

Summer travels, August heat



One of the best parts of travelling is the various encounters you have on your excursions to different locales. Our travel author, Jerry Cvach, had an adorable encounter with a fox on one of his excursions, as written in the second part of our two-part travel story, finished this month on page 16.

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The origins of the Kerby News



Andrew McCutcheon
Kerby 50th Anniversary

Look, I'll admit I'm biased.

I adore the Kerby News, but then again: I'm its editor. I should be a huge fan.

But I've managed to wait until our year of celebration is over half done to do a story for our 50th Anniversary on one of my favourite parts of Kerby Centre: our newspaper.

It's been around nearly as long as the Kerby Centre itself — about to celebrate our 40th volume! — and it's got some amazing history behind it as well, involving some incredible people.

Let's go back to the beginning of it all when the Kerby News was just a couple of volunteers,

a few sheets of paper and an old duplicator machine.

Origin Story

Lots of storied organizations and businesses have humble origins, but the Kerby News was especially humble and small.

Three volunteers in the late 70s recognized the need for the centre to be able to communicate with its members. Beth Acheson, Eleanor Collett and Alice Walshe were the originators of what would be the first incarnation of the paper: a newsletter, two pages, typewritten on both sides and then printed on a nigh-ancient duplicator.

Sheila Power, a then-recent addition to the Kerby Centre staff,

also helped with the paper. None of them had any experience in publishing or journalism, but who would let a little thing like experience get in the way of innovation? Sheila, Beth, Eleanor and Alice would stay on volunteering and participating at the Kerby Centre well into the 90s.

Heavy Hitters

Kerby Centre was growing exponentially in its first decade, and the Kerby Newsletter had to do its best to keep up. The dedicated volunteers had gumption and hard work on their side, but if the news was to expand, they'd need some folks with hands-on history in the business.

The first to arrive on the scene was Mollie

Good. Mollie was a photojournalist, who returned to Calgary from Europe early in 1980. Retired and with time to spare, she was looking for interesting volunteer work — and I know better than most that writing sticks in your veins like caffeine.

She found the newsletter and under her guidance, helped transform it into its next incarnation: a short monthly magazine of about eight to 12 pages, published monthly.

But Mollie wouldn't be the only experienced heavy hitter to help propel the Kerby News forward. Tom Moore was the next to join up.

Tom had been a lifelong newspaper worker: he had only recently retired as managing editor of The Albertan, Calgary's premiere morning newspaper until 1980 when it was absorbed by Sun Media.

Another lifer journalist and writer who couldn't keep himself from print, Tom would go on to assist with the Kerby News' growth, writing interesting articles which were much enjoyed by readers.

The third and final musketeer in this merry band of semi-retired news folk was James Nesbitt, who had been the former owner and editor

of the Brooks Bulletin. He joined in 1986, and as written later about James joining up with the Kerby News Crew: "James is supposed to be retired. But printers' ink has an unassailable reputation for getting into the bloodstream. Witness the background of the first three editors of the Kerby News, all retired journalists who cannot stay away from the newsroom."

Assisting these volunteer editors was the Kerby News singular employee: Barry Whitehead. Barry was taken on to do any work available to assist the editors three, whether it was taking photographs or assisting with layout. No doubt learning much from their stories and experience, Barry himself would go on to become editor of the Kerby News for several years in the future.

But alas, even semi-retirement sometimes necessitates full retirement. Tom and Mollie had done much to help raise the Kerby News to the heights of publication: getting on to be a full-fledged monthly newspaper of over 20-odd pages.

But in January 1993, both had finally hung up their tape records and editors' pen for good: the Kerby Centre Board at that time threw them a massive shindig at the Palliser Hotel in Calgary to celebrate their legacy.

I am incredibly lucky to be standing on the shoulders of giants, getting to produce the Kerby News now as editor.

I hope it continues for many years to come, and with that, I will leave you with a quote regarding the paper, published in the paper itself, from the 1990s:

"Time flies and according to some of the young philosophers, they who are not prepared to fly with it are destined to be left behind — it had always been up front, and Kerby News must fight to stay there."



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Halfway through our 50th

As you are reading this, we are closer to the end of our 50th anniversary year than we are to the start of it. As with most of our previous 49 years, the 50th has been a particularly good year, and we have many of you to thank for this.

If you hadn't heard before, a very high percentage of our members in Calgary and Medicine Hat are also volunteers. It could be said that many of our members are not only here for what benefit Unison provides them, but they are also here to create value for other members and other seniors who

benefit from our classes, groups, and programs.

I suppose that I should also mention that many of our members are also donors and financial supporters of the programs we offer.

When we have a special season or holiday fundraiser or appeal it is not uncommon for 70 to 80 per cent of the online donations or cheques, we receive in each week to come from Unison members.

I thank you for this. We are a charity and less than half the cost of operating the centres and programs are covered by support from all three levels of government. The majority comes from members like

you. This year to celebrate our 50 years of operations and to highlight some of the new things we are excited about, we are holding a 50th Anniversary Gala. This will be a very special event and we have engaged the support of Rob and Dave Kelly to help us with the program for the Gala.

Dave Kelly will also bring his talent as the MC for the event. In this edition of the paper, we have the first ad promoting the Gala, but as we get closer to the event you will find teasers about what you might see or experience attending the 50th Anniversary Gala showing up in our social media



Larry Mathieson, CEO and President

and on our website. Also, if you haven't checked out Andrew's 50 Stories for 50 Years, you can find them all in the Bulletin Board on our website (<https://unisonalberta.com/bulletin-board/>).

The links to all the stories are near the top under the heading "50."

There is a new and exciting story every week.

AUGUST 2023

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Changes are coming

Change can be scary. The scariest fear we have, as humans, is fear of the unknown. And change always comes with the potential of the unknown.

We see it a lot with the older adults in our Kerby Community. People are going through transitional periods and we do the best we can to ensure that they are supported, cared for and kept company

But change isn't good or bad, inherently. It just is: just like the wind or the rain, it is a force of nature.

We're expecting some big changes in the next six months here at the Kerby News. Let me assure you: nothing will be happening to our print publication and we have no plans to stop creating this amazing, physical edition, every month.

But come 2024, we have some exciting aesthetic changes that I'm so pleased with.

Let's raise a glass to

the future. I hope you come along with us.

Andrew McCutcheon
Editor



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Big sister, little sister

Barbara Ellis
Kerby News Columnist

For the better part of seven decades, I had a big sister and she meant the world to me.

Unfortunately, I lost her a couple of years ago, but not a day goes by that I don't think of her. We were born two years and two days apart and had many things in common.

Our lives sometimes ran parallel to each other and sometimes swung widely apart, but throughout it all, we were unequivocally woven together. It is no secret that I idolized her.

From the time I could walk, I followed her every-

where, you might say that I became her second shadow.

I know that there were times when she wished she was an only child, but for the most part, she put up with me. More than that, for the most part, she looked after me.

During our early years, our mother dressed us in identical dresses and outfits, so in a way she made me Eva's mini-me. In fact, on one of my visits to Arizona where she lived, I bought us matching tops to wear when we went out.

I suppose it was silly, but I loved it when people wanted to know if we dressed the same because we were twins. We lived through the tu-

multuous and terrifying war years in Hungary. When it was over and peace returned, our parents decided to escape our homeland in hopes of finding a better life.

It took many months before our little family found a new home in the far-off continent of Australia. Eva and I learned the language and fell in love with our new country and all the amenities Sydney offered.

During our school holidays, we spent every moment we could by the seashore swimming, body surfing and just having fun.

After seven years in that beautiful city, our parents once again packed us up and moved us to Lethbridge,

Canada and another new way of life. Within the next few years, we both married. As it turned out, our young men were from Ireland.

The two of them grew up as friends in Belfast and immigrated to Canada a couple of years ahead of us. Unexpectedly, our father decided to make one more move hundreds of miles away to Pennsylvania thus leaving Eva and me behind.

Then, more than ever, we became one another's support. When my nieces were born, I shared her joy in becoming a mother and watched in admiration as she nurtured and cared for her babies.

She was a wonderful

mother, as I knew she would be, and even though she was busy, she always made time for me, listening to my problems and giving me much-needed advice.

During the next decade, life separated us. She moved to the US and I moved to Calgary but the distance did not diminish our bond it became stronger.

We talked on the telephone for hours and tried to see one another at least every other year.

We even managed to make a trip back to Hungary and visited a few of the places where we lived as children and also got to know some of our relatives.

While I only had one "blood" sister, I have also been fortunate to have many wonderful chosen sisters.

As my niece calls them, "Sisters from other mothers". I still keep in touch with a few of my friends in Sydney. Neither time nor distance has diminished these friendships made over 60 years ago.

With the advent of e-mail and things like Skype, we can keep in touch and watch our hair turn grey and our waistlines expand.

It certainly is not as wonderful as being able to be with them and hug them, but it is still a loving way to spend time together. I also made sister friends when I moved to Calgary.

First at work and then through other associations. Now that Eva is gone, one of my friends has become a sort of surrogate sister. I confide in her and often seek her advice and she has never let me down.

Recently my grand-nephew and his wife welcomed a second baby girl into their lives. Their four-year-old daughter Emilia could hardly wait for the arrival of her little sister, Sophia Mae.

I have already received several photos of Emilia holding the baby and showering her with the love that only a big sister can give.

I can already see them in the future, tiny little feet following wherever her big sister leads. When I turn on my computer, several photos stream across the screen.

Some are of places I have visited and some of friends and family, but the one I love most of all is the one of Eva and me. She is looking right at the camera, has a lovely smile on her face and her arm is around my shoulder.

When this photo pops onto the screen, she is looking right at me. It always makes me smile and I always say, "Hello beautiful. I miss you so, my big sister".

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

Summer Senior Mingle with Maria!

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

WED, AUGUST 16TH | 11AM-2PM

Menu \$7.00
(Per serving, Cash accepted only)

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**Must be present at the draw to win cash prize.*

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Machine-learning able to detect Alzheimers in language

Adrianna MacPherson
University of Alberta
Folio

Researchers are striving to make earlier diagnosis of Alzheimer's dementia possible with a machine learning (ML) model that could one day be turned into a simple screening tool anyone with a smartphone could use.

The model was able to distinguish Alzheimer's patients from healthy controls with 70 to 75 per cent accuracy, a promising figure for the more than 747,000 Canadians who have Alzheimer's or another form of dementia.

Alzheimer's dementia can be challenging to detect at early stages, because the symptoms often start out quite subtle and can be confused with memory-related issues, typical of advanced age. But as the researchers note, the earlier potential issues are detected, the sooner patients can begin to take action.

"Before, you'd need lab work, and medical imaging, to detect brain changes; this takes time, it's expensive, and nobody gets tested this early on," says Eleni Stroulia, a professor in the Department of Computing Science who was involved in creating the model.

"If you could use mobile phones to get an early indicator, that would be informing the relationship of the patient with their physician. It would potentially start the treatment earlier, and we could even start with simple interventions at home, also with mobile devices, to slow the progression down."

A screening tool would not take the place of health-care professionals. However, in addition to aiding in earlier detection, it would create a convenient way to identify potential concerns via telehealth for patients who may face geographic or linguistic barriers to accessing services in their area, explains Zehra Shah, a master's student in the Department of Computing Science and first author of the paper.

"We can think about triaging patients using this sort of technology based entirely on speech alone," says Shah.

While the research

group has previously looked at language used by Alzheimer's dementia patients, for this project they examined language-agnostic acoustic and linguistic speech features rather than specific words.

"The original work involved listening to what the person says, understanding what they say, the meaning. That's an easier computational problem to solve," says Stroulia. "Now we're saying, listen to the voice. There are some properties in the way people speak that transcend language."

"It's much more powerful than the version of the problem we were solving before," adds Stroulia.

The researchers start-

ed with speech characteristics that doctors noted were common in patients with Alzheimer's dementia.

These patients tended to speak more slowly, with more pauses or disruptions in their speech. They typically used shorter words, and often had reduced intelligibility in their speech. Researchers found ways to translate these characteristics into speech features the model could screen for.

Though the researchers focused on English and Greek speakers, "this technology has the potential to be used across different languages," says Shah.

And though the model itself is complex, the eventual user expe-

rience for a tool that incorporates it couldn't be simpler.

"A person talks into the tool, it does an analysis and makes a prediction: either yes, the person has Alzheimer's, or no they don't," says Russ Greiner, a contributor on the paper, professor in the Department of Computing Science and member of the Neuroscience and Mental Health Institute. That information can then be brought to a health-care professional to determine the best course of action for the person.

Both Greiner and Stroulia are leading the computational psychiatry research group at the U of A, whose members have crafted similar AI models

and tools to detect psychiatric disorders such as PTSD, schizophrenia, depression and bipolar disorder.

"Anything we can do to amplify the clinical processes, inform treatments and manage diseases sooner with less cost is great," says Stroulia.

The ML model was described in a paper, "Exploring Language-Agnostic Speech Representations Using Domain Knowledge for Detecting Alzheimer's Dementia," that will appear in the ICASSP 2023 Signal Processing Grand Challenge, where the team ranked first in North America and fourth globally.



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Does that dead tree really have to go?



*Photos and Story by
Deborah Maier
Calgary Horticultural
Society*

You may have noticed as you drive around the city that there are some sad looking, seemingly barely alive, trees left standing along the boulevards. If you are like me, you may have wondered why limbs are being pruned off, but the tree is not being removed ... surely, wouldn't it be better to remove it and replace it?

Dead and dying trees provide important habitat. These standing trees are called "snags". Many woodpeckers live in cavities of dead or dead areas of dying trees, including the downy woodpecker and the northern flicker that are commonly seen in Calgary. Chickadees are cavity dwellers. Some owls nest in cavities, as well. Bats, too.

While the flicker nest is usually found at the top of the tree, chickadees will nest close to the ground. This spring, in the Wall Garden at the Botanical Gardens of Silver Springs, I watched a chickadee come and go several times from a hole at the base of an old lilac.

Not only do these trees provide shelter for cavity dwellers, but they also offer twigs for nest building. Magpies, crows, and squirrels use twigs in their nests. The aging, flaking bark provides habitat for all kinds of insects, and that makes the tree a food source for insect eating critters.

Perhaps, I have made the case for keeping these boulevard trees around for a while, but how does it relate to the home garden? Last winter, many shrubs lost branches to winter kill and some even died. In the fall the weight of a wet snowfall caused branches to break.

For some gardeners, their shrubs died because voles ate too many of the roots. The usual advice is to prune out the dead woody plant material and place the material in the City's green bin. Maybe this material should be kept and incorporated as a resource in the garden instead.



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In my own yard, all the old growth of a Nanking cherry in the back garden died. It was next to my bird feeder and a favourite hangout spot for chickadees, house finches, and sparrows waiting their turn to eat. I thought the birds would miss it, so I let it be. Before I knew it, the Alpina clematis growing nearby found it and covered it with leaves and flowers.

During that fall snowstorm, that I mentioned earlier, a major branch on my apple tree was broken. It was a living branch, so it was important to prune off the limb and make a clean cut to remove the ragged and cracked branch remnants.

The clean cut will help the wound heal and help prevent insects and diseases from entering the tree tissue. While normally that branch would have been cut into pieces that fit in the green bin, instead

I took tree-like pieces and “planted” them as deer deterrents around my apple and pear seedlings and grape vine. Not even deer like getting poked in the face by sticks. It provided a more interesting garden winterscape than the tomato cages I usually place around them in the fall.

Last spring at an Open Garden, one gardener talked about a tree that was coming to the end of its life. He was thinking about removing it, but noticed a bird was nesting in it so he was putting it off.

This spring when I visited, the dead tree was still in the garden, but now it was a trellis for clematis.

In the past, we were quick to remove any “unsightly” dead woody plants.

We also spend money on buying “natural-looking” trellises made from tree branches and other woody materials. Why not consider embracing the snag and make it a useful and interesting garden element?

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U of A gathers evidence about MAID



Public health researchers Devidas Menon (left) and Tania Stafinski (right).

Gillian Rutherford
University of Alberta
Folio

In some Canadian provinces, people who choose to receive medical assistance in dying can only access it on evenings and weekends, whereas in other provinces it's only available on weekdays during business hours.

That's because while the 2016 legislation that allowed medical assistance in dying, known as MAID, is a federal law, it's up to the provinces and territories to provide health-care services in their jurisdictions.

Now a University of Alberta team of

researchers has been asked to study how MAID is being delivered across the country, connecting with patients, families and providers about their experiences.

Health Canada is funding the Health Technology & Policy Unit within the School of Public Health to undertake the two-year, \$560,000 project.

"Medical assistance in dying is a complex and deeply personal issue for many Canadians," says federal health minister Jean-Yves Duclos. "The University of Alberta's project will provide valuable data regarding MAID delivery across the country and the experienc-

es of Canadians who request MAID. This research is another important milestone in our continued efforts to ensure MAID practice in Canada operates in a consistent and safe manner across the country."

"Our task is to produce robust information on MAID delivery and review mechanisms," explains study co-lead and professor Devidas Menon, noting that the unit's reputation extends beyond Canada.

Established in 2005, the seven-member team in the Health Technology & Policy Unit has previously examined issues surrounding orphan drugs, robot-assist-

ed surgeries, how to reduce surgical wait times and ways to improve patient access to electronic medical records for Alberta Health, Health Canada and other government health agencies.

Decisions based on evidence

The project will be carried out in two phases. First, a scan will be done of all existing MAID programs across the country including policies, processes, key challenges and promising practices for addressing them. Second, the team will seek to understand the experiences Canadians have had with MAID, both positive and negative, through interviews, surveys and focus groups. The team will seek participants through groups such as the Canadian Association of MAID Assessors and Providers and Dying with Dignity Canada, and will also do a social media blitz to reach others.

Project co-lead and unit director Tania Stafinski explains that while there are model practice standards for MAID setting out el-

igibility criteria, procedural safeguards and reporting requirements, much can be learned from the experiences of individual Canadians.

"The process is flexible in order to accommodate each patient's needs including cultural, ethnic and religious practices around death, and accommodating a particular illness such as ALS or cancer," she notes.

The evidence gathered through the project will inform future policy discussions, including whether to allow MAID for patients whose sole condition is mental illness, a change that was recently put on hold for a year by the federal government.

"With this project, Health Canada is investing in understanding the evidence and making a concerted effort to gather impartial data to inform policy decisions," Stafinski says. "Our aim is to provide a comprehensive and clearer understanding of MAID delivery and practice across the country."

The qualitative evidence gathered for the study will augment quantitative evidence made available in annual federal reports on MAID.

"We have been in the evidence-generation process for a long time, promoting evidence-based research to help inform government policy, including experiential evidence, when making decisions" says Menon. "Any step towards being able to demonstrate that and bring about change on the basis of what people are telling us and what data that we find is something I'd like to see."



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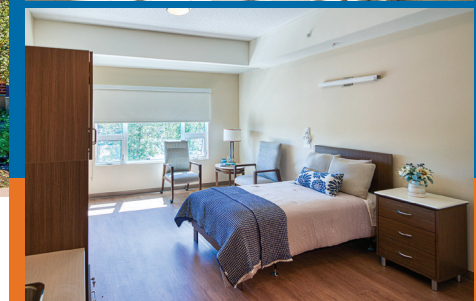
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Affordable Supportive Living

Thank goodness for giving

By Mary O'Sullivan-Andersen - President and CEO

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Thank goodness for seniors in Canada, and all mature North Americans for that matter!

Recently an arm of Better Business Bureau known as the Wise Giving Alliance published a report about charitable giving in North America.

The research, which included more than 1,000 Canadians, clearly states that seniors (in this case 75 plus) continue to make giving a central part of their lives.

The report states that 71 per cent of this

generation have either increased or maintained their contributions to charity.

This is of course good news for the thousands of registered charities that rely on these generous donations to fund their activities.

And it also raises concerns about why younger generations are not donating to previously recorded levels.

Those surveyed for this report answer the question unequivocally stating they believe the wealthier citizens amongst us should take up the slack.

Among participants who increased their contribution to charities during the past five years, the reason most frequently cited was

having a clear understanding of what the charity will do with the donation, donating to charities that serve the local community and making the process for a tax deduction easier and more accessible.

So, bravo to – mature, and dare I say, wiser Canadians for demonstrating a generous spirit and being actively involved in philanthropy.

The report also notes that to reverse the trend for those younger than 75 charities must:

Build community and trust. The world we live in can be polarized and tend toward a view of charity that calls for immediate gratification and self-satisfaction.

But charities are well positioned to be a unifying space and

to offer community around causes that are bigger than contributing individuals.

Also, positive engagement with a charity can build bonds that lead to giving. For example, people who report increasing their giving are most likely

to report highly positive experiences when engaging with charity, not as a contributor, but as a recipient or participant in a charity program.

To review the report in its entirety please visit: Give.org



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The 1916 Soldiers Riot

Amanda Borys
History writer

The White Lunch restaurant occupied the ground floor of the building at 128 8th Ave S.E., (where the Calgary TELUS Convention Centre stands now) with a second location at 108 9th Ave S.W. (near what is currently Banker's Hall)

It was a popular lunch diner with the soldiers encamped in Calgary waiting to move on to training in Valcartier, PQ before embarking overseas to fight in the trenches of France and Flanders. The restaurant's manager, Frank H. Nagel, was friendly with a number of soldiers.

However, in early February of 1916, a rumour started that Nagel had let go two returning veterans who had been employed at the restaurant and replaced them with two immigrants from German and Austria.

What had actually occurred was an employee of the restaurant had quit to enlist in the army, but was discharged due to being unfit. He was given his job back by Nagel, but fired at a later date because he refused to wash the floors. His replacement was from Austria.

When he heard the na-

ture of the rumour going around, Nagel was sufficiently concerned to request help from local military officials to quash the dangerous gossip. But it was already too late.

On the night of Feb. 10, 1916 a mob of 500 uniformed soldiers, some of whom were drunk, attacked both locations of the White Lunch, as well as the McLennan Dancing Academy located above the 8th Ave site.

The Calgary City Police and the Calgary Fire Department responded before the looting began, but the Calgary Police were outnumbered by the mob. Chief Constable Alfred Cuddy lined up his available officers, 15 in total, in front of the restaurant and asked the soldiers to leave, but a stone thrown through the front window of the restaurant incited the violence.

Cuddy was concerned any force used by the police would further antagonize the soldiers and people would be injured or killed. It was not until General Cruikshank, the CO of Military District 13, arrived that the mob disbursed.

He had been informed of events by Assistant Fire Chief Alexander "Sandy"

Carr.

The five police officers sent to protect the 9th Ave location were also unable to stop the looting for the same reason.

Nagel, his wife, and Fanny Applebaum, a cashier, were both at the 8th Ave location at the time the mob arrived. Nagel attempted to talk to the crowd, but could not make himself heard over the jeering and yelling. When the looting began, both women were allowed to leave the building unmolested.

Damages to the White Lunch locations were estimated at \$25,000 to \$30,000 (approx. \$640,000 to \$767,000 in current dollars). The dance studio had its piano smashed, while chairs were thrown out the windows. Damage was estimated at \$1,000 (approx. \$2,500 in current dollars).

The following day, a second mob of 1,500 soldiers formed and crossed the Langevin (now the Reconciliation) Bridge to loot the Riverside Hotel.

A rumour had circulated that the German owner of the restaurant had hosted pro-German meetings at the establishment, including a celebration of the burning of the parliament buildings on Feb. 3, 1916.

The riot carried on for two hours, with alcohol stolen and every room of the hotel destroyed. The mob was eventually dispersed by the military, as the police were again outnumbered and concerned about inciting more violence.

While the former owner of the hotel was Charles Poffenroth, the current owner was Alfred E. Ebbsworth of Blackie, a British immigrant who leased the hotel to John Rioux, a French-Canadian. The area of Calgary where the hotel was located was known as Germantown, its inhabitants were mainly German-speakers from Russia, an ally of Britain and France.

Damage at the Riverside Hotel was estimated to have been around \$10,000 (approx. \$256,000 in 2022 dollars).

Mobs also gathered around the Kolb's Restaurant, Cronn's Café, the Calgary Furniture store,

and the Palliser Hotel, but guards protected these locations.

The attacks were reported across Canada, including Ottawa, and discussed in the House of Commons, who pressured local military authorities to respond.

A handful of soldiers were charged for the Riverside Hotel attack and military authorities in Calgary forbade soldiers from going to local bars. They also assured the Federal Government that tighter restrictions would be brought about to prevent any more outbreaks of "anti-German excitement". Armed military guards were posted at the City Hall, the Palliser Hotel, and the brewery to prevent any more attacks.

The city council addressed the violence as well, voting 9-0 to fire any 'enemy aliens' working for the City and replace them with soldiers returning from the war. Mayor Costello went so far as to advise employers to let any German or Austrian staff go to protect their property.

Chief Constable Cuddy would later hypothesis that the attacks were planned by a German or Austrian, who enraged both soldiers and civilians. He noted that no properties owned by Germans or Austrians had been attacked.

Several soldiers were charged in light of the attacks and were represented in court by local lawyers.

Private D.J. McDonald, represented by John McKinley Cameron, was charged with taking part in a riot and destruction of property in reference to the White Lunch restaurant attacks. He was found guilty and fined \$50 or 60 days in jail.

Private George Stevenson was charged in the attack on the White Lunch restaurant and was represented by Barney Collison and Mark B. Peacock. He was found guilty and fined \$50 or 60 days in jail.

Private Gottfried Kraft of the 89th Battalion was a Russian German. He was charged with throwing the rock through the front window of the White Lunch restaurant, the catalyst that started the looting. Kraft

enlisted on November 15, 1915 and sailed on the S.S. Olympic on May 31, 1916. While serving in France, Kraft would receive a bayonet wound to his left arm on August 18, 1917 and fracture his left hand on June 15, 1918. Kraft survived the war and returned to Calgary when demobilized on May 30, 1919, farming in the Eckville district until his death on April 17, 1943 at the age of 49.

Private Harry Hughson, a member of the 89th Battalion, was accused of theft for taking one bottle each of rye, champagne, and beer from the Riverside Hotel. Hughson was an electrician by trade when he enlisted on November 15, 1915. He was serving with the 31st Battalion when he was killed in action on September 25, 1916 during the Somme offensive.

Private Edward Heil of the 56th Battalion was arrested for stealing liquor from the Riverside Hotel. In his defense, Heil pleaded not guilty, saying the alcohol was given to him by another soldier, who asked him to hold it until the soldier could return.

Heil was found guilty. Heil enlisted on November 18, 1915 in Calgary, where he was working as a baker. Heil sailed on the S.S. Baltic on March 20, 1916 and served in France. He was admitted to hospital with pyrexia of unknown origin (a fever for which a cause cannot be determined), on July 25, 1917 and was released to return to his unit on Aug. 4, 1917.

On Aug. 11, 1917 he was absent from roll call, but returned shortly afterwards and was fined three days' pay. Heil went absent without leave again on March 16, 1919 for five hours, for which he forfeited 21 days' pay. April 25, 1919 he was sentenced to seven days in the stockade for going to town without a pass and getting drunk. Heil was discharged in Vancouver on July 14, 1919

Private J. Benner of the 56th Battalion was also charged with taking part in a riot and pleaded not guilty. It was not reported as to the outcome of his trial.

Kerby Café End of Summer BBQ in the Court Yard!

Friday, August 18th | 11:30 AM

BBQ Specials and More

No Registration

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Join us the week of September 4th in the Café for golf themed fun and games!

Stay tuned for more details.

What is the “Climate Action Incentive” ?

Did you know that the Canada Revenue Agency (CRA) makes quarterly Climate Action Incentive payments (CAIP) to many Canadians over the age of 19?

The CAIP is a federal program that helps individuals and families with the cost of the government’s pollution pricing. Here’s what you need to know:

All residents of participating provinces who are 19 or older are eligible.

If you’re under 19, you can still qualify if you have or had a spouse or common-law partner and/or you are or were a parent who lives with or lived with your child.

You are a resident of Canada for income tax purposes in the month before, and at the beginning of the month in which the CRA makes a payment.

You are a resident of a province where the program is offered on the first day of the payment month. For example, the next payment will be issued October 15, 2023, so if you live in Saskatchewan as of October 1, 2023, and meet the other criteria, you will get the payment.

What do you need to do to receive CAIP?

To get the payment, you must file your tax and benefit return every year. If you’ve filed your taxes, you don’t need to apply for the program. The CRA will automatically determine your eligibility.

You can also use direct deposit to get your payments directly into your bank account.

Since July 2022,

residents of Alberta, Saskatchewan, Manitoba and Ontario have been receiving these tax-free payments.

In July 2023, residents of Newfoundland and Labrador, Nova Scotia and Prince Edward Island received their first payment. Residents of New Brunswick will follow suit and receive their first payment in October 2023.

Payments are issued on a quarterly basis with the next two coming out October 15,

2023 and January 15, 2024.

Some recipients may also be eligible for the rural supplement.

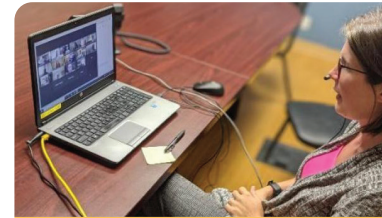
The base amount of each province is different ranging from \$122 for a single person in Ontario to \$193 for a single person in Alberta.

Learn more about the program and the individual amounts for each province at canada.ca/cai-payment.

NewsCanada.com



BSF's virtual recreation program for seniors in the community in partnership with Unison for generations 50+



"I am extremely happy with virtual. The exercise program has the same requirements as what physio has asked me to do. The games and puzzles are great for the mind and helps everyone keep their mind busy and I love socializing with my peers."

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Sarah Allen,
Program Coordinator
sarah.allen@theBSF.ca
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Thinking ahead with a financial planner



For new and experienced investors, your financial plan is one of the most important elements of your investing journey.

A financial plan is a document that outlines your current financial circumstances, your short, medium and long-term goals and the steps you will take to accomplish them.

A financial plan can also help you plan for and manage risks, including health or dis-

ability needs, job loss, and debt repayment.

Thoroughly evaluating your income, expenditures, savings, and debts and mapping out your expectations for the future is essential to constructing a comprehensive and realistic financial plan.

While creating a financial plan can be done on your own, many seek out the expertise of a certified financial planner.

A certified financial

planner has a thorough knowledge of personal finances and can help clients of all ages develop a plan to reach their goals and maximize the efficiency of their assets.

Let's explore common scenarios where using the services of a certified financial planner might be right for you.

Not knowing where to start

Drafting your fi-

ancial plan can feel daunting, and relying on a trusted fiduciary (someone obligated to work in your best interest), like a financial planner, can help you get started.

Financial planners are trained to develop a diversified and suitable investment portfolio; provide retirement, estate and tax planning services, and insurance and debt management recommendations.

Financial planners can get you started on the right foot by helping you better understand where you are currently and the optimal way to get to your financial goals while outlining additional factors in your planning you may not have considered.

Dealing with significant life events

Earning a promotion at work, getting married or divorced, and receiving an unexpected inheritance from a loved one are significant life events which can impact your finances and future goals. A financial planner can help you assess the changes in your life and begin charting out a plan of action that allows you to best meet your financial

goals under your new personal and financial circumstances.

Preparing for retirement

Saving for retirement is an important goal for many Canadians.

Knowing approximately how much you and your spouse will need in 10-20-30 years can be challenging to determine and even more so if you plan to retire early or with a desired retirement income.

Financial planners can take a detailed account of your assets, including real estate, investments, debts, savings, work pensions and access to government benefits like the Canadian Pension Plan, Old Age Security, and the Guaranteed Income Supplement to formulate a comprehensive financial plan which includes recommended withdrawal limits during retirement to ensure your nest egg lasts through your golden years.

Having a sound financial plan can play a big part in helping you reach your goals. Whether you want to focus on a specific area of your life, like investment planning or simply want a new perspective from someone with the knowledge, skills, expertise and ethical obligations, a financial planner can be a valuable partner in your financial planning journey.

To learn more about certified financial planners and how to find a financial planner for your needs, visit FP Canada (fp-canada.ca).

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3 ailments to keep on your radar

As you get older, you may have wondered why you've seemed to get sick with colds or other viruses more often, taken longer to recover, or suffered complications to existing health conditions.

From childhood, our immune system matures, and we build up immunity to help protect us from many common viruses. This resilience built in youth gradually declines until around age 50, when the risk of infection and more serious complications starts to be more noticeable. As a result of our naturally weakening immune systems, older adults are more likely to face severe symptoms and potential hospitalization from infections that our younger selves could more easily fight off.

Here are three ailments you should have on your radar as you age:

RSV is a common respiratory virus. While most people experience mild, cold-like symptoms, this virus can be dangerous for adults aged 60 and older, and it can worsen pre-existing conditions such as asthma, COPD and congestive heart failure. RSV can have severe health impacts, including hospitalization and even death in some cases. There's currently no vaccine or treatment for RSV in adults, but regularly washing your hands, disinfecting surfaces that are touched often, and avoiding close contact with people who are sick can help reduce your risk.

Shingles is a viral infection that typically causes a painful rash on one side of the body or face. It's caused by the same virus that gives us chickenpox. If you had chickenpox in the past, the virus remains dormant in your body and can reactivate later in life as shingles. It's estimated that one in three people will experience shingles in their lifetime. Fortunately, this virus is vaccine preventable.

COPD is a lung disease that causes a narrowing of the airways and can progress slowly over a number of years, with most people diagnosed over the age of 40. Smoking is the leading cause of developing COPD, but there are other risk factors including family history and exposure to air pollutants.

While the cause of COPD isn't related to immune function, people living with COPD can suffer flare ups due to common respiratory viruses such as a cold, the flu or RSV, which can worsen their condition. Although there is no cure for COPD, there are treatment options including medication and lifestyle changes that can help to support overall quality of life. Additionally, frequent hand washing and getting your annual vaccinations can help to manage symptoms and potential flare ups.

PREMIER Crossword

By Frank A. Longo

SAME-SOUNDING SIX ACROSS

- 1 Woes
- 5 Doubtfire's title
- 8 Italian wine region
- 12 Blaster's stuff
- 15 Young wolf
- 18 Italian "Bye!"
- 19 "Well now!"
- 20 Demonstrate
- 21 "Yuk" relative
- 22 Enzyme name suffix
- 23 Black gem
- 24 Absolutely won't
- 26 Player of Lou Grant
- 28 Jill Biden, — Jacobs
- 29 Definition of homophone #1
- 31 Name on a thesaurus
- 33 Merkel of "Twin Beds"
- 34 How goods are sold in most stores
- 35 Wearing a disguise, in brief
- 37 Gallery works
- 38 "Ben- —"
- 40 Halts
- 41 Definition of homophone #2
- 48 Bloomie's or Barneys rival
- 49 Hi-tech address
- 50 Tint
- 51 Nobles, collectively
- 56 Had a bite
- 57 "Insecure" network
- 58 Personal manner
- 60 Ore
- 61 Definition of homophone #3
- 64 Sponge gently
- 67 Suffix with Ecuador
- 68 Give the title
- 69 600 minutes after noon
- 70 Definition of homophone #4
- 76 Find an owner for, as a cat
- 77 Veers suddenly
- 78 Suffix with rocket
- 79 GPs, e.g.
- 82 Car washers, at times
- 83 Drink daintily
- 84 ETA part: Abbr.
- 85 Hoops tourney org.
- 86 Definition of homophone #5
- 91 Aspiring atty.'s exam
- 95 Label
- 96 Garden tool
- 97 Writer Nin
- 98 Will certifier, e.g.
- 102 Bro or sis
- 103 Trail mix muncher, maybe
- 105 Definition of homophone #6
- 109 However, for short
- 112 Sounding off
- 113 Pesky annoyance
- 114 Little setback

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- 115 Petting zoo female
- 116 "Annabel Lee" writer
- 117 Great joy
- 118 Petting zoo female
- 119 Homophone #1
- 120 Homophone #2
- 121 Homophone #3
- 122 Homophone #4
- 123 Homophone #5
- 124 Homophone #6
- 27 Location
- 29 Big name in waffles
- 30 Noble Brit
- 32 "My mistake!"
- 35 "Insecure" co-star Rae
- 36 Clutter-free
- 37 Feel poorly
- 38 Elvis Presley hit
- 39 4x4, for short
- 42 — Goldberg machine
- 43 Horse's gait
- 44 "Mask" star
- 45 On — with
- 46 Novice, in slang
- 47 Goddess of agriculture
- 52 Allude
- 53 Oodles
- 54 "The World According to —"
- 55 Like a K-6 school: Abbr.
- 57 Top seller
- 58 Feigned kissing sound
- 59 Producing charged particles in
- 60 Film prefix with "Cop"
- 61 Insect feelers
- 62 Aug. follower
- 63 Hubbub
- 64 Sweetheart
- 65 "The King —"
- 66 Weed — (lawn product)
- 71 Short-billed rail
- 72 Corn coverer
- 73 Fat-removal job, for short
- 74 Inca's home
- 75 Basil, for one
- 79 "Band on the Run" singer
- 80 Surrealist Salvador
- 81 Speaks
- 83 Kin of reggae
- 84 Mimic
- 85 Three trios
- 87 To be, to Henriette
- 88 More apt to complain
- 89 "Check," at a poker table
- 90 Dam creation
- 91 — Tar Pits
- 92 Like some huts or hats
- 93 Penitent sort
- 94 Safari shelter
- 99 Michael of R.E.M.
- 100 Singer such as Pavarotti
- 101 "Shucks!"
- 102 "Yes, —!" ("Indeedy!")
- 103 Vietnam's capital
- 104 Bury
- 106 Latvia's capital
- 107 Paris hub
- 108 Actress — Pinkett Smith
- 110 Barbers cut it
- 111 Ugly beast
- 114 Sow or cow

I don't really play cards... much!

*Kathy Newman
No Dead Horses Writing Club*

Who knew that I could have so much fun playing cards!

My parents qualified their answer when I invited them to come to Switzerland with my family, with the statement, "Only if you learn how to play Bridge!" I could see their reasoning as it would be nice to share time around the card table in the evenings after a busy day of exploring a new country; especially with our two little daughters lapping up the sights, sounds and new taste flavours. (They really missed peanut butter!) So, I learned the basics of Bridge.

However, the evening when I was partnered with my father was the end of my attempt at Bridge as he was just too serious a player and lacked the patience necessary to encourage my skills. Thus, the end of Bridge playing for me. I stuck to Crib!

Luckily, when visiting my 90-year-old Mom at her seniors' home, many years later, I was reintroduced to cards and I loved playing with Mom, Margaret, Gertrude and Anne. The game was called "65" and was a form of Rummy that started with three cards with card number 3 as the wild card. On the next hand, I was dealt 4 cards and number 4 was the wild card. Thus, the game progressed with one major difference. No one got angry with me!! If I mistakenly played the wild card, it was gently handed back to me with a smile and the advice, "You might need that one, dear."

This wonderful group of ladies also kept me chuckling with their easy banter and spontaneous singing while waiting for their turn. "Seven old ladies were locked in the lavatory... nobody knew they were there..." had me joining in and loving every minute of the gaiety.

Mom passed away on October 16, 2008, within years of her great buddies who were all similar in age. I haven't played cards except for solitaire on my cell phone since! Maybe I need to have another stab at Bridge!

Volunteer Spotlight



Robert and Nada Kusche

For the past year, Robert and Nada Kusche have been our fantastic, dedicated volunteers, doing food pickups, deliveries, and grocery shopping for the Shelter. They first came to Kerby because "prior to her passing in 2005, Robert's mother, Elizabeth, volunteered with Kerby for a number of years. She attended every Tuesday and knitted baby hats and socks with a group of ladies. This provided her with a sense of purpose, and she loved to talk about her connections at Kerby. This made an impact on us and, when we were looking for volunteer opportunities, we immediately thought of Kerby."

They keep coming back to volunteer because "the seniors we serve are so grateful and the need is so great. Also, the team we work with is wonderful." They also added, "We love being part of a team that has the same goals—helping seniors. We are proud to be part of all the incredible work that Kerby is doing in Calgary."

Robert and Nada love going for walks, reading, and going to the movies. Their biggest passion is cruising to new destinations each year. Referring to their favourite cruise, they said, "We have two daughters, and we took them on a 7-day cruise to Cabo San Lucas when our eldest graduated from high school. It was great to enjoy time together before our girls flew the coop."

So far, Robert and Nada, combined, have contributed over **716** hours.

Thank-you, Robert and Nada, for all you do for the Kerby Centre!

Volunteer Spotlight



Doug Woodhouse

It's summertime, and what a good time to celebrate our wonderful volunteer, Doug Woodhouse. Doug started with Kerby in March of 2022, and immediately chose to be a Monitor for the Woodshop. Doug said he first came to Kerby three years ago for classes in Tai Chi.

Doug keeps coming back to volunteer because of "the interesting people that I meet, and I like the chance to work on wood projects". Doug most enjoys "Being out and meeting people" at Kerby.

As for hobbies, Doug says he likes fishing, woodworking hobby projects and gardening. We think Doug's favourite family vacation probably makes him smile. Doug said this is "taking my family to my favorite fishing spot on Mica Dam in BC."

So far, Doug has contributed over **298** hours.

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

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Celebrating 50 Years of Serving Seniors!



Be part of our 50th year anniversary at our 3rd Annual Unison Calgary Charity Classic Golf Tournament on **September 7th** at Sirocco Golf Club!

Come for the golf, stay for the prizes and games, and leave with a legacy of supporting the seniors of Calgary!

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One prize awarded. Winner will be announced on Sept. 7, 2023 at the Unison Calgary Charity Classic Golf Tournament at Sirocco Golf Course. Attendance at the event is not mandatory to enter. Winner will be contacted via email or phone. AGLC License #648786

UNISON'S GOLDEN HEARTS



Help us light up 3,000 hearts & age well

November 4th, 2023 | Tickets \$250

Join Unison at Kerby Centre and our emcee Dave Kelly to celebrate 50 years of supporting our Calgary community

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Lighting up hearts & lives for 50 years
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France 2023; Excursions – Continued from July

Photos and Story by Jerry Cvach

Excursions from Relais de l'Artuby

In the French department Provence, along the historical route Napoléon took to return to Paris from exile in March 1815, where highway D 6085 intersects with D 21, stands Hotel le Relais de l'Artuby. There is no town, no village, just the hotel.

It is inexpensive and is frequented by tourists, construction workers or land surveyors. The food is cooked by the lady of the house, the guest rooms have old-fashioned turn keys and the Wi-Fi fades away with the length of the hallway. Yet, it possesses that elusive “je ne sais quoi.”

You can sit down on the patio with a glass of red wine and fantasize that an itinerant French Emperor

may serendipitously be passing by again!

The rural Provence is ordinarily not on the itineraries of tours that race for bigger and better sights along the Mediterranean coast.

For nostalgic reasons, we still gave the Côte d'Azur a quick drive-through. It is certainly spectacular albeit too touristy. We revisited the historic Monte Carlo with its crooked narrow medieval lanes, saw the Garibaldi palace and drove part of the F1 circuit.

We stopped in the fortified town called Eze which is perched on the top of a hill high above the sea and wondered if it could have ever been taken in battle; it is so inaccessible.

Picasso Museum in Antibes is predictably fascinating, but my favourite there is Joan Miro's ce-

ramic cat sculpture in the courtyard. In the afternoon we stopped in Saint-Tropez to gawk at the super-rich peoples' yachts.

But there is so much more to see in Provence! Like the already mentioned Eze, the “village perché” hangs off the sides of hills in Luberon. Naturally difficult to access they are often fortified and originated in Middle Ages. Better known are Gourdon, St. Paul and Gordes, which is farther north.

Vance, close to St. Paul, features a cathedral with Marc Chagall's mosaic and a big collection of life-size figurines depicting biblical events carved from wood. They are a naïve art not unlike Henri Rousseau's, imaginative and skillfully made.

The picturesque little town Moustiers-Sainte-Marie is wedged into the cliffs rather than perched on the top of them, highlighted by the 12th-century chapel Notre Dame de Beauvoir.

The Grand Canyon of Provence is also known as the Verdon Gorge. It was carved out by the eponymous fast-running river with many white-water rapids, its lime cliffs steep.

Once the road enters the canyon it gyrates up and down, follows a contour for a bit, drops suddenly down and rises up again, hugging the cliffs. The scenario keeps repeating itself. The very narrow winding road is full of surprises. Driving is not for the squeamish.

As we came around the corner we chanced on a beautiful, healthy-looking red fox walking on the shoulder. Seeing wildlife anywhere in Western Europe is quite a treat! She appeared so delicate, so in-

nocent although her innocence could be questioned if you were her prey.

I stopped, but my daughter was worried about us being parked in the middle of a busy road knowing that a bunch of fast-going motorcycles was just behind us. She did not need to. The bikers also stopped instantaneously, slamming on brakes.

The little fox brought out the very best in all of us! Everyone was concerned about the god's little creature's safety: smiles and cameras came out in seconds. The fox itself was unperturbed, it must have seen people many times before and posed for us happily.

Excursions from Rousset

The Rousset town is not interesting as such, but it is a convenient travel hub. Marseille was first on our itinerary, the city I had always bypassed but was still drawn to. My hesitation was due to its size, it being way too modern and commercial and also because of its bad reputation — the drunken sailors, gangs, drugs and such.

Or it could be because of a song composed in 1792 by Claude Rouget originally titled “Chant de guerre pour l'Armée du Rhin”, its lyrics brimming with blood and violence. It was nicknamed “La Marseillaise” after being sung in Paris during the French Revolution by volunteers from Marseille, and it is now the country's national anthem.

But the city is nothing like I feared. It is centred by the Vieux-Port which is rimmed by restaurants and monumental buildings.

The day's seafood catch is sold literally off the boats on the quay, while a hustler set up his chessboard right on the pavement next to it hoping to make a living by playing for money. Chess is not a “shell game”, so one should have a fair chance. But beware, he is still a hustler who must be a good chess player!

The city rises fairly steeply on all sides of the port. Fort Saint-Jean is guarding the bay at its entrance, the Basilique Notre-Dame-de-la-Garde high on the hill offers spectacular views back on the port. The old city lies opposite, many of its streets bedecked with garlands.

Situated on a small island just outside the port is the Fort Château d'If. Like Alcatraz in San Francisco Bay, it was a prison in the past and it is where Alexandre Dumas' novel

Count of Monte Cristo begins.

The coast southeast from Marseille is quite scarcely populated, spectacular and rugged. Little ports Cassis or Cap Canaille are strewn along the beaches interspersed with cliffs suitable for climbing. The ridge trails offer hikes with ocean views.

An excursion north from Rousset to Gordes and Roussillon, another mountaintop village became memorable because of a short detour to Village des Bories, located just off the main road. We heard about it from the locals and almost missed the turnoff due to poor signage. The access road is dreadful, but it turned out to be the highlight of the day.

As the story goes, in the 15th century the previously unused land became cultivated. Those working it needed dwellings that would provide shelter from rain or the summer heat. The result is small stone houses called “bories,” built without mortar from large flat stones collected in the fields. They don't have discernible walls or roofs and are often round, although a few rectangular bories are also in evidence. Their diameter is gradually reduced up to the ridge or peak. They resemble beehives.

Bories were not only used to house people - they were also animal barns, storage facilities or outdoor ovens for baking bread.

Excursions from Arles

We selected Arles for our third travel hub because of its Vincent Van Gogh connection. He not only cut off his ear there but also painted some of his best pictures.

The first day was Monday and when we arrived in the old town we found festivities all around us. It was May the 1st, the “Labour Day” in France.

Streets were closed to traffic. Pedestrians mingled with horse riders wearing period costumes. Political parties of all stripes marched around with banners. Speeches were made in various town squares blocking our progress, each party supposedly rallying their supporters with the help of bull horns.

Thankfully the politicking was over by noon because lunchtime is so sacrosanct in France! The fun started in the afternoon. Everyone headed towards the Roman Colosseum for a show and there were lineups for tickets.



Above: Riders in Arles Below: Bories



Country folks, men, women and children be-decked in traditional costumes, riding perfectly groomed horses were waiting outside of the main entrance ready for their grand entrance. It was a fascinating display of regional culture.

The scene was reminiscent of the Dutch masters' paintings, mainly Vermeer's, maybe even of Rembrandt's Night Watch fame although a much brighter version.

This bucolic atmosphere contrasted with the belligerent demonstrations on the same day in Paris. The evening TV news showed violent scenes of streets full of anarchists, communists and other extremists burning cars, even buildings.

In North America Labour Day celebrates the workers and is a family day full of joy while the radical left in Paris is still as angry as ever despite all the progress in social justice achieved in the last 100 years.

We hear about the French Paradox which is an observation that the French have a relatively low incidence of coronary heart diseases while indulging in cholesterol-laden food. This is supposedly due to the mitigating qualities of the red wine consumed with their food. The recommendation to drink wine for health reasons is appreciated by many, and not only in France!

That day in Arles, though, I started thinking that there is also another French Paradox, the vast social chasm between the rural dwellers, the farmers and the tradesmen that support them, who are by the nature of their occupations entrepreneurs on one side; and the Parisian intellectuals and the workers in the large industrial cities on the other.

The country folks are conservatives and the big city dwellers are the perennially unhappy "progressives". Such division exists in many countries but is most pronounced in France.

Pleasantly surprised we did not see the well-publicized violence or its aftermath that had gripped the country shortly before we arrived, probably because we were mostly traveling in the country.

After the "Labour Day" we explored the triangle between Arles, Nîmes and Avignon. It is rich with relics of the bygone era. Romans were aggressive empire builders and wanted it to last.

Huge amounts of resources on infrastructure and public buildings were spent in all lands they had

conquered. The empire not only lasted 1,000 years as a result, but its legacy also continues already another 2,000 years more and counting.

Nîmes was an important outpost in the Roman province Gallia. Its public monuments are well-preserved. The Arena is still used for concerts and bullfights, and the white limestone temple Maison Carrée is one of the few Roman buildings in Europe still in perfect condition.

Avignon's most distinctive building is the massive Palais des Papes (Popes' Palace), the seat of Catholic popes from 1309 to 1377. It remained under papal rule until becoming part of France in 1791. Unfortunately, the destructive French Revolution stripped the palace of all the furnishings, but the building itself is still a sight not to be missed.

There is a bridge in Avignon that abruptly ends in the middle of the mighty Rhône River. It collapsed many centuries ago during a flood, and it was neither repaired, nor torn down since. The bridge is known to every child from the song "Sur le Pont d'Avignon" composed in 1853 for an operetta featured in the Comic Opera of Paris. The play long since forgotten, the song became immortal as a nursery rhyme.

An ancient aqueduct bridge Pont du Gard crosses the river Gardon and its valley near Avignon. The aqueduct was built to carry fresh water over 50 km to the Roman colony of Nemausus, today Nîmes. Unblemished it is one of the best-known Roman antiquities, and possibly the tallest structure they ever built!

Excursions from Chanac

On our arrival to Chanac, the square where our rented house stood was completely deserted. Someone was supposed to meet us at 3:00 PM, and we were given a telephone number to call in an emergency.

However, nobody expected us. The only good sign was the open shutters on the second floor. We did not have a phone with a European SIM card so I asked a passerby to make a call for us but there was no answer.

Soon a crowd gathered. French are curious people and even the small com-motions tend to grow into large ones. Someone suggested that there might be

"une boîte à clé" placed somewhere on the building. It was soon located, but the security code from our reservation did not open it.

After quite a while and spirited discussions conducted mostly by gesticulation, a cavalry arrived unexpectedly to our rescue. Some good soul remembered who the cleaning lady was and on his own initiative went to fetch her.

We found out later that the owner was vacationing in Italy, and was therefore not answering the phone and instead relied on the omnipresent, instantaneous communicational gadgets that everyone is expected to have nowadays.

After all, he had sent us an email with instructions on where the key was and how to get it full three hours before our scheduled arrival, so how come we didn't receive it? It never occurred to him that as North Americans we may not be able to access our emails while driving. He was quite indignant when we complained later.

The moral of the story is, that the times are changing very rapidly and everyone, young and old, is expected to be on top of the newest developments. Especially when travelling one must have the most recent technology, all the apps, the right SIM cards or what have you. Don't leave home without them!

On the positive side, literally, the whole town came together to help us, culminating in the gift of a bottle of red wine to calm our nerves from a complete stranger. It was the good old-fashioned hospitality at work. Communications man to man and woman to woman, transcending the borders and cultures, still work the best!

Chanac is close to the "Gorges du Tarn", the best part of the Tarn River valley in Lozère department of Massif Central where the scenery is magnificent, and the towns on both banks of the river are ancient and unspoiled. Between Florac and Millau, the towns of Ste-Enimie, St. Chely Tarn, Les Vignes and others, plus many vaulted stone bridges and various castles can all be seen in one day. Stay longer, of course, if you want to properly explore them. We took three.

Furthermore, from Chanac one can also drive to storied towns on the famous Camino de Santiago, known in French as Chemins de Saint-Jacques-de-Compostelle route. Conques, Estaing, and Espalion all built outsized cathedrals to accommodate the mediaeval pilgrims who used to travel slowly, in large groups for safety and prayed a lot.

You can also hike trails where ancient milestones, remnants of stone retaining walls and other mysterious ruins going back centuries will allow you to let your

imagination soar!

On the way back north we stopped in Chartres which is only 100 kilometres southwest from the Charles de Gaulle Airport.

Cathedral Notre-Dame de Chartres is 115 meters, the third tallest in France. It defies gravity. Stone reliefs inside and outside, particularly around the main entrance are extraordinary. Chagall's stained glass windows high behind the altar are stunning.

A walk along the old canal under the cathedral is less known to casual tourists but very soothing. This being the last afternoon of the last day of our vacation, we were just passing time and not paying much attention to history or looking for attractions anymore.

Yet, something must have happened around there once, judging by the name of the street nearby: "Rue de Massacre". Oh, the French and their revolutions!

Our curiosity by then was totally spent we didn't want to ask. Maybe next time.



Above: Pont du Gard.
Below: The little fox



Medicine Hat

Volunteers of the Month



Helen loves all the visiting she can do while helping in the Bistro, and the exercise is a bonus.

Helen says if there is one thing, she wishes she could be better at is Technology. I think we all wish that Helen!

Living most of her life here in Medicine Hat there is no other place she would rather be, loving her house and her very precious cat.

On her down time Helen loves country, soft rock and Gospel music and sitting down and reading a great mystery novel.

Helen's motto is "Take one day at a time. Be kind, treat everyone the way you want to be treated." Thank you, Helen, for all you do in The Bistro and The Veiner Centre!

We hope you have a great rest of the summer.

Isn't this beautiful summer weather great! Hope you are all able to get out and enjoy some of it even in the evening when it is cooling down. Helen, our volunteer of the month has been helping in the Veiner Centre Bistro since 2014.

She decided it was time to get out and be around people, well doing something for the community would be good for herself and the others she can help.

Making air travel easier for seniors

News Canada

As you prepare to take to the skies this summer, you may have questions about how best to get through security screening.

Here are some tips to help you navigate the process with confidence.

First, plan to give yourself plenty of time to get to the airport.

The Canadian Air Transport Security Authority recommends that you arrive at least two hours in advance for domestic flights and three hours in advance for U.S. and international flights.

This will give you plenty of time to make your way through the airport and security screening at a comfortable pace.

Next, pack smart. When placed in your carry-on bag, liquids, aerosols and gels must be in containers of 100

ml or less and placed in a clear, resealable 1-litre plastic bag.

It's important to note that the 100 ml rule doesn't apply to prescription and non-prescription medication. If you have a daily or weekly pill separator, those are also permitted.

Your 1-litre bag, as well as any medication, will need to be removed from your carry-on baggage and placed in the bin for inspection.

Remember that while you are limited to two carry-on bags per person, medical equipment and mobility aids are not included in this limit.

Ask for assistance. Air travel can be challenging, especially if you need extra support. But don't let that stop you. At the security-screening checkpoint, there are several options.

If you're travel-

ling with a mobility aid like a walker, cane or wheelchair, check if there's a Family/Special Needs line available.

This line features screening equipment that can accommodate larger items, and the screening officers can offer additional assistance if you need more time and help with your belongings.

If there is no Family/Special Needs line, let the screening officers know that you require assistance. Upon request, they'll expedite the screening process for you.

Giving yourself extra time, being mindful when packing and asking for assistance when needed will set you up for success at security screening and start your trip on a positive note.

Find more information at catsa.gc.ca.

A low cost transportation service for adults 50+ in Medicine Hat and surrounding area



Launching Spring 2023

Please note, we are not currently taking client applications at this time

New Volunteer Opportunity

Veiner Vintage Transport is a volunteer-based service for generations 50+ in Medicine Hat and surrounding area.

Eligible riders are folks who need transportation services due to income restrictions, do not drive, and are 50+.

Drivers will provide rides 8:00am - 4:30pm Monday - Friday.

Unison in Medicine Hat is based out of Veiner and Strathcona Centres. We provide programs, services, and activities for generations 50+ in the Medicine Hat and surrounding area.

As a Driver Volunteer you...

- receive 50% off memberships
- are reimbursed .20\$/km
- receive FREE Mint SmartWash memberships

Contact Tammy at 403-525-8657 or tammyp@unisonalberta.com

Medicine Hat Veiner Activities

What's Happening in August

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Quilting Craft Room 9am Board Games South MP 9:30am Canasta South MP 12:30pm Tech Support Boardroom 1pm Euchre North MP 1pm Shuffleboard Games Room 1pm	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	Mahjong South MP 9am Bocci North MP 9:30am Bridge Lessons South MP 12:30pm Scrabble North MP 1pm Pinochle North MP 1pm	Strathcona Arts Studio Craft Room 9am Jam Session South MP 9:30am Canasta South MP 12:30pm Euchre North MP 1pm Shuffleboard Games Room 1pm BINGO Boardroom 2pm Duplicate Bridge North MP 6pm Norwegian Whist South MP 6pm Darts Games Room 6:30pm Poker Boardroom 6:30pm Bike Program Front Doors 7:30pm	Quilting Craft Room 9am Mahjong South MP 9am Hearts North MP 9:30am 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!

August 1

Ask a Financial Advisor – Craig Elder, RBC Dominion Securities

10am - 11am | Registration Required | South MP

August 1

Card Makers

1pm - 2pm | Registration Required | Boardroom

August 8

Alzheimer Society Care Partner Support Group

1:30pm | Craft Room | Register with Kristel (403) 528-2700

August 10

Counselling Services with Ben Feere

9am | Registration Required

August 15

First Link Connections

1pm - 3pm | Boardroom | Register by calling 403-528-2700

August 16

Parkinson Association Support Group

12pm - 2pm | Register with Brienne at 403-317-7710

August 25

Book Club

10am | Boardroom | Register with Natasha, Programs Assistant

August 25 - 27

Scrapbooking Fanatics

Starting at 4:30pm on the 25th | Registration Required

Wellness Wednesdays

For Members and Non-Members

August 2 | Movie Matinee with popcorn

"Cinderella Man" | South MP | 2pm

August 9 | BrokerLink: Personal Insurance

101

Craft Room | 2pm - 4pm | Reg. Required

August 16 | Pet Therapy with Kenzy

Games Room | Craft Room | 10:30am

August 16 | Revera Rocks! With Jodi

Craft Room | 2pm | Registration Required

Upcoming Event: September 30th
Beginner Weaving Course - Learn to Weave on a Loom. Registration Required

August 30

Oral Cancer Screening

1pm - 4pm | Boardroom

Registration Required

**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 August

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

Mondays

Table Tennis - 10am
 Chair Yoga & More
 12pm
 Pickleball - 1pm

Tuesdays

Pickleball - 9am



Wednesdays

Absolute Beginner/
 Beginner Line
 Dancing - 9am

 Table Tennis -
 10am
 Qigong & Chair
 Yoga - 12pm
 Pickleball - 1pm

Thursdays

Pickleball - 9am
 Tai Chi For Everyone
 - 3pm



Fridays

Pickleball Lessons -
 8:30am
 Table Tennis - 10am
 Pickleball - 1pm

Fitness Class Spotlight

All fitness classes require registration

Chair Yoga & More

12pm - 12:45pm | Mondays
 August 14, 21, & 28
 Members: \$14 | Non-Member: \$30

Qigong & Chair Yoga

12pm - 1pm | Wednesdays
 August 9, 16, & 23
 Members: \$14 | Non-Member: \$30

Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays
 FREE

Tai Chi For Everyone

3pm - 4pm | Thursday
 July 13 - August 17
 Free

Drum Fit - Online Fitness Class Free

Drum Fit - Zoom Class

Every Thursday at 10:15am be prepared to have some fun and work up a sweat! All you need is a pair of drumsticks (or substitute wooden spoons or dowels), a yoga ball (or substitute a smaller ball), and a 17-gallon bucket (or substitute a large pot or clothes basket).

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

Muscle Strength & Core Balance - Online Free

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Join Dan every Friday from 11:30am - 12:30pm for a fun workout in your own home!

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

Programs Returning in the Fall

- Fun & Fitness with Erynn
- Solid Gold Fitness with Krista
- Silver Steppers with Krista
- Hatha Yoga with Krista
- High Beginner/ Improver Line Dancing with Carol
- Yang Short Form, Yang Long Form, Chen Style Short Form, Fan Form & Weapons Form with the Tai Chi Association
- Tai Chi with Siew Mak
- Floor Curling

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

In-Person Weekly Drop-In

MONDAY

- Knitting for a Cause - 10am (2nd & 4th of the month)
- Badminton & Ping Pong - 10am
- Mahjong - 10:30am
- Live Well Be Well Conversations - 11am
- Pickle Ball - 2:30pm

TUESDAY

- FREE Food Market - 10:30am to noon in the Kerby Gym
- Memory Writing - 1:30pm (3rd Tues of each month)
- Pickleball - 2:30pm

WEDNESDAY

- General Craft Group - 9am
- Men's Shed - 11am
- Weekly Dance - 1pm
- Cribbage - 1pm

THURSDAY

- Artist Group - 10am
- Kerby Centre Tours - 10:30am meet in the Café
- Pickle Ball - 2:30pm

FRIDAY

- Spanish Conversation - 10am
- FREE Food Market - 10:30am to noon in the Kerby Gym
- *Tech Help - 11am (must register)
- Badminton & Ping Pong - 1:30pm
- English as a Second Language - 1:30pm

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 Centre on the 3rd floor.



MEMBERSHIP SPOTLIGHT

FALL CLASS REGISTRATIONS

Members can start registering for classes **AUGUST 1ST**

Non Member registration starts on **AUGUST 15TH**



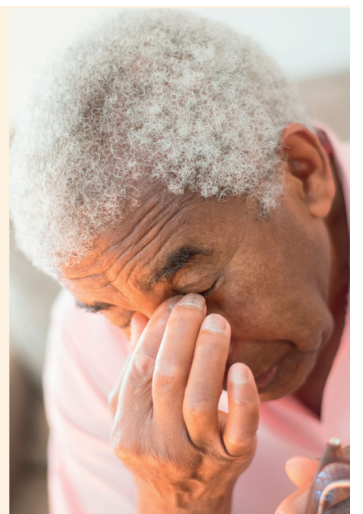
WELLNESS SPOTLIGHT

New Grief Group Starting Revised Dates

Thursdays | Aug 17 - Oct 5 | 1 pm

Join our support grief group to rediscover yourself aft loss and learn skills to start enjoying and living your best life again.

*Registration Required



MEMBERSHIP SPOTLIGHT

Did you know our Kerby Centre Memberships are only \$25?

If you want to go on the tours listed below get a membership at the same time, **YOU'LL SAVE \$5**

(\$108 - \$78 = \$30 - \$25 Membership = \$5 Savings)



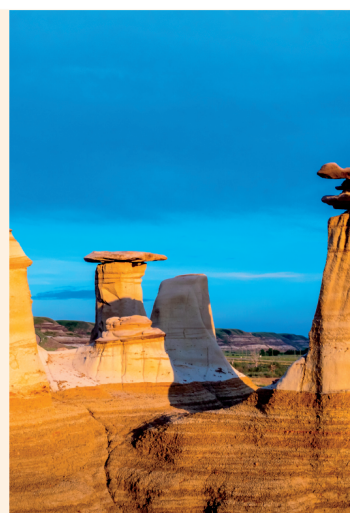
TRAVEL SPOTLIGHT

Hoodoos & Royal Tyrrell Museum

Wednesday, Aug 30 | 8 am - 6 pm

Member: \$78 | Non-Member: \$108
Cut-off Date - Wednesday, Aug 16
No refunds after cut-off date.

*Registration Required



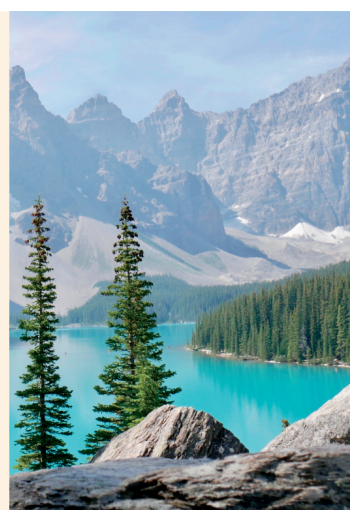
TRAVEL SPOTLIGHT

Lake Louise, Moraine Lake & Morant's Curve

Monday, Sept 11 | 8 am - 6 pm

Member: \$78 | Non-Member: \$108
Cut-off Date - Monday, Aug 28
No refunds after cut-off date.

*Registration Required



Active Aging Department Calgary In-Person Activities

Classes and Activities Spotlight

SHOPPING SPOTLIGHT



**Wise Owl
Boutique**

1/2 Price Sale
August 14 – 18

Discounts are available on all **clothing** and **red tag items**.

ACTIVE AGING SPOTLIGHT

Watercolour Cards with Lettering

Fridays | Aug 11 – Sept 1 | 10 am

Members: \$119 | Non-Member: \$139

Learn how to make a set of your own greeting cards using watercolour and informal lettering. Beginners are welcome for this class *Supplies not include
***Registration Required**



ACTIVE AGING SPOTLIGHT

Fall Watercolour Book

Thursdays | Aug 10 – 31 | 10 am

Members: \$89 | Non-Members: \$119

Build a book from scratch and fill it with fall images and some letter that you will create with a variety of mixed media. Beginners are welcome for this class.
***Registration Required**



SHOPPING SPOTLIGHT

Active Aging Craft Sale

Thursday, Aug 31 2023
10am – 1pm
Kerby Centre, Café
Selected items 50% off!

ACTIVE AGING SPOTLIGHT

Line Dancing – Introductory

Dalhousie Community Centre location

Wednesdays | Aug 9 – 30 | 10 am

Members: \$29 | Non-Members: \$59

Improve your coordination, mental acuity and the boost of confidence!

***Registration Required**



SHOPPING SPOTLIGHT

Free Food Markets Non Kerby Locations

Parkdale Nifty Fifty Association (NW)
August 8 | 11AM – 12PM

CARYA Village Commons (SE)
August 9 | 1PM – 3PM

Bow Cliff Seniors 50+ (SW)
August 17 | 11AM – 12PM

Northminster United Church (NW)
August 23 | 1:30PM – 3PM
***New Address – 3716 – 2 St. NW Highland Park Community Association (same community, just a new address)**

ACTIVE AGING SPOTLIGHT

Line Dancing – Intermediate

Kerby Centre location

Thursdays | Aug 10 – 31 | 1 pm

Member: \$29 | Non-member: \$59

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.

***Registration Required**



Travel Spotlight

Jubilations Presents: The Legend of Elton John

Tuesday, Sept 19 | 9:30 am – 3 pm

Member: \$65 | Non-member: \$95

Cut-off Date – Tuesday, Sept 5

Includes lunch and performance

Travel by LRT or meet at the Theatre

No refunds after cut-off date.

***Registration Required**



Active Aging

Course Registration Fall Session

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

Register in person at Kerby Centre in **Room 306** or by phone at **(403) 705-3233**

Online registration is available now at **kerbycentre23.wildapricot.org**



Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities.

We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!

Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up.

HenriettaF@UnisonAlberta.com or **(403) 705-3233**

Classes offered in our satellite locations:

Dalhousie Community Association (5432 Dalhart Rd NW, Calgary, AB T3A 1V6)

<p>Ukulele Beginner! (Member \$55 Non-Member \$85) Instructor: Lorraine Smith</p> <p>This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. You'll be playing on the first day! If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner.</p> <p>Don't have a uke? Please contact Active Aging for purchasing information. Instruction is for the small size varieties of ukulele - soprano, concert, or tenor.</p>	<p>D01 Monday Sept 11 – Oct 23 (No Class Oct 9) 10:30am – 11:30am Dalhousie Community Centre</p>
<p>Line Dancing (Member \$34 Non-Member \$64) Instructor: Glenis Martin</p> <p>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.</p>	<p>Introductory D02 Wednesday Sept 13 – Oct 4 10:00am – 11:00am Dalhousie Community Centre</p>

Wild Rose Church (1317 1 St NW, Calgary, AB T2M 2S5)

TBA Please see our website for details.

Zoom Courses

We are pleased to announce we will be continuing to offer Zoom Classes this fall! If you have not yet registered, please contact Active Aging to sign up!

HenriettaF@UnisonAlberta.com or **(403) 705-3233**

FREE Zoom Classes for Unison at Kerby Centre Members

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

<p>Paper Collage Art (Member \$70 Non-Member \$100) Instructor: Sally Towers-Sybbllis</p> <p>Discover the art of paper collage in this online class. Unleash your creativity as you learn to blend images, textures, and colours to create stunning visual compositions. No prior experience required – a supply list will be provided after registration. Join us and dive into the world of paper collage!</p>	<p>Z01 Tuesday Sept 12 – Oct 17 10:00am – 12:00pm Online</p>
<p>Watercolor Beginner! (Member \$120 Non-Member \$150) Instructor: Sally Towers-Sybbllis</p> <p><i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i></p> <p>Learn the basics of watercolour painting by creating artist trading card size watercolours. These are small watercolours that are 2.75x3.75" in size. Each week we will learn a new landscape technique. This class is perfect if you are new to watercolour painting.</p>	<p>Z02 Friday Sept 15 – Oct 20 1:00pm – 3:00pm Online</p>
<p>Ski Fit (Member \$64 SASC Member \$74 Non Member \$84 per session) Instructor: Dan Leung</p> <p>With winter just around the corner, it's time to prepare for ski season. This six-week conditioning course will focus on balance & strength training exercises designed to get you ready for the hill!</p>	<p>Z03 Monday & Thursday Sept 18 – Oct 30 (No Class Oct 9) 11:00am – 12:00pm Online</p> <p>Z04 Monday & Thursday Nov 6 – Dec 14 11:00am – 12:00pm Online</p>

Active Living Courses *Appropriate workout attire and footwear are required for all fitness classes*

<p>Chen Tai Chi & Tai Chi Qi Gong (Member \$64 Non-Member \$94) <u>Instructor:</u> Adrian Buczek</p> <p>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.</p>	<p>A01 Thursday Sept 14 – Dec 7 <i>(No Class Nov 23)</i> 2:15pm – 3:15pm Room 205</p>
<p>Fitness with Dan (Member \$64 Non-Member \$94) <u>Instructor:</u> Dan Leung</p> <p>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.</p>	<p>A02 Wednesday Sept 13 – Nov 29 10:00am – 11:00am Gymnasium</p>
<p>Muscle Strength & Core Balance (Member \$64 Non-Member \$94) <u>Instructor:</u> Dan Leung</p> <p>Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.</p>	<p>A03 Friday Sept 15 – Dec 8 <i>(No Class Sept 29)</i> 9:00am – 10:00am Gymnasium</p>
<p>Stretching & Mobility (Member \$44 Non-Member \$74) <u>Instructor:</u> Suraj Gurung</p> <p>Improve your flexibility, enhance your range of motion, and rejuvenate your body with our specialized Stretching and Mobility Class tailored just for you. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle. Join us and unlock the power of movement!</p>	<p>A04 Tuesday Sept 19 – Oct 24 <i>(6 Weeks)</i> 10:30am – 11:30pm Room 305</p>
<p>Feet to the Beat (Member \$64 Non-Member \$94) <u>Instructor:</u> Kym Butler</p> <p>Are you looking to shake up your fitness routine? Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.</p>	<p>A05 Friday Sept 22 – Dec 15 <i>(No Class Oct 13)</i> 1:00pm – 2:00pm Room 205</p>
<p>Line Dancing (Member \$64 Non-Member \$94 per course) <u>Instructor:</u> Glenis Martin</p> <p>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.</p>	<p><u>Introductory Level I</u> A06 Monday Sept 11 – Dec 4 <i>(No Class Oct 9)</i> 1:00pm – 2:00pm Gymnasium</p> <p><u>Introductory Level I</u> A07 Thursday Sept 14 – Nov 30 11:30am – 12:30pm Gymnasium</p> <p><u>Intermediate Level I</u> <i>(with some experience)</i> A08 Thursday Sept 14 – Nov 30 1:00pm – 2:00pm Gymnasium</p>
<p>Bollywood Freestyle Dance (Member \$64 Non-Member \$94) <u>Instructor:</u> Payel Ghosh</p> <p>Whether you're looking to enhance your dance skills, improve your fitness level, or simply have a great time, this course is for you. Get ready to immerse yourself in the vibrant world of Bollywood dance, where every step is an expression of joy, passion, and celebration. This course is designed for beginners and dance enthusiasts alike, with no prior experience required.</p>	<p>A09 Thursday Sept 14 – Dec 7 <i>(No Class Nov 23)</i> 1:00pm – 2:00pm Room 205</p>
<p>Chair Yoga (Member \$64 Non-Member \$94) <u>Instructor:</u> Gina Komanac</p> <p>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.</p>	<p>A10 Wednesday Sept 13 – Dec 6 <i>(No Class Sept 27)</i> 1:15pm – 2:15pm Room 205</p>
<p>Yoga for You (Member \$64 Non-Member \$94) <u>Instructor:</u> Gina Komanac</p> <p>In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.</p>	<p>A11 Monday Sept 11 – Dec 4 <i>(No Class Oct 9)</i> 11:30am – 12:30pm Room 205</p>

<p>Zumba Gold (Member \$64 Non-Member \$94 per course) <u>Instructor:</u> Maaïke Seaward</p> <p>Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!</p>	<p>A12 Tuesday Sept 12 – Nov 28 10:00am – 11:00am Room 205</p> <p>A13 Thursday Sept 14 – Nov 30 10:00am – 11:00am Gymnasium</p>
<p>Bhangra Basics! (Member \$64 Non-Member \$94) <u>Instructor:</u> Payel Ghosh</p> <p>Bhangra is a traditional and energetic folk dance of Punjab. This fun and joyful style of dance transcends barriers of language & culture and is enjoyed by millions across the globe. No experience is needed as we will take a step by step approach to each dance. Come out and try something new and fun—the experience will leave your whole body smiling!</p>	<p>A14 Wednesday Sept 13 – Nov 29 1:00pm – 2:00pm Gymnasium</p>

Academic Courses

Arts

<p>Arts in the Afternoon: Acrylic (Member \$140 Non-Member \$160 per course) <u>Instructor:</u> Carol Marasco</p> <p>This course is designed for students who are looking to learn how to paint and have a little fun along the way. Beginners need not be daunted! Carol will guide you step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. All supplies are included.</p>	<p>B01 Wednesday Sept 13 – Oct 18 1:00pm – 3:00pm Room 313</p> <p>B02 Wednesday Nov 1 – Dec 6 1:00pm – 3:00pm Room 313</p>
<p>Drawing (Member \$90 Non-Member \$120 per course) <u>Instructor:</u> Tayebe Joodaki</p> <p>Have you always been interested in drawing, but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be!</p> <p><i>Supplies not included.</i></p>	<p><u>Beginner Drawing</u> B03 Monday Sept 11 – Oct 23 (No class Oct 9) 1:00pm – 3:00pm Room 313</p> <p><u>Intermediate Drawing</u> B04 Monday Oct 30 – Dec 4 1:00pm – 3:00pm Room 313</p>
<p>Oil Painting! (Member \$90 Non-Member \$120 per course) <u>Instructor:</u> Tayebe Joodaki</p> <p>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.</p>	<p><u>Beginner Oil Painting</u> B05 Wednesday Sept 13 – Oct 25 (No Class Oct 18) 10:00am – 12:00pm Art Studio</p> <p><u>Intermediate Oil Painting</u> B06 Wednesday Nov 8 – Dec 13 10:00am – 12:00pm Art Studio</p>
<p>Calligraphy Letters & Greeting Cards (Member \$90 Non-Member \$120) <u>Instructor:</u> Renate Worthington</p> <p>Using a few different lettering styles, we will add simple designs to create several customized cards for your friends and family. Handouts and instruction for lettering and card designs will be supplied. Most materials will be provided. Some calligraphy experience is helpful but not essential.</p>	<p>B07 Monday Oct 2 – Nov 13 (No Class Oct 9) 10:00am – 12:00pm Room 301</p>
<p>Watercolour (Member \$144 Non-Member \$174) <u>Instructor:</u> TBA</p> <p><i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i></p> <p>Have you been an admirer of watercolour from afar but now are looking to learn the skill of watercolour painting for yourself? This class may be for you!</p>	<p>B08 TBA</p> <p>B09 TBA</p>

Languages

<p>Spanish (Member \$140 Non-Member \$170 per course) <u>Instructor:</u> Norah Hutchinson</p> <p><i>The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.</i></p>	
<p>Spanish Grammar I – Beginner</p> <p>A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.</p>	<p>B10 Monday Sept 18 – Dec 11 <i>(No Class Oct 9)</i> 10:00am – 12:00pm Room 311</p>
<p>Spanish Grammar II</p> <p>A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.</p>	<p>B11 Tuesday Sept 19 – Dec 5 1:00pm – 3:00pm Room 311</p>
<p>Spanish Grammar III</p> <p>A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.</p>	<p>B12 Tuesday Sept 19 – Dec 5 10:00am – 12:00pm Room 311</p>
<p>Spanish Grammar IV</p> <p>A continuation of Spanish Grammar III. Chapters 10-12 will be covered.</p>	<p>B13 Thursday Sept 21 – Dec 7 1:00pm – 3:00pm Room 311</p>
<p>Advanced Grammar</p> <p>This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar 1 - 5 or equivalent. A complete refresher from the basics to in depth grammar topics. Material will be presented through visual and orderly summaries of rules and essential vocabulary. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest. Minimum prerequisite Grammar 5.</p>	<p>B14 Wednesday Sept 20 – Dec 6 10:00am – 12:00pm Room 312</p>
<p>Spanish Conversation I</p> <p>This course is designed for students who have finished levels 1 – 5 of grammar and are ready to put into practice their knowledge. You will have the opportunity to engage in conversations based on familiar topics and a variety of common daily and social situations. Focus is on interaction with peers. Minimum prerequisite Grammar V.</p>	<p>B15 Wednesday Sept 20 – Dec 6 1:00pm – 3:00pm Room 311</p>
<p>Spanish Conversation II</p> <p>This course is designed for students with strong knowledge of grammar and have taken previous conversation courses. It will give an opportunity to: speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.</p>	<p>B16 Monday Sept 18 – Dec 11 <i>(No Class Oct 9)</i> 1:00pm – 3:00pm Room 311</p>
<p>Mandarin for Beginners! (Member \$55 Non-Member \$85) <u>Instructor:</u> Hong Wang</p> <p>Are you interested in learning Mandarin? This is a special introductory class where learners can have a basic understanding of this language and can speak simple word and sentences.</p>	<p>B17 Thursday Sept 14 – Nov 2 <i>(8 Weeks)</i> 4:00pm – 5:00pm Room 312</p>
<p>Beginner French (Member \$90 Non-Members \$120) <u>Instructor:</u> Chancie Moyo</p> <p>This fun course is going to sharpen your listening skills, your memory, and improve your French all at once! Level I French is for beginners. All you'll need to improve your French conversation is curiosity. Have fun while building your confidence, and spontaneity in friendly dialogue.</p>	<p>B18 Friday Sept 15 – Dec 1 10:00am – 12:00pm Room 305</p>
<p>Sign Language Basic! (Member \$125 Non Member \$155) <u>Instructor:</u> ASL – Deaf and Hear Alberta</p> <p>This class provides an enjoyable and effective method to learn American Sign Language (ASL) through classroom instruction taught by certified ASL Instructors. This customized course is for you with a special focus on vocabulary that is particular for the basic conversation.</p>	<p>B19 Monday Sept 11 – Oct 23 <i>(No Class Oct 9)</i> 10:00am – 11:00am Room 305</p>

Sing & Play

<p>Singing Circle (Member \$60 Non-Member \$90) Instructor: Barry Luft</p> <p>Welcome to our long-standing Singing Circle! Bring yourself and your love of singing to a dynamic group of people who sing out strongly on those old well-known songs. However, note that our rules include no song books, lyric sheets or visual aid of any kind including cell phones. We have a well-stocked song bag of popular titles to help move things along if memory fails. So, come along to experience the real joy of community singing! "I'll look for you if I'm ever back this way".</p>	<p>B20 Thursday Sept 14 – Nov 30 10:30am – 11:30am Room 305</p>
<p>Ukulele Magic! Intermediate Hodge Podge Raising the Level of Musicianship (Member \$105 Non Member \$135) Instructor: Barry Luft</p> <p>We will review the uke-friendly keys, perfect the "calypso" strum, introduce tablature notation, and further train our playing-by-ear skills. Lots of strumming while singing songs will be practiced in large and small groups as well as in solo contexts. And, a few finger-picking patterns will be introduced. Does this all sound like fun or what!? Alumni are always welcome to register.</p> <p><i>Pre-requisite: And intermediate-level course and familiarity with the Nashville Numbering System.</i></p>	<p>B21 Wednesday Sept 13 – Nov 29 11:15am – 12:15pm Room 305</p>
<p>Ukulele Magic! Advanced Play & Sing Strum Like the Wind & Sing With Authority (Member: \$105 Non-Member: \$135) Instructor: Barry Luft</p> <p>We will focus on ukulele skills as they apply to song accompaniment, strumming variations, and some finger-picking patterns. Regular playing-by-ear exercises will be practiced also. Solos will be encouraged and small group presentations organized. The instructor will partner with class members to continually raise their level of musicianship. Alumni are always welcome to register.</p> <p><i>Pre-requisite: An intermediate-level course, familiarity with a handful of "keys", and a working knowledge of the Nashville Numbering System.</i></p>	<p>B22 Wednesday Sept 13 – Nov 29 10:00am – 11:00am Room 305</p>
<p>Guitar Basics! (Member \$105 Non-Member \$135) Instructor: Kaitlyn Southgate</p> <p>This class will have you ready to pull out your guitar and sing along to old favourites in no time! This class is geared to individuals with little or no previous experience, or those who may be looking for a little refresher. You'll be learning basic chords and strumming patterns while also singing along! If you have a guitar, bring it to class in good working order along with an electronic tuner.</p>	<p>B23 Thursday Sept 14 – Nov 30 12:30pm – 1:30pm Room 305</p>
<p>Kerby Chorus (Member \$70 Non-Member \$100) Instructor: Alison Demeter</p> <p>Although this class may offer the opportunity to perform solos or in small groups, the focus of the class is to work within a supportive large group setting. We will begin to prepare songs for performances at the end of the fall session in December. Unlike most choirs, instead of using sheet music, we will use lyric sheets and audio tracks to learn and practice the songs. A great voice and/or previous singing experience is not required – only a desire to sing and a willingness to have fun with others!</p> <p><i>Please note: People who have only sung using sheet music and/or people with perfect or relative pitch may find the class challenging.</i></p>	<p>B24 Tuesday Sept 5 – Dec 5 (No Class on Sept 12 & 26) 1:15pm – 2:45pm Room 205</p>
<p>Tunes on Tuesday (Member: \$60 Non-Member \$90) Instructor: Alison Demeter</p> <p>Do you know what activity relieves stress, stimulates your immune response, improves your lung function, helps with memory, and develops a sense of belonging and connection – all while you enjoy yourself? The answer is... singing "Tunes on Tuesdays!" You don't need to have a great voice and no previous singing experience is necessary... just a desire and willingness to choose a favourite song from the songbook, sing it with the group, and have some fun!</p>	<p>B25 Tuesday Sept 5 – Dec 5 (No Class Sept 12 & 26) 11:15am – 12:45pm Room 205</p>

General Interests

<p>Still-life Drawing (Member \$50 Non-Member \$80) Instructor: Tayebe Joodaki</p> <p>This workshop is a great opportunity for all levels of students who are interested in learning about still-life drawing. Whether you are a beginner or an advanced student, there is something new to learn. The workshop covers the essential rules of still-life drawing. It's a great chance to improve your skills and gain some new knowledge. Don't miss out on this fantastic opportunity!</p> <p><i>Supplies: Pencils (HB, 3B and 6B), Sketch Book and eraser</i></p>	<p>B26 Wednesday Oct 18 10:00am – 1:00pm Room 313</p>
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<p>Portrait Drawing (Member: \$50 Non-Member: \$80) <u>Instructor:</u> Tayebe Joodaki</p> <p>This workshop is a great opportunity for all levels of students who are interested in learning about Portrait drawing. Whether you are a beginner or an advanced student, there is something new to learn. The workshop covers the essential rules of portrait drawing. It's a great chance to improve your skills and gain some new knowledge. Don't miss out on this fantastic opportunity!</p> <p><i>Supplies: Pencils (HB, 3B and 6B), Sketch Book and eraser</i></p>	<p>B27 Monday Oct 23 10:00am – 1:00pm Room 313</p>
<p>Creative Crafts! Fabric Painting Workshop (Member \$30 Non-Member \$60) <u>Instructor:</u> Mareb Alrawaf</p> <p>This workshop is designed to release your hidden artistic abilities and promote the positive benefits of art. Join us and create your own unique tote bag. Supplies will be provided – Tote Bag, Brush and Fabric Paint.</p>	<p>B28 Tuesday Oct 24 1:00pm – 3:00pm Room 313</p>
<p>Paint & Sip Special: Member Only (Member Only \$60) <u>Event Instructor:</u> Carol Marasco</p> <p><i>All supplies and "Wine & Cheese" are included.</i></p> <p>Join us for a fun afternoon and let your artistic style run a little wild! No painting experience necessary!</p>	<p>B29 Wednesday Dec 13 1:00pm – 3:00pm Room 305</p>
<p>Indigenous Drum Making Workshop <u>Instructor:</u> Chantal Chagnon</p>	<p>B30 TBA</p>
<p>Indigenous Building Capacity Workshop: Truth & Reconciliation Combined with Medicine Wheel Teaching & Sharing Circle (Member \$70 Non-member \$100) <u>Instructor:</u> Cheryl Chagnon</p>	<p>B31 TBA 8:30am – 4:30pm</p>
<p>Mahjong (Member \$25 Non-Member \$55) <u>Instructor:</u> Swee Wong</p> <p>Have you always been interested in mahjong but didn't know where to start? Our three-week introductory workshop will teach you the basics and prepare you to join our ongoing Monday drop in group.</p>	<p>B32 Monday Oct 16, 23 and 30 10:30am – 12:30pm Room 312</p>
<p>Self-Protection (Member \$30 Non-Member \$60) <u>Instructor:</u> Don Muldoon</p> <p>Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone. Both verbal and physical skills will be taught.</p>	<p>B33 Tuesday Nov 21 10:00am – 12:00pm Room 305</p>
<p>Safety First! "Developing Skills for Preemptive Action" (Member: \$30 Non Member: \$60) <u>Instructor:</u> Don Muldoon</p> <p>Learn to prioritize safety with our 'Safety First' workshop. Develop the essential skills for preemptive action and gain the confidence to recognize and respond to potential threats effectively. Join us to secure a safer tomorrow!</p>	<p>B34 Tuesday Sept 19 10:00am – 12:00pm Room 301</p>
<p>The Art of Difficult Conversation (Member \$30 Non-Member \$60) <u>Instructor:</u> Don Muldoon</p> <p>Join our workshop to learn effective strategies and communication techniques for navigating challenging discussions with confidence and success. Develop your skills in conflict resolution, active listening, and building positive relationships.</p>	<p>B35 Tuesday Oct 17 10:00am – 12:00pm Room 301</p>

Digital Skills Training

<p>Using your Android (Member: \$20 Non Member: \$50) <u>Instructor:</u> Anika Ongjoco</p> <p>This course is designed to teach you how to use your smart phone app to make your life easier. You can learn to plan trip with google map, photo editing, social networking and gaming etc... Bring your smart phone with you in the class.</p>	<p>B36 Friday Sept 15 – Oct 6 3:00pm – 4:00pm Room 301</p>
<p>Social Media for Beginners (Member: \$20 Non Member: \$50) <u>Instructor:</u> Anika Ongjoco</p> <p>Learn the social media platform to stay engaged with life and maintaining relationship with other people. Share your photos and videos with the loved one's.</p>	<p>B37 Friday Oct 27 – Nov 17 3:00pm – 4:00pm Room 301</p>

Active Aging Department Unison Online Activities

Online Weekly Activities

Monday

Fitness with Dan - 9:30am

English as a Second Language - 1pm

Chair Yoga - 2pm

Tuesday

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 SPOTLIGHT

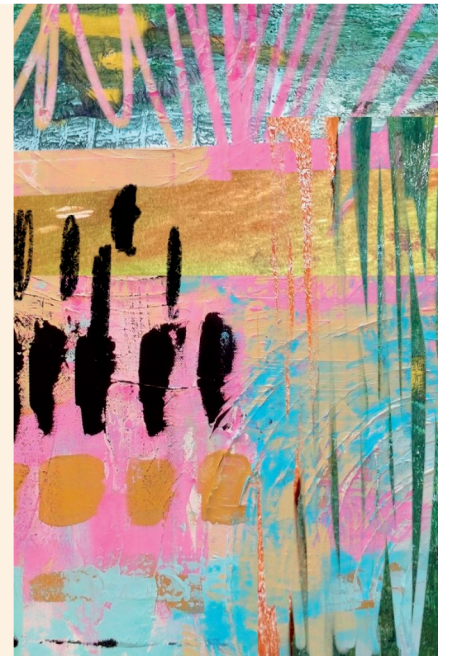
Paper Collage Art

Tuesdays, Sept 12 - Oct 17 | 10 am

Member: \$70 | Non-Member: \$100

Discover the art of paper collage in this online class. Unleash your creativity as you learn to blend images, textures, and colours to create stunning visual compositions. No prior experience required – a supply list will be provided after registration. Join us and dive into the world of paper collage!

*Registration Required



ONLINE SPOTLIGHT

Ski Fit

Mon & Thurs, Sept 18 - Oct 30 | 10 am

Member: \$64 | SASC Member \$74 | Non-Member: \$84

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

*Registration Required



To Register for Events, Classes and Programs please visit Kerby's Active Aging website, contact our Active Aging Team henriettaf@UnisonAlberta.com, or visit us at Kerby Centre on the third floor—room 306.



Upcoming Weekly Specials August 2023

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

Follow us on Facebook and Instagram @kerbycafecatering

July 31 - August 4
Beef and Mushroom Pie

August 7 - 11
Jerk Chicken Sandwich (mild)

August 14 -18
Nasi Goreng
Continuing our international tour we celebrate Indonesian Constitution Day.

August 21 - 25
Cubano Sandwich

August 28 - Sep 1
Bacon Poutine

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

Senior Listings

YOUR MESSAGE, PEER TO PEER

WANTED

1 bedroom upstairs to rent, cable included, utilities included, washer and dryer, located in NE, closes to transit, \$700 a month. Seeking mature woman, 55 - 65. Call 587-496-3575.

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.

Positively Old: How to enjoy being 80 years old. New book by Lise Mesluk. Large type, less than 100 pages. Useful information on how to focus on happiness and away from negative

emotions that afflict some elderly.

Call Lise at 403-686-7284

'DRIVE' TRANSPORT CHAIR 'EXPEDITION X SERIES' 2022 "when a walker is not quite enough"

Light weight aluminum (19lbs.)/Folds for vehicle. Adjustable foot rests/Extra padded seat cushion/red. New \$419.95/Asking \$380.00 (does NOT qualify for AADL grant). Call Deb 403-829-4427

'DRIVE' WHEELED WALKER 'EVOLUTION EXPRESS LITE' 2018. Solidly built/Size Regular/Folds for vehicle. Adjustable handle bars/Padded seat/front basket/black. New \$495.00/Asking \$200.00 (NO waiting for AADL grant). Call Deb 403-829-4427

For sale by owner. We have side by side niches in a columbarium

at Eden Brook Memorial Gardens, in a sold-out area called Memories Garden.

The niches are facing west to the mountains, a small lake and golf course. The going rate for one niche here is \$7,830 and \$760 for the interment fee. We are willing to sell them for \$5,500 each for the package which includes one companion urn and one single urn in addition to the interment. There is room for two urns in one niche or one larger companion urn. We ideally would like to sell them side by side but will consider selling each separately.

In addition, there is a \$500 owner to owner transfer fee to be paid by the buyer.

The great staff at Eden Brook would be more than happy to show you the exact location of the niches.

Please text Astrid at 403-483-1224, serious inquiries only.

Four cemetery plots in Mountain View Memorial Gardens in Calgary. Each plot accommodates 1 casket and 2 urns or 3 urns. May purchase individually or all 4. Price per plot is \$1000 or \$3000 for all 4 plots. Prices are negotiable. Plots can be transferred through Arbor Memorial to several locations across Canada. Contact Reta @ 780-221-0685

Seniors Condo for sale in Didsbury. 55+, double garage, finished basement. Call Dwayne - 403-438-4008

Hospital bed \$1000

OBO - Excellent almost new condition with head, foot, and entire bed raise options

Bed from Coop Home Care and mattress from Sleep Country

Seeking senior couple or senior individuals 55+ to rent main floor of modern house. Three bedrooms, two bathrooms repainted and refurbished with brand new washer drier. Includes electric and gas utilities. Located in quiet Erinwood street SE on bus route. \$1900 monthly all inclusive for seniors seeking quiet living environment. Available 1 September.

Phone Ken on 368 995-1072

CROSSWORD SOLUTION

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S	E	A	P	O	R	T	I	N	S	C	O	T	L	A	N	D										
S	A	K	S		U	R	L			H	U	E		P	E	E	R	A	G	E						
A	T	E			H	B	O			M	I	E	N		R	A	W	M	E	T	A	L				
					P	O	E	T	S	W	O	R	D	F	O	R	B	E	F	O	R	E				
D	A	B	A	T					E	A	N			D	U	B				T	E	N	P	M		
E	N	G	L	I	S	H	P	H	I	L	O	S	O	P	H	E	R									
A	D	O	P	T	O	U	T			Z	I	G	S		E	E	R			M	D	S				
R	I	N	S	E	R	S				S	I	P			A	R	R			N	C	A	A			
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L	S	A	T							T	A	G		H	O	E				A	N	A	I	S		
A	T	T	E	S	T	O	R			S	I	B		H	I	K	E	R								
B	R	O	N	T	E	H	E	R	O	I	N	E	J	A	N	E				T	H	O				
R	A	N	T	I	N	G				I	R	R	I	T	A	N	T			S	N	A	G			
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A	Y	R			E	R	E			A	Y	E	R		A	I	R			E	Y	R	E			

SUDOKU ANSWER

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



LTH TOURS
LIFE TIME HIGHS

2023 - Time to Travel!

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Take the Reno, Nevada tour- the Biggest Little City in the World. 2 nights - Butte Best Western with complimentary b/fast, 2 nights - Cactus Pete in Jackpot, Nevada, 4 nights in Silver Legacy, Outlet Mall, Virginia City

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DEC 3 - 6, 2023

Dble - \$515.00, Triple - \$465.00, Quad - \$440.00, Single - \$690.00

MORE TOURS: FAIRMONT HOT SPRINGS JAN. 8 - 10, 2024 EDMONTON RIVER REE JAN. 21 - 23, 2024, BONNERS FERRY, ID FEB 4 - 7 LAUGHLIN, NV FEB 20 - MAR. 3, 2024 MOOSE JAW, SK MAR 18 - 21

INFO @LHTOURS.CA LHTOURS.CA 587 223 0203

Important notice for Kerby News readers

To our wonderful and loyal monthly readers of the Kerby News:

It can be difficult to stay relevant as a print publication in 2023, but the Kerby News does an excellent job.

Out of the other 30,000 copies we print every month, we have a pick-up rate of over 95 per cent; an absolutely amazing statistic

of which we are extremely proud.

However, in order to keep our paper relevant, physical and free, we often have to make changes: some small, some drastic.

Our Seniors Listing section was born out of our Classified section as a way for older adults to list items as a method of Buy and Sell.

Due to the increase of free platforms like Kijiji or Facebook Marketplace, we do not receive sufficient listings to justify continuing the section.

Therefore this issue will be the last month the Seniors Listings will be featured.

We appreciate your understanding.

Kerby News Editorial Staff



SAVE THE DATE!
SEPT 27th

FREE Estate Planning Workshop

Get ready to dive into a day jam-packed with presentations all about estate planning. Join us for this all-day workshop where you'll uncover the secrets and strategies behind it all. We'll have a delicious light lunch waiting for you too! Space is limited, so RSVP to secure your spot.



10 am - 3 pm



Wednesday, September 27



Unison at Kerby Centre
Lecture Room

RSVP to Lori at Unison at Kerby Centre

loriw@unisonalberta.com or (403) 705-3179



VISIT OUR VOLUNTEER DEPARTMENT IN ROOM 303 FOR MORE INFORMATION

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