



Southern Alberta's Premier Seniors Publication

# Crossing into the New Year!



It's a big bridge to cross, but we do it every year! Join us for our last issue of 2023, with Jerry Cvach writing about his travels across Canada over pages 14-15.

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# The law of equivalent exchange



Andrew McCutcheon  
Kerby News

You can't get something from nothing. That's just a law of the universe. Put more scientifically, I suppose, you'd be

talking about the first law of Thermodynamics: energy cannot be created or destroyed, merely change forms.

But simply, it just means you can't get something from nothing.

There's always an equivalent exchange.

Kerby Centre and Unison have a lot of some things on our plate.

Rarely do I try to make a full list of all the some things we do here, because

it would probably take a full week and still end up missing a few.

Active Aging, Seniors Supports, the Elder Abuse Shelter, the café, the Wellness Connection Centre, the Adult Day Program, Online Programming, Thrive Food Security: and that's just the first few that come to mind.

Nothing to be said of all the "support" some things we do: Fund Development, facilities and maintenance, the Volunteer Department, and of course: Marketing, the folks for whom I work.

And every something that we do doesn't come from nowhere. You can't get something from nothing: and that means money.

It's an unfortunate truth, but everything we do costs money. We are smart and strategic with every single dollar we get and stretch them to make the most, but when we talk about the Unison Kerby Centre, we have to talk about how we're funded.

Government funding and grants are a big part of things, but the folks I want to talk about today are a different sort: sponsors and donors.

These are organizations and individuals, businesses of diverse sizes and missions, all of which have chosen us as the non-profit they want to

work with.

They donate their time and their big bucks so Kerby Centre can keep working on its mission to ensure seniors can live their lives full of wellness and dignity, long into the aging process.

But they get something out of it too. Like I said: equivalent exchange.

Sponsors are incredibly helpful. Whether it's our Seniors Expo or one of our online presentations, sponsorship dollars are a great way for everyone to benefit.

The sponsor gets their name out there, getting important information about health or wellness or safety to interested seniors; and the Kerby Centre gets additional funds to help make our mission happen. Equivalent exchange.

Donors are a bit of a different story. They give out of the kindness of their hearts, and for diverse reasons.

Maybe they have a passion for a particular social interest, like mental health. They see that Unison is committed to mental health well-being for seniors and want to support us.

Maybe it's more general: they were a long-time member or volunteer at the Centre, and in their retirement or bequeathment, they've left a gift that will keep their legacy living on long after they're gone.

Whatever the reason: they've chosen us because we've proved ourselves over the past 50 years, we've shown that what we do is vital to our community, and they want to be a part of it.

But is there an exchange here? Many people would say no: that these gifts are done purely out of selflessness.

I think both things can be true.

They can be selfless, and there is an equivalent exchange.

In exchange for their donations, they receive something precious. A world made better for those who need it most.

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# Making a difference



Larry Mathieson, CEO and President

Unison continues to provide many of the same programs and services in Calgary and Medicine Hat that we always have.

More and more over the past few years, we have seen a greater need to provide more

basic needs support in the two cities.

Many of you have volunteered your time and donated your cash so that we could deliver more Elder Abuse and Food Security programming and support.

We have launched

our Help for the Holidays Campaign to support these newer initiatives, our: Unison Elder Abuse Shelter and Case Management, Our Unison Wellness Program, and our Unison Thrive Food Security Program.

If you live in Medicine Hat, please also support one of the local food security initiatives, Meals on Wheels.

We rely both on donors and government support to keep these initiatives operating. Recently, the provincial government has promised \$7.4 million in funding over three years to a variety of organizations addressing the needs of at-risk seniors: including the Unison Elder Abuse Shelter in Calgary and the Alberta Elder Abuse Awareness Council (AEAAC).

We have operated the shelter since 1999 but this year, the prov-

ince more than doubled their support to the shelter.

This is the largest increase in funding we have ever received for the shelter.

With a growing population of Albertans over 50 it is no surprise that the demand for Elder Abuse Services continues to grow.

Through this funding, the Kerby Unison Centre is increasing the number of our shelter beds to 14 from nine. We are also increasing our outreach support in both Calgary and Medicine Hat.

Last month Food Banks Canada released a national report which indicated that Alberta was the third most food insecure province in the country.

We know this is true when we see the growth in demand for our food security programs. Inflation, the cost of groceries,

utilities and housing have been devastating for many seniors. This holiday season we will be a lifeline for vulnerable seniors to get the food, safety, and social connections they need to thrive.

We offer diverse programs for seniors that help to fight food insecurity including free bi-weekly Food Markets and food basket deliveries, a 24/7 Elder Abuse Shelter, and more than 15 Wellness programs to support seniors' mental health and wellbeing.

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## DECEMBER 2023

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### Kerby News by Unison

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# Wonderful memories of Queensland

Barbara Ellis  
Kerby News

I just finished watching a geographic program on Queensland and I felt as if I had been transported back in time to that incredible Australian State. I feel lucky to have lived in Australia for seven years but I never got the chance to visit Queensland while I was there.

On one of my return trips, a friend and I decided to rectify that situation and go to Cairns and visit the Great Barrier Reef. While there, we also took a very unique and never to be forgotten trip to the village of

Kuranda.

This little village is situated in the middle of the jungle and our trip was aboard the Skyrail Rainforest Cableway. This gondola was specifically built to gently float above the forest canopy of the Barron Gorge National Park.

This forest in Queensland is a natural wonder and is thought to be the oldest continually surviving tropical rainforest in the world. It is said to be even older than the Amazon.

The air was heavy with moisture, a little bit hot, but a cool breeze passed through the gondola and kept us comfortable.

The only sounds we heard were those of the birds and our voices as we talked and laughed along our way.

At one point a bird flew close to our carriage in the sky and we thought he was going to land inside, but when he saw us, he immediately changed his mind.

We also saw many colorful butterflies. The one which particularly caught our eye was a most beautiful iridescent blue.

Unlike the bird, he fluttered his way into our gondola and after a few flaps of his wings, he fluttered back out again and went on his way. I later learned

that he was called a Ulysess Swallowtail.

We stopped at the Barron Falls Station and strolled along the boardwalk to the lookout point where I witnessed one of the most spectacular waterfalls ever. The river drops down more than 250 meters into an ever-deepening gorge which it has been carving out for over 400 million years.

The original inhabitants of the area, the Djabugay People, hold this area sacred and tell of its creation which they discovered during their "dreamtime".

It was overcast and the clouds were heavy with a promise of rain, so it was

no surprise that at the end of our trip, it began to drizzle.

Luckily we arrived at our destination before the sky opened up and managed to get seated in a restaurant before the downpour started. From our comfortable and dry vantage point, we witnessed what a tropical squall is all about.

Boy did it ever come down! We watched as the torrents of rain splashed onto the sidewalks and drench anyone who had not found shelter.

It did not last too long and was finished before we left the restaurant. As tourists do, we did a little window shopping and even managed to spend some of our money. We also managed to visit a small zoo and were able to see some adorable koalas, a few kangaroos and even a couple of Emus.

Our way back to Cairns we boarded the Kuranda Scenic Railway which was built in the 1880s. At the time, it was considered an engineering marvel as hundreds of men struggled to build 37 bridges and 15 tunnels through some unforgiving terrain.

This narrow ribbon of railway track, hugs the steep hillsides as it winds its way back to the city. We slowly glided past a few waterfalls and steep gorges, but the most stunning of all were the Barron Falls. Seeing these falls from the other side of the gorge, was worth the stop and we all got out to take a few photos to commemorate the journey.

The program I had been watching, did not go to this amazing village, but did show the tropical forest, not from above as I had seen it, but from ground level. It also showed and mentioned the natural wildlife that still live there, many of them now on the endangered list.

When the program ended, I took out my photo album and looked at the photos of that wonderful trip.

As wonderful as that trip was, I now realize that what made it so memorable was the fact that I was able to do it with my childhood friend.

Enjoying our new adventures, but also reminiscing about times past.

Thankfully, I live in a time when inventions such as Skype, allows me to see and talk with friends on the other side of the world. Now, how lucky is that?

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

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# Do you fix it? or leave it?

*Debra Molzan  
Real Estate Specialist*

These are important questions that a home owner should consider before spending thousands of dollars that might not make a difference.

It is true that the younger generations have high expectations and seem to prefer a home that has been updated.

Just remember that an older home has character and a modern flair might not work. You can spend time and money renovating but where does it stop.

If you have minor repairs that you have been putting off for years, this might be the time to call in a handyman.

Major updating such as replacing flooring or adding a granite countertop can be costly and what if you pick the wrong color or an unsuitable product. Buyers view properties with the question in mind “What do I need to do to make this home my own”. They will look at the location, style of home and condition.

For someone who has limited funds for renovations they might overlook your home. But don't worry, there are always Buyers who understand that they might have to put a little effort in to making a new home their own.

For many years there has been financing available allowing Buyers to make improvements. The program is referred to as “purchase plus improvements”. Mortgage Companies may allow extra financing for repairs or renovations. However, a Buyer needs to qualify for this program.

When purchasing a home, most Buyers will have a property inspection condition. This is paid for by the Buyer and is for their benefit. The Property Inspector is hired by the Buyer and looks for defects. Often a Seller doesn't know there is an issue until a property inspection.

If you don't know about a problem you cannot disclose it. When a Buyer is aware of a substantial repair to be made, they may want

to renegotiate the purchase price or ask that the problem be fixed at the Seller's expense prior to the possession date.

This is at your discretion and you are not obligated to do so.

It is okay to sell a property in “as is condition”.

If there are hidden defects that you know about, it is advisable to disclose these in writing to a prospective buyer.

There are many older communities in Calgary which are transforming. Developers are buying properties with the intention to renovate, or tear

down the existing home and build brand new homes.

It is important that you consult with a Real Estate Professional and ask the questions. Fix it or leave it? If you spend money on improvements, will there be a benefit? Buyers will be comparing your home, its condition and location to other properties. An honest Seller and realistic price will often attract a potential Buyer.

Making a move can be overwhelming but with a little planning it can be an exciting time!



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\*Please note amenities can vary by property

# A nut tree in Calgary

Photos and Story by  
Deborah Maier  
Calgary Horticultural  
Society

“Chestnuts roasting on an open fire...” Christmas movies often show scenes of these smooth nuts on a grill over coals during outdoor activities.

These nuts are “sweet chestnuts”. In North America,

historically, the tree with this fruit was *Castanea dentata*, the American chestnut.

At one time, these trees were common in the forests of the eastern seaboard states of the USA and could be found in southern Ontario. Unfortunately, starting in the 1900s a fungal blight began killing off this native tree and, while there are still some stands, they are now

considered functionally extinct or, at best, a species at risk.

However, efforts are underway to restore the trees and introduce controls for the blight.

If we get to enjoy roasted chestnuts, the nuts are usually imported from Europe and are the fruit of the European chestnut, *Castanea sativa*. While the European tree is

susceptible to the blight, the weather conditions where it grows seem to control the pest.

To try keep this crop in North America, the European trees were introduced, but they are not as hardy as the native tree.

They also no longer had the environmental control for the blight and could become infected. So, what can

a Calgarian grow if they want a tree that produces nuts?

The options are limited, but one tree that has been rising in popularity is the Ohio buckeye, *Aesculus glabra*. It is the cousin of the common horse chestnut, *Aesculus hippocastanum*. The Ohio buckeye, like the name suggests, is a North American native plant and is hardier than the horse chestnut.



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It is considered a small tree and has a slow to moderate growth rate. At maturity, it will typically reach 15 m in height. The crown is densely leaved, rounded, and has a spread of 9 m. The tree produces a tap root in its first year after planting, making it difficult to move, so be sure you plant it where you want it. It can live 80 to 100 years, so keep that lifespan in mind too.

What makes this tree stand out is its leaves, flowers, and fruit. The leaves are palmate. They are compound and look a bit like a hand with thick, lens-shaped, pointed fingers. In the fall, they turn a beautiful orange colour. In the spring the tree produces stunning spires of upward reaching light greenish yellow to cream-coloured flowers.

Another common name for the tree is stinking buckeye, as the flowers, and the leaves when crushed, are said to have a pungent odour. I have never noticed a smell when I've viewed these trees, but other people maybe more sensitive to it.

This tree in bloom is unlike any other tree that grows around here. The way the flowers spikes sit at the ends of the branches makes me think of candles decorat-

ing a Christmas tree. Once the flowers have faded, nuts develop. The hard-shelled seed forms inside a green, thick, protective skin.

The skin is covered in tightly spaced stubby spikes. As the seed matures, it turns dark brown with a light spot. This "buck eye" colouring is the source of the common name. It can take eight growing seasons before the tree is mature enough to flower and produce fruit.

Unlike the American chestnut, the Ohio buckeye leaves, bark, and fruit are toxic to humans and most animals when ingested. Squirrels, however, can eat the seed. The flowers are very popular with pollinators, including hummingbirds.

If you would like to view some of these trees, Reader Rock Garden has a mature heritage specimen growing across the lane from the site's dedication plaque. There are some younger trees along the south side of Memorial Drive, just west of Poppy Plaza. If you are looking to plant a tree this coming gardening season, add Ohio buckeye to your consideration list.

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

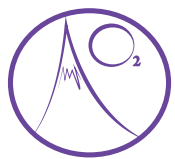


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# Knowing your rights as a patient

*Dying with Dignity Calgary*

By learning about your rights as a patient, you can take greater control of your care and make informed decisions about treatments and medical procedures.

As a patient in Canada,

you have certain rights. This article will go through five of them in detail.

### Informed Consent

You have the right to understand your health condition and the treatments available to you.

You cannot be forced to undergo medical treatment without your informed consent, except during emergency situations (unless you have a do-not-resuscitate order).

Your healthcare provider has both a professional and a legal duty to involve you in decisions about your health care, and to obtain consent from you (or from your Substitute Decision-Maker in the event of your incapacity) – before treatment (subject to care in an emergency).

Informed consent requires your healthcare provider ensure that you (or your Substitute Decision-Maker) fully understand:

- Your diagnosis (the disease or condition that you have);
- Your prognosis (the likely course of your condition);
- The treatment options available; and

• The risks and benefits of the proposed treatment(s).

Your healthcare provider must explain the recommended treatment, any possible alternatives, why a particular treatment is better than others, and the likely outcomes if you choose a different treatment or no treatment at all.

### Second Opinions

You have the right to a second opinion.

If you are unsure, have doubts, or just want further information or assessments regarding a health matter, you can ask for a second opinion. You can ask your healthcare provider to make a referral for you.

How to broach the subject:

- I'd like to make an informed decision about my condition.
- Is there another specialist I could speak to?
- I'd like a second opinion about my case so I can be certain I am making the right decision and fully understand my options.

If your health care provider refuses to provide a referral, you can approach another provider for a referral. Each province and territory has their own referral recommendations or policies.

### Treatment Options

You have the right to accept, refuse or discontinue medical treatments, and to change your mind at any time.

Your healthcare provider is required to explain

your options and make recommendations for your best course of action as part of the informed consent process.

Your healthcare provider may express that the health decision you make is unwise in their opinion; however, they cannot force you to accept a treatment that you do not want.

### Stop Treatment

You have the right to refuse or stop any treatment at any stage of your health care, even if such refusal or withdrawal proves detrimental to your health or leads to your death.

Your healthcare provider must respect your informed decision to stop treatment. Legally, there is no difference between discontinuing a treatment that has already started and refusing it in the first place.

When you agree to start a medical treatment, you are giving your consent. But you are entitled to change your mind and withdraw your consent at any time.

### Pain and Symptoms Management

You have a right to be kept comfortable, even if the necessary medications will hasten the dying process.

Pain affects quality of life by creating discomfort and, often, distress. Pain caused by diseases such as cancer can be constant and severe at the end of life.

A healthcare provider can offer pain management and has an ethical responsibility to do everything they can to control your pain.

What happens to our bodies and the choices we make about our care are just as important when we are closer to the end of our lives, as they are when we are young.

For many of us, what matters most is the individual freedom to make our own choices, based on our values and our definition of quality of life.

Our values and vision for end-of-life will change over time. It is important to remain informed, update our records, and continue conversations about end-of-life choice and care.

Become an advocate for your own health and make sure you know and understand your rights, and share this information with your loved ones.



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# Holding fast: Fred Colling's tragic death

Amanda Borys  
Historical Writer

Fred Collings had spent the day of December 13, 1895 with his friend Frank Martin. The two boys were out with their revolvers practicing shooting at targets.

Just prior to 9 PM the pair returned to the telegraph office, where Frank worked as delivery boy, to clean their weapons. It is said that Fred mockingly challenged Frank to a duel, at which time the two boys partially reloaded their revolvers and turned the cylinders to where they thought the revolvers would not fire.

On a count of 3, 2, 1, the two friends fired at each other. Fred's weapon did not fire a bullet, however Frank did not set his up correctly and he accidentally shot Fred in the forehead.

The sound of the shot captured people's attention and Fred was provided with immediate first aid before being taken to the hospital. Doctors on duty operated immediately, but had difficulty in locating and removing the bullet.

Despite the severity of the wound, Fred seemed to be making a strong recovery and, on Christmas Day, he was reported to have been bright and lively.

But by Boxing Day he had become feverish. Fred Collings would die on December 31, 1895 at 5 AM at the age of 13 years and 9 months old. Junior members of the Foresters, an organization which Fred was a part of, were asked to attend the funeral.

The epitaph chosen for Fred's headstone "Thou didst give and thou hast taken. Blessed Lord, thy will be done" speaks to the family's resignation at the loss of their young child.

A plaque at the bottom of the headstone reads "and for their youngest daughter, Lizzie".

According to the burial record for Union Cemetery, Fred shares a grave with Elizabeth Taylor, who died in

March 1915. An obituary for Elizabeth Taylor, the beloved wife of Morris A. Taylor, indicates this Elizabeth Taylor died on March 2, 1915 at the age of 37, making her a good candidate to be Fred's sister.

While the use of the term "youngest daughter" seems to imply that Lizzie died young, the fact she has a different surname from her brother would seem to indicate she was a married woman at the time of her passing and, if this obituary is for Lizzie Collings, she would have been four years older than Fred.

Their parents Joseph Robert. and Mary Ann

Collings left Calgary for Vancouver, where they resided until their deaths in 1921 and 1931. They are buried together in K section, perhaps preferring to be close to their lost children in death.

For Fred's headstone, his family chose a sandstone marker carved into the shape of an anchor with a rope.

The cut rope indicated the end of a life, while the anchor itself is said to represent hope. The anchor is an old Christian symbol, dating back to the Roman era when early Christians were persecuted for their beliefs.

It is said to depict hope and steadfastness.

Just as an anchor keeps a ship safe and away from potentially perilous shores and holding it fast in a storm, a person's faith can keep them safe as they travel through the dangers of life.

An anchor also has the appearance of a cross. It is said that early Christians would mark homes that were safe places of refuge with anchors. They also appear in Roman catacombs as a symbol of the Christian belief in an eternal life when the one on this plane ends.

Use of anchors as Christian symbolism began to fade out by the middle of the 3rd Century and disappeared com-

pletely after 300 AD. Some say this is because Christians no longer needed to hide themselves.

Others suggest it was due to linguistics, as the Church chose Latin over Greek. In Greek, 'ankura' sounds similar to 'en kurio' or "in the Lord". The anchor is also mentioned in Hebrews 6:19-20.

The anchor saw a resurrection as graveyard symbolism starting in the 1600s, where it would be used on both the grave markers of sailors, as well as on those of devote Christians. And, in Union Cemetery, on the grave of a young boy who died too early.



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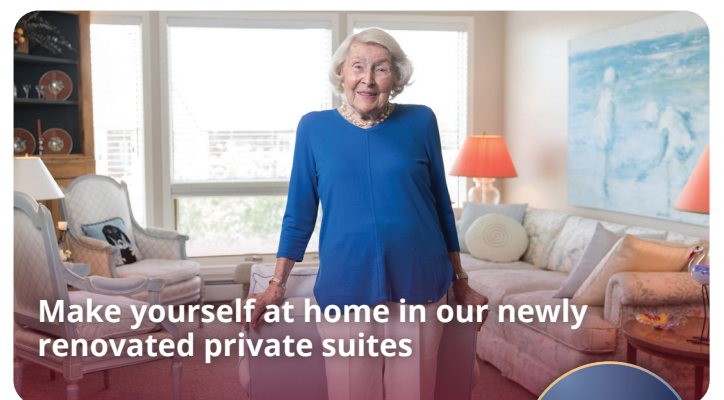


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# Volunteer Spotlight



## Merv Graham

This month's special volunteer is Merv Graham. He first came to Unison at Kerby Centre for a Stampede breakfast when Justin Trudeau was the guest in 2016.

He has been a Kerby volunteer for four years, facilitating the Active Aging Department's ESL Class and Tech Help, and in the Wellness Centre's Men's Shed. He has also participated in the Community Kitchen program, making meals for housebound seniors.

Merv gives many reasons to keep coming back to volunteer: the ESL students "are earnest and really want to learn"; the Men's Shed "is a good way for old gents to get together and talk or work on projects" and Tech Help "has enabled me to provide over 20 computers to seniors." What he likes most is "Kerby gives a lot of support and encouragement for these initiatives."

His favourite hobbies are "going for long bike rides" and travelling—he has visited "25 countries, including a trek to Mount Everest in Nepal and a trip to Iceland and Sweden."

Merv's hero is his grandfather, Sam Adams, Calgary's mayor who organized the "planting of the trees along Memorial Drive" by WWI veterans.

So far, Merv has contributed over **936** hours.

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

# The 12 scams of Christmas

Mary O'Sullivan Andersen  
Better Business Bureau

Christmastime is an exciting season often filled with festive days spent with friends and family. Unfortunately, it can also be an occasion for scammers to operate motivated to steal your money and identity. As always use a healthy dose of skepticism during the holidays and all year round. Here's some tips from your BBB to stay safe. Happy holidays and Merry Christmas!

1. Home Improvement Scams. The 2022 BBB Scam Tracker Risk Report found that in Canada home improvement scams topped the list of riskiest scams. From full renovations to the repointing of the chimney (Santa, are you listening?) do your homework and research the company before engaging a contractor. Licenses, insurance, and a careful review of the contract are great starting points. Check out the business profile on BBB.org and read the reviews.

2. Holiday apps: There are dozens of holiday-themed apps where children can video chat live with Santa, light the menorah, watch Santa feed live reindeer, track his sleigh on Christmas Eve, or relay their holiday wish lists. Review privacy policies to see what information will be collected. Be wary of free apps, as they can sometimes contain more advertising than apps that require a nominal fee. Free apps can also contain malware.

3. Alerts about compromised accounts: BBB regularly receives reports on Scam Tracker about a con claiming your Amazon, Netflix, bank accounts or just about any other account you might have has been compromised. Victims receive an email, call, or text mes-

sage which explains that there has been suspicious activity on one of their accounts, and it further urges them to take immediate action to prevent the account from being compromised. Be extra cautious about unsolicited calls, emails, and texts.

4. Free gift cards: Nothing brings good cheer like the word 'FREE'. Scammers have been known to take advantage of this weakness by sending bulk phishing emails requesting personal information to receive free gift cards. In some of these emails, scammers impersonate legitimate companies like Starbucks and promise gift cards to loyal customers that have been supporting their business throughout the pandemic. They may also use pop-up ads or send text messages with links saying you were randomly selected as the winner for a prize.

5. Temporary holiday jobs: Retailers typically hire seasonal workers to help meet the demands of holiday shoppers. Shippers and delivery services are the top holiday employers this year because of the increase in online orders and the need to get most of these packages delivered before Christmas. These jobs are a great way to make extra money, sometimes with the possibility of turning it into a long-term employment opportunity. However, job seekers need to be wary of employment scams aimed at stealing money and personal information from job applicants. Keep an eye out for opportunities that seem too good to be true.

6. Look-alike websites: The holiday season brings endless emails offering deals, sales, and bargains. Be wary of emails with links enclosed. Some may lead to look-alike websites created by scammers to trick people into downloading malware, making dead-end purchas-

es, and sharing private information. If you are uncertain about the email, do not click any of the links. Instead, hover over them to see where they reroute.

7. Fake charities: Typically, 40% of all charitable donations are received during the last few weeks of the year. Donors are advised to look out for fraudulent charities and scammers pretending to be individuals in need. Avoid impromptu donation decisions to unfamiliar organizations. Responsible organizations will welcome a gift tomorrow as much as they do today. Verify a charity at BBB's Give.org or on the Canada Revenue Agency website. Where possible, donate to the charity through their website and use a credit card.

8. Fake shipping notifications: More consumers are making purchases online, and there is also an increase in the number of notifications about shipping details from retailers and carriers. Scammers are using this new surge to send phishing emails with links enclosed that may allow unwanted access to your private information or download malware onto your device.

9. Top holiday wish list items: Low or ridiculously priced luxury goods, jewelry, designer clothing, and electronics are almost always cheap counterfeits and knockoffs. Be very cautious when considering purchasing high-value items from individuals through social sites.

10. Puppy or pet scams: Many families, especially those with children, may be considering adding a furry friend to their household this year. However, you could fall victim to pet scams, which are on the rise this year. Request to see the pet in person before making a purchase.

11. Emergency or Grandparent scams: This continues to be an issue in Calgary. It happens when you get a call out of the blue from a stranger, usually posing as a person in authority claiming that a loved one is in some sort of trouble. Often a car accident or they have been arrested while on a holiday. Don't fall for it. Don't engage and don't make large cash withdrawals to send to strangers. Call the police using the non-emergency line.

12. Romance scams: This can happen any time of the year but for some of us the holidays can be a time of vulnerability. If you are engaging in online chats and the person asks for money or to make an investment, stop the contact. This is a scam.



## Spend this fall with new friends!

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**DROP OUT**

**ACROSS**

- 1 Dish list
- 5 Attorney —
- 10 Tidies up with a broom
- 16 Even score
- 19 Salt Lake City team
- 20 Stock market disaster
- 21 Audrey of "Amélie"
- 22 Hostelry
- 23 Arrive like rain
- 25 Goof-ups
- 26 Many a pro bono TV ad
- 27 Enclose, as a yard
- 28 Fail to complete a task
- 31 Brand of candy wafers
- 34 Lose power
- 35 Considering everything
- 36 Become a responsibility for
- 44 Grove growth
- 45 1965-69 veep Humphrey
- 46 Simile center
- 47 "Veni," in English
- 49 Home of the Dolphins
- 50 Blow it when success is very close
- 57 Bitter conflicts
- 59 Totally wreck
- 60 Navy leader
- 61 "Ararat" actor Koteas
- 64 Indian queen
- 66 Escargot
- 67 Poking tools
- 71 Stop being noticed
- 75 Spyro — (jazz group)
- 76 Pipeline problems
- 78 Boat deck wood
- 79 Suddenly bright stars
- 81 Stray
- 84 Say a Hail Mary, say
- 86 Considered comparable
- 91 Collapse
- 95 Fierce look
- 96 Holy city of Islam
- 97 —Z (totally)
- 98 — Mae (loan offerer)
- 99 "Superfood" berry
- 102 Be overlooked
- 107 Flag sewer Ross
- 109 La.-to-Mich. dir.
- 110 Seize forcibly
- 111 Fizzle out, as an endeavor
- 116 New word
- 121 Bullfight cry
- 122 View with astonishment
- 123 Autumn foliage ... or what happens at the starts of eight answers in this puzzle?
- 126 Set — (sharp fights)
- 127 Car radiator protector
- 128 Baseball great Buck
- 129 Bubble maker

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
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57							58					60									
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121							122						123	124	125						
126							127												129		
130							131													133	

- 130 Rubble maker
- 131 Made tamperproof
- 132 Surprise attacks
- 133 Out of kilter

**DOWN**

- 1 Bungle
- 2 Raison d'—
- 3 Vegas light
- 4 Gomer Pyle's org.
- 5 Most sore, as muscles
- 6 With 32-Down, Dick Tracy's cover-up
- 7 — Vegas
- 8 Query
- 9 "— you do it?"
- 10 Baby on "Family Guy"
- 11 Time merged with it in 1990
- 12 Currency of Austria
- 13 Princely prep school
- 14 Left, at sea
- 15 Raw fish dish
- 16 Gratuity holder
- 17 Shoe part
- 18 Empower
- 24 Largest of the Canary Islands
- 29 Strange
- 30 Going into
- 32 See 6-Down

- 33 Kick out
- 36 Units of resistance
- 37 Opposite of day, in Dijon
- 38 Ski lift variety
- 39 Hot-rod engine
- 40 Oz lion portrayer Bert
- 41 Family gal
- 42 Bi- cubed
- 43 1982-2005 Saudi king
- 48 "— the word"
- 50 "Likely story!"
- 51 Cries of discovery
- 52 Perjurer, e.g.
- 53 Former U.N. head Kofi
- 54 Hauling cart on a farm
- 55 Jungle den
- 56 "— Enchanted"
- 58 "Xanadu" band, in brief
- 62 Astern
- 63 Curry of the NBA
- 65 Oath reply
- 67 Alan who played Pierce
- 68 Have a bawl
- 69 Soft rock?
- 70 Minor battle
- 72 Long-eared hopper
- 73 Rd. crossers
- 74 "Chi- —" (2015 Spike Lee film)
- 77 Fill up fully
- 80 Sweetums

- 82 Savoir faire
- 83 Engrave
- 85 "Awright!"
- 87 Penne — vodka
- 88 Bath powder
- 89 Actor Estrada
- 90 Poor grades
- 92 Road goo
- 93 An Aleutian island
- 94 — scale (mineral hardness gauge)
- 98 Executes a "Page Up," e.g.
- 99 — and Costello
- 100 Sri Lanka, formerly
- 101 Certify (to)
- 103 Red-tagged
- 104 Part of USA
- 105 H.S. proficiency exam
- 106 "The Father of Geometry"
- 108 Safe robbers, in slang
- 112 Suffix with silver or table
- 113 Capital of Samoa
- 114 Give a whoop
- 115 Get an — effort
- 117 Apollo's org.
- 118 State bluntly
- 119 Apparatus
- 120 Glimpse
- 124 Comedian Gasteyer
- 125 Luau handout

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Space is limited, so RSVP to secure your spot!

 1-3 pm  
 Wednesday, January 24  
 Unison at Kerby Centre Lecture Room

RSVP to Lori at Unison at Kerby Centre  
loriw@unisonalberta.com or 403-705-3179

# Do you know 10 seniors?

Do you know ten seniors?

The headline is the question! Take a second to answer it.

Do you know 10 seniors? Ten people over the age of about 50 to 60, depending on who's definition of senior we're going with.

Let's do a little experiment before we move on. If you can, try to write down their names. Make a little list, number it from one to ten, and see if you know 10 seniors.

They don't have to be particularly close to you. They could be acquaintances, neighbours, people you run into often at the grocery store. As long as you recognize them and know them by

name.

Alright? Do you have your list?

It's likely one of those people are a victim of elder abuse.

It can happen to anyone: regardless of gender, race, income or education.

The provincial government estimates that one in 10 Alberta seniors may be victims of elder abuse.

Do you think you could have named more? 20? 30 even?

It's a sobering thought experiment. It forces us to realize just how common this is where we live.

It doesn't mean out of those 10 seniors, one person is a definite sur-

vivor of elder abuse: but it's an important way to realize how many in our community are being affected.

It doesn't matter if it's financial, emotional, physical or even sexual abuse.

It doesn't matter if it's from a stranger, a close relation, or even a family member.

Abuse is abuse; and no one deserves it.

That's why the Unison Kerby Centre has our Elder Abuse Shelter: a place for folks to weather the storm as they survive something beyond what words are capable of.

But we can't do it alone. We need your help.

Your donations go directly to making sure we can provide what survivors need: a safe place to stay, a warm bed and meal, help integrating back into the community.

Your donations mean that if anyone on that list you made ever needed help at their worst moment, that we can be there to provide it.

This holiday season, gift the most important gift you can: supporting the idea that we all deserve safety, security, and community, regardless of our age.

Donate to the Unison Kerby Centre.

## STUFF A STOCKING FOR SENIORS IN NEED THIS HOLIDAY SEASON



Stocking Stuffer Ideas:

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- Warm hat
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- Personal hygiene items
- Holiday treats
- Books
- Games
- Gift cards

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Our goal  
  
150 stockings



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## Help for the Holidays

Give seniors a hand up this holiday season!



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

I would like to join the monthly donor *Kindness Club*:  \$15  \$25  \$50  \$100  My choice: \_\_\_\_\_



**Payment Method:**  Cheque  Visa  MasterCard

**Credit Card Number:** \_\_\_\_\_

**Expiry Date:** \_\_\_\_\_ **CVV:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

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**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Prov** \_\_\_\_\_

**Postal Code** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

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# 25,225 Kilometers Away, Part I

Photos and Story by Jerry Cvach

Traveling for years across Canada on business, I learned about its geography, fauna and flora, how variable the climate was, noticed the wide array of ethnic groups with their distinctive histories, religions and cultures scattered all over; and how all those factors add regional flavors. And yet, in spite of these individualities, all thrown into the pot and properly mixed forms a cohesive state!

Now retired I decided to make one more trip

unhurried, to fill the gaps. The combination of business and private travels coalesced into one big journey of discovery.

On the last day of August, I started from Calgary, early in the morning, and wanted to get to Ontario and farther east quickly. I did not need to fill any gaps in the western provinces. They are my home turf and I know them well.

The trip unwound like thread from the spool, prairie towns strung on like beads - Brooks, Medicine Hat, Swift

Current, Regina, Brandon, Winnipeg, all the way to Kenora Ontario.

From Nipigon I drove the northern route through Hearst, Kapuskasing and Matheson to bypass the densely populated southern Ontario and crossed into Quebec by highway No. 117. After Rouyn-Noranda and Val d'Or the road goes through Mont-Tremblant in Laurentides and comes down to Montreal.

Slowing down by then, the trip continued to Quebec City following the St. Lawrence River.

“In Quebec everything happens along that river” my colleague Michel used to say.

New Brunswick eastern route from Bathurst to Moncton took me to the Confederation Bridge, the “Longest Bridge over ice-covered waters in the world”. Crossing it in both directions, 12 minutes’ drive each way, one can visit Prince Edward Island easily. From North Sydney Nova Scotia an overnight ferry sails directly to St. John’s Newfoundland.

It marked the halfway point of the trip. I stayed in the province for 8 days and returned to Cape Breton from Port aux Basques.

After circumnavigating Nova Scotia, the next stop was St. John in New Brunswick, and driving straight up north completed the Maritime Provinces loop on the Quebec border.

The return was similar to the trip out. From Quebec City to Montreal and then to Ottawa. I crossed central Ontario to Huntsville and stayed in Orillia for two nights to visit McMichael’s Gallery in Kleinburg. From Orillia the TransCanada highway follows the north shore of Lake Superior to Thunder Bay and eventually back home.

\*\*\*\*\*

In 1969 I was hired as a draftsman by a very small start-up company.

*It grew fast. Soon, due to lack of better choices, I was asked to become a salesman in spite of being ignorant of all things related to the task. My boss believed that anyone can do anything as long as he or she tries. He would throw you into water, curious if you would swim or sink.*

*Training was brief and to the point. Selling was simple! One would find out what the client wanted and within reason would promise it to him. No stone would be left unturned to fulfill the promise. Challenges would make the company better.*

*There was a glitch. He himself would sometimes go too far and we would sink.*

*After New Year I went for my first solo sales trip. I was to call on a construction company that was still hesitating to switch. It was in Regina Saskatchewan, temperature 30 degrees Celsius below zero that day. There was nothing going on so when I arrived, the manager and his foreman were waiting in a cozy office drinking coffee.*

*As soon as I walked through the door, they welcomed me: “Here comes the man representing the best company in the world”. I could literally hear my boss talking.*

*It didn’t start the way I had rehearsed it. I was surprised.*

*“We are not perfect; the office is sometimes a mess but we are trying hard to satisfy the customers” I said. It was not the smoothest of responses, but the right one. They became my first client.*

*Ever since Regina lives in my memory as a small town on the prairie where people are understanding and friendly.*

*Fifty years later the city is unchanged in spirit but much in size. It is now a big town on the prairie. I met with friends I had not seen in years in The Stone’s Throw Coffee shop by university, a funky place mostly frequented by students. It serves great coffee and in-store baked pastries.*

*Sign on the wall suggested that if you stay more than two hours, please make another purchase. We did, twice.*



Above: Daybreak on a Northern Ontario road. Below: Baie Saint-Paul, Quebec. Following page: Confederation Bridge to Prince Edward Island.



In northern Ontario the fertile prairie is replaced by granite and dolomite rocks covered with a thin layer of topsoil. Subsequently the trees are stunted, and the eastern forests give true meaning to the word bush. The same geology continues on in northern Quebec.

The hilly country is covered with forests interspersed with hundreds of glacial lakes of varying elevations formed about 11,000 years ago. They do not seem to have rivers or creeks flowing into or out of them, and one wonders if they are somehow interconnected. They are likely replenished by rain and water leaking from the surrounding woods.

Towns in Ontario and Quebec are usually located on navigable water with marinas everywhere. Many cars and pick-up trucks have racks, because where else would the locals keep their canoes?

\*\*\*\*\*

The first town two and a half hours by car northeast from Nipigon on Highway 11 is Longlac, gateway for various outdoor activities. All I wanted was breakfast. The only place open at 6:30AM was called Robins, but it didn't look like one of the cookie cutter chains stores I had seen before. It was cavernous, not cozy. Other than me and one more fellow sitting by the window, everyone else just picked up their orders and left.

Besides donuts, they served sandwiches of all sorts, either foot long, or six-inch cluster buns, or wraps. Not my favorite fare, but the donuts were fresh and the coffee hot.

The prominent sign above the counter read: "Robin's Donuts, the Best part of Your Day". It was. I was hoping that the rest of my day would not be going downhill after just coffee with a croissant!

\*\*\*\*\*

I skirted around Montreal, overnights in Trois Rivieres, and arrived in Quebec City. In as much as I dislike big tourist attractions, one cannot bypass Quebec City without stopping. It would be a crime sure to anger Saint Christopher, the patron saint of travelers!

Because of all the attention Montreal and Quebec City get, the casual tourists and those taking tours do not get to see the

many quaint towns in the province and it is a shame. North of Montreal, in the Laurentides, these are the Mont Tremblant, Sante-Agathe-des-Monts and most notably St. Adele; on both sides of the St. Lawrence River the old town of Trois Rivieres, hamlets Baie Saint-Paul, St-John-Port-Joli and others.

Heading east on the south shore of St. Lawrence River, after Trois Pistoles the freeway No. 20 ends and one enters the land of yesterday where they scoff at the proverbial "new and improved", even the gas pumps still have levers that must be lifted to get them going!

\*\*\*\*\*

In Bertrand New Brunswick, I had to ask for directions to get out of town and find the coastal road towards Miscou Island.

In a tiny, messy office of a service station, somebody was sitting on a very low chair behind high counter. Because of the clutter, poor lighting and the counter all I could discern was a talking head, an eerie sight indeed!

The head said to get back to the street, turn left and drive through intersection with traffic lights, never mind that the street is one way in the opposite direction, then turn right two blocks hence, left across the bridge and I will be on my way to my heart's desire.

After a moment of hesitation I decided to follow the advice, wondering if there may be a policeman lurching close by, but nothing happened. A paranoid city dweller, I envied the country folks their

laissez-faires attitude.

\*\*\*\*\*

There are three types of motorcyclists - summer commuters, young wild and unruly speedsters, and then the Harley Davidson riders.

Being a Harley rider defines the person. Males are usually older burly guys sporting unkempt beards, wear leather jackets with club insignia on their backs, and chaps that make them walk funny. Their women called "Old Ladies" are oddly alluring in spite of the bulky clothes and helmets they are wearing. Occasional solo female Harley drivers are dressed so that they are undistinguishable from their male counterparts.

In North Sydney in a motel room next to mine stayed two Harley couples plus another man, their three bikes parked under my window. It must have been really cozy overnight in their room not bigger than mine.

Watching them preparing to leave was quite a show. Their luggage was divided into small packages and bags that had to be fastened onto their machines with belts and bungee cords. Akin to decorating Christmas tree, it took a full hour to do.

Acrobatics required to get into their saddles are hard on older people with stiff joints, particularly climbing on the rear seat. Finally they pushed back from the parking spaces with their legs barely reaching the pavement and took off. While still slow it is a very wobbly enterprise, but soon they accelerated and nonchalantly left.

\*\*\*\*\*

Once in a while I took my wife along for business trips that were appreciation visits of customers. They consisted of short visits to the office, often followed by a nice dinner with the owner and his wife.

In 1980s on a trip to Newfoundland we took the short ferry to Port aux Basques and drove 901 kilometers to St. John's.

We arrived in the evening and checked into a hotel. The next day I went to see the customer while my wife was washing the shirts and socks and hanging them around the room to dry.

My customer knew we were coming that week, but the date was not set. At one point I mentioned we were staying in a hotel. The manager loudly protested. His wife was expecting us, was cooking a fancy dinner and the guest room had been readied!

He insisted I call my wife to take the wet laundry down and check out. When returning to his office I overheard him also calling his significant other. He was giving her instructions from which it was obvious that she had known nothing about any visitors, much less having to cook a fancy dinner and to prepare the guest bedroom.

When he hung up, I said: "She wasn't really expecting us, was she?"

Nonplussed he retorted "She does now."

The visit turned into two families' get-together, touring the historic downtown and the harbor and again in the afternoon when the fog finally lifted. The dinner was nice, the neighbors kept popping in and out, and even their preacher came

to welcome the important visitors from Alberta! He took charge and in a short while polished off half a bottle of whisky. He was an energetic man and surely of a great social to his parishioners in distress.

I remember that day as the best business visit in my long career in marketing. There are no friendlier people in all of Canada than the Newfoundlanders!

\*\*\*\*\*

Many places in the world are called the most beautiful towns or villages, although "the most" of anything should be just one. They probably mean the most beautiful city of a given region.

But with that designation comes a curse of overcrowding, high prices, lousy parking and commercialism.

Canada has its share: Chemainus in BC, Kleinburg in Ontario and ByWard neighborhood in Ottawa; Quebec City, Trinity in Newfoundland, Peggy's Cove and last but not least Lunenburg in Nova Scotia.

St. John's should be included. It is the "Quebec City" of Newfoundland. Settled in the 1600s it is the oldest English-founded city in North America.

Built in a semicircle on steep slopes above the harbor, its defenses are from 18th century. Old fishermen quarters on the shore cling to the cliffs behind them along the narrow channel accessing the natural harbor.

To be continued in the January 2024 issue



# Medicine Hat

## Volunteer of the Month

Merry Christmas and Happy Holidays!

This is the time of year when twinkling lights, beautiful trees, and time spent with family and friends is so special. This month our Volunteers are Mike and his very special dog, Kenzy who visit the Veiner Centre monthly.

Kenzy and Mike are a registered Therapy Dog Team through the group, Pet Partners. They have been making regular visits to the Veiner Centre for two years. This special team has a way of making faces light up all over the Veiner Centre, even the staff comes out of their offices to say hello and give Kenzy a pet.

Mike became a part of this program when he saw the effect that Kenzy had on people. Her presence fills many a heart with joy and comfort. Regarding the Veiner Centre, many seniors cannot have a pet for various

reasons and Kenzy is able to bring a few minutes of joy to them. For Mike, volunteering is being able to bring joy, love, and comfort to the people that we encounter. "Seeing the joy that we bring is a blessing."

Mike says living in Medicine Hat is great. The people are friendly, we have friends here and the weather is generally good. His most treasured possessions are the love and friendship of his wife, the love of Kenzy, his family and the fellowship of numerous friends. Mike loves a wide variety of music from classical to 50s to 80's rock, country, folk, and Christian music.

Thank you, Mike and Kenzy, for coming and brightening up our days at the Veiner Centre. We always look forward to your visits! What you do is so important and appreciated by so many.



Help for the Holidays

Give seniors a hand up this holiday season!



**The holidays aren't always festive for seniors struggling with isolation and accessing needed supports.**

“

This lifeline has been a source of immeasurable support, providing me with some comfort and reassurance during these trying times.”

- Allen



Visit [UnisonAlberta.com/MedHat-Donate](https://www.unisonalberta.com/MedHat-Donate) to make a difference in a seniors' life today

# Medicine Hat Veiner Activities

## What's Happening in December

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Quilting</b> Craft Room   9am  <b>Board Games</b> South MP   9:30am  <b>Canasta</b> South MP   12:30pm  <b>Tech Support</b> Boardroom   1pm  <b>Euchre</b> North MP   1pm  <b>Shuffleboard</b> Games Room   1pm	<b>Strathcona Arts Studio</b> Craft Room   9am  <b>Chess</b> North MP   9am  <b>Duplicate Bridge</b> North MP   12:45pm  <b>Crib</b> South MP   1pm & 6:30pm  <b>Bridge</b> North MP   6pm  <b>Board Games</b> Dining Room   6:30pm  <b>Darts</b> Games Room   6:30pm	<b>Mahjong</b> South MP   9am  <b>Bocce Ball</b> North MP   9:30am  <b>Canasta Lessons</b> Dining Room   10am  <b>Veiner Centre Choir</b> Craft Room   10am  <b>Bridge Lessons</b> South MP   12:30pm  <b>Scrabble</b> North MP   1pm  <b>Pinochle</b> North MP   1pm	<b>Strathcona Arts Studio</b> Craft Room   9am  <b>Jam Session</b> South MP   9:30am  <b>Canasta</b> South MP   12:30pm  <b>Euchre</b> North MP   1pm  <b>Shuffleboard</b> Games Room   1pm  <b>BINGO</b> Boardroom   2pm  <b>Duplicate Bridge</b> North MP   6pm  <b>Norwegian Whist</b> South MP   6:30pm  <b>Darts</b> Games Room   6:30pm  <b>Poker</b> Boardroom   6:30pm	<b>Quilting</b> Craft Room   9am  <b>Mahjong</b> South MP   9am  <b>Hearts</b> North MP   9:15am  <b>Kaiser Club</b> Dining Room   1pm  <b>Duplicate Bridge</b> North MP   12:45pm  <b>Mexican Train Dominoes</b> South MP   1pm  <b>Stitch &amp; Laugh</b> Boardroom   1pm

### Presentations & Events

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

- December 5**  
Book Review Crew  
1pm - 2pm | Dining Room
- December 5**  
Ask a Financial Advisor—Craig Elder, RBC Dominion Securities  
10am - 11am | Registration Required | South MP
- December 5**  
Card Makers  
1pm - 4pm | Registration Required | bring your own supplies
- December 8 - 10**  
Scrapbooking Fanatics  
Starting at 4:30pm on the 8th | Registration Required
- December 12**  
Alzheimer Society Care Partner Support Group  
1:30pm - 3pm | Craftroom | Register with Kristel (403) 528-2700
- December 14**  
Counselling Services with Ben Feere  
9am-12pm | Registration Required
- December 19**  
First Link Connections  
1pm - 3pm | Boardroom | Register by calling 403-528-2700
- December 20**  
Parkinson Association Support Group  
12:00pm - 2:00pm | Boardroom | Register with Brienne at 403-317-7710
- December 22**  
Book Club  
10am - 11am | Dining Room

### Wellness Wednesdays

- December 6 | CMHA – Is your mind full or is it mindful? | Boardroom | 9:30am - 10:30am | Registration Required
- December 6 | Movie Matinee with popcorn "Home Alone" | South MP 2pm - 4pm
- December 13 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm - 4pm | Registration Required
- December 20 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am
- December 20 | Optima Rocks! With Jodi  
Craft Room | 2:15pm | Registration Required

### Closure Announcement

The Veiner and Strathcona Centre will be closed from December 25 - January 1  
We re-open January 2nd at 9am

### Active Aging Spotlight

**Santa is coming to town!**  
Join our jolly friend in the Bistro for a delicious Turkey Dinner December 15th from 11:30am - 1:30pm  
Members and Non-Members welcomed



# Medicine Hat Strathcona Activities

## What's Happening in December

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

### Mondays

High Beginner Line Dancing | 9am  
Table Tennis | 10am  
Chair Yoga & More | 12pm  
Pickleball | 1pm  
  
Chair Yoga & More | 4pm  
Yang Short Form | 7pm  
Yang Long Form | 8pm

### Tuesdays

Fun & Fitness | 9am & 10am  
Solid Gold Fitness | 11:45am  
Beginner Pickleball | 12:35pm  
Floor Curling | 2pm  
Yang Short Form | 7pm  
Chen Style Short Form | 7:30pm  
Fan Form | 8:15pm

### Wednesdays

Absolute Beginner Line Dancing | 8:30 am  
Beginner Line Dancing | 9am  
Table Tennis | 10am  
Qigong & Chair Yoga | 12pm  
Pickleball | 1pm

### Thursdays

Fun & Fitness | 9am & 10am  
Beginner Pickleball | 11am  
Silver Steppers | 1pm  
Floor Curling | 2pm  
Pickleball - 7pm

### Fridays

Pickleball Lessons | 8:30am  
Table Tennis | 10am  
Hatha Yoga | 12pm  
Pickleball | 1:05pm  
Pickleball - 6pm

## Fitness Class Spotlight

All fitness classes require registration

### High Beginner/Improver Line Dancing

Sept. 18-Dec. 11 | Mondays | 9am-9:45am | FREE

### Chair Yoga & More

November 13 - December 18 | Mondays  
12pm - 12:45pm & 4pm - 4:45pm  
Members: \$42 | Non-Member: \$60

### Fun & Fitness

November 7 - December 21 | Tuesdays & Thursdays  
9am - 9:55am & 10am - 10:55am  
Members: \$70 | Non-Member: \$100

### Solid Gold Fitness

November 14 - December 19 | Tuesdays  
11:45am - 12:30pm  
Members: \$42 | Non-Member: \$60

### Absolute Beginner Line Dancing

September 20 - December 13 | Wednesdays |  
8:30am - 9am | FREE

### Beginner Line Dancing

September 20 - December 13 | Wednesdays  
9am - 9:45am | FREE

### Qigong & Chair Yoga

November 15 - December 20 | Wednesdays | 12pm - 1pm  
Members: \$42 | Non-Member: \$60

### Silver Steppers

November 16 - December 14 | Thursdays | 1pm - 2pm  
Members: \$35 | Non-Member: \$50

### Hatha Yoga

November 17 - December 15 | Fridays | 12pm - 1pm  
Members: \$35 | Non-Member: \$50

## Tai Chi Fitness Classes

### Yang Short Form

Sept 18 - Dec 5 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

### Yang Long Form

Sept 18 - Dec 4 | Mondays | 8pm - 9pm

### Chen Style Short Form

Sept 19 - Dec 5 | Tuesdays | 7:30pm - 8:15pm

### Fan Form

Sept 19 - Dec 5 | Tuesdays | 8:15pm - 9pm

### Weapons Form

Sept 20 - Dec 6 | Wednesdays | 7pm - 9pm  
Must have completed Yang or Chen form before registering for this class. No exceptions

## Avalon Fitness Centre Orientation

Take the First Step to a Healthier Lifestyle with Avalon's Monthly Fitness Centre Orientation!

Are you new to working out or trying out new equipment? Don't worry - Avalon has you covered! Join her monthly fitness orientation on the first Thursday of each month at 4 PM. Drop in only.

## Pickleball Lessons

Feel free to drop in on Friday morning's between 8:30am - 9:55am to learn all about Pickleball. Joan will help you learn the fundamentals and techniques with emphasis on how much fun this sport is!

Drop in only (*\*If front door is locked, knock on the last window on the side of the building by the handicap parking stalls for someone to let you in*).

**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 spotlight section. For a full listing of all our activities visit our Active Aging website – [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org) or click the link in the menu on [UnisonAlberta.com](http://UnisonAlberta.com)

## In-Person Kerby Centre Weekly Drop-In

### MONDAY

- Knitting for a Cause - 10am (2nd & 4th of the month) Rm 301
- Badminton & Ping Pong - 10am Gym
- Mahjong - 10:30am Rm 312
- Live Well Be Well Conversations - 11am Rm 317
- Pickle Ball - 2:30pm Gym

### TUESDAY

- FREE Food Market - 11 am to noon in the Kerby Gym
- Memory Writing - 1:30pm (3rd Tues of each month) Cafe
- Pickleball - 2:30pm Gym

### WEDNESDAY

- General Craft Group - 9am Rm 311
- Men's Shed - 11am Rm 317
- Weekly Dance - 1pm Cafe
- Cribbage - 1pm rm 312

### THURSDAY

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

### FRIDAY

- Spanish Conversation - 10am Rm311
- FREE Food Market - 11 am to noon in the Kerby Gym
- \*Tech Help - 11am (must register)
- Badminton & Ping Pong - 1:30pm Gym
- English as a Second Language - 1:30pm Rm 311

**We have a new location for classes.**  
**WILD ROSE CHURCH**  
**1317 1 St NW, Calgary, AB T2M 2S5**

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.



TRAVEL SPOTLIGHT

## Christmas Lights Tour & Christmas Dinner

Tuesday, December 19th | 4pm-8:30pm  
Super Member / Member: \$60  
Non Member: \$90

*Cut-off Date: Tuesday, December 5, 2023  
Includes 3-course meal (with all the trimmings), and bus transportation by RTB Tours.*

- Please ensure you have your Health Care Card and government-issued photo ID
- Bring appropriate clothing and footwear for cold/icy conditions, but it is not a walking tour
- Trip **is suitable** for persons with reduced mobility

\*Registration Required



ACTIVE AGING SPOTLIGHT

## Origami Workshop

Monday, December 11th  
@Kerby | 10am - 11am  
Members: \$10 | Non-Members: \$40

Are you looking for a delightful and engaging activity that stimulates your creativity and brings a sense of joy? Join our Origami Workshop, specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment.

\*Registration Required



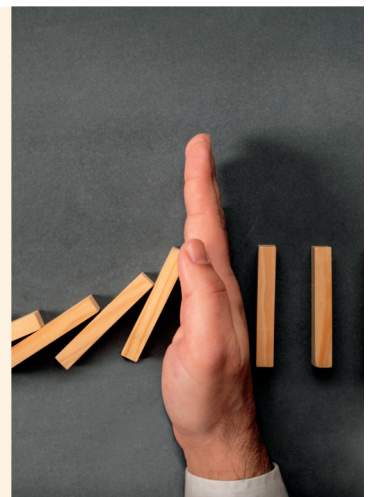
WELLNESS SPOTLIGHT

## Creating Boundaries Workshop

Monday, Dec 4 | @Kerby | 1pm - 3pm

This is brought to you by Unison Wellness Connection Centre, and Unison Elder Abuse Shelter.

Email [Lolaf@UnisonAlberta.com](mailto:Lolaf@UnisonAlberta.com) or call (403) 234-6566 to register now



WELLNESS SPOTLIGHT

## Caregivers Peer Support Group - NEW

Last Wednesday of every month  
Jan 31th @Kerby | 1pm-2pm

Providing a supportive group where you can connect with other caregivers. In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers

\*Registration Required



# Active Aging Department Calgary In-Person Activities

## Classes and Activities Spotlight

SHOPPING SPOTLIGHT



**Wise Owl  
Boutique**

**1/2 Price Sale**  
**December 4-15**

Discounts are  
available on  
**red tag items.**

WELLNESS SPOTLIGHT

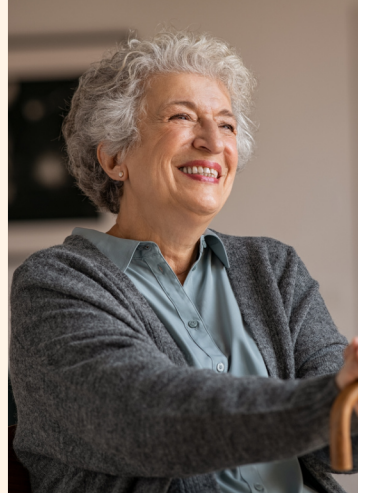
### Laughter Yoga

Fridays | Feb 9, 16, 23 & March 8 | @Kerby  
10:30am-11:30am

Member: \*\$5 | Non-Member: \*\$15  
*(\*per class, sign up until the last class)*

Laughter yoga helps to reduce physical and mental stress, supports a sense of connection with others, and it's good for the heart.

Email [Lolaf@UnisonAlberta.com](mailto:Lolaf@UnisonAlberta.com) or  
call (403) 234-6566 to register now



*Happy  
Holidays!*

### Closure Alert

From Monday, December 25th, 2023  
to Monday, January 1st, 2024

*All Unison locations will re-open on  
Tuesday, January 2nd, 2024*

### Free Food Markets Non-Kerby Locations

Parkdale Nifty Fifty Association (NW)  
**December 10 | 11AM - 12PM**

CARYA Village Commons (SE)  
**December 20 | 1PM - 3PM**

Bow Cliff Seniors 50 + (SW)  
**December 21 | 11AM - 12PM**

### Have you subscribed to our YouTube channel yet?

If not, make sure you do. We are posting weekly with interviews, presentations, and highlights of trips and events happening across Unison!

[YouTube.com/@Unison50Plus](https://www.youtube.com/@Unison50Plus)



# Active Aging Department Unison Online Activities



## Members Free Online Classes

We are excited to offer free online classes with your Unison Membership!

Fitness with Dan – Mondays | 9:30am  
Seated Yoga – Mondays | 2pm  
Tai Chi – Tuesdays | 1:45pm  
Yoga for You – Thursdays | 9am  
Muscle Strength – Fridays | 11:30am

\*Register each semester to ensure you receive the login information for your favourite classes!

**Not a member? Let's change that!**  
Contact our membership desk to get your \$25 annual membership.

## Ski Fit

2 Sessions

**Mondays & Thursdays | 11am-12pm**  
**Jan 4th-Feb 12th OR Feb 19th-Mar 28th**  
**Members: \$64 | Non Members: \$84**  
**SASC: \$74**

Designed for balance and strength training for all outdoor enthusiasts.

\*Registration Required



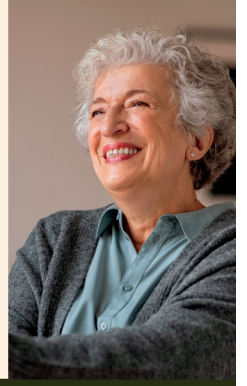
## Laughter Yoga

New Online - 2 Sessions

**Tuesdays | 10am-10:50am**  
**Jan 9th-Feb 13th OR Feb 27th-Apr 2nd**  
**Members: \$35 | Non Members: \$50**

A combination of yogic breathing, gentle stretching, laughter exercises & relaxation designed to enhance health and wellbeing.

\*Registration Required



## Memory Writing

**Wednesdays | 3pm-4pm**  
**Feb 21th-Mar 27th**  
**Members: \$30 | Non Members: \$45**

Writing your memories is a great lens through which to view your life and share your experiences with those around you.

\*Registration Required



## English as an Alternative Language (ESL/EAL)

FREE Ongoing Class

**Mondays | 1pm-2pm | Jan 8th-Mar 25th**

Beginner, intermediate or advanced, your language skills can improve as you enjoy fun activities with an encouraging, trained and experienced EAL teacher.

\*Registration Required



## FREE Online Workshops

Financial Workshop Series in Partnership with Momentum

Register for the individual classes that interest you by going to **KerbyCentre23.WildApricot.org** and looking under "ONLINE" and "WORKSHOPS" in the main drop-down menu.

Instructor:

**Robert Bryenton - Empowerment Facilitator**

\*All workshops are 10am-12 pm

Limit of 15 people per class

Class details can be found on the class page online.

**Understanding Banking**

- Tuesday, January 16th

**Budgeting Like a Master**

- Wednesday, January 24th

**What are Assets? What do I do with them?**

- Wednesday, February 15th

## FREE Online Presentations

\*Registration is required for all presentations

*Eye Health Presentation Series - Part 3*

**Sight Under Pressure:**

**Understanding Glaucoma's Silent Threat**

Presenter: Dr. Diana Monea, OD, FAAO - Optometrist  
Tuesday, December 12th | 12:15pm

**Parkinson Disease 101**

Presenter: Emma Torneiro BCR, BSW  
Friday, January 12th | 10am

**Downsizing: The physical and mental preparations**

Presenter: Lynn Van Egmond,  
President of Soft Landing YYC  
Wednesday, January 17th | 10am

*Hearing Health Presentation Series:*

**Hearing health. How to know if you have hearing loss. What to do if you do.**

Presenter: Dr Carrie Scarff R.Aud, Ph.D.  
Thursday, January 25th | 10:30am

**Hearing aid myths. What to know to get the right help for you.**

Presenter: Dr Carrie Scarff R.Aud, Ph.D.  
Thursday, February 8th | 10:30am

**What to do if you HAVE hearing aids but it's NOT enough. Other options to support those living with hearing loss BEYOND hearing aids.**

Presenter: Dr Carrie Scarff R.Aud, Ph.D.  
Thursday, March 14th | 10:30am

To Register for Events, Classes and Presentations, please visit Kerby's Active Aging website, contact our Online Programs department at [heatherd@UnisonAlberta.com](mailto:heatherd@UnisonAlberta.com) or visit us at Kerby Centre on the third floor – room 306.

# Active Aging

## Course Registration Winter Session

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

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

Online registration and full details at **[KerbyCentre23.WildApricot.org](https://KerbyCentre23.WildApricot.org)**



### Don't Miss Out!

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

### Refund Policy

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

<b>Line Dancing</b> (Member: \$36   Non Member: \$66) <u>Instructor:</u> Dianne Sandstrom	(Introductory) <b>W01 Mondays Jan 15 – Feb 26</b> (No class Feb 19) 10am – 11am   Wild Rose Church
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.	
<b>Fitness with Dan</b> (Member \$36   Non Member \$66)   <u>Instructor:</u> Dan Leung	
<b>W02 Tuesdays</b> Jan 9 – Feb 13 11:30am – 12:30pm at Wild Rose Church	<b>W03 Tuesdays Feb 27 – Apr 2</b> 11:30am – 12:30pm   Wild Rose Church
Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.	
<b>Ukulele Beginner</b> (Member \$55   Non Member \$85) <u>Instructor:</u> Lorraine Smith	<b>W04 Fridays Jan 26 – Mar 1</b> (6 Weeks) 10am – 11am   Wild Rose Church
This class is geared for those with little or no experience on the instrument. <i>Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.</i>	

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

<b>Chen Tai Chi &amp; Tai Chi Qi Gong</b> (Member \$64   Non Member \$94) <u>Instructor:</u> Adrian Buczek	<b>A01 Thursdays Jan 4 – Mar 21</b> 2:15pm – 3:15pm   Room 205
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. Helps to reduce stress, increase coordination, balance and range of motion.	
<b>Fitness with Dan</b> (Member \$64   Non Member \$94) <u>Instructor:</u> Dan Leung	<b>A02 Wednesdays Jan 3 – Mar 20</b> 10am – 11am   Gym
Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.	
<b>Muscle Strength &amp; Core Balance</b> (Member \$64   Non Member \$94)   <u>Instructor:</u> Dan Leung	<b>A03 Fridays Jan 5 – Mar 22</b> 9am – 10am   Gym
Strong core balance. Various equipment will be used to train muscles associated with activities for daily living.	
<b>Stretching &amp; Mobility</b> (Member \$44/course   Non Member \$74/course)   <u>Instructor:</u> Suraj Gurung	<b>A04 Fridays Jan 26 – Mar 1</b> (6 Weeks) 10:30am – 11:15am   Room 205
Improve your flexibility, enhance your range of motion, and rejuvenate your body. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle.	

<b>Feet to the Beat</b> (Member \$64   Non Member \$94)   <u>Instructor:</u> Kym Butler		<b>A05 Fridays Jan 12 – Mar 29</b>   1pm – 2pm   Room 205
Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.		
<b>Line Dancing</b> (Member \$64/course   Non Member \$94/course)   <u>Instructor:</u> Glenis Martin		
(Intermediate Beginners) <b>A06 Mondays Jan 8 – Apr 1</b> (No Class Feb 19)   1pm – 2pm   Gym	(Introductory Beginners) <b>A07 Thursdays Jan 11 – Mar 28</b> 11:30am – 12:30pm   Gym	(Intermediate Beginners) <b>A08 Thursdays Jan 11 – Mar 28</b> 1pm – 2pm   Gym
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.		
<b>Bollywood Fitness!</b> (Member \$64   Non Member \$94)   <u>Instructor:</u> TBA		<b>A09 TBA</b>
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.		
<b>Chair Yoga</b> (Member \$64   Non Member \$94) <u>Instructor:</u> Gina Komanac		<b>A10 Wednesdays Jan 3 – Mar 20</b> 1:15pm – 2:15pm   Room 205
Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.		
<b>Yoga for You</b> (Member \$64   Non Member \$94) <u>Instructor:</u> Gina Komanac		<b>A11 Mondays Jan 8 – Apr 1</b> (No Class Feb 19) 11:30am – 12:30pm   Room 205
In this class you will learn kind and beneficial yoga poses while increasing strength and balance. 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. <i>Please provide your own yoga mat.</i>		
<b>Zumba Gold</b> (Member \$64/course   Non Member \$94/course)   <u>Instructor:</u> Maaik Seaward		
<b>A12 Tuesdays Jan 9 – Mar 26</b>   10am – 11am   Room 205		<b>A13 Thursdays Jan 11 – Mar 28</b>   10am – 11am   Gym
Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout.		
<b>Bhangra Basics!</b> (Member \$64   Non Member \$94) <u>Instructor:</u> Young Bhangra Calgary		<b>A14 Wednesdays Jan 10 – Mar 27</b> 1pm – 2pm   Gym
Bhangra is a traditional and energetic folk dance of Punjab. No experience is needed. Come out and try something new and fun—the experience will leave your whole body smiling!		

## Academic Courses

### Arts

<b>Arts in the Afternoon: Acrylic</b>   (Member \$140/course   Non Member \$160/course)   <u>Instructor:</u> Carol Marasco	
<b>B01 Wednesdays Jan 3 – Feb 7</b>   1pm – 3pm   Room 313	<b>B02 Wednesdays Feb 21 – Mar 27</b>   1pm – 3pm   Room 313
Designed for beginners. 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. <i>All supplies are included.</i>	
<b>Drawing</b> (Member \$90/course   Non Member \$120/course)   <u>Instructor:</u> Hamideh Khadem Sohi	
(Beginner Drawing) <b>B03 Mondays Jan 22 – Mar 4</b> (No Class Feb 19)   1pm – 3pm   Room 313	(Intermediate Drawing) <b>B04 Mondays Mar 11 – Apr 15</b> 1pm – 3pm   Room 313
Interested in drawing? Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! <i>Supplies not included.</i>	

<b>Water Marbling Art!</b> (Member \$90   Non Member \$120) <u>Instructor:</u> Medina Ardic	<b>B05 Thursdays Jan 25 – Feb 29</b> (6 Weeks) 10am – 12pm Room 311
Discover the world of water marbling art! Immerse yourself in the process of creating stunning designs on water's surface, resulting in unique and captivating artworks, whether you're a beginner or an experienced artist!	
<b>Calligraphy Pointed Brush Lettering</b> (Member \$90   Non Member \$120)   <u>Instructor:</u> Renate Worthington	<b>B06 Mondays Jan 22 – Mar 4</b> (No Class Feb 19) 10am – 12pm   Room 305
Learn calligraphy! These brush markers can be purchased from the instructor for about \$5. Most papers will work fine with these tools. Please bring a pencil, eraser, ruler and a few sheets of practice paper to our first session. All skill levels are welcome.	
<b>Whimsical Village Painting!</b> (Member \$119   Non Member \$139) <u>Instructor:</u> Sally Tower-Syblis	<b>B07 Thursdays Mar 7 – Mar 28</b> (4 Weeks) 10am – 12pm Room 313
Learn to bring charming village scenes to life on paper using watercolour paint. We will create a different themed whimsical village painting each week. A pattern will be provided for each project.	
<b>Watercolour</b> (Member \$144/course   Non Member \$174/course)   <u>Instructor:</u> Hamideh Khadem Sohi	
<b>B08 Fridays Jan 26 – Mar 1</b>   10am – 3pm   Room 313	<b>B09 Fridays Mar 8– Apr 12</b>   10am – 3pm   Room 313
<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> Learn watercolour!	
<b>Sketching Workshop!</b> (Member \$30   Non Member \$60) <u>Instructor:</u> Hamideh Khadem Sohi	<b>B10 Wednesdays Feb 21</b> 10:00am -12:00pm Room 313
Our Sketching Workshop is designed not only to teach the technical aspects of sketching but also to foster a sense of artistic confidence and individual expression.	

## Languages

<b>Spanish</b> (Member \$140/course   Non Member \$170/course)   <u>Instructor:</u> Norah Hutchinson <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>	
<u>Spanish Grammar I</u> <b>B11 Mondays Jan 8 – Apr 1</b> (No Class Feb 19) 1pm – 3pm   Room 311	Beginner A comprehensive course for students with no prior knowledge of Spanish. Chapters 1-3 will be covered.
<u>Spanish Grammar II</u> <b>B12 Tuesdays Jan 9 – Mar 26</b> 1pm – 3pm   Room 311	A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.
<u>Spanish Grammar III</u> <b>B13 Wednesdays Jan 10 – Mar 27</b> 1pm – 3pm   Room 311	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. Chapters 7-9 will be covered.
<u>Spanish Grammar IV</u> <b>B14 Thursdays Jan 11 – Mar 28</b> 1pm – 3pm   Room 311	A continuation of Spanish Grammar III. Chapters 10-12 will be covered.
<u>Spanish Conversation II</u> <b>B15 Fridays Jan 12 – Mar 29</b> 1pm – 3pm Room 208	Advanced Spanish. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.

<b>Mandarin for Beginners!</b> (Member \$55   Non Member \$85) <u>Instructor:</u> Hong Wang	<b>B16 Thursdays Jan 11 – Feb 29</b> (8 Weeks) 4pm – 5pm   Room 312
Learn Mandarin! This is introductory class where learners can have a basic understanding of this language and can speak simple word and sentences.	
<b>Beginner French</b> (Member \$90   Non Member \$120)   <u>Instructor:</u> Chancie Moyo	<b>B17 Fridays Jan 12 – Mar 29</b>   10am – 12pm   Room 305
Level I French is for beginners. Have fun while building your confidence, and spontaneity in friendly dialogue.	
<b>Sign Language Basic!</b> (Member \$125   Non Member \$155) <u>Instructor:</u> ASL – Deaf and Hear Alberta	<b>B18 Mondays Jan 15 – Feb 26</b> (No Class Feb 19) 10am – 11am   Room 311
This class provides an enjoyable and effective method to learn American Sign Language (ASL) through classroom instruction taught by certified ASL Instructors. Learn basic conversation.	

## Sing & Play

<b>Singing Circle</b> (Member \$60   Non Member \$90)   <u>Instructor:</u> Barry Luft	<b>B19 Thursdays Jan 11 – Mar 28</b>   10:30am – 11:30am   Room 305
Welcome to our long-standing Singing Circle! <i>Note: our rules include no song books, lyric sheets or visual aid of any kind including cell phones.</i> We have a well-stocked song bag of popular titles to help move things along if memory fails.	
<b>Ukulele Beginner</b> (Member \$55   Non Member \$85) <u>Instructor:</u> Lorraine Smith	<b>B20 Thursdays Jan 25 – Feb 29</b> (6 Weeks) 10am – 11am   Room 313
This class is geared for those with little or no experience on the instrument. If you have a ukulele, bring it to class with an electronic clip-on tuner. Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.	
<b>Ukulele Beginner Plus</b> (Member \$55   Non Member \$85) <u>Instructor:</u> Lorraine Smith	<b>B21 Thursdays Jan 25 – Feb 29</b> (6 Weeks) 11:15am – 12:15pm   Room 313
In this course, we will build on the skills you began in the beginner class. We will continue to work in the keys of C and F (and try to master the B flat). We will also do some work with a capo which will allow us to play in a key that feels comfortable for our voices.	
<b>Ukulele Magic! Intermediate Hodge Podge</b> Raising the Level of Musicianship (Member \$105   Non Member \$135) <u>Instructor:</u> Barry Luft	<b>B22 Wednesdays Jan 10 – Mar 27</b> 11:15am – 12:15pm   Room 305
We will review the uke-friendly keys, perfect the “calypso” strum, use tablature notation, and further train our playing-by-ear skills. A few finger-picking patterns will be introduced. Alumni are always welcome to register. <i>Pre-requisite: And intermediate-level course and familiarity with the Nashville Numbering System.</i>	
<b>Ukulele Magic! Advanced Play &amp; Sing</b> Strum Like the Wind & Sing With Authority (Member \$105   Non Member \$135) <u>Instructor:</u> Barry Luft	<b>B23 Wednesdays Jan 10 – Mar 27</b> 10am – 11am   Room 305
We will focus on ukulele skills as they apply to song accompaniment, strumming variations, and some finger-picking patterns. Playing-by-ear and solos encouraged. Alumni are always welcome to register. <i>Pre-requisite: An intermediate-level course, familiarity with a handful of “keys”, and a working knowledge of the Nashville Numbering System.</i>	
<b>Guitar Basics!</b> Member \$105   Non Member \$135   <u>Instructor:</u> Kaitlyn Southgate	
<u>Guitar Beginner</u> <b>B24 Thursdays Jan 11 – Mar 28</b> 12:30pm – 1:30pm Room 305	<u>Guitar Beginner Level I</u> <b>B25 Thursdays Jan 11 – Mar 28</b> 1:45pm – 2:45pm   Room 305
For 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. If you have a guitar, bring it to class in good working order along with an electronic tuner.	



<b>Kerby Chorus</b> (Member \$70   Non Member \$100) <u>Instructor:</u> Alison Demeter	<b>B26 Tuesdays Jan 9 – Mar 26</b> 1:15pm – 2:45pm   Room 205
Class supports large group setting. We will begin to prepare songs for performances at the end of the spring session in June. We will use lyric sheets and audio tracks (sent to you via email). A great voice and/or previous singing experience is not required. <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>	

## General Interest

<b>Mahjong</b> (Member \$25   Non Member \$55)   <u>Instructor:</u> Swee Wong	<b>B27 Monday Feb 26, Mar 4 &amp; 11</b>   10:30am – 12:30pm Room 312	
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.		
<b>Safety First! "Developing Skills for personal protection"</b> (Member \$30   Non Member \$60)   <u>Instructor:</u> Don Muldoon	<b>B28 Tuesday Mar 19</b>   10am – 12pm   Room 305	
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!		
<b>The Art of Difficult Conversation</b> (Member \$30   Non Member \$60) <u>Instructor:</u> Don Muldoon	<b>B29 Tuesday Feb 13</b>   10am – 12pm Room 305	
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.		
<b>Origami Workshop</b> (Member \$10   Non Member \$40)   <u>Instructor:</u> Kumiko Sato		
<b>B30 Monday Jan 22</b> 10am – 11am   Room 313	<b>B31 Monday Feb 26</b> 10am – 11am   Room 313	<b>B32 Monday Mar 18</b> 10am – 11am   Room 313
Are you looking for a delightful and engaging activity that stimulates your creativity and brings a sense of joy? Join our Origami Workshop, specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment.		
<b>Indigenous Drum Circle</b> (Members: \$30   Non Members: \$60) <u>Instructor:</u> Cheryle Chagnon	<b>B33 Tuesday Feb 27</b>   10am – 12pm Room 305	
Join us for a Traditional Indigenous Drumming Circle using authentically made hand drums. We will drum together, learn songs, stories, teachings and the history of drumming on Turtle Island (North America).		

## Digital Skills Training

<b>Using your iPhone</b> (Member \$15   Non Member \$45) <u>Instructor:</u> Anika Ongjoco	<b>B34 Fridays Jan 12 – Feb 2</b>   3pm – 4pm   Room 205
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.	
<b>Social Media for Beginners</b> (Member \$15   Non Member \$45) <u>Instructor:</u> Anika Ongjoco	<b>B35 Fridays Feb 16 – Mar 8</b> 3pm – 4pm   Room 205
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.	

## Online Classes

<b>Fitness with Dan</b> (FREE for Members)   <u>Instructor:</u> Dan Leung	<b>Z01 Mondays Jan 8 – Mar 25</b>   9:30am – 10:30am
Join us online for a traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.	
<b>ESL/EAL</b> (FREE)   <u>Instructor:</u> Pat Bluhm	<b>Z02 Mondays Jan 8 – Mar 25</b>   1pm – 2pm
Welcome to English as an Alternative Language. No Matter your level – beginner, intermediate or advanced, your language skills can improve as you enjoy a warm welcome, new friendships and fun activities with an encouraging, trained and experienced EAL teacher.	

<b>Ski Fit/Stay Fit</b> (Super Members & Member \$64   Non Member \$84   SASC: \$74)   <u>Instructor:</u> Dan Leung	
<b>Z03 Mondays &amp; Thursdays Jan 4 – Feb 12</b>   11am – 12pm	<b>Z04 Mondays &amp; Thursdays Feb 19 – Mar 28</b>   11am – 12pm
This six-week conditioning course will focus on balance & strength training exercises designed to get you ready and stay fit for the hill! Not just for skiing!! The focus of the exercises are also designed for your balance and strength training for all outdoor enthusiasts.	
<b>Seated Yoga</b> (FREE for Members)   <u>Instructor:</u> Gina Komanac	<b>Z05 Mondays Jan 8 – Mar 25</b>   2pm – 3pm
Improve your range of motion and learn ways to relax, release stress and tension, and rejuvenate! Learn basic yoga postures from anywhere you feel comfortable and has internet. Variations of movements are provided for all levels.	
<b>Tia Chi</b> (FREE for Members)   <u>Instructor:</u> Adrian Buczek	<b>Z06 Tuesdays Jan 9 – Mar 26</b>   1:14pm – 2:45pm
Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.	
<b>Yoga &amp; You</b> (FREE for Members)   <u>Instructor:</u> Gina Komanac	<b>Z07 Thursdays Jan 4 – Mar 28</b>   9am – 10am
In this class you will learn kind and beneficial 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. Join us each week for an enjoyable hour of exercise from any location with internet!	
<b>Muscle Strength &amp; Core Balance</b> (FREE for Members)   <u>Instructor:</u> Dan Leung	<b>Z08 Fridays Jan 5 – Mar 22</b>   11:30am – 12:30pm
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.	
<b>Laughter Yoga</b> (Members: 35   Non Members: 50)   <u>Instructor:</u> Sharon Falconer	
<b>Z09 Tuesdays Jan 9– Feb 13</b>   10am – 11am	<b>Z10 Tuesdays Feb 27– Apr 2</b>   10am – 11am
Laughter Yoga is a combination of yogic breathing, gentle stretching, laughter exercises and relaxation designed to enhance health and wellbeing. Anyone can have the medically proven benefits of Laughter!	
<b>Memory Writing</b> (Members: 30   Non Members: 45)   <u>Instructor:</u> Susan Dankert	<b>Z11 Wednesdays Feb 21 – Mar 27</b>   3pm – 4pm
They say with age comes wisdom. With age also comes stories of adventure, comedy, sadness, family, connection, grit, survival, and love. Writing your memories is a great lens through which to view your life and share your experiences with those around you. Join this small group and discover how to get started.	

## Workshops

<b>Understanding Banking - Momentum</b> (FREE for Members)   <u>Instructor:</u> Robert Bryenton	<b>ZW01 Tuesday Jan 16</b>   10am – 12pm
Join us to learn about different places where you can bank and how to select the right account for you. What different types of financial products and services are available and how do you use them safely and efficiently?	
<b>Budget like a master - Momentum</b> (FREE for Members)   <u>Instructor:</u> Robert Bryenton	
<b>ZW02 Wednesday Jan 24</b>   10am – 12pm	<b>ZW03 Wednesday Feb 21</b>   10am – 12pm
Want to understand the differences between needs and wants and how it affects your spending habits? Join us for Budgeting: Control Your Money and learn to track your expenses and put together a budget.	
<b>What are Assets? What do I do with them - Momentum</b> (FREE for Members)   <u>Instructor:</u> Robert Bryenton	<b>ZW04 Wednesday Feb 13</b>   10am – 12pm
This workshop will help you discover all the valuable qualities and things you have in life. Learn how to use all your different types of assets to overcome the challenges you face.	
<b>Credit that works for you - Momentum</b> (FREE for Members)   <u>Instructor:</u> Robert Bryenton	<b>ZW05 Friday Mar 15</b>   10am – 12pm
Learn about the different types of credit products and how to you use them wisely. Discover ways to pay down your debt and where you can turn to for help.	

# Seniors scene; events about town

## Parkdale Nifty 50s

The Parkdale Art Club is looking for some new members that might like to start training on how to organize the art show.

Our current volunteers are amazing and would like to share their wisdom and bring in some new members help them out.

If you are currently enrolled in art classes and are interested in this semi annual volunteer opportunity please contact us:

P:(403)-283-0620 or info@pdnf.org

**Bowness Seniors' Centre**  
6422 35 Avenue NW,  
Calgary | Phone  
403-286-4488

Daily Activities:  
Billiards Monday - Friday, 9 AM - 12 noon

Book Club 2nd Thursday of each month at 1:00 PM

Bridge Thursdays 12:30 PM - 3:30 PM

Crafts Mondays & Tuesdays 11 AM - 3 PM, Drop In - Bring your lunch & project. Coffee is on.

Crib & Euchre Tuesdays 12.45 PM - 3:00 PM, Drop In

Darts Tuesdays 1:00 PM

Floor Curling Mondays 12:45 PM, Drop-in

Lawn Bowling Saturdays 4:00 PM - 6:00 PM; Tuesday and Thursday 6:30 PM - 7:30 PM

Shuffle Board Wednesdays 10:00 AM - 11:30 AM

Sing - A - Long Wednesdays 1:00 PM - 3:00 PM

## Music Event for Medicine Hat Seniors

Venue: Liquid Concert & Event Venue

638 14 St SW  
Event: New Years Eve Dance and Midnight Lunch

Date: December 31, 2023

Time: 8 PM  
Band: HIP KATZ

Band Promo: the Hip Katz is an exciting show band with a brass section. Their music spans over half a century.

Tickets: by calling 1403 654 7282 are \$45+gst includes a midnight lunch

## Seeking cribbage players

Tuesday mornings, doors open @ 10:00 A.M, start at 10:15-10:30

\$3 drop in, .25 cents a skunk, 7 games, playing singles. Coffee is provided.

Bowness Legion. 138 Bowness Center NW, Calgary, AB T3B 5M5. 50/50 draws are sometimes available. Legion membership not required, 18+

## CROSSWORD SOLUTION

S	T	B	E	D	E	B	I	O	L	A	B	A	N	G	R	Y	A	T
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<b>Are your dentures?</b>	<b>Is your denture?</b>	<b>Are your gums?</b>
<input type="checkbox"/> Loose	<input type="checkbox"/> Floating	<input type="checkbox"/> Always sore
<input type="checkbox"/> Cracked, worn	<input type="checkbox"/> Clicking	<input type="checkbox"/> Flat
<input type="checkbox"/> Over five years old	<input type="checkbox"/> Requiring adhesive	<input type="checkbox"/> Difficult to fit
<input type="checkbox"/> In your pocket	<input type="checkbox"/> Causing you to age	
<input type="checkbox"/> Missing teeth		

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

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre  
**403-282-6126**




## Leave a Legacy

Unison at Kerby Centre's work is possible thanks to the kindness of people like you who remember us with a gift in their will - a gift that will help create a better future for seniors.

Make an impact. Leave a legacy.

Contact Rob Locke  
robL@kerbycentre.com | 403-705-3235



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unison At Kerby Centre

Woodshop Holiday Fundraiser!  
*Reindeer Sale*

For our annual Woodshop Holiday Fundraiser this year, our dedicated team of woodshop volunteers has lovingly crafted wooden whimsical reindeers!

**\$ 1 for \$10 or 3 for \$25!**

**Location:** Purchase your Reindeer Décor at the Wise Owl Boutique at Unison at Kerby Centre (main floor).  
**To preorder, call Nancy at (403) 265-0661 or visit reception.**

*Last day to pre-order is Friday, December 15th.  
Last day to purchase/pick-up is Friday, December 22nd.*



**Funds raised will support the Wise Owl Boutique and the Woodshop, both operated by volunteers.**  
Our Wise Owl Boutique is an affordable thrift store filled with donated clothing and handmade crafts by seniors.  
Our Woodshop provides public access to woodworking equipment, enabling seniors to work on their personal projects.



**I'M  
LIVING  
WELL**

by not cooking  
unless I want to  
- and I really  
don't want to.

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YOUR  
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