



# Keeping sharp at Seniors' Week



Seniors' Week is sort of like our Christmas here at Unison, for Generations 50+. Seniors' Week is all about knowing that aging is more than just the stereotypes! Like our seniors who've taken up swordfighting classes at Kerby Centre! For more information about all the rad events going on over Seniors' Week, check out page 20! For our swordfighting story, page 4!

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PO # 0040064604



**SENIORS' WEEK**  
JUNE 3rd – 7th, 2024

Come and celebrate aging with us! Be part of an exciting week filled with presentations, activities and more!

**In-person and online activities available!**

# Promoting Elder Abuse awareness across cultures

Andrew McCutcheon  
Unison News

Unison, for Generations 50+, and the Unison Kerby Centre is Calgary's oldest and largest senior centre.

We value our senior community and want to help them with everything from seniors subsidized housing to giving them a place where seniors can enjoy fitness and activities.

But beyond that, we have very specific values that we put together in recent years: values that

show off exactly what Unison is all about.

We have six values, ranging from Empowerment, Compassion, and Collaboration to Respect and Aging.

But the sixth and final value we want to talk about today is inclusivity: the idea that Unison embraces the diversity of all people.

No two seniors are alike. Serving everyone means everyone: regardless of race, gender, sexuality, income level or

anything else.

It's not uncommon to have someone walk into the centre looking for help and have trouble with a language barrier: usually followed up by finding one of our amazing, diverse staff members to help translate.

There's nothing more important than being understood, especially when you're trying to get assistance.

Which is why we partnered with Bridge to Oasis on promoting Elder Abuse Awareness in the

Black community within Calgary.

We have so much information about the topic of elder abuse, and what an important topic it is.

We need to help communicate what elder abuse is, how devastatingly common it is and how people can access vital services to get help.

How can we do that effectively when many times, the people we're trying to serve might not be able to read or understand the materials we have?

So of course: we had to make new materials!

We translated all of our elder abuse brochures and pamphlets into a huge host of languages: Akan, Hausa, Kiswahili, Igbo, Yoruba and Nigerian Pidgin English, just to name a few!

This program is very important because Elder Abuse in the Black community is a subject people often would not want to talk about due to culture and shame." says Kemi Anjorin-Ohu, community case worker with the Unison Elder Abuse Shelter. "Elders would rather be silent about it than seek help."

Unison is proud to help partner with Bridge to Oasis to help spread awareness in a way that is understanding and thoughtful of the different experiences of people of colour in our seniors community.

"People within the Black communities appreciate Unison, for Generations 50+ for being the first organization to address elder abuse in the Black community from a culturally sensitive lens."

The pamphlets are already being made available to the general public.

They contain a variety of information about Elder Abuse, including the different forms elder abuse might take, what programs are available to assist seniors and their families, and contact information for those who can help, such as the Elder Abuse Resource Line (EARL).

The EARL runs out of the Unison Elder Abuse Shelter and is a 24/7 line dedicated to supporting Calgary and area with elder abuse information and referral support.

Call the EARL to inquire about shelter space, if you or someone you know are experiencing abuse, or have questions about elder abuse.

403-705-3250

## Benefits and Pensions

We can assist you with applying for:

- Canada Pension Plan (CPP)
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- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
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- FairEntry Applications

Seniors Supports | 403-705-3246

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Staff from **CRA (Canada Revenue Agency)** will be at Unison at Kerby Centre every **Tuesday in June 9am – 3pm** to guide clients about their benefits and credits, printing tax slips, notice of assessment and answering tax questions. Additionally, staff from Service Canada will be available every Friday in June from 9am – 3pm to sign seniors up for the Canada Dental Care Plan.



## Volunteers Needed! *Kerby Café Cashier or Kitchen Helper*

Join us as a volunteer in our Cafe and make a positive impact in the community!

- **Cashier:** Join our community cafe as a volunteer cashier! This role is perfect for those who enjoy customer interaction and have a knack for quick and efficient service. As a cashier, you will be the face of the cafe, welcoming guests, taking their orders, handling payments, and serving food directly to tables. This role offers a fantastic opportunity to develop customer service skills while working in a lively, community-focused environment.
- **Kitchen Helper:** We are looking for enthusiastic volunteers to support our cafe kitchen as kitchen helpers. This role is crucial for maintaining the smooth operation of our kitchen. It involves dishwashing, basic food preparation, and carrying out tasks as assigned by the chef. This position is ideal for anyone looking to gain experience in a professional kitchen environment and to contribute to a community cause.

For more information, please contact: [Volunteers@UnisonAlberta.com](mailto:Volunteers@UnisonAlberta.com) | 403-234-6570

# Enjoying Seniors' Week

This year we will be celebrating Seniors Week at Unison at Veiner Centre and Unison at Kerby Centre, from June 3 to June 7.

Through volunteerism, charitable support and caregiv-

ing, seniors enrich the lives of those around them.

We relish the opportunity to honour the invaluable contributions of older adults in our communities. I am looking forward to Coffee with a Cop

and Fitness in the Park in Medicine Hat. In Calgary, we will be having free presentations and drop-in events.

You can come down here to meet Sheldon Smithens from Canadian Pickers for downsizing tips & to learn what's hot and what's not in the world of antiques & collectibles.

It is not every day that we have real-life TV personalities in the building, but with Seniors' Week, we feel like we need some extra celebrity cache.

At Veiner Centre you will have a chance to book a table for yourself and take part in Arts and Crafts Unleashed.

Watch our social

media and our website for some of the special surprises Chef Rick and Chef Matt have in store for the Veiner Bistro and the Kerby Café. Chartwell is generously sponsoring the ElderSong Concert on Thursday in Calgary; we are very happy to be able to bring this to our members again this year.

A complete listing of all the things we have going on in Calgary and Medicine Hat is on the Unison Alberta website. We are also excited this year that we'll be lighting up the Saamis Tepee the colour blue in honour of Seniors' Week this year.

We will be encouraging our mem-



Larry Mathieson, CEO and President

bers and supporters to take a selfie in front of the Tepee and post it tagging us on your social media.

Hope to see you out at our celebrations in Calgary and Medicine Hat and that everyone enjoys another year of celebrating seniors in our communities.

Make sure you make time to get out there and have fun!

## JUNE 2024

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

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Call 403-265-0661 or visit  
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### Unison News

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## June 2024 Weekly Specials

**June 3rd to June 7th**  
Ham & Cheese Panini  
Soup Special: Ham & Bean Soup

**June 10th to June 14th**  
Sweet Chili Chicken  
served over Rice  
Soup Special: Cauliflower Soup

**June 18th to June 21st**  
(Closed Monday, June 17th)  
Cobb Salad  
Soup Special: Vegetable Soup

**June 24th to June 28th**  
Maple Butter Salmon served with vegetables and mashed potatoes  
Soup Special: Broccoli Cheddar Soup

# Keeping sharp with seniors



Andrew McCutcheon  
Unison News

It's a childhood dream.

For every kid who's picked up a stick with one hand and swung it around recklessly. Maybe it was a fallen branch, stripped of seedlings; maybe it was a wooden marker removed from the careful spot a surveyor had hammered it into the ground: whatever the origins, it's something

I think almost everyone has done.

You pick up a stick and swing it around haphazardly, with a flourish

and a stance, pretending you're a knight or a warrior or even a samurai. You find a friend with a similarly sized stick and whack them together and if you're lucky, you walk away with a few scratches and a great memory. If you're unlucky, a trip to the hospital.

Well, I like to think childhood dreams don't ever disappear. They just get fancier.

This is why we were so beyond excited to offer Intro to German Longsword at the Unison Kerby Centre. Our Active Aging programs have a lot of awesome opportunities for seniors, but none quite like this: the chance to learn swordsmanship from incredible instructors, using the same techniques warriors would have centuries ago.

Don't worry they aren't as sharp as you might think.

Our awesome instructors come from an organization called the Calgary Fellowship of the Sword. The Fellowship was founded in 2019 by a group of Historical European Martial Arts (HEMA) practitioners. They hold classes for beginners and intermediates, teaching your average folks the German longsword, the Italian rapier, the Victorian Sabre and more!

There are HEMA clubs across North America and Europe, all focused on preserving the history and the art of weapon arts, rekindling a historic tradition.

"HEMA has done so much to help me and many others rediscover joy in movement, and it grants people of all walks of life a way to find strength in their bodies and minds," says Ezra Czermerys, a HEMA enthusiast who spoke to us from New York.

"I hope that we in the HEMA community can continue to share that strength and joy with others."



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# Choosing your executor

Jenna Bever  
DD West LLP

You've been named executor in a Will. Now What?

I often tell my clients preparing their Wills to be careful who you appoint as executor. "It's a job not a gift." If you have ever acted as executor for an estate, you will understand the intricacies and work involved in the position.

Before delving into the role of the executor I will provide brief commentary on the different terms you may hear or read in relation to being an administrator of a will. If a deceased left a will, then it is said he died testate. The will sets out who the deceased wanted to administer their estate, often referred to as personal representative. In this case personal representative is almost synonymous with executor. If a deceased passes without a will, then it is said he died intestate. In that case, since there is no will, no executor or personal representative has been appointed. If that's the case, then the Estate Administration Act of Alberta sets out who has priority for making an application to the court to be appointed as the personal representative of the estate and to have the authority to then administer the estate. This is called an application for a grant of administration.

The executor is the person appointed in a Will whose role is to administer the estate. In a nutshell, this means determining what the assets of the estate are and distributing the assets in accordance with the directions as set out in the Will document. It is important to note that when acting as executor you have certain legal duties to

the estate and its beneficiaries. These duties are set out in the Estate Administration Act of Alberta, a piece of litigation. Importantly the Act sets out the core duties of the executor, specifically:

- To identify the assets and liabilities of the estate,
- To administer and manage the estate,
- To satisfy any debts and/or outstanding obligations of the estate, and
- To distribute and account for the administration of the estate.

The court also has the authority to remove the executor or impose conditions on the executor if they fail to carry out their core duties.

The nature and type of the assets is important to determine early in the estate administration process. If you are appointed as executor, and your loved one has recently passed, it is important to determine what assets that person has so you can determine what steps need to be taken. Often when someone passes the executor needs to have the will probated by the court

and obtain a grant of probate.

An application to probate a will is in essence an application to "validate" the will. Banks, land titles, lending institutions, insurance companies, pension holders and other institutions may require assurance from the court that the will they are being presented with is in fact the last will and testament.

The assurance these financial institutions are looking for is the grant of probate. A grant of probate application involves filling in the necessary court application paperwork, including creating an inventory of the estate and putting all beneficiaries on notice. Depending on the specific nature of the estate the forms the court requires for a probate application are different. A probate lawyer can assist with preparing the application and obtaining the grant of probate so you, as executor, can then attend the bank or land titles and access and distribute the assets in the manner directed in the will document.

In addition to determining the assets

and liabilities of the estate and determining if probate is necessary, the executor also needs to apply to the CRA and take care of the terminal tax return and apply for the death benefit. An accountant can help with such an application.

If the deceased had property, it is also important to make an inventory of any assets the deceased had in the property ex: vehicles or other valuable items. Those items form part of the estate to be distributed to the beneficiaries. The will might set out where such valuable items are meant to be distributed. If it does not, then the items form part of the estate to be distributed to the ultimate beneficiaries. A failure to properly inventory the estate could lead to unhappy beneficiaries and a breach of executor duties.

If you are appointed as an executor, it is advisable to understand what the role entails and to know what core duties you have to carry out. If you are preparing a will, or have prepared a will, it is important to discuss with your executor what the role

entails and ensure it is something they are willing and able to assist with.

When choosing an executor, it is generally advisable to elect someone you trust, someone younger than yourself and someone in Alberta, or ideally Calgary. It is also important to advise your executor they have been appointed as such in your will.

Often people do not know they are an executor until their loved one passes. This is not advisable. I encourage clients when drafting their will to ask their intended executor if they are willing to act and to discuss what the role entails. Additionally, it is important that an executor knows where the will is located so that they can act effectively and efficiently when the time arises.

If you are appointed an executor, it is a good idea to discuss with a lawyer what steps you may need to take to correctly and efficiently administer the estate.

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# Information on palliative care in Alberta

## *Dying with Dignity* Calgary

Nine out of 10 people will be diagnosed with a serious illness at some point in their lifetime.

Many people don't know that there is care available to help them live well with their illness. That care is called palliative care, and it is available across Alberta – whether it is needed at the patient's private residence, in supportive living or long-term care homes, or in the hospital.

Palliative care is care for the whole person. It supports physical, emotional, spiritual and social well-being. These services are not just for people who are actively dying, but also for people with serious progressive illnesses such as lung, kidney, and heart disease.

The family is also given support as they care for their loved one.

If you have been diagnosed as being palliative, you are eligible to receive palliative care in Alberta. Palliative care can:

- help improve your quality of life;
- reduce or relieve your symptoms;
- help you make important decisions;
- provide grief support to you, your friends and your family (or chosen family); and
- support you and your caregivers throughout your illness, from the time of diagnosis.

It can be provided at any time following the diagnosis of a serious illness. Palliative care can be received, along with other treatments, to cure or control a disease. Some studies show that people who receive early palliative care actually live longer than those who do not.

Palliative care patients in Alberta are eligible to

access extra benefits that are not covered by the standard Alberta health insurance plan (Alberta Health Care Insurance Plan or AHCIP). All Albertans who have been living in Alberta for at least three months are covered by AHCIP.

It covers the basics like seeing a doctor, going to the hospital, etc. Palliative care patients in Alberta are eligible to access extra benefits that are not covered by this standard Alberta health insurance plan. Extra benefits include prescription drugs, specific laxatives, and solutions for hydration therapy (provided they are listed in the Alberta Drug Benefit List or Palliative Care Drug Benefit Supplement).

Ask your physician or nurse practitioner for the Palliative Coverage Program application form or search for it on the Alberta.ca website.

Approved patients will receive an Alberta Blue Cross ID card in the mail. The coverage will continue as long as you are diagnosed as palliative. There are no premiums to pay.

The Government of Alberta has committed to achieving better palliative care and end-of-life supports for Albertans (according to their 2021 report called "Advancing palliative and end-of-life care in Alberta"). The report captures Albertans' feedback and recommendations.

There were two main messages that came out of the report - palliative care should start as early as possible, close to the initial diagnosis of a life-limiting illness; and a primary goal should be to keep individuals in their homes and their communities, wherever and whenever possible.

Hospice Calgary

(www.hospicecalgary.ca) provides local support for patients and their families facing an advanced illness. Services include individual and family counselling, online workshops, and volunteer support. Their services are based on a sliding scale that allows you to pay what you can so that financial costs are not a barrier to access.

They offer free parking and interpretation services are available if needed. Counsellors are available to help you navigate this time in your life and to provide guidance in navigating your illness, and your quality of life using a non-judgmental approach.

Volunteer companions are also available (at no charge) to come to your home to spend time with you on activities that are meaningful to you — like playing cards or gardening.

In addition, one of their priorities is helping children in the family understand and adapt to the illness and the fears of illness and death that the children or teens may be experiencing. They also offer grief programs for children under 18. For further information, see the virtual tour at www.hospicecalgary.ca.

While there is more work to be done to ensure all Albertans experiencing life-limiting illnesses have access to palliative care, there are programs available today for anyone in Alberta who has been diagnosed with a life-limiting illness.

If you or someone you love has been diagnosed with a serious illness, please ensure that you apply for the Palliative Coverage Program and go to Alberta Health Services - Palliative and End-of-Life Care page (Palliative Care: Service Types (alberta.ca) to see what palliative care services are available in your area.

For more information, please contact calgary@[dyingwithdignity.ca](http://dyingwithdignity.ca).



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# Our Unison Pickleball Primer

Andrew McCutcheon  
Unison News

Photo by Prahbjot Kaur

Pickleball has taken over.

We constantly get folks asking us questions like:

Where can I play pickleball in Calgary? Is pickleball a hard sport? How do I play pickleball?

Don't you worry: we not only have a primer on the game itself, but details on how the Unison Kerby Centre can help fulfill your pickleball dreams.

A very simplified version of the game is that you're playing table tennis, but in this case, you're standing on the table yourself.

Similar to other racket games, there are serves, volleys, bounces and back-and-forth between players.

Differences, though, include the fact that the hollow-ball bounces quite a bit less than something like a tennis ball.

There are other rules of course that go into the

details: the two-bounce rule, the non-volley zone, how to score and how to win are all there in the rulebook, but as it's most basic: it's a fast game on a court played with paddles and balls.

But it's more than just a game for many of the players at the drop-in Pickleball games available at the Unison Kerby Centre.

Pickleball drop in is available at the Kerby Centre gym from 2:30 to 4:00PM on Mondays, Tuesdays and Thursdays! It's only \$3 to drop in and play.

And for those who are new to the game and need some beginner help, there are lessons from 10:00 AM to 12:00 PM on Mondays, \$20 for four weeks of lessons. All you need to do is call 403-705-3233 to register.

According to player, Jean Larose, it's where folks can find a sense of community.

"It's more than that. There's socializing going on," says Larose. While

some folks play on open courts, others have their chance to get to know one another as they wait for spots to open, catch their breath, and make some new friends.

There are anywhere between 18 and 30 regular players, with just over a dozen showing up on any given day.

The ages range as well, with players who

are well into their 80s or 90s.

Many players who come to play pickleball, also enjoy other recreation activities at the Centre, but Pickleball is one of the most popular ones.

There are always folks available to play, and with the relatively cheap drop-in fee, it's become a haven for those who want

to keep active especially into the colder winter months.

Even though we might not know why it's called Pickleball, it's so easy to see why people keep coming back to play.

"It's fast, there's a lot of back and forth," Larose says.

"We really like it."



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# Aloha Maui; Aloha Oahu

Barbara Ellis  
Unison News

Recently I saw an advertisement on my television which caught me by surprise. It was an invitation from Maui asking people to come and visit. The Hawaiian Islands are some of the most visited and beloved places for vacationers from this part of Canada.

We were in disbelief as we sat in front of our TV and watched those devastating fires consume every-

thing and reduce this vibrant paradise to rubble.

It is great to see that they have recovered sufficiently from such a tragedy to be able to welcome visitors once again.

I have wonderful memories of my visit to these special islands. The warm sunshine, and beautiful beaches, coupled with the welcoming inhabitants, were the reasons I returned again and again.

My first visit was the

shortest and only lasted a day. During my family's move from Sydney, our wonderful ocean liner made a stop in Honolulu. On arrival, several utterly beautiful young women wrapped a floral lei around our necks before serenading us with song and mesmerizing us as they danced the hula.

One of our fellow passengers rented a convertible and we piled into the car ready to explore the island. His driving was a bit scary

because we had to keep reminding him to stay on the right-hand side of the road. On one of his turns, he forgot, and we ended up face to face with oncoming cars. A little oops-a-daisy, a friendly wave, smiles all around and we made it back to the right side of the road.

Pali lookout took our breath away, not only because of its beauty, but the howling wind made it hard to breathe and to stand our ground. From the windy highlands, we drove back to the beach to enjoy a little body surfing on Waikiki Beach. My sister and I were in our teens so wandering around the Royal Hawaiian Hotel, and then strolling on Waikiki Beach was exciting.

We met several university students who were working as lifeguards, and they were eager to show Eva and me how to master the waves.

Twenty years would pass before I was able to return to Oahu. A friend and I rented a small cottage on the North Shore and we spent hours watching daring young men battle the big surf.

It took many more years before I returned and spent ten days in Maui. This time my traveling companion was from Australia and because she insisted that we drive on the wrong side of the road, she left the driving to me.

We put our rental car to good use and drove to Lahaina many times to do some shopping, eat some delicious seafood, and just sit under and enjoy that in-

credible Banyon Tree. I was happy to hear that during that devastating fire, the tree stood her ground, it was a little singed but survived. The latest news is that the tree is bringing forth new leaves and is slowly regaining her strength.

We drove to Hana and made many stops to admire the waves crashing onto the shore and the many waterfalls that cascaded down the mountainside. There was not much to do in Hana except have lunch and relax. During lunch, we asked the couple next to us if they had by chance driven the southern route back to Lahaina. When they told us they had they found the road to be a little difficult, full of twist and turns, but overall, not bad. We decided that we were up for a little adventure and decided to take the gravel road back home.

The road indeed was narrow and full of twists and sharp turns. I hugged the mountainside of the road and slowed to a crawl when I saw a car coming towards us. I was not enjoying this adventure at all and was thankful that the sheer drop-off to the ocean was something the oncoming drivers had to contend with. The drive was not long, but it seemed to last for hours.

We were traveling west, and the sun had begun to set, and darkness was coming on fast. Even with my high beams on, I could not see too far ahead, mostly because of the many twists in the road. I knew my friend was anxious too because she hardly spoke, and I also noticed that she put her imaginary brakes on in some of the more dangerous curves. At times, the road made a sharp U turn to the right which meant that if anyone was coming from the other direction, and if they were driving in the middle of the road, it would have resulted in an unhappy misadventure.

Once the sun had set, it became completely dark. There were no houses anywhere to be seen and of course, there were no streetlights. I was close to panic when all at once, there was pavement under my wheels. I looked over at my friend and said, "We made it", she answered, "Thank God."

Well, we wanted a little adventure, and this road in Maui certainly provided an adrenaline rush.



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### Grow the Conversation! Take Action Against Elder Abuse

World Elder Abuse Awareness Day (WEAAD) June 15th, 2024

Join the Alberta Elder Abuse Awareness Council (AEAAC) in promoting World Elder Abuse Awareness Day (WEAAD) and helping to #ABGrowTheConversation. June 15 is the day the world unites against the abuse and suffering of older adults in our communities. Engage your community and raise awareness about this critical issue.

#### Calgary area:

If you or someone you know may be experiencing elder abuse, please call the **Elder Abuse Resource Line at 403-705-3250**. To make a report on a suspected case of elder abuse, please call the police **non-emergency line at 403-266-1234**. If this is an **emergency or someone you know is at immediate risk, please call 911**.



### #PurpleAwareness2024 – Take action against Elder Abuse!

On June 7th, 2024, 10am, Unison at Veiner Centre (Medicine Hat) is hosting a "Flair your hair or the hat you wear – Go purple" to commemorate World Elder Abuse Awareness Day! Together, let's take action against Elder Abuse!

During Seniors' Week (June 3rd - 7th), we also encourage you to explore our Elder Abuse Awareness resources at Unison at Veiner Centre at our information table.

#### Medicine Hat area:

If you or someone you know may be experiencing elder abuse, please call **403-529-8384**. To make a report on a suspected case of elder abuse, please call the police **non-emergency line at 403-529-8481**. If this is an **emergency or someone you know is at immediate risk, please call 911**.



# Those with neurological disease likelier to die post-COVID

Geoff McMaster

University of Alberta Folio

People with neurological disease have a greater chance of death after contracting COVID-19, according to a new U of A study. The research also confirms a higher risk of developing new neurological disorders after COVID infection.

“For those who have neurological diseases — if you have Parkinson’s, if you have dementia, if you have a seizure disorder — you should seriously consider getting a vaccine,” and carefully monitor symptoms after contracting the virus, says neurology resident Candace Marsters, first author on the paper published recently in the journal *Brain*.

The study is the first to look at a large population of people previously diagnosed with disorders such as dementia, Parkinson’s, encephalopathy and epilepsy — as well as those with a history of stroke or seizures — before and after contracting COVID.

Marsters says her team — which includes Faculty of Medicine & Dentistry researchers Grace Lam, Christopher Power, Jeffrey Bakal and Finlay McAlister — had access to a huge dataset that included 350,000 Alberta patients who tested positive for COVID in the first year of the pandemic.

The team compared symptoms emerging in the acute phase of the illness, i.e., the first seven days to three months after infection, to those emerging between three months and nine months after infection.

The findings align with other studies that show an increased mortality rate during the COVID-19 pandemic among people with pre-morbid neurological conditions, Marsters says.

She points out that — while her team found an association between COVID infection and neurological disease mortality — they were not able to establish causation.

Marsters’ study also confirms others that show

COVID infection can affect the brain and nervous system — including incidence of encephalopathy, dementia, seizure/epilepsy, brain fog and myelitis — within three months of a positive COVID test. Her team also found a higher incidence of inflammatory myopathy and coma within nine months of infection.

The study says that, since the risk of being diagnosed with a neurological disease continues for an extended period after a COVID infection, it “warrants heightened awareness of these dis-

orders during medical follow-up.”

In June of 2021, the U of A opened the Long COVID Clinic, the first of its kind in Alberta, for people who suffer symptoms that persist at least 12 weeks beyond the original COVID-19 diagnosis.

Many patients treated at the clinic have complained of myriad neurologic symptoms, says Maeve Smith, co-director of the clinic.

They include persistent loss of sense of smell and taste, nerve pain and weakness, in-

somnia and neurocognitive dysfunction — problems with short-term memory, concentration and focus.

“Patients are often unable to return to work because their physical and cognitive function isn’t where it needs to be to function at previous levels,” says Smith. “Or they have to find a day-care because they can’t run around after their toddler.”

The new research “demonstrates that COVID-19 continues to burden health-care systems,” say the study’s

authors.

They write that their findings might convince people at higher risk for complications to seek vaccination or, if they catch COVID, to seek medical attention such as antiviral therapy sooner.

*The study was supported by the Canadian Institutes of Health Research, the Alberta SPOR SUPPORT Unit and Christopher Power’s Toupin Chair in Neurocognitive Disorders.*



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INSPIRED SENIOR LIVING WITH 

# May blooming into June



*Deborah Maier  
Calgary Horticultural  
Society*

Winter seemed so long this year. Maybe it was the cool start to spring—March went out like a lion, April was snowy, and there was snow and rain in early May.

This cool spring weather is much better for our gardens than last year’s warm, dry spring. Precipitation in the spring is critical to plant health.

Having nutritious, nature-provided moisture accessible to a plant’s roots as the plant comes out of winter dormancy, and starts vigorous growth, ensures a lush, healthy plant that has energy to enter its bloom cycle.

Shrubs are some of the earliest bloomers.

One of my favourite shrubs is the Nanking cherry (*Prunus tomentosa*). I have a few in my yard. The original was planted by our home’s previous owner and has been in my yard for at least 35 years.

Even though it was planted at the edge of the rain shadow zone created by the eave overhang, making it a dry location, it can be counted on to be in bloom the first week of June.

The buds on the branches closest to the house open first. Like many other flowering shrubs and trees, the blooms open while there is only a hint of leaf greenery.

It has a single, soft pink flower. These flowers are great for pollinators and honeybees are known to be an important pollinator if you want fruit.

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The shrub will produce flowers early in its lifecycle, but it can take four years before it is mature enough to produce fruit.

The fruit is small, in the blueberry-size range, and has a large stone. The stone may discourage some people from harvesting and processing, but it still is a fun, tasty snack to pick and eat while standing next to the bush.

As was often done when eating the old-fashioned seedy watermelons, the seeds can be spit out on the ground after the flesh is eaten. Whether it is my “planting” or the birds, my yard has several “new” shrubs that I didn’t need to purchase from a garden centre.

Even though the shrub seems tough, often a branch or two will be winterkilled. Pruning off this dead wood can happen at any time.

However, maintenance and shape pruning should be done in late winter.

Nanking cherries are native to northern

China and were introduced to North America in the late 1800s.

They are well suited to Calgary’s growing environment and can handle cold, heat, high elevation, arid conditions, and a variety of soils. For good fruit production, it must grow in a full sun location with at least 6 hours of direct sunlight.

My Nanking grows on the south side of my

home, in front of the living room window giving it good sun exposure. It is a popular hiding spot for small birds and its location makes bird watching from inside the house possible.

When other plants in my garden show signs of being dry, I also water this shrub because I know its location doesn’t receive much rainfall. It is a

low maintenance shrub and is on the City of Calgary’s YardSmart water-wise shrub list. While it may not be a commonly planted shrub now, I think more gardeners should grow it. It has lovely spring flowers that are pollinator friendly. It is a reliable performer, that requires minimal care. It can take dry conditions. It has an edible berry. Habitat, aesthet-

ics, food ... what more could a gardener ask for.

Shortly after the Nanking blooms, flowers across the yard start to open. Almost every day another plant shows off its colours. June is the month the garden bursts into bloom.

Visit [www.calhort.org](http://www.calhort.org) and see the What’s Happening calendar for classes and events.





## Caregiver Support Community

GET CONNECTED TODAY!

Are you a family or friend caregiver supporting someone living with illness, disability, or aging needs? Do you need support in managing the ups and downs of this role? **You are not alone!**

Research shows that peer support can increase feelings of **hope** and offer a **sense of belonging**.

Caregivers Alberta runs a variety of different **peer support** groups every day of the week at different times of the day in order to provide options that fit a busy caregiver’s schedule

We also partner with organizations like UNISON to offer local community support programs. UNISON offers an in-person peer support program every last **Wednesday of the month at 1PM**.

✔ Check out our most current listings on our website events calendar or call our support line for more information.

☎ 1.877.453.5088 🌐 [caregiversalberta.ca](http://caregiversalberta.ca) 📧 [support@caregiversalberta.ca](mailto:support@caregiversalberta.ca)

# Age-appropriate language

Jeff Rubin  
*Wisdom of Aging*

Whoever said, “Sticks and Stones can break my bones, but words can never hurt me,” failed to consider how simple words can harm us.

According to the American Psychological Association, Ageism is so ingrained in our culture that we often don’t even notice that ageism hurts people’s physical and mental well-being, as well as our society.

In 2020, APA adopted a resolution on ageism that recognizes age as a risk factor for discrimination, encourages greater emphasis on positive aging, and advances a more productive narrative about the benefits of longer life spans.

Nancy Morrow-Howell, PhD, a professor of social policy and expert in gerontology at Washington University

in St. Louis, claims a negative view of late life isn’t just false, it’s also dangerous to our physical and mental health. It hurts our family and friends, everyone!

Beca Levy, a Yale University Professor, experimental researcher, and a leading authority on ageism, found that age-related beliefs affect health in multiple ways. She found that negative feelings about getting older correlate with higher levels of stress, which is linked to many diseases.

People who are inhibited from socializing may be more likely to engage in unhealthy behaviors such as being inactive or not taking prescribed medications.

Negative self-perceptions of aging are impacting our economy as well. Levy found that the eight most expensive

health conditions among older Americans cost the United States some \$63 billion per year.

In contrast, positive thoughts contribute to health, resilience, and longevity, as well as the bottom line.

Such an alarming view of growing old begs the question, what can we do as individuals to promote a more positive view of aging?

Maybe we can start with our self-talk and how we talk about aging.

*“How old are you?”*

It’s a question we’ve all heard and asked countless times throughout our lives. It seems innocent enough, a simple inquiry into someone’s age. Yet, when we examine it closely, we uncover a linguistic pattern that may reinforce ageism, a prejudice against people based on their age, particularly older adults. The words we choose and the sayings we employ can have a significant impact on our perceptions of age and aging.

*Over the Hill and Out with the Old*

“Over the hill” and “out with the old, in with the new” are idiomatic expressions that suggest that as people age, they become less valuable or less relevant. These phrases insinuate that reaching a certain age marks a decline in one’s worth or abilities. But do years on this planet truly determine our value? Age

should not be a measure of a person’s worth but a testament to their resilience and accumulated wisdom.

*“I’m ‘Too Old’” and “Having a ‘Senior’ Moment”*

“I’m ‘too old’ to do that, wear that, etc.” and “having a ‘senior’ moment” are self-limiting statements that imply that certain activities or cognitive lapses are reserved for older individuals. Age should never be an obstacle to trying new things, embracing different styles, or being human, which includes occasionally forgetting a name or detail. We must challenge these limiting beliefs and encourage people of all ages to explore, experiment, and learn.

*“You Still Have Time” and “Old School”*

“You still have time” may sound encouraging, but it can unintentionally reinforce the idea that time diminishes as one ages. Emphasizing the value of each moment, regardless of age, is a more inclusive perspective. “Old School” can be both endearing and derogatory, illustrating how words can carry dual meanings. It’s important to acknowledge the positive aspects of the past while remaining open to innovation and change.

*“You Look Good for Your Age” and “You Don’t Look a Day Over...”*

These compliments

often stem from well-intentioned individuals.

However, they subtly suggest that looking youthful is the optimal goal, placing undue emphasis on appearance. We should appreciate the beauty that comes with aging, both inside and out. Age is not something to hide; it’s something to celebrate.

Addressing ageism begins with the language we use. We must strive to avoid stereotypes and patronizing words when referring to older adults.

Expressions like “sweetie” or “old geezer” diminish a person’s dignity. Instead, we should engage in respectful and inclusive language that highlights individuals’ unique qualities rather than their age.

By being mindful of the language we use and encouraging positive, inclusive expressions, we can challenge ageism and foster a society where people of all ages are valued, respected, and empowered to live fulfilling and healthy lives.

Let’s remember that age is just a number and that each year brings new opportunities for growth, learning, and connection.

Words matter, and the sayings we employ can shape our perceptions of age and aging.

Most importantly, I hope you have a new sensitivity to the words you use both in your head and in your conversations.

*Jeff Rubin is the author of Wisdom of Age, an international advocate for positive aging, and a leader in the fight against ageism. An advocate for age-friendly” and livable communities, Jeff is an educator in helping business and community leaders to better understand the issues and opportunities associated with aging.*

*He welcomes your questions and comments and can be reached at [jeff@wisdomofage.net](mailto:jeff@wisdomofage.net).*



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For generations 50+

**National Indigenous Peoples Day**

Friday, June 21st, 2024

Let's celebrate the rich and diverse cultural expressions and stories of First Nations, Inuit, and Métis peoples.

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**Closure Alert**

**Staff Retreat**

Monday, June 17th, 2024

All Unison locations will re-open on  
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CELEBRATE *Women*

AT EVERY AGE



Thank you for making a change, one meal at a time!

We raised \$3,553 for our 2nd Annual March for Meals!

With 53% of donors being Veiner Centre Members, we're so thankful for everyone's response and donations to support Meals on Wheels in Medicine Hat!

Our 2024 Spring Campaign

CELEBRATE *Women*

AT EVERY AGE

Celebrating our seniors

Unison is all about celebrating seniors of all stripes, which is why our 2024 spring campaign aimed to celebrate women of every age, and all their fantastic contributions to our families and communities.

The response was staggering!

We raised over \$32,500 this year — an increase of about \$1,300 from our 2023 spring campaign — averaging about \$307 per gift!

Women supporting women

One of the most incredible things we realized: a huge majority of the gifts we received — 70 per cent! — were from women themselves, with 55 per cent over the age of 64

We lead the way!

We're so pleased to see the amazing women of our Unison community dig deep to give gifts to support seniors.

Every dollar helps

Every donation helps programs like our Elder Abuse Shelter, where we help folks weather the storm or Food Security to keep cupboards full: we're so thankful for all the incredible women who made gifts!

[UnisonAlberta.com/Donate](https://UnisonAlberta.com/Donate)



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



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Thank you for supporting seniors!

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# The “Big Island” of Hawaii



Above: Towards the Kealakekua Bay. Right, above: A woman fishing. Right, below: Beaches on the west coast Photos by Jerry Cvach

Photos and Story by Jerry Cvach

It takes imagination to come up with new geographical names. This is a problem when there are sudden spurts of growth or new discoveries. It leads to repetitions like the city of Rome was for thousand years the capital of the empire also called Rome (now Italy), the New York City lies in the New York State and the island of Hawaii is part of the Hawaii state.

To avoid confusion people come up with nicknames so the island of Hawaii is also known as the Big Island. It is indeed much larger than the others although paradoxically is the least populated one.

Hawaii is situated just south of the Tropic of Cancer, the only state in the Union. One immediately forms a picture of islands with endless sandy beaches and gentle hills covered with lush vegetation.

The whole Pacific is littered with islands of volcanic origin built from lava rocks that over billions of years weathered into a soil capable to support vegetation.

But not the Big Island, at least not yet. It was formed much later than the others; in geological terms just recently. It is young, dynamic and unpredictable, a veritable teenager sometimes behaving badly.

Growing pains are its charm and it is why the guide book boasts that nowhere else in the world there is the diversity found here.

For one it has not been around long enough to have the solid rock of its origin broken down. The center is barren and unpopulated save for the few soldiers in the Pohakuloa Military Camp, some astronomers in the observatories and goats.

It is where the two huge volcanos Mauna Loa and Mauna Kea are. They are not the conical variety we used to draw as children with smoke, ashes and rocks shooting up into the sky. Instead, they are formidable looking, heavy set mountain ranges that were gradually built by the red hot lava pouring down from the calderas at their tops when the volcanos became active. Eruptions seem to have had many

happy returns in the last 70 million years.

During every next one the lava flows out in different channels, as the old outlets are obstructed by the detritus of the previous eruptions. The goddess of volcanos and fire Pele directs the lava where to flow next and not necessarily where us, the mere mortals would like it to go. Lately the flows tend to cut roads, and occasionally burn down towns.

The advertised diversity starts with the huge lava fields. One does not see those often elsewhere. Molten lava moves slowly, cascades down like water and once cooled it suddenly stops. It looks as if it were still flowing but that is only an illusion.

The crust remains solid for millennia. Other volcanos throw out the volcanic ashes during eruptions enriching the soil and as such have attracted human habitation throughout the history in spite of the occasional big events that killed many people, like it happened in Pompeii.

It makes for a bizarre landscape. Molten lava sometimes had engulfed

the wet ‘ohio’a trees standing in its way. As the flow drained away, it left a thick coating around the dying trees. Thus the “lava trees” were created.

Under certain conditions when the lava stream cools on surface, it forms a crust for the molten rock still flowing inside of its hardening envelope. When the eruption ends all that remains are the “lava tubes”.

We were surprised how huge these tubes were, veritable tunnels through which a fully grown person can walk erect. These places are reminiscent of my childhood favorite author Jules Verne’s book *Journey to the Center of the Earth*.

Then there is the semi desert. As the lava field ages and breaks down into soil vegetation starts taking hold. The first are the tufts of grasses that reach up to the sky and in a light breeze look like the flickering flames on BBQ; eventually small bushes appear, then meadows and much later even trees.

Beaches on the Big Island are individual

pockets rather than endless expanses to walk on. Occasionally the sand has various colors, green or black. Rugged, black lengths of sharp and coarse rocky bluffs jut out into the ocean.

But the Big Island is a tropical island as well with the jungles full of ferns, bamboos, banyan trees with multiple trunks, and all kinds of flowering trees, bushes, lianas, palm trees and so on.

Just that the ratio of the lushness and the desert like spaces is different from the other islands. The jungle lies on the windward side of the mountains where it rains a lot and along the coast where most of the population lives.

Subsequently until recently there was just the 122 miles long Belt Road, highway #19 in the north half of the island and #11 in the south with just short branches to the coast and the little settlements.

Highway #200, the “Saddle Road” was only built in 1943 and paved in 1949 and it is the only road crossing the heart of the island.

When the ancient Polynesians arrived in the 5th century AD they found a land that contained no edible plants. There were no mammals other than a few bats. It was so void of any sustenance that it was rather propitious that they brought with them plants like taro and breadfruit, pigs, dogs and some fowl. They subsisted on fish until they could harvest their first crops and build up the numbers of their animals.

Due to the isolation and if the Darwinian theories of natural selection can be applied to language, the Hawaiian words are very different from the Indo-European spelling. Overrun by vowels and apostrophes makes them long and hard to pronounce. This is in direct conflict with European languages that use vowels and consonants more evenly. In some Slavic languages whole sentences can be wrought with no vowels at all, while in Hawaiian most words and names have a ratio between vowels and consonants 2 to 1 even 4 to 1 – like Kaua'i or Ni'ihau even Kauakoaiakaolo. It makes reading of the maps just a little bit more adventurous.

Over the years I have always thought that any group of people's characteristics, behaviors or work ethics, their ethnicity or priorities, in one word the national culture is dictated by what race or tribe or political entity they belong to. Germans are orderly, structured, French are gallant, Italians happy and frivolous, Spanish proud, Dutch are thrifty, English are traditional and individualistic and so on. It seems to hold true in these countries, because they are compact and essentially exist within a clearly defined and relatively small areas.

But now I think it is influenced more by the environment and climate in which people live and were reared. The average American is industrious, energetic, somewhat overbearing and pushy in business, but Hawaiians are just as easygoing, happy go lucky, with little regard for maintenance of their houses as any Caribbean or any Polynesian will

ever be. You could be dropped from a helicopter into any of the towns on the Big Island and if you were told you were in the USA you would likely retort: "are you kidding me?"

And it is so refreshing. Consider a notice that was clipped to the door of a store in the little artistic village called Holualoa, just above Kona:

"Hello Friends!"

Hours: Tuesday thru Saturday (usually)

'12 til 4' more or less?

Call me if need!  
Karen: 808 747-6292

I couldn't describe an attitude to life and its vagaries better than that in so few words.

In Kailua-Kona we stayed in a condo called Club Wyndham about 8 miles south of Kona. On the Big Island, unless one wants to be just on the beach, play golf, or tennis from sun-up to sun-down, one needs a car. There is public transportation, I believe, as I saw busses here and there, but majority of those were tours.

The island is extremely interesting, but the attractions are scattered all over with relatively long distances to travel between them. There is a cluster of those around Kona on the east coast and then also around Hilo on the opposite side of the island. Kona is mostly dry and sunny and Hilo is the wettest town in the USA – Hilo has 211 rainy days/year, Sitka, Alaska – 173, Sequim, Washington - 143 and so on.

There is a lot of ancient Hawaiian history to see. The early settlers came from Marquesas Islands, later arrivals came from Bora Bora. There are archeological sites on the west coast where these people supposedly first settled. It is here where Kamehameha was born and raised and eventually unified the Hawaiian islands under his rule in 1795.

It was also on the Big Island where the natives assassinated Captain Cook, and that was a shame as he was, unlike other exploring sea captains of his era, a thoroughly decent man.

There are many stories about how and why it happened and what happened to Cook's body afterwards, but the reason for the killing was just an argument over a stolen row boat, a minor event.

The shores are mostly gentle, but on the northeast side of the island there are high bluffs and even the Belt Road has to go inland around them. It is also where the rainy east coast begins and because of the land rising steeply from the sea there are many very tall waterfalls with the Akaka Falls being the most famous.

The reason to endure the rains in and around Hilo is that it is where the Hawai'i Volcanic National Park lies, and where all the wonders described above can be found, plus petroglyphs to which one has to walk from the road over fairly unpleasant trail, but are worth it.

The capital Hilo is really a small town with a population of only about 40,000. It has a beautiful park on the shore

of the Hilo Bay, where one can watch the fishermen/women from the hotel balconies. There I saw for the first time in my life a fisherwoman casting for her dinner wearing a long skirt thrashing in the wind. She was a recent immigrant from Armenia and very pleasant. A good photographer too, who unlike other people did not put our heads into the center of the picture and did not cut our legs off just a few inches above knees as most picture takers do!

There are plenty of churches of all denominations on the island. It seems many are either former or even recent missions. These are not cathedrals by any means, just neat little wooden buildings. Some of them are amateurishly but richly decorated, earning the moniker "Painted Churches" in the guide book. We found two and they were both beautiful, well maintained and open to public.

The Big Island is a place where one can vacation at one's

own pace, in comfort and certainly eat well. Eating is a Polynesian affliction. Inhabitants are often burly, strong and healthy people. It is not necessarily in the genes, it is the eating. In a restaurant in Hilo we ordered a pork chop but on a hunch decided to just split it between my wife and me. The chunk of meat we received was 16 OZ inch and half thick double chop. The lady who served it was not just of "certain age" but also of a "certain size". The chop was delicious, roasted to perfection, but we mentioned to her that we were so glad we had decided to split it.

She laughed and said, "But we eat the whole thing". She must have seen me to involuntarily glance at her girth and said that she came from Ohio (or Michigan?), and that she had been slim before she moved to Hilo decades earlier.

"You should meet my daughter" she said. "She is even bigger than me, happy and a true Hawaiian too." I bet she is.



# Medicine Hat

## Celebrating folks with Seniors' Week!

Erin Reeder  
Manager of Programs

Join us at Unison at Veiner Centre in Medicine Hat to celebrate Seniors' Week from June 3rd to 9th, 2024!

This event, celebrated all over Alberta, honors the important contributions of older adults to our communities. The theme "Aging is more..." encourages us to see aging as not just about getting older but also about growth, helping others, and staying involved in life.

Seniors add value to our communities through their different roles and experiences.

They have a lot of knowledge and wisdom from their years of experience, which they share with younger people. In workplaces, retired experts often come back as mentors to help guide younger workers. In families,

grandparents offer advice and teach important life lessons, helping to keep traditions and stability.

This sharing of knowledge helps build respect and understanding between different age groups.

Many seniors volunteer their time to help with various causes, showing dedication and commitment that often goes unnoticed but is very important. Communities gain a lot from the hard work of senior volunteers.

Seniors also get involved in advocacy and local government, working to improve things like healthcare, housing, and social services for everyone. Their efforts can lead to positive changes that benefit the whole community.

Seniors help create social connections in communities by organizing and joining so-

cial groups, clubs, and events. These activities are especially important now when many people feel lonely and isolated.

One of the most important ways seniors contribute is through caregiving. Many older adults take care of their spouses, friends, or family members, often making personal sacrifices. They also help friends and neighbors in need, playing a key role in keeping many households stable, especially when professional caregiving resources are limited.

Seniors' Week is a great time to recognize and appreciate all that seniors do for our families, communities, and the province. Let's celebrate the richness of the aging experience and show our gratitude for the seniors in our lives.

Unison at Veiner Centre has planned fun

and engaging activities for Seniors' Week, ensuring there's something for everyone. Check out the activities occurring in Medicine Hat at: Unison Medicine Hat Seniors Week. There are also online activities available at: Unison Alberta Online Activities.

Elder Abuse Awareness Day, recognized globally on June 15, is an important part of our Seniors' Week. This day brings attention to different kinds of elder abuse—physical, emotional, financial, or sexual—and emphasizes the need to protect our seniors. Elder abuse often happens by someone in a position of trust, like a family member. Signs can include unexplained injuries, depression, anxiety, and changes in hygiene. Raising awareness is key to stopping this abuse, and resources like

Unison's Medicine Hat Elder Abuse Outreach (ph. 403-529-8384) are available to help. If it's an emergency or someone you know is at immediate risk, please call 911.

By celebrating and understanding the aging experience, we honor the past, make the present better, and build a brighter future for all generations. Aging is more than just getting older—it's about contributing, connecting, and growing. Also, by raising awareness of elder abuse and supporting prevention, we ensure our older adults can live in safe and caring environments.

For more information and to register for events, please visit Unison at Veiner Centre or contact us directly at 403-529-8307. We look forward to celebrating with you!



Veiner Vintage Transport is an incredible program that helps senior Hatters get where they need to go, all with the help of lovely volunteer drivers like Brett Cockerill (above, the human). For more information on the program, visit [www.unisonalberta.com/services](http://www.unisonalberta.com/services)

## Volunteer spotlight

Well, it feels like summer is here so let us enjoy this beautiful weather! Say hello to Gail. She is one of our volunteer receptionists at the Veiner Centre, greeting people, giving tours of the facility, answering questions, selling memberships and registering folks for all the activities we offer.

She started volunteering with us when she retired about eight months ago. Gail loves being at the Veiner Centre interacting with all the members and inviting new people to join. Volunteering keeps her learning new things, meeting people and sharing a laugh.

If Gail could choose a place to live it would be Southern England. The temperate climate, walking paths, historic buildings, oceans, pubs, and small



shops are all very enticing. If Gail could pick her favorite meal she would enjoy a cedar plank grilled salmon, with a great salad and glass of wine while listening to some classic rock. Gail's motto is "When in doubt, research, use common sense."

Thank you, Gail, for all that you do and your commitment to the Veiner Centre!



# Mens' Sheds: an international movement

Story by Dave Williamson

Photos provided by Author

This year a Men's Shed was opened at Unison's Veiner Centre in Medicine Hat. Men's Sheds are non-profit groups supporting senior men.

They are an Australian 1995 movement that is now an international phenomenon, enhancing — even saving — the lives of men and building better communities.

They provide a friendly place where men (usually over 50) and retirees get together to tinker, tell stories and have a good time. All this is to ward off loneliness and depression brought on by sitting on the couch with nothing to do.

Seniors have a terrific amount of experience and knowledge to contribute to the Shed

and share with each other.

The term Shed refers to the meeting place. It could be a garage, a workshop, or a community facility. Men can just chat or engage in activities together.

We can volunteer, build things for the community, fix bikes for schools, or take cooking classes, anything we like.

The membership decides what they are going to do, perhaps get speakers in or go on a hike together. Larger projects may require a workshop or garages.

A Men's Shed is a dedicated, welcoming shared place where men come together — regardless of their background or ability. We share knowledge, learn new skills, develop old ones, have a bit of fun and make

new friends.

Sheds give men somewhere to go, something to do, someone to talk to.

There are many reasons to join a Men's Shed. With over 2,500 Sheds around the world, their compassionate reputation has been well earned. The community benefits from projects that help the city. Projects like volunteering, technology workshops, bike repair and donation, making toys, benches, and tables. Men's Sheds offer a space for sharing and acquiring new skills like woodworking and gardening, making use of our lives and having a purpose.

Other benefits include social connection, a space where men can come together to share experiences and build friendships. It is valuable for men

at risk of social isolation and depression because men get the camaraderie and support that contributes to positive mental health. Our Shed provides men with a sense of purpose and fulfilment while contributing to community projects. Men work best "shoulder to shoulder." Some men learn, some teach, and some just watch or listen.

Regarding retirement transition, Men's Sheds can be instrumental in helping men navigate this life stage and lack of direction. It is a supportive and non-judgmental place where men can feel comfortable discussing their concerns or life's challenges. Our social and emotional impact often extends to families and the broader community. A UK study showed that there was a 75 per cent reduction in anxiety and an 89 per cent reduction in depression with members attending regularly. With these benefits retirement and aging can be a lot less difficult to navigate.

Men can come in on their own, or wives and daughters may have to prompt them to get off the couch. It is rumoured that "Men shed because a woman said." Legend has it that the first Shed was started in Australia by the daughter of a

senior man who was at her loose ends and becoming depressed. She bought several old lawnmowers and asked a bunch of older men to help fix them in her garage. The guys got talking and the first Men's Shed was formed. The lawnmowers never got fixed. The first Canadian Men's Shed was prompted by the wife of a retired man. If your man is getting underfoot, send him down to our Shed.

The Men's Shed of Medicine Hat is simple to join. Just come down to the Veiner Centre any Monday (except holidays) at 11 AM and Dave (the coordinator) will be happy to sign you up. This Shed's membership is free, and we provide coffee. If you're hungry after the meeting, the adjacent Bisto serves great lunches and snacks. You'll find the Centre at 225 Woodman Ave. S.E. Medicine Hat.

For more information on Sheds or Shedders (our name for men in Sheds) you can go to the web and look up MensShedsCanada.ca and provincially see AlbertaMensSheds.ca. The Australian website is also filled with great information and videos. To contact the Shed here in Medicine Hat you can email: mensshedMH@gmail.com.



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# Medicine Hat Veiner Activities

## What's Happening in June

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

### Mondays

**Quilting**  
Craft Room | 9am

**Tech Support**  
Boardroom | 9am

**Board Games**  
South MP | 9:30am

**Men's Shed**  
Boardroom | 11am

**Canasta**  
South MP | 12:30pm

**Euchre**  
North MP | 1pm

**Shuffleboard**  
Games Room | 1pm

### Tuesdays

**Strathcona Arts Studio**  
Craft Room | 9am

**Chess**  
Dining Room | 9am

**Ukulele Group**  
North MP | 10am-12pm

**Duplicate Bridge**  
North MP | 12:45pm

**Crib**  
South MP | 1pm &  
6:30pm

**Bridge**  
North MP | 6pm

**Board Games**  
Dining Room | 6:30pm

### Wednesdays

**Mahjong**  
South MP | 9am

**Bocce Ball**  
North MP | 9:30am

**Singing with Jodi Faith** | 10am

**Canasta Lessons**  
Dining Room | 10am

**Duplicate Bridge**  
South MP | 12:30pm

**Hearts**  
Dining Room | 1pm

**Scrabble**  
North MP | 1pm

**Pinochle**  
North MP | 1pm

**Bridge Lessons**  
South MP | 3:30pm

### Thursdays

**Strathcona Arts Studio**  
Craft Room | 9am

**Jam Session**  
South MP | 9:30am

**Canasta**  
South MP | 12:30pm

**Euchre**  
North MP | 1pm

**Shuffleboard**  
Games Room | 1pm

**BINGO**  
Boardroom | 2pm

**Duplicate Bridge**  
North MP | 6pm

**Norwegian Whist**  
South MP | 6:30pm

### Fridays

**Quilting**  
Craft Room | 9am

**Mahjong**  
South MP | 9am

**Kaiser Club**  
Dining Room | 1pm

**Duplicate Bridge**  
North MP | 12:45pm

**Mexican Train  
Dominoes**  
South MP | 1pm

**Stitch & Laugh**  
Boardroom | 1pm

## Presentations & Events

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

### May 31 – June 2

#### Scrapbooking Fanatics

Starting at 4:30pm on the 3rd | Registration Required

### June 4

Book Review Crew  
1pm – 2pm | Dining Room

### June 4

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

### June 11

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

### June 13

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

### June 18

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

### June 19

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

### June 26

Kitchen For Support  
1pm – 3:30pm | Strathcona Kitchen | Intake with Nicole  
Required 587-770-1420

### June 28

Book Club  
10am – 11am | Dining Room

## Wellness Wednesdays

June 5 | Movie Matinee with popcorn  
"A Man Called Otto" | Craft Room |  
2pm – 4:15pm

June 19 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am

June 19 | Optima Rocks with Jodi  
Craft Room | 2:15pm – 4pm

June 26 | Life Long Learning Presents:  
"Legacy" | Boardroom  
10am – 12pm | Registration Required

### Keep an Eye Out!

A trip to Maple Creek for Shopping & Winery is  
in the works for the beginning of July.  
Registration will open up in June.  
More details to come!

### Closure alert: Monday, June 17 Unison Team Building Day

## Active Aging Spotlight

### Bridges Grandparents Who Parent Group

June 18 | 10:30am – 12pm  
Boardroom | Register by calling  
Kayla 403-526-7473

### Cooking for Connection

June 20 | 1pm – 3:30pm  
Strathcona Kitchen | \$20/pp  
Registration Required

# Medicine Hat Strathcona Activities

## What's Happening in June

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 Open Play | 1pm  
Pickleball Open Play 2:30pm  
Chair Yoga & More | 4pm  
Yang Short Form | 7pm  
Yang Long Form | 8pm

### Tuesdays

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

### Wednesdays

Absolute Beginner Line Dancing | 8:30 am  
Beginner Line Dancing 9am  
Table Tennis | 10am  
Qigong & Chair Yoga 12pm  
Pickleball Open Play 1pm  
Pickleball Open Play 3pm  
Weapons Form | 7pm

### Thursdays

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

### Fridays

Pickleball Beginner 9am  
Table Tennis | 10am  
Pickleball Open Play 1pm  
Pickleball Open Play 3pm  
Pickleball Open Session | 6pm

## Fitness Class Spotlight

All fitness classes require registration

### High Beginner/Improver Line Dancing

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

### Chair Yoga & More

May 13 - June 24 | Mondays | No Class May 20  
12pm - 12:45pm & 4pm - 4:45pm  
Members: \$42 | Non-Member: \$60

### Fun & Fitness

May 7 - June 13 | Tuesdays & Thursdays  
9am - 9:55am & 10am - 10:55am  
Members: \$60 | Non-Member: \$84

### Solid Gold Fitness

May 14 - June 25 | Tuesdays  
11:45am - 12:30pm  
Members: \$49 | Non-Member: \$70

### Absolute Beginner Line Dancing

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

### Beginner Line Dancing

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

### Qigong & Chair Yoga

May 15 - June 26 | Wednesdays | 12pm - 1pm  
Members: \$49 | Non-Member: \$70

### Stretches for Tight Hips, Hamstrings, Shoulders & Chest

June 25 | Tuesday | 10am - 11am  
Members: \$5 | Non-Member: \$10

## Tai Chi Fitness Classes

### Yang Short Form

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

### Yang Long Form

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

### Chen Style Short Form

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

### Fan Form

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

### Weapons Form

Apr 10 - Jun 26 | Wednesdays | 7pm - 9pm  
Must have completed Yang or Chen form before registering for this class. No exceptions

## Senior's Week

### June 3 - Coffee with a Cop

10am - 12pm | Bistro | Drop In

### June 5 - Fitness in the Park

9:30am - 10:30am | Registration required

### June 6 - Sponsored lunch by Pharmacy Brands

Canada | 11:30am - 1:30pm | \$5 for Beef Stew & Bun

### June 7 - Craft's & Art's Unleashed

11am - 4pm | Craft Room

## 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



# SENIORS' WEEK

## JUNE 3rd – 7th, 2024

Come and celebrate aging with us! Be part of an exciting week filled with presentations, activities and more!

**In-person and online activities available!**

Where: Unison at Kerby Centre (1133-7 Avenue S.W. Calgary, AB) | Contact: [Marinai@UnisonAlberta.com](mailto:Marinai@UnisonAlberta.com)

### Monday, June 3rd

FREE Presentations | Kinsmen Lecture Room



**DD West LLP | 10am: Where there's a Will, there's a way. All things Estate Planning with Jenna Bever.**



**Sheldon Smithens | 11:15am: Too much stuff? Join Sheldon Smithens from Canadian Pickers for downsizing tips & to learn what's hot and what's not in the world of antiques & collectibles.**



**Chartwell | 1pm: Planning your Senior Living Journey**



**My Aid in Life | 2pm: Senior Support Partner Benefits: Downsizing, moving, Health Care Liaison & Companionship**

FREE Drop-In Activities

- Guided Meditation | 10am – 10:45am | FREE | Wellness Connection Centre
- Line Dancing | 1pm – 2pm | FREE | Gym
- Live Well, Be Well Presentation | 11am – 12pm | FREE | Wellness Connection Centre

Seniors' Week Wise Owl Boutique Sale!

- Wise Owl Boutique Craft Sale (with special musical performance from Linda Kitchin) | 10am – 1pm | Kerby Café

### Tuesday, June 4th



**ElderSong Concert | 2pm – 4pm | FREE | Gym**

- Drop-in Zumba Class | 10am – 11am | FREE | Kinsmen Lecture Room
- River Walk | 10am – 11am | FREE | Bow River (Meet at Unison at Kerby Centre)
- Indigenous Drumming & Storytelling | 1pm – 2:30pm | Members: \$15 Non-Members: \$25 Wellness Connection Centre

### Wednesday, June 5th

- Wednesday Dance with the Kerby Sensations | 1pm – 3:30pm | FREE | Kerby Café
- Tech Shed | 10am – 12pm | FREE | Wellness Connection Centre

### Thursday, June 6th

FREE Presentations | Kinsmen Lecture Room



**Ears to You | 10am: Hearing Health Basic & Free Assessment Information**



**Primerica | 11am: How to Thrive Financially During Retirement**



**The Calgary Neuropathy Association | 1pm: Living with Peripheral Neuropathy and Chronic Pain**

### Friday, June 7th

- ElderSong Multicultural Day – Performances | 1:15pm – 2:30pm | FREE | Gym



**Chinese Lion Dancing by Calgary Chinese Elderly Citizen's Association | 1:15pm – 1:30pm**



**Ukrainian Dance by VYKRUTAS Ukrainian Dance Society | 1:30pm – 1:50pm**



**Modern Dance by Move Dance Studio | 1:50pm – 2pm**



**Line Dancing by Ranchman's | 2pm – 2:30pm**

**Thank you to our Senior Week supporters!**



Where: Unison at Veiner Centre (225 Woodman Ave SE, Medicine Hat, AB) | Contact: [NatashaG@UnisonAlberta.com](mailto:NatashaG@UnisonAlberta.com)

### Monday, June 3rd

- Coffee with a Cop | 10am – 12pm
  - Join Chief Al Murphy and members of the Medicine Hat Police Service for coffee and a conversation. No agenda and no need to pre-order. Just a chance to ask questions, voice concerns over a cup of coffee.
  - FREE | no registration required.

### Wednesday, June 5th

- Fitness in the Park | 9:30am – 10:30am
  - To celebrate Senior's Week, the Veiner Centre is hosting a one-hour workout session! Join Erynn for a FREE outdoor fitness class and prepare to break a sweat. Remember to wear suitable outdoor exercise attire and footwear, and carry a water bottle to keep yourself hydrated.
  - Please call 587-770-1536 for any questions.
- Asian Theme Night | 4pm – 8pm
  - Dinner Menu: Sesame Chicken Wings, Sweet & Sour Pork, Shrimp Fried Rice, Vegetable Spring Rolls, Cabbage Salad
  - Dessert Menu: Assorted Fortune Cookies
  - \$15 per person – Members and non-members are welcome!

### Thursday, June 6th

- Senior Celebration Lunch | 11:30am – 1:30pm
  - Entre Special: Beef Stew and Bun for \$5.00 (Does not include soup, drink or dessert)
  - Members and non-members are welcome.

### Friday, June 7th

- Arts & Crafts Unleashed Market | 11am – 4pm
  - Support local artists and their amazing creations!

**Thank you to our Senior Week supporter!**

**PharmacyBrands**  
Canada

For Seniors' Week Online, please see page 25 or contact [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)

# Active Aging

## Course Registration Summer Session

Registration opens **June 3rd** for members and **June 12th** for non-members

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

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



### Don't Miss Out!

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

### Refund Policy

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

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

**Tai Chi** (Member: \$29 | Non-Member:\$59) Instructor: Adrian Buczek

*Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.*

- **A01 Tuesdays July 9 – July 30 (4 Weeks)** 10am – 11am | Room 305 – Unison at Kerby Centre
- **A02 Thursdays July 4 – July 25 (4 Weeks)** 2:15pm – 3:15pm | Room 205 – Unison at Kerby Centre
- **A03 Tuesdays Aug 6 – Aug 27 (4 Weeks)** 10am – 11am | Room 305 – Unison at Kerby Centre
- **A04 Thursdays Aug 8 – Aug 29 (4 Weeks)** 2:15pm – 3:15pm | Room 205 – Unison at Kerby Centre

**Fitness with Dan** (Member: \$29 | Non-Member: \$59) Instructor: Dan Leung

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

- **A05 Wednesday July 10 – July 31 (4 Weeks)** 10am – 11am | Gym – Unison at Kerby Centre
- **A06 Wednesday Aug 7 – Aug 28 (4 Weeks)** 10am – 11am | Gym – Unison at Kerby Centre

**Muscle Strength & Core Balance** (Member: \$29 | Non-Member: \$59) Instructor: Dan Leung

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

- **A07 Friday Aug 9 – Aug 30 (4 Weeks)** 9am – 10am | Gym – Unison at Kerby Centre

**Feat to the Beat** (Member: \$29 | Non-Member: \$59) Instructor: Kym Butler

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

- **A08 Friday Aug 9 – Aug 30 (4 Weeks)** 1pm – 2pm | Room 205 – Unison at Kerby Centre

**Line Dancing (Intermediate Beginners)** (Member: \$22 | Non-Member: \$52) 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.*

- **A09 Mondays Aug 12 – Aug 26 (3 Weeks)** 1pm – 2pm | Gym – Unison at Kerby Centre

**Line Dancing (Introductory Beginners)** (Member: \$29 Non-Member: \$59) 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.*

- **A10 Thursdays Aug 8 – Aug 29 (4 weeks)** 11:30am – 12:30pm | Gym – Unison at Kerby Centre

**Line Dancing (Intermediate Beginners)** (Member \$29 Non-Member \$59) 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.*

- **All Thursdays Aug 8 – Aug 29 (4 weeks)** 1pm – 2pm | Gym – Unison at Kerby Centre

**Chair Yoga** (Member: \$39 | Non-Member \$69) Instructor: Gina Komanac

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

- **A12 Wednesdays July 3 – Aug 28 (6 Weeks - No classes Aug 7, 14, 21)** 1:15pm – 2:15pm | Room 205 – Unison at Kerby Centre

## Art Courses

- Drawing Basics!** (Member: \$60 | Non-Member: \$90) Instructor: Hamideh Khadem Sohi  
Interested in drawing? Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! Supplies not included.
- **B01 Mondays Aug 12 – Sept 9 (4 Weeks - No Class Sept 2)** 1pm – 3pm | Room 313 – Unison at Kerby Centre
- Watercolour** (Member: \$96 | Non-Member: \$126) Instructor: Hamideh Khadem Sohi  
Join us and bring your artistic visions to life with the mesmerizing medium of watercolor. (\*Supplies not included.)
- **B02 Friday Aug 9 – Aug 30 (4 Weeks)** 10am – 3pm Room 313 – Unison at Kerby Centre
- Photography with Smartphone** (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi  
In today's digital age, mobile photography has become increasingly popular. Our instructor is well-versed in the capabilities of mobile devices for photography and can teach you how to capture compelling images using your smartphone. From composition techniques to editing tips, the instructor's aim is to empower students to unleash their creativity through mobile photography.
- **B03 Tuesday Aug 13** 10am – 12pm Room 313 – Unison at Kerby Centre
- Color Pencil Painting** (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi  
Our skilled instructor expertly teaches color theory and technique, fostering students' creativity with color pencils. Supplies not included.
- **B04 Monday Aug 12** 10am – 12pm Room 313 – Unison at Kerby Centre

## Sing & Play

- Ukulele Beginner** (Member: \$75 | Non-Member: \$105) Instructor: Lorraine Smith  
Designed for those with little or no experience. If you have a ukulele, bring it to class with an electronic clip-on tuner. Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.
- **B05 Thursdays July 11 – Aug 29 (8 Weeks)** 10am – 11am | Room 313 – Unison at Kerby Centre
- Ukulele (Prep for Intermediate Ukulele)** (Member: \$75 | Non-Member: \$105) Instructor: Lorraine Smith  
This class is for those who have taken one or two beginner classes. We will cover material that will get you ready for Intermediate. This class will include: The calypso rhythm, playing in a minor key, using a capo, more work on the chords of the F family –especially Bb.
- **B06 Thursdays July 11 – Aug 29 (8 Weeks)** 11:15am – 12:15pm | Room 313 – Unison at Kerby Centre

## General Interest

- Outdoor Safety & Awareness** (Member: \$35 | Non-Member: \$65) Instructor: Don Muldoon  
Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.
- **B07 Tuesday Aug 13** 10am – 12pm | Outside (Meet at Front Lobby) – Unison at Kerby Centre
- Intro to Baton Twirling Workshop** (Member: \$35 | Non-Member: \$65) Instructor: Lorraine Meek  
Come and learn some Baton Twirling Basic Twirls and Fun-damentals with Miss Lorraine (Head Coach of The Baton & Dance Company).
- Did you know that Baton Twirling is recognized as a sport here in Alberta? Did you know that Baton Twirling improves hand – eye coordination? Did you know Baton Twirling gets our hands moving and can improve arthritis and stillness in our fingers and wrists?  
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).
- **B08 Monday July 15** 1pm – 1:45pm | Room 205 – Unison at Kerby Centre
  - **B09 Monday Aug 12** 1pm – 1:45pm | Room 205 – Unison at Kerby Centre

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

- Line Dancing** (Member: \$40 | Non-Member: \$70) Instructor: Dianne Sandstrom  
No need for a dance partner! This class will teach you the basics in a fun and educational setting.
- **W01 Monday July 8 – Aug 26 (7 Weeks - No Class Aug 5)** 10am – 11am | Wild Rose Church
- Colour Pencil Painting** (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi  
Our skilled instructor expertly teaches color theory and technique, fostering students' creativity with color pencils. Supplies not included.
- **W02 Tuesday Aug 20** 10am – 12pm | Wild Rose Church

# Unison for Generations 50+ Calgary In-Person Activities

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

## Weekly In-person Activities at Unison at Kerby Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Badminton &amp; Ping Pong (\$3)</b> Gym   10am – 12pm</p> <p><b>Mahjong (\$2)</b> Room 312 10:30am – 12:30pm</p> <p><b>Live Well Be Well Conversations (FREE)</b> Room 317   11am – 12pm</p> <p><b>Pickleball Beginner Lessons (\$20 for 4 weeks)</b> Gym   10am – 12pm</p> <p><b>Pickleball (\$3)</b> Gym   2:30pm – 4pm</p>	<p><b>Recorder Group (\$2)</b> Room 108   10am – 12pm</p> <p><b>Bridge (\$2)</b> Room 312 10am – 12pm</p> <p><b>Pickleball (\$3)</b> Gym   2:30pm – 4pm</p>	<p><b>General Craft Group &amp; Knitting for a Cause (FREE)</b> Room 311 9am – 12pm</p> <p><b>English Language Literacy (FREE)</b> Room 312   10am – 12pm</p> <p><b>Men's Shed (FREE)</b> Room 317   11am – 12:30pm</p> <p><b>Wednesday Dance (FREE)</b> Café   1pm – 3pm</p> <p><b>Cribbage (\$2)</b> Room 312   1pm – 3:30pm</p> <p><b>Walking Soccer (\$3)</b> Gym   2:30pm – 4pm (Registration Required)</p>	<p><b>Artists Group (\$1.50 per half day)</b> Learning Lab   10am – 3pm</p> <p><b>Kerby Centre Tours (FREE)</b> Meet at Kerby Café   10:30am</p> <p><b>Pickleball (\$3)</b> Gym   2:30pm – 4pm</p>	<p><b>Spanish Conversation Group (\$2)</b> Room 311   10am – 12pm</p> <p><b>Krazy Karvers Woodcarving Club (\$1.50 per half day)</b> Room 102   10am – 3pm</p> <p><b>Tech Help (\$5)</b> 11am – 1pm (Registration required)</p> <p><b>Badminton &amp; Ping-Pong (\$3)</b> Gym   1:30pm – 3:30pm</p> <p><b>Beginner English as a Second Language (FREE)</b> Room 305   1:30pm – 3:30pm</p> <p><b>Intermediate English as a Second Language (FREE)</b> Room 311   1:30pm – 3:30pm</p>

### Active Aging Spotlight

#### Intermediate Drawing at Kerby Centre

*Mondays | June 10th – July 29th*  
1pm – 3pm  
Member/Super Member: \$90  
Non-Member: \$120

Have you always been interested in drawing, but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! supplies not included.

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



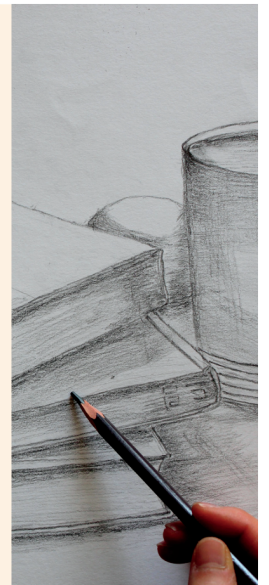
### Active Aging Spotlight

#### Sketching Workshop at Kerby Centre

*Wednesday, June 19th*  
10am – 12pm  
Member/Super Member: \$35  
Non-Member: \$65

Our Sketching Workshop is designed not only to teach the technical aspects of sketching but also to foster a sense of artistic confidence and individual expression. Join us for an unforgettable experience where you'll discover the joy of bringing your imagination to life on paper.  
Supplies Needed: Pencils (HB, 3B and 6B), Sketch Book and Eraser, pencil sharpener

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



### Unison Travel Spotlight

#### Silver Springs Botanical Gardens with Unison Travel

*Tuesday, June 18th*  
9:30am – 2:30pm  
Member/Super Member: \$57  
Non-Member: \$87

Includes bus transportation and buffet lunch at New Dynasty Restaurant.

*Cut-off date: Tuesday, June 4th*  
(Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

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



### Unison Travel Spotlight

#### Aspen Crossing with Unison Travel

*Saturday, July 13th*  
10am – 4:30pm  
Member/Super Member: \$195  
Non-Member: \$225

Includes: Transportation and a 3-course meal  
Grain Elevator Tour (Included in trip price)

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

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



### Unison Travel Spotlight

#### Ghost Lake Boat Tour with Unison Travel

*Tuesday, July 16th*  
9:30am – 3pm  
Member/Super Member: \$71  
Non-Member: \$101

Transportation: Willco Bus Company and boat tour fee. Bring your own lunch.

*Cut-off date: Tuesday, July 2nd*  
(Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

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



### Unison Travel Spotlight

#### Ghost Lake Boat Tour with Unison Travel

*Thursday, August 15th*  
9:30am – 3pm  
Member/Super Member: \$71  
Non-Member: \$101

Transportation: Willco Bus Company and boat tour fee. Bring your own lunch.

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

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



# Unison for Generations 50+ Calgary In-Person Activities

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

## Wise Owl Boutique HOT Half Price Summer Sale on red tag items!

Week of June 3rd - 7th and July 2nd - 4th  
10am - 3pm



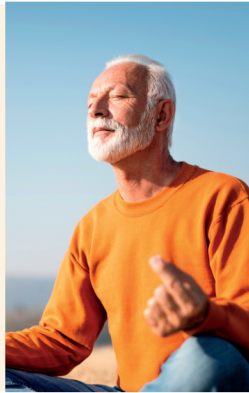
Wellness Spotlight

### Meditation Monday at Kerby Centre

Mondays | 10am - 10:45am  
FREE | Drop-in

Learn the many benefits of meditation and how to incorporate easy techniques into your daily lives.

**For more information:**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com



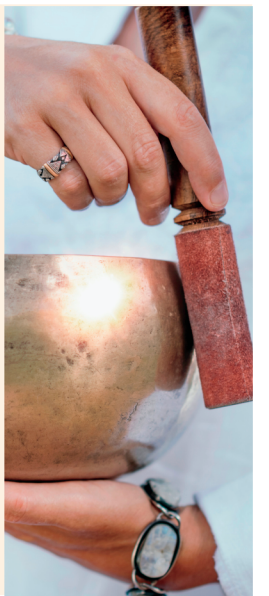
Wellness Spotlight

### Sound Bath Therapy at Kerby Centre

Wednesdays | July 15th - 29th  
1pm - 2:30pm  
Member/Super Member: \$60  
Non-Member: \$120

Sound bath therapy helps to empower individuals on their journey to holistic well-being through the transformative power of sound. It provides a sanctuary of tranquility where individuals can experience profound deep relaxation, inner harmony, and self-discovery.

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



Wellness Spotlight

### Live Well Be Well at Kerby Centre

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

Join our weekly wellness series for engaging presentations and conversations.

**For more information:**  
KerbyCentre23.WildApricot.org  
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!**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com



Wellness Spotlight

### River Walk

Tuesdays | 10am - 11am  
FREE | Drop-in

Join us for a leisure walk along the Bow River!

**For more information:**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com



## Weekly Wednesday Dance

Join us and our volunteer house band, The Kerby Sensations every Wednesday afternoon from 1pm - 3pm for a little groovin' and good tunes!

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

## Community Bread Markets



### Drop-in at our monthly Community Bread Market!

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

#### Parkdale Nifty Fifty Association (NW)

Tuesday, June 11th | 11am - 12pm

#### CARYA Village Commons (SE)

Wednesday, June 12th | 1pm - 3pm

#### Bow Cliff Seniors 50 + (SW)

Thursday, June 20th | 11am - 12pm

#### Northminster United Church

#### Highland Park Community Association (NW)

Wednesday, June 26th | 1:30pm - 3pm

#### Confederation Park 55+ Activity Centre (NW)

Thursday, June 27th | 12pm - 1:15pm



# Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com) or call **403-462-5080**. Online registration and full details at [KerbyCentre23.WildApricot.org](https://KerbyCentre23.WildApricot.org)

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

## The community party doesn't have to stop over the summer – take it with you ONLINE!



Summer is a great time to go away and enjoy yourself. Stay connected from your campsite or your garden. All you need is your phone or a tablet and some data (and reception).



### SENIORS' WEEK

JUNE 3rd – 7th, 2024

Unable to attend Seniors' Week in-person? Unison is happy to bring Seniors' Week to you through our Online programs! Come and celebrate aging with us! Be part of an exciting week filled with presentations, activities and more!

#### **Monday, June 3rd**

- FREE English Online Class (ESL/EAL) | 1pm – 2pm
- FREE More than Yoga (SEATED) Online Class | 2pm – 3pm

#### **Tuesday, June 4th**

- FREE Fitness over 50! Online Class | 9:30am – 10:30am
- FREE Tai Chi Online Class | 1:45pm – 2:45pm
- Food for thought... and Energy, Online Workshop (LIMITED Spots) | 10am – 12pm | Members: \$15 | Non-Members: \$45

#### **Wednesday, June 5th**

- FREE "Frauds & Scams with the BBB" Online Presentation | 10am – 11am
  - Brought to you by Community Partners Unison and Carya
- FREE Muscle Strength & Core Balance Online Class | 1pm-2pm

#### **Thursday, June 6th**

- FREE More than Yoga Online Class | 9am – 10am
- FREE "What are Assets? What do I do with them?" Online Workshop (LIMITED Spots) | 10am – 11am

#### **Friday, June 7th**

- Mixed Media Cards, Online Workshop (LIMITED SPOTS) | 10am – 12pm

#### **Register NOW!**

[KerbyCentre23.WildApricot.org](https://KerbyCentre23.WildApricot.org)  
403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)

#### Online Class Spotlight

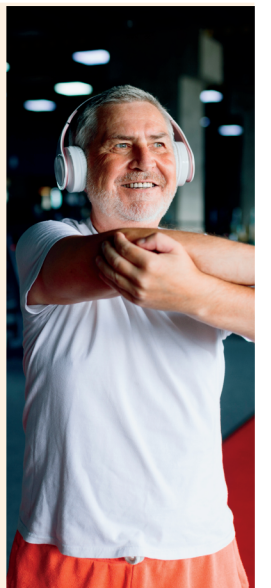
### Functionally Fit

Thursdays | July 4 – Aug 8 (6 sessions)  
10:15am – 11:15 am  
Member: \$35 | Non-Member: \$50

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

#### **Register NOW!**

[KerbyCentre23.WildApricot.org](https://KerbyCentre23.WildApricot.org)  
403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)



#### Online Presentation Spotlight

### FREE! Did someone mention... Hypertension?

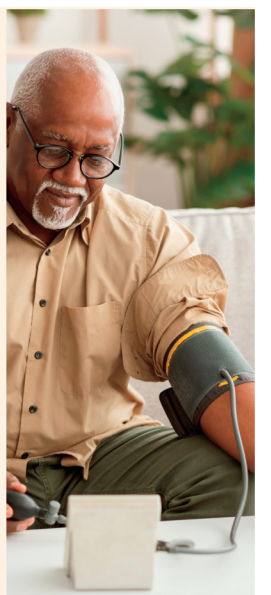
Tuesday, July 16th  
11am – 12pm  
FREE

Many of us have heard this word from our doctors, family, or our friends. What does it mean?

Join Dan Leung for an exploration into Hypertension (high blood pressure): What is it? What causes it? Who is at risk, and how can you help prevent or manage it?

#### **Register NOW!**

[KerbyCentre23.WildApricot.org](https://KerbyCentre23.WildApricot.org)  
403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)



## NEW! Online Volunteer Opportunities

Have you retired but have knowledge or skills you would like to share with others?

We are looking for Volunteer Online Instructors/Hosts (Only very basic Zoom knowledge needed – we can teach you if you are willing to learn)

#### **Duration Options:**

- 1 day 2-hour workshop
- 2-3 week, 1 hour workshop
- 6 week, 1 hour, topical conversation "coffee" group host

Zoom group size: Max 8 people plus instructor/host.

#### **You might have more to offer than you think?**

#### **Here are some ideas to get you started:**

- Crafting (knitting, crochet, flower arranging)
- Entrepreneurialism (starting, marketing, and managing a small business)
- Sciences (astronomy, geology, horticulture, birding, archaeology)
- Sports (Baseball, NFL, CFL, NHL, Olympics)
- Agriculture (Urban farming, Horse husbandry)
- Literature
- Language conversation groups (Arabic, French, Tagalog, Mandarin, Spanish, etc.)

**PREMIER Crossword**

By Frank A. Longo

**A LITTLE BIT EXTRA**

- ACROSS**
- 1 Part of DJ
  - 5 Let leave
  - 12 E-device download
  - 15 Lobs' paths
  - 19 Western U.S. gas chain
  - 20 Radar on an old sitcom
  - 21 Bargain offered by a prosecutor
  - 23 Male horse that's the subject of a novel?
  - 25 Deli meat often on rye
  - 26 Visiting a website, e.g.
  - 27 Sunshine St.
  - 28 Contributed one's share
  - 29 Pulitzer-winning biographer Leon
  - 30 Setting a weekly limit on Mastercard purchases?
  - 33 401, to Nero
  - 34 Water, in Paris
  - 35 Nickel, e.g.
  - 36 Hands, in Havana
  - 37 James Bond's creator, if he had lived on the island of Ithaca?
  - 42 German car company
  - 44 Pulls on
  - 45 Theta lead-in
  - 46 Egyptian — (cat breed)
  - 47 Current unit
  - 50 "This requires a lot of effort"
  - 52 "You're the Top" composer dishing out servings of food?
  - 58 "You betcha"
  - 60 Persia, now
  - 61 As a whole
  - 62 At the post one formerly held?
  - 70 "Fighting" Big Ten team
  - 71 Cyber-trash
  - 72 Pro trained in trauma
  - 73 Statement after a female jungle cat gains a lot of weight?
  - 77 Include as a bonus
  - 83 Bug planter
  - 84 Busy bug
  - 85 Weird
  - 87 Internet investing site
  - 88 Burkina —
  - 90 Squid ink, for example?
  - 94 One- — (short play)
  - 97 Foot bottom
  - 98 "Well, I'll be!"
  - 99 Lace up, e.g.
  - 100 The stress of being a trailblazer?
  - 105 Opposed to, in Westerns
  - 107 They stagnate during recessions
  - 108 Old Glory's nation
  - 109 "Scandal" creator Rhimes

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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118						119				120									121

- DOWN**
- 1 "The Living Daylights" actress Maryam
  - 2 Resolved, as difficulties
  - 3 Angry rebukes
  - 4 Newswoman Roberts
  - 5 Fawn over, with "on"
  - 6 401(k) kin
  - 7 Government of a nation by its own people
  - 8 Dancer Agnes de —
  - 9 Homer epic
  - 10 — -mo
  - 11 Wd. in a thesaurus
  - 12 — Way (old Roman road)
  - 13 Actor Oliver
  - 14 Actor Joe
  - 15 Gland near the kidneys
  - 16 Scan, as data
  - 17 El — Real (road in California)
  - 18 Hurls
  - 22 In-house
  - 24 '75 TV debut
  - 28 Smug type
  - 30 Half- — latte
  - 31 Roll call response, in Paris
  - 32 Heap
  - 33 The Mets' — Field
  - 34 Border crossing documents
  - 38 "Sorta" suffix
  - 39 Towing gp.
  - 40 & so forth
  - 41 Chinese chairman
  - 42 Boat paddle
  - 43 "Let's shake hands!"
  - 46 — Carlo
  - 47 In a little bit
  - 48 Parcel (out)
  - 49 Egg on
  - 51 Hwy. felony
  - 53 R&B singer with the hit "4Ever"
  - 54 Suffix with trick or mock
  - 55 Faux —
  - 56 Suffix of pasta names
  - 57 Siouan tribe
  - 59 Lay down as fact
  - 62 Feels lousy
  - 63 With 67-Down, mistakes
  - 64 Stratagem
  - 65 — Tin Tin
  - 66 Ethyl ending
  - 67 See 63-Down
  - 68 Singer Cooke
  - 69 Qty.
  - 74 — -cone
  - 75 Seoul soldier
  - 76 Pub. staffers
  - 78 Blvd., e.g.
  - 79 Meal scrap
  - 80 Attending to
  - 81 Emphatic affirmation
  - 82 Hawaiian goose
  - 86 Humiliates
  - 88 Cousins of anises
  - 89 Iris ring
  - 90 British actress Diana
  - 91 British beer
  - 92 Abode: Abbr.
  - 93 Third letter
  - 94 Tarzan, e.g.
  - 95 Loud insect
  - 96 Began, as a hobby
  - 97 Zooms
  - 101 Ham it up
  - 102 Amazon, e.g.
  - 103 Its capital is Khartoum
  - 104 "I'd like to help"
  - 105 "Eureka!"
  - 106 Singer Eydie
  - 109 Former New York stadium
  - 110 In re
  - 112 Simile middle
  - 113 Faint
  - 114 2000-15 CBS drama

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# Seniors scene events

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

Daily Activities:  
 Billiards Monday - Friday, 9 AM - 12 noon  
 Book Club 2nd Thursday of each month at 1:00 PM  
 Bridge Thursdays 12:30 PM - 3:30 PM  
 Crafts Mondays & Tuesdays 11 AM - 3 PM, Drop In - Bring your lunch & project. Coffee is on.  
 Crib & Euchre Tuesdays 12.45 PM - 3:00 PM, Drop In  
 Darts Tuesdays 1:00 PM  
 Floor Curling Mondays 12:45 PM, Drop-in  
 Lawn Bowling Saturdays 4:00 PM - 6:00 PM; Tuesday and Thursday 6:30 PM - 7:30 PM  
 Shuffle Board Wednesdays 10:00 AM - 11:30 AM  
 Sing-A-Long Wednesdays 1:00 PM - 3:00 PM

**Seeking cribbage players**  
 Tuesday mornings, doors open @ 10:00 A.M, start at 10:15-10:30  
 \$3 drop in, .25 cents a skunk, 7 games, playing singles. Coffee is provided.  
 Bowness Legion. 138 Bowness Center NW, Calgary, AB T3B 5M5. 50/50 draws are sometimes available. Legion membership not required, 18+

**Rainbow Elders Calgary**  
 Rainbow Elders Calgary is a fun social group of enthusiastic 2SLGBTQ+ folks aged 50+. We are inclusive and welcome all people from diverse backgrounds who are part of this community,

curious, questioning, or who might like to learn more about collaborating with us or suggesting our group for an older family member.

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

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

Kerby Centre 1133 - 7 Avenue SW (Room 305)

Accessible by C-train: Kerby station  
 Free parking is available! Just check in at the main desk and leave your license plate number.

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

**Jewish Family Service Calgary**  
 At JFSC we have a host of complimentary programs and services for seniors, their families and friends. Below is some information on our Spring/Summer 2024 Monthly Caregiver Discussion Groups, and our upcoming session dates.

Our Caring Together Group will resume in Fall 2024.

We also provide free counselling for caregivers of seniors. More information on our Caregiver Programs can be found here: <https://www.jfsc.org/programs--services/caregiver-support-programs.html>

Monthly Caregiver Discussions Groups

Spring/Summer 2024 Monthly drop-in Caregiver Discussions Groups

Free sessions at 3 Calgary community locations

Facilitated by a registered social worker from JFSC's Caregiver Support Program, this is a space for caregivers of seniors and/or persons living with dementia to exchange caregiving and coping strategies and resources.

For more information, dates and locations, click here (<https://www.jfsc.org/news--events/events.html?eventID=409>) There is no charge for these groups. Pre-Registration is required, we cannot talk walk-ins – please call 403-287-3510.

**34th Annual Festival of Pins**  
 Celebrating the 100th Anniversary of the RCAF

Free Admission  
 Hosted by the Calgary International Pin Club

9AM - 5PM, Saturday August 24.

9AM - 4PM, Sunday August 25  
 Royal Canadian Legion Calgary Centennial Branch #285 at 9202 Horton Road SW

## SUDOKU SOLUTION

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

## CROSSWORD SOLUTION

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

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# ears to you

Mobile Hearing Clinic

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### JOIN US AT UNISON FOR OUR APPRECIATION EVENTS



**Trish Ehman**  
Registered Hearing Aid Practitioner

### HEARING HEALTH PRESENTATION

JUNE 8th, 10:00 AM

Join Trish as she shares valuable information on hearing health, and tips & tricks to aid communication and help you hear better!

### FUNDRAISING EVENT

JUNE 18 - JUNE 21

Get your hearing assessed on-site!

**\$20 donated to Unison,  
per assessment**

*By appointment, only*

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- Hearing Aid Fittings
- Hearing Aid Maintenance



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# 403-970-7201

[earstoyou.ca](http://earstoyou.ca)

[trish.ehman@earstoyou.ca](mailto:trish.ehman@earstoyou.ca)