

Making the holidays bright



John Gagnon has had a lot of jobs over the years — boiler operator, coffin builder and cabinet maker — but what he's known for at Unison at Kerby Centre is his fantastic holiday creations he makes every year. Story on page 7.

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An annual retrospective

When our editor asked me to take a look back at what had happened over the last year — I realized that there may be more content than we can cover in this column alone.

First, I should mention that we have rebranded. Most of you by now have heard that our new umbrella brand is, Unison: For Generations 50+.

Some of you may ask “why do we need a new brand?”

Everything we used to do for Seniors we did in the Kerby Memorial Building. Today a lot of the support and services we provide are not located in the Kerby Memorial Building.

During the pandemic, we developed and in-

roduced a continuum of online and virtual classes and services.

Due to demand from our members, we are continuing to provide these services even though we are re-introducing in-person programming.

We have also begun to offer programs and classes in remote locations like the Living Spirit Building and the Dalhousie Community Association. This year we will announce new locations in which we will offer more options for seniors closer to the communities that they live in.

For over a year now we have been running the Veiner Centre. Strathcona Centre and Meals on Wheels in Medicine Hat. These programs are one more reason that we need a new overarching brand. These programs have continued to grow over the last year, the membership for the Centres in Medicine Hat has exceeded the number of members we had before the pandemic and Meals on Wheels has grown each month.

Unison is now running the Elder Abuse Case Management program in Medicine Hat. Approximately 1,326 seniors in Medicine Hat experience abuse every year. The local case numbers are currently the third

highest in the province even with elder abuse being under-reported due to the shame and guilt that often accompanies being a victim of elder abuse.

We are almost ready to announce a new program that we will be running in Medicine Hat and the surrounding area. We have had a funder approve a grant for a two-year period to pilot a new initiative and a new approach to supporting seniors in the community.

A program which also started during the Pandemic as our food security program. This program is a continuum of support for seniors who are struggling due to inflation or the lingering effects of COVID-19. We run free food markets twice a week at Kerby Centre as well as partnering with other organizations to run “pop up” free bread markets at five other locations in the city.

As we are serving more seniors through more services, we have needed a lot more support in the community to be able to operate these new initiatives. We would like to thank all our donors, sponsors and advertisers who have helped make this growth possible. Our fundraising events, like Golf back in September 2023, broke fundraising



Larry Mathieson, CEO and President

records for the second year in a row.

The Seniors' Expo which is both an event to support our members and to support our advertisers ran in person for the first time in a few years now but also set records. In our feedback survey to our exhibitors, one sponsor said they had been participating in the Expo since 2005 and this event had the best attendance that they had ever seen.

I guess you could say our fundraising events are back in a big way.

Next year marks 50 years of us offering classes and programs for Seniors so you will see us announcing some new offerings for our members but also new events to celebrate 50 years of working together with members and supporters like you to make a difference for seniors in our province.

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TO OUR VOLUNTEER WRITERS, EDITORS, MAIL-OUT TEAM, PARTNER ORGANIZATIONS AND MY LOVELY FIANCÉ ROB FOR LISTENING TO ME VENT ABOUT COMMAS ON A WEEKLY BASIS:

Happy Holidays and thank you for another incredible year of Kerby News!

FROM YOURS TRULY,

A. MCCUTCHEON
EDITOR, KERBY NEWS



Recognizing dating site scams

James Mactavish
Alberta Securities
Commission

In today's increasingly connected online world, many Canadians turn to social media to chat with family members, friends and to meet new acquaintances or love interests. Sadly, fraudsters are becoming more sophisticated in targeting Canadians who use social media and dating sites.

According to data from the Canadian Anti-Fraud Centre (CAFC), in 2021, romance scams were among the country's top forms of fraud. In Alberta,

nearly \$4.5 million was apparently lost to romance scams last year. While fraudsters continue to use the latest trends, technologies and social platforms to target Albertans, by recognizing the tell-tale signs and tactics, you can better avoid them, protect yourself and ultimately report them.

The online social media platforms you use daily can offer up a lot of key information fraudsters look for when tailoring their scams to you. Things like profiles or posts that share interests, location, current events you are interested

in and even your age can all be clues into how they can best approach you and maximize their chances of success. For instance, if you post articles on cryptocurrencies, a fraudster researching your account might assume you are interested in it and reach out to you, acting as a crypto investment advisor helping to get you started.

In a 2020 Investor Index conducted by the Canadian Securities Administrators, of which the Alberta Securities Commission (ASC) is a member, 1 in 4 Canadians

stated that they are more inclined to trust someone promoting an investment if they have a friend who has already invested. Fraudsters also recognize that you're more inclined to invest if the recommendation comes from someone you trust, like a family member or friend.

While reviewing your online profiles, the fraudster can pull together a list of your family members and close friends that you correspond with publicly. Once they have this information, fraudsters can hack a family member's or friend's social media

account and pose as them while offering you an investment opportunity.

Fraudsters will also patrol online social media groups, messaging apps and dating sites, looking for opportunities to quickly establish trusting friendships or romantic relationships to manipulate their target into investing in a scam. Worse yet, fraudsters often can convince the victim to continue "investing" over time for what they promise will be "bigger" returns, or the opportunity to "recover" supposed losses or pay taxes. In the end, the victim just loses more money.

How you can protect your social media profiles from investment fraud and romance scams

An important first step to protecting your online profiles is limiting the publicly available information about yourself. All major social media platforms allow you to edit who can see your account, images, communications and friends list. It is recommended to adjust your privacy settings to block unknown users, from learning more about you.

When corresponding with others on social media or dating apps, be highly skeptical of all unsolicited investment offers, especially from those you just met. Red flags include:

- pressure to invest
- guarantees of high returns with little to no risk
- attempts to make you feel like you're missing out
- investment offers in cryptocurrencies
- abnormal communications regarding investments from friends or family members online

Online social media platforms and dating sites can play an important part in our lives. By making our accounts more private and staying skeptical of online money-making opportunities, you can better protect your hard-earned money from insidious scam artists.

If you are offered a suspicious investment opportunity online or through a dating site, don't hesitate to take a picture and send it, along with a few details about the platform, time and date, to the ASC through complaints@asc.ca.

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How much radon is in your home?

Andrew Glen McCutcheon
Kerby News

Photo by Devon MacKay

Do you know what sort of radon levels are in your household?

November was Radon Action Month across Canada and Health Canada wants folks to know about the dangerous, radioactive, odourless gas present at dangerous levels in many Canadian homes.

“Radon is a radioactive gas which breaks down from uranium in rock and soil, once it’s released into outdoor air

it’s of not of concern, but it can accumulate in your home and become a concern,” said Madison Pecoskie, regional radiation specialist with Health Canada.

“Radon is everywhere, it’s all over Canada, there are some areas that are hotspots — regardless of you’re in a hotspot, it can affect you.”

It can enter homes and other structures through any place that has contact with the ground: whether that be small cracks in the foundation of a building, drains or sumps in the floor, gaps around service

pipes or any number of potential places.

Because Canadian homes are so well-insulated from the freezing winters, radon can collect in high concentrations indoors, leading to an elevated risk in developing lung cancer over an individual’s lifetime. In fact, Radon exposure is the leading cause of lung cancer in non-smokers.

However! It’s not all doom and gloom. There are measures you can take to reduce the level of radon in your home, and it all starts with a radon test.

You can test the air

inside of your home with a single-test kit or a continuous digital monitor, both available online. In Alberta, a long-term radon tests can be bought from the non-profit “Evict Radon” at www.evictradon.org, which are sold at-cost for citizens to test their homes with.

This test includes a pre-paid envelope to return to a lab for analysis, the associated fees, and a report at the end of the analysis process. The length of the test is 90 days and is best conducted over the heating season, so if you’re interested

in finding out more about the radon levels in your home, the best time to access a test was yesterday!

Once you’ve tested for radon there are a variety of measures you can take if the concentration within your home is above recommended levels.

“it’s really easy to mitigate it if you have a high level of it,” Pecoskie said. “It’s something you can do to check off your list to help protect your health.”

For more information, check out Health Canada’s website at www.takeactiononradon.ca

New rules aim to make organ donation easier

Gillian Rutherford
University of Alberta Folio

Ninety per cent of Canadians say they support organ donation, but only 32 per cent have actually registered to donate their own organs or tissues, according to Canadian Blood Services.

New measures in Alberta aim to close that gap through education, specially trained staff and a process known as “mandatory referral.”

The goal is to create a culture where making decisions about organ and tissue donation is a standard part of end-of-life care, according to Dennis Djogovic, critical care physician at the University of Alberta Hospital, clinical professor in the Faculty of Medicine & Dentistry and medical director of deceased organ donation for northern Alberta’s donation program.

“Organ donation is just as important to discuss with families as medications or religious observances or having family visits with critically ill patients,” Djogovic says. “I look at it as part of that individual’s right — to have the ability to make that decision.”

The changes should save lives and money, says Lori West, profes-

sor of pediatrics, surgery, immunology and laboratory medicine, who leads the Alberta Transplant Institute and helped make the case for Bill 205, an update to the organ donation law which came into effect in May.

“The Spanish talk a lot about having a ‘culture of donation,’ where because people need organs and you don’t need them any more after you die, it’s assumed that people will embrace organ and tissue donation,” West says. “It becomes a different way of thinking about it, and it becomes the default, rather than the exception. Families are still approached for consent, but this culture is one important element in a system that facilitates donation.”

More than 400 organ and tissue transplants were performed in Alberta in 2021, while 312 people were on the waitlist for organ transplants and 50 died before a suitable organ became available, according to Alberta Health Services.

A single donor can save up to eight lives and 75 people could receive tissue from just one person. Liver, kidneys, heart, corneas, skin — all may be eligible for donation following a catastrophic injury that leads to brain death or a severe neurologic injury from

which no recovery is expected. The death must occur in hospital under specific circumstances.

“It may be a motor vehicle collision; it may be a cardiac arrest from a heart attack that led to prolonged CPR and the brain didn’t recover from lack of oxygen,” Djogovic says. “These are often young, healthy individuals and these are not planned situations. Less than two per cent of hospital deaths could actually result in deceased organ donation, which makes the gift so rare and so important.”

Albertans may provide their legal consent for donation through the online Alberta Organ and Tissue Donation Registry. You can specify which organs or tissues you would like to donate, or whether you would like to give your entire body for scientific research or medical education.

If you do choose to donate, a small heart symbol will be added to your driver’s licence. However, both West and Djogovic highly recommend that you discuss your wishes directly with your family as well, because if you end up in a situation where your organs might be eligible for donation, they will be asked to give their consent.

Bill 205 changed the Alberta system from “mandatory consideration” to “mandatory referral,” a subtle change Djogovic hopes will mean that every potential donor family is referred to a donation agency in a timely manner, given information about donation and given the chance to make a choice. The agency also assesses whether the dying patient’s organs are suitable for donation.

The hope is to avoid missed opportunities for people on the transplant waitlist to receive much-needed organs, says Djogovic.

Until recently, there were only two donation specialist physicians in Alberta, compared with up to 60 in Ontario, he says. Now a three-year Specialist in End-of-Life Care, Neuroprognostication and Donation program has assigned 22 new experts to hospitals and clinics across the province, with Djogovic as the lead for northern Alberta.

“These are intensive care physicians who are specially trained in donation identification and donor management,” says West, who is also director of the Canadian Donation and Transplantation Research Program and a member of the Women and Children’s Health

Research Institute.

Even in places with presumed consent rules like Spain, considered a world leader in organ donation, and Nova Scotia — where citizens register only if they do not want to donate — consent is still obtained from families, says West.

In Alberta, when the patient has registered their wishes, the conversation about whether to give consent for donation is pretty straightforward. If they haven’t, or it’s never been discussed in the family, it’s tougher.

“At the end of the day, what we like to know is what would the individual want. And we look to the family to be our guide,” says Djogovic, who has worked in critical care for 17 years.

He refers to the “Logan Boulet effect,” after a young Humboldt Broncos hockey player, killed in a bus crash in 2018, saved six lives with his organs. More than 150,000 Canadians signed registries in response to his story.

“Organ donation is a gift, and you can’t take a gift, it has to be given. Logan’s story makes you realize that we’re not all strangers, we actually are all linked, and Canadians like to help each other,” Djogovic says. “That’s where my optimism comes from.”

Christmas Creations

Andrew McCutcheon
Kerby News

John Gagnon is a well-known presence at the Kerby Centre.

Found perpetually clad in his woodworker's apron and massive, toothy grin: if you run into John, he will be the best part of your day, bar none.

John is one of several volunteers who supervise the Kerby Centre woodshop: a place where like-minded folks can come together to work with their hands on a variety of creations.

"It's like a church, you come here and it's meditative," John says. "All skill levels, we all work together to share our knowledge."

John works on a lot of different things. When we talked, he was working on a home-made crystal radio, a simple radio receiver made with blocks of wood and stripped wire. He breathlessly and excitedly recounts how a similar one would have been used in the trenches of World War One to receive radio transmissions.

But the big project John is known for are his annual holiday creations.

Nine years ago, John started putting together adorable wooden reindeer, maybe about a foot tall. That first year, he made 24 of the pieces and sold them, with all the money going back in to support Kerby Centre and the expensive upkeep of it's woodshop.

That first year he made 24. The year after that? It was 200.

The year after that? 300.

It's taken off even further in years since, and now John and his holiday works of art are well-known. Folks as far as the southern United States have ordered his pieces. And in the years since, he's moved on from reindeer.

Gorgeous mountain

scene shelves one year, snowmen another.

Every year it's a different holiday-themed piece of hand-made woodcraft, headed by John and worked on by a bunch of the folks who come together in the woodshop community.

This year? Christmas trees, painted in a variety of colours: from brushed snow, classic pine-green or even the unpainted and natural beauty of the wood itself.

John has a storied history at the Kerby Centre, not only with his delightful and jolly presence but for his amazing holiday creations. But his story doesn't begin here. He begins back in 1949 when he was born in Quebec, growing up and choosing to go to vocational school.

"Regular school wasn't too good for me," John says. "I wasn't the kind of guy who was going to learn Shakespeare."

Over the years, John had a number of different jobs where he plied various trades, always



working with his hands.

He was a boiler-operator; a cabinet maker; he even built coffins for people's final resting places.

But John's place is now at the Kerby Centre workshop: solving problems that can be fixed with his hands, side-by-side with a community of like-minded folks.

"I'd rather be here than sitting at home watching TV all day," John says. "We make friends and you meet people from all walks of life."

"You can't ask for anything better."

Volunteer Spotlight



Jade Sinclair

Our final spotlight of 2022 features our fantastic volunteer, Jade Sinclair! Jade started at Kerby Centre's Membership desk in November of 2021 and then changed roles to be an office assistant for the Volunteer department. Jade said, "I was looking for a place to gain some experience. Helping at Kerby has allowed me to try a few different opportunities, learn new things, and meet great people."

Jade really enjoys her role. She keeps coming back for "the people and the tasks. I enjoy helping, as part of a team, to complete ongoing administrative tasks that keep the Volunteer department records organized and ensure funding for the Centre." She most enjoys that Kerby Centre has very welcoming people. She said, "It is a great place to learn, while meeting and helping people."

Jade's favourite hobbies include nature walks, reading, and listening to music.

Jade chose to answer the question, "What is the last book you read?" Jade answered, "I am currently reading *The Four Agreements* by Don Miguel Ruiz."

So far, Jade has contributed over **114** hours.

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

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The gift that keeps on giving

Christie McCaw
BSW, RSW
Kerby News

With Christmas just around the corner, it is easy to overspend and worry about finding the perfect gift for that special someone.

I would like to share the gift that has meant the most to me I received from my grandmother with hopes it may help while are out looking for that perfect gift.

When I think about my paternal grandma my heart fills with happiness and love. Sometimes a tear rolls down my cheek because I wish I could hear her voice on the phone saying “happy birthday” or “I love you” just one more

time.

My grandma was one of my favourite people. She lived in a small Manitoba town and growing up, I would travel from Calgary to spend my summers with her and my extended family.

A few of my favourite memories include her making my favourite meals, watching me from the sidelines while I was in swimming lessons at the community pool, standing barefoot in her garden eating fresh peas and raspberries, teaching me how to play cards (letting me cheat now and then), and getting to have a coke with dinner.

I was 5 years old the first summer I stayed with her and continued

to go out each summer until I was 11.

For about a year, my grandma and I hit a rough patch in our relationship. I was going through a rebellious time and became a young teen mom and felt disappointment and shame. I remember going to Manitoba with my mom, sister and 7-month-old son for spring break.

My mom watched my son at my aunt’s while I went across the street to see if I could repair the relationship with my grandma.

I remember walking through the back door of her house and after a year of not speaking, all she could say was “where is the little one?”. I laughed and walked back out the

door to go pick up my son. When I walked back into her house and looked into her eyes, I could feel the disappointment shift to love and acceptance and I knew we would all be okay.

In my eyes, my grandma was one of my number one cheerleaders. I was fortunate she offered some financial support which has helped me to be where I am today. I am honoured and grateful for that, but financial support was not my favourite gift.

My favourite gift was her love and her time. I travelled to Manitoba to see my grandma and extended family as often as I could with my son and after my second son



was born, I continued to travel back as often as I could so both my children could experience her love, and time, and create lasting memories.

As the Christmas holidays draw nearer and you find yourself searching for that perfect gift or gifts, I invite you to reflect on what memories you want to leave with your loved ones.

If you ask my children what gifts they remember getting, they may only be able to remember a few that have stood out over the years.

But, if you ask them what they remember about the time spent with grandparents and great-grandparents, the memories of meals, card games, conversations and watching the Blue Jays play baseball on TV are the ones they remember and talk about.

We cannot predict how much time we have with loved ones or when will be the last time we see or speak to someone.

For me, it is not about the amount of money we spend or how many gifts we give, but the time we spend with our loved ones creating memories that will be passed down and remembered for years to come.

I wish you all a wonderful holiday season filled with happiness and cheer.



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What if I wet the bed? At 84, I tackle my fears and face aging head on



In October, Unison partnered with CBC Calgary and the Calgary Public Library to offer a personal writing workshop to seniors, hosted at the Kerby Centre. It's part of an on-going series of CBC workshops that support Calgary residents to tell their own stories. Read more about those workshops at cbc.ca/tellingyourstory.

Sheilah Bissett's story came out of this workshop and first ran on cbc.ca/calgary.

Story and photos by Sheilah Bissett

I woke up one morn-

ing this spring and couldn't get out of bed. My arthritic left leg was so painful that I couldn't bend it.

I'm 84 and suddenly I was afraid. The "what if" questions flooded in: What if I'll never walk again? What if I wet the bed? What if I fall and break my hip? What if I can't walk the dogs?

Panic, then slowly, a little common sense chimed in with perspective. There I was — already confined to a wheelchair in my mind — and I had barely tried to get out of bed!

Moaning and groaning, I forced myself to just lift that leg. Then I rubbed my knee, swung it back and forth and realized, "I can do this."

After three minutes, I stood up and walked slowly to the bathroom.

What does it take to age well? For me, it's this battle between "I can't" and "I can." Having my coffee that morning, I reflected on how the signs of aging had crept up on me.

My doctor kept warning me, "You are 84, not 54. Slow down!"

I tried to ignore him

and pretended everything was fine, but the list of "can't do anymore" was growing. I can't open jars of jam, pickles, wine or water bottles. I also can't paint walls, hang wallpaper or climb ladders. I can't get into a boat or even some cars anymore, carry heavy parcels, or hold a baby in my arms.

I've also had issues like cataracts, hearing loss as well as challenges with balance and memory. The list feels endless. I ignored it because I've always been single and independent; a future of dependency on others was terrifying.

But this knee shook me awake. I realized I have to tackle aging head on. I have to be honest with my "can't do anymore" list and embrace the independence I have left.

So I got a custom-made knee brace and in August, I took my first steps toward a new lifestyle.

First, I created more time for myself. I realized I have never known what it is like to not work, because here I am still working with a pet-sitting business 10 years after retirement.

I resigned from three clients and kept two and, to my delight, I had three weeks at home alone with no commitments. I read three books, called friends and met for coffee or walks along the river. I watched anything I

wanted on TV, suntanned on the balcony, went to bed at 7:30 or 11:30 and got up when I wanted. I danced around my apartment to ABBA.

Then I tackled something I thought I could never do. I painted my book shelves from pale yellow to deep magenta. It took three days to do what a younger me would have done in one day.

It was such a success that I also sanded the rust off my balcony rails and slowly painted them too.

Best of all, I got out my financial records and I realized that with some cutbacks, I don't have to work as much. I may have to sell my car but the peace of a less stressful life and increased connection to friends will be worth more.

Now I must learn to let go of the old habits and gradually ease into the idea that rest, not stress, will be a new and better life for me.

But I still get caught in my doubts. Two weeks ago, I had an invitation to a party with a five-course meal, catered with a chef on hand, from a dog-sitting client celebrating her 44th birthday at home.

I accepted right away and then had second thoughts. An 84-year-old with a braced knee with all these young ladies? Where would I fit in? What would I wear? I can't do that!

I nearly cancelled at the last minute. But I assured myself that since we had known each other more than five years, the hostess must know what she was doing. So I asked a friend to drive me. I wore a long skirt to cover my knee brace and went to one of the most memorable dinners in my life.

We laughed and cried and shared stories about travel, teenagers, a recent wedding, dating and divorce. The evening was incredible.

I'm 84, not 54. But I can do this. I'm going to keep taking more risks in the future.

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The magical nature of board games

Barbara Ellis
Kerby News

Ever since my childhood, I have loved playing board games. If memory serves me correctly, the first game I learned to play was something called Ludo. It involved throwing the dice and then moving my token per the number on the dice.

If I landed on a square which was already occupied by my opponent, I would gleefully return that token to its appropriate starting point.

The object of the game was to race around the board and be the first player to get all four tokens into home plate. Of course, the other objective of the game was to knock the opponent's tokens back to the starting square as often as possible.

Those first Ludo boards I played on only had four designated bases, but as I grew older and more competitive, I remember playing on a board that had eight bases.

More bases meant that more people could play, and with more players, the game became even more competitive and exciting.

During my teens, I ended up in the hospital and to keep me entertained, one of my friends bought me a game called Sorry. This game is similar to Ludo but uses cards instead of dice. The cards instruct the players on how many places to move their pawn forward in a clockwise direction. However, some cards instructed the player to move backwards instead of forward. Moving backwards was especially fun when one landed on a square already occupied by one's opponent. Then, one had to say "Sorry" with as much meaning as possible, before returning that pawn to its starting position.

There were many other games to play, such as Monopoly and Stock Ticker, but I could never hang onto my money long enough to enjoy the game. Especially in

Monopoly. I don't know how it happened but almost every time I played, everyone else seemed to have a hotel on every square I landed on. I don't remember going passed go, nor collecting \$300 but I know I landed in jail a few times. I was not good at handling my money and in no time I was bankrupt.

Can't say that I enjoyed the obvious pleasure it gave my opponents as they gleefully rubbed their hands together when I handed over my last remaining dollar.

I had a wonderful neighbour who used to come over and beat me at Rummy tile. Vicki would not be rushed, instead, she would take her time and always managed to rearrange the tiles so they would form a threesome.

Guess I just do not have the patience that it takes to maneuver the tiles around, either on the table or in my head. The same goes for chess.

I am not a strategist so once I have made my move, I am not able to see the perils that eventually put my King and Queen in jeopardy.

Chinese Checkers was one game that I was sort of good at. Not great, just sort of good. My mother, on the other hand, was the champ at our house. She had a

real knack for blocking my marbles and restricting my movements. We would play best two out of three. Then, the best three out of five.

But no matter what the odds were, I never seemed to come out on top. My father, on the other hand, could not beat her and seldom played the game. Instead, he would watch and enjoy the rest of us getting whipped by the champ.

Backgammon is also a game I enjoy. I still have all the components for that game, but unfortunately, I no longer remember how to set up the board. I am hoping that someone in my building will share my love for this game and spend a few hours playing it with me.

At one time, I played backgammon on the computer, but I always seemed to get a partner with a killer instinct, so my games were doomed right from the beginning.

Rummoli was the game I enjoyed most of all. My husband and I spent many fun-filled Saturday nights playing this game. Once our friend's kids were put to bed, it was time for the adults to get down to business.

We settled in for some serious gambling with our plastic chips.

With one penny I could buy five little green chips, so with my grand investment of a nickel, I was ready to make a killing. It was serious business this high-stakes gambling, and the cheese and crackers helped keep up our stamina while the beer kept us focused.

Around midnight, we stopped for some high-calorie refreshments which included smoked oysters, slices of garlic sausages, pickles, potato chips, hot sausage rolls, apple pie and ice cream.

Then fortified by food and strong hot coffee, we were battle ready to continue until the wee small hours of the morning. Sometime before sunrise, we would finally call it a night, thank our

friends for an enjoyable evening and head home.

The games were entertaining, but the best part of the evening was the friendship, laughter and comradery we shared.

Nowadays, I find playing solitaire on the computer fills my competitive nature. The fact is, there is very little competition or skill involved in solitaire or mahjong. At least it helps pass the time, but it can never replace the hours spent in the company of others.

We are social beings after all, and sharing time and connecting with other people, keeps us happy and healthy, and it's what makes our world go round.

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Music tunes us all in

Stew Perram
Columnist

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.

- Plato

Music shapes beginnings and transforms us. It takes us to an era and doesn't let us forget. The first practical sound recorder was invented by Edison in 1877 and now, one hundred and forty-three years later, we still record sound.

During that historical spectrum, a vast array of musical memories and nostalgia reside in songbooks, vinyl, and bundled bits and bytes.

On the week I entered the world, the song that placed numero uno on the Billboard Chart was,

I'll Never Smile Again, arranged by Tommy Dorsey and sung by the chairman of the board, Frank Sinatra. A fellow Canadian from Toronto, Ruth Lowe, composed the song in her lonely apartment after the untimely death of her husband.

This ballad of love and loss was timely. It was 1940 and WW2 was ramping up. The first daylight German bombing raids on Great Britain had begun.

The A6M Zero fighter plane was now part of the Japanese Navy operation, and

thousands of military personnel and others were separated from families.

Many probably thought they'd never smile or laugh again. This song's lyrics no doubt triggered deep sentiments produced by separation and loss, including love and life losses.

We typically don't recall anything about the past during the first three years of our lifecycle due to so-called childhood amnesia but I'm sure I grasped the song soon after the moments I could hear.

As I lay in my crib cooing and smiling, the ... Never Smile Again ... haunting notes from the family radio drifted to my

baby ears and planted a lyrical memory. It was played many times during that period and that surely helped to solidify the refrain deep within my budding brain.

I believe the intricacies of life speak to us in many ways if we are open to them.

This exercise in identifying the top song on the day of your birth might be one way to tap into the unseen world. It's free and interesting and maybe there is something more here than just a fun fact.

If Shake, Rattle and Roll is your song, however, you may have to dig deep to find the significant meaning.

Rattling those pots

and pans could be a sign of something and the word 'soul' is in the lyrics.

For me, eighty years later, I sometimes play and ponder my natal song. I recall the many moments in my life when tears filled my eyes, when a smile deserted me and when laughter had faded.

And somehow, entrenched in my subconscious, that melody became a permanent part of me as I formed my very first smile.

I encourage folks to find their birth tune and play it out for what it's worth. I think it has merit. Let it speak to you. You may be surprised.

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As easy as a pot pie!



Story by Lesli Christianson-Kellow

December is traditionally a snowy month that demands simple, but comforting meals.

What can you make repeatedly this month and even vary the ingredients slightly depending on what you have in your pantry and fridge? Well, Chicken or Turkey Pot Pie, of course!

First of all, use left-over chicken or turkey, if available. The next quick idea is to pick up a roasted chicken from the deli. As long as the measurements are followed, a pie like this could take all sorts of substitutes.

For instance, pork or tofu instead of chicken/turkey. Sweet potato or butternut squash instead of potatoes. Corn instead of peas...you get the idea.

Secondly, I don't have a food processor or mixer, so I always combine my pastry and breads with my hands.

I start off with a curved pastry cutter or a fork, but after a bit, I just get right in there and knead with my hands. If the dough is super sticky, I just keep adding a little bit of flour at a time. It's a balance because you don't want it to become too dry.

Put just enough flour to stop it from sticking to your fingers. Once the dough comes together, cut it in half - and wrap in plastic. Let the dough sit in the fridge for 30 minutes before rolling it out. Good news - this dough rolls like a dream!

Like Pablo Francisco once said, "Chicken Pot Pie - those are my favourite 3 things!"

Ingredients

- Filling
- o 6 tbsp butter,

- softened
 - o ¼ cup flour
 - o 1 tbsp cornstarch
 - o 1/2 cup milk
 - o 1 small onion,
- diced
 - o 1 carrot, diced
 - o 1 celery stalk, diced
 - o 1 ½ cup of chicken
- broth
 - o ½ cup potato, peeled and diced
 - o 1 ½ cups cooked turkey (or chicken), diced
 - o ½ cup frozen peas
 - o Salt and pepper
- Pastry
 - o 2 cups flour
 - o 1/2 tsp salt
 - o 1 cup cold butter, cut into cubes or grated
 - o 1/4 cup ice water

- o 1 tbsp white vinegar
 - o Milk, for brushing
- Directions:

Filling

1. In a bowl, combine ¼ cup butter with the flour. Set aside.

2. In a second bowl, dissolve the cornstarch in the milk. Set aside.

3. In a large pot, saute the onion, carrot and celery in the remaining butter. Season with salt and pepper. Add the broth and potatoes and bring to a boil. Cover and simmer for about 10 minutes or until the vegetables are just tender.

4. Add the butter mixture, stirring. Add the milk and cornstarch mixture and bring to a boil.

5. Add salt and pepper. Add chicken and peas. Let cool and prepare pastry.

Pastry

1. Combine the flour and salt. Add the butter and use a fork or pastry cutter to combine. Add the water and vinegar, and mix until the dough begins to form.

Add more water, if needed. Once combined, form the dough into two discs. Refrigerate for 30 minutes.

2. Preheat the oven to 400°F.

3. Flour your work surface, roll out the two discs of dough and line a (9-inch) pie plate with one of them. Make incisions in the second crust. Spoon the chicken filling into the crust.

Brush around the edges with milk and cover with the second sheet of dough. Crimp the edges with a fork or your fingers. Brush with milk.

4. Bake for 50 minutes or until the pastry is golden brown. Let rest for 15 minutes before serving.



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The Czech Republic, not just Prague!



Charles Bridge in Prague. Photo by Jerry Cvach

Story by Jerry Cvach

Tourism is a big business these days and the governments want more of it. They print brochures and other materials, and they operate information centers, so there is plenty of help for the tourists who are already there.

But countries do not promote themselves enough to stimulate travelers to come in the first place. Perhaps it is hard to know how to start, what to showcase and what medium to use.

Watching a sport telecast the other day I had to endure the inevitable singing of national anthems of the participants. I wondered if those could have a promotional potential and started to investigate what their lyrics are actually saying.

“La Marseillaise”, written in 1792 during the French Revolution is terribly bloodthirsty. “The Chant of the Italians” is about being ready to die for Italian unity and dates to Garibaldi times, 1848 to 1871. English care only about their king, “God save the King” so he can govern over them. Americans, who will join any good fight, remember that the country was born in a bloody revolution, their best fight to date.

So there we are, folks. Most of these anthems may be rousing but do not have much promotional potential.

But then there is this one: “Where my homeland is, water roars across

the meadows, pinewoods rustle among crags, the garden is glorious with spring blossoms, paradise on earth it is to see. And this is that beautiful land, the Czech land, my home.”

I suddenly wanted to take a closer look at those brooks, meadows and crags, and to listen to the rustling pinewoods.

We were really struggling with an automatic parking meter. Man in a business suite, who was up to that point lined up patiently behind us, noticed our exasperation and butted in.

Here is the cavalry coming to our rescue, surely. Surprisingly he pointed at my wife’s chest instead and asked if she was a theatric person.

Puzzled she stared back. What is this, some sort of sexual harassment? “You are wearing a T-shirt with many opera titles on it.”

“Oh yes, that” she said, relieved, “I bought it when visiting the Metropolitan Opera house in New York a few years back. We’ve seen all of them except the two Wagnerian pieces. We don’t like Wagner, you know. I prefer Verdi and here is my favorite, La Traviata. They staged an excellent one in 2005 during the Salzburg Festival. We have a DVD of it.”

Clearly pleased the man put down his briefcase, assumed a theatrical pose, spread his arms and belted out Brindisi, the

drinking song from the Traviata first act, in quite a good baritone. It is actually a tenor part but he was good, darn good. His voice carried down the street and bounced off the buildings opposite. The only thing missing was a glass of champagne. People stopped and listened, then nodded their heads some approvingly and others in bewilderment.

Sidewalks downtown of a large city were busy with pedestrians. It was a bit odd experience, but heck, we play hockey on our streets, don’t we! And he actually knew how to operate the parking meter.

We were in Central Europe after all, where the classical music reigns supreme.

Czech Republic, or Czechia, is much as promised in the national anthem’s lyrics as long as one stays out of Prague.

Although the city is undoubtedly one of the tourist gems on its own merit, it doesn’t embody the country any more than Paris does France or New York the US of A.

It certainly is a place to see, so stay for a whole week, walk the cobbled streets, admire buildings and palaces dating back centuries, visit the museums, go to the theatres and concerts and the rest of it.

But it is not where the brooks are roaring and pinewoods are rustling, far from it.

Outside of the industrial crust surrounding the

capital city and its airport, the country is more bucolic than monumental, peaceful rather than busy, and quiet. The beauty is in the details.

Rolling hills cover more than half of the country. Forests are interspersed with produce and grain fields and yes, the meadows. Rivers and in higher elevations the gurgling brooks flow through the valleys.

The landscape is dotted with picturesque villages connected by winding, originally wagon roads that were formed by agricultural activities dating back to the beginning of civilization. These dirt roads were first improved with the advent of motorized vehicles around the turn of the 20th century and now are paved, but not straightened much.

Perhaps they are twisting this way and that just to avoid cutting someone’s property into half?

This intimate landscape is reminiscent of a beautiful quilt with patches of woods, fields, and pastures, their colors perfectly blended.

Along the borders with Austria, Germany and Poland the hills rise up just a little, some reaching elevations higher than 1,000 meters above the sea and occasionally break above the tree line, still retaining their delicate character.

So if there are not spectacular “Wow” places in the country like Dolomites in Italy or overwhelmingly majestic Alps in Austria and Switzerland, Eiffel Towers, Colosseums, skyscrapers or Disneyland, what is there instead?

There is plenty of turbulent history, evidenced by many towns still encircled by their defensive walls. Multitudes of castles and fortresses guarded the river valleys and the trade routes leading through them.

There were many as Czechia lies in the heart of Central Europe, a busy place.

Generally main squares of towns are dominated by churches. City Halls tend to stand opposite. Houses around the squares often have arcades. The streets are crooked and narrow to better defend from attacks

by invaders. Most of the towns have preserved their mediaeval character, offer pleasant walks and outdoor eateries, all of them licensed. There are almost always castles of the feudal lords on the edges of the settlements, surrounded by parks.

The population is quite homogenous, although slightly different accents can be heard here and there. Only in the eastern half known as Moravia there are three more distinctive regions populated by enigmatic people, the Silesians, Moravian Wallachians (Valaši) and Moravian Slovaks.

Valašsko is located in the north east and borders on Slovakia. It is the prettiest one. We stayed there for the first week of our trip. Nobody is quite sure where “Valaši” came from, and they are not a visible minority. It was centuries ago, possibly from today Romania, where in 15th century was a place also called Walachia, next to Transylvania.

It is likely that some of them migrated west through the foothills of Carpathian Mountains and settled here. It would explain the similarity of names and the pastoral lifestyle.

It is a hilly land, forested with small fields and meadows sprinkled all over; people are stubbornly traditional. Small log houses built on the mountain meadows are planted in the ground amongst their flower beds, vegetable gardens and bushes like mushrooms in the moss.

Although there are quite a few very old structures, most were built 100 to 200 years ago.

Churches, elsewhere built from stones or bricks, are made of wood in the villages of northern Moravia, Silesia and Valašsko included. From outside the naves are reminiscent of barns, squatty and wide with steep roofs, but their towers are clearly of a baroque style, roofs onion shaped.

This combination of utilitarian naves with the fancy bell towers really works, they are a natural fit with the rest of the houses.

The region has enough of lovingly maintained and still inhabited old dwellings to enjoy hiking on well-marked trails or sightseeing by driving on the narrow winding roads.

The oldest and the most interesting Wallachian houses had been transferred to the Open Air Museum in Rožnov p. Radhoštěm. It is a living and still expanding site/Skansen that preserves the regional architecture and the lifestyle of its people.

Southern Moravia is flatter and fiercely agricultural where wine, all kinds of grain, maize, sugar beet and other produce grows. Mild climate had attracted humans for millenniums. Many old sites have been excavated and now are open to public, for example the Great Moravian fortified settlement in Mikulčice or even much, much older settlement in Dolní Věstonice where the eponymous Venus dating back to 26,000 BP was found.

But I was interested in more recent history. Moravia borders on Austria, a Western democracy that greatly irritated the Czech communist regimes for the duration of the Cold War; so I went to see one of the former friction areas.

Secondary country road ends on a small, graveled parking lot. This is where one must stop as the village Čížov bans all outside traffic. For years it was the end of the world and is the last habitation on the plateau above the deeply cut valley of river Dyje, German Thaya, that has always been the border between Austrians and Czechs.

When they were both parts of the same country, the border was just imaginary. After Austria and Czechoslovakia emerged as independent states in 1918, the relations were sometimes friendly and sometimes much less so.

During the Cold War the border became impenetrable when the government built a "Wall" along all the borders with the western democracies just like the Russians did later in Berlin.

Here it was a double fence of barbed wire that stretched to the horizon on both sides of Čížov. It used to be charged with electricity, with watch-towers standing on

guard in short intervals. Fences with mine fields beyond prevented Czechs from fleeing to the west. A length of it still stands as a memorial of those times.

One can also find in the woods nearby the abandoned fortifications Czechoslovakia built in late 1930s to prevent Nazis from invading the country through Austria, but it never happened.

The little concrete forts/gun emplacements were abandoned. You can easily miss them as they are overgrown by bushes and brambles. It is amazing how many twists and turns history takes sometimes.

For all that time the poor Čížov was a pretty, but forbidden place. It is finally starting to attract visitors.

Beyond the village and through the former fence a three, four kilometers long old forestry road leads to the pedestrian bridge built back in 1879 over Dyje. On the other end of it is Austria, for many years an unreachable dream.

A parallel path goes to a magnificent viewpoint first built at the turn of the 20th century by Austrians, although it is on the Czech side. Down in the valley lies Hardegg, a little Austrian town on the right bank of the river. An imposing castle soars high above it.

The western half of Czech Republic is Bohemia, the original Czech Kingdom. It lies west of Bohemian-Moravian Highland that divides the country.

One of the daintiest regions of Bohemia is the "Bohemian Paradise". Geologically it is formed by erosion from sandstone massive, a 60 million years long process. It is reminiscent of the sandstone formations in Utah and Arizona or Meteora in Greece. The difference here is, that these bizarre rocks have trees growing above them. There are several such places in the region.

Most popular Prachov Rocks, Hrubá Skála Rocks, less known Příhrazy Rocks and other smaller ones can be explored thanks to the paths that run between their tall sandstone towers, through narrow cracks in the rocks and climbing up on stair-



Above: Church in Wallachia. Below: Lookout tower designed by architect Dušan Jurkovič. Photos by Jerry Cvach.

cases to the lookouts.

The area has been inhabited for ages. Besides of the natural wonders there are castles and ruins, picturesque towns and it is fairly densely populated. That does not take away anything from its charm, as the deep chasms and forests provide sense of privacy.

Interesting towns in the vicinity are Sobotka, Jičín, Turnov, Malá Skála and Železný Brod. They all have the Czech signature main squares, churches, city halls, arcades, and castles.

Although the components are the same as elsewhere in the country, the composition is different to fit the unique terrain. In the villages survive many wood cottages just like in Valašsko, but they are built differently, reminiscent of the German house styles just across the northern border.

It turned out that four weeks were not enough to fully experience even such a small country. There is so much to see. We had to return to the Prague airport soon, but we still wanted to visit one of the westernmost cities in Bohemia, Carlsbad. It is a spa city dating back to 14th century and the reign of Charles IV, King of Bohemia.

Never mind that millions of people from all walks of life and throughout the history had their livers restored by its healing albeit awfully smelling water, the city was

made more famous by the 2006 Hollywood movie Last Holiday.

We paid homage to its star Queen Latifah, had a glass of wine and a desert in cafeteria of the extremely posh Hotel Pupp.

My most vivid memory from this trip is the 14 km return, 632 meters elevation gain hike the five and half years old Lilian, her father, baby pram and I took to the top of Javorník mountain in the Wallachian Beskydy Mountains.

Close to the top the inevitable "Are we there yet?" question was asked.

Well, we still couldn't see through the trees the lookout tower on the top of Javorník from where we were, so to console the child I said: "No, but every time one of your legs passes the other, you are getting a step closer, Lili."

Few days later she was overheard instructing her little sister: "Every time your leg passes the other, you are getting a step closer, Maruš."

Smart kid!



Spice up your holiday season



Photo and Story by Deborah Maier
Calgary Horticultural Society

In December, traditional activities of the season include decorating gingerbread houses and cookies. For me, it is baking gingersnap cookies. The blend of the sweetness of the sugar and the tanginess of the

ginger spice makes them a favourite seasonal treat. And there is the delightful aroma. Ginger and other spices in baking and holiday cooking makes a home smell festive.

What is a spice? Edible plant leaves are the source of herbs. Spices are gathered from other parts of the plant: bark, flowers, roots, and seeds. The ground spice ginger

comes from the rhizome of the plant *Zingiber officinale*. To make the spice, the rhizome is harvested, washed, peeled, sliced, dehydrated, and then ground into a powder.

You can make your own ground ginger from a piece of fresh ginger purchased at the grocery store. You can even grow your own ginger plant. For either use, select the

freshest piece of ginger that you can find. A fresh piece of ginger will have smooth skin and, especially in the spring, display whitish growth nodes.

To make ginger powder, wash the ginger. If it is really fresh, the peel can be left on. If the rhizome has been stored for a while the skin will be more fibrous and tough and, for a better-quality spice, should be removed. Slice the rhizome into thin, evenly sized pieces. Dry the pieces spread out in a dehydrator or low temperature oven (150 °F), until the slices snap when pressed. It usually takes at least a couple of hours to reach this state of dryness. Grind the slices in a spice, coffee, or nut grinder or in a small food processor. Keep the powder in a spice jar or small airtight container until it is needed.

If you want to grow a ginger plant, fill a long, shallow planting container with a rich, well-draining potting mix. Place the fresh rhizome on top, push down to nestle it in the medium, then cover it with a centimetre of the potting mix. The rhizome system grows horizontally, which is why a long container works better than a deep one. Gingers are from moist tropical regions. They need regular watering and prefer their growing medium kept evenly moist. However, it is one plant that will tolerate being over-watered occasionally. Place the pot in a warm location, with bright indirect light, and away from cold drafts, electric heaters, or hot air

vents.

I have grown ginger plants from rhizomes a couple of times with moderate results. It usually grows a few stems before going dormant again. I think the plant would appreciate a more humid environment than Calgary offers. To provide a bit more humidity, the last time I grew one, I used sphagnum moss for the growing medium. I did not notice any difference in the growth than using a potting medium, but it was tidier and made it easier for me to check on how the roots were developing. Sphagnum moss, however, does not provide nutrition, so I should have provided supplemental fertilizing. It has been fun experimenting growing the plant. I'm getting ready to try again. This time, I am planning to use a self-watering container, so it can have good access to moisture without constant monitoring. I will place it higher on the plant shelf to give it a bit more warmth. I will also try to remember to add some plant food when I water.

If you need ginger, instead of heading to the spice aisle, go to the produce section and check out the fresh ginger. You can use fresh grated ginger in cooking instead of the powder (1 tablespoon fresh grated equals a quarter teaspoon powder). Look for a piece that has a growing node that you can use for planting and start your own ginger plant this winter.

To learn more about growing in Calgary, visit the Society's website calhort.org.

'MONEY TALKS'

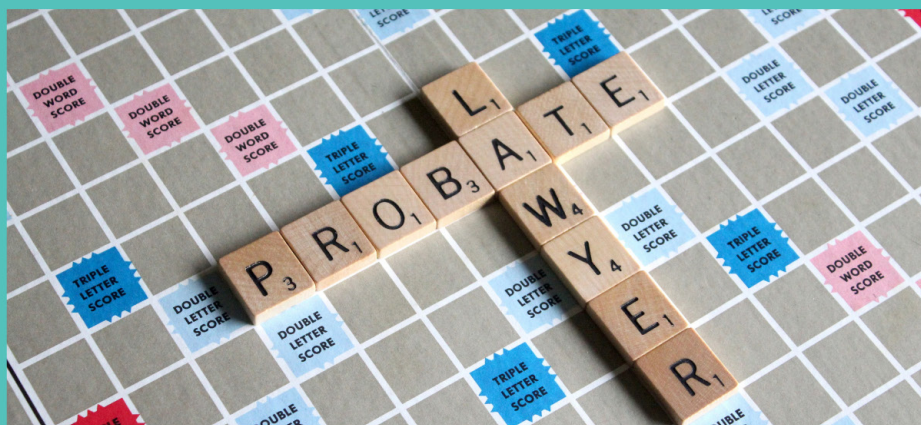
AT KERBY CENTRE



WILLS & ESTATE PLANNING

WEDNESDAY, JANUARY 18 1-3 PM

KERBY CENTRE LOUNGE



Join **Jonathan Ng** from **Underwood Gilholme** to learn how to prepare a Will, the legal issues that affect Wills, how to select an Executor & information about Enduring Power of Attorney and Personal Directives.

RSVP for this **FREE** presentation

loriw@kerbycentre.com | 403.705.3179

Kerby Centre 1133 7 Ave SW



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

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

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

TAKE THIS TEST

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

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

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre

403-282-6126



Discovering your history!

Andrew Glen McCutcheon
Kerby News

It's a natural desire to know where we came from.

Our origins influence much of what makes us who we are. There are many people who proudly declare and speak of their heritage and family history.

But what if you're not quite aware of your own lineage? There have been a multitude of paid services to which you can send DNA and receive a basic breakdown of some relevant information, but that can just leave you wanting more.

Who were these people that came before us? What were their lives like and how did these generations lead us to where we are — who we are — today?

Whether you're completely in the weeds trying to learn more about your family history or you've been doing the work for awhile and have hit a brick wall: the Alberta Family Histories Society (AFHS) might be exactly what you're looking for.

For over 40 years, the AFHS has been creating a community of like-minded researchers and interested parties, all focused around the subject of genealogy and family histories.

"We're always excited to hear peoples' stories," Marion Peterson, president of the AFHS. "One of the biggest advantages we have is so many of us have friends and families who roll their eyes, 'oh Marion is talking about genealogy again!'"

"But we're a group where we break through that brick wall of that great-grandfather after three dozen tries, we celebrate that."

The AFHS welcomes anyone interested in genealogy and family histories, but has specific

and substantial resources focused on histories in Calgary and Southern Alberta. Their library located at 712 – 16 Avenue in Northwest Calgary has resources not found anywhere else in the province!

If your interests differ from this location in particular, don't fret! The AFHS has a variety of groups focused on special interests.

These groups usually meet on a monthly basis to discuss specific areas of genealogy, ranging from Celtic to English and Welsh, to those based out of Ontario.

There are also groups for those looking to make family trees with the use of specific software or programs.

There is also a special interest group specific to those using DNA to map genealogies, which is currently inactive however.

Peterson said a lot of individuals have taken an interest in making family histories after using these tests — but there are some common pitfalls to avoid when you send away your spit!

"They say to do this test and your tree will appear, but it's a bit more

work than that," Peterson said. "The [family trees provided by DNA companies] can be full of errors. You have to take the time yourself, look at the records, and ask: does this make sense?"

"The DNA results are one piece of an overall puzzle: it can give you connections, but then it's a quest to see how you're related to those connections."

Peterson said that people also need to be prepared for a potential surprise when they do these tests.

"There can be big surprises in the results,"

she said. "Your sister might turn out to be a half-sister!"

The volunteers at AFHS have a wide variety of experience, though, and if you've any interest in exploring more about your family history, seeking one of the speakers they often bring in to speak on the subject, or any questions for the organization: check out their website at afhs.ab.ca.

You might start on a journey of discovery that will take you to the most interesting places!



Live life to the fullest

Enjoy a rich and full life with comfort and peace of mind in a true aging-in-place community as you experience the 'BSF Way' and our 'people-first' approach to seniors care and living.

Our Private Choice seniors wellness lifestyles include:

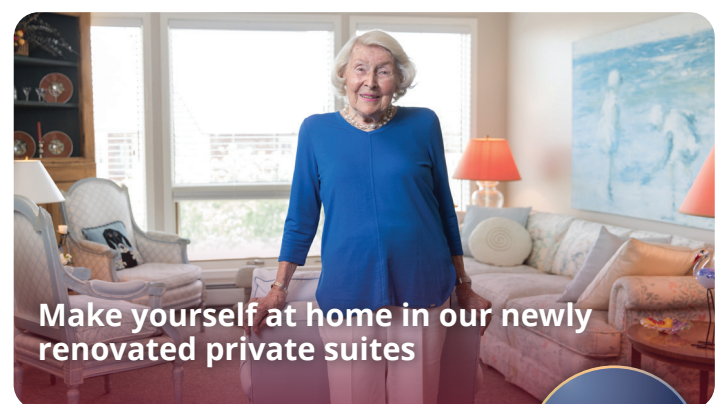
Independent and Assisted Living | Private Long Term Care | Specialized Memory Care | Short Term Respite Care



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403.242.5005 | WentworthManor.ca

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Help for the holidays!



unison
At Kerby Centre

Stuff a Stocking

for seniors in need! | Goal: 150 stockings

Stocking Stuffer Ideas:

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

* stockings are handed out at our free Food Markets so easy to carry sizes are appreciated.

Drop your stocking(s) off NOW UNTIL DECEMBER 16th at Kerby Centre 1133 - 7th Ave SW



Provide a hand up for seniors this season

This holiday season local seniors need your help. With your support, Unison at Kerby Centre will help more vulnerable seniors get the food they need, stay safe from elder abuse and get wellness supports to reduce social isolation and foster important connections in the community.

Who do you help when you donate to Unison? You help seniors like Larysa, Grace, and Beverly.

Larysa recently celebrated her 75th birthday at our Elder Abuse Shelter. She was visiting from the Ukraine when she experienced abuse. With very little to call her own, she was stranded in a new country.

Our Shelter gave her a safe refuge, connecting

her with an immigration lawyer and giving her the resources to help establish her new life in Canada. Larysa says, "The Shelter showed me so much love. For me, it was the best place in the world. Thank you very much!"

Grace is on a pension but struggles to buy the groceries she needs to survive. After finding out about our free Food Markets, she is now able to get the food she needs to make ends meet.

She has also made friends with other seniors who attend the market.

We now see upwards of 150 seniors at our weekly Food Markets, double the number in 2021.

Beverly struggled after the sudden loss of her husband. She has been attending the Grief Group at our new Wellness Connection Centre and says, "This is the place where after all these years, I am finding useful ways to cope with my husband's death. I now have tools to cope with grief, understanding that fluctuating from one emotion to the other is not unusual. I use those tools to move forward and upward."

Your donation will change the lives of real people in your community – seniors who are struggling with tough times.

Help seniors in need by making your gift today! Visit kerbycentre.com/donate or call Joy at 403-705-3254.

Leave a Lasting Legacy

"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.



Make a difference today!

Contact Rob Locke:
RobL@kerbycentre.com
(403) 705-3235




Help for the Holidays

Support Unison at Kerby Centre and provide a hand up for seniors this season!

I would like to make a one-time donation: \$50 \$125 \$250 \$500 \$1,000 My choice: _____

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

Payment Method: Cheque Visa MasterCard

Credit Card Number _____

Expiry Date _____ CVV _____

Signature _____

Planned Giving - a way to make a BIG impact!

I would like to receive information on planned giving.

I have included Unison at Kerby Centre in my will.

Send tax receipt to:

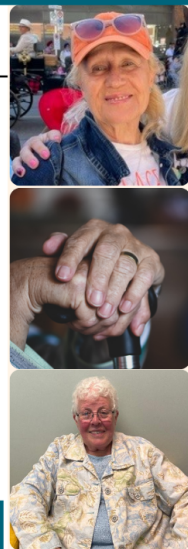
Name _____

Address _____

City _____ Prov _____

Postal Code _____ Phone _____

Email _____



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

Thank you for supporting seniors!

1133 - 7 Avenue SW Calgary, Alberta T2P 1B2 | Charitable Registration #11897 9947 RR0001

Donate online at kerbycentre.com/donate or call 403.705.3254



Medicine Hat PROGRAMMING

Season's Greetings!
Feliz Navidad! Froliche
Weinachten! Joyeux Noel!
Happy Hannukah! Blessed
Winter Solstice! Merry
Christmas! Whatever you
may celebrate at this most
wonderous time of year,
Unison at Veiner Centre
wishes you the very best of
this holiday season!

I love everything about
this time of year! The snow
glistening in the moonlight.
The scent of pine needles
and peppermint candy
canes. A mug of hot apple
cider paired with a piece of
shortbread. Watching a nos-

talgie movie while snuggled
up in a warm, fuzzy blanket.
All these things that delight
and dazzle the senses are so
wonderful, but my favourite
thing about the holidays is
the extra layer of kindness,
patience and consideration
that blooms in our hearts.
The small acts of kindness
that put smiles on the faces
of strangers. Shovelling
the sidewalk for a senior in
need, dropping extra change
into a donation box, an extra
smile, a pat on the back, a
kind word, and the special
attention given to those less
fortunate at the holiday sea-

son. It is this spirit of the
season that means the most
to me.

We have been operat-
ing out of Veiner Centre for
just over a year, and what a
busy year it has been! We
have increased the number
of members, programs and
volunteers. We have part-
nered with other community
organizations to create inno-
vative programs such as free
counselling services, pop-
up medical clinics, wellness
markets, pet therapy and so
much more. We have ex-
panded our programming,
clubs and activity groups

like the Elder Abuse Case
Management, Pinochle,
Darts, Silver Song Group,
and many others. Stay tuned
because new Veiner pro-
grams and services will be
announced in the New Year!

I would like to thank
our members, for all their
patience and understanding
while we were getting out
feet on the ground. I would
like to say a huge thank you
to my team. There is so much
demanding work that goes
on behind the scenes and
the wonderful Veiner staff
make every effort to make
our Centres vibrant, lively

spaces. A giant thank you to
all our fantastic volunteers.
We could not do what we do
without your generous time
and effort!

Finally, my holiday
wish: May you remember
fondly the days of holidays
past, but also create wonder-
ful new memories and may
you find peace, happiness,
good health, and prosperity
in 2023!

Cori Fischer
Veiner Centre Director

Volunteer Spotlight

John is our longest-serving volunteer, having started in June 1999. He has been a Meals on Wheels driver for 23 years, spearheaded the fundraising for our Fitness Centre equipment and is now the caller for our weekly Bingo program. He is also involved as a volunteer with many other community organizations. He worked for many years as part of the City's Electrical Department and has kept busy all through his retirement. He loves to help others, be involved in his community, and his family is his most treasured possession. His smiling face and friendly disposition have made him a favourite with the Veiner Centre members and Meals on Wheels customers.

John's personal motto is "Help Others" and he certainly lives up to it!

Thank you, John, for your decades of service to Veiner Centre and Medicine Hat!



Help for the Holidays

Support Veiner Centre and provide
a hand up for seniors this season.

For more details and to
make your donation,
please visit:

veinercentre.com/donate



Happy Holiday Card Campaign

Help spread joy to seniors who may
be feeling lonely this holiday season!

Please drop off your handmade
cards by December 16th at:

Veiner Centre
225 Woodman Ave SE, Medicine Hat



Questions?
Please contact
tracieb@veinercentre.com
or vvrl@agecare.ca

Veiner Centre Activities

What's Happening in December

Hours of Operation: Monday, Wednesday, Friday 9am - 4pm, Tuesday & Thursday 9am - 9pm

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Canasta
South MP | 12pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
North MP | 9am

Silver Song Group
Craft Room | 1pm

Crib
South MP | 1pm & 6pm

Duplicate Bridge
North MP | 1pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Darts
Games Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocci
North MP | 9:30am

Veiner Centre Choir
Craft Room | 10am

Member of Constituency
Boardroom | 11am

Bridge Lessons
South MP | 12:30pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Norwegian Whist
South MP | 6pm

Darts
Games Room | 6:30pm

Poker
Boardroom | 5pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Canasta Lessons
North MP | 10am

Duplicate Bridge
North MP | 1pm

Mexican Train Dominoes
South MP | 1pm

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

Visit the Courses & Events section of our website for more info!

December 1, 6, 8 & 13

Happy Holiday Card Campaign
10am - 12pm | Boardroom

December 6

"Ask An Advisor" - Craig Elder, RBC Dominion Securities
10:00am | Boardroom

December 6 & 20

Singer & Songwriter Circle
6:45pm | Craft Room

December 13

Alzheimer Society Care Partner Support Group
1:30pm | Boardroom | Register with Kristel (403) 528-2700

December 8

Counselling Services with Ben Feere
9am | Registration Required

December 9 -11

Scrapbooking Fanatics
Starting at 4:30pm on the 11th | Registration Required

December 16

Holiday Turkey Lunch with Santa & Veiner Centre Choir
11:30am - 1:30pm | Dining Room

December 21

Parkinson Association Support Group
12pm | Boardroom

December 23

Book Club
10am | Boardroom

Wellness Wednesdays

December 7 | Movie Matinee with popcorn
"Scrooged" | South MP | 2pm

December 7 | CMHA - Is your mind full or is it mindful? | Boardroom | 9:30am

December 14 & 21 | Tech Connect Seniors
10am | Boardroom | Registration Required

December 14 | Chair Based Exercise Video
Craft Room | 2pm

December 21 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

December 21 | Revera Rocks! With Mariah
Craft Room | 2pm | Registration Required

Month of Christmas Cinema

Monday & Wednesday
December 5 - 21
2pm - 4pm | Dining Room & South MP Room

**To Register for Events,
Classes & Programs
please call (403)529-8307 or
visit us at Veiner Center**

Strathcona Centre Activities

What's Happening in December

Hours of Operation: Monday to Friday 9am - 4pm

Mondays

Beginner/Improver
Line Dancing - 9am
Table Tennis - 10am
Chair Yoga & More
12pm
Pickleball - 1pm

Tuesdays

Pickleball - 9am
Fun & Fitness -
10:15am
Solid Gold Fitness -
11:45am
Pickleball - 12:30pm
Floor Curling - 2pm

Wednesdays

Absolute Beginner/
Beginner Line
Dancing - 9am
Table Tennis -
10am
Mind & Body - 12pm
Pickleball - 1pm

Thursdays

Pickleball - 9am
Fun & Fitness -
10:15am
Pickleball - 11:15am
Silver Steppers -
1pm
Floor Curling - 2pm

Fridays

Pickleball Lessons -
9am
Table Tennis - 10am
Hatha Yoga - 12pm
Pickleball - 1pm

Fitness Class Spotlight

High Beginner/Improver Line Dancing

9am - 9:45am | Mondays
November 14 - December 19
FREE

Chair Yoga & More

12pm - 12:45pm | Mondays
November 21 - December 19
Members: \$32 | Non-Member: \$50

Solid Gold Fitness

11:45am - 12:30pm | Tuesdays
November 15 - December 13
Members: \$32 | Non-Member: \$50

Fun & Fitness

10:15am - 11:15am | Tuesdays & Thursdays
November 1 - December 22
Members: \$80 | Non-Member: \$100

Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays
November 16 - December 21
FREE

Mind & Body

12pm - 1pm | Wednesdays
November 16 - December 14
Members: \$32 | Non-Member: \$50

Silver Steppers

1pm - 2pm | Thursdays
November 17 - December 15
Members: \$32 | Non-Member: \$50

Hatha Yoga

12pm - 1pm | Fridays
November 18 - December 16
Members: \$32 | Non-Member: \$50

Evening & Weekend Pickleball

Tuesday & Thursday Evenings:

6:00pm - 8:00 pm

Sunday Afternoons:

1:00pm - 4:00pm

Fitness Centre Services

Free Fitness Orientations and Assessments

FitPlus members can work with our volunteer certified fitness coach to develop a fitness plan to meet their needs and goals.

To check eligibility and to book an appointment, please call 403-529-8364.

Fitness Online

Ski Fit - Zoom Class

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!

To register, please contact Henrietta Fisher, Education & Recreation at 403-705-3233 or henriettaf@kerbycentre.com

To Register for Events, Classes & Programs, please call (403)529-8307 or visit us at Veiner Center

SUDOKU AND CROSSWORD PUZZLES

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



KERBY CENTRE'S WRITING GUILD

Are you a senior with some writing experience, want to improve your writing skills and wish to become published?

We offer education seminars weekly, group editing, writing retreats and no-cost publishing in our anthology — as well as assistance in personal publishing.

Held weekly with facilitator Karl Buchner.

For more information, please contact Manager of Education and Recreation, aditis@kerbycentre.com



PREMIER Crossword

By Frank A. Longo

BETWEEN WHITE AND RED

ACROSS

- 1 U.K. equivalent to an Oscar
- 6 Trinidad and —
- 12 Baggage screeners' org.
- 15 Moose kin
- 19 American poet — Baraka
- 20 Basra natives
- 21 Balloon pilot
- 23 Upon initial sight
- 25 Twilight time, to poets
- 26 Diplomacy
- 27 Performs an axel, e.g.
- 29 Arizona-to-Kentucky dir.
- 30 Mauna —
- 31 Square-cut building stones
- 34 Glossy fabric with an elaborate floral pattern
- 37 Rule, in brief
- 38 Atomic cores
- 42 Playpen toy
- 43 Baby's breath and cowherb are members of it
- 47 "Gung Ho" actress Rogers
- 51 Sondheim's "Everybody Ought to Have —"
- 52 Like a laundromat washer, for short
- 53 Closer to now
- 55 Swam some pool lengths
- 58 Florida city near Miami
- 61 Bits of land in eau
- 62 Material on a Q-tip
- 65 Person howling
- 66 — Lingus
- 67 Ancient Palestine
- 68 Bamboo eaters
- 69 Jackson 5 #1 hit of 1970
- 72 — and pestle
- 73 Wage recipients
- 74 Leg midpoint
- 75 Alternative to apple pie
- 79 Jewish villages of old
- 81 Debonair
- 82 Greasier
- 85 French cathedral city
- 86 Burger meat
- 87 Crispy-skinned fish dish
- 91 "Oz" co-star Walker
- 94 Having a saintly ring
- 95 "— minute!"
- 96 Noted presidential matriarch
- 101 Many KFC pieces
- 103 Singer DiFranco
- 104 Squeal (on)
- 105 Papal crowns
- 109 Job honcho
- 110 Cubic — (fake gem)

1	2	3	4	5		6	7	8	9	10	11		12	13	14		15	16	17	18	
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117										118							119				
120						121											123				

- 113 What seven key words in this puzzle are
- 117 Native of Fiji or Nauru
- 118 Well-reasoned
- 119 Four-page sheet
- 120 Lease topic
- 121 Green prefix
- 122 Auditory stimuli
- 123 Lieu
- 22 Actor Ryan
- 24 Walk cockily
- 28 Peel off
- 31 Site of rural peace
- 32 Mariner's distance unit
- 33 — -fi flick
- 35 Suffix with resident
- 36 Michelle Obama's "Becoming," e.g.
- 39 Site: Abbr.
- 40 Brian of rock
- 41 Promiser's qualifier
- 44 Guitarist Lofgren
- 45 Strong as —
- 46 Country of NW Afr.
- 48 Tavern
- 49 Actress Ryan
- 50 1040 org.
- 53 Showy debut, perhaps
- 54 Tram rocks
- 56 "Memento" star Guy
- 57 — Domingo
- 59 Narrow road
- 60 Agrees (with)
- 63 Broccoli —
- 64 Native American feathered headdress
- 67 Singer Marc
- 68 Shunned one
- 69 Destroying Scuds, say
- 70 Triple Crown venue
- 71 Some light planes
- 72 VirusScan company
- 73 Brazilian soccer hero
- 74 Ship's spine
- 75 Tavern
- 76 Before
- 77 Prez Lincoln
- 78 Fleur-de- —
- 80 Results of compromises
- 83 Notable time
- 84 Cath., e.g.
- 87 Fiero or GTO
- 88 Raggedy —
- 89 Feb. 29, for leap day babies
- 90 — -Croatian
- 92 Goodyear's home city
- 93 Malicious sort
- 96 Schick item
- 97 In reserve
- 98 It'll stop traffic
- 99 Frisbees, e.g.
- 100 Big internet portal
- 102 In — (stuck)
- 106 Pasta sauce brand
- 107 Yemen port
- 108 Mail in, e.g.
- 111 Meowing pet
- 112 "I'll take that as —"
- 114 Aves.
- 115 Vardalos of the screen
- 116 Walloped in a boxing ring

In-Person Kerby Centre Activities

What's Happening in December

In-Person Weekly Drop-In

Mondays

Knitting for a Cause - 9AM
 Mahjong - 10:30AM
 Live Well Be Well Conversations - 11AM
 Pickle Ball - 2:30PM

Tuesdays

Recorder Group - 10AM
 Memory Writing - 1:30PM
 FREE Food Market - 10:30AM in the Kerby Gym

Wednesdays

General Craft Group - 10AM
 Men's Shed - 11AM
 Weekly Dance - 1PM
 Cribbage - 1PM

Thursdays

Artist Group - 10AM
 Writer's Guild - 10AM
 Kerby Centre Tours - 10:30AM meet in the Café
 Pickle Ball - 2:30PM

Fridays

Krazy Carvers - 9AM
 Spanish Conversation - 10AM
 FREE Food Market - 10:30AM in the Kerby Gym (Dec 23 in Lounge)
 Tech Help - 11AM
 Badminton & Ping Pong - 1:30PM
 English as a Second Language - 1:30PM
 Chess Lessons - 3PM



To Register please contact Lola
 At lolaf@kerby.com or call 4032346566,
 or visit
kerbycentre23.wildapricot.org/free

In-Person

Join us for
 WEEKLY IN-PERSON
 conversation.
**Wellness
 Connection Centre
 11 AM**

Monday
December 12th, 2022
 Monday
December 19th, 2022

Staying Healthy during the Holidays:
 In-person Presentation
Dec 14 | Wednesday | 11AM
 Register for FREE: RSVP to Kemi at
kemia@kerbycentre.com
 (403) 829.3436

Need help figuring out your benefits or filling out a housing application?
 Make an appointment with our Information Resources Department.
 403-705-3246

Wellness Connection Centre

GRIEVING Together

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.

To register please contact Lola at 403-234-6566 or lolaf@kerbycentre.com

To Register for Events, Classes and Programs please visit our Active Aging Section on our website, call us at (403) 705-3233 or visit us at Kerby Center on the third floor.



In-Person Kerby Centre Activities

Class Spotlight

A Taste of Drama

Friday, Jan 13 – Mar 24 | 11:30AM – 12:30PM | Kerby Centre

Bhangra Basics!

Wednesday, Jan 11 – Feb 15 | 1PM – 2PM | Kerby Centre

Members Only Event: Paint & Sip

Wednesday, Nov 23 | Active Aging for Details | Kerby Centre

Drawing (Beginner)

Tuesdays, Jan 10 – Feb 14 | 10:30AM – 12:30PM | Kerby Centre

Drawing (Intermediate)

Tuesdays, Feb 28 – April 4 | 10:30AM – 12:30PM | Kerby Centre

Memory Writing

Every 3rd Tuesday of the Month
1:30PM – 2:30PM | Kerby Centre

Writers' Guild

Start Date: January 2023
10AM – 12PM | Kerby Centre

Did you know we do tours of Kerby Centre?

Leaving from the Kerby Café every Thursday at 10:30AM

Information Services

We will do your Income Tax For free!

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

Income limit: \$35,000 per year for single or \$45,000 per year for a couple (combined income)

Please note: We do not prepare tax returns for self-employment, business/rental income, capital gains/ losses/bankruptcy.

To schedule an IN PERSON/VIRTUAL/DROP OFF appointment Call : 403-705-3246

On Location Free Food Markets

Banff Trail Community Association (NW)
Dec 5 | 12:30 – 1:30PM

Parkdale Nifty Fifty Association (NW)
Dec 13 | 11AM – 12PM

CARYA Village Commons (SE)
Dec 14 | 1PM – 3PM

Bow Cliff Seniors 50+ (SW)
Dec 15 | 11AM – 12PM



We have a new Website! UnisonAlberta.com

Broom Making Workshop

Learn how to make your own Hand-Woven Heritage Broom

B23 Monday Feb 6
10:00 – 4:00am Room 305

B24 Tuesday Feb 7
10:00 – 4:00am Room 305

B25 Wednesday Feb 8
10:00 – 4:00am Room 305



Active Aging Christmas Craft Sale

Thursday, December 15th 2022
10:00am – 1:00pm
Kerby Centre, Dining Room
Selected items 50% off!



Next 2 New Boutique 1/2 Price Sale November 14th – 18th

Unison Online

Online Weekly Activities

Monday

Fitness with Dan - 9:30AM

Ski Fit - 11AM

Chair Yoga - 2PM

Tuesday

English as a Second Language - 10AM

Chen Tai Chi & Tai Chi Qi Gong - 1:30PM

Wednesday

Men's Shed - 11AM

Thursday

Yoga for you - 9AM

Drum Fit - 10:15AM

Ski Fit - 11AM

Friday

Muscle Strength & Core Balance - 11:30AM



Vaccines and Healthy Living Preparing For Fall/Winter 2022

Navigating The World of Vaccines Against Covid 19 and Influenza

Join Us For An Informative Online Presentation By

Dr. Dion Neame, MD, FRCPC

North America Senior Medical Expert

Tuesday, December 5th | 10:00 to 11:00 am.

To Register for Events, Classes and Programs please visit our Active Aging Section on our website, call us at (403)705-3233 or visit us at Kerby Center on the third floor.



Live Well
Be Well

DECLUTTER YOUR NEST

A MENTAL WELLBEING PRESENTATION SERIES

ONLINE PRESENTATION

MONDAY DEC 5, 2022 | 11AM

Presented By
Vineeta Kapoor M.Psyc, PGDGC

To Register Contact Lola at
**403-234-6566 or lolaf@kerbycentre.com or visit
kerbycentre23.wildapricot.org/free**



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

Mature, intelligent senior lady looking to start conversation group for isolated seniors the same. Elaine, 403-282-8530

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.

One cemetery plot in the "Garden of Everlasting Life" at Mountain View Memorial Gardens One casket or two urns. \$2,000. Call or text Shari-Lynn @ 403-318-0788.

Golden Maxi Comfort Powerlift and recliner chair. Used but like new. \$2100.00

Excellent medical chair for those with mobility challenges so you can sit, recline and stand up with ease. Please contact Sara at 587-350-0907

Travel buggy, folds down flat to 60 lbs, brand new condition, hardly used. Bought from Co-Op Health for \$3,899, looking for \$3,500 OBO. Call Elsie @ 403-875-1065.

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.

Retired person required for dog sitting in our home for occasional

periods when we are out of Calgary. This paid employment will be for several days at a time, up to a week. Chosen person will love the company of dogs and will be able to go outside to play ball or frisbee once per day. 403-850-6540

The TravelScoot's frame and complete seat weigh 30 lbs combined. Add your choice of lithium-ion battery and the total weight of the scooter ranges from 33-34 lbs! Simply put, this is hands-down the world's lightest electric mobility scooter. Our scooter frames are designed to be the lightest and most portable conceivable. Need more room in your vehicle? Just remove the front wheel with the quick push of a button and reduce the weight of the frame to 21 lbs!

At just 6 lbs, the TravelScoot seat assembly is easy to handle and can be broken down easily for those in need of extra cargo space. The patented yoke can now accommodate riders with a height of 4'1-6'11 Price \$2,500 OBO Call 403 651 2169

To Give Away – Please Call 403-860-6153

1. One (1) Hospital bed. Older style. No rails. Head and leg placement remote. Like new mattress.
2. One (1) Shower chair.
3. Two (2) High rise toilet seats.

For Sale – Please call 403-860-6153

1. One (1) Pride Go-Go Sport 4 Wheel Travel Scooter. Purchased new. Used for four months. Never been outside. Interchangeable red and blue panels. Asking \$1,800.00.
2. One (1) Reclining Lift Chair. Purchased new. Heat and massage remote. Asking \$300.00.

Fully mechanized hospital bed and mattress purchased July 2021. Used 10 months. Vendor's description: ETUDE-HC Homecare Bed 86.5"L X 40"W with

ESVR-1823 VERSO Side Rails
SRS 2080 GLISSANDO Gliding Mattress with stretch cover and high-density foam filling to minimize development of pressure ulcers. 80"L X36"W X 6"H. Height range 8-26". 8 function hand control with lockout options
Warranty: frame 5yr, actuators 3yr, pendant & electronics 2yr. Mattress: foam 8yr, cover 4yr. Asking \$2500 obo. Location, Varsity Acres. Call Colin @ 403 288 2908 or Cara @ 780 271 5665 for pictures.

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

Mount Royal University (MRU) and the Calgary Association of Lifelong Learners (CALL) have partnered together to host an Intergenerational Speaker Series. The third event of the series "Moving Through Challenging Times" will focus on how to maintain personal well-being

through intergenerational discussion, participation, connection and enjoyment. SPEAKER: Julie Van Rosendaal. This FREE event is for any aging adult and will take place on January

18th, 2023 from 11am-1pm at Mount Royal University. For more information and to register visit mru.ca/igss or call Jocelyn at 403-440-8846.

CROSSWORD SOLUTION

B	A	F	T	A	T	O	B	A	G	O	T	S	A	E	L	K	S
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SUDOKU ANSWER

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



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

Unison at Kerby Centre

Active Aging

Course Registration Winter Session

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

Register in person at Kerby Centre in Room 306 By telephone at (403) 705-3233

On-Line Registration is available now

<https://kerbycentre23.wildapricot.org/>

Don't Miss Out!

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

Refund Policy

Request for a refund must be made before the start of the second class, after which courses are non refundable. ALL refunds are subject to a \$15.00 administration fee. Workshops are non-refundable. **Please contact Active Aging Department to sign up henriettaf@kerbycentre.com 403-705-3233.**

Collaborative Program:

Come join us for a themed art program in collaboration with University of Calgary, YYC/LRT, Contemporary Calgary and Social Science and Humanities Research Council of Canada.

Theme: Telling Our Family Stories Through Art

Member: \$60 Non Member \$90

Instructor: Gail Hincliffe, MFA candidate, University of Calgary

Participants will share their family stories through collage, photography and drawing projects inspired by *Human Capital*, (originating with the Mackenzie Art Gallery and reimagined collaboratively with Contemporary Calgary). This program will be held at Contemporary Calgary, across the street from Kerby. Reserve your spot now – space is limited!

Program:

January 12 Orientation and Introduction at Kerby Centre
 January 19 Tour Human Capital and Astral Dance – Nürgül Balaç to speak to her piece
 January 26 Collage – Astral Dance
 February 2 Photography – Human Capital
 February 9 Drawing – Astral Dance
 Dates TBD Exhibition of works w/ opening

B27 Thursday Jan 12 – Feb 9
 2:00pm – 4:00pm

Classes offered in our satellite locations:

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.

L01 Tuesday Jan 10 – Mar 28

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.

L02 Monday Jan 9 – Apr 3 (No Class Feb 20)

10:30 – 11:30am Held at Living Spirit Building

Zoom Courses

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

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!

Z01 Mon & Thu Jan 16 – Feb 27 (No Class Feb 20)

11:00 am – 12:00pm Online

Free Zoom Classes:

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

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong Member \$59 Non Member \$89

Instructor: Adrian Buczek

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

A01 Thursday Jan 12 – Mar 30
2:15 – 3:15pm Room 205



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.

A02 Wednesday Jan 11 – Mar 29
10:00 – 11:00am Gymnasium

Muscle Strength & Core Balance

Member \$59 Non Member \$89

Instructor: Dan Leung

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

A03 Friday Jan 13 – Apr 14 (No Class Jan 20 and Apr 7)
9:00 – 10:00am Gymnasium

Gentle Fitness Member \$ 29 Non Member \$59

Instructor: Suraj Gurung

This class is designed for people just starting and returning to a regular physical fitness routine or rehabilitating after an injury or illness. Improve your overall health, mobility and body control. The benefits include reduced back pain, increased energy, and greater confidence. Maximize your performance and mitigate injury risk!

A04 Tuesday Jan 10 – Feb 14
10:00 – 11:00am Room 205

Feet to the Beat Member \$59 Non Member \$89

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.

A05 Friday Jan 13 – Apr 14 (No Class Jan 20 and Apr 7)
1:00 – 2:00pm Gymnasium

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.

- Introductory Level I**

A06 Thursday Jan 12 – Mar 30
11:30am – 12:30pm Gymnasium

- Intermediate Level I (with some experience)**

A07 Thursday Jan 12 – Mar 30
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 Jan 11 – Mar 29
12:00 – 1:00pm 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 Jan 11 – Mar 29
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 Jan 9 – Apr 3 (No Class Feb 20)
11:30am – 12:30pm Room 205

Zumba Gold Member \$59 Non Member \$89

Instructor: Maaike 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 Jan 10 – Mar 28
10:00 – 11:00am Room 205

A12 Thursday Jan 12 – Mar 30
10:00 – 11:00am Gymnasium

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 Jan 11 – Feb 15
1:00 – 2:00pm Gymnasium



Academic Courses

Arts

Arts in the Afternoon: Acrylic Member \$135 Non Member \$165 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 Jan 11 – Feb 15
1:00 – 3:00pm Room 313

B02 Wednesday Feb 22 – Mar 29
1:00 – 3:00pm Room 313

Drawing Member \$85 Non Member \$115

Instructor: Tayebe Joodaki per course

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

Beginner Drawing

B03 Tuesday Jan 10 – Feb 14
10:30am – 12:30pm Room 313

Intermediate Drawing

B04 Tuesday Feb 28 – Apr 4
10:30am – 12:30pm 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.

B05 Tuesday Jan 10 – Feb 14
1:00 – 3:00pm Room 313

B06 Tuesday Feb 28 – Apr 4
1:00 – 3:00pm Room 313

Calligraphy

Calligraphy Artwork & Letters Member \$85 Non Member \$115

Instructor: Renate Worthington

We will be learning a style of lettering called "Compressed Italic" (also known as "Pointed Gothic"), an elegant look suitable for favourite quotations. Also, for each week's project, we will add different artistic treatments such as sponging, brushwork, cutting, or gluing. You will be using a calligraphy pen or marker, suitable paper, brush, simple watercolour paintbox, scissors, gluestick and water jar. (Renate can supply the paper for a small fee.)

B07 Monday Jan 23 – Mar 6 (No Class Feb 20)
10:00am – 12:00pm Room 313

Watercolour Member \$139 Non Member \$169

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

B08 TBA

Please call Henrietta Fisher for more information 403-705-3233

A Taste of Drama Member: \$125 Non Member: \$155

Instructor: P Gail Whiteford

This course is for people who don't want to perform but would like to learn more about the processes of Drama and Theatre. Each class will explore one aspect of theatre Through games and class activities, participants will experience all parts that make up Drama including: improvisation, voice, sound, lighting, props, set development, makeup and even a bit of Shakespeare. Through breaking apart theatre into drama, students will have the opportunity to develop skills and to be able to view theatre with a more discerning eye. Possibility of visiting one of Calgary's theatres to view a production.

B09 Friday Jan 13 – Mar 24 (No Class Jan 20)
11:30am – 12:30pm Room 108

Languages

Spanish

Spanish has gone south for the winter ☺☺
We will offer Spanish classes again in Spring.

Mandarin for Beginners Member \$20 Non Member \$50

Instructor: Hong Wang

Are you interested in learning Mandarin?? This is a special introductory class where learners can have a basic understanding of this language and can speak simple word and sentences.

B10 Thursday Jan 12 – Mar 30
2:30 – 4:00pm Room 312

French Member \$85 Non Members \$115

Instructor: Alex Adisa

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

B11 Friday Jan 13 – Feb 24 (No Class Jan 20)
10:00am – 12:00pm Room 301

Sign Language Basic! Member \$120 Non Member \$150

Instructor: ASL - Deaf and Hear Alberta

This class provides an enjoyable and effective method to learn American Sign Language (ASL) through classroom instruction taught by certified ASL Instructors. This customized course is for you with a special focus on vocabulary that is particular for the basic conversation.

B12 Mon Jan 16 – Feb 27 (No Class Feb 20)
10:00 – 11:00am Room 305



Sing & Play

Singing Circle Member: \$55 Non Member \$85

Instructor: Barry Luft

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

B13 Thursday Jan 12 – Mar 30
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.

B14 Wednesday Jan 11 – Mar 29
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.

B15 Wednesday Jan 11 – Mar 29
10:00 – 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. We then move around the circle, alternating between individual sharing about the theme and group singing. 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!

B16 Tuesday Jan 10 – Mar 28
11:15am – 12:45pm Room 205

Kerby Chorus Member \$65 Non Member \$95

Instructor: Alison Demeter

Although this class may offer the opportunity to perform solos or in small groups, the focus of the class is to work within a supportive large group setting. We will begin to prepare songs for performances at the end of the spring session in June. Unlike most choirs, instead of using sheet music, we will use lyric sheets and audio tracks to learn and practice the songs. A great voice and/or previous singing experience is not required – only a desire to sing and a willingness to have fun with others!

Please note: People who have only sung using sheet music and/or people with perfect or relative pitch may find the class challenging.

B17 Tuesday Jan 10 – Mar 28
1:15 – 2:45pm Room 205

General Interest

Broom Making Workshop Member: \$155 Non Member: \$185 per course

Instructor: David Campbell

Learn how to make your own Hand-Woven Heritage Broom, the way brooms were made over 200 years ago! Join instructor to learn all about making traditional brooms. You will make and take home your own broom. No experience is necessary. Some hand strength is required. All materials will be provided. Only 5 people per session.

B18 Monday Feb 6
10:00am – 4:00pm Room 305

B19 Tuesday Feb 7
10:00am – 4:00pm Room 305

B20 Wednesday Feb 8
10:00am – 4:00pm Room 305



Safety Check Member: \$25 Non Member: \$55

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.

B21 Tuesday Jan 24
10:00am – 12:00pm Room 108

Dealing with Conflict Member: \$25 Non Member: \$55

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.

B22 Tuesday Feb 21
10:00am – 12:00pm Room 301



Beginners Chess Lesson Member/Non Member \$5

By Checkmate Foundation

per course

Let's join for a playful and interactive way to study chess instead of heavy-going books and long videos. The program provides the cognitive benefits of chess such as better memory, pattern recognition, and concentration.

B23 Friday Jan 6
2:30 – 3:30pm Room 312

B24 Friday Jan 13
2:30 – 3:30pm Room 312

B25 Friday Jan 27
2:30 – 3:30pm Room 312

To register please contact Henrietta Fisher 403-705-3233 | henriettaf@kerbycentre.com

MEDICINE WHEEL & MEDICINE BAG WORKSHOP

Instructor: Chantal Chagnon

B26 Date & Time: TBA

Please call Henrietta Fisher for more information
403-705-3233

Getting the most out of your doctor visit

News Canada

We've all been there – sitting in a doctor's waiting room, feeling like a nervous wreck and wondering how to bring up a question we may be embarrassed about.

It can take guts to advocate for yourself in a doctor's office. Telling people what you need is ultimately the best way to get help, and it feels pretty good once you get it off your chest.

"Healthcare providers want to help us get the care we need. If we don't tell the doctor our concerns, how will they know how to help and what to ask?" says Barbara Moore, who leads a support group through the Lung Health Foundation and lives with chronic obstructive pulmonary disease (COPD). "It's a partnership and an ongoing dialogue. There is no reason to be nervous about asking questions."

Here are a few tips to help you have those conversations:

Think through what you want to say, including any comments or questions about mood or sleep disorders, heart disease or other chronic conditions. Don't be afraid to write them down and bring your notes to your appointment – this can help you remember the details and ground you if you're feeling nervous.

You'll get more comfortable saying the words out loud, and it will help the person understand your situation better. Use a mirror if you don't have someone around.

Think about what went well and what you could do differently next time, so you can have even better conversations in the future.

Following these steps can help you feel more confident when describing symptoms and expressing concerns, and enables you to be a better self-advocate, especially if you are living with a chronic condition.

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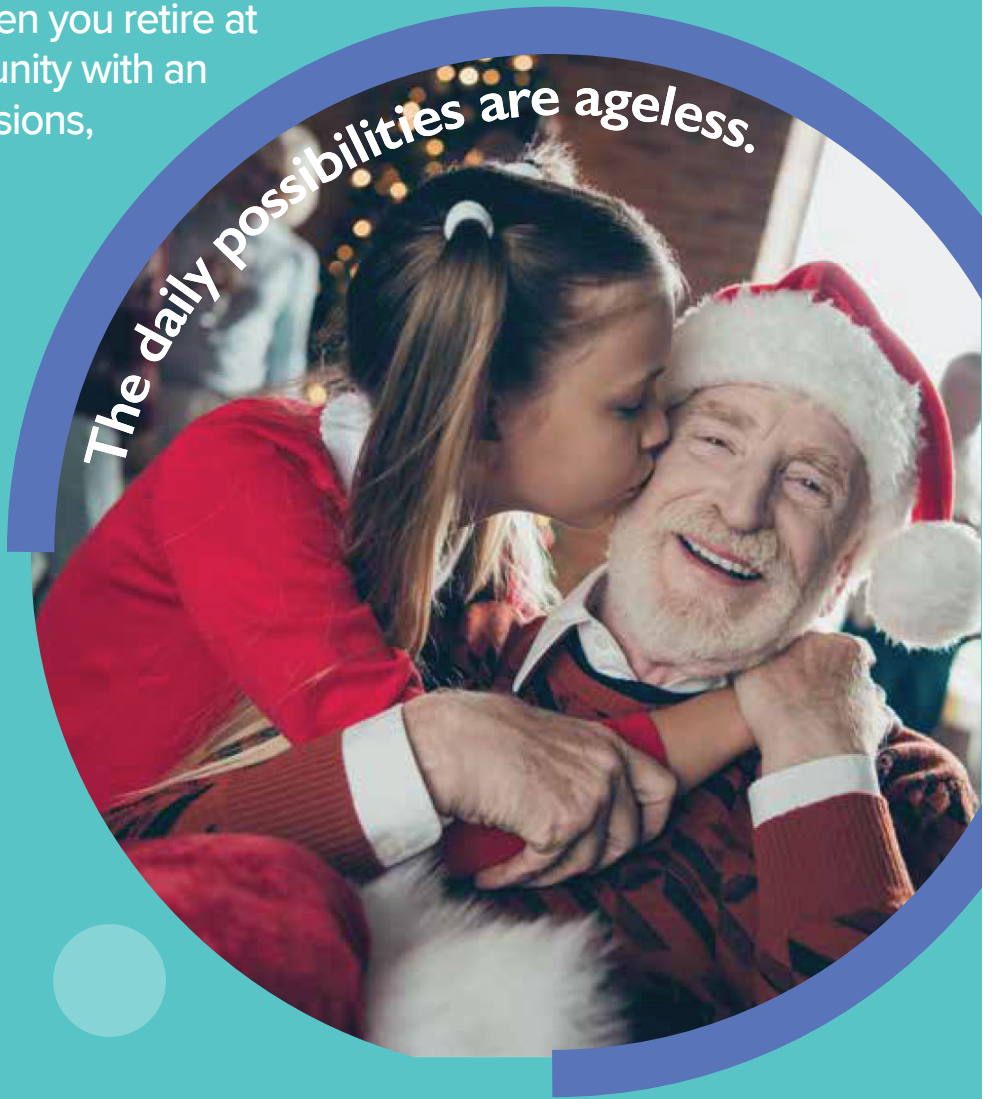
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