

Elder abuse survivors tell their stories



. Photo

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Larry Mathieson, CEO

Alberta Seniors week takes place between June 6 to 12 this year and we're ready to celebrate it in a variety of ways.

Seniors' Week has been recognized since 1986 to celebrate and recognize the contributions seniors make to enhance the quality of life in Alberta. The province-wide Seniors' Week was inspired by the vision of the late Alice Modin.

More than 30 years ago, Modin began a campaign to start a seniors' day in Strathcona County that helped pave the way for Seniors' Week. Each year, organizations hold events in communities throughout the province to show their support for seniors by declaring Seniors' Week locally.

The week of festivities is kicked off with a provincial launch event hosted by the Ministry of Seniors and Housing partnering with a community or organization. It is a time to show appreciation for older adults and the many contributions they make within our community through volunteering, assisting charities and supporting family members and friends.

At Veiner and Kerby Centre we know a lot about how Older Albertans make our communities better with their spirit of volunteerism and investments of time, treasure and talent.

"Move and Groove" is this year's theme and we have some fitting activities planned at both Veiner Centre and Kerby Center. You can find a listing of these activities here in Kerby News as well as on both our Kerby Centre and our Veiner Centre websites.

Follow our social media sites for up-to-date postings about the celebrations and events to celebrate this important week in Alberta.

I am looking forward to running into you at some of our special events over the course of this incredible week.

JUNE 2022

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Enjoying June



Richard Parker,
Kerby Centre Board Chair

June is a great time in Alberta. It's a time when the plants we put in on Victoria Day start to bloom, the trees come into full leaf and the long days and warm weather provides ample opportunities to enjoy the outdoors.

Let's take advantage of the opportunity to explore our community and city parks or to visit those parts of our beautiful Province we have always wanted to see but never have.

Calgary has a multitude of open spaces including two of the largest urban parks in Canada, Nose Hill and Fish Creek and in Medicine Hat the beautiful river valley provides opportunities to explore the wonders of nature in the heart of the city.

It's a time when families and friends can gather outside for

barbecues or a picnic or playing catch with your neighbours.

It's when many of our playing fields are almost overused with baseball, soccer and football while tennis courts cater to both tennis and pickle ball, and a time when golf courses see players teeing off from 6 in the morning and playing till as late as 10 in the evening.

Kerby is again providing an opportunity for golfers to enjoy their favourite game, while supporting older adults in our communities.

The Kerby Centre Charity Classic is to be held this year at the beautiful Sirocco Golf Course on the southern

edge of Calgary.

So on August 18, 2022, let's get together for a great day of companionship and fun and help us raise funds for the many worthy activities Kerby provides.

Even non golfers can support this event by buying tickets in our famous "ball drop draw" where hundreds of golf balls are dropped onto a green and the one closest to the pin wins \$5,000.

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Developing an investment mindset

James Mactavish
Alberta Securities
Commission

For any investor, novice or experienced alike, there can be pitfalls and challenges that potentially lead you to making unsuitable investments. These pitfalls include cognitive biases, poor planning, and even missing the red flags of fraud.

To help you recognize these pitfalls and define sound practices and behaviours that will help you improve your approach to investing, consider the following core principles.

Behaviour and mindset – Investing is not just the act of buying or

selling investments. It is also about your mindset and processes.

Over confidence, anxiety, and the fear of missing out can lead you to jump into inappropriate investments that are tied to hot trends and new innovations, or fall prey to fraudulent or misguided get rich quick schemes.

The best way to avoid these challenges is to refine your processes. Start by developing a financial plan and goals before you actually make that first investment.

Your plan doesn't have to be complicated, but by having your goals laid out can help you maintain your focus and avoid the noise and dis-

tractions in the market.

For investors that recognize that their emotional discipline may not be strong enough to avoid these traps, the assistance of registered investment professionals may be needed.

Utilizing the services of a registered financial planner or financial advisor may provide the dedicated service, and peace of mind, to help you choose the suitable investments that will help you achieve your financial goals.

To invest successfully, start by developing your understanding of securities, in addition to investing principles and strategies.

As you build your

knowledge and your portfolio, you may want to explore more advanced investments like exempt market securities, options trading or even crypto assets.

Recognize the limitations of your investment knowledge and consider taking time to talk to registered investment professionals and assess what new investment opportunities might fit best within your financial plan and risk tolerance (your ability and willingness to take risk with your money).

While knowing the inherent risks to investments is essential, understanding and recognizing the risks of fraud and scams is just as

important.

A recent study conducted by the Alberta Securities Commission (ASC) found that nearly half of Albertans have been approached by what they felt was possibly a fraudulent investment opportunity.

Some of the key signs of fraud include promises of high return rates with little to no risk, exclusive or time-sensitive investment offers, offshore and tax-free investments, and insider tips.

Understanding these signs and the situations in which they can be presented can help you better safeguard your money and assets.

To learn more about investment scams and how to recognize, avoid and report them, investors should visit CheckFirst.ca, brought to you by the Alberta Securities Commission.

By taking a few proactive steps you can help reduce the chances of your portfolio underperforming, and prevent you from taking on unsuitable investments and falling for fraud.

Some suggested steps include thoroughly researching the legitimacy and suitability of investments before investing and regularly monitoring the performance of your investments and your portfolio as a whole.

By taking the time to do this, you can better validate new investment opportunities and ensure your existing investments are tracking towards your goals.

In addition to these proactive measures, one of the most important steps you can take before investing with any financial advisor, firm or brokerage, is to conduct the necessary due diligence.

Generally speaking, financial advisors, firms, and brokerages must be registered to offer you securities. By checking registration at CheckFirst.ca, you can ensure you are working with registered professionals and businesses that are compliant with securities law before you hand over your money.

Investing wisely may seem complicated, but following these core principles as part of your investing process will lead to a more successful and enjoyable journey and help you avoid common mistakes and fraud.

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The relationship between grief and humour

By Gillian Rutherford
University of Alberta

When Donna Wilson pulled up to visit her aunt and uncle on their farm near Eatonia, Sask., a few years ago, she came across a comical scene: Her uncle Doug was running around the yard chasing turkeys. The birds kept jumping up on his dog and he was trying to shoo them away with a broom.

It's a memory Wilson plans to remind her aunt Doreen of soon. Doug died over the winter, and her aunt is grieving. Wilson hopes that sharing a funny story about him will help them both.

"I loved my uncle Doug, and I remember he was always smiling and laughing about something," says Wilson. "Hopefully Aunt Doreen and I will laugh together and it will be healing."

Wilson, a nursing professor at the University of Alberta, recently published qualitative study findings that show humour can trigger moments of intense grief for people who have recently lost a loved one, but humour can also be helpful in the recovery process.

The key — as always with humour — is timing, plus you've got to know your audience, says Wilson, who is also adjunct professor of medicine and adjunct professor at the University of Limerick School of Nursing and Midwifery.

The study was part of a larger inquiry into grief triggers — triggering thoughts, memories, or events like anniversaries and family gatherings, special places, songs, even jokes. Very little research has been done on triggers and how bereaved people manage them, Wilson says, but they can be

incapacitating.

"You can be driving past the hospital where your husband died, and suddenly have a massive grief trigger and have to pull over," she says. "Now think about if that's a pilot who's flying a plane, or a surgeon, or a truck driver going down the highway."

The researchers report that there are nearly 300,000 deaths each year in Canada and on average 10 people grieve each death. For the study, Wilson and her team did in-depth interviews with 10 middle-aged and older Canadians who had lost a parent, child, sibling or spouse within the past two years, asking about their experiences with grief and recovery.

They all described being completely overwhelmed by grief at first, then being frequently hit by "hard-grief" triggers. Most found

a way to reshape their lives without the loved one after about a year, and over the next year they were able to welcome good memories of the deceased person without triggered episodes of crying or extreme sadness.

Seven of the 10 interview subjects identified humour as a grief trigger, particularly if their loved one had enjoyed humour themselves. Eight said humour helped with their recovery. This was a surprising finding for Wilson and her team, since they had found very little mention of humour in their review of the literature on grief. This could be because in North America in particular, death and dying is treated as a serious and difficult topic, and humour could be seen as inappropriate, Wilson notes. This is not true in every culture.

"I think nobody has really realized that humour

is present many times for our mental health, even in grief," said Begoña Errasti-Ibarrondo, associate professor with the University of Navarra and a visiting academic at the U of A's John Dossetor Health Ethics Centre,

"In Spain, for example, at funerals sometimes we may make jokes if it is appropriate and we tell funny stories about the person or the tricks they used to play," she says.

"I could laugh and be lifted out of my grief"

Telling humorous stories can be a respectful way of remembering a loved one, Wilson says. Other benefits of using humour can be to distract from sad feelings, signal to others that you are recovering or be a way to help others cope with grief, she says.

"Humour is what made it possible for me to live," said one interview subject quoted in the paper. "I looked forward to the times I could laugh or smile; I could get a break from my grief. I even started searching for humour, every day I looked for funny stories or cartoon jokes, so each day I could laugh and be lifted out of my grief."

The researchers advise that when you are supporting someone who is grieving it is important to talk to them about the person who died rather than avoiding the subject. However, they caution that it's best to check first with the bereaved person before turning to humour, as some may not be ready or may find it inappropriate.

"Grief is very personal and so is humour," says Errasti-Ibarrondo.

The saying "laughter is the best medicine" dates back to the King James Bible, originally published in 1611. We now know that laughter releases endorphins and other positive hormones that contribute to both physical and mental health.

Wilson and Errasti-Ibarrondo plan to extend their research by working with experts at the University of Colorado Boulder and Brunel University in London to learn more about how humour can be used to help the bereaved.

For her part, Wilson will continue to remember how her uncle Doug liked to use humour to cope with the frustrations of daily life. Once he was planning to take his family out for a drive when he noticed one of his car tires was deflated. "Well, at least it's only flat on one side," he told them with a laugh.

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Electric stimulation could boost cognitive ability

Adrianna MacPherson
University of Alberta Folio

Imagine putting on a helmet embedded with tiny electrodes that sit on your scalp, delivering a gentle electrical current to certain areas of your brain. After about 10 to 20 minutes, you might find yourself with a better ability to focus, sharper memory and a host of other cognitive benefits.

That's the idea behind a promising experimental treatment that could have applications for a wide range of people, from aircraft pilots looking to gain a cognitive edge to athletes trying to level up their mental game to patients living with dementia.

Mathieu Figeys, an emergency room nurse and PhD candidate in the Faculty of Rehabilitation Medicine, is part of an interdisciplinary research team led by professor Esther Kim at the University of Alberta examining the effects and potential applications of the new treatment.

"It's very well tolerated, the current is minimal, so safety-wise we know it's very safe," says Figeys. "Now we're at the point in the field of determining what it does in different populations."

In the treatment, called transcranial direct current stimulation (tDCS), a researcher attaches electrodes to a patient's scalp that deliver a low current between one and two milliamps. Figeys likens the overall experience to an electrical nerve stimulation device commonly used for physiotherapy.

"I've had people say it feels like a slight prickling sensation, almost like a mild tattoo sensation."

TDCS isn't the first treatment to use electrical currents to stimulate the brain for positive benefits. Some treatments, like implanting a device to deliver deep-brain stimulation, can help people living with disorders such as Parkinson's disease. However, they're invasive and require an experienced neurosurgeon. TDCS is non-invasive, and a wide variety of clinical researchers, including nurse-scientists, can deliver it.

"When we stimulate the brain, we make the neurons more efficient. It's also thought that we might be changing the blood flow going to those neurons as well," says Figeys. Increased blood flow to

certain areas of the brain often goes hand in hand with increased cognition, he explains.

This field of research is relatively new — according to Figeys, researchers didn't really turn their attention to it until the early 2000s. While researchers know the technology is safe for most people, Figeys notes they've excluded a few groups thus far to err on the side of caution, including people with seizure disorders, those taking drugs that affect neurons in a particular way, or anyone with a deep-brain stimulation device or a heart pacemaker implanted.

While people have differences in cognition based on age or other health factors, Figeys says the treatment could apply to a wide range of groups, including

healthy adults looking to increase their performance in demanding circumstances, such as military pilots, NBA players and Olympians.

Figeys and his collaborators in the Department of Communication Sciences and Disorders, including supervisor Esther Kim, have already done several studies looking at tDCS in various populations. In one study, they stimulated the brain of a person who acquired aphasia, a speech-language disorder, after a stroke. The patient was consequently able to accomplish his script training, a protocol speech-language pathologists use with aphasia patients, potentially at a quicker pace.

In a forthcoming study, the U of A research team found that tDCS increased

the executive functioning processes of inhibition and cognitive flexibility in older adult patients with depression or anxiety. Another study, to be published this summer, shows that healthy young adults between the ages of 18 and 36 who received a single session of tDCS had a significant boost in cognition and blood-oxygen to specific regions of the brain.

"It increased their cognitive performance in the realm of cognition called working memory, with an increase in oxygen in the stimulated dorsolateral prefrontal cortex," says Figeys, with the 20-minute tDCS session increasing participants' performance on a working-memory test by more than 13 per cent.

Figeys notes that work-

ing memory is one of the cognitive processes that gets affected early on in numerous disorders including Alzheimer's dementia, making it an exciting area to see positive results.

Similar studies have shown cognitive benefits from a single session can last anywhere from 10 minutes to an hour. But as Figeys explains, there's also research showing that the effects can last longer as a person receives repeated treatments.

"It can potentially be used in almost every brain-related disorder I can think of, in some way," says Figeys. "Numerous clinical populations — such as in stroke recovery, chronic pain, mental health populations — and in healthy populations as well."

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Calgary has lowest per cent of seniors in Canadian urban centers, according to recent Statistics Canada Census

Andrew Glen McCutcheon
Kerby News

Calgary has the lowest proportion of seniors compared to its overall population relative to every other major urban center in Canada, according to a census report released by Statistics Canada.

The report — released in April of 2022 but conducted in 2021 — had 861,000 respondents over the age of 85, more than double compared to the 2001 census.

The over-85 population bracket is one of the fastest growing groups in Canada, seeing a 12 per cent increase from 2016 and the report states that “Over the next 25 years (by 2046), the population aged 85 and older could triple to almost 2.5 million people.”

Centenarians — individuals aged 100 years and older — increased by 16 per cent, but still only make up a total of 0.05 per cent of Canadians overall, with a total of just over 9,500 in the country.

“Many face activity limitations and need health and home care services — the rapid growth of this population in coming years is likely to add to the existing pressures in the health care and home care sectors,” according to the report. “An increasing number are no longer living in private dwellings and need different types of housing options, such as seniors’ residences at first, and nursing care facilities as they get older.”

Reflecting this, one in four individuals

aged 85 years-or-more live in a collective dwelling — meaning a nursing care facility, group home or seniors’ residence.

Calgary was an outlier compared to similar urban centers in a few ways. First, the city has a lower proportion of

older adults compared to the national average.

The average per cent of people aged 85-and-older in urban centers is 2.3 per cent, whereas Calgary’s population of this particular age group makes up 1.5 per cent of the total number of people

in the city.

Moreover, Calgary nears the lower end in regards to how many older adults in that age bracket live in the downtown core. Across the country, 2.5 per cent of seniors in urban centers live in downtown locations in

their respective cities, compared to Calgary’s 1.5 per cent.

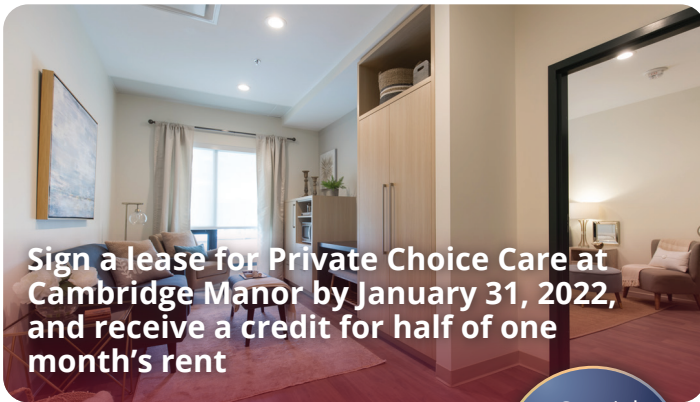
“These larger cities tend to have business districts and universities in their downtown cores, which typically attract younger populations,” according to Statistics Canada.



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Elder abuse survivors tell their stories



Story by Andrew Glen McCutcheon

Kerby News

Photos courtesy of AIRP

with a thousand words; but are there are enough words out there to truly depict the hardships and trauma associated with being a survivor of elder abuse?

They say a photo is

The Kerby Centre runs

a shelter for those fleeing elder abuse: whether it be physical, emotional or financial, it's a place where individuals can find refuge when they need it most.

Kerby Centre, in part-

nership with the University of Calgary, hosted an exhibit of photography from May 16 to May 20 — this photography was done by those who have experienced this refuge first hand, taken by current and past residents of the Kerby Shelter. It's part of a joint project called "Aging in the Right Place" or AIRP.

"Generally, in society, we talk about aging in place and how that's important for folks to be able to age in their homes for as long as possible," said Amber Dukart, the masters of social work student and graduate researcher who conducted interviews for this project. "But what happens when you're experiencing housing insecurity or you're experiencing homelessness and you don't have a home to age in place?"

Dukart said that, currently, there is not a

breadth of research into homelessness in older adults. Moreover, she said the concepts of homelessness in older adults and elder abuse are closely intertwined.

"We wanted to bring these stories forward so that folks can understand how these two issues go hand in hand," Dukart said.

In order to tell these stories, Amber and AIRP used a technique called photovoice, which is a research method that promotes the use of narrative photography to better understand the experiences of the individual. Participants shared these pictures with researchers and discussed the meanings behind them.

This created not only data that will help current research into the aging process in relation to housing, but also helps survivors tell their stories in their own voices and with their own methods.

"If we're going to be doing research with people who have these experiences of elder abuse and of homelessness, and if this research is going to inform future policy and practice ... they are the experts," Dukart said. "They know what works for them and what doesn't. As a researcher, I think it's really important to let people share their experiences in ways that are meaningful to them."

The photos are stark. They don't reveal identifying information about individuals who found solace at the Kerby Shelter, but they track their day-to-day going through circumstances many of us could never imagine. Small moments: a shared cigarette outside, the mural on a nearby building, the nightstand next to where someone sleeps.

"I have the honour and privilege to do many of the interviews with the participants," Dukart said. "It was really impactful for me to be able to hear those stories and I'm just so grateful that we're able to share these stories with the community."

Each photo is accompanied by a placard going more in-depth about what the photo represents to the person who took the picture, with the statements taken directly from the interviews Dukart conducted.

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“This is my room,” one of the placard’s reads. “it’s my favourite place in all of the Kerby Shelter, because it’s the most beautiful room.”

“I know it’s been said a million times, but they truly are my shelter from the storm.”

Each photograph is a window into these small moments; moments which make up a lived experience which is difficult for others to truly comprehend.

Most people have a surprised look when you mention elder abuse. It’s hard for people to wrap their heads around. It’s almost inconceivable. Being involved with this shelter, we think it’s important to shed light and create awareness,” said Kerby Centre CEO Larry Mathieson. “This is a great project to create awareness in a way that people can wrap their heads around.”

This exhibit at Kerby Centre survivors of elder abuse to tell their own stories about their lived experiences, giving a voice to the voiceless when it comes to directing policy according to Dukart.

“It’s so we can take their stories and their voices and advocate for change when needed or to bolster up services and programs being offered that are working,” Dukart said. “It’s important for us to share these experiences because ... these people are invisible. They are not often given a platform to share their experiences.”



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Bless the rains down in Alberta



Photos courtesy of Deborah Maier and the Calgary Horticultural Society



Deborah Maier
Calgary Horticultural
Society

While last year we had a very hot and dry June, it is usually the month for rainfall. Ensuring that our plants start the growing season with enough moisture to support their vig-

orous spring growth is important. Growing, leafing out, and blooming require nutrients. Plants get their nutrients from the water they uptake from the soil. How can we ensure that our garden gets the water it needs, but doesn't put pressure on our drinking water and water bill? ... By capturing rainwater.

Rain barrels are great for collecting rainwater. There are many styles and certainly one that could suit any gardener's preference.

However, they can quickly fill to overflowing during a typical Calgary rain event. Is there something else we can do to capture rainwater?

You likely have seen projects being built around the city designed for this purpose: dry ponds, engineered wetlands, and engineered rain gardens. These structures capture rainwater and runoff and help clean it before it becomes part of the natural water system. On a smaller scale, you can build a rain garden in your yard.

Rain gardens can be placed anywhere in the yard. It is a depression that is created to capture water. The garden has an inflow, usually the downspout from eaves, a flat-bottomed basin, and an outflow. The purpose of a rain garden is to let the water pool, then drain. The water should infiltrate the soil within 24 hours, which is too quick to be mosquito habitat.

To ensure the house foundation area is kept dry, the rain garden should be situated at least 2 m away. In a basic rain garden design, the flat bottom of the basin is 10 cm below the ground surface.

The sides of the depression gradually slope upward, over at least a 30 cm distance, to ground level. To ensure good drainage for this depth of pool, there should be 30 cm of topsoil below the basin.

When the garden is first built, to provide weed suppression, the area should be covered with shredded bark mulch. This mulch locks together, but doesn't re-

strict downward moisture flow, and won't float out of position. The size of the garden is one quarter the size of the roof which feeds the eaves trough leading to the infill downspout. The bottom of the infill downspout is at the highest point of the garden. The outflow is usually opposite and slightly lower than the inflow. It is needed to let water flow gently out if pond capacity is exceeded. There should be at least one metre of space between the outflow and any walkways.

Once the structure is in place, plants are added. Any plant used needs to be able to tolerate some wetness. Plants near the inflow need to appreciate receiving extra moisture every time it rains. Plants for this location include Alaskan burnet, Siberian iris, Ligularia, and Joe-pye weed.

Plants that don't mind being inundated when the garden fills with water, but are also drought tolerant, are good choices to place in the flat-bottomed area.

These plants include daylilies, spirea, and potentilla. Plants around the sides of the garden need to be drought tolerant, such as lady's mantle and veronica. Also select grasses such as tufted hairgrass and feather reed grass for the garden. Plant ground covers, such as native strawberry and creeping jenny, to eventually replace the mulch. Whenever possible, select native plants to support our native pollinators. Also, consider plant bloom times to ensure the garden blooms from spring through fall.

While every gardener should have a rain barrel, it's wonderful for capturing rainwater that is used to water containers and houseplants, installing a rain garden can give you a beautiful low-maintenance garden that can do more for the environment and your yard. A simple one can be a weekend project. Research the details about how to install a rain garden in your yard—it could be a perfect garden project for June.

To learn more about gardening in the Calgary area, visit our website calhort.org.

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Embracing the aging process

Jeff Rubin
International Aging
Advocate

May is Older Americans Month. For anyone who needs reminding, it's the time set aside each year, to honor the many contributions and sacrifices made by older Americans, past and present, in service to our nation, as well as to community.

Signed into law in 1963 by then President Lyndon B. Johnson, Older Americans Month was first introduced to raise awareness of the plight of elders, a third of whom lived at or below the poverty level. At that time, the number of Americans 65 years of age or older stood at 17 million.

Today, some 59 years later, that figure stands at 55 million. With expectations of rising to over 70 million, by 2030, according to the US census, that's equates to 1 in 5 Americans.

Despite this historic growth, conditions for many older adults have not appreciably changed. In fact, a 2021 National Council on Aging study on Economic Security estimates that 1 in 3 older adults are currently considered "economically insecure."

Amid what many experts are now calling, "a longevity revolution," we might want to ask ourselves; how can this be?

Outside of the devastating impact COVID has had on our elders, particularly those in nursing homes, little else, of the many prevailing issues elders face, has received such widespread attention.

What attempts are being made or have been made over the years to raise public awareness of this shift in demographics appear to have had little impact on how society views growing old.

Instead of embracing the longevity revolution, many of us deny it.

Older adults, even those of younger ages, find themselves discriminated against simply because they

are considered "too old." Their contributions often discounted, devalued, or marginalized.

Perceptions that older people, "can't learn new things, contribute little to society, can't make good decisions, and drain our resources," are just some of what is assumed to be true of "seniors," in our society today.

To counter that thinking, the Administration for Community Living (ACL) promotes the nation's observance of Older Americans Month by trumpeting a different theme each year.

In 2022, the focus is on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

This year's theme affords me the perfect opportunity to share a little story I know about aging in place. It's one that speaks volumes about value and self-worth, dignity and respect and the restorative power of people helping people.

My story begins in the summer of 1965 when congress signed into law the Older Americans Act.

This one Act established the Administration on Aging within the Department of Health, Education and Welfare, called for the creation of State Units on Aging to address basic human needs, and set into motion three uniquely special volunteer programs that are still changing lives today.

Each of these programs, was developed to meet a specific need, but all were crafted on the same belief that older adults are valuable resources to their communities.

The Foster Grandparent Program was the first to be funded. Established in 1965, This program engages low-income elders 60 yrs. of age or older, (now 55) in providing emotional support to abused and neglected children, mentoring troubled teenagers and young mothers, and caring for premature infants and children with physical disabilities.

The Senior Companion Program began in 1968 and was modeled after the Foster Grandparent Program but rather than aiding at-risk or disables youth, senior volunteers assist frail elderly and adult disabled who are homebound or living alone remain independent.

Senior Companions not

only assist with chores and errands, but they also help make the lives of the people they serve less lonely.

Senior volunteers wherever they are matched often spend several years with their "clients," and form the most meaningful friendships in their lives.

The Retired Senior Volunteer Program formed in 1969 and became the third model for how seniors could serve. The program provided older adults (55+) with flexible opportunities to use their skills and expertise to help solve problems affecting their local communities. Seniors in this program get to choose their volunteer placement from a wide range of settings such as crisis hotlines, literacy programs, job training programs, teen pregnancy and support services, drug abuse prevention and treatment centers, refugee support services, disaster relief services, and more.

In time, all three programs came under the umbrella of the National Senior Service Corps a component of the Corporation for National and Community Service, which further included AmeriCorps, Vista, and Learn and Serve.

In 2020, the Corporation for National and Community Service rebranded itself as AmeriCorps and the seniors

who serve are now known as AmeriCorps Senior Volunteers.

Such rebranding more aptly reflects the mission, message, and value of volunteer service at any age.

Both Foster Grandparent and Senior Companions receive pre-service and monthly training sessions, transportation reimbursement, an annual physical and accident and liability insurance while working with their "clients."

Volunteers in the Retired Senior Volunteer Program are given a pre-service orientation, on-the-job training from the placement agency or organization where they serve, and supplemental insurance while on duty.

Foster Grandparents and Senior Companions may also receive small tax-free stipends to offset costs incurred while participating in the program; eligibility for these stipends is based on income criteria. As of 2020, stipends were paid at \$3.00 an hour served.

As a former Director of Senior Companions, National Board Representative to the Senior Service Corps, and longtime advocate for positive and pro-active aging, I fully recognize the valuable resource we have in our older adults.

Continued on page 22

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Bruno's retirement home



Ada Muser
Kerby News
The following is a work of short fiction.

Bruno is not the first one wishing to remain young as long as possible. In Goethe's 1808 poem, Doctor Faust entered into a deal with the Devil to make him young again in exchange for his soul, with Mephistopheles acting as the Devil's agent. It looked like a good idea before it turned tragic.

But in the pragmatic modern world Mephistopheleses are in short supply, so Bruno is doing the next best thing: and that is to stay fit and mentally active. And he gets to keep his soul!

Bruno and Elsa have always been fairly impulsive in their decision making. They do not conduct research before making big, even major decisions in their lives, like buying a house for example. One or two conditions are usually enough. Living in the present, Elsa calls it, while Bruno doesn't like to spend much time on long term planning either. He knows that even the best laid out plans invariably change as you go. Whatever happens,

will be hopefully for the best.

47 years ago they bought the house they still live in, because they just arrived in town and the location was close to work. There has never been a plan to live in it for so long, but there has also never been a plan not to. Over the years they made changes here and there until it now fits their personalities and needs as tailor-made clothes fit the body.

It is one of the many four-level splits that were very popular in the 1970s. From the outside it is unremarkable. One can easily visualize the layout of the rooms even from the distance

Inside it is a different thing altogether. Because of the well thought out interior design, their home is quite attractive, perhaps even striking. Parts of the house the visitors usually see were furnished and decorated by Elsa who has an impeccable taste.

Furniture in each room is of the same style, made from the same materials, teak with teak and knotty pine with knotty pine, colour coordinated and harmonious. Museum-quality pictures on the walls are origi-

nals inherited from their European forbearers. Carefully selected accessories for each room are mementoes of the past travels, somewhat unusual pieces for sure, but always good stuff, not run of the mill gaudy souvenirs.

The uniqueness of the interior surprises first-time visitors. Bruno likes to show the house and the artefacts in it, but Elsa is shy and dislikes him doing so. She thinks he is bragging, which is not too far from the truth. Bruno likes how the house turned out. He is proud of the collections of ceramics, carvings and other curios they have assembled

The family room and office are Bruno's domain. There, somewhat to Elsa's dismay, the odd, eclectic knick-knacks find a refuge, and style is secondary. She would never display original oil paintings, etchings, Egyptian papyrus and prints next to African masks, or hand-carved walking sticks. Mexican Jesus Christ on the cross made from straw, ceramic Italian Madonna with Child, Greek orthodox wood panels and Indonesian carvings are hanging off the panel-

ling. It is a mismatch of styles and cultures. 80 years old toy marionettes for home theatres that were popular before the advent of television are sitting on a high ledge above the computer desk and keep Bruno company. All 30 of them. He argues that toys so old are now antiques and besides, his friends. Several bookcases complete the clutter.

An addition was built to connect the house with a garage in the back. It is paved with garden tiles and is heated so it doubles up as a year round studio.

It has two workbenches and plenty of tools and supplies. Here one can carve wood or soapstone, model with clay, paint a picture and make all kinds of mess all wither long.

As Bruno is getting older his appearance is changing, his hair is grizzled, his skin is developing imperfections and he is becoming covered with lichens like an old tree. These days he spends more time in the family room to pursue more intellectual hobbies like studying things that have intrigued him for years.

Although he had

never been a big fan of gadgets that replaced the simple ways of doing things, he now appreciates the internet because it provides information about pretty well everything. Videos have a very good quality if the laptop is connected to a decent TV. It is essential if he wants to listen to concerts or watch operas. It is a new preoccupation of his.

It is not just for the enjoyment of music, but also for the mechanics and the mystique of it. Not so physically demanding as gardening and hiking, but the much-needed exercise for his brain.

Bruno is unencumbered by higher education in the musical field or its history, and does not play any instrument. So he will never become a scholar, just an independent thinker. The freedom of it suits him just fine. He finds music to be the most intoxicating, mood-changing medium he knows, so different from the creative art forms that he has experimented with for years. He watches with fascination how music is made and how precise it must be.

Presently he is listening to Vivaldi's Four Seasons concerto. This particular recording is performed with the period instruments, even the bows of the string instruments are different from what are used these days. Amazingly enough, the quality of the recording is excellent regardless. By now he knows that in the world of music older is better, not just the instruments, but the instrumentalists as well.

Violins, violas and cellos made by the likes of Antonio Stradivari 350 years ago have not been surpassed to this day and the world's most famous players do not want to use any other!

He had always believed that just listening to or watching art being served on a silver platter is inferior to being the actual artist.

But the sensation of consuming art as opposed to making it is not all that different. Learning the intricacies of new art form seems an adventure in itself.

Furthermore Four Seasons concerto is a Baroque chamber music, a departure from what Bruno's past musical interests were. The musical themes are explored by different instruments in small variations.

It is similar in principle to early New Orleans jazz, even the original Nashville Country and Western that also offer opportunities to improvise.

Bruno recalls he had heard before a seemingly ridiculous opinion that Bach's classical music and jazz were related. After much listening to both it starts to make sense.

He is also noticing

that chamber musicians play standing up rather than sitting down, move to the beat and truly enjoy themselves, almost flirt with each other. Often there is no conductor to keep them in line.

He wonders who the composers were, where their inspiration came from? What was first, an idea like a poem or a narrative of some sort set to music, or is it a melody that just popped into the composer's mind?

It could be either way. But once he is on this trajectory and listens to more and more pieces he starts to think that the really good music is not the latter kind. The best compositions are based on ideas, the melodies develop as a result.

Most Beethoven's work is like that, the symphonies number three, four, five, sixth and nine, also the Dvořák's symphony from the New World, Tchaikovsky's 1812 Overture or

the Smetana's My Fatherland to name just a few.

Baroque music is lighter, seems soulless and was meant to entertain the gentry who sponsored the composers.

Early Mozart's pieces were joyful rather than serious and he was still very young when much of his composing was done.

However his later symphonies, the piano concertos and the last creation Requiem, were direct predecessors and inspirations for the great Beethoven's, Brahms' or Schubert's works.

Being a musician is a healthy profession and many are active to a very high age. Italian conductor Nello Santi was the principal conductor of the venerable Zurich Opera for six decades.

Bruno saw him in 2012 and at 81 years of age he seemed delicate like a fine porcelain, very brittle and vulnerable. Yet he conducted

with tremendous energy a very long opera. He was obviously adored by the audience and received huge ovations.

Amongst all art forms music is the most optimistic. Last movement of Beethoven's ninth symphony is actually called "Ode to Joy".

His sixth symphony, Pastoral describes a warm sunny day in the country invoking the virtues of nature.

Beethoven has an uncanny ability to be resolute, forceful, even forbidding and then without transition he becomes tender, loving and caring, as if a storm just passed and the sun comes out from behind the clouds.

Most Mozart's melodies are whimsical and happy, even the monumental Requiem is spiritual rather than sad; it is a celebration of life.

It is turning out that the house that has always been a very comfortable place for two

people to live in and raise a family is also the key to enjoying the new normal.

As the retirement is surreptitiously arriving it is ready to accommodate the current part of Bruno's and Elsa's lives that is not a retreat from active living, but the next logical stage.

They do not understand their friends' and acquaintances' desires to move in old age to other locations, to quiet resorts full of retirees where all that can be done is to take slow walks and afterwards have afternoon naps.

It seems to them that in retirement one should live in a bigger, vibrant city with lot of museums, restaurants and theaters that they now have time to enjoy; a city full of young people and even screaming children added to the mix, annoying as these may be at times.

The ultimate goal of retirement should not be to do nothing.



The case behind cataracts



Andrew Glen McCutcheon
Kerby News

Out of all the phys-

ical senses that help us interact with the world, sight is the most important.

Many folks take for granted the importance of sight; whether it's reading road signs or novels, watching hockey or the sunrise, or the small joy of looking into the eyes of a loved one.

But with age comes a rising chance for vision issues. According to 2020 Study by Statistics Canada, individuals reported an increase in vision problems starting at 40 years of age. This increase plateaus at around 60 years of age, with 70 to 80 per cent of respondents reporting vision problems.

There are a number of effects and symptoms of the aging process on vision. They range from difficulty reading smaller print, a loss of depth perception or ability to judge distance, dry or watery eyes and difficulty in seeing contrasts or colour.

These symptoms and many others can be caused by various

conditions. You've probably heard of conditions like glaucoma, macular degeneration or floaters, but June is the month where we specifically recognize a very common vision issue in older adults: cataracts.

What is a cataract?

The word is often thrown around, but how much do you know about what a cataract actually is?

Cataracts occur naturally as an individual ages, according to the Canadian National Institute for the Blind (CNIB). Just behind a person's iris, there is a clear lens that focuses light on the retina — the part of your eye at the very back which receives visual information.

This lens is made of various proteins and as a person gets older, so do these proteins. They can become clouded due to age or a variety of other, environmental factors, such as eye injuries, UV radiation from the sun or intersecting conditions like diabetes.

Aging, however, is the most common ways for cataracts to develop and the CNIB states that it's possible to develop age-related cataracts as early as 40 years old. They can progress slowly and have a variety of symptoms, which include:

- Colors that appear dull or faded
- Blurry or double vision
- Glares or "halos" around light sources or increased sensitivity to light
- Frequently changing prescriptions for one's glasses

Reducing Risk

Individuals are at higher risk if they smoke, drink exces-

sive alcohol or consistent exposure to the sun. However, there are many ways to reduce one's risk according to Health Canada.

Stop smoking or excessive alcohol consumption! Not only will this help you prevent cataracts and other vision problems, it's mentioned in almost every single health and wellness related article this author has ever written working at the Kerby News. Not once has this author written something related to wellness and had any doctor or scientist recommend smoking or alcohol.

Wear sunglasses or other eye protection on the daily. UV rays from the sun can harm your eyes, even on the cloudiest of days. Sunglasses should provide 99 to 100 per cent UV-A and UV-B protection, according to Health Canada.

A healthy diet with plenty of colourful fruits and vegetables will not only prevent vision problems, it will help with dozens of other issues related to physical and mental wellness.

Thankfully, even if an individual develops cataracts, cataract surgery is one of the most common and successful vision-related interventions.

Cataracts can be removed and sight restored, and surgery is recommended if your vision issues interfere with daily activities, according to the NCIB.

If you are reading these risk factors and symptoms and they are starting to seem familiar, see an eye doctor or your family practitioner for a possible diagnosis.

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Kerby Centre

Education & Recreation

Course Registration Summer Session

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Registration opens June 1st for members and
June 8th for non-members

Register in person at Kerby Centre in Room 305

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

On-Line Registration not available at this time

By mail to:

Kerby Centre

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Attn: Education & Recreation



Kerby Centre

Ongoing free Zoom Classes:

- Fitness with Dan
- Gentle Seated Yoga
- English as a Second Language
- Tai Chi
- Men's Shed
- Yoga for You
- Drum Fit
- Muscle Strength & Core Balance

2 Membership Saves

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

0 Don't Miss Out!

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

2 Refund Policy

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

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

Workshops are non-refundable.

2

Courses/workshops are designed for older adults of varied abilities. The instructor, in consultation with the Manager of Education & Recreation, may make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.

If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at 403.705.3232.

Active Living Courses



Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong Member \$29 Non Member \$59 per session

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 July 7 – 28 (4 Weeks)
2:15 – 3:15pm Room 205

A02 Thursday Aug 4 – 25 (4 Weeks)
2:15 – 3:15pm Room 205



Fitness with Dan Member \$29 Non Member \$59 per session

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.

A03 Wednesday July 6 – 27 (4 Weeks)
10:00am – 11:00am Gymnasium

A04 Wednesday Aug 3 – 24 (4 Weeks)
10:00am – 11:00am Gymnasium

Muscle Strength & Core Balance

Instructor: Dan Leung

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

A05 Friday July 15 – 29 Member \$22 Non Member \$52
9:00 – 10:00am Gymnasium (3 Weeks)

A06 Friday August 5 – 26 Member \$29 Non Member \$59
9:00 – 10:00am Gymnasium (4 Weeks)



Feet to the Beat

Instructor: Kym Butler

Can't resist the urge to dance whenever you hear a good song? Then you need to be here! Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.

A07 Monday July 11 – 25 Member \$22 Non Member \$52
1:00pm – 2:00pm Gymnasium (3 Weeks)

A08 Monday Aug 8 – 29 Member \$29 Non Member \$59
1:00pm – 2:00pm Gymnasium (4 Weeks)

Line Dancing

Member \$29 Non Member \$59

Instructor: Glenis Martin

per session

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.

A09 Thursday July 7 – 28 (4 Weeks)
1:00 – 2:00pm Gymnasium

A10 Thursday Aug 4 – 25 (4 Weeks)
1:00 – 2:00pm Gymnasium

Gentle Seated Yoga

Member \$29 Non Member \$59

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.

A11 Wednesday July 6 – July 27 (4 Weeks)
1:15– 2:15 pm Room 205

benefit

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



Summer Hikes

Guided by John McFaul, Alpenglow Nature Hikes

Ribbon Creek, Kananaskis
Member \$55 Non Member \$85
Thursday June 23, 2022
8:30am – 3:30pm
Cut off Date: June 9th 2022

Dyson Falls in the Sheep River Valley
Member \$65 Non Member \$95
Tuesday August 16, 2022
8:30am – 5:00pm
Cut off Date: August 2nd 2022

For more information on these hikes and other upcoming outdoor adventures please contact Kerby Travel 403-705-3237 or email us at travel@kerbycentre.com

Academic Courses



Arts

Arts in the Afternoon: Acrylic Member \$60 Non Member \$90

Instructor: Carol Marasco

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

All supplies are included.

B01 Wednesday June 1 – June 22 (No Class June 15)
1:00 – 3:00pm Room 313

Social Singing Member \$39 Non Member \$69

Instructor: Alison Demeter

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

B02 Tuesday July 19 – August 9
10:30am – 12:00pm Room 205

Arts in the Afternoon Summer Hats & High Tea! Member \$40 Non Member \$70

Instructor: Carol Marasco

All supplies and "High Tea" are included.

Join us for a fun afternoon decorating beautiful summer hats and then partaking in a social high tea!

Spring B02 Wednesday June 15
1:00 – 2:00pm Room 313

Arts in the Afternoon: Acrylic \$35 per session

Instructor: Carol Marasco

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

All supplies are included.

Spring D03 Tuesday June 14
1:00 – 3:00pm Held at Dalhousie Community Centre

Watercolour Workshop Member \$40 Non Member \$70

Instructor: Katy Morris

Colour Theory

Chart and paint included.

Please bring your own paint brush, container, and palette.

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

Quinacridone Rose
Hansa Yellow Medium
Cobalt Blue
Pthalo Cyanine Blue

Spring B17 Friday June 17
10:00 – 3:00pm Room 313



Outdoor Personal Safety & Awareness

Member \$12 Non Member \$42

Instructor: Don Muldoon

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

Spring B18 Tuesday June 14
10:00am – 12:00pm

Spring B19 Tuesday July 12
10:00am – 12:00pm

Card Making Social Free

Kerby Centre in collaboration with Sending Sunshine – Calgary Chapter.

Come join us for a fun relaxing time making handmade cards to donate to Sending Sunshine. Sending Sunshine is a not-for-profit corporation that aims to help reduce the negative effects of social isolation and loneliness among senior in our city by providing them with handwritten cards.

Tuesday June 21st
10:00 am – 12:00pm Room 301

Please contact Education & Recreation to register 403-705-3233

Fun in the Sun!

This summer join us for our first Outdoor Pool Party.

Bowview Swimming Pool

Sunday July 17th \$15 per person

Sunday Aug 28th \$15 per person

Bring your friends & family for the ultimate summer fun! We'll have games, activities – fun for all ages!

Open for Kerby Members & Invited Guests.

Contact Ed & Rec 403-705-3233 for details and registration.

Tasty meal ideas!

Lesli Christianson-Kellow
Kerby News

June has arrived and with it, a month of celebrations including Father's Day.

I know fathers that like to take their place in front of the barbecue on Father's Day – and cook up some steak or burgers.

I also know fathers that are skilled at smoking up some brisket or that make a creamy mushroom and parmesan risotto.

In the case that you or the father in your family doesn't cook, here are some hearty Father's Day entrée ideas.

First off, a pan of meatloaf is delicious with a simple green salad and some French Bread.

This recipe is delicious and part of the success of the taste is that the bread crumbs are soaked in the milk prior to mixing the ingredients together.

It's a small move that makes a big difference in the outcome of this particular meatloaf.

If there are leftovers, use the meatloaf as a sandwich filling in between two slices of bread or a crusty bun. Add sweet pickles and barbecue sauce and you have a hand held meal.

Italian Meat Loaf

The secret to a moist meat loaf is soaking the bread crumbs in milk. Sprinkle the loaf with extra provolone cheese for the last 10 minutes of baking.

- 1 ¼ cups bread crumbs
- ½ cup of milk
- 4 teaspoons olive oil
- 1 ½ cups chopped onions
- 2 garlic cloves, minced
- 1 teaspoon of dried oregano
- 1 pound of ground beef
- 1 pound of ground pork
- ½ cup oil-packed sun-dried tomatoes, finely chopped
- 2 eggs
- ½ cup chopped fresh parsley
- ½ cup grated Parmesan cheese
- ½ cup green olives
- ½ teaspoon each salt and pepper
- ¾ cup shredded provolone cheese

Directions:

1. In a small bowl, stir bread crumbs with milk, let stand for 10 minutes.

2. In a skillet, heat oil

over medium heat, cook onions, stirring occasionally, until golden, about 6 minutes. Stir in minced garlic and oregano. Cook for 2 minutes.

gether beef, pork, tomatoes, eggs, parsley, Parmesan cheese, olives, salt and pepper, bread crumbs mixture.

4. Press half into a greased 9x5 inch (2L) loaf

ne cheese. Press remaining meat mixture over top.

5. Bake in a 350 degrees F oven until thermometer reads 165 degrees, about 60-70 minutes. Drain off any fat. Let rest for 5-10 minutes before serving.

Happy Cooking!



Medicine Hat PROGRAMMING

VEINER CENTRE WEEKLY ACTIVITIES

MON	TUE	WED	THU	FRI
Quilting 9am - 4pm Board Games 9:30am - 11:00 Canasta 12:00pm - 4:00pm Euchre 1:00pm - 4:00pm Shuffleboard 1:00pm - 4:00pm	Strathcona Art Studio 9am - 4pm Bridge Lessons 10:00am - 12:00pm Crib 1:00pm - 4:00pm Duplicate Bridge 1:00pm - 4:00pm Evening Bridge 6:00pm - 9:00pm Evening Crib 6:30pm - 9:00pm Board Games 6:30pm - 9:00pm Darts 6:30pm - 9:00pm	Bocci 9:30am - 12:00pm Mahjong 9:00am - 12:00pm Member of Constituency 11:00am - 12:00pm Scrabble 1:00pm - 4:00pm Wellness Wednesday 2:00pm - 4:00pm	Strathcona Art Studio 9am - 1pm Water Colour Drop-in 1:00pm - 4:00pm Canasta 12:00pm - 4:00pm Euchre 1:00pm - 4:00pm Shuffleboard 1:00pm - 4:00pm BINGO 2:00pm - 4:00pm Duplicate Bridge 6:00pm - 9:00pm Norwegian Whist 6:00pm - 9:00pm	Quilting 9:00am - 4:00pm Mahjong 9:00am - 12:00pm Duplicate Bridge 1:00pm - 4:00pm Mexican Train Dominoes 1:00pm - 4:00pm Shuffleboard 1:00pm - 4:00pm Stitch & Laugh 1:00pm - 4:00pm

OTHER PROGRAMMING

- June 1st, 8th, 15th, 22nd & 29th**
Silver Song Group - 10:00 - 11:30
- June 3rd, 4th & 5th**
Scrapbooking Fanatics
- June 9th**
Counselling Services with Registered Counsellor
- June 15th**
Jeanette Devore from Medicine Hat Family Service Presents
"Elder Abuse ~ Let's Talk About It" 12:45 - 1:30
- June 24th**
Book Club 9:30 - 11:00.
"The Island of Sea Women" by Lisa See

SENIORS' WEEK

- June 6th**
"Be Scam Smart" Webinar 10:00 - 11:00
Presentation on Annabot App 1:00 - 2:00
- June 7th**
"Spring into Action" Multi-booth exhibit
10:00 - 12:00 followed by a special featured lunch
- June 8th**
"Fun & Fitness Sneak Peak" in Lion's Park from 9:30 - 10:00
- June 9th**
Live band: "Russel Scherer and Company" in the 2:00 - 3:00
Medicine Hat Brewing Company Beer Tasting 5:00 - 7:00
- June 10th**
Presentation "Healthy Eating to Reduce Your Risk" 2:30 - 4:00

STRATHCONA CENTRE WEEKLY ACTIVITIES

MON	TUE	WED	THU	FRI
Table Tennis 10am - 12pm Chair Yoga & More 12:00pm - 1:00pm Pickleball 1:00pm - 4:00pm	Fun & Fitness 10:15am - 11:15am Pickleball 11:15am - 4:00pm	Table Tennis 10:00am - 12:00pm Mind-Body Class 12:00pm - 1:00pm Pickleball 1:00am - 4:00pm	Fun & Fitness 10:15am - 11:15am Pickleball 11:15pm - 1:00pm Silver Steppers 1:00pm - 2:00pm Pickleball 2:00pm - 4:00pm	Table Tennis 10:00am - 12:00pm Hatha Yoga 12:00pm - 1:00pm Pickleball 1:00pm - 4:00pm

3. In a large bowl, mix to- pan. Sprinkle with provolo-

Medicine Hat celebrates seniors

Spring is in the air in Canada's sunniest city, Covid restrictions are behind us and the big buzz in Medicine Hat is about the upcoming Celebrating Seniors Festival on Saturday June 4.

It's going to be a time to rejuvenate, to celebrate, to thrive and learn, and to kick off Alberta's Seniors Week. It's time for a free festival that brings together the community.

That means for older-adult Hatters and their families and friends, it's time

to head to Chinook Village where edutainment and celebration will be in full swing in an inclusive and welcoming community festival of fun and learning.

It's time to celebrate community spirit and living life to the fullest in Medicine Hat!

"Everything is FREE - all activities, entertainment, presentations, workshops, refreshments and more," says Melanie Robinson of Chinook Village who is coordinating the event. "From line dancing to legal ad-

vice, bingo and bands, Stampede Royalty to the Medicine Hat Mavericks there's going to be something for everyone - and it's all free." she adds.

Chartered "hop-on, hop-off" buses, with wheelchair access, will be busy buzzing around the city

From 9A.M. - 5P.M., picking up participants at predetermined points. Attendees from throughout the community can meander through Chinook's 40,000 sq ft gardens and enjoy a BBQ, or get together in over 30 lounges, activities

rooms and common areas to enjoy free refreshments and to reconnect.

There will be display tables and information booths, presentations and workshops on a myriad different subjects to enjoy and learn.

There'll also be the opportunity to rub shoulders and engage with local politicians and personalities and mix and mingle with their peers as they enjoy the rejuvenating spirit of coming together as one.

There's no doubt that Saturday June 4

will be a time to celebrate community spirit and living life to the fullest at Chinook Village in Medicine Hat at the Celebrating Seniors Festival.

The event is being hosted by Chinook Village in conjunction with Spectrum Festival, the City of Medicine Hat and many other community partners.

Everyone is invited to join in the learning and fun. For more information please contact Melanie Robinson at 403 526 6951.

If you don't use it, you'll lose it!



There are a multitude of ways to keep active into the aging process. There's even provincial 55+ games, including sports and recreation activities of all sorts, to keep your body and mind active. Ivan and Marie Marthaller of Medicine Hat (above) placed 2nd in the Alberta 55 plus Winter Games, Euchre category, which was held in Edmonton in April. Check out <https://alberta55plus.ca/games/winter-games> for more information!

Avalon Hauck

Technology; assistance in making our day-to-day life easier, but does that come with a cost? The human body has developed in such a way that most of its systems do not develop and function optimally, unless stimulated by regular activity.

In today's modern world, the daily energy expenditure necessary for living has reduced, and time being sedentary has increased.

The consequence of our ever-developing world; the less active we become, the less active we can be. Hence,

if you don't use it, you lose it! This has made us more reliant on recreational activities to keep us moving.

Going to the gym isn't always for becoming crazy fit, training for a marathon, looking "good" in a bikini, but rather also about easing day-to-day activities. Training foundational movements means training for functionality. Foundations include training balance, primal movements, and mobility.

This can be achieved through many forms of training; the key to consistency is to enjoy whatever modality you choose.






CELEBRATING SENIORS
Rejuvenate ♥ Educate ♥ Celebrate



SAT 04 JUNE '22 - CHINOOK VILLAGE

IT'S A PARTY AND YOU'RE INVITED!

It's time to rejuvenate, to celebrate, to thrive, to learn and to kick back and kick off Alberta's Seniors Week.

A FREE FESTIVAL TO CELEBRATE COMMUNITY SPIRIT & LIVING LIFE TO THE FULLEST IN OUR SUNNY CITY!

It promises to be a great day of entertainment, learning, a charity BBQ and good old fashioned fun!

SO SPREAD THE WORD AND SAVE THE DATE ON YOUR CALENDAR NOW:

FREE

- Entertainment
- Workshops
- Presentations
- Exhibits
- Fun & Games
- Refreshments
- Activities
- Special Guests





Celebrating Seniors is a Community Festival Being Held at Chinook Village in Conjunction With the City of Medicine Hat, Spectrum Festival and Community Partners

Ending ageism

Con't from pg. 13

The program I ran from 1996 to 2000, consisted of 100 volunteers ranging in age from 60 to 91. On average, each volunteer visited with 3 to 5 clients and contributed 20 hours of their time each week. Collectively, they represented over 200,000 hours of service annually, and assisted anywhere from 300 to 500 elderly or disabled individuals remain independent and in their own homes.

By taking care of simple chores, providing transportation to medical appointments, and offering contact to the outside world, Senior Companions provided essential services that prevented older Americans from having to enter nursing homes. They also provided respite care to relieve live-in caretakers when needed.

Those in the Foster Grandparents Program, helped strengthen communities by providing youth services that community budgets could not afford and by building bridges across generations.

All three programs, give volunteers a measure of dignity, respect and purpose. And, along with AmeriCorps's other programs, remains the most cost effective and meaningful way to demonstrate the value and contribution every individual can make regardless of age, income, or education.

Today, there are over 200,000 older Americans serving as AmeriCorps Seniors volunteers, providing over 47 million hours of service annually.

Despite all the facts, more times than not, whenever I've mentioned these programs to people, they continue to act surprised.

I believe, after all this time, that too many of us continue to view elders as recipients of service rather than as providers of them.

As we celebrate Older Americans Month 2022, let us not forget that terms like dignity, value, respect, and self-worth should never be determined by age.

Rather, let's use this time to remember, that equal rights, equal access, and equal opportunity are inalienable rights for all.

Join me in raising awareness of the value of older adults wherever they reside.



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PREMIER Crossword

By Frank A. Longo

APPLICATION PROCESS

- ACROSS
- 1 Big trucks
 - 5 "Serial" podcast host Koenig
 - 10 Brothers Wyatt, Virgil and Morgan
 - 15 Like GI garb, often
 - 19 Woeful things
 - 20 Bingham of "Baywatch"
 - 21 Slobber
 - 22 Nivea rival
 - 23 Outfit
 - 26 Lasses
 - 27 All upset, with "up"
 - 28 "... flaw — feature?"
 - 29 Actor Knotts
 - 30 Wrung (out)
 - 32 Deli classic
 - 33 Bother a lot
 - 35 Frank of rock
 - 38 Outward display of courage
 - 40 Attachable with a click
 - 42 Hits, as a fly
 - 44 Fill with love
 - 45 "The X Factor," e.g.
 - 47 Congeal
 - 49 Short sleeps
 - 50 Diane once of NPR
 - 51 Gentlemen
 - 53 Breather
 - 56 Apple option
 - 59 Cow sound
 - 62 Primer for a wall, e.g.
 - 67 Names anew
 - 70 Outdoor enclosure for a tabby
 - 72 Abundant
 - 73 Cow sound
 - 74 Despot Amin
 - 75 It's often played during a massage
 - 78 "Let us spray," e.g.
 - 79 Recognize
 - 80 Central Asia's — Sea
 - 81 Honking birds
 - 82 Old Jewish ascetic
 - 84 Snootiness
 - 87 Cur's warning
 - 89 Snake's warning
 - 90 Not bogus
 - 91 Small plateau
 - 93 Give relief to
 - 96 Choir female
 - 99 Responses to massages
 - 101 Something revealed by a scale
 - 107 Fly without a co-pilot, e.g.
 - 110 Like a famed Vatican chapel
 - 112 Roll around in mud or dust
 - 113 Mascara, e.g.
 - 115 Writer Calvino
 - 117 Ethiopia's — Selassie
 - 118 Ovid's lang.
 - 119 Tubers often candied
 - 120 Engine speed meas.
 - 121 By way of
 - 123 Tattooist's supply

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
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124			125		126			127			128	129			130		
131					132					133					134		
135					136					137					138		

- 124 Otherwise
- 126 What eight answers in this puzzle might say if they could talk?
- 131 Increase, with "up"
- 132 Internet sales
- 133 Increase, with "up"
- 134 Villain in "The Avengers"
- 135 609-homer Sammy
- 136 AC— (big name in auto parts)
- 137 Promotes heavily
- 138 Leg joint
- DOWN
- 1 Most wealthy
- 2 Actress Douglas who starred in "Grace of My Heart"
- 3 Pertaining to an opening of the larynx
- 4 Former jet to JFK
- 5 Mix, as batter
- 6 Desi of Desilu Studios
- 7 Sleazy paper
- 8 King topper
- 9 Furry feet in back
- 10 Biblical utopia
- 11 Shirt part
- 12 Clemente of baseball
- 13 Oompah band genre
- 14 Shirt part
- 15 Tooth on a gearwheel
- 16 A Gulf state
- 17 Patroller around a food court
- 18 Bivalve mollusks
- 24 Sweltering summer day
- 25 Ivory, e.g.
- 31 Lion's hideout
- 34 Fast glance
- 36 Burnt residue
- 37 Gp. once led by Arafat
- 38 Raft wood
- 39 Soda brand
- 41 Utmost
- 43 Dickens' miser
- 46 Opposite of lge.
- 48 Three, to Fifi
- 52 Slippery road condition
- 54 "The Hunger Games" escort
- 55 Blueprint data, in brief
- 56 From Dublin or Cork
- 57 Jason's wife, in myth
- 58 "Ta-ta!" in Tours
- 60 Central Florida city
- 61 Crayon stuff
- 63 Less of a lie
- 64 Louvre Pyramid architect
- 65 Adjectives modify them
- 66 Message-leavers' cues
- 68 Astronomer Tycho —
- 69 Mattress brand
- 71 Fierce female feline
- 76 1972 Eric Clapton hit
- 77 Chinese menu letters
- 83 Aussie girl
- 85 Newlywed man
- 86 "Got it, man"
- 88 San Luis —
- 92 Slightly excessive
- 94 "How cute!"
- 95 Ugly foe of Popeye
- 96 Never-ending
- 97 Not deserting
- 98 Frightful flies
- 100 Like always
- 102 "Ode — Grecian Urn"
- 103 Costa — Sol
- 104 Use as a skating surface
- 105 Mount — College (Elaine Chao's alma mater)
- 106 12-year-old kid, say
- 108 Set in place
- 109 Gave the nod
- 111 — City (Ohio town named for William Henry Harrison's moniker)
- 114 Theatricalize
- 116 Like sheep
- 120 Move, to a Realtor
- 122 Tattooist's supplies
- 125 Green org.
- 127 Ocask of The Cars
- 128 Endeavor
- 129 Spying setup
- 130 Big name in civ. rights

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Senior Listings

YOUR MESSAGE, PEER TO PEER

Volunteer Spotlight



Willis Kereliuk

This month we are very happy to celebrate our hard working and dedicated volunteer Willis Kereliuk. Willis came to Kerby Centre in August of 2021 looking for something to do after retirement left him with extra time on his hands.

Willis very quickly chose the food rescue program. After 10 months of volunteering, he is still a highly valued member of the food rescue pick-ups team. He keeps coming back to volunteer at Kerby Centre because he likes "Knowing that people are being helped through the food rescue program".

What Willis most enjoys about coming to Kerby Centre is "Interacting with food rescue donors and Kerby personnel."

In his spare time, Willis likes to watch and attend stock car races. He loves going to Phoenix, Arizona on vacation!

So far Willis has contributed over **151** hours.

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

WANTED

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

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

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

FOR SALE

Two cemetery plots in Eden Brook Memorial

Garden in Calgary Each plot accomodates one casket and two turns, or three turns. Make an offer for one or both (cemetary price \$4,900 each) Contact Jim - 403-236-2682.

Adult Hand-crafted leather beaded leather jacket. From First Nations in Manitoba. Circa 1965. Asking \$1,800

Three-quarters length size, fringed, Call 403-201-4578

Like new portable, electric wheelchair for sale. When charged it lasts a long time. It has arms that can be moved out or in, depending on your size.

It's easy to handle with a joy stick, good tires for outdoors but not road worthy. It folds up

to carry and weighs 70 lbs. Call or text Cathy at 250-258-8014 for more info or pictures.

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

LOCAL EVENTS

Are you healthy and taking postmenopausal hormone replacement therapy? We are looking for individuals between the ages of 46 to 60 years old to participate in a study on heart health. Compensation for your time and free parking is available. If interested, please call 403-210-7434 or email dsola@ucalgary.ca.

Enjoy Summer with your friends at Good Companions 50 Plus! We continue to offer in-person and online programming throughout the Summer months. Join us for Lunch, Social Suppers or Pub Night. Or how about exploring new Calgary pathways every Wednesday with our Walking Club? Maybe join us on an 8 night vacation as we cruise the Eastern Caribbean this December! We have many social, educational and fitness activities to choose from so give us a call or stop by the Club for a tour. You can visit our website at www.gc50plus.org for hours of operation and to check out our monthly newsletter. We are located at 2609 19th Ave SW and you can call us at 403-249-6991. We hope to see you soon!

This space left intentionally blank.



Serving Kerby Seniors and Albertans for 21+ years

Free Estimates –

\$25.00 off Coupon

Call Erica @ 403-233-7212




Can't get to the clinic? We come to you!

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- Professional Counselling

403-973-3188

www.DirectHealthCanada.ca

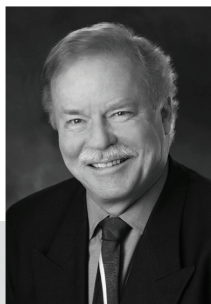
*Services not covered by Alberta Health Insurance Plan

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Tel. 403-777-1129 Fax 403-777-1124 www.stemp.com

Bill Stemp
LAWYER

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Probate Applications,
Power of Attorney



Offering 10% reduction to Kerby Centre clients.

Our service is prompt and reasonably priced
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1670, 734-7th Avenue S.W. Calgary, Alberta
T2P 3P8
reception@stemp.com



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

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




Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

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

<p>ZOOM CLASSES</p> <p>MONDAY Fitness With Dan 9:30 –10:30am Gentle Seated Yoga 2:00 3:00pm</p> <p>TUESDAY English as Second Language 10:00 - 11:00am Tai Chi 1:30 –2:30</p> <p>WEDNESDAY Men’s Shed 11:00am – 12:00 pm</p> <p>THURSDAY Yoga for You 9:00 – 10:00am Drum Fit 10:15 - 11:00 am</p> <p>FRIDAY Muscle Strength and Core Balance 11:30 – 12:30 pm Call Education & Recreation 403 705-3233</p>	<p>“benefit” Take Control, Accomplish Your Goal Let’s make 2022 the year for stronger, healthier YOU! Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration! Goal setting workshop included! Monthly draws for prizes & final grand prize draw in December 2022. More you move, the greater your chance to win! To register please contact Education and Recreation 403-705-3233 and pick up motivational starter kit for your free monthly program, benefit.</p>	<p>KERBY TRAVEL PRESENTS Ribbon Creek Hike Date: Thursday, June 23rd 2022 Time: 8:30am - 3:30pm Member price: \$55 Non-member price: \$85 Cut-off date: June 9th Includes transportation and nature leader</p> <p>Ghost Lake Boat Trip Date: Thursday, July 28th 2022 Member: \$44 Non-member: \$74 Cut-off Date: July 14th</p> <p>Dyson Falls Hike -Sheep River Valley Date: Tuesday, August 16th 2022 Member: \$65 Non-member: \$95 Cut-off Date: August 2nd Includes transportation and nature leader For Further Information Please Contact the Travel Desk at 403 705-3237</p>
<p><small>Rights Don't Get Old</small> <small>On June 15, celebrate the 100th anniversary of elder abuse.</small></p> <p> Calgary Elder Abuse Awareness Council, a collaboration of 12 organizations, is hosting</p> <p>World Elder Abuse Awareness Day June 15th - 10:30am – 11:30am</p> <p>Join us for a video, followed by a panel discussion, and visit information booths to learn about Elder Abuse FREE! Kerby Centre Gymnasium - 1133 7th Ave SW</p>		

Education & Recreation
Selected Items 50% Off Craft Sale
10:00am - 1:00pm in Kerby Cafe
Thursday, June 23rd, 2022

National Indigenous Peoples Day - June 21st

Join Us For Lunch & A Cultural Celebration
Teachings of the Medicine Wheel
A **FREE** Live Presentation By
Traditional Knowledge Keeper Cheryle Chagnon-Greyeyes
11:30 - 1:00 pm Enjoy The Kerby Centre Café Lunch Special
Traditional Bannock & A Cultural Display


Presented with the support of  brought to you by the Alberta Securities Commission

Kerby Coffee & Conversation: Housing for Seniors

Tuesday, June 7th, 2022
10 – 11:00 am Location: Kerby Café

Drop in and join us for a coffee and conversation about Seniors Housing. We will be discussing the process for finding affordable housing and answer questions that you might have.

Ask your questions in a relaxed atmosphere – **FREE - Registration not required.**

 **Next to New ½ Price Sale**
½ price on all donated items
June 13th – 17th

Kerby Centre FREE Rescued Bread & Goodies Market - Drop In - First Come
1133 7th Ave SW 10:30 – Noon Every Tuesday (June 7, 14, 21, 28) & Friday (June 3, 10, 17, 24)
And join us for our Community Bread Markets

Parkdale Nifty Fifties Association **Tuesday, June 14th (11:00 -12:00 pm)** Located at 3512 5 Ave NW, Calgary AB
Bow Cliff Seniors **Thursday, June16th (11:00 - 12:00 pm)** Located at 3375 Spruce Dr SW, Calgary AB
Banff Trail Community Association **Monday, June 20th (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary. AB
Northminster United Church **Wednesday, June 22nd (1:30–3:00 pm)** Located at 3311 Centre St NW Calgary AB

KERBY EDUCATION & RECREATION WEEKLY PROGRAMS
Registration Is Required - Please Phone Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS—FREE</p> <p>MAHJONG - RM 312 10:30 AM - 12:30 PM -\$2.00</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>RECORDER GROUP RM 108 10:00 AM - 12:00 PM \$2.00</p> <p>MEMORY WRITING RM 301 10:00 - 11:00 AM 2ND TUES OF EACH MONTH-FREE</p> <p>CARD MAKING SOCIAL RM 301 TUESDAY, JUNE 21ST 10:00 AM - 12:00PM FREE</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE - Rm 312 1:00 PM - 3:30 PM \$2.00</p> <p>WEDNESDAY DANCE KERBY CAFE 1:00 AM - 3:00 PM \$2.00</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PICKLEBALL GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>SPANISH CONVERSATION GROUP - RM 311 10:00 AM - 12:00 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM \$1.25 HR</p> <p>TECH HELP EVERY OTHER FRIDAY 11:00 - 1:00 PM \$2.00 CALL TO REGISTER</p> <p>BADMINTON & PING PONG - GYM 1:30 PM - 330 PM \$2.00</p> <p>ENGLISH AS A SECOND LANGUAGE - RM 311 1:30 - 3:30PM</p>

Kerby's Senior Superheroes!

At Kerby Centre we love our volunteers. We couldn't continue to support seniors the way we do without their help!

Our volunteers make us who we are! They are the heart of Kerby Centre and of our vibrant senior community.

Seniors supporting seniors

Last year, over 600 volunteers (many of them seniors themselves) engaged with Kerby Centre, contributing an impressive 36,000 hours!

They helped us establish many new programs including meal delivery and food res-

cue programs, a Social Calling program, virtual programming and our Sidewalk Seniors initiative.

Our Wise Owl Boutique, a small consignment store in Kerby Centre that sells homemade and craft items, is run entirely by our dedicated volunteers. They range in age from 27-83 years old and most are 70+. Some of our shop volunteers have been giving their time to the Wise Owl for more than 8 years!

In 2019, the Shop generated \$22,000 in revenue for Kerby Centre's programs and services.

Volunteers are also the backbone of our

Adult Day Program (ADP) which supports the independence of seniors living with significant health challenges.

Volunteers like Geetha (69) and Freela (71) have contributed more than 600 hours to ADP in 2022. Geetha says that she particularly enjoys supporting the clients during spelling bees!

If you'd like to support and celebrate the seniors at Kerby, consider joining our volunteer family and become part of our #KerbyCommunity. For more information about volunteering, visit kerbycentre.com/volunteer or call Lauren at 403-705-3177.



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2ND ANNUAL KERBY CENTRE CHARITY CLASSIC GOLF TOURNAMENT
AUGUST 18TH, 2022 | SIROCCO GOLF CLUB

GOLF BALL DROP RAFFLE*

*Winner does not need to be in attendance and will be contacted by Kerby Centre

Presented by

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-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.

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

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

Payment Method: Cheque Visa MasterCard Send tax receipt to: _____

Credit Card Number _____ Name _____

Expiry Date _____ Address _____

Signature _____ City _____ Province _____ Postal Code _____

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I would like to receive more information about planned giving.

I have included Kerby Centre in my will. Phone _____

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

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Donate online at www.kerbycentre.com/donate or call 403.705.3234



Online Presentations & Events

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Join Us As We Celebrate Alberta Seniors' Week With Fun Activities All Week That Will Have Us "Movin & Groovin"



Monday, June 6th

9:00 am

Dart Tournament – Kerby Games Room Visit [www.kerbycafe](http://www.kerbycafe.com) for detail

10:00 am - 11:30 am

"Movin & Groovin" At Kerby Centre, Featuring *Feet To The Beat*

An experiential and intergenerational dance and music event for young and old alike, led by renowned dancer Kym Butler. Come on your own or bring your little "Movers & Groovers" to join you and stay for light refreshment provided by **Care at Home Services**. Tickets: Adults \$10.00 Children \$ 5.00



Tuesday, June 7th

10:00 am - 11:30 am

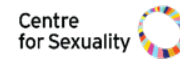
Take Control, Accomplish Your Goal with *benefit* - A Spring Walk To Devonian Gardens & Lunch

Join us for a fun group walk to beautiful Devonian Gardens followed by a healthy lunch at the Kerby Café. Learn about the many mental and physical health benefits of walking.

Walk To Devonian Gardens: Free Healthy Lunch \$ TBC

1:30 pm - 2:30 pm

Kerby Centre Presents -Senior Sexuality & Love In The Digital Age



Join us for a **FREE** online discussion exploring Senior sexual health, safety and dating in the new digital world. Presented by Rachel Huh and Jenna Nakamura, Centre For Sexuality

Wednesday June 8th

12:00 - 3:00 pm

Wednesday Dance - "Move and Groove" to the Kerby Sensations Dance Drop In \$2.00 Dance Starts at 1:00pm

Celebrate Seniors' Week with Kerby Centre. Dress in your "Grooviest" wear and come down to enjoy the Kerby Café Senior Week Roast Beef Lunch Special \$15 (**Available All Week**) and then "move & groove" to the sounds of the Kerby Sensations. Cash Bar - Prizes & Surprises!

Thursday, June 9th

9:00 am

Shuffleboard Tournament – Kerby Games Room Visit [www.kerbycafe](http://www.kerbycafe.com) for detail

10:00 am-11:00 am

Zumba Jam at Kerby Centre –Join Instructor Maaike Seaward for a rousing group Zumba session. Bring a Friend! Give it a try for **FREE!** Only experience necessary is the ability to laugh and have a great time with great friends!

2:30 - 4:00 pm

Pickle Ball! It's all the Rage! Have you been curious about what all the buzz is! Join us for the Kerby Centre drop in Pickle Ball session. Give it a try for **FREE** and you may be hooked !

A Special Thanks To Our Seniors' Week Sponsor



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For Further Details, How To Purchase Tickets/Register Please Visit <https://www.kerbycentre.com/senior-week/>

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KERBY SENIORS' EXPO

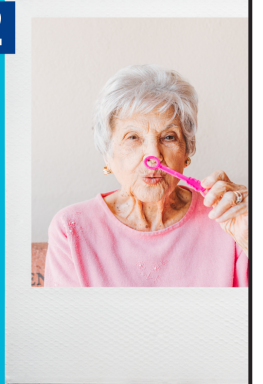
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SATURDAY, OCTOBER 15, 2022 | 9AM - 3PM
www.kerbycentre.com | 403-265-0661

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

For further detail please visit www.kerbycentre.com/expo/



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-Optimus Prime

SUDOKU ANSWER								
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CROSSWORD SOLUTION																					
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