



Kerby NEWS

"The most read publication in Calgary and Southern Alberta for older adults"

August
2021
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of Kerby Centre

www.KerbyNews.ca

Kerby expands to Medicine Hat



It's now official! Kerby Centre will be taking over the operation of the Vanier Centre and Meals and Wheels in Medicine Hat. This is the biggest thing to happen to Kerby Centre in years and we're so excited to share more details with you! All those on page 18.

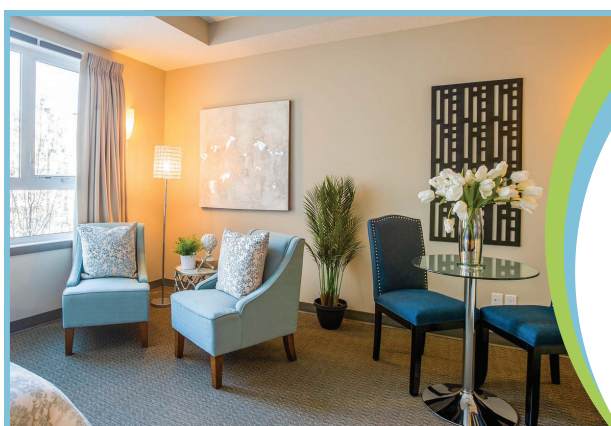
Inside

- A hidden effect of COVID-19 on older adults page 4
- Can cannabis help with your arthritis? page 6
- The true case of the mysterious monolith page 12
- How to stay safe in intense heat conditions page 28



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THE COMMUNITY WITH HEART

To the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and blessing our skilled staff for their day to day assistance and care.

We continue to be disheartened that 79% of the deaths in Canada are elderly residents, living in Long Term Care Nursing Homes and Hospitals. Our hearts go out to their families.

Most of these vulnerable seniors were suffering from Chronic Health Conditions.

The Manor Village's Residents & Healthcare Staff Associates pray that Covid-19 will dissipate soon so seniors can enjoy the improved weather safely.

Our sincere thank you to the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and for blessing our skilled staff for their day to day assistance and care.



— Dr. M. Garth Mann: Director



From Residents and Families

"Your teams' diligence in regard to everyone's health and well-being is most appreciated."

"Thank-you to ALL Manor Village at Fish Creek Park Staff for their loyalty, dedication and hard work during this crisis."

"As a long-distance caregiver, I find great assurance in hearing the measures you are taking to protect my Mom and all of her friends at the Manor. This is awesome!! THANK YOU!!"

"Thank you so much for keeping us updated. Our parents are very precious to us and we are so glad to see that every precaution is being taken for their safety as well as the other residents and staff."

"Please know that we appreciate the sacrifices that you and your staff are making to take care of our loved ones in this challenging situation."

"Thank you for your emails, they are very informative and demonstrate the high level of care you are taking to ensure the safety and wellbeing of Staywell residents, which I appreciate very much. Thank you."

"Really appreciate the attention your staff gives to all the residents. Keep up the great work and I hope the staff stay safe and healthy. Your teams hard work goes a long way in keeping everyone well."

"I want to let you know that Mom is very happy living in Signature Park. she enjoys her sunny ground floor suite, says the food is great, and has met some lovely folks. I send my appreciation for all you and the staff are doing to maintain a healthy environment at the Manor, your regular updates are comforting."

"Thank you so much for taking all these wonderful precautions and caring for our loved ones. It is truly appreciated by both the residents and family members!"

"Appreciate you doing everything you can to protect the residence. Not an easy job...Thank you."

"Thanks to your team for all that you are doing! Rock stars!"

"Thank you for the timely updates. It's comforting to know my parents are in such capable and caring hands."

"You and all the staff at StayWell very much in my thoughts.Thanks for being there!"

"Thank you. Its a difficult time and we appreciate all the incredible work you and the staff are doing everyday."

"I want to thank you all for the frequent updates on what you are doing and the effort to keep our loved ones safe and active. Thanks again for everything the team is doing at Staywell."

"Thank you for all your staff are doing to care for and protect our loved ones during this pandemic. The stress on everyone must be immense and we appreciate all of your efforts. Thank you hardly seems sufficient."

"To all of the Staff at Varsity Manor Village. Thank you for the great job you are doing in keeping our family members cared for in these trying times. Your dedication is very much appreciated."

"To all of the Staff at Varsity Manor Village. Thank you for the great job you are doing in keeping our family members cared for in these trying times. Your dedication is very much appreciated."

"Your team is conscientious and managing all new law implements. Keep safe and well!"

"Thanks A ton of work for you do, by keeping us updated and figuring out life for the residents. Thanks! Stay safe and staywell!!"

"Thank-you so much for all you are doing to protect our parents. We really appreciate all the polices you have put in place."

"Thank you so much for your reply and for listening. I am relieved. Thanks to you and all of your staff for everything that you are doing during these extraordinary times."

"Thank you ALL for doing your best in keeping the residents safe. Please take care of yourselves as well, and if there is anything else we can do to support you and your families please reach out."

"Thank you for all the information and updates. I appreciate the communication and admire the work that everyone is doing at Staywell to stay healthy and raise spirits."

"Stay vigilant and safe! Amazing work by every single employee."

"I thank you and your Staywell team for all that you are doing and caring for our precious parents. As family members we feel we need these periodic and timely communications."

"Strong work Manor team! Thank you!!!"

"I wanted to extend gratitude to you and your team for doing a great job of caring. I can imagine that over the past month your job has become a little more stressful. Know that we fully support you efforts. You are doing an exemplary job!"

"Fantastic job all around."

"I just wanted to say thank you so much for this detailed communication. I've been in frequent contact with my father and this direct communication from you is comforting. I just wanted to say thank you for your care, concern and compassion. Hoping everyone is able to stay healthy."

"You are doing a great job in very difficult times. Our prayers are with you, the 3rd floor staff and the 3rd floor residents. We hope the best for everyone."

"Thank you. All the staff are doing a wonderful job in this stressful time."

"Thank You so much for all you do to keep residents well, engaged and comfortable. It is so comforting to know you are so aware of what needs to be done to keep everyone safe. I do not worry about Mom at all, knowing how well taken care of she is. I wish everyone calmness and continued good health during this stressful time for our world."

"Thank you for the great work you, your staff and residents are doing in keeping this virus from entering Staywell and keeping the families up to date on the measures being taken."

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The Manor Village at
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The Manor Village at
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450 Rocky Vista Gdns NW
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The Manor Village at
Varsity
40 Varsity Estates Cir NW
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The StayWell Manor at
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174 Ypres Green SW
(403) 242-4688

The Manor Village at
Fish Creek Park
22 Shawnee Hill SW
(403) 392-2400



Larry Mathieson, CEO

New beginnings and forward steps

This month marks a new beginning for our organization. We have been working for several months now with the staff at the city of Medicine Hat to transition the operation of Meals on Wheels, Strathcona Centre and Veiner Centre to the team at Kerby. I said “Kerby” on purpose, not Kerby

Centre.

Our board and management have become prone, during the pandemic to say “Kerby Centre” is no longer a place, it is a group of people, it is a community and sometimes nowadays it is online or on zoom. Our partnership with the City of Medicine Hat will mean that together we can support more older adults in Alberta.

On Aug. 3, as you may have read on social media, the Kerby team will start the transition to operation the Centre’s and programs. I would like to introduce the *Kerby News* readers and members to Cori Fisher. Cori was born and raised in Medicine Hat and will be taking on the role as Site Director for our programs in the Hat.

Cori has 20 years’ experience as the Executive

Director of the Canadian Mental Health Association Southeast Region. Additionally, she spent four years working for the Provincial Government in Claresholm and Brooks as a Child Welfare Worker. Cori holds an Early Childhood Development Diploma from Medicine Hat College as well as a Bachelor and a Master of Social Work from the University of Calgary.

We are very excited to introduce Cori and welcome her as a member of the Kerby team. Please drop into Veiner and say hello to Cori.

I suppose this brings us to another point, as an organization, we absolutely have to stop referring to ourselves as Kerby Centre, the building on the West end of downtown in Calgary will always likely be called Kerby Centre, but when you think of it

— it Kerby is not a building anymore.

It is many programs and services, three seniors centres, Meals On Wheels, Food Security, an Elder Abuse shelter and much more.

Over the next few months, you will continue to see an evolution of our brand and the look and feel of our digital and print materials. If you have some feedback, positive or negative: drop me an email (larrym@kerbycentre.com).

If you have a great idea for our new name —I’d love to hear that too.

We will not be changing the names of our buildings -there wouldn’t be a lot of value in that. With that being said the community you have helped us build is much bigger than one building.

AUGUST 2021

KERBY CENTRE’S MISSION:

To support older adults to live well in their community.

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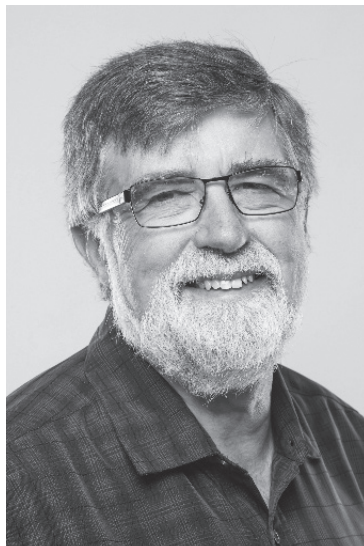
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Richard Parker,
Kerby Centre President

August is traditionally a quieter time at the Kerby Centre but this year is a little different. With the lifting of Covid restrictions we are able to welcome people back into the Centre offering in person programs with appropriate Covid protocols in place, while also continuing to offer virtual programs to those who prefer that option.

Elsewhere in this *Kerby News* you will find the details of more than 20 programs we are offering starting in September. In addition the Kerby Café continues to evolve with the team trying out different menu options, while continuing to offer curbside pickup and an outside patio.

Another significant event in the life of Kerby is that on Aug. 3 we take over operating the Veiner

A not-so quiet August for Kerby Centre

Centre and associated facilities in Medicine Hat. While Kerby has operated programs outside of the Centre in the past, this is a whole new scale and experience for us. The Veiner Centre is a purpose built seniors’ facility, constructed to replace a building destroyed in the 2013 flood.

A one level building with new technology, like the ability for hearing aids to connect to presentation screens, it offers us the opportunity to learn different ways of meeting older adults needs. One new activity we are taking over is running a “Meals on Wheels Service”. You can learn more about the Veiner Centre and our plans for it here in the Kerby News this month.

The lifting of COVID-19 restrictions is also enabling us to get back to in person fund raising activities the first of which is to have a team participating in the Scotiabank Walk/ Run on Sept. 19, 2021. Please consider participating and/or supporting this activity more details of which may be found at www.kerbycentre.com/calgary-marathon/ or by contacting Kari Stone karis@kerbycentre.com.

One thing we have learnt over the last 18 months as we delivered programs through technology and in other locations outside of the Centre is that there are many people who, for a variety of reasons are unable to participate in programs at the Kerby Centre.

Many new people joined us virtually over the last 18 months. We intend to continue to offer virtual programs and activities at different locations in the future-so keep an eye on our Facebook page and Twitter feed for details including the locations of our pop up bread markets. If you happen to miss a talk or activity we offer, check out our YouTube feed, as you may find it there.

Enjoy your summer and if you have time, drop in to the Centre to say Hello, enjoy a cup of coffee in the Kerby Café and re-establish contacts you may have lost over the past 18 months.

Finally don’t forget to sign up for your favorite program, be it in person or virtual starting in September.

Richard Parker

A hidden effect of the COVID-19 pandemic



By Andrew McCutcheon
Kerby News

While the most difficult parts of the pandemic look to be behind us as Canadians arrive in droves to receive the COVID-19 vaccine, there are still ramifications to be felt.

Some of the ramifications are obvious: the effects on our economy, the education of our youth and the general mental health of the population.

A less obvious consequence, however, has to do with a concept called “deconditioning” and the effect of being isolated and immobile has had on older

adults the world over.

Deconditioning is the process by which the body experiences physical or mental changes following extended periods of inactivity, bedrest or a sedentary lifestyle. A common deconditioning effect is that of extended hospital stays; many patients may find themselves more easily fatigued or frail following a lengthy period of being bedridden.

Modern healthcare knows this and understands it goes double for older adults. As an individual gets older, the more activity they require; moreover, the more long-term or

chronic health conditions one has, the more activity they require as well.

Yet, for the greater good over the course of the pandemic, the entire population — and older adults, especially — was asked to do the opposite: to stay inside, to limit one’s activity or to get things delivered if possible.

The complications of deconditioning are extensive. They can include, but are not limited to, loss of muscle mass or balance; a decrease in cardio-respiratory capacity; difficulty maintaining usual activities, such as house work; or mental complications such as memory loss or confusion.

Some healthcare professionals and scientists have identified the need for rehabilitation following the pandemic. In an article entitled “The COVID-19 Rehabilitation pandemic,” a team of researchers from the United Kingdom stated that “rehabilitation will be needed for those who have become deconditioned as a result of movement restrictions, social isolation, and inability to access healthcare for pre-existing or new non-COVID-19 illnesses.”

“As countries recover from the first peak of the COVID-19 pandemic, a coordinated and appropriately resourced approach to rehabilitation for the recovery phase is essential.”

If you believe that you may be experiencing the effects of deconditioning, ask yourself the following questions:

Am I less physically active than usual?

Do I require more assistance with some of my activities?

Do I experience more difficulty in movement?

Am I more frequently losing my balance?

Have I experienced a fall recently?

Those with concerns about deconditioning should speak to their family doctor about potential rehabilitative programs; these could be as simple as an at-home physical exercise program or as extensive as physical therapy.

Photo courtesy of Visual Stories || Micheile

Summer Socials

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Understanding active investing



flow, and debt etc.

It's all about balance

When assessing the fit of an investment within a portfolio, investors or financial advisors are tasked with ensuring that it does not impact the overall balance.

For example, if you invest in a company already held in an index fund you own, you are unknowingly increasing your investment in that company for better or worse. Suppose you buy too much stock in the technology sector, for instance. In that case, you may imbalance your portfolio towards that sector and see greater losses if that industry has a downturn, more so than a broadly diversified or balanced portfolio.

Know the risks

Generally speaking, active investing can yield higher returns but also carries with it higher risk.

Even with comprehensive analysis, investors are not guaranteed high returns through picking individual stocks. In fact, more often than not, they underperform the market.

The buying and selling of stocks can also expose you to cognitive or behavioural biases that can cause you to sell your investments at the worst of times or take on more risk than you are willing or comfortable to accept normally.

Active investing can be a great way to grow your wealth but is far more complex and involved than a passive approach.

Fortunately, you are not restricted to any one strategy and can implement a blend of both passive and active strategies to create a portfolio that aligns with your unique financial plan, risk tolerance and goals.

Alberta Securities Commission

Investing is a wealth-building tool that can be as involved or as hassle-free as you want. Active investing is a hands-on approach in which either you or a financial advisor acting on your behalf invests with the objective to outperform the market's average returns.

Passive investing involves investments in funds like exchange-traded funds and indexes that track and invest in the entire stock market and require little to no involvement from the investor to achieve average market returns.

For those interested in a more hands-on approach to investing, the active investing strategy may be more appropriate. Learn more about

active investing and what you should consider before adopting this strategy.

Research is fundamental

Active investing comes in many forms, whether it is stock-picking on your own or through actively managed investment funds or portfolios created by financial advisors.

The key to being successful at active investing is researching the fundamentals of any investment and ensuring that it meets your risk tolerance and aligns to your financial plan.

Elements of this research include performing a comprehensive analysis of the company's financial statements and other public reports to understand its business, revenue, cash



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Nursing researcher is fighting ageism with education

Gillian Rutherford
University of Alberta

A University of Alberta researcher is hoping to start a Canada-wide revolution to combat discrimination against older people, starting with a change to the way nursing students are educated.

“Ageism has been described by other scholars as the last ‘ism’ that is socially accepted,” said Sherry Dahlke, associate professor in the Faculty of Nursing. “It’s subtle and insidious in societies around the world.”

Dahlke is leading a cross-Canada project to test her online training modules that tackle some of the “geriatric giants”—cognitive impairment, continence and mobility—as well as enhancing communication with older persons.

She said nurses’ biases—both overt and hidden—can affect the care older patients receive in acute, community and continuing care settings.

“If we have negative perceptions like, ‘You’re just old’ or, ‘It’s normal to get confused,’ then it is going to influence how we provide care and can influence people’s quality of life.”

The project is funded by the Social Sciences and Humanities Research Council and builds on a previous study funded by SSHRC and a McCalla Professorship award from the U of A.

Though ageism is pervasive, the World Health Organization notes it is not well understood.

“Some theorists suggest it is because we fear dying that we project negative attitudes to people who are older and closer to dying,” Dahlke said.

Ageism can affect family and work relationships, as well as the service older people receive when they purchase goods and services.

“I experienced it myself when I stopped dyeing my hair and let it go grey in my 50s,” said Dahlke. “I realized that if I say I am against ageism, I should walk the talk.”

Although we are aging from the day we are born, we start to internalize negative perceptions about aging from an early age, she said, citing an American study that estimated the annual cost of ageism to the health-care system at \$63 billion.

“It can lead to depres-



Photo courtesy of University of Alberta

sion and erode the will to live, and that self-perception can contribute to a whole host of other chronic conditions,” she said. “If someone tells themselves, ‘I’m old and it’s OK to have pain,’ then they may not seek assistance for a condition that is treatable.”

Ageism is complex. Hostile ageism is overt and easy to recognize. Benevolent ageism, which involves being overly accommodating and taking away older people’s self-determination to do things for themselves, is harder to recognize, Dahlke said.

As part of the project, 700 nursing students at two universities will take the online courses Dahlke developed. The students will be tested for a spectrum of ageist attitudes before and after the courses.

In Dahlke’s earlier study, nursing students

reported that they did not recognize their need for more education about how to care for older people until they had graduated, entered the workforce and found themselves unprepared.

Dahlke is recruiting older persons to be part of an advisory group that includes academic gerontological experts, representatives from advocacy groups CanAge, HelpAge and the Canadian Gerontological Nurses Association. The group will evaluate the learning modules and determine whether this method might work with other health-care providers or even school-aged children.

Dahlke noted that older Canadians are a diverse group who experience aging differently. While there is no single antidote to diminish the negative effects of aging, she said research

has shown benefits from strong intergenerational relationships, physical activity and weight training, eating a largely plant-based diet, and having purpose in life.

Genetics and environment can also affect how we age.

Recent movements to combat other forms of discrimination such as anti-Black and anti-Indigenous racism give Dahlke hope that attitudes can be changed.

“We need to stand up for all people who are being treated poorly, including older people,” she said. “If we get everyone to start to recognize when they are being ageist, then we can make a choice to do something different.”

“We need to get the message out to people of all ages.”



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The joys of family crabapple Jelly



By Lesli Christianson-Kellow
Kerby Centre Columnist

Oh! Happy are the apples when the south winds blow. ~ William Wallace Harney

My grandmother's crabapple jelly was the first jelly I remember eating. Buttered fresh bread topped with a spoonful of crabapple jelly. The jelly sitting on the kitchen counter was a temptation in a jar. The sweet yet tart taste made me want to eat more. Of course as a child one doesn't think of how a jar of jelly came to be, but once I was an adult the sweet tart taste beckoned

me again. This time the sweet tart taste lured me into researching how to create my own little jars of sugary delight.

The first step was sourcing the crab apples because unfortunately, When I was young I didn't have the forethought to plant a crabapple tree in my yard. I do, however, have a marshmallow tree, which I will write about another time. Lucky for me, my lovely mother-in-law had a crabapple tree in her front yard that produced the best crabapples year after year. They were of the smaller variety, but the petite apples were packed with a tart, bright flavour. The apples were so red that often the flesh was even a dark pink. This colour would transfer into the jelly creating a rosy glowing hue.

In August, I would observe that the fruit on my mother-in-law's crabapple starting to grow. Eventually she would say, "Les, do you want to pick the crabapples now?" Once my mother-in-law deemed the crabapples ready, I would harvest them. My husband would pick them or my children would pick them. Everyone pick them. On several occasions, my niece picked bags full to contribute to the production of the jelly. (That year I made a huge batch and passed along the extra jars of jelly in appreciation).

The apples were small, but powerful. Buckets of apples were required to create the large batches of jelly that I always aimed for. I always gave away the jelly to family and friends during the year and at Christmas time. Most people didn't make their own jelly so the gift of crabapple jelly or any homemade food is always appreciated.

Now, if you've ever made crabapple jelly, you will know the steps: pick the apples; wash and trim the apples; boil the apples; strained the apples; boil the resulting juice with sugar; pour into jars; process the jars in a big pot; cool and let set. Depending on how much you make you may want to set aside a few days to complete the task.

The first step, washing and trimming the apples is easy, but time consuming. The apples should be coarsely chopped, but honestly if the apples are small enough you may be able to get away with not cutting them at all. Then with a few pots of boil-

ing water on the stove, cover and cook the apples until they are soft.

Once the apples are soft, the juices need to be released from the fruit. For this you will need to use a jelly bag or a cloth-lined sieve, so that the juice drips out. This can take a few hours or it may take overnight. Patience is required. The juice that is collected looks amazing and will be the core ingredient of the finished product.

Next the juice from the apples is brought to a boil in a pot along with sugar and pectin, although I always used lemon juice in place of the pectin. The next part is tricky for a beginner, but once you get a feeling for the consistency of the resulting syrup, things get easier. There are loads of tips on the internet about how to test to make sure that the juice has cooked enough. When I test to make sure that the mixture is at the jelly stage, I simply dip a cool metal spoon and lift the spoon sideways so that it drips. You'll know it's at the jelly stage when the mixture forms two drops that come together in a sheet and suspends itself on the spoon. At this point you should also do a quick taste test. It is so sweet and tasty!

Finally, the syrup is poured in the cleaned and prepared jars, the hot sealing discs are placed on the jars and the jar rim is gently tightened onto the jar. All of the jars are then processed in a water bath for about 15 minutes (Be sure to double check the timing as altitude should be taken into consideration). Carefully remove the jars from the water bath onto a soft towel to cool down. As the jars cool the sealing disk will make a little 'pop' as each jar is sealed and safe to be stored until ready to be used. There is nothing sweeter than hearing 'pop, pop, pop'.



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Can cannabis help with arthritis?

Gillian Rutherford
University of Alberta

An interdisciplinary team of researchers at the University of Alberta will develop a cannabis use decision tool for the estimated 20 per cent of Canadians who live with arthritis, thanks to a \$300,000 award from Alberta Innovates.

People with arthritis are more likely than others to use cannabis for pain, mood and sleep disorders, but few studies have examined whether the products are effective in treating the disease, according to one of the principal investigators, Cheryl Sadowski, professor in the Faculty of Pharmacy and Pharmaceutical Sciences.

“We don’t have the evidence to say this product is a good choice or not a good one based on your symptoms,” said Sadowski, who has noticed many of her patients have started using cannabis on their own since it was legalized in Canada in 2018. Medicinal cannabis has been allowed since 2001.

“Both patients and health professionals need tools to make decisions about what is the safest, most appropriate and most affordable use,” said Sadowski, who provides care at the geriatric outpatient clinic at Edmonton’s Misericordia Community Hospital.

“We see a lot of cannabis use in patients who have so many questions,” said co-principal investigator Elaine Yacyshyn, professor in the Faculty of Medicine & Dentistry and rheumatologist at the University of Alberta Hospital, pointing out that a major concern is that patients stop taking prescribed and proven medicines in favour of cannabis, despite the lack of evidence.

“The tool has to be patient-centric and focused on their needs, so that pharmacists and physicians and their patients can have an open discussion and make an educated decision about use,” said Yacyshyn.

The project team also

includes patients, a physiotherapist, nurses, epidemiologists, students and a health economist. They will investigate how widespread cannabis use is among arthritis patients in Alberta, develop the tool using the best evidence available, and then validate it with patients and health-care professionals. Other partners include the Arthritis Society, Alberta Health Services, the Institute of Health Economics and Strainprint, a Canadian medical cannabis data company that collects

consumer information.

Both Yacyshyn and Sadowski encourage people with arthritis to talk openly about the potential risks and benefits of cannabis use with their health-care team.

“Cannabis use is now part of your regular medication history,” Sadowski said. “We used to have to put it under the category of illicit use along with cocaine and excessive alcohol. Now it’s just part of a list—are you taking aspirin, are you using a laxative, are you using cannabis? Be transparent about

exactly what you’re taking, why you’re taking it and how much.”

The two-year project is one of three U of A investigations funded by an Alberta Innovates initiative to address urgent clinical or policy knowledge gaps related to the efficacy and safety of cannabis in a real-world setting.

Bo Cao, assistant professor of psychiatry in the Faculty of Medicine & Dentistry, is leading a project entitled, “Predicting the risk of opioid misuses in patients using canna-

bis-based medicine and opioids,” which received \$299,717 in funding.

Suzette Brémault-Phillips, associate professor of occupational therapy in the Faculty of Rehabilitation Medicine, is heading up a project entitled, “Understanding Medical Value and Risks for Veterans: Medicinal and Recreational Cannabis Use,” which received \$300,000 in funding.



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Book review: “Women Unsilenced”

Women Unsilenced by
Jeanne Sarson and Linda
McDonald

Review by Eleanor Cowan

The following review
contains frank discussion of
sexual assault and violence.

Women Unsilenced is a guidebook for mature activist carers who have mastered the art of living in a world of both beauty and hideousness.

It's a non-fiction for activists who can attend their grandchild's fun birthday party in the morning, and in the afternoon, roll up their sleeves to deal with unspeakable evil. Women Unsilenced shares a two decades-long appeal to have non-State torture acknowledged by Canadian legal authorities.

Its aims are threefold – 1) to advance Canadian law to assist tortured women and girls to break their silence, 2) to demand civil society accept that family-based non-State torture happens and must be stopped and 3) to provide direction to carers of women and girls recovering from organized torture.

Tall orders in our disinclined patriarchal legal culture.

Feminist poet and writer Adrienne Rich identified the most familiar utensils employed by the patriarchy to groom women and girls to silence and passivity. These are ignorance, minimizing, caricature, distortion, and trivialization. Feminist writer Tillie Olsen called these “unnatural silences” and one terrible example is Canada's failure to name and criminalize non-State torture.

Torture thrives in silence

In their determined pursuit of legal justice for the victims of non-State torture, the authors also experienced that same ignorance, that same patriarchal trivialization of their vital service as well as belittling characterizations of themselves. A terrible fact remains minimized in Canada today, namely that there are active highly organized, skilled, and trained torture rings operating across our country. As I read on, I cringed that the authors' coordinated effort to rescue endangered women and

girls continues to be met with dismissal by authorities who could lighten the burden. But has not that insignificance always characterized the unacknowledged role of essential workers, especially women?

The authors describe the torturers of Sara, a young Nova Scotian woman who made the desperate call for help which began the authors' purposeful journey. “They were next-door neighbours who worked, played, and volunteered in mainstream society...some women but mainly men with enormous influential positional power. They are also farmers and fishers. In other words, torture-traffickers are from many walks of life. They are families and individuals who take pleasure in torturing and trafficking their daughters to organized like-minded deviants and their groups. Some perpetrators torture and traffic a spouse to buyers whose pleasure is also torturing.”

A couple of definitions

State Torture is the legal name for the specific, intentional, and studied military torture of infiltrators or spies who threaten our country. Our Canadian legal system specifies the word ‘torture’ to reflect exactly what happens in the bowels of the basement to those who imperil Canada. They in no way name it otherwise and are clear on the term ‘torture.’ They do not name it ‘Legalized State Abuse’. According to Canadian law, State-Tortured spies are entitled to full post-torture recovery care at the expense of Canadian taxpayers.

Non-State Torture, on the other hand, is the legally unacknowledged name for the specific, intentional, and studied torture of Canadians by other citizens which occurs inside inter-generational family-based torture rings.

To date, there is no legal recognition of the Non-State torture operated by families, aunts and uncles, neighbours, friends, and their often prestigious, professional, and sadistic community partners. So far, Canada prefers to minimize the name torture and to label Sara's consistent lifetime of torture as ‘abuse.’

The authors disagree.

They deem the intentional torture of women and girls “the intentional and purposeful destruction of Sara's relationship with/to/for Self. Sara lived every day under the threat of being tortured; therefore, we raise the question of whether naming what Sara suffered as abuse would ever be just.”

Correct vocabulary is a strong antidote to minimizing, distortion or trivialization. For example, Women Unsilenced has revised the notion of PTSD, or post traumatic stress disorder to a more accurate term, PTSR or post traumatic stress response. Women do not become disordered after trauma. Instead, we experience our response to trauma.

Women Unsilenced describes the nature and the MO of torturers. Organized, highly trained, and deceptive, members gather to study, refine, and practice their covert evilism on family members.

For example, Sara's torture grooming began in early childhood. As a toddler, her parents urged her to bang her head against the wall because the resulting black and blue bruises were so pretty. Hungry for parental affirmation, Sara complied.

At a later ceremony, she was carefully washed by her mother and aunts and ‘prepared’ for union to her father who impregnated her. Months later, Sara was made to eat part of her painfully aborted fetus at another ‘family gathering.’ She was often given choices to suffer hideous pain herself (burning, branding, insertion of objects into her body) or to relegate the torture to another child. Sara suffered terrible guilt when she chose to rescue herself.

At mandatory ‘Insider Night Schools’ offspring of the torturers are required to attend; children are obliged to remain silent when electric shocked.

This silence signals their allegiance to “the family.’ Also on the curriculum are quick methods of instant suicide. The children are conditioned to kill themselves should they be about to disclose their torture to a person of authority. In this way, their sudden deaths are classified as another immature, impulsive

child suicide. Further deviousness involves learning coded vocabulary.

For example, should a tortured child happen to wander off and be questioned by a concerned stranger or by the police, she is instructed to reply, ‘Oh, Daddy was visiting my mom.’ The true meaning would never be guessed. Translated, that means Daddy was penetrating her vagina. ‘Going home’ means oral penile rape and ‘taking the dog to the doghouse’ means anal assault.

Children are group-raped by torturer members who include police officers, clergy, pilots, and other nicely dressed local professionals hiding in plain sight in Canadian communities.

The book includes over 50 images of charts, diagrams, and model MOs of torturers, how they operate, their tricks, deceptions, likes and dislikes. For one example, Sara's clever torturers forced her to sign a letter blaming the authors for her suicide death, a demise narrowly avoided.

When Sara once disclosed the names of her torturers to the authors, both were appalled. They knew these professional community members who look no different than everyday families.

Formerly Public Health nurse managers in their Nova Scotia community, the courageous authors and human rights activists, Jeanne Sarson and Linda Macdonald, worked together for three decades despite concerted efforts to derail them. Nevertheless, they supported tortured women and girls, and meticulously compiled original recovery strategies to offer over fifty learning and recovery charts in this unique feminist guidebook. Thirteen chapters feature original, Self-affirming, and insightful approaches that serve dissociated torture victims. Re-employing something as simple as the alphabet, women are invited to apply a capital letter to the word Self. Dozens of such transformative initiatives have stayed with – and been adopted – by this reader.

Most often, professional carers write from a position of authority while maintaining a distance of personal privacy.

I found it refreshing that the authors share their intimate reflections about the impact of helping torture victims upon their lives, professions, and families. Such disclosure accomplishes a levelling this reader has never seen before. It equalizes both the givers and the receivers of the healing ideas offered.

Women Unsilenced sends the message that everyone involved is vulnerable. Everyone involved has responses to dealing with non-State torture. No one is above or below in the unique non-hierarchical feminist healing domain featured in Women Unsilenced.

With legal recognition of Non-State torture, Canada can rescue children dangling in cages in their basements after school, girls raped in the morning before school, and made to eat from bowls on the floor with their arms tied behind their backs.

Forced to ingest pills that cause diarrhea, they are required to ingest their own waste. We must acknowledge non-State torture and yes, legally name it, set laws against it, provide research about the perpetrators, and do our part to end it. It's hard to fathom this organized evil happening in Canada today, but it is real, and we must.

Two women alone can shoulder the burden for a limited period of time only. The torturers know this. They count on an expiry date.

Therefore, the authors' goal of legal recognition of Non-State torture is so that all manner of professional attention will be paid to all forthcoming victims. To this end, they've traveled to conferences in Europe and out-reached world-wide and learned that organized non-state torture rings go well beyond our borders.

Today, the authors welcome the collaboration of journalists and radio show hosts, and human rights activists in every profession who support their urgent work. With legal acknowledgement of Non-State torture, Jeanne and Linda will see their work continued not by two, but by hundreds of caring professionals who won't have to start from scratch. Women Unsilenced is their best primer.

The Case of the Vanishing Pocket

By Barbara Ellis

With all the sitting I have been doing in the past 18 months or so, my body is sadly out of shape. I have trouble standing up and once I do, it takes several steps before I can straighten up and move in a normal manner. My joints — particularly my left hip — complains like crazy and in fact, none of my body parts want to work properly.

And, if that wasn't enough, my sleeping habits are atrocious which sometimes turns me into a bit of a zombie. I am also convinced that my lack of sleep makes me susceptible to brain fog, also known as "senior moments." Case in point, yesterday was not one of my better days. I had not slept well and felt somewhat dozy when I sat down with my morning coffee.

After reading my new e-mails on my iPad, I decided to do a little tidying up and delete some of them. I try to keep ahead of these e-mails but they grow like

a field of dandelions and so it was time to clean house, so to speak. I decided to begin with my "trash" file. I took a quick look to make sure that I didn't want to keep any of them and then hit delete. A little note appeared at the bottom and asked, delete all? and I immediately clicked on it and presto, my trash e-mails were gone. I decided to tackle my "sent" e-mails next. To my surprise when I opened up this file, it too was empty.

Then it dawned on me that I had deleted everything! Yep, all my e-mails! Every piece of correspondence from every file. What a dope! I should have realized that when that little computer gremlin asked me "delete all" in red, it was trying to tell me something. For a few seconds, I sat like a statue trying very hard not to reach my boiling point too quickly. Too late.

Boiling point rushed up from my toes and erupted out of my mouth with a loud "idiot". Temper under control, sort of, I de-

ecided that I had better get on with the rest of my day. I had a bit of running around to do and it was already past nine and I was still in my pajamas. Time to hop into the shower and hope that the spray of water would not only clean me, but wake up my brain as well.

Showered, teeth brushed, time to get dressed. I was really running late so no time for breakfast. I decided to put on a pair of pants that had not seen the light of day since my trip to Australia in 2018. They were a little tight and not at all comfortable, but then, nothing these days fits well on my very well-nourished body.

Oh, for heaven's sake woman, I chided myself, you only have two places to go to, so get on with it. It did not take me long to pick up a package for a friend of mine at Michael's and then to buy some stamps at London Drugs. Chores completed, I was ready to go home. My good humour was returning and I felt quite contented

as I drove into the garage. When I got off the elevator I headed straight for my friend's apartment to give her the package. She was pleased to get it and asked me if I had time for a coffee? Sure, why not? after all, I had nothing much planned for the rest of the day.

I had my house keys in my hand and decided to put them in my pocket so as not to lose them, but when I reached down to where the pocket should have been, amazingly there wasn't one.

This seemed very odd because I knew these pants had a pocket and as I felt around my hip for the elusive pocket, my hand reached further back and voila, I found it. The opening was resting on my backside — I had put my pants on backwards! "Irene", I cried, "Look, I have been parading around Michaels and London Drugs wearing my pants the wrong way around!"

She took one look at me and burst into fits of laughter as she collapsed into her

big armchair. "OMG, stop laughing, it's not funny!" I said as I glared at her. "Yes, actually, it is," she managed to get her words out in between giggles.

"Oh, I wonder how many people saw me and must have thought I was crackers? But then, I suppose it is kind of funny in a very stupid sort of way." "Oh, forget it", she said, "let's have some coffee". I am still very embarrassed when I think about this, but secretly admit that I can see some humour in my actions. No doubt, this will go down as one of the dumbest things I have ever done. This was far more than just a "brain fog" or even a "senior's moment" and more like the actions of a sleepy person. It is bad enough that my hearing is going, I have problems with my right eye, my body does not work and now my brain won't co-operate.

Wonderful this business of getting old. Welcome to my eighties. If this keeps up, then this is going to be a very interesting and eventful decade for me.

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By Deborah Maier

Soft and fuzzy, white and green, lamp-ear-shaped leaves are identifying features of *Stachys byzantina*, a plant commonly called lamb's-ears. Having never caressed a lamb's ear, I cannot vouch for a similar feel between the plant and the animal, but I can say that the downy softness does remind me of puppy fur. This tactile property of the plant makes it a popular addition to gardens visited by children, though I think we can all appreciate its velvety softness.

The layer of white over the green of the leaf, giving it a silvery look and the soft texture, is caused by fine lanate hairs, known as trichomes. Just like hairs on animals, trichomes provide protection to a plant. Trichomes can reflect sunlight, provide insulation, reduce evaporation, provide an obstacle to hungry insects, and make the plant unpalatable to herbivores. In fact, worth noting by Calgary gardeners, lamb's-ears, with its

fuzzy leaves, are deer and rabbit resistant.

The soft green of young leaves reminds me of the sugar-coated, leaf-shaped, mint gummy candy. Which seems appropriate since *Stachys byzantina* is a member of the mint family (Lamiaceae). As the plant ages, it takes on a more silvery-white appearance.

The reflecting and insulating protection provided by the hairs that give the plant its colour, means that *Stachys byzantina* can be planted in full sun, in some of our harshest summer conditions (though it will also tolerate partial shade). It can be grown in rock gardens, close to roadways and sidewalks, and along the edges of border gardens—in locations that are hot and dry. Once the plant is established, which can take up to three years, it is drought-tolerant and should survive on rainfall alone.

Some gardeners find Lamb's-ears hard to grow, while others think it's taking over their garden. What makes for success or failure are the growing conditions. It is a great

plant for a well-drained, full sun, south-facing location. The soil should not be too fertile. These conditions can be inhospitable to other plants so there is little competition for space, and it will spread. This is great if you are using it in a location that is too challenging to grow other plants. However, it's ability to spread when the conditions are right, is what can be over whelming for some gardeners.

Paramount to its survival is good drainage. Leaving the plant in constant moisture invites crown rot, especially if temperatures are cool. In the Calgary area, Lamb's-ears may be lost in the early spring if water from snowmelt pools where they grow and keeps it wet.

In warmer regions, *stachys byzantina* is an evergreen plant. It will keep its leaves all win-



ter long. Here, over winter, the leaves dry out. In the spring to clean it up, I gently run my fingers through the leaves to shake the dry ones off. Afterward, the plant will sprout new leaves and fill in quickly,

While grown primarily for its foliage, it has flower stalks that start appearing in July. Many people remove the stalks as they consider them unattractive, but I think the periscope fuzzy club of flowers it grows is interesting. The flowers attract pollinators. In my garden, a flower that keeps beneficial insects happy is worth keeping.

It's colour, hardiness, texture (both visually and physically), low-water needs, and drought-tolerance is why lamb's-ear is one of the plants selected for the YardSmart Garden Bed Design for Full Sun guide, created by the

City of Calgary in partnership with the Calgary Horticultural Society. In the guide, lamb's-ears is placed along the edge of a bed filled with *Stella d'Oro* daylilies, *Baptisia*, *Salvia*, snow pavement roses, Siberian irises, purple coneflowers, and a feature plant peony. You can download a copy of the guide from The City's (Calgary.ca) or the Society's (calhort.org) websites.

Lamb's-ears is just one of the attractive and interesting plants that can be grown in Calgary while being water-wise. Using plants that are resilient and can handle Calgary's variable weather will make gardening here more enjoyable. To learn more about gardening in the Calgary area, visit calhort.org.



Photos courtesy of Deborah Maier.

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Welcome to the sushi-less Olympic Games



Photo Courtesy of Matt Lee, accessed on Unsplash.com

By Sylvain Charlebois
Dalhousie University

The Tokyo Olympic Games are finally upon us. Most of the attention will be given to the athletes, the sports, the empty stands and, of course, COVID-19. But every Olympics brings the gigantic task of feeding an entire village of high-performing humans from all over the world.

In Tokyo, that means organizers need to feed 48,000 people every day amid a global pandemic.

Unlike previous Olympics, athletes aren't allowed to go to restaurants outside the village, so the food offering needs to be tasty yet comprehensive and appropriate for all diets. Organizers are offering over 700 menu options, which they say is a record.

From fresh roti from a clay oven to conchiglie, you can get almost anything in the village. No matter where you're from, you should be able to find what you need.

Diets will be separated into three main groups: Western, Japanese and Asian. The latter will include Vietnamese, Indian and Chinese foods.

As with every aspect of the pandemic-postponed Olympics, the virus will cast a long shadow on how people are fed. Most meals served

during the Olympics will be informal dishes – no formal dining. The main two-storey cafeteria has 3,000 seats, supported by 2,000 staff at peak hours.

Big delegations like the United States, Russia and China will have their own facilities. Food is available 24 hours a day in the village and all of it's free.

Seating has been reduced and athletes must keep mealtimes as short as possible. Since athletes must leave the village within 48 hours of the end of their event, food facilities will likely get less busy as the games move on.

People in the village will have access to staples such as ramen and udon noodles, accompanied by miso, a well-known fermented soybean paste central to Japanese cuisine. Grilled wagyu beef, okonomiyaki, sashimi and oden will also be available. And of course, the highly coveted bento box will be available, along with zaru soba, sukiyaki and takoyaki. All these traditional Japanese dishes are loved by many around the world.

However, due to stringent food safety rules, sushi, of all things, won't be available. Only

canned tuna and cooked shrimp. This will likely come as a disappointment as sushi is arguably the most well-known Japanese dish for westerners.

One can only assume that the last thing Olympic organizers want during a pandemic is a foodborne illness outbreak, so health-care services remain on alert for a potential COVID-19 wave.

As with anything food-related these days, meals will accommodate just about every religious and dietary restriction. Tokyo will be the first Games where an entire gluten-free section is offered.

Beyond the village lies the incredible complexities of making a food supply chain work to feed the Olympic athletes. Supply-chain experts know that 30 per cent of costs and more than 70 per cent of problems in transportation occur in the last mile, from warehouses to the Olympic village.

And this is Tokyo, one of the most populous cities in the world, where close to 38 million live. Travelling anywhere in the region can take hours.

Yet fresh, safe food has to be delivered daily to the village.

To add to the difficulty, there's also an extra layer of surveillance and quality assurance. With the sketchy history of performance-enhancing drug use by some delegations, the temptation to taint food is always there. Athletes are always one burrito away from losing a medal. So the entire food supply chain needs to be highly secure.

As if COVID-19 wasn't enough for organizers, Tokyo is expected to experience 30C-plus weather for most of the Olympics. Keeping everyone cool will be a challenge. Nations will be allowed to bring recovery drinks and snack packs. So some aspects of food supply will come from the delegations themselves.

Tokyo will be a very different Olympics, and the food facet will be no exception. At least organizers won't need to figure out how to feed thousands of fans at events, since they won't be there.

Let's hope COVID-19 doesn't ruin the Games, one way or another.

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ConnecTour; Biking across Canada

Doug Firby is part of a group of Canadians who call themselves ConnecTour. Starting on May 28 in Kelowna, B.C. (B.C. travel restrictions derailed a planned start in Victoria), they hope to make an 8,000-km bicycle journey across the country, discovering how the COVID-19 pandemic has reshaped our lives and our sense of community.

The following include parts four, five and six. The first three parts were published in the July issue of Kerby News, available to read on KerbyNews.ca

Folks who live in the interior of B.C. like to joke that this month is “January.” One day it can be scorching hot and the next day you can be deathly cold.

Knowing you’re at the mercy of the weather can be a pretty abstract concept until you live it up close and personal in the valleys and mountains of this bipolar province.

In the past few days, we’ve experienced extremes of weather that seemed to show us no mercy at all.

The first was an arduous ride out of the desert-like Osoyoos district during a heat wave that drove mid-day temperatures to 36C. That day, we climbed about 870 metres in elevation over a distance of about 20 km.

For those who haven’t done this on a bicycle, those numbers probably won’t mean a lot. Let me help picture it – imagine doing a spin class at the gym, and

the instructor is yelling at you to go harder and harder. Then imagine that instead of a five-minute burst followed by a cool-down, you do that extreme exertion for four, five or six hours.

We left Osoyoos on our bikes – each loaded with full camping gear and enough food and water for the day – shortly after 7 a.m. Our plan was to ride the toughest part of the hill on Hwy 3 east in the coolest part of the day.

On a long, continuous ride, the secret to success is the “granny gear” – the lowest gear on your bike. It moves you ahead slowly but with the least amount of effort possible. Anyone who tries to climb faster than that is doomed to collapse in exhaustion long before the summit is in sight.

Our challenge was Mount Anarchist, which seemed like such an appropriate name for the looming monster ahead of us. Although we had only a few days to build strength and stamina, we were determined to slay the beast.

Lunch was by the side of the road around 2 p.m. We had made great progress but still had kilometres to go.

Eventually, we cracked the summit, only to discover after a few kilometres of relatively easy riding that we had another 100-metre climb. By then, fatigue and heat exhaustion were taking their tolls.

We ended up making camp in the Midway’s municipal Riverside Campground, where – as in almost every



Photos above and below courtesy of ConnecTour.

place we stopped – people who greeted us almost universally said, “You’re riding to where?”

St. John’s, N.L. Most days, I still can’t believe it myself.

Two days later, we faced an even bigger challenge under even more onerous weather conditions.

Leaving Grand Forks, we rode out of town with Rick’s friend Wayne, and then carried on to the resort town of Christina Lake, where we stopped for a coffee and snack at the friendly visitors’ centre.

All of us were trying not to talk about what awaited us – an 1,100-metre climb up over a summit and then down the road a few kilometres to Nancy Greene Provincial Park.

After a roadside break for lunch, we noticed the sky clouding over and felt a light sprinkle. We threw on

our rain jackets, but all – in retrospect – were in denial about what we were about to encounter.

The light rain settled into a steady downpour and we quickly realized we were too late getting into our full rain gear. By then, we were chilled and still faced a couple of hours of steady climbing. Transport trucks, cars and four-by-fours roared by us, some so close we were showered in road spray and rocked by the wind gusts.

I thought to myself, “If only some of those drivers could see our world from the seat of a bicycle right now.”

By the time we reached the summit, we were all deeply chilled – almost unable to squeeze our brakes – on the descent to the campsite at Nancy Greene. Lisa and I were so cold, we took refuge in a rest stop washroom, the only place we could find that allowed us

to warm our hands and add every last piece of clothing possible.

By the time we made the campsite, a couple in a Subaru pulled up to make sure Lisa and I weren’t in serious trouble. Just another in a growing number of strangers who regularly show kindness and generosity. Fortunately, at the campsite there was an old lodge where we sheltered until the chill died down.

Rick, ever the organized traveller, had set up the campsite and lit a fire. As the day’s rain gave way to a late afternoon sun, we set up for a cozy night. Lisa and I were so thankful for our resourceful co-travellers who were there to greet us and help us recover from a day that truly tested our stamina and resolve.



From the dated, wood-frame exterior, it would be easy to dismiss Hotel Ymir (pronounced 'why-mer') in Castlegar, B.C. as just another ramshackle old remnant of British Columbia's mining heyday, relying on income from the eerie glow of video gaming terminals to eke out a marginal existence.

But stepping inside is a bit like diving down the rabbit hole.

Although its origins date back to 1896, this isn't an old, broken-down piss-tank. The hotel where the ConneCTour stopped to visit is, in fact, a rich repository of some of Canada's finest artists accented by a random collection of artifacts gathered by the owner's travels around the world.

The owner is Hans Wilking, a former nursery farm operator on Vancouver Island who will turn 89 in September. Since he acquired the former biker bar in this central B.C. near-ghost town in 2005, he has been slowly rebuilding and filling it with an art and artifact collection valued by some at more than \$2 million.

"Sixty years a packrat," he chuckles as he sits in a recliner where he is giving himself a treatment to help ease the pain from two cracked vertebrae he received in a fall last winter.

During COVID-19, the lounge's main room is filled with large stuffed dolls — lions, kangaroos and bears — seated at tables that patrons would normally use. Yet, these are only a temporary distraction from the dozens and dozens of visual unicorns in every direction you gaze.

By the door is an original painting by renowned Indigenous artist Norval Morrisseau, one of dozens of pieces in Wilking's collection. Because of COVID concerns, Wilking says we're not invited to view the gallery of Morrisseau's works decorating the second-floor hotel hallway; others are stored in a secure building in nearby Salmo.

Of the estimated 400 original paintings and artifacts are works by Allan Edwards, E.J. Hughes, Richard Priest, Paul Ygartua, Marilyn Sunderman, and sculptor Simon Charlie. Many, like Morrisseau's works, were bought when the artists were relatively unknown. In fact, Wilking says he knew many of them personally, including Morrisseau when the artist was old and battling alcoholism on the streets of Vancouver.

"He was quite a character," says Wilking, with characteristic understatement.

The ceiling is adorned with hand-painted batiks from India that Wilking uses as sound-deadening.

Carvings in the Pau Hana room include Salish works, as well as intricate masks and totems collected during travels he and his now-deceased wife Isabelle made to New Guinea and other nations in the South Pacific in the winter months when the nursery in Duncan was closed.

Behind it is the outdoor gnome garden, with dozens of the little creatures assembled around the showpiece carvings of two bears.

"I need to get out and oil those," says Gilles, the faithful carpenter who helped Wilking restore and expand the hotel and who now acts as its bartender and manager. Rooms, he notes, still start at \$59 a night.

There's also a collection of musical instruments that include a standup bass, a harp, an electric piano, an accordion, guitars and a banjo. These are not eye-candy — the pub has a Saturday night jam in which a lot of them are used by local musicians.

Wilking came by his collecting habit honestly. His maternal grandfather collected art, including early Picasso works, in a hotel in their native home near Bremen, Germany. That collection was confiscated by Soviet soldiers at the end of the Second World War and never returned, but the inclination to collect carried on with Wilking.

"We always collected art," says Wilking.

I ask Wilking what the future holds for his beloved collection and he admits to some uncertainty.

"That's a good question," he shrugs. "I'd like to keep it all together."

Gilles says various art galleries have expressed interest in portions of the collection but no one has shown interest in having it all.

For now, the only way to see this overpowering collection is to head to Hotel Ymir and buy a pint. It's unlike any pub you're ever going to see.

Sherry Parsons lives in a home full of ghosts in an out-of-the-way former mining town in British Columbia's East Kootenay region. And she's okay with that.

Parsons, 74, and her husband, Michael, built a house next to the historic St. Peter's Catholic Church in Moyie, B.C., after strug-



Photo courtesy of Mark Basarab. Accessed on Unsplash.com

gling for years to gain title. Finally, through a twist of travel fate, the ConneCTour group has landed at her yard looking for a place to stay.

Gaining title to the property wasn't easy — the former Fort McMurray, Alta., resident eventually found the owner, Mary, the madam at a brothel that operated on the site in the 1960s. Parsons chased her down at a bar in nearby Yahk and convinced her to sign over the title to the land in about 1985.

The land was the site of a Catholic church in Moyie and then was a home of, as Parsons says, "ill repute" during Moyie's brief heyday of mining galena, a source of silver.

As was common in historic Western Canadian mining towns, the rough-cut dreams of hard-drinking, get-rich-quick prospectors came up hard against the brutal reality of the 'service industry' — young women pressed into prostitution at the behest of a merciless madam, who operated more like a slave-master.

The brothel in question, however, came much later — Parsons said a man named Gus Rudd won the building in a poker game about 60 years ago and decided to turn it into a brothel. The madam also had some backup muscle, a big strapping man known as Bubba, who would be turned loose on the girls when they got out of line.

The women were angry and fearful of the enforcer

and the beatings that came their way if they got on the wrong side of Bubba.

Parsons believes the ghosts of those women have never left the place where they were forced to ply their trade. After Parsons and her husband built their home and moved in around 2005, they noticed something odd in their home — a presence that would set the pets howling in fear.

"It's haunted, definitely," said Parson. "From the ladies of the evening. The church was dismantled years ago, and they put in a little brown shack."

It didn't take long to discover the ghosts in their home.

"The first clue was little wisps of smoke but it wasn't smoke," said Parson. "It was a fog. And the animals immediately alerted us to it."

"And I knew, because of the history, and having a bullying madam, a mean bitch. And she said to me, 'The only time I'd sic Bubba on the girls was when they fought over jewelry or those boa feathers. Other than that, if they plied their trade in the way they knew how I didn't have to send Bubba to beat them up.'"

Parsons says she doesn't fear the ghosts because she understands the spirits of these girls have "no place to go" after they've been bought and sold. These women stayed angry, "And very few prostitutes ever were successful."

Parsons found that the

former madam, Mary, had no assets and so she was determined to acquire the property. She said the legal wrangling to get clear title to three adjacent properties lasted from 1985 to 2003.

This is a compelling late-night ghost story for the six members of the ConneCTour group, who landed here after a day in the rain. We were tired and looking for a dry place to stay and Parsons offered the Catholic church, which is only occasionally used for services.

Some of our group chose to sleep outside in tents rather than risk the ire of these troubled spirits. Two brave souls slept inside.

There was a vaudevilian quality to the kindness Parsons offered our bedraggled group, but it was as authentic as the freshly baked chocolate chip cookies and hot tea she brought over to us. The price of admission this night was to be entertained as Parsons retold the local folklore, spiced up with her bits of folk wisdom.

She prides in being a tough old broad who takes guff from no one. But, to anyone who offends her, she warns, "I'm going to dropkick you through the goal posts of life, from which you will never return."

For us, Moyie is no longer just another pointless side trip off the highway. Instead, it's a community steeped in history and in the spirits of those hardy pioneers.

Kerby expands to Medicine Hat programming

By Richard Parker

My name is Richard Parker and I am President of the Kerby Centre Board of Directors. I am very pleased to tell you that on Aug. 3, 2021, Kerby will start delivering services and programs at the Veiner Centre in Medicine Hat located in the new purpose built seniors centre constructed to replace a building that was destroyed in the 2013 flood.

The Veiner Centre, which has provided a wide variety of seniors program to Medicine Hat area citizens for many years, has been run until now by The City of Medicine Hat. We at Kerby are delighted to have been selected by the City of Medicine Hat to take over operating the Centre and associated facilities.

In taking over the operation of these facilities it is our intent to make the transition as smooth as possible for everyone. We plan to maintain the services and programs that have been provided, while exploring the potential to offer a range of new opportunities.

The first program we will take over is Meals on Wheels and look forward to providing this service, with the many volunteers who have been helping deliver meals to those in need throughout the area.

We also know that many of you have enjoyed using the facilities for a wide range of activities such as clubs etc. and we look forward to working with you to continue these.

New activities we are



Photo courtesy of the City of Medicine Hat

looking at include providing access to Kerby's expansive seniors information resources, intergenerational activities such as seniors helping youngsters to read virtually; a Cyber Seniors program that helps seniors get comfortable with all aspects of technology through one on one interaction over the phone or Zoom.

Before calling for proposals to operate the Centre the City had consulted a range of groups and people familiar with the needs of seniors and older adults and

all of the information they collected, including many ideas for new programs, has been provided to us and will be very useful as we plan for the future.

We also look forward to continuing dialogue with the community in a variety of formats such as an advisory committee.

Over the past month we have been very busy hiring local staff to run the facilities and programs and have been very pleased with both the degree of interest and high quality of applicants. These

people will help us ensure we are providing appropriate services and programs to serve you and I know you will enjoy meeting and getting to know them.

One activity we are looking forward to is raising funds to support the Centre. We are going to start our fund raising efforts with a new activity on Saturday September 18 when we would like you to join us in the Grand Parade. This is an opportunity to walk in support of seniors in Medicine Hat.

This five kilometer walk

will start and finish at the Veiner Centre so, in addition to exercising and supporting our seniors, you can drop into the Centre to explore all that we have to offer there. More details regarding the Grand Walk, including how to sign up to participate in it may be found at <https://thegrandparade.org/location/medicinehat>.

This is an opportunity for people of all ages to participate in a fun activity that will enable us to get to know you and you us. I look forward to seeing you there.

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Why is there so much hate to be found?

By Donna Thorsten
Rainbow Elders Calgary

When I first started to write this month's article, I was mad! Mad as H. E. double hockey sticks! My fingers pounded furiously on my laptop and I'm sure I saw smoke coming from the keys, in fact.

I typed and typed, enraged about this strange, new, hate-filled era in which we have found ourselves these days. It appears that our country has become one of prejudice, racism, bigotry and hatred. A Canada I don't recognize.

I was ranting. That feels great every now and then. Letting some steam off, preferably with an understanding friend who doesn't mind it when you want to get things off your chest, can be a great release for pent-up frustrations. I then realised that you, kind readers, might not appreciate me ranting on and on, so I altered my approach somewhat.

Gay people are familiar with bullying and nastiness. Despite the progress we have made regarding gay rights, wicked people still consider it okay to spread their hatred by attacking, threatening, bullying and even spitting at us.

Why my private life is anyone's business is mind-boggling. I am a white, cis-gender lesbian and can easily just blend into the crowd. but if I choose to wear some of my rainbow paraphernalia, I am suddenly identified as somehow being different, (different from what, I don't really know) but sometimes I get a raised eyebrow or two; sometimes a comment. How anyone could simply decide that it's just fine to hurt others is truly astonishing. Who gave them the right to behave in such a way? Who would have the nerve to act in such a manner? Who taught them that it's just fine to be full of hate?

The time has come for all of us to stand united against the horrendous behaviours of some members of society! It is NOT okay to spit in someone's face or attack or threaten someone just because they are Asian or Indigenous or Muslim or Jewish or Sikh or a different colour or gay or old or... well, you get the picture.

Like many Canadians, I was shocked and disgusted by the news that some wicked monster decided that it was just fine to plough his car into a family of Muslims while they waked in a park

on a quiet Sunday in London, Ontario.

Four people were killed: Salman Afzaal, 46, his wife Madiha Salman, 44, Salman's mother Talat Afzaal, 74, and the couple's daughter Yumna Afzaal, 15. Their son, nine-year-old Fayez was badly injured and hospitalized and orphaned. I mention their names out of respect

How does one respond to events like this?

I decided that I would show some form of support so I attended a vigil outside City Hall which honoured the London family. There were hundreds of us from every walk of life, all showing solidarity against hate-motivated violence. With numerous speakers speaking about Islamophobia and

Xenophobia, it was a very powerful event. I felt very, very moved and more determined than ever to never remain passive.

One often feels helpless and wonder what can I do? Can one person make a difference and if so, how? Well, every action we do sends a powerful message to someone. It shows support and compassion says that you will not accept this violence and hatred. It also models your values to others who look up to you because after all, this behaviour is learned from someone.

Can you imagine not wearing a poppy on Remembrance Day? We do so out of respect and to acknowledge the sacrifices that thousands and thousands of Canadians have made over

the many decades. The poppy symbolizes what we must never forget. But can you also imagine everyone wearing a pink shirt once a year on Pink Shirt Day, Feb. 23? Wearing a pink shirt that day symbolises a stand against bullying. What a great idea! By the way, this Anti-Bullying Day all started in Canada and has spread to nations around the world.

These days, however, are all Orange Shirt Days. The nation has been shocked and been shaken awake to the terrors of Canada's secret shame: residential schools. As I write this in mid-July, over 1300 graves have been discovered close to former residential schools. Over 150,000 Indigenous children were taken from their parents, sometimes at only

four years old and — well, it's horrific! Perhaps if we take some time to educate ourselves and our children, grand-children and friends regarding unbelievable government policies. It is appalling to learn how Indigenous people have been treated by white colonists and eye-opening to see how much damage these things have done.

So, these are indeed orange shirt days. Wearing orange is but one way of spreading awareness about residential schools and the damage they have done. It also shows support and concern for our Indigenous friends and neighbours and the challenges that many have to deal with every day.



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Elder LGBTQA2S+ leader honoured



Photos courtesy of Stephen Ditchburn

often honours famous locals by naming the various green spaces and parks located within after individuals. Lois Szabo is one of the latest people to have a space named for her.

The Lois Szabo Commons is located at the northeast corner of 9th Street and 16th Avenue S.W., right in the middle of the Beltline.

It's a gorgeous greenspace with an area for performances and gatherings, which is appropriate for why Szabo was chosen. Szabo is the last surviving member and founders of Club Carousel, Calgary's first gay club.

It began in the 1970s and acting as a hub for the LGBTQA2S+ community. "Club Carousel provided a community hub for social activities and political activism, bringing about a platform for organized human rights efforts," Mayor Nenshi said at an event marking the park's designation on July 21.

"The best citizenship is someone who plants a tree under whose shade they will never sit," Nenshi said. Although honoured by the recognition, Lois insisted that it wasn't about her, but rather about the struggle for gay rights. Lois said, "in the fresh air and sunshine, this public space is a celebration of human rights."

"I want to stress the progress in human rights which have crept forward in the past 50 years. But remember, nothing is carved in stone and we gays and our allies must never become complacent. Homophobia still exists everywhere.

Even with the advances we have made, we continue to be very vulnerable to the various policies of political parties and religious leaders."

Szabo, now in her 80s, is a member of the Rainbow Elders, a group of LGBTQA2S+ older adults who continue to work towards education, acceptance and understanding in Calgary.

By Andrew McCutcheon with files from Stephen Ditchburn

The City of Calgary

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Our mysterious monolith appearance

By Angie Friesen
Kerby News Columnist

Sometimes in our lives, we encounter moments that are filled with magic, wonder and mystery. Our family was so very lucky to have something very special happen to us over the pandemic. On Dec. 21, 2020 — we were gifted a monolith.

What exactly is a monolith? Its a large obelisk/column like structure often made from stone or shiny metal. You may recall hearing in the news of random monoliths appearing all over the world, then suddenly disappearing within about a 24 hour period. Its a mystery as to who places them, why and often how.

On the evening on Dec. 21, 2020, our family was preparing to take our dog out for our evening walk. Suddenly, I heard my daughter proclaim: “Mom?! What

the heck is THAT?!”

When I stepped outside into the frosty air, I looked up at the shiny, large structure towering higher than our roof, all I could do was laugh. My son then asked: “Is this a prank? Do you know who did this?”

Both my husband and I knew that the act was likely the workings of close friends. You see, 10 years ago on Halloween night for several years, a group of friends would masterfully create these elaborate jack o’lanterns. (All Star Wars themed, as my husband and I are huge fans).

They would secretly leave them on our doorstep, then call our landline from a payphone and leave a fun message for us to hear. I think this went on for about five or so years.

On the final year, we received a beautiful jack o’lantern and next to it was a disc filled with photos over the years of

our two sets of friends completing all of their secret missions.

It was so special and fun and we will always treasure the experience of our “Halloween Phantom.” Several years later, one of our dear friends in this group passed away and he left behind this beautiful fun filled legacy. So it wasn’t a surprise that we suspected one of our other three friends being the mastermind (or minds) behind the monolith. I spoke to this special group of friends, and they assured me they had nothing to do with it and it appeared that we had a new admirer.

We took many photos with our monolith, even some neighbours took the opportunity to turn it into a fun socially distanced photo op. It brought a lot of smiles through those winter months. Each day, a family member would take a peek out the window or door to see if it

had disappeared and to our heart’s content it stayed.

When Spring arrived, we decided to relocate the monolith to our patio. It was quite heavy and my husband managed to move it with the use of our dolly. We weren’t sure if the creators of it were wanting it back, but we figured that when the time was right, they would eventually reach out. We had some ideas about possibly re-purposing it...but for now it remains as is.

On June 18, we had my parents and some close friends over for a BBQ. Having the monolith close by, it was not hard to bring it up into conversation. My mom asked if we had any idea who was behind it.

And all we could say was no, but we hoped that it could stay. Later in the evening, as we were saying our goodbyes. Our friend said that they needed to get something off their

chest. It took me by surprise and I was hoping it wasn’t going to be an awkward conversation.

Instead he said: “It was us. We’re behind the monolith.” All we could do was laugh. Our family said that we took the prank, as a “prank of love” and how we so appreciated the entire experience, and how special it was to be chosen. We also learned that the photos and monolith updates I did on social media in turn also brought them joy.

They got to see how well the monolith was received and how it brought in some love and light into the year 2020.

Our family went through plenty of ups and downs over the last 16 months (as all of us did), but this is one memory that I will never forget and I certainly love sharing the story of our “Mysterious Monolith.”



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Online at www.kerbycentre.com
By mail to:

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Calgary AB, T2P 1B2
Attn: Education & Recreation



Membership Saves

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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.
Workshops are non-refundable.

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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.

Welcome Back!

We can't wait to see you all in person again!!



Active Living Courses



Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong

Instructor: Adrian Buczek

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

A62 Thursday Sept 2 – Oct 7
2:15 – 3:15pm Gymnasium



Fitness with Dan

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.

A63 Wednesday Sept 8 – Oct 20 (No Class Oct 6)
10:00 – 11:00am Gymnasium

Muscle Strength & Core Balance

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.

A64 Friday Sept 10 – Oct 22 (No Class Oct 8)
9:00 – 10:00am Gymnasium

Gentle Return to Fitness

Instructor: Bonnie Field

Welcome back to fitness! We are going to take this slow. Coming back from a year of Covid lock down or healing from injury/surgeries can make you feel like you are starting from scratch. If you want to start slow and get back into the swing of it, you are not alone. Let us help you stretch your mind and body by learning ways to improve your wellness, breath work and core activation.

A65 Thursday Sept 2 – Oct 14 (No class Sept 23)
9:00am – 10:00am Room 205

Salsa Workout

Instructor: Bonnie Field

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

A66 Monday Sept 13 – Oct 25 (No class Oct 11)
1:00pm – 2:00pm Gymnasium

Line Dancing

Member \$39 Non Member \$69

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.

A67 Thursday September 2 – October 14 (No class Oct 7)
1:00 – 2:00pm Gymnasium

Movement Learning (Feldenkrais Method)

Member \$39 Non Member \$69

Instructor: Ryan Hoffman

Movement Learning 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 movements are done on a mat on the floor and no experience needed.

A68 Monday Sept 13 – Oct 25 (No Class Oct 11)
9:00 – 10:00am Room 205



Pilates Fusion

Member \$55 Non Member \$85

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.

A69 Wednesday Sept 22 – Oct 27
2:30 – 3:30pm Room 205

Gentle Seated Yoga

Member \$39 Non Member \$69

Instructor: Gina Komanac

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.

A70 Wednesday Sept 1 – Oct 13 (No class Sept 15)
1:00 – 2:00pm Room 205

Zumba Gold

Member \$39 Non Member \$69

Instructor: Maaik Seaward

per course

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!

A71 Tuesday Sept 7 – Oct 12
10:00 – 11:00am Room 205

A72 Thursday Sept 2 – Oct 14 (No class Oct 7)
10:00 – 11:00am Gymnasium

Academic Courses



Arts

Arts in the Afternoon: Acrylic Member \$119 Non Member \$149

Instructor: Carol Marasco

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

All supplies are included.

B15 Wednesday Sept 8 – Oct 13
1:00 – 3:00pm Room 313



Expressive Art Workshop Member \$15 Non Member \$45
per workshop

Instructor: Alicia Zubot

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

Supplies not included

B16 Monday Sept 13
10:00am – 12:00pm Room 313

B17 Monday Oct 4
10:00am – 12:00pm Room 313

B18 Monday Oct 18
10:00am – 12:00pm Room 313

Watercolour: Advanced Techniques Member \$139 Non Member \$169

Instructor: Katy Morris

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

Through a greater development of techniques, we will be focusing on colour theory, form and structure.

Countryside

B19 Friday Sept 10 – Oct 15
10:00am – 3:00pm Room 313

Spanish

Member: \$85 Non Member: \$115

Instructor: Norah Hutchinson

per course

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

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

B20 Monday Sept 13 – Oct 25 (No Class Oct 11)
10:00am – 12:00pm Room 311

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

B21 Tuesday Sept 7 – Oct 12
1:00 – 3:00pm Room 311

Spanish Grammar III A continuation of Spanish Grammar II. For those students 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.

B22 Tuesday Sept 7 – Oct 12
10:00am – 12:00pm Room 311

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

B23 Thursday Sept 2 – Oct 7
1:00 – 3:00pm Room 311

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

B24 Wednesday Sept 8 – Oct 13
10:00 – 12:00pm Room 312

Spanish Conversation I This course is designed for students who have finished levels 1 – 5 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 V.

B25 Wednesday Sept 8 – Oct 13
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.

B26 Monday Sept 13 – Oct 25 (No Class Oct 11)
1:00 – 3:00pm Room 311

Sing & Play



Singing Circle

Member: \$39 Non Member \$69
per session

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."

This class has been divided into two sessions to adhere to distancing requirements. Register for one session only.

B27 Thursday Sept 9 – Oct 14
10:30 – 11:30am Room 312

B28 Thursday Sept 9 – Oct 14
12:30 – 1:30pm Room 312



Ukulele

Introductory Level

Member: \$50 Non Member: \$80

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 will 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. If you do not own a ukulele, please contact the Education & Recreation Department at 403-705-3233 for purchasing information.

Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.

B29 Wednesday Sept 8 – Oct 13
11:00 – 12:00pm Room 313

Ukulele

Intermediate Level

Member: \$50 Non Member: \$80

Instructor: Barry Luft

This ukulele class will be a direct follow up from the introductory-level course and will include a healthy review of basics with lots of strumming and singing. New keys, chords, and strums will be explored in order to add color to your playing. Alumni are also welcome to register for brushing up on skills, keeping their playing going, and receiving further advanced instruction.

Pre-requisite: an introductory course or equivalent.

B30 Wednesday Sept 8 – Oct 13
9:45 – 10:45am Room 313

Personal Interest & Wellness

Outdoor Safety & Awareness

Member \$10 Non Member \$40

Instructor: Don Muldoon

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

B31 Tuesday Sept 14
10:00am – 12:00pm

B32 Tuesday Oct 5
10:00am – 12:00pm

Situational Awareness & Mental Toughness Level I

Member: \$16 Non Member: \$46

Instructor: Don Muldoon

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

B33 Tuesday Oct 19
10:00am – 12:00pm Lounge

Zoom Courses

We are pleased to announce we will be continuing to offer Zoom Classes this fall! If you have not yet registered, please contact Education & Recreation to sign up henriettaf@kerbycentre.com 403-705-3233

- Fitness with Dan
- Stay Fit
- Chen Tai Chi & Tai Chi Qi Gong
- Movement Learning (Feldenkrais)
- Muscle Strength & Core Balance
- Yoga for You
- English as a Second Language
- Expressive Arts



Riddle

A father told his three sons he would die soon and he needed to decide which one of them to give his property to. He said, "Go to the market and buy something that is large enough to fill my bedroom, but small enough to fit in your pocket. From this, I will decide which of you is the wisest and worthy enough to inherit my land." They all went to the market, and each came back with a different item. The father told his sons to come into his bedroom one at a time and try to fill up his bedroom with their item. The first son came in and put some pieces of cloth he bought and laid them across the room, but it barely covered the floor. The second son came in and laid some hay on the floor, but there was only enough to cover half the floor. The third son came in and showed his father what he bought. He wound up getting the property.

What did the third son show his father?

A box of matches. Whenever he lit a match, it filled the room with light.

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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PREMIER Crossword

By Frank A. Longo

TORCH-BEARERS

- ACROSS**
- 1 Bell sounds
 - 6 Headwear for the slopes
 - 12 Dinner, e.g.
 - 16 Truckload
 - 19 Politico Palin
 - 20 14th-century sculptor Andrea
 - 21 Impala, e.g.
 - 23 Pairs figure skater who won 10 consecutive world titles [2014]
 - 25 Frozen cube producer
 - 26 Figure skater Michelle
 - 27 "Hack My Life" channel
 - 29 Pooh creator
 - 30 Stimulus for a reaction
 - 34 "The Greatest" boxer [1996]
 - 36 Spanish gold
 - 37 Alley Oop's girlfriend
 - 40 "Please reply" abbr.
 - 41 Barrett of Pink Floyd
 - 42 Australian sprinter who specialized in the 400 meters [2000]
 - 46 Fabled man?
 - 50 Confounded
 - 51 Tiny division of a min.
 - 52 First female figure skater to land a triple axel in competition [1998]
 - 56 Sportscaster Bob
 - 59 Nearly dried-up sea
 - 61 Shot glass
 - 62 Uninteresting
 - 65 Prefix with athlete
 - 66 Imitator
 - 67 Opponent
 - 68 Peace activist Yoko
 - 69 What this puzzle's featured athletes did in the years indicated
 - 74 "As I see it," to texters
 - 75 O'er and o'er
 - 76 Stared at
 - 77 NHLer Bobby
 - 78 "It comes — surprise ..."
 - 79 It's hit in a fiesta
 - 81 Lavish dance
 - 82 "Up in Smoke" persona
 - 84 Phoenix Suns point guard who was the 2005 and 2006 NBA MVP [2010]
 - 86 Not on time
 - 88 Pope's crown
 - 92 Trial excuse
 - 93 1950s-'60s champion decathlete [1984]
 - 96 Here, in Paris
 - 99 Icelandic literary saga
 - 101 Some jazz combos
 - 102 Solder metal
 - 103 Alpine skier voted Canada's female athlete of the 20th century [2010]
- DOWN**
- 1 Sorority letter
 - 2 Musical gift
 - 3 Meyers of TV
 - 4 Sri —
 - 5 Wrap over the shoulders
 - 6 Financial backer
 - 7 Joke around
 - 8 Lacks entity
 - 9 What fur is
 - 10 Per — (by the year)
 - 11 Flawlessly
 - 12 — tai
 - 13 Slept in tents
 - 14 Top players
 - 15 Helping theorem
 - 16 Writer Alice B. —
 - 17 Not in private
 - 18 Water nymph
 - 22 Placed
 - 24 Like a — sunshine
 - 28 VCR format
 - 30 — -Cola
 - 31 "I smell —!"
 - 32 Little children
 - 33 Thing at the end of a foot
 - 35 To no — (in vain)
 - 38 Reduced by
 - 39 "Botch- —" (1952 hit)
 - 43 "Notorious" screenwriter Ben
 - 44 Ex-Rocket Ming
 - 45 Without instrumental backup
 - 47 Stay a while
 - 48 Large bay window
 - 49 Porker
 - 52 Artist Chagall
 - 53 Some horror film helpers
 - 54 Mortise insert
 - 55 Maine city
 - 57 Singer Gwen
 - 58 Jogging gait
 - 60 Actress Tara
 - 62 Radar spots
 - 63 Ceiling
 - 64 Make up for
 - 66 — nitrite (vasodilator)
 - 67 Game similar to baccarat
 - 70 Ritz or Hilton
 - 71 "You bet!"
 - 72 Social circle
 - 73 Singer Bobby
 - 80 Director DuVernay
 - 81 Back of a 45
 - 82 Suffix with prank or mob
 - 83 Ordinal suffix
 - 85 Scottish port on the North Sea
 - 87 Sternward
 - 89 Concerning
 - 90 Muddy up
 - 91 Diarist Frank
 - 93 Skedaddled
 - 94 Voicer of Olaf in "Frozen"
 - 95 Award for Mel Brooks
 - 96 Not outdoors
 - 97 Brings about
 - 98 Wages
 - 100 Nov. follower
 - 104 251, to Ovid
 - 105 Matzo's lack
 - 106 Arrive at
 - 107 Wipe clean
 - 109 Baldwin and Waugh
 - 110 Back in style
 - 113 "You ain't —!" ("Amen!")
 - 114 Put — act
 - 117 Uninteresting
 - 119 Arizona-to-Kansas dir.
 - 120 Buddhist sect
 - 121 Chiang — -shek
 - 122 Singing Sumac

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Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Open To The Public! We Welcome You Back As We Continue To Meet the Current Covid 19 Guidelines

Please visit our website www.kerbycentre.com for up to date information on our programs and services



Want To Learn More About Kerby Centre ? Join Us For A Tour!

Every Thursday at 10:30

Please Sign Up With Catriona

Phone 403 234-6570 or

Email: [catrion-](mailto:catrion@kerbycentre.com)

Thank You For Your Support Of Kerby Centre's Health, Wellness, Information & Entertainment Presentations.

We will be taking a little break this month but stay tuned for exciting and information presentations as we resume this Fall



WISE OWL SALE

Calling all Crafters
1/2 Price Wool Sale

The Kerby Courtyard

Thurs. August 19th
10:00 am - 2:00 pm

Get Your Kerby Charity Classic Golf Ball Drop Raffle Ticket Yet ?

Check Out The Ad Within To Learn How You Can Win a Trip For 2



A Group For Mature Jobseekers

Join Us Tuesdays 1:30 - 2:30 pm

For Our Informative Zoom Online Presentations

August 3 Networking and Social Media

Participants will receive information and tips about:

- Find hidden job market
- Build additional contacts
- Navigate through information gathering interviews.

Meeting ID: 834 5428 9951

<https://us02web.zoom.us/j/83454289951>

August 10 Resume Writing

Participants will receive information and tips about:

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

Meeting ID: 892 7137 2718

<https://us02web.zoom.us/j/89271372718>

August 17 Online Job Search

Meeting ID: 816 5930 7257

<https://us02web.zoom.us/j/81659307257>

August 24 ATS—Applicant Tracking System

Learn how ATS works

- What it does to your resume
- How to beat ATS so that your resume gets seen by the human decision makers who schedule job interviews

Meeting ID: 899 1089 7310

<https://us02web.zoom.us/j/89910897310>

August 31 Interview Skills

Participants will receive information and tips about:

Behavioral interviews and how to handle the tough questions

Meeting ID: 894 2951 6812

<https://us02web.zoom.us/j/89429516812>

For more information phone 403 705-3219



SIDEWALK SENIORS

Are you ready to get out of your home and start walking? Join Sidewalk Seniors! You will be matched with walking buddies for socially distanced walks at your own pace. Walking locations and walking schedule can be flexible to suit your needs. Pets are encouraged to join in on the fun and fresh air!

To sign-up or for more information contact lauren@kerbycentre.com or 403-705-3177

Kerby Centre FREE Rescued Bread & Goodies Market

Drop-in to the Kerby Centre Gymnasium 1133 7th Ave SW 10:30 – Noon

Every Tuesday (Aug 3, 10, 17, 24, 31) & Friday (Aug 6, 13, 20, 27)

And join us for our external markets

- Parkdale Nifty Fifties Association Tuesday, August 10th (11-12pm)
- Bow Cliff Seniors August 26th (11 - 12 pm)

KERBY EDUCATION & RECREATION ZOOM & DROP IN PROGRAMS

For further details on these programs, and start up of our Drop In Groups, please

Email aditis@kerbycentre.com or contact Education and Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MONDAY FITNESS 9:30 - 10:30 AM</p> <p>STAY FIT 11:30am</p>	<p>ESL 10:00 - 11:00 AM</p> <p>TAI CHI 1:30 - 2:30 PM</p> <p><i>In Collaboration with Calgary Outlink</i> Teatime with Dorothy every 2nd and 4th Tuesday 6:30 PM</p>	<p>GENERAL CRAFT GROUP 9:00 AM - 12:00 PM</p> <p>MEN'S SHED 11:00 - 12:00 PM</p> <p>SEATED YOGA 1:00 - 2:00 PM</p> <p>CRIBBAGE 1:00 - 3:30 PM</p>	<p>STAY FIT 11:30am</p> <p>EXPRESSIVE ARTS 1:00 - 2:30 PM</p>	<p>MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM</p> <p>YOGA FOR YOU 11:00 - 12:00 PM</p> <p>FELDENKRAIS 1:00pm</p>

Staying safe in extreme heat

NewsCanada

Extreme heat is a reality in many parts of the country throughout the summer. For everyone, but especially older adults, extreme heat can pose serious health risks if you're not careful. At the same time, it's vital for seniors to stay active to remain healthy as they age.

Here are a few tips to help you exercise safely when temperatures rise.

Know your risks

Older adults may face additional factors that could increase risk during extreme heat, such as chronic conditions, social isolation or medications that interfere with the body's cooling mechanisms. If you take medication, consult with your family doctor or pharmacist about your level of risk.

Plan ahead

Know what the temperature is before you start exercising. That way you can modify your physical activity

accordingly, whether it's moving your walk to a shaded area or an air-conditioned building or rescheduling to a cooler part of the day.

Stay connected

Try exercising with others and have someone pay special attention to how you're doing. Arrange for regular check-ins by family, friends and neighbours during very hot days in case you need assistance. Just remember to follow the public health advisories that are in

place in your area.

Drink more water

By the time you feel thirsty, you're already dehydrated. So, drink plenty of water before, during and after being physically active. Increase your comfort by splashing yourself with cold water.

Be realistic and recover


Try not to expect the usual performance from yourself during extreme heat, and allow your body to recover after heat exposure. Spend a few hours in a cooler shaded area or some-

where that's air conditioned, such as your home, a shopping mall or public building.

Look for symptoms


Any time it's hot out, watch for symptoms of heat illness. These include dizziness or fainting, nausea or vomiting, headache, or rapid breathing and heart-beat. If you have any of these symptoms during extreme heat, move to a cool place and drink water right away.

Find more information at Canada.ca/health



Larry Mathieson
CEO, Kerby Centre

GOLF BALL
DROP RAFFLE

Presented by:  **servus**
credit union

see website for details
www.KerbyCentre.com/Golf



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

JOIN HEALTHY CHILD YYC FOR

PARENTING: THE GOOD, THE HARD, AND THE SCIENCE OF IT



with guest
speaker:
gail millie,
M.Ed., CCC

www.healthychildyyc.ca

THURSDAY OCTOBER 7TH, 7:00-8:30PM
ZOOM HOSTED BY KERBY CENTRE

FREE Registration
<https://www.eventbrite.ca/e/parenting-the-good-the-hard-and-the-science-of-it-tickets-162718899609>

Donor Spotlight: Servus Credit Union

Servus Credit Union has been a valuable supporter of Kerby Centre and our work with seniors since 2015. Servus has supported our events, food security program, volunteers, educations programs and more. Servus supported our food security program and our virtual educational programs during covid when many seniors were isolated and depended on these important services for comfort.

Servus has stepped up this year to be the presenting sponsor of the Servus Credit Union Golf Ball Drop at the Kerby Centre Charity Classic tournament this September at Carnmoney Golf Course.

“Over the past 6 years, I have had the opportunity to work with the Kerby Centre on a number of initiatives from delivering fraud and investment workshops to flipping pancakes at the Stampede breakfast. This has allowed me to see the many ways that Kerby is building a better place for Calgary seniors. We are proud to support initiatives that allow their programs and supports to thrive. Thank you to the

Board, management, staff and volunteers at the Kerby Centre for your dedication.”

- Marlene Mullinger, Branch Manager at Inglewood Branch

Kerby Centre has seen a significant increase in requests for our food security programs, support services, help with housing, shelter and more.

Servus Credit Union's support ensures that these vital programs and services are available to vulnerable seniors when they need it most.

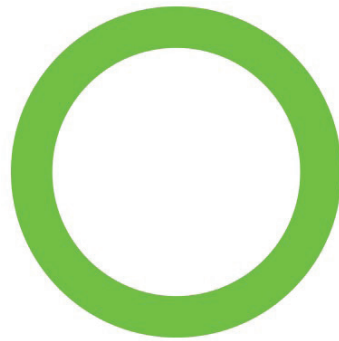
We are VERY grateful and inspired by the generous support of Servus Credit Union – they are truly making a difference in the community!

Servus Credit Union is more than just a bank. It is Canada's first province-wide credit union and is dedicated to providing expert financial advice. They are the largest Credit Union in Alberta, serving member-owners in 100+ locations in 59 communities across the province.

Servus Credit Union - Feel Good About Your Money



Servus Credit Union donation. Rob Locke, Danielle Murphy, Marlene Mullinger, Bryce Dancer.



servusTM
credit union

Kerby Centre Charity Classic golf tournament



Kerby Centre is thrilled to be hosting the Kerby Centre Charity Classic golf tournament on Sept. 9, 2021 at Carnmoney Golf Club.

Our goal is to raise \$50,000 for Kerby programs and services supporting vulnerable seniors in need. We're also looking forward to a fun day out on the course, meeting new people, and celebrating successes with our amazing donors and sponsors! Golfers have the chance to win a ton of prizes, including \$30,000 in

hole-in-ones!

We're already 80 per cent sold out so if you want to join us for a day of golf, don't delay! Register at kerbycentre.com/golf.

Looking to support Kerby without attending the golf tournament? At the end of the tournament we will be dropping up to 1,000 golf balls and the ball closest to the pin wins a WestJet Gift of Flight for two* + \$2,500 cash! To purchase tickets for the Servus Credit Union Ball Drop raffle visit [kerby-](http://kerbycentre.com/balldrop)

kerbycentre.com/balldrop Winner does not need to be in attendance and will be contacted by Kerby Centre staff. Golf balls are one for \$20 or three for \$50.

If golfing is not your sport, consider sponsoring a senior golfer for the day. Many of Kerby Centre's members enjoy golf, but the \$250 fee is out of reach for them. Help us put in a team of senior golfers who can represent Kerby Centre and enjoy a great day of golf! To sponsor a senior golfer, visit kerbycentre.com/golf or call Danielle at 403.705.3253.

A huge shout out to all our generous supporters, donors, and sponsors for their continued support of the Kerby Centre Charity Classic.

**Win a roundtrip flight for two guests to any regularly scheduled and marketed WestJet destination. WestJet gift of flight voucher has no cash value. Fees, taxes, surcharges not included, blackout dates and restrictions apply. AGLC License #574352*

**VEINER
CENTRE**



Join us in a 5km Walk to support seniors in the Medicine Hat area!

Save the Date – Saturday, September 18th

Veiner Centre, 225 Woodman Ave SE, Medicine Hat

Register today: www.thegrandparade.org/location/medicinehat

Or for more information on how you can support the walk and Veiner Centre, contact Cori corif@kerbycentre.com

CLASSIFIED ADS

To place your ad call: 403-894-6986, Fax: 403-705-3211 or e-mail: andrewm@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 Aug issue must be received by Aug 16

Classified Ad Categories	
10	Health
11	Foot 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

Hearing Aids

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

20 HOME MAINTENANCE

JF carpentry and handyman services. Fully licensed and insured, specializing in windows and doors. Great rates. Call John, 403-613-8385.

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

Tony Peterson Eavestrough

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

Londonderry Painting

Int & ext painting. Ceilings, Wallpaper, Sr. Disc. Free est. Howard 403-226-3456

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

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

Senior working for seniors Will do small repairs Electrical, plumbing, carpentry work Call Jim 403-249-4180, Cell 403-519-8761

Millenium Contracted Ltd.

For all your exterior home repairs/replacements. Ext painting, roofing, siding, soffit, fascia, eavestroughs, etc. Please check the full details on our

website: Millenniumcontracting.ca or ph Shawn at 403-703-9132.

I am a Kerby Centre member & a general contractor in Calgary for over 33 years

Contest!!! Get a chance to win \$2500.00!!!

Exterior home renovations: roofing, siding, fencing. Jobs must be a minimum of \$5000.00 to be eligible to enter the contest.

Millennium Contracting Ltd. requires a minimum of 25 jobs to run the contest.

Please view www.contest.millenniumcontracting.ca Once 25 jobs are secured, we will create a separate, but similar contest outlining rules, regulations and contest dates.

Any questions please call Shawn

403-703-9132

11 FOOT CARE:

Therapeutic footcare by RN Provided in your home Call 403-640-7965

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.

Alberta's Mobile Foot Care

The company that Albertans trust the most. Advanced Foot Care Liane at 403-512-2429 or albertasmobilefootcare.ca

12 HOME CARE

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.

Mom and Pop Caregiving

Family owned Calgary based homecare business. In the business of giving quality care to Calgary elders. The owner has RN degree and over 10 years as a registered care aide in long term care facilities. We offer professional cleaning, meal preparation, hygiene care, transportation, shopping. And all care aide, and LPN. services. Call for a free care assessment 587-434-4057.

Susan's HomeCare is here

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30 FOR SALE:

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For private sale in Mountain View Memorial Gardens, two side-by-side plots located in the Last Supper Garden, one of the oldest gardens in the cemetery. Each plot can accomodate 1 casket or 3 cremation urns, or one casket plus 2 urns. Current cost of one plot in this prestigious garden is \$8,250, plus internment and transfer fees. For these plots, internment fees are includd in the price of \$4500 each. Transfer fees are negotiable. Interested parties can contact us via email, marilyncole4415@gmail.com

Memorial garden plots Two plots in Eden Brook cemetery Located in Garden of Peace Each plot can accommodate one casket and one urn Or three urns Regular price is 4745 each, asking 7,000 for both Call 403-547-8645

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33 WANTED

Professional conscientious, ethical and honest denturist to manufacture, install, comfortably and functionally, properly fit dentures in throat cancer survivor senior citizen in Westbrook Mall area. Murray @ 403-686-2708

Buying coins & paper money, Canada, US & world. Fair pricing. References upon request. Israel: 403-263-7052 403-850-9137. hombre071@gmail.com

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Buying used firearms Single or complete Collections. Call: 403-291-4202

Mans set of Golf Clubs and Bag

Ladies set of Golf Clubs and Bag Both in New Condition \$150.00 each Phone #403-720-0136 Model airplanes new or used. Motors electric or glow — servos Electronic parts — propellers — any Other airplane pieces + etc. Phone Reg in Calgary. 403-271-1119

48 Real Estate

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Bankview area senior apartment (65+) Studio and 1br units Some subsidies apply. 403-245-8220

50 RELOCATION SERVICES

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Thank You!!

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PUZZLE ON PAGE

ADVERTISERS' INDEX AUGUST 2021

Bethany Care.....	32	Manor Village	2, 15
Bill Stemp.....	6	Molzan	8
B.L. Braden Denture Clinic... 8		Mountain View Seniors	20
Bowbridge Manor.....	28	North Hill Denture.....	10
Brenda Strafford.....	11	Nuvo Elevators.....	31
Care by Angels	31	Nurse Next Door	6
Co-op Memorial Society	6	ProminenceWay/RockyRidge5	
Cowboys Casino	4	Silvera for Seniors	7, 21
Evanston Summit	13	Shalem.....	FP
Golden Life.....	9	The Estate Lady	31
Heart to Home	10	Trinity Lodge.....	18
Luxstone Manor.....	31	Verve Senior Living.....	19

IN MEMORIAM

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

Chizuko Helen Yamazaki
Constance Helen Labicane
Donelda Lila (Donna) Schadt
Gerald Joseph (Jerry) Jones
Gerhard Arthur Nitsch
Hans Harold
John Han Weintz
Margaret McGruther
Maxine Gerald Gulstene
Merlin Michael Traboulay
Stella King

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 Kerby News.

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
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Riverview Village
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Affordable Housing
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August 2021

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Saturdays

10:00am to 2:00pm

Kanerva House
2933 26 Ave SE, Calgary

Wednesdays

10:00am to 3:00pm

Kanerva House
2933 26 Ave SE, Calgary

Open House
403.272.8615

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Sundance on the Green

3 Sunmills Green SE, Calgary

Life Lease
403.254.9800

CALL FOR MORE INFORMATION OR TO VIEW A SUITE BY APPOINTMENT

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