

# It's time for Seniors' Expo 2023!



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Calgary, Alberta

# Making connections with Lola



Andrew Glen McCutcheon  
Kerby 50th Anniversary

If the past few years have taught us anything — here in Alberta at Unison and the world over — it's that people need other people.

It's beyond important. Humans are social animals and there's nothing more heart-shattering than the feeling of being completely, utterly alone.

Frankly, we hate the idea of anyone being alone, especially during the hardest and most difficult times in their lives. Which is why Unison started its Wellness Connection Centre.

It aims to support and connect seniors from all walks of life to set them up for success. It offers everything from peer counselling to grief group support, and it's all headed by coordinator Lola

Fariyibi.

Lola is a delight here at Unison's Kerby Centre. Her smile and laugh could brighten up the darkest of rooms. It makes sense that she's so good at making connections and helping others to do the same: it comes with the territory in the sort of household in which she was raised.

Lola was born in Ibadan, Nigeria; her father was a colonel in the military and her mother was a successful businesswoman. With her mother's connections and charismatic nature — plus being a middle child in a family with five other brothers and sisters — her house was always filled to the brim.

"The house was never empty, our house was always the go-to," Lola says. "When your house is the place people come to, you can't frown! You have to smile."

With her parents disparate professions, Lola and her family spent time broken up between a home in Lagos with mom and moving all over with Dad. Her favourite place she ever lived over her childhood, however, was Jos, a city in the central-north of Nigeria.

Jos is known for its unique hailstorms, and Lola adored the more temperate weather there — it would be good practice for when she would eventually come to Canada.

When she finished University, she did work with the Youth Corps, and

worked for Chevron's international division in Nigeria. At the very last day of her time there, a serendipitous moment would find her speaking to the man who would eventually become her husband.

"He said he was always wanting to meet me, but I was always with friends," Lola recalls. But she rebuffed his advance at that time! It wasn't until later that he tried again, ringing Lola up to chat.

"He said 'I'll never see you again if you don't call me'," she says. Twenty-five years later, they are still married.

Another moment of serendipity is what brought them to Canada; both had dreams of living, working or doing education abroad and it was a Canadian immigration ad in a newspaper that caught Lola's eye. It advertised that they could bring their family along and that was exactly what they were looking for. Although, it took over three years to materialize!

"We almost gave up! We were saving money and after three years, we had just bought a car, [when we finally got the offer]."

It was serendipity that brought Lola to Calgary and we're so lucky to be able to have her at the Wellness Connection Centre. She says she understands how vital the centre is to folks.

"It's about connections all the adults make with other older adults," she says. "The most important thing are the lived experiences they can share with each other, and to know they aren't alone."

"The most important thing is knowing you're not alone."

With Lola around, we won't ever have to worry about a day going by without laughter, happiness and cheer here at Kerby Centre.

For more of the stories detailing the people, programs and history of Kerby Centre for our 50th Anniversary, check out our landing page at <https://unisonalberta.com/kerby-centre-50th-anniversary/>

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# A not-so-boring AGM

If you read last month's Kerby News you would know that this month marks the occurrence of the Kerby Assembly's 50th Annual General Meeting.

I have been working in the non-profit sector for 40 years this

year and you know as well as I do that there is nothing more boring than a non-profit's AGM.

Well, except for this one.

We have been operating for 50 years so we have a lot of history and accomplishments

of which to be proud.

We will likely talk about these a little bit during the AGM, but really, we have a lot of stories to tell about our 50th year and you will hear about these throughout the year on our website and our social media.

I am very excited about this AGM because it will be the first one that will be live and in person since I started to work for Unison.

In March, 2020 we closed down the centres as we were in lockdown. We were supposed to have our AGM less than a month after Veiner and Kerby Centre were closed.

Like you, we had to figure out how to use zoom. In particular, we had to figure out how to do an Annual General Meeting on zoom. This month will be our first in-person AGM since our first virtual one in 2020 and I am personally looking forward to talking with many of you in person.

Since our last in-person AGM we have started to do a lot of new things. Two of the biggest "new things" were starting to operate Veiner Centre and Meals on Wheels in Medicine Hat. These have been incredible opportu-

nities to expand our community of support.

For those of us who work in Veiner or Kerby, it is no surprise to us the negative impact loneliness and isolation have on Albertans.

In 2016 a group of researchers from the University of York published a meta-analysis of 23 studies in the journal: Heart. The studies indicated that loneliness and isolation were associated with a 29 per cent increased risk of coronary heart disease incidents and a 32 per cent increased risk of stroke.

Our teams know when they are creating a new class in Beginner Mandarin — they may be creating a course that might provide some interesting learning opportunity for you, but they are building something bigger.

They are creating a portfolio of activities, groups and classes that create a platform to build community. Building community is important to us because it is our greatest weapon in combating loneliness and isolation.

At this year's AGM you will hear us talk about the new social calling programs we added, the spectrum



Larry Mathieson, CEO and President

of food security programs we added, and fitness programs like Solid Gold Fitness or Bhangra Basics. We will tell you why we have continued to offer those programs online and in person.

Our staff and our volunteers are creating these experiences and opportunities partly because they are fun and interesting — but mostly because they know how important it is to keep building the Unison Community.

Nicole Valtorta and her colleagues at the University of York would tell our teams: you are not only building a sense of community but quite literally you are saving lives.

We will probably spend a little bit of time at the AGM talking about this. By the way, the AGM is on April 19 at 10:00 A.M. If you would like to join us you can RSVP by April 5 to [generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com).

## APRIL 2023

**THE MISSION OF UNISON, FOR GENERATIONS 50+:**  
To support older adults to live well in their community.

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Published monthly by Unison, for Generations 50+  
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Kerby News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Kerby News has a pick-up rate of over 90 per cent. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.  
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:  
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

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## COME AND JOIN US FOR OUR 50TH ANNUAL GENERAL MEETING

Notice of Kerby Assembly 2023 Annual General Meeting  
Wednesday April 19, 2023 - 10AM to 11AM at Kerby Centre

#### Agenda

1. Land Acknowledgement
2. Call to Order and Declaration of Quorum
3. Chair's Welcome & Address
4. CEO's Address
5. Approval of Minutes of the 2022 AGM
6. Approval of the Annual Report 2022
7. Highlights & Acceptance of the Financial Report Year ending 2022
8. Appointment of Auditors, InFocus LLP, for 2023
9. Appointment of new board directors and re-appointment of existing Board members
10. Recognition of retiring Board Members
11. Questions from members
12. Any other business
13. Unison video
14. Adjournment to be followed by light refreshments and an opportunity to meet Board Members



Please RSVP by contacting  
[generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)  
\*RSVP before April 5th, 2023

# The story of wedding rings

Barbara Ellis  
Kerby News Columnist

Recently I had reason to contemplate the meaning of wedding rings. For many centuries the ring has become a symbol of a lifelong commitment made between married couples. The ring, or circle, is the most perfect shape there is. When measured from its centre point, it is the same distance all the way around its circumference.

Circles are all around us and over the generations have become embedded into our psyche. Think of the many stone circles that have been found all around the world. Nature also produces circles such as hurricanes, tornadoes,

stars, planets and those pesky fairy rings in our lawns. No wonder we are obsessed with rings and no wonder that the ring eventually became a meaningful symbol that we placed on our finger.

When I looked up its history, I learned that the first record of a ring being used in wedding ceremonies goes back six thousand years to the ancient Egyptians. These were lovingly woven from reeds, hemp or leather to be used in the ceremony.

One set of wedding rings which meant a great deal to me was the set worn by my parents. My mother and father were born in Hungary in the early 1900s

and grew up in humble surroundings. One of my grandfathers was a policeman and the other a tram conductor in Budapest and neither of their salaries afforded any luxuries for their families.

My father decided early in his life to become a minister of the church and began to work, almost obsessively, towards that goal. He did so well that he received a one-year scholarship to the Huguenot Seminary in Montpellier, France.

On his return home, he became an apprentice pastor in a small church where he met my mother. During the next few months, they grew very close and formed

an unshakable bond that lasted all their lives.

Back then, the custom of engagement rings did not exist, and even if it had, the cost of such an ornament would have been prohibitive. So, when they married in 1936, they exchanged golden wedding bands which they wore for the rest of their lives.

After the war, circumstances underneath the Communist regime became dangerous for my father and the fearful decision was made to escape our homeland. It turned out to be the right decision as we made it to safety and certainly a better way of life. Our travels over the next few years took us al-

most completely around the world. From Europe to Australia and then Australia to Canada. While my sister and I stayed here, my parents decided to make one last move to the U.S. where they eventually passed away.

After my father's death, my sister came into possession of his wedding band which she treasured until she passed it on to her daughter as a keepsake. Passing the ring on to my niece was the best thing she could have done because Michelle has always shown an interest in her heritage. She would spend hours asking both her mother and myself about our lives which she then shared with her two boys. She was doing just that when during their conversation, she showed her youngest son the old wedding ring. It so happens that Joshua is about to be married himself and so he tried on his great-grandfather's ring and wonder of wonders, it fit perfectly. He then wondered if it would be OK if he used it as his wedding ring and so they asked me if I would have any objections to this.

I had absolutely no objections I was overcome with emotions. Tears filled my eyes and I had trouble focusing on the e-mail. I read it several times before the meaning of it sunk in. How wonderful to think that my father will be represented in such a meaningful way at his great-grandson's wedding ceremony and throughout his married life.

Mostly young people are absorbed in their own lives and don't think or wonder about their history. That is how it was with me when I was young. What was ahead was always more exciting than what was behind. Now it is the opposite as what is behind is a lot more than what is left in front of me. My parents told me many things about our past and I am glad that I listened and remembered the stories well enough to eventually write them into a book. 'Our lives, as most lives, were filled with trials and tribulations. There was so much joy and laughter, some unhappiness, great achievements and even some sorrow.

I hope that sometime in the future, my grand-nephew and his bride will be able to tell their children and grandchildren about the ring, my parents and our past.

I also hope that that little ring will still be around all those years in the future, and be ready for another groom to wear and enjoy.

Note: the event below is through Cowboys Casino and is not affiliated with Kerby Centre or Unison, Generations 50+

## EASTER SOCIALS

WED, APRIL 12TH | 11AM - 2PM

Menu \$16.00  
(Per serving, Cash accepted only).

Roasted Turkey, served with a side of Mashed Potatoes, Mixed Vegetables, Gravy, Cranberry Sauce, a fresh Spring Salad and Dinner Rolls. & Delicious Pastries for Dessert.

Free Slot Tournament with Prizing!  
Cash Prizes Drawn at 2:30pm

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TUE, APRIL 25TH | 11AM - 2PM

Menu \$7.00  
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# Aging in the “right” place



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*Debra Molzan  
Kerby Columnist*

The “Golden Years” are how my parents referred to their retirement years. There comes a time in life when we all should be thinking about our future. You might be in the same situation. So often it is family members, caregivers or even strangers who are making decisions for someone who can no longer do it for themselves.

Aging in the right place takes planning. There are many questions to consider. It can be over-

whelming, but — with a little research — it often can turn into an exciting time. Aging in place does not necessarily mean forever living where you do now. Sometimes this just is not possible. Life situations tend to show up suddenly. They could include the loss of a loved one, a health setback, financial struggles, feeling lonely and isolated, or needing more supportive services.

Just the thought of moving can be overwhelming. We have lived in our homes for many years. Everything is familiar. We know our neighbours and commu-

nity. It is a very hard decision. It may even feel like leaving your best friend behind. Just remember that the memories you cherish will go with you.

We are lucky to live in Calgary. There are so many options to consider. Everyone’s situation is unique and personal. Take the time to plan. First steps first! Your personal health and financial situation will determine the best housing option for you.

If you currently own a home, it is important to know the costs involved with selling your home and the amount you should be planning to budget for your new home.

Are you nearing or in retirement and want to have extra funds available for investment? This will influence your decision.

Are you healthy to live independently? Many retirement communities are specifically designed for older adults. This type of housing is typically one-level living and you can have home care services come in as needed. They can range from the “villa” concept to apartment living. It all depends on what you are looking for and your price range.

Every complex is different. Many offer amenities such as swimming pools, bowling alleys, libraries, craft rooms, gyms, and many social activities. There are even apartment-style condominiums that have dining rooms and offer optional dinners.

When more supportive services are needed, there are retirement residences that offer meals, housekeeping, and health care. These residences are usually a month-to-month lease and all vary in cost and services provided.

It is important to do your research while you can. The housing choices you make today, while you can, will only benefit your future. You will be able to live the lifestyle you have chosen and age in the “Right” place!



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 Alberta Health Services

# Planning for End-of-Life care

*Dying with Dignity Canada  
Calgary Chapter*

April is Advance Care Planning month. Most of us know that Advance Care Planning (ACP) is something we need to do, but what is it and where to start?

ACP consists of three elements – a will, a designated Power of Attorney, and a Personal Directive (PD). A will is a legal document that confirms your wishes regarding the distribution of your property and the care of any minor children after you die. The document will specify who will be the executor.

A power of attorney is a legal document to give one, or more than one person, the authority to manage your money, and property on your behalf if you should become incapable of handling these matters yourself while you are still alive.

Finally, a Personal Directive (PD) is a legal document which specifies any healthcare related directives you would like to make known.

As is the case for power of attorney, this document will only come into effect should you become incapable. Your agent must be specified. This may be the same person as your power of attorney or not. Currently, it is estimated that only 20% of Alberta's adult population have a completed PD in place.

While a will may be more top of mind, particularly if you own property or have dependent children, a personal directive is often the last thing people want to think about, particularly if you are healthy and are used to being in control of your life and making your own health care decisions independently.

Life can be unexpected. Sometimes we see health declines coming, and other times, without warning, we may find ourselves in hospital with a life-threatening illness – perhaps even being unable to speak for ourselves.

What happens then? You will be reliant on the decisions that your loved ones will be making for you on your behalf – but do they know what you want?

Taking the time now, when you are healthy and competent, to write down your wishes eliminates the guess work for your loved ones at your time of need.

You may think they

would know what you would want – but what if they don't? Or what if there is disagreement? In the absence of any direction to the contrary, doctors will generally default to doing as much as possible to save your life whether or not this is what you would want. Wouldn't it be better to have a clear and well-thought-out document at the ready to ensure your wishes are being respected?

Dying with Dignity has a free, simple, and practical kit available for download at <https://www.dyingwithdignity.ca/education-resources/advance-care-planning-kit/>. Alternatively, you can call DWDC toll free at 1-800-495-6156, and a member of the team will mail you a copy.

The kit will guide you to consider your personal values and beliefs related to critical illness healthcare to ensure that your PD is unique to you. It includes questions about what you fear most near end of life (e.g. Being dependent on others for everyday activities like eating and bathing, etc.), as well as what is important to you (e.g. quality of life over quantity, your hobbies or reading, time in nature, etc.).

It asks you, if possible and reasonable, if you would prefer to die at home, in hospice, or in hospital. It also prompts you to consider questions about end-of-life ceremonies and about how you would like to be remembered. Finally, it pro-

vides tips on initiating conversations with your agents, loved ones, and medical team.

The DWDC website also provides province-specific forms for download needed to create your PD and to appoint your agent. These forms, filled out and witnessed properly, will meet most people's needs. However, if you feel unsure about preparing them, have trouble expressing yourself in writing clearly, or have unusual or complicated circumstances, you should consult a lawyer who is familiar with preparing these documents and the legislation relevant to them. Usually this will be a lawyer with expertise in preparing wills and Powers of Attorney.

Seeking legal advice will ensure that you fully understand all of your available options and that your documents fulfill the legal requirements of your province.

We suggest that if you do choose to consult a lawyer about preparing an Advance Directive, you first complete the DWDC form as best as you are able and bring it with you so that the lawyer is familiar with the wishes that you want expressed.

A lawyer will appreciate this information so they may craft a PD that is unique to you. Remember – you can always change and update your PD. It's a good idea to review it regularly to ensure it still reflects your wishes.

*Continued on page 18*



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# The SVB Insolvency explained

IG Wealth Management  
Submission

On Thursday, March 9, Silicon Valley Bank (SVB) announced that they were going to take steps to improve their balance sheet and capital ratios. Their plan was to sell US\$21 billion worth of investments and raise \$2.25 billion

in new equity. We now know that this equity offering failed and rather than shore up capital, the SVB's troubles triggered a panic among its depositors leading to a massive withdrawal of funds.

In its normal course of business, SVB's deposits grew from just over US\$60 billion in the first quarter of 2020

to more than triple (just under US\$200 billion) by Q1 2022. SVB in turn had invested in mortgage-back-securities and U.S. treasury bonds. As interest rates rose over the last year in rapid succession, the market value of these bonds fell to less than what SVB had paid for them. By the end of 2022, their assets had fallen in value by more than US\$17 billion. Into 2023, the situation worsened as rates kept surging.

As a result of changes to the banking rules following the Great Financial Crisis, banks have been allowed to classify bonds in an unrealized loss position as securities held to maturity in order to recognize that their loss didn't reflect their capital risk. In reality, these securities have themselves virtually no risk of default as they are U.S. government securities or carry government guarantees. The value of the bonds fell simply due

to the fact they pay interest at a much lower rate than newer bonds.

However, at the same time, tech companies and startups came under pressure. The challenges at tech companies (cost management, lack of new funding) were heavily reflected in SVB's client base. New deposits dwindled and withdrawals increased. To satisfy these withdrawals the bank had to sell the securities they were supposed to hold until maturity, thus realizing the losses. What was unlikely became reality. And at that point, the loss carried on these assets was bigger than the whole of the bank's book value.

Last Thursday, customers tried to withdraw US\$42 billion in deposits fearing that SVB would fail. The demand pushed SVB into failure, as they did not have enough money to give back to all its customers.

By Friday, March 10, SVB had failed resulting in the U.S. Federal Reserve (the Fed) stepping in over the weekend.

Earlier we said that the securities held to maturity by SVB held virtually no risk, and that the losses were for the time being unrealized losses as a result of a rapidly rising interest rate environment. In recognition of this, and to quell the potential of financial contagion, the Fed stepped in over the weekend and launched a new program.

The Bank Term Funding Program (BTFP) is a facility that will loan money to banks for up to a year, and take collateral of their long-term and short-term needs, with their long-term assets serving as collateral valued at par. Simply put, this program is designed to prevent another bank coming under pressure due to the same circumstances at SVB.

Further, U.S. regulators stepped in to guarantee all the deposits in SVB in order to restore confidence in the financial system.

The response should help to soothe investors worried about additional bank runs or the risk a fresh financial crisis would trigger a recession.

In our view we be-

lieve the current situation with SVB is very different from what transpired during the Great Financial Crisis – and parallels to the collapse of Lehman Brothers is unwarranted.

The Great Financial Crisis was brought about by the massive leverage of the global financial system. It was a systemic failure of credit oversight with the banks holding on to effectively worthless assets. In today's case, bank assets are of much higher quality with much less leverage. The Fed's BTFP should provide short-term relief for banks holding U.S. Treasury securities that have fallen in value as a result of higher interest rates.

While this is a failure by the Fed to recognize the unintended consequences in their inflation fight, we believe the steps taken will contain the potential spread of contagion. It will remain to be seen if confidence in the banking system remains intact after such an event, but if the Fed learned one thing from the Great Financial Crisis, it is to never let confidence in the financial system fail. We expect additional support by the Fed should it be warranted.

We believe a near-term pause in rate hikes by the Fed is becoming more likely – which bodes well for bonds and potentially equity markets. A pause may come as soon as next week. In the meantime, we expect market volatility to increase in the coming days until confidence is restored. Despite the near-term volatility we don't believe this will result in a renewed bear market. At the same time, the current situation highlights the benefit of a well-balanced portfolio whereby bonds provide a benefit with an offset to equity market volatility.

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# EASTER WEEK EGGSTRAVAGANZA!

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JOIN US FOR OUR WEDNESDAY DANCE FEATURING THE  
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# Ageism is a rampant issue

By Jeff Rubin  
Columnist

Whether you're 8 or 88, age is one of the first things we notice when observing other people. However, age is often used to categorize and divide people in ways that harm, and create disadvantage, injustice, and miscommunications across generations.

Ageism is defined by the stereotypes we accept, the prejudice we feel, and the discrimination we show towards others or ourselves, all based solely on age.

According to a 2021 World Health Organization global report on aging, this prevailing attitude is pervasive, affects people of all ages, and can have severe and far-reaching consequences for people's health, well-being, and human rights.

How pervasive is ageism? According to the findings, it's alarming.

Today 1 in 2 people are considered ageist against older people. Equally disturbing, in Europe, younger people see ageism as a detriment to their own well-being more so than other age groups do.

Despite its broad reach and negative impact on individuals and society, ageism remains largely invisible, accepted, and ignored.

With ageism ingrained into the public psyche, why has the issue of age-specific competency tests received such little public outcry and greater acceptance in recent polls?

Despite readily available research to the contrary, misperceptions about age and ability continue to remain the norm.

According to a 2017 Harvard Health Publishing report on How Memory and Thinking Ability Change with Age, "Scientists now see the brain as continuously changing and developing across the entire life span.

There is no period in life when the brain and its functions just hold steady. Some cognitive functions become weaker with age, while others improve. These changes enable the aging brain to become better at detecting relationships between diverse sources of information,

capturing the big picture, and understanding the global implications of specific issues."

While we generally believe that a person's skills and abilities diminish with age, there are people whose ability to do something well and efficiently extends into their 70s, 80s, 90s, and beyond.

Here are some examples:

At 75, cancer survivor Barbara Hillary became one of the oldest person and the first black woman to reach the North Pole.

At 82, William Ivy Baldwin became the oldest tightrope walker to cross the South Boulder Canyon

in Colorado on a 320-foot wire.

At 83, famed pediatrician Benjamin Spock championed world peace.

At 86, Katherine Pelton swam the 200-meter butterfly in 3 minutes, 1.14 seconds, beating the men's world record for that age group by over 20 seconds.

At 94, comedian George Burns performed in Schenectady, NY, 63 years after his first performance there.

At 98, Beatrice Wood, a ceramist, exhibited her latest work.

At 99, Teiichi Igarashi climbed Mt. Fuji.

You may perceive these

individuals as exceptions, but what we think, feel, or say about ourselves as we age does make a difference in what we believe is possible.

Helpguide.org, a leading global mental health website, defines healthy aging as finding new things you enjoy, staying physically and socially active, and feeling connected to your community and loved ones. One of the more damaging myths of aging they cite is the assumption that after a certain age, you won't be able to try anything new or contribute to things anymore.

On the contrary, Helpguide.org says the op-

posite is true. "Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change regardless of age."

Creating a positive environment and maintaining a positive attitude is sound advice at any age, and also begs a few questions about what is possible for you.

*Continued on page 27*



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# The life of Emily Spencer Kerby

Amanda Borys  
Cemetery Tour Volunteer

While the name Kerby in Calgary brings to mind the bespectacled, white haired Reverend George Kerby, few remember the contributions of Emily Spencer Kerby, Reverend Kerby's wife, support, and equal in faith, energy, and intelligence.

Emily Spencer was born in Toronto to James Spencer, M.A., a Methodist minister, and his wife. Emily was well educated, graduating from the Toronto Normal School and went on to be the principal of a public school. She met Reverend George William Kerby at a revival in Woodstock, ON where Kerby was one of the speakers. They married on Oct. 11, 1888, and Emily joined her new husband on his preaching tours.

In 1902, the Kerbys re-

ceived an invitation from a Methodist church in the Northwest Territories, located in a relatively new settlement called Calgary. Emily is said to have strongly influenced her husband in taking up the call and, on January 2, 1903, the Calgary Herald reported that the Reverend Kerby would be bringing his ministry to the Calgary Central Methodist Church. The couple, with their son and daughter, arrived in July of 1903.

Kerby served as the pastor of the Calgary Central Methodist Church from 1903 to 1910, with Emily by his side. However, Methodist records indicate that Emily was not the typical pastor's spouse. The observations were that "she was not active in offices as many women we could mention, but her name appears in the old minutes of the women's organiza-

tions; she gave Scriptural readings with comments, lead in prayers, gave talks, offered many motions and ideas, and also, she sang in duets." While such activities were acceptable in eastern Canada, in western Canada, it was unusual for women to take leadership roles in mixed company. Emily was first appointed as a class leader in 1910 and, in 1912, she was teaching the esteemed young men's Anti-Knockers Bible class.

Emily was a strong proponent of women's rights, both within the Church and in the broader society. During the time her husband served as the pastor of the Calgary Central Methodist Church, when many were working towards a revival, it was not uncommon for men to list liquor, tobacco, and women as bad influences. Emily spoke against this characterisation, stating

that women were as capable as men, but provided with fewer chances in life. She saw the goal of revival as bringing about freedom, self-respect, and education for women as well as men.

In 1910, Kerby left his position with the Calgary Central Methodist Church to become the first principal of Mount Royal College, again with Emily by his side. Emily served as a teacher, planned cultural and social events for the school, and organized a club designed to educate the female students about current events. Emily was not paid for her work, as it was seen as part of her duties as Reverend Kerby's wife.

However, Emily had her own work and interests as well. She worked with Mrs. John McDougall, Mrs. G.S. Jamieson, and Mrs. Thomas Underwood to establish the Calgary Young Women's Christian Association (YWCA) in December 1910. Concerned about the resources available to young single ladies arriving in Calgary, the purpose of the YWCA was to provide a safe space for women without family or friends in the city. The organization would also go on to provide English language instruction to immigrants and aided in petitioning the provincial government to establish a minimum wage of \$12/week for women in the workforce.

In addition, the YWCA offered physical education courses, summer camps, accommodation and employment services, and swimming and basketball

tournaments for women. Emily was elected honorary president in 1907 and served as a president and a board member until 1920.

Emily's interest in advancing women's rights also led to her involvement in the Local Council for Women (LCW), which served as a forum and lobby for the city's women societies. Emily became the president from 1917 to 1918 and a board member for many years. She was involved in such issues as the temperance movement, the treatment of children, birth control, improving conditions for working women, and suffrage, as well as more minor issues of weed control, sewage disposal, and ending trade on Sundays. In 1914, Emily was part of the group that presented Premier Arthur Sifton with a petition of 44,000 names supporting women gaining the vote.

In addition, Emily was busy with the Women's Christian Temperance Union, the Red Cross, the Women's Civic Organization, and the Women's Research Club. She was a prolific writer and an engaging speaker.

Emily Spencer Kerby died on October 3, 1938, nine days before she and Reverend Kerby would have celebrated their fiftieth wedding anniversary. She was 78 years old. Her funeral was well attended by leading churchmen, as well as ordinary citizens whose lives were made better by her endeavours. Reverend Kerby acknowledged that "No man could have had a better partner than my wife...In all my work, both church and college, Mrs. Kerby has been a great factor."

Emily's work ethic, compassion, strong commitment to equality, and unerring dedication to her causes helped shape the societal views and opinions in Calgary and Alberta in both Emily's time and ongoing to today. Hopefully when one hears the name Kerby, they will be reminded of this amazing couple who worked side by side to make our future a brighter one.

The City of Calgary runs volunteer cemetery tours from May to October every year. To find out more about Calgary's history, check out the tours by searching for Cemetery Tours on the City's website. [www.calgary.ca](http://www.calgary.ca)

Kerby Café Presents *Vocal Latitude*

Join us for a free performance by the Vocal Latitude World Music Choir!  
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# Coming to Calgary; a new arrival story

Sylvia Okoroegbe  
Kerby News Submission

The first time I visited Canada was in 2004 and that was in Toronto!

My first impression was from the airport: I was respectfully treated although it was at the height of insecurity worldwide, particularly in that part of the country and the USA, in my early 50s.

My suitcases were not searched, and neither was my hand luggage. The only question from the immigration officer with a friendly disposition was my purpose for visit and I explained that I was there to spend my Christmas and New Year's holidays with my daughter and family friends.

After clearance, they wished me a Merry Christmas and a happy holiday! I was surprised that I asked him "Pardon me?"! Such was rare then and I fell in love with Canada for such a warm embrace to a first-time visitor to Canada although I came in after visiting the USA.

As I stated earlier the level of insecurity was so high that I resigned myself to all forms of security checks. I fell in love with Canada and started wondering if we should withdraw the children from US universities to Canada!

That would have been a very difficult venture. I have visited several times since then and other countries but I described Canada to a friend as a combination of America, Europe and the country itself! What a wonderful place to be!

Then in 2018, my daughter as a Canadian citizen informed me that she would want to file for us as parents to have permanent resident status which we accepted. The application was delayed due to Covid-19 and it was not until 2022 that we got approval for the issuance of a visa.

We were confused as to where to choose but finally decided on Calgary! I think we have heard so much about Calgary that informed our decision.

We arrived in Calgary

in November 2022 from Nigeria after a long flight that took us from Abuja to Addis Ababa, Dublin, Toronto and our final destination, Calgary.

Our immigration and customs clearance was prompt at the airport. The words of the immigration officer who was so kind and professional "I am happy to inform you that your application for permanent residence in Canada has been approved by the Government of Canada!" How else can one be so lucky?

We arrived straight

at the Airbnb which we have already booked from Nigeria and our search for an apartment began.

I was confused to learn we have to apply for our Social Security number, look for a family doctor, get medical card insurance, and various other things. All that went through my mind was a huge bureaucracy that would disrupt our settling down to a new life as seniors. It was like being told to get everything without having an idea of how to start. However, contrary to my fears, in all

the applications we made and appeared in various offices, we met with very kind and amazing people who made it possible for us to get all that is required.

I must add that before getting a physician, I fell sick and was confused as to what and where to go. We were advised to just visit any public hospital. I made up my mind to just try and survive with force knowing that the weather has been "kind" to us, coming from a tropical country with summer all through the year! I found

my way to the nearest general hospital to my location and to my surprise I was well attended to, treated and was allowed to leave for home in the evening.

The last of that needed to be sorted was to file for our tax return and that brought us to Kerby Center where we met amazing volunteers that promptly attended to us.

I took the recent publication of their newspaper which brought me to what I am doing right now, writing for the Kerby News!



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INSPIRED SENIOR LIVING WITH 

# Spring has sprung, start your engines!



Deborah Maier  
Calgary Horticultural Society

Gardeners, we are finally in the homestretch. I have been telling the overwintering plants for months to “hang in there” and “soon you’ll get to move outside” (yes, I talk to my plants). Well, now it is true. If the weather is good, many of the warm season plants can be placed outside during the day in a sheltered spot. Like seedlings, they need to harden off to outdoor conditions. The leaves need to become

accustomed to sunlight and wind. A fan and grow lights help plants survive winter indoors, but do not emulate the intensity of outdoor weather.

Too much sun and wind too soon and the plant’s leaves will be tattered and sun scalded. I was not careful enough last year and my bay leaf laurel, a broad-leaved evergreen, was sun scalded and its leaves still show the damage. After over six months inside, the plants and I are looking forward to the return to outdoor grow-

ing. However, frosts, snow, and other plant hazardous weather is still expected, so frost cloths and room for plants in the garage are needed.

This is the month for starting seeds and moving plants started earlier into cold frames and hoop houses. Many gardeners will know cold frames as unheated greenhouses or small box-like structures with a lid that lets sunlight in. Hoop houses are temporary cold frames made with hoops over which garden

cloth is secured. The hoops can be a flexible wire rod or PVC pipe. The hoop can be pushed in the ground or secured in place by a frame such as a raised garden bed box. These structures can keep the air temperature inside at least 5° C warmer than the ambient air temperature—usually enough to keep plants safe from freezing during April and May.

If the ground can be worked, then cool season crop seeds can be planted. These plants include sweet peas, peas, spinach, kale, cabbage, and radishes.

Radishes are magnets for pests. Plant them throughout the garden as a trap crop to keep pests away from other plants. If you like to eat radishes, plant one for eating and two for the pests. Don’t plant the growing area all at once; every week plant more seeds so that you will have a succession of maturing crops.

There is a huge transition in the garden from now until June. April can be very wintery, but buds will start to swell. The first spring flowers appear. Fall planted crocuses, scilla, snowdrops, and squill bloom. Many of the blooms on these flowers are small, but it is exciting and refreshing to see them. The ground is still covered in winter litter and brown, but every day a new green sprout will pop through.

These wee green sprouts and buds herald the lush time to come. When the leaves start to show on shrubs and trees, if the ground is dry, be prepared to water low and slow around them. Water in the area from the tips of the branches to one-and-a-half times the height of the tree away.

Some of the earliest blooms can be seen on shrubs and fruiting trees. Apples, double-flowering plums, forsythias, Nanking cherries, pears, and saskatoons will start blooming this month. Perennial plants—hepatica, violets, and cushion spurge will start to bloom, too.

Plant stock is arriving at garden centres, but the stores will still be quiet places to visit, so if you need seeds, pots, or soil, visit this month. For summer colour, start annuals that need to be sown 6 to 8 weeks before the final frost. These include alyssum, marigolds, pinks, ornamental clary sage, and zinnias to name a few of my favourites.

April offers a siren song. As gardeners we need to pay attention to the weather. Days can be warm, but nights can dip to tender plant-killing cold. Start your engines gardeners, but take it easy, we are in the homestretch to the outdoor gardening season.



# Seniors'

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[www.albertalymphedema.com](http://www.albertalymphedema.com)



The Alberta Lymphedema Association (ALA) is committed to ongoing education of its stakeholders. ALA works to make a difference and empower affected individuals and their families to help manage this condition. ALA works from the patient standpoint and is completely volunteer run. We have advocated for Alberta lymphedema patients since 2003 and we will continue to do so to ensure people impacted by lymphedema are able to be diagnosed and treated wherever they live in Alberta.



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 email: [info@CalgariansForHousingRights.ca](mailto:info@CalgariansForHousingRights.ca).

We are individuals and organizations who support the progressive right to adequate housing as per the National Housing Strategy Act, 2019 and international law, including the United Nations International Covenant on Economic, Social and Cultural Rights. We advocate to ALL levels of government and work with allies across Alberta and Canada. We are disturbed by the growing housing EMERGENCY in Calgary that makes it difficult to age in place: over 126,000 households in Calgary cannot afford housing (Census 2021) and it is difficult to find accessible housing. We consider important the upcoming public housing Reviews by the Federal Housing Advocate and the House of Commons "HUMA" Committee - including regarding financialization of housing and its impact on long-term care deaths, rent gouging and homelessness. We wish to help Calgarians understand their housing human rights. LEAVE NO ONE BEHIND!



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[www.calgaryheritagehousing.ca](http://www.calgaryheritagehousing.ca)



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Our seniors must be capable of living independently (among other requirements), but we know that even the most fiercely independent among us can use a little assistance every now and then. To this end, we have two tenant support workers on staff to help connect our seniors with available resources and supports in the community at large. Helping to support the senior's quality of life, and hopefully preserve their independence longer, proves beneficial to everyone.

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# Seniors' EXPO 2023

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Founded in 2001 by a group of concerned caregivers, Caregivers Alberta strives to empower caregivers and promote their well-being by providing help finding resources, one-on-one coaching, and programs and education for people caring for family members or friends.

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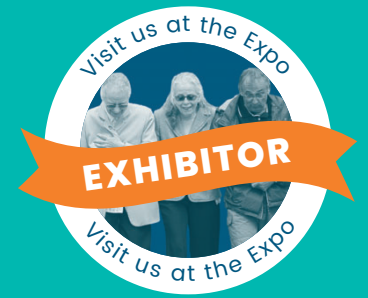
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Silvera for Seniors is a non-profit provider of safe, affordable and well-priced housing and services to independent older adults. In addition to independent living, we also offer supportive living, which means daily dining, weekly housekeeping and life, learning and leisure programs. Located in all quadrants of Calgary, we offer rent geared to income, rent fixed at a percentage below the average market rates and well-priced market housing. Silvera provides a home for 1,750 seniors in 27 locations with 400 employees. Silvera's dedicated employees work with our exceptional volunteers, donors and partners to help older adults live their best lives.

# Seniors' EXPO 2023

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At Verve, we believe that retirement living can BE inspired and inspiring. Verve Senior Living offers multiple levels of care with personalized service – because everyone is unique and every day should be lived to the fullest. We offer Independent Living, Assisted Living and Respite Stays at all of our Calgary and area locations and Memory Care at select locations. Stay socially connected in a safe and secure environment. Enjoy peace of mind knowing that our on-site Health and Wellness team can provide care that evolves to meet your needs. Enjoy exceptional dining with chef inspired meals and monthly themed brunches and dinners. Participate in life enrichment activities including: Walk Fit, Drum Fit, Yoga, Artfull Enrichment, Fit Minds, bus excursions, and more.

We would love to welcome you for a meal and tour at the location best suited for you: Lake Bonavista Village (South East Calgary), The Lodge at Valley Ridge (North West Calgary), Prince of Peace Manor and Harbour (Rocky View County), Trinity Lodge (South West Calgary), and Riverwalk Retirement Residence (South West Calgary). Ask about our Trial Stays. They are a great way to test the waters or have a staycation and help us find out what inspires you.

# STAY UP TO DATE WITH ALL THINGS EXPO ONLINE!



Scan or visit [UnisonAlberta.com/seniors-expo-2023](http://UnisonAlberta.com/seniors-expo-2023)



# Making the most of your seniors expo!

Andrew McCutcheon  
Kerby News

So soon after our last one that broke record attendance numbers, Unison's Kerby Centre is excited to say we're hosting another one of our popular Seniors' Expos this April!

Filled with booths, vendors and excited presentations, it's a one stop shop for everything related and relevant to our older adult community.

With so much going on, it might seem overwhelming, but we're here to help with some great tips on making the most of your attendance.

**1. Plan your visit**

There's plenty going on at our Seniors Expo, with lots of information

on our unisonalberta.com website in terms of what will be going on. Do you have a specific event you're aiming to attend? A booth in particular you're wanting to visit? Or maybe you have questions you're wanting answered? Try to figure out the top three things you want out of the expo and make sure you get as much information as you can ahead of time so you don't miss anything important.

And of course! Wear comfortable shoes and clothes, something for walking around in, and maybe a notebook for information taking!

**2. Take your time!**

Our expo runs from 9:00 A.M. to 3:00 P.M.,

so there's plenty of time to walk the paths and see everything you want to, so don't rush! There are plenty of opportunities to take a load off, rest, take notes or make connections with other like-minded seniors!

Check out our Cafe and grab a coffee, or attend a presentation. The Expo isn't a race, so there's no need to try to see everything you want all at once.

It's a good idea to plan several trips down the pathways of booths available. Go down once and eye up anything you'd like extra information on, take a slight break and go over who you'd like to speak with or stop by, and then do a second — or even third! — trip taking your time, chatting with folks and getting business cards or contact information.

**3. Don't be afraid to chat!**

Expos are all about



networking and making connection. You might be more shy or reserved than most, but remember: everyone at the expo is there to meet people! Don't be afraid to introduce yourself, say hello or ask questions.

That being said, exhibitors have a lot of folks to talk to. Try your best to not hold someone's time for an extended period. If you find yourself engaging in a longer conversation, exchange contact information to speak with the person another time,

so they can make themselves available to other attendees!

**4. Have fun!**

Seniors Expo only comes by once a year, and even though it's a massive event, we want all of our attendees to walk away smiling. Feel free to come by one of the several Unison Kerby Centre booths to ask about our own programs or just say hi! This is our chance, as well, to get some quality time with our community. See you there!



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**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**





## FREE UNDERSTANDING SENIORS HOUSING

Presentation on Housing Choices

Local housing experts will discuss all seniors housing choices in Calgary. Also, ask can questions from housing providers who will be on-site that day.



**Thursday April 27, 2023**  
Kerby Centre Main Gym

Housing Information Booths Available. Limited seating please register quickly.


**9:30AM DOORS OPEN** **10:00AM-12:00PM SPEAKERS**  
**cshfevents@gmail.com or Call: 587-777-6117**  
**Eventbrite https://tinyurl.com/cshfsapr27/**

 This event is an excellent way to prepare for the Seniors' Expo at Kerby Centre, Saturday April 29, 2023




**calgaryseniorshousingforumsociety.ca Email cshfevents@gmail.com**

**'MONEY TALKS' AT UNISON**




**WILLS & ESTATE PLANNING**  
WEDNESDAY, JUNE 7 @ 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@unisonalberta.com | 403.705.3179**

Kerby Centre 1133 7 Ave SW 

# SUDOKU AND CROSSWORD PUZZLES

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

## Advance Care Planning

Con't from pg. 7

As you are reviewing and completing the kit, it will be important for you to discuss your wishes and intentions with your loved ones to address any questions they may have. Take particular care in discussing your wishes with your agent. Ensure that you provide copies to your agent, your healthcare providers, and to your lawyer. Inserting a copy in your Alberta Health Services Green Sleeve will ensure EMS and hospital health teams are aware of your wishes. The kit includes a wallet card and a fridge note. These will help notify those who may be assisting you during a health crisis identify that you have a PD and where it is. Remember to keep your Green Sleeve on or near the fridge in your home as that is where EMS will look for it.

Most of us cannot imagine the day when our loved ones will have to make the hard and very personal decisions regarding how to handle and manage our loss of capacity or our death but by having your ACP in place and reviewing it with your agent and other important people in your life, you will be giving them the peace of mind that they will be able to act in accordance with your wishes.

**Advance Care Planning Workshop**  
 May 13 10:30 A.M. to 12:30 P.M.  
 Kerby Centre Lecture Room  
 An IN-PERSON event presented by the Calgary Chapter of Dying with Dignity Canada  
 End-of-Life Information You Need to Know!

### PREMIER Crossword

By Frank A. Longo

#### CELEBRITY ANAGRAMS

##### ACROSS

- 1 Hindu music pattern
- 5 Captivated
- 13 Kellogg's toaster treat
- 20 Missing GI
- 21 Sprinted competitively, perhaps
- 22 One shunning something
- 23 Best Actor nominee for "Mrs. Miniver"
- 25 Maximal-ebb phenomenon
- 26 Trauma pro in a hosp.
- 27 "Knives Out" actress — de Armas
- 28 No, in Fife
- 30 Japanese wheat pasta
- 31 Filmed again
- 33 American Ballet Theatre principal dancer beginning in 2015
- 39 Double Stuf cookies
- 42 Look for water with a divining rod
- 43 "Juno and the Paycock" playwright Sean
- 44 He played Otto Octavius in "Spider-Man 2"
- 48 Truth bender
- 49 Shifts body weight against
- 50 Pics to click
- 52 Which person
- 55 Series-ending abbr.
- 56 "Yes, Yvette"
- 57 "The Revolution Will Not Be Televised" poet
- 62 Jeff Bridges sci-fi film
- 65 Glockenspiel relative
- 66 Frosty film
- 67 Planet's path
- 68 Trying Jenny Craig, e.g.
- 70 Stands up
- 71 Midday time
- 72 Treaty result
- 74 Impacts
- 77 Apt retail establishment for 57-Across to own?
- 80 "Kewl!"
- 81 Daddies
- 83 Moose kin
- 84 These, in Spain
- 85 Alternative to laser tag
- 88 — buco
- 89 Apt item for 44-Across to keep files in?
- 92 Chief Cochise, e.g.
- 95 Garlic mayo
- 97 Principal
- 98 Apt business for 33-Across to have on the stock exchange?
- 101 Mimicking a crow's cry
- 105 Sci-fi princess

1	2	3	4		5	6	7	8	9	10	11	12		13	14	15	16	17	18	19		
20					21										22							
23					24										25							
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67								68	69									70				
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83													85	86					87			
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92	93	94							95	96					97							
98								99						100			101			102	103	104
105														107	108	109			110			
111																				118		
119																						121
122																						124

- 106 Alias letters
- 107 Pal, to Yves
- 110 Former chief justice Roger
- 111 Carrier based in Tehran
- 114 Apt ingredient for 23-Across to make a jiggly dessert?
- 119 Guevara called "Che"
- 120 Exhibit A, say
- 121 Assistant
- 122 Court period
- 123 Like the Zax and the Lorax
- 124 Gleeful cries
- 17 Reebok rival
- 18 Made over
- 19 Au courant
- 24 Tourist destination that's "green"
- 29 Golf rarity
- 32 Ho-humness
- 34 Cruel Amin
- 35 Many an heir
- 36 Pan Am rival
- 37 Travel origin, generically
- 38 Virtual money
- 40 "— vincit amor"
- 41 Heavy drinker
- 44 Bar brew
- 45 "It's go time!"
- 46 Almanac, in large part
- 47 Ship's diary
- 48 Trent of Mississippi
- 50 Slushy drink
- 51 — Rica
- 52 Accessory near a mouse
- 53 Real estate transaction
- 54 Individuals
- 58 "It's too hard for me"
- 59 Brought on
- 60 More crafty
- 61 Comic Idle
- 63 "— I a stinker?"
- 64 "I'd rather — there" ("That topic is off limits")
- 67 A while ago
- 69 Loch —
- 70 Ketchup ingredient
- 72 Belittled, informally
- 73 Study of insects, informally
- 75 Many a monk
- 76 Some unofficial sci-fi stories
- 78 Two-gender pronoun
- 79 Prefix with center
- 82 Camera variety, briefly
- 86 Swiss mount
- 87 Bowled over
- 88 Gas ratings
- 89 Floor cleaner
- 90 Styled after
- 91 Writer Anaïs
- 92 Partners
- 93 Capital of South Dakota
- 94 Laotians and Thais
- 95 Just dandy
- 96 Likenesses
- 99 Leslie of "Lili"
- 100 "The Deep" director Peter
- 102 Delhi's land
- 103 Very poor
- 104 Whirls around
- 108 Short skirt
- 109 Old Peruvian
- 112 "Do — say!"
- 113 Skater Midori
- 115 Adam and —
- 116 Actress Lucy
- 117 TV pitches
- 118 Signing tool

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# Medicine Hat

## Controlling our health outcomes

Christie McCaw

BSW, RSW

The Centre for Disease Control and Prevention (CDC) defines the social determinants of health to be environments people are born into, grow, work, live, and age which are influential in health outcomes.

As we head into our golden years, each of these determinants are influential and perpetuate both positive and negative experiences.

Having an awareness of these determinants can provide an understanding as to why we live the way we do and even as we age, change is still possible and somewhat within our control.

1. Income and social status: As we age, retiring and ensuring we have enough income are two major topics. Staying on top of income tax returns is one way to make sure you are receiving the benefits you are entitled to which may include CPP, OAS, GIS, ASB, and quarterly GST rebates.

Some of these benefits are dependent on your age and current income and may not apply to everyone. Find out more information on these programs through the Government of Canada website at <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

2. Employment and Working Conditions: Many people continue to work well past the standard retirement age of 65 for a variety of reasons. Working can provide a sense of identity and daily routine, and/or may be a necessity to earn additional income. The benefits of working in a healthy workplace include improved health and wellbeing, increased job satisfaction, and learning opportunities.

There are negative consequences in extreme working conditions which can lead to sleep deprivation, high blood pressure, and heart disease. If you are feeling overwhelmed and need support, please reach out to your family doctor or a mental health professional.

3. Education and litera-

cy: As we age, education and literacy are still influential in our lives. Formal education in any stage of life can help reduce the risk of cognitive decline and dementia.

There are a variety of options for continued education available through continuing education programs or community programs to meet your needs and fit your budget.

4. Childhood experiences: Our childhood experiences are influential and impact how we experience the world around us. People who have experienced higher ACE (Adverse Childhood Experiences) are at an increased risk for health concerns later in life. Be kind and forgiving to yourself and your experiences as these are often not within our control.

5. Physical environments: The physical environment refers to external surroundings such as air, trees, vegetation, and lakes which influence a person's health. Living where there is access to safe water, clean air, safe houses, and communities affect how we perceive and experience our environment.

6. When we are socially connected to family, friends, and communities we find meaning and reasons to keep moving forward. Have you thought about joining a social group or volunteering? These are great ways to socially connect with others and find meaning in our daily activities. Talk to friends or neighbors and ask what excites them and keeps them looking ahead!

7. Social supports and coping skills: Staying active, eating patterns and accessibility to healthy foods, alcohol and tobacco use, physical activity and sleep are all contributors to healthy behaviors in determinants of health and can decrease the risk of developing life-threatening diseases.

These are activities within our control. If you want additional support in these areas, I encourage you to seek community services or your family doctor to assist or refer you to appropriate programs in supporting

your needs.

8. Accessing health services includes having accessible health and dental coverage, availability to medical supports who can meet linguistic and cultural competency needs. Check out <https://albertafindadoctor.ca/> for more information on finding a family doctor. Also check out Alberta Blue Cross to learn more about personal benefit plans at <https://www.ab.bluecross.ca/>

9. Biology and genetic endowment: We need to admit our biological and genetic disposition are not within our control and genetic dispositions affect certain populations more than others.

For example, as we age, we become biologically prone to the physical and cognitive effects of aging. Family genetics also influence health concerns such as carrying the gene for cystic fibrosis, sickle cell or Huntington's disease.

10. Gender is influenced by societal norms linked to personality traits, attitude, behaviors, values, and levels of power. Gender, as a social determinant of health, becomes increasingly complicated and discriminatory for individuals who identify as two-spirit, transgender, non-binary, and people of color.

Have you ever stopped to think about how your own gender has impacted your health outcomes or access to supports?

11. Culture and Race/Racism: A 2018 article published from the Canadian Public Health Association, Racism and Public Health, best describes the impact of culture and race in the social determinants of health. "Canada remains a nation where a person's colour, religion, culture or ethnic origin\* are determinants of health that result in inequities in social inclusion, economic outcomes, personal health, and access to and quality of health and social services" (2018).

What changes do you have control over and how can those changes impact your own health outcomes?

## Veiner Centre Volunteer of the Month

Happy Easter from Sandy, our volunteer of the month for April. Sandy is a volunteer receptionist working at the front desk at the Veiner Centre, greeting people, giving tours of the facility, answering questions, selling memberships and registrations for all the activities we offer.

She has been volunteering since 2013 after retiring from a life in the Tourism and Hospitality industry, thus she knows how important it is to have a facility where people feel welcomed.

Sandy has also benefitted from the many friendships she has made and the activities she participates in. She loves living in Medicine Hat and being surrounded by all her family and friends, but also really enjoys when she gets the chance to travel.



Between listening to classical and Big Band music, reading historical fiction and biographies, or spending time at Veiner Centre,

Sandy is always busy. If she could change one thing about herself it would be to overcome her habit of procrastinating. Thank you, Sandy, for all that you do and for your 10 years of service and commitment to the Veiner Centre! We hope the Easter Bunny brings you a basket full of goodies!

National Volunteer Week is April 16-22

# THANK YOU

## Volunteers



### A GIANT THANK YOU

to our **140** Veiner & Strathcona Centre Volunteers!

- Meals on Wheels
- Reception Services
- Food Services
- Tax Clinic
- Programs
- Wellness Connections
- Transportation
- Special Events

You are an essential part of the Veiner team!

If you would like to make a difference too, please contact Angela 403-529-8384 or [angelad@unisonalberta.com](mailto:angelad@unisonalberta.com)

# Medicine Hat Veiner Activities

## What's Happening in April

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

**Tech Support**  
Boardroom | 1pm

**Euchre**  
North MP | 1pm

**Shuffleboard**  
Games Room | 1pm

### Tuesdays

**Strathcona Arts Studio**  
Craft Room | 9am

**Chess**  
North MP | 9am

**Crib**  
South MP | 1pm & 6:30pm

**Duplicate Bridge**  
North MP | 12:45pm

**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

**Kaiser Club**  
Dining Room | 1pm

**Duplicate Bridge**  
North MP | 12:45pm

**Mexican Train**  
**Dominoes**  
South MP | 1pm

**Stitch & Laugh**  
Boardroom | 1pm

## Presentations & Events

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

### April 3

**Book Review**  
10:30am - 11:30am | Boardroom

### April 4

**Ask an Advisor**  
10am - 11am | Registration Required | South MP

### April 11

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

### April 13

**Counselling Services with Ben Feere**  
9am | Registration Required

### April 18

**First Link Connections**  
1pm - 3pm | Boardroom | Register by calling 403-528-270

### April 19

**Parkinson Association Support Group**  
12:00pm - 2:00pm | Register with Brienne at 403-317-7710

### April 21 -23

**Scrapbooking Fanatics**  
Starting at 4:30pm on the 10th | Registration Required

### April 28

**Book Club**  
10am | Dining Room | Register with Natasha, Programs Assistant

## Wellness Wednesdays

April 5 | CMHA – Is your mind full or is it mindful? | Boardroom | 9:30am | Registration Required

April 5 | Movie Matinee with popcorn | "Cry Macho" | South MP | 2pm

April 12 | Tech Connect Seniors  
10am | Boardroom | Registration Required

April 12 | BrokerLink: Personal Insurance 101  
Craft Room | 2pm - 4pm | Registration Required

April 19 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am

April 19 | Revera Rocks! With Mariah  
Craft Room | 2pm | Registration Required

April 26 | Coulee Creek Outreach Clinic  
Boardroom | 1pm - 4pm | Registration Required

April 26 | Life Long Learning Presents - "Resilience"  
Boardroom | 9am - 11am | Registration Required

**Tax Free Clinic**  
February 1 - April 28  
Call 403-529-8364 to book appointment

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

# Medicine Hat Strathcona Activities

## What's Happening in April

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner/Improver Line Dancing - 9am	Pickleball - 9am	Absolute Beginner/Beginner Line Dancing - 9am	Pickleball - 9am	Pickleball Lessons - 8:30am
Table Tennis - 10am	Fun & Fitness - 10am	Table Tennis - 10am	Fun & Fitness - 10am	Table Tennis - 10am
Chair Yoga & More 12pm	Solid Gold Fitness - 11:45am	Qigong & Chair Yoga - 12pm	Pickleball - 11am	Hatha Yoga - 12pm
Pickleball - 1pm	Pickleball - 12:30pm	Pickleball - 1pm	Silver Steppers - 1pm	Pickleball - 1pm
	Floor Curling - 2pm	Beginner Tai Chi - 3pm	Floor Curling - 2pm	

### Fitness Class Spotlight

#### High Beginner/Improver Line Dancing

9am - 9:45am | Mondays  
FREE

#### Chair Yoga & More

12pm - 12:45pm | Mondays  
April 24 - May 15  
Members: \$16 | Non-Member: \$40

#### Fun & Fitness

10am - 11am | Tuesdays & Thursdays  
April 18 - May 25  
Members: \$30 | Non-Member: \$80

#### Solid Gold Fitness

11:45am - 12:30pm | Tuesdays  
April 25 - May 23  
Members: \$18 | Non-Member: \$50

#### Beginner Tai Chi

3:00pm - 3:45pm | Wednesday's  
March 1 - April 5  
Free

#### Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays  
FREE

#### Qigong & Chair Yoga

12pm - 1pm | Wednesdays  
April 26 - May 24  
Members: \$18 | Non-Member: \$50

#### Silver Steppers

1pm - 2pm | Thursdays  
April 27 - May 25  
Members: \$18 | Non-Member: \$50

#### Hatha Yoga

12pm - 1pm | Fridays  
April 28 - May 26  
Members: \$18 | Non-Member: \$50

### Tai Chi Fitness Classes

#### Yang Short Form

7:00pm - 8:00pm & 7:00 - 7:30pm | Monday's & Tuesday's

#### Yang Long Form

8:00pm - 9:00pm | Monday's

#### Chen Style Short Form

7:30pm - 8:15pm | Tuesday's

#### Fan Form

8:15pm - 9:00pm | Tuesday's

#### Weapons Form

7:00pm - 9:00pm | Wednesday's  
Must have completed Yang or Chen form before registering for this class. No exceptions

### Evening & Weekend Pickleball

Thursday & Friday Evenings:

6:00pm - 8:00 pm

Tuesday evening: 4:30pm - 6:30pm

Saturday & Sunday Afternoons:

1:00pm - 4:00pm

### Pickleball Lessons

Feel free to drop in on Friday morning's between 8:30am - 10am to learn all about Pickleball. Joan will help you learn the fundamentals and techniques with emphasis on how much fun this sport is!

Don't wait another week, come join us in the fun!

Drop in only

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

# Active Aging Department Calgary In-Person Activities

Welcome to the Calgary Active Aging Department highlights section. For a full listing of all our activities visit our Active Aging Website – [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org)

## In-Person Weekly Drop-In

### MONDAY

- Knitting for a Cause - 10AM (2nd & 4th of month)
- Mahjong - 10:30AM
- Live Well Be Well Conversations - 11AM
- Pickle Ball - 2:30PM

### TUESDAY

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

### WEDNESDAY

- General Craft Group - 9AM
- Men's Shed - 10AM
- Weekly Dance - 1PM
- Cribbage - 1PM

### THURSDAY

- Artist Group - 10AM
- Kerby Centre Tours - 10:30AM meet in the Café
- Shuffleboard - 1PM (Cafe - Mar 9)
- Pickle Ball - 2:30PM

### FRIDAY

- Krazy Carvers - 10AM
- Spanish Conversation - 10AM
- FREE Food Market - 10:30AM to noon in the Kerby Gym
- Tech Help - 11AM
- Badminton & Ping Pong - 1:30PM
- English as a Second Language - 1:30PM



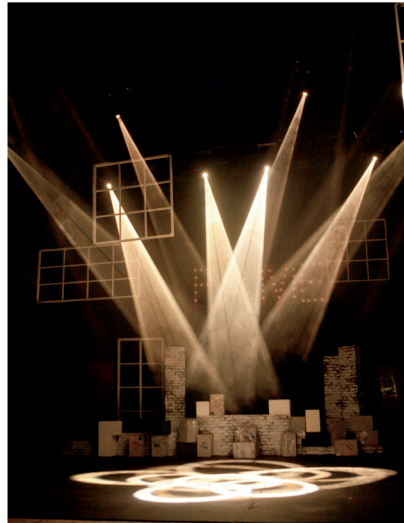
## Laughter Yoga

Fridays May 12, May 19, May 26, June 2

Do you want to bring more joy and laughter into your life? Come have fun during our Expo events on Saturday, April 29 for a free Demo of laughter Yoga.

\*Class Registration Required

## Travel Trips Spotlight



Unison Calgary Travel Trip

### Rosebud Theatre

Date: Wednesday, April 12, 2023

Member Price: \$130.00 Non-member Price: \$160.00

**Cut-off Date: Wednesday, March 29, 2023**

Includes ticket admission, lunch, & bus transportation by Alberta Coach



Unison Calgary Travel Trip

### Medicine Hat Veiner Center, Medalta Pottery, and Birds of Prey Centre.

Date: May 31st - June 1, 2023 (overnight trip)

Member Price: \$280.00, Non-Member Price \$310.00

**Cut-off Date: Thursday, May 10, 2023**

Contact our travel desk for details 403-705-3237

## Wellness Connection Spotlight



### Compassionate Friends Workshop

NEW

A workshop to learn how to be a great support to those that are going through the loss of a loved one.

Wellness Connection Centre | Room 317 | 1:00pm-2:30pm

Thursday, March 16 | Thursday, March 23 | Thursday, March 30

Registration Required\*

## Drum Circle

4-week session on Tuesdays, May 9, May 16, May 23, May 30  
Demo's at Expo on April 29th

Drum Circle has been known to help older adults to reduce tension, anxiety, boost immune systems, increase energy, Improve joint mobility, posture, and cardiovascular issues.

Registration Required\*



NEW

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.



# Active Aging Department Calgary In-Person Activities

## Classes and Activities Spotlight



**NEW**

**Tunes on Tuesday**  
**B23 Tuesday Apr 4 – June 27**  
**11:15am – 12:45pm**

Member \$70 Non Member \$100  
 If you enjoy singing, "All Request Tunes on Tuesdays" may be for you!

**Art of Whimsy Book**  
**B38 Thursday May 25 – June 29**  
**10:00am – 12:00pm Art Studio**

Member: \$89 Non Member: \$119  
 Discover the art of creating whimsical villages and gardens in a delightful little hand stitched book!



**Self Defense**  
**B30 Tuesday Apr 18**  
**10:00am – 12:00pm Room 312**

Member: \$25 Non Member: \$55  
 Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself.

**Beginner Oil Painting**  
**B04 Wednesday May 3 – June 7**  
**10:00am – 12:00pm**

Member \$85 Non Member \$115  
 Design for beginner oil painters. This will teach you new technique and help to develop your style. Supplies not included. Please bring your own supplies: Oil paints, Some brushes in different sizes, Canvas, Palette, Palette knife, Odorless thinner, Linseed oil.

**Ukulele Beginner**  
**B37 Wed April 5 – May 10**  
**11:15am – 12:15pm Room 313**

Member: \$50 Non Member: \$80  
 Don't have a uke?  
 Please contact Active Aging for purchasing information.

## On Sale



hmmm... have you noticed changes with the Boutiques? Make sure you visit us at EXPO!

**Off Location Free Food Markets**



Banff Trail Community Association (NW)  
 April 3 | 12:30PM – 3PM

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

CARYA Village Commons (SE)  
 April 12 | 1PM – 3PM

Bow Cliff Seniors 50+ (SW)  
 April 20 | 11AM – 12PM

Northminster United Church (NW)  
 April 26 | 1:30PM – 3PM

**Active Aging Craft Sale**  
 Thursday, April 27th 2023  
 10:00am – 1:00pm  
 Kerby Centre, Café  
 Selected items 50% off!



## Upcoming Weekly Specials April 2023



Kerby Cafe is open for breakfast and lunch, Monday to Friday 8am-2pm.

- April 3-10 – Easter Ham Meal
- April 11-14 – Chicken Tinga Burrito
- April 17-21 – Chicken Carbonara
- April 24-28 – Fried Chicken Sandwich

\*menus are subject to change without notice due to product availability.

Follow us on Facebook and Instagram @kerbycafecatering.

### \*\*Upcoming Cafe Special Events and Notices\*\*

Wed April 5  
Easter Bonnet Dance  
Mon April 10  
Kids and Grandkids  
Easter Fun Event

Thur April 13  
Vocal Latitude Choir  
Performance  
Fri April 21  
Earth Day Spring  
Social Event

Sat April 29  
Unison Spring Expo  
Fri May 5  
Cinco de Mayo Event

## Active Aging Department Unison Online Activities

### Online Weekly Activities

**Monday**  
Fitness with Dan - 9:30AM

Chair Yoga - 2PM

**Tuesday**  
English as a Second Language - 10AM

Tai Chi - 1:30PM

**Wednesday**  
Men's Shed - 11AM

**Thursday**  
Yoga for you - 9AM

Drum Fit - 10:15AM

**Friday**  
Muscle Strength & Core Balance - 11:30AM



### ONLINE IS ABOUT TO GET BETTER

Are you ready for our Online content to grow by leaps and bounds! We sure are!

We've been looking for the right person to fill a new position that will exclusively work on our Online content. Over the next few months, you will be seeing a new face around the Calgary office and on your computer screens. We are all so excited to be expanding and growing our Online community.

Stay Tuned!

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





# Home sweet home!



Everyone knows the story of Red Riding Hood: traipsing through the forest to get to grandmother's house with a basket of goodies.

It's important to be prepared because the woods are long and dark. It's a scary prospect heading to a destination without knowing what might be there when you arrive.

It's a scary prospect for many of the clients that transition out of our Elder Abuse shelter. The Unison Elder Abuse Shelter is Calgary's first and only shelter for those fleeing elder abuse and we operate at max capacity: over 300 older adults had to be turned away in the past three years.

Ninety per cent of our seniors who eventually transition out of the shelter move into low-income or subsidized housing, and are starting over from scratch. It's a lot to do to move from a place of crisis into a place of peace, and there are many things in our homes we take for granted that these seniors just don't have.

Things like cutlery and dishware, band-aids and soap, clothes hangers and Kleenex: that's a lot of things to pick-

up to help make a house into a home for someone who's starting over.

We want our seniors to feel comfortable and set up for success when they transition, which is why we're asking for "Home Sweet Home" bins from the community. These are 110 litre tote bins filled with a specific list of products that help transform a place of living into a spot where our transitioning seniors can make a new life for themselves, free of ongoing trauma and crisis.

The bins and their contents can easily be filled from a trip to a store, valued at approximately \$225, and are completely life changing for the people we help.

Do you have the time and resources to help our starting-from-scratch seniors turn their new house into a Home Sweet Home? Contact us at [loriw@unison-alberta.com](mailto:loriw@unison-alberta.com) or 403 705 3179 for more information on how you can get started.



## HOME SWEET HOME BASKETS FOR SENIORS

Give seniors at **Unison's Elder Abuse Shelter** the home essentials they need to get back on their feet and make a fresh start in the community.

For the Wish List and more info contact Andres [andresg@unisonalberta.com](mailto:andresg@unisonalberta.com) | 587-441-3696  
UnisonAlberta.com



## Leave a Legacy

Unison at Kerby Centre's work is possible thanks to the kindness 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 an impact. Leave a legacy.

Contact Rob Locke  
[robL@kerbycentre.com](mailto:robL@kerbycentre.com) | 403-705-3235



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

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

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

Payment Method:  Cheque  Visa  MasterCard

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

Expiry Date \_\_\_\_\_ 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:

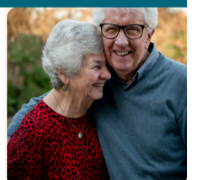
Name \_\_\_\_\_

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 [unisonalberta.com/calgary-donate](http://unisonalberta.com/calgary-donate) or call 403.705.3254



# 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](mailto:hombre071@gmail.com)

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

Happy Belated 102nd Birthday to Doris Reiffer!



Dear Moma, You are so beautiful. You are the very best part of our world. You make us the luckiest people ever. We love you so much. Being with you is everything to us.

Love, Marjorie, Dennis,

**FOR SALE**

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

Revitive Medic Circulation Booster Barely Used Similar to Dr. Ho's you see advertised Also Comes with 6 pads to put on other parts of your body ie shoulder, neck Asking \$175.00 – Cash Only Can send pictures if interested Email [Belinda.Rams@shaw.ca](mailto:Belinda.Rams@shaw.ca) or ca;; 587-500-3425

2 Straight Back Dining Room Chairs Metal with fake leather seats Made in Canada Light to lift – Fit nice in a tight space Less than 6 months old Asking \$125 for the pair

– Cash Only Can send pictures if interested Email [Belinda.Rams@shaw.ca](mailto:Belinda.Rams@shaw.ca) or call 587-500-3425

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. Gliding Mattress with stretch cover and high-density foam filling to minimize development of pressure ulcers. 80" L X 36" 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.

Pro Bed, moves those

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

Powered Lift Chair bought new from Co-op Medical on McLeod

Trail & only used for 3 1/2 months. A smaller lift chair for a shorter person. The original price was \$2400 & the asking price is \$900. - 587 837-3475 (Gwen)

**CROSSWORD SOLUTION**

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**SUDOKU ANSWER**

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



**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

SAVE THE DATE

MOTHER'S DAY TEA  
FRIDAY, MAY 12

CRIBBAGE TOURNAMENT #2  
TUESDAY, MAY 30

SENIORS WEEK  
JUNE 5-9 (DAILY EVENTS)



# Closure Alert

Please note we  
will be closed  
Friday, April 7th



Continued from pg. 9

To Lela Burden, what's possible meant getting her high school diploma at the age of 111. She graduated from Booker T. Washington High School in May 2014.

To Nola Ochs, it meant graduating from college with a 3.7 grade point average at the age of 95 and earning a master's degree in history at the age of 98.

To Leo Plass, it meant receiving his associate degree from Eastern Oregon University at 99 after dropping out of college in 1932 when he was only 20.

We can find countless examples of people of all ages where age and competency are desired, sought after, and are rewarded in every field, passion, or

Assigning limits to one's abilities based merely on age robs us of the wisdom and experi-

ence longevity represents, lessens the opportunity for exploration and personal growth, and ultimately is a disservice to all.

Instead of denying the possibilities that come with age, we should embrace them. Unfortunately, in today's environment, people are often seen as "old" earlier and earlier. Other people's perceptions about age have been allowed to cloud our judgment.

Whether in business, government, sports, or society, those considered competent one day are no longer considered capable the next day.

What we choose to do about ageism through our thoughts, actions, and deeds can make all the difference in influencing current attitudes about aging and changing perceptions about tomorrow.

If you knew you'd live to be 100, what could you possibly do that you aren't doing now?

What might you do differently?

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