



Our Seniors' Expo returns!



One of the most exciting times of the year for us is our annual Seniors' Expo. For all the need-to-know information about vendors, entertainment and more for our free event, check out pages 12 to 14!

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unison
At Kerby Centre

SENIORS' EXPO 2024
EXPLORE • GROW • CONNECT

Saturday, April 27th
9am - 3pm
Unison at Kerby Centre

Join us for an inside scoop on all things generations 50+

It's Seniors' Expo Season!

At Unison, we're constantly hearing questions from our senior population: Where can I find affordable seniors housing in Calgary? What senior's benefits am I entitled to? How can seniors keep active? What are the best services and organizations to help seniors out?

And those are just

the tip of the iceberg. There are so many questions out there, and while we're great at pointing people in the right direction, wouldn't it be ideal if we had all the answers, all the people to talk to, all the organizations to assist — all in one place?

Well of course we do! We're Unison!

That's why we host

our FREE Seniors' Expo every year, with this year's happening on April 27.

Our Seniors' Expo has been going on for decades and it's the perfect place for seniors of all ages and stages to come by and visit.

It's ideal for our senior community because it gathers everything you

might be curious about, all in one place.

Last year, we had about 2,000 people come through our doors! That many interested seniors can't be wrong: we know the Unison Seniors' Expo is the place to be.

Beyond all the incredible booths featuring a vast array of seniors' organizations, businesses and non-profits, we have entertainment, information sessions and the lovely smiling faces of Unison employees and volunteers available to chat with you about the awesome things we do, as well!

Most important of all, though, Seniors' Expo is about community. It's the time of the year where we're able to bring our senior community under one roof, all at once, to make connections.

These connections are the basis of everything we try to do at Unison, and its even re-

flected in our name.

So much of our world these days involves being disconnected: whether it's phone calls, texts, emails, or messages.

The Unison Seniors Expo is one day out of the year where you can make a real, human and face-to-face connection with dozens of people, forming new relationships and friendships that can last for years.

Not only will you have the chance to get all your questions answered about anything from seniors affordable housing to assisted living to scam safety, you'll do it while collecting business cards and new connections: all at the same time.

So book your calendar off for Saturday, April 27, 9AM to 3PM; admission and parking are free! And remember that, with Unison, life is better — together!

National Volunteer Week!

April 14th to 20th, 2024

Our volunteers are incredible. They put in the necessary hours — thousands of them — out of the kindness of their hearts to ensure our operations are running smoothly and effectively. Whether it's folks helping out at our weekly Free Food Markets handing out goodies to our annual tax clinic volunteers, our volunteer base is the best there is when it comes to being helpful, kind and selfless with their time and expertise.









Connect with Nicolas to start volunteering now!
403-234-6570 | NicolasV@UnisonAlberta.com

FREE Tax Clinic for Seniors

February 29th – April 30th
(Monday – Friday)

Income limit:
\$35,000 per year for single or \$50,000 per year for a couple




Calgary	Medicine Hat
<p>Income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients.</p> <p style="text-align: center;">Unison at Kerby Centre: 403-705-3246 1133 7 Ave SW, Calgary, AB T2P 1B2</p> <p style="text-align: center;">Dalhousie Community Association: 403-286-2555 ext. 101 5432 Dalhart Rd NW, Calgary, AB T3A 1V6</p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div>	<p>Income tax volunteers are available to help fill in tax returns for seniors 50+ and AISH clients.</p> <p style="text-align: center;">Unison at Strathcona Centre: 403-529-8364</p> <div style="text-align: right; margin-top: 20px;">  <p style="font-size: small;">www.elderandpunko.ca 403-504-2723 or 403-504-2740</p> </div>

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

For more information, visit
[**UnisonAlberta.com/Free-Tax-Clinic-For-Seniors**](http://UnisonAlberta.com/Free-Tax-Clinic-For-Seniors)

Our fantastic Seniors' Expo

Our annual Seniors Expo at Kerby Centre is kind of like Christmas to Unison staff members. There is no other day in the year when more people will walk through the Kerby Centre. Last year we had over 2,000 people attend.

We put Expo on each year to serve two groups, our members who are older adults in Calgary and our partners. The first group, our members we want to provide information to them about the many non-profit and for-profit organizations that provide services and products specifically

for older adults.

Some of you who have attended Expo know that you don't have to be a member to attend this event, but for sure we will have at least one booth staffed by people who will tell you about the many benefits of becoming a Unison Member.

The Seniors Expo is also a chance for us to work closely with the non-profit organizations who we collaborate with to provide supports to seniors.

We also use the Expo to support and promote the organizations who buy advertising or sponsorships at our events, in our Unison news, our Seniors Directory or our on-line programs.

We produce some of these properties because they benefit seniors, but we also produce them as the profits we generate from them go straight to funding some of the charitable activities we engage in. Expo for our team is kind of like the gift that keeps on giving. If we promote a good event that helps you hook up with companies and services that add value to your life everybody wins.

We also know that any funds generated during the event will also help us continue to offer charitable programs and events that otherwise we would not be able to afford.

Hope you can join



Larry Mathieson, CEO and President

us this year, and if you do make sure you stop in at the Kerby Café while you are here.

Not only is the Expo our busiest day in the centre — but it is also the Café's busiest day of the year. Chef Matt is promising that there will be some surprises on the menu that day.

APRIL 2024

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

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April 2024 Weekly Specials

**We're open for
breakfast and lunch.**

Monday, Tuesday, Thursday, Friday
8am - 2pm

Wednesday
8am - 3pm

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*Menus are subject to change without notice due to product availability.
*All specials come with choice of side (Soup, Garden Salad, Caesar Salad, or Fries)
*Daily fresh baked goods - baked in house!
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April 1st - 5th
Tandoori Chicken & Mango Chutney with Basmati Rice and Garlic Naan
Soup Special: Lemon Lentil Soup

April 8th to 12th
French Dip Sandwich
Soup Special: Potato Leek and Bacon Soup

April 15th to 19th
Kung Pao Chicken & Vegetable Stir Fry - served over Rice
Soup Special: Wonton Soup

April 22th to 26th
Chicken & Bacon Burger
Soup Special: Creamy Tomato Soup



Will Power

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Making memories with music

Danny Mark
Mental Health Columnist

For all the years that I have been listening to

music I never acquainted myself to the music of Grace Slick and Jefferson Starship.

Around since time was relevant, I only began listening to their music recently stumbling upon a music video from one of their recent concerts.

Always using music to manage my moods, I tripped across one of their classic hits that resonated very powerfully with me.

I am reminded of an inauspicious Club Med vacation to the Bahamas in 1980 with a high school classmate. The famed Club Med marketing slogan at the time was:

“If you’re at Club Med

and not having any fun then go watch the sail board lessons. However, if you’re at Club Med and having too much fun then go take the sail board lessons!”

This was the first and only time I experienced a “all inclusive” holiday resort. As bachelors we hit the on-site disco each night that featured the latest from Irene Cara. Using my friend as a “wing man” we had moderate success on the disco floor. Thanks Ian for all the introductions to the ladies.

During the day the Social Director organized a “get acquainted” tennis tournament. As a result, I befriended a medical doc-

tor from Edmonton where I happened to be living at the time.

Life is chock full of seemingly random events. Upon returning home, My new friend suggested we meet for drinks at a local Edmonton dance club. Unbeknownst to me at the time, he introduced me to his nursing colleagues. Amongst them turned out to be the “one”.

As the rest of the story unfolded it felt like a fairytale. Good career, terrific friends, Teutonic buggies in the driveway, two beautiful little girls, and the big house along with the pretty wife.

How does life get any better? Unfortunately, this timing also marked the arrival of my second encounter with the lethal Black Dragon. I have written extensively about how I survived my mental trauma.

My point is that after letting a “toilet” issue trigger my recovery, I’m left with asking “why” I survived when so many others didn’t. Upon my return to health I found that I was not alone, I was not broke, I was not addicted, I was not divorced, and most importantly I was NOT dead! I truly married well. So well in fact that I am the only sibling still married to my original partner. We’ve done for better or worse; now we’re onto till death do us part.

“If we’re heart to heart/ And we can build this dream together

Standing strong forever/Nothing is going to stop us now!” - Jefferson Starship (1979)

For those couples that have reached the final third of your lives together, I encourage you to adopt this song as your marriage’s “anthem” for continued inspiration. The message is simple but powerful.

There must be a reason for these lyrics to show up in my life at this time. I will always encourage you to remember:

“Memories restores youth but creating new memories restores life!”

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Steps to safeguard your investments

Rebecca Vargese
Alberta Securities
Commission

March is Fraud Prevention Month, a national spotlight that seeks to help Canadians recognize, avoid and report fraud. One of the growing and most insidious forms of fraud are investment scams, where fraudsters prey on those looking for worthwhile opportunities or just the answer to challenging financial circumstances.

According to data from the Canadian Anti-Fraud Centre, the amount of money reported lost to investment scams has multiplied nearly 20 times from 2019 to 2023.

Fraudsters work hard to repurpose their investment scams and leverage connections they can make online and in person. While it may be hard to know and remember the latest investment scams, there are some great resources and tools provided by the Alberta Securities Commission (ASC) to help you better safeguard your hard-earned money.

To help inform and protect investors, the ASC created the Investment Caution List. This list outlines companies and individuals that the ASC has identified as appearing to be engaging in activities that either require registration under Alberta securities laws or may be investment scams.

It is worthwhile to check this frequently updated list before working with any individual or firm to ensure that they are not present on the list.

Investors wanting to stay ahead of emerging fraud trends and market misconduct can also subscribe to the ASC's Investor Alerts, which are delivered directly to their inboxes.

These alerts provide investors with up-to-date information on unregistered individuals and firms violating Alberta and/or Canadian securities law. ASC's Investor Alerts also help warn the public of common fraud tactics.

Whether you've just started investing or have been on your investment journey for years, the ASC's investor educa-

tion website CheckFirst.ca provides a wealth of important information. You can find resources and tools to help you invest suitably for yourself, recognize the red flags of fraud and conduct registration checks on individuals or firms you plan to work with.

Building your knowledge is an ongoing effort, which is why the ASC shares a new CheckFirst article each month covering an investing concept, misconceptions about investing, investment fraud trends and frequently asked questions.

Even better, you can subscribe to the

CheckFirst newsletter at CheckFirst.ca/Subscribe for the latest articles, investor alerts and upcoming investor education programs in the community.

In recognition of Fraud Prevention Month, the ASC recently started sharing its new 31 Days of Investment Fraud information. Every day of the month, the ASC will highlight a common investment fraud scam or red flag and detail how Albertans can safeguard their money.

Alongside this information, found on CheckFirst.ca/Fraud_Prevention, visitors can

test their knowledge with the Don't be fooled by fraud quiz and download or print the complete 31 Common Investment Fraud Scams and Red Flags infographic.

This infographic gives investors a comprehensive list of what to look out for when it comes to investment scams and how to best avoid them.

Throughout March, visitors who explore the page CheckFirst.ca/Fraud_Prevention and subscribe to the CheckFirst newsletter will also be entered in a draw to win one of three pre-paid MasterCards

worth \$150.

Building your investor knowledge and leveraging the free tools and resources provided by the Alberta Securities Commission can be a strong combination to protect yourself.

Remember, if you are suspicious about an investment you were offered or believe you or someone you care for was a victim of an investment scam, contact the Alberta Securities Commission.

You can contact the ASC public inquiries at 1-877-355-4488 or email inquiries@asc.ca.



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Life is too short not to enjoy!

Deborah Maier
Calgary Horticultural Society

Life is too short not to hold onto those little moments that bring joy. Just

thinking about one now makes me smile. And what am I thinking about? Bunny tails grass! Even the name is cute.

The common name is

well deserved. The grass forms soft, fluffy, teardrop-shaped seed heads that look like a bunny's tail.

One of the video bloggers who I follow plant-

ed bunny tails grass and I became enamored with it. When I was passing a garden centre seed rack in January 2023, its package caught my eye, so I bought one and thought I'd give it a try.

Bunny tails grass (*Lagurus ovatus*) is native to the Mediterranean region. It looks nice grown in clumps and will reach about 30 cm in height. It is a true annual. This means in one growing season it will flower, produce seed, and die. It is not a perennial that can't live outdoors year-round in our 4a zone, like many plants we grow as annuals—zonal geraniums (*Pelargoniums*) for example.

Sowing directions for this plant vary. The directions on the OSC package that I purchased stated to directly sow the seeds in the garden after the danger of frost has passed. Online, the West Coast Seeds directions

are to start the seeds indoors 6 to 8 weeks before the last frost or outdoors 3 weeks before the last frost. Given our short growing season, sowing indoors in April will help these annual plants get started. If you want to plant the seeds outdoors, then plant them in May.

The challenge with sowing fine seeds like these is they need to be consistently moist to germinate.

Last year, May was very dry. A moment of inattention and the seedlings could desiccate. This is one reason why I usually start seeds indoors; I'm more likely to catch any issues before it causes the demise of the plant. Also, when it is time to plant outdoors, I have a plant that has a large enough roots system to be more tolerant of changing growing conditions. Once established, these plants are drought tolerant.

I have grown ornamental grass before. The common ones grown in Calgary are usually large varieties that require full sun and as much as possible, such as blue lime grass, Karl Foerster grass, and Overdam. These grasses struggle in my yard as my growing space is surrounded by trees and very shady.

Knowing that the bunny tails grass might not get the light they need to thrive in my yard, I started my bunny tails seeds on Feb. 5 last year. Two weeks later, I was potting them up into 4-inch pots. April 22, I was moving them into even larger containers.

At the beginning of May, they were being hardened off on the deck. After hanging out on the deck for a week with frost cover handy, they were planted into containers around the yard. By June 7, the pretty seed heads were forming.

Because I don't want to have to pot up the plant so many times, this year I'm delaying my bunny tails seed starting until the first week of April. I'll be planting both packages and if they grow successfully, I'll be bringing some to the Society's Spring Plant Share. After all, we should share the things we enjoy.

Want to learn about gardening trends? Join the Society in person at The Gardeners' Market on Saturday, April 27! Visit www.calhort.org for more information.





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Amanda Borys

Susanna Strickland was born on December 6, 1803 in Bungay, on the River Waveney, in Suffolk, England. Susanna was one of eight children of Thomas Strickland, a manager of the Greenland Dock, and his wife, Elizabeth Homer. Four of the six girls would become authors, Agnes, Jane Margaret, Catherine Parr, and Susanna. Susanna published her first children's book in 1822.

On April 4, 1831, Susanna married John Moodie, a retired army officer who had seen service in the Napoleonic Wars. The following year, Susanna and John emigrated to a farm in Douro township, north of Peterborough, Ontario, to join her brother Samuel and her sister, Catherine. Catherine had married a friend of John's and the couple immigrated to the same area a few weeks prior to Susanna and John.

The couple's fortunes would wax and wane in Canada, as John struggled to find his place in the colonial hierarchy. In 1852, Susanna published *Roughing It in the Bush*, the bush being how she referred to the Ontario backwoods. The following year she published *Life in the Clearing Versus the Bush*.

Susanna's daughter, Agnes, carried on the Strickland literary talents, illustrating *Canadian Wild Flowers*, published in 1868. Agnes married Charles Fitzgibbon, a lawyer and registrar with the Court of Probate in Toronto who had served in the War of 1812. Their third child, daughter Geraldine (Cherry to her grandmother), was born on October 31, 1854. She had a chaotic early childhood, as her father's ill health caused financial difficulties in the family. When Geraldine was 11, her father died, followed by two of her siblings only months later.

Geraldine shared her mother's illustrating talents and assisted her mother in her work. However, Geraldine's artistic talents would take a different path.

In 1877, Geraldine travelled to Surrey, England to visit her great-aunt Sarah Gwilym and, while visiting London, met her distant cousin, John Douglas Moodie, known as J.D. The pair married on June 8, 1878, initially living in Lewisham, Kent with J.D.'s mother. Their daughter, Melville Mary, was born there on March 3, 1879. When her mother-in-law died, Geraldine and J.D. packed up his father and their three-month-old daughter and moved back to Canada. J.D. and his father homesteaded near Brandon, Manitoba and Geraldine would follow them out after the birth of their son, Douglas Gerald, on June 14, 1880. Two more children were born to the couple, George Malcolm on May

14, 1882, and Alex Dunbar on April 13, 1884.

The family abandoned their homestead in 1884 as the family returned to Ottawa for the winter. Two major events followed. Geraldine's grandmother, Susanna, died on April 8, 1885, and Geraldine's husband, J.D., joined the North-West Mounted Police. His first post was to Calgary in 1886, where their fifth child, Alan Macaulay, born on January 18, 1887.

Inspector Moodie and his family later moved to Medicine Hat, then Lethbridge. However, all was not well in the Moodie marriage and Geraldine and the children returned to the Lakefield District of Ontario to set up a house with her sister and her family. J.D. later took a four-month leave from the Force to return to his family. In 1891 Geraldine and the children returned west to Battleford with him late in April of the same year.

Geraldine had learned the art of photography while her children were young, but it was not until the family moved to Battleford that she would be able to take it up seriously. In April 1895 she opened a studio, the first woman in the area to do so. While she offered the standard portraits, she also photographed wildflowers and plants native to the prairies, North-West Mounted Police life, and the lives of the Indigenous people around her. In 1895, she was invited to witness a Sun Dance ceremony, capturing the rituals and traditions on film.

Her work was especially significant as she viewed it from the female perspective, one ignored by her male counterparts. Realizing the significance of her work, Geraldine began to copywrite and sign her images.

Prime Minister Bowell's visit to Battleford in September 1895 was captured on film by Geraldine and she received a government commission to photograph the various sites visited by the group.

However, the end of 1895 would strike the Moodie family a devastating blow. George Malcolm, the third child in the family, had been injured in a riding accident earlier in the year. He died from those injuries on December 12. Geraldine turned to photography even more passionately to help her overcome her grief.

The family moved to J.D.'s new posting in Maple Creek, Saskatchewan, in October 1896. Here, Geraldine photographed the ranching culture of the Cypress Hills and undertook a new, even more ambitious enterprise. Establishing a new studio in Maple Creek, Geraldine expanded to have a second studio in Medicine Hat, 60 miles away. Geraldine travelled by train to Medicine

Hat and stayed for two or more weeks at a time. She would return to Maple Creek to develop the prints. However, competition by male photographers and J.D.'s extended duties away from home to map an overland route from Edmonton to the Yukon, forced Geraldine out of Medicine Hat in the fall of 1897.

J.D.'s return created another period of instability in the Moodie marriage and, while the older boys remained in Maple Creek, J.D. and Geraldine returned to the Lakefield district. J.D. was ordered back to Maple Creek and then on to Macleod, but Geraldine remained in Ontario. When war broke out in South Africa, J.D. and Douglas Gerald, their eldest son, enlisted in a Canadian Mounted Rifle unit and Geraldine returned to Maple Creek to reopen her studio. On Aug. 16, 1900, Douglas Benjamin Simpkin, Geraldine and J.D.'s first grandchild was born to their daughter. True to form, Geraldine captured him on film, in the arms of both his mother and her.

J.D. was invalided home when he was injured at Bloemfontein. He re-enlisted into the North West Mounted Police before returning to South Africa. Geraldine moved back to Lakefield. However, she and Alan joined J.D. at his post in Moosomin, near Regina, on his final return from the war.

Upon his return, J.D. was promoted to superintendent, granted the position of acting

commissioner, and sent north to exert Canadian authority over the coast and islands of the Hudson Bay and the Eastern Arctic. J.D. set out on August 22, 1903 on the Neptune, with Geraldine and son Alex, who functioned as a secretary to his father, following in September on the steamer Arctic. Here, Geraldine continued to do what she did best and undertook to photograph the Arctic and the people who lived there, J.D. also began taking photographs but tended to focus more on the landscape.

While the Inuit had been photographed before, Geraldine brought not only the perspective of a professional photographer but also that of a woman. She took an extensive number of portrait shots and the relaxed and happy manner of her subjects shows how comfortable they were with her.

Geraldine was especially interested in the beautifully beaded clothing of the Inuit women and commissioned an attigi, a set of traditional caribou skin clothing, for Lady Grey, the wife of the Governor-General. Geraldine's work was also unusual for identifying her subjects by their Inuit names, a practice she carried over from her time photographing the Cree on the prairies.

The Moodies left the Arctic in the fall of 1905, though J.D. would return in August 1906. Geraldine accompanied him to Churchill on this second trip, where she remained for three years, photographing the

Royal North West Mounted Police, the Anglican mission, and the Hudson's Bay post, while also recording Inuit life in their summer camps.

Upon their return from the Arctic, J.D. served at a number of different posts. Anticipating his upcoming retirement, J.D. and Geraldine purchased their son Alan's ranch in the Cypress Hills. In 1910, J.D. commanded a detachment of Royal North-West Mounted Police participating at the Coronation of George V. The couple also returned to the Arctic one more time, stationed in Dawson in 1912, where they stayed for three years. J.D. officially retired on September 14, 1917. J.D.'s health was not good and both he and Geraldine suffered from arthritis.

Geraldine suffered a stroke in 1939 that left her blind and slightly incapacitated. She became bedridden and was taken care of by her daughter, Melville. She and J.D. returned to Calgary in 1944.

Geraldine Moodie died on October 4, 1945 at the Midnapore home of her granddaughter, Geraldine Perceval, the Countess of Egmont. J.D. died on December 5, 1947 in a Calgary nursing home and was buried with Geraldine in Burnsland cemetery.

In 2017, an exhibit of both Geraldine and J.D.'s work called *The Arctic Photographs of Geraldine and Douglas Moodie*, was displayed at the Glenbow Museum. Geraldine's amazing legacy lives on.

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Remembering Burma Shave

Barbara Ellis
Unison News Columnist

During the 70s, my husband and I would drive to Pennsylvania for our summer vacation and visit my parents.

They lived in Beaver Falls and while the trip was long and tiring, it was always worth the energy it took to spend time with the people we loved.

The drive would usually happen in July or

August, two of the hottest months to be stuck in a car with no air-conditioning. Our drive began in Lethbridge and from there we drove south to Montana and then east through that state and North Dakota into Minnesota.

Once we arrived in Minnesota, the trip was made more enjoyable because we knew that we would come upon the Burma Shave signs.

These signs appeared

from the mid-1920s to the late 1960s and were distributed in most of the lower forty-eight states.

The signs were a series of five small slats painted red with white lettering. They were placed about one hundred feet apart and each contained one line of a four-line poem.

The last slat would always end with “Burma Shave”. These signs were found along the old two-lane country roads where speed limits were set at a slower pace. When we arrived at the Turnpike, the road became a split two-lane inter-state highway with increased speed limits which put an end to the Burma Shave signs.

The signs were often comical and usually contained a message, such as:

SPEED WAS HIGH
WEATHER WAS HOT
TIRES WERE THIN
X MARKS THE SPOT

Followed by:
Burma Shave.

And another of
my favourites was:

AROUND THE
CURVE
LICKETY SPLIT
BEAUTIFUL CAR
WASN'T IT?

Followed by:
Burma Shave.

I always enjoyed our drive through Minnesota and Wisconsin. These states are blessed with

lush green vegetation and rolling hills. The farmhouses we saw along our way were huddled under the shade of old trees and there was usually at least one huge red barn close by to complete the picture. In the adjoining fields, there were many contented cows munching on fresh grasses obviously making rich creamy milk to produce butter and cheese. We made a game of it.

Whoever spotted the first Burma Shave sign would get to decide where we would stop for lunch. Our route took us through many small villages where there were a host of “mom-and-pop” roadside restaurants.

Actually, they were more like diners with a counter and stools to sit on. A few had booths but they were the exception.

Breakfast was our favourite because it was made with farm fresh eggs, ham cured by one of the surrounding farmers and homemade bread and muffins. The burgers and fries, or soup and salad we had for lunch were equally as tasty and also made from locally grown produce.

After our second or third time, we fell into a regular routine. Up early and on the road by 6 AM. Breakfast between seven and eight. Then stop for a coffee around ten. Lunch around noon and so on. We followed the advice of one of the signs that read,

DROVE TOO LONG
DRIVER SNOOZING
WHAT HAPPENED
NEXT
IS NOT AMUSING,

Burma Shave.

On those narrow roads, most of which did not have a shoulder, driving was a bit of a challenge, but thankfully they were not overly busy. However, one sign did emphasize the hazards of driving on narrow roads, it went like this,

DON'T STICK
YOUR ELBOW
OUT SO FAR
IT MAY GO HOME
IN AN OTHER CAR,
Burma Shave.

I often think about how lucky I am to have lived through the fifties and sixties. Yes, its true, I was young and so many things were happening to me for the first time, nevertheless, I feel that I lived through some amazing times.

Times of great advances and changes, such as the change from telephone party lines to everyone having their phones. Train and car travel were the norm and air travel was on the cusp and ready to take over; television even if we only had one channel; radio playing music and songs with words I could understand.

The Burma Shave signs may have been silly, but anyone who saw them got a charge out of reading them. Unfortunately, it is just another thing relegated to the history books and to my memory. To my way of thinking, those little signs were much more attractive than the huge signs now inhabiting the side of our roads. Yes, they are flashier, and some even change pictures as one drive by, sort of like a slideshow, but I prefer the modest little slats with a whimsical message such as

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Details to join us in-person

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- Unison at Kerby Centre (1133 – 7th Avenue SW, Calgary)

Details to join us online

- Register through KerbyCentre23.WildApricot.org/Event-5608496 or scan the QR on the left

This city will be beautiful when finished

Jerry Cvach
Unison News Columnist

It is a frequent lament used when the pedestrians are forced to traipse between excavations, hop over trenches and navigate detours.

Only amateur urban planners or those working in the construction trade can rejoice. It must be titillating to see the hustle and bustle, peek through the holes in tarpaulins on construction fencing and patrol back and forth while visualizing the final outcome. Such pleasures are denied to the denizens of mature cities.

Subject of urban renewal garners many sayings or remarks. In Leon Uris' historical novel "Haj", Ibrahim, the ruler of an ancient village in Middle East travels to Zürich to attend a conference. During the break he walks towards the bridge across the Limmat River flowing out of Zürichsee.

Uris writes: "People move around the traffic with precision. No horns blare, for everyone is patient. Water taxis glide silently on the river and even the ducks paddle along in formation. He sees no slums, no empty lots and no construction. Every blade of grass is in order. The city is beautiful, immaculately finished."

Of course there is no such thing as a finished city! There is an often used axiom that clashes with Leon Uris' comment: "Rome was not built in one day" i.e. be patient. It is not finished yet 1 million, 13 thousand, 8 hundred and 95 days (2,777 years) since it was founded on April 21, 753 BCE by Romulus and Remus.

Most of the "Old World" or the "Western Civilization" countries' capitals are old but none are as storied and ancient as Rome.

Cities change gradually as they grow and are maintained. However, once or twice in their history some of them undergo a major spurt of growth. It happened to Vienna during the reign of Keiser Franz Joseph I of Austria, to Prague during the time the King of Bohemia Charles IV was the Holy Roman Emperor or Berlin had to be rebuilt after WWII.

But none were remade as dramatically as Paris or Rome. Georges-Eugène Haussmann was chosen by Emperor Napoleon III to carry out a massive urban renewal program of creating new boulevards, parks and related improvements of Paris that took 17 years from 1853 onwards. In fact it was not totally completed until 1927. It was the first planned, purposely and deliberately executed renovation of any major city in the history and a good thing too. Paris would have completely choked up otherwise.

Compared to Haussmann's rather prosaic work, grandiose as it was, the big rebuild of Rome in the 1st century AD was the most bizarre. It started out by a huge fire ignited on Nero's orders, who reputedly played his fiddle while the city burned. His playing of music while it was happening was the origin of the paradigm for someone "not giving a damn".

The drama aside, Nero planned it deliberately. His motive was to open space for building a spectacular palace for himself and to rebuild the surrounding areas to be more splendid. Today we would say he was the first land developer.

Still, projected over centuries, even millennia of their existences the "Old World" cities' cores are now pretty well set.

In the Americas the building of cities started much later, after the Europeans had arrived. Only Aztecs, Mayans and Incas had built large settlements, but none of them lasted, likely due to inadequate technologies, poor soil, extreme weather or wars. The only exception is the Aztec Tenochtitlan, now the Mexico City. Consequently the cities in Americas are much younger and have had many fewer days to mature.

Calgary is just 130 years old. It desires to grow. It wants to gain respectability quickly, maybe too quickly. The powers to be feel it will be accomplished by tearing down the old and building everything anew. There is no patience. Perhaps the city can't afford to go through the metamorphosis for as long as it took in Europe.

Consider the endless saga of building stadiums, now called entertainment centres. We are never happy with what we have. We tear them down every 35 years or so. It never occurred to the Romans that the Colosseum should be torn down and rebuilt after just 40 years! It is still used for special events after 1,952 years, and it defines the city.

Here the rush to grab the brass ring may explain the hits and misses, incompetence or empire building by the city council of the day.

They are undecided if the city should be shrunk by densification or if more efficient roads should be built, for example. So far they do both while the ideologies clash.

Among other projects the River Walk pathway had been first built in 1970s and it was torn down and rebuilt many times since. The renovations of the 8th Avenue never end. With the history disappearing, what

will it be replaced with?

The city basks in a survey that in 2023 it finished as the 7th most livable place in the world. It would like to retain this position, even improve on it.

Cities are not more livable because they didn't change much for two millennia. More evaluation criteria are used to calculate the rankings. Rome actually

placed 44th in the same survey in 2022, 37 spots lower than Calgary.

However, after Nero burned Rome down on July 18, 64 BCE and rebuilt it, it was not much tinkered with since. Is it not why it is called Eternal City, an example of stability worth following? Perhaps this is what makes the city beautiful and "finished".



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Financial strain is bad for our health

Gillian Rutherford
University of Alberta Folio

High interest rates, grocery price inflation and the shortage of affordable housing are all making headlines in 2024 as top concerns for Canadians, and for good reason: One-third of Canadians report they live in households that are experiencing financial difficulties, according to Statistics Canada.

While financial insecurity puts a strain on Canadians' bank accounts, it also amounts to a poorly understood public health challenge with both short- and long-term effects on individuals, says Candace Nykiforuk, professor and scientific director of the Centre for Healthy Communities in the University of Alberta's School of Public Health.

The COVID-19 pandemic prompted Nykiforuk to start a project examining the impact of financial strain on Canadians' physical and mental health, and now she has received a Tier 1 Canada Research Chair appointment to continue that work.

The Canada Research Chair in Community Environments and Public Policy for Well-Being comes

with \$1.4 million over seven years in funding for her research program, with a possibility to renew for a further seven years.

Financial strain can affect mental and physical health, and also has impacts on the health of our economy, says Nykiforuk.

"We know that when children experience financial stress, they grow up to have much higher rates of long-term disability and depression and anxiety," she says.

"These are costs borne by the health-care system and the common economy, because a workforce with poor health is not as reliable as one with good health. These costs will come back into the system as health-care costs or justice costs or social security costs."

The post-pandemic period offers a chance to learn lessons from COVID-19 and "build back better" by alleviating financial strain on a broad, systemic level, Nykiforuk says.

"It is time for governments and organizations, individually and in partnership, to address the structural causes of financial strain and poor financial well-being," she says. "This means

moving away from band-aid, individual-focused solutions to focus on broader population-level strategies."

Nykiforuk clarifies that her focus is not only on the 7.4 per cent of Canadians who live below the poverty line, but also on a much larger group who feel financially insecure.

"Poverty is the most acute presentation — it's like the emergency room of financial strain — and there's a lot of attention and services paid to that group of people, appropriately and understandably," she says. "But there's also a much larger and growing group of people who are not facing poverty but are not financially secure."

She points to Statistics Canada numbers from 2022, which show that 42 per cent of Canadians felt finances controlled their lives, 49 per cent reported taking on increased debt and 31 per cent fell short of money for daily expenses by month's end.

Nykiforuk's research shows that financial strain can affect you no matter what your income and is shaped by life events such as losing a job or having a baby. People with intersecting systemic disadvantages, such as

low-income single mothers or racialized youth, face more sociocultural, economic and political factors that limit their ability to control and make financial decisions.

Nykiforuk prescribes preventative programs such as guaranteed basic income, better access to high-quality affordable housing, quality education, employment security, and co-ordinated benefits and services as some of the best solutions to these challenges.

"Those are really everybody's business, not just public health," she says. "We need intersectoral action, where public health has a chance to work with others in meaningful ways to address this issue."

In March 2022, Nykiforuk's group published its Action-Oriented Public Health Framework on Financial Wellbeing & Financial Strain along with the Guidebook of Strategies and Indicators for Action on Financial Wellbeing & Financial Strain.

The next step is to make the information available to as many policy-makers as possible. Nykiforuk has just received a new knowledge mobilization grant

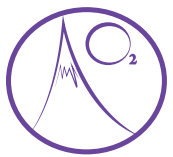
from the Canadian Institutes of Health Research and has partnered with the Canadian Mental Health Association, the National Collaborating Centre for Methods and Tools, United Way, Prosper Canada, the National Collaborating Centre for Healthy Public Policy and Alberta Health Services to create an interactive website and then track implementation.

Her team will also survey policy-makers and the general public about their knowledge and attitudes about how to improve overall financial well-being for Canadians.

"We want to raise some excitement in the advocacy world about the disconnect between what people want and what policies are getting put in place," she explains.

Nykiforuk sees signs of progress as some municipalities, such as Edmonton, are already taking into account their populations' financial well-being as they make decisions.

The City of Edmonton dashboard shares financial well-being data such as the gaps between the richest and poorest Edmontonians, the number of affordable housing units available, transit use and the number of people living in supportive housing.



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Enduring power of attorney

Jenna Bever
DD West LLP

Have you made a Will? An Enduring Power of Attorney (EPA) or Personal Directive (PD)? If the answer is no, you're not alone. These three legal documents make up your Estate Plan. It is important to have an Estate Plan to ensure that your loved ones are taken care of and that the friends, family and charitable organizations most important to you are considered.

Last month I began my Introduction to Estate Planning series by discussing Wills. This month I will be answering what is an Enduring Power of Attorney, or an EPA, and next month I will conclude by discussing Personal Directives or PDs. The goal of this series is to provide valuable information to the community about the importance of Estate Planning.

While most people have heard of a Will, not everyone is familiar with the Enduring Power of Attorney and Personal Directive. The Enduring Power of Attorney appoints someone

who will look after your financial and property interests if you are no longer able to do so yourself.

This article will discuss the importance of the Enduring Power of Attorney. In a lot of instances this document, along with the Personal Directive, can be almost more important than a Will as there is no presumption as to who your Power of Attorney would be should you need one, not even your spouse. I will also be attending the Senior's Expo later this year on April 27th, 2024, from 9am – 3pm to meet with members of the community and answer any questions you or your families may have about estate planning.

An Enduring Power of Attorney is a legal document that you create when you are capable, and of sound mind, where you appoint someone to be your Attorney. An Attorney's role is to manage your property and finances should you ever require assistance. A common question is often, "can't I just appoint an Attorney if I ever

need one?". The answer is no. The Enduring Power of Attorney must be written by a person who has the mental capacity and ability to understand what an Enduring Power of Attorney is at the time that they sign it. This document is very important as it sets out who you want to take care of your property and finances should you ever suffer a stroke, dementia, or any other type of illness that impacts your ability to make reasonable decisions.

The Enduring Power of Attorney document will also lay out certain powers and responsibilities that your appointed attorney must follow.

There are certain steps that must be taken to ensure an Enduring Power of Attorney is an effective legal document. It is important to discuss these measures with a lawyer to ensure that your EPA is effective and valid.

What are the consequences if you don't have an Enduring Power of Attorney?

An Enduring Power of Attorney is very important

because if you are ever in a situation where you cannot make reasonable, informed decisions for yourself, for example severe dementia, a bad stroke, or an accident, and you need someone to make important decisions for you or take care of your property, for example paying your rent or mortgage or ensuring bills are paid, then your appointed Attorney will be able to step in and assist you. If you do not have a signed Enduring Power of Attorney, there is no assumption in the law as to who would be the person to assist you, not even a family member. In such a case, your loved ones would have to make a costly, and often time-consuming application to the Courts, to be appointed as the person who can take care of you. This could create delays in paying your bills and maintaining your lifestyle and have significant consequences.

In addition, the person who applies to the court to be appointed as your trustee may not be the person you would want to take on that role. An Attorney has a lot of responsibility and there

are unfortunately many instances in which we see people, especially our senior citizens, get taken advantage of by bad actors.

The Enduring Power of Attorney is an important part of the Estate Planning toolbelt. It allows you to control who will take care of your property if you are ever in a position where you are unable to. It saves your loved ones from the grief and expense of costly court applications, and it provides valuable piece of mind that should something happen to diminish your capacity that your interests are looked after.

Jenna Bever is a Wills and Estates lawyer with DD West LLP. She has a plethora of experience in preparing Estate Plans for clients from all walks and stages of life. She also has many years of experience in Estate Administration and Estate Litigation. Jenna is always happy to speak with the members of her community about the importance of Estate Planning. Come visit her at her Senior's Expo booth on April 27th where she would be delighted to answer any further questions you may have. Further, you can reach her directly at 587-324-2034 or by email at jbever@ddwestllp.com.

“No one can see into the future, but Jenna Bever can help you plan for it.”

Plan for tomorrow, today. Safeguard your legacy with comprehensive wills and estate planning .

Visit Jenna at the 2024 Seniors' Expo at Kerby Centre on April 27, or check out her profile at ddwestllp.com.



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Visit UnisonAlberta.com/Seniors-Expo for more details!



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Alberta Lymphedema Association

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



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We are also part of Audika Group, a global powerhouse in hearing care with over 2,000 clinics spanning across 27 countries worldwide. Our extensive network and resources guarantee that no matter where you are, you have access to the support you need to stay focused on the activities you love—the ones that truly allow you to keep being you!

Visit UnisonAlberta.com/Seniors-Expo for more details!



Heart to Home Meals

Heart to Home Meals was established out of the belief that life should get easier for people as they age. To make this belief a reality, Heart to Home Meals has created a menu featuring more than 200 delicious meals, soups, and desserts, prepared with the nutritional needs of seniors in mind. The food is delivered frozen for free right to the homes of seniors by friendly delivery staff. Heart to Home Meals proudly serves communities across Ontario, Alberta, Nova Scotia, Manitoba, and British Columbia.

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FREE Presentations

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11am – Health Canada: Healthy Home Session:

- Every day, we are exposed to chemicals and pollutants in the air, water, dust, food and products in our home. Our Healthy Home session will provide tips and resources on how to help protect yourself and those around you.

12pm – Dr. Anita: Senior, Family Mediation and Resolution:

- So many sad stories about broken relationships with family members, financial abuse, lack of respect, and alienation have come to my office over the years. Do not think that Court is the only way to deal with conflict! Come to learn about out-of-court approaches to dispute resolution that may help you to resolve conflict more quickly, with less stress, lower costs, and, most importantly, leaving you in charge of your unique solution!

1pm – Silvera For Senior

- Join Silvera for Seniors as we provide insights on Calgary's housing situation, explore the landscape for seniors in transition and empower you to make informed decisions about housing for yourself or your loved ones. As a three-time winner of Postmedia's annual Readers' Choice Awards, Silvera is a trusted social enterprise provider of a diverse selection of housing with services and supports for independent older adults.



Seniors' Expo 2024

Saturday, April 27th, 2024 | 9am - 3pm

Unison at Kerby Centre (1133-7 Avenue S.W. Calgary, AB)

FREE Admission

Visit [UnisonAlberta.com/Seniors-Expo](https://www.unisonalberta.com/Seniors-Expo) for more details!

Medicine Hat



The timeless benefits of volunteering

Angela Dunn
Manager of Volunteer Services

In the tapestry of life, the golden thread of volunteerism weaves together the fabric of vibrant communities. As 50+ members of our community, we possess a wealth of knowledge, skills, and experiences that can be shared generously with those around us. Volunteering not only benefits the community at large but also enriches our own lives in ways that are immeasurable. Some of these benefits include;

Sense of Purpose and Fulfillment

Volunteering provides a renewed sense of purpose, allowing the older generations to continue making meaningful contributions to society. Feeling valued and needed can greatly enhance one's overall sense of fulfillment and well-being.

Volunteering often involves stepping outside one's comfort zone, acquiring new skills, and overcoming challenges, which can bolster self-confidence and resilience while providing opportunities for meaningful contribution and personal growth.

Mental and Emotional Well-being

Engaging in volunteer activities has been linked to improved mental health. The social interactions, sense of belonging, and the joy derived from helping others can significantly reduce feelings of isolation and loneliness by boosting the production of dopamine and serotonin, the joy neurotransmitters in our brains. It also increases the number of endorphins, which are the body's painkillers. As a bonus, seniors who volunteer are less like-

ly to develop dementia. Volunteering can help us make new friends or revive old ones, creating the important social connections that everyone needs.

Physical Health Improvements

Many volunteer opportunities involve physical activity, whether it's gardening, participating in community events, or helping with local projects.

Regular physical activity has been shown to contribute to improved health, muscular flexibility and longevity which decreases the likelihood of falls, the leading injury for older adults.

Building Stronger Communities

The proverb 'It takes a village' reinforces the idea that we are all interconnected and responsible for each other's welfare. Volunteering plays a pivotal role in building these villages and fostering a better society by harnessing the power of individuals to create positive change. Through volunteer work, people from diverse backgrounds come together to address community needs, whether it's supporting vulnerable populations, preserving the environment, or advancing social justice causes.

Our collective efforts directly benefit those in need, but also strengthens our social fabric by promoting empathy, cooperation, and civic engagement. When we volunteer, we are actively working to build the kind of community that we want to live in. We become the change that we want to see in the world.

Learning and Skill Development:

Volunteering provides ongoing opportunities for

learning and skill development. Whether it's acquiring new technological skills, honing existing talents, or exploring new interests, we can continue to grow and adapt in an ever-changing world. Who says you can't teach an old dog new tricks!

Legacy Building

Volunteering allows the older generations to leave a legacy in their community. By sharing their experiences and wisdom, we contribute to the collective memory of our community, leaving behind a positive impact for future generations.

We can have significant life-changing impacts for individuals or groups in our neighbourhoods. We can help newcomers, children or youth, provide assistance to seniors or work with marginalized populations to make their lives better. We can mentor younger generations by sharing hobbies or skills about things like knitting, canning, fishing and more. Passing this information on keeps this knowledge from being lost to time.

Expanded Social Networks

Volunteering introduces us to a diverse array of individuals who share similar passions and interests. These social connections can lead to lasting friendships, providing a dedicated support system that enhances overall well-being. Volunteering might lead to friendships with people that we normally may not have crossed paths with. I met one of my best friends when we served together on a committee ten years ago.

A notable example of why volunteering can be a win-win experience is Phil and Sandy. They have been volunteering at Veiner Centre for

seven years and believe that doing so has multiple benefits to the community and to themselves. Phil says that volunteering "gets us out of the house...helping others and making connections in our community."

They like to share their knowledge, skills and experiences with others and they both agree that it helps to keep them physically fit and mentally sharp. They have made great friends at Veiner Centre and their contribution has improved their lives and the lives of others.

To honour this couple and the other 178 Veiner and Strathcona Centre volunteers and their 13899 hours of work in 21 different roles, Unison @ Veiner Centre is celebrating these amazing individuals during National Volunteer Appreciation Week from April 14 to 20.

We have several special things planned for the week to show our

wonderful Unison volunteers just how much they mean to us and the importance of the work they do in our communities, both Medicine Hat and Calgary.

Our volunteers are living proof that volunteering is not just a way to give back to your community; it's a transformative experience that nurtures personal growth and fosters a sense of connection and purpose.

By actively participating in volunteer activities, we contribute to the creation of a vibrant and thriving community that benefits everyone.

So, let's embrace the timeless joy of giving back and continue to make a positive impact in our communities. If you would like to volunteer, please contact your favourite local organization, like Unison@Veiner Centre, or go online to www.volunteerconnector.org to see what opportunities are available in your area.

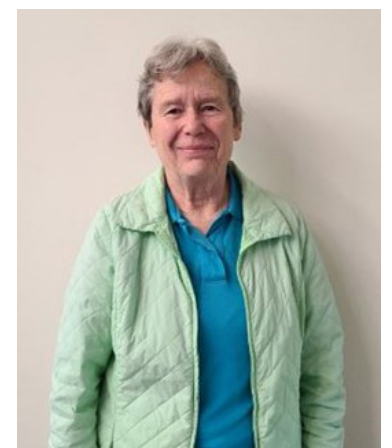
Volunteer spotlight

As we roll into April, hopefully we are feeling spring coming alive. Time for rain showers, grass turning green and leaves budding on the trees.

This month we would like to introduce you to Sandra, who volunteers with our Meals on Wheels program delivering hot meals to folks in our city.

Sandra has been one of our drivers since the end of 2016, and knowing she is helping people in the community makes her feel useful. Sandra's most treasured possession is her family.

She enjoys living in Medicine Hat as most of her children live here and this is home and a wonderful place to live.



If Sandra could have one talent it would be to sing well and play the piano. She enjoys listening to country music, reading historical books and biographies. Her motto is "Keep Trying."

Thank you, Sandra, for all that you do and your commitment to Meals on Wheels!

Tax fraud season

As we come to the end of tax season, scammers and fraudsters are just starting to get busy as look to trick taxpayers with the latest scams. Canadians eager to get their tax refunds are often the victims of these seasoned criminals.

Taxpayers should be vigilant when they receive any communication that claims to be from the Canada Revenue Agency (CRA). Many of these are seeking your personal information such as a social insurance number, credit card number, bank account number, or passport number.

The CRA will only communicate with you via traditional mail to the address on file and if you are uncertain as to the validity of any mail, give them a call at 1-800-959-8281 to verify it is real. They will never threaten to 'send the police to arrest you' and will never ask for payment by interact transfer, bitcoin or gift cards.

The CRA will only email you to say you have a message in your MyAccount and you should not use the link in the email but instead type Canada.ca/MyAccount into your browser. The CRA will never text you – ever!

These scammers usually insist that personal information is needed so that the taxpayer can receive a refund or access a benefit payment. Often, calls and emails also involve threatening or coercive language to scare individuals into paying a fictitious debt to the CRA. Other communications urge taxpayers to visit a fake CRA website where the taxpayer is then asked to verify their identity by entering personal information. These are scams and taxpayers should never respond to these fraudulent

communications or click on any of the links provided. When in doubt, stop communicating.

The fraudsters are becoming more sophisticated and the CRA has a website to help you identify and protect yourself against these scams. It can be found at www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html.

Len Webber
Member of Parliament.

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unison
For generations 50+

National Caregiver Day
Tuesday, April 2nd, 2024

Let's honour and celebrate people in Canada who provide personal care, physical and/or emotional support to those in need.



unison
For generations 50+

Parkinson Awareness Month
April 2024

This month, we encourage you to visit the **Parkinson Canada** website to learn more about Parkinson's and to find out what you can do to support Canadians affected by Parkinson's and their families and caregivers.

SENIOR SAFETY SERIES – AGING MATTERS: TIPS AND TOOLS FOR MENTAL HEALTH



Our friends from Alberta Health Services will share their expertise about:

- Overcoming some of life's challenges as we age
- Prevention strategies for depression, delirium, dementia
- Healthy living options
- Where to go for help in difficult times



Thursday, April 18th

9:45am - 11:45am

Veiner Centre North MP Room

To reserve a spot, please:

- stop by the Veiner Centre weekdays 9 am to 4 pm
- email jeanetted@unisonalberta.com
- call 403.952.8984



It's all FREE!

Parking, Admission, Refreshments and Door Prize Entry!

Everyone interested in healthy aging is welcome!



Medicine Hat Veiner Activities

What's Happening in April

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Quilting Craft Room 9am	Strathcona Arts Studio Craft Room 9am	Mahjong South MP 9am	Strathcona Arts Studio Craft Room 9am	Quilting Craft Room 9am
Tech Support Boardroom 9am	Chess Dining Room 9am	Bocce Ball North MP 9:30am	Jam Session South MP 9:30am	Mahjong South MP 9am
Board Games South MP 9:30am	Ukulele Group North MP 10am-12pm	Canasta Lessons Dining Room 10am	Canasta South MP 12:30pm	Kaiser Club Dining Room 1pm
Men's Shed Boardroom 11am	Duplicate Bridge North MP 12:45pm	Veiner Centre Choir Craft Room 10am	Euchre North MP 1pm	Duplicate Bridge North MP 12:45pm
Canasta South MP 12:30pm	Crib South MP 1pm & 6:30pm	Hearts Dining Room 1pm	Shuffleboard Games Room 1pm	Mexican Train Dominoes South MP 1pm
Euchre North MP 1pm	Bridge North MP 6pm	Scrabble North MP 1pm	BINGO Boardroom 2pm	Stitch & Laugh Boardroom 1pm
Shuffleboard Games Room 1pm	Board Games Dining Room 6:30pm	Pinochle North MP 1pm	Duplicate Bridge North MP 6pm	
		Bridge Lessons South MP 3:30pm	Norwegian Whist South MP 6:30pm	

Presentations & Events

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

April 2
Ask a Financial Advisor—Craig Elder, RBC Dominion Securities
10am - 12pm | Registration Required | Boardroom

April 2
Book Review Crew
1pm - 2pm | Dining Room

April 2
Card Makers
1pm - 4pm | Registration Required | bring your own supplies

April 5 - 7
Scrapbooking Fanatics
Starting at 4:30pm on the 5th | Registration Required

April 9
Alzheimer Society Care Partner Support Group
1:30pm - 3pm | Craft Room | Register with Kristel (403) 528-2700

April 11
Counselling Services with Ben Feere
9am-12pm | Registration Required

April 16
First Link Connections
1pm - 3pm | Boardroom | Register by calling 403-528-2700

April 17
Parkinson Association Support Group
12:00pm - 2:00pm | Boardroom | Register with Brienne at 403-317-7710

April 26
Book Club
10am - 11am | Dining Room

Wellness Wednesdays

April 3 | Movie Matinee with popcorn
"Pay it Forward" | South MP | 2pm - 4pm

April 10 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm - 4pm | Registration Required

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

April 17 | Optima Rocks with Jodi
Craft Room | 2:15pm - 4pm

April 23 | Life Long Learning Presents:
"Self Esteem" | Boardroom
10am - 12pm | Registration Required

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

Active Aging Spotlight

Pelvic Floor Health
April 3rd
1pm - 3pm | Boardroom Registration Required

Senior Safety Series: Aging Matters - Tips & Tools for Mental Health
April 18 | North MP Room
10am - 12pm | Everyone Welcomed

Medicine Hat Strathcona Activities

What's Happening in April

Hours of Operation: Monday to Friday 9am - 4pm | Saturday 9am - 1pm

Mondays

High Beginner Line Dancing | 9am
Table Tennis | 10am
Chair Yoga & More | 12pm
Pickleball Intermediate | 1pm
Pickleball Advance | 2:30pm
Chair Yoga & More | 4pm
Yang Short Form | 7pm
Yang Long Form | 8pm

Tuesdays

Fun & Fitness | 9am & 10am
Solid Gold Fitness | 11:45am
Pickleball -Skills & Drills | 11am
Pickleball -Beginner | 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 Intermediate | 1pm
Pickleball Advance | 3pm
Weapons Form | 7pm

Thursdays

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

Fridays

Pickleball Beginner | 9am
Table Tennis | 10am
Hatha Yoga | 12pm
Pickleball Intermediate | 1pm
Pickleball Advance | 3pm
Pickleball Open Session | 6pm

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

April 1 - June 24 | Mondays | 9am-9:45am | FREE

Chair Yoga & More

April 1 - May 6 | Mondays
12pm - 12:45pm & 4pm - 4:45pm
Members: \$42 | Non-Member: \$60

Fun & Fitness

February 27 - May 2 | Tuesdays & Thursdays
9am - 9:55am & 10am - 10:55am
Members: \$100 | Non-Member: \$140

Solid Gold Fitness

April 2 - May 7 | Tuesdays
11:45am - 12:30pm
Members: \$42 | Non-Member: \$60

Absolute Beginner Line Dancing

April 3 - June 26 | Wednesdays |
8:30am - 9am | FREE

Beginner Line Dancing

April 3 - June 26 | Wednesdays
9am - 9:45am | FREE

Qigong & Chair Yoga

April 3 - May 8 | Wednesdays | 12pm - 1pm
Members: \$42 | Non-Member: \$60

Silver Steppers

April 4 - May 9 | Thursdays | 1pm - 2pm
Members: \$42 | Non-Member: \$60

Hatha Yoga

April 5 - May 10 | Fridays | 12pm - 1pm
Members: \$42 | Non-Member: \$60

Tai Chi Fitness Classes

Yang Short Form

Apr 8 - Jun 25 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Apr 8 - Jun 24 | Mondays | 8pm - 9pm

Chen Style Short Form

Apr 9 - Jun 25 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Apr 9 - Jun 25 | Tuesdays | 8:15pm - 9pm

Weapons Form

Apr 10 - Jun 26 | Wednesdays | 7pm - 9pm

Must have completed Yang or Chen form before registering for this class. No exceptions

Avalon 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.

New at Strathcona

Walking Soccer

Saturdays | 10am - 11am | Registration Required

Table Tennis - Single Play Only

Saturdays | 11am - 1pm

Pickleball - Open Session

Saturdays & Sundays | 1pm - 4pm

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

Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at **[KerbyCentre23.WildApricot.org](https://www.kerbycentre23.wildapricot.org)**

Weekly In-person Activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Badminton & Ping Pong</u> Gym 10am – 12pm</p> <p><u>Mahjong</u> Room 312 10:30am – 12:30pm</p> <p><u>Live Well Be Well Conversations</u> Room 317 11am</p> <p><u>English Language Literacy</u> Room 312 1pm – 3pm</p> <p><u>Pickleball</u> Gym 2:30pm – 4pm</p>	<p><u>Recorder Group</u> Room 108 10am – 12pm</p> <p><u>Bridge</u> Room 312 10am – 12pm</p> <p><u>Pickleball</u> Gym 2:30pm – 4pm</p>	<p><u>General Craft Group & Knitting for a Cause</u> Room 311 9am – 12pm</p> <p><u>Men's Shed</u> Room 317 11am – 12:30pm</p> <p><u>Wednesday Dance</u> Café 1pm – 3pm</p> <p><u>Cribbage</u> Room 312 1pm – 3:30pm</p> <p><u>Walking Soccer</u> Gym 2:30pm – 4pm (Registration Required)</p>	<p><u>Artists Group</u> Room 313 10am – 3pm</p> <p><u>Kerby Centre Tours</u> Meet at Kerby Café 10:30am</p> <p><u>Pickleball</u> Gym 2:30pm – 4pm</p>	<p><u>Spanish Conversation Group</u> Room 311 10am – 12pm</p> <p><u>Krazy Karvers Woodcarving Club</u> Room 102 10am – 3pm</p> <p><u>Tech Help</u> 11am – 1pm (Registration required)</p> <p><u>Badminton</u> Gym 1:30pm – 3:30pm</p> <p><u>English as a Second Language</u> Room 311 1:30pm – 3:30pm</p>

Active Aging Spotlight

Guitar Basics at Kerby Centre

Thursdays | April 11th – June 27th
12pm – 1:30pm
Member/Super Member: \$105
Non-Member: \$135

This class will have you ready to pull out your guitar and sing along to old favourites in no time! This class is geared to individuals with little or no previous experience, or those who may be looking for a little refresher. You'll be learning basic chords and strumming patterns while also singing along! If you have a guitar, bring it to class in good working order along with an electronic tuner.

Register NOW!
KerbyCentre23.WildApricot.org
403-705-3233 or HenriettaF@UnisonAlberta.com



Active Aging Spotlight

Edible Gardening for Health & Wellness at Kerby Centre

Tuesday, April 23rd
1pm – 2:30pm
Member/Super Member: \$25
Non-Member: \$55

Learn the basics for edible gardening. Discover where we can grow edibles—indoors under lights, on balconies or patios and perhaps at a community garden or another social gardening program.

Register NOW!
KerbyCentre23.WildApricot.org
403-705-3233 or HenriettaF@UnisonAlberta.com



Active Aging Spotlight

Line Dancing at Wild Rose Church

Mondays | April 22nd – June 17th
10am – 11am
Member/Super Member: \$45
Non-Member: \$75

Introductory Class. No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Improve your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.

Register NOW!
KerbyCentre23.WildApricot.org
403-705-3233 or HenriettaF@UnisonAlberta.com



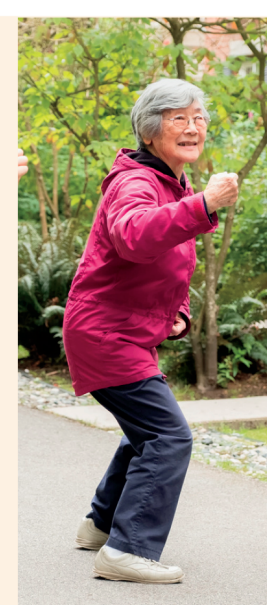
Active Aging Spotlight

Self Defense at Kerby Centre

Tuesday, April 23rd
10am – 12pm
Member/Super Member: \$30
Non-Member: \$60

Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone. Both verbal and physical skills will be taught.

Register NOW!
KerbyCentre23.WildApricot.org
403-705-3233 or HenriettaF@UnisonAlberta.com



Unison Travel Spotlight

5 Pin Bowling at Bowling Depot

Wednesday, May 1st
9:15am – 12:45pm
Member/Super Member: \$57
Non-Member: \$87

Meet at the Kerby Café at 9:15am
Includes transportation, bowling fees, shoe rentals, snacks and beverage.
This trip is suitable for persons with reduced mobility.
Cut-off date: Monday, April 17th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

For more details:
KerbyCentre23.WildApricot.org
403-705-3237



Shopping Spotlight

Wise Owl Boutique at Kerby Centre

Half Price Sale on red tag items

Week of April 22nd – 26th
10am – 3pm



Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at **KerbyCentre23.WildApricot.org**



Community Bread Markets

Drop-in at our monthly Community Bread Market!

Offering **older adults 50+** bread and baked goods donated by partnered retailers, on a first-come, first-serve basis.

Parkdale Nifty Fifty Association (NW)

Tuesday, April 9th | 11am - 12pm

CARYA Village Commons (SE)

Wednesday, April 10th | 1pm - 3pm

Bow Cliff Seniors 50 + (SW)

Thursday, April 18th | 11am - 12pm

Northminster United Church

Highland Park Community Association (NW)

Wednesday, April 24th | 1:30pm - 3pm

Confederation Park 55+ Activity Centre (NW)

Thursday, April 25th | 12pm - 1:15pm



Community Food Markets

Drop-in at our monthly Community Food Market at Kerby Centre!

Offering **older adults 50+** food donated by partnered retailers and generous Calgarians, on a first-come, first-serve basis.

Every Tuesdays and Fridays from 11am - 12pm at Unison at Kerby Centre!

Tuesday, April 2nd | 3rd floor

Friday, April 5th | Gym

Tuesday, April 9th | Gym

Friday, April 12th | 3rd floor

Tuesday, April 16 | Gym

Friday, April 19th | Gym

Tuesday, April 23rd | Gym

Friday, April 26th | 3rd Floor

Tuesday, April 30th | Gym



Weekly Wednesday Dance

Join us and our volunteer house band, The Kerby Sensations every Wednesday afternoon from 12:45pm - 3pm for a little groovin' and good tunes!

Serving breakfast and lunch!
Monday, Tuesday, Thursday, Friday: 8am - 2pm
Wednesday: 8am - 3pm
Located in the lower level of Unison at Kerby Centre



Wellness Spotlight

Compassionate Support Workshop at Kerby Centre

Wednesdays | April 17th - May 1st
1pm - 2:30pm
Member/Super Member: \$20
Non-Member: \$50

Join the Compassionate Support 3-Week Workshop to learn the necessary skills you would need to walk side by side with your loved ones who are grieving in their recovery journey.

Register NOW!
KerbyCentre23.WildApricot.org
403-234-6566 | Lolaf@UnisonAlberta.com



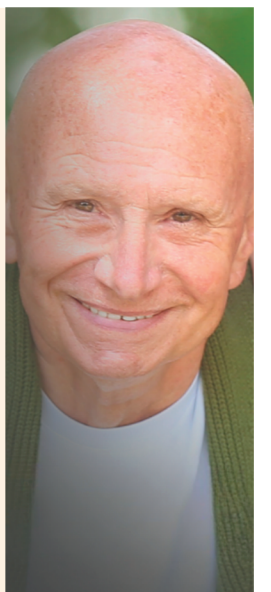
Wellness Spotlight

Caregivers Peer Support Group at Kerby Centre

Every Last Wednesdays of the month
1pm - 2pm
FREE

Are you caring for a loved one? Unison's Wellness Centre and Caregivers Alberta offer a supportive community for caregivers. Join us for open discussions and valuable insights into caregiving topics.

Register NOW!
KerbyCentre23.WildApricot.org
403-234-6566 | Lolaf@UnisonAlberta.com



Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at **HeatherD@UnisonAlberta.com** or call **403-462-5080**. Online registration and full details at **KerbyCentre23.WildApricot.org**

Explore. Engage. Enjoy. Subscribe! [YouTube.com/@Unison50Plus](https://www.youtube.com/@Unison50Plus)

Online Class Spotlight

NEW! Ballet Barre

*Fridays | April 5th - June 7th
10am - 11am
Member/Super Member: \$78
Non-Member: \$108*

Join our instructor from the H/W School of Ballet, Ana Carolina Leimann, in our new online barre class. Never taken ballet anything before? Not a problem, be adventurous and try something new. Taken ballet in the past? Welcome home! With all of our online classes, we ask you to do what you are comfortable doing and follow along at your own pace.

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



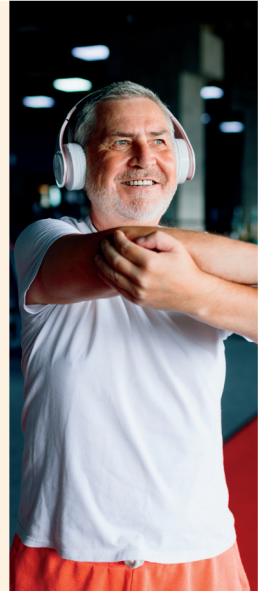
Online Class Spotlight

NEW! Functionally Fit

*Thursdays | April 18th - May 23rd
10:15am - 11:15am
Member/Super Member: \$45
Non-Member: \$75*

A class that mimics everyday movements and activities to improve strength, balance and mobility. This class is designed to enhance independence and reduce the risk of falls.

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



Online Class Spotlight

NEW! Breath & Beyond Yoga

*Thursdays | April 18th - May 23rd
11:30am - 12:30pm
Member/Super Member: \$45
Non-Member: \$75*

A gentle yoga class that focuses on breath, stretching and mobility to relieve muscle tension and stimulate relaxation. *This class is safe for those on oxygen, with OCPD, or are looking for slow movement.

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



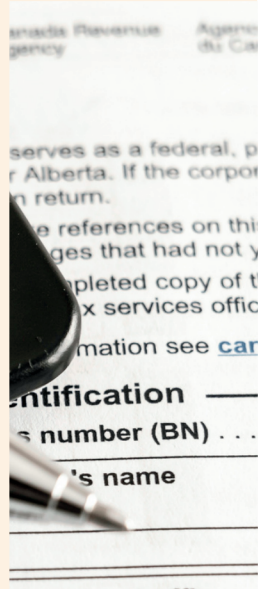
Online Presentation Spotlight

FREE! Adults 65+: Doing taxes has its benefits!

*Wednesday, April 10th
2pm - 3pm
FREE*

A CRA Information Session: This presentation will cover Disability Tax Credit, Canada Caregiver Credit, Medical Expenses, Home Accessibility Tax Credit, Age amount, Pension Income amount, Pension Income Splitting, and how to protect yourself from Scams.

Register NOW!
KerbyCentre23.WildApricot.org
403-705-3233 or HenriettaF@UnisonAlberta.com



Online Presentation Spotlight

FREE! The Importance of Reviewing Your Medication

*Friday, April 12th
1pm - 2pm
FREE*

We all have different doctors and specialists. What does this mean for the different prescriptions the different doctors prescribe? What are you taking over the counter that might affect those prescriptions or your general health?

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



Online Presentation Spotlight

FREE! The 5 Basics of Money Management

*Thursdays | April 18th
10am - 11am
FREE*

Learn the need-to-knows of budgets, credit, banking, assets and consumerism! Liz Wong, Financial Empowerment Facilitator will help you feel less stressed about money in this light-hearted chat. These money management topics are the core of the financial literacy curriculum at Momentum, a non-profit working with Calgarians living on low incomes.

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



Online Workshop Spotlight

FREE! The Big Sneaky - How marketing affects your spending

*Tuesday, April 30th
10am - 12pm
FREE*

Marketing isn't just pretty pictures and information. In this workshop you will become aware of the impact of consumerism and advertising on your spending habits.

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



Online Workshop Spotlight

NEW! Creative Mandala

*Friday, May 17th
10am - 12pm
Member/Super Member: \$40
Non-Member: \$60*

Creating mandala art, with its intricate patterns and colours has the power to evoke a sense of peace and calm. In this class, you will learn how to create concentric patterns and designs on paper. Then take your design to the next level by adding watercolour and ink.
*Supplies not included

Register NOW!
KerbyCentre23.WildApricot.org
403-462-5080 or HeatherD@UnisonAlberta.com



PREMIER Crossword

By Frank A. Longo

U.K. PLAY

- ACROSS**
- 1 Give a right to
 - 8 Eye narrowly
 - 14 Choir songs
 - 20 Dog collar attachments
 - 21 Ends of bridal paths
 - 22 See 1-Down
 - 23 Refrigerator, stove or dryer
 - 25 Warship fleet
 - 26 Over yonder
 - 27 Designer Gucci
 - 28 Lhasa — (little dogs)
 - 29 Mega Stuf cookies
 - 33 This second
 - 35 Legendary figure in a 1999 horror film
 - 39 Azaleas are members of it
 - 43 Not quite
 - 44 Dutch beer
 - 45 — the line (obeyed)
 - 47 Sturdy tree
 - 48 Slimy gunk
 - 51 Shaft of light
 - 52 Common allergy trigger
 - 55 Condiment spicier than its yellow cousin
 - 59 On — with (similar to)
 - 61 Big name in dog food
 - 63 Born
 - 64 TV announcer Don
 - 65 Riddle
 - 68 Strep-treating doc
 - 69 Person giving out prizes
 - 71 Eight of their last names are featured in this puzzle
 - 76 Egg-hiding holidays
 - 77 Gridiron stats
 - 78 Punctual
 - 79 Sominex or Unison rival
 - 80 Passing vote
 - 81 As many as
 - 82 Big lamb cut
 - 86 Common weed of North America
 - 90 Universal donor blood type, in brief
 - 93 Shark feature
 - 94 Ending for alp or salt
 - 95 Architect I.M. —
 - 96 Red Sea canal
 - 98 Get there
 - 100 Hive house
 - 103 Suburb of Minneapolis
 - 106 June bugs, by another name
 - 110 Poetic “always”
 - 111 Yule songs
 - 112 Post-teen
 - 113 Squeaks (out)
 - 116 Ticked (off)
 - 118 Spring back
 - 120 Kentucky Derby venue
 - 126 “Little Women” author
 - 127 Wanness

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- DOWN**
- 1 With 22-Across, film “nightmare” locale
 - 2 Teachers’ gp.
 - 3 — Mahal
 - 4 Equal: Prefix
 - 5 Walloped
 - 6 Foliage bit
 - 7 Barcelona’s land, to natives
 - 8 Bud
 - 9 Director Kazan
 - 10 Plus others: Abbr.
 - 11 Music genre for TLC
 - 12 Chachi’s last name on “Happy Days”
 - 13 Mao — -tung
 - 14 Free TV ad, for short
 - 15 Drink inserts
 - 16 Target of antiperspirant
 - 17 Minimal
 - 18 Bordeaux wine
 - 19 Secret store
 - 24 Grads’ event
 - 29 Fictional Scarlett
 - 30 Plan a new route for

- 31 Cushy class
- 32 Mel the Giant
- 34 Jokester
- 36 Solo
- 37 Mosque officiant
- 38 Streaming set-top box
- 40 Viral misery
- 41 Soft throws
- 42 “— out!” (ump’s call)
- 46 “Death Be Not Proud” poet
- 48 Avant- —
- 49 Mandate
- 50 Smells
- 53 Exhales wistfully
- 54 Pack firmly
- 56 Cleaning tool in a bucket
- 57 Muscle jerk
- 58 More citrusy, say
- 60 Mary Lou of gymnastics
- 62 One suffering for a belief
- 66 Atom studier Bohr
- 67 Leb. neighbor
- 68 911 gp.
- 69 Susan of “Spring Fever”
- 70 Nintendo console
- 71 1974 dog film
- 72 Artificial silk
- 73 “Orange — New Black”
- 74 Thoughts
- 75 Taken with
- 80 “Two Guys and —”
- 81 Operated
- 83 In flames
- 84 Courteous
- 85 Midleg joints
- 87 Sheriff Taylor’s tyke
- 88 Mess-free
- 89 Take to court
- 91 Jug handle
- 92 Pa’s pa
- 97 Last letter
- 99 ’16 Olympics site
- 100 Flowering
- 101 Small dress size
- 102 Cowboy’s whoop
- 104 — pot (sinus cleaner)
- 105 Early tourney round
- 106 Safin who won tennis’ 2000 U.S. Open
- 107 She sang the hit “Hello”
- 108 New Mexico’s state flower
- 109 Brain protector
- 114 — Stanley Gardner
- 115 “Nae” sayer
- 117 Red Muppet
- 119 Inc., abroad
- 120 U.S. Navy noncom
- 121 Divs. of days
- 122 Lyric verse
- 123 Film director Craven
- 124 Little peeve
- 125 Hog hangout

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Seniors scene; events about town

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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

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+

Rainbow Elders Calgary

Rainbow Elders Calgary is a fun social group of enthusiastic 2SLGBTQ+ folks aged 50+. We are inclusive and welcome all people from diverse backgrounds who are part of this community, curious, questioning, or who might like to learn more about collaborating with us or suggesting our group for an older family member.

We meet at the Unison Kerby Centre monthly for Coffee, Cookies and Chat on the first Wednesday of the month in addition to other social events. We invite you to drop by for an afternoon of friendship and conversation.

Our next few Wednesday meetups will be from 1-3 p.m. on April 3, May 1, June 5, July 3, August 7.

Kerby Centre 1133 - 7 Avenue SW (Room 305)

Accessible by C-train: Kerby station

Free parking is available! Just check in at the main desk and leave your license plate number.

Find us online as well at rainbow-elderscalgary.ca and on Facebook and Instagram for information about upcoming social events and membership!

The Calgary Philatelic Society

Join Calgary Philatelic Society (Postage Stamp Collecting). The World's Largest Hobby! Art, Nature, Genealogy, Travel, History, Sports, Nature, Professions and more. Meeting and auctions on the first and third wednesdays of the month, at the Unison Kerby Centre @ 7:00 P.M. No meeting in June and July.

Spring Bourse 2024 - Calgary Philatelic Society

Stamp sale and auction! Saturday April 20 from 10AM to 5PM and April 21 from 10AM to 3PM at the Unison Kerby Centre Gymnasium (1133 — 7th Ave SW, Calgary)

Dealer tables, circuit books, juniors section, auction, door prizes and refreshments.

Free admission and all are welcome. Auction to be called Sunday at 4PM.

For more information visit www.calgaryphilatelicsociety.com



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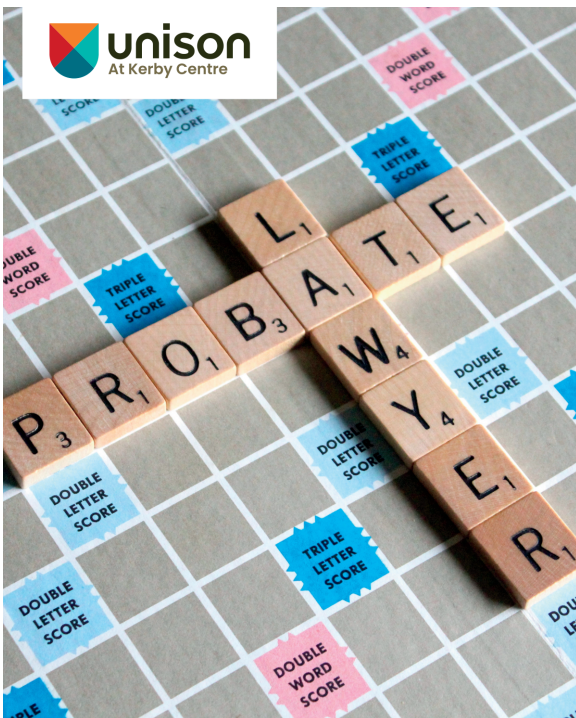
Join us in mission to welcome more seniors into our supportive community by purchasing a **limited edition** Unison pin!

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🕒 10am - 3pm
📍 Unison at Kerby Centre Kinsmen Lecture Room

Space is limited, RSVP to secure your spot.
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Your difference in action

Unison is built on three pillars

Our volunteers, our clients and our supporters. Without our donors and supporters, we wouldn't be able to help our senior community live their best lives.

Our Tax Clinic helps low-income seniors

By getting their taxes done, low-income – for free! – we're able to ensure our seniors are able to access their vital governmental supports, like Canada Pension plan.

The impact is staggering

In 2023 we helped over 4,300 low-income seniors get their taxes filed, which resulted in over \$1,000,000 in returns! This year, we are helping around 100 seniors a day.

Seniors Supports leads the way

The low-income Tax Clinic is managed by our Seniors Supports department. They assist our community with difficult-to-navigate bureaucracy year round.

Every dollar helps

Every donations means we get to continue helping seniors navigate affordable housing, benefits and assistance. Your help means we keep seniors fed, housed and secure.

www.unisonalberta.com/donate

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Unison at Kerby Centre

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

Payment Method: Cheque Visa MasterCard

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Planned Giving - a way to make a lasting impact!

I would like to receive information on planned giving.

I have included Unison at Kerby Centre in my will.

Send tax receipt to:

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Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



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

Thank you for supporting seniors!

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