



Elder Abuse; when we're needed most



It's a difficult idea to accept, but necessary to understand our work: one in ten seniors will be the victims of elder abuse. With over 700,000 seniors in Alberta, one in ten is 70,000 people. Our Unison Elder Abuse shelter has 14 beds. If these numbers shock and worry you, let us show you how you can help. Head on over to page 28 for more information.

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Help us Protect Seniors from Elder Abuse

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New standard for cancer detection

Gillian Rutherford
University of Alberta Folio

University of Alberta study shows that PET/CT imaging using a new tracing agent is more accurate at determining the extent of prostate cancer than the current standard MRI for intermediate and high-risk cases.

In research published this week in the journal *JAMA Oncology*, the researchers report that the new test correctly predicted the location and margin of tumours in 45 per cent of cases — nearly twice as often as the rate of 28 per cent for MRI.

“This is very important because we make a lot of treatment decisions based on where the cancer is in the prostate,” explains Adam Kinnaird, assistant professor of surgery and adjunct assistant professor of oncology, as well as the Frank and Carla Sojonky Chair in Prostate Cancer Research

and a member of the Cancer Research Institute of Northern Alberta.

“If you’re having your prostate removed and the cancer is sneaking outside of the prostate, then we go a little bit wider with our treatment margins so we don’t leave any cancer behind.

If you’re having radiation to your prostate, the radiation oncologist sometimes provides a boost to the centre of the cancer for better cancer control,” Kinnaird says. “This imaging test gives us a better degree of accuracy in terms of where exactly we need to treat.”

The test involves injecting a new radioactive prostate-tumour-specific tracer called 18F-PSMA-1007 into the blood of patients, then tracking it using a combination of positron-emitting tomography (PET) and computerized tomography (CT). Previous studies of PET/CT

scans using other tracing agents have not proven as useful, Kinnaird says.

Both the PET/CT and MRI tests were performed within two weeks of each other on 134 Alberta men who were about to undergo radical prostatectomy — surgery that involves removing the prostate gland, surrounding tissues and nearby lymph nodes.

The accuracy of the tests’ predictions were then compared with the size and location of the actual tumours later found by surgeons.

“This clinical trial has great implications for clinical practice worldwide,” says Kinnaird, explaining that he expects the PET/CT scan using the new tracer to become the gold standard.

The test involves a small dose of radiation exposure, but Kinnaird says no patients in the study experienced adverse reactions. He expects that the test will

eventually replace other CT and bone scans that are currently required for prostate cancer patients, meaning fewer hospital visits, less time waiting for results and less exposure to radiation for patients, but that will require further study.

“It will be very exciting if you can get more accurate information and replace three tests with one test, because these scans are only available in Edmonton or Calgary,” says graduate research fellow Patrick Albers, a co-author on the study.

The positive results from this trial have already prompted another clinical trial led by Kinnaird to determine whether the PET/CT scan can be used to guide ablation, a procedure that uses energy such as heat, cold or electricity to kill cancer cells within the prostate.

The new imaging agent is offered at only a few treatment centres across the country while it awaits Health Canada approval, but the Alberta government has just announced \$3 million for 2,000 men to have the new scans in the meantime.

The trial was supported by the Canadian Urology Association, the University Hospital Foundation and the Royal Alexandra Hospital Foundation.

A second recently published study from Kinnaird’s research team shows that Black men with prostate cancer have similar outcomes to those of other men in Alberta.

However, Black men are diagnosed an average of two years earlier — at age 64 rather than 66 — leading Kinnaird to recommend that they be offered routine screening at 45 rather than 50.

The study was based on data from the Alberta Prostate Cancer Research Initiative (APCaRI), which Kinnaird chairs. A total of 6,534 men who were diagnosed with prostate cancer between 2014 and 2023 were included, with 177 of them self-identifying as Black. The study showed that the Black men were just as likely to survive and remain metastasis-free as the general patient population.

In the United States and the United Kingdom, other studies have shown that men of African and Caribbean descent face double the lifetime risk of developing prostate cancer compared with Caucasian men, suggesting a biological causation. However, those countries have two-tier or mainly private health-care systems, Kinnaird notes.

The Alberta results from within a publicly funded health-care system indicate that these differences in the U.K. and U.S. may be more strongly influenced by socioeconomic factors such as racism, poverty and limited access to health care than by genetics, he says.

Both the American Urology Association and the European Urology Association recommend earlier screening for men of African ancestry and other high-risk populations, but the Canadian guidelines do not. Kinnaird would like to see that change.

Kinnaird points to previous research by his team showing that Indigenous men get fewer tests for prostate cancer and have worse outcomes than others. He suspects that may be due to poorer access to health care for rural Albertans in general, but further study is necessary.

“The crux of it is that if you can detect it at an early, localized, treatable stage, we have a cure rate of 95 per cent or greater. But if you wait until the cancer metastasizes, then we currently do not have any cures available,” he says. “When detected late, it is now a lethal disease.”



Volunteers Needed! *General Craft Group Leader*

Do you love knitting and enjoy socializing? Join us at Unison at Kerby Centre as a volunteer for our General Craft Group! You'll lead knitting sessions, engage with fellow volunteers, and coordinate with the program manager to donate completed items to our Wise Owl Boutique. This role is perfect for those who are passionate about crafting and community building.

Available Shift: Wednesdays 9am – 12pm

For more information, please contact: NicolasV@UnisonAlberta.com

Benefits and Pensions

We can assist you with applying for:

- Canada Pension Plan (CPP)
- CPP Disability
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
- Assured Income for the Severely Handicapped (AISH)
- FairEntry Applications

Seniors Supports | 403-705-3246

We can provide guidance and support with
Housing | Benefits & Pensions | Tax Support

Canada Revenue Agency (CRA) will be at Kerby Centre Aug. 6, 20, 27 from 9am – 3pm to guide clients about their benefits and credits, printing tax slips, notice of assessment and answering tax questions.

Service Canada will be at Kerby Centre Aug. 2, 9 (from 9am – 12pm), 16, 23 from 9am – 3pm to assist senior clients in signing up for the Canadian Dental Care Plan and answer questions on Federal benefits.

unison
At Kerby Centre

What seniors need most

If it's not good for our members we are probably not going to do it.

We won't start a class, program or initiative that isn't seen as desirable or beneficial by our users in Medicine Hat or Calgary.

Last month I told

you about Veiner Vintage Transport. Just as a recap; this program is funded by Health Aging Alberta through the United Way of Calgary.

It is a door-to-door service helping seniors who don't drive anymore, can't drive in the winter, and have

no family or friends to help them get to appointments.

This service is designed to provide transportation services to members of our aging community and assist in reducing isolation, increasing access to the community, and supporting opportunities to engage in recreational and social activities.

We know this service is beneficial for Seniors and that is why we run a program like this. However, we also know that a program like this not only makes it more likely users of the program will be able to meet their goal of living in their homes, but it's also good for taxpayers. Programs like this reduce isolation, and they ensure seniors have access to proactive and preventative health care- this is a benefit to us all and it reduces costs to our taxpayers.

Yesterday I was down in Medicine Hat talking with Roger's and Chat TV about another initiative that we are involved in that is both good for our users and good for taxpayers in general.

The initiative is a partnership with the Palliser Primary Care Network. Palliser PCN employs a Behavioural Consultant who works out of Veiner Centre

and provides support to seniors free of charge. In her role as a BHC, Tanya can work to support people if they are experiencing mental health problems, life stresses, motivational issues, or other health concerns.

She has special training in the behavioural management of health issues through brief solution-focused interventions utilizing the mind-body-behaviour connection and helping them determine a course of action that will work best for the individual.

She supports people with a wide variety of mental health, psychosocial, motivational, and medical concerns including management of anxiety, depression, substance abuse, anger, grief, smoking cessation, sleep hygiene, chronic pain and diabetes, among others.

Tanya can help people develop skills to cope better with emotional or behavioural issues such as anger, anxiety, depression, stress, and grief.

She can also help folks develop plans to quit smoking, manage alcohol use, be more active, and help with other lifestyle changes.

She can also work with them to reduce symptoms that go along with certain chronic conditions or



Larry Mathieson, CEO and President

help them cope better with these conditions. Some of those might include headaches, trouble sleeping, and chronic pain.

She can help them develop skills to effectively manage emotional or behavioural difficulties. The goals of the BHC are to work with the individual to focus on symptom reduction, functional improvement, and better quality of life. Now all of these things seem like they may be very beneficial to seniors.

They do help our seniors live their best life and stay engaged in the community.

But the beauty is partnerships like this benefit our whole community and taxpayers as well.

I suppose we should be very thankful that we have great partners in the community like the Primary Care Network — great partners result in great initiatives for seniors in southern Alberta.

AUGUST 2024

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To support older adults to live well in their community.

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Unison News

Published monthly by Unison, for Generations 50+
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Unison News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Unison News has a pick-up rate of over 96 per cent. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

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

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

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Will Power

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Memories of finding a home

Barbara Ellis
Columnist

The older I get, the more valuable and meaningful the memories of my family and friends are becoming.

Recently, while I was sifting through such memories, slowly turning the pages of my mind, I began thinking about my mother. I recalled the time I found a notebook filled with her beautiful handwriting.

After my parents passed away, I came into possession of their personal belongings which included a box full of letters and a little notebook.

When I looked at it, I saw that it was written in Hungarian so I put it back into the box, set it aside and

promptly forgot about it.

When I sold my house, I was forced to downsize and discard many things I had considered important to me.

I had no choice as I was moving from a house into a small condo. That is when I picked up this long-forgotten box and rediscovered the little notebook.

When I opened it, the first thing I noticed was the date at the top of the page: January 14th, 1950.

At that moment, I realized that I was holding something profound. It was my mother's recorded journal of our voyage from Trieste, Italy to Melbourne, Australia.

I remember feeling rather ashamed that I had put this

treasure aside and not bothered to read it when I first handled it.

I sat down in my easy chair and began to read her words. It was as if she had reached out and touched me and stood next to me as I struggled with the language.

She drew me into her story and I felt both her trepidation and confidence as she contemplated her future. How was she going to manage without the support of her family and friends?

Could she learn a new language? Would she ever be able to return home?

My knowledge of the language was rudimentary so it took me several hours to read it all, but once I start-

ed, I could not put it down. What an incredible find and one that I later incorporated into the biography I wrote about their lives.

The next time words from the past surprised me was that of my sister's writing.

After her passing, my niece was going through Eva's belongings and that was when she discovered a story Eva had written called, "I Found My Home".

It was a poignant account of her life and she began telling this story as the second world war was nearing its horrific end. She recalled how frightened she had been each time the sirens sounded and sent us scurrying to the basement for safety.

The constant hunger she experienced when all we had left to eat were a few vegetables.

She went on to describe how miserable it was living in the aftermath of the war and why the decision was made to escape from Hungary.

The many weeks it took until we arrived in Switzerland and how happy she had been living in that idyllic little village.

She wanted so much to stay there but it was not to be as her family had to immigrate to Australia.

It did not take long before she began to love living in Sydney. Learning the new language came easily to her and she had no trouble making friends.

The big city was a fantastic place for a teenager such as her, and soon Eva's days were filled with fun and laughter. She and her friends were constantly on the go either to the tennis courts or splashing about in the ocean at any one of Sydney's fabulous beaches.

As wonderful as this life was, she could not put down roots as our father decided to make yet another move, this time all the way to Canada.

It was hard to say goodbye to friends and to the country she had come to love and call home. Once more, it was a different country with different customs but at least the language was the same.

It was another new beginning and a time to make new friends. Had she stayed in Sydney, she would have been going to university, but now, it was time to go to work and make the best of it.

She looked forward to the coming of winter when perhaps she would once again be able to ski in the mountains. She would trade surfing for skiing; it seemed like a fair exchange.

Her story was written after she began working in Lethbridge. During her lunch hours, she put down on paper her feelings and gratitude at finally arriving at a place she could call home.

She looked forward to the future and was ready to embrace whatever came next.

Eva finished her story with these very stirring words, "I have had many homes, but now I have found my permanent home in this wonderful county."

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From saving to drawdown

Joel Bray
Investment Counsellor
with Cardinal Capital Management

Canada's recent increase in the capital gains inclusion rate, effective June 25, 2024, has stirred significant discussion among investors, philanthropists, and financial professionals.

As the government aims to bolster public revenue, the ripple effects of this policy change are multifaceted, particularly when it comes to charitable donations.

This article delves into the implications of the capital gains increase on donations, exploring both the challenges and opportunities that arise for personal donors and charitable organizations.

In September's article, we'll focus more on the impact and additional incentive to donate using either operating or holding company donations.

Understanding Capital Gains Tax and the Inclusion Rate

Capital gains tax is levied on the profit realized from the sale of an asset. The inclusion rate determines the portion of the capital gain that is subject to taxation.

Until recently, Canada taxed only 50 per cent of the capital gain. With the new policy effective June 25, 2024, personal capital gains remain taxed at 50 per cent up to \$250,000, but any gains above this threshold are taxed at 67 per cent. Corporate capital gains, on the other hand, are taxed at the 67 per cent rate regardless of the amount.

For personal investors, especially those with significant capital gains exceeding \$250,000, the increase in the inclusion rate has substantial financial implications.

For instance, an investor with \$1,000,000 in capital gains would previously report 50 per cent or \$500,000 as taxable income. Under the new inclusion rate, the first \$250,000 of gains is taxed at 50 per cent (\$125,000 taxable), and the remaining \$750,000 is taxed at 67 per cent (\$502,500 taxable), making the total taxable amount \$627,500. That results in an extra \$61,200 of tax payable at Alberta's highest marginal tax rate.

At first glance, this additional tax burden may discourage investors from triggering gains, affecting their investment strategies and liquidity.

However, by donating appreciated assets directly to charities, rather than triggering gains and donating cash, these investors can avoid the higher capital gains tax while supporting causes they care about.

This approach allows them to maximize their tax deductions and make a more significant impact with their contributions by eliminating the tax grind on after-tax donations. (see fig. on right)

As a result of donating appreciated investments and eliminating the capital gains tax, this individual had tax savings of \$236,880 rather than selling the investments and donating with after-tax

cash.

Despite the higher capital gains inclusion rate, there remains a silver lining for donors. The incentive to donate appreciated securities directly to charities is more appealing than ever.

By doing so, donors can bypass the increased capital gains tax, allowing them to give more generously.

This strategy not only benefits the donors by reducing their taxable income but also ensures that charities receive more substantial support. It's important to note that donations like this can trigger alternative minimum tax (AMT) and should be explored first with your financial professionals.

Reach out to your financial professional or contact me with further questions.

	Sell securities and donate cash	Donate securities in-kind
FMV of donation (i)	\$1,000,000	\$1,000,000
Adjust cost base	\$200,000	\$200,000
Capital gain	\$800,000	\$800,000
Taxable capital gain (50% on 1 st \$250k and 67% on the remainder)	\$493,500	\$0
Tax on capital gain @ 48% MTR (ii)	\$236,880	\$0
Tax savings from donation credit (iii)	\$540,000	\$540,000
Total cost of donation = i + ii - iii	\$696,880	\$460,000



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The hunger for genealogy

Ron Gilmore
Alberta Family Histories
Society

We have a hunger to know where we come from.

Who were our ancestors? Are we related to royalty or pirates? What is my ethnicity? Was I adopted? So many family history questions to be answered.

Genealogy — tracing your family lines of descent — can be a fun and fascinating hobby.

This growing fascination with our past generates millions of Google searches daily.

There are many Facebook groups dedicated to genealogy and YouTube videos abound focusing on genealogy research.

New technol-

ogy tools abound but your best bet might be help from folks with similar interests.

The demographic of the genealogical community suggests they have a common interest and a strong willingness to share and help others.

Loads of courses are available at all levels both in-person and online. There are books galore, blogs, course videos and helpful mentors.

What about those old family photos and postcards? The family bible? Grandpa's military medals? Old love letters? Grandma's favourite recipes in her recipe box?

Many of us run into these questions when we're tasked with cleaning out

our parents' homes when they pass.

So many items exist around us that can help add colour and life to the world of our ancestors.

The genealogy community can help you find some answers.

Always start with what you know! Collect all those family items and talk to living family members now, while it is still possible.

This could be the beginning of a new career as a family history detective.

You will be uncovering the stories, legends, heroes, and skeletons of your own family.

Join your local genealogical society!

In Calgary, Alberta Family Histories Society is the local

genealogy group. Alberta Genealogy Society, based in Edmonton, has branches throughout the province, such as Medicine Hat and Red Deer.

Both organizations offer helpful members, regular meetings with amazing speakers, research support, conferences, workshops, special interest groups and reference libraries.

They will help you learn the skills to do research not just in Alberta but across the country and in other areas of the world.

If you have a particular ethnic background, you might want to see if there is a group which focuses on your heritage, such as the Germans

from Russia Heritage Society (Alberta Chapter) or the Jewish Genealogical Society of Southern Alberta.

If you are researching an early settler, check out the Southern Alberta Pioneers and their Descendants.

Once you get started, you'll want to share the information you found or to record your own stories.

These groups can help you find ways to do this. Their members will also listen to your discoveries without rolling their eyes. It is a great way to connect with others and keep your mind active. The detective work is exciting and rewarding.

Give it a try!



Did you know?

Elder abuse in Canada affects up to 10% of older adults.
(Canadian Government)



Help us Protect Seniors from Elder Abuse

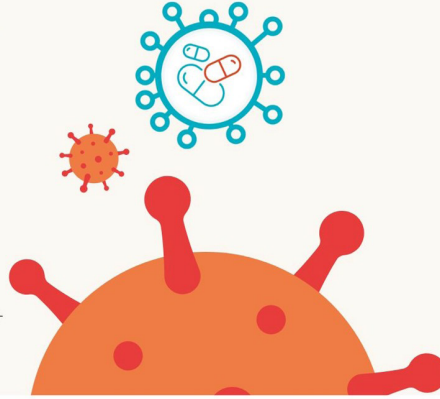
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COVID-19 is still kicking

Recognize the Symptoms of COVID-19

- ✓ sore throat
- ✓ runny nose
- ✓ sneezing
- ✓ new or worsening cough
- ✓ shortness of breath
- ✓ feeling feverish
- ✓ chills
- ✓ fatigue



Source: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>



Version 1.0; Date: September 20, 2023

Participate in a research study open to adults who tested positive for COVID with symptoms starting in the last five days. Visit cantreatcovid.org or call 1-888-888-3308.

University of Calgary
Cumming School of
Medicine

Summer is in full swing here in Alberta, and we are making the most of the outdoors with friends and family.

It's also a good moment to focus on our well-being and consider measures to safeguard our health and that of our loved ones as we approach fall and the increase in respiratory illnesses. According to the Alberta respiratory illness dashboard, COVID-19 remains widespread in our communities.

What can you do?

Get vaccinated including the COVID-19 Vaccine.

One of the most effective ways to protect yourself and others is to stay up-to-date with all vaccinations including the COVID-19 vaccine.

Health Canada recommends getting a vaccine dose if it has been six months since your last shot or since your last COVID-19 infection, whichever occurred later. Vaccines reduce the risk of severe illness and long COVID. You can book a vaccine appointment here.

Know the symptoms of COVID-19 and test

When feeling unwell consider taking a rapid antigen test. Ask everyone to test for COVID-19 before gatherings,

especially if high-risk individuals will be attending. You can pick up a free test kit Unison's Kerby Centre!

Did you know you can be a part of discovering what Covid treatments help people feel better faster, keep people out of hospital and reduce long Covid. Exciting research is taking in place in Alberta and you can be a part of it!

TheCanTreatCOVID trial is open to Albertans aged 18-49 years with one or more chronic condition(s) or aged 50+ years regardless of health status who tested positive for COVID with symptoms starting within the last 5 days.

Participants will take a COVID medication approved by Health Canada or follow public health advice on COVID, complete an online diary from Day 1 to 14 and complete a survey on Day 21, 28 and 90 and Week 36.

To participate:

- C a l l : 1-888-888-3308
- Email: info@CanTreatCOVID.org
- W e b s i t e : CanTreatCOVID.org

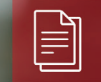
As we transition into the cooler months, let's carry forward the lessons we've learned and the habits we've formed. By working together and staying informed, we can create a safer and healthier environment for everyone.



Donate your Car to Unison

We can turn your vehicle into valuable dollars to help support our cause. We accept any and all vehicles across the country, running or not, old or new!

Visit UnisonAlberta.com/donate for more information



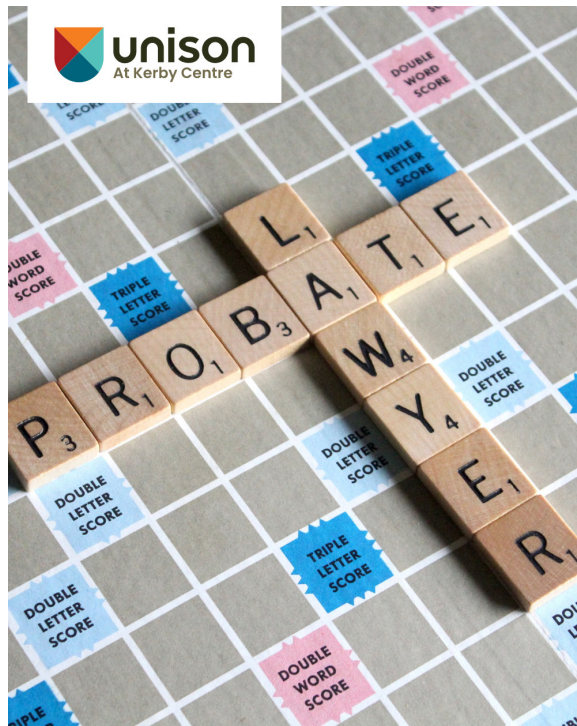
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To move or not to move?

*Debra Molzan
Seniors Real Estate
Specialist*

Deciding to move, especially as a Senior, can be utterly overwhelming.

It can be influenced by your situation such as health, finances and lifestyle. Everyone's circumstance is unique and it is important not to compare yourself to others.

The first step is to take a realistic look at your future. Is your current home too hard to manage financially and physically? If you are living in a property with stairs — perhaps a one-level accessible property would be more suitable. Are you becoming concerned with your health or personal care needs?

What holds most people back from deciding to move? Often, it's the fear of not knowing how to get started or understanding their available housing options. It is important to gather as much information from professionals as you can to help with your decision and bring clarity.

If you own your home, finding out how much equity you have is essential.

A licensed Real Estate Agent can evaluate its market value and explain selling expenses. Understanding your financial position will help to determine affordability for housing options, whether purchasing or renting.

Take the time to explore housing options. For independent living, there are Retirement

Communities specifically built for older adults. These communities offer Home Ownership and provide amenities like social activities, pools, gyms, theatres and libraries. They cater to various lifestyles and budgets.

For those needing more support, there are private Retirement Residences. They offer services like meals, housekeeping, social activities and

health support. These Residences all vary in the amount of support offered and their monthly lease fee.

There are affordable and subsidized housing solutions for Seniors with limited financial resources.

These rental properties require an application process, typically including income verification. Organizations like the Unison Housing Department can as-

sist in navigating this process.

For Seniors requiring more health and personal care assistance, arranging an assessment through Health Link 811 is recommended.

This assessment will help determine appropriate housing options for the level of care needed, including continuing home care assistance at a new residence.

Take the time to

research and familiarize yourself with the housing choices that are suitable for you.

What do you want your future to look like? Moving can feel overwhelming, but with a little planning it can be an exciting time!

*Debra Molzan,
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3 Major misconceptions about investment

Alberta Securities
Commission

For many Canadians, investing can seem intimidating or out of reach. Misconceptions, often fueled by jargon, fear or misunderstanding can lead them to either avoid investing entirely, make risky decisions or worse, fall victim to investment scams.

While investing is a continuous financial journey, understanding the basics and starting with strong fundamentals can set you up for success. Here is a look at some common misconceptions about investing and how you can reframe your thinking:

Misconception #1: Investing is like gambling

Pop culture often portrays investing as a fast-paced, high-risk thrill ride. This narrative fuels the long-held belief that successful investing solely involves day trading and playing the market odds for quick profits.

For some, this portrayal may seem similar to gambling and can scare them away from investing or lead them to invest in high-risk and unsuitable

opportunities.

Though all investments carry some degree of risk, planning an investment strategy with long-term goals vastly differs from gambling for three main reasons:

- **Time horizon vs right now:** Gambling focuses on immediate results while investing takes a long-term view of growing money over extended periods of time through compounding interest. Emotions and adrenaline shouldn't dictate investment decisions. With a financial plan in place, investors can approach investing in a mindful and strategic way.

- **Informed choice vs chance:** Long-term investing considers crucial financial information about the stock, company or fund. You can study a company's earnings reports, products and services, and leadership before committing to investing your money. In contrast, gambling is simply betting your money on the odds and a healthy dose of luck.

- **Ownership vs all-or-nothing:** When you invest money into buying a stock, mutual fund, or ETF, your purchase gives you

partial ownership of a company. The return on your investment is never an all-or-nothing scenario like in gambling. Investments can deliver returns in the form of interest, dividends, or capital gains. Diversifying your assets to include low-risk options like GICs, bonds, or a basket of investments through a mutual fund or ETF can further help manage risk

Misconception #2: Investing is only for the rich

This is by far the most common barrier to investing. According to CIRO's 2024 Investor Survey, six-in-10 non-investors identified not having enough money to invest as one of the things holding them back from investing. For many Albertans, finding room in your budget for investing may seem like a privilege.

But modern-day investing has come a long way and is much more affordable.

Gone are the days of expensive stockbrokers and minimum investment requirements. Thanks to

advancements like robo-advisors, low cost bro-

kerages, fractional shares and ETFs, you could start investing with as little as \$1. Today, the ability to start investing has minimal financial barriers.

An interesting statistic from Ramsey's 2024 National Study of Millionaires showed that most U.S. millionaires did not inherit any money from their parents or family members.

According to the survey, eight out of 10 millionaires came from middle-income or lower-income families. In the same study, three out of four millionaires stated regular consistent contributions lead to success.

Even small investments are worthwhile! Investing can start with small amounts based on your budget and increase as you earn more or are able to allocate more towards your long-term goals.

Misconception #3: It's too late to invest

The goal of any investor is to maximize profits and earn the best return on their investment, while staying within their risk tolerance and time horizon.

A longer time

horizon allows your money to compound and grow over time faster. But, this thinking can lead some to believe they're too late to invest or need to take on excessive risk to catch up.

This isn't the case. Three key lessons that are critical to your success as an investor involves understanding:

A financial plan: Regardless of age, having a financial plan in place can help you consider realistic goals and accurate timelines for when you can achieve them. Certified financial planners can help you create an action plan taking into consideration your age, current financial obligations, and risk tolerance.

Time in the market: Time spent invested and in the market is generally better than time spent staying on the sidelines. Remember, the power of compound interest works regardless of when you start investing.

Risk and return: Taking on more risk doesn't guarantee a higher return. Know your personal risk tolerance. This will help ensure you choose suitable investments aligned to the risk you are comfortable taking.

Like the ancient Chinese proverb, the best time to plant a tree was 20 years ago. The second best time is now.

Common misconceptions can skew how you view and approach investing. With a measured approach and a strong foundation backed by investing principals like diversification, risk vs. reward and compound interest, you can start your investing journey on the right path today.



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Retiring to a brewery

Sandy Bexon
www.lifeinretirement.ca

Multi generations have a hand in crafting old world beer: Retiring from a long government career to surround yourself with beer sound like a bit of a dream! It's a reality for Scott Meers, who retired after 35 years as a District Agriculturist, Crop Specialist and Provincial Entomologist with Alberta Agriculture.

He is still busy sharing his skills several days each week to help farmers in Central Alberta grow

healthy crops. But his great joy in retirement is joining forces with his family to grow his son Conrad's unique microbrewery in southwest Calgary.

Conrad opened Stonyslope Brewing Co. just over a year ago. His passion for bringing old world techniques and flavours to his award-winning beer reaches right to the heart of his great-grandfather's homestead in Acadia Valley.

His uncle and cousin still farm this land in south-eastern Alberta, and togeth-

er they grow the hops that Conrad uses in his brew. Conrad went from high school to Japan for two years and learned to speak, read and write Japanese.

He continued bartending when he got back, and this was when he started brewing with a brewmaster and discovered his ability to create winning flavours. He won a trip to Guatemala for creating a unique and flavourful drink with rum.

My grandpa homesteaded on that farm in 1906, so my dad grew up there and I

grew up there," said Scott. "He came from Ontario on the train, which dropped him off at Alsask and he walked to Acadia Valley to stake his claim on a quarter section of land.

He was instrumental in getting a one-room school situated on the farm and helped name it the Stony Slope School. Truly, the name came because there were a lot of rocks that had to be cleared from the slopes before anything could be done with the land. There wasn't anything philosophical about it! But there is a plaque indicating the original location of that school on the farm and it captures the link between the old world and the new that Conrad is blending in his beer."

Stonyslope offers original beers in their taproom at 9620 Elbow Drive S.W. in Calgary, and there's a bit of fire in Conrad when he talks about the next batch of possibilities. While German and British beers have come to blanket much of beer culture, Conrad is deeply engaged in Baltic brews.

His originality and skill, and darn good beer, have earned him four awards from the Alberta Small Breweries Association, including New Brewery of the Year.

"When it comes to brewing, everything has sort of been done before," said Conrad.

"What's new and exciting for me is to research the historical methods – some of these techniques come from medieval brewing. In the 1700s, for instance, beer was a central part of farm meals. They would have a big vat of farmhouse ale that they would offer at the lunch and supper table. That's the essence that we're trying to create here."

An incredibly bright graduate from the Olds College Brewmaster program, Conrad rattles off a

number of complex elements in various recipes that combined to make that week's eclectic flight of beers. From a light Danish Table Beer to a dark stout, Conrad's old world beer is grown with nearby local ingredients. Fruit for their Cherry Sour comes from Innisfail, the rye malt for a Sahti from west of Olds, with hops from their own heritage farm. The next recipe expected to be on tap very soon will use spruce tips from a farm south of Penhold. Even the brewery's food offerings are local.

"World inspired, locally sourced – it's really important to him. Conrad takes the old styles to brew a beer that is attractive to modern palettes. That's the magic of what he does," said Scott, whose expertise in the complexity of crops adds to the equations that result in simple good taste.

"Conrad and I are most excited about the flagship beer, Sahti, which is the oldest existing type of beer that has evidence of an unbroken history of production. There is documentation that goes back 1,000 years with this one, which uses juniper tea from juniper that is also growing out at the farm. It's a full team approach, for sure.

My wife Cindy helps with the website and with logistics in the brewery, and my brother hosts the growing of the hops and other ingredients at the farm. It's something that has engaged all of us.

"It's the science of it and the creativity of it that drives Conrad," said Scott. "It's a lot of work, but the family aspect and the way he challenges all of us to step up is what motivates the rest of us. It's a lifetime of influences for all of us – and a pretty cool retirement gig for me."

A dried rose from Scott's mom's garden is embedded in the bar-top, which is handcrafted from wood and epoxy. The bar top also cleverly showcases many of the Alberta-grown ingredients that create the base of the various beers. Conrad loves experimenting with ingredients and techniques so much, he named his daughter Rosemary Juniper!

Scott and Conrad took a satellite image of the Elbow River and created a scale stone/tile replica of it that winds along the floor of the Stonyslope taproom.

The accents in the wash-room are the exact mountainous horizon looking west.

The company logo spells out SBC in the style of old Nordic runes, but also incorporates a stylized river, mountains and sun which are very defining characteristics of Calgary. This is definitely a family that honours 'place'.



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Hope for childhood cancer survivors

Don Bell
University of Alberta
Folio

New research from the University of Alberta offers the hope of better long-term outcomes for survivors of childhood cancer — and the path to those better outcomes is exercise.

Two undergraduate honors students in the Faculty of Nursing, Kaitlyn Weinkauff and Emma Fyfe, wanted to find out why childhood cancer survivors are more prone to developing cardiovascular problems later in life, and what could be done to mitigate the harmful effects of cancer treatments, such as anthracycline chemotherapy, that are behind the higher risk.

They carried out their research under the mentorship of Stephen Foulkes, a postdoctoral fellow in the Faculty of Nursing, and Mark Haykowsky, professor of nursing and Research Chair in Aging and Quality of Life.

A diagnosis of pediatric cancer used to be a death sentence for the vast majority of young patients. Foulkes says the survivorship from cancer at five years is now about 85 per cent, but there is a tradeoff.

“Chemotherapy and radiation can both target the cancer cells but also cause incidental damage and aging of other body systems,” he explains.

“One of the body systems that can be affected by cancer treatment is the cardiovascular system.” That can lead to premature heart failure.

“So when studies now follow earlier and more recent generations of cancer survivors who have been exposed to these cancer therapies, we find that their risk of conditions such as coronary artery disease — particularly heart failure — is much higher than that of their siblings or other kids of their generation,” Foulkes says. “It might be a five- to eight-fold higher risk of heart failure, even by the time

they reach 40 years old, whereas the typical heart failure patient isn’t affected until they’re 60 to 80 years old.”

With all this mind, Weinkauff and Fyfe did a systematic review of studies comparing cardiorespiratory fitness in childhood cancer survivors with their cancer-free peers.

They used 18 studies that looked at 796 cancer survivors with 1,379 healthy peers of the same sex and age. “There’s tons of primary research,” Fyfe says, “which makes it great for us to synthesize and make the impact more digestible, and put a number to it.”

To be included in the analysis, studies had to measure peak oxygen uptake — the maximum amount of oxygen a person can use during exercise.

It is the gold-standard measure of cardiorespiratory fitness and one of the strongest predictors for the risk of developing or dying from cardiovascular conditions like heart failure, Foulkes notes.

They found that the average cardiorespiratory fitness level among the childhood cancer survivors was significantly lower than that of their peers — the equivalent of about 15 years of accelerated cardiovascular aging.

The students concluded that peak oxygen uptake in childhood cancer survivors is markedly lower, which may explain their increased risk of heart failure and cardiovascular mortality. Weinkauff and Fyfe suggest including the measurement of peak oxygen uptake among childhood cancer survivors may make it easier to identify who is at risk of future cardiovascular problems and get them into a rehabilitation program.

Regular exercise is one of the best ways to improve fitness, and Foulkes suggests that the study findings highlight a critical need for exercise rehabilitation programs for cancer survivors to close the fitness gap be-

tween them and their peers.

Rehabilitation programs might include cardio-style exercise like cycling, rowing, walking and jogging, but also making sure people lift weights two or three times per week at a moderate to challenging level.

The students note that further research into the types and efficacy of interventions is necessary.

Foulkes presented the findings at the end of April at the European Society of Cardiology Preventive Cardiology Congress in Athens. He says the reception was enthusiastic.

“There was a lot of interest specifically in the findings from this study because, as Emma put it nicely, this study was a good way of synthesizing a large body of research into a clear and simple message.”

The message came as a surprise to the audience, he adds. “A lot of the cardiologists in the audience who work with these patients were quite shocked to realize how big the difference was in fitness scores. Both groups otherwise look reasonably healthy based on their resting heart function and blood pressure results.”

But as Foulkes points out, a strength of a metric such as cardiorespiratory fitness is that it measures how well the cardiovascular system works under stress, so it may help unmask subtle problems

that aren’t apparent when heart function or blood pressure are measured at rest.

Weinkauff and Fyfe’s conference abstract presenting their preliminary findings was published in the *European Journal of Preventive Cardiology*, and the full paper has been submitted to *JAMA Pediatrics*.

“It’s been really cool to have the opportunity from the Faculty of Nursing and through the honors program to bridge the gap between clinical work and research, and see how those two connect. There’s so much to nursing and so much to health sciences, but seeing the research aspect has been such a privilege.”

She adds, “Kaitlin and I are so grateful for our supervisors (Foulkes and Haykowsky) and also the Faculty of Nursing for al-

lowing us to have the opportunity to get our feet wet — doing research and connecting the dots between all the cardiac patients we see in the hospital and knowing that there is something we can do about it. But the research has to be done to create these exercise rehabilitation programs to see a difference in the clinical setting.”

Foulkes says the U of A is doing a great job of promoting students’ success and creating leaders in the process.

“It’s refreshing to come to a university where student research is encouraged right from the undergraduate level. And it’s great to have these mentoring opportunities to help students who might not necessarily be on the pure research track to still gain these skill sets that will help them in their clinical practice.”



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Let's go shopping for plants!



*Deborah Maier
Calgary Horticultural
Society
Photos and story*

This summer, at a “Let’s Go Shopping!” class offered to teach gardeners about selecting Calgary-appropriate plants, I was surprised to hear something from a participant.

He said he often chose to buy plants for his garden from other stores — building supply or grocery stores for example — because he found dedicated garden centres intimidating.

Upon reflection, especially for new gardeners, I understand how the spring offerings at garden centres can be daunting. In spring, local garden centres are overflowing with plants.

Sales from this one season, like Christmas sales for other retailers, often determine if they have a successful year. The volume of plants and the bustle of shoppers may make it seem like it’s just chaos, but garden centres are organized.

Most garden centres divide their space into areas to help gardeners find plants.

Often, garden cen-

tres separate their plants by type: houseplants, vegetables, herbs, annuals, perennials, and trees and shrubs. These large groupings are refined.

In the tree lot, for example, fruit trees are grouped.

This group is further segmented by the type of fruit; all apple trees are kept together, and the apple trees are organized so that crabapples are separated from the larger-eating apples.

The other trees (and shrubs) are also arranged in categories.

Other subgroupings of roses are also made. It makes choosing what you want easier.

Tender roses, such as tea roses, are often available, but in a different area as — unless the gardener wants to take a chance and put in the work to provide appropriate overwintering care — they are annuals here.

It’s a bit like being in a grocery store. Take cookies; all the boxes of cookies can be found in one aisle. The type of cookie or a manufacturer’s cookie boxes are grouped, with a few featured items highlighted at the end of the row.



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Fish & Chips with a Side of Coleslaw
Soup Special: Ham & Noodle Soup

August 12th to August 16th
Sausage & Shrimp Jambalaya
Soup Special: Creole Black Bean Soup

August 19th to August 23rd
BBQ Rib Sandwich with your
Choice of Side
Soup Special: Minestrone Soup

August 26th to August 30th
Fried Chicken Sandwich with
Coleslaw and Sweet Pickle
Soup Special: Chicken and Macaroni Soup

*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! (available only while quantities last)

Even annuals are organized. Often the types are grouped; all the varieties of marigolds can be found in one area, etcetera.

Perennials are where the local garden centre organization truly shines.

Not only are their shelves organized by type of plant, but they are also grouped to feature height, sunlight needs, moisture needs, and special characteristics.

Vining plants are grouped and so are groundcovers. Gardens centres may also feature pollinator-friendly plants and those that attract hummingbirds.

When you visit, how will you know what area you're in? Year-round garden centres have signage, usually hanging from the ceiling or mounted high on a wall, to help visitors find what they need.

They also have year-round staff that know what is on their shelves and what is coming in.

The seasonal staff can help you find things, too.

If you haven't checked out your local garden centre, you should plan an introductory visit sooner rather than later.

Some greenhouses expand the area open to shoppers in the spring and reduce it as their plant stock is sold, but the basic layouts and signage remain.

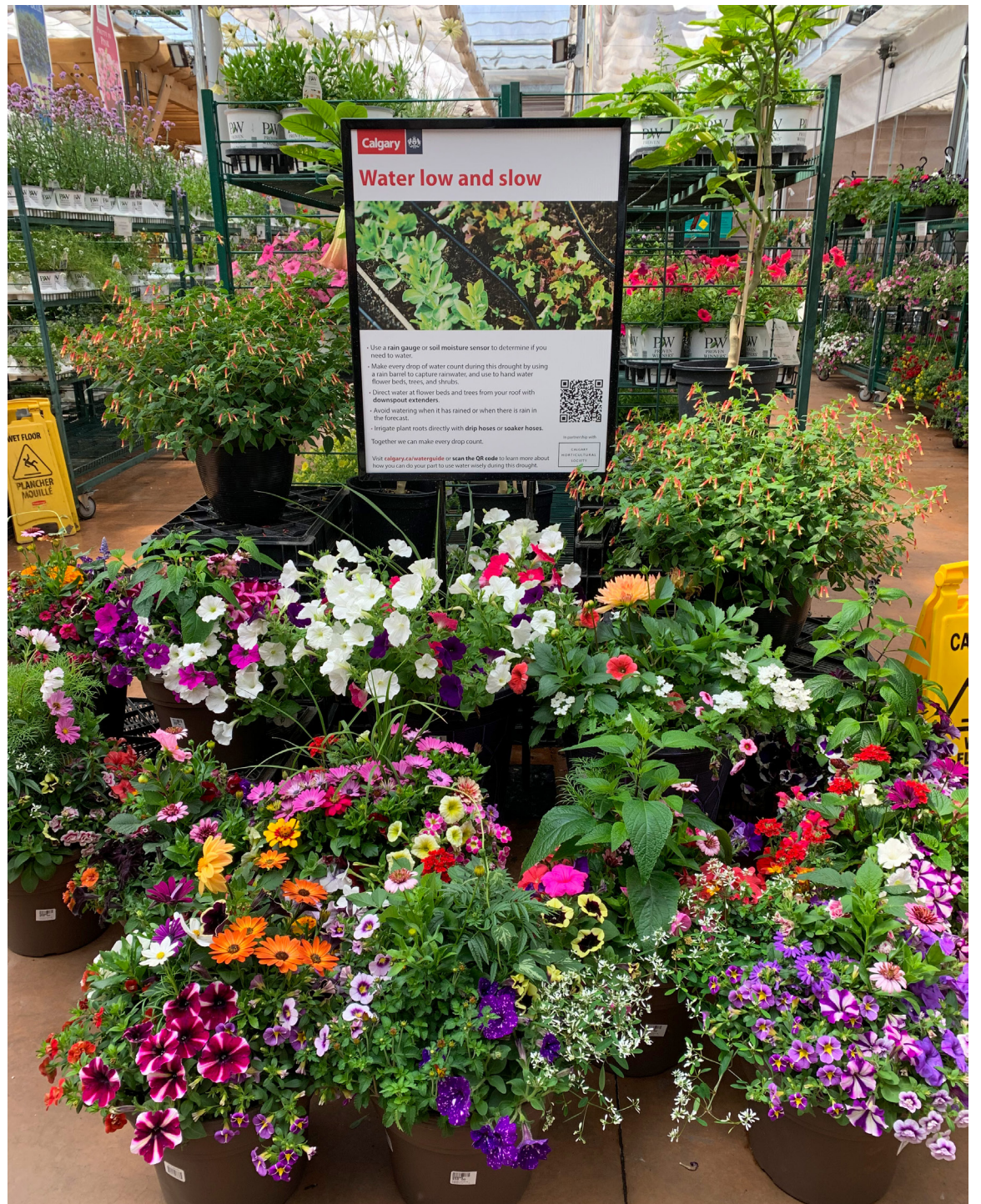
Take your time to browse and read plant tags.

The local garden centres around Calgary have unique characteristics. Some even propagate or grow their own plants.

Visit more than one to learn which one best suits your needs.

Become comfortable with their layout during the off-season so you can go in like a pro next spring!

To learn more about gardening resources, visit the Calgary Horticultural Society's website, calhort.org.







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THE PEOPLE AROUND US

PART I

Jerry Cvach

The famous opera *Pagliacci* starts with a Prologue. It is a classic. The melody and the lyrics are beautiful, a great introduction to the piece. I thought, how about writing my introduction to a series of shorts in the same way:

“Please? Will you allow me? I am the prologue. Our author has endeavored to paint for you slices of life, his only maxim being that he is a man and he must write for men. Truth is his inspiration.

Deep-embedded memories stirred one day within his heart, and with real feelings, he wrote. You will hear stories about people in real life. This is his design so please give heed to their unfolding.

On with it! Begin!”

Ládiček

It is often forgotten how short is the era of human history dubbed Enlightenment that reshaped the ways we understand liberty, equality, and individual rights. It became possible because of the technical developments and industrialization in the last 200 years and is still ongoing.

Slavery in the US was abolished in 1865 and the full emancipation of the former slaves is yet to be achieved. Feudalism ended in the middle of the 19th century when serfdom was abolished in central Europe; just 92 years before I was born in 1941 and where I lived until adulthood.

In the 1950s there was still a noticeable difference on the continent between

the modern urban and the rural living that seemed closer to the dark ages than in the modern city only 60 kilometers away.

This story begins in the centuries-old hamlet called Vír, as in Whirlpool, which is strung along the river in the narrow, rugged mountain valley where the farmland is poor and the weather is harsh.

It remained unchanged for centuries due to its inaccessibility and the deep forests surrounding it. In the early 1900s other than the dirt wagon tracks leading to the fields and remote farms, there was only one gravel road suitable for an ascent of the automobile era. It connected Vír with the nearest railroad 15 kilometers away.

My parents belonged to the social class that could

afford to live in the city for ten months of the year, and for the two months during the school break our mother with children stayed in the country. It took three and half hours by train and rickety bus, driven by the man more accustomed to driving a horse-drawn wagon, to get there. It was not a journey one would want to repeat very often, adding to the isolation of the place.

On arrival we kicked off our shoes, put on shorts and T-shirts, and were free to roam around the village, in the fields and the forests, interacting with the locals.

I loved those two months in the country listening to old folks’ wisdom and tales, and learning how our food was made in the old-fashioned way. Farmers were still using the practices and simple machinery not much has changed in the past few hundred years. It was a hard manual work!

The hamlet was mostly self-contained. There was a smithy, two butchers plied their trades at the opposite ends of the village, also two grocery stores. The metalworking shops called hammer, flour, and lumber mills were powered by waterwheels.

I enjoyed visiting the cobbler’s shop the most. He worked sitting on a three-legged stool next to the table with dozens of containers with nails, pegs, and screws of various sizes and other supplies.

Being a cobbler required mastering many skills. Besides, mister Jančík was an excellent storyteller.

Life moved in a steady rhythm, unchanged for decades, even centuries, protected from the big bad world by isolation.

The fortunes of Vír changed dramatically after tailor František Šťastný moved in from the nearby small settlement Chudobín in the middle of the 19th

century, hoping that in the bigger place, he would have more customers, but it did not happen. He had trouble to support his family. Children were coming one after another, 12 in total. A resourceful man, he opened a little tavern and a small store in the front rooms of his house to supplement his income.

Only two of his children, a boy and a girl, reached adulthood. The boy, František Junior, proved to be very capable and a hard worker. Together with his father, they expanded the business by targeting tourists who were attracted by the beauty and ruggedness of the area.

They converted the tavern into a restaurant, developed a network of hiking trails, and built a lookout tower and a swimming pool right into the riverbed, probably the only contraption of its kind in existence. Alpine style Villa with a dance hall cum theater with guest rooms on the second floor followed. Soon outdoor bowling lanes and a gazebo were built nearby and they started brewing signature liquors.

Civic-minded they beautified the gaudy peasant village by planting chestnut and linden trees, some of which are still there; even built a cemetery on a knoll overlooking the valley.

They had no masterplan so the business became a hodgepodge of buildings and attractions. Luckily its folksiness appealed to the city people. František junior had a talent for advertising.

He published a series of colored photographs as postcards, erected billboards, and wrote advertising ditties.

One would be tempted to say he was inspired by P. T. Barnum’s style of unrelenting publicity, except that he had never heard of the man.



Photos courtesy of Jerry Cvach. Above: Ládiček. Right page: 19th Century Vír.

Due to advertising or just serendipitously, they were noticed by the hiking clubs and the rich and powerful upper class in the city 60 kilometers away. After WWI ended the village became a summer vacation destination, such as Sintra to Lisbon, or Tivoli to Rome. There was a small group of regular visitors, among them prominent politicians and many members of the country's literary elite who always stayed in Šťastný's Villa, some even built their cottages. They came to play, had plenty of imagination and money, organized dances, and even staged plays.

Ládíček, born in 1899 represented the third generation of the Šťastný clan. He was vivacious, entertaining, and played a mandolin. There was no mischief that he wouldn't participate in, even initiated some. There were weekly Venice Nights on the river that invariably ended with Ládíček's dunking in the water; also medieval-themed parties on a nearby ruin of the 12th-century castle Zubštejn. But he was not a businessman like his grandfather and father were.

The good times lasted twenty years, and then the WWII started. The

visitors from the city ran away from Hitler, joined the Allied armies and the government in exile in England, and some ended up in concentration camps. Others just laid low.

After the war, the fortunes of the whole country changed with the communist putsch in 1948 and the same people fled the country again. The new regime confiscated all businesses and appointed party faithful, often totally incompetent people to run them.

After František Šťastný junior had died in 1949, by the quirk of fate Ládíček was appointed to run the now nationalized family business, a position that he was not suited for. His father would have never passed it on to his son fearing the worst. It was a highly unusual appointment, but the powers to be could not find anybody else for the job in the boondocks, and, it was "just a hotel" after all.

Continuing the family history of diversity he kept redecorating the restaurant with posters, pictures, and paper cuttings, and posted fake notes on trees to protect them from the loggers; his mind jumping from one idea to another. He

was certainly the quintessential independent thinker, an odd man full of crazy ideas, impractical, and lacking good taste. His style was chaos. He had no filter and said and did what came to his mind, he was an antonym of political correctness.

The place went down in flames from poor management until it became just the shadow of its former self.

He was an enigma, someone who had to be taken with a grain of salt even in a place where being odd was close to the norm and being normal was odd. Yet when he passed away, the villagers and people from far and wide came to see him off to the cemetery founded by his father. He was the embodiment of the village, the link to its past, and in a peculiar way respected by his peers, perhaps because he was an eternal optimist, who made people laugh.

He was sent off with a quote: "Always different, often defiant either inherently or from experience, such people never cease to be dissidents!"

At one point we realized that the man we knew, the ideas that he had and implemented, the resulting chaos, but also the attention his cre-

ations garnered, needed a name. Somebody just said "Ládíček-ism", and it stuck.

Ládíček-ism is not here to make us smile, nor is it just the bizarre realization of outlandish, often disconnected ideas of one man resulting in displays of disjointed junk. Its zaniness represents an antidote to our dreary modern life run by computers, the regimentation, and the cold efficiency that surrounds us. It often springs from the childlike imagination of those of us who have retained their playfulness and innocence. This is its intrinsic value, is eternal, and transcends borders.

We do not have to go back in time or to central Europe for examples. Here in Calgary Ládíček-ism can be found on the front yards of single-family houses.

On 29th Street NW by the Foothills Hospital, one front yard decorations have very little esthetic value but is a positively cheerful display in a place where cheerfulness is badly needed. Along the Acadia Drive, which I have to pass every time I drive to the bank, is another. The resident "Ládíček" changes presentations with seasons and special

holidays, sparing neither money nor effort.

The Saskatoon Berry Farm south of Calgary has many characteristics that categorize it as Ládíček-ism, but this place exemplifies the best of the genre. Yes, it was started small and is being added on, yes, there does not seem to be a masterplan, and yes, the articles of décor and the merchandise for sale are impossibly varied and often clash with each other. But the place is immaculately well-maintained and clean and everything seems to be done to please the eye. Needless to say, it is incredibly popular and a treat for people of all ages.

Americans, thinking and acting big as always, have created the largest Ládíček-ism known to man, the whole city called Las Vegas. They also organize the largest annual Ládíček-ish event, the Super Bowl.

Not everyone will agree but I think it is a good thing. Such quirky ideas presented proudly for everyone to see are evidence of imagination, creativity, and freedom of expression.

They allow us all to let our hair down once in a while!



Medicine Hat

Getting around with Veiner Vintage

Did you know Veiner Vintage Transport is a new program in Medicine Hat and surrounding area for our 50+ community?

In September of 2024 we will have been on the road for an entire year already.

Eligible riders are anyone who need transportation services due to income restrictions, inability to drive and are 50+.

Our goal is to transport people to priority appointments such as the doctor, dentist, lawyer, bank, chiropractor, physical and mental rehabilitation and the Veiner Centre.

This program helps support older adults in our community to live longer in their own home, reduce feelings of isolation and help remove barriers to service.

We are a program fueled by volunteer driv-

ers. Our drivers ensure our riders get to appointments safely and comfortably with some great conversations along the way. For some of our riders their volunteer driver may be the only person they interact with that day.

These rides offer a social connection that these older adults need. Our volunteers are doing an informal wellness check while visiting with their passengers to see if they may require additional support from other programs or services.

If you require a ride, are 50 years of age or older, are unable to drive for any reason and other public transportation is not an option, call us at 403-525-8657.

Talk with our Transport facilitator and see if you qualify for this program. Pricing for a ride is based

on income. If your annual income is less than \$25,000/year a ride is \$5.00 round trip. If your income is above \$30,000/year the price is \$10.00 for a round trip ride.

Unfortunately, at this time, we are unable to accommodate wheelchairs or scooters.

And after nearly a full of operations, we are offering anywhere from 70-100 rides a month to the older adults in our community.

That means 70-100 individuals per month are getting to crucial medical appointments, legal appointments, bank appointments. And they also can come down to Unison at Veiner Centre and interact with others, participate in recreation and fitness activities.

We are making a difference in their lives by providing them with opportunities to remain in their homes for longer, attend necessary appointments in a safe and secure manner and improve their mental and physical health.

Are you looking for a way to help out Veiner Vintage Transport. We can always use volunteer drivers. We are able to reimburse our volunteers \$0.20 cents/km.

All volunteers at Unison at Veiner Centre are eligible for a half price membership at the Veiner Centre. And our amazing community partner, Mint Car Wash means our volunteers receive free car washes.

This August, we are spread-

ing the word of how important Veiner Vintage Transport is for our community.

Veiner Vintage Transport is mainly funded by Healthy Aging Alberta and New Horizons for Seniors grant, but we still require additional funding to ensure we can keep our volunteers on the road and keep the rides affordable for the riders.

We wish to invite you and join us in making a huge difference for our 50+ community right here in Medicine Hat, by making a donation to our program or becoming a volunteer driver.

Let us keep offering our seniors all the benefits of Veiner Vintage Transport.

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Medicine Hat Veiner Activities

What's Happening in August

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
Board Games South MP 9:30am	Chess Dining Room 9am	Bocce Ball North MP 9:30am	Jam Session South MP 9:30am	Mahjong South MP 9am
Men's Shed Boardroom 11am	Ukulele Group North MP 10am–12pm	Canasta Lessons Dining Room 10am	Canasta South MP 12:30pm	Kaiser Club Dining Room 1pm
Canasta South MP 12:30pm	Duplicate Bridge North MP 12:45pm	Duplicate Bridge South MP 12:30pm	Euchre North MP 1pm	Duplicate Bridge North MP 12:45pm
Euchre North MP 1pm	Crib South MP 1pm & 6:30pm	Hearts Dining Room 1pm	Shuffleboard Games Room 1pm	Mexican Train
Shuffleboard Games Room 1pm	Bridge North MP 6pm	Scrabble North MP 1pm	BINGO Boardroom 2pm	Dominoes South MP 1pm
	Board Games Dining Room 6:30pm	Pinochle North MP 1pm	Duplicate Bridge North MP 6pm	Stitch & Laugh Boardroom 1pm
		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!

August 6

Book Review Crew

1pm – 2pm | Dining Room

August 6

Card Makers

1pm – 4pm | Registration Required | bring your own supplies

August 13

Alzheimer Society Care Partner Support Group

1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

August 20

Grandparents Who Parent Group

10:00am – 11:30pm | South MP | Register by calling Kayla at 403-526-7473

August 23

Book Club

10am – 11am | Dining Room

August 23-25

Scrapbooking Fanatics

Starting at 4:30pm on the 16th | Registration Required

Wellness Wednesdays

August 7 | Movie Matinee with popcorn "Fried Green Tomatoes" | Craft Room 2pm – 4pm

August 21 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

August 21 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

Medalta & Trolley Tour

Wednesday, August 14 | 12:45pm – 4pm

M: \$30 | NonM: \$35 | Min: 26 Max: 32

Registration Deadline: August 5

Start at Medalta and enjoy a guided tour through the historic building. Then hop on the Sunshine Trolley for a guided tour around Medicine Hat and soak in Medicine Hat's history and culture. After taking in all the must see destinations, you will be returned to Medalta.

Veiner Centre will be Closed August 5 for Heritage Day. We reopen August 6 at 9am

Looking Forward

Rosebud Bus Trip: "The Pleasure of Seeing Her Again"

Wednesday, September 25
8:30am – 6:30pm | Min: 42 Max: 52
M: \$115 | NonM: \$125
Registration Deadline: August 22

Medicine Hat Strathcona Activities

What's Happening in August

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

Mondays

Table Tennis | 10am

Chair Yoga & More | 12pm

Pickleball Open Play | 1pm

Pickleball Open Play
2:30pm

Tuesdays

Pickleball -Skills & Drills |
11am

Pickleball -Beginner |
12:35pm

Wednesdays

Absolute Beginner Line
Dancing | 8:30 am

Beginner Line Dancing
9am

Table Tennis | 10am

Qigong & Chair Yoga
12pm

Pickleball Open Play 1pm

Pickleball Open Play
3pm

Thursdays

Beginner
Pickleball | 11am

Fridays

Pickleball Beginner
9am

Table Tennis | 10am

Pickleball Open Play
1pm

Pickleball Open Play
3pm

Pickleball Open
Session | 6pm

Fitness Class Spotlight

All fitness classes require registration

Chair Yoga & More

August 12, 19, & 26 | Mondays | 12pm - 12:45pm

Members: \$21 | Non-Member: \$30

Absolute Beginner Line Dancing

July 3 - August 28 | Wednesdays |

8:30am - 9am | FREE

Beginner Line Dancing

July 3 - August 28 | Wednesdays

9am - 9:45am | FREE

Qigong & Chair Yoga

August 7, 14, & 21 | Wednesdays | 12pm - 1pm

Members: \$21 | Non-Member: \$30

Programs Returning in the Fall

- Fun & Fitness with Erynn
- Solid Gold Fitness with Krista
- Silver Steppers with Krista
- Hatha Yoga with Krista
- Yang Short Form, Yang Long Form, Chen Style Short Form, Fan Form & Weapons Form with the Tai Chi Association
- Floor Curling

Closure Notices

Strathcona Centre will be closed
July 25 to August 11 for renovations.

FREE Online Fitness Classes

Fitness with Dan

Mondays | July 8 - August 26 | 9:30am - 10:30am

Join us online for a traditional aerobics class with emphasis on cardiovascular training. Variations are given for strength training using weights or resistance bands. You are encouraged to work at your own pace

Fitness over 50

Tuesdays | July 2 - August 27 | 9:30am - 10:30am

Join us for a combination of movement, strength, core and stretch class. This involves a good warm up and nice long cool down/stretch. This class will be about mild cardio (movement and fun dance moves etc.)

interspersed with some more higher intensity intervals. We will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc.

ALL ABILITIES LEVELS WELCOME! Participants can do some or all the class standing or in a chair - depending on their ability and comfort level.

To register for these FREE classes please email Heather at: HeatherD@UnisonAlberta.com

Weekend Activities at Strathcona

Table Tennis - Single Play Only

Saturdays | 11am - 1pm

Pickleball - Open Session

Saturdays & Sundays | 1pm - 4pm

To Register for Events, Classes & Programs:

- 403-529-8307
- Visit us at Veiner Centre
- [UnisonAlberta.com/Active-Aging-MedHat](https://www.unisonalberta.com/Active-Aging-MedHat)

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 **UnisonAlberta.com/Active-Aging-Calgary**

Weekly In-person Activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Badminton (\$3) Gym 10am - 12pm</p> <p>Meditation Monday (FREE) Room 317 10am - 10:45am</p> <p>Mahjong (\$2) Room 312 10:30am - 12:30pm <i>Closed until Sept. 1st</i></p> <p>Live Well Be Well Conversations (FREE) Room 317 11am - 12pm</p> <p>Beginner Pickleball (\$3) Gym 10am - 12pm <i>Starts July 8th</i></p> <p>Pickleball (\$3) Gym 2:30pm - 4pm</p>	<p>Recorder Group (\$2) Room 108 10am - 12pm <i>Closed until Sept. 3rd</i></p> <p>Beginner Pickleball Lessons (\$20 for 4 weeks) Gym 10am - 12pm <i>(Registration Required)</i></p> <p>Bridge (\$2) Room 312 10am - 12pm <i>(Registration Required)</i> <i>Closed until Sept. 10th</i></p> <p>River Walk (FREE) Meet in Room 317 10am - 11am <i>(Must sign a waiver)</i></p> <p>Intermediate Pickleball (\$3) Gym 2:30pm - 4pm</p>	<p>General Craft Group & Knitting for a Cause (FREE) Room 311 9am - 12pm</p> <p>Beginner English Language Literacy (FREE) Room 312 10am - 12pm</p> <p>Men's Shed / Tech Shed (FREE) Room 317 10am - 12:15pm</p> <p>Wednesday Dance (FREE) Kerby Café 1pm - 3pm</p> <p>Cribbage (\$2) Room 312 1pm - 3:30pm</p> <p>Walking Soccer (\$3) Gym 2:30pm - 4pm <i>(Registration Required)</i></p>	<p>Artists Group (\$1.50 per half day) Learning Lab 10am - 3pm</p> <p>Kerby Centre Tours (FREE) Meet at Kerby Café 10:30am</p> <p>Pickleball (\$3) Gym 2:30pm - 4pm</p>	<p>Spanish Conversation Group (\$2) Room 311 10am - 12pm</p> <p>Krazy Karvers Woodcarving Club (\$1.50 per half day) Room 102 10am - 3pm <i>Closed until Sept. 6th</i></p> <p>Tech Help (\$5) 11am - 1pm <i>(Registration required)</i></p> <p>Badminton & Ping-Pong (\$3) Gym 1:30pm - 3:30pm</p> <p>Intermediate English as a Second Language (FREE) Room 305 1:30pm - 3:30pm</p> <p>Advanced English as a Second Language (FREE) Room 311 1:30pm - 3:30pm</p>

Active Aging Spotlight

Intro to Baton Twirling Workshop at Kerby Centre

Monday, August 12th
1pm - 1:45pm
Member/Super Member. \$35
Non-Member. \$65

Come and learn some baton twirling basic twirls and fun-damentals with Miss Lorraine (Head Coach of the Baton & Dance Company). Did you know that baton twirling is recognized as a sport here in Alberta? Did you know that baton twirling improves hand-eye coordination? Did you know that it gets our hands moving and can improve arthritis and stillness in our fingers and wrists?

Register NOW!
403-705-3233 or Program@UnisonAlberta.com



Active Aging Spotlight

Drawing Basics at Kerby Centre

Mondays | August 12th - September 9th
1pm - 3pm
Member/Super Member. \$60
Non-Member. \$90

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! Supplies not included.

Register NOW!
403-705-3233 or Program@UnisonAlberta.com



Active Aging Spotlight

Colour Pencil Painting at Kerby Centre

Tuesday, August 20th
10am - 12pm
Member/Super Member. \$35
Non-Member. \$65

With a deep understanding of colour theory and technique, our instructor can guide students in creating stunning artwork using colour pencils. The instructor expertly teaches colour theory and technique, fostering students' creativity with colour pencils. *Supplies are not included

Register NOW!
403-705-3233 or Program@UnisonAlberta.com



Unison Travel Spotlight

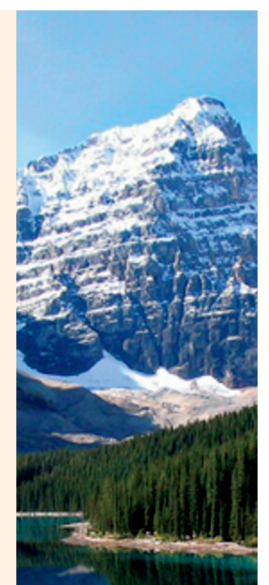
Lake Louise & Moraine Lake with Unison Travel

Wednesday, August 21st
8am - 6:30pm
Member/Super Member. \$84
Non-Member. \$114

Includes Park admission and bus transportation by Universal Coach Lines

Cut-off date: Wednesday, August 7th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

For more details:
403-705-3237



Unison Travel Spotlight

Johnson Lake Hike & Picnic with Unison Travel

Wednesday, September 11th
8am - 4:15pm
Member/Super Member. \$87
Non-Member. \$117

Includes Park admission and bus transportation by Universal Coach Lines

Cut-off date: Wednesday, August 28th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

For more details:
403-705-3237



Unison Travel Spotlight

Jasper Park Sightseeing with Unison Travel

Tuesday, September 24th
8am - 6pm
Member/Super Member. \$407
Non-Member. \$437

Includes Park admission and bus transportation by Universal Coach Lines

Cut-off date: Monday, September 9th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

For more details:
403-705-3237



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 **UnisonAlberta.com/Active-Aging-Calgary**

Wise Owl Boutique Half Price Sale on red tag items!

Week of August 26th - August 30th
10am - 3pm



Wellness Spotlight

Creating Boundaries Workshop at Kerby Centre

Mondays | August 12th - August 19th
1pm - 3pm
FREE

Join us for a 2 - week Workshop about setting and maintaining healthy boundaries in relationships with friends and co-workers.



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

Wellness Spotlight

Live Well Be Well at Kerby Centre

Mondays | 11am - 12pm
FREE | Drop-in

Join our weekly wellness series for engaging presentations and conversations.



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

Wellness Spotlight

Compassionate Support Workshop at Kerby Centre

Wednesdays | August 7th - August 21st
1pm - 2:30pm
Member/Super Member: \$20
Non-Member: \$50

Want to support someone who is grieving? Join our Compassionate Support 3-Week Workshop to gain the skills needed to help loved ones on their journey to recovery.



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

Wellness Spotlight

Caregivers Peer Support Group at Kerby Centre

Every last Wednesday of the month
1pm - 2pm
FREE

Are you a Caregiver to a loved one? Unison's Wellness Centre and Caregivers Alberta in collaboration are here to empower caregivers and help their well-being by 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



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

Important Update from Unison's Thrive Food Security Program

Our last FREE Food Market hosted at the Kerby Centre will be on Friday, August 30th.

We will continue to have Community Bread Markets at the locations listed on the right.

For questions and concerns, please contact

ThriveD@UnisonAlberta.com

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, August 13th | 11am - 12pm

CARYA Village Commons (SE)

Wednesday, August 14th | 1pm - 3pm

Bow Cliff Seniors 50 + (SW)

Thursday, August 15th | 11am - 12pm

Northminster United Church

Highland Park Community Association (NW)

Wednesday, August 28th | 1:30pm - 3pm

Confederation Park 55+ Activity Centre (NW)

Thursday, August 29th | 12pm - 1:15pm

Active Aging

Course Registration Fall Session

Registration opens **August 6th** for members and **August 15th** for non-members

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

Online registration and full details at KerbyCentre23.WildApricot.org



Don't Miss Out!

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

Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up. Program@UnisonAlberta.com or 403-705-3233

Classes offered in our satellite locations: **Wild Rose Church** (1317 1 St NW, Calgary, AB T2M 2S5)

Line Dancing (Member \$36 | Non-Member \$66) Instructor: Dianne Sandstrom

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 boost your confidence!

- **W01 Mondays Sept 9 – Oct 28 (6 Weeks – No Class Sept 30 & Oct 14)** 10am – 11am | Wild Rose Church

Chair Yoga (Member \$36 | Non-Member \$66) Instructor: Gina Komanac

Improve range of motion and learn ways to relax, release and rejuvenate. Options provided for all levels.

- **W02 Mondays Sept 16– Nov 4 (6 Weeks – No Class Sept 30 & Oct 14)** 1pm – 2pm | Wild Rose Church

Photography with Smartphone! (Member \$35 | Non-Member \$65) Instructor: Hamideh Khadem Sohi

Learn how to capture stunning images with your mobile device. From composition techniques to editing tips, she aims to unleash your creativity through mobile photography.

- **W03 Thursday Dec 12** 10am – 12pm | Wild Rose Church

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

Chen Tai Chi & Tai Chi Qi Gong (Member \$64 | Non-Member \$94 per course) Instructor: Adrian Buczek

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.

- **A01 Tuesdays Sept 10 – Nov 26** 10am – 11am | Room 305 – Kerby Centre
- **A02 Thursdays Sept 12 – Nov 28** 2:15pm – 3:15pm | Room 205 – Kerby Centre

Fitness with Dan (Member \$64 | Non-Member \$94) Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.

- **A03 Wednesdays Sept 11 – Nov 27** 10am – 11am | Gym – Kerby Centre

Muscle Strength & Core Balance (Member \$64 | Non-Member \$94) Instructor: Dan Leung

Strong core balance. Various equipment will be used to train muscles associated with activities for daily living.

- **A04 Fridays Sept 13 – Nov 29** 9am – 10am | Gym – Kerby Centre

Stretching & Mobility (Member \$44 | Non-Member \$74 per course) Instructor: Dave Goldenberg

Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

- **A05 Tuesdays Sept 10 – Oct 15 (6 Weeks)** 11:15am – 12:15pm | Room 205 – Kerby Centre
- **A06 Tuesdays Oct 29 – Dec 3 (6 Weeks)** 11:15am – 12:15pm | Room 205 – Kerby Centre

Core Essentials (Member \$64 | Non-Member \$94) Instructor: Navin Jetha

Strengthen your core and enhance overall fitness with foundational exercises!

- **A07 Thursdays Sept 12 – Nov 28** 11am – 12pm | Room 205 – Kerby Centre

Feat to the Beat (Member \$64 | Non-Member \$94) Instructor: Kym Butler

Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.

- **A08 Fridays Sept 13 – Nov 29 (4 Weeks)** 1pm – 2pm | Room 205 – Kerby Centre

Longsword for Seniors (Member \$70 | Non-Member \$100) Instructor: Dave Lawless

ONLY 10 Spots Available! Learn the foundational practices of Historical European Martial Arts including: breathing, balance, footwork, the proper angles for attacks.

- **A09 Wednesdays Sept 25 – Oct 30 (6 Weeks)** 1pm – 2:30pm | Gym – Kerby Centre

Line Dancing (Member: \$64 | Non-Member: \$94 per course) Instructor: Glenis Martin

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

Introductory Beginners

- **A10 Thursdays Sept 12 – Nov 28** 11:30am – 12:30pm | Gym – Kerby Centre

Intermediate Beginners

- **A11 Thursdays Sept 12 – Nov 28** 1pm – 2pm | Gym – Kerby Centre
- **A12 Mondays Sept 9 – Dec 2 (No Class Oct 14)** 1pm – 2pm | Gym – Kerby Centre

<p>Gentle Soulful Yoga (Member \$64 Non-Member \$94) <u>Instructor:</u> Navin Jetha Experience inner peace with Gentle Yoga and Meditation, blending soothing yoga poses with guided meditation for holistic wellness.</p> <ul style="list-style-type: none"> • A13 Thursdays Sept 12 – Nov 28 9:30am – 10:30am Room 205 – Kerby Centre
<p>Chair Yoga (Member \$64 Non-Member \$94) <u>Instructor:</u> Gina Komanac Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.</p> <ul style="list-style-type: none"> • A14 Wednesdays Sept 11 – Nov 27 1:15pm – 2:15pm Room 205 – Kerby Centre
<p>Yoga for You (Member \$64 Non-Member \$94) <u>Instructor:</u> Gina Komanac Learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class.</p> <ul style="list-style-type: none"> • A15 Mondays Sept 9 – Dec 2 (No Class Oct 14) 11:30am – 12:30pm Room 205 – Kerby Centre
<p>Zumba Gold (Member \$64 Non-Member \$94 per course) <u>Instructor:</u> Maaik Seaward A fun, easy-to-follow dance-fitness class with modified, low-impact moves for active older adults or anyone seeking a low-intensity workout. Enjoy invigorating Latin music and rhythms that will uplift you!</p> <ul style="list-style-type: none"> • A16 Tuesdays Sept 10 – Nov 26 10am – 11am Room 205 – Kerby Centre • A17 Thursdays Sept 12 – Nov 28 10am – 11am Gym – Kerby Centre
<p>Circle Dance (Member \$30 Non-Member \$60) <u>Instructor:</u> Jo-Anne Lynd Join Circle Dance to feel the rhythm, experience the joy of boundary-free dance, and connect with a supportive community.</p> <ul style="list-style-type: none"> • A18 Thursdays Oct 10 – Oct 3 1pm – 2pm Room 205 – Kerby Centre
<p>Intro to Baton Twirling (Member \$44 Non-Member \$74) <u>Instructor:</u> Lorraine Meek Learn Baton Twirling Basics! Improve hand-eye coordination, reduce arthritis, and enjoy fun exercises like gripping, tossing, figure 8's, wrist twirls, passes, and finger twirls.</p> <ul style="list-style-type: none"> • A19 Tuesdays Oct 8 – Oct 29 (4 Weeks) 10am – 10:45am Room 205 – Kerby Centre

Art Courses

<p>Arts in the Afternoon: Acrylic (Member \$140 Non-Member: \$170) <u>Instructor:</u> Carol Marasco This fun course is perfect for beginners! Carol will guide you step-by-step to create a finished acrylic painting each week. Learn blending, reflection, depth, brush techniques, and more. All supplies included.</p> <ul style="list-style-type: none"> • B01 Wednesdays Oct 9 – Nov 13 (6 Weeks) 1pm – 3pm Room 313 – Kerby Centre
<p>Arts in the Afternoon: Acrylic (Member \$94 Non-Member: \$124) <u>Instructor:</u> Carol Marasco This fun course is perfect for beginners! Carol will guide you step-by-step to create a finished acrylic painting each week. Learn blending, reflection, depth, brush techniques, and more. All supplies included.</p> <ul style="list-style-type: none"> • B02 Wednesdays Nov 20– Dec 11 (4 Weeks) 1pm – 3pm Room 313 – Kerby Centre
<p>Christmas Theme Wine Glass Decorations! (Member \$35 Non-Member \$65) <u>Instructor:</u> Carol Marasco All supplies are included! Design and decorate your own Wine Glass. All supplies are included. No painting experience necessary!</p> <ul style="list-style-type: none"> • B03 Monday Dec 2 1pm– 3pm Games Room, Kerby Café – Kerby Centre
<p>Drawing (Member \$90 Non-Member: \$120 per course) <u>Instructor:</u> Hamideh Khadem Sohi Build a solid foundation in drawing basics and become the artist you've always dreamed of. Supplies not included.</p> <p><u>Beginner Drawing</u></p> <ul style="list-style-type: none"> • B04 Mondays Sept 9 – Oct 28 (No Class Sept 30 & Oct 14) 1pm – 3pm Room 313 – Kerby Centre <p><u>Intermediate Drawing</u></p> <ul style="list-style-type: none"> • B05 Mondays Nov 4– Dec 9 1pm – 3pm Room 313 – Kerby Centre
<p>Calligraphy for Beginners(Member \$64 Non-Member \$94) <u>Instructor:</u> Renate Worthington Discover how calligraphy pens work (demo pens provided), explore various alphabets, and complete a project. Handouts provided; bring a pencil, eraser, and ruler to the first class. Additional supplies discussed as needed (e.g., paper, marker or nib).</p> <ul style="list-style-type: none"> • B06 Tuesdays Sept 24 – Oct 15 (4 Weeks) 1pm – 3pm Room 305 – Kerby Centre
<p>Beginner Watercolour (Member \$144 Non-Member: \$174 per course) <u>Instructor:</u> Hamideh Khadem Sohi Join us and bring your artistic visions to life with the mesmerizing medium of watercolor. (*Supplies not included.)</p> <ul style="list-style-type: none"> • B07 Thursdays Sept 12 – Oct 17 10am – 3pm Room 108 – Kerby Centre • B08 Thursdays Oct 31 – Dec 5 10am – 3pm Room 108 – Kerby Centre
<p>Advanced Watercolour (Member \$144 Non-Member: \$174 per course) <u>Instructor:</u> Hamideh Khadem Sohi Join us and bring your artistic visions to life with the mesmerizing medium of watercolor. (*Supplies not included.)</p> <ul style="list-style-type: none"> • B09 Fridays Sept 13 – Oct 18 10am – 3pm Room 313 – Kerby Centre • B10 Fridays Nov 1 – Dec 6 10am – 3pm Room 313 – Kerby Centre
<p>Creative Crafts! Fabric Painting Workshop(Member \$35 Non-Member \$65) <u>Instructor:</u> Hamideh Khadem Sohi Unleash your hidden artistic talents in this workshop where you'll create a unique tote bag. Supplies provided: tote bag, brush, and fabric paint.</p> <ul style="list-style-type: none"> • B11 Tuesday Sept 24 1pm – 3pm Room 313 – Kerby Centre
<p>Colour Pencil Painting!(Member \$90 Non-Member \$120) <u>Instructor:</u> Hamideh Khadem Sohi Our instructor offers expert guidance in color theory and technique for creating stunning artwork with color pencils, focusing on both technical skill and creative expression. Supplies not included.</p> <ul style="list-style-type: none"> • B12 Tuesdays Oct 15 – Nov 19 (Weeks) 10am – 12pm Learning Lab – Kerby Centre
<p>Photography with Smartphone! (Member \$35 Non-Member \$65) <u>Instructor:</u> Hamideh Khadem Sohi Learn how to capture stunning images with your mobile device. From composition techniques to editing tips, she aims to unleash your creativity through mobile photography.</p> <ul style="list-style-type: none"> • B13 Tuesday Nov 26 10am – 12pm Learning Lab – Kerby Centre

Chinese Knot (Member: \$35 | Non-Member: \$65) Instructor: Valerie Wu
 Learn to create decorative Chinese knots for gift boxes, wine packages, or even tree decorations with Valerie Wu in this workshop. No prior knotting experience needed. Supplies provided: gift card, gift box, and wrapping paper.

- **B14 Monday Dec 9** 10am – 12pm | Games Room, Kerby Cafe – Kerby Centre

Sketching Workshop! (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi
 Join our Sketching Workshop to explore and develop your artistic confidence and individual expression through technical sketching techniques.

- **B15 Tuesday Dec 10** 10am – 12pm Room 313 – Kerby Centre

Languages

Spanish (Member \$140 | Non-Member \$170 per course) | Instructor: Norah Hutchinson
 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.

Spanish Grammar I – Beginner B16 Mondays Sept 16– Dec 9 (No Class Oct 14) 10am – 12pm Room 311 – Kerby Centre	A comprehensive course for students with no prior knowledge of Spanish. Chapters 1-3 will be covered.
Spanish Grammar II B17 Tuesdays Sept 17 – Dec 3 1pm – 3pm Room 311 – Kerby Centre	A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.
Spanish Grammar III B18 Tuesdays Sept 17 – Dec 3 10am – 12pm Room 311 – Kerby Centre	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.
Spanish Grammar IV B19 Thursdays Sept 19 – Dec 5 1pm – 3pm Room 311 – Kerby Centre	A continuation of Spanish Grammar III. Chapters 10-12 will be covered.
Spanish Grammar V B20 Wednesdays Sept 18 – Dec 4 1pm – 3pm Room 311 – Kerby Centre	A continuation of Spanish Grammar IV. Requirement to finish Grammar IV.
Spanish Conversation II B21 Monday Sept 16 – Dec 9 (No Class Oct 14) 1pm – 3pm Room 311 – Kerby Centre	Advanced Spanish. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.

Beginner French (Member \$90 | Non-Member \$120) Instructor: Chancie Moyo
 This beginner French course will sharpen your listening skills, memory, and French. Just bring your curiosity to improve your conversation skills, build confidence, and enjoy friendly dialogue.

- **B22 Fridays Sept 13 – Nov 29** 10am – 12pm | Room 305 – Kerby Centre

Sing & Play

Singing Circle (Member \$60 | Non-Member \$90) Instructor: Barry Luft
 Join our long-standing Singing Circle! Bring your love of singing to a dynamic group and enjoy well-known songs. Note: no songbooks, lyric sheets, or visual aids, including cell phones. We have a song bag with popular titles to help if memory fails. Experience the joy of community singing!

- **B23 Thursdays Sept 12 – Nov 28** 10:30am – 11:30am | Room 305 – Kerby Centre

Ukulele Beginner Plus (Member \$105 | Non-Member \$135) Instructor: Lorraine Smith
 This ukulele class follows the Beginner course. We'll review strumming and C family chords (I, IV, V, V7) and learn F family chords and the Heart and Soul progression. We'll sing beginner and new songs. Bring a CAPO (advice provided in class).

- **B24 Thursdays Sept 5 – Dec 12 (No Class Oct 10, 17 & 24)** 10am – 11:00am | Room 313 – Kerby Centre

Intermediate Ukulele (Member \$105 | Non-Member \$135) Instructor: Lorraine Smith
 This ukulele class follows the Beginner PLUS course. We'll review strumming, the C and F chord families, I, IV, V, V7, IVm (Am and Dm), and the H&S Progression. Learn the Calypso rhythm and the G, A, and D chord families. Bring a CAPO and prepare to sing and learn with classmates. You'll have the chance to perform solo or in groups.

- **B24 Thursdays Sept 5 – Dec 12 (No Class Oct 10, 17 & 24)** 10am – 11am | Room 313 – Kerby Centre

Ukulele Magic! Intermediate Plus (Member \$105 | Non-Member \$135) Instructor: Myra Maillot
 This course reviews uke-friendly keys and regular strumming patterns for song accompaniment. Topics include calypso strum, uke tablature, and ear training. Prerequisite: Basic intermediate-level course.

- **B26 Wednesdays Sept 11 – Nov 27** 11:15am – 12:15pm | Room 305 – Kerby Centre

Ukulele Magic! Advanced Play & Sing: Strum with Flare – Sing with Authority (Member \$105 | Non-Member \$135)
 Instructor: Barry Luft
 Improve your playing and singing for song accompaniment, including strum variations, finger-picking patterns, and tab reading. Solos, small ensembles, and class "aces" are encouraged. Alumni are always welcome! Prerequisite: High intermediate or advanced course.

- **B27 Wednesdays Sept 11 – Nov 27** 10am – 11am | Room 305 – Kerby Centre

Ukulele Refresher! Returning to the Ukulele (Member \$55 | Non-Member \$85) Instructor: Barry Luft
This course is for those returning to the instrument after a break. We'll review strumming and singing, rekindling your skills and fun!
• **B28 Tuesdays Sept 24 – Oct 29 (6 Weeks)** 10:30am – 11:30am | Room 313 – Kerby Centre

Guitar Basics! (Member \$105 | Non-Member \$135) Instructor: Kaitlyn Southgate
This class will quickly have you playing your guitar and singing old favorites! Perfect for beginners or those needing a refresher, you'll learn basic chords and strumming patterns while singing along. Bring your guitar and an electronic tuner.

Guitar Beginner

• **B29 Thursdays Sept 12 – Nov 28** 12:30pm – 1:30pm | Room 305 – Kerby Centre

Guitar Beginner Level I

• **B30 Thursdays Sept 12 – Nov 28** 1:45pm – 2:45pm | Room 305 – Kerby Centre

Choir at Kerby (Member \$75 | Non-Member \$105) Instructor: Kaitlyn Southgate
While solos or small group performances may be offered, the main focus is on working within a supportive large group setting.
• **B31 Tuesdays Sept 10 – Dec 3 (No Class Sept 24)** 1:15pm – 2:45pm | Room 205 – Kerby Centre

General Interest

Mahjong (Member \$25 Non-Member \$55) Instructor: Swee Wong
Join our three-week introductory workshop to learn the basics and join our Mahjong drop-in group.
• **B32 Mondays Nov 11, 18 & 25** 10:30am – 12:30pm | Room 312 – Kerby Centre

Origami Workshop (Member \$10 | Non-Member \$40) Instructor: Kumiko Sato
Join our Origami Workshop tailored for seniors, offering a delightful and engaging activity that sparks creativity and joy in a relaxed environment.

• **B33 Monday Sept 23** 10am – 11am | Room 108 – Kerby Centre

• **B34 Monday Oct 21** 10am – 11am | Room 108 – Kerby Centre

• **B35 Monday Nov 18** 10am – 11am | Room 108 – Kerby Centre

Pickleball Lessons! (Member \$35 | Non-Member \$65 per course)
Learn the basics, including rules, techniques, and strategies in a supportive environment with experienced volunteer instructors. Whether you want to stay active, meet new friends, or try a new hobby, these lessons are ideal for starting out. Equipment is provided—just bring your enthusiasm and get ready to play!

• **B39 Tuesdays Sept 17 – Oct 8** 10am – 12pm | Gym – Kerby Centre

• **B40 Tuesday Oct 22 – Nov 12** 10am – 12pm | Gym – Kerby Centre

Self Defense Level II (Member: \$30 Non Member: \$60) Instructor: Don Muldoon
Learn simple self-defense techniques effective for anyone, regardless of size or strength. These skills include verbal and physical strategies to create effective diversions and ensure personal safety.

• **B36 Tuesday Sept 24** 10am – 12pm | Room 313 – Kerby Centre

Travel Safety (Member \$30 | Non-Member \$60) Instructor: Don Muldoon
Learn important tips for staying safe while traveling, including what to do in case of an emergency.

• **B37 Tuesday Oct 29** 10am – 12pm | Room 313 – Kerby Centre

Emergency Planning: For Home & Away (Member \$30 | Non-Member \$60) Instructor: Don Muldoon
Understand how to prepare for emergencies, create a plan, and ensure you have the necessary supplies and information.

• **B38 Tuesday Nov 26** 10am – 12pm | Room 313 – Kerby Centre

Digital Skills Training

Using your iPhone (Member \$65 | Non-Member \$95) Instructor: Adrian Ray
Learn how to maximize your smartphone's capabilities in this course. Discover Google Maps for trip planning, photo editing, social networking, and gaming. The course follows a structured curriculum with weekly topics.
• **B41 Wednesdays Sept 11 – Oct 16** 11am – 12:30pm | Room 205 – Kerby Centre

Social Media for Beginners (Member \$65 | Non-Member \$95) Instructor: Adrian Ray
Master social media platforms to stay engaged and nurture relationships. Share photos and videos with loved ones in this structured course with weekly topics.

• **B42 Wednesdays Oct 30 – Dec 4** 11am – 12:30pm | Room 205 – Kerby Centre

Active Aging Online

Course Registration Fall Session

Registration opens **August 6th** for members
and **August 15th** for non-members

Register in person at Kerby Centre in
Room 306 or by phone at 403-462-5080

Online registration and full details at
KerbyCentre23.WildApricot.org



Don't Miss Out!

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

Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up.
HeatherD@UnisonAlberta.com or 403-462-5080

FREE Classes Included with Your Membership

Members Fitness Over 50! FREE with Membership

Join us for a movement, strength, core, and stretch class. Enjoy a warm-up, mild cardio, higher intensity intervals, and a long cool down. We'll use hand weights and household items like stretch bands and towels. All abilities welcome, with options to exercise standing or seated.

- **Z01 Tuesdays Sept 10 – Dec 3** 9:30am – 10:30am | Online

NEW! Members Art Jam for Seniors FREE with Membership

Designed specifically for seniors who want to explore their creative side in a relaxed and supportive environment. No prior art experience is required—everyone is capable of creating beautiful artwork with the materials they have on hand.

- **Z15 Fridays Sept 13 – Nov 29** 9:30am – 10:30am | Online

NEW! Members Gentle Soulful Yoga FREE with Membership

Join our new instructor Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.

- **Z16A Wednesdays Sept 4 – Nov 27** 9am – 10am | Online

Online Classes

Ski Fit IS BACK! (Member \$64 | 2-member household \$102.40 | Non-Member Price \$84 | SASC (Seniors Alpine Ski Club) \$74)

This six-week conditioning course focuses on balance and strength training to prepare you for the hill and keep you fit. Ideal for skiing and all outdoor activities, it's perfect for enthusiasts

- **Z03A Mondays & Thursdays Sept 9 – Oct 24** 11am – 12pm (12 Class Sessions) | Online

Ski Fit IS BACK! (Member \$64 | 2-member household \$102.40 | Non-Member \$84 | SASC (Seniors Alpine Ski Club) \$74)

This six-week conditioning course focuses on balance and strength training to prepare you for the hill and keep you fit. Ideal for skiing and all outdoor activities, it's perfect for enthusiasts

- **Z03B Mondays & Thursdays Nov 4 – Dec 12** 11am – 12pm (12 Class Sessions) | Online

Tai Chi (Member \$64 | Non-Member \$94)

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.

- **Z06 Tuesdays Sept 10 – Dec 3** 1:45 pm – 2:45 pm (12 Class Sessions)

NEW! Journaling 101 (Member \$35 | Non-Member \$65)

Write for yourself. In this class, you'll learn to journal for personal growth, uncover your truth, and find well-being through writing. Expect thought-provoking questions and exercises. By the end, you'll have tools for self-care through writing.

- **Z17A Tuesdays Sept 3 – Oct 8** 11am – 12pm (6 Class Sessions) | Online

Memory Writing (Member \$35 | Non-Member \$65)

With age comes wisdom and stories of adventure, comedy, sadness, family, and love. Writing your memories is a great way to reflect and share your experiences. Join this small group and start your journey.

- **Z14A Wednesdays Sept 11 – Oct 16** 3pm – 4pm (6 Class Sessions) | Online

Functionally Fit (Member \$35 | Non-Member \$65)

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.

- **Z09A Mondays Sept 9 – Oct 21** 1pm – 2pm (6 Class Sessions) | Online

Fitness with Dan (Member \$64 | Non-Member \$95)

Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.

- **Z11 Fridays Sept 13 – Nov 29** 11:30am – 12:30pm (12 Class Sessions) | Online

FREE Online Presentations

A Journey Through Our Solar System

With Patricia Jeffery, Chair. Public education and outreach, Royal Astronomical Society of Canada-Calgary Centre

- **Tuesday, August 20** 10am – 11am | Online

You Are Not Alone: Support to Live as Optimally as you can with a Life-Changing Diagnosis

With Ruth Kohut RN. BSc. MSc., Director, Living with Advanced Illness Centre

- **Wednesday, August 28** 10am – 11am | Online

Myths and Realities: Transitioning gracefully to your Next Stage

With Zoe Agashea & Lisa Falkowski from Next Stage Services

- **Wednesday, September 18** 10am – 11am | Online

PREMIER Crossword

By Frank A. Longo

REGRESSION ANALYSIS

- ACROSS**
- 1 Bourbon brand
 - 8 Belly area
 - 15 Girlfriend, in Genoa
 - 20 Pertaining to the womb
 - 21 Spiced Starbucks selection
 - 22 Autos for test-driving
 - 23 Food, clothes or money [actress Danes]
 - 25 Greek market of old
 - 26 DC-10, e.g.
 - 27 Lariat feature
 - 28 Rushes about wildly
 - 30 Marketed
 - 31 Grain tower
 - 32 Like a skimpy swimsuit [actor Perry]
 - 35 Church area
 - 37 Powders mixed into liquids, e.g.
 - 38 Research ctr.
 - 39 Shoes worn with tutus [designer McCartney]
 - 44 Tenth mo.
 - 46 Perjurer's confession
 - 47 Fork prong
 - 48 Pop singer Rita
 - 49 Mai — (drink)
 - 52 Young morays, say
 - 54 Huge Asian mammal [justice Kagan]
 - 60 Tijuana-to-Vegas dir.
 - 61 Add- — (extras)
 - 63 Olive — (military uniforms)
 - 64 Small lakes
 - 65 — Jima
 - 67 Having supple arms and legs [jazzman Davis]
 - 72 Nuptial vow
 - 73 Moving spryly
 - 75 Smoothly polite
 - 76 Neighbor of TV's Homer
 - 78 Surg. sites
 - 80 Roomy place to house vehicles [actress Jones]
 - 85 Vacation spot
 - 87 Swallowed
 - 88 Little fellow
 - 89 Performs like Ice Cube
 - 91 Initial venture
 - 92 1040 info
 - 93 Small, springy apparatus [director Scorsese]
 - 98 Zenith
 - 101 Almsgiving
 - 103 Othello's false friend
 - 104 Antipollution law [singer Grande]
 - 106 — -Alt-Del
 - 108 Major- — (butler)
 - 112 Gives one's approval
 - 113 Persia, today
 - 114 Showed anew
 - 115 Ellipses

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- DOWN**
- 1 Vaults
 - 2 Writer Calvino
 - 3 Lead or tin
 - 4 "I'm Sorry" singer
 - 5 The Emerald Isle
 - 6 Singer DiFranco
 - 7 Most soft, dry and crumbly
 - 8 "Solid Gold" host Marilyn
 - 9 Breakfast chain, for short
 - 10 Flow barrier
 - 11 Discharge from the military, informally
 - 12 Skater Midori
 - 13 Minks' kin
 - 14 Femme —
 - 15 Modify
 - 16 #1 song, say
 - 17 "The Father" actress Poots
 - 18 Tools for fruit preparation
 - 19 How bedding is often packaged
 - 24 IM chuckle
 - 29 City near Bangalore
 - 31 Booming jet of old, in brief
 - 32 Jazz genre
 - 33 Bitter brew
 - 34 Karel Capek sci-fi play
 - 36 Actor Pascal
 - 37 Floored it
 - 39 Good, in Nice
 - 40 From dusk to dawn
 - 41 Dynamo
 - 42 52, to Flavius
 - 43 Hotel cousin
 - 45 Li'l Abner creator Al
 - 48 Ashley or Mary-Kate
 - 49 Cooked in a clay oven, as naan
 - 50 Neighbor of a Spaniard
 - 51 Part of TGIF
 - 53 NBC skit show, in brief
 - 55 Lazy sort
 - 56 Meyers of "Kate & Allie"
 - 57 "Rambo" site, for short
 - 58 Decline
 - 59 — polloi
 - 62 "What a pity!"
 - 66 Bullfight yell
 - 68 Your and my
 - 69 Droop down
 - 70 Mendes of movies
 - 71 Berlin article
 - 73 — discount
 - 74 Long, thin fish
 - 77 Clear of mist
 - 79 Eye sore
 - 81 High-kicking French dance
 - 82 Dilettantish
 - 83 Long, thin fish
 - 84 Org. enforcing the 104-Across
 - 86 First post-band album, perhaps
 - 90 Vodka brand
 - 92 Marine snail with no shell
 - 93 Cooking wine
 - 94 Lyricist Gershwin
 - 95 Actor Cage, to friends
 - 96 "Addams Family" cousin
 - 97 Compadre
 - 98 Harmony
 - 99 Shamrock, e.g.
 - 100 Threat
 - 102 Guys contracted by the Mafia
 - 105 Bird hangouts
 - 106 Wading bird
 - 107 Tic — (mint)
 - 109 Toothbrush brand
 - 110 Region of China
 - 111 In tune
 - 113 "— Rhythm"
 - 114 Country's McEntire
 - 117 Mo. neighbor
 - 118 Native suffix
 - 119 Tiny objection
 - 120 Space station until 2001



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Seniors scene events

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 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

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 rainbowelderscalgary.ca and on Facebook and Instagram for information about upcoming social events and membership!

Are COVID-19 Tests Available?

The CanTreatCOVID research study at the University of Calgary is happy to provide Covid testing kits at no charge to our community. Pick up your free test kit today at where in the building Unison at Kerby Centre 1133 7 Ave SW, Calgary, AB T2P 1B2

34th Annual Festival of Pins

Celebrating the 100th Anniversary of the RCAF
 Free Admission
 Hosted by the Calgary International Pin Club
 9AM - 5PM, Saturday August 24.
 9AM - 4PM, Sunday August 25
 Royal Canadian Legion Calgary Centennial Branch #285 at 9202 Horton Road SW

Calgary General Hospital; A story of Our Neighbourhood & Calgary

Join us; learn about the evolution of the Calgary General Hospital from its very humble beginnings thru 1998. Share your memories of the hospital and hear about the plans to commemorate it.
 Location : Community Centre - 917 Centre Avenue NE (south entrance)

Dates: September 24 Tuesday 1-3

October 10. Thursday 7-9 pm
 October 23 Wednesday. 1-3
 November 7 Thursday 1-3
 November 21. Thursday 7-9
 December 2. Monday 1-3
 Contact us: cghproject@bracal-gary.org

SUDOKU SOLUTION

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CROSSWORD SOLUTION

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

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

ABC Moving

Specializes in relocating seniors from one place to another. Carpet cleaning & Garbage hauling \$\$ Low rates \$\$

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Donor Impact

Making a Difference



Where do you go when you feel you have nowhere?

Water, food, shelter: these are the three necessities of life.

To be without even one is a terrifying prospect. But to be alone, lost and without anything you need to make it to tomorrow?

Where would you go if you had nowhere?

Rosemary didn't want to go home.

Rosemary lived for nearly two decades with emotional and financial abuse: forced to pay bills and work a second job as a live-in caregiver for her abusers.

When she finally got out, just to go to the hospital for surgery, she realized she couldn't — she wouldn't — ever go back.

That's what she told the social worker, sitting there in her recovery.

Where would she go if she had nowhere?

The Unison Elder Abuse Shelter is place for those who feel that way: those who have the tight grip of a terrible situation beyond comprehension bearing down on all sides. Like a vice.

It's a way out. One more and more seniors sorely need.

It's estimated one in 10 seniors will be the victims of elder abuse in

Alberta.

There are about 715,000 seniors — folks over the age of 65 — in Alberta. If one in 10 will be the victims of elder abuse, that's roughly 71,500 people.

The Unison Elder Abuse shelter has 14 beds.

Moreover, with the current housing crisis, older adults are needing to stay longer in our shelter, as it's harder to find long-term housing.

2023 was the first time we had a client who stayed for over a full year.

But there is hope.

Rosemary, after eight months, has finally got the keys to her new home.

It's a full lease on life. Rosemary is beyond excited about being able to take the reins, having control and agency over what she wants to do, when she wants to do it.

Freedom.

And it's all thanks to the Unison Elder Abuse Shelter.

Where do people go when they have nowhere?

They come here.

And with your donations, we can help more and more seniors take their lives back.

www.unisonalberta.com/donate



unison 50 years 1973-2023
At Kerby Centre

The Heart of Community

Help us bring Older Adults to the Heart of the Community!

\$25

Celebrate Unison at Kerby Centre and Support our Mission to Enrich Seniors' Lives

Get our **exclusive pin for only \$25**, designed by Calgary artist Olga Sem, featuring our signature teal with a golden sparkle!

Purchase a pin today!

Visit UnisonAlberta.com/The-Heart-of-Community or call 403-705-3227

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

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

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

Payment Method: Cheque Visa MasterCard

Credit Card Number _____

Expiry Date _____ CVV _____

Signature _____

Planned Giving - a way to make a 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:

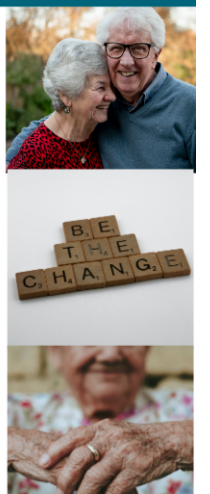
Name _____

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!

1133 - 7 Avenue SW Calgary, Alberta T2P 1B2 | Charitable Registration #11897 9947 RR0001

Donate online at UnisonAlberta.com/Calgary-Donate or call 403.705.3254

