

# Traveling Europe by waterway



Our travel writer, Jerry Cvach, had the amazing opportunity to travel through Europe recently, navigating the rivers and waterways to visit countries such as Austria, Germany and more. Story spread and photos available on pages 16 to 18.

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# DIGNIFIED LIVING

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# Our food security outreach programs

This week I did an interview with the Business Editor at the Canadian Press, about the impact of Inflation on Seniors. Here at Veiner and Kerby Centre, we are very concerned about how inflation is affecting seniors of all income levels. In 2017, 11 per cent of Calgary's population was aged 65 or older, with a 23 per cent population increase projected to occur by 2022. The population aged 75 or older is expected to grow by 14 per cent during the same period. Risk factors associated with social isolation among seniors include age over 75, low income, living alone, health or mobility difficulties, and language or cultural barriers. Currently, 26 per cent of Calgary seniors

live alone and almost 40 per cent of unattached Calgary seniors live in poverty. The median income for seniors living in Calgary is \$22,625. As the total senior population grows, the number of seniors living in low-income situations will also grow. These individuals are at greater risk of being socially isolated because they often can't afford essentials like transportation, program fees or even professional assistance may they need it. Approximately 1 in 4 Calgary seniors state it is difficult to afford the food they need because of increases in living costs. Combining these trends with rising inflation, and the cumulative effect on our seniors' population is frightening.

Our Food security programs have grown significantly since the onset of covid and now include: Free food markets twice a week; A food pantry; Grocery delivery; and Community kitchens.

In Medicine Hat, our Meals on Wheels volunteers deliver 2800 meals to isolated seniors in the community.

In Calgary and Medicine Hat we have continued to offer outreach and support, more and more of what we do does not occur inside of the Veiner Centre or the Kerby Centre but instead in the communities where seniors live. In 2021 our food security program in Calgary served 5,500 people and our volunteers made food hamper deliveries to 1,300 isolated seniors. Only halfway through 2022 we have already served almost this many people, so we have — quite literally — double the demand for this outreach.

Because low-income seniors are more at risk for social isolation, we now have several new initiatives to help combat this, including social calling (volunteer run), sidewalk seniors, peer-to-peer mental health supports, virtual programming (including



Larry Mathieson, CEO and President

online informative presentations), education and recreation classes and our new Wellness Connection Centre.

I suppose when I talk about the new services we are providing for seniors impacted by growing inflation — I would be remiss not to thank all of you. We could not do any of this without your donations of food to our Pantries, your time to pick up and deliver; meals, groceries and food hampers. Thanks to all of your online donations, cheques in the mail and driving around southern Alberta providing outreach and support for seniors.

## AUGUST 2022

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(403) 705-3229 • Fax (403) 705-3212  
[www.kerbycentre.com](http://www.kerbycentre.com)

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

**Publisher:** Larry Mathieson, Keith Callbeck

**Editor:** Andrew McCutcheon

**Sales Consultants**

**& Distribution:** Rob Locke (403) 705-3235  
[robl@kerbycentre.com](mailto:robl@kerbycentre.com)

**Seniors Listings:** Andrew McCutcheon (403) 705-3229

Fax (403) 705-3212

[andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com)

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## Pride in our newspaper

Andrew Glen McCutcheon

Hello folks.

We don't often get the chance to talk. Well, more accurately, I never get the chance to speak directly to our readers.

My name is Andrew McCutcheon and I'm the editor of the Kerby News.

Everything from the photos to the articles, to the page numbers and the layout is part of my purview.

On an average month, I read and edit in the tens of thousands of words. I know I'm not perfect, but I do my best to ensure every single thing in the paper is interesting, new and exciting for our readers.

I started only a few months before the COVID-19 pandemic hit and so change and chaos has been my normal for what feels like the entirety of my time here.

That being said, we're aiming to reach a state of calm along with the rest of the world here, out of a place of just survival and into thriving.

We've got an amaz-

ing team of folks working with us to make sure the paper is going to be our idealized version of what we want to share with you, dear reader. We have folks in design, ad sales and copy editing that all contribute to our success.

Not even counting the dozens of volunteer writers and contributors whose fantastic words and thoughts grace our pages.

But one thing that's missing is you!

As much as I can sit in my office and do my best to imagine what people want out of this paper, what they enjoy and what they'd like to change, I'd like to hear from you so we can make informed decisions.

Some changes we've made in the recent past, such as breaking up our classifieds into seniors listings and business listings, had mixed reactions, but overall it helped Kerby News become healthier for the future.

I'm happy to help show how the sausage is made and the reasoning behind

the decisions we make, as well as take feedback into account.

So please, fire me off an email at [editor@kerbycentre.com](mailto:editor@kerbycentre.com) and we will be in touch.

On a different note, I would also like to wish a large portion of our senior community a hearty and happy Calgary Pride, upcoming at the end of August.

Pride Calgary was formed in 1987 and a sizable portion of the older adult community in Calgary counts themselves as LGBTQ2S+.

Estimates range that 780,000 Canadians — including 19,890 Calgarians — identify as LGBTQ2S+ and are over the age of 65. Issues like stigmatization and discrimination are still of concern for these citizens.

We want to say, for all those celebrating and who count themselves as part of the LGBTQ2S+ community, have a wonderful week of festivities, love and pride.

# Investing during uncertain times

James Mactavish  
Alberta Securities  
Commission

For the past few decades the Canadian economy has experienced exceptionally low inflation rates ranging from one to three per cent. Unfortunately, Canadians today are challenged with a 30-year high inflation rate of 6.8 per cent, with expectations that it will remain high through 2023.

With rising inflation rates, how does this impact your income and investments? And what should you do?

### What is inflation?

Inflation is a mea-

surement of the increase in the cost of goods and services over time, which in turn impacts the purchasing power of your money. For example, an apple today could cost you \$1, but the following year it could be priced at \$1.07. In Canada, inflation is measured using the Consumer Price Index, which tracks the increase in the prices of goods and services across eight major categories. From April 2021 to April 2022, gasoline, food and shelter have all seen inflated prices that are more than double the Bank of Canada's (BoC) benchmark goal of three per cent maximum. These rising prices mean

that the quality of life for those with low, stagnant and fixed incomes will be significantly impacted, consumers will afford less goods and services, and businesses may generate lower profits. To learn more about inflation, please visit <https://www.bankofcanada.ca/2020/08/understanding-inflation/>.

### Why is inflation rising in Canada?

Inflation in Canada has been greatly impacted by both national and international pressures, such as:

- record low-interest rates
- government's pan-

demio response to stimulate the economy

- massive disruptions in the global supply chain
- and the ongoing war in Ukraine driving up commodity prices

To slow down and reduce inflation, the BoC has begun increasing interest rates in phases, which discourages consumers and businesses from borrowing money and spending.

While these increases put added pressure on businesses and families in the short term, if implemented correctly these can bring down inflation and stabilize markets too.

Investing during high inflation

During times of high inflation and uncertain global markets, it is not uncommon to feel anxious as you watch interest rates rise and some or all of your investments fall. Investors who have more experience and can tolerate more risk with their money may look for opportunities to capitalize on certain industries or investments that have outperformed during periods of high inflation. It is worth noting that the past performance of any investment is not an indicator of future performance. By attempting to change your portfolio to capitalize on different economic situations, you are exposing yourself to the risk of trying to time the market, which more often than not will have you underperform average market returns.

During bear markets (when markets decline by more than 20 per cent), it is important to recognize how you may be feeling about your portfolio and revisit your financial plan and investments.

If you work with a financial advisor, you may want to arrange a meeting with them to discuss the long-term view of your investments and how they are tracking towards your financial goals for peace of mind.

For those without an advisor, remember that periods of high inflation may be temporary.

Higher interest rates and recovering global economies may lessen the severity of inflation quicker than you think. Before you take any action, consider the time horizon of your investments and their underlying fundamentals. If you need more help assessing the long-term suitability of your investment portfolio and financial plan, you may want to talk to a financial planner or a registered financial advisor.

Without question, Canadians are facing challenging times. When it comes to your investments, stay focused on your financial goals and avoid the noise in the news and media.

By maintaining a long-term view and a diversified investment portfolio aligned to your risk tolerance and goals, you can weather the storms of uncertain markets.

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# U of A contributes advance in stroke treatment

By Michael Brown  
University of Alberta

Tenecteplase (TNK), a common clot-busting drug used in people suffering from a heart attack, is a safe and effective treatment for those in the midst of acute ischemic stroke, reports a University of Alberta research team involved in the largest stroke clinical trial in Canadian history.

Brian Buck, a neurology professor in the University of Alberta's Faculty of Medicine & Dentistry and co-author of the study, explains ischemic strokes are caused by a blocked artery.

"Quickly opening the blockage that caused the stroke and restoring blood flow is the best way to reduce stroke-related disability," says Buck, who is also a member of the U of A's Neuroscience and Mental Health Institute.

Currently, alteplase (tPA) is the recommended drug for acute ischemic

stroke patients; however, the drug is administered over an hour and requires a cumbersome infusion pump that needs to be monitored.

Previous studies have shown TNK better targets the clot, stays attached longer and may do a better job of opening the blocked artery that caused the stroke.

"As well, tenecteplase can be administered in a single bolus of drug in less than a minute whenever the patient is first seen, without requiring an infusion pump," notes Buck.

For the study — a "non-inferiority" trial design that simply looks to see whether the new drug is as effective as the gold standard — researchers carried out a randomized trial comparing TNK and tPA on 1,600 patients arriving at hospitals across Canada, and even some patients who were assessed and treated on Alberta Health Services' mobile stroke unit.

The results published in *The Lancet* show that TNK worked as well as, if not better than, the current standard of care.

"Through this collaboration, these findings could revolutionize stroke treatment throughout the world," says Bijoy Menon, a neurology professor at the University of Calgary, who, along with the University of Toronto's Richard Swartz, was a co-principal investigator on the study. "(Tenecteplase is) a game changer when seconds count to save brain cells."

Edmonton-area hospitals were major contributors to the study, with the University of Alberta Hospital being the second largest contributing site in Canada for enrolling patients.

And besides being carried out in the midst of the pandemic when health systems were under significant stress, a unique part of the U of A contribution was the enrolment and treatment of patients

on the stroke ambulance, says Buck.

He explains the benefit of TNK on mobile stroke units is that patients can get clot-busting medications sooner because it is simpler to administer in the "field."

"This means the crew can then attend to moving the patients to the hospital," he says, adding preliminary results from other groups suggest that with TNK the artery is more likely to be open by the time the stroke ambulance arrives at the emergency department.

"Going forward, tenecteplase will be an important medical therapy that will hopefully be available to Albertans who are suffering from an ischemic stroke."

Along with discovering a better way to treat acute ischemic stroke, the team developed a simple consent and enrolment process that included a mobile app that allowed them to enrol patients quickly and safely.

Buck explains that typical clinical trials require patients to come back to the hospital several times to meet with a research co-ordinator to collect data about health outcomes. The outcomes in the study were collected by telephone and from an existing stroke "registry" in Alberta, and required no additional in-person study visits.

"This was important during the peak of COVID since it was essential to minimize return visits to the hospital and contact between study patients and staff," notes Buck.

*The study involved 22 primary and comprehensive stroke centres across Canada and was supported by the Canadian Institutes of Health Research, the Alberta SPOR Support Unit - Strategy for Patient-Oriented Research, and the Quality Improvement & Clinical Research Alberta Stroke Program.*

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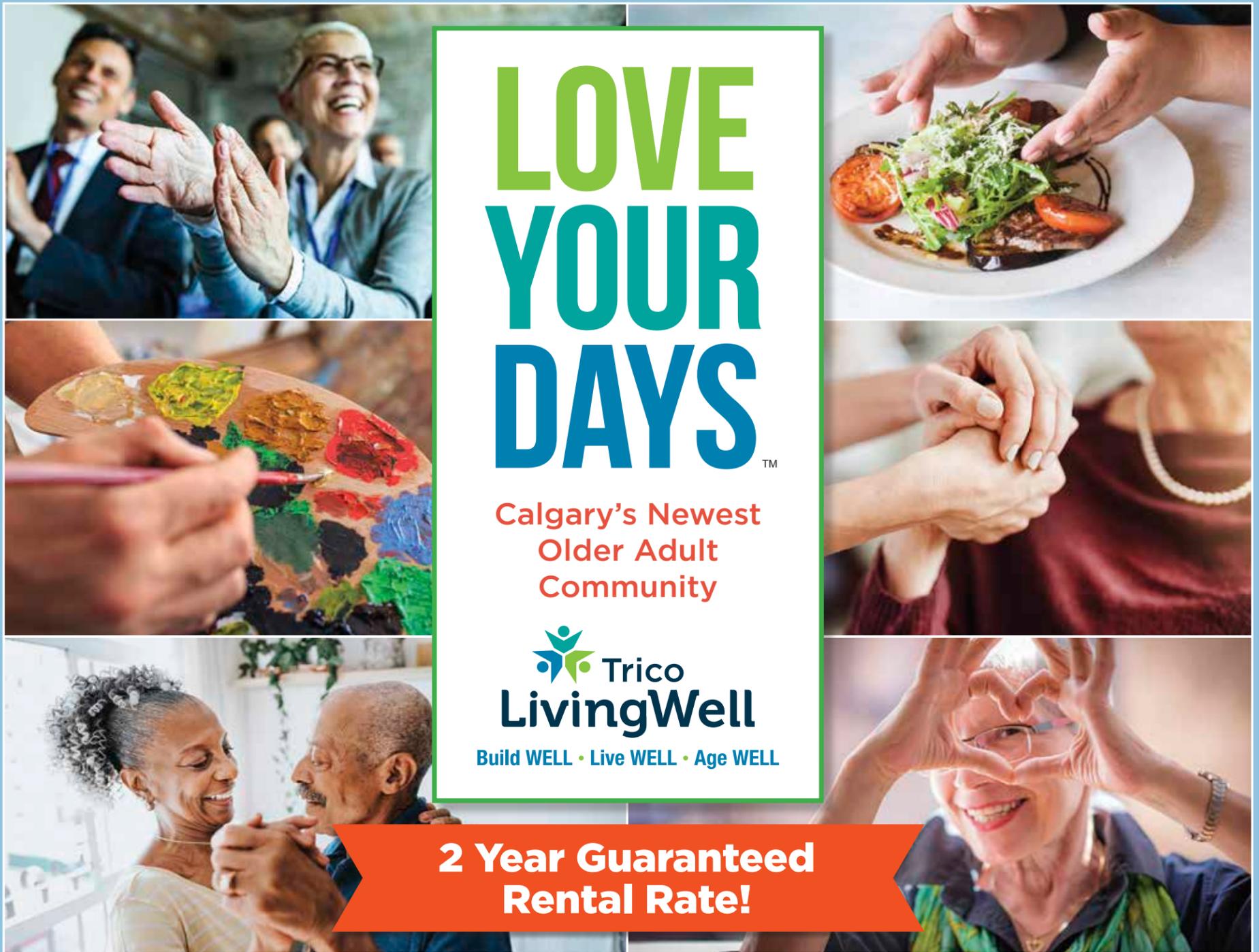
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# Family — our first connection

Barbara Ellis  
Kerby News

I have been watching the news showing Ukrainian families fleeing their homeland. Fear and uncertainty are written on their faces.

Where will they go? How will they live? Which country will take them in?

Most importantly, will they ever be able to go home again? Unfortunately, we have witnessed this tragedy play out many times, families being torn apart and then scattered all over the world.

These uncertain feelings and questions must have also been on my parent's minds when we escaped Hungary so very

many years ago.

Deciding to leave everyone and everything behind must have been a traumatic and heartbreaking decision to make. As difficult as it was, it had to be made because, at that time, the only thing that mattered was the safety of the family

I was only eight when we made our escape and I did not fully comprehend what was happening. My parents only told my sister and me the very minimum about what was happening. They told us that we would be in danger until we arrived in Switzerland. In the end, we were lucky: we made it to freedom and a new life.

Moving into a different culture and environment was easier for my sister and me because we were like empty sponges — able to absorb a new language and a different way of living. Through all our difficulties, we relied on each other which also strengthened our family bond.

As I grew older and better understood what a family unit is, I became aware that our foursome was missing important components.

We were incomplete. When I looked at the families of my friends, I realized that I was missing grandparents, aunts, uncles and cousins.

These missing family members became important to me after my parents passed away and my sister moved to California. For the first time in my life, I felt completely alone. Friends certainly helped but there was an emptiness inside me.

Schooling in my mother tongue was almost non-existent, so my reading and writing were rudimentary at best.

Nevertheless, I reached out to my uncle and told him I wanted to come for a visit. I also asked — if possible — while I was there: could I meet the rest of my extended family? His response was a resound-

ing “yes,” so I began to make travel plans for my trip back to the country of my birth.

I was nervous when I arrived in Budapest and wondered if my decision to stay with strangers had been well thought out. I need not have worried because as soon as I walked through the airport gate,

I was welcomed by my family. When I saw my uncle, I was amazed to see how much he resembled my father. The way he looked, the way he talked and even the way he acted was all so familiar to me.

My cousin and I hit it off right away. It was uncanny to find out that our likes and dislikes were so similar. Over the next two weeks, I would meet many more of my relatives.

Some of them were easy to get to know and talk to, while others differed greatly from my outlook on life. When I returned home, I realized just how much my sister and I had missed. I also wished I had listened more intently when my parents talked about their childhood and their families

Recently my niece Michelle and I went on a small driving holiday to Radium Hot Springs, my first travel adventure since COVID-19. She

and I have travelled together several times and it was great to finally be together again. We had a lot to catch up on and it felt good to laugh and remember silly things from our past holidays.

On my return home I received an extraordinary notification. When I opened Facebook, I saw a letter from a relative I did not know I had. She introduced herself as the wife of a cousin of mine and said she found me through an ancestry program.

I have seen people on TV who have also found relatives on such programs. Their re-unions, sometimes decades apart, are always very heartwarming. Their touching embrace and tearful greetings fill me with empathy as I participate in their happy moment.

Since our first meeting via Facebook, my newly found relative and I, have exchanged family photos, family information and even a type-written family tree. This family tree goes back to the 1700s and is full of names of people reaching far back into my past.

All these names and dates have given me pause. Probably just as everyone else, I have wondered about those who came before me, but to see it all written down on paper, is hard to take in. Now that I know them by name, I wonder what they were like? How had they lived?

Things I will never know. Now I can see where I've come from and perhaps in the future, someone will add my name to this list of people. It is fascinating to think about them, and with Google Earth, I can look up the towns where they lived.

These names fascinate me. To reach back three hundred years is quite an achievement. But as far back as this goes, I now wish it would go even further.

Maybe between my new cousin and me, we will manage to delve further into our misty long-ago past.



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# Building your garden foundation



Photos courtesy of Deborah Maier and the Calgary Horticultural Society

Deborah Maier  
Calgary Horticultural Society

Sometimes you can't take short cuts—you have to take the time to do it right. In the gardening world, the green scaping is flexible. If you place a plant in the wrong growing environment, it will not thrive.

Often the plant will struggle and survive until you have time to move it to a better location.

Gardens evolve as plants grow and change their environment; a tree planted in a full sun garden, becomes a source of shade. When plants are relocated, new beds made, and the garden redesigned, it doesn't seem like a redo or fixing a problem, but part of the gardening process.

This is not the case for hardscaping. Even small installations are big jobs because the materials are costly, and the project is labour intensive—moving heavy materials into position is a lot of work.

As one Society member told me, "Patio stones are heavy and by the twentieth one, heavier."

Perhaps you want to replace your old concrete walkway with one made of pavers. The continuous pathway will be a smoother walking surface.

Come winter, snow

clearing frustrations will be reduced because the edge of a paver won't catch the shovel the way a large concrete patio stone does.

Or maybe you'd like to make a low wall around the edge of your flower bed?

Even with minimal effort, the finished project will look great the season it's built. However, after the first winter, shortcuts taken will start to be evident.

By year two, you'll notice that you have a problem and if left unresolved, you will have a serious issue, verging on a disaster, that can't be ignored—and a major backbreaking redo!

Even with minimal effort, the finished project will look great the season it's built. However, after the first winter, shortcuts taken will start to be evident. By year two, you'll notice that you have a problem and if left unresolved, you will have a serious issue, verging on a disaster, that can't be ignored—and a major backbreaking redo!

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Even if you're picking up a stack of stones from a big box retailer, an installation guide is usually available from the store. If not, look for the stone manufacturer online to download their guide. You will likely discover that not only do you need the stones you picked up, but crushed gravel, sand, edging, edging nails, and a tamping tool to build the foundation.

Why is all this below surface material and work required? Drainage is one critical element; water needs to be able to flow away from the area. Being able to absorb the native soil movement without affecting the above ground work is another.

The freeze thaw cycles of our winters cause frost heaving. We don't see it happening but ice expanding in the pores of the soil, then collapsing when it thaws, causes the displacement of stones in garden walls. It can even make the whole wall fall over.

It can dislodge pavers in a walkway, making the surface more akin to a cobblestone path, with tripping hazards, instead of the smooth walkway that you envisioned.

One of my neighbours made a simple two-stone high flower bed under his living room window by placing the blocks directly on his lawn.

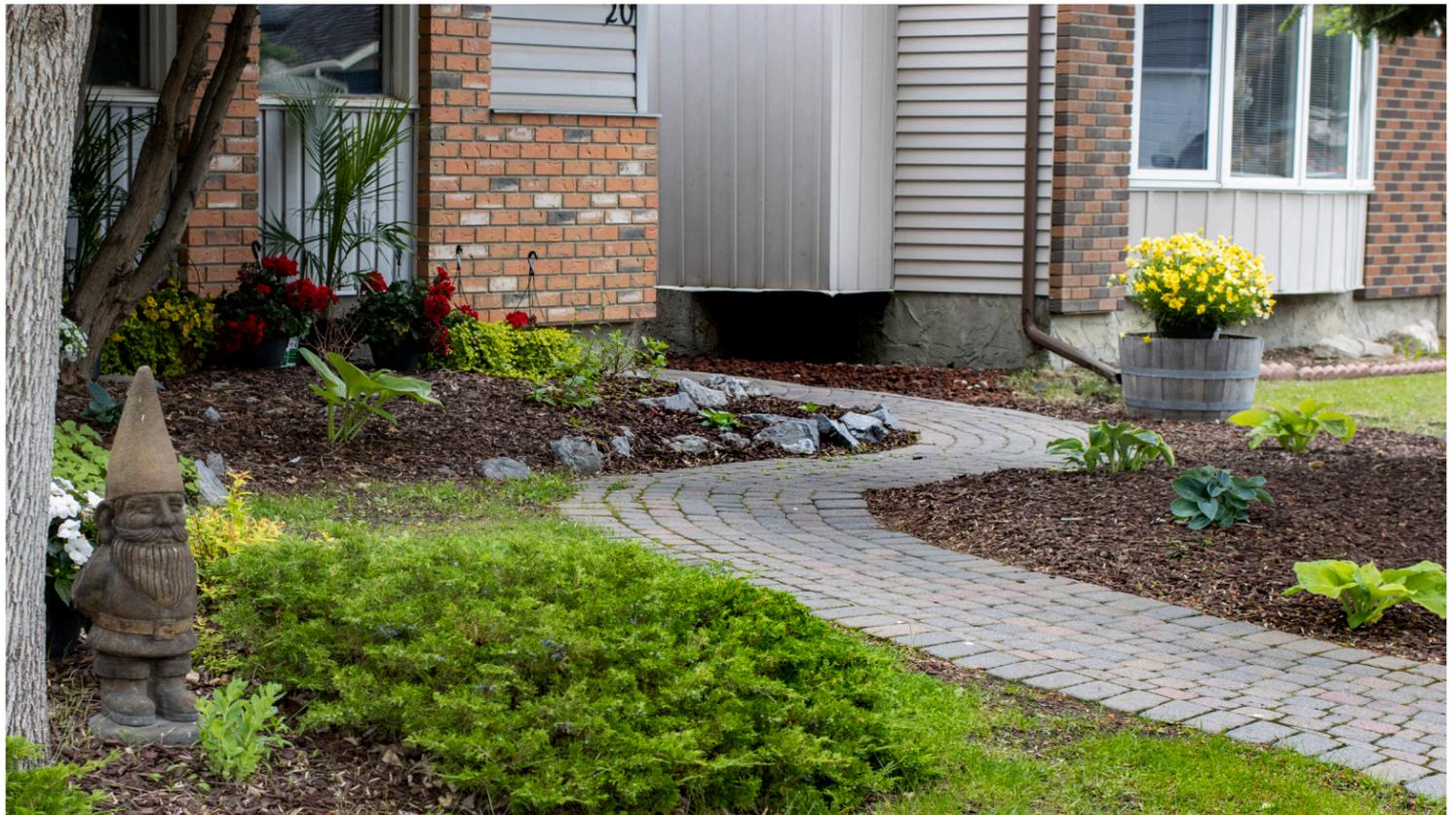
Since the second year, each spring, stones need to be repositioned because they've toppled out over the winter.

Another neighbour installed a paver pathway to their house. It took the husband-and-wife team about a week to excavate and install the foundation, and a day to place the pavers.

The path is about 15 years old. There are a few minor undulations where tree roots are pushing, but no pavers are dislodged, and it still looks great.

New products available for making and supporting stone walls and walkways may reduce the depth of excavations and the materials needed, but nothing has been developed that replaces the gravel-based foundation.

Take time to research your project and learn how to install it properly. Do it—so you don't have to redo it. Building the foundation is the project, the stonework is the top dressing.



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# Train your digital self-defence

## Mawer Investment Management

Over the years, scammers have become increasingly successful at stealing money from unsuspecting individuals. Last year, nearly \$160 million was stolen from individuals and businesses in Canada, up from \$98 million in 2019, according to the Canadian Anti-Fraud Centre. With more people now staying closer to home, that number is likely to rise.

While everyone is at risk of falling for a scam—who hasn't gotten a call from the "Canada Revenue Agency" demanding a late payment—it's Canadians aged 60 to 79 who tend to get hit most. The Canadian Competition Bureau found that seniors lost \$94 million to various financial scams between 2014 and 2017, accounting for about 23 per cent of the \$405 million lost during that time period.

With threat actors

becoming ever more sophisticated, it's important to know how to protect yourself and your loved ones from falling prey to the ever-growing litany of scams and hacks.

When it comes to protection, knowledge is power. Understanding where threats exist and what they look like can help you spot them—especially on behalf of senior family members who may not be as digitally astute. Here are some of the main ways hackers steal sensitive information.

### Phishing

This has been, and continues to be, the most popular online attack. A scammer reaches out via text, email, or phone posing as a reputable company the victim might already have an account with, such as a bank or an ecommerce store, asking them to update their account.

The victim clicks on a link that takes them to a page that looks like the

actual company's website—in reality the URL is slightly off what it should be—where they then proceed to share personal information that ultimately goes to the hacker.

### Social engineering

Social engineering is another strategy that fraudsters are using to get unsuspecting consumers into handing over personal information. While phishing would fall into this category—the term relates to manipulating people into divulging confidential data—many hackers are using social media for this purpose, too. For instance, threat actors are creating fake accounts on Facebook, impersonating that person in a chat and asking their "friend" to hand over personal information. Others are sending notes via Instagram or Facebook asking you to check out a link. When the link's clicked, malware gets installed on your device, allowing the attacker complete access to your

personal information.

### Digital security

The increased use of technology in our everyday activities—both financial and not—has created a perfect opportunity for cybercriminals to prey on unsuspecting consumers. Many of the smart home devices people now use, whether it's a voice-activated speaker or a digital thermostat, can be easily hacked. After breaking into the device, the threat actor can steal personal information from that person's home network. Mobile phones and computers that don't get regular security updates are vulnerable to attack, too.

### PINs and passwords

An ongoing concern is password security. The number of websites and accounts that need a password these days is overwhelming, to say the least. That said, there are no shortcuts to creating secure passwords. If you're using the same one everywhere, or using something like 123456—the most common password of 2020—and the hacker finds out, then all of your accounts become suddenly accessible.

### Public networks

Another way you may unwittingly cause your information to be compromised is by using public Wi-Fi—an unsecured Internet connection that people often connect to at restaurants, parks, and stores. Hackers can easily break into these networks and then steal information off of your devices.

How to keep you and your loved ones safe

Whether you're concerned about your own devices and information, or you're looking out for loved ones, there are several ways to fortify your security.

The first step, especially with older family members, is to have a conversation about what financial fraud might look like. If they notice unusual activity in their accounts or if they're suddenly getting emails from

their bank, they should let you know. Encourage them to reach out to you or someone else they trust if they're unsure about a financial request.

A good rule of thumb is to never give out any personal information in an email, by text, or on the phone, unless it's someone you know and trust. Many companies and governmental bodies will let their customers know the ways in which they will be contacted, so they know not to fall for scams that come through other means of communication. The Canada Revenue Agency, for example, will never ask for information via text or email. Before clicking on anything, check the web address of that link (by hovering your mouse over the link) to see if it looks legitimate.

When it comes to creating passwords, consider using a password manager. These programs, which can be integrated into your web browser and also come in downloadable apps, keep track of your current passwords and suggest more complex ones when you're prompted to create a new password.

A password manager can also help you to enable two-factor authentication, which forces you to present two pieces of information—usually a password and a code sent via text—before getting access to an account or website.

Last but not least, update your device's security patches. Every piece of technology, whether it's your tablet, phone, computer, or smart system, needs security updates from time to time. You'll usually get prompted by your device when it's time to do so. When you do update, contact any loved ones to remind them to do the same with their devices as well.

With hackers becoming more savvy, there's no time like the present to fix any gaps in your defences to ensure your finances, and those of your loved ones, are protected.

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# Rental scams once again strike Calgary

Mary O'Sullivan-Andersen  
President and CEO, BBB  
Serving Southern Alta. and  
East Kootenay

Summer is one of my favourite times of the year with a generally more relaxed pace and opportunities for friends and families to gather. It's also the time of year when the majority of Canadians decide to make a move.

This year, besides the temperature, what's also on the rise is the cost of almost everything. Inflation is at record levels and Canadians are seeking ways to reduce their costs. This certainly applies to housing and specifically rent. One recent news report indicated that renters in Calgary could face up to a 21 per cent increase in what they pay each month. It's not uncommon now to hear of one bedroom apartments going for \$1,500 or more per month. This situation puts extreme pressure on many tenants who are now seeking alternative arrangements with an eye to cutting costs.

Scammers too are keenly aware of current economic conditions and look to create scams that take advantage of these circumstances. Case in point is the rental scam that is beginning to emerge once again in Calgary, and across Canada.

Typically what takes place is the scammer places a fake ad online for a property and then asks the prospective tenant to provide a deposit by money order to secure the property. In the majority of cases the rental does not exist or is owned by someone

who has no idea their home or apartment is being advertised online.

The rule of thumb is if it seems too good to be true it probably is. As always do your research before you decide to move and find out what the costs are for rentals

in the neighbourhoods you are interested in living in.

BBB Serving Southern Alberta also recommends taking the following steps:

- Inspect any property you are considering

renting in person and confirm the individual advertising the property is the owner.

- Be wary of making any payments by electronic money order.
- Do not share personal information such as bank accounts, social

insurance number, or credit card numbers.

Anyone with information about these types of scams is asked to report it to BBB at BBB.org and to contact the police through their non-emergency number at 403-266-1234.



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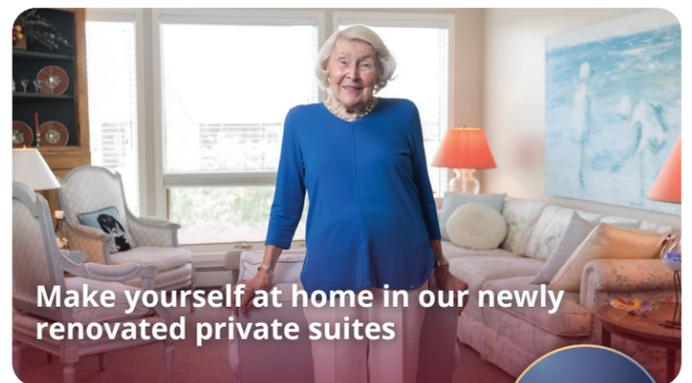


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# Playdough and the good things in life



Lesli Christianson-Kellow  
Kerby News



I had the opportunity to volunteer at the Kerby Café this month. If you happened to stop by the Café for one of the delicious daily specials that Chef Steve lovingly prepares or to meet up with your friends for coffee, then you might have seen me.

I am pretty good at pouring coffee and wiping down tables.

While I was on my volunteer shift, I had the chance to talk to a few Kerby members. One thing I learned was that many of you enjoy volunteering at the Kerby Centre!

Also, I met a few peo-

ple that were just stopping in mid-bike ride for a cold drink and a cookie. Some members came by for lunch that had been at the Kerby gym working out.

Kerby staff seem to enjoy having a place to pick up a quick and tasty lunch. Families came in for lunch, too.

There was a grandma and her grandson. A

senior couple and their daughter and her baby. I was amazed at the variety of people that were utilizing the Kerby Café to meet up and for snacks and lunch.

Needless to say, there was a steady stream of people enjoying the Café. But what surprised me most was that there were quite a few children. Now, I used to work with young children and it got me thinking that maybe I could offer up some quick and easy activities to do with the children in your lives.

The children in your life might not be back to school yet, and you might be helping out with childcare while their parents are at work. Hopefully, this will get your creative juices flowing and help you think of more tech-free activities.

Hands down, the number one activity in the special needs preschool class I worked in was playdough. You can make snakes, and pretend food (think pancakes, berries, sandwiches, ice cream cones, etc.). You can make the snakes into letters and spell out the child's name.

Rolling and stretch-

ing playdough increases a child's fine motor skills, and can strengthen fingers. It can be soothing and calming to work with playdough.

Cookies cutters will come in handy, dig them out from the back of your cupboard. Children love to cut pretend cookies and then pretend to eat them.

But, hey, no one should have to pretend to eat cookies! When you're finished playing with the playdough, put it in an airtight container for next time and bake some real cookies!

## Kool Aide Play Dough

1 c. flour and more  
1/2 c. salt  
3 T. oil  
1 pkg. kool aide  
1 c. boiling water

Stir ingredients together, knead the mixture until it forms into a dough. Keeps 3-5 days, depending on usage.

## Baking Clay

2 c. baking soda  
1 c. cornstarch  
1 1/4 c. water

Cook over medium heat, stirring occasionally until texture of mashed potatoes. Can use cookie cutter or

mold by hand. Air dry for 3 days or bake on 175 degrees until firm. Can add food coloring. Can paint with acrylics once dry. Can stay 3 days in plastic bag.

## Sugar Cookies

These sugar cookies require no refrigeration before baking!

3 c. all-purpose flour  
1 tsp. baking soda  
1/4 tsp. salt  
1 3/4 c. white sugar  
1/4 c. brown sugar  
1 c. unsalted butter, softened  
2 large eggs  
Lots of Sprinkles for decorating!

1. Preheat oven to 350 degrees.
2. Cream the butter with the sugar, until fluffy, about 1 minute. Mix in eggs one at a time.
3. Combine dry ingredients.
4. Combine the butter mixture with dry ingredients.
5. Place 1-inch sized cookies onto a cookie sheet. Don't forget the sprinkles!
6. Bake about 7-10 minutes, or until they just start turning golden around the edges.

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# Not enough older men getting screened for diabetes; University of Alberta

Gillian Rutherford  
University of Alberta

Not enough men in Alberta — especially those in their 40s — are getting tested for diabetes, putting them at risk for heart disease, cancer and other illnesses, according to new population health research published today in *The Lancet Regional Health - Americas*.

“My main message to young men is that early diagnosis is critical because diabetes is a huge risk factor for further complications,” says lead investigator Padma Kaul, professor of medicine, member of the Alberta Diabetes Institute and Canadian Institutes of Health Research Sex and Gender Science Chair.

Almost half of adults with diabetes remain undiagnosed, the researchers report. Having diabetes doubles the risk of also developing cardiovascular disease and is associated with an increased risk of developing some kinds of cancer, according to *Diabetes Canada*.

When it is caught early as “pre-diabetes,” changes to diet and exercise can prevent the development of full-fledged diabetes, says Kaul, who is also co-director of the Canadian VIGOUR Centre and Heart & Stroke Chair in Cardiovascular Research.

Get checked every three years after 40: guidelines

Diabetes Canada screening guidelines recommend that everyone over 40 get screened for diabetes at least once every three years. Various tests can be used to check blood sugar levels.

The researchers used data from Alberta’s public health-care system, to track diabetes screening rates in 1.4 mil-

lion patients for three years starting in April 2013. Those who were screened for diabetes were then followed for an additional four years to see how many were diagnosed with either diabetes or pre-diabetes. People who already had diabetes or heart disease were excluded because the screening protocols are different for them.

The sex difference was most striking in the 40-45 age range: 58 per cent of males were screened within the recommended time frame compared with 72.6 per cent of females.

Overall, just under 79.8 per cent of females and 69.9 per cent of males were screened. Those differences were consistent between urban and rural settings and among different socio-economic groups, the researchers found. The differences disappeared in people over 65.

### Less screening, yet higher risk

Though males were less likely to get tested, they had a higher risk of developing diabetes. Among those who were screened, 15.7 per cent

of males were found to have pre-diabetes and 2.6 per cent had diabetes, while the rates were 13.4 per cent and 1.5 per cent respectively among females.

Diabetes screening in Alberta is usually initiated by a family physician with a lab requisition. Kaul says previous studies have shown that women are more likely to go for annual physicals. She wonders whether screening should be offered in non-traditional settings such as gyms or workplaces to help raise awareness.

“There have been public health campaigns to make women more aware of heart disease, for example, and they’ve been really effective, so now we need campaigns directed at men — and especially young men — for diabetes screening,” says Kaul, who is also an adjunct professor with the U of A’s School of Public Health and Duke University’s Population Health Sciences department.

“I’m actually quite pleased with how high the screening rates are overall, but we are miss-

ing this really focused segment of the population and we need to improve matters,” Kaul says.

This paper is the first to be published from a four-year project called the Real-world Evidence on the association between DIabetes and Sex on CardioVascular Event Rates (REDISCOVER) Study. The same research team will next look for sex differences in how diabetes affects the development of heart disease. They will also assess the risk of cardiovascular disease associated with pre-diabetes in both men and women.

The study was funded by Kaul’s CIHR chair and was carried out by a team from the U of A, the University of Calgary and the Alberta SPOR SUPPORT Unit, which provides expertise, training and resources to increase Alberta’s capacity for patient-oriented research and is co-funded by CIHR, Alberta Innovates and the federal Strategy for Patient-Oriented Research. Kaul is also a member of the Women and Children’s Health Research Institute.

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# Exploring Europe by waterway

Photos and story by Jerry Cvach

Right after the door of Airbus 300 slammed shut still on the tarmac of Calgary International Airport, the KLM Royal Dutch Airlines flight attendant slowly circled her face with a forefinger, then gently lifted an imaginary object by her thumb and the before-mentioned forefinger and threw it away with a follow up worthy of a professional knuckle-bal-

ler. The face masks could be discarded. Vacation to Europe, at least in spirit, just started.

After an airline dinner (chicken, not pasta), the glass of wine emptied, I settle down for the eight and half hour overnight flight to Amsterdam and before falling into an uneasy slumber, my thoughts wander:

What does this magic word “travel” really represent? What does it mean, where does it take us and

why does it fascinate us?

When our forbearers came out of Africa they ran or walked when hunting and gathering. Later they started to travel for various reasons but not necessarily for pleasure yet. The first documented journey was by Ötzi the Iceman 5,300 years ago. We know about it because it didn't end so well for him. There were no roads or pathways and it was a risky undertaking.

Romans developed a network of roads for their

legions and commerce. Better transportation helped them build an empire that endured for 1,000 years. Starting in the 19th century the first trains, cars and aeroplanes were invented and we reached the modern era.

But parallel with all this there were always the waterways. Travelling on water is slow, plodding, and it hasn't changed much since its inception, just the scope of it. It was the shipping of heavy goods on rivers and canals that enabled the industrial revolution to start in England and then on the Continent.

On the European mainland there were two systems, the western basin that comprised the rivers Rhein, Moselle, Elbe, Rhone and Seine, plus the extensive canal systems in the Low Countries. The eastern basin was essentially the river Danube and its tributaries.

It was always a dream to connect the two somewhere in Bavaria where the divide between the two basins is the lowest. Charlemagne tried first in 793 AD but he failed. Bavarian King Ludwig I built the eponymous canal 1,053 years later, but it

soon became too narrow for modern ships. The modern Main-Danube Canal opened in 1992.

The industrial revolution has brought prosperity and recreation for the people, the main part of which is travelling for pleasure. The city dwellers wanted to escape into the countryside and used small crafts for short trips. It was a simple way to relax and unsophisticated to the point of being funny. English writer Jerome Klapka Jerome's book *Three Men in a Boat* was published in 1889, and is still hilariously funny.

By the 1990s the luxury cruise ships started to operate, and their appeal greatly improved by the ability to cross the whole Continent from the Black Sea to the English Channel.

When the pandemic eased off we decided to go back to Europe and take it easy just once. We were always wondering what it would be like to travel through the heart of Europe without the stress of doing it on our own.

The Grand European Cruise from Budapest to Amsterdam takes 15 days and like the Way of the Cross has 14 stations. Cruising is an exercise in opulent decadence because the passengers can be pampered to the extreme in the comfort of their floating hotel. We chose Viking Cruises and never regretted it. Their hotel and tour managers are dedicated to the idea that the customer is the boss and money is not spared in that pursuit.

We were cared for from dawn to dusk and protected while we slept in a protective cocoon of the ship. There was no danger of drowning even though we were on the water, as the ship can't even sink much in the shallow rivers or canals. "Band would keep playing and the first class guests would be dancing". Passengers on Titanic would have preferred that kind of ending over being thrown into the icy waters of the North Atlantic!



Above: Viking Ship Idun. Below: The Hungarian Parliament Building also known as the Parliament of Budapest.



The ship was kept spick-and-span by an army of cabin stewards. Food was excellent, served three times a day and entertainment was available every night in the lounge.

Daily excursions ran like clockwork, thanks to the skills of the Serbian hotel manager Branko and his tour director “Marie from Paris.”

They would surely win the “best managers in the role of running a cruise” Oscar if there was such a category! Marie’s daily briefings were the highlights of the trip. She was natural and genuinely funny.

If there is a blemish in this enterprise it is that there is no doctor for the 170 passengers on the ship. We were on rivers after all, in the most civilized part of Western Europe, where the nearest village is never more than five kilometres away, and a big town every 50 kilometres or so.

But in practice, not at every stop there is a clinic and the doctors don’t work more than five days a week, and during holidays.

My wife had been bitten by a tick just before we boarded the ship. Five days later she had a red splotch with a bite spot in the middle the size of Manhattan on her thigh, likely a Lyme disease.

It was hot to touch and angry looking. When she first noticed it the ship was sailing with Saturday, Sunday and a Monday holiday ahead. According to the Head Concierge, it would be very hard to get any professional help before Tuesday.

Cavalry in the form of our cabin stewardess Jacinta rode in. When I mentioned to her our predicament she offered to look at it.

Yes, sure! My face had to be showing my incredulity.

She read me like an open book. “I am a certified nurse in Serbia and have several additional medical degrees,” she explained.

“And you are a stewardess on a cruise ship?”

“Of course, I make many times more money working eight months a year cleaning the rooms than a registered nurse makes in Serbia” she said.

When Jacinta came she had a picture on her iPhone that looked exactly like the rash we were worried about.

My wife was already taking penicillin, doses of which we always carry with us. Jacinta approved but recommended that once we arrive in Regensburg three days later we should go to see a doctor if the problem persists. It was reassuring and the splotch eventually disappeared.

The first visited country is Hungary. Its main industry is agriculture, but its inhabitants have always been fierce warriors and excellent horsemen who had throughout history controlled the current Slovakia in the north and a substantial portion of today’s Romania.

Its natural border was the Danube River and the arch of the Carpathian Mountains to the north and east. After 1918 it was reduced to its current size.

The castle in Buda and the Parliament building in Pest define the great Hungarian capital city, Budapest. Otherwise it is quite modern and exudes the opulence of its glorious past. Holocaust memorial on the riverbank is one of the most touching anywhere.

The second country on the route is Austria. This tiny country was at one time heading the huge Austro/Hungary Empire controlled by the Habsburg dynasty. Its members keep popping up everywhere in the history of the two continents. They ruled Spain and had their share of the Holy Roman Emperors.

Other members of the family were tragic victims of historical events. Marie Antoinette, the wife of Ludwig the 16th of France, was beheaded in Paris during the French revolution, Archduke

Maximilian I Emperor of Mexico was executed by revolutionaries in 1867, and 1914 assassination of Archduke Franz Ferdinand in Sarajevo, the heir to the Austro/Hungary Empire triggered off the WWI.

In the Republic of Austria, the now disbanded Austro/Hungary Empire spirit still lives on.

In the city centre stands Hofburg, the grand imperial palace and literally across the street are the horse stables, the famous Lipizzaners; or you

can meet people wearing 150 years old uniforms for special occasions.

Vienna is also a Mecca of classical music, its philharmonic orchestra and the Staatsoper are the leading ensembles of Europe.

Wachau Valley upriver is the UNESCO World Heritage Site and as pretty as can be. History has marched through it.

A modern statue of Richard I the Lionheart on the left bank of the river commemorates his imprisonment in December

1192 in the duke’s castle at Dürnstein. Napoleon must have taken his Grand Army through here on his way to Austerlitz where he scored his most famous victory over the combined Russian and Austrian forces in 1805.

With a little imagination, you could hear the drums’ beat reverberate from the hills on both banks.

Huge Melk Abbey, the masterwork of baroque brilliance dominates the views from the river as it meanders nearby.



Above: A street scene in Vienna. Below: Vienna, Lipizzaner stables.





Above: Dürnstein, Wachau Valley, Austria. Below: A scene in Wertheim, Germany

The next country on the journey out west is Germany. Its reputation will be for a long time scarred by the defeat suffered during the WWII. Although some of its bigger cities were miraculously saved during the carnage, others were totally destroyed.

Passau, a small triangularly shaped city due to its location on the confluence of Danube and Inn rivers showcased people lazing around on the day of our visit, silhouetted against the bright sunny background. It was a picture of tranquillity.

Regensburg is one of the quintessential Roman fortified cities that were the garrisons for legionnaires protecting the empire's borders from the "barbarians in the north",

and Bamberg already laying on the River Main is the prettiest town on the whole trip. These cities remained undamaged during the war.

Nuremberg is best known for its Nazi Party rallies and paid for it by being fiercely bombed. In Nuremberg, we noticed for the first time after 30 years of visiting Germany, that they were willing to talk about the Nazi past. Yet it was a shame in a way since the city also has a rich history, well-preserved medieval walls and a great castle, all unrelated to Nazism.

Modern city Cologne is built into the historic street pattern. It has lost much of its original charm, also due to bombing. The only truly historic buildings left are

St. Martin's church and the Gothic cathedral from 13th century. Outsides of the cathedral's walls are still scuffed.

German countryside is very bucolic. Main River brushes against the northern slopes of Black Forest. Wertheim is one of the several quaint towns there. It is neither big nor a UNESCO site, just a plain cute as a button place, where the weary travellers can just laze around, buy some locally made glass pieces and have a latte in outdoor cafés.

Rhein Gorge between Mainz and Coblenz is unique as the great river is squeezed between steep hills on both banks. It was a major military and trade route in the Middle Ages. French in the south feared the German invasions and

the Germans were worried about the French in return. For those reasons, it brims with castles. In peacetime, the castles' owners pulled chains across the river and collected tolls from merchants.

To add to the gorge's reputation there is a sharp bend by Sankt Goarshausen where the river is treacherous and in the past, many ships were wrecked. In the true Romantic fashion, the wrecks were supposedly caused by a scantily dressed maiden called Lorelei sitting on the riverbank singing beautifully, thus distracting the sailors. At least that is what German poet Heinrich Heine would have us believe. The river was dredged since, Lorelei is retired, but the legend endures.

Before the horrors of the two World Wars Germany was remarkably cultural, particularly in the fields of classical music and literature. Many monasteries still house huge libraries of medieval books, that probably no one will ever read again, but they are lovingly cared for.

In Bamberg, one can visit the residence of E.T.A. Hoffmann, a German Romantic author whose writings were used by Tchaikovsky in composing the ballet Nutcracker and as a libretto for Jacques

Offenbach's opera *The Tales of Hoffmann*.

In Würzburg, the Bishop's Residenz is one of Germany's largest and most ornate palaces, yet another UNESCO World Heritage Site. It features a 6,400 square foot fresco that besides of being so huge is also interesting by depicting "Four Continents". Painter Tiepolo let his imagination run wild, and be substantially influenced by the truly bizarre ideas of his patron, the bishop. It cannot be easily described and should be seen.

One wonders what was in the wine the Würzburgers drank, as on the portal of the Würzburg cathedral they have another unusual creation, a frieze depicting Immaculate Conception. Baby Jesus is transferred down from God's mind to Virgin Mary's ear by plunging headfirst on a slide.

Finally in Holland, the last country on the trip, Kinderdijk's 19 windmills powering the water pumps are the largest concentration of these technological marvels that helped shape the Dutch landscape four centuries ago. One can see their mechanism working and peek into the living quarters, tiny almost as much as the staterooms on the cruise ship. Yet whole families had lived there and raised many children.

Amsterdam is where the journey ends. Here the passengers leave the ship and either go home or stay on their own for a few extra days in the city. Amsterdam is one of the tourist gems. It is a city of canals, architecture and is full of art galleries and museums.

Right after the door of Airbus 300 slammed shut still on the tarmac of Schiphol International Airport, the passengers were again ordered to wear face masks.

Welcome to Canada, where the government relishes every opportunity to "err on the side of caution."

Have a pleasant flight!





# Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

**Kerby Centre Is Open To The Public! We Welcome You Back As We Continue To Meet the Current Covid 19 Guidelines**  
Please visit our website [www.kerbycentre.com](http://www.kerbycentre.com) for up to date information on our programs and services

<p><b>ZOOM CLASSES</b></p> <p><b>MONDAY</b> Fitness With Dan 9:30 –10:30am Gentle Seated Yoga 2:00 3:00pm</p> <p><b>TUESDAY</b> English as Second Language 10:00 - 11:00am Tai Chi 1:30 –2:30</p> <p><b>WEDNESDAY</b> Men’s Shed 11:00am – 12:00 pm</p> <p><b>THURSDAY</b> Yoga for You 9:00 – 10:00am Drum Fit 10:15 - 11:00 am</p> <p><b>FRIDAY</b> Muscle Strength and Core Balance 11:30 – 12:30 pm Call Education &amp; Recreation 403 705-3233</p>	<p><b>“benefit”</b> <b>Take Control, Accomplish Your Goal</b></p> <p>Let’s make 2022 the year for stronger, healthier YOU! Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration!</p> <p>Goal setting workshop included! Monthly draws for prizes &amp; final grand prize draw in December 2022. More you move, the greater your chance to win!</p> <p>To register please contact Education and Recreation 403-705-3233 and pick up motivational starter kit for your free monthly program, benefit.</p>	<p><b>KERBY TRAVEL PRESENTS</b></p> <p><b>Silver Springs Botanical Gardens</b></p> <p>Date: Tuesday, August 30 , 2022 Member: \$24 Non-member: \$54 Cut-off Date: August 16, 2022</p> <p>Includes bus transportation Bring own lunch (not included in trip price)</p> <p><b>Jack Jackson Dinner Show (Buck Owens Story)</b></p> <p>Date: Friday, September 9, 2022 Member : \$74 Non-member: \$104 Cut-off Date: August 24, 2022</p> <p>Includes bus transportation Dinner &amp; show ( included in trip price)</p> <p><b>Cascade Ponds, Banff, Marsh Trail Trip</b></p> <p>Date: Tuesday, September 20, 2022 Member: \$65 Non-member: \$95 Cut-off Date: September 6</p> <p>Includes bus transportation Lunch in Banff (not included in trip price)</p> <p><b>For Further Information Please Contact the Travel Desk at 403 705-3237</b></p>
<p>Education &amp; Recreation</p> <p><b>Selected Items 50% Off Craft Sale</b></p> <p>August 25th, 2022 10:00am - 1:00pm</p> <p>On the Kerby Outdoor Patio</p>	<p><b>Fall is Vaccination Season</b> <b>Do you know the risks and what you need to know about Adult Routine Vaccination?</b></p> <p>Stay tuned to Kerby News for details of our 2022 Immunization Awareness Campaign series of presentations taking place September – November</p> <p><i>Generously provided with the support of an education grant from</i></p> 	
	 <p><b>Wise Owl ½ Price Sale</b></p> <p>August 15-19th</p>	

## Kerby Centre FREE Rescued Bread & Goodies Market - Drop In - First Come

1133 7th Ave SW 10:30 – Noon Every Tuesday ( August 2, 9, 16, 23, 30 ) & Friday ( August 5, 12, 19, 26 )

And join us for our Community Bread Markets

- Parkdale Nifty Fifties Association **Tuesday, August 9th (11:00 -12:00 pm)** 2nd Tuesday of the month Located at 3512 5 Ave NW, Calgary AB
- Bow Cliff Seniors **Thursday, August 18th (11:00 - 12:00 pm)** 3rd Thursday of the month Located at 3375 Spruce Dr SW, Calgary AB
- Banff Trail Community Association **Monday, August 15th 1st Weds of the month (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary.
- Northminster United Church **Wednesday, August 28th (1:30–3:00 pm)** 4th Wednesday of the month Located at 3311 Centre St 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 &amp; 4TH MONDAYS— FREE</p> <p>MAHJONG - RM 312 10:30 AM - 12:30 PM SUMMER BREAK RETURNING SEPT 12TH</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>RECORDER GROUP RM 108 10:00 AM - 12:00 PM SUMMER BREAK RETURNING SEPT 6TH</p> <p>MEMORY WRITING RM 301 10:00 - 11:00 AM SUMMER BREAK RETURNING SEPT</p> <p>CARD MAKING SOCIAL RM 301 10:00 AM - 12:00PM SUMMER BREAK RETURNING SEPT</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE - Rm 312 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>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 SUMMER BREAK RETURNING SEPT 9TH</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 SUMMER BREAK—RETURNS SEPTEMBER 9TH</p> <p>TECH HELP EVERY OTHER FRIDAY 11:00 - 1:00 PM \$2.00 CALL TO REGISTER</p> <p>BADMINTON &amp; PING PONG - GYM 1:30 PM - 330 PM \$2.00</p> <p>ENGLISH AS A SECOND LANGUAGE SUMMER BREAK RETURNING TBD</p>

# Medicine Hat

# PROGRAMMING

VEINER CENTRE

## VEINER CENTRE WEEKLY ACTIVITIES

MON	TUE	WED	THU	FRI
<b>Quilting</b> 9am - 4pm <b>Board Games</b> 9:30am - 11:00 <b>Canasta</b> 12:00pm - 4:00pm <b>Euchre</b> 1:00pm - 4:00pm <b>Shuffleboard</b> 1:00pm - 4:00pm	<b>Crib</b> 1:00pm - 4:00pm <b>Duplicate Bridge</b> 1:00pm - 4:00pm <b>Evening Bridge</b> 6:00pm - 9:00pm <b>Evening Crib</b> 6:30pm - 9:00pm <b>Board Games</b> 6:30pm - 9:00pm	<b>Bocci</b> 9:30am - 12:00pm <b>Mahjong</b> 9:00am - 12:00pm <b>Member of Constituency</b> 11:00am - 12:00pm <b>Scrabble</b> 1:00pm - 4:00pm <b>Wellness Wednesday</b> 2:00pm - 4:00pm	<b>Canasta</b> 12:00pm - 4:00pm <b>Euchre</b> 1:00pm - 4:00pm <b>Shuffleboard</b> 1:00pm - 4:00pm <b>BINGO</b> 2:00pm - 4:00pm <b>Duplicate Bridge</b> 6:00pm - 9:00pm <b>Norwegian Whist</b> 6:00pm - 9:00pm <b>Darts</b> 6:30pm - 9:00pm	<b>Quilting</b> 9:00am - 4:00pm <b>Mahjong</b> 9:00am - 12:00pm <b>Duplicate Bridge</b> 1:00pm - 4:00pm <b>Mexican Train</b> <b>Dominoes</b> 1:00pm - 4:00pm <b>Shuffleboard</b> 1:00pm - 4:00pm <b>Stitch &amp; Laugh</b> 1:00pm - 4:00pm

### OTHER PROGRAMMING

**August 4th (Every Thursday)**

Jam Session in the South MP from 9:30 – 11:30

**August 11th – Counselling Services**

with Lindsay Heier, Certified & Registered Counsellor. 9:00 – 12:00.

**\*\*Must Register\*\***

**August 19th - 21st – Scrapbooking Fanatics**

in the South MP starting the 19th at 4:30 pm.

**\*\*Must provide all supplies, Must Register\*\***

**Member of a Constituency from 11:00 - 12:00**

Boardroom every Wednesday. Assistance with Form Filling & Paperwork. **\*\*Must Register\*\***

### FREE ZOOM CLASSES

**Monday**

Fitness with Dan in the North MP 9:30 - 10:30

Gentle Seated Yoga in the Boardroom 2:00 – 3:00

**Tuesday**

Tai Chi in the Craft Room 1:30 - 2:30

**Thursday**

Yoga for You in the Craft Room 9:00 – 10:00

Drum Fit in the Craft Room 10:15 - 11:15

**No Registration Needed**

## STRATHCONA CENTRE WEEKLY ACTIVITIES

MON	TUE	WED	THU	FRI
<b>Table Tennis</b> 10am - 12pm <b>Chair Yoga &amp; More</b> 12:00pm - 12:45pm <b>Pickleball</b> 1:00pm - 4:00pm	<b>Pickleball</b> 10:00am - 4:00pm	<b>Table Tennis</b> 10:00am - 12:00pm  <b>Pickleball</b> 12:00pm - 4:00pm	<b>Pickleball</b> 10:00am - 1:00pm <b>Silver Steppers</b> 1:00pm - 2:00pm <b>Pickleball</b> 2:00pm - 4:00pm	<b>Table Tennis</b> 10:00am - 12:00pm  <b>Pickleball</b> 12:00pm - 4:00pm

# Three tips to help retirees manage money

News Canada

Managing money doesn't come easily for everyone. And as you get older, retirement can present new challenges for finances as your circumstances change.

Here are some tips to help you make sense of your bills and keep on top of your money as you enjoy your golden years.

## Re-evaluate your priorities

As you grow older, it's important to regularly re-evaluate your financial priorities and look ahead.

Are there expenses you're hanging onto that you don't need, such as a large cable TV package or perhaps a second

or third vehicle?

Cut the financial fat that doesn't make sense for you now, rather than hanging on to it just in case.

Paying bills for something you value, whatever it is, and not for things you don't need or care about will improve your quality of life now and in the future.

## Ask for help if you need it

Many Canadians can manage their monthly bills, budgets and spending well into their 80s. But, whenever the time comes that you're struggling to make sense of payments or you're getting behind on bills, it's important to ask for help from a trusted friend or

family member.

You may have been brought up to be independent, but your financial future is worth swallowing your pride. No one will think less of you.

## Keep it simple

Whether you have a highly detailed system to manage your money or you're much more haphazard, it's in your best interest to keep things straightforward.

Close out unnecessary bank accounts and think about consolidating debt — you want a system that is both easy

for you to follow and for someone to pick up down the line if needed.

At the same time, follow what works best for you.

If you're technology-savvy and struggle with due dates, try automating some or all your monthly bill payments — that way you'll always pay recurring bills on time.

On the other hand, if you don't trust online banking or you find the internet too costly, confusing, or inaccessible, it's okay to stick with paper bills that come in the mail, where that op-

tion exists.

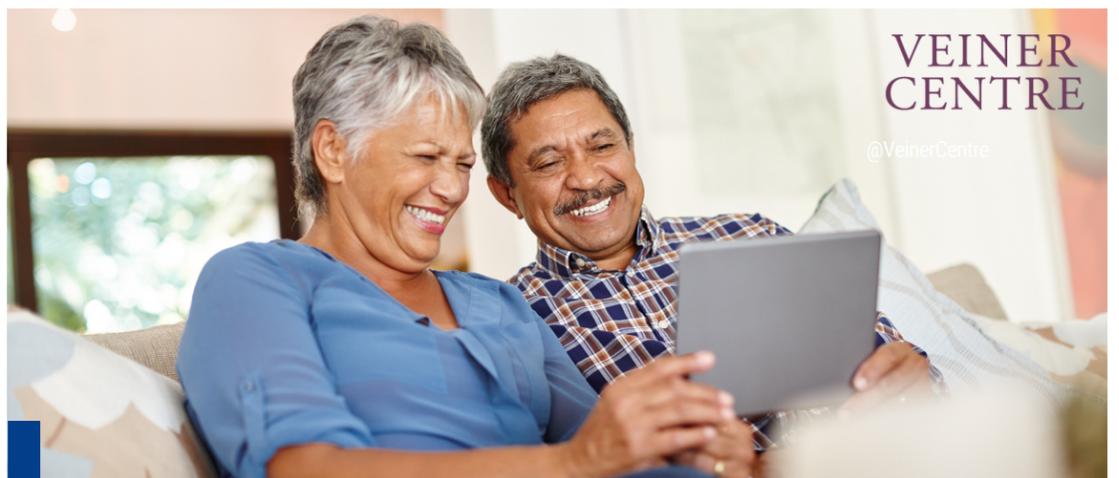
In fact, this year the Canadian Radio-television and Telecommunications Commission mandated that customers who are over 65, or who don't have internet or mobile data, or who self-identify as someone with a disability, must be able to receive paper bills from their communications provider, at no charge, upon request.

You can learn more about the new rule at [crtc.gc.ca/paperbilling](http://crtc.gc.ca/paperbilling) or 1-877-249-2782 (CRTC).

## Support Veiner Centre and Seniors In Need



[veinercentre.com/donate](http://veinercentre.com/donate)



VEINER CENTRE

@VeinerCentre

Stay Connected With Us



Sign up for our monthly eNewsletter and other Veiner Centre updates



SCAN ME



# SUDOKU AND CROSSWORD PUZZLES

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

## KERBY CENTRE WRITERS GUILD

Are you a senior with some writing experience, want to improve your writing skills, and wish to become published? We offer a structured critique process, education sessions, group editing, writing retreats, no cost publishing in our anthology, and assistance with personal publishing.

Start date: Sept 2022  
Time: TBD

Facilitator is Karl Buchner.

To register please contact Manager of Education & Recreation:  
[aditis@kerbycentre.com](mailto:aditis@kerbycentre.com)

"If we want the rewards of being loved we have to submit to the mortifying ordeal of being known."

-Tim Krieder

"Sometimes life puts you in difficult circumstances you didn't choose, but being happy or unhappy is a choice you make, and I've chosen to make the best of things that I can."

-Shahvee

### PREMIER Crossword

By Frank A. Longo

#### SUITABLE ACTIVITIES ACROSS

- 1 Saudi, say
- 5 Raptors' gp.
- 8 In a stupor
- 13 GMC crossover SUV model
- 19 Reduces the worth of
- 21 Lead-in to a bit of bad news
- 22 What "( )" and "( )" are, for short
- 23 Capital of South Australia
- 24 Actress Dennis leaps?
- 26 Boxer Marciano begins?
- 28 — Canals
- 29 Thurman of film
- 30 Saloon
- 31 "I could — horse!"
- 33 Newspaper based in McLean, Va.
- 37 Racing driver Wallace does some hammering?
- 42 Singer Benatar replies?
- 44 This, in Lima
- 45 Dancer Charisse
- 46 Waterproof canvas cover
- 48 — out an existence
- 49 Founder of Taoism
- 51 Hair removal brand
- 53 Gmail competitor
- 56 Teensy
- 59 Yosemite peak, in brief
- 60 "... — my brother"
- 61 Quarterback Bradshaw dries himself off?
- 66 Reindeer kin
- 67 Jurists' org.
- 69 Emmy winner Baldwin
- 71 Like whiteboards
- 72 Actor Slater goes on vacation?
- 76 Most thickest
- 78 Huge hero
- 79 Sink down
- 80 Free TV spot, for short
- 83 Comedian Buttons gains a lot of weight?
- 85 "True —!" ("Yep!")
- 87 Heroic tales
- 89 Ending for duct or infant
- 90 Lead-in to gottis or Pen
- 91 Stadium level
- 93 Employed for the purpose of
- 94 "Help us!"
- 97 Light in signs
- 99 "Son of," in 1-Across names
- 101 Russo of "Big Trouble"
- 102 Architect Gehry speaks?
- 107 Singer Aiken woos someone?
- 110 Helicopter or glider
- 111 Whittle down
- 113 Lovey

1	2	3	4		5	6	7		8	9	10	11	12		13	14	15	16	17	18	
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123			124	125	126					127					128						
129								130							131						
132															134						

- 114 Tatty cloth
- 115 "-ology" kin
- 117 Dancer Rogers loses control?
- 123 Singer Gayle plays tenpins?
- 128 Niagara River source
- 129 Oration of adulation
- 130 10th-century German king
- 131 Ester in plastics
- 132 Money in the form of coins
- 133 Reveals
- 134 JFK guess
- 135 Agenda unit
- 16 Make bare
- 17 Filmmaker Bergman
- 18 Analyzes
- 20 Put away for the future
- 25 Slugger Sammy
- 27 Islam, e.g.: Abbr.
- 32 Fourth mo.
- 34 Meth- ending
- 35 "Bad boy!"
- 36 Have debts
- 37 Gen. at Gettysburg
- 38 "Heaven help —!"
- 39 Security ticker symbol
- 40 "Ciao!"
- 41 "... — baked a cake"
- 43 On — with
- 47 Takes care of
- 50 Ancient Greek city
- 52 Morales of "Rapa Nui"
- 54 Baseball's Hershiser
- 55 Greek harp player of yore
- 56 "Crawling" internet bot
- 57 Kay-em link
- 58 Ending for Peking
- 60 Pain in the neck
- 62 Cave effect
- 63 "Look what I just did!"
- 64 Missouri tribespeople
- 65 System
- 68 Jessica of "7th Heaven"
- 70 Reclined
- 73 Wheel center
- 74 Sporty auto roof
- 75 Ye — Shoppe
- 76 — Lankan
- 77 Phone no.
- 81 Deficient
- 82 Donkeys
- 84 Sow's sound
- 86 Opera song
- 88 Lima's land
- 92 Very troubled
- 93 Opened, as a wine bottle
- 94 — -cone
- 95 Approved
- 96 Sow's home
- 98 Psychic skill
- 100 From memory
- 102 Outrageous comedies
- 103 Rise on the hind legs
- 104 Sock pattern
- 105 Indigo dye
- 106 Sappho's Greek island
- 108 Writer Deighton
- 109 Opening
- 112 Shining
- 116 Closet pest
- 118 Pasty stuff
- 119 Classic soda brand
- 120 "I smell —!"
- 121 Fir relative
- 122 Appear
- 124 Part of SSN: Abbr.
- 125 — Fridays
- 126 Vote in favor
- 127 Global commerce gp.

# Join Kerby for the Longest Marshmallow Drive!



The annual Kerby Centre Charity Classic is fast approaching! This exciting event on Aug. 18 features so many ways to have an awesome day outside, in addition to supporting Kerby Centre in our mission to serve the seniors of our community.

Here are some of the amazing things going on that day you absolutely need to know about to get the most out of the event!

### Longest Marshmallow Drive

A creative spin on the normal longest drive challenge, this much-loved

golf game is a competition to see who can get the most distance hitting a marshmallow instead of a golf ball.

#### Fastest shot

Do you have the fastest shot? Join us at the Kerby Centre Charity Classic to find out! Calgary Police Service will be set up on a hole with their radar gun to see who's got the fastest shot.

These on hole course contests are part of our Super Ticket, available for purchase at the Kerby Centre Charity Classic golf tournament August

18. Winners will get a great prize!

#### Golf Ball Drop

This fun, raffle style event was a highlight of the tournament last year!

You can enter the contest by purchasing a ticket/golf ball with a unique number on it.

At the end of the tournament, the golf balls will be dropped onto the course from an elevated height.

The owner of the ball closest to the hole will win a \$5,000 prize (cash + WestJet tickets)! You don't have to be at the

tournament to win. For tickets, visit [kerbycentre.com/golf](http://kerbycentre.com/golf). This event is sponsored by Servus Credit Union.

#### What's the deal with sponsorships?

Did you know that when your company sponsors a Kerby Centre event or program, like our golf tournament, they are directly impacting the lives of the seniors we support?

Sponsorships help our events raise the funds needed to support programs and initiatives under our three pillars:

the Kerby Elder Abuse Shelter, our Food Security programs, and our Connection initiatives.

How do the companies benefit?

In return for their support, we showcase their community investment through our marketing platforms including Kerby News, our website and social media channels and in our monthly newsletter.

Companies can share the impact they are making in the lives of seniors with their employees and stakeholders – a win-win for everyone!

**Kerby Centre**  
for the 55 plus

1-877-250-4904  
info@donatecar.ca

## Donate Your Car to Kerby Centre

1. Tell us your vehicle info
 2. We pick up your car
 3. You get a tax receipt

✓ FREE TOWING    ✓ TAX DEDUCTION

For more information, visit our website at [www.kerbycentre.com](http://www.kerbycentre.com)

### Support Kerby Centre and 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      Send tax receipt to:

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

Expiry Date \_\_\_\_\_      Address \_\_\_\_\_

Signature \_\_\_\_\_      City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Planned Giving - a way to make a BIG impact!

I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

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

**Thank you for supporting seniors in need!**  
 Kerby Centre 1133 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897-9947-RR0001  
 Donate online at [www.kerbycentre.com/donate](http://www.kerbycentre.com/donate) or call 403.705.3234

## Leave a Legacy of Inspiration

“I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre’s important work will continue on for years to come. My decision to include Kerby Centre in my will is part of the legacy I wish to leave.”

-Anonymous donor

**Our work is possible thanks to the kindness and compassion of people like you who remember us with a gift in their will - a gift that will help create a better future for seniors.**

Please choose to make a difference today

For information, please contact Rob Locke  
[RobL@kerbycentre.com](mailto:RobL@kerbycentre.com)  
 (403) 705-3235



# Online Presentations & Events

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

# 2<sup>ND</sup> ANNUAL GOLF CLASSIC

## KERBY CENTRE CHARITY CLASSIC GOLF TOURNAMENT

August 18th, 2022 | Sirocco Golf Club



**LIMITED SPACES REMAIN. REGISTER TODAY!**

**REGISTRATION FEE \$250 PER PERSON OR A TEAM OF 4 \$900**

**REGISTER BY EMAILING COLLEENC@KERBYCENTRE.COM OR BY VISITING KERBYCENTRE.COM/GOLF/**

## GOLF BALL DROP RAFFLE

# WIN \$5000 IN PRIZES!

**WESTJET  
GIFT CARD +  
CASH**

Draw Takes Place On August 18th, 2022

Sirocco Golf Course

Winner Does Not Need To Be In Attendance & Will Be Notified



AGLC Licence # 597690  
See Rules & Regulations at either  
rafflebox.ca or kerbycentre.com/golf

Presented by



In support of Kerby Centre's vital programs and services for seniors most in need.

### TICKETS

**1 for \$20 or 3 for \$50**

**All Proceeds Benefit Kerby Centre's Vital Programs and Services for Older Adults**

**Join In The Fun & Win a Fabulous Vacation Prize For Only a \$20 or \$50 investment**

### The 2nd Annual Kerby Charity Classic Golf Ball Drop Raffle

How does it work?! Each ticket number corresponds with a golf ball. At the end of the golf tournament all the balls will be accumulated and dropped from a great height. The first one in the hole, or closest to, will win this fabulous prize of a West Jet Gift Card and \$2500 cash!

It is easy breezy! Simply hover your cell phone camera over the QR code on the adjacent ad. You will see pop up with the Rafflebox web address to click on to be taken directly to Rafflebox.ca to enter your information to order your tickets & get your ticket/receipt. (Note: you may need to download a free QR reader on some phones)

Don't want to use the QR code? No worries, we've got you!

Simply email colleenc@kerbycentre.com; call 403 705-3178 or stop by Kerby Centre Reception and one of our Ambassadors will be happy to help you order!

## KERBY SENIORS' EXPO

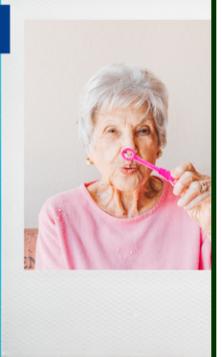
**Explore · Grow · Connect 2022**

A Fun and Informative Event for Today's 55+ and Their Families

**KERBY CENTRE | 1133 - 7 Ave SW  
SATURDAY, OCTOBER 15, 2022 | 9AM - 3PM  
www.kerbycentre.com | 403-265-0661**

If you are interested in sponsorship opportunities or a vendor booth please call Lori at 403-705-3179 or email loriw@kerbycentre.com

For further detail please visit [www.kerbycentre.com/expo/](http://www.kerbycentre.com/expo/)



# Senior Listings

**YOUR MESSAGE,  
PEER TO PEER**

## WANTED

Buying coins, paper money & stamps. Canada, US & world. Fair pricing. References upon request.

Israel: 403-263-7052  
403-850-9137.  
hombre071@gmail.com

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

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

## FOR SALE

Two cemetery plots in Eden Brook Memorial Garden in Calgary Each plot accomodates one casket and two turns, or three turns.

Make an offer for one or both (cemetery price \$4,900 each) Contact Jim - 403-236-2682.

Adult Hand-crafted leather beaded leather jacket. From First Nations in Manitoba. Circa 1965. Asking \$1,800 Three-quarters length size, fringed, Call 403-201-4578

For sale: Shoprider electric wheelchair. Like new, Used very little. New batteries. Runs really well. \$1000 obo. Located in Douglasdale SE

Portable, electric wheelchair that folds down and can be pulled on wheels.

It weighs 70 lbs. Arms are adjustable and it has a joy stick for ease of movement. Email Cathy at gypsykate@live.ca for pictures or call 403-797-1990..

For Rent in

Claresholm - 1 bedroom apartment in senior building, small town living, close to hospital, elevator, in-suite storage, smoke & pet free, rent is 30% of income plus \$65 utilities, available March 1 call 403-625-4133

Bright 2-bedroom suite in friendly Plus 55 building in Somerset

At \$1,500 a month you will enjoy living in this bright 2-bedroom suite in a friendly +55 building that is walking distance to LRT, restaurants, shopping, and all amenities. Great 850 sq. ft. living space with large storage room and in-suite laundry make this unit perfect for someone still working or winding down in retirement.

The building offers gym equipment, games room, media room, library, hair stylist, and lounge for visiting as well as spacious grounds for outdoor enjoyment. Sorry, no pets or smoking allowed in the building. Move in date negotiable. Call Gerry at 403-560-0839 for more details and to view.

Medical electric twin XL bed with very comfortable mattress. Both head and foot go up and down remotely. Only used for 4 months. It was \$2500 new and asking \$1500.

2 sets of like new bamboo sheets that were \$185 new each for \$50 each. Brand new never used powder blue duvet cover \$175 new for \$75. Email Cathy at gypsykate@live.ca for pictures or call 403-797-1990.

Pro Bed, moves those with paralysis over the night to prevent bedsores. Worth \$30K selling for \$5,500. Call Michelle @ 403-968-3720

Never used harmony high low medical bed with rails and mattress. Adjusts at head and foot and entire bed lifts for ease of caregiver. Massage function, sleep timer, has floor light for safety at night.

Was 3,900 new, selling for \$3,300. Never used. Call Maureen at 587-439-2055

## LOCAL EVENTS

Enjoy Summer with your friends at Good Companions 50 Plus! We continue to offer in-person and online programming throughout the Summer months. Join us for Lunch, Social Suppers or Pub Night. Or how about exploring new Calgary pathways every Wednesday with our Walking Club?

Maybe join us on an 8 night vacation as we cruise the Eastern Caribbean this December! We have many social, educational and fitness activities to choose from so give us a call or stop by the Club for a tour.

You can visit our website at [www.gc50plus.org](http://www.gc50plus.org) for hours of operation and to check out our monthly newsletter. We are located at 2609 19th Ave SW and you can call us at 403-249-6991. We hope to see you soon!

# Volunteer Spotlight



## Rita Larose

Rita Larose is a very dedicated and hard-working volunteer who began with Kerby Centre in October of 2021. She decided to volunteer because her husband was already volunteering here. She explained, "I volunteer in the Kerby Cafe. I enjoy all the functions involved: cashier, dishwasher, prepping, and occasionally a bit of cooking. It keeps me busy."

Rita said she keeps coming back to volunteer because she enjoys the interaction with Kerby clients. She most enjoys special functions and added, "When I was working, I used to organize employee functions and have always enjoyed this."

Rita's hobbies ensure she leads an active lifestyle. "I enjoy hiking, cooking, and working out. We have so many wonderful hiking trails in Calgary, with breathtaking views. I never get tired of our beautiful mountains."

Rita chose to tell us about her favourite family vacation: "Every Sunday we would wake up early, pack up the car and head to the lake. We would spend the whole day together. Every time I think about that time it brings back many happy memories which I cherish. I feel blessed to have such a wonderful family."

So far, Rita has contributed over **194** hours.

Thank-you, Rita, for all you do for the Kerby Centre!



## 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

# Kerby Centre Education & Recreation

## Course Registration Fall Session

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Registration opens August 4<sup>th</sup> for members and August 15<sup>th</sup> 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 - 7<sup>th</sup> Avenue S.W.  
Calgary AB, T2P 1B2  
Attn: Education & Recreation



Fall classes in our New Locations!

Classes are being offered at the  
Living Spirit Building and Dalhousie Community  
Centre

Registration details on the following pages!

### Membership Saves

Please ensure you have your 2022 membership before registering for courses. Contact the Education and Recreation Department to renew or to apply for a membership 403-705-3233.

2

### 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!!!

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### Refund Policy

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

2

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

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 Sept 15 – Dec 8 (No Class Nov 10)  
2:15 – 3:15pm Room 205



## Fitness with Dan

Instructor: Dan Leung

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

A02 Wednesday Sept 14 – Dec 7 (No Class Oct 12)  
10:00 – 11:00am Gymnasium

## Muscle Strength & Core Balance

Instructor: Dan Leung

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

A03 Friday Sept 16 – Dec 9 (No Class Nov 11)  
9:00 – 10:00am Gymnasium

## Feet to the Beat

Instructor: Kym Butler

Are you looking to shake up your fitness routine? Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.

A04 Monday Sept 12 – Dec 5 (No Class Oct 10)  
10:00am – 11:00am Gymnasium

## Dance thru the Decades

Instructor: Kym Butler

Little bit of history and a whole lot of fun!

In this class, each week will be re-living a different decade in dance history and culture. From the Vaudville days to the swing era, disco to country line and a little bit of everything in between!

A05 Friday Sept 16 – Dec 9 (No Class Nov 11)  
10:00am – 11:00am Room 205

## Line Dancing

Member \$59 Non Member \$89

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.

- **Beginners**

A06 Thursday Sept 15 – Dec 8 (No Class Nov 10)  
11:30am – 12:30pm Gymnasium

- **Intermediate (with some experience)**

A07 Thursday Sept 15 – Dec 8 (No Class Nov 10)  
1:00 – 2:00pm Gymnasium

## Pilates Fusion

Member \$79 Non Member \$109

Instructor: Sandi Seto

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options are provided for all levels.

A08 Wednesday Sept 14 – Dec 7 (No Class Oct 12)  
2:30 – 3:30pm Room 205

## Chair Yoga

Member \$59 Non Member \$89

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 Sept 14 – Dec 7 (No Class Nov 9)  
1:15 – 2:15pm Room 205

## Yoga for You

Member \$59 Non Member \$89

Instructor: Gina Komanac

In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

A10 Monday Sept 12 – Dec 5 (No Class Oct 10)  
11:30am – 12:30pm Room 205

## Zumba Gold

Member \$59 Non Member \$89

Instructor: Maaik Seaward

per course

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

A11 Tuesday Sept 13 – Dec 6 (No Class Oct 11)  
10:00 – 11:00am Room 205

A12 Thursday Sept 15 – Dec 8 (No Class Nov 10)  
10:00 – 11:00am Gymnasium

## Featured Fall Course

### Bhangra Basics!

Member \$39 Non Member \$69

Young Bhangra Calgary

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

A13 Wednesday Sept 14 – Oct 19  
1:00pm – 2:00pm Gymnasium

# Academic Courses



## Arts

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

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. Classes will cover blending, reflection, depth, various brush techniques and more. *All supplies are included.*

B01 Wednesday Sept 14 – Oct 19  
1:00 – 3:00pm Room 313

B02 Wednesday Nov 2 – Dec 14 (No Class Nov 23)  
1:00 – 3:00pm Room 313

**Paint & Sip** Member Only \$55

**Special: Member Only Event**

Instructor: Carol Marasco

*All supplies and "Wine & Cheese" are included.*

Join us for a fun afternoon decorating wine bottle and then partaking in a social gathering wine & cheese!

B03 Wednesday Nov 23  
1:00 – 3:00pm Room 313

**Creative Crafts!** Member \$69 Non Member \$99

Instructor: Mareb Alrawaf per course

This course is designed to release your hidden artistic abilities and promote the positive benefits of art. *All Supplies included.*

B04 Tuesday Sept 13 – Oct 18  
1:00pm – 3:00pm Room 313

B05 Tuesday Nov 8 – Dec 13  
1:00pm – 3:00pm Room 313

**Calligraphy "Carolingian"** Member \$85 Non Member \$115

Instructor: Renate Worthington

In this session, we'll take a closer look at a historical lettering style that became the root form of today's typefaces! We'll use a broad-edged nib or pen and a more modern variation to create our own lettering projects with these lovely legible rounded "Carolingian" letters. Renate will bring materials for purchase if you are new to calligraphy. Beginners are always welcome.

B06 Monday Oct 17 – Nov 21  
10:00am – 12:00pm Room 313

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

Instructor: Katy Morris

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

**Tonal Values and Grays. Rocks in a stream bed, dry, wet and under water, waterfall rocky canyon.**

**Paint Rocks in the Landscape**

B07 Friday Sept 16 – Oct 21  
10:00am – 3:00pm Room 313

**Vertical line structure in a landscape, using colour theories for changing seasons of the photos used. Experiment with salt and titanium white.**

**Old Barns, Old Elevator and Old Cabins**

B08 Friday Nov 4 – Dec 9  
10:00am – 3:00pm Room 313

## Spanish

Member: \$120 Non Member: \$150

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.

B09 Monday Sept 12 – Dec 5 (No Class Oct 10)  
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.

B10 Tuesday Sept 13 – Dec 6 (No Class Oct 11)  
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.

B11 Tuesday Sept 13 – Dec 6 (No Class Oct 11)  
10:00am – 12:00pm Room 311

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

B12 Thursday Sept 15 – Dec 8 (No Class Nov 10)  
1:00 – 3:00pm Room 311

**Advanced Grammar** This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar 1 - 5 or equivalent. A complete refresher from the basics to in depth grammar topics. Material will be presented through visual and orderly summaries of rules and essential vocabulary. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest. Minimum prerequisite Grammar 5.

B13 Wednesday Sept 14 – Dec 7 (No Class Oct 12)  
10:00 – 12:00pm Room 312

**Spanish Conversation I** This course is designed for students who have finished levels 1 – 5 of grammar and are ready to put into practice their knowledge. You will have the opportunity to engage in conversations based on familiar topics and a variety of common daily and social situations. Focus is on interaction with peers. Minimum prerequisite Grammar V.

B14 Wednesday Sept 14 – Dec 7 (No Class Oct 12)  
1:00 – 3:00pm Room 311

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

B15 Monday Sept 12 – Dec 5 (No Class Oct 10)  
1:00 – 3:00pm Room 311

## Sing & Play



### Singing Circle

Instructor: Barry Luft

Member: \$55 Non Member \$85 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."

B16 Thursday Sept 15 – Dec 1  
10:30 – 11:30am Room 205

### Ukulele Magic!

Member: \$100 Non Member: \$130

#### Intermediate Level I

Instructor: Barry Luft

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

Pre-requisite: an introductory course or equivalent.

B17 Wednesday Sept 14 – Nov 30  
11:15am – 12:15pm Room 313

### Ukulele Magic!

Member: \$100 Non Member: \$130

#### Intermediate Level II

Instructor: Barry Luft

This course will focus on honing already-learned skills. Lots of songs in a variety of keys will be presented by the instructor and occasionally by class members. Some small-group ensemble playing will be experienced and solo presentations will be encouraged from time to time. Getting "off the page" will be one of our goals to improve hearing chord changes.

Pre-requisites: An intermediate-level course from this instructor, and familiarity with the Nashville Numbering System.

B18 Wednesday Sept 14 – Nov 30  
10:00am – 11:00am Room 313

### Social Singing

Member \$70 Non Member \$100

Instructor: Alison Demeter

If you enjoy singing and socializing, this class may be for you! Within a supportive group setting, this class offers an opportunity to sing songs from lyric sheets and explore events, history, holidays, and memories related to a different theme each week. We will begin each session with a short vocal warm up that will include some movement, so please wear comfortable clothing and footwear. You don't need to have a great voice and no previous singing experience is necessary... just a desire and willingness to have some fun! Anyone can join.

B19 Tuesday Sept 13 – Nov 29  
11:15am – 12:45pm Room 205

### Kerby Chorus

Member \$65 Non Member \$95

Instructor: Alison Demeter

The Christmas season will be upon us before we know it and why not celebrate it with song! Although this class may offer the opportunity to perform in smaller groups, the focus of the class is to work within a supportive large group setting to prepare songs for Christmas performance(s). Lyric sheets are provided. Reading music, a great voice and/or previous singing experience are not required – only a desire to sing and a willingness to have fun with others!

B20 Tuesday Sept 13 – Nov 29  
1:15am – 2:45pm Room 205

## Personal Interest & Wellness

### Outdoor Safety & Awareness

Member \$16 Non Member \$36

Instructor: Don Muldoon

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

B21 Tuesday Sept 13  
10:00am – 12:00pm

B22 Tuesday Oct 4  
10:00am – 12:00pm

### Situational Awareness & Mental Toughness Level I

Member: \$20 Non Member: \$50

Instructor: Don Muldoon

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

B23 Tuesday Oct 11  
10:00am – 12:00pm Room 108

### Dealing with Difficult People

Member: \$20 Non Member: \$50

Instructor: Don Muldoon

Acquire the skills and techniques needed to deal with people in difficult situations. Numerous topics will be discussed, including: Positive Thinking, Confidence Building and Conflict De-escalation.

B24 Tuesday Sept 20  
10:00am – 12:00pm Room 301



### Beginner Plant Identification

Member: \$25 Non Member: \$55 per workshop

Instructor: Latifa Pelletier-Ahmed

Learn the basic skills for identifying plants and the key features of common local plants. Instruction will also be given on how to use a plant identification key.

B25 Tuesday August 23  
10:00 – 12:00pm  
Outdoor Plant Walk

B26 Tuesday Sept 6  
10:00 – 12:00pm  
Outdoor Plant Walk

### Botany for Gardeners

Member: \$25 Non Member: \$55

Instructor: Latifa Pelletier-Ahmed

Learn about the science behind how plants work, and improve your gardening abilities. All levels of gardening experience welcome.

B27 Thursday Sept 29  
12:30 – 3:30pm Room 301

# Kerby Centre Wellness Connection Centre Programs:



## Grieving Together

Facilitator: Shelley Lebert

**Have you lost a loved one, and are looking for support? Our group counselling program will help you to rediscover yourself after loss, learn skills to start enjoying and living your best life, again.**

**Register today to meet others who have experienced loss in a safe, supportive empathetic environment.**

W01 Thursday August 18 – Oct 6  
1:00 - 2:30pm Room 317

To register please contact Lola at 403-234-6566 or [lolaf@kerbycentre.com](mailto:lolaf@kerbycentre.com)

## River Walk

**Enjoy the sights and sounds along the Bow River with our weekly walking group.**

W02 Tuesday 10:00am – 11:00am

To register please contact Lola at 403-234-6566 or [lolaf@kerbycentre.com](mailto:lolaf@kerbycentre.com)

## Upcoming Connection Centre programs:

- Music Wellness
- Drumming Circle
- Nature Walks
- Peer Support
- Live well, Be well – Monthly Wellness Presentations

See the September Kerby News for details!

## 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](mailto:henriettaf@kerbycentre.com) 403-705-3233

**Stay Fit** Member \$59 SASC Member \$69  
Instructor: Dan Leung Non Member \$79

**Designed for all outdoor enthusiasts (or anyone looking for new challenge in their weekly workout routine) Stay Fit will focus on balance, strength training, & range of motion. Participants must be able to come down to a floor mat.**

Z01 Mon & Thu August 15 – Sept 26 (No Class Sept 5)  
11:00 am – 12:00pm **Online**

**Ski Fit** Member \$59 SASC Member \$69  
Instructor: Dan Leung Non Member \$79

**With winter just around the corner, it's time to prepare for ski season. This six-week conditioning course will focus on balance & strength training exercises designed to get you ready for the hill!**

Z02 Mon & Thu October 13 – Nov 21  
11:00 am – 12:00pm **Online**

## Free Zoom Classes:

- Fitness with Dan
- Stay Fit
- Drum Fi
- Chen Tai Chi & Tai Chi Qi Gong
- Muscle Strength & Core Balance
- Yoga for You
- English as a Second Language

## New classes offered in our satellite locations:

**Spanish** Member: \$120 Non Member: \$150  
Instructor: Norah Hutchinson

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 for 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.

D01 Friday Sept 16 – Dec 9 (No Class Nov 11)  
1:30pm – 3:30pm **Held at Dalhousie Community Centre**

**Arts in the Afternoon: Acrylic** Member \$35 Non Member \$65  
per course

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.**

D02 Friday Sept 16  
1:00 – 3:00pm

D03 Friday Oct 21  
TBD

D04 Friday Nov 4  
1:00 – 3:00pm

D05 Friday Dec 16  
1:00 – 3:00pm

**Held at Dalhousie Community Centre**

**Social Singing** Member \$70 Non Member \$100

Instructor: Alison Demeter

**If you enjoy singing and socializing, this class may be for you! Within a supportive group setting, this class offers an opportunity to sing songs from lyric sheets and explore events, history, holidays, and memories related to a different theme each week. We will begin each session with a short vocal warm up that will include some movement, so please wear comfortable clothing and footwear. You don't need to have a great voice and no previous singing experience is necessary... just a desire and willingness to have some fun! Anyone can join.**

L01 Wednesday Sept 14 – Nov 30  
1:30pm – 3:00pm **Held at Living Spirit Building**

**Fitness with Dan** Member \$59 Non Member \$89

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.**

L02 Tuesday Sept 13 – Nov 29  
11:30am – 12:30pm **Held at Living Spirit Building**

**Ukulele Magic!** Member: \$100 Non Member: \$130

## Introductory Level

Instructor: Barry Luft

**This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. You'll be playing on the first day! If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. Don't have a uke? Please contact Education & Recreation for purchasing information. Instruction is for the small size varieties of ukulele - soprano, concert, or tenor.**

L03 Monday Sept 12 – Dec 5 (No Class Oct 10)  
10:30 – 11:30am **Held at Living Spirit Building**

 **LIFE TIME HIGHS TOURS 587-223-0203 WWW.LTHTOURS.CA CATHY@LTHTOURS.CA**

**Camrose , Ab, Sept 25-27** 3 days / 2 Shows - Opt: Bailey Theater w Bailey Buckaroo's Sun. 25th, & Calvin Vollrath - Cdn Fiddle Champ Mon. 26th  
*Dble Occp - \$320.00 Sgle \$395.00*

**Prestige Okanagan Wine & Water Tour Oct. 12 - 19** Golden, Salmon Arm, Kelowna, Nelson, Explore the vineyards of the Okanagan & the beauty of BC, Water Front Hotels *Dble - \$1475, Triple/Quad \$1325 Single \$1895*

**Christmas in Branson Nov. 13 - Nov. 26** Daniel O'Donnell retirement perform. plus 6 more shows, 8 meals, 4 attractions, 11 b/fast, sightseeing, 14 days / 13 nights accomm. incl. *Dble Occp - \$3400.00 Triple Occp - \$3200.00 Quad Occp - \$3100.00 Single Occp - \$4200.00*

**Coeur d'Alene Casino and Resort, Id Dec. 4 - 7** 4 days, Spokane Shopping, Opt. Christmas Light Boat Cruise, Huge casino, Spa, Pool, 3 days -\$15.00 Meal discount in pts, \$25.00 EPC for casino *Dble Occp - \$515.00 Tripl Occp - \$465.00 Quad Occp - \$440.00 Single Occp - \$690.00*

**Day Trips:** *Sylvan Lake Farmer's Market Aug. 5 \$90.00 PP Medieval Royal Feast Aug 21 / Sept 16 \$170.00 PP Craft Brewery Tour \$90.00 PP Banff Cafe & Basin & Lake Minnewanka \$175.00 PP*

Are you looking to get volunteer hours in? Do you enjoy writing, editing or photography? Do you have a story to tell that needs to be read by thousands? Volunteer with the Kerby News today! Email our editor at editor@kerbynews.com for more information about how you can be a part of this amazing publication!

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# 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**



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### ENJOY ONE MONTH FREE!

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

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**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**

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**BethanySeniors.com**

