



Happy Holidays from Unison!



The days get darker and longer, but our hearts only get warmer and brighter. Unison is always focused on helping seniors. If you want to know how you can help seniors at this special time of year, check out page 28.

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Attitude - gratitude

Barbara Ellis
Unison News Columnist

Once again, we are fast approaching the end of another year. Time to take a look back and evaluate the good and somewhat ordinary recent happenings in my life. All in all, it has been an average year.

After all, nothing much happens at this stage of life. Yet, I know that I have a lot to be thankful for.

At the beginning of autumn, I drove to Claresholm to meet my niece Colleen for lunch. It was an absolutely beautiful day. I could not have picked a better day for my drive.

The sky was blue, the sun was shining and I even

saw some cranes flying above me in perfect formation. I wish them well on their long journey south.

I turned on the radio and listened to a woman being interviewed about her life in one the poorest countries in Africa. She had recently arrived in Canada and was looking forward to making a fresh start. She told of her struggles as she tried to feed her children and keep them safe.

Her story brought tears to my eyes, and I felt her horror as she recounted walking at night, praying not to run into any soldiers with evil on their mind. As she spoke, it brought back my own family's escape

from our homeland, and how we also traveled at night. I remember creeping slowly through newly harvested fields, trying to be as quiet as we could. While I was just a young girl at the time, I was still aware of the danger. I could tell from my parent's demeanor how anxious and concerned they were. As that tragic interview continued, I recalled what my friend Ulla had said. She reminded me of how much we had to be thankful for.

Ulla let me in on her secret to a contented life. She told me that she begins each day with a thankful heart and a positive attitude. She calls it her "Gratitude Attitude,"

refusing to let negative thoughts enter her mind. I commended her for this but said I was not sure I could do the same.

"Of course you can," she told me, "and all you have to do is remember how lucky we all are to live in a beautiful and peaceful country such as Canada."

Ulla and I have quite a few things in common, and the better we get to know each other, the more this common thread reveals itself. We are both immigrants as our parents made that daunting decision to leave their county of birth and start fresh in Canada.

As I reflect on 2024, I absolutely agree that I am very lucky to live in

Canada, and more than that, to be living in Alberta. This country gave me the opportunity for employment and to make a decent living, which led me to put down roots and eventually becoming a home-owner. As the years passed, I was able to travel and see some of the wonders of our beautiful world. I was able to meet people from other lands and discover that we all aspire for the same things. Health and happiness, peace and a prosperous economy in which to bring up our children. Well, here in Canada, all that was and still is possible.

Almost every night the evening news is full of disasters that people are experiencing around the world. Be it hurricanes, tornados, flash floods, or the wars that are currently being fought, evokes in me a feeling of gratitude.

I am eternally grateful to my parents for the nurturing and support they gave me. Without their advice and encouragement, it is possible that I would not have succeeded as well as I have. Yes, I know that I am one of the fortunate ones.

Even in the great city of Calgary, there are people who are hurting, who do not have a home or a job and probably little hope. Had any of the twist and turns in my life been different, I too might be one of these unfortunate ones.

I have a roof over my head, I am reasonably healthy and happy. What's more, I have not lost any teeth this year. I can check off several boxes in my life's register; home, check; health, check; security, check, I am ready to tackle whatever comes my way in 2025.

Of course there are things I would still like to do, after all, my bucket list still has a few unfulfilled wants in it, but no regrets. I am alone, that is true.

My parents and beautiful sister have passed on, but I have two loving nieces who keep in touch with me and are ready to help should I need it. I also have some wonderful friends both here and overseas with whom I can share many memories.

So, what more could I possibly ask for?

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The fight for food security

On the day that I am writing this, Unison in Medicine Hat and Calgary has a combined membership of 6078 people.

Our team of staff and volunteers provided activities, classes, trips and events for our members this year. Each year in addition to the members

at Veiner Centre and Kerby Centre we provide support or services to about another 15,000 seniors in the two cities.

Most of these older adults cannot afford the yearly cost of our membership, nor can they afford the fee to take a line dancing class, yoga or Spanish.

To other individuals, we deliver Elder Abuse support in both cities. Many of you may know that our elder abuse shelter in Calgary was the first purpose-built elder abuse shelter in North America.

Our founding staff and volunteers had a lot of foresight. Before the pandemic, seniors' food insecurity was not something the Kerby Centre was addressing in Calgary.

Now these programs make up a lot of Unison's activities. Currently, Unison is the only specific Food Bank in Alberta, and we are a member of Food Banks Alberta. This week Food Banks Canada reported that up to 25% of Canadians are living in a state of poverty, while 35% feel worse off financially. Canadians are struggling to keep their heads above water, relying on food banks to survive.

We know this is a problem for a growing number of seniors. In 2019, 6.8% of seniors in Canada were food bank users; this number is growing and now 7.7% of food bank users are seniors.

Over 12,800 seniors accessed our Thrive Food Security programs in 2023 alone and we're expecting that number to rise by about 30% by the end of this year. About 40% of the seniors we see in this program, speak little to no English which can be challenging.

We are fortunate to have volunteers in the program who are able to speak multiple languages to support us.

We operate Meals on Wheels in Medicine Hat, and we know there is a lot of evidence-based research demonstrating that the program is an effective way to help seniors age in place regardless of their income level.

However, Meals on Wheels — when it is provided in a jurisdiction for free or with a subsidy — is also a food security program. Research also indicates that in these cases MOWs act as a nutritional program and improve the health of seniors.

In turn, the program reduces healthcare costs and saves taxpayers money. In Medicine Hat, we offer subsidies to Meals On Wheels clients who qualify.

We provide these subsidies through donations to the program. We would like to offer more subsidies because we know it would be good for seniors, and it would be good for taxpayers. Finally, our staff working in senior support in both cities are hearing similar stories all the more frequently each day.

They are seeing more and more seniors being forced from their homes due to rising rents and cost of living. The wait lists for subsidized senior housing are 6 – 9 months.

We're seeing more seniors who are at risk of being unhoused. We see seniors who are one unexpected expense or bill away from being pushed into poverty.

According to the accounting firm MNP, near-



Larry Mathieson, CEO and President

ly half of Albertans are \$200 or less away from failing to meet all their financial obligations.

Our teams in these programs help seniors apply for housing and government benefits so they can negotiate these challenging times. Donations from individuals certainly support the services we provide, however, most of the services I have described above we would not be possible without the support of donors like you.

We have launched our holiday appeal, and you have likely seen it on our webpage, in your mailbox or email. Most of the donations Unison receives from individuals are sent to us in November or December.

This is a really important time of year for us and how much support we get now impacts the work we are able to do all year long.

Please help us to continue providing support to older adults in Medicine Hat and in Calgary.

DECEMBER 2024

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Contact Rob Locke
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Overcoming financial anxiety

Alberta Securities
Commission

Over the last few years, inflation and the rising cost of living, stagnant wages and seemingly unattainable housing prices have created a perfect storm of financial stress worldwide, including for many Canadians.

These pressures have sparked a growing wave of financial anxiety for many. This has led many to question whether traditional financial advice still applies or if planning for the future is even worthwhile.

But despite these challenges, it's crucial to remember that thoughtful steps and an understanding of how markets work can help you build a more positive outlook toward your finances.

This Financial Literacy Month, consider the theme

“Money on Your Mind: Talk About It!”, and use this month to rethink your relationship with money. Instead of feeling financially nihilistic or overwhelmed, enhance your financial literacy and set clear, achievable goals that will empower you to make confident choices that support your future.

One of the most important basics to understand is how markets behave over time. The saying “what goes up must come down” has a parallel in economics — all markets go through boom-and-bust cycles.

In a free market economy, like ours, the cycles are integral to the system. The downturns or the dips in the market are natural and should be expected throughout your investing journey. Downturns allow the market to self-correct,

adjusting the values of companies and sectors based on financial performance, economic conditions like interest rates and future growth potential.

Although these dips can be unsettling, history shows that downturns are temporary, typically lasting between 12 to 48 months. Ultimately, the free market rewards innovation, patience and strong business fundamentals, eventually leading to new periods of growth.

When thinking of an economic dip, many might recall the dot-com bubble of the 1990s, which wiped out \$5 trillion in Nasdaq value, or the 2008 financial crisis, the most severe downturn since the Great Depression. Yet, these weren't permanent slumps.

The post-downturn markets didn't just recover. The

rebound was significant; within a decade of the 2008 crisis, the S&P 500 returned approximately 450 per cent, including dividends. Recognizing this market resilience can help you stay steady through challenging times and mitigate the urge to rush into emotional, short-term decisions.

In times of financial stress, goals — whether taking a gap year, going on vacation, or buying a home — can feel unattainable. For many, this sense of hopelessness fuels a “nothing to lose” mentality, which can lead people to take on excessive risk or choose investments that don't align with their actual financial goals.

The rise of meme stocks is a recent example of this trend. In 2021, the CEO of the UK's Financial Conduct Authority (FCA) observed

that younger investors increasingly viewed investments as entertainment that drove them to invest in speculative assets with little or no underlying company fundamentals.

To regain control over your finances and create a sense of progress, organizing your financial goals into categories — such as short-term, medium-term, and long-term — can make them feel more achievable. This approach can also help you match each goal with the right investment option, giving you a clear roadmap and reducing the impulse to make emotional choices.

An effective strategy could be to break down long-term goals into smaller, more achievable milestones. With this approach each milestone builds on the last, creating momentum and a structured path toward your larger objectives.

The digital age has transformed how we consume financial information. A Canadian Securities Administrators Investor Index survey found that 53 per cent of Canadians use social media for investment information. Among investors aged 18-24, this number jumps to 82 per cent, with YouTube, Instagram, and TikTok leading the way.

While social media has made access to financial information easier, these platforms are programmed to prioritize content over sound financial analysis.

Algorithms are programmed to act as echo chambers, amplifying users' beliefs by presenting similar content repeatedly. This can lead to biased views or could further feed into existing financial anxieties.

Take time to critically evaluate the credibility and qualifications of the individual offering you financial advice.

Focusing on reliable, unbiased information will help you build a more balanced and nuanced outlook on your financial future. Remember, social media often portrays an idealised version of real life, which can create an unhealthy sense of FOMO (Fear of Missing Out).

Financial Literacy Month is the perfect opportunity to develop a healthy relationship with your money. Starting with the basics and understanding the fundamentals can empower you to shift from financial nihilism to a more confident mindset—understanding that while you may not control the market, you can control your approach to it.



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What exactly is in a will?

Jenna Bever
DD West LLP

Do you know what an Enduring Power of Attorney (EPA) or Personal Directive (PD) is? If the answer is no, you're not alone. These three legal documents make up your Estate Plan. It is important to have an Estate Plan to ensure that your loved ones are taken care of and that the friends, family and charitable organizations most important to you are considered. As the holiday season approaches, and we plan trips to see loved ones and spend quality time together during the holidays it is also important to think about the ways in which we can take care of those we love and have potentially difficult conversations about our wishes and intentions for our property and personal care as we age.

The three Estate Planning documents (Will, EPA and PD) are all important and work together to ensure your interests are protected while alive and allows you to set out your wishes for your property and health care.

While most people have

heard of a Will, not everyone is familiar with the EPA and PD. The biggest difference between these three documents is that the EPA and PD are intended to protect your interests (both financial and health) while still alive, but where cognitive or mobility issues may limit our ability to best care for ourselves. The Will on the other hand is a testamentary document, meaning it only becomes active when we have passed. The Will sets out an executor and lists the intended beneficiaries of property. This article is addressed at Will planning, but it is important to know that a complete estate plan includes all three documents (Will, EPA and PD).

A Last Will and Testament is a testamentary document. Meaning it is meant to set out your wishes for when you've passed. It is arguably the most important tool in your arsenal to help protect your assets, preserve your wishes, and provide for your family, friends and loved ones.

In a Will you will appoint someone to look after the distribution of your assets and ensure your prop-

erty goes where you want it to. This person is called the Executor and is ideally someone you trust, in the same city or province, and who is younger than you are.

In addition to naming the Executor the Will provides the Executor with certain instructions and certain powers and responsibilities when administering your estate. It is important to discuss these elements with a lawyer.

The Will also sets out the beneficiaries, the people you want to receive your assets ie: money, bank accounts, investments, homes and possessions.

There are certain steps that must be taken to ensure a Will is a formal Will pursuant to Alberta Law. It is important to discuss these formalities with a lawyer to ensure that your Will is effective and valid.

If you don't have a Will you are now dependent on provincial legislation which sets out the distribution of your estate and it may be different from what your preference would be. For example, you may have a friend who is very near and dear to your heart, no spouse

and no kids, and only one distant family member in another province who you don't know well or at all. If you pass without a Will your Estate could pass entirely to that distant family member and not your dear friend.

Another example is if you have a child who is an adult but still very young or struggling with an addiction issue or habit. If you pass without a Will that person will inherit your Estate when they may not have the maturity or responsibility to use the funds well. Those funds could then be misused or end up in the hands of creditors. It is often better to have someone appointed, called a trustee, to manage the funds for that adult child.

Yes! A common thing I hear from clients is "I don't have much so what's the point in making a Will?" In addition to being the best way to ensure the people, charities and organizations that are important to you benefit from your Estate, a Will also provides important powers and responsibilities to the named Executor that are often essential to dealing with insurance companies, banks and pension

administrators.

A Will makes it clear what is to happen to your assets (whether you have a large estate or not) and sets out who will administer the Estate (ie: talk to banks, fill in necessary paperwork, talk to funeral homes, talk to accountants and lawyers to file taxes or probate applications and other important administrative tasks).

If there is no Will it is often unclear who will take on such a role and this can lead to a loved one spending time, money and stress trying to administer the Estate. So, having a Will can help those close to you avoid higher costs in administering your Estate.

Jenna Bever is a Wills and Estates lawyer with DD West LLP and she has experience in preparing Estate Plans for clients from all walks and stages of life. Jenna understands that some of her clients have mobility concerns, and she is willing and able to meet clients at their home or a convenient location. She is always happy to speak to members of her community about the importance of Estate Planning.

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Date – Wednesday, Jan 29th
10am-3 pm
Unison at Kerby Centre Lounge

We'll have a delicious light lunch waiting for you too! Space is limited, so RSVP to secure your spot.

Call 403-705-3177 or email marinai@unisonalberta.com

Amanda McCutcheon
Unison News Editor
(Former)

Oh gosh. What a wonderful five years it's been.

As you may have guessed from the title and my byline, some changes are coming to the Unison News.

As of the end of this year, I will no longer be the editor of the newspaper after five years.

You also might have seen that my name has changed - that's entirely unrelated and neither here nor there! So, don't even worry about it. Not the place to discuss that.

Rather I'd like to take this space to thank you.

All of you.
 In my five years here

I've met so many incredible people.

All those who read the newspaper and have told me how much they enjoy it.

All the fantastic volunteers and clients at the Unison Kerby Centre.

The amazing people down at Veiner Centre in Medicine Hat who I had the pleasure to meet.

Of course: every single colleague and employee of Unison, who I'm happy to call friends.

And most of all: the people who are no longer with us; who I'd met at the centre and have since crossed the rainbow bridge.

How lucky am I to have met all of you.

I am not the person I was when I first started here. I have been shaped by the graciousness, the kindness, the love and the friendship offered to me by every single person I've met.

Where am I now? Well, I've moved to Edmonton with my husband to start a new adventure.

But I will never forget the community at Kerby.

I will miss everyone and I will miss doing the newspaper every month!

But we have a new employee, Mel, who's taking over the paper now that I'm gone.

Please extend the same kindness to her as you've done to me. I've met her and I can see no one else better suited to fill these shoes.

I'll be around for one more month: to help Mel, passing the torch on of the newspaper construction.

Nothing would make me happier than hearing from you.

Please: if we've been close or you've enjoyed my writing these past five years, feel free to send me an email to amandam@unisonalberta.com.

I promise: I will answer every single one.

They say that the only constant is change.

But I know that nothing will ever change the memories I've made here at the Unison Kerby Centre.

Thank you all.
 I love you all very dearly.

-Amanda Rose McCutcheon
Editor, Unison News
Friend
Colleague
Family
amandam@unisonalberta.com



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... I say hello! Welcome Mel!

Hi, Unison community! I'm Mel Lefebvre (pronounced Le-fay-vuh), the new Communications Professional here at Unison Kerby. I'm thrilled to be part of such a supportive community, and I can't wait to share all the great things happening here through Unison News and our online channels.

As we head into a new year, I want to express my gratitude to everyone I have met (in person, and virtually) at the unison at Kerby Centre office. My predecessor, Amanda, has been so helpful while I am gathering my bearings for this new role, and the staff have been so

welcoming. Amanda will surely be missed!

I'm settling in here at the Unison office, and I'm also settling into a new life here in Calgary. I'm originally from Montreal, and I have a background in science and journalism. I spent nine years in Lethbridge, being blown away (if you know Lethbridge, yes, that's a pun about the notoriously windy city) by the beauty of Western Canada.

The Rockies are stunning, but honestly, the prairies have a way of stealing my heart.

My passion is sharing stories and connecting people to their community. Life has its ups

and downs, and I believe staying connected is one of the best ways to keep us grounded and happy. Working at Unison will surely use my skills and experiences, because I am inspired by everything this organization works on.

The Adult Day Program has me especially starry-eyed, because a program that helps caregivers is something very

close to my heart. About a decade ago, my mom was working as a full-time social worker in Montreal while caring for my Nana, who lived with her, and she sure could have used some support at that time because she was experiencing serious burnout. Supporting caregivers also supports who they care for, and I hope

I can amplify this and the other programs at

Unison to have you all as excited as I am!

When I'm not at the office, you'll probably find me snapping photos, walking my dog, or hanging out with my family (including our two cats!).

If you're ever at Unison Kerby, I'd love to say hi in person! Get in touch with me at melaniel@unisonalberta.com.



unison
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Members' Christmas Luncheon

You're invited for some holiday cheer to celebrate this special time of year! Fun activity & lunch included!

Tuesday, December 17 | 11:30 am
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Tickets: \$30

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Unison Kerby Centre Woodshop Holiday Fundraiser!



Each holiday season, the Unison Woodshop Volunteers at Kerby Centre create a handmade wood craft to sell. All purchases directly support the repairs, maintenance, and purchase of equipment and supplies for our woodshop. This year's craft is recycled pallet wood trees!

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- 1 for \$20 and 2 for \$30
- Pick up and pay when we call to tell you they are ready!

Protein and colorectal cancer

Bev Betkowski

University of Alberta Folio

In a pilot study, researchers asked patients with colorectal cancer to reach one of two daily levels of dietary protein. The results showed that even though the patients found it difficult to eat quite that much, about half of them maintained or even gained muscle mass by simply eating more protein.

“That’s a big achievement, given the muscle-wasting effects of cancer and chemotherapy,” says professor Carla Prado, a nutrition expert in the Faculty

of Agricultural, Life & Environmental Sciences and principal investigator on the study.

Symptoms of colorectal cancer — the third most diagnosed and second leading cause of cancer-related deaths worldwide — and the treatment itself can cause poor appetite, nausea, diarrhea, constipation and altered taste. Up to half of people with this type of cancer have low muscle mass around the time they are diagnosed, research has shown. Along with that, cancer drives several metabolic changes in the body that cause breakdown of

tissue, especially skeletal muscle.

Loss of muscle mass not only reduces everyday physical function and quality of life, but also increases the risk of complications during treatment and lowers survival rates.

The study, led by Katherine Ford to earn a PhD in nutrition and metabolism, focused on whether patients could feasibly increase their daily protein intake to two grams per kilogram of body weight — double the minimum oncology nutrition recommendation of one gram per kilogram.

Fifty patients with

stages two to four colorectal cancer were divided into two groups and asked to consume protein either at the one gram per kilogram level or encouraged to reach twice that amount.

All of the participants received personalized nutrition counselling from a registered dietitian, who provided meal plans and advice on how to increase protein intake using meat, fish and dairy products, and protein supplements.

The 12-week study, run through the U of A’s Human Nutrition Research Unit, showed that on average, patients in

the higher-protein group managed to increase their daily intake to 1.6 grams per kilogram. Despite not fully reaching the target, this increase in protein was associated with a positive trend in maintaining muscle mass.

Almost 60 per cent of patients in the higher-protein group kept or gained muscle mass compared with 44 per cent of patients in the lower-protein group.

“This suggests that even if it falls short of ambitious targets, increasing protein intake can benefit muscle health for patients with colorectal cancer as they undergo treatment,” says Ford. “Patients described to us how the focus on nutrition — something they had control over and could modify — contributed to their overall well-being.”

The study also showed preliminary findings that higher protein intake was linked with improved physical function, both overall and in the lower body, Ford notes.

However, although patients did eat more protein, reaching the doubled recommendation was challenging, the researchers found.

In a related study, the participants reported that the large amount of food they needed to eat, illness-related lack of appetite and changes to their routines all made it difficult to fully meet the dietary goal.

Though small in scope, the research lays the groundwork to test other methods for assessing the impact of protein intake on muscle mass and physical function in patients with cancer, Ford notes.

The findings also underscore the potential of using nutritional strategies more in cancer care, she adds.

“Typically, only patients with colorectal cancer who have an ostomy after surgery, or significant weight loss, are seen by a dietitian. But the potential is there to optimize nutritional status in patients with cancer.”

“The findings offer hope that with the right support, patients can improve their strength and their outcomes, even in the face of a challenging diagnosis,” adds Prado.



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Looking after your vision

(NC) Even though World Sight Day has passed, it still serves as an important reminder to take another look at an aspect of our health that we often take for granted. Even though eye care and vision loss are not always at the forefront of health-care conversations, here are five common but serious eye conditions that everyone should be aware of.

Beware of the big five:

1. The first is known as age-related macular degeneration (AMD). The macula is the part of the retina at the back of your eye that lets you see directly ahead, and it can deteriorate with age. It is the most common cause of vision loss in people over 60.

2. Next are cataracts. That's when the lens in your eye becomes cloudy, making it hard to see.

3. Glaucoma is caused by damaged eye nerves and can lead to blind spots in your

field of vision or even complete blindness.

4. Diabetic retinopathy, as the name suggests, affects many people who have diabetes. It can affect the blood vessels in the eye and impair vision.

5. Finally, there are a host of injuries to the eye, such as scratches on the cornea, that can reduce your field of vision or lead to blindness.

Prioritize early detection. Did you know that 80 per cent of vision loss is readily treatable and/or preventable? That's why it's never too early to start monitoring eye health. Many conditions that affect vision develop slowly, so having clear baseline measurements is an important way to help eye-care professionals catch problems at the earliest possible stages.

Age is a common factor in many eye conditions. AMD, for example, typically develops when we're 60 or older. But AMD is

also strongly linked to genetics and chronic conditions such as obesity and hypertension. Smoking and eating a diet in saturated fats also increase the likelihood of having AMD.

Geographic atrophy (GA) is another eye disease that's gaining wider recognition. It's a type of advanced dry macular degeneration where the cells in the middle part of the retina – the macula – start to die off. Vision loss begins slowly, and, if left untreated, progresses irreversibly until everyday tasks, and even facial recognition, become extremely difficult.

GA mostly affects older adults, but early detection is possible thanks to new scanning technology. So, get your eyes checked regularly, and if you notice any blind spots in the middle of your field of vision, contact your eye-care professional immediately.

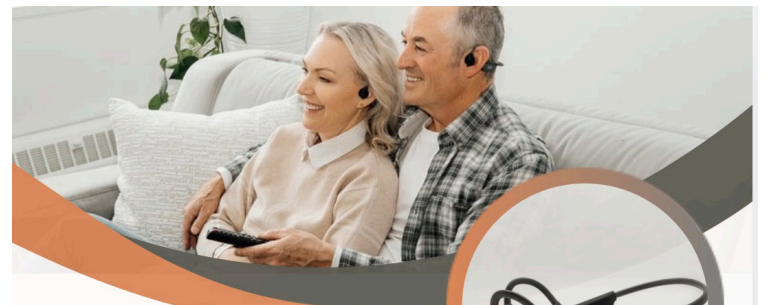


Happy Holidays!

Closure Alert

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December heralds the start of winter, hosting the shortest day of the year, and the rise, away from the horizon, of the midday sun. It also is the beginning of the three-month period that typically has coldest weather in the Calgary area.

Short days, with the sun remaining low to the horizon, and freezing temperatures, makes foraging an urgent task for birds.

Seed heads and berries in gardens become important food sources for these feathered friends. Shrubs and evergreens provide shelter from the elements, especially on snowy or windy days.

Chickadees are one of the birds that are year-round inhabitants of our yards. They are

such cheery critters to watch in the winter garden. These seed eaters will happily eat at bird feeders, so putting one out now will help them thrive through the winter.

I enjoy watching birds and have bird feeders in my garden all the time, but I am especially mindful of filling them during the winter. I try to fill feeders in the morning to provide the longest foraging period. If deer come visit the feeders, they typically do it at night.

The feeder in my garden, filled with chipped sunflower seeds, is the chickadees and nuthatches favourite. It is a screen style feeder that is enclosed in a cage, and is marketed as squirrel proof..

However, the native red squirrels are small enough to readily hop through the cage grid and use the floor of the

cage as a comfortable place to sit while eating and collecting seeds.

The larger grey squirrels tend to hang off the cage and reach in to snatch seeds. While the cage does not prevent squirrels from getting seed, it does inhibit the larger ones.

The real benefit of the cage is limiting how much the deer take at night. Uncaged, the deer will clear this feeder out in one visit. Caged, the deer will shake seeds out, but between the birds, squirrels, and deer visits, refilling is typically a once-a-week task.

Chipped sunflower seed is pricy but, come spring, little cleanup is required. I just rake the area under the feeder to mix any leavings into the soil and it's done. There are no shells to clean up and no sprouts to weed.



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Volunteers Needed! Kerby Café Volunteer

Join our Kerby Café team as a Volunteer, handling cash transactions or assisting with dishwashing as needed. This position is ideal for someone with strong customer service skills and the ability to thrive under stress. Previous restaurant experience is a plus but not required.
Available Shift: Tuesday 10am – 2pm

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

At this time of year, I also like to make decorations that are bird feeders. They can be fun activities to do with young children.

Small clay garden pots, mounted on sticks, filled with a blend of wild bird seeds and vegetable shortening, lard, tallow, or peanut butter, mixed to a playdough consistency, make a nice decorative feeder that can be placed in doorstep arrangements or even a snowbank.

Pinecones and blue spruce cones can be filled with this mixture and hung from branches. There are recipes available to make seed wreaths for birds. The wreaths need more material and time to set but are pretty.

Place these homemade feeders where they can be seen from a window, to watch which birds enjoy the treats.

Attracting birds to the winter garden is planning for spring. Did you know that chick-a-dees need to feed their hatchlings insects?

The poplars next to my house host an abundance of mite galls. All

winter long and in the spring chick-a-dees can be seen pecking at the galls to eat the host inside.

While many gardeners were concerned about aphids this past summer, my garden had few and I give some credit to the birds that visit.

So, if you're looking for a great winter gift for gardeners, consider a bird feeder. Select one that limits squirrel and deer feeding. Birds can be messy eaters, pitching less favoured seeds to the ground as they seek preferred ones.

This may make spring cleanup a big chore, so evaluate the pros and cons of the seed you are considering using.

And, as gardeners, plan to grow plants that keep their fruit and seed heads into the winter to be winter forage for birds such as coneflowers, gaillardia, blue oat grass, rocky mountain fescue, sunflowers, and snowberry—and save garden cleanup for spring.



Seniors Supports

Staff from **Service Canada** will be at Kerby Centre on **December 13th, 9am – 12pm** to assist seniors in:

- Signing up for the Canadian Dental Care Plan.
- Answer questions on Federal benefits.

Staff from **CRA** will be at Kerby Centre on **December 10th and December 17th, 9am – 3pm:**

- Printing T-slips.
- Printing notice of assessments.
- Answering questions on benefits and credits.



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Kerby Café will be **closed Monday, December 23rd** for a deep clean. We are **closed for the Holidays** - Tuesday, December 24th and reopening on Thursday, January 2nd, 2025.

December 2nd to December 6th, 2024
Special: Ham Dinner includes Maple Butter Glazed Ham, Roasted potatoes, carrots and dinner roll (\$12.00)
Soup of the week: Split Pea Soup

December 9th to December 13th, 2024
Special: Fish and Chips with a side of Coleslaw and homemade tartar sauce (\$12.00)
Soup of the week: Tomato Soup

December 16th to December 20th, 2024
Special: Turkey Dinner includes Turkey, Mashed Potatoes, Stuffing, Vegetables, Homestyle Gravy and Dinner Roll (\$14.00)
Soup of the week: Butternut Squash Soup

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Factors behind vaccine hesitancy

Adrianna MacPherson
University of Alberta
Folio

Researchers at the University of Alberta looked at conversations between pharmacists and patients before and after an educational intervention to find out why some people refuse recommended pneumococcal vaccines and how pharmacists can help with vaccination uptake.

“Knowing why individuals choose to receive vaccines or not can be really important in terms of being able to meet patients where they’re at and provide them with the best possible information to make an informed decision,” says Danielle Nagy, a PhD student in the Faculty of Pharmacy and Pharmaceutical Sciences and co-author of a study exploring reasons for

pneumococcal vaccine refusal.

The pneumococcal vaccine is recommended for all adults over 65 due to the health consequences pneumococcal infections can have on older adults. But only 58 per cent of Canadians in this range have been vaccinated, far short of the Public Health Agency of Canada’s 80 per cent target.

Pharmacists play a key role in providing vaccinations because they are accessible in communities and have a broad scope of practice. And previous studies have shown that pharmacist intervention can improve vaccination uptake among patients. The missing piece, says Nagy, is more knowledge about why certain eligible people opt out of the pneumococcal vaccination.

In the study — part of an ongoing research

project to develop and test an intervention program aimed at improving pneumococcal vaccine uptake that can be easily adopted into community pharmacies — researchers tested the influence of an educational intervention designed to enhance pharmacists’ knowledge and ability to promote the vaccine. They found that patients cited different reasons for refusing the vaccine before and after the intervention, indicating that the patient-pharmacist conversations became more effective at addressing various factors behind vaccine hesitancy.

“Vaccination and immunization is a huge role we play in the public health sphere,” says Darius Ramrattan, an undergraduate student who was involved in the study as part of his community pharmacy placement. “As

someone on the front lines right now, I can see the impact of work like this in pharmacies.”

Participating pharmacies received a toolkit with an educational video Nagy created, key points addressing some of the common concerns patients expressed, and documentation templates to ease the administrative burden on the pharmacists. Due to the variety of pneumococcal vaccines available, the toolkits also included a decision tree to help pharmacists identify the most suitable vaccine for each patient.

“With the decision tree, the pharmacist can say, ‘Here’s the person sitting in front of me. Based on what I’ve collected from them, these are the specific vaccines we’re going to recommend and here are the strengths and weaknesses of each,’” explains

professor Scot Simpson, Endowed Chair in Patient Health Management and principal investigator on the study.

“We really wanted a comprehensive toolkit that could be implemented across the province in a variety of community pharmacy settings,” adds Nagy.

Researchers analyzed 656 conversations between pharmacists and patients at 13 pharmacies across Alberta to test the efficacy of the toolkit and identify any common factors for refusal that pharmacists could address in their conversations.

The three primary reasons for refusal that pharmacists noted from their conversations with patients were due to lack of perceived benefit, cost, and lack of time or the need for more time to think about the decision.

Vaccination refusal due to lack of perceived benefit declined significantly, from 9.4 per cent to 4.7 per cent.

“It really reiterates the importance of pharmacists in health promotion, especially with respect to administering vaccines and providing that education to patients,” says Nagy. “And it highlights that these conversations we have with patients really can influence an individual’s decision.”

Refusal due to cost increased after the educational intervention, but the researchers explain this is because patients became more aware of all the vaccination options available to them, as some variations of the pneumococcal vaccination are out-of-pocket expenses at the pharmacy but free in other health-care settings. These patients may have gone on to receive a vaccination, just not in the pharmacy.

“For the main project this study is part of, we used provincial immunization records so it doesn’t matter where the person got the vaccine, we’ll be able to identify that they received it.”

To address refusal due to lack of time, the toolkit encouraged pharmacists to take a proactive approach, identifying and contacting patients who would benefit from the vaccination. “That way, people coming in would have prepared to spend more time interacting with the pharmacist,” says Simpson.

Next steps involve rolling out the toolkits in 40 to 50 additional pharmacies to prove the educational intervention is effective on a larger scale. The researchers also note there may be opportunities to expand the concept to target other recommended vaccinations with the aim of increasing uptake.



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Radon Dangers

(NC) According to Statistics Canada, there are nearly 250,000 new cancer cases diagnosed every year and almost 90,000 Canadians die from it every year. While many cancers are hereditary, there are a number of other factors that can increase your risk of developing the Big C. Here are four ways to reduce your risk.

Quit smoking

This first one should be a no-brainer. But nicotine addiction is a powerful

habit many struggle to quit. Quitting starts with having a plan. This can include being aware of the things that trigger your cravings and figuring out how to avoid them, progressively cutting back on the number of cigarettes you use daily and using cessation aids such as nicotine gums or patches.

If you do smoke, do it outdoors so you don't impact the indoor air-quality of your home and put your family members at risk of second-hand smoke.

Get checked

Depending on your age and other factors, such as a family history of cancer, there are several cancer screening programs available. Taking part in routine screenings as recommended by your health-care provider will help ensure cancer is detected in earlier stages when it is usually much easier to treat. Common cancer screenings include mammograms for breast cancer, the PSA test for prostate cancer and a colonoscopy to look for pre-cancerous polyps or colorectal cancer.

Practice safe woodworking

Whether you're a con-

tractor who regularly cuts lumber on the job, or a woodworking hobbyist, you should be aware of the risks airborne sawdust poses to your health. Beyond eye and throat irritation, wood dust is a known carcinogen linked to nasal, throat and lung cancers, among others. Whenever possible, use a dust collection system when cutting with power tools. You should also wear a fitted dusk mask to avoid inhaling airborne particles.

Test your home for radon

Radon is an invisible, naturally occurring radioactive gas that seeps up from the soil. In enclosed spaces,

such as your home, it can build up to dangerous levels. It's the number one cause of lung cancer in non-smokers and causes over 3,000 deaths in Canada every year. All homes have some level of radon. The only way to know if you have a problem is to test for it. You can buy a DIY testing kit online or hire a certified radon expert to conduct the test for you. If elevated levels are detected, there are relatively easy and affordable ways to fix it.

Find radon testing kits and info on professional remediation services at takeactiononradon.ca.

unison At Kerby Centre		DECEMBER 2024			Community Bread Markets for older adults & seniors 50+	
Monday	Tuesday	Wednesday	Thursday	Friday		
2	3	4 1:30 pm - 3:00 pm Bread Market Northminster United Church @ Highland Park	5	6		
9	10 11:00 am - 12:00 pm Bread Market Parkdale Nifty Fifties	11 1:00 pm - 3:00 pm Bread Market Carya Village Commons	12 10:30 am - 12:00 pm Bread Market Knox Presbyterian Church	13		
16	17	18	19 11:00 am - 12:00 pm Bread Market Bow Cliff Seniors 50+	20		
23	24 Unison at Kerby Centre Closed (until Jan. 2) Christmas Eve	25 Christmas Day	26 Boxing Day	27		
30	31 New Years Eve	Jan. 1 New Years Day	Jan. 2 Unison at Kerby Centre Open	Jan. 3		

Community Bread Market Locations for older adults & seniors 50+



Parkdale Nifty Fifty Association
403-283-0620
3512 5 Ave NW, Calgary

Carya Village Commons
403-536-6558
610 8th Ave SE, Calgary

Bow Cliff Seniors 50+
403-246-0390
3375 Spruce Dr SW, Calgary

For more information, contact our Thrive Coordinator at Unison at Kerby Centre
403-705-3222
1133 7th Ave SW, Calgary

Knox Presbyterian Church
403-242-1808
3704 37 Street SW, Calgary

Northminster United Church @ Highland Park Community Association
403-277-0322
3716 - 2 Street NW, Calgary

Confederation Park 55+ Activity Centre @ Triwood Community Centre
403-289-4780
2244 Chicoutimi Dr NW, Calgary

DECEMBER 2024



THE PEOPLE AROUND US

PART V



Group of Seven painting in McMichael Gallery

Jerry Cvach
Story and submitted photos

In this series the author has written in paragraphs about daily events and encounters with the people around him, getting acquainted with the new country, interacting with the people in the streets, stores, and the public, at work, or in social settings. Most are serendipitous. Many are gained when one had expected something else.

As life unfolds we gain experience often in an easy, even entertaining way; with the passing of years, it becomes known as the wisdom of the aged.

But over and above "Carpe Diem", there should be more to life, time for leisure and enjoyment. Later, if we have retained enough energy and eagerness to observe and learn, the scale will tip slowly to the things more pleasurable like hobbies, enter-

tainment, travel and others that can be summed up as intellectual and artistic living encapsulated under the term "arts and artists". The challenge is that the artists are a slippery group of individuals who like to live on their terms.

Arts and artists

Several years ago, we took a winery tour in Napa Valley, California. After a short walk through the production facilities, we ended up in the tasting area. In my mind, the wine industry, and its very culture has always been associated with snobbery.

Subsequently, I braced myself for being lectured about appearances, clarity, aromas, bouquets, tastes and aftertastes, etc., etc. plus all the other stuff in the way of just simple enjoyment of having a glass of wine with my meal.

On TV I once saw a clip showing professional tasters raising glasses against light to study the wine's clarity and sparkle, sniffing it, then sipping and chewing it as if they just bit off a piece of bread too big to swallow, and then spitting it all out into a spittoon. What a bloody waste of good stuff, by the way! They looked knowledgeable, and dead serious while shaking heads and taking notes. All this exuded an offish aura defined by the word - expensive.

But this time I was wrong. Our guide opened the presentation by saying that he is often asked what a good wine is. "The answer is, the wine you like, and leave the rest to the experts and wine traders."

It was a lesson in unpretentiousness, rejection of snobbishness, political correctness and other irritants that haunt not only the world of

winemaking but pretty well everything else these days.

On the edge of Toronto lies a lovely little village called Kleinburg, Not long ago it was an independent place separated from the megalopolis by open fields. It is known for its rich history and cultural attractions, including the great McMichael Canadian Art Collection.

The community is easygoing and beautifully positioned in an undulating terrain by the river. With its charming heritage buildings, boutique shops, and nature trails through the nearby ravine, Kleinburg offers a perfect blend of art, history, and natural beauty.

It was also the home of Pierre Berton, Canada's most popular historian. His best-known work - The National Dream is about the building of the Canadian Pacific Railroad. I am not a big fan of books full of dates, references, and copies of documents so I was pleased to learn later that he was a cat lover who wrote short stories as well - Cats I have known and loved.

He turned out to be a whimsical versatile writer rather than just a dry historian covered in dust.

Kleinburg is also where the McMichael Canadian Art Collection of the Group of Seven Painters is. In my mind, it is on par with or bigger than what can be seen in the National Gallery or in the Ontario Art Gallery.

I have been an art lover since my boyhood. My parents' big flat was full of Czech impressionists' works, hanging on walls in two rows. In subsequent decades

I visited many famous galleries and can attest that the Group's plus Emily Carr and Tom Thompson's paintings can hold their own with the rest of the world.

A business colleague of mine, a brilliant man from Vernon BC, is the leading expert in his profession, recognized and revered amongst his peers country-wide. Being as involved in the industry and occupied by his professional duties, he has little time left over for anything else.

Attending a conference in Toronto together we had a day to spare. I mentioned I would visit Kleinburg and the gallery there, and described its significance. He had no plans and had never been to an art exhibition before so he went along.

I could see right away he was neither interested nor impressed by what he saw, but too polite to grumble.

I tried to educate him, hoping that having knowledge would help him appreciate the masterpieces on display. I explained the value of sketching, making studies, principles of compositions, and painting techniques, interspersed with art history and exhorting the quality of the works. He endured my preaching stoically.

After we left and were on our way to a restaurant he said that he appreciated my effort to make him into an art connoisseur, but the three-hour visit and the lectures did not change what kind of paintings he liked. At that very moment, we passed a shop window displaying a portrait of a buxom young Roma girl, painted in vivid colours on velvet. He pointed at it and said he still preferred these paintings

A few years back I took my daughter to her birth country to experience the traditional Christmas. I also insisted that we go to see an opera, the staple of entertainment in Europe.

Over her protestations, I took her to the much-revered National Theater to see Bedřich Smetana's masterpiece *Prodaná Nevěsta* (The Bartered Bride). Its folksy music performed orchestrally is a pleasure to listen to, the lyrics are witty and full of traditional truths. It is not just any opera but the one that is imprinted onto the psyche of all Czechs.

The poor child suffered horribly until the third act in which the circus arrives in the village and there is a short musical interlude called the Dance of Comedians. When the orchestra struck the first few bars she perked up, turned to me and exhorted "Hey, Dad, the road runner and the coyote theme!"

And so thanks to Warner Brothers' Looney Tunes cartoon series at least for a fleeting moment woke in her an interest in opera.

In the 1990s, as a hobby in my retirement, I was making 24-inch marionettes. They had a full range of movement when properly handled from above by the means of nine basic strings. I sold them as individual toys or souvenirs rather than to perform plays with.

The arts and crafts store selling my stuff put them into the shop window to attract shoppers. They were the most unique pieces sold on Banff Avenue. Still, I did not think they expected them to sell well.

But the reaction



was pretty well immediate. For example, the puppet of a monk was wearing an ankle-long habit. The minute it was installed in the window, two boys were already kneeling on the sidewalk trying to see if it was wearing underwear.

Marionettes are lifeless, but at the same time, they are miniature people that can move, have a human quality and are cuddly even if some of them can be personifications of bad characters.

Another one, Waldemar the Devil also soon attracted an admirer. Yet he hesitated to purchase it. He would come, ask permission to play with it, then would hang it back up again, and leave. This happened several times.

Then one day, the man showed up, strode purposefully to the cashier and bought it. While wrapping it the clerk wanted to know why he took so long to buy it.

"You see, I am a preacher. I liked the puppet as it was well-made and cuddly. But then, he was a devil, you understand? Then the last night I looked around my apartment and realized that all my décor and knick-

knacks are things or creatures that are part of the Bible. And then, I realized, hey the devil is in the Bible, so here I am"

Freddy the Grim Reaper stirred up emotions of a different kind. When it was being sold the buyer asked permission to use the phone and call me. She said, "Your puppets are made with love. I know that you must find it hard to part with them. So I want you to know I'll give Freddy a good home".

She left her phone number for me if I ever wanted to visit with him.

But with the arts and artists, one will sooner or later run into elitism.

The operatic tenor Plácido Domingo wrote: "I do not believe that in fifty years the average human ear will have developed the ability to become familiar with the sort of music that most composers have been creating during the past generation or two. It is music for specialists.

If that is what they want to produce, well and good, but they are fooling themselves if they believe that the

public that wants to hear Bach, Schubert, Verdi, and Stravinsky will ever be able to cope with today's academic music".

I agree. Modern artists believe that the role of the arts is to be ahead of the crowds and be an avant-garde that pulls the masses with them. They argue that today's most recognized masters are the people who in their time were ridiculed, disregarded and unable to sell a thing, but the masses by now intellectually caught up with them.

But one wonders if it was only time that removed the chaff from the grain but it was still inherently good; and how long one has to wait before that happens. Nobody knows.

On November 5th, 2024 in the evening I was editing this article, watching the 2024 US elections on TV and also on my laptop the 10-minute highlight clip of the just completed hockey match between Montreal Canadian and Calgary Flames.

When the hockey clip was finished, my HP laptop, on its own volition, switched to Beethoven's

Symphony No. 6 "Pastoral".

I did not plan to I listened to the whole 43 minutes and 20 seconds of it but did not switch it off. In the meantime the TV kept running in the background, muted, with some early election results showing, the commentators just mouthing their words.

The 6th has 5 movements: Awakening of cheerful feeling upon arriving in the country; Scene by the brook; Merry gathering of country folk; Thunderstorm and the finale Shepherd's song. It transits from fleeting placidity to the storm brewing, then raging and eventually abating. Returning mellow melodies including the bird chirping restore peace and harmony.

I suddenly realized that the true art, in this case Ludwig van Beethoven's is still, "around us" after 200 years. It reminded me about the timelessness of the human spirit and the mastery of arts assures that the world will keep on going; regardless of who will be elected on this particular night, and that after their terms expire the putative leaders of today will be long gone.

Medicine Hat

Christmas is coming to Veiner!

Christmas is coming and it is the season of giving. This can be the happiest time of the year for many but can also be a challenging time for some. As everyone else is celebrating time with family and friends, it can be a struggle for those who are alone, have lost someone recently or are far away from family and friends.

Unison at Veiner Centre wants to make this time of year enjoyable for everyone. And there are a couple of ways we can do that. The first is to invite anyone 50+ to join us in celebration and collaboration at the Centre. You can come down and enjoy company while participating in a variety of activities available. Meet a new friend, catch up with an old friend, and enjoy a delicious home cooked meal at the Bistro.

For the month of December, we are hosting some extraordinary events

to encourage our 50+ friends to come down. Starting on December 4, 2024, at 2:00PM, we are showing “Jingle All the Way,” complete with movie style popcorn.

On the evening of Dec. 4, we are hosting an appetizer special for supper for just \$15.00. We are hosting a Christmas Craft Sale at the Strathcona Centre on December 6 from 10:00AM-4:00PM, so come down and do some Christmas shopping, and while you are here, pop over to the Bistro for our roast beef lunch and take a look at the beautiful handmade Christmas cards available for sale. If you cannot make it that day, please join us on December 13, 2024, for our Christmas turkey lunch. I heard a rumour Santa may come and surprise us that day.

If New Year’s celebrations are more your style, make sure you get your

ticket for our New Years Eve celebration on December 31, 2024. Tickets are \$20, doors open at 7:30 P.M. with a light lunch served at 10:00P.M. Come dance the night away with music by The Dance Man and enjoy a glass of Champagne at midnight to bring in 2025.

And finally, if you can support some of our more vulnerable older adults, please find it in your heart to donate to our “Hope for the Holidays” campaign at Unison at Veiner Centre to help support the various services we offer to ensure these individuals have their needs met.

These funds will support programs like Meals

on Wheels, Veiner Vintage Transport, Elder Abuse case Management, Senior Supports.

Giving Tuesday is Tuesday, Dec 3, 2024 and the perfect opportunity to support Older Adults in our community. Remember, any donation anytime, that is over \$20.00 will receive a charitable tax receipt. We also have our “Stockings For Seniors” initiative running until December 13, 2024. If you want to drop off some gifts for older adults in our community, we will be stuffing 500 stockings with donated items and delivering them to seniors’ homes.

We also have a very special 50th Anniversary calen-

dar available for sale at Unison at Veiner Centre featuring the unique and beautiful art work by our own local artist Michele Winger.

Thirteen magnificent watercolors of local landmarks in Medicine Hat. This fundraiser kicks off an exciting upcoming year. The 50th Anniversary of the Viener Centre operating in Medicine Hat.

Come and get your own unique calendar for \$25.00 and purchase an extra to for a friend or family member. Help Unison at Veiner Centre celebrate all the older adults in Medicine Hat, the Christmas season, and our 50th Anniversary.

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

STUFF A STOCKING
FOR FINANCIALLY VULNERABLE SENIORS IN MEDICINE HAT

Stocking Stuffer Ideas:

- Socks
- Mittens
- Warm hat
- Coffee, tea, hot chocolate
- Personal hygiene items
- Holiday treats
- Books (big print)
- Games, cards

Please indicate gender for stocking

We supply the stockings!

DONATE by DEC. 13TH

Drop off:
Unison at Veiner Centre
225 Woodman Ave SE, Medicine Hat

Our goal
500 stockings

*** Volunteer drivers are delivering the stockings so easy to carry sizes are appreciated. ***

Medicine Hat Veiner Activities

What's Happening in December

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
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	Duplicate Bridge North MP 12:45pm
Canasta South MP 12:30pm	Duplicate Bridge North MP 12:45pm	Veiner Centre Choir 10am	Euchre North MP 1pm	Kaiser Club Dining Room 1pm
Euchre North MP 1pm	Crib South MP 1pm & 6:30pm	Duplicate Bridge South MP 12:30pm	Shuffleboard Games Room 1pm	Mexican Train Dominoes South MP 1pm
Shuffleboard Games Room 1pm	Bridge North MP 6pm	Hearts Dining Room 1pm	BINGO Boardroom 2pm	Stitch & Laugh Boardroom 1pm
	Board Games Dining Room 6:30pm	Scrabble North MP 1pm	Duplicate Bridge North MP 6pm	
		Pinochle North MP 1pm	Norwegian Whist South MP 6:30pm	
		Bridge Lessons South MP 3:30pm		

Presentations & Events

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

December 3

Ask a Financial Advisor–Craig Elder, RBC Dominion Securities
10am – 12pm | Registration Required | Boardroom

December 3

Book Review Crew
1pm – 2pm | Dining Room

December 3

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

December 6 – 8

Scrapbooking Fanatics
Starting at 4:30pm on the 6th | Registration Required

December 10

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

December 12

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

December 17

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

December 17

Bridges Grandparents Group
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

December 18

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

December 19

Dementia Support Group
9:30am – 12pm | Boardroom | Register by calling 403-528-2700

Wellness Wednesdays

December 4 | Movie Matinee “Jingle All the Way” | Boardroom | 2pm – 4pm

December 18 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

December 18 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

Looking Forward

Steady Moves Education & Exercise Series

Jan 9 – Feb 27 | Thursdays | 1pm – 2:30pm
Craft Room | Registration Required

Please note the Veiner Centre will be closed from December 20 – January 1.
We will reopen January 2 at 9am.

Supporting the Veiner Centre

Stocking for Seniors

November 1 – December 13
Pick up a tag & stocking at the Veiner Centre

Veiner Centre Calendars

Original artwork created Michele Winger
\$25 per calendar
Pick up at the Veiner Centre Reception Desk

Active Aging Spotlight

Strathcona Craft Sale

December 6 | 10am – 4pm | Strathcona Centre
Cash Only

Fall Prevention Presentation

December 11 | 1pm – 3:15pm | Boardroom
2-part presentation with AHS and Adapt Mobility

Medicine Hat Strathcona Activities

What's Happening in December

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

Mondays

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

Tuesdays

Fun & Fitness | 9am & 10am
 Solid Gold Fitness | 11:45am
 Pickleball -Skills & Drills | 11am
 Pickleball -Beginner | 12:35pm
 Floor Curling | 2pm
 All Levels Group Fitness - 4pm
 Yang Short Form | 7pm
 Chen Style Short Form | 7:30pm
 Fan Form | 8:15pm

Wednesdays

Absolute Beginner Line Dancing | 8:30 am
 Beginner Line Dancing | 9am
 Table Tennis | 10am
 Qigong & Chair Yoga | 12pm
 Pickleball Intermediate | 1pm
 Pickleball Advance | 3pm
 All Levels Group Fitness - 4pm
 Weapons Form | 7pm

Thursdays

Fun & Fitness | 9am & 10am
 Beginner Pickleball | 11am
 Floor Curling | 1:30pm

Fridays

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

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

Sept 16 - Dec 16 | Mondays | 9am-9:45am | FREE

Chair Yoga & More

Oct 28 - Dec 16 | Mondays | No Class Nov 11
 12pm - 12:45pm & 4pm - 4:45pm
 Members: \$49 | Non-Member: \$70

Fun & Fitness

Nov 5 - Dec 19 | Tuesdays & Thursdays
 9am - 9:55am & 10am - 10:55am
 Members: \$70 | Non-Member: \$105

All Levels Group Fitness *NEW*

Jan 14 - Mar 6 | Tuesdays & Thursdays
 4pm - 4:50pm | M: \$112 | NonM: \$160

Solid Gold Fitness

Oct 29 - Dec 17 | Tuesdays | 11:45am - 12:30pm
 M: \$56 Non-Member: \$80

Absolute Beginner Line Dancing

Sept 19 - Dec 18 | Wednesdays |
 8:30am - 9am | FREE

Beginner Line Dancing

Sept 19 - Dec 18 | Wednesdays
 9am - 9:45am | FREE

Qigong & Chair Yoga

Oct 30 - Dec 18 | Wednesdays | 12pm - 1pm
 M: \$56 Non-Member: \$80

Hatha Yoga

12:00pm - 1:00pm | Friday's | No Class Nov 8 & Dec 6
 Nov 1 - Dec 20 | Members: \$42 | Non-Member: \$60

Tai Chi Fitness Classes

Yang Short Form

Sept 16 - Dec 3 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Sept 16 - Dec 2 | Mondays | 8pm - 9pm

Chen Style Short Form

Sept 17 - Dec 3 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Sept 17 - Dec 3 | Tuesdays | 8:15pm - 9pm

Weapons Form

Sept 18 - Dec 4 | Wednesdays | 7pm - 9pm
 Must have completed Yang or Chen form before registering for this class. No exceptions

Walking Soccer moved to January!

January 11 - February 22

10am - 11am | Strathcona Centre | Registration Required

Fitness Orientation is Back!

1st Saturday of Every Month

9am - 11am

Fitness Room at Strathcona | Drop in Only

Please note the Strathcona Centre will be closed from December 21 - January 1. We will reopen January 2 at 9am.

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, please call (403) 529-8307 or visit us at Veiner Center

Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at [UnisonAlberta.com/Active-Aging-Calgary](https://www.unisonalberta.com/Active-Aging-Calgary)

Weekly In-person Activities at Unison at Kerby Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Badminton (\$3) 1 court only Gym 10am – 12pm</p> <p>Meditation Monday (\$3) Room 317 10am – 10:45am</p> <p>Mahjong (\$2) Room 312 10:30am – 12:30pm</p> <p>Live Well Be Well Conversations (\$3) Room 317 11am – 12pm</p> <p>Beginner Pickleball (\$3) 2 courts only Gym 10am – 12pm</p> <p>Pickleball (\$3) Open to all levels Gym 2:30pm – 4pm</p>	<p>Recorder Group (\$2) Room 108 10am – 12pm</p> <p>Beginner Pickleball Lessons (\$35 for 4 weeks) Gym 10am – 12pm (Registration Required)</p> <p>Ukrainian Group - English as a Second Language (FREE) Room 313 1:30pm – 3:30pm</p> <p>River Walk (\$2) Meet in Room 317 10am – 11am (Must sign a waiver)</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 (\$3) 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>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</p> <p>Tech Help (\$5) 11am – 1pm</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

Unison at Kerby Centre Woodshop Holiday Fundraiser

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

Please visit Unison at Kerby Centre reception desk to get your tree!



Active Aging Spotlight

Fitness with Dan

W06: Tuesday Jan 14 – Feb 18 (6 Weeks)
10:00am – 11:00am
Location: Wild Rose Church
Member | Super Member: \$44
Non-Member: \$74

Instructor: Dan Leung Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

Register NOW!
403-705-3237 or Travel@UnisonAlberta.com



Active Aging Spotlight

Line Dancing

Beginner: Monday, Jan 6 – Mar 31, 10:00 – 11:00am.
Beginner Plus: Monday, Jan 6 – Mar 31, 11:15am – 12:15pm
Location: Wild Rose Church
Member | Super Member: \$69
Non-Member: \$99

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills. Instructor: Dianne Sandstrom

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



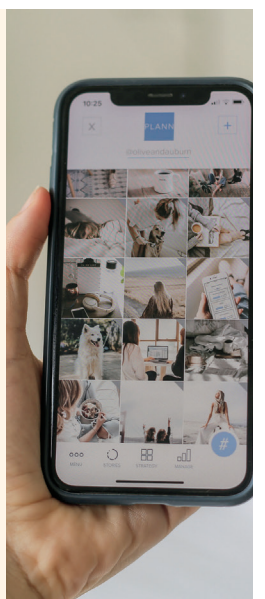
Active Aging Spotlight

Photography with Smartphone!

K01: Thursday, Feb 20 | 10:30am – 12:30pm
Member | Super Member: \$50
Non-Member: \$80
Location: Knox Presbyterian Church

Instructor: Hamideh Khadem Sohi
Learn to capture stunning photos with your smartphone! Discover composition techniques, editing tips, and creative tricks to elevate your mobile photography.

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



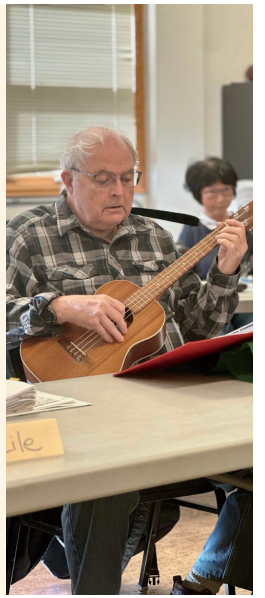
Active Aging Spotlight

Ukulele Beginner

W03: Friday, Jan 10 – Feb 14 (6 Weeks), 10:00 – 11:00am
W04: Friday Mar 14 – Apr 18 (6 Weeks), 10:00 – 11:00am
Location: Wild Rose Church

This beginner-friendly class is perfect for those new to the ukulele. Learn basic chords, rhythm strums, and sing along as you play—starting on day one! Bring a working ukulele and a clip-on tuner, or contact the Active Aging Department for help purchasing one. Instruction focuses on soprano, concert, or tenor ukuleles.

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



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](https://unisonalberta.com/Active-Aging-Calgary)**

Wise Owl Boutique Half Price Sale on RED tag items!

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Meditation Monday

Mondays | 10 am – 10:45 am
Wellness Connection Centre
Drop-in Fee Per Person:
\$3 /Session

Join our weekly Guided Meditation!

Attend both Meditation and Live Well Be Well for the cost of \$5

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Live Well Be Well

Mondays | 11 am – 12 pm
Wellness Connection Centre
Drop-in Fee Per Person:
\$3 /Session

Join our weekly wellness series for engaging presentations and conversations.

Attend both Meditation and Live Well Be Well for the cost of \$5

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Head to Toe: Activity and Conversation

Tuesday's weekly Riverwalk Schedule **has changed** for a new wellness-focused activity and conversation session, for the winter months.

Nov 26 – Mar 25, every 2nd and 4th Tuesday of the month | 10:00 am – 11:00 am
Where: Wellness Connection Centre
Drop-in Fee: \$3 /Session

River Walk (\$2 fee) will now **be limited** to the 1st and 3rd Tuesday of the month during this time.

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



Want to give the gift of an experience and memories?

Want to do it for \$25?
Give the GIFT of MEMBERSHIP!
Take a FREE-for-members class TOGETHER **online** from anywhere in the world.

Unison at Kerby memberships has perks!

- Monthly newsletter emailed to you
- Copy of our newspaper mailed to you
- Discounts on select Unison events
- Discounts on programs, trips, and classes
- And more!



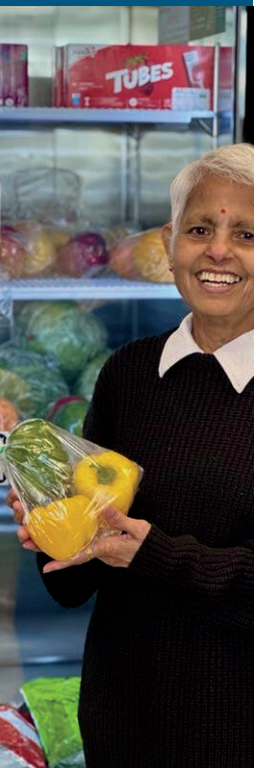
Host a Food Drive for Kerby Market!

Kerby Centre Market is Calgary's only senior-specific food bank!

It provides supplemental food, frozen, and non-perishable items to seniors in need. It offers choice, dignity, and community support. **Help us support this initiative by collecting non-perishable food items** with friends, family, or coworkers for Unison at Kerby Centre.

We'll provide a Food Drive Resource Kit to get you started! For more details or to arrange a drive, call 403-234-6569 or email ashley@unisonalberta.com

Support Seniors through Kerby Centre Market!



Unison for Generations 50+ Online Activities

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

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

Online Class Spotlight

NEW! Basic Seated Yoga – FREE for Members

Mondays, Jan 6 – Feb 10 (6 classes),
2:15 pm – 3:15 pm
FREE for Members

Combining breath and movement, basic chair yoga provides a gentle and accessible option for all activity levels. Using controlled movements and the support of a chair, this class aims to strengthen and stretch the body in a safe and effective way.

Register NOW!
kerbycentre23.wildapricot.org/event-5803648 or
403-462-5080



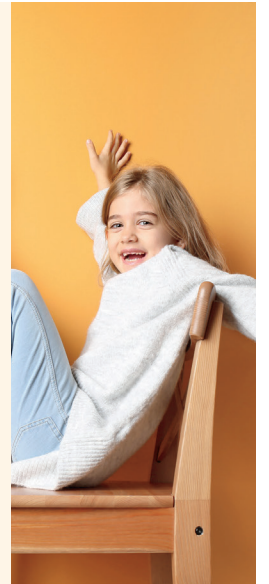
Online Class Spotlight

NEW! Chair Dancing

Thursdays, Jan 9 – Feb 27 (8 classes),
1:30 pm – 2:30 pm
FREE for Members

Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated (or standing, if you prefer, or both!), you will move, get your heart beating, and your legs tapping. The smiles and laughter are all part of the strength training program. We can't wait to Chair Dance with you!

Register NOW!
kerbycentre23.wildapricot.org/event-5930861
or 403-462-5080



Online Class Spotlight

Fitness with Dan (New Time)

Mondays | 9:00 am – 10:00 am
Z11A: Jan 6 – Feb 3 (5 classes)
Z11B: Feb 24 – Mar 24 (5 classes)
Members: \$ 29 | Non-Members: \$59

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

Registration Z11A:
<https://kerbycentre23.wildapricot.org/event-5930842>
Registration Z11B:
<https://kerbycentre23.wildapricot.org/event-5930874>



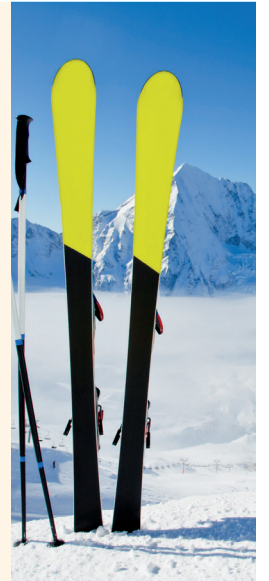
Online Class Spotlight

Ski & Winter Fit

Mondays, Thursdays | 11:00 am – 12:00 pm
Z03A: Jan 2 – Feb 10 (12 classes)
Z03B: Feb 20 – Mar 31 (12 classes)
Members: \$ 64; 2 member household \$ 102.40
Non-Members: \$ 94
SASC (Seniors Alpine Ski Club): \$ 74

This six-week course will focus on balance & strength training exercises designed to get you ready to stay safe on your feet during the winter! This class is not just for skiing!

Registration Z03A:
<https://kerbycentre23.wildapricot.org/event-5930851>
Registration Z03B:
<https://kerbycentre23.wildapricot.org/event-5930845>



Online Class Spotlight

Online Class Spotlight

You spoke and we listened.

Our full semester online classes are now being broken up into two courses each semester, in order to keep our classes financially accessible. Thank you to everyone who filled out our 2024 online survey.

Fitness Over 50!

Tuesdays | 9:30 am – 10:30 am
Z01A: Jan 7 – Feb 4 (5 classes)
Z01B: Feb 18 – Mar 18 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration Z01A:
<https://kerbycentre23.wildapricot.org/event-5930842>
Registration Z01B:
<https://kerbycentre23.wildapricot.org/event-5930838>

Journaling 101

Tuesdays | 11:00 am – 12:00 pm
Z17A: Jan 7 – Feb 4 (5 classes)
Z17B: Feb 18 – Mar 18 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration Z17A: <https://kerbycentre23.wildapricot.org/event-5930892>
Registration Z17B: <https://kerbycentre23.wildapricot.org/event-5930897>

Muscle Strength & Core Balance

Fridays | 11:30 am – 12:30 pm
Z08A: Jan 10 – Feb 7 (5 classes)
Z08B: Feb 21 – Mar 21 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration Z08A: <https://kerbycentre23.wildapricot.org/event-5930698>
Registration Z08B: <https://kerbycentre23.wildapricot.org/event-5930701>

Functionally Fit

Mondays | Jan 6 – Feb 10 (6 classes) | 1:00 pm – 2:00 pm
Members: \$ 35 | Non-Members: \$ 65

Register NOW! <https://kerbycentre23.wildapricot.org/event-5930867>

Gentle Soulful Yoga

Wednesdays | 9:00 am – 10:00 am
Z16A: Jan 8 – Feb 5 (5 classes)
Z16B: Feb 19 – Mar 19 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration Z16A: <https://kerbycentre23.wildapricot.org/event-5930884>
Registration Z16B: <https://kerbycentre23.wildapricot.org/event-5930880>

Tai Chi Online (New Time)

Tuesdays | 11:00 am – 12:00 pm
Z06A: Jan 7 – Feb 4 (5 classes)
Z06B: Feb 18 – Mar 18 (5 classes)
Members: \$ 29 | Non-Members: \$59

Registration Z06A: <https://kerbycentre23.wildapricot.org/event-5933435>
Registration Z06B: <https://kerbycentre23.wildapricot.org/event-5933441>

Active Aging



Course Registration **Winter Session**

Registration opens **December 2nd** for members
and **December 16th** 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 location: **Wild Rose Church** (1317 1 St NW, Calgary)

Line Dancing (Member \$69 | Non-Member \$99) 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!

- **Beginner W01:** Monday Jan 6 – Mar 31 (No Class Feb 17) | 10:00 – 11:00am. Held at Wild Rose Church
- **Beginner Plus W02:** Monday Jan 6 – Mar 31 (No Class Feb 17) | 11:15am – 12:15pm. Held at Wild Rose Church

Ukulele Beginner (Member \$59 | Non-Member \$89) Instructor: Lorraine Smith

This class is geared for those with little or no experience on the instrument.

- **W03:** Friday Jan 10 – Feb 14 (6 Weeks) | 10:00 – 11:00am. Held at Wild Rose Church
- **W04:** Friday Mar 14 – Apr 18 (6 Weeks) | 10:00 – 11:00am. Held at Wild Rose Church

Sketching Workshop! (Member \$50 | Non-Member \$80) Instructor: Hamideh Khadem Sohi

Our Sketching Workshop teaches sketching techniques while building artistic confidence and self-expression.

- **W05** Tuesday March 18 | 1:00pm – 3:00pm. Held at Wild Rose Church

Classes offered in our satellite location: **Unison at Knox Presbyterian** (3704 37 St SW, Calgary)

Photography with Smartphone! (Member \$50 | Non-Member \$80) Instructor: Hamideh Khadem Sohi

Our instructor specializes in mobile photography and will teach how to capture compelling images with smartphones.

- **K01:** Thursday Feb 20 | 10:30am – 12:30pm. Held at Knox Presbyterian Church

Beginner Line Dancing (Member \$44 | Non-Member \$74) Instructor: Dianne Sandstrom

This class will teach you the basics of line dance in a fun and educational setting.

- **K02:** Thursday Jan 9 – Feb 13 (6 Weeks) | 1:00pm – 2:00pm. Held at Knox Presbyterian Church

Active Living Courses at Unison at Kerby Centre: **Appropriate workout attire and footwear are required for all fitness classes**

Chen Tai Chi (Member \$69 | Non-Member \$99) Instructor: Adrian Buczek

Chen Tai Chi and Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits.

- **A01:** Thursday Jan 9 – Mar 27 | 2:15pm – 3:15pm. Room 205.

Fitness with Dan (Member \$69 | Non-Member \$99) Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training.

- **A02:** Wednesday Jan 8 – Mar 26 | 10:00am – 11:00am. Gymnasium

Muscle Strength & Core Balance (Member \$69 | Non-Member \$99) Instructor: Dan Leung

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

- **A03:** Friday Jan 10 – Mar 28 | 9:00am – 10:00am. Gymnasium

Stretching & Mobility (Member \$69 | Non-Member \$99) Instructor: Dave Goldenberg

Join us and unlock the power of movement!

- **JA04:** Tuesday Jan 7 – Mar 25 | 11:15am – 12:15pm. Room 205

Core Essentials & Balance (Member \$69 | Non Member \$99) Instructor: Navin Jetha

This class incorporates a mix of bodyweight movements, resistance-based exercises, and functional movement techniques to build core strength and improve your balance.

- **A05:** Thursday Jan 9 – Mar 27 | 11:00am – 12:00pm. Room 205

Feet to the Beat (Member \$69 | Non-Member \$99) Instructor: Kym Butler

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

- **A06:** Friday Jan 10 – Mar 28 | 1:00pm – 2:00pm. Room 205

Line Dancing (Member \$69 | Non-Member \$99 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.

- **Intermediate Beginners A07:** Monday Jan 6 – Mar 31 (No Class Feb 17) | 1:00pm – 2:00pm. Gymnasium
- **Introductory Beginners A08:** Thursday Jan 9 – Mar 27 | 11:30am – 12:30pm. Gymnasium
- **Intermediate Beginners A09:** Thursday Jan 9 – Mar 27 | 1:00pm – 2:00pm. Gymnasium

Flamenco Dance Beginners Workshop! (Member \$50 | Non-Member \$80) Instructor: Honey Sturdy

Our skilled instructor will guide you through basic flamenco steps, footwork, and hand movements, ensuring that everyone feels comfortable and confident on the dance floor.

- **A10:** Monday Jan 13 | 1:00pm – 3:00pm. Room 205

Gentle Soulful Yoga (Member \$69 | Non-Member \$99 per course) Instructor: Navin Jetha

Experience inner peace with our Gentle Yoga with Meditation class.

- **A11:** Thursday Jan 9 – Mar 27 | 9:30am – 10:30am. Room 205

Chair Yoga (Member \$69 | Non-Member \$99) Instructor: Gina Komanac

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment.

- **A12:** Wednesday Jan 8 – Mar 26 | 1:15pm – 2:15pm. Room 205

Yoga For You (Member \$69 | Non-Member \$99) Instructor: Gina Komanac

Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.

- **A13:** Monday Jan 6 – Mar 31 (No Class Feb 17) | 11:30am – 12:30pm. Room 205

Zumba Gold (Member \$69 | Non-Member: \$99 per course) Instructor: Maaike Seaward

It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating!

- **A14:** Tuesday Jan 7 – Mar 25 | 10:00am – 11:00am. Room 205
- **A15:** Thursday Jan 9 – Mar 27 | 10:00am – 11:00am. Gymnasium

Intro to Baton Twirling (Member \$44 | Non-Member: \$74) Instructor: Lorraine Meek

Baton Twirling for Seniors will include learning: The 3 parts of the baton, how to grip the baton, how to toss the baton, figure 8's, horizontal wrist twirls, passes, finger twirls).

- **A16:** Monday Jan 13 – Feb 3 (4 Weeks) | 10:00am – 10:45am. Room 205

Art Classes:

Arts in the Afternoon: Acrylic (Member \$155 | Non-Member: \$185 per course) Instructor: Hamideh Khadem Sohi

This course is designed for students who are looking to learn how to paint and have a little fun along the way.

- **B01:** Wednesday Jan 8 – Feb 19 (No Class Feb 12) | 1:00pm – 3:00pm. Room 313
- **B02:** Wednesday Feb 26 – Apr 2 | 1:00pm – 3:00pm. Room 313

Valentine Themed Painting Workshop: Lovebirds on a Branch (Member \$50 | Non Member \$80) Instructor: Carol Marasco

The cute and easy-to-follow design makes it accessible for beginners and allows room for creative expression with background details and color choices.

- **B03:** Wednesday Feb 12 | 1:00pm – 3:00pm. Room 313

Drawing (Member \$99 | Non Member \$129 per course) Instructor: Hamideh Khadem Sohi

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.

- **Beginner Drawing B04:** Monday Jan 6 – Feb 10 | 1:00pm – 3:00pm. Room 313
- **Intermediate Drawing B05:** Monday Feb 24 – Mar 31 | 1:00pm – 3:00pm. Room 313

Calligraphy Old English or Blackletter (Member \$64 | Non Member \$94) Instructor: Renate Worthington

Return to the Dark Ages with these bold upright letterforms. We will use markers or nibs. Supplies will be provided by instructor for a small cost. Beginners are welcome.

- **B06:** Tuesday Jan 7 – Jan 28 | 1:00pm – 3:00pm. Room 305

Beginner Watercolour (Member \$155 | Non Member \$185 per course) Instructor: Hamideh Khadem Sohi

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

- B07:** Thursday Jan 9 – Feb 13 | 10:00am – 3:00pm. Room 312
- B08:** Thursday Feb 27 – Apr 3 | 10:00am – 3:00pm. Room 312

Advanced Watercolour (Member \$155 | Non Member \$185) Instructor: Hamideh Khadem Sohi

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

- **B09:** Friday Jan 10 – Feb 14 | 10:00am – 3:00pm. Room 313
- **B10:** Friday Feb 21 – Mar 28 | 10:00am – 3:00pm. Room 313

Sketching (Member \$99 | Non Member \$129) Instructor: Hamideh Khadem Sohi

Our Sketching Class is designed not only to teach the technical aspects of sketching but also to foster a sense of artistic confidence and individual expression. Join us for an unforgettable experience where you'll discover the joy of bringing your imagination to life on paper.

- **B11:** Tuesday Jan 14 – Feb 18 (6 Weeks) | 10:00am – 12:00pm. Room 313

Color Pencil Painting (Member \$99 | Non Member \$129) Instructor: Hamideh Khadem Sohi
With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils. Her approach emphasizes both technical skill and creative expression.

- **B12:** Monday Jan 20 – Mar 10 (No Class Feb 17 & 24) (6 Weeks) | 10:00am – 12:00pm. Room 313

Portrait Drawing Workshop (Member \$50 | Non Member \$80) Instructor: Hamideh Khadem Sohi
This workshop is a great opportunity for all levels of students who are interested in learning about portrait drawing. Whether you are a beginner or an advanced student, there is something new to learn. Supplies Needed: Pencils (HB, 3B and 6B), Sketch Book and Eraser

- **B13:** Tuesday Mar 4 | 1:00pm – 3:00pm. Room 313

Languages:

Spanish (Member: \$160 | Non Member: \$190 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. Please ensure it is Sixth Edition.

<u>Spanish Grammar I - Beginner</u> B14: Monday Jan 13 – Apr 7 (No Class Feb 17) 10:00am – 12:00pm. Room 311	<i>A comprehensive course for students with no prior knowledge of Spanish. Chapters 1-3 will be covered.</i>
<u>Spanish Grammar II</u> B15: Tuesday Jan 14 – Apr 1 1:00pm – 3:00pm. Room 311	<i>A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.</i>
<u>Spanish Grammar III</u> B16: Tuesday Jan 14 – Apr 1 10:00am – 12:00pm. Room 311	<i>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.</i>
<u>Spanish Grammar IV</u> B17: Thursday Jan 16 – Apr 3 1:00pm – 3:00pm. Room 311	<i>A continuation of Spanish Grammar III. Chapters 10-12 will be covered.</i>
<u>Spanish Grammar V</u> B18: Wednesday Jan 15 – Apr 2 1:00pm – 3:00pm. Room 311	<i>A continuation of Spanish Grammar IV. Requirement to finish Grammar IV.</i>
<u>Spanish Conversation A</u> B19 Monday Jan 13 – Apr 7 (No class Feb 17) 1:00pm – 3:00pm. Room 311	<i>Advanced Spanish. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.</i>
<u>Spanish Conversation B</u> B20: Friday Jan 17 – Apr 4 1:00pm – 3:00pm. Room 312	<i>This course is designed for students with strong knowledge of grammar and have taken previous conversation courses.</i>
<u>English as a Second Language: ESL Intermediate</u> (Member: \$79 Non Member: \$109) B21: Friday Jan 10 – Mar 28 (12 Weeks) 1:30 – 3:00pm. Room 305 <i>Instructor: Carol Wallace.</i> <i>This course is designed specifically for senior immigrants looking to improve their English skills in a supportive environment.</i>	
<u>English as a Second Language: ESL Advanced</u> B22: Friday Jan 10 – Mar 28 (12 Weeks) 1:30pm – 3:00pm. Room 311 <i>Instructor: Merv Graham. Tailored to advanced learners, this course focuses on refining vocabulary, improving conversational abilities, and enhancing understanding of complex English language structures.</i>	

Sing & Play:

Singing Circle (Member: \$70 | Non Member \$100) Instructor: Barry Luft
Bring yourself and your love of singing to a dynamic group of people who sing out strongly on those old well-known songs. However, note that our rules include no song books, lyric sheets or visual aid of any kind including cell phones.

- **B23:** Thursday Jan 9 – Mar 27 | 10:30am – 11:30am. Room 305

Ukulele Beginner (Member \$110 | Non Member \$140) Instructor: Lorraine Smith
This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. You'll be playing on the first day!

- **B24:** Thursday Jan 2 – April 10 (No Class Feb 20, Feb 27 & Mar 6) | 10:00am – 11:00am. Room 313

Ukulele Intermediate (Member \$110 | Non Member: \$140) Instructor: Lorraine Smith
Subtitle: Raising the Level of Musicianship. We will review the uke-friendly keys, perfect the "calypso" strum, use tablature notation, and further train our playing-by-ear skills. Lots of strumming while singing songs will be practiced in large and small groups as well as in solo contexts.

- **B25:** Thursday Jan 2 – Apr 10 (No Class Feb 20, Feb 27 & Mar 6) | 11:15am – 12:15pm. Room 313

Ukulele Magic Advanced Play & Sing. Strum Like the Wind & Sing With Authority (Member: \$110 Non Member: \$140). Instructor: Barry Luft
We will focus on ukulele skills as they apply to song accompaniment, strumming variations, and some finger-picking patterns. Regular playing-by-ear exercises will be practiced also.

- **B26:** Wednesday Jan 8 – Mar 26 | 10:00am – 11:00am. Room 305

Ukulele Magic Advanced Play & Sing. Strum Like the Wind & Sing With Authority (Member: \$110 | Non Member: \$140)Instructor: Barry Luft

Solos will be encouraged and small group presentations organized. The instructor will partner with class members to continually raise their level of musicianship.

- **B27:** Wednesday Jan 8 – Mar 26 | 11:15am – 12:15pm. Room 305

Guitar Basics (Member: \$110 | Non Member: \$140 per course) Instructor: Kaitlyn Southgate

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

- **Guitar Beginner B28:** Thursday Jan 9 – Mar 27 | 12:30pm – 1:30pm. Room 305
- **Guitar Beginner Level I B29:** Thursday Jan 9 – Mar 27 | 1:45pm – 2:45pm. Room 305

General Interest**Origami Workshop** (Member \$15 | Non Member \$45 per course) Instructor: Kumiko Sato

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

- **B30:** Monday Jan 20 | 10:00am – 11:00am. Room 108
- **B31:** Monday Feb 24 | 10:00am – 11:00am. Room 108
- **B32:** Monday Mar 17 | 10:00am – 11:00am. Room 108

Stay Safe Skills (Member: \$50 | Non Member: \$80) Instructor: Don Muldoon

Ideal for all experience levels, this workshop focuses on practical, confidence-boosting skills to help you feel empowered and prepared wherever you go. Take charge of your safety with us!

- **B33:** Tuesday Jan 28 | 10:00am – 12:00am. Room 312

Situational Awareness & Mental Toughness Level I (Member: \$50 | Non Member: \$80) Instructor: Don Muldoon

Equip yourself with the skills to navigate life's challenges confidently and stay safe in unpredictable situations. This workshop focuses on sharpening your awareness of surroundings, recognizing potential risks, and building mental resilience.

- **B34:** Tuesday Feb 25 | 10:00am – 12:00pm. Room 312

Cricket for Seniors (Member: \$15 | Non Member: \$45) Instructor: Future Cricket Stars Academy

Step up to the wicket and discover the fun of cricket! This beginner-friendly program is designed for seniors interested in learning the basics of this exciting game.

- **B35:** Wednesday Jan 15 – Feb 19 (6 Weeks) | 1:00pm – 2:30pm. Gymnasium

Pickleball Lessons (Member \$40 | Non Member \$70 per course)

Led by experienced volunteer instructors, you'll learn how to serve, rally, and score while enjoying a supportive and friendly environment. Whether you're looking to stay active, meet new friends, or find a new hobby, our beginner pickleball lessons are the perfect way to get started. All equipment is provided, so just bring your enthusiasm and get ready to play!

- **B36:** Tuesday Jan 14 – Feb 4 | 10:00am – 12:00pm. Gymnasium
- **B37:** Tuesday Feb 25 – Mar 18 | 10:00am – 12:00pm. Gymnasium

Digital Skills Training**Introduction to Cell Phones Tablets & Laptop** (Member: \$150 | Non Member: \$180) Instructor: Adrian Ray

New to smartphones? This beginner-friendly workshop covers all the essentials! Over four weeks, you'll learn to make calls, send texts, take photos, manage apps, and more.

The Basics of Internet & Email for Beginners

This module provides information on how to use the internet on your computer and cellphone. It will help you learn to use web browsers, search engines, and emails.

Social Media for Beginners

This module provides information on how to use social media and its features, share photos and videos, and send messages and leave comments.

- **B38:** Wednesday Jan 8 – Apr 2 (No Class Jan 15) | 11:00am – 12:30pm. Room 205

Active Aging Online

Course Registration Winter Session

Registration opens **December 2nd** for members
and **December 16th** 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.
HeatherD@UnisonAlberta.com or 403-462-5080

PREMIER Crossword

By Frank A. Longo

“OH, GO ON!”

ACROSS

- 1 Classic candy with a white, gooey center
- 9 “Don’t — step further!”
- 12 Subj. for U.S. citizens-to-be
- 15 What food is in a food fight
- 19 First-aid plant
- 20 Cyber-address
- 21 More lethal
- 23 Musical ensemble that likes taunting its audiences?
- 25 Brainstorming question
- 26 IRS form info
- 27 War horses
- 28 Identify the star of “The Godfather”?
- 30 Taint
- 31 Peripheral
- 33 Pistol, in slang
- 34 Speed of corporate employees?
- 39 Alexis I, e.g.
- 41 Move a little
- 45 Think ahead
- 46 Whale locale
- 47 Two-ply cotton twill fabric?
- 50 Outfielder Judge
- 52 French for “weapon”
- 55 — -la-la
- 56 Sacred vows
- 57 Horse with color patches on one-fourth of its body?
- 60 Great delight
- 63 German conjunction
- 64 — polloi
- 65 Ike’s inits.
- 66 Yasser of Palestine
- 67 Popular crafts website
- 69 Publicity video made by 12th graders?
- 72 “Chiquitita” pop group
- 76 Pupils’ places
- 78 Galloped
- 79 Daiquiri liquor
- 81 Lil Durk or Lil Jon’s music
- 82 Brief, tight shorts
- 85 Marx brother with extreme views?
- 88 Mammal with striped legs
- 89 — Paulo
- 91 Apple core bit
- 92 Olympic prize
- 93 Beatles drummer participating in a bout?
- 97 Tell tall tales
- 99 Big shopping center
- 100 “— From Muskogee”
- 101 “Puffball” director Nicolas
- 102 Stringed instrument played by people in jail?
- 106 Water, in Vichy
- 107 — salts (bath supply)
- 109 Pewter metal
- 110 Moola earned by singer Jones?
- 115 Adds to a film, as music

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121								122	123							124		
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128							129				130							

- 118 Response to “Are you?”
- 121 Boa of South America
- 122 Small dance club?
- 125 Some chewy candies
- 126 RV hookup org.
- 127 Countertenor
- 128 Linear, briefly
- 129 Colorant
- 130 Many an heir
- 131 Most strict

DOWN

- 1 Antislip items
- 2 Bar brews
- 3 Bank offering
- 4 The, in Caen
- 5 Egg capsule
- 6 Middles, in London
- 7 Compulsion
- 8 Speed
- 9 Gets clogged with icky stuff
- 10 Celestial ball
- 11 Without help
- 12 Certain Dutch cheese
- 13 Dakar’s land
- 14 Uncover
- 15 “Paper Lion” star Alan
- 16 Outward appearance
- 17 Honey wine
- 18 Roughly
- 22 Inside dope
- 24 Former Laker Lamar

- 29 Pianist Schnabel
- 30 Small-time
- 32 Beatrix Potter’s “The Tale of Mr. —”
- 34 Not reflecting light
- 35 Display boldly
- 36 Units of capacitance
- 37 Most weepy
- 38 Sheriff Wyatt
- 40 Fast-food pizza chain
- 41 California mountain
- 42 A Jackson 5 brother
- 43 With a sharp image, briefly
- 44 Pinkish-red
- 48 Prefix with laryngology
- 49 Club in a Barry Manilow hit, for short
- 51 — degree
- 53 Longish skirts
- 54 Prefix with skeleton or spine
- 58 Lab slide dye
- 59 On — firma
- 61 Hobby with call letters
- 62 Into a state of conflict
- 66 Golfer Palmer, informally
- 68 Rebel like Abbie Hoffman or Jerry Rubin
- 70 Moniker of a loch monster
- 71 Paw parts
- 73 Of a wedding woman

- 74 Lauren of “The Fan”
- 75 Delphi deity
- 77 Parade ruiner
- 80 Roman 1,900
- 82 Drifting sort
- 83 “Enough, I get it!”
- 84 Cabbie’s car
- 85 Hitter Maris, for short
- 86 Toon pics
- 87 Macho sorts
- 90 Make furious
- 94 Fine- — wood
- 95 In the form of a circle
- 96 Photo —
- 98 Authorize
- 103 Dennis of hoops fame
- 104 “It’s my turn”
- 105 Remnant of a burned coal
- 106 Kingdom given to Esau
- 108 Some skin scars
- 110 Mexican treat
- 111 — even keel
- 112 Filly’s mother
- 113 Jack fish
- 114 Simplify
- 116 Comic thuds
- 117 “Shoo!”
- 118 Oahu, e.g.
- 119 Deeds
- 120 Irrelevant
- 123 Tic-tac-toe victory
- 124 Swimmer Thorpe

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- Jealousy
- Work Problems
- Loved Ones
- Money Problems
- Love Issues
- Childless Couples
- Negativity
- Family Arguments
- Depression
- Enemy Problems
- Drinking Problems
- Sexual Problems
- House Protection

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Head to Toe: Activity and Conversation

A new wellness-focused activity and conversation session.

A fun, engaging way to stay connected and focus on wellness during the winter months.

Nov 26 – Mar 25 | \$3 drop-in fee



Wellness Connection Centre



Held every 2nd and 4th Tuesday of the month



10:00 am – 11:00 am

River Walk (\$2 fee) will now be limited to the 1st and 3rd Tuesday of the month during this time.

SUDOKU SOLUTION

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CROSSWORD SOLUTION

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T	I	S	A	N	E		I	R	R	A	T	I	O	N	A	L	V	E	E	R
A	C	T	F	O	R		C	A	A	N		S	T	A	T	U	E	T	T	E
R	E	S	E	N	T		E	S	P	N		H	O	L	Y	C	R	O	S	S

Wine & Cheese

4 December 2024

Tasting

Enjoy a very unique and fun wine tasting experience and learn about an award-winning winery in Millarville, AB, and the story behind the amazing one-of-a-kind Spirit Hills flower wine!



Location:

Unison at Kerby Centre, Lounge (1133 7th Ave SW)
11:30 am – 1:30 pm

Tickets are limited! Book now to secure your spot by emailing KaylaG@unisonalberta.com
\$10 per ticket.

More Information:
UnisonAlberta.com



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!

1-877-250-4904
Info@DonateCar.ca



Volunteers Needed!

Volunteer Cleaner:

Help us maintain a clean and welcoming space! Join our team as a volunteer cleaner and make a difference by ensuring our facilities are spotless and inviting. Flexible hours available.

Seniors Supports Reception Volunteer:

Join our team in a dynamic environment! Help with admin tasks, provide great customer service, and guide seniors on benefits and forms. Shifts: Mondays (8 AM–4 PM) and Tuesdays (12 PM–4 PM).

Café Cashier Volunteer:

Be the friendly face behind the counter! Volunteers handle cash, process orders, and assist customers in our cozy café. Flexible shifts available.

Directory Deliveries Volunteer:

Help connect the community by delivering directories locally. Requires a vehicle and proof of \$1M liability insurance. Flexible schedule.

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

Seniors are struggling

Seniors are struggling. At Unison, we see it every day.

As the holiday season approaches, we invite you to help bring hope and support to Calgary’s seniors who are facing challenges during this difficult time.

Meet Milo. At 71, he has been a dedicated Unison volunteer for years. In early 2024, a steep rent increase put him at risk of eviction, making him consider going back to work after years of retirement.

Though he had always given his time freely, Milo had never sought help himself.

Recognizing his need, our team quickly connected him with our Free Food Market to reduce grocery costs and linked him to our Senior Supports department for housing assistance. Today, Milo receives the help he needs and continues to volunteer every week.

Then there’s 79-year-old Sarah.

She lives alone in Calgary and recently lost her beloved cat, Jinxy.

Seeking food assistance, she faced both financial strain and the emotional toll of past trauma and isolation. Living on just bread, unable to afford fresh food or protein, and struggling with dental issues, she turned to Unison for support.

Our Thrive team provided an emergency food

hamper, and our Seniors Supports team helped her access additional financial support. They also introduced her to Grieving Together, one of our Wellness programs. Today, Sarah finds community at our Wellness Connection Centre and Thrive Food Market, where she can access nutritious food and support. She shared,

“I got help to sort out my paperwork and food. I found a community I can open up to about my grief. I don’t have to be overwhelmed - I can relax today.”

Finally, there was Rose: a 68-year-old mother and grandmother to four-year-old Grace. She came to our Elder Abuse Shelter after enduring years of financial, emotional, and psychological abuse from a caregiver.

After confiding in her doctor about the abuse, she was connected to Unison through our Elder Abuse Resource Line (EARL). Over nine months at the shelter, Rose found safety, healing, and support, rebuilding her independence and confidence through wellness activities and Unison’s support programs. Now, Rose has moved into a safe, accessible apartment, is active in her community, and continues to receive guidance from Unison’s Elder Abuse Outreach team. She shared,

“The shelter staff gave me hope for the future

and helped me return to the community with confidence, my ‘old self’ I knew I could be.”

At Unison Kerby Centre, we are dedicated to empowering seniors to live with dignity and connection. However, many seniors like Milo, Sarah, and Rose need assistance to navigate these challenges.

This holiday season, your donation can make a significant difference. With your support, we can

continue providing vital services, including our Free Food Market, housing and financial navigation, and Elder Abuse Shelter and Outreach supports. Together, we can ensure that no senior faces the holidays alone, hungry, or in fear.

Thanks to a generous donor, all donations made on or before December 25th will be matched up to \$10,000, making your impact go twice as far! Please consider making a

gift to Unison this holiday season. Your kindness can bring joy, security, and a sense of belonging to those who need it most.

To donate visit UnisonAlberta.com by mailing your donation to Unison at Kerby Centre: 1133 – 7th Avenue SW, Calgary, AB T2P 1B2, or call Joy at (403) 705-3254.

Thank you for being a valued part of our community. We wish you a warm and joyful holiday season.



unison
At Kerby Centre

STUFF A STOCKING

FOR SENIORS LIVING WITH FOOD INSECURITY

Stocking Stuffer Ideas:

- Socks
- Mittens
- Warm hat
- Coffee, tea, hot chocolate
- Personal hygiene items
- Holiday treats
- Books
- Games

Please indicate gender for stocking

DONATE NOW UNTIL DEC.13TH

Our goal



200 stockings^s

Drop off:
Unison at Kerby Centre
1133 – 7th Ave S.W.

* Stockings are handed out to Thrive clients so easy to carry sizes are appreciated. *

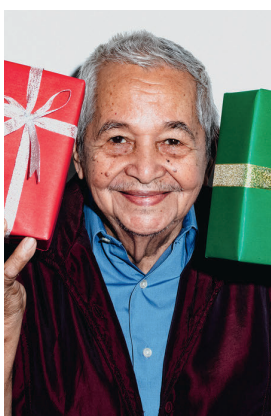


HELP FOR THE HOLIDAYS

Join Us in Helping Seniors Thrive This Holiday Season.



I would like to make a **one-time or monthly donation:** _____



Payment Method: Cheque Visa MasterCard

Credit Card Number: _____

Expiry Date: _____ **CVV:** _____

Signature: _____

Planned Giving - A way to make a BIG impact!

I would like to receive information on planned giving.
I have included Unison at Kerby Centre in my will.

Send tax receipt to:

Name _____

Address _____

City _____ **Prov** _____

Postal Code _____ **Phone** _____

Email _____

Donate NOW at UnisonAlberta.com/Donate or call 403-705-3254

Thank you for supporting seniors!

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
1133 – 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR001

