

## Traveling through the heart of central Europe



*There is a breadth of history to be found within the nations and peoples of central Europe. Jerry Cvach's travelogue uncovers the mysteries of an oft forgotten period.*

### Inside

- Dispelling myths behind the coronavirus ..... page 6
- Common causes of physical fatigue ..... page 8
- Getting the most out of your grocery budget..... page 10
- Changes implemented for seniors drug coverage ..... page 14

**Kerby Centre**

1133 - 7th Ave. S.W.  
 Calgary AB T2P 1B2  
 403-265-0661  
[www.kerbycentre.com](http://www.kerbycentre.com)

PO # 0040064604

## Attention Denture Wearers!

## There Is Another Option!

Implant Secured Dentures sometimes called "All on 4s" can provide a permanent solution. No more shifting tilting or wandering! No more messy pastes or glues. Not everyone is a candidate for implant secured dentures, a proper assessment by a dentist is necessary to determine your needs. Find out if you are a candidate, call to book your complimentary consultation today!

**Request Your  
Complimentary  
Consultation**

587.355.3522

WestWindDental.ca/implantdentures



THE STAYWELL MANOR

NOW LEASING... CALL AND BOOK A TOUR!

The Manor Village at Signature Park

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

The Manor Village at Garrison Woods

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

The Manor Village at Huntington Hills

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

The Manor Village at Rocky Ridge

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

The Manor Village at Varsity

40 Varsity Estates Circle NW  
P: (587) 393-9999

The StayWell Manor at Garrison Woods

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

The Manor Village at Currie Green

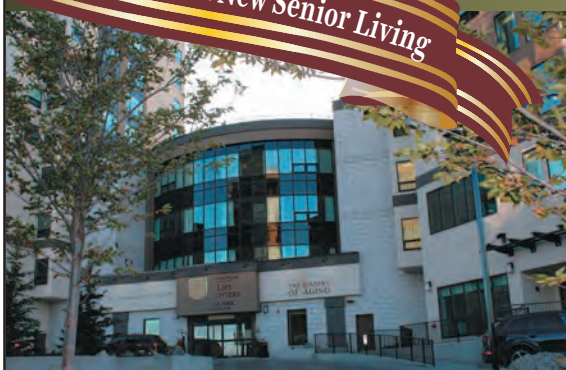
Coming Soon  
SW Calgary  
P: (403) 256-4151

The Manor Village at Fish Creek Park

22 Shawnee Hill SW  
P: (587) 392-2400

THE MANOR VILLAGE AT FISH CREEK PARK

Elegant, Brand New Senior Living



# How do you want to live?



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

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

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



## Did you know?

The Manor Villages have been caring for seniors with Dementia for over 25 years!

It can be overwhelming to provide full-time care for a loved one with memory loss!

**We can help! CALL TODAY!**

South Calgary: 587-392-2400

Central Calgary: 403-242-4688

North Calgary: 403-286-7117



THE MANOR VILLAGE

# LIFE CENTERS™

Independent Living • Independent Living with Assistance • Memory Care\* • Respite Care\*

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

\*select locations



BY ZANE NOVAK  
President of Kerby Centre

# No one ever said things would be easy

No one ever said that it would be easy.

That is an often repeated phrase. I have heard it countless times and I have used it countless times. It is a blanket statement that can cover a variety of situations, but I believe its most meaningful application is to the process we call life.

Who hasn't experienced life events that are downright

daunting, even heart-rending? I have witnessed the pain and tribulations of so many of my friends and acquaintances over the years. It's hard to watch when bad things happen to good people, and even harder to try to explain.

My deepest knowledge comes from my own experiences in life: having lost most of the people I truly treasured in my life to untimely, tragic deaths; difficulties in business; and watching my hard work not create the rewards it should have due to circumstances often out of my control. More than once I have thought to myself, "I didn't sign up for this," but the truth is I did. This is my life and my reality. My sole job in life is to live it.

For all the tragedies, deaths, and financial challenges I've experienced, I've also had so many rewards, having been blessed with two amazing children and countless friends. Many of my best rewards come to me when I think back on having done something positive in this life; when I've left a bit of a footprint in the sand that others will in some way benefit from. It is not even that important that those who benefit from it know that somehow, I was a part of it. That being said, there is no pure concept of

altruism.

Many studies, theses, and papers have discussed altruism and they all conclude that — even in its most distilled, purest form — it does not truly exist. From my short time on this earth, I would agree with them. We all tend to do things for reasons, we work for a paycheque, we raise children in our reflection. For us to have good children that grow into amazing adults compliments us as parents. I could go on and on with the analogies.

Often, I find the most fulfilling moments of my life are when someone comes up to and thanks Kerby Centre for what we have done, or they pay us a random, spontaneous compliment for the sincerest and — often — simplest of reasons. As a child will thrive when they receive sincerely earned praise, the same is true for us as adults. Taking the time to see when and where we can compliment or help others is so important.

So why did I pick this theme?

March 20 is the International Day of Happiness. Happiness is an easy concept to define, but not always as easy to feel. With that thought in mind, what can we do to help create not only our own happiness but

others'? And for more than one day, hopefully develop an environment for ourselves and others where happiness and contentment is a consistent factor in our lives, rather than a fleeting one.

We can make most days happy or at least happier for ourselves and others with the way we treat ourselves and the effort we put into engaging others. In almost all cases, the first step is to reach out, to make the effort to talk to or interact with someone else.

I have set a goal of talking to at least ten new people in the month of March. And by talk, I mean engage in a full conversation, not just a three-sentence exchange about the weather. Learn about them, hear their story. In February, I watched the Academy Awards with my daughter. It is a family tradition. I have mixed feelings about the entertainment industry, but the one feeling I never doubt is the value of good storytelling. Stories are the greatest teaching and learning tool known to mankind, and the act of listening to someone's story is one of the kindest things anyone can do.

Let's try to make March and all months, happier by reaching out and by listening. ▲

## MARCH 2020

### KERBY CENTRE'S MISSION:

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

### Kerby Centre Board of Directors 2019 - 2020

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

#### EXECUTIVE

**President:** Zane Novak

**1st Vice President:** Richard Parker

**Treasurer:** Ken Lin

**Secretary:** Tara Weber

**Past President:** Hank Heerema

#### Directors

Philip Dack, Stephanie Sterling, Peter Molzan

**Chief Executive Officer:** Lawrence (Larry) Mathieson

## Kerby News

Published monthly by Kerby Centre  
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2  
(403) 265-0661 • Fax (403) 705-3212  
[www.kerbycentre.com](http://www.kerbycentre.com)

e-mail: [editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Publisher:** Larry Mathieson, Keith Callbeck  
**Editor:** Andrew McCutcheon  
**Production Manager:** Winifred Ribeiro  
**Sales Consultants & Distribution:** Jerry Jonasson (403) 705-3238  
[jerryj@kerbycentre.com](mailto:jerryj@kerbycentre.com)  
David Young (403) 705-3240  
[davidy@kerbycentre.com](mailto:davidy@kerbycentre.com)  
**Classified Ads:** Valerie Ying (403) 705-3249  
Fax (403) 705-3212  
[generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)  
**Typesetter:** Riggs Zyrille Vergara

**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  
**Mailing:** Don Sharpe, Ellen Hansell, Wayne Orpe, Peter Meyer, Anita St. Laurent, Lolita Kiemele, Shirley Evaskevich, Anne Prystupa, Rosa McDermott, Glorian Higgins, 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

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

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

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

## Creating new traditions



BY LAWRENCE MATHIESON  
Chief Executive Officer

I know my tenure at Kerby Centre has been quite brief, but I've started to try to create some new traditions.

Last month, I told you how impressed I was with how the staff and volunteers make everyone who comes to Kerby feel like it's home and how good they are at creating a community.

There is no way I am going to let that go unnoticed. In addition, our board members are so engaged

and invested in what is happening here, it makes a lot of sense to me to make sure they get to hear about all the great initiatives and innovation that's occurring when they can't be here.

The week I started I sent the board the first "TOP 5." There are so many great things going on at Kerby it is hard to keep up with them, so each Friday I send the board members an email with 5 or so cool things that happened at Kerby that week.

It could be something big like someone giving us a \$100,000 donation so that we can run more services for seniors. Or it could be something like the children from the Child Development Centre at the YMCA coming to make Valentines with the seniors in our Adult Day program on Feb. 5.

Last month, the Kerby News put a sample of some of the weekly "TOP 5" items on page 23.

It seems members of our team are always either doing something awesome to support our members —

or they are preparing to do something awesome.

For example: Tax season is coming, so our team is busy getting ready to help seniors with their taxes. In 2019 our team helped 4,231 seniors prepare their returns — all for free!

Also, for our team to be able to offer this kind of service, we need to do a lot of fundraising. If you are going to do fundraising, you might as well make it fun. Kari is busy organizing Team Kerby to run or walk in the Calgary Marathon.

This year we want to have the largest team yet supporting and raising pledges for Kerby. You can run or walk any of the races on May 31 — whether you are leisurely walking the 5K with our team or you are blasting through the 50 kilometre Ultra Marathon.

For us, the event is all about active aging and about raising funds to support seniors. If you would like to participate you can call Kari at 403-705-3232 or email her at [karis@kerbycentre.com](mailto:karis@kerbycentre.com) ▲

# The sweet retreat you can have any time



## Life and liberty

BY LIBERTY FORREST

I've got an enormous urge to go and sit on a curb and squish mud between my bare toes as I used to do after a prairie rain when I was a kid in Saskatchewan. It was so cool and soft, like liquid velvet against my sensitive skin.

As I immersed myself in this delightful little childhood memory, my thoughts drifted like a gentle breeze from the curb in front of my house at 745 Williams Street in Regina to my mother's parents' farm near Stockholm, Sask. I was blessed to be able to spend time there every summer while I was growing up and those memories are firmly lodged deep

in my heart. I suppose that to a large extent, it's because that was the only place on the planet where I ever felt safe as a child.

I remember leaping out of the cool, dark hayloft in that old red barn, the terrifying but exhilarating fall before landing in the sweet softness of a haystack below. I remember being out with my uncle and cousins collecting bales from the fields, the tractor pulling a huge flat bed with no sides, while I climbed ever higher to the top of the stack, which grew by the minute. On the bumpy journey through the fields or on the road going back to the farm, it never occurred to me that either the bales or I could fall off.

One particular summer, my cousins and I spent more time than usual in the ravine across the road, our pockets jammed with tart crabapples, hastily picked on leaving the house each morning. We found a cluster of four tall, sturdy oak trees. Each of us got some twine and wove it within the "Y" shaped branch formations in this little group of trees. We piled on some hay onto the twine bed, creating nests

where we spent hours on end every day.

We dug a hole in the soft, damp earth right in the middle of these trees, and used an old piece of wood for a cover so we could store lemonade and a few sandwiches in our little 'cooler'. Hour upon hour in that sweltering, slow summer, we would lie in the shade of our nests, talking, reading comics books, or adventure stories. Sometimes we even had naps, a gentle breeze stroking our hair or shoulders as a mother would do until we slept.

One night, we made a fort of bales in the farm yard, stacked two high in a rectangle with a roof of plywood, and all of us piled in like sardines with sleeping bags where we spent a dark and giggling night together.

Never once did I see the garage with its doors closed, as tools, machinery, bits of vehicles and farm equipment spilled out of them as though they'd tumbled out into the farmyard as easily as the smell of oil that went with them.

I remember being about five. It was dark one very late summer evening and

my uncle was going to pick some fresh corn to add to the dinner being prepared by my aunt. We were only across the garden, not far from the house, but it meant the world to me to be out with my Uncle Don for those few precious minutes.

Being the only one who got to go with him, I felt very special as I buried myself between the rows of corn, which was much taller than I thought I would ever be.

I will never forget the sweet smell of dough rising in my grandmother's old, blue speckled pan. I wonder how many thousands of cinnamon buns, loaves of fresh bread and other delights came from that dough pan, made ever so lovingly by two of the softest hands and one of the kindest hearts the world has ever known.

I can still see the robin's-egg-blue painted walls in that rickety old house. I used to lie on the sagging iron bed in my room, noticing how the nails never matched up along the sides of a seam where two pieces of drywall met. That bed, that room, with the beautiful antique dresser, the washstand with

pitcher and basin...it was the safest and most perfect retreat on the planet.

There was a grate on the floor next to the bed, and if I opened the slats, I could see and hear down to the dining room below. I lay in bed as a very little girl, listening to the grown-ups talking over their coffee and cake late at night, the quiet drone of their voices and the delicate clinking of cups meeting saucers lulling me to sleep.

Our fondest memories can brighten even the darkest day, and can make a good one even better. It doesn't take much to lift ourselves out of our everyday lives and be transported to another time, another place, giving us a sweet retreat and softening the edges of the bumpiest times.

Take a few moments today... transport yourself to simpler days, happy times. Close your eyes and immerse yourself in the beautiful sights, the heartwarming sounds, the delicious smells that have imprinted themselves so lovingly in the deepest part of your heart.

Whatever kind of day you're having, this is bound to make it better. ▲

## I love everything about



## Rocky Ridge

Retirement Community *by Signature*

*The activities and outings are fun and there is something for everyone!  
The meals are amazing; there are a lot of choices.  
The staff are incredibly nice and caring; whoever does the hiring is very good at their job! ;)  
I would recommend Rocky Ridge to anyone; you won't find a better place.*

# 403.930.4848

10715 Rocky Ridge Blvd. N. W  
Calgary, Alberta, T3G 4G1

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

## March Events

**March 2nd at 1:30pm**  
**Sound bath Meditation.**

**March 17th at 2pm**  
**Irish Dancers from Casey O'Loughlin Irish Dance School**

**March 19th at 3:30pm**  
**Open House tour with complimentary Buffett. Limited spaces available.**



## Current Resident Hazel says....



“I walked in and I immediately fell in love with my new home. I enjoy all the residents here and I love all the staff. Coming here to Prominence Way is one of the best choices I have made in my life. I really feel special living in this community. I have met a lot of great people that I now call my friends. Everyone should consider moving into a community like Prominence Way. You will live longer and happier.”

~ Hazel

[ProminenceWayRetirement.com](http://ProminenceWayRetirement.com)

403-727-9400

905 Prominence Way SW

**Join Us At Prominence Way**

**Open Houses**

March 14 & 18, 10 - 2pm  
 Tour & Free Lunch  
 (Please RSVP to 403-727-9400)

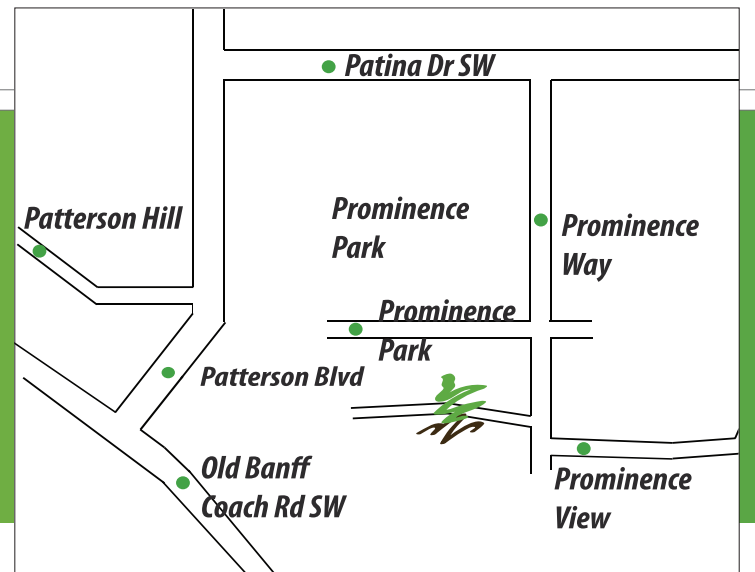
March 26, 1 - 4pm  
 Tour & Entertainment

**St. Patrick's Day Celebration**

March 17, 2 - 3:30pm  
 Entertainment & Refreshments

**Wellness Fair**

March 29, 11 - 3pm  
 Yoga, Reiki, Chiropractic & Much More



**Experience Vibrant Seniors Living**



# Dispelling the myths behind coronavirus

By Andrew McCutcheon

The world is no stranger to health scares.

Pandemics have occurred since humanity began travel and trade between cities and large swaths of land, across the Mediterranean and beyond.

With the advent of instant news and social media, however, the facts of a matter often need to play catch-up to the myths and misinformation that seem to be on the heels of every new potentially scary virus out there.

So here is the straight talk about the coronavirus, the most recent talk in the news, with the most up to

date, factual information as of the start of March.

The novel coronavirus, known officially as COVID-19 by the World Health Organization (WHO), is part of a large family of viruses known to cause respiratory illness. These illnesses can range from mild, cold-like symptoms to more severe sickness.

As of an announcement by the WHO in on Feb. 23, there have been 77,042 confirmed cases of coronavirus in China and 2,445 recorded deaths, the majority of which occurred in Hubei province and the city of Wuhan.

Outside China, there have been 1,769 cases

outside of China and 17 confirmed deaths — with a handful of cases in Vancouver and Ontario which had been quickly caught and quarantined.

Over 2,000 deaths may seem like a frightening number, but it's important to remember the scale: in Canada, alone, there are 3,500 fatalities due to influenza annually and the current number of fatalities in China, one of the most populated nations on earth, is less than a third of that.

There have been no confirmed cases in Alberta at the time of publication.

Alberta Health Services (AHS) has stated the level of risk for Albertans is low. Unless you have travelled to mainland China or had extremely close contact with a person who was in mainland China 14 days before the onset of flu-like symptoms, you are not at risk for coronavirus.

Still, good preventative measures that can be used to avoid illnesses and influenza viruses of all sorts still apply: frequent handwashing, staying at home and away from others if you are feeling ill, and every other

common precaution still apply.

There is no reason to wear a mask if you're worried about symptoms: masks are more often worn for those who already have symptoms and are attempting to be courteous to others in order to stop airborne virus particles from spreading if they have respiratory symptoms, such as coughing or sneezing.

There have been many questions and concerns raised over products or individuals who are Chinese-Canadian, but these are unfounded.

"People receiving packages are not at risk of contracting the new coronavirus," a statement from the WHO reads. "We know that these types of viruses don't survive long on objects, such as letters or packages."

There was a wildfire of suspicion and hastily shared stories stating the coronavirus might have been a man-made virus, created by Chinese nationals working in Canada.

This story is patently and categorically false. It has been debunked by a wide variety and breadth of

news sources. These suspicions only served to incite panic in those who may have shared it or seen it shared.

In fact, the Calgary Chinese Community Service Association (CCCSA) put out a release responding to the impact of the coronavirus on the city's Chinese community.

"We are concerned about racism and xenophobia that may be creeping into the dialogue here in Calgary," said Dr. Thomas Cheuk and Norman Poon, co-chairs at the CCCSA. "We urge Calgarians to remain calm and not direct misplaced concern toward Chinese-Canadian Calgarians."

David Khan, the interim executive director of the CCCSA said there have been a couple of incidents in their programs where participants expressed "unfounded concern" over other participants and their Chinese heritage.

"Simply because someone is of Chinese ethnicity or has emigrated originally from Wuhan does not mean they are at any more risk of being infected with the novel coronavirus." ▲

March 15 – April 30

30 DAY CHALLENGE

YOGA & CYCLE

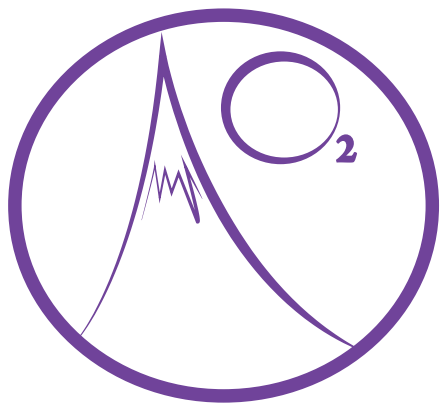
Participate in any of our Yoga, Pilates, Strength & Balance or TechnoSPIN classes for 30 days.

Over **\$10,000** in prizes including a TechnoGym® bike

**PLUS 30 Day Card Special**

ADULT: \$135 \$108 | SENIOR: \$83 \$66

forever active. forever strong.



**PEAK OXYGEN**

## DITCH THE TANKS!

Contact Peak Oxygen today and experience the benefits of new oxygen\*

**587-747-7699**

*\*Oxygen is funded by the Alberta Government AADL Program*



Oxygen tanks are bulky and difficult to transport.

VS



A portable oxygen concentrator is a lightweight alternative.

[WWW.PEAKOXYGEN.CA](http://WWW.PEAKOXYGEN.CA)

# MAKE YOUR HOME WITH SILVERA

**Enjoy** independent living with options for chef-inspired dining services, weekly housekeeping and Active Aging programs.

**Choose** from several comfortable communities throughout Calgary.

**Benefit** from non-profit rents based on your income, or choose from other options priced below the alternatives.

Add life to your years.



403.567.5301 placement@silvera.ca silvera.ca



**Shouldice** – Nestled in Montgomery. Friendly and cozy, near NW parks and the Bow River.

**Supportive Living (Enhanced Services)**



**Bridgeland options** – Four vibrant communities of differing sizes to choose from. Centrally located.

**Independent Living (Optional Services)  
Supportive Living (Enhanced Services)**



**Valleyview** – Comfortable, low-cost housing and services in Southwood (SE).

**Supportive Living (Enhanced Services)**

# Catching your breath; nothing without us

By David Darnielle

Words can be dangerous.

Not in the way some people think. I don't know if an errant curse word has ever broken someone's bones, but I know I've muttered a view in the process of hurting myself.

Missing the nail and hitting my thumb usually results in a stream of language that could make a sailor blush.

And what's called "political correctness"? That's a whole other peanut can full of snakes I'm not even going to attempt to open.

All I'll say on that subject is that I do my best to find out what words will make people uncomfortable and do my best not

to use them. I'm not in the business of making folks uncomfortable if I don't have to.

Lord knows my grandma had another name for Brazil nuts that made me turn beet red with an awkward humiliation every single time she used it.

No; the dangerous words I'm talking about are much more ephemeral, like mist or fog. It's hard to reach out and grasp exactly what makes them so dangerous and it just ends up falling through your fingers, like trying to cup your hands to catch water.

One of the most dangerous words I tend to see is "should."

It may seem quite innocuous, but it's been used to great lengths in a

lot of dangerous ways.

I think of my friends who are disabled, either in wheelchairs or needing canes or walkers; maybe some of them can't think as well as everyone else or aren't as quick on the draw anymore.

They tend to hear the word "should" a lot. And often times — as the most dangerous things often are — the word is coming from a place of kindness or good intention.

Maybe they "should" slow down.

Maybe they shouldn't push themselves so hard.

Worst of all, these words aren't spoken directly to the person they are about. They're held in private conversations in backrooms, where the

subject of the sentence cannot speak for themselves in response.

There's an interesting saying that was coined by disability rights groups that I find is a good response to comments like these: "nothing about us, without us."

In plain words, it means "don't have the conversation without our input," that any conversation of should or shouldn't, will or won't, can do or can't, needs to have the person in question there. They should be able to speak and advocate for their own interests.

Too often, close friends of mine feel like they have decisions made for them, and there is nothing more infantile or coddling than

someone who feels that they know what's best for you without even getting your opinion.

We can all agree, then, that when the conversations are about us — whether the "us" is us as individuals, or as groups of those who are disabled, those who are older, or those who are underprivileged in society — we need to be at the table. We need to have our voices heard. Seems like a no-brainer.

But sometimes — and bear with me on this one — do we take our own opinions and feelings into account when those conversations are happening within us?

Because there are other types of shoulds and shouldn'ts: these words are never said aloud, but when we are making decisions — even by ourselves, for ourselves — we repeat those same, dangerous words.

The should and shouldn'ts we've heard from everyone around us for so long begin to get ingrained into our own personalities. It's a heavy burden that's difficult to shake off.

So when you're coming to a decision in your life, whether big or small, try to think about those little voices in your head that are remnants of people speaking for you, without your best interests in mind: and take those voices out onto the veranda and beat them with a broomstick.

Hit them until you've knocked off everything that isn't useful anymore: your own prejudices and biases; the voices of society or even your parents.

Make sure that when you're making hard choices for yourself, it's you and only you who's making them, and you'll come to a decision that you'll find is best suited for your future.

In doing so, you'll reconnect with your values and beliefs, the most important drivers when it comes to our own agency, our own destiny and subsequently, our lives being lived in the way we truly wish them to be.

And when you're done the difficult task of finding your own voice against the din of others?

Don't forget to catch your breath. ▲

Cowboys Casino and Elite 55 Club Present

**INTERNATIONAL WOMAN'S DAY**

**TUESDAY MARCH 10**  
**11am - 1:30pm**  
 inside of Zen 8 Grill



Reservations are required. Please call Guest Services at 403.514.0900 or email [guestservices@cowboycasino.ca](mailto:guestservices@cowboycasino.ca)

COWBOYS CASINO & ELITE 55 CLUB PRESENT

**Free slot tournament 1:30pm**

**ELITE 55 CLUB LUNCH & PLAY**

**11am - 1:30pm**  
 inside of Zen 8 Grill

**\$12**

**BUFFET TO INCLUDE:**  
 Meatloaf, Spring Salad, Fresh Rolls, Mashed Potatoes w/ Gravy, Mixed Veggies and Dessert

**SENIOR AWARENESS DAY**

**WEDNESDAY MARCH 25**



# Live life on your own terms



## Covenant Living Evanston Summit

Each person is an individual so why should our lifestyle be any different? You'll love everything Evanston Summit offers so that you can live the life you enjoy. A choice of suites, lots of amenities, and services that free up your time for the important things in life.

Come see for yourself what Evanston Summit has to offer! Call Estie at 587-538-7511 to book lunch and a visit. [Or check us out online at EvanstonSummit.ca.](http://EvanstonSummit.ca)



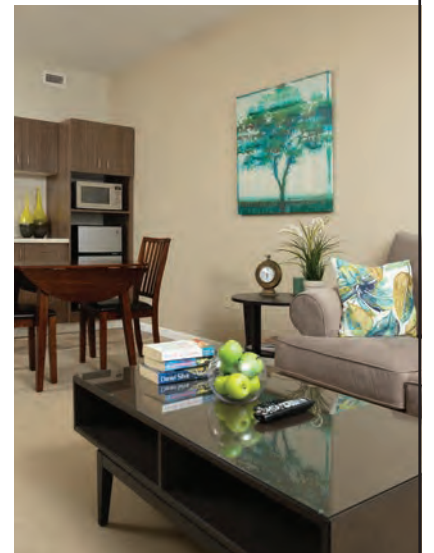
*"Our family stays here when they visit from Australia."*  
- Phyliss & Clem



*"I've travelled the world but settled at Evanston Summit."*  
- Mabel



*"Two of my joys - reading and the great view from my suite."*  
- Harry



### WHAT'S HAPPENING!

#### **St. Patrick's Day - Friday, March 13 • 3:00 – 4:00 pm**

Calling all leprechauns! It's a day to celebrate the Emerald Isle. Don your green attire and join us for snacks, green beer and live entertainment by the St. Thomas Strummers. Today everyone can be Irish!

#### **Open House - Sunday, March 22 • 1:00 – 3:00 pm**

Come see all that Evanston Summit has to offer. Meet our residents & staff, enjoy the live music of The Dwellers Band, and sample delicious goodies from our own kitchen.

#### **Happy Trails Stampede Princesses & Native Princesses - Tuesday, March 31 • 6:30 – 8:30 pm**

Evanston Summit welcomes the Happy Trails Stampede Princesses and Native Princesses. Join us for an evening of singing, line-dancing, and spending time with the Princesses.

Call us today **587-538-7511** to book your private tour.

150 EvansPark Manor NW, Calgary  
[EvanstonSummit.ca](http://EvanstonSummit.ca)



# Getting the most from your grocery budget



Photo courtesy of Nathália Rosa. Accessed on Unsplash.

By Angie Friesen

Every Sunday evening my husband and I take a moment to review our weekly spending in our household budget. Earlier this year we reviewed our spending habits for 2019 and we were shocked to find that we spent \$150 more per month on groceries compared to 2018. What changed and how can we save more money on groceries?

There were a few key things I noticed that had changed.

We had more frequent trips to the grocery store. In addition to my “Large

Weekly Grocery Trip” I made two or three extra grocery store visits during the week. In those “smaller visits,” instead of running in to just buy one or two things, I would leave with an armful of items.

We also had a family member diagnosed with wheat-gluten intolerance. Some speciality products can be more expensive, but I didn’t think twice about purchasing her favourite \$10.00 package of gluten-free blueberry muffins. In hindsight, I could have made my own for half the cost.

National food costs increased in 2019 from

1.5 to 3.5 per cent according to Canadian Grocer. Increasing transportation costs, natural disasters/bad growing seasons and demand all impact rising food costs.

The good news is, despite the rising costs of food, there are still ways to save.

First, start with a plan. I’ve gotten into the habit of creating a weekly meal plan and doing my best to stick to it. Often I will base my meal plan on the grocery flyers. Ideas and inspiration for recipes can be found online, on your bookshelf or even at the public library.

Once I’ve got my weekly meal plan in place, I create my grocery list. You can also get creative with leftovers and incorporate those into your meal plan as well.

I often add a whole BBQ deli chicken to my list, as I have found that I can create three or four meals with that one chicken — chicken Caesar salad, chicken salad sandwiches, slow cooker butter chicken, and I use the remaining bones to make bone broth.

I go through each meal and recipe to see what items I will need to pick up on my next grocery run and I double-check my cupboards and fridge to make sure I won’t be purchasing a duplicate item.

I also usually add a non-perishable “standby” meal — for example, pasta sauce and pasta. Not only is this good just in case my weekly plans change, but it’s also nice to have an easy and inexpensive extra meal on hand for when I need it. Make cooking a social event. I know of people who do “batch cooking” with friends and family. They will share in the cost of groceries for a meal or two and do a make-ahead meal together.

I have also done a “dinner trade” often doubling a recipe that I’m using in the week and trade it with another friend. Portioning and freezing meals/leftovers can also save time and money.

Potluck dinners are on the rise. If you are entertaining, and if someone offers to bring something, take them up on their offer.

At our last family gathering, we had plenty of food left over, and everyone was able to take home food that would last for a meal or two. I saved room in my fridge and saved time from having to cook a new meal; it was a win-win.

I love fresh produce, but in the winter months, it can be expensive. Buying produce in season can help with costs. Save money by using frozen or canned produce if fresh is too expensive or not available.

Last week I needed pineapple. A fresh pineapple was close to \$6.00 and I just needed a small amount, so I picked up a can of pineapple tidbits for \$0.99. Making do with what you have has been a reminder for myself when I’m contem-

plating additional grocery trips throughout the week. Even though I’m doing my best to save money, I don’t want to feel deprived.

Before I make any extra trips in the week, I ask myself: “If I’m missing an ingredient, is there a suitable substitute I have on hand?” If I have a craving for something in particular, is there something I have at home that would be just as good? Can it wait until my weekly grocery trip? If the answer is no, I make the trip, but honestly, I have found these questions help to cut back on store visits.

Often we can find name brand groceries discounted at certain grocery chains and even dollar stores. I have scored name brand cereal, sauces and even bagels at my community dollar store. If I’m purchasing food items at the dollar store, I tend to stick to the brand names I’m familiar with and always check the expiry date.

With non-perishable food purchases, such as canned vegetables or sauces, I have been more than happy with the generic, store brand product and often don’t notice a difference.

In some cases, a name-brand product often will use the same manufacturer or producer as the store brand product. There are a few name brand condiments that our family prefers over the store brand — such as ketchup and mayonnaise — but often I can find these on sale.

Loyalty points’ cards and store memberships can help you earn back cash toward future purchases, but keep in mind these programs are put in place to encourage you to spend.


Buying certain products in bulk can bring on cost savings, but you want to also make sure that you have space and that the product will be consumed within a reasonable time.

It won’t be a good deal if it gets wasted. Food waste is money waste. Stick to your list and budget and you won’t go wrong.

I’m happy to say that after reviewing our grocery spending for January 2020, the amount that I spent was the same amount that I spent in January 2018.


I’m hoping to keep these habits as we continue into 2020, and I wish you luck on your grocery savings. ▲

Calgary Philharmonic Orchestra  
27 + 28 March 2020 / 7:30PM  
Jack Singer Concert Hall



## Hits of the '70s: A Classic Rock Songbook

A symphonic tribute to the  
biggest bands of the vinyl years —  
Fleetwood Mac, The Doobie Brothers,  
Led Zeppelin, and more!

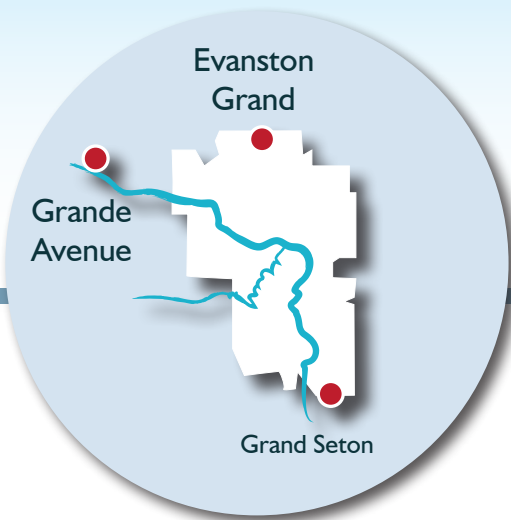


calgaryphil.com | 403.571.0849



**LIVE YOUR** *best life*

**3 Villages in the Calgary area**



**GRANDE AVENUE**  
*Village*

50 Grande Avenue  
**Cochrane**  
587-802-3430

**EVANSTON GRAND**  
*Village*

40 Evanston Way  
**NW Calgary**  
403-768-2732

**GRAND SETON**  
*Village*

4485 Front Street  
**SE Calgary**  
587-602-1316

“I’ve even started to dance again!”

**SUITE FEATURES**

- Large, bright windows
- Covered balconies
- Kitchen with fridge, stove & oven
- Spacious storage room
- Air conditioning
- Large 3-piece bathroom with built-in storage & walk-in shower

**AMENITIES**

- Pub & Bistro
- Chef’s Dining Room
- Beauty Salon
- Exercise Room & Games Room
- Family Dining & Party Room
- Creative Space
- Library and Theatre

**SERVICES**

- Enjoy multiple, unique dining experiences each evening
- 24-hour emergency monitoring
- Entertainment
- Social activities
- Personal care is available
- Shuttle bus

**Inclusive pricing starts at \$2,450!**



**REAL LIVING®**

**GOLDENLIFE.CA**

Built & Operated by Golden Life Management, a family company from Cranbrook, B.C. **Real Living®**

# Common causes of physical fatigue

By Amy Wong

Everyone feels tired or fatigued at some point in their lives. Usually there's a good explanation, such as coming down with the common cold or flu, having a late night out, or falling short on your sleep. It's normal to be tired during those times.

Then after a good night's sleep, most are refreshed and bounce right back.

While endurance can decline with age, experiencing constant fatigue is not a natural part of aging.

Fatigue occurring for weeks at a time, with no apparent reason, is usually a sign of some kind of underlying cause.

Fatigue is a common symptom of certain medical conditions. It can also be a reflection of lifestyle choices. Here are four categories of possible causes.

## Physical health or medical conditions

- Anemia.

This is a condition where your blood doesn't have enough red blood cells to carry oxygen throughout your body. The result is a drop in your energy level, making you feel tired and weak. There are many different types of anemia.

One common type is caused by an iron deficiency. Iron is important for the production of healthy red blood cells. Therefore, diet is key for this type of anemia. Iron-rich foods include red meat, dark green leafy vegetables, dried fruits and nuts.

- Heart disease.

Heart disease is a group of conditions that affect how the heart functions. Your heart is a muscle and its job is to pump blood throughout your body. When it doesn't function efficiently, fluid can accumulate in your lungs, which can lead to difficulties with breathing and shortness of breath. This lowers the amount

of oxygen being supplied to your heart and lungs. Not having enough oxygen throughout your body results in a drop in your energy level.

- Hypothyroidism. Hypothyroidism is caused by an underactive thyroid.

Your thyroid is a gland that produces thyroid hormones. These hormones regulate your body's metabolism or how your body uses energy. An underactive thyroid gland cannot make enough hormone to keep the body running normally and in turn, many of the body's functions slow down.

This can cause you to be fatigued, feel cold, depressed and even gain weight. The good news is that this condition usually responds well to thyroid hormone medication.

- Vitamin D deficiency.

This vitamin is unique because your body is able to produce it. When exposed to enough sunlight, vitamin D is made right in your skin.

Individuals at risk of being vitamin D deficient, are those who spend most of their time indoors and have little exposure to direct sunlight.

It is also more common during the autumn and winter months, when daylight hours are shorter.

Fatigue can be a sign that your body isn't getting enough of this essential vitamin.

Vitamin D can be found in foods, but only in a small number of foods, and in small amounts. Foods include egg yolks, fatty fish, and fortified milk and cereal products. Vitamin D supplements are also available.

## Sleep disturbances

- Broken sleep.

Sleep disturbances related to repeated nighttime bathroom trips such as in the case of having an overactive bladder or enlarged prostate.

Getting up multiple times through the night can leave you feeling fatigued the next day.

- Sleep apnea.

This is a sleeping disorder where you stop breathing for short periods of time through the night. It is common among older adults, especially in men and overweight individuals.

Most people are not aware of it, but it can cause severe daytime drowsiness, fatigue, difficulty concentrating, memory issues, and mood swings.

People with sleep apnea often find themselves falling asleep at work, while watching television and even when driving.

## Emotional well-being

- Boredom.

Being bored can cause you to be tired. Having too much time on your hands, with no direction or motivation, makes for a very long day.

But it doesn't have to be that way: engage in social activities, take up a new hobby, or consider volunteering for local charities. When you do so, it can give you a sense of purpose and help you to maintain emotional well-being.

- Mental health.

Anxiety, depression, grief and stress - all take a toll on your energy and can contribute to chronic fatigue.

Emotional stressors such as getting over the loss of a loved one, having financial concerns, difficulty with vision/hearing, and a loss of independence can manifest in the physical form of fatigue.

It is important to recognize and manage these mental health issues, as your mental health affects how you think, feel, and behave.

Your physical well-being is directly related to your ability to deal with problems and how you take care of your mental health.

## Lifestyle Habits

•Poor diet, malnutrition or a lack of healthy foods can cause fatigue. Junk foods like fried foods and sweets, have few nutrients to offer but are high in fat and sugar content.

Eating these may make you feel good at the time but very quickly leave you feeling sluggish and tired. Instead, choose nutritious foods to get the energy boost you need to do the things you enjoy.

- Caffeine.

Drinking too much caffeinated drinks such as coffee, tea, and/or pop, especially late in the day can prevent you from getting a good night's sleep. Limit the amount of caffeine you drink, especially as the day goes on.

•Physical inactivity. Lack of exercise can lead to many physical health conditions and can add to feelings of anxiety and depression. Anyone, at any age, can do some form of activity.

Even taking a simple walk around the block has benefits. Regular exercise improves energy levels and generates endorphins, which have numerous physical and mental health benefits.

- Smoking.

Smoking is linked to many serious health conditions, such as cancer, heart disease, and breathing problems.

Many of these conditions are tied in with fatigue. No matter your age or health status, quitting smoking is the best thing you can do to improve the length and quality of life.

This list of conditions is not exhaustive and only includes some of the more common ones. If you experience fatigue that doesn't resolve with proper rest and nutrition, or you think it may be caused by an underlying physical or mental condition (like the ones mentioned), please talk with your doctor.

This write-up is meant to raise awareness and should never be used as a substitute for direct medical advice from your doctor.

It's important to talk with your doctor so that they can diagnose the cause of your fatigue and work with you to treat it. ▲

## Sandra G. Sebree Lawyer

*Serving our community for over 20 years*

1909 17 Ave SW  
Calgary, AB T2T 0E9

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

Wills & Estates

Real Estate

Free House Calls  
Available



*Proud supporter of the Royal Canadian Legion*

email:sandrasedree@sebreeelaw.ca www.sebreeelaw.ca

**no limits mobility**

- transfer seats
- lifts
- driving controls
- accessible vehicles

[silvercrossauto.com](http://silvercrossauto.com)

4216 54 Ave SE, #60  
Calgary  
**587.438.8099**

**Silver Cross**  
AUTOMOTIVE



# We keep the **Young & Fun** in retirement!

## LIVE THE LIFE YOU DESERVE

At Verve, we want you to live life your way and enjoy the positive energy in our dynamic community. Share experiences, interests and talents through unexpected and inclusive activities and learn new things about yourself and the people around you. Entertain family and friends over a great meal and leave the dishes to us. Be as busy as you would like to be, make new friends & live a rich quality of life with purpose!

To discover and learn more about the Verve difference and find a residence near you, visit [verveseniorLiving.com](http://verveseniorLiving.com)

INSPIRED SENIOR LIVING WITH 



**THE LODGE AT VALLEY RIDGE**  
11479 Valley Ridge Dr. NW  
Tel: (403) 286-4414



**TRINITY LODGE**  
RETIREMENT RESIDENCE

**TRINITY LODGE**  
1111 Glenmore Trail SW  
Tel: (403) 253-7576



**PRINCE OF PEACE COMMUNITY**  
285030 Luther Rose Blvd NE  
Tel: (403) 285-5080



**LAKE BONAVISTA VILLAGE**  
11800 Lake Fraser Dr. SE  
Tel: (403) 258-1849

# Drug benefit changes coming March 1

by Andrew McCutcheon

Changes are coming to the Alberta Seniors Drug Program from the 2019 provincial budget, taking effect as of March 1.

As of that date, coverage for non-senior dependents under the Seniors Drug Program will no longer be covered. This means dependents, such as spouses who are under 65 years of age, will no longer be covered for prescriptions.

There will be no changes for individuals aged 65 or older under the program, but those who were previously covered as dependents will need to enroll in Alberta Blue Cross non-group coverage.

Monthly premiums for coverage under these programs are \$63.50 for an individual or \$118 for a family. Subsidized premiums for those with low-incomes are offered for \$44.45 monthly for an individual or \$82.60 for a family.

According to the Alberta government, over 8,000 dependents between the ages of 19 to 54 were enrolled under the Seniors Drug Plan. The program costs the prov-

ince \$600 million a year and its cost is the largest in terms of drug programs offered by the Alberta government.

A press release issued to Kerby News stated that this program had been rising by 8 per cent annually, which the government declared as unsustainable.

This change will save \$36.5 million annually according to the release. Moreover, it was stated that Alberta was the only province that covered non-seniors through a seniors' drug program and that cancer treatment drugs will not be affected, as they are covered separately.

"The change in the seniors program affects 46,000 non-seniors," the statement read. "There are nearly 4 million Albertans under 65; we think it's fair to give them all the same options."

There have been criticisms of this move by the provincial government, however. Dr. Scot Simpson, professor in the faculty of pharmacy and chair for patient health management, said the effects may end up costing more down the road.

"In Alberta, we've been accustomed to this cover-



The changes for the seniors drug program come into effect March 1. Photo by Laurynas Mereckas

age process and now it's being taken away. It raises the question of unplanned, additional expenses. And I think that might be a barrier to some people continuing their medications," Simpson said. "I think it's going to have a negative impact on adherence and the management of chronic conditions."

Simpson said that the more costly drugs become, the less people that are buying them if they are required to choose between their medications and food or rent.

There is a strong correlation between a person's age

and the number of chronic diseases or conditions for which they are medicated, according to Simpson.

"As we age and as we grow with a chronic disease, we often need more than one medication," he said.

"Each of those medications will cost a certain amount of money ... I think it's going to have a negative impact on adherence and management of chronic conditions."

Simpson used diabetes management by way of example to explain how a lack of coverage for some older adults could lead to a fur-

ther burden on the medical system.

"If you don't control your blood sugars, you put yourself at risk for complications to your eyes, kidneys, or heart attack," he said. "Downstream, we might see a negative impact on the complications from those chronic conditions."

"In Alberta, we've been accustomed to this coverage process and now it's being taken away. It raises the question of unplanned, additional expenses. And I think that might be a barrier to some people continuing their medications."



Featuring booth exhibitors & information presentations to enhance the

**Physical, Emotional, Spiritual & Social Wellness**

Of Today's Older Adults

**FREE ADMISSION - NO REGISTRATION**

Kerby Centre Presents



## A SPRING HEALTH & WELLNESS FAIR



9:00 a.m. to 3:00 p.m.

April 15, 2020



Kerby Centre  
1133 7th Ave SW, Calgary

**Limited Exhibitor Booths & Sponsorships Remain!**

For Inquiries, Please Contact Jerry Jonasson at 403 705-3238 or David Young at 403 705-3240

# Former board member Marion Narum passes

Former Kerby Centre board member and long-time volunteer Marion Narum has passed away.

Marion was born on Jan. 15, 1927 and departed this past February. She was a board member for Kerby Centre from 2010 to 2017.

In her time at Kerby Centre, she also served as a volunteer for the information office, membership desk, at Kerby Expo and also as a tour guide.

Her previous occupations range a full gamut of experiences across her long life: a skating instructor, a bar maid, an accountant and restaurant manager.

When asked what she could bring to Kerby Centre on her board member application, she responded that she had 85 years of life experience and wanted to encourage new people to come and see the wonderful oppor-

tunities that Kerby Centre offers every day; she wrote that she was proud to be a board member.

Kerby Centre would like to recognize Marion for her years of service, her contributions to fostering the wonderful community here at the centre and the wealth of life experience she brought to the table. She will be missed..



Marion Narum passed away this recent February. She was a board member for Kerby Centre from 2010 to 2017 and a longtime volunteer. She will be missed by many.



**Kerby Centre**



## Annual General Meeting

Tuesday April 14, 2020  
Coffee, tea, and refreshments 9:00 am  
Meeting begins at 10:00 am  
Kerby Centre Gymnasium

Come meet our new CEO Larry Mathieson who will talk about Kerby Centre's plans for future growth

AGM open to Kerby Centre members and stakeholders

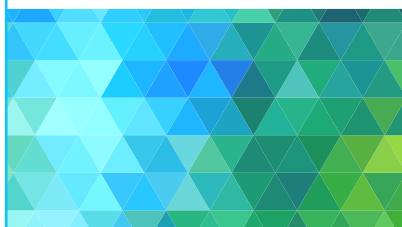
## Find comfortable, enhanced living

Newly renovated studios and one- and two-bedroom suites

- Chef-inspired dining, weekly housekeeping and Active Aging programs
- New learning studio, horticultural area and fitness room
- Non-subsidized, near-market rents, lower than the for-profit alternatives

**Secure your suite today.**

Contact Terry at 403.604.0340 or [tfiell@silvera.ca](mailto:tfiell@silvera.ca)

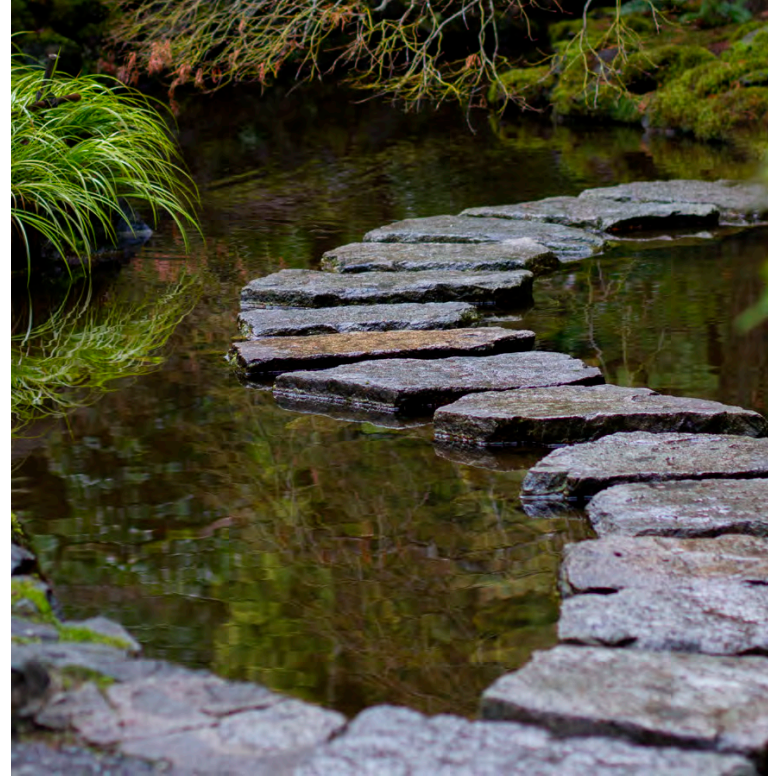


**THE NEW WESTVIEW**  
*in glamorgan*

Add life to your years.

**SILVERA**  
A Silvera Innovation Property

# Creating your own garden pathway



A gorgeous garden pathway is an amazing addition to beautify any property. Photo courtesy of Deborah Maier and the Calgary Horticultural Society

by Deborah Maier

Have you ever had one of those garden projects that you want to do, but the window of opportunity just doesn't seem to come into focus? For me, that project is changing my front walkway.

When taking on a project such as changing or adding a walkway, there is a lot to consider. A key

question to look at is, why? Another is how will the change affect those who will use the new route.

Removing and rebuilding a key walkway is a considerable undertaking. And since visitors of all kinds—friends, family and delivery personnel usually use it — it's not something that can be left in a haphazard state. For these projects, planning is the key to completing it

efficiently. Hence, evaluating if the change is necessary or if the issue can be resolved with another solution is important.

The front walkway I have is often termed a "bullet path." It is straight from the curb to the step, purely functional. Especially when it was surrounded by a sea of lawn, it did not add value to the home's curb appeal. Made of standard 36x24 inch sidewalk blocks, it led one from the curb to the door, without a risk of anyone wanting to take a shortcut.

Straight paths are not an aesthetic problem. They are often the backbone of formal garden design, with the garden on one side of the path being mirrored on the other. If the straightness of the path were the only concern, it could easily be mitigated with design elements such as pathway plantings, entryway framing with containers or even mid-path hardscape or softscape features — visual ele-

ments along the route to catch the eye and break up the directness of the path.

Over the years, the key reasons for wanting a change have remained: lifting of the sidewalk blocks by tree roots as the walk is too close to a large spruce; the walk is too narrow for two people to walk beside each other; the walk ends at the best place to park a car on the street so the path is blocked by the car; the bottom of the walk is in a dip where water pools and becomes ice-covered when the temperature drops below zero; and the path is through the sunniest part of the yard, covering the best gardening location.

These are functional issues that a change in aesthetics cannot fix and clearly explain the "why" for wanting to change the walkway.

Evaluating who uses the walkway or path and how the change will affect them are important project considerations too. These questions address the walkway's purpose and should be used for material selection and project timing. Main paths, such as my front walkway, should be made of durable material as it will be used for most deliveries and by most visitors.

While it doesn't need to be bullet straight, it should be reasonably direct, or visitors will make their own route. While construction is on-going, ensure there is a safe alternative route to the front door.

For other pathways around the yard, such as those that are used for walking around garden

beds, leading to the utility shed or a backyard patio area, less durable material may be used. Mulch or gravel can be used to define a route and either stand out or blend in with the surroundings. Stepping-stones can be configured to hurry the follower along or invite them to linger.

Paths made with loose materials such as mulches and gravels still need to consider drainage, but they are usually easier to prepare for and install, and don't need as elaborate a foundation as brick, stone or tile paths.

Path foundations are critical for ensuring the durability and proper function of the pathway material. To prevent the pathway material from moving sideways out of position or heaving upwards, edging and a proper substrate — usually gravel and sand, and sometimes drainage tile — need to be installed before the walkway material.

Which material you'd like to use for the walking surface, may determine the foundation requirements. Be sure to talk to the supplier and follow the installation instructions. It will be worth the effort.

As you can probably tell, I've spent quite a bit of time researching the requirements and options for changing my front walkway. Hopefully, for you and me, during 2020 (it's a year of vision after all), the features of that elusive project will come into focus and will be finally completed! —Come grow with us! ▲

## CALGARY CO-OPERATIVE MEMORIAL SOCIETY

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 55,000 members.

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

For more information visit [www.calgarymemorial.com](http://www.calgarymemorial.com), or call the CCMS at 403-248-2044 or 1-800-566-9959.



IMAGINE THE EXCITEMENT GEARING UP WITH YOUR TEAM TO RUN/WALK OR ROLL, CROSSING THE FINISH LINE AND RECEIVING A WELL DESERVED MEDAL!  
JOIN TEAM KERBY IN THE SCOTIABANK MARATHON CHARITY CHALLENGE AND WE'LL MAKE IT ALL COME TRUE!



Join our fundraising team today!

Race day is May 31, 2020, sign up before Feb 28th for early bird prices.

Please contact Kari at [karis@kerbycentre.com](mailto:karis@kerbycentre.com) or 403-705-3232 for full details and registration information.



# Our role in becoming role models

by Stephen Ditchburn

The importance of seniors being role models for young adults was brilliantly illustrated the other day when three of us from Rainbow Elders Calgary spent an inspiring lunch hour with members of the Gay-Straight Alliance (GSA) at a Calgary high school.

Apart from being a support group and advocate for LGBTQ seniors, connecting with youth is another of the *raison d'être* of the Rainbow Elders. And so we were very happy to receive an email from a student who

had seen us at the GSA conference at Nelson Mandela High School last autumn. We were invited to visit the school's GSA during one of their Wednesday lunch hour meetings.

We were very warmly received and although the students were somewhat shy, it didn't matter.

The eyes and expression of their faces made us feel very welcome and the fact that we were there clearly truly appreciated. It may seem silly, but I wondered how many of them had ever met a gay adult?

In the gay community, we

often talk about our "chosen family" or our "tribe."

These students and their amazing teacher-advisors certainly had a caring family in that room. How very lucky they are; I know of young people, in smaller schools in rural areas, who don't have access to this kind of support.

Every week at this GSA, members bring important topics and issues for discussion. Today, Lois, our 83-year-old gay-pioneer and local celebrity, spoke of the fact that it's not to be assumed that the fight is over and future is in their hands and none of us should take anything for

granted. It's been a long, long journey for gay and human rights to get to where they are now

The importance of the GSA was evident when some students confided that, sadly, for one reason or another, they were not out at home. Here however was a place where they were respected, welcome and safe.

It was surprising to see only one young man in the group - where were the rest of the guys? Perhaps they weren't comfortable attending the GSA even though Gay-Straight Alliances are not clubs for gay people only. After all, as the name says, it's an alliance between gay and straight people and other allies. It would not be correct to assume that everyone in the GSA is gay.

I think perhaps any curious, confused or conflicted guys in the school are too timid about being seen in a club due to the possible stigma. It makes me wonder: how can a GSA reach out to those others, male or female, who are too confused, too scared or too shy to take advantage of this amazing support group?

Gay or straight, can't we all be inspiring role models? I don't mean we have to go on and on about how lucky the young 'uns of today are and how awful things used to be. How cold it was in those days! We had to walk uphill to school, in a blizzard, and uphill yet again to get home. Instead, each of us have important life stories and experiences to share.

We have gone through (and survived!) all sorts of hard times and difficulties. We've felt lonely and confused but also happy and confident. The challenges we've overcome have led us to be "experience-wise." We can demonstrate that things get better and that being treated with dignity and compassion is expected.

The following day I met my buddy Steve for an adult pop and told him about the visit to the GSA. Ages ago, Steve married and had kids and did what everyone else did in those days. "Well," said Steve. "My life would have turned out differently if there had been a GSA in my high school."

I thought to myself: *well, ain't that the truth?*



Photo courtesy of Toni Reed. Accessed through Unsplash.

The  
**Brenda  
Strafford** Cambridge  
Foundation Manor

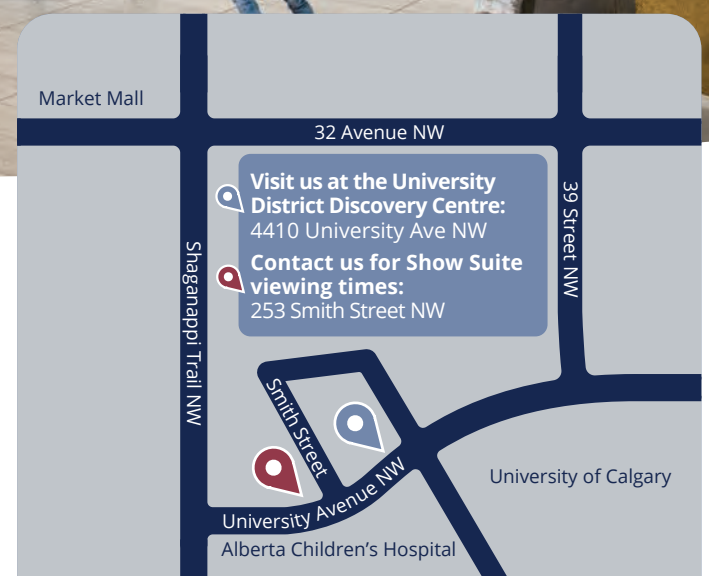


## Introducing Cambridge Manor

The Brenda Strafford Foundation's newest seniors wellness community in University District, NW Calgary's newest urban neighbourhood.

Our seniors wellness lifestyles include Assisted Living, Enhanced Care and Memory Care.

403-536-8675  
cambridge@theBSF.ca  
Visit us online at: [cambridgemanor.ca](http://cambridgemanor.ca) | [theBSF.ca](http://theBSF.ca)



# The walking community of Volkssport

by Lesli Christianson-Kellow

Sharon Tchir is the president of the Volkssport Association of Alberta, a recreational walking club. She's been walking with Volkssport, all over the world, for 10 years and her enthusiasm was evident during our recent phone conversation.

"Volkssport was developed in Germany about 50 years ago, to be a sport where people could do something that was non-competitive but healthy. In those days they would get hundreds of

people coming out, and the shortest distance was 20 km." Tchir said. "There were all these North American soldiers based in Germany, they'd go on the walks. When they came back to the States and Canada they set up clubs."

The inaugural Volkssport walk in North America was in 1976. Currently, Volkssport is in 40 countries worldwide. Volkssporters can participate through scheduled events or by walking independent trails that have been sanctioned by the organization. The scheduled events

typically offer two trails for participants - a 5 km and a 10 km.

Tchir was 63-years-old, widowed and looking for things to do when she first saw an advertisement for a 10 km Volkssport walk.

"It was Feb. 15, and a nice day. I said 'I'm just going to go'. There were 15-20 people and we walked for 10 km. We chatted the whole time." Tchir said, "I didn't believe when I was done that I had walked 10km!"

The benefits of walking are not new. According to a recent Consumer Report the benefits of walking help to lower a person's risk of high blood sugar, cholesterol, and blood pressure. But, even more importantly, walking contributes to better cognitive function, helps to lower stress and yes, can even contribute to a longer life. But even knowing all of this, it's still hard to get motivated to get out the door for a walk. That's where Tchir says she was motivated to continue walking with Volkssport.

Tchir says one of the motivating aspects for walk participants is to keep track of the events and distances that are completed. For registered events, participants use a book that gets stamped when walks are completed. Once all of the stamps are collected, the book is sent into an awards coordinator to be verified. The participant then receives a certificate and a passbook.

On average there is one

organized walk per week in Alberta. Once Tchir completed a few walks in her area, she began to branch out.

"They [Volkssport Alberta] were offering a weekend in Banff. I was afraid of bears, but hiking in the forest with a group was perfect! I met a whole bunch of really nice people," she says. "We also have an annual convention where people meet from all over Canada. There's one coming up in June in Yellowknife. We have five full tour buses of people going up!"

The Volkssport Convention in Yellowknife runs over 6 days and offers up to four scheduled walks a day, including Midnight Walks, which just may offer a glimpse of the Northern Lights. According to the Canadian Volkssport Federation, over 340 walkers have registered for the event in Yellowknife.

Meeting new people and socializing during and after walks is a huge part of Volkssport.

"You end up getting to know people from all over the world. This keeps me going." Tchir said. "It motivates you to travel, too. My friend and I have walked every state capital in the U.S., including Honolulu and Juneau. We did a cruise to Alaska, so that we could do the walk in Juneau."

There are sanctioned Volkssport walks in locations all around the world that can be walked inde-

pendently. The walks are designed to take in the interesting viewpoints of the area. When Tchir was visiting Great Britain, there were 12 Volkssport walks for her to choose from.

"I went on this walk on a Sunday afternoon. It started at the Tower of London, went along the (River) Thames. There was this pedestrian tunnel that went under the Thames to Greenwich. I felt safe and I was able to do it by myself. There I was in a strange city, and I was able to experience a great walk and go to interesting places." Tchir said.

Tchir says that the Volkssport walks get her out walking and socializing. She's made new friends and memories all over the world. Like most Volkssporters, realizing the number of kilometers she has walked and the destinations she has travelled is extremely satisfying. When she looks at the stamps in her record book and her certificates, it's a real feeling of accomplishment.

"It's like a little souvenir you can look at afterwards and say, oh yeah, I was there."

For more information about Volkssport and upcoming walks and events check:

Volkssport Association of Alberta  
<https://walkalberta.ca/>  
 Canadian Volkssport Federation  
<http://www.walks.ca/index.html> ▲

**STEMP & COMPANY**  
 403-777-1129 • 1-800-665-4447 • [www.stemp.com](http://www.stemp.com)  
**William R Stemp**  
 LAWYER  
 Wills, Probate Applications, Power of Attorney  
**Offering 10% reduction to Kerby Centre clients.**  
 Our service is prompt and reasonably priced  
*We have your best interest in mind*  
 Suite 233, 1100 - 8 Avenue S.W., Calgary (adjacent to Kerby Centre) or [reception@stemp.com](mailto:reception@stemp.com)




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

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



**NORTH HILL DENTURE CLINIC**  
**STEVE SAILER DD**  
 DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.

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

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

**TAKE THIS TEST**

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

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

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre  
**403-282-6126**




Volkssport is a great way to get out, social and active. Photo courtesy of Gary Bendig.

# The importance of having your AHS green sleeve

By Andrew McCutcheon

Agency is one of the most important factors in an individual's mental and personal well-being.

Having control over situations is what allows us to act on our own agency: the ability to have our wishes met and followed through.

We've all experienced times when it felt as if we weren't being heard and our desires weren't being considered; it's beyond frustrating.

That's why the Government of Alberta has developed the green sleeve program: a personal passport of documents to ensure your wishes and desires are adhered to when it comes to your medical treatment.

The green, plastic folder was a program initiated by the Calgary region in 2008, and quickly went provincial in 2014, according to Alexandra Kushliak, an education consultant regarding advance care planning for Alberta Health Services.

"It holds all your advanced care documents," Kushliak explained. "Your personal directives, goals of care: items which tell health care providers what care you want."

It's also one of the few pieces of medical documentation that patients may take home with them: the individual patient has access to their original documents and the green sleeve travels with them, whether it's to an appointment with their physician or a visit to the emergency room.

"People do receive a green sleeve when they are discharged from the hospital, so it's important they understand the documents within," Kushliak said. "When they go to their health care provider, they should be bringing it with them."

A green sleeve holds copies of one's personal directives, goals of care designation, and a tracking record.

A personal directive helps an individual to have important healthcare decisions made according to their wishes even when they aren't able to communicate. It names one or more people you trust to make personal and healthcare decisions for you, and they'll only be able to do so if you can't make those decisions yourself due to injury or illness.

The goal of care designation is a medical or-

der, written by a doctor or nurse practitioner after discussion with the patient. It helps healthcare professions quickly know your goals of care and to act appropriately with the level of treatment you desire.

Now, not every individual necessarily requires a green sleeve, but if you're at some point in the trajectory of a disease or chronic health care issue, these documents will ensure that your wishes are carried out to the letter.

"If something happens in the home and family, or emergency services are to be called... they'll know exactly what kind of care to be giving," Kushliak said.

Without a green sleeve, as a default, emergency services will do everything in their power in terms of

full care. This could include CPR, resuscitation, breathing tubes and intensive care.

For some individuals, this might go against their wishes, according to Kushliak: for example, CPR not only may not work on them, but it might cause further damage, potentially breaking ribs.

"It may not be the outcome you want," she said.

To obtain a green sleeve, you can go onto the Alberta Health Services website and have one mailed to your home. From there, it's a matter of setting up an appointment with your physician to discuss your advanced care plans. It's recommended that you let your physician know the reason for your visit.

"It's so that the family physician can prepare and have those discussions with them," Kushliak said.

Beyond just the concept of green sleeves, however, Kushliak recommended that everyone over the age of 18 begin to think about having a conversation about personal directives and advanced care planning.

"Everyone should have a personal directive," she said. "Even if you're someone's husband or wife, you can't make end-of-life decisions."

"A lot of people say, 'Oh I'm young, I don't need that' but would your family know what kind of care you wanted? ... It's a gift for yourself so that your wishes will be fulfilled, and a gift for your

family so that they know what to do."

Kushliak also commented that personal directives are different from a will or an enduring power of attorney: these will only be responsible for your wealth and assets.

The third document, a personal directive, is often done at the same appointment where wills and enduring powers of attorney are discussed. Often times, individuals have had all three documents done at once and may not have realized it.

"People should really look at the documents and see what their personal directives say and if it's in line with what they want," Kushliak said. ▲



## Book a Tour and Learn More About Our Private Choice Seniors Care and Specialized Dementia Care Services at Wentworth Manor

### Private Choice Seniors Care Services Carefully Designed for Peace of Mind

Located in beautiful Christie Park, Wentworth Manor offers spacious and enhanced private rooms in a safe and caring home-like setting.

Our compassionate staff provide exceptional nursing and clinical care, plus a full range of health and wellness services and amenities designed for convenience and peace of mind.

We offer innovative therapies to optimize well-being and enrich lives including Virtual Reality, Individualized Music Therapy, and Intergenerational Art Therapy.

The  
**Brenda  
Strafford**  
Foundation **Wentworth  
Manor**

### Specialized Dementia Care with Innovative Therapies to Enrich Lives



5715 14<sup>th</sup> Ave SW  
Calgary, AB T3H 3M2

theBSF.ca  
403.242.5005

# Visiting the heart of an empire — a century later

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



Vienna carriage cab.



Castle Lednice.

When travel talk turns to the Czech Republic, people who have seen it often comment on how beautiful it is, but Prague is really what they're talking about. Some have also visited Český Krumlov, because it was on the itinerary of their tour.

Most tourists don't know that there is much more to the Czech Republic than just its capital city.

I don't blame them if they don't dig deeper. Although the country is doing well 30 years after the end of communism, it is still catching up with Western Europe.

The cities have mostly been renovated and the infrastructure of villages has been modernized. More recently the highway grid is being overhauled, a maddening situation even for the locals. It is

badly needed, and as the practical Germans like to say, "Wir bauen für Sie" loosely translated as "we are building for you."

But inconvenience is part of the charm, as the tourist hordes are still on hold.

I was born in Moravia which, along with Bohemia and Czech Silesia, constitute the modern Czech Republic. Moravia was the first properly organized state of the three, founded in the early 9th century and, in its glory days, was much bigger than it is today.

It predates the Czech Kingdom that was established in the 12th Century and from that time Bohemia and Moravia were together. The Czech Kingdom existed until 1918, but it was hardly ever completely independent.

First it was a member of the Holy Roman Empire, then

became a part of the Habsburg Monarchy, that after 1867 became known as "Austro-Hungary Empire." Losing World War I as an ally of Germany, the Empire was dissolved and divided into the republics of Austria, Czechoslovakia, Poland, Hungary and Yugoslavia. After enduring World War II under German occupation, and then 40 years of communist regime, the original Kingdom is now the Czech Republic.

What a roller coaster ride it was! Yet, due to centuries of common history, the Austro-Hungarian Empire still lives in many peoples' minds. Little Moravia, together with Lower Austria, had been the political and industrial heart of the Empire. As a result, Brno, the largest Moravian city, and the imperial city of Vienna only 120 kilometers further to the south,



Castle Pernštejn.



Znojmo.

look very similar, once one gets past the palaces.

My parents' generation used to go to Vienna to see the opera on a day trip. There were Moravian tradesmen like Mr. Jancik, who was a cobbler in the village where we vacationed in summer, who trained in Vienna at the Rudolf & Söhne Scheer shoemaking company. He remembered it fondly.

Vienna has a large Czech minority dating back generations, and the Czech Republic has the same in reverse. Famous Germans were born in what was then the Czech Kingdom part of the Empire, Sigmund Freud in Příbor, Gustav Mahler in Kaliště and Franz Kafka in Prague.

The histories, geography, ethnicities and economies of central Europe are so intertwined that it is hard to understand the need for definite borders. Although it probably wasn't the original intent, the European Union practically eliminated borders and returned Central Europe to its more natural state.

Between Vienna and the Polish border, the land undulates. It starts from as low as 150 meters above sea level and rises very gradually for about 200 kilometers until it reaches a 310-meter-high, known as the Moravian Gate — which is actually a continental divide.

Rivers north of there flow to Poland and into the Baltic Sea, and the gentle mountains between Moravia and Bohemia are also a continental divide — with rivers flowing northwest to the North Sea and southeast to the Black Sea via the Danube. It is truly in the centre of the continent!

In the wide-open valley of the River Morava and its tributaries, there is a very fertile area called Haná. There have always been coal mines in Sile-

Perštejn, Plumlov, Bouzov, Špilberk, Mikulov and others built during the Kingdom of Bohemia in the Middle Ages and later, and are all well preserved.

Rožnov pod Radhoštěm has one of the best European heritage parks. Kroměříž was declared the most beautiful historical city within the Czech Republic in 1997; the town's main landmark is the Baroque Archbishop's Palace, where some scenes from Amadeus and Immortal Beloved were filmed. It is close to the medieval city of Olomouc, another seat of an Archbishop.

Brno, albeit predominantly an industrial city, borders on forests to the west and north sides. In 1645 — during the final phase of the Thirty Years' War — Brno was the only city that successfully fended off the Swedish expansion. The citizens resisted a three-month siege and were almost defeated.

According to the legend, the Swedish General said that if he could not take the city before Petrov cathedral's bells rang at noon, he would lift the siege. The defenders found out about this and decided to ring noon an hour early. The Swedes kept their word and the city was saved. The bells chime noon at 11:00 a.m. to this day.

The most notable citizen of the city was Gregor Mendel, the father of genetics. His experimental garden and the monastery where he lived can be visited.

In the 8,628 square miles that make up Moravia, live several distinctive peoples. Besides the Moravians, who make up a majority, there are Silesians in the north, Valaši in the northeast and Moravští Slováci, the inhabitants of a region called Moravské Slovácko in the east. With the separate ethnicities come different architecture, customs, food and drink.

The mountain villages were built with wood, and there are still many log buildings there, except those that were moved into



Fortified City Polička.

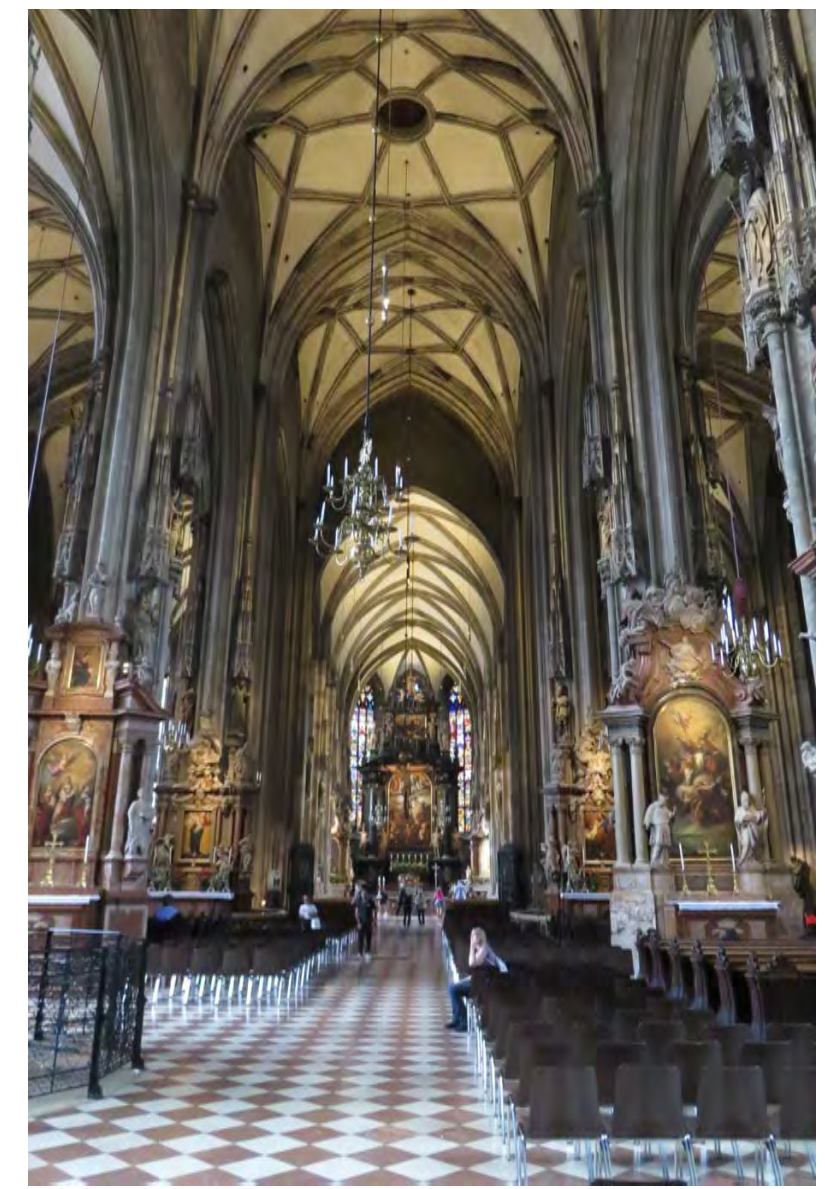
the Rožnov museum. The inhabitants of Moravské Slovácko are famous for their Slivovitz — a plum brandy and one of the most potent alcoholic drinks known to man. It makes their Thanksgivings, New Year's Eve, weddings and other celebrations very interesting affairs indeed!

Directly south is Lower Austria (*Niederösterreich*). The northern half is divided into two quarters, temptingly called the Forest Quarter and the Wine Quarter, or *Waldviertel* and *Weinviertel*. *Waldviertel* is virtually tourist-free due to being backed up against the Iron Curtain for 40 years. It is a huge cul-de-sac: there are not many crossings into the Czech Republic, as the

border is a river and there were not been many bridges or highways built in that time, so tours are still bypassing it.

Visiting it for the first time one wishes that it won't change anytime soon. It is an enchanting land with medieval towns like Gmünd, Heidenreichstein or Rosendorf, and castles dramatically perched on tops of the hills or guarding small towns — most notably in Heidenreichstein or Hardegg.

*continued on page 21*



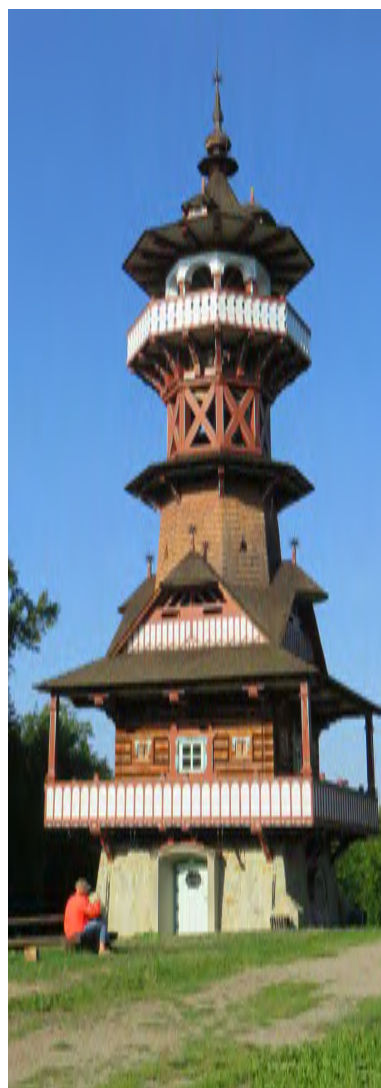
St. Stephens Dome in Vienna.



Castle Hardegg in Waldviertel.



Benedictine Schotten Abbey in the heart of Vienna offers quiet accommodations.



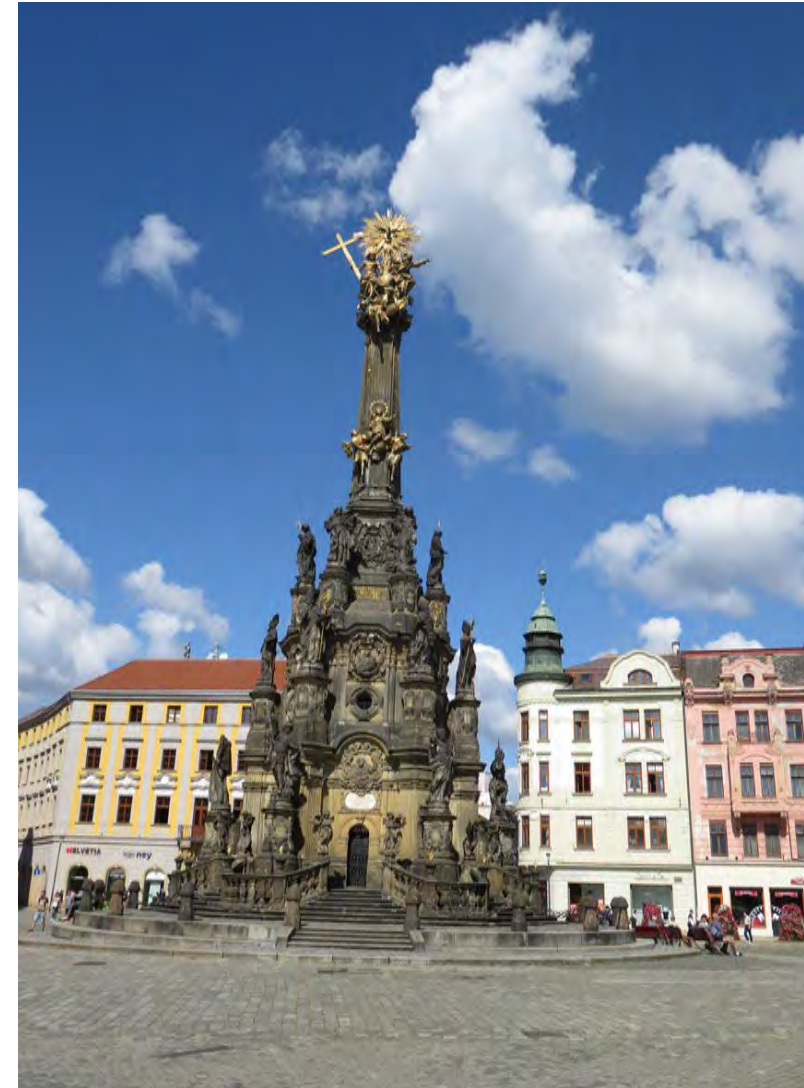
Observation tower in Rožnov pod Radhoštěm.



Street market in front of Vienna City Hall.



Mikulov, main square.



The Holy Trinity Column dominates the city centre of Olomouc. It is the largest group of Baroque statues in central Europe.



Post Medieval smelting tower close to Brno.



Sgraffito decorated façade on a house in Gmünd.



Castle Mikulov.



Country scene in Moravia.

continued from page 21

North of Weinviertel, right on the border, are the old cities of Znojmo and Mikulov. The exquisite castles in Valtice and Lednice originally built by the princes of Liechtenstein were part of huge and very prosperous estates dating back to the feudal era. They have been restored. Still, by the current standard, they aren't that touristy, although the busses are still coming!



Vienna tourist car.



Diving for coins in Mikulov. Improper even in Czech Republic.

Vienna was the capital city of the Habsburg dynasties over centuries. Although now the Habsburgs have been reduced to holding only the Principality of Liechtenstein, Vienna endures. There isn't a much more storied city in Europe than that. It is grand, steeped in history and the bastion of whatever is left of the old-time splendour and traditions.

More than any other city I know, it clings to traditions. The imperial highlights are the Hofburg, the former principal imperial palace of the Habsburg dynasty rulers; and the 1,441-room Rococo Schönbrunn Palace, which was the main summer residence of the emperors.

Belvedere consists of two Baroque palaces, the Orange-

ry, and the Palace Stables. The buildings are set in a large park. It houses the Belvedere museum with a good collection of Gustav Klimt's paintings. St. Stephen's cathedral is finally free of what was the ever-present scaffolding.

Friedensreich Hundertwasser was an Austrian artist and designer whose passion for spirals and arabesque lines was largely inspired by Secessionists like Klimt, Hoffman, Moser and others.

If there is just one thing that defines Vienna today, it is classical music. Famous composers: Beethoven, Johannes Brahms; Antonio Salieri; Johann Strauss II and others are buried in the Viennese cemetery. A cenotaph honours Wolfgang Amadeus Mozart, who is buried in the nearby St. Marx cemetery.

Vienna *Staatsoper* is the best in Europe no matter how much Covent Garden in London, Palais Garnier in Paris or even La Scala in Milan may disagree. Going to the opera in Vienna is a social event, like attending the Habs hockey match in Montreal. You arrive early and have a meal or at least some refreshment, in the *Café Oper Wien*, which is part of the building and can be accessed from the theatre or the street, and in warm months, one can eat outside.

After the performance, one should go for a nightcap. There are choices as people disperse in various directions. First and foremost there is the *Café Sa-*



Heritage park in Rožnov pod Radhoštěm.

cher Wien right behind the *Staatsoper*, past the Hofburg lies the *Café Central* where the signature dish is the *Kaiserschmarrn*, loosely translated as Emperor's mess, but it is so popular that there are lineups all the way out into the street so, without a reservation, go to any of the many AIDA *Café Konditorei* places. The nicest one is on Stephansplatz. Don't worry, all *Cafés* serve alcohol, it is Europe! This completes the opera's delicious, titillating and expensive experience!

Prater Park has its Ferris wheel and the largest schnitzel house in the world, and the Vienna Woods serve as weekend escapes for the middle and working classes. Yes, they still have "classes" in Austria, it is part of the tradition. And last but not least there is still the venerable, slow-moving Danube that isn't as blue as Johann Strauss would like us to believe.



Folk art on a fire reservoir in the village depicting a water devil (Hastrman) a character in Czech fairy tales.



First Russian tank that liberated Ostrava in 1945.

# CurrieGreen

what a beautiful way to live!

## MATURE LIVING AT CURRIE GREEN

Elegant, Steel & Concrete Condos for Lease or Purchase

- Lease or purchase options
- Steel and concrete construction
- Arguably the best Calgary location
- Opportunity to customize your home
- Tasty, nutritious meal plans available
- Entertainment and socialization
- Twice monthly housekeeping
- Large personal living space
- Lock'n leave comfort

### PHASE 1

## Reserve your suite today!

403-809-6712

2961 Dieppe Drive SW :: Tue & Wed by appointment only :: Thu, Fri & Sat 12:00-4:30pm

curriegreen@statesman.ca

CurrieGreen.ca

Calgary's Best for Lifestyle Living

We have been to Vienna many times. First when escaping communism in 1968 and, naturally, we had no money then. We spent a whole month staying for free in the flat of a social worker who was a relative of a friend of ours. On subsequent visits in the 90s, usually to go to the opera, we were already more affluent and stayed in Pension Riede close to Schönbrunn Palace. This time, on the advice of a friend from Frankfurt, we splurged and stayed in the Hotel Benediktthaus that is part of a monastery, located inside the original city fortifications, now known as the Ring. From the modern point of view, it isn't luxurious, with the rooms being the original monks' cells that aren't so big, but the location is superb. The whole of old Vienna is within walking distance. The *Café Central* and the *City Hall* are one, *Hofburg* three, and the *Staatsoper* five blocks away; and so is *St. Stephen's Dome*. It is a very quiet sprawling complex with enormously thick walls, the only noise being the bells calling monks to prayer. Walking out of the monastery is a plunge from medieval tranquillity into the noisy 21st century world of tourism and commerce, quite an experience. ▲

# Volunteer Spotlight



## Paulette Fournier

Paulette has been volunteering with the Kerby Centre since June 2017. She said "It gives one a purpose at this age." Currently, Paulette is volunteering in the Kitchen as a Cashier. She chooses to volunteer as a Cashier because she enjoys serving people and it also gives her opportunity to meet new people.

Paulette also likes the music played by our Wednesday Dance band members at the dining room.

Besides Volunteering, Paulette likes walking her dog, quilting and sewing.

So far, Paulette has contributed more than 676 hours.

We are delighted to have Paulette as our volunteer.

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

# Letter to the editor

*Letters to the editor do not reflect the opinions or values of Kerby Centre. The perspectives and opinions of the following letter belong to the original author. The only changes made have been to reflect Canadian Press standards of publication.*

**An open letter to Minister of Transportation, Ric McIver, and Minister of Health, Tyler Shandro**

Gentlemen,

A Calgary Herald headline (Jan 31/2020) reads as follows: "Health-care tweaks delayed as doctor pay talks continue."

The story begins with the following comments: "New fees for elderly drivers who need a medical exam, and a proposal not to pay doctors who see uninsured patients, have been delayed as the government and Alberta doctors continue to negotiate proposed pay changes."

So you are willing to negotiate a proposal not to pay doctors who

see patients not insured with the Alberta Medical Association. However, there is no comment about you initiating negotiations with thousands of Alberta seniors about new fees for elderly drivers who need a medical exam.

It is obvious that some time ago, the government of Alberta, through the minister of transportation, did not allow for any meaningful consultation when elderly drivers were forced to accept mandatory legislation that requires older Alberta seniors to take a medical exam before they can renew their driver's license.

I request that both of you, on behalf of the provincial government, allow for a process that provides for "equal opportunity" and for you to initiate a public consultation process with thousands of Alberta seniors in dealing with your mandatory medical exam and your proposed fee forcing seniors to pay for that same exam.

The minister of transportation has already received strong opposition

to the medical exam, and in my opinion, could have responded more favourably to the seniors' concerns.

Now, the minister of health rubs the salt into the wound with a proposed fee that requires seniors to pay for that mandatory medical exam.

Health care tweaks must also apply to the seniors' valid concerns and so you should also delay your proposal to charge these elderly seniors a fee for an unwanted medical exam.

Some years ago, I was a key spokesman for Alberta seniors in dealing with a proposed "seniors' drug strategy." A lack of consultation with seniors caused many problems for the government.

In summary, I believe that Alberta seniors should be able to participate more with your government in resolving their issues, and that their concerns should be treated with respect.

John Schmal, a Calgary senior.

## Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary [www.kerbycentre.com](http://www.kerbycentre.com)

### MAIN SWITCHBOARD 403-265-0661

**Adult Day Program 403-705-3214**  
[adp@kerbycentre.com](mailto:adp@kerbycentre.com)

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

**Diana James Wellness Centre 403-234-6566**  
[wellness@kerbycentre.com](mailto:wellness@kerbycentre.com)

Health services including footcare.

**Dining Room 403-705-3225**  
[kitchen@kerbycentre.com](mailto:kitchen@kerbycentre.com)

Serving nutritious meals to everyone. Available for catering events.

**Education & Recreation 403-705-3233**  
[program@kerbycentre.com](mailto:program@kerbycentre.com)

Information source for programs at Kerby Centre.

**Event Planner 403-705-3178**  
[events@kerbycentre.com](mailto:events@kerbycentre.com)

**Finance 403-705-3215**

**Fund Development 403-705-3235**  
[funddev@kerbycentre.com](mailto:funddev@kerbycentre.com)

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

**General Office 403-705-3249**  
[generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)

**Housing 403-705-3231**  
[housing@kerbycentre.com](mailto:housing@kerbycentre.com)

Assists older adults in finding appropriate housing.

**Information / Resources / Taxes 403-705-3246**  
[info@kerbycentre.com](mailto:info@kerbycentre.com)

The all in one older adult information source.

**Kerby News Editor 403-705-3229**  
[editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Kerby News Sales 403-705-3238**  
[jerryj@kerbycentre.com](mailto:jerryj@kerbycentre.com)  
or 403-705-3240  
[davidy@kerbycentre.com](mailto:davidy@kerbycentre.com)

**Kerby News Classified Ads 403-705-3249**

**Kerby Rotary House 403-705-3250 (24 hour)**  
[shelter@kerbycentre.com](mailto:shelter@kerbycentre.com)

Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.

**Room Rentals 403-705-3177**  
Information on renting rooms at Kerby Centre.  
[lauren@kerbycentre.com](mailto:lauren@kerbycentre.com)

**Options 45 403-705-3217**  
[options45@kerbycentre.com](mailto:options45@kerbycentre.com)

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

**Taxes 403-705-3246**  
[info@kerbycentre.com](mailto:info@kerbycentre.com)

Low income tax preparation.

**Thrive 403-234-6571**  
[thrive@kerbycentre.com](mailto:thrive@kerbycentre.com)

Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.

**Volunteer Department 403-234-6570**  
[volunteer@kerbycentre.com](mailto:volunteer@kerbycentre.com)

Volunteers are the heart of Kerby Centre.

**CEO 403-705-3251**  
[LarryM@kerbycentre.com](mailto:LarryM@kerbycentre.com)

# Kerby's Top Five

**Ed note:** *This is a new feature, partially curated by our new CEO Larry Mathieson, that features some of the exciting achievements, stories and news coming out of Kerby Centre.*  
*There are always so many wonderful things happening here at Kerby Centre and this is our way of letting you know!*

**Valentines Day fun**  
 On Wednesday, Feb. 5, a group of children came by Kerby Centre from the YMCA to make valentines with the participants of Kerby's Adult Day Program. These visits are done periodically over the months to ensure all participants get to experience the special events.

**Tax preparedness**  
 Tax season is fast ap-

proaching at Kerby Centre, where volunteers help older adults file their income tax returns by appointment. In 2019, the Kerby team helped 4,231 seniors prepare their returns — all for free!

**A helping handyman**  
 Brian Woods, a retired CN employee who volun-

teers with Kerby, helped paint one of the rooms at Kerby Centre and assisted with some handy work at the shelter. On behalf of Brian, the CN Railroaders sent us Kerby Centre a \$500 donation to recognize his efforts.

**Local media coverage**  
 CTV News did a story which aired on Feb. 14 on the health and mental benefits of staying active as a senior, and they attended Ker-

by Centre to speak with our new CEO, Larry Mathieson, about Kerby's mandate.

**Calgary Marathon**  
 Kerby Centre has signed up for the Calgary Marathon for May 31 and we are currently taking donations online. Visit [kerbycentre.com/marathon](http://kerbycentre.com/marathon) to join our team or donate, with funds going towards helping improve the lives of older adults in our community! ▲

## SUDOKU PUZZLE

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

**ANSWER ON PAGE 39**

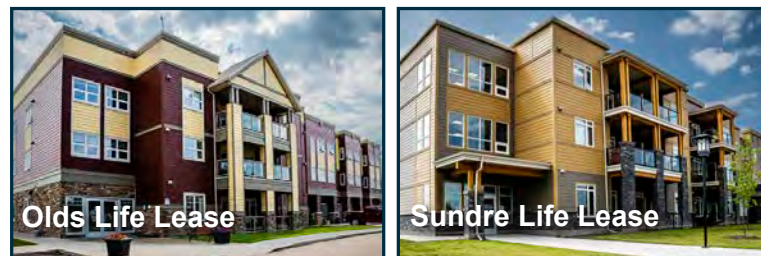
Suites Now Available in  
**Olds & Sundre**



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

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


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



#### Is a MVSH Life Lease Suite Right for You?

To request an information package, please contact:

Sam Smalldon, CAO  
 Mountain View Seniors' Housing  
 Phone: +1-403-556-2957  
 Cell: +1-403-586-2702  
 E-mail: [sam.smalldon@mvsh.ca](mailto:sam.smalldon@mvsh.ca)



[www.mvsh.ca](http://www.mvsh.ca)

## CROSSWORD PUZZLE

### PREMIER CROSSWORD/ By Frank A. Longo MULTITUDINOUS

<p><b>ACROSS</b></p> <p>1 Little rascal</p> <p>6 Mosque officiants</p> <p>11 Go for a dip</p> <p>15 Spill the secret</p> <p>19 Shinbone</p> <p>20 Local theaters, in slang</p> <p>21 Had on</p> <p>22 Go very fast</p> <p>23 City in which quadrennial games take place</p> <p>25 Gumbo vegetable</p> <p>26 R&amp;B singer James</p> <p>27 Japanese soup paste</p> <p>28 Fit — queen</p> <p>29 Sea cargo weight unit</p> <p>31 Statistic associated with plane riders</p> <p>35 Threatens to topple</p> <p>36 Brouhaha</p> <p>37 Ken is one</p> <p>38 Viking 1 landing site</p> <p>39 Fleecy boot brand</p> <p>42 Guesses at LGA</p>	<p>45 Instructive example</p> <p>47 "Siddhartha" author</p> <p>52 Gotten larger</p> <p>54 UNLV part</p> <p>56 1977 Triple Crown horse</p> <p>58 "— &amp; Stitch"</p> <p>59 Stinging hits</p> <p>61 TV's Amaz</p> <p>62 Not iffy</p> <p>63 Whitewater transport</p> <p>67 Vassals</p> <p>69 Tongue-lash</p> <p>70 See</p> <p>117-Across</p> <p>71 Goldie of "Laugh-In"</p> <p>72 Unit of pressure</p> <p>75 It surrounds the South</p> <p>Orkney Islands</p> <p>80 Twin of Jacob</p> <p>81 Secy., e.g.</p> <p>83 Oozes</p> <p>84 Jazzy Fitzgerald</p> <p>85 Pile of trash</p> <p>89 Enervate</p> <p>90 Sacred song</p> <p>91 Muscle twitch</p> <p>92 Arthurian wizard</p> <p>94 "Encore!"</p> <p>96 "Science Guy" of TV</p>	<p>97 Pupil setting</p> <p>99 Arthurian wife</p> <p>101 Add- — (annexes)</p> <p>103 Reviewer of tax returns</p> <p>107 Disney World roller coaster</p> <p>113 Moniker for a 1970s sitcom family</p> <p>115 Go up</p> <p>116 With</p> <p>118-Across, bite-size Nabisco cookie</p> <p>117 With</p> <p>70-Across, Taj Mahal locale</p> <p>118 See</p> <p>116-Across</p> <p>119 Statement about the end of each of nine answers in this puzzle</p> <p>122 Meyers of "Late Night"</p> <p>123 Ball field coverer</p> <p>124 Candid</p> <p>125 Cara of "Fame" fame</p> <p>126 Canadian fuel brand</p> <p>127 Gin flavorer</p> <p>128 Burrito topper</p> <p>129 Winona of "Beetlejuice"</p>
--	--	---

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19					20					21				22					
23				24						25				26					
27				28					29					30					
31				32				33	34				35						
			36				37					38							
39	40	41		42		43	44		45			46			47	48	49	50	51
52			53			54		55		56			57						
58				59				60				61						62	
63				64					65	66			67	68					
			69				70					71							
72	73	74				75						76					77	78	79
80				81	82					83							84		
85				86					87	88		89				90			
91					92					93		94		95				96	
				97	98				99			100		101		102			
103	104	105	106					107				108	109				110	111	112
113							114					115					116		
117						118				119	120						121		
122						123				124							125		
126						127				128							129		

## SOLUTION ON PAGE 30

# Kosher style cooking from classic to modern

Compiled by Winifred Ribeiro

In the Jewish culture, as in many others, bubbes, saftas and nanas are the matriarchs of the kitchen and thus the rulers of the roost. They are culinary giants who know how to make the Semitic linchpins cherished from childhood — the kugel, the gefilte fish, the matzah ball soup and the crispy-skinned roasted chicken. They all have their specialties but, of course, “they won’t be around to feed us forever, and that will be a loss indeed. But it will be an even bigger loss if the recipes we grew up on pass away with them, along with those special connections to our past.” That’s what prompted Amy Rosen to spirit the classic recipes from her grandmothers and other role models into the 21st century. All of the dishes in *Kosher Style* are inspired by the tables and tales and chutzpah of the North American Jewish experience.

Kosher recipes that are suitable for successful home entertaining, be it for a Jewish holiday or a workaday dinner. From crave-worthy snacks to family-size salads, soulful mains to show-stopping desserts, all of the recipes are doable in the home kitchen or anyone who likes to cook and loves to eat, and it’s especially for those yearning to create new shared memories.



Excerpted from *Kosher Style* by Amy Rosen.

Copyright © 2019. Published by Appetite, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.



## Sweet & Sour Meatballs

**SERVES:** 12

One of the dishes we ate most in our house when I was growing up was Swedish meatballs. I think my mom got the recipe off the label of either Welch’s grape jelly or Heinz chili sauce, because those were the two ingredients in which she’d simmer the balls. This is my take on sweet-and-sour meatballs. A lot fresher, albeit with a ketchup tip of the hat to the 1980s.

4 lb lean ground beef	1 pineapple, peeled, cored and roughly chopped
3 eggs	3 Tbsp olive oil
1/2 cup plain breadcrumbs	1 tsp ground ginger
2 tsp sea salt, plus extra to taste	2 Tbsp honey
1 tsp pepper, plus extra to taste	6 Tbsp ketchup
6 medium tomatoes, roughly chopped	3 Tbsp red wine vinegar
2 onions, roughly chopped	Mashed potatoes or rice, for serving
2 medium carrots, roughly chopped	

1. In a large bowl, combine the beef, eggs, breadcrumbs, salt and pepper. Mix well, then roll into 1-inch bite-size meatballs.

2. Place the prepped tomatoes, onions and carrots in a food processor and chop until smooth, then add the pineapple, and pulse so that it’s still a bit chunky.

3. Transfer the mixture to a very large pot and add the oil, ginger, honey, ketchup and vinegar, plus salt and pepper to taste, then bring to a boil. Lower heat to a simmer, add meatballs and cook, partially covered, for 2 hours. Serve with mashed potatoes or rice.

### Note

Depending on the sweetness of your vegetables and pineapple, you may want to adjust with more ketchup, vinegar, salt, etc. before serving, in order to hit that perfect balance. Taste your food!



## Roasted Salmon with Horseradish Sauce & Pickled Onions

A head-turning dish full of vibrant flavors, from pickled onions to herbs to horseradish, and colors to match (hello, pink and fuchsia), this side of salmon could easily usurp gefilte fish at your next Seder

**SERVINGS:** 8-10

### for the pickled onions:

1/2 cup red wine vinegar  
1 tsp kosher salt  
1/4 cup sugar  
1/2 cup water  
1/2 red onion, thinly sliced

### for the salmon::

3 1/2 lb whole side skin-on salmon  
1 Tbsp olive oil  
1 Tbsp Herbes de Provence (found in most grocery stores)  
1/2 tsp sea salt  
Pepper to taste

### for the horseradish sauce

1/2 cup mayonnaise  
3 Tbsp jarred beet horseradish  
Juice of 1/2 lemon

1. To make the pickled onions, place the vinegar, salt, sugar and water in a small saucepan and bring to a boil. Place the prepared onions in a bowl and pour the hot vinegar mixture overtop. Let cool on the counter for 1 hour, then put in the fridge to chill.

2. For the horseradish sauce, stir together the mayonnaise, beet horseradish and lemon juice. Cover and refrigerate.

3. Preheat the oven to 450°F.

4. Line a large rimmed baking sheet with foil or parchment paper. Place the salmon, skin side down, on the baking sheet. Rub with olive oil and sprinkle with Herbes de Provence, salt and pepper. Roast the salmon in the preheated oven until just opaque in the center, about 20 minutes. Serve with pickled onions and horseradish sauce on the side.



## Coconut-Lime Macaroons

**MAKES:** 12

A citrus twist gives these sweet macaroons a pie-like vibe, while the finishing touch of salt makes them as addictive as cookies, which they basically are. This is the classic treat that my friends and I used to sneak into movie theaters when we were keeping kosher for Passover.

1 egg white  
2 Tbsp lime zest  
1/2 cup sweetened condensed milk  
2 1/2 cups sweetened shredded coconut  
Pinch of sea salt

1. Preheat the oven to 325°F and line a baking sheet with parchment paper.

2. In a bowl, whisk together the egg white, lime zest and sweetened condensed milk. Stir in the coconut until thoroughly combined.

3. Spoon 12 heaping tablespoons of coconut mixture onto the baking sheet, 1 inch apart. Sprinkle with salt. Bake the macaroons until golden, about 20 minutes. Let cool completely on the baking sheets before serving.



# Tax benefits and credits

By Andrew McCutcheon

With April fast approaching, it's never too early to get started on that oft-procrastinated act of getting your taxes in order.

Kerby Centre is offering tax services to low-income individuals starting from March 2 to April 30. If you're 55 years of age or older, an AISH client, or have an annual income of \$35,000 or less for a single person — or \$45,000 for a couple's combined income — you're eligible for help.

But if you're looking to file yourself and want to know what benefits you might be eligible for, we have the information straight from the Canada Revenue Agency (CRA) for a variety of benefits, credits and expense claims:

**GST/HST credit:** If you have a modest income, there's a chance you could be receiving a tax-free payment of around \$100 every three months. This is one of the easiest credits to take advantage of: it's automatically calculated when you do your taxes. Just make sure either your mailing address or direct deposit information is up to date with the CRA.

**Medical Expenses:** If you — or your spouse or common-law partner —

paid for medical expenses eligible for a claim over the past year, you have the ability to claim them on your taxes. Make sure you talk to the CRA or check out their website to see what specific expenses are eligible for a claim.

**Canada Caregiver Credit:** If you have a spouse, common-law partner, or other individual who depends on you for support — or has a mental or physical impairment — you may be eligible for the Canada Caregiver Credit. Moreover, if you are an individual with a disability, you or your supporting family member could potentially claim a non-refundable tax credit of up to \$8,235 on your return to reduce the amount of income tax you pay out.

**Pension income splitting:** If you and your spouse or common-law partner have eligible pension income, you can split that income, thereby potentially reducing the amount of income tax you end up paying.

**Refundable medical expense supplement:** This refundable tax credit of up to around \$1,200 is for individuals who are working and receiving a low income while having high medical

expenses over the past year.

**Disability supports deduction:** You may be able to claim an amount if you have a physical or mental impairment while also paying additional expenses in order to work or go to school.

**Home accessibility tax credit:** While this credit is non-refundable, there is up to \$1,500 available you can claim on your return to help with the cost of making your home accessible — if you or a dependent are eligible for the Disability Tax Credit Certificate or are 65 years or older by the end of the year.

If some of this sounds like Greek to you, don't worry: you can call the CRA to ask about what benefits you may be eligible for at 1-800-387-1193. If you're requiring the help of another individual — such as a family member, an accountant or a friend — to do your tax paperwork, you can give out permission for someone to communicate with the CRA on your behalf. All that is needed is to fill out a form known as Form T1013 and to send it to the CRA.

For other questions and to get various tax forms, you can call 1-800-959-8281 or visit [Canada.ca/cra-forms](http://Canada.ca/cra-forms). ▲

# Around the town

## Calgary Horticultural Society

Design Your Yard: Principles. Thursday, March 5, 6:30 to 8:30 p.m. at the Haysboro Community Association, 1204 89 Avenue SW.

Speaker: Verne Williams  
Join the Calgary Horticultural Society as they take an inside look at the Society's Design Your Yard classes offered in conjunction with the City of Calgary. They will provide an overview of the fundamentals of garden design, from concept to scale drawings, thinking not only about aesthetics, but also function and practicality. Whether you have an old yard that needs rejuvenation, or are starting with a blank slate, this talk will help you consider what you need to do to create a great new space to enjoy.

Create Your Healing Garden  
Thursday, March 12,

6:30 to 8:30 p.m. at the Society office 208 50 Avenue SW.

Do you know how fun and easy it can be to grow medicine in your garden? Even here in our chinook zone we can grow many easy, useful and even beautiful plants; instructor Melanie Isles has over 70 herbals growing in her urban garden in Calgary.

Whether you want to add a few plants to an existing garden, or devote a whole section to medicinal plants, come and learn about planting and harvesting botanical medicines for first aid, winter wellness, and for building and nourishing health and vitality.

## 311 & the Essential Numbers for Seniors Launch Event

Monday March 30, from 10:00 a.m. to 2:00 p.m., at the Village Square Leisure Centre (2623 56 Street NE)  
Age-Friendly Calgary,

in collaboration with 311 is hosting a resource fair featuring the launch of the 'Essential numbers for Seniors in Calgary'. The essential numbers are a list of key phone numbers for seniors to gain access to information, services or help. Representatives from community agencies and organizations as well as City of Calgary departments will be present. Attendees will also have an opportunity to learn how to use a variety of city apps. This is a free event.

## Kerby Centre Presents: Afternoon Ballroom Dance Parties

Live band featuring big band & swing era music, plus Latin, waltzes, and popular country western dance tunes.

Wednesday afternoons from 12:30 p.m. to 2:45 p.m. in the Dining Room.



*Luxstone Manor*  
403.945.4700

**AFFORDABLE STUDIOS FOR SENIORS**

**BOOK YOUR TOUR TODAY!**

SMALL PETS WELCOME

**UNDER \$2,000 PER MONTH**

**Includes:**  
3 Meals Daily  
Weekly Housekeeping  
& Much More

**Become a member today!**

**Kerby Centre**  
for the 55plus

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

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

**One-time coupons\* for:**

- Voucher for one **FREE** beverage in the dining room (with minimum purchase of \$2.50)
- **\$5 discount** off a one month 'FIT Room' membership (for first-time registers FIT Room users)
- **\$5 discount** off a day trip (for trips valued over \$50)
- \$10 discount off a first-time foot care assessment
- One **FREE** Drop-in activity

\*conditions may apply



To purchase a membership:

- Visit our membership desk Monday to Friday 9 - 3
- Phone 403-265-0661, ext 256
- On our website at [www.kerbycentre.com](http://www.kerbycentre.com)
- Mail this form with a cheque for payment and we will follow up by phone

Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

Email \_\_\_\_\_ License Plate \_\_\_\_\_

Membership for 2020 is \$25.00 plus \$5.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2020).

MEMBERSHIPS ARE NON-REFUNDABLE



# A culinary tour of china

Compiled by Winifred Ribeiro

From bustling cosmopolitan cities to remote rural landscapes, this comprehensive volume explores the varied food and cooking of China with fascinating background information on the local geography and culinary history. Bringing together classic dishes, from the old imperial kitchens of Beijing to the tea houses of southern China, expert Terry Tan explores the diverse regions and introduces the reader to local ingredients and cooking methods.

From aromatic soups and simple stir-fries, and rice and noodle staples, to



## EGG DROP & GINGER SOUP

The name of this dish is a literal one, as you physically drop the egg into the boiling stock where it forms long strands. The soup is very easy to make, nutritious and beautifully light; the sort of thing that would be served at home to refresh the palate between more elaborate dishes.

**SERVINGS:** 4

**750ml / 1 1/4 pints / 3 cups fresh vegetable stock**  
**30ml / 2 tbsp fresh root ginger, finely shredded**  
**2 eggs**  
**30ml / 2 tbsp Chinese rice wine**  
**chopped scallions or fresh cilantro, to garnish**

1. Bring the stock to the boil in a medium pan. Add the finely shredded ginger and cook for 3 minutes.
2. Meanwhile, beat the eggs in a bowl or pitcher. Pour them into the boiling soup in a steady stream, using a fork or some chopsticks to stir the surface at the same time. As it cooks, the egg will set, forming long shreds or strands.
3. Stir in the rice wine. Ladle into bowls, garnish with the scallions or fresh cilantro, and serve hot.

**Variation:** For more substance, soak a handful of cellophane noodles in boiling water for 5 minutes. Drain and add to the soup just before dropping in the egg.



From: *CHINA: A REGIONAL COOKBOOK*  
 by Terry Tan  
 Published by Lorenz Books © All rights reserved  
 Excerpted with publisher permission

banquet-style roasted meats, with congees, dim sum, and sizzling street food along the way, this is a must-have reference for anyone who is passionate about the food of China.

A culinary tour of China, the book spans the Mandarin cooking of the north, Cantonese dishes in the south, Sichuan food in the east and Shanghai cuisine in the west. An extensive introduction explores the history and traditions, the ingredients and how to prepare and use them, and clear step-by-step recipes will guide you to success, with evocative images throughout.



## SALT & PEPPER PRAWNS

**SERVES:** 4

This is one of those dishes that is found throughout China, although the ingredients will vary depending on the location. This version allows the flavor of the seafood to take centre stage. For festive occasions, luxury ingredients such as lobster and scallops are often added.

**16 large tiger prawns**  
**45ml / 3 tbsp vegetable oil**  
**15ml / 1 tbsp chopped garlic**  
**15ml / 1 tbsp ground black pepper**  
**10ml / 2 tsp salt**

1. Clean the prawns thoroughly and cut off 1cm/½ in from the head end of each. Remove the whiskers. If the prawns are particularly large, use a sharp knife to split each one in half down its length.
2. Heat a dry wok. Add the prawns to the hot pan and flash fry over high heat for 2 minutes or until they turn pink, shivering the wok to keep them on the move at all times. Tip the prawns into a bowl.
3. Add the oil to the wok and heat it. When it is very hot, add the garlic and fry for 1 minute, stirring constantly. Add the prawns, with the pepper and salt and stir rapidly over high heat for 2–3 minutes. Cover the wok with a lid and cook for 1 minute more.
4. Transfer the prawns to a dish and serve immediately.

**Cook's Tip:** To appreciate the flavors at their magnificent best, this dish should always be served piping hot.



## CHICKEN & BANANA ROLLS

**SERVES:** 4

Bananas do not often turn up in savoury cooking, but in Hong Kong and Hainan Island, the fruit has a special place in the kitchen. In this unique dish, sweet chunks of banana are wrapped in succulent chicken and deep-fried, making an unusual but delicious snack.

**2 skinless chicken breasts**  
**1 egg, lightly beaten**  
**150g / 5oz cornstarch**  
**2 ripe bananas**  
**vegetable oil, for deep-frying**

1. Slice the chicken breasts diagonally into 3–4 thin escalopes. Put these between pieces of clear film / plastic wrap and pound lightly with a meat mallet to tenderize.
2. Put the beaten egg in one shallow bowl and spread out the cornflour in another.
3. Slice each banana into 3–4 lengths. Dip each piece in a little egg and place on an escalope. Fold up and over to make a secure roll. Coat the roll with cornstarch, patting the coating on firmly. Set aside.
4. Heat the vegetable oil in a wok or deep-fryer to 190°C / 375°F. Fry the rolls, in batches if necessary, for 3–4 minutes, until crisp and golden brown. Drain on kitchen paper, then slice each chicken and banana roll diagonally, pile the pieces on a plate and serve.

**Variation:** If bananas are not to your taste, slices of mango or melon work equally well.

# Live longer and live longer well

By Megan Barefoot

There is a misconception out there that our health has improved because we are living longer. If you look at the statistics for Canada in 1970 the average lifespan was almost 73 years and as of 2019 that number has risen to 80 years for males and 84 years for females. But the question must be asked, are we living well longer? Do you want to just live into your 80s or do you want to live an active vibrant life?

One strategy to help support an energized and vibrant later life is ex-

ploring nutrition. We need to support our body with healthy natural foods that are nutrient rich. As we age, we need fewer calories but more nutrients. This means picking specific foods that fit this criterion.

One of the most prevalent changes that occur as we mature is a reduction in stomach acid. When stomach acid is low it becomes more difficult to break down and digest proteins. One of the number one issues of aging is loss of muscle mass and subsequently loss of bone mass which can be a direct result of a lack of protein.

Without enough stomach acid nutrients like vitamin B12, calcium, iron and magnesium are harder to absorb. As well as affecting bone health a lack of these nutrients can affect metabolism, energy levels, skin, mood and more!

Another major issue many people face as they age is an increase in inflammation. This inflammation might show up as aches and pains of the muscles and bones, it might show up as cardiovascular issues and high cholesterol. Any form of inflammation is a sign that your body needs support. The right nutrition can make a big difference!

Gut and bowel issues are signs and symptoms you should not ignore. We don't often talk about these private matters, but this can tell you about your microbiome.

There are billions of microbes living in your in-

testinal system and these healthy "gut bugs" help you digest food and ensure you absorb nutrients. They also make neurotransmitters like serotonin which helps you think happy thoughts and supports your immune system, so you catch fewer viruses!

We want to eat foods that stimulate the stomach and ensure we are able to get enough protein. Foods that are not inflammatory, so we have fewer aches and pains. As well as foods that build up the microbiome of the body. That's all well and good but how do we do this? What foods are important to eat, and which should we avoid?

Let's start with some foods that will help.

1. Wild Caught Fish, Raw Nuts and Seeds – These delicious foods will provide omega 3 fats. We need as many omega 3's as we can get to offset the omega 6's that are so prevalent in our standard diet. Omega 3's are important for brain health, they have anti-inflammatory properties and cardiovascular benefits.

By simply having some wild caught fish like tuna, mackerel and salmon along with a small handful of walnuts or almonds a couple of times a week you can ensure you are getting all the omegas you need.

2. Fermented Foods – There are pickled foods and then there are true fermented foods. There is a definite difference in the health benefits. When picking up some pickles or sauerkraut from your local shop make sure you look for a true fermented option.

Usually these true fermented foods are in the refrigerated section and not on the shelves. Truly fermented options have live bacteria, the "good gut bugs" that will support your immune system and stimulate your stomach. These healthy bacteria predigest food so that it's easier to get nutrients. They also keep your bowels moving regularly!! Just eating a very small amount at each meal is enough to get the benefits.

3. Protein – Once you have had your fermented food and your stomach is ready, it's time to add protein.

Protein is used to build muscle, the collagen in

meat protein is used to keep the skin, ligaments, tendons and cartilage healthy, and protein can be used for energy through the process of gluconeogenesis. All our enzymes, antibodies and hormones need protein as well!

The easiest source of protein is meat which can provide a great source of vitamin B12 and iron as well. As discussed above, digesting meat is not always easy. Making and drinking meat stock can be an easy addition. Making meat stock is very simple too (see attached recipe). Another option is adding plant foods that are complete proteins like quinoa which is a simple seed that can be used like rice, in breakfast cereal and in salads.

4. Dark Leafy Greens and Colorful Veggies – Not everyone loves salads and chewing veggies can sometimes be difficult as well. Here's the catch, dark green leafy greens and veggies in general are some of the most nutrient dense, low calorie, fiber rich foods nature provides.

These foods fill you up, provide important nutrients like B-vitamins, calcium, magnesium and potassium, important electrolytes for the nervous system and cardiovascular systems to ensure you have the energy and vitality you need.

The fiber in the greens provides prebiotics which is food for the good gut bugs. There are also many phytonutrients that science is just discovering which are part of the health and nutrient profile of colorful veggies. Therefore eating the "real" veggies and not just substituting a supplement or powder is important.

5. Water – I know this seems simple, but water is truly under-recognized. Did you know that dehydration can lead to headaches, low energy and fatigue, muscle aches and pains and even constipation? Many of us wake every morning and reach for coffee to start our day. It's a diuretic that dehydrates. We may have a cup or two of liquids during our regular routine but juice, pop, lemonade and even iced tea can be full of sugar that dehydrates and increases inflammation.

I recommend sticking to herbal unsweetened teas

(hot or cold), water with a splash of lemon juice and just plain water 90 per cent of the time. Water is needed for everything your body must do. I recommend 8-10 glasses of water each day and more if you are physically active!

There are also a few foods we should try to avoid or consume as "treats" infrequently. One of the first foods we should minimize, is sugar. More specifically, added sugar. This comes in the form of cookies, cakes, pastries and candy. These foods are often processed, and contain poorly processed fats as well. That brings us to the second food we should try to minimize or eliminate all together. Processed vegetable oils. Try to pick extra virgin olive oil, avocado oil, butter and coconut oil whenever you can.

Vegetable oils such as canola are highly processed and can contribute to inflammation and cardiovascular issues. Many of these processed foods also contain high amounts of sodium which is another downfall of processed foods that can zap our energy and create inflammation and water retention in the body.

Choosing real and natural foods with as little packaging as possible is the easiest way to avoid additives and preservatives that are added to many foods. This can be done by sticking to the outside perimeter of the grocery store and cooking most of your meals instead of ordering in or eating out.

Are you looking to get even healthier? Are you dealing with low energy, lack of vitality and inflammation? Could you use some support figuring out what foods you could add every day to support getting your energy up? Curious about how nutritional health coaching can help you make healthy changes?

Megan Barefoot is a holistic nutritional consultant. She has a BSc. in science from the University of Waterloo and graduated from the Institute for Integrative Nutrition in New York. She also studied at the Canadian School of Natural Nutrition. ▲

**Escorted Motorcoach Tours**

**VICTORIA STAY AWHILE**  
5 nites Inner Harbour with kitchenettes!  
9 days, April 20 *guaranteed*

**VICTORIA & PACIFIC RIM**  
Butchart Gardens & whale watching tour!  
8 days, May 8

**BC HOT SPRINGS & NELSON**  
Three Hot Springs and three nights in Nelson!  
7 days, May 20

**BRITISH COLUMBIA CIRCLE**  
With Inside Passage cruise & optional train ride!  
8 days, June 30, August 7

**NAGEL TOURS**  
www.nageltours.com

**43 Years of Service**  
403-717-9999 or  
1-800-562-9999

**BL Braden  
Denture Clinic**

**FULL SERVICE  
DENTIST IN OFFICE**

**609 - 14 St. NW  
OFFICE NO. 168  
GROUND FLOOR**

**Wheelchair Accessible**

**SENIORS may qualify for  
special health care assistance**

**403 283-1134**

**Are you 71?  
Happy Birthday!**

If you turn 71 this year your RRSP will become a RRRIF by December 31st.

Do you understand this change?  
Do you have a plan?  
For a clear explanation please call or e-mail lgerritsen@telus.net

**Lawrence Gerritsen  
at 403-804-4460**

**Portfolio Strategies Corporation**

**LH Life Time Highs** www.lifetimehighs.club  
cathymunro@lifetimehighs.club 587-223-0203  
~ Traveling Together ~

Moose Jaw, Sk	Mar. 1 - 4, 2020	Temple Gardens Spa & Casino	\$425 pp/dbl
Bonners Ferry, Id	April 27-30	"Your home away from home"	\$420 pp/dbl
Camrose, Ab	May 24-28	Camrose Resort & Casino	\$229 pp/dbl
Winnipeg, Mb	Aug 9 - 15, 2020	Folklorama Festival	\$TBA pp/dbl
Polson / Kalispell	Sept 9 - 12, 2020	Sunset Cruise, Smoke Jumper Tour	\$485 pp/dbl
Deadwood, Sd	Sept 27 - Oct. 3, 2020	No rules, no regrets	\$795 pp/dbl

**Yellowstone National Park & Historic Montana** Jun 21 - 27, 2020 \$1400 pp/dbl  
Mountains, trees and Geysers (Old Faithful), Hot Springs, Wildlife, Waterfalls, the Fishing Bridge, Yellowstone Lake, **Butte** featuring the 90-ft tall Our Lady of the Rockies, Copper King Mansion, Underground City Tour, Helena Capitol State Bldg, city trolley ride and more.  
Unbelievable Price for a very unique sightseeing trip

Stoney Nakoda & Canmore 2 Night Mar. 17 - 19, 2020 \$185 pp/dbl  
Price Based on Calgary Departure

Tours depart from Lethbridge or Calgary, other pick ups available



# Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

## Kerby Centre, Doing More For You!

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

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

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

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



## Did you know...Kerby Centre will do your Income Tax for free!?

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients

Starting March 2nd to April 30th, 2020  
(Monday to Thursday only; No tax clinic on April 21st, 2020)

Please Note: Income limit is \$35k per year single or \$45k per couple (combined income). We do not prepare tax returns for self employment or business/rental income, capital gains/losses/bankruptcy.

Appointment bookings will begin Feb 1, 2020. To schedule your tax appointment please call the Kerby Information Office at 403 705-3246

## A Group For Mature Jobseekers

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



Mar 3rd Online Job Search/ALIS

Mar 10th Networking

- How to find hidden job markets
- How to build additional contacts
- Navigate through information gathering interviews

Mar 17th Building Confidence & Positivity During Job Search

- How to use positive thoughts during job search to create positive results
- Body language that conveys confidence
- Feeling good and how to overcome the fear of failure or unemployment

Mar 24th Shifting Gears

- How and when to look for a new career & new expectation employers have from employees

Mar 31st Resumes & cover Letters

- Information & guidance on writing customized resumes
- Essential components of a resumes and what makes it effective

For more information phone 403 705-3217 or email [options45@kerbycentre.com](mailto:options45@kerbycentre.com)

## KERBY DAY TRIPS

Hangar Flight  
Museum - Calgary  
Wednesday, March 25th

Studio Bell & King Eddy  
Thursday, April 9th



### Watch For Details On Upcoming Trips To

Nanton  
Canmore  
Blackfoot Crossing  
Police Service Dog  
Training Centre

For more information or to book a trip contact Kerby Travel at 403-705-3237 or email [travel@kerbycentre.com](mailto:travel@kerbycentre.com)

## Next to New Sale

Wednesday, March 17th 2020  
Time: 10:00AM – 2:30PM

Everything in the Store is 50% Off!!

Kerby Health Committee Presents

## Nutrition To Stay Energized & Active As We Age

Presented By Megan Barfoot, BSC  
of No Shoes Nutrition

Tuesday, March 17th 2020

10:30AM – 11:30AM

Lecture Room, Kerby Centre

Free Presentation!!



## Free Presentation

Wills and Estate Planning  
March 20th, 2020

1:00 pm to 3:00 pm  
Kerby Lecture Room

## SAVE THE DATE KERBY CENTRE AGM

Tues, April 14th  
9:00 - 11:00 am

Kerby Centre Gym  
Memberships Available!

## Interested In Seeing What Kerby Centre Is All About!?

Join us for a FREE guided tour held every Thursday from 10:30 to 11:30 am.  
(No RSVP, just meet in the Kerby Dining Room)

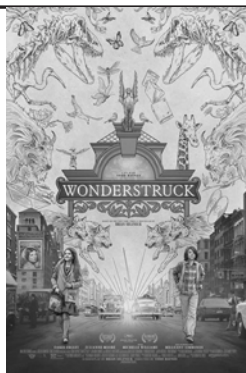
We are also happy to arrange a private tour, at your convenience. Call 403-234-6570.

March Movie  
Wonderstruck  
Friday, March 27th

1:00 pm in the  
Kerby Lounge

Tickets \$1  
Includes snack and drink

Available in  
Ed & Rec Rm 305



## Vendor/Exhibitor & Sponsor Opportunities! Kerby Spring Health & Wellness Fair - April 15th

has opportunities for quality vendors/exhibitors with products, services and information of interest to *enhance the Physical, Emotional, Spiritual & Social Wellness of today's older adults.*

For opportunities & rates, please contact Jerry Jonasson at 403 705-3238 or David Young at 403 705-3240

## 2020 Daily Drop-in Programs and Activities (Activities In The Gym May Be Subject To Cancellation) Ed & Rec 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>KNITTING FOR A CAUSE</b> DINING ROOM 10:00 AM – 12:00 PM FREE</p> <p><b>MAHJONG (RM 308)</b> 10:30 AM - 12:30 PM \$2.00</p> <p><b>RECORDER GROUP (RM 313)</b> 1:00 – 2:30 PM \$2.00</p> <p><b>CRIBBAGE (RM 308)</b> 1:00 – 3:30 PM \$2.00</p> <p><b>PICKLEBALL (Gym)</b> 3:30 - 5:00 PM \$2.00</p>	<p><b>OPTIONS 45</b> Employment Workshops (Boardroom) 1:30 - 3:00 PM \$2.00</p> <p><b>NEW!!</b> Starting March 10 <b>Fishing Group</b> Room 108 1:00 – 2:30 PM 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday of the Month \$2.00</p>	<p><b>GENERAL CRAFT GROUP</b> (RM 311) 9:00 AM - 12:00 PM FREE</p> <p>Join us every 3rd Wednesday of the Month for a Craft Sale 10:00am - 12:00pm</p> <p><b>KERBY CENTRE MEN'S SHED</b> 10:00 AM - 1:00PM FREE</p> <p><b>ENGLISH CONVERSATION</b> (Semi-Private Dining Room) 10:30 AM - 12:00 PM \$2.00</p> <p><b>BOARD GAMES &amp; CARDS (RM 301)</b> 1:00 - 3:00 PM \$2.00</p> <p><b>WEDNESDAY DANCE</b> (Dining Room) 1:00 - 3:00 PM \$2.00</p>	<p><b>KERBY CENTRE TOUR</b> MEET IN THE DINING ROOM 10:30 AM</p> <p><b>ARTIST GROUP (RM 313)</b> 10:00 AM - 3:00 PM Mentors Available \$1.50 half day</p> <p><b>BINGO (RM 205)</b> 11:00 AM - 3:00 PM</p> <p><b>FLOOR CLURLING (GYM)</b> 2:15 - 3:30PM \$2.00</p> <p><b>PICKLEBALL (Gym)</b> 4:00 - 6:00 PM \$2.00</p>	<p><b>INFORMATION RESOURCES AT ST ANDREW'S CENTRE</b> #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM</p> <p><b>SPANISH CONVERSATION GROUP (RM 311)</b> 10:00 AM - 12 PM \$2.00</p> <p><b>KRAZY KARVERS WOODCARVING CLUB (Woodshop RM 102)</b> 10:00 AM - 3:00 PM \$1.25 per hr</p> <p><b>BADMINTON &amp; PING PONG (Gym)</b> 10:30 AM - 12:45 PM \$2.00</p> <p><b>MONTHLY MOVIE (Lounge)</b> 1:00 pm \$1.00</p> <p><i>Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.</i></p>

# Financial Planning: Staying ahead of the top investment risks of 2020

Investing is a great way for Albertans to achieve their financial and retirement goals, but as the saying goes: If it sounds too good to be true, it usually is. To help Albertans invest their hard-earned money wisely, the Alberta Securities Commission (ASC) has identified the top traps to look out for in 2020 based on information gathered by its Enforcement team.

**“You don’t want to miss out!”**

Scam artists are always looking to capitalize on new and emerging industries, as there is often limited information and history available. This makes it easier to spread false claims or guarantees. Like any investment opportunity, it is important to understand the risks associated with new industries like cannabis, foreign exchange and crypto-asset investments before investing.

**“You can trust me.”**

Affinity fraud is when scam artists work their way into groups, religious orga-

nizations, and professional communities, gaining trust then pitching fake money-making opportunities. Sometimes potential victims are approached by friends, family, or colleagues who may also have invested in the opportunity. Learn how to recognize affinity fraud and never rely solely on the trust of others to dictate what investments are right for you.

**“Cash out your retirement savings, you’ll earn more!”**

In a struggling economy, scam artists will often target those recently laid-off or retired to play on the fears and stresses around their finances. They encourage victims to cash out traditional retirement savings plans (e.g. pensions, LIRAs, RRSPs) for investments with the promise of higher returns, ignoring tax implications or added risk of the ‘recommended’ investment. Be wary of anyone offering you investment opportunities, especially those promising high returns at low risk.

must be registered with the ASC, and lack of registration is a key red flag of fraud. Yet, four-in-five Albertans do not check the registration of their advisor. Albertans can quickly and easily verify the registration of any advisor or organization by visiting the ASC’s consumer website [Checkfirst.ca](http://Checkfirst.ca).

**“It’s just a loan.”**

Reports of investors being promised better and safer returns by loaning money through something called a “promissory note” is on the rise. The fraudster claims that the promissory note is not a security, so they don’t have to be registered with the ASC. They may claim that it’s safe because it’s backed by assets like real estate. In reality, it’s a security and if you’re not on title the loan isn’t secured — more importantly, the “loan” may be just a scam.

While a new year brings new investment opportunities, it also offers potential for scam artists to defraud Albertans. Understanding the latest investment fraud trends and expanding your financial knowledge will put you on the right track in 2020. To build your investing savvy, visit the ASC’s consumer website [Checkfirst.ca](http://Checkfirst.ca) to access a wealth of free, unbiased tools and resources. ▲

**“Get rich quick!”**

There is a relationship between risk and reward; generally, the higher the potential reward, the higher the risk. The number of complaints relating to private, high-risk investments marketed as low-risk is on the rise. Often, salespeople will position the investment as an “exclusive opportunity” or “how the wealthy make their money”, which is just a high-pressure sales tactic. It’s your hard-earned cash so take the time to invest it wisely.

**“Registration doesn’t matter, I know what I am doing.”**

Generally, anyone offering investments in Alberta

## Financial Planning Today Topic: Wills and Estate Planning

**Location:** Kerby Centre —1133, 7th Avenue SW

**Room:** Kerby Centre Lecture Room

**Date:** Friday, March 20, 2020

**Time:** 1:00 pm till 3:00 pm

**Cost:** Free Presentation



Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives.

**Presenter:**

**Jonathan Ng** – Estate Lawyer

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

**403-705-3235**

**or [robl@kerbycentre.com](mailto:robl@kerbycentre.com)**

Sponsored by:



### Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

For Information please contact Rob Locke at [robl@kerbycentre.com](mailto:robl@kerbycentre.com) 403-705-3235

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

Please choose to make a difference today.



**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](http://www.donatecar.ca)

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

Amount Enclosed \$ \_\_\_\_\_

Payment by:

Cheque  Visa  Mastercard

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Please choose to make a difference today.



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

Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com)

Charitable Registration #11897-9947-RR0001

# Education & Recreation

## Course Registration



Registration opens March 2<sup>nd</sup> for members and March 16<sup>th</sup> for non-members  
 Register in person at Kerby Centre in Room 305  
 By telephone at 403.705.3233  
 Online at [www.kerbycentre.com](http://www.kerbycentre.com)  
 By mail to:

Kerby Centre  
 1133 - 7<sup>th</sup> Avenue S.W.  
 Calgary AB, T2P 1B2  
 Attn: Education & Recreation

S  
P  
R  
I  
N  
G  
2  
0  
2  
0

### Membership Saves

Please ensure you have your 2020 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 2020

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

PHONE: (403) 705-3233

Name: \_\_\_\_\_

Kerby Membership #: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Courses you wish to register for:

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Course # \_\_\_\_\_ Course Name: \_\_\_\_\_

Method of Payment:

Cash: \_\_\_\_\_ (In person)

Cheque: \_\_\_\_\_ (In person/mail-in)



Kerby Centre



# Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

## Chen Tai Chi & Tai Chi Qi Gong

Member \$49 Non Member \$79  
per course

Instructor: Adrian Buczek

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 6 – June 22 (No class May 18, Jun 1)  
9:00 – 10:00am Gymnasium

A02 Wednesday April 8 – June 17 (No class May 20)  
1:00 – 1:55pm 205

A03 Wednesday April 8 – June 17 (No class May 20)  
2:05 – 3:00pm 205



## Fitness with Dan

Member \$59 Non Member \$89  
per course

Instructor: Dan Leung

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

A04 Monday April 6 – June 22 (No class May 18, Jun 1)  
10:05 – 11:00am Gymnasium

A05 Wednesday April 8 – June 24 (No Class Apr 15, Jun 3)  
10:05 – 11:00am Gymnasium

## Mobility, Balance & Stretch

Member \$49 Non Member \$79

Instructor: Sandi Seto

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

A06 Monday April 6 – Jun 22 (No class April 20, May 18, Jun 1)  
1:00 – 2:00pm Gymnasium

## Salsa Workout

Member \$49 Non Member \$79

Instructor: Bonnie Field

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

A07 Monday April 6 – June 22 (No class May 18, Jun 1)  
11:30am – 12:30pm Gymnasium

## Indoor Cycling

Member \$69 Non Member \$99

Classes held at Peloton Cycling # 109 1053 10<sup>th</sup> 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 7 – May 26  
10:30 – 11:15am

## Feldenkrais Method To Increase Mobility

Member \$59 Non Member \$89  
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.

A09 Tuesday April 7 – June 16 (No class May 5)  
10:00 – 11:00am Room 308

A10 Friday April 17 – June 26 (No class May 8)  
1:00 – 2:00pm Room 308

## Pilates

Member \$79 Non Member \$109

Instructor: Sandi Seto

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.

Please note: Pilates ball & band are required and available to purchase, please check with Education & Recreation for details.

A11 Wednesday April 8 – June 17 (No class May 20)  
9:30 – 10:30am Room 205

## FIT ROOM CLASS

### All About M.E.

Fit Room Personal Trainer: 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.

Cost of class is included with your fit room membership; please contact Education & Recreation to book your spot!  
403-705-3233 Room 305

## Featured Spring Course

**Bollywood Basics!** Member \$59 Non Member \$89  
Instructor: Amandeep Sidhu

**Bhangra is a traditional and energetic folk dance of Punjab. This fun and joyful style of dance transcends barriers of language & culture and is enjoyed by millions across the globe. No experience is needed as we will take a step by step approach to each dance. Come out and try something new and fun—the experience will leave your whole body smiling!**

A12 Wednesday Apr 29 – Jun 24 (No class June 3)  
11:15am – 12:15pm Gymnasium

**Line Dancing** Member \$49 Non Member \$79

Instructor: Bonnie Field

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

A13 Thursday Apr 9 – Jun 18 (No class May 21)  
1:00 – 2:00pm Gymnasium

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

Instructor: Dan Leung

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

A14 Friday Apr 3 – Jun 19 (No Class April 10 & May 8)  
9:30 – 10:20am Gymnasium

## Yoga for You

### Level I

Instructor: Angie Friesen Member \$59 Non Member \$89

**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.**

A15 Monday Apr 13 – Jun 29 (No class Apr 20, May 18)  
11:00am – 12:00pm Room 205

### Multi-level

Instructor: Angie Friesen Member \$59 Non Member \$89

**Open to all levels, 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. Please provide your own yoga mat.**

A16 Friday Apr 24 – Jun 26 (No class May 29)  
9:30 – 10:30am Room 205

### Level II

Instructor: Angie Friesen Member \$59 Non Member \$89

**Level II is 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.**

A17 Wednesday Apr 8 – Jun 17 (No class May 20)  
11:00am – 12:00pm 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.**

A18 Wednesday Apr 15 - Jun 17  
1:00 – 2:00pm Room 308

A19 Friday Apr 17 – Jun 19  
10:45 – 11:45am Room 308

## Zumba

**Zumba Gold** Member \$59 Non Member \$89

Instructor: Maaik Seaward

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

A20 Thursday Apr 16 – Jun 18  
10:00 – 11:00am Gymnasium



**Zumba Gold Chair** Member \$35 Non Member \$65

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!**

A21 Tuesday Apr 28 – Jun 2  
2:15 – 3:00pm Room 308



# Academic Courses

## Arts

### Arts in the Afternoon: Acrylic

Instructor: Carol Marasco

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

**All supplies are included.**

B01 Wednesday Apr 15 – May 20  
1:00 – 3:30pm Room 313

### Calligraphy

Instructor: Renate Worthington

**This variation offers graceful, flowing letters that are wonderful to write with a small nib or calligraphy marker. It is great for greetings, special quotations and cards, for example. Renate will bring materials for purchase if you are new to calligraphy. Handouts will be supplied.**

B02 Monday Apr 20 – June 1 (No class May 18)  
10:00am – 12:00pm Room 301



### Clay Days

Instructor: Darlene Swan

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

B03 Tues May 26 – Jun 9  
Tues Jun 23  
Tues Jun 30

12:30 – 2:45pm Room 313  
12:15 – 3:30pm Room 313  
12:30 – 1:30pm Room 313

### ESL through Art

Instructor: Eleanor Cowan

**Come practice your English conversation skills while working on simple watercolour projects. No experience needed, all supplies included. Open to everyone!**

B04 Thursday Apr 23  
B05 Thursday May 14  
B06 Thursday May 28  
B07 Thursday Jun 11  
B08 Thursday Jun 25

All ESL through Art workshops are from 10:00am – 12:00pm  
Room 313

### Expressive Art: New Season, Fresh Start!

Instructor: Alicia Zubot

**As the years and seasons come and go, our hearts and homes can build with clutter and debris. How do we sift through what we don't need or want anymore? Join us as we utilize a variety of different art forms on a journey of exploration and discovery.**

**No artistic skill is needed and all supplies are included!**

B09 Monday Apr 20 – May 11  
10:00am – 12:00pm Room 313

### Origami

Instructor: Kumiko Sato

**Join us for a fun morning learning the transformative technique of folding paper into interesting art sculptures. Supplies included.**

Easter Origami

B10 Thursday Apr 9  
10:00am - 12:00pm Room 313

### Watercolour: Advanced Techniques

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.*

### Colour Theory: Triangle Chart and Mineral Paints

B11 Friday Apr 17 – May 15  
10:00am – 3:00pm Room 313

### Freshwater and Boats

B12 Friday May 22- Jun 19  
10:00am – 3:00pm Room 313



### Wacky Watercolour Wednesdays

Instructor: Katy Morris

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

**Please bring watercolour paints and brush—\$5.00 fee for in class costs. For B15, please bring a white cotton t-shirt.**

### Tissue Tree Collage

B13 Wednesday Apr 15 & 22  
10:00am – 12:00pm Room 313

### White Pastels with Waterscapes

B14 Wednesday May 13 & 20  
10:00am – 12:00pm Room 313

### Abstract T-Shirts

B15 Wednesday Jun 10 & 17  
10:00am – 12:00pm Room 313

## Languages

### English as a Second Language

Free to All

Instructor: Eleanor Cowan

#### Welcome to ESL Grammar and Fun Practice Group

No matter your level - beginner, intermediate or advanced, your language skills can improve as you enjoy a warm welcome, new friendships and fun activities with an encouraging, trained and experienced ESL teacher. Join learners from all over the world who gather to learn and share, each at their own gentle and respected pace. Come, give us a try! Space is limited, registration required.

B16 Monday Apr 6 – Jun 22 (No class Apr 20, May 18)  
1:00 – 3:00pm Room 205



### French: Advanced Beginners

Member: \$85 Non Member: \$115

Instructor: Georgette Pare

The textbook used is *French without the Fuss* and may be purchased through Amazon.ca or your local retailer.

This fun course is going to sharpen your listening skills, sharpen your memory, and improve your French all at once! All you'll need to improve your French conversation is a little curiosity. Come have fun while building your confidence and spontaneity in friendly dialogue. We will be continuing from Chapter 7.

B17 Friday Apr 17 – Jun 5  
9:45 – 11:45am Room 301

### Spanish

Member: \$109 Non Member: \$139

Instructor: Norah Hutchinson

per course

The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.ca and/or AbeBooks.com. Please ensure it is Sixth Edition.

**Spanish Grammar I** A comprehensive course designed 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.

B18 Monday Apr 6 – Jun 15 (No class May 18)  
10:00am – 12:00pm Room 311

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

B19 Tuesday Apr 7 – Jun 16 (No class May 19)  
1:00 – 3:00pm Room 311

**Spanish Grammar III** A continuation of Spanish Grammar II. For those with 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.

B20 Tuesday Apr 7 – Jun 16 (No class May 19)  
10:00am – 12:00pm Room 311

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

B21 Thursday Apr 9 – Jun 18 (No class May 21)  
1:00 – 3:00pm Room 311

**Spanish Conversation I** This course is designed for students who have finished levels 1 – 4 of grammar and are ready to put into practice their knowledge. You will have the opportunity to engage in conversations based on familiar topics and a variety of common daily and social situations. Focus is on interaction with peers. Minimum prerequisite Grammar IV.

B22 Wednesday Apr 8 – Jun 17 (No class May 20)  
1:00 – 3:00pm Room 311

**Spanish Conversation II** This course is designed for students with strong knowledge of grammar and have taken previous conversation courses. It will give an opportunity to: speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.

B23 Monday Apr 6 – Jun 15 (No class May 18)  
1:00 – 3:00pm Room 311

## Music

### 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."

B24 Thursday Apr 9 – June 11  
10:30 – 11:30am Room 311





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

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

**Beginner**  
 B25 Thursday Apr 9 – May 14  
 1:00 – 2:30pm Room 208

**Intermediate**  
 B26 Thursday May 21 – Jun 25  
 1:00 – 2:30pm Room 208

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

Instructor: Barry Luft  
**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 while playing. You'll be playing on the first day! If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. Don't have a uke? Please contact Education & Recreation for purchasing information.**

B27 Wednesday Apr 8 – Jun 10  
 11:00am – 12:00pm Room 308

**Ukulele Magic! Member: \$75 Non Member: \$105**  
**Playing by Ear, Intermediate**

Instructor: Barry Luft  
**Free at last! Yes, it's time to lose your dependence on "the page". Hearing chord changes to give your music more life will be the focus of this class. Note that this course is designed for those who feel "hopeless" in accompanying 3-chord songs without visual help no matter how well they can play. You will learn how songs and tunes are constructed chord-wise and class exercises will include ear training with lots of group jamming and individual practices. Never again will you panic when someone says, "Bring your uke and sing 'Happy Birthday' to Uncle Joe", or "Let's jam!"**

**Prerequisite: An introductory ukulele class and the ability to sing or hum in tune.**  
 B28 Wednesday Apr 8 – Jun 10  
 9:45 – 10:45am Room 308

## Personal Interest & Wellness

**Creative Journaling** Member: \$29 Non Member: \$59 per workshop

Instructor: Angie Friesen  
**Looking for a fun and inspiring way to record memories, goals, thoughts and dreams? Try Creative Journaling! In this workshop we will discuss getting started with a plan, writing prompts, methods and ways to design using mixed media to transform our thoughts into art. Materials and paper will be available in class for you to create your first entries and handouts will be provided to assist you in your future creations.**

B29 Friday May 25 – Jun 1  
 12:30 – 2:30pm Room 301



**Drama: Member: \$75 Non Member: \$105**  
**One Act Play**

Instructor: Georgette Pare  
**Have you always wanted to try your hand at acting but were overwhelmed by large productions? Well, here is your "Off-Off Broadway" opportunity! No experience necessary, just sign up for this fun five week Drama class and learn to act in this short action play.**

*In class presentations only, no public performance (yet)!*

B30 Friday Mar 27 – May 1 (No class Apr 10)  
 12:30 – 2:30 pm

**Indigenous Drumming Workshop** Member: \$19 Non Member: \$49 per workshop

Instructor: Chantal Chagnon  
**Join us for a Traditional Indigenous Drumming Circle using authentically made hand drums. We will drum together, learn songs, stories, teachings and the history of drumming on Turtle Island (North America). Chantal Chagnon is a Cree Ojibwe Métis storyteller, singer, drummer, advocate and educator.**

B31 Friday May 8  
 11:00am – 12:00pm Room 205

**Keep On Keepin' On** Free

Instructor: Canadian Mental Health Association  
 Register by calling 403-297-1402  
**Each phase of our lives have different challenges. In our senior years, changes in income, loss of friends and family members, change of residence, physical changes, and increased dependency on others can leave us feeling as though we are becoming less vital, less worthy, isolated and lost. Together with the support of each other, we can face these challenges, explore and understanding of our purpose, and re-discover our passion for life.**

B32 Monday Jun 8 & 15  
 10:00am – 12:00pm Room 301

## Keeping Up with the Kids

Free

Instructor: Canadian Mental Health Association  
Register by calling 403-297-1402

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

B33 Monday Jul 13 - 20  
10:00am – 12:00pm Room 301

## Self-Defense & Personal Safety

Member: \$25 Non Member: \$55

Instructor: Don Muldoon

**Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone. Both verbal and physical skills will be taught.**

B34 Tuesday Apr 21 – May 5  
1:00 – 2:00pm Room 308

## Polishing the Silver Life Skills Workshop

\$5 per workshop

Instructor: Eleanor Cowan

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

B35 Friday Apr 24  
1:00 – 3:00pm Room 301

## Situational Awareness & Mental Toughness

Member: \$16 Non Member: \$46

Instructor: Don Muldoon

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

B36 Tuesday May 26  
10:00am – 12:00pm Room 205

## Outdoor Safety & Awareness

Member \$10 Non Member \$30

Instructor: Don Muldoon

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

B37 Tuesday Jun 2  
10:00am – 12:00pm Meet in Room 305

# Technology

## Computer:

Member: \$119 Non Member: \$149

### Beginner Basics

Instructor: Dale Lee

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

B38 Mon/Wed Apr 13 - 27  
1:00 – 2:30pm Room 312

## Computer:

Member: \$119 Non Member: \$149

### Beyond Basics

Instructor: Dale Lee

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

B39 Mon/Wed May 4 - 20 (No class May 18)  
1:00 – 2:30pm Room 312

## Tech Guide

Drop in fees apply

**Are you having difficulty with one of your android devices or are not sure how to operate one of the programs? Come meet our volunteer Mike who will do his best to assist you with your computer questions. Please note: computers available for teaching purposes only.**

B40 Tues Apr 7 & 21, May 5 & 19, Jun 2 & 16  
10:00am – 12:00pm Computer Lab 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 group 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. Please have specific questions prepared and bring your device with you. We cannot provide one-on-one training in this workshop.**

B41 Monday Apr 9  
10:00am – 12:00pm Room 308

# 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 Apr 14 – Jun 16  
1:15 – 2:15pm

S02 Thursday Apr 16 – Jun 18  
9:00 – 10:00am

# CLASSIFIED ADS

To place your ad call: 403-705-3249, Fax: 403-705-3211, e-mail: [generaloffice@kerbycentre.com](mailto: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 9.



## Classified Ad Categories

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

## 10 Health

**CERAGEM Calgary**  
Sales Service Parts  
403-455-9727

### Hearing Aids

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

Follow Kerby Centre on  
Twitter, Facebook  
and Linked In

## 11 Foot Care

### Alberta's Mobile Foot Care

The company that Albertans trust the most. Advanced Foot Care Liane at 403-512-2429 or [www.albertasmobilefootcare.ca](http://www.albertasmobilefootcare.ca)

**Special promotion for new clients.** Call Becky @ 403-472-8885 for details.

Advanced foot care nurse, specialized in diabetic foot, fungal, ingrown nails, corns and callouses.

## 12 Home Care

### HOME HEALTH CARE

I offer companion services, personal care, light house-keeping, & shopping. I specialize in providing care for Alzheimer's, Dementia, & Palliative Care Clients. Pls call BRENDA at 403-831-3947 or email at: [Bren.walk50@gmail.com](mailto:Bren.walk50@gmail.com)

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

Susan's HomeCare is here for all of your needs. Medical/non-medical, everything from transportation, companionship, and everything in between. We also provide end of life care. Please call 403-818-1487 for more information. Reasonable rates, insured and bonded. [susanshomecare.ca](http://susanshomecare.ca) and find us on Facebook

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

## 13 Mobility Aids

*Your classified ad could be here!*

## 20 Home Maintenance

All types of electrical work, new, old, trouble shooting & renos Senior discount 403-239-5918/403 870-8687

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

Painter semi-retired  
Low rates with good job  
Call Wayne 403-804-2046

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

### The Scottish Painter and Sons

Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Refs avail. Ph 403-875-8077 [www.thescottishpainter.ca](http://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

### Quality Painting

Responsible & senior friendly over 25 yrs exp on residential painting Sr disc. Reliable personal service reasonable rates free est call Les 403-863-0212

## 24 Landscaping

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

## 26 Services

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

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

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

**Corinne's Mobile Hair Service**  
Perms cuts & style  
39 yrs exp 403-589-2069

### Downsizing with Tidy Girls

Let us help you start your downsizing journey. We Sort, Dispose, Declutter, Donate, Organize, Pack, & Unpack all of your Belongings. Laurie 403-519-2214 [www.downsizing-tidygirls.com](http://www.downsizing-tidygirls.com)

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

### !! Great Haircuts!!!

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

**Hairstylist in Motion**  
Mobile hair care in the comfort of your own home hospital nursing home anywhere Pls 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

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.**

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

Senior Handyman, 40 yrs exp Int & Ext renos 403-604-9058/403-390-0211

**Sudapics Studio**  
Brian Switzer,  
professional photographer  
Portraits & family portraits  
In home or mobile.  
For more info contact  
Brian 403-519-9806

**Summit Cleaning Services**  
Offers commercial & residential quality cleaning. Senior Disc Pls contact us at 403-863-7443

**WE FIX COMPUTERS**  
Computer repair & lessons, Great service  
Affordable rates  
403-481-8080  
[www.xentas.ca](http://www.xentas.ca)

## 30 For Sale

2 grave plots in Mtview Mem Gdns: Old Rugged Cross Lot #25 C1 & C2 selling for \$6500 ea, selling together; 403-804-4606

2 plots in Mtview Mem Gdns The Last Supper Garden, lot 225B1 & B2, selling pair for \$6000 403-255-7436

## 33 Wanted

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

Buying used firearms  
Single or complete  
Collections  
Call: 403-291-4202

Male 68 retired veterinarian well travelled wishes to meet people who also travel  
e-mail [tra42d@gmail.com](mailto:tra42d@gmail.com)

Rooms required, recently retired Becca 403-888-8854

## 45 For Rent

University District lovely, new 2 bdrm condo. Optional access to amenities/bed priority to new B. Strafford Centre. Can furnish. [neilkathol@gmail.com](mailto:neilkathol@gmail.com)

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

## 45 Real Estate

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

**FOR SALE "GOING BUSINESS"** - Revenue Residential Property with excellent tenants in two self contained suites of bi-level in Whitehorn. Get in on the "Ground Floor" before it is listed. 403-569-0790: 403-807-7090

### Thinking of moving need to sell first?

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

## 50 Relocation Services

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

ABC MOVING specializes in relocating seniors from one place to another. \$\$ low low rates \$\$  
Call Don at 403-383-9864  
[www.abcmoving.ca](http://www.abcmoving.ca)

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

### Reminder:

Kerby News  
Classified Deadlines  
April issue—March 9  
May issue - April 13  
June issue - May 11  
July issue - June 8

## RIDDLES

What English word has three consecutive double letters?

Answer: Bookkeeper.

You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?

Answer: All the people were married.

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Answer: A map

You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

Answer: A candle.

I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?

Answer: An echo

What disappears as soon as you say its name?

Answer: Silence

# Community listings

## End-of-Life Information You Need to Know

Sponsored by Dying with Dignity Canada, Calgary Chapter with presentations by Alberta Health Services. Saturday, April 25, 2020. 1:00 – 4:00 p.m., Kerby Centre, 1133-7th Ave SW Calgary, Lecture Room.

*Goals of Care & What is a Green Sleeve?* - Alexandra Kushliak, AHS Education Consultant. Your green sleeve is your health passport within Alberta Health Services. Learn how to get one, where to store it and how to use it.

*Emergency Medical Services & Palliative End-of-Life Care* - Ian McEwan, EMT Paramedic.

*Personal Family Story* - Frances Ward.

RSVP [events@DyingwithDignity.ca](mailto:events@DyingwithDignity.ca) or 1-800-495-6156

A donation is appreciated to help cover the expenses for this community services event sponsored by the Calgary chapter of the charity Dying with Dignity Canada.

## Advance Care Planning and Personal Directive Workshop

It's always too soon until it's too late! Planning now is the best way to ensure you have the medical treatment you want and the end-of-life care you deserve when you are suddenly unable to speak for yourself.

- Learn about the importance of Advance Care Planning

- Consider your personal values and healthcare wishes.

- Develop a basis for conversations about end-of-life choices.

- Realize who would and would not be an appropriate agent.

- Draft your own unique plan and Personal Directive.

- Hear a real-life personal story about this topic.

Bring your adult kids so they can better understand your end-of-life wishes.

Kerby Centre, 1133-7th Ave SW Calgary, Lecture Room, Saturday, April 18th 1:00 - 4:00 p.m. Space limited. RSVP to [events@DyingwithDignity.ca](mailto:events@DyingwithDignity.ca) or 1-800-495-6156.

This workshop will get you started on a task that is generally put off. Why wait?

A donation would be appreciated to help cover the expenses for this community services event sponsored by the Calgary Chapter of the charity Dying with Dignity Canada.

## Open Door Seniors 55+

March can be a month of transition. Join them at their Soup & Bun March 6, 11:30am, \$13/guest where they will discuss seniors' downsizing and relocation. Call to reserve a spot by Tue. Mar. 3. OR join them for one of the many daily activities offered Mon-Fri 9:30am-3:30pm: bridge, mahjong, cribbage, pickleball, ping pong, chair yoga, line dancing, art, music appreciation, movie matinees and more. Annual 2020 membership fee \$25 plus \$2 drop-in fees. Located in the lower level of 1307 4 Street SW (wheelchair accessible). For more info, call the office at (403) 269-7900 or visit [www.facebook.com/opendoorseniors](http://www.facebook.com/opendoorseniors). The coffee pot is always on!

## Good Companions 50 Plus Club

Good Companions is proud to present their 2nd Annual FUNdraiser Cruise along the Canada/New England Coast this October. Only a few cabins remain so book early! Join them for Lunch Bunch on Monday March 2 and March 16 at 12:00 p.m.

On March 2, enjoy an interactive presentation by JB Music Therapy and

on March 16, join Shirley Davis as she shares a visual treat of her Travels through Ireland and Scotland. Cost is only \$7, which includes soup, sandwich and dessert.

Also join them for our St. Patrick's Day themed Social Supper on Tuesday March 17. Happy Hour @ 4:30 p.m. with supper and dance to follow. Tickets only in advance for \$20 Members and \$22 Non-Members.

For details on all their events and programs, visit them at 2609-19th Ave SW or call 403-249-6991.

## SUDOKU ANSWER

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

## PUZZLE ON PAGE 24



## IN MEMORIAM

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

- Fred Hyrich
- Frederick Wallace Hazell
- Gayle Weigel
- Margaret (Peggy) Orr
- Mary McKay Astle
- Vettivelu (Nalla) Nallainayagam
- Walter Bernhardt

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



## CROSSWORD SOLUTION

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

## PUZZLE ON PAGE 24

## ADVERTISERS' INDEX MARCH 2020

Bill Stemp..... 18	Luxstone Manor..... 26
B.L. Braden Denture Clinic. 28	Manor Village ..... 2, 22
Bethany Care..... 40	Mountain View Seniors ..... 24
Bowbridge Manor..... 18	Nagel Tours.....28
Caring Hands Home Service....31	North Hill Denture ..... 18
Calgary Co-op Memorial ... 16	Peak Medical Group .....6
Cambridge Manor ..... 17	Prominence Way .....5
Cowboys Casino ..... 8	Repsol..... 6
CPO..... 10	Rocky Ridge ..... 4
Dynovac Plus Security..... 39	Sandra Sebree ..... 12
Evanston Summit ..... 9	Silver Cross..... 12
Golden Life..... 11	Silvera for Seniors ..... 7, 15
Handy Helpers ..... 39	The Estate Lady ..... 39
H Cube Marketing..... 1	Verve Senior Living.....13
Lawrence Gerritsen ..... 28	Wentworth Manor.....19
Lifetime Highs ..... 28	

## FOR DISPLAY AD INFO or TO BOOK AN AD CALL

**Jerry Jonasson**  
[JerryJ@kerbycentre.com](mailto:JerryJ@kerbycentre.com)  
 or 403-705-3238

**David Young**  
[DavidY@kerbycentre.com](mailto:DavidY@kerbycentre.com)  
 or 403-705-3240

## TO PLACE A CLASSIFIED AD

call Val: 403-705-3249 Fax: 403-705-3211  
 or e-mail: [generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)

# Kerby News Business & Professional Directory

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

## The Estate Lady

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

### Kimberly Wallace

Paralegal, Commissioner for Oaths  
 25+ Years' Experience

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

## Faulty Alarm System?

Is your security system going haywire or not working at all?  
 It doesn't matter how old, who manufactured it  
 or who installed it.  
 If your alarm needs some TLC or a complete overhaul.  
 Our technicians have been providing, dependable and  
 cost-effective alarm services to the Calgary area since 1983.

**Dynovac Plus Security 403-262-1980**  
 or [dynovacplus@shaw.ca](http://dynovacplus@shaw.ca)

## HANDY HELPERS

Need help with tasks around the house? We can help you!  
 Some of our common requests are: home/building maintenance,  
 minor plumbing repairs, painting, cleaning, eaves trough cleaning  
 & maintenance, drywall repairs, deck/fence maintenance, setting  
 up after a move, purchased furniture delivery & assembly, quotes  
 on more technical work, & much more...

Call Jim at 403-992-9274

E-mail: [HandyHelpersCalgary@gmail.com](mailto:HandyHelpersCalgary@gmail.com)  
 Website: [www.HandyHelpersCalgary.ca](http://www.HandyHelpersCalgary.ca)





# Right Home Right Time Right Place

Bethany is a leading provider of the **full spectrum of housing and care options** for seniors and adults with disabilities in central and southern Alberta. We offer the right home at the right time in the right place.

## Affordable Housing for Seniors

**Riverview Village**, located in the area of Dover, is in a well-maintained park-like setting close to many amenities, including places of worship and shopping. We offer affordable rental suites for independent seniors. Riverview Village is comprised of three unique buildings:

- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one-bedroom and two-bedroom suites that feature high ceilings and large windows with panoramic views of the city and mountains

We are pleased to offer a **new affordable meal service** that offers delicious foods, made with fresh local ingredients and prepared according to your dietary requirements. Meals are pre-ordered and delivered to your doorstep.

## A New Lease on Life!

**Sundance on the Green** is a community for independent seniors who enjoy active living. Enjoy a spacious suite through our Life Lease program. Purchase your Life Lease, offering peace-of-mind with a guaranteed buy-back. Contact us for details!

*Our Life Lease provides a 90-day buy-back of the lease agreement - no lawyers, no realtors, we do the hard work, so you don't have to!*

Amenities include:

- Spacious open-concept suites, from 800 to 1,200 square feet
- Lake Sundance access for all residents
- Shopping, restaurants and the Fish Creek Provincial Park on your doorstep

## EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES

### Riverview Village Affordable Housing

2945 26 Ave SE, Calgary  
**403.272.8615**

CALL FOR MORE INFORMATION  
OR TO BOOK A TOUR

### Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary  
**403.254.9800**

WEDNESDAY, MARCH 11 & 25  
10AM to 3PM

Discover your new home today at  
BethanySeniors.com

