*.

"It is a wonderful way of connecting the generations. Music is one of the most powerful ways to bring people of all ages together," he said. "Children follow and create rhythms and sounds, it's a constant part of life, to feel the rhythms of nature and the people around you."

Penner explained that it's not just children who respond to his music. He stressed that all human beings can be energized by a piece of music.

"Sometimes I play in senior's centres and I will go into a music room and people will sit there in their own private worlds, lost in their reverie. I'll find out where they are from and I will choose a song that will target a particular place.

All of a sudden someone will jump up and sing the lyrics of that song, with more energy than I could have imagined. Music sits in a different part of your brain, so as you go through life, build your musical catalogue and keep playing it, as it will help to keep you young and vibrant," he added.

As a child Penner responded to music much the way his audience does. He sang in choirs throughout childhood and loved to sing and make up songs. As a young boy, he remembered seeing how music deeply affected his sister Susie, who had Down's Syndrome.

"When I was young I had no idea what music could do for people, I just knew what music did for me, I loved

it. It was years later, when I really wondered where my inspiration for doing all of this came from, that I thought about Susie and realized that the way music affected her, that's what music is capable of doing for every person.

My understanding of how deeply music affects humanity has evolved over my life. I didn't realize it at the time, but that was why I went into music," he explained. "The bottom line is that I am my brother's and sister's keeper. If I didn't feel that this work had value, I wouldn't do it."

Penner's enduring legacy is his gift to create and perform music for multiple generations of children, parents and grandparents who hear something and connect with his music.

"I can't imagine what my life would have been if I hadn't found this path and this ability to share something with an audience. There have been dozens of families that have reached out over the years coming forward to say how much my music meant to them. It's my legacy," said Penner.

"The truth is that the journey never ends. It takes different directions and takes different shapes. You have more to discover in this world, you never stop learning," he added.

As we leave the interview, waiting for the elevator, with us is a small sleepy child resting on her father's shoulder. Penner breaks into a gentle song, and we are instantly transported back to *Fred Penner's Place*.

Decades later, Penner is still sending out the same message that he closed his show with all those year ago, to "Take good care of each other". ▲

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How to keep singing into your sixties and beyond

By Dr. Rachel Goldenberg

Many people don't realize that your voice is the result of physiological interactions within your body, just like walking, seeing with your eyes and digesting food. Like all things in the body, as we age, the voice ages too and requires extra care.

Making vocal sounds like talking or singing requires a combination of brain signals, breathing, making sounds in the voice box (larynx) and hearing. Vocal hygiene is simply a series of steps that we can take to care for our voices.

There are some very easy tips that you can take to keep your voice healthy so it can continue to serve you for the rest of your life.

We live in a very dry climate and hydration is important not only for our overall health, but also our vocal health. The vocal cords require a hydrated mucous bath in order to vibrate. Drinking eight glasses of water per day, using a humidifier and washing the nasal passages with a saline rinse help keep vocal cords hydrated.

Have you ever found yourself hoarse at the end of a long day? When your

body is tired, your voice gets tired. Also, when we have to speak loudly or for long periods of time, our voices tire quickly. Find ways to reduce your voice use by talking face to face, turning off background noise so you don't have to talk over it, or simply by taking a "vocal nap". A vocal nap is simply no speaking or singing, for about 30 minutes.

The voice box is full of muscles that need conditioning just like your arms and legs. Singing is a great way to train those muscles to work well. You can sing in the shower or in the car. You can also join a choir or seek a qualified voice teacher.

Research has also shown that singing can increase respiratory muscle strength, improve speech and reduce breathlessness and other respiratory symptoms. It can improve mood, vitality and overall quality of life.

Many medications can have side effects that affect the voice. If you notice vocal

changes like fatigue, hoarseness or difficulty singing after starting a new medication, talk to your doctor. If you use an inhaler, be sure to gargle and rinse your mouth after each use. Rinsing your mouth after using an asthma inhaler helps to avoid developing oral fungal infections, like thrush.

Get your hearing checked. Hearing loss is usually associated with aging, a significant loss of hearing occurs in 30-50 per cent of people over the age of 65. When we produce sounds, the ear sends signals to the brain to help regulate those sounds. This is called the "auditory feedback loop". If this doesn't work properly, we may not realize that we are talking too loudly, or we might have trouble matching pitch when singing. For many people, these issues disappear after having their hearing checked and corrected.

In order to produce good quality sounds, we need to

make sure there is enough air to support the voice. Learning how to use your diaphragm (your main breathing muscle) properly when we inhale, and then learning how to control breathing out will help to reduce vocal strain.

To practice breathing, try breathing in and out with a straw, imagine you are sucking up a thick milkshake when you breathe in (even put a hand on your tummy to feel it expand) and then breathe out steadily through the straw.

Our voice is something we often take for granted until it doesn't work the way we want it to. Learning to care for your voice as you do for the rest of your body will keep it in good shape so that you can keep doing the things that you love, like having a conversation with friends and singing *Happy Birthday*.

For more information contact Dr. Rachel Goldenberg by email at soprano@gmail.com. ▲

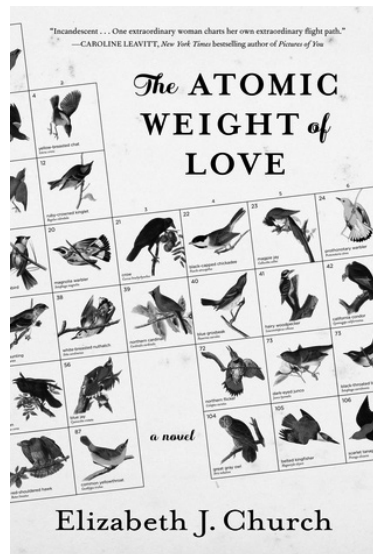
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A caged canary takes wing



The Atomic Weight of Love

Elizabeth J. Church

Book review by Eleanor Cowan

The Atomic Weight of Love, with a title like this, I wondered if this would be an explosive book, a fiery foray into the World War II era when brilliant scientists were secreted away to work on a bomb that spelled victory to thousands of human beings and death to thousands more.

However, inside this story, you meet a child, Meridien (Meri) Wallace, who is well-cared for and loved. Her dad dies early, and his young daughter misses him, but she's not an orphan. Her mother, far less educated than her daughter, steadfastly supports and loves her Meridien – she works several odd jobs to keep her

daughter in university. However, later in her life, the mother is rarely visited by her daughter.

Despite her many advantages, young Meridien is reluctant to embrace life. A smart young ornithology student, fascinated with birds, Meridien is unable to achieve her autonomy and this unhatched egg dallies in the nest for a long time.

Like so many obedient women in her 1950's world, and despite the support and encouragement heaped upon her, Meridien allows her wings to be clipped. She succumbs to the social script of post-war life, which was about having a nice house, placemats and new gadgets. Nothing too real, nothing explosive.

Meridien marries a 'brilliant' physicist, who treats her liked a caged canary, and she mutes her life and her talents. Her distress mounts as she realizes that 'position by association' doesn't work for her.

The daily details of the married couple underscore a patriarchal system that compromises both into a joyless union. We see that two halves do not make a whole. Finally, the eggshell cracks and Meridien tumbles out to discover her life, her body, its well-kept secrets, and healthy love.

Meridien comes to realize that she misses her deceased mother, an unacknowledged woman who

was not only her mother, she was also a true friend. Waking up to reality is hard to do, but Meridien does not retreat.

A late-bloomer, now in her eighties, Meridien is faced with a bombshell of a decision, one that requires the full participation of a fully-realized woman – herself. This is a maturation story in which the author emphasizes that patriarchal privilege has consequences for both the oppressors and the oppressed. Either explode or take wing. ▲



Anne Prystupa

Anne is a very helpful and dedicated volunteer. She has been volunteering at Kerby Centre for more than 2 years in our Kerby News and Volunteer Department. Anne likes volunteering because she wants to help others and will get an opportunity to learn new things. She spends her time listening to music, watching movies and working on the computer.

Anne has already contributed more than 519 volunteer hours.

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

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www.ab.lung.ca/what-we-do/support

AROUND TOWN EVENTS March

Theatre Calgary
The Scarlet Letter
February 26 – March 23
www.theatrecalgary.com

Alberta Ballet
A Midsummer Night's Dream
March 13 – 16
www.albertaballet.com

Vertigo Theatre

Might As Well Be Dead: A Nero Wolfe Mystery
March 16 – April 14

Hamlet: A Ghost Story
March 20 – April 13
www.vertigotheatre.com

Calgary Philharmonic Orchestra

Harry Potter and the Chamber of Secrets

March 1 – 2
Rush Hour: Brahms
March 7

Brahms vs Radiohead
March 9

Brahms Double With Cohen + Choi
March 15 – 16

A Celtic Celebration With Heather Rankin

March 17
Women Rock with Mélanie Léonard
March 22 – 23

Mendelssohn's Elijah
March 29 – March 30
www.calgaryphil.com

Alberta Theatre Projects
The New Canadian Curling Club
March 5 – 17
www.atplive.com

Lunchbox Theatre
Assassinating Thomson
March 1 – March 2
www.lunchboxtheatre.com

Morpheus Theatre
Shakespeare in Love
March 1 – 9
www.morpheustheatre.ca

Calgary Opera
Rigoletto Brunch
March 24

Taste of the Opera – Rigoletto
March 29
www.calgaryopera.com

Calgary Young People's Theatre
Snow White
March 21 – 30
www.cypt.ca

Jubilations
Buddy Holly's Happy Days
March 1 – 16
www.jubilations.ca

Stage West Theatre
Drinking Habits 2: Caught in the Act
March 1 – April 14
www.stagewestcalgary.com

Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo

DIRECTLY ON TOP

- ACROSS**
- 1 "Everwood" actor Wolf
 - 6 Pigs' home
 - 9 Dutch brew
 - 15 — of Mexico
 - 19 * Ship's load
 - 20 Lead-in to historic
 - 21 Durango dish
 - 22 Baseball's Hershey
 - 23 * Subject to interpretation
 - 25 * Old Greek squares
 - 26 "Stretch" car
 - 27 Steak, e.g.
 - 28 Prefix with lethal
 - 29 * Second U.S. first lady
 - 31 At a distance
 - 33 Tattles
 - 34 * Chum
 - 38 Give slack to
 - 42 Son of Eliel Saari
 - 43 * Dr. Evil's cat in Austin Powers films
 - 47 1801-05 veep Burr
 - 51 Beatles song on "Let It Be"
 - 52 Observe
 - 55 Song for one
 - 56 Linguist Chomsky
 - 57 Political plot
 - 61 Knight's glove
 - 63 "Serpico" actor M. — Walsh
 - 65 * Jumping up and down on a bouncy stick
 - 69 Comb buzzer
 - 70 Native suffix
 - 71 See 8-Down
 - 73 * Pairs of consecutive letters
 - 75 Spying setup
 - 77 Likely (to)
 - 80 Meadow
 - 82 Birds building homes
 - 84 Poster pins
 - 88 Buzzing home pest
 - 91 Large 1940s computer
 - 93 "Huh?"
 - 94 Female kin
 - 95 Artist's base
 - 99 * Suffer a lot
 - 101 Dog variety
 - 103 * She directed "The Hurt Locker"
 - 107 — Sea (salt lake in Asia)
 - 110 Coy
 - 111 Revisions
 - 112 * Too much self-esteem
 - 116 Beloved of Tristan
 - 119 * Bay off Nigeria and Togo's coast
 - 123 — de plume
 - 124 Brit's "Bye!"
 - 128 Ye — Shoppe
 - 129 Rendezvous
 - 130 Really succeed (or what literally appears six times in this puzzle)
 - 132 Old Greek concert halls
 - 133 Shahs, e.g.
 - 134 Shoot (for)
 - 135 Sermon text
 - 136 Philosopher Immanuel
 - 137 Grand home
 - 138 Hosp. staff
 - 139 Sea vessels
 - DOWN**
 - 1 Union enemy
 - 2 Arrived
 - 3 "Eat — eaten" (survival adage)
 - 4 9-to-5er's cry of relief
 - 5 Dress (up)
 - 6 Flatware item
 - 7 Move as if on wheels
 - 8 With 71-Across, boot camp affirmative
 - 9 Run up — (defer payment)
 - 10 Wise men
 - 11 Air pollution
 - 12 Reid and Lipinski
 - 13 "Seinfeld" gal
 - 14 Nielsen of "Mr. Magoo"
 - 15 Ghana's former name
 - 16 Dickens' — Heep
 - 17 "— tell ya!"
 - 18 Dental string
 - 24 It uses 108 cards
 - 29 In — (single-file)
 - 30 Gillette razor brand
 - 31 Toon bear
 - 32 Canon camera
 - 34 Compound with nitrogen
 - 35 '83 Keaton-Garr film
 - 36 Letter-shaped girder
 - 37 Easy putts, informally
 - 39 Weep loudly
 - 40 Sooner than, in poetry
 - 41 Ultimate degree
 - 44 Health supplement store, familiarly
 - 45 Jump
 - 46 Pig
 - 48 Part to play
 - 49 Bullring cries
 - 50 Observe
 - 53 R&D center
 - 54 Song for two
 - 58 Singer Dylan
 - 59 Opposed to, in dialect
 - 60 Theater box
 - 62 Orderly
 - 64 Floor piece
 - 66 Tax org.
 - 67 Election analyst Silver
 - 68 FBI guys
 - 72 Umps' kin
 - 74 — Lanka
 - 76 Oklahoma tribe
 - 77 "Moby-Dick" captain
 - 78 Flow out
 - 79 Fix a flat?
 - 81 Height: Abbr.
 - 83 Former Swedish car
 - 85 Toddler, e.g.
 - 86 Buzzing musical toy
 - 87 Is in a huff
 - 89 Source of warmth on some trains and ships
 - 90 Belly laugh
 - 92 Special FX technology
 - 96 Poppa
 - 97 Native suffix
 - 98 Unit of resistance
 - 100 Mean beast
 - 102 "Doggone!"
 - 104 Totally spoil
 - 105 Century divs.
 - 106 Dark modern film genre
 - 108 Breakdown of social norms
 - 109 Long-term inmates
 - 112 Download on a Kindle
 - 113 Radner of comedy
 - 114 Nash of comedy
 - 115 "My heart skipped —"
 - 117 Weaving frames
 - 118 Driver's lic. issuer
 - 120 Sicilian volcano
 - 121 Night, in Nice
 - 122 — dixit (assertion with no proof)
 - 124 Song for three
 - 125 "Waterloo" quartet
 - 126 Lean
 - 127 Gets mature
 - 130 Rove (about)
 - 131 Flow out

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136										137					138				139			

Solution on page 35

Sudoku

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

Answer on page 35



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Calgary Marathon Charity Challenge In Support Of Kerby Centre

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Or Email colleenc@kerbycentre.com or kari@kerbycentre.com



Sunday, May 26th, 2019

Community Events

Germans from Russia

Germans from Russia (AHSGR) Every family has a story – is yours German Russian? Research and record your family history, develop your knowledge, culture and cuisine. Cookbooks, history books, church history, ship records, obituaries etc. are available in the library, which will be open March 11, from 2:00 p.m. to 7:00 p.m. Germans from Russia is located at 1432 19 Street NE. For more information call 403-273-8178 or see the website: www.calgarychapterahsgr.ca.

Calgary Horticultural Society

The Calgary Horticultural Society is hosting a

Planting by the Moon workshop presented by Janet Melrose on March 7. Learn about propagation in the *Cuttings for Spring* workshop on March 9. Get a start on growing with the *Seed Starting* workshop presented by Joanne Ogilvie.

Learn about *Garden Journaling* in a workshop presented by Michelle Edworthy on March 26. On March 27, 24 and 31, back by popular demand is the *Design Your Yard* workshop presented by Elaine Rude. For more information and to register for any of these events visit www.calhort.org or call 403-287-3469.

Fish Creek

Calgary Captured - Urban Wildlife on Film on Thursday, March 21, 2019 7:00 p.m. – 8:00 p.m., presented by Vanessa Carney, Calgary Parks, the City of Calgary

Calgary Captured, developed as part of the City's 2015 BiodiverCity strategy, is helping to fill gaps in the City's collective knowledge about which wild species are successfully making a living in Calgary's natural spaces and how well the City is doing in terms of planning for and maintaining healthy, connected ecosystems to support habitats and the species that rely on them.

Free for Friends members and \$10.00 for non-members. Free for youth 16 years of age and younger with registered adult. Registration is required. For information, or to register please visit www.friendsoffishcreek.org/event/wild.

The Friends are launching a monthly Fish Creek Meet-up group. The Meet-ups will be informal group walks with no registration, no fees, and no facilitators. They will take place at 2 p.m. on the second Sunday of each month at a different location each time. Dates and meeting locations will be posted on the Friends of Fish Creek events calendar. <https://friendsoffishcreek.org/events/2019-02>.

The Rotary Club

The Rotary Club of Calgary in partnership with the Calgary Civic Symphony and the Alberta Registered Music Teachers Association are pleased to bring *A Stellar Weekend of Music* to Calgary. Come and join us for this year's Rotary Calgary Concerto Competition, and get a preview of the musicians who will join the Civic Symphony at our "Rising Stars" concert in June, featuring the winners of the Rotary C3.

This year 48 young musicians will be competing for the coveted opportunity to join the Civic in concert. These musicians are under 18 years of age and study with a Calgary music teacher.

They perfect their chosen concerto and play for three esteemed judges: Claude LaPalme, Conductor of the Red Deer Symphony, Mark Anderson, Professor of Music at University of British Columbia and Lise Boutin, Director of the Conservatory Sinfonia Allegro Orchestra at the University of Lethbridge Music Conservatory.

Entrance is free to the public and you can come and go anytime on any given day: *Friday, March 8, 6:30 - 9:00 p.m., Saturday, March 9, 9:00 a.m. - 4:00 pm, Sunday, March 10, 1:30 pm - 4:30 pm.* The event takes place at Scarboro United Church,

134 Scarboro Ave SW. To see the detailed schedule and plan your listening, just visit the Rotary Calgary Concerto Competition website at www.rotaryc3.com/schedule.

Alberta League Encouraging Story Telling (TALES Calgary)

At our monthly Tellarounds, story lovers gather in a circle and take turns sharing stories, first timers, professional tellers and listeners are all welcome. The theme for our March Tellaround is *Lies*. The next meeting is on March 13, from 7:00 p.m. 9:00 p.m. at Loft 112, 535 – 8th Ave. SE.

Suggested donation for tellers and listeners: \$5.00. For more information contact one of the Tellaround coordinators Betty Hershberger 403-690-9415 or by email at north40stories@hotmail.com or Maria Crooks on 403-238-4111 or by email at calmari@shaw.ca.

Drop-In activities available at Kerby

If the cold weather is making you feel shut-in-side, come join us at the centre. There are a wide range of drop-in activities available Monday through Friday. Join the artist group on a Thursday or woodcarving on Friday.

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For more information go to: www.kerbycentre.com or call 403-705-3233.

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Coeur D'Alene, ID	March 24 - 28, 2019 Spring Fling Break	\$575 pp/dbl
	Trip offers: Sightseeing, wine tasting, cultural tours	
Bonnars Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$380 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens GST Included	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$229 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 GST Included, Call for details	\$820 pp/dbl
Deadwood, SD	Sept 29 - Oct 5, 2019	\$665 pp/dbl
China	April 6 - 23, 2020 Shanghai, Beijing, 18 days Itinerary available on line	Pricing TBA Soon

Stoney Nakoda Kananaskis Overnight Trips More in 2019 \$80 pp/dbl
Call for 2019 Dates - Price based on Calgary Departure
SERVING SOUTHERN ALBERTA - Calgary, Lethbridge - Pincher Creek and MORE
Let us arrange your group tour, call with destination ideas
Tours depart from Lethbridge or Calgary, other pick ups available

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Laughlin Nevada
March 17 & Oct 13, 2019 (13 Days) \$729.00 pp/dbl

Side tours include: Las Vegas NV Oatman AZ Bullhead City AZ Lake Havasu AZ Grand Canyon AZ (optional)	Extra's include: 9 Free buffet's 2 Continental breakfasts \$28.00 Free slot play Laughlin coupon book Las Vegas Night (optional)
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Wendover Nevada
June 2, 2019 (7 Days) \$359.00 pp/dbl

Side tours include: Salt Lake City, UT Elko, NV	Extra's include: 4 free buffet's \$28.00 free slot play
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www.tourhero.ca Motorcoach Tours

CALGARY CO-OPERATIVE MEMORIAL SOCIETY (CCMS)

CCMS is a nonprofit member owned co-operative. We arrange discounted funeral plans for our members in Calgary, Airdrie, Cochrane, Okotoks, Strathmore, High River, Medicine Hat, Lethbridge, Taber and surrounding areas. Our service providers are locally-owned and operated. Members can save on average \$2500-\$5000 on their funeral arrangements depending on the plan selected. Since being founded in 1965, we have had more than 45,000 members.

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

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

Financial Planning: What should my portfolio look like in retirement?

By Jonathan Ng

Whether you're getting ready to retire or already have retired, the need for growth is gone, right? Wrong. You don't just need investments to get you to retirement, you need them to get you through retirement.

By not taking some market risk, there may be a greater chance you'll run out of money because of another major risk, inflation. An easy way to think about inflation (and the importance of growth investments) is through the increasing cost of your grocery bill:



Growth investments, like stocks or stock mutual funds, should remain an important part of your portfolio. Even if you're already retired, your savings need to help pay for today's expenses as well as those possibly 25 years from now.

Focus on what you can control. If you take a more balanced approach and invest roughly 50 per cent in stocks and 50 per cent in bonds/cash, it is estimated that the odds that this port-

folio will last 25 years is about 90 per cent.

So what should you do? Remember that even though you can't control the market, you can control your investment strategy decisions. There are quite a few actions you can take.

Plan for a long life. For a 65-year-old couple, there's a 50% chance that one spouse will live past age 90 and a 20% chance one spouse will live past age 95. One of the best ways to ensure your money lasts as long as you need, it is to plan on living longer than you think.

While growth is still important in retirement, short-term market declines, especially early on, can pose a serious risk to your retirement strategy. Having too much in stocks and growth investments can be just as risky as having too little. The key is achieving balance.

In addition to paying for everyday expenses, having cash on hand can help provide a source of "ready money" during market declines.

After factoring in outside income like Social Security, have cash to cover at least a year's worth of current expenses, plus three to five years' worth of expenses in investments like short-term bonds or GICs.

That way, you aren't selling long-term investments when they're down in value. Instead, you are providing them the opportunity to recover.

It may be tempting to look for the investments offering the highest dividend or interest rate. But as the old saying goes, there's no free lunch as the higher the rate, often the higher the risk of the investment. Instead of chasing the highest-yielding investment, look for companies that have a track record of growing their dividend over time.

The key is finding balance, not taking on too much investment risk, while ensuring you have enough growth potential to reach your long-term goals.

This column presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances.

Financial Planning Today Topic: Retirement Planning 101 and Reverse Mortgages

Location: Kerby Centre -1133- 7th Ave SW

Room: Kerby Centre Lounge

Date: Saturday, April 13, 2019

Time: 10:00 am – 12:00 pm

Cost: Free Presentation



Kerby Centre

Join us for coffee and cookies while learning about retirement planning and reverse mortgages. What does peace of mind look like in retirement? Everyone has a different view of retirement. Maybe it's more time for traveling, family, or discovering new hobbies. Join us and start planning today! Also learn about reverse mortgages and how they work

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

Presenters:
Daryl Standish and Joanne Kirk
– Investors Group
Paul Brick, CA,
– The Mortgage Centre

Sponsored by:



Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

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 \$ _____

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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

The plant for those without a green thumb

By Deborah Maier

If you have trouble keeping houseplants alive, but love the beauty that they bring to a home, then an air plant might just be the plant for you.

There are more than 650 different species of Tillandsia, more commonly known as air plants. The plant's shape and size is directly affected by the specific climate in which it originated. Wet climates, with consistent rainfall, produce plants with thinner leaves, while desert climates, that are prone to drought or long periods of dry hot weather, have thicker leaved plants that are better at storing water.

In their native environment, the forests, mountains and deserts of south-eastern United States, Central America, including the Caribbean, and the northern half of South America, Tillandsia live on other plants. They are, however, not parasites, but use their roots to anchor themselves to their perch.

The plants' roots are used only for anchoring, not

moisture-uptake like everyday houseplants. A common misconception about air plants is that they live only on air, hence the name. However, the plants have specialized hairs on their leaves called trichomes, which are responsible for absorbing moisture and nutrients from the air. Since Calgary's air is dry, especially during the winter, air plants do need to be watered.

Soaking an air plant in water for 10 minutes at least once a week, is recommended. Misting regularly is also an option for watering. Watering in this manner means that the surface the air plant is anchored to must be waterproof or water resistant. Using an orchid fertilizer once a month is also recommended to ensure the plants receive the nutrients they require to grow.

Most of the area defined as native habitat for air plants is in the tropical zone, so they are used to bright light. However, as air plants live on other plants, they are usually protected from direct light by their host's foliage.

To keep these plants healthy in our homes, they should be placed in a room with a source of bright light, such as a large window, but not placed in direct sunlight, as a few hours of hot sun will quickly dehydrate the plants. Air plants may be placed in any room with a good light source, but a room with higher humidity, such as a bathroom or a kitchen, can be a nice habitat for an air plant.

Common mistakes that people make when caring for air plants are: not watering enough, providing too little light, covering the base with moisture-retaining moss, which causes plant rot, and using too strong a fertilizer.

Air plants can be used in many decorative arrangements. Since air plants prefer to be anchored to something, they are a great plant to use in living design plant displays. Placing air plants on tall candle holders, on the tops of vases, on pebbles in decorative dishes, or on driftwood pieces can make nice arrangements. Even just hanging air plants with a wire can make a nice simple feature.

When considering how to display them, remember the primary purpose of their roots is anchoring, not moisture and nutrient uptake, so do not plant air plants in soil (or soilless potting mix) or let them sit in an area that retains moisture.

Adding them to a vine

wreath can be an attractive way to show off these unusual plants. To attach an air plant, spread the canes of the wreath apart and place the plant into the gap.

A bead of warm glue can be used to secure the plant in place, but avoid getting glue on the root area. Once the plants are attached to the wreath, decorate by poking moss into spaces in the wreath. Ornaments and ribbons can also be attached to finish the project.

If you are interested in creating your own wreath or arrangement of air plants, craft and dollar stores have wooden decorations, mosses, pebbles and grape vine wreath shapes to work with. If you are looking for inexpensive vases or candle holders, consider thrift



Airplant vine wreath. (Photo by D. Maier)

stores. Most local garden centres carry an assortment of air plants. Add a little greenery with minimal fuss and have some fun bringing these simple-to-care-for plants into your home. Visit www.calhort.org for more information. ▲



Living design plant display. (Photo by D. Maier)

AS

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1997 22 years 2019

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<p style="margin: 0;">Companion Services</p> <ul style="list-style-type: none"> ● One On One Visits ● Socializing ● Cognitive Stimulation ● Community Outings ● Appointments 	<p style="margin: 0;">Home Care Services</p> <ul style="list-style-type: none"> ● Supported by a Registered Nurse 24/7 ● Personal Hygiene/Care ● Medication Assistance ● Foot Care
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Our leaders are Certified Trainers using the
Best Friends Approach from the
Alzheimer Society of Calgary

403-730-4070
www.allaboutsensors.ca

WHAT ARE YOU WAITING FOR?

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KERBY CENTRE MEMBERSHIP
today and enjoy!

MEMBER RATES FOR:

- Education and Recreation programs
- Foot clinic
- FIT Room use
- Select Kerby Centre Events

EXCLUSIVE REWARDS LIKE:

- 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
- Advanced ticket purchases and reduced fees for day trips
- Priority registration for classes
- Voting rights at the Annual General Meeting

ONE-TIME COUPONS* FOR:

- Voucher for one FREE beverage in the dining room
- \$10 discount off a first time foot care assessment
- One FREE Drop-in activity
- \$5 discount off a trip booked with the Travel Desk
- For first-time-registered-users of the FIT Room: a \$5 discount off a one month 'FIT Room' membership
- (* exclusions apply – please see individual coupons)

TO PURCHASE A MEMBERSHIP:

- Visit our membership desk Monday to Friday 8am to 4:30pm
- OR Phone 403-265-0661 ext. 256
- OR On our website at www.kerbycentre.com

Annual Membership costs \$25.00 plus \$5.00 for an annual parking pass.
Membership is for a calendar year (expires December 31)
MEMBERSHIPS ARE NON-REFUNDABLE AND NON-TRANSFERABLE

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Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE <i>DINING ROOM</i> 10:00 AM – 12:00 PM Free - 2nd & 4th Monday of each month	OPTIONS 45 Employment Workshops <i>(Lounge)</i> 1:30 - 3:00 PM \$2.00 <i>Please note that the Feb19 & 26th presentation, and those held in March & April, will take place in the Kerby Boardroom</i>	GENERAL CRAFT GROUP <i>(Rm 311)</i> 9:00 AM - 12:00 PM FREE	ARTIST GROUP <i>(Rm 313)</i> 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP <i>(Rm 311)</i> 10:00 AM - 12 PM \$2.00
MAHJONG <i>(Rm 308)</i> 10:30 AM - 12:30 PM \$2.00	VARIETY BOOK CLUB Room 301 1:00 – 3:00 PM \$ 2.00 3 rd Tuesday of the month	ENGLISH CONVERSATION <i>(Rm 301)</i> 10:30 AM - 12:00 PM \$2.00	BINGO <i>(Rm 205)</i> 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB <i>(Woodshop Rm 102)</i> 10:00 AM - 3:00 PM \$1.25 per hr
RECORDER GROUP <i>(Rm 313)</i> 1:00 – 2:30 PM \$2.00	BOARD GAMES & CARDS <i>(Rm 301)</i> 1:00 PM - 3:00 PM \$2.00	FLOOR CURLING <i>(Gym)</i> 2:15 - 3:30 pm \$2.00	BADMINTON & PING PONG <i>(Gym)</i> 10:30 AM - 12:45 PM \$2.00	MONTHLY MOVIE <i>(Lounge)</i> March 29th, 2019 1:00 pm - \$1.00 <small>Date of Monthly Movie subject to change, Please see Kerby News for exact date each month.</small>
CRIBBAGE <i>(Rm 308)</i> 1:00 – 3:30 PM \$2.00	WEDNESDAY DANCE <i>(Dining Room)</i> 1:00 PM - 3:00 PM \$2.00	PICKLEBALL <i>(Gym)</i> 4:00PM - 6:00 PM \$2.00		
PICKLEBALL <i>(Gym)</i> 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events & Activities



Join Us For Spring Break at Kerby!

On March 29th, it's time to share where you spend your days! Bring your grandkids and the children in your life to join you for a fun-filled day at Kerby Centre.

10:00 am - 12:00 pm

- Laughter Yoga
- Origami
- Recipe Book Making
- Mask Making
- Badminton & Floor Curling

12:00 - 1:00 pm

- Kids Lunch Specials in the Kerby Dining Room
- Kerby Centre tour

1:00 - 3:00 pm

- Popcorn & Movie, Featuring Ferdinand
\$1 includes Popcorn & Juice

Morning activities are free but registration is required. Please contact Education & Recreation to reserve your spot

SAVE THE DATE & JOIN US

Kerby Centre AGM - Tuesday, April 30th

Calgary Marathon - Team Kerby Sunday, May 26th

To Register For Team Kerby Or To Support A Team Member Please Call Colleen @ 403 705-3178/Kari @ 403 705-3222 or Email colleenc@kerbycentre.com or kariss@kerbycentre.com

Kerby EXPO FOR 55+ - Sat. Sept 21st

Sponsorship and Booth Opportunities Available!
For Details Please Contact Jerry Jonasson at 403 705-3238 or David Young at 403 705-3240

A Group For Mature Jobseekers

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

March 5th - Interview Skills
Learn behavioural interview questions, how to handle them and interview do's and don't s

March 12th - Tell Your Story In Job Search
Learn how to amalgamate achievements, transferable skills achievement statements and STAR stories

March 19th - Resume Development

March 26th - Stress Management - Woe to Wow!

March & April sessions will take place in the Kerby Boardroom

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

INTERESTED IN LEARNING MORE ABOUT KERBY CENTRE?

Why not join us for one of our weekly Kerby Centre building tours?

No registration required, just stop in & meet Our Tour Guide in the Kerby Dining Room Thursdays at 10:30 am.

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

Mother's Day BRUNCH

SUNDAY, MAY 12TH
11:00 am - 1:00 pm
Kerby Centre Dining Room

HEALTH COMMITTEE FREE PRESENTATION

Senior's Mental Health and Wellness

Presented By Kimberley Feist
(Calgary Mental Health Association)

Monday, March 18th 2019
Time: 10:30AM – 11:30AM
Location: Kerby Lounge
Free - No Registration Required

KERBY DAY TRIPS

Aspen Crossing Train - High Tea
Friday, June 7th, 2019

Members: \$103 Non-Members: \$113
Cut-Off Date: Friday, March 29, 2019

Includes: transportation, high tea, finger foods, live music and train robbery

Treat Mom To A Sumptuous Buffet

Adults \$30.00
Children (to age 12 w/adult) \$16
Includes A Complimentary Flower For Mom & Musical Entertainment - Mimosa Bar Available

Check Out Ad Within For Further Details
Or visit www.kerbycentre.com

Kerby Craft Group Half Price Sale
March 20th, 2019
Room 311
10:00am - 12:00pm

Next to New Shop
Everything in the store 50% off!
Friday, March 15th
10am - 2:30pm

EDUCATION & RECREATION WORKSHOPS

Tablet & Mobile Solutions By Grant Burns

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

Interactive workshop as we show you the basics of your phone and/or tablet.
Member: \$2 Non Member: \$5
Visit Education & Recreation (Rm 305) or call 403 705-3233

WATCH FOR DETAILS ABOUT THESE UPCOMING TRIPS

Tour & Tasting at Eau Claire Distillery in Turner Valley

&

A Canmore Day Trip

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

Join Us For A Special St. Paddy's Day Lunch
In the Kerby Centre Dining Room

Friday, March 15th
11:30 - 2:00 pm

Featuring
An Irish Signature Meal \$10.00
Green Beer \$5.00
Wearin 'O' The Green Shenanigans

1:00 pm - The Casey O'Loughlin Academy of Irish Dancers
No RSVP Required

Education & Recreation

Course Registration

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Registration opens March 1st for members and March 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.

Spring 2019

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

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



Kerby Centre

Name: _____

Kerby Membership #: _____

Telephone #: _____

Courses you wish to register for:

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____

Course # _____ Course Name: _____



Method of Payment:

Cash: _____ (In person)

Cheque: _____ (In person/mail-in)

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Tai Chi Member \$49 Non Member \$79
Instructor: Adrian Buczek per course
Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.

A01 Monday April 8 – June 24 (No class May 20, June 3)
9:00 – 10:00am Gymnasium

A02 Wednesday April 10 – June 19
1:00 – 1:55pm 205

A03 Wednesday April 10 – June 19
2:05 – 3:00pm 205

Fitness with Dan Member \$58 Non Member \$88
Instructor: Dan Leung per course
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 April 8 – June 24 (No class May 20, June 3)
10:05 – 11:00am Gymnasium

A05 Wednesday April 10 – June 26 (No Class June 5)
10:05 – 11:00am Gymnasium

Everyday Functional Fitness Member \$49 Non Member \$79
Instructor: Elena Bratishchenko
Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, as well as improve mobility and balance, range of motion and coordination.

A06 Monday April 8 – June 24 (No class May 20, June 3)
11:15 – 12:15pm Gymnasium

Building Blocks for Balance Member \$35 Non Member \$65
Instructor: Joyce Slone
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

A07 Monday April 8 – May 27 (No class April 22, May 20)
1:00 – 2:00pm Gymnasium

Indoor Cycling Member \$68 Non Member \$98
Classes held at Peloton Cycling # 109 1053 10th Street SW (8 Minute Walk from Kerby Centre or free parking is available)
Are you looking for a new, low impact way to raise your heart rate, build muscle and have some fun? Join this energetic Spin class tailored just for you! The passionate instructors at Peloton Cycling will have you burning calories and stress, all while cycling around the virtual world with amazing video footage on a 7' HD wide screen.

A08 Tuesday April 9 – May 28
10:30 – 11:15am

Salsa Workout Member \$49 Non Member \$79
Instructor: Bonnie Field
Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.

A09 Monday April 22 – June 24 (No class May 20)
1:00 – 2:00pm Room 205

All About M.E. Member \$49 Non Member \$79
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.!

A10 Monday April 22 – June 24 (No class May 20, June 3)
2:10 – 3:00pm Gymnasium

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.

A11 Tuesday April 9 – May 7
10:00 – 11:00am Room 308

A12 Tuesday May 21 – June 18
10:00 – 11:00am Room 308

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.

A13 Wednesday April 17 – June 12
3:30 – 4:30pm Room 205

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

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

A14 Thursday April 11 – June 20
11:15 – 12:15pm Gymnasium





Line Dancing Member \$49 Non Member \$79
 Instructor: Bonnie Field
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.

A15 Thursday April 11 – June 27 (No Class April 18, May 23)
 1:00 – 2:00pm Gymnasium

Functional Strength Member \$42 Non Member \$72
 Instructor: Joyce Slone
Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. We will also work on balance and agility.

A16 Friday April 5 – May 31 (No class April 19)
 12:30 – 1:30pm Room 205/Lounge

Muscle Strength and Core Balance Member \$58 Non Member \$88
 Instructor: Dan Leung
Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.

A17 Friday April 12 – June 21 (No class April 19)
 9:30 – 10:20am Gymnasium

Qi Gong Member \$49 Non Member \$79
 Instructor: Elena Bratishchenko
Qi Gong uses gentle movements, deep breathing, and a meditative state of mind to keep vital energy, or Qi, flowing throughout the body.

A18 Monday April 22 – June 17 (No class May 20)
 9:45 – 10:45am Room 205

Monday Yoga Member \$58 Non Member \$88
 Instructor: Cathy Morrison
Boost your energy and calm your mind with this self-paced class. Use comfortable positions and a chair to increase balance, strength and flexibility. Getting to the floor easily is required. Please bring your own yoga mat.

A19 Monday April 8 – June 17 (No class April 15, May 20)
 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 April 17 – June 19
 1:00 – 2:00pm Room 308

A21 Friday April 26 – June 21
 10:45 – 11:45am Room 308

Yoga for You Member \$58 Non Member \$88
 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 April 8 – June 24 (No class April 15, May 20)
 11:10 – 12:00pm Room 205

A23 Friday April 26 – June 28
 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 April 17 – June 19
 11:00 – 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 April 30 – June 18
 2:15 – 3:00pm Room 308

Zumba Gold Member \$58 Non Member \$88
 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 April 11 – June 20 No class April 25
 10:00 – 11:00am Gymnasium

Featured Spring Active Living Course

Walk to the Beat! Member \$39 Non Member \$69
 Instructor: Joyce Slone
Have fun walking to music in this low impact, aerobic style, group exercise class for everyone of all ages and all fitness levels. WALK to the beat that features moves such as the step touch, high knees, kickbacks, front kicks and arm movements. This will be followed by strength/resistance training, balance exercises and flexibility (you must be able to get down and up off the floor unassisted).

A27 Friday April 26 – May 31
 1:50 – 2:50pm Gymnasium

FREE TRIAL CLASS APRIL 12!

Spring Break at Kerby!

On March 29th, it's time to share where *you* spend *your* days! Bring your grandkids and the children in your life to join you for a fun-filled day at Kerby Centre.

- 10:00am – 12:00pm
Badminton, Floor Curling, Laughter Yoga, Origami, Recipe Book & Mask Making
- 12:00 – 1:00pm
Lunch Specials in the Dining Room
Kerby Centre Kids Tour
- 1:00 – 3:00pm
Movie: Ferdinand
\$1 includes juice and popcorn

Morning activities are free but registration is required.
Please contact Education & Recreation to reserve your spot 403.705.3233.

Academic Courses

Arts

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

Instructor: Carol Marasco

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

B01 Wednesday May 1 – June 5
1:00 – 3:30pm Room 313



Drawing Member \$95 Non Member \$125
Instructor: Cory Nelson

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

Beginner Drawing
B02 Thursday April 25 – June 13
10:30 – 12:30pm Room 301

Advanced Drawing & Mixed Media
B03 Tuesday April 16 – May June 4
10:30 – 12:30pm Room 313

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

B04 Monday April 29 – June 10 (No class May 20)
10:00 – 12:00pm Room 313

Easter Colouring Books Member \$29 Non Member \$59

Instructor: Katy Morris

Create your own Easter themed colouring books to share with the children in your life. We will be drawing simple designs and embellishing with flair! *All supplies included.*

B05 Wednesday April 10 - 17
10:00 – 12:00pm Room 313

Advanced Watercolour Member \$119 Non Member \$149

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.

Bright Blossoms
B06 Friday April 26 – May 31
10:00 – 3:00pm 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.

B07 Monday April 8 – June 17 (No class May 20)
1:00 – 3:00pm

French Level I Member: \$69 Non Member: \$99

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.

B08 Friday April 5 – May 17 (No class April 19)
 9:45 – 11:45am Room 301

Spanish Member: \$99 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.

B09 Monday April 8 – June 17 (No Class May 20)
 10:00 – 12:00pm Room 311

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

B10 Tuesday April 9 – June 11
 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.

B11 Tuesday April 9 – June 11
 10:00 – 12:00pm Room 311

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

B12 Thursday April 11 – June 13
 1:00 – 3:00pm Room 311

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

B13 Wednesday April 10 – June 12
 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.

B14 Monday April 8 – June 17 (No Class May 20)
 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!

B15 Tuesday April 23 – June 11
 1:00 – 2:30pm Room 313

Level II
 B16 Friday April 26 – June 14
 1:00 – 2:30pm Room 308

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

Instructor: Barry Luft
 Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day."

B17 Thursday April 11 – June 13
 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.

B18 Wednesday April 10 – June 12
 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.

B19 Wednesday April 10 – June 12
 9:45 – 10:45am Room 308

Ukulele in the Classroom Green Book I Member: \$60 Non Member: \$90

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

B20 Thursday April 18 – June 6
12:30 – 1:45pm Room 308

Ukulele in the Classroom Red Book II Member: \$60 Non Member: \$90

Instructor: Judy Henderson
This class is a continuation of our work in book 2 (the red book) of the James Hill program:
Ongoing practice with the ukulele as an instrument providing harmonic accompaniment and melody, exploring elements of improvisation, music theory and arrangement, and developing sight reading skills while exploring a wide variety of musical traditions.

B21 Thursday April 18 – June 6
2:00 – 3:15pm Room 308

Personal Interest & Wellness

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.

B22 Monday April 15
9:30 – 12:30pm Room 313

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.

B23 Thursday April 11 & April 25
10:00am – 12:00pm Room 308

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

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

B24 Thursday April 11
12:30 – 2:30pm Room 208

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

Building on the knowledge learned in Level I, we will be discussing practical applications to everyday situations.

B25 Thursday April 25
10:00 – 12:00pm Room 208

Spring Cleaning: Clear the Clutter Member \$15 Non Member \$45

Instructor: Angie Friesen
Feeling overwhelmed by household clutter? Not sure of where to begin? This workshop will help you create a plan for clearing space in your home from start to finish. Learn fun organizational ideas and become inspired to enjoy the freedom of space in your home.

B26 Monday April 29
12:30 – 2:30pm Room 208

Spring Cleaning: For the Soul Member: \$15 Non Member: \$45

Instructor: Angie Friesen
Learn ways to relax and renew this spring. Topics discussed will be stress management, breath work, mindfulness and meditation. Come join us for a fun and refreshing experience of spring cleaning within.

B27 Monday May 13
12:30 – 2:30pm Room 208

Drama: Turning Sensibility on its Head! Member: \$55 Non Member: \$85

Instructor: Georgette Pare
Get on your feet and giggle galore. Through drama games and role playing, this class will sharpen all of your senses. Absolutely no experience necessary, just a willingness to put yourself out there! Rule of thumb - do everything like it's the first time. This is a four-week introductory course, leave your sensible nature at home and come give it a try!!!

B28 Friday April 26 – May 17
1:30 – 3:00 pm Room 205

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.

B28 Tuesday April 23 – June 25th
1:00 – 2:00pm Room 308

Technology

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

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

B30 Mon/Wed April 15 - 29
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.

B31 Mon/Wed May 1 - 15
 1:00 – 2:30pm Room 312

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

B32 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 April 16 – June 18
 1:00 – 2:00pm

S02 Thursday April 18 – June 20
 9:00 – 10:00am

Seniors Scene

Bow Cliff Centre for 50+

Bow Cliff Centre for 50+ will host a Duplicate Bridge Tournament (a charity championship, with extra points) on Saturday, March 23, from 9 a.m. to 2 p.m. Everyone is welcome. The fee is \$30, and a charitable donation receipt will be given to participants. There is no need to bring a partner. Continental breakfast and a BBQ lunch will be served. On Friday, March 22, there will be a social event at 6 p.m. For more information, please call 403-246-0390 or visit the website at www.bowcliffseniors.org

Confederation Park 55+ Activity Centre

Confederation Park 55+ Activity Centre will host a Fashion Show on April 29. Lunch will be at 12:30 p.m.

Tickets are \$5.00 and are available at Reception. The Centre is located at 2212 13 Street NW. For more information about this and other activities please call 403-289-4780.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will hold a cash bingo on March 2. Doors open at 11 a.m., pre-call at 12.30 p.m., Early Bird concession open at 12.30 p.m. Dances will be held on March 2 with music by For Olde Tyme Sake, and on March 30 with music by Dick's Band. Cost for members is \$12, non-members \$14. Five Star Bingo will take place on March 7 and 21 at 4980 25 Street SE. For information about Five Star Bingo telephone 403-248-8334. The Albert Park Breakfast will take place on March 2 from 9 a.m. to 10:30 a.m. Greater Forest Lawn 55+ Society is located at 3425 26 Avenue

SE. For more information please call 403-272-4661 or visit www.gfls.org.

Inglewood Silver Threads

Inglewood Silver Threads members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for 10 cents per card per game. \$2 Tea and Chat lunches and monthly pot lucks are held. Upcoming trips include Pasu Farm. Inglewood Silver

Threads is located at 1311 9 Avenue SE. For more information please call Wendy at 403-264-1006.

Open Door Seniors

Activities at Open Door Seniors from Monday to Friday 9:30 a.m. to 3:30 p.m. include bridge, mahjong, cribbage, ping pong, chair yoga, line dancing and art. The annual membership fee is \$20, and there are \$2 drop-in activity fees. With

your annual membership you may book a private tutoring session to learn how to better use your cell phone, laptop, Facebook or other social media. The cost for this is \$2 per 30-minute tutoring session.

Open Door Seniors is located in the basement at 1311 4 Street SW. For more information about this and other activities available at Open Door please call 403-269-7900 or email opendoorseniors@gmail.com ▲



FERDINAND

Released 2017 (1 hr 48min) Rated Animation, Adventure, Comedy

**Friday March 29, 2019
 at 1:00 PM in the
 Kerby Centre Lounge**



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

Sponsored By Prince of Peace

Kerby Centre Department Directory

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

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

Classified Ads

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

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

Classified Rates

Starting at \$18.50 (50 characters 2 lines)
Classified deadline for April issue must be received and paid by March 7.



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

Calgary's 1st SENIORS SPA & WELLNESS "NOW OPEN" (Holy Cross Medical Centre) Organic * Natural Phone: 587-892-2SPA www.thespawellness.ca

CERAGEM Calgary Sales Service Parts 403-455-9727

Free
One time only
Pain treatment
One treatment
One location
By appointment ONLY
403-259-2474

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

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

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

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

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

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

The Home Care Difference Whether it be cleaning, cooking, or running errands, I can help. Call Marjorie 403-813-7703

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

just4ufamilyservices.com housekeeping/meal prep, In/out of home companion-ship. Accompany to appts, shopping. Corinne 403-590-2122 just4ufamilyservices@shaw.ca

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

Kerby News is the official publication of Kerby Centre

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

Hurricane Scooter Bought new & never used. New batteries. Paid \$5000 will take \$2999 OBO. Ph 403-818-4760 if interested

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**

Scooter Victory series 10 \$1800 OBO 403-241-5075

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

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

Painting Crew
Int/Ext painting 25+ yrs exp 15% Senior Discount
Handyman Services
Call Ray 403-909-7606

Quality Painting

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

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

Kerby Centre's Programs & Services help older people

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
Spring Cleanup
Hedge trim, eaves clean, fertilize 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

Attention Caregivers:

Peace of Mind Adult Day Program located in NW Calgary is now open Mon - Fri 9am to 4pm. Get the respite you so deserve. Your loved one will enjoy our group activities and caring environment during the daytime. Call 587-887-4900 or visit www.peaceofmindcare.ca

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

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

GEEK COMPUTER

PC Repair
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403-560-2601

!! Great Haircuts!!!

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

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

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

Kerby Centre's Programs & Services can assist older people to remain in the community

Home Rehab Specialists:
Family operated indoor & outdoor handyman services. Sr discount. No job too small, free estimates. Reliable & conscientious. Call Megan 587-432-3537 or email dibelamegan@gmail.com

Need A Hairdo? No Transportation Worries. Mag's Mobile Haircare, catering to seniors and care communities in SW Canyon Meadows and surrounding areas. Visiting you in the convenience and comfort of your home. Available Monday and Wednesday 8-6. Call or text Margaret to book your appt. 403-470-8193

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.**

Semi retired man will repair or build things around the home if they are made of wood, except for furniture. Please contact Richard at 403-289-5760 or rwheatley@shaw.ca

Watch and Clock Repairs

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FREE estimates
Please call us at
403-616-2545
www.asecondtime.ca

WE FIX COMPUTERS

Computer repair & lessons, Great service
Affordable rates
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30 For Sale

Cemetery plots Mtview Mem Gds—Gdn of Devotion 3 plots, each plot can hold 1 casket + 2 or 3 urns will sell for \$2000 ea Info &/or offers 403-282-7334

Dbl depth plot Edenbrook Gdns \$2400 worth \$4800 587-777-3832

Invacare Carroll homcare electric twin bed frame only. Oak head & foot board, 2 rails, 6 function hand control Up & down Asking \$300. Pls ph Gord 403-243-0433

33 Wanted

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

Looking for household care giver for Calgary AB to care for 2 yr old ful time for 1 yr \$15./hr must speak English, 1—2 yr exp, refs, Newcomers preferred. Pls contact Jinky Sicam at jinkyalmerol@yahoo.ca

Selling old gold?

Best prices paid.
Call David at
403-498-4050

45 For Rent

Nice 2 bdrm furnished 55+ condo \$1500/mth 403-540-8654

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Continued on page 35

Continued from page 34

45 For Rent

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

PUZZLE ON PAGE 22

48 Real Estate

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IN MEMORIAM

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

- Arthur George Hall
- Aseem (Ashim) Prakash
- Chakrovorty
- Bernard Koehler
- Bernard Toye
- Clifford Victor Larsen
- Dennis Norman Day
- Donna Grace Findlay
- Esther Winnifred McBean
- Eva Elena Rebaudengo
- Frances Mary Sharman
- Ivor MacFarlane
- Patricia Luella Emerson
- Rebecca Claire Levant
- Rose Anne Murphy
- Werner Pickran
- Lin Cobetto

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.



For ads that deliver results advertise in the Kerby News

- Jerry Jonasson
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- David Young
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K	A	N	T	E	S	T	A	T	E	D	R	S	B	O	A	T	S	

PUZZLE ON PAGE 22

ADVERTISERS' INDEX MARCH 2019

Alberta Blue Cross..... 14	Metro Dental Care 6
All About Seniors 25	Mountain View Seniors 20
All Seniors Care 9	Nagel Tours..... 23
Balletiques 35	North Hill Denture 16
Bethany Care 36	Ohana Care 5
B.L. Braden Denture Clinic 21	Peak Medical Group..... 8
Bowbridge Manor 15	Real Estate Solutions 31
Calgary Co-op Memorial ... 23	Red-E-BINS..... 35
Cowboys Casino 15	Repsol..... 15
CPO..... 20	Rob's Roofing 31
Evanstone Summit..... 11	Sandra Sebree 15
Financial Concierge 35	Signature FP
Golden Life 7	Silvera For Seniors 10
Handy Helpers 35	The Estate Lady 35
Jencor Mortgage 25	The Spa Wellness 35
Lawrence Gerritsen 16	Tour Hero 23
Lifetime Highs 23	Verico 14
Lung Association AB 21	Walk-In Tubs..... 15
Manor Village 2, 17	Wentworth Manor..... 12

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