

Taking a beautiful holiday vacation



If you can't make it out of the country for whatever reason this holiday season, enjoy the amazing story of our travel writer, Jerry Cvach's, trip to Portugal. The tales and photos will be sure to vicariously satisfy your inner wanderlust.. Story on page 16.

Inside

- Fighting isolation with the Men's Shed page 8
- Exploring client-focused reforms page 11
- Kerby Centre wants your Influenza stories page 21
- Making the most out of a solo-Holiday season page 22







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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!"

"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."

"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."

"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."

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"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 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."

"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 trusting The Manor Village!

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Supporting Kerby over the holidays



Larry Mathieson, CEO

There are some things we would rather not know. Our lives are easier that way.

Many seniors in Alberta suffer food insecurity — not having reliable access to affordable, nutritious food.

Our Food Security Programs offer free food markets, food hampers, frozen meal and grocery

delivery and supportive visits to low-income vulnerable seniors.

Many of you probably did not know this. Throughout my career, I have worked with or been on the board of a few domestic violence shelters.

However, before I started working with the Veiner and Kerby Centres, I had never heard of an elder abuse shelter.

It made me sad to know such a thing existed or that there was a need for a shelter. The Kerby Elder Abuse Shelter provides a safe place for seniors to call home while escaping financial, physical and/or emotional abuse.

The shelter has been running at 99 per cent capacity this past year and we've had to turn away 370 vulnerable seniors in need because our shelter

was full when they needed a safe space.

This year during our holiday campaign we will be raising money to support vulnerable seniors or older adults who are low income.

Our goal is to raise \$40,000 and the Theme is: "Give the Gift of Shelter, Food, and Connection this Holiday Season".

You may have received a letter or in the mail or you may have heard about the campaign on our social media. Please support our efforts in any way you can.

We are encouraging groups or individuals to "Stuff a Stocking" for seniors in need. You can find details about this on our website and our social media.

We know you have all been very generous in supporting our efforts

to support older adults in Alberta. We know this year we will be even more successful.

Our friends at Global News Calgary are helping us this year to raise money for vulnerable seniors.

This year Global has chosen Kerby Centre as one of four charities of choice for their Month of Giving 2021. Global TV will be featuring what we do to support older Albertan's on-air and on their website.

The last two years have been challenging, but I have a feeling this is going to be a very good holiday season.

Best of the season to you and your family, and thanks for being part of the Kerby/Veiner family.

DECEMBER 2021

KERBY CENTRE'S MISSION:

To support older adults to live well in their community.

Kerby Centre Board of Directors 2020 - 2021

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Richard Parker,
Kerby Centre Board Chair



The Board of Directors of Kerby Centre thanks our

Volunteers, Program Participants, Supporters and Staff

*For their dedication and commitment
to the organisation over the past year.*

*At this time of celebration and reflection, we wish you and your
families all the very best over the holiday season.*

*Richard Parker, Hank Heerema, Tara Weber, Ken Lin, Deborah Durda,
Jacquie Poetker, Peter Molzan and Stephanie Sterling*

Fighting isolation over COVID



By Andrew McCutcheon

Marv Graham might have started the pandemic just aiming to combat social isolation, now the momentum has carried him towards long-term solutions for loneliness in men over 60: the Men's Shed.

Merv's always been helping out in one way or another. He had been involved with the Calgary Association of Lifelong Learners (CALL) for years before he'd heard about

the Men's Shed by happenstance at a talk hosted by CALL.

Men's Shed is a concept originally founded in Australia in 2007. The concept is simple: it's a place where older men can come together, work on projects and socialize after retirement. Kerby Centre launched its Men's Shed in 2019.

Merv got involved with one of the Men's Sheds in Calgary where they worked on benches, bikes for Syrian refugees, they socialized and stayed in touch.

Then the pandemic hit.

Immediately, on-line meetings over Zoom started, and Merv helped take over and organize them. A good portion of folks stayed in attendance and contact over the pandemic, but Merv still worries about those who fell out of touch.

"The meetings were key to have access to each other, but I think that we don't have any idea how the others are doing," he says.

Getting folks organized and reaching out over the pandemic was just the start for Merv. Now, he's part of the instrumental push to organize all the Men's Sheds in Alberta into a provincial organization.

"It's part of my nature, I like being in the background, cajoling for things and getting things done," he says.

Although it may have taken the pandemic for things to start rolling, now the soon-to-be-formed Alberta Men's Shed Association will be connecting older adults for years to come.

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The sweets of the holiday season



By Lesli Christianson-Kellow

As Christmas approaches, so does the need for sugary sweets. Suddenly, there's Christmas cakes and cookies everywhere and there's no stopping our tastebuds from wanting to have a nibble of everything!

When I was a little girl, I remember my mom getting a head start on Christmas baking in November. Nanaimo bars, Confetti Squares and Shortbread were prepared and stored out of sight in the freezer. Unfortunately, 'out of sight' did not mean 'out of mind'. I Googled it, and can confirm, 'out of sight, out of mind' does not actually apply to Christmas squares and baked goods.

As children, my brothers and I developed a taste for frozen Christmas goodies.

There's something satisfying about biting into a frozen Nanaimo Square.

First your teeth breaks through the semi-hard chocolate ganache top, then slides through the custard-flavoured butter icing middle, and then the whole sugary experience is perfected with the graham wafer and coconut base. Chilly Nanaimo Bars are addictive (I Googled it).

Frozen baking never gets old, and to this day, there's actually some baking that is complemented by being frozen.

It's the sugar. It seems to get tastier as it gets colder, wouldn't you say? Imagine my surprise when my husband and I had a conversation about Christmas baking and he said he also raided his mom's freezer of Oh Henry Squares and Butter Tarts as a kid.

Apparently, quite a few of us are guilty of looting sugary treats from the freezer. Whether it's Snickerdoodles or Matrimonial Squares, the treats of the Holiday Season will always take us back to memories of our childhood.

I'm sharing two tried and true recipes in case someone has been swiping your baking from the freezer.

Or maybe you just want to whip up some squares to share with your grandkids or friend. Both recipes are super easy and the fudge one doesn't even need to be baked.

Some of us will remember our baked goods frosty, while some of us will remember baked goods at room temperature. Whichever you remember, I hope the memories are sweet. Merry Christmas and Best Wishes for the Holiday Season!

Chocolate Chip

Chocolate Fudge

Pretzel Bars

Ingredients:
 2 c. flour
 1 tsp. Baking soda
 ½ tsp. Salt
 ¾ c. unsalted butter, softened
 1 c. brown sugar
 ½ c. white sugar
 2 eggs
 2 tsp. Vanilla extract
 12 ounces of bitter-sweet chocolate chips
 1 ½ c. pretzels, chopped coarsely
 3 T. green or red sprinkles

Directions:
 1. Preheat the oven to 350 degrees. Line a 9x13 pan with parchment paper (let the paper overhang a bit, so that you are able use the edges to pull the bars out).

2. Whisk together flour, baking soda and salt in a bowl. In another bowl, beat together the butter and both of the sugars, until light and fluffy. Then beat in the dry ingredients. Stir in the chocolate chips and pretzels.

3. Spread the batter in the pan and top with sprinkles. Bake for 20 minutes, or until golden. Avoid over-baking, unless you want a crunchy version - which is still tasty! Transfer the pan to a cooling rack.

4. Lift the bar out of the pan using the edge of the parchment paper. Cut into 24 squares and serve or give away to your friend and family.

Chocolate Fudge

Ingredients:



500g (about 3 1/2 cups) of good chocolate - milk, dark or white
 300ml can of sweetened condensed milk

Directions:
 1. Line a 8x8 pan with parchment paper

(let the paper overhang a bit, so that you are able use the edges to pull the fudge out and to cover the fudge as it cools).

2. Mix chocolate and sweetened condensed milk in a bowl. Microwave, stirring halfway through until mixture is almost melted, around 3-5 minutes. Remove from microwave and stir thoroughly.

3. Transfer mixture to the prepared pan. Smooth the top. Cover the top with the excess parchment paper, or plastic wrap.

4. Cool in the fridge for a minimum of 2 hours or overnight. Cut into 36 squares, or smaller.



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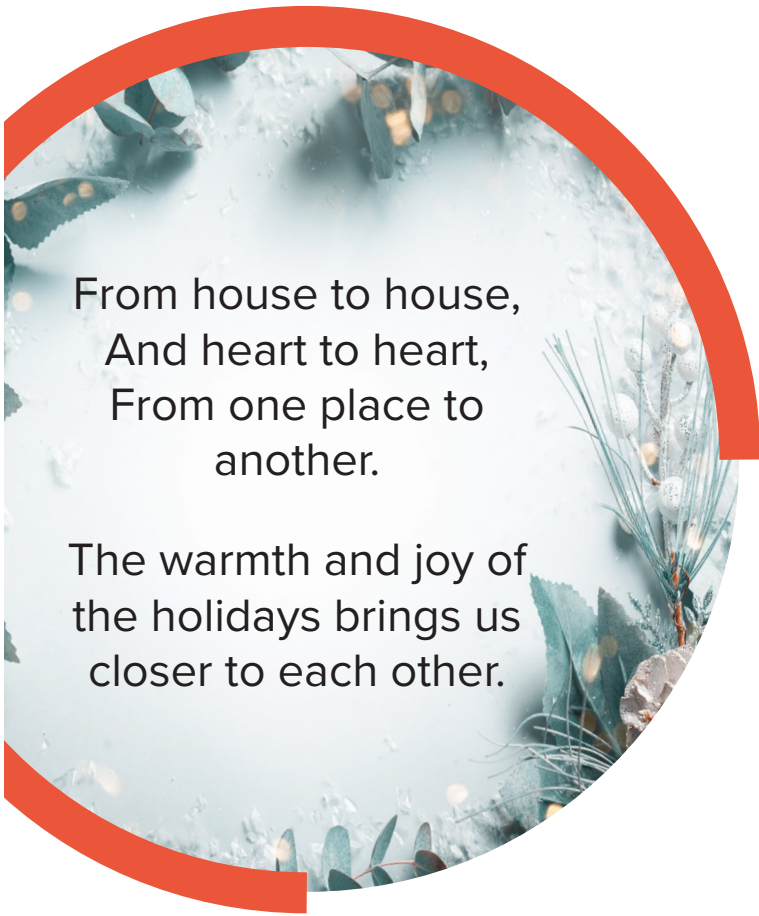
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The approaching winter cold

by Barbara Ellis

Cold is coming. Snow is coming. Christmas is coming. Yes, winter too is on its way. I have a sort of love-hate relationship with winter.

Some of my memories are filled with wonderfully happy and playful times including trying to cross-country ski on wobbly legs. But I also remember those bitterly cold mornings, with the wind swirling around me, as I stood at the bus stop on my way to work.

I have experienced a variety of winters during my forty-plus years in Calgary.

Some winters have been mild with hardly any snow, while others brought icy cold days and lots of heavy snow. I will concentrate on the gentler side of winter when the temperature hovers around zero, and the ground is blanketed by soft fluffy snow.

Pets love the snow, at least my little calico cat did. She was only about five months old the first time she experienced snow. I watched as she stood in the doorway to

the patio, trying to figure out why everything looked so strange. There was close to six inches of snow covering the patio and she reached down carefully to touch it. After taking time to consider the situation, she jumped down into it and was immediately swallowed up by the snow. Shocked and genuinely horrified by this unexpected outcome, she made an abrupt turn and jumped back into the house.

Later I carried her out to my apple tree where, before the snowfall, she had spent a lot of time scampering about on the branches and having fun.

I held her close to the snow so she could sniff it and taste it without fear. Eventually, I placed her on the tree and almost immediately her fear faded and her curiosity kicked in. I watched as my little bundle of fur started to enjoy herself and began batting the snow off the limb.

It did not take her long to invent new games to play in the snow, like pushing it about and even rolling in it. She particularly loved it when I threw little snowballs in

the air for her to catch.

The cold weather invigorated her and when she came back into the house, she would race around the living room full of unbounded energy. Eventually, she would settle down, lick herself dry, then curl up into a tight ball for a well-deserved nap.

Children also love the snow. On any snow-covered hill, you can hear their squeals of excitement and laughter as they toboggan down the slopes. If they don't own a toboggan, they can be very inventive with what they use to slide down a hill.

It can be a sturdy plastic sheet; a rubber inner tube; even a cardboard box. Flying down a hill is exhilarating and the cool air puts a smile on their face and colours their nose and cheeks a rosy red.

My most memorable winter was the one in 1948, the year my family escaped our homeland. After a dangerous and difficult journey, we arrived in Switzerland a few days before Christmas. My sister and I were placed in foster homes while the Swiss authorities decided what to do with us; let us stay, or deport us.

My foster parents were a kind young couple who lived in the small



town of Tramelan. After the traumas of the world war and our escape still fresh in my memory, that Christmas I shared with them was magical.

The first part of the trip to my temporary home was by train. When we arrived at the station, there was a horse-drawn sleigh waiting for us. I was tired, and more than likely a little frightened, but wide awake with excitement. It was cold but I was warm as I snuggled under a thick blanket. The only sounds I could make out were the soft ringing of the sleigh bells and the muffled clip-clop of the horse's hooves.

Sooner than I wanted, we arrived at their chalet where I was carried inside and taken to my room. In a few minutes, I had undressed and climbed into a soft bed and then covered by a feather quilt — so warm — so comfy — so

cozy.

The magic did not end that evening because the next day we were off to the woods to find the perfect Christmas tree. The three of us joined several other families on this, their annual tree hunt. The children in the group were welcoming and made me feel right at home.

We trudged through the deep snow until we reached the tree line. Here the grownups dispersed and began looking for the right tree, while we, the children, built a snowman. Once everyone had their tree, a small fire was lit to warm us up. It was the best way to end the day, eating gingerbread cookies and drinking some delicious hot chocolate.

The next day it was time to decorate the tree, which was also a new experience for me. I helped wind the garland around the tree; hang the colourful bulbs; drape the tinsel on some of the branches; then add a few wisps of angel hair here and there. The last things to be put on the tree were the candles. These were real candles and had to be clipped carefully onto the tree. Once lit, the tree was very special indeed! The flickering candles made the tinsel shine and the light of the flame appeared to bounce from one bulb to the next.

This was my very first real Christmas. For a little girl such as I, who had endured many hardships thus far in her life, the experience could not have been more enchanting. I remember feeling very safe, very loved and truly blessed.



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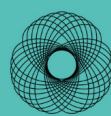
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Stick to your holiday goals



Alberta Securities
Commission

As the holidays approach, many Albertans are overwhelmed by the costs associated with the season. According to PwC's Canadian Holiday Outlook, Canadians expect to spend on average \$1,402 on the holi-

days, an increase of 29 per cent over last year. From gifts to large dinners, saving and investing can take a backseat to stressful credit card bills.

To avoid this unwanted stress and falling off track with your investing goals, here are five steps you can

take to enjoy the holidays and continue to grow your wealth into the new year.

Understand your budget

We all have costs associated with our day-to-day lives, with some falling under needs (housing, utilities, and food) and the rest under wants (gifts, trips, eating out etc.). Take the time to understand your monthly fixed costs and what you can realistically allocate towards gift shopping and entertainment. With this information, you can also see what steps you can take to stay within your regular monthly budget while showing those close to you that you care for them. This

could be as easy as giving personalized handmade items instead of buying gifts, and coordinating a volunteering day or potluck instead of hosting a large dinner.

Automate your investments

One of the key components to every investing journey is contributing consistently to your investment portfolio to maximize the compounding effect (the interest on top of interest your invested money earns over time) on your returns. Before you start shopping, consider an achievable amount you can dedicate to your investments each paycheck and set up automatic withdrawals through your bank as soon as you get paid. By utilizing the "Pay yourself first" strategy, you can ensure consistent contributions to your investments, without even having to think about it or inadvertently spending that money.

Confront your debts

There is no better time to confront your debt than now. Review any consumer debt you may have, and focus on ways to minimize adding to it. If you can-

not find a sensible approach that doesn't add to your debt, set reasonable spending limits on gifts, entertainment, and food that you won't struggle with paying off in the new year, and won't limit your ability to continue contributing to your investments.

Save while you invest

While investing is an important tool to growing your wealth, dedicating some of your money towards a savings account can help you be prepared for significant expenses like the holidays. Ideally, it helps to have a savings account for near-term goals like gifts, trips, entertainment and an emergency fund that you can utilize for unexpected expenses that may come your way. By planning ahead and dedicating a small amount each month to both accounts, you will be well prepared.

Avoid the temptation of get-rich-quick investment scams

You may be enticed to make extra money during the holidays with investment offers advertised as having high returns with little to no risk. Remember that fraudsters like to target those who are trying to make money quickly online and in person. Stick to your own financial goals and ignore those investment "opportunities" that could leave you in a worse position.

By staying mindful of your budget, maintaining your investment contributions, and minimizing the debt you take on, you can come out of the holidays without hitting speed bumps on your investing journey



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Exploring client-focused reforms

Alberta Securities Commission

Many Albertans work with a registered adviser to grow and maintain their wealth. To achieve the best results, clients must be open and transparent about their finances and goals and in turn, registered advisers must align investment portfolios and products to meet their client's time horizons and risk profile.

To further enhance investor protection, improve the foundation of adviser-client relationships and standardize services of investment firms and advisers, the Canadian Securities Administrators, which includes the Alberta Securities Commission, published a comprehensive set of rules known as client-focused reforms on October 3, 2019. Under these reforms, conflict of interests provisions were implemented on June 30, 2021 with the remaining rules coming into effect on December 31, 2021.

What does client-focused reforms do?

Under client-focused reforms, registered firms and advisers are required to put the interest of the client first when recommending or choosing investments and address all material conflicts of interests in the best interests of the client (if the conflicts of interest cannot be addressed in the best interest of the client they must be avoided). Material conflicts of interests are factors that could influence the impartiality adviser's should have when recommending investments. If there are any material conflicts, the adviser or firm must inform the client of the conflict

in a timely fashion and detail how they are being addressed in the client's best interest.

What are the material conflicts that may occur with your registered adviser?

There are situations in which a registered adviser may have a material conflict of interest with clients.

For example, there may be situations in which a registered adviser may be paid a higher commission for selling a certain type of investment, which may influence their decision on what to offer their client.

Alternatively, a firm or registered adviser could offer that client a similar product that is more cost-effective and suitable.

How to talk with

your registered adviser about client-focused reforms and material conflicts of interest?

Talking with your registered adviser routinely is not only recommended for ensuring your investments are tracking towards your goals, but is an important step in taking an active role in understanding what you are investing in. Follow these key steps to strengthen your relationship with your registered adviser and address conflicts of interest as they arise:

1) Ask questions and get satisfactory answers: If you are confused with what has been communicated, be sure to ask questions and only move forward when you have what you need to make an

informed decision. Do not feel intimidated to ask questions, remember an adviser works for you after all.

2) Discuss any conflicts of interests: Registered advisers should work on your behalf and in your best interest, so take the time when you meet or talk with them to understand if the investment products they are proposing, or you are already invested in, are right for you.

If you feel there may be a product that is better suited for your goals, bring it to your registered adviser's attention and request answers before you agree to move forward.

3) Get information in writing: Getting all information in writing, especially information about any areas in which you are concerned, can help you better assess the investments offered to you and enable you to do it at your own pace, outside of the meeting.

By taking these steps to identify and address material conflicts of interest, you can better understand the investment products available to you and ensure that your registered adviser continues to offer you the investment products that put your interest's first.

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A touch of silver for the holidays



By Deborah Maier
Calgary Horticultural Society

Silver leaves, silver leaves — the carolers may sing about silver bells, but gardeners will sing harmoniously about silver leaves. Why? Silver coloured leaves provide a sparkle of

interest and a focal point that catches the eye in the garden or a container. They can also be a backdrop to let other plants shine.

Silvery plants usually get their colouration from hairs on the leaf surface that protect the leaf from harsh sunlight and water loss. This adaptation makes

the plants drought tolerant. It also can give the plant a velvety feel—a texture that often makes it unpalatable to deer and rabbits.

From a design perspective, silver plants are versatile. Using silver instead of white will soften the look of the garden, especially in full sun. At night, like white

blooms, silver plants will pop out of the darkness. If white is paired with a backdrop of silver in a sunny spot, it will be softened and more visible. A ribbon of silver plants through a riotous bed of colour will give it some order, focus, and provide a calming effect. Planting a swath of

silver plants at the back of the border will give the garden more depth. Planting it around dark blooming plants will help feature the blooms and prevent them from receding from the view. If for any reason you are dissatisfied with your colour combinations, try adding silver to the mix.

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A silver leaved plant that I always have in my garden is dusty millar (*Jacobaea maritima*). Commonly known as silver ragwort, it is a half-hardy perennial (zone 7 to 10) that is usually grown as an annual in Calgary. Recently, a cultivar with a more rounded leaf has been the primary offering at garden centres, but I like the lace-like varieties. Last year, I started dusty millar from seed to ensure that I had the type that I prefer. While I have never tried growing it in the shade, it is supposed to be deep shade tolerant with a reduced silver colour.

Grown as an annual, it typically reaches 20 cm in height and 15 cm in width. If it is overwintered, it can reach 60 cm in height and will bloom terminal clusters of yellow flowers. Since the blooms are not ornamental, most guides recommend pinching them off. Being a semi-hardy plant, it will often remain attractive in the garden until it is covered with snow. Some gardeners have reported that they've had it survive our winters, but I find that it succumbs to the late winter warming and freezing cycles.

Another silver leaved plant that's been added to my garden is *Artemisia ludoviciana* (likely the 'Valerie Finnis' cultivar based on its restrained spread), common name silver wormwood. The plant grows clusters of stems that can reach 60 cm in height.

Like other *Artemisia*, its foliage is subtly scented, a feature that I appreciate in my garden. The leaves are quite attractive and if the stems are harvested while still flexible, they can be curved and dried into elegant silver wreaths.

The plant naturally spreads by rhizomes and seeds, but cuttings can be taken and rooted. Cultivars can be purchased from garden centres, but it is an Alberta native plant and can also be sourced from native plant suppliers.

The third plant I'll mention, which is not in my garden yet but on my wish list for next year, is *Senecio candicans* 'Angel Wings'. As the cultivar name implies, the leaves are large, spectacular, and wing-like. It is a perennial native to India and hardy in zones 8 to 11, so usually it is grown as an annual. I find it the most striking of the plants mentioned.

As you peruse seed and plant catalogues this holiday season, consider selecting some silver leaved plants for the garden, perhaps you'll be humming "silver leaves, silver leaves" next holiday season, too!



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The silent dangers of Radon

Greg Gazin

Troy Media

When we think of a tasteless, odourless and invisible killer potentially lurking in our homes, carbon monoxide (CO) immediately comes to mind. What's beyond our radar, however, is radon. In Canada, radon is the second leading cause of lung cancer, next to smoking, and the number one cause of cancer in non-smokers.

While carbon monoxide poisonings kill 300 people in Canada each year and 200 more are hospitalized, deaths from radon-induced lung cancer top 3,200. That's eight per day.

"The problem is fixable and totally preventable," says Dr. Aaron Goodarzi, Canada Research Chair for Radiation Exposure Disease and University of Calgary professor.

But people can't be

complacent.

Radon is everywhere. According to Health Canada, it's a naturally occurring radioactive gas created as uranium found in soil and rock decays. When released from the ground into the open air, it becomes diluted and relatively harmless. However, when it seeps its way into enclosed spaces like our homes, it accumulates at high levels easily and exposes us to serious health risks as we breathe in that air.

It's in old homes and new homes alike. It sneaks in through openings like floor drains and sump pumps, foundation and floor cracks, and tiny gaps around pipes and enters the home because of the differences in indoor and outdoor air pressure.

As we breathe in radon gas, we're also absorbing the radioactive particles it's releasing into our lung tissue, damaging the lung's cells.

"Particle radiation from radon hits the cells of our lungs and deposits its energy there," says, Goodarzi. "It reacts with our DNA and essentially breaks it apart. When our bodies try to heal it, it can cause genetic mutations that could cause lung cancer."

"Your lung tissue is completely vulnerable," says Kelley Bush, manager of the National Radon Outreach and Engage Program for Health Canada. "With almost four-day half-life, it sticks around for a while releasing this radiation and energy."

And if the levels are high enough over a long period of time, the risks go even higher, and it can stay in our bodies for a period of five to 25 years until cancer shows up.

And like any case of lung cancer, there are no symptoms until it shows up at a deadlier stage. Bush says that, often, if

caught in the early stages it's because another health issue was being scanned or tested for.

Kerri Tucker, a Saskatoon real-estate agent and mother of three, was diagnosed with stage two radon-induced lung cancer in 2019 when she was 41.

"I was shocked. I never smoked a day in my life," says Tucker.

The chain of events started with a chronic cough thought to be allergy-related, then pneumonia, which led to an eventual CT scan that revealed a lobe in her right lung which required surgery and chemotherapy. She suspects it was her childhood home that was the primary source of the radon.

Tucker's story has a happy ending. She's now cancer-free. She's also become a radon ambassador for the Lung Association of Saskatchewan, advocating for radon testing.

Testing for radon is a relatively straightforward process. It typically requires placing a device at the lowest level of your home for at least 90 days.

A certified mitigating professional like RadonCare in Alberta or River City Radon in Saskatoon can test for radon levels in your home, or you can do it yourself with a detection system like Wave Plus by Airthings. Wave Plus (\$299) is a smart indoor air quality plus radon detector that looks like and installs just as easily as a typical smoke detector. A more common and low-cost option (\$35 to \$65) is to purchase an alpha tracker radon test kit.

It's a one-time use unit often resembling a small hockey puck or pill bottle. After 90 days, you send it off to a lab for analysis – sometimes in a prepaid envelope – with results usually arriving in a few weeks.

In Canada, the guideline for what's considered low risk for indoor air is 200 becquerels per cubic metre (200Bq/m³). One becquerel equals one radon atom disintegration or the emission of radiation per

second.

"While the risk is lower at lower levels, with radon there is truly no safe level," says Health Canada's Bush. If your readings are 200-600 Bq/m³ mitigate within two years, above 600Bq/m³ mitigate within one year. Mitigation can usually be done within a day.

Don't hit the panic button just yet. Unlike deadly carbon monoxide or fumes from a fire that attack quickly, radon is only hazardous over time.

Still, don't wait too long. Goodarzi's research at EvictRadon.org shows the Canadian Prairies are home to the second-highest radon levels in the world, next to Poland. It's vital that you test and reduce your amount of exposure.

Testing can be done at any time, although it's typically recommended during the winter months when the indoor air is warmer and pulls the radon in and windows are closed. But because we keep our windows closed even during the summer due to fumes from fires and with the use of air conditioning, Goodarzi says studies have shown that exposure in homes has become increasingly uniform throughout the year.

Bush is adamant that the risk is higher or equivalent to all accidental deaths, such as fire, poisoning, car crashes and drowning, combined.

"If you are changing the batteries in your smoke detector, if you are putting a lifejacket on your child when you get into a boat or your seatbelt on when you get into your car," says Bush, "then why would you not test your home for radon?"

November is National Radon Action Month in Canada and the perfect time to get your home tested. Visit TakeAction on Radon or EvictRadon.org. And check out the Tackle Radon.ca campaign, a partnership of the Alberta, Saskatchewan and Manitoba lung associations to spread the message about the importance of radon testing and stories from CFL greats.

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SARS-CoV-2 uses sugars to invade human cells, new University of Alberta study shows

By Michael Brown
University of Alberta

Sugars found on the surface of human cells influence COVID-19 infection, according to a University of Alberta-led study that is one of the first to observe this relationship and suggests that cells in the brain might be particularly susceptible.

“The idea here is that the virus is leveraging or using the host glycans, or the host sugars, to gain access to the cells,” said Matthew Macauley, professor in the Department of Chemistry and Canada Research Chair in Chemical Glycoimmunology. “This mode of action of viral entry is not unprecedented,” he said. “What is a surprise, though, is that it hadn’t really been detected.”

These sugars, known as glycans, are made of sialic acid and a class of biomolecules that are essential for cell structure, energy storage and system regulation.

Macauley explained that up to 50 per cent of all viruses that infect our cells, the most well known of which is influenza, bind to sugars on cell receptors to gain access and infect the cell.

“That’s what all of our cells have on them, so why not exploit what’s there — that’s what viruses are good at,” he said.

The study was initiated by John Klassen, professor of chemistry in the Faculty of Science, whose lab developed the analytical tools to screen glycans. Specifically, Klassen and co-workers used a mass spectrometry technique, called catch-and-release, to study what sugars interact with the spike protein of SARS-CoV-2.

After that, Macauley and European collaborators started applying biological tools to see whether they could demonstrate a correlation between the viral proteins’ ability to rec-

ognize these sugars and the role it plays in the infection process.

Macauley’s lab initially ran experiments with a relatively harmless pseudovirus, incapable of replicating in the lab, armed with the spike protein of SARS-CoV-2.

After obtaining promising results, professor Tom Hobman’s laboratory in the Department of Cell Biology in the Faculty of Medicine & Dentistry replicated findings on authentic SARS-CoV-2 under appropriate biosafety containment.

The researchers used chemical biology tools to modulate those sugars on the cell surface to study the ability for the viruses to get inside and infect cells.

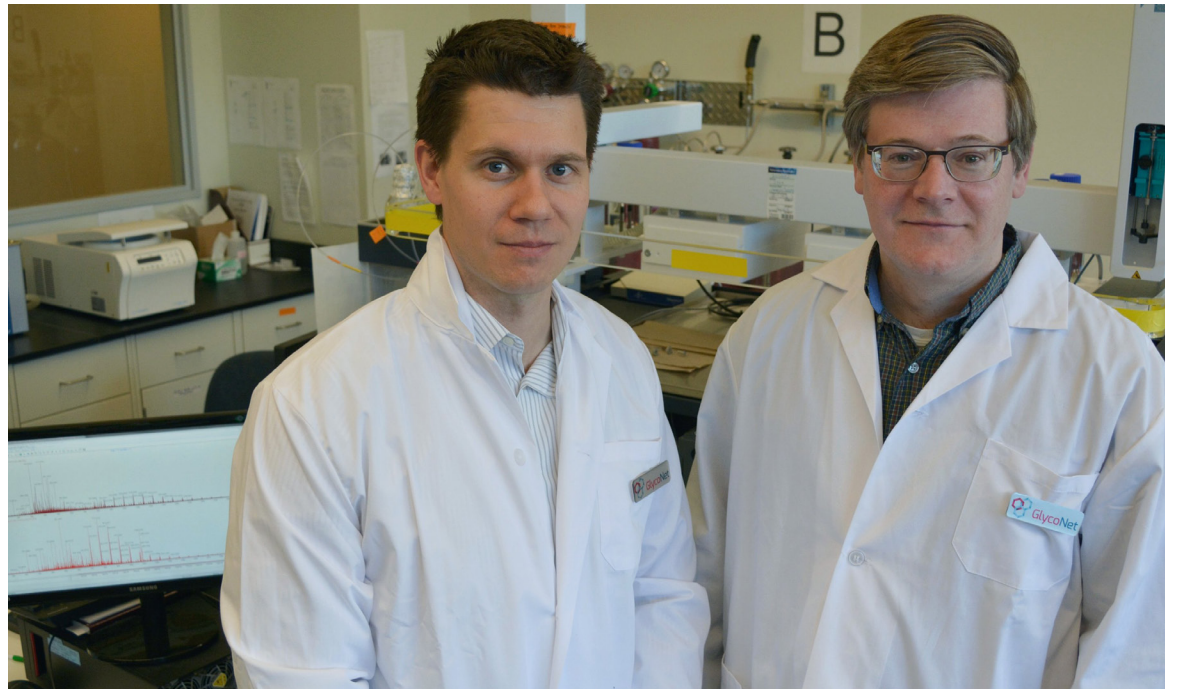
Though researchers have shown that the virus’s ability to infect a cell drops by between two and 10 times when the production of sugars on cell receptors is blocked, Macauley suggested the process is not fully understood enough for the immediate development of a therapy.

“Because SARS-CoV-2 is constantly evolving, a variant that evolves with more sugar-dependent infection would be quite concerning, but our knowledge enables us to keep a lookout for such a variant,” he said.

The paper also proposes that the particular sugars the researchers were investigating — glycolipids, which are sugars attached to lipid (fat) — are found in the highest concentrations in an area where COVID-19 has been recently shown to infect: the brain.

Macauley said earlier this year, a number of studies showed that SARS-CoV-2 can find its way to the brain and infect cells of the nervous system, including neurons.

“We speculate that these sugar interactions could relate to what’s



called a tissue tropism, which is the cells of the host that support viral infection and replication.”

The results from the study support similar work by one of the paper’s co-authors, Lori West, Canada Research Chair in Cardiac Transplantation in the Faculty of Medicine & Dentistry, who is trying to understand why people with blood type A are more susceptible to getting COVID-19 and are more susceptible to a more severe type of infection.

Now, with access to the variants of concern, Klassen said the team is exploring whether the variants all have similar sugar binding properties or whether these mutations are actually leading to changes in their ability to recognize specific structures.

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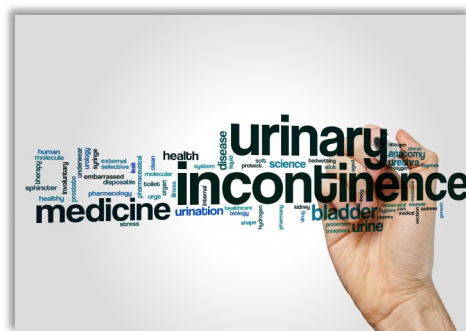
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Visiting Portugal; A

By Jerry Cvach

It is a crisp early morning. I am strolling leisurely by the river listening to turtledove's cooing, dot dash dot, dot dash dot. Possibly only the cuckoo bird's dot-dash, dot-dash sing-song is better known. These are the sounds of my childhood, the birds' chirping that used to wake me up during the summer holidays in my parents' cabin. I miss hearing it on the prairies of my home province.

I am vacationing in Europe. COVID-19 restrictions are diminishing but are still difficult to understand and navigate. I took the gamble, chose Spain and Portugal as a destination because they have the largest

percentage of vaccinated people in Europe and are presumably the safest countries to visit. Admittedly, to get here, one must be vaccinated and to fill out Passenger Locator Cards for the Portuguese; and then be tested for COVID-19, fill out ArriveCAN and custom declaration forms for the return flight home. Nobody could tell me what may be required to cross the land border between Portugal and Spain, adding more stress.

I found both countries open, the life vibrant, restaurants and facilities humming. Social distancing is perhaps not mandatory, but if it is, definitely not practiced. There are rules to wear masks for shopping and in some other enclosed public areas. Wearing them outside in the streets is optional and some people do. Other than that life continues as usual.

I didn't plan to visit glamorous tourist attractions and wanted to avoid crowds and commercialism. I had seen many of them in my previous travels before tourism was a big business. Occasionally one can be seduced by gems like the fortified Obidos north of Lisbon or Alhambra in Granada in the neighbouring Spain. We all have weaknesses!

I planned to explore plain, presumably old and mostly untouched villages and small towns in central Portugal. I was hoping to find places that still emanate the charm of the bygone eras, where a man can BBQ his fish on a charcoal brazier or refinish his furniture on a makeshift workbench in the street, even to watch craftsmen through the windows of their houses or shops.

I found what I was seeking, often quite serendipitously. Roaming the countryside in a rented car has its advantages. I hiked in the country, walked in towns, sometimes for hours. I went up to countless castles, visited even more churches, admired ruins of forts and ancient stone bridges still used; and relaxed in outdoor cafés.

The car I rented is Seat Leon. It runs well, has a manual transmission with six gears. Quite confusing. Otherwise, it is a sophisticated, computerized little devil that knows no reason

and has no manners. It replaces a nervous passenger. It is commenting on everything I do or don't do by an array of beeps, some of them very intense, depending on how frightened the machine becomes. It lets me know, how close I drive to the dividing lines, even when the road is very narrow and there is really not that much leeway. It gets excited in the hills on secondary roads. It pesters me when I don't hold the steering wheel with both hands even if it is caused by changing gears, which is all the time.

Furthermore, it lectures me in Portuguese by posting comments on the small dashboard monitor. Ostensibly these features are designed for my safety so disliking it is bad, shame on me! It is tempting to turn it off, but it keeps me awake during the long drives, so we have an understanding. The machine beeps and I ignore it.

I have always been amazed about the foresight of mediaeval builders guessing correctly what the standard dimensions of the 21st-century compact cars would be, thus making it possible for us to drive through the historical cities, albeit often just barely. Squeezing through tight spots is the charm of driving in Europe. Apparently, this is not entirely by accident. The standard rail gauge (1,435 mm) is the same as was the span between the wheels of Roman chariots and the motor cars manufacturers roughly followed the suit.

The highway numbering is indicative of what one can expect. One or two-digit number means the main highway, even a freeway, its curves are gentle and grades are reasonable. The pavement is perfect. Three digits denote the main road connecting towns of a commercial or tourist significance.

The curves get tighter, the grades are steeper and the traffic is two way. The four-digit road is still paved, but not much maintained and in places driving on it is like being in a small boat tossed by the seas. This is not a road on which one travels fast, but where the tiniest, often the prettiest towns, simple and slow life can be found.



Top: Ruben on the waterfront in Lisbon. Above: Old Mill by Penha Garcia Below: Dinner is getting ready



Travelogue in Europe

The street going uphill from the intersection of Rua Granja and Rua de Santa Maria in Castello Branco must have been lowered to smoothen the top curve for the vehicular traffic a long time ago.

But they didn't tamper with the sidewalk to prevent the ancient buildings above from collapsing. It gave the tavern a nice little terrace to set up their chairs and tables.

Looking for a place to eat, my first impression of the joint wasn't encouraging, it was just an uninteresting dive whose ambition to be called a restaurant seemed unwarranted.

The bare tables and simple wooden chairs were grouped without any recognizable pattern, walls devoid of decorations and poor lighting gave it a decidedly blue collar look.

Only a few labourers in their well-worn overalls milled around the bar or smoked by the door, stopping for a beer on the way home.

I forgot that the locals eat very late, it has been a long time since my last visit to Portugal. I was early but hungry. Barman cum waiter and likely the owner of the place all in one insisted that his was a restaurant.

He had a menu to prove it. It was many lingual including English. Under the heading "Parfugeres" all dishes were costing the same 7.00 Euros. The kitchen in the back was dark and not a cook in sight, so I thought this was just a promise of later culinary pleasures.

But he insisted so I selected pork ribs, willing to wait. He put his finger on the line in the menu and kept turning the pages back to Portuguese, no doubt to be sure what I had ordered and rushed back into the bowels of the place.

He returned within minutes with cutlery wrapped in napkin, a glass of beer in hand and pre-cut paper tablecloth flying behind him. By the time I was leaving, the whole bar was converted into a restaurant by the same means and was filled by diners.

It was an amazing transformation!

Tomato salad seasoned with sea salt and olive oil came next, to tide me over. In the meantime, the kitchen came to life.

The ribs were grilled on a hot plate, the tender meat coming from fat, big European pigs, was loaded with cholesterol and dripping juices. I am pretty sure the recipe was to use a copious amount of garlic and enough salt to bring the taste out.

The fries were homemade, with olive oil. The dinner was utterly unhealthy, a dietitian's nightmare and simply delicious!

I came back the next day for more and it turned out it made me a regular, welcomed by a special handshake and almost hugged.

I stayed with the pork, just a little different cut. I obviously rose in status, the salad was now made from green tomatoes, the best tomatoes there are; they were "from the owner's own garden".

I've arrived. We are now friends, Eugenio and I, the special handshake and green tomatoes sealed it!

From Castello Branco going straight east towards Zibreira and then up north lies the first of the mountain villages recommended in the excellent Wild Guide to Portugal, in the Idanha-a-Velha.

It is as quiet place as one would wish for. I saw just one car parked under the ancient cork tree in front of the old city gate. The defensive walls are formidable and one wonders who they feared in their isolation.

Further up is Monsanto and then Penha Garcia. Just getting there driving on the four-digit road was worth the seasickness.

There are olive growths, tree branches hang over the road like canopies and stone retaining walls stabilize the slopes.

Every turn of the road and there are plenty, reveal another perfect view chasing the photographer out of his car. These villages possess an incredible charm.

Houses are built from stone and their hue is greyish brown. They blend into their surroundings and sometimes you don't notice them until you are right in the middle of them.

Monsanto lies on the side of a hill strewn with enormous boulders, and many buildings use the boulders as perimeter walls. If seeing a movie depicting something like that, we



Above: Charcoal ovens
Below: Schist bridge in Foz de Egua

would accuse the director of having a wild imagination indeed.

The most interesting thing I saw above the town were the medieval pig pens built completely from stones, even the fencing is fashioned from upright slabs.

I thought Penha Garcia was rather ordinary but from the fort on the top, I noticed, that there are some old buildings down in the valley.

After some bushwhacking, legs marked by thorn bushes, I located them and they turned out to be an old water-powered mill. It was a very intimate setting. There were a few locals swimming in the pond and I, quietly bleeding.

The town called Piódão

is at the end of a narrow valley further west, just under a mountain pass, I planned to cross, as it was marked as scenic. The old town was shockingly busy. It was Sunday and it so happened the finish line of a giant cross country race was on the city's edge. Runners looking exhausted were arriving, the megaphone blasting away, interviews conducted. Entrance to town was blocked and so was the road to the pass above.

Luckily Piódão itself was deserted and free to admire in peace. It is completely built from the schist rocks of random sizes, skillfully fitted together.

Romans used huge rectangular blocks. The incredible Inca stone structures

are built from masterfully shaped and tightly fitted stones in Cuzco, but this stonework is different; the stones are not dressed but carefully selected to form perfectly smooth walls.

The whole Piódão is built this way except for the church that is stuccoed.

A few kilometers under the town there is a narrow side valley where two creeks meet.

The place is called Foz de Egua. Two small schist bridges were built with the same mastery as the buildings in Piódão.

It is a perfect place to linger.

Suddenly being blocked from driving further over the mountain pass, was not an issue anymore.



Some industries are either too labour intensive or the product is no longer needed in big enough quantities to interest the big internationals.

But someone must be making this stuff and there are two such products made in Portugal.

Quercus Suber, commonly called the cork oak, has impermeable, elastic and very thick bark. It can be stripped off in big chunks, reminiscent of shearing sheep for the wool.

It is a fabulous material as any wine connoisseur can attest. The trees survive and the bark grows back again in nine years.

Interestingly, the new bark is of better quality, denser and uniformly thick.

It is a renewable resource, and there are not many places in the world where these trees grow. Portugal is the main producer. Quercus Suber trees also grow in western Spain, on Corsica and in Sicily.

Shaping the wine stoppers, the “corks”, from

the slabs of bark is very wasteful so now they grind it and reassemble using adhesives.

The cork trees grow everywhere, not just on modern plantations or in orchards in central Portugal.

They have a lifespan of 200 to 350 years and therefore many productive trees of today were planted over 100 years back along the roads or scattered over the fields.

One runs into them when driving in the country all the time. Trees are easy to spot. Once the bark is stripped from the ground up to the first big branches the colour of the boles is burned sienna as opposed to gray colour of the bark and they literally shine in the forest setting.

Another unusual industry is charcoal making. It is a messy affair and positively a big polluter. There are charcoal ovens on the way to Santarem, right by the highway.

The ovens are as primitive as they were in the Middle Ages, they smoke like hell and the workers

are covered by soot.

I should have stayed in Elvora at least two nights and devoted a full day to explore the area. Apparently, it is full of prehistoric buildings, but the marking and directions leading to them are atrociously bad.

I didn't properly plan for this, but still managed to find in the time I had the Anta do Olival da Pega that is a 5,000 years old “domen”, a primitive stone dwelling.

The Stone Age people had the ability to move and raise boulders of ridiculous sizes and weights, and place them precariously balanced on top of others to form the structures. It is Stonehenge revisited.

These things are located in olive groves of trees that are so old, that their trunks are gnarled, hollow and with much of the bark missing, and are still weighted down by olives.

One wonders what is more ancient, the trees or the stone dwellings.

On my last day and a half in Lisbon I went by subway from the airport down to the waterfront. Compulsory COVID-19 test for return to Canada done, I had time to wander around the city.

A short distance from the Praça do Comércio the area is full of idling Lisboans. They were there already yesterday and will likely be there tomorrow again, while I will be in the airplane going home.

They sit on a low wall running the length of the promenade, turned with their backs to the guitar

player called Ruben, so that they can watch the estuary and listen to the music that is quite good.

They perhaps pretend not to listen so that they are not obligated to spend their 20 Cents.

But Ruben doesn't care, he plays for the joy of it. If he makes some money for new guitar strings, that would be good too.

There doesn't seem to be anything wrong with the world when you are down there on the waterfront in Lisbon on a lazy Friday afternoon.



House in Monsanto. All pictures courtesy of Jerry Cvach

Making your Christmas Wish List?

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Paleontologists debunk missing link

By Andrew Lyle
University of Alberta

Filling in the links of the evolutionary chain with a fossil record of a “snake with four legs” connecting lizards and early snakes would be a dream come true for

paleontologists. But a specimen formerly thought to fit the bill is not the missing piece of the puzzle, according to a new study led by University of Alberta paleontologist Michael Caldwell.

“It has long been understood that snakes are members of a lineage of four-legged vertebrates that, as a result of evolutionary specializations, lost their limbs,” said Caldwell, lead author of the study and professor

in the departments of biological sciences and earth and atmospheric sciences

“Somewhere in the fossil record of ancient snakes is an ancestral form that still had four legs. It has thus long been predicted that a snake with four legs would be found as a fossil.”

In a paper published in the journal *Science* in 2015, a team of researchers reported the discovery of what was believed to be an example of the first known four-legged snake fossil, an animal they named *Tetrapodophis amplectus*.

“If correctly interpreted based on the preserved anatomy, this would be a very important discovery,” said Caldwell.

Caldwell explained that the new study of *Tetrapodophis* revealed a number of mischaracterizations of the anatomy and morphology of the specimen — traits that initially seemed to be shared most closely with snakes, suggesting this might be the long-sought-after snake with four legs.

“There are many evolutionary questions that could be answered by finding a four-legged snake fossil, but only if it is the real deal. The major conclusion of our team is that *Tetrapodophis amplectus* is not in fact a snake and was misclassified,” said Caldwell. “Rather, all aspects of its anatomy are consistent with the anatomy observed in a group of extinct marine lizards from the Cretaceous period known as dolichosaurs.”

The clues to this conclusion, Caldwell noted, were hiding in the rock the fossil was extracted from.

“When the rock containing the specimen was split and it was discovered, the skel-

eton and skull ended up on opposite sides of the slab, with a natural mould preserving the shape of each on the opposite side,” said Caldwell. “The original study only described the skull and overlooked the natural mould, which preserved several features that make it clear that *Tetrapodophis* did not have the skull of a snake — not even of a primitive one.”

Although *Tetrapodophis* may not be the snake with four legs that paleontologists prize, it still has much to teach us, said study coauthor Tiago Simões, a former U of A PhD student, Harvard post-doctoral fellow and Brazilian paleontologist, who pointed out some of the features that make it unique.

“One of the greatest challenges of studying *Tetrapodophis* is that it is one of the smallest fossil squamates ever found,” said Simões. “It is comparable to the smallest squamates alive today that also have reduced limbs.”

An additional challenge to studying the *Tetrapodophis* is access to the specimen itself.

“There were no appropriate permits for the specimen’s original removal from Brazil and, since its original publication, it has been housed in a private collection with limited access to researchers. The situation was met with a large backlash from the scientific community,” said Simões.

“In our redescription of *Tetrapodophis*, we lay out the important legal status of the specimen and emphasize the necessity of its repatriation to Brazil, in accordance not only with Brazilian legislation but also international treaties and the increasing international effort to reduce the impact of colonialist practices in science.”

THANK YOU to our friends at the Calgary Foundation!

COVID-19 changed everything. But one constant has been the generous support the Calgary Foundation has provided to Kerby Centre and the seniors we serve.

Their generous support has allowed us to feed seniors who don't have the food they need, shelter seniors fleeing elder abuse, and educate, inform and engage isolated, vulnerable seniors in our community.

THANK YOU Calgary Foundation
you make our work possible!

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Kerby News wants to hear your influenza stories

Kerby Centre

The consequences of influenza infection can be devastating for older adults. Older adults represent 15 per cent of Canada's population. They are at higher risk for influenza infection and its complications, particularly for older adults with underlying chronic conditions, heart disorders, and diabetes. Unfortunately, Influenza is also one of the most common infectious diseases in Canada and is vaccine-preventable.

What is your story about the effects of

Influenza? Was there ever a time when you could not access the flu vaccine?

Have you ever had to seek medical care for the flu? What are your feelings or thoughts on the importance of being vaccinated for the flu?

We want to hear from you. Please contact our editor at andrewm@kerbycentre.com

The purpose of these stories is to help raise awareness about the severe nature of influenza and how it has impacted older adults in our community.



U of C study seeking participants

The University of Calgary is seeking older adult participants for a scientific study. The criteria and additional information follows:

Gender: Females and Males

Age group: Between 65 to 75 years old.

Fitness level: Any person who can cycle at moderate/high intensity for ~1hr.

Any other criteria: non-smoker, non-obese, no peripheral vascular occlusive disease, and not taking some medications that are known to affect cardiovascular or hemodynamic responses to exercise (e.g., β -blockers, anti-coagulants, etc.). Well-controlled blood pressure through medication and with no contraindication to exercise will be accepted in the study.

Location of study (do they have to visit UofC?):

Room #104, Kinesiology Block B (KNB), Main UofC campus.

Amount of time and number of visits that will be required:

5 visits, 1.5 hrs each, ~8hrs in total. Each visit will be composed by submaximal cycling and fatigue measurements throughout the exercise. The cycling intensity

will be moderate to high.

Benefits of participating:



No monetary benefit. Parking and transportation will be covered.

This study will characterize how elderly population fatigue during exercise, which will improve future exercise training prescriptions and benefits.

Who to contact to participate:

Rafael Azevedo (rafael.azevedo@ucalgary.ca)



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How to enjoy a solo holiday

Andrew McCutcheon

Kerby News

We all have incredible memories of joining as family and friends over the holiday season for celebrations big and small.

However, whether circumstance or bad luck, sometimes getting together with others isn't possible.

That doesn't mean your holidays are ruined by any stretch: it's possible to have an enjoyable season regardless of how many people are around, with a bit of thought and effort.

1. Give a gift to yourself

The holidays are a season of giving after all, so why not give a gift to a person who really matters: you!

There's always been debate over what's better — to give or to receive — so combine the best of both worlds by treating yourself.

Whether it's spending a bit more money on something you've put off getting for a long time or even just a small, frivolous treat, just taking the time to self-care and reminding yourself of how worthy of care you truly are, treating yourself will help make this holiday extra special.

2. Virtual Visits

If your holidays are homebound due to things like inclement weather or illness, virtually attending a celebration is better than nothing at all.

It might not feel the same viewing it through a screen, but smiling, happy faces look the same regardless of how many pixels there may be.

You can set up times over the holidays to have Zoom sessions with family or friends. It doesn't have to be a long visit, as social batteries can drain as quickly as those on a tablet device, but as stocking stuffers have taught us: sometimes something small can be a true treasure.

If you're not feeling as confident with your technical expertise, reach out to a close friend or family member to get yourself set-up and ready ahead of time.

A non-profit called CyberSeniors is available as well to assist. They

can be reached toll-free at 1-844-217-3057 for technology assistance or for more information, check out cyberseniors.org.

3. Make a meal

One of the biggest enjoyments during the holidays are the massive, delicious foods that we get to partake in: turkey, stuffing, mashed potatoes and many other classics.

Making such a massive meal for one person seems daunting and wasteful: but there are absolutely other options.

This month the Kerby News has featured several recipes meant for small portions that still include all your holiday favourites — available on page 22.

The internet is also a wealth of information for even more ways to manage our December favourites into more bite-sized meals.

As for delicious holiday baking: go ahead and make that full tray of nanaimo bars or that big plate of cookies for yourself.

If you're worried about leftovers, hand out small bags of the baking to trusted neighbours and friends.

Not only do you get to keep some for yourself, but you get to spread holiday cheer and see those smiling faces when you do.

Which truly is the most important part of the season, after all.



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A letter a long time coming

Stephen Ditchburn

Dear Santa Claus: Hi, Santa! It's me once again, Stephen. Boy, it's sure been a long time since I sat on your knee in your grotto in the old Upton's department store in Redca', England.

I remember how exciting that was and how you were so kind to everyone. I sure wish had a photo of us, but that was before the days of the camera, wasn't it? Ha! Ha!

Oh, and all those fairy lights in the high street everywhere - just magical! Sorry I haven't written for the last 50 years or so, but please know that I think of you very, very often.

You have no idea of the powerful impact you've made in my life. I hope you realise that you have brought much joy and happiness to folk everywhere. Your kindness and magic inspire every day, all year long.

Anyway, I thought I'd drop you a quick note just to say "hi" and stuff. I know this is a very, very busy time for you, but hopefully, you have everything in control up there at the North Pole.

You know Santa, it seems the world has gone completely bonkers these days. So much human suffering and despair.

Hatred everywhere. I wonder why humans despise other humans so much? So please let me thank you for helping me remain hopeful, no matter how difficult and bleak things seem to get.

One other thing I'd like to do is thank you for all of the books you carefully chose for me throughout the years. They were my favourite gifts.

Reading has taken me to places I never could've imagined visiting: up enchanted trees into the far reaches of space; I've meant so many fascinating characters along the way and have learned so much about the world Hey, did you know I still have some of the books you gave me back in the 1960s?

Winnie the Pooh remains one of my all-time

favourite series of books and they're sitting on my bookshelf as they have for over half a century. They're a bit tattered these days, so I treated myself to a fancy edition one day.

You and I both know how wonderful reading is so I sure hope that children, old and young, receive a book on Christmas morning.

Wouldn't that be great? Do you remember the year that you gave me that little electric organ?. It had about 25 keys I think, and you pressed buttons on the left and the chord came out. Boy, that was fantastic.

None of us could read music, but we managed to piece it together on that Christmas Day and Dad and I could play some tunes from the Sound of Music. (And, yes, I still have that music book.) I don't know how you knew that I loved music and how important it turned out to be for me for my whole life.

I sure hope on this Christmas Day that you are able to spread the joy of music to more people this year. It's a bit different these digital days and records and CDs have disappeared.

I don't think people listen to much music together anymore. I wonder in how many homes music is heard throughout the house all day long like when I was growing up. It must be dark almost all day long these days, up there at the North Pole.

At least the reindeer will be used to the darkness when you all head out with your bag full of treasure and magic.

Have a safe journey on December 24, Santa. I hope there's good weather for you and your magical reindeer don't get lost. I'm going to leave some carrots out for them on the 24th (give Rudolph the biggest one!) and there's a special adult pop in the fridge if you're thirsty.

Thanks for everything, Santa.

Lots of love,

Stephen



KERBY CENTRE PRESENTS
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Financial Wellness 101 Budgeting & Debt Management Tips



On top of everything else, did 2021 hit you hard financially? Start the New Year on a positive path by improving your "Financial Wellness"!

Thursday, January 13, 2022
10:30 to 11:30 am

Join Donna Carson, Senior VP with MNP's Insolvency & Restructuring Group in Calgary and Central Alberta, as she shows us how to manage the basics of;

*budgeting and planning
*credit rating

*good debt versus bad debt

*how to deal with debt if it has occurred

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Presented By
Vineeta Kapoor M.Psyc, PGDGC
Manager of Information Resources

Tuesday, January 25th, 2022

9:30 am to 10:30 am

FREE Registration - <https://goodmentalhealthhabits.eventbrite.ca>

Medicine Hat programming

Strathcona Centre December Schedule 2021

Hours of Operation Monday through Friday 10:00 AM - 4:00 PM

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Centre (Monday - Friday) 10:00 AM - 4:00 PM Orientation and Assessments offered! Sign-up at the Veiner Centre or call (403) 529-8307				
Table Tennis 10:00 - 12:00 Gymnasium	Fun & Fitness (Erynn) 10:15 - 11:15 Gymnasium	Table Tennis 10:00 - 12:00 Gymnasium	Fun & Fitness (Erynn) 10:15 - 11:15 Gymnasium	Pickleball 10:00 - 11:00 Gymnasium
	Pickleball 11:15 - 2:00 Gymnasium		Table Tennis 11:30 - 1:00 Gymnasium	Hatha Yoga (Krista) 11:00 - 12:00 Gymnasium
		Mind-Body Class (Krista) 12:00 - 1:00 Gymnasium	Silver Steppers (Krista) 1:00 - 2:00 Gymnasium	
Pickleball 12:00 - 4:00 Gymnasium	Floor Curling 2:00 - 4:00 Gymnasium	Pickleball 1:00 - 4:00 Gymnasium	Floor Curling 2:00 - 4:00 Gymnasium	Pickleball 12:00 - 4:00 Gymnasium

Veiner Centre & Strathcona Centre are participating in the (REP) Restrictions Exemption Program which requires proof of QR Code to access facilities. We can print off your Alberta Covid-19 QR Code for free at Veiner Centre and laminate it for \$2.00. Mandatory masking and social distancing will continue.

Veiner Centre December Schedule 2021

Hours of Operation Monday through Friday 9:00 AM - 4:00 PM. Tuesday & Thursday until 9:00 PM. Please speak to Stacey if your activity would like a room booked

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club (Monday - Friday) Meet at the South entrance of the Veiner Centre @ 9:50 - 11:00				
Snooker (Monday - Friday) Drop-in daily <i>Outside of Shuffleboard</i> 9:00 - 4:00 VC Games Room				
Quilting 9:00 - 4:00 Crafts Room	Strathcona Arts Studio 9:00 - 4:00 Crafts Room	Bocci 9:30 - 12:00 North MP Room	Strathcona Arts Studio 9:00 - 1:00 Crafts Room	Quilting 9:00 - 4:00 Crafts Room
Canasta 12:00 - 4:00 South MP Room	BINGO 9:30 - 12:00 North MP Room	Mahjong 9:00 - 12:00 South MP Room	Water Colours & More! Drop-in 1:00 - 4:00 Crafts Room	Mahjong 9:00 - 12:00 South MP Room
Contract Bridge 1:00 - 4:00 North MP Room	Bridge Lessons (Register) 10:00 - 12:00 South MP Room	Member of a Constituency 11:00 - 12:00 Boardroom	Canasta 12:00 - 4:00 South MP Room	
Euchre 1:00 - 4:00 Dining Room	Crib 1:00 - 4:00 South MP Room	Crib 1:00 - 4:00 South MP Room	Euchre 1:00 - 4:00 North MP Room	Duplicate Bridge 1:00 - 4:00 North MP Room
Shuffleboard 1:00 - 4:00 Games Room	Duplicate Bridge 1:00 - 4:00 North MP Room	Scrabble 1:00 - 4:00 North MP Room	Shuffleboard 1:00 - 4:00 Games Room	Mexican Train Dominoes 1:00 - 4:00 South MP Room

Volunteer Spotlight



Eric Roberts

Eric is an empathetic and knowledgeable volunteer who is making a big difference in the Information Resources Department. Since starting as a volunteer in November of 2020 he has volunteered for the switchboard, the Information Resources reception desk, the tax clinic and is currently helping seniors fill out applications for OAS, CPP, GIS, and ASB with their housing applications.

Eric started volunteering after retirement. He said "Kerby Centre came to mind because I have known about the Centre for a good 50 years and knew they helped older adults in the community."

He continues to volunteer as he likes "to see how much the seniors appreciate the help that is provided at the Kerby Centre to navigate the different areas of government to make sure they are getting all the right financial benefits."

Eric enjoys being at Kerby Centre and said, "I work with a great team, and everybody is so friendly."

In his spare time Eric likes cooking, cruising the rivers and oceans and riding his motorcycle. If he could live anywhere else it would be Vienna, Austria.

So far Eric has contributed over **288.5** hours.

Thank-you Eric for all you do for the Kerby Centre!

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Mark Your Calendars For These Upcoming Events & Activities

Happy Holidays!



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Join Us Tuesdays 1:30 - 2:30 pm
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Dec 7 How To Market Your Transferable Skills & Network

Participants will learn about:

- How to identify transferable skills and why are they important for employers?
- Market the skills you already have to get a desired job
- Sell the skills beyond your education and experience Networking and how can it help in job search

Meeting ID: 882 6683 1882

<https://us02web.zoom.us/j/88266831882>

Dec 14 The Elevator Pitch

- Learn how to craft a perfect elevator pitch that explains to people who you are
- What you do and what kind of position you're seeking

Meeting ID: 820 7022 4916

<https://us02web.zoom.us/j/82070224916>

Dec 21 Staying Positive

Participants will learn about:

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

Meeting ID: 811 8270 8567

<https://us02web.zoom.us/j/81182708567>

For more information phone 403 705-3219

Welcome Back To Our Fall Series of Health & Wellness, Mental Wellbeing and Information Online Presentations.

We hope you will join us! Be Sure To Check Out The Presentation Ads Within This Issue For Dates & Times!

NEW! Join us for exciting Kerby programming such as fitness classes, bread markets & concerts now running out of the **Living Spirit Building, located at 629 49 Ave SW.** Contact Lauren at laurenr@kerbycentre.com or 403-705-3177.

ZOOM CLASSES

MONDAY

Fitness with Dan 9:30 –10:30am
Gentle Seated Yoga 2:00 3:00pm

TUESDAY

English as Second Language 10:00 - 11:00am

WEDNESDAY

Men's Shed 11:00am – 12:00 pm

THURSDAY

Yoga for You 9:00 – 10:00am
Drum Fit 10:15 - 11:15 am

FRIDAY

Muscle Strength and Core Balance
11:30 – 12:30 pm
Call Education & Recreation at 403 705-3233

CRAFT SALE

Date: Dec 17th 2021

Time: 10:00am – 2:30pm

Location: Kerby Café



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December 6 - 10th

Are You Interested
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Please contact Henrietta at
403 705-3233 to register
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KERBY TRAVEL

Lake Louise Ice Festival

Date: Tuesday, January 25th, 2022

Time: 10:00am - 5:00pm

Price: Member \$58 Non Member \$88

Cut-off Date: Jan 11, 2022

Call Education & Recreation at 403 705-3233

Kerby Centre FREE Rescued Bread & Goodies Market

Drop In - First Come - 1133 7th Ave SW 10:30 – Noon Every Tuesday (Dec 7, 14,21) & Friday (Dec 3,10,17)

Note: There will be no Market on December 24th. The last Market of the season is Thursday Dec 23rd.

And join us for our external markets

- Banff Trail Community Association **Monday, Dec 20th (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary. AB
- Parkdale Nifty Fifties Association **Tuesday, Dec 14th (11-12pm)** Located at 3512 5 Ave NW, Calgary AB

KERBY EDUCATION & RECREATION WEEKLY PROGRAMS

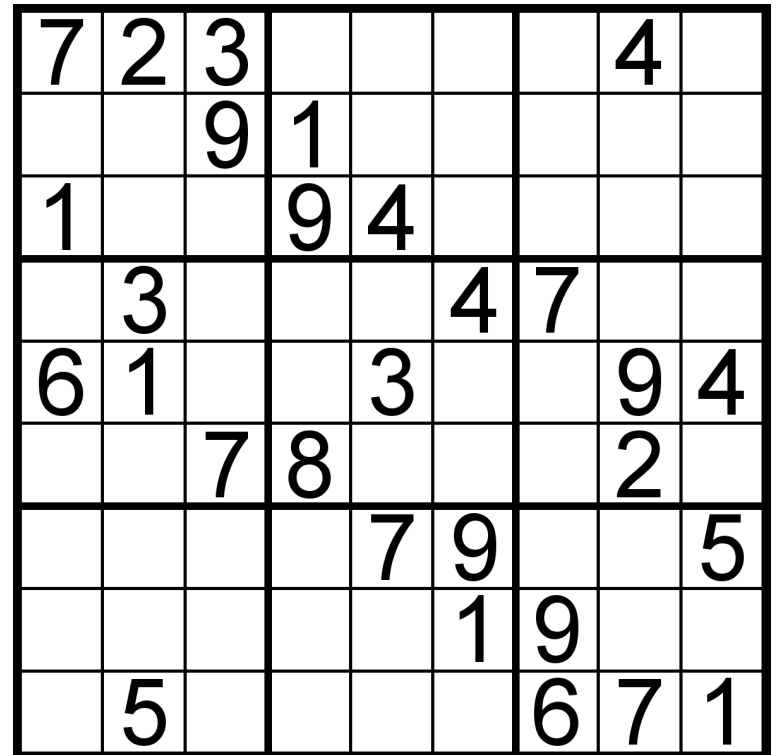
Registration Is Required - Please Phone Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS—FREE</p> <p>MAHJONG RM 312 10:30 AM - 12:30 PM -\$2.00</p> <p>CRIBBAGE GAME ROOM 1:00 - 3:30 PM \$2.00</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00</p> <p>Coming Soon Shuffleboard</p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM</p> <p>MEMORY WRITING 10:00 - 11:00 AM 2ND TUES OF EACH MONTH-FREE</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE GAME ROOM 1:00 PM - 3:30 PM \$2.00</p> <p>WEDNESDAY DANCE KERBY CAFE 1:00 AM - 3:00 PM \$2.00</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PEP TALK 10:00 AM - 11:00 AM FREE</p> <p>PICKLEBALL GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>SPANISH CONVERSATION GROUP RM 311 10:00 AM - 12:00 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM \$1.25 HR</p> <p>BADMINTON & PING PONG GYM 1:30 PM - 3:30 PM</p> <p>ENGLISH AS A SECOND LANGUAGE RM 205 1:30 - 3:30PM</p> <p>MONTHLY MOVIE IN THE LOUNGE 1:00 PM LAST FRIDAY@ MONTH</p>



CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE
ON PAGE 31



It's been two years since I've started with the Kerby News and it's never been a dull moment.

Truly: I've spent more time in this job in the midst of an international crisis than not.

There have been so many changes, so many things to adapt to — it feels like the ground is ever shifting under my feet to the next big switch.

That's why I am so thankful for all of the wonderful volunteers who are utterly reliable, stalwart and kind in helping ensure the Kerby News is the best publication we can put out.

First, out incredible contributing writers who put in hours every month — and my constant hounding — to fill our pages with thoughts, ideas and stories.

Thank you to Barbara Ellis, Lesli Christianson-Kellow, Jerry Cvach, Jaroslav Maria, Tim Johnston, Angie Friesen, and Stephen Ditchburn — plus the rest of the contributing writers from Rainbow Elders.

No matter how good our paper is, it doesn't matter if it's not reaching folks, so another huge thank you is in order to our mailout volunteers.

Weldon Vickers, Leonor Licardo, Gloria Cortes, Kathryn Danchuk, Peter Myer, Roland Reeves, Patricia Myttenar, Anita St. Laurent, Lolita Kiemele, Lisa Burns, Teresa Fyten and Janet Hamilton: my deepest, most heartfelt gratitude goes out to you all.

And to you, dearest reader: my sincerest thanks. Print publishing has been my passion since I was seven years old and knowing that so many folks read and enjoy the hard work we put into the paper each month is the greatest gift I could get this season.

*Happy Holidays,
Andrew McCutcheon
Editor*

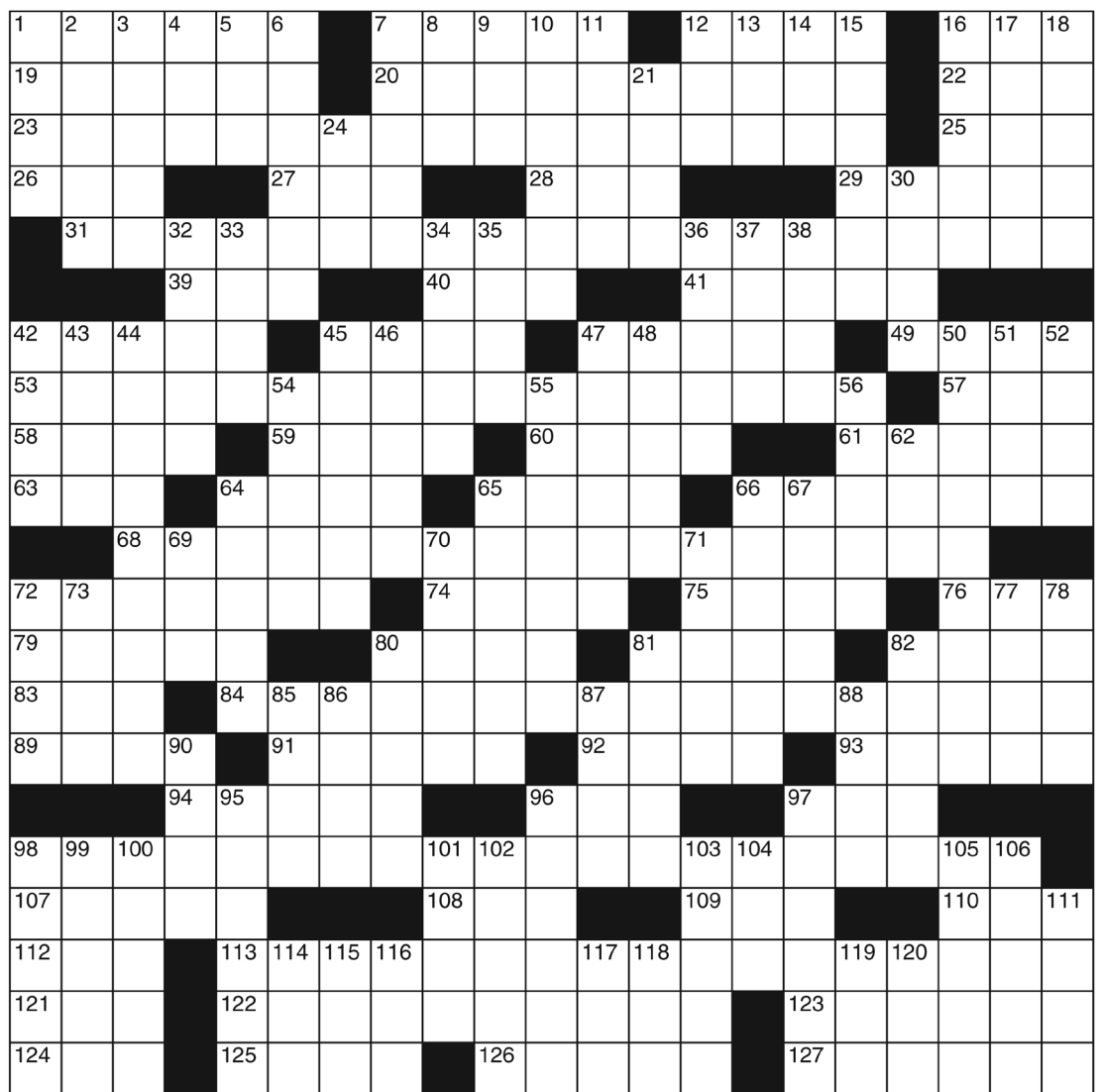
PREMIER Crossword

By Frank A. Longo

POTENT POULTRY

ACROSS

- 1 Durable, lustrous fabric for table linen
- 7 Babysits, e.g.
- 12 Heavy burden
- 16 Machines connected to mice
- 19 Person expressing viewpoints
- 20 Do some igniting
- 22 Syrup source
- 23 Beginning of a riddle
- 25 Even a hint of
- 26 Not so bright
- 27 Old sporty Pontiac
- 28 The Palm Treo was one, in brief
- 29 Arctic home
- 31 Riddle, part 2
- 39 "— qué?" ("Why?," to Juanita)
- 40 Tofu base
- 41 Contest involving balancing on a floating log
- 42 Lead-in to bad news
- 45 "— girl!"
- 47 Fortunetellers
- 49 U.S. pres. during the Gulf War
- 53 Riddle, part 3
- 57 Austrian "a"
- 58 Hidden valley
- 59 "— From Muskogee"
- 60 "Incredible" superhero
- 61 Bert's Muppet pal
- 63 "— darn tootin'!"
- 64 Broad smile
- 65 Foal's father
- 66 Mini-carpent
- 68 Riddle, part 4
- 72 Woman with will power?
- 74 Deteriorates
- 75 Dahs' Morse counterparts
- 76 Pet treat
- 79 "Tomorrow" musical
- 80 — d'oeuvres
- 81 Peru's capital
- 82 "Gotta go!"
- 83 Muscle jerk
- 84 Riddle, part 5
- 89 Tree of Life's garden
- 91 Boffo reviews
- 92 Funnywomen Schumer and Poehler
- 93 Has a go at
- 94 Have a loan from
- 96 Lead-in to puncture or pressure
- 97 Class for U.S. immigrants
- 98 End of the riddle
- 107 Put back to 0, perhaps
- 108 NASA "yes"
- 109 Tolkien meanie
- 110 Rom- — (film genre)
- 112 Aussie avian
- 113 Riddle's answer
- 121 Diana Ross musical, with "The"
- 122 Relaxes, informally



- 123 Shoelace hole
- 124 Disco — (guy on "The Simpsons")
- 125 "Yes, yes!," in Yucatán
- 126 Discontinues
- 127 Cookout condiment

DOWN

- 1 Op-ed columnist Maureen
- 2 Green garden pest
- 3 Marlins' city
- 4 House pest
- 5 Stitch up
- 6 Food chain
- 7 Letter-shaped opening in a machine shop
- 8 LAX abbr.
- 9 Certain caucus reply
- 10 Visit briefly
- 11 Reading room
- 12 Two — kind
- 13 Not a one
- 14 Website ID
- 15 Frozen floating brine
- 16 Church song
- 17 Tippy craft
- 18 Observe slyly
- 21 Put — on (limit)
- 24 Broadway's Hagen
- 30 Mapmaker's sci.
- 32 Home to Barcelona
- 33 Driver's alert
- 34 Lauder of perfume

- 35 Chomsky of linguistics
- 36 Vacuum cleaner company
- 37 Actress Petty
- 38 Rick's love in "Casablanca"
- 42 Azalea of rap
- 43 Manicurist's tool
- 44 From the time that
- 45 Guitarist Chet
- 46 Entity
- 47 Rejects with disdain
- 48 Trapped morays
- 50 Much-married English king
- 51 Nintendo console that debuted in 2012
- 52 Rare blood type, in brief
- 54 Pierces
- 55 Japanese massage technique
- 56 Ogling looks
- 62 Old washcloth
- 64 Say "hi" to
- 65 Cutoffs, e.g.
- 66 Hostility
- 67 Affix a new label to
- 69 Hexa- halved
- 70 Recurrent theme
- 71 Benefit spiritually
- 72 Dislike a lot
- 73 "National Velvet" novelist Bagnold
- 77 Roof's edge
- 78 Feet have five
- 80 Widespread destruction

- 81 Primate of Madagascar
- 82 Keyboard command for "paste"
- 85 Rich rocks
- 86 Vatican's denom.
- 87 Go quickly
- 88 Stilted-sounding reply to "Who's there?"
- 90 G flat, for one
- 95 — hat (Broom-Hilda costume part)
- 96 Beginning of a classic JFK quote
- 97 Artist working on glass
- 98 Pub offerings
- 99 Send in, as payment
- 100 Japanese truck maker
- 101 "Mighty" trees
- 102 Yule songs
- 103 9-Down and 119-Down are opposite ones
- 104 Bit of a circle
- 105 GI tract bacterium
- 106 Tender spots
- 111 Fictitious tale
- 114 "Bali —"
- 115 Officeholders
- 116 Hi-tech film effects
- 117 Dove's noise
- 118 Cobra type
- 119 Certain caucus reply
- 120 — Aviv-Yafo

Second annual Kerby photo contest



Time is running out! Only a few more weeks to the deadline of the second annual Kerby News photo contest. Last year's theme of Fall in Alberta was fun, but this year we are aiming for something joyful! The

theme of entries should be centered around "smiles." Whether it's a picture of folks smiling, or just something that makes you smile, enter for a chance to win a 2022 Kerby Membership. Entries can be emailed to andrewm@kerbynews.ca

and will be featured in our January issue. Please include "Kerby News Photo Contest" in your subject line. The deadline for this contest is Dec. 10! We can't wait to see the talent of our local community.

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OPEN DAILY 9AM-5PM

Delicious meals for solitary holidays

The holidays are a time of joy and celebration.

However, due to circumstance and the way life works out, we may not always have the chance to celebrate with others.

Even then: it's important to enjoy the best part of the season with hearty, holiday-esque meals. There's absolutely an opportunity to enjoy some favourites by oneself and fill your belly with all the flavours you're used to!

Turkey Fried Rice Recipe

Stir-fries are not often thought of as typical Christmas recipes, but they are an excellent way of preparing a meal for one at any time of the year—including the holidays.

This turkey fried rice recipe is not only incredibly easy to make, but also fairly quick to prepare and to cook, which is ideal if you have to work on Christmas Day (perhaps this is the reason that you are eating Christmas dinner alone in the first place).

4 ounces diced turkey breast or thigh

3 ounces basmati or long grained rice

1/2 small onion (very finely chopped)

1 cup frozen peas

1 cup frozen corn

1 green onion, thinly sliced

1 tablespoon roughly chopped coriander/cilantro

Approximately 2 teaspoons dark soy sauce

Corn oil for frying

Method

Place the rice into a fine sieve and run it under cold water to remove the excess starch. Then boil it in lightly salted water for 10–12 minutes or depending upon the instructions on the pack.

Drain it well through the sieve and allow to cool. This is very important, because if the rice is fried while warm, it will stick together and produce a most unappetising result.

When the rice is cold, bring your wok up to a high heat, then add



around a tablespoon of corn oil. I have tried various types of oil for frying rice and have found corn oil to produce the best effect.

Add the diced turkey to the hot oil and stir-fry for a minute or two until almost cooked, before adding the onions, peas and corn.

It will not take long for the vegetables to glisten and begin to cook, at which point the rice should be added. Remember always to keep the heat turned up very high when stir frying or you risk your food sticking to the wok.

After another couple of minutes, add the soy sauce, stirring only until it is well mixed through the rice.

Remove the wok from the heat, stir in the coriander/cilantro and serve immediately.

Grilled Leg of Lamb on Sweet Potato and Parsnip Mash

Lamb is, of course, a delicious meat that can be served at any time of year, but there's something special about eating it around the holidays.

This recipe—featuring sweet potatoes, a classic accompaniment to

lamb—provides not only a delicious alternative to turkey for Christmas but is prepared and cooked from start to finish in less than half an hour.

Ingredients

1 leg of lamb steak (or two small ones!)

1 large sweet potato

1 large parsnip

1 clove of garlic (crushed)

2 tablespoons frozen garden peas

Salt and freshly ground black pepper

Method

Peel sweet potato and parsnip and chop into approximately 1" cubes. They should then be added to a large pot of salted, boiling water and allowed to simmer for around 20 minutes until soft.

When the sweet potato and parsnip have been simmering for about 5 minutes, the leg of lamb steak should be placed under a medium to hot grill and cooked for around 6 or 7 minutes on each side until done.

When the lamb is cooked, set it aside to rest while the finishing touches are put to its accompaniments.

The peas should be added to a pot of boil-

ing water and simmered for 2 to 3 minutes (check the packet for instructions) while the sweet potato and parsnip mix is drained and mashed thoroughly.

Add black pepper to taste and then stir crushed garlic through the mixture.

The mash should then be arranged on the plate in a circle as shown in the photograph, the lamb placed carefully on top and the peas drained and arranged around the edges.

Sweet Potato and Apple Soup for One

Why is it that almost every soup recipe known to man is for four, six, eight, or more people? Do recipe writers not think single people like soup?

Or maybe they don't think single people are prepared to go to what is very often the bother of making soup for one?

The good news with this soup recipe is that it is provided in the quantities required for one person (albeit a hungry one), and it can be made from start to finish in less than half an hour, including preparation time.

This makes for a de-

licious appetizer, or even an early lunch before you start to prepare your Christmas dinner!

Ingredients

1 large sweet potato (peeled and chopped)

1 Granny Smith apple (cored, peeled and chopped)

1 clove of garlic (crushed or grated)

1 pint of fresh vegetable stock (prepared in advance)

1 teaspoon freshly chopped coriander leaf/cilantro

Method

Put the sweet potato, apple and garlic in to a medium-sized soup pot and add the vegetable stock.

Bring to a boil and then reduce the heat to allow the mixture to simmer gently for 20–25 minutes, until the sweet potato is soft.

Remove the pot from the heat and sit it on a wooden chopping board.

Simply mash the soup with a potato masher before stirring in the chopped coriander/cilantro.

Season if required and serve immediately.

Courtesy of Delishably

Give the gift this holiday season

This holiday season help Kerby Centre give the gift of shelter, food, and connection to vulnerable seniors in Calgary.

SHELTER - The Kerby Elder Abuse Shelter provides a safe place for seniors to call home while escaping financial, physical and/or emotional abuse.

Icilda (83) was experi-

encing neglect at home and was referred to the Shelter by her doctor. She formed many friendships and blossomed with the 24/7 support. Now back home, our outreach team connects regularly with Icilda to support her transition back into the community.

FOOD - Many seniors in Calgary suffer from food in-

security - not having reliable access to affordable, nutritious food. Kerby Centre's Food Security Programs offer free food markets, food hampers, frozen meal and grocery delivery, and supportive visits to low-income, vulnerable seniors.

"The whole experience is life changing. I feel happier and just cannot wait for these two [free food markets every]

week. Thank you for helping us." - Ruby

CONNECTION - Kerby Centre helps seniors make connections to vital services, support, and their community. Our Adult Day Program (ADP) allows medically fragile seniors to connect, be creative, and get active. Our Social Calling program matches volunteers with

isolated seniors for regular chats and check ins. We also offer virtual education and recreation classes to help seniors stay engaged and connected with their community.

"My time at [ADP] is my one day of social time. The sharing of meals and games is really good for me. It also gives my wife a break from being my caregiver." - Isaac



stuff a stocking for a senior in need this
Holiday Season

Stocking Stuffer Ideas:

- socks
- mittens
- warm hat
- coffee
- tea
- hot chocolate
- personal hygiene items
- candy
- holiday treats
- books
- games
- gift cards

Drop your stocking(s) off at Kerby Centre now until December 15th



Give the Gift

Happy Holidays From Kerby Centre

Give the gift of shelter, food & connection to local seniors in need.

DONATE TODAY
kerbycentre.com/donate



We ♥ our members!

Kerby Centre has over 1,500 members!

Our members have big hearts; over 50% of the gifts we received this year were from members.



Many of our members volunteer with us through food delivery, social calling, and at our free tax clinic.



HAPPY HOLIDAYS! Give the gift of shelter, food and connection for local seniors in need.

I would like to make a **one-time** donation: \$25 \$50 \$125 \$250 My choice: _____

I would like to become a **monthly** donor: \$15 \$25 \$50 \$100 My choice: _____

Payment Method: Cheque Visa MasterCard

Credit Card Number _____

Expiry Date _____

Signature _____

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I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

Send tax receipt to:

Name _____

Address _____

City _____ Province _____ Postal Code _____


Email _____

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All donations are gratefully received. Donations of \$20 and above will receive a donation receipt.

Kerby Centre 1133 7 Avenue SW Calgary, AB T2P 1B2
Donate online at www.kerbycentre.com/donate or call 403.705.3235

Charitable Registration
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To place your ad call: 403-894-6986, Fax: 403-705-3211 or e-mail: andrewm@kerbycentre.com

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CLASSIFIED RATES
This page will be changing as of 2022. Longtime clients will receive further information as to the continued status of their ads.

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11	Foot Care
13	Mobility Aids
20	Home Maintenance
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30	For Sale
33	Wanted
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48	Real Estate
50	Relocation Services

10 Health

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48 Real Estate

Friendly shared room accommodation in the Heart of Varsity! A Master Bedroom, in Fourplex Unit. Shared kitchen, washroom, and sitting area. Quiet unit shared with the owner. The room comes furnished, with a parking spot, all utilities, and internet.

For sale, 2bdm, 2bath (40+) Condo Redcliff, Alberta. Call Cathy @ Source1RealtyCorp 403-581-8147

I have a resident dog and cat, so no other pets allowed. Non-smokers. On bus route #65, five minutes from Brentwood Station, and Market Mall. Available Immediately: Rent is \$600 month, \$600 Deposit. Contact Shelley at (403) 850-4516 or s.strobl.sls@gmail.com.

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

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Kerby Centre

Education & Recreation

Course Registration

Winter Session

W
I
N
T
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R



Registration opens December 1st for members and December 15th for non-members

Register in person at Kerby Centre in Room 305

By telephone at (403) 705-3233 or (403) 705-3232

On-Line Registration not available at this time

By mail to:

Kerby Centre

1133 - 7th Avenue S.W.

Calgary AB, T2P 1B2

Attn: Education & Recreation



New Year, New Locations!

Fitness with Dan and Beginner Ukulele are being offered at the

Living Spirit Building

629 49th Ave SW

Registration details on the following pages!

Plus, keep an eye out for the January Edition of Kerby News for our course offerings at Dalhousie Community Centre!

2 Membership Saves

Please ensure you have your 2021 membership before registering for courses. Contact the Information Department to renew or to apply for a membership 403-705-3246.

0 Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!!!

2 Refund Policy

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

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

Workshops are non-refundable.

2

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.

Active Living Courses



Appropriate workout attire and footwear are required for all fitness classes

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

Instructor: Adrian Buczek

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

A01 Thursday Jan 13 – Mar 3
2:15 – 3:15pm Room 205



Fitness with Dan Member \$49 Non Member \$79

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.

A02 Wednesday Jan 12 – Mar 2
10:00 – 11:00am Gymnasium

A03 Tuesday Jan 18 – Mar 8
11:30 am – 12:30pm Held at the Living Spirit Building

Muscle Strength & Core Balance Member \$49 Non Member \$79

Instructor: Dan Leung

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

A04 Friday Jan 14 – Mar 4
9:00 – 10:00am Gymnasium

Let's Dance Member \$29 Non Member \$59

Instructor: Tibor Kaldor & Megan MacFarland

Are you looking to shake up your fitness routine? Join us for a unique and fun dance class, no partner required.

A05 Monday Jan 10 – Jan 31
1:00pm – 2:00pm Gymnasium



Line Dancing Member \$49 Non Member \$79

Instructor: Glenis Martin

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.

A06 Thursday Jan 13 – Mar 3
1:00 – 2:00pm Gymnasium

Laughter Wellness Member \$39 Non Member \$69

Instructor: Sharon Falconer

Life is better when you are laughing. Let's laugh together! Laughter Wellness is a combination of yogic breathing, gentle stretching, laughter exercises and relaxation designed to enhance health and wellbeing. By laughing with our body, we initiate powerful positive changes in our body, mind and emotions.

A07 Friday Jan 14 – Feb 18
10:00 – 11:00am 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.

A08 Wednesday Jan 12 – Mar 2 (No Class Feb 9 and 16)
2:30 – 3:30pm Room 205

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

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.

A09 Wednesday Jan 12 – Mar 2
1:15– 2:15 pm Room 205

Zumba Gold Member \$49 Non Member \$79

Instructor: Maaïke 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!

A10 Tuesday Jan 11 – Mar 1
10:00 – 11:00am Room 205

A11 Thursday Jan 13 – Mar 3
10:00 – 11:00am Gymnasium

benefit

Take Control, Accomplish Your Goal

Let's make 2022 the year for stronger, healthier YOU!

Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration! Goal setting workshop included!

Monthly draws for prizes and a final grand prize draw in December 2022. The more you move, the greater your chance to win.

Please contact Education and Recreation 403-705-3233 to register and pick up motivational starter kit for our free monthly program, benefit. *Let's get started!!*

Academic Courses



Arts

Arts in the Member \$119 Non Member \$149

Afternoon: Acrylic

Instructor: Carol Marasco

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

All supplies are included.

B01 Wednesday Jan 12 – Feb 16
1:00 – 3:00pm Room 313

Watercolour: Member \$139 Non Member \$169

Advanced Techniques

Instructor: Katy Morris

The cost of supplies is not included in the price. Please bring your own watercolour supplies.

Pine Trees and Mount Temple.

We are going to be working with composition, form and structure of pine trees in winter and summer with a mountain backdrop.

B02 Friday Jan 14 – Feb 18
10:00am – 3:00pm Room 313

Calligraphy Member \$85 Non Member \$115

“Pointed Pen Variations”

Instructor: Renate Worthington

We'll explore different alphabets with a unique nib that creates thin and thick strokes by pressure, not pen angle. Come play with loopy descenders, flowing curves, tall thin letters, showy capitals and some delicate flourished art. The Nikko G pointed nib (about \$3) is a popular one for beginners. The instructor will have some for you to purchase. Non-waterproof ink is preferred, and smooth layout paper is best.

B03 Monday Jan 10 – Feb 14
10:00am – 12:00pm Room 313

Chalk Pastels Member \$155 Non Member \$185

Instructor: Tayebe Joodaki

If you want to experience a new technique in chalk pastel, this class is right for you. In this class, you'll learn to draw with colorful chalks on velvet paper and creating stunning artwork. **Materials included** – Velvet Paper, Arteza Wooden Canvas Board, Chalk Pastel etc..

B04 Thursday Jan 20 – Feb 24
10:30am – 12:30pm Room 311

French

Instructor: Georgette Pare

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

This fun course is going to sharpen your listening skills, sharpen your memory, and improve your French all at once! Level I French is for beginners and Level II is for advanced beginners. All you'll need to improve your French conversation is curiosity. Have fun while building your confidence, and spontaneity in friendly dialogue.

French Level I Member: \$85 Non Member: \$115

B05 Thursday Jan 13 – Feb 17
9:45 – 11:45am Room 301

French Level II Member: \$85 Non Member: \$115

B06 Thursday Jan 13 – Feb 17
12:15 – 2:15pm Room 301

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.

B07 Monday Jan 10 – Feb 14
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.

B08 Tuesday Jan 11 – Feb 15
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.

B09 Tuesday Jan 11 – Feb 15
10:00am – 12:00pm Room 311

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

B10 Thursday Jan 13 – Feb 17
1:00 – 3:00pm Room 311

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

B11 Wednesday Jan 12 – Feb 16
10:00 – 12:00pm Room 311

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.

B12 Wednesday Jan 12 – Feb 16
1:00 – 3:00pm Room 311

Spanish Conversation II This course is designed for students with a strong knowledge of grammar. 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.

B13 Monday Jan 10 – Feb 14
1:00 – 3:00pm Room 311

Sing & Play



Singing Circle

Instructor: Barry Luft

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

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.

B14 Thursday Jan 13 – Feb 17
10:00am – 10:45am Room 205

B15 Thursday Jan 13 – Feb 17
11:00am – 11:45am Room 205



Ukulele

Intermediate Level I

Instructor: Barry Luft

Member: \$50 Non Member: \$80

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.

B16 Wednesday Jan 12 – Feb 23 (No class Feb 16)
11:00 – 12:00pm Room 313

Ukulele

Intermediate Level II

Instructor: Barry Luft

Member: \$50 Non Member: \$80

This class will include a review of basic chords in the main ukulele keys and useful strumming patterns to accompany singing. Also presented will be playing by ear, finger picking accompaniment, one finger picking instrumental, endings, plus new and old songs. Other topics to be selected at the whims of the instructor – too fierce to mention in print!

Alumni are always welcome to register to brush up on skills.

Pre-requisite: a previous basic (Level I) intermediate course.

B17 Wednesday Jan 12 – Feb 23 (No class Feb 16)
9:45 – 10:45am Room 313

Ukulele

Introductory Level

Instructor: Barry Luft

Member: \$50 Non Member: \$80

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.

B18 Monday Jan 24 – Mar 7 (No class Feb 21)
10:30 – 11:30am Held at the Living Spirit Building

Personal Interest & Wellness

Indigenous

Member: \$19 Non Member: \$49

Drumming Workshop

Instructor: Chantal Chagnon

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

B19 Friday Jan 21
1:00pm – 2:00pm Room 205

Indigenous

Member: \$55 Non Member: \$85

Rattle Making Workshop

Instructor: Chantal Chagnon

We will begin each day with a traditional welcome, smudge and blessing of all materials, tools and the Rattles. Chantal will be your guide, instructing how to create your Rattle step by step. Chantal will share the history and stories of the rattle and the teachings of the Medicine Wheel. We will learn Traditional Water and Healing songs to accompany and use our rattles for healing in a good way. All supplies will be provided.

B20 Day One - Monday, January 31, 2021

Time: 12:00 pm – 3:00 pm Room 205

Sewing the Rattles, Filling with sand, allowing to dry over two days.

Day Two - Tuesday, Feb 1, 2021

Time: 12:00 pm – 3:00 pm Room 205

Carving Sticks, Attach Rattle Heads, Decorating & Completing Rattles. Smudge and Bless Rattles.

Relaxation

Member: \$6 Non Member: \$36

Through Guided Imagery

Instructor: Don Muldoon

You will learn total body relaxation, both mind and body. Techniques will also assist with reducing heart rate and blood pressure. Bringing a pillow and blanket recommended.

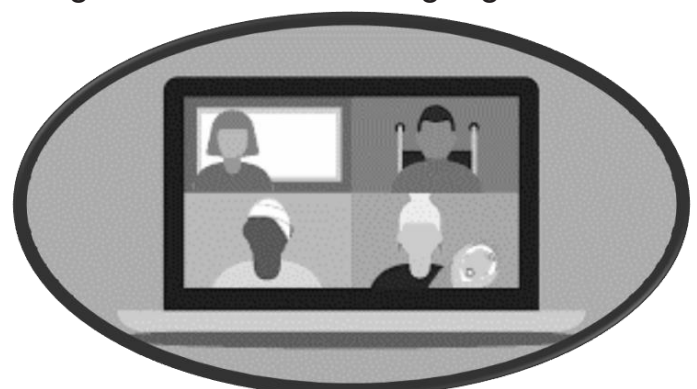
B21 Tuesday Jan 18

10:00am – 11:00am 205

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
- Ski Fit
- Chen Tai Chi & Tai Chi Qi Gong
- Drum Fit
- Muscle Strength & Core Balance
- Yoga for You
- Gentle Seated Yoga
- English as a Second Language



Immunity boosting tips

News Canada

Immunity is a hot topic on everyone's radar in today's COVID landscape. Over time, as restrictions loosen and we begin to once again spend time in public spaces, it's essential to consider preventative health actions that help improve our immune system.

When we think about immune support, vitamins, minerals, and getting adequate rest all come to mind. But there are other protective actions we can take to help ward off illnesses.

Get moving with exercise

Regular physical activity is considered one of the main components of healthy living. It can also improve your ability to repel viruses.

You don't have to be a marathon runner or body builder to reap the benefits. No matter the intensity level, activity is known to stimulate how our bodies cells work together to help keep us healthy.

All forms of activity including yoga, walking and stretching contribute to improved immunity.

Stay up to date on vaccinations

One of the best things you can do for your life-long immunity is to keep on top of immunizations.

As we age, our immune system gradually weakens and becomes less effective at protecting us from disease.

That's why keeping up to date on vaccinations

throughout adult life is important to staying healthy.

Even if you think you're up to date, it's important to check with your healthcare provider as some adults may have missed one or more of their vaccines as a child and need to catch up now.

There are also diseases that are more common in adults, even healthy ones, so additional vaccines are needed as we get older.

Proper diet and meal planning

The food we eat direct-

ly correlates to building stronger immunity. The body's immune response relies on the presence of many micronutrients that we get from food.

Be sure to serve colourful foods because the brighter the food, the more nutrition and immune-boosting ingredients they pack — think beets, carrots and cabbage.

Especially in autumn, there are bountiful harvests of whole foods and vegetables to help keep our plates colourful and our immunity high.



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

IN MEMORIAM

Join us in extending sympathy

William Benedict Andrade
Nina Joan Chiba
Clarice Belle Goretzky
Steven Rawcliffe

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.

CROSSWORD SOLUTION

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PUZZLE ON PAGE 26

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PUZZLE ON PAGE 26

ADVERTISERS' INDEX DECEMBER 2021

Bethany Care.....	36	Luxstone Manor.....	27
Bill Stemp.....	6	Manor Village	2, 21
Bowbridge Manor.....	31	Military Museums	27
Brenda Strafford.....	13	Mountain View Seniors	15
City of Calgary.....	19	North Hill Denture.....	11
Co-op Memorial Society	6	Nurse Next Door	8
Cowboys	4	Parkdale Seniors	31
Deerfoot Inn and Casino.....	FP	ProminenceWay/RockyRidge5	
Evanston Summit	18	Repsol	11
Golden Life.....	9	Silvera for Seniors	7
Heart to Home	11	The Estate Lady	31
Jubilations	10	Trinity	24
Livewell	8	Verve Senior Living.....	22

Kerby News Business & Professional Directory

Size: 3 1/4" X 2 " Cost: \$160

The Estate Lady

Wills, Powers of Attorney, Personal Directives
Estate Probate/Administration Applications

Kimberly Wallace

Paralegal, Commissioner for Oaths
25+ Years' Experience

Phone: (403) 870-7923

Email: estate.lady.ab@gmail.com

FOR DISPLAY AD INFO or
TO BOOK AN AD CALL

Jerry Jonasson
JerryJ@kerbycentre.com
or 403-705-3238

David Young
DavidY@kerbycentre.com
or 403-705-3240



403 402 9724
carebyangels21@hotmail.com
www.carebyangels.ca

In-Home Support Services

- Companionship specializes in dementia care and daily living assistance.
- Personalize care and nursing services.
- Respite care to relieve caregivers, can be overnight, 24hrs, weekends or more.
- Footcare for elders, diabetic foot welcome.
- Minimum of 2.5hr/visit starting @ \$28/hr.



Right Home Right Time Right Place

Bethany is a leading provider of the **full spectrum of housing and care options** for seniors and adults with disabilities in central and southern Alberta. We offer the right home at the right time in the right place.

EXPLORE YOUR OPTIONS TODAY...

Affordable Housing for Seniors

Riverview Village, located in the area of Dover, is in a well-maintained park-like setting close to many amenities, including places of worship and shopping. We offer affordable rental suites for independent seniors. Riverview Village is comprised of three unique buildings:

- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one and two bedroom suites for adults 60+

We are pleased to offer an **affordable meal service** as well as an **online grocery service** for tenants.

Riverview Village
2945 26 Ave SE, Calgary

Affordable Housing
403.272.8615



FREE GIFT!

ENJOY ONE MONTH FREE!

For a limited time, we are offering you one month free rent with a 12-month lease signing.

This offer applies to Kanerva House only.

Sign Up Today
403.272.8615

A New Lease on Life!

Sundance on the Green is a community for independent seniors who enjoy active living. Enjoy a spacious suite through our Life Lease program. Purchase your Life Lease, offering peace-of-mind with a guaranteed buy-back. Contact us for details!

Amenities include:

- Spacious open-concept suites, from 800 to 1,200 square feet
- Lake Sundance access for all residents
- Shopping, restaurants and Fish Creek Provincial Park on your doorstep

Our Life Lease provides a 90-day buy-back of the lease agreement - no lawyers, no realtors, we do the hard work, so you don't have to!

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

Discover your new home at
BethanySeniors.com

