



It's time to go back to school!



It's never too late to learn a new skill, focus on your growth and be open to possibilities! This month's Unison News aims at showing just how beneficial it is to be a lifelong learner. Find out more on page 7!

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ACTIVE AGING WEEK

Spend National Active Aging Week with Unison!
September 30th - October 4th

Keep active, get creative, and fill your days with joy and friendship.

See page 14 for FULL details.

Aging-in-Place: more than home accessibility!

Catharine Eckersley,
M.O.T., M.A.

The follow is paid editorial
content

The population of Canada is not getting any younger: with a strong rise in the numbers of older adults and the “silver tsunami” approaching, aging-in-place is becoming a hot topic.

What is aging-in-place?

Simply put, aging-in-place is the decision to live in your own home for as long as possible, instead of moving to a medically supportive facility (i.e. seniors residence or long-term care) for your final years.

There are many reasons aging-in-place has become more attractive for those entering their golden years, including research supporting the benefits of aging at home, the declining level of care in

long-term facilities highlighted by the COVID-19 pandemic, and the increasing awareness of aging-in-place being a feasible option.

Most people think of home renovations, adding stairlifts, hiring home care, and/or community supports. But there is so much more to consider!

- Health: I schedule regular appointments for physical, vision, dental, and hearing check-ups
- Home: My home is in a location where I will not feel isolated in my later years and is close to services, friends, and family
- Transportation: I am aware of, and have access to, alternate means of transportation if needed
- Finances: I have thought about the kinds of support and services I may need to purchase

as I age

- Connections: I have considered how I would like to stay connected with my community
- Safety: I know how to protect myself from fraud, abuse, and neglect
- Supports and services: If I am a caregiver, I have a plan for self-care to help maintain my own health and well-being
- Community: I know what programs and services (e.g. shopping, personal services, health and support services, and recreation programs) are available in my community
- Partner: I understand how aging or changing needs could affect our relationship

Where to start your planning as you look forward

The Forum of Federal/Provincial/Territorial (F/P/T) Ministers Responsible for Seniors created a practical resource guide with videos, checklists, brochures, resources, and funding information.

The checklists help you to identify areas for improvement, provoke conversations with loved ones, and create an action plan.

Occupational therapy and aging-in-place

If you would like further support working out what you might need for yourself or a loved one, an in-home occupational therapy assessment can help.

During this assessment, an occupational therapist (OT) will come to your home for typically one hour and will meet with you and any loved ones who share your home or who provide you with support in your home.

You will discuss your current and anticipated concerns with completing daily tasks, and your goals for aging-in-place. You complete a brief physical, mobility, and cognitive screen (if indicated), and look around the home for accessibility considerations.

The OT provides you with recommendations for:

- Yourself (i.e. continue daily walks, book an eye test)
- Your home (i.e. add a

stairlift, replace bathtub with walk-in shower), and

- Your daily tasks (i.e. sit to save energy when cooking, use equipment to help you dress independently)

The OT can also connect you with community support and resources such as home care, grocery delivery, snow removal services, and accessible transportation.

What if aging-in-place is not an option?

OTs are experts in determining whether aging-in-place is a safe and realistic option for you.

If it might not be the best choice, based on your unique circumstances, then your OT can provide information about alternate living options, refer you to appropriate services, and explore those options with you.

You may not need to move to long-term care; there are many levels of supportive living facilities which provide a range of services from independent living and only house-keeping support, to receiving full medical and care services.

If you feel as if you are not ready to make the move yet, OTs are trained in having those difficult conversations, gently and with care, with you and your loved ones.

Whether you are planning for one, five, ten, or thirty years from now, thinking about aging-in-place today can help you avoid unnecessary, expensive, and less-than-ideal decisions responding to a crisis later.

Whatever the outcome, being proactive about aging and your future provides you with more options, gives you time to make a plan, and ultimately gives you more control and satisfaction of living your life on your terms.

The Canadian Association of Occupational Therapists (CAOT) provides a searchable national directory of occupational therapists for all Canadians to find the occupational therapy services they need.

You can search for an OT who can provide aging-in-place services.



Volunteers Needed! Kerby Café Volunteer

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

Available Shift: Tuesday 10am – 2pm

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

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Staff from Service Canada will be at Kerby Centre every Second Friday (**Sept. 13th, Oct. 11th, Nov. 8th and Dec. 13th**) from 9am – 12pm to assist senior clients in signing up for the Canadian Dental Care Plan and answer questions on Federal benefits.

Getting active and staying fit

Helping folks live their best lives is a focus at the Veiner and Kerby Centres throughout the year.

Helping older adults remain fit and active is important to us. Active Aging Week is an opportunity to introduce some new ways to become active, in addition to some tried and true methods.

Active Aging Week is held annually on the first Monday in October. The dates were chosen to coincide as close as the calendar permits to October 1, the International Day of Older Persons. In 2024, Active Aging Week will be held September 30 - October 6.

This week will be an opportunity for us to both celebrate active aging but also give us a great chance to promote some programs and activities that will help you live your best life.

American educator G. Stanley once said: 'People do not cease playing because they grow old, but they grow old because they cease playing.'

The first week of October we hope to provide you with some interesting ways to keep playing!

In Veiner Centre our old standbys: Solid Gold Fitness, Silver Steppers and Hatha Yoga

And at Kerby Centre: Functional Fitness, Zumba and Seated Yoga are

our go-to programs to keep you fit and moving. Of course, these programs will continue to operate and will be featured but in October you will have opportunities to try something brand new!

A few weeks ago, I heard that Cornhole is becoming the fastest-growing sport and challenging Pickleball in popularity. In Medicine Hat, we are launching a 4-week Introduction to Cornhole so you can get in on this growing sport yourself.

And in Calgary on October 1st, we are taking members to the Calgary Shooting Centre and on October 4th we will be holding "Cricket for Seniors — Hit a Six."

For all of these activities, you don't need to have any experience; our instructors are ready to make this fun for you, whatever level you're at.

While I have you, I should mention that our Active



Larry Mathieson, CEO and President

Ageing team is working on expanding our offerings of online fitness and wellness programs you can sign up for free participation if you are a member at Veiner or Kerby Centre.

These classes are also about helping you to live your best life, but they are also one of the ways we are offering more member benefits to those of you who enjoy the in-person classes and activities at Veiner and Kerby

You can find more information about these programs and all the others mentioned above on our website and in Unison news.

SEPTEMBER 2024

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

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

*Make an impact.
Leave a legacy.*

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Is remote access tech safe?

Rebecca Vargese
Alberta Securities
Commission

The following is paid
editorial content

We've all received those suspicious messages: a text from your favourite online shopping company claiming your package is stuck or an email seemingly from Canada Post asking you to click a link to reschedule delivery to a package that you never ordered. These tactics might seem cliché now, but these prompts are the beginning of a scam.

Imagine scrolling through your social media feed. You come across an advertisement for a risk-free investment with incredible returns. Intrigued, you click the ad to learn more. Soon, you find yourself on a call with a company representative. They walk you through setting up an "investment" account and since they can't be there in-person to assist

you with investing, they politely ask you to share your screen. This could be the start of a scam.

Earlier this year, the Canadian Anti-Fraud Centre (CAFC) warned Canadians of a rise in investment fraud. According to the agency's annual report 2022, investment scams were the leading fraud category with the highest dollar loss. In most of the reported cases, the scams were cyber-enabled, with remote access or screen sharing becoming a common element to the scams.

Programs like AnyDesk, Iperius Remote and TeamViewer are legitimate tools that allow a person to access your device from anywhere in the world. Once enabled, the software allows you to share your screen with a third party, granting them complete control over your computer, including private data, files, and passwords. In most cases, legitimate com-

panies use this software to provide services, especially IT support.

But this is where scammers can slip through. Conmen can exploit this technology to steal private information or guide you toward fraudulent investment websites. Many times, the victims don't even realize that a scheme is in play.

While all investment scams have similar warning signs, the methods used to engage you can be complex and varied. AnyDesk scams may often begin with social media contact. This first interaction could be in the form of an ad on your social media feed, a direct message or even an unsolicited call promoting a seemingly too-good-to-be-true opportunity.

To establish credibility, the fraudster may even use AI to generate text, manipulate images and videos to fabricate an investment website that looks genuine.

Once contact is established, they work quickly to build trust, offering to educate and assist you during your investment. This tactic involves social engineering and manipulation, where the scammer is readily available to provide support and answer all your questions. Their next step is usually when they deploy remote access software like AnyDesk to "walk you through the process" of investing with them.

How to spot the red flags of a remote access scam

These scams often involve complex investment concepts like crypto or Forex trading. Scammers exploit a lack of knowledge and jurisdictional complexities to craft an elaborate plan. As part of their trust-building scheme, they may fake returns on your money and even allow small withdrawals to entice the victims to invest larger sums.

High-pressure tactics: Creating a false sense of urgency is a crucial component of these scams. Pressure and stress tactics are meant to keep victims from questioning the opportunity or thinking critically. Look out for phrases like "no-risk", "guaranteed returns" and "once-in-a-lifetime opportunity." Remember, if an investment offer elicits an emotional response, take a step back.

Request to share screen: Personal information, including financial details, should always remain private. Never grant access to anyone who contacts you. Share your screen only if you initiated contact and it is with organization you trust, such as your workplace or an authorized service provider for IT sup-

port. Legitimate investment platforms, government organizations, or banks will never request remote access to your device.

Demands to borrow money to invest: A request to borrow money for investments is suspicious. Borrowing to invest is high-risk, and legitimate registered financial advisors discourage this behaviour. If someone pressures you to borrow funds for an investment opportunity, be wary of a potential scam.

Studies have shown that investment scams increasingly involve an element of crypto, making recovery difficult due to its untraceable nature. Recovering traditional money transfers can also be challenging, as scammers often operate in foreign jurisdictions and use multiple fake accounts to wire money.

Are there legitimate crypto recovery companies?

While some legitimate recovery services might help with data or password recovery, many crypto recovery services could be another scam.

In a "recovery room scam," fraudsters target previous investment scam victims with false promises of recovering lost funds for a fee. If you are someone who has fallen victim to a scam, be wary of bad actors offering to recover your money for a fee.

Check the Investment Caution List: The ASC maintains a database of individuals, companies, and websites that may pose a high risk to investors. Firms or individuals mentioned on this list may be involved in fraudulent schemes.

Verify registration: Before investing, always verify that a company or individual is registered with the Alberta Securities Commission, regardless of their global location. You can use the ASC's list to confirm their registration status in Alberta. In the case of crypto investments, only use crypto trading platforms authorized to do business with Canadians.

If you've been scammed and lost crypto or money, recovering the funds is difficult. However, there are a few steps you can take.

If you suspect you or someone you know has lost money to an investment scam, file a complaint with the Alberta Securities Commission via email complaints@asc.ca or call us at 403-355-3888.



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Speakers:

- Anjli Acharya, Immunizations & Travel Health Specialist at Bowmont Medical Clinic
- Betty Golightly, B.Sc. Pharmacy, RPh, President of Go Travel Health Inc.
- Mohamed El Hussein, Ph.D. Nurse Practitioner

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Why Vaccine Hesitancy matters

Andrew McCutcheon
Unison News

If you're planning on getting your flu shot this season: this article isn't for you.

We appreciate you doing that! It's one of the many ways we can keep our senior's community healthy when the sick season starts to kick into gear.

But this article isn't for you. It's for folks who are on the fence, or who weren't at all planning to get their flu shot.

Hey reader! I have something to tell you.

You might be hesitant to get a flu shot. You might have read articles and seen commercials and every other media piece that tries to convince you to get a flu shot. And after all that, you still might have concerns.

I am here to tell you: that's okay.

It's normal, even. There is a medical procedure that everyone talks about that you might not quite understand. Or even if you do! You don't know if it's something you necessarily need.

It's perfectly reasonable to be hesitant.

The concept is called vaccine hesitancy, and you're not alone in feeling it. There are plenty of folks, seniors and across the general population, who experience vaccine hesitancy.

According to the UN, vaccine hesitancy can be caused by a variety of factors. It could be myths, misunderstandings or misconceptions.

It could be reasonable concerns about side effects, the effect on one's present health or more.

I'm not going to sit here, writing at my laptop, trying to convince you that the flu shot is good for you to take. That would be egotistical of me.

I'm not a doctor. I'm not a healthcare professional. I have a degree in journalism, which qualifies me to have plenty of student debt — not to give out medical advice.

But! What it does qualify me for is to get you thinking.

Ask yourself a couple questions.

For example, If I trust my doctor with all my other medicines, my broken bones, from surgeries to common colds, do I trust them with vac-

cine advice?

What are the pros and cons of getting a vaccine? Not getting a vaccine?

The things I know about vaccines: how do I know what I know?

Where did I hear the things that I know about vaccines? What kind of sources gave me that information?

I'm not trying to lead you down a path where you're magically going to want to get a flu shot. Again, I'm not that

egotistical.

Instead, I only ask this of you dearest reader.

Make an appointment. Go see your doctor or your pharmacist and ask them about it.

Let them answer any questions you have directly. They are the people most qualified to answer. All you must do is be curious.

And if you're someone who used to be hesitant about vaccines or the flu shot,

and have changed your mind, the newspaper would love to hear about your story.

Fire us off an email by contacting andrewm@unisonalberta.com

And if you have questions for some professionals: please join us on Oct. 2, from 10A.M. to 11:30 A.M. at the Kerby Centre for a discussion panel with three different medical health professionals for some expert guidance!



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The 2024 games of Paris

Barbara Ellis
Unison Columnist

I admit that I'm a sucker for great entertainment. And the Opening and Closing ceremonies of the Olympics in Paris, were some of the best I've seen.

It was a sort of comeback after COVID-19 all but shut down the last games. Paris is known as the City of Lights, and it is also known as the City of Love. Well, in my humble opinion, it lived up to both titles. The floodlights illuminated many of its prominent buildings, and at the end of the games, one of the broadcasters told us that there had been several marriage proposals.

From day one, Paris opened her heart and

welcomed the world. While this city is not always known to be the friendliest in the world, that changed during the Olympics.

From all accounts when the broadcasters talked about their time there, they could not say enough about the friendliness of its people and the utter happiness everywhere they went.

As I have mentioned in the past, I was born in Hungary and then lived for a while in Australia but am now a fully fledged Canadian.

So when any of these countries were competing, I felt my heart strings being pulled in two directions. I was happy when any one of them, from whichever

country, stood proudly on the podium, and it did not matter whether they were receiving gold, silver or bronze.

My heart was in my throat when I watched Summer in the pool and I even stood cheering in my living room as she reached for the wall.

Her heart-stopping performance as well as all the medal winners were so exciting to watch. They all had endured many years of training and self-sacrifice to get to the games, and now they were proud to represent their homeland.

I especially enjoyed watching the closing ceremonies when the athletes came out together, countries mingling with

each other, no tension between the races. As the Olympic president noted, we have far more in common than we have differences.

Some of my best memories are those I spent in Paris. When the Eiffel Tower began to shimmer during the opening ceremonies, it took me right back to the time my sister and I took a dinner cruise on the River Seine.

At the end of an incredible night, our boat stopped in front of the Tower just as those memorizing lights began to dance.

During the opening ceremonies, to me, the Tower was magical. It was an explosion of lights, a feast for the eyes.

Searchlights flashed and lit up the sky, and at the same time, the rest of the structure sparkled. It was as if the Tower understood its own importance and joined in the happy occasion. What a great idea to include a piece of the Tower in each medal. A true souvenir and reward to each winner.

To say that the absolute best part of it all was Celine Dion would be an understatement. Her stunning performance and magnificent voice brought tears to my eyes. Even the pouring rain could not dampen or distract from her fabulous performance.

One of the broadcasters commented that people all over "soaked up the games" and the whole city was humming the same tune. The athletes as well as the crowds were ready to join in the fun. At every event, whether in the stadium, out on the streets, or on the banks of the Seine, people were seen enthusiastically cheering and waving their country's flag. It did not matter who won a medal, as each stood on the podium, their faces beamed with pride, not only for themselves but happy to be a representative of their country.

Watching the runners go past places I have visited made me feel as if I were there. Then occasionally, one of the TV crew would do a little tour of the city and showcase The Arc de Triomphe, or the Louvre, or any one of the restaurants that lined the Champs Elysees. It always included people with broad smiles on their faces and happy to be included in a once-in-a-lifetime event.

So now, it is over for another four years. Wonder what the intervening time will bring? My wish is that all of our dreams do come true, and that peace will reign so that people of the same mind and sensibilities will prevail.

Los Angeles is next. I know that the race has already begun for the athletes as they look forward to many hours of training. Willingly endure any hardships that may come their way. Each will want to be the best representative they can be for their country, and each will wish to be the recipient of a medal, a reward for their hard work.



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Back to school for cognitive help

Andrew McCutcheon
Unison News

It's September, and that means it's back-to-school for folks across the country!

Unison, for Generations 50+, and the Kerby Centre want to remind you: learning is a lifelong process. Nothing about aging means you must stop.

Moreover, many studies show that keeping your mind sharp as you age can help stave off many different negative effects. We wanted to share just a few tips and misconceptions about the best practices for lifelong learning.

First, we all know puzzles like sudoku or crosswords are popular and often recommended to keep sharp! That's why we keep them in our monthly edition of the Unison News.

While puzzles are great, they aren't the only thing you should be doing to keep your brain healthy. Studies show that although puzzles are great in moderation, physical and social activities are just as important in keeping our brains healthy long-term.

If you're looking for ways to keep your mind, body and spirit healthy: the Unison Active Aging programs are fantastic. You'll be able to work on your health as you meet new people, try on new skills and ensure your golden years stay golden for years to come.

Another tip is to take advantage of lists! If you need reminders, to use a calendar, an agenda or a notepad: it will help in the long run to keep you sharp.

These are crutches; instead, it will help cement information in your mind through the physical act of writing things down; you'll never miss an appointment again!

What you put in your body also affects your mind! Healthy foods, like leafy greens, legumes and fish are great! Alcohol and tobacco are to be enjoyed in moderation. Get good sleep, too!

Finally, the power of positive thinking can do incredible things when it comes to aging.

Cognitive decline is not a guarantee. But belief in that misconception might

harm you.

Studies show that when fed negative stereotypes about aging and mental decline, participants would do worse on memory tasks. Those who read positive messages about aging, did better!

One of our values at Unison is that aging doesn't have to be a bad thing. Aging isn't inherently good or bad. But it is something you can take into your own hands and have power over.

And with our help, there's always room to pick up your pencils, go back to school and get that A+ — no matter your age!



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Why being bilingual could

Oumar Salifou
University of Alberta
Folio

People who know more than one language may have a better chance of maintaining their cognitive ability late into life or after neurodegenerative conditions, says an expert at the University of Alberta.

Tanya Dash, assistant professor in the Faculty of Rehabilitation Medicine, is a cognitive neuroscientist who works with older adults and people recovering from stroke to study the interaction between language and cognition.

“I use various methodologies like behavioural assessments and neuroimag-

ing techniques,” says Dash, who is a member of the Neuroscience and Mental Health Institute and also studied speech-language pathology in India.

“My work interacts with diverse age groups, as well as individuals who have lost their language.”

Language is one of the cognitive domains that interacts with attention, memory and executive functions, which are essential for everyday communication and daily activities,

Dash explains. When someone suffers a stroke or other neurodegenerative diseases, the effect of those interactions is more visible.

“When someone has a stroke,

Alzheimer’s disease or other neurodegenerative condition, they may have damage in the language areas in the frontal and temporal lobes of the brain,” she says.

“This damage affects their ability to understand or produce language.”

Different types of impairments, such as aphasia and dementia, can cause difficulties in using language at the word, sentence or

discourse level, says Dash — and there is significant variability in symptoms, so no two people with aphasia or dementia will have the same experience.

The good news for people who are capable of using more than one language is that they may have some measure of protection against these conditions.

“There’s a huge amount of literature

where it has been shown — especially in Alzheimer’s disease — that bilingualism delays the onset of symptoms by up to five years,” Dash notes.

“However, some have contested this idea, and it is less clear that bilingualism can reduce a person’s risk of developing dementia or that it slows the progression of the disease once symptoms appear.

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Soup: Potato and Cheddar Soup

September 9-13
Special: Mushroom Burger with your choice of side
Soup: Creamy Tomato Soup with Buttery Croutons

September 16-20
Special: Chicken a la King served with Garlic Toast
Soup: Chicken Noodle Soup

September 23-27
Special: Chicken Quesadillas served with your choice of side
Soup: Black Bean Soup

September 30th to October 4th: Active Aging Week
Special: Shepards Pie
Soup: Wild Rice Soup

Active Aging week special: Rita’s oat bar for only \$1.50

**Menus are subject to change without notice due to product availability.
*All specials come with choice of side (Soup, Garden Salad, Caesar Salad, or Fries)
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help keep your mind sharp

“One of my goals is to answer these questions with prospective studies where we can also answer what aspects of bilingualism delay the onset, if at all.”

When it comes to stroke, Dash says there are some studies suggesting that bilingual people with stroke leading to aphasia show a reduced impact of symptoms and a better prognosis for recovery.

Bilingualism can also become increasingly useful as humans experience cognitive aging — wear and tear on the brain that results in a decline in cognitive performance due to age, Dash says.

“In adulthood, when you are in your 20s and 30s, you are at the peak of your cognitive performance. Noticeable changes in cognitive performance happen when you reach, for example, 50 years old. And by 60, these changes become more prominent.”

Declines in cognitive performance affect memory, attentional abilities and executive function, Dash notes. The effects show up in a variety of ways, from taking longer with everyday tasks such as tracking down an item in a grocery store, to understanding humour and finding a word on the “tip of the tongue.”

But these symptoms of cognitive aging can be reduced if you build up a “cognitive reserve” — much like saving money over the years to provide for retirement or exercising regularly to stay fit, says Dash.

“As you age, there

is wear and tear in your joints and tendons, which affects your performance. But if you act early and work on maintaining your physical health, you may delay the symptoms. Cognitive reserve is exactly like that,” she explains.

“There are various ways you can build your cognitive reserve — education, occupation and leisure activities are the more common ones — and we think bilingualism also contrib-

utes to this building of cognitive reserve.

Whatever tickles your executive function or engages your frontal lobe can be useful in delaying your cognitive decline.

“Multilingual individuals tend to be better in selecting and inhibiting between their languages or switching between the languages, thus unintentionally training their cognitive system.”

People who speak multiple languages

successfully manage them in daily life based on their social context, by accessing and training their language control network.


This translates into more efficient functioning of that network, providing resistance against age-related wear and tear in the brain, according to Dash, whose own research has shown bilingualism-related differences in areas of the brain related to attention.

“Their ability to

perform will be similar to their younger counterparts.”

Adults who learn a language later in life can also benefit from this cognitive boost even if they had no exposure to bilingualism as children, Dash notes.

“The neurobiology might be different based on when and how you learned the second language or the language proficiency, but the impact bilingualism can have on your cognitive performance is similar.”



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Making a Difference

We've written a lot of stories here in our donor impact section. We've listed stats and figures of how many hours we've spent helping people or how many pounds of food we've given away to those in need.

We've done profiles on a handful of folks willing to speak with us about their

experiences, and how your donations directly led to their lives being made more safe, secure and happy.

We could spend hundreds of words talking about all these incredible things: but as the saying goes, a picture is worth a thousand words.

Here is just a few of

our favourites: lots of smiling faces, people enjoying themselves and each others company. None of which can happen without the help of fantastic folks like yourselves.

Keep seniors smiling; donate today:

www.unisonalberta.com/donate



FREE Estate Planning Workshop

Get ready to dive into a jam packed presentation all about planned gifts & estate planning. Join us to uncover the secrets and strategies behind it all.

Tuesday, Sept 24th
12:30pm - 3pm
 Unison at Kerby Centre
 Kinsmen Lecture Room

Space is limited. RSVP to secure your spot.
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The capital gains increase in Canada

Joel Bray
Investment Counsellor
Cardinal Capital
Management

As discussed in last month's article, Canada's recent increase in the capital gains inclusion rate, effective June 25, 2024, has stirred significant discussion among investors, philanthropists, and financial professionals. As the government aims to bolster public revenue, the ripple effects of this policy change are multifaceted, particularly when it comes to charitable donations.

This article delves into the implications of the capital gains increase on donations, exploring both the challenges and opportunities that arise for business owners using their corporations for donations.

Capital gains tax is levied on the profit realized from the sale of an asset.

The inclusion rate determines the portion of the capital gain that is subject to taxation. Until recently, Canada taxed only 50 per cent of the capital gain.

With the new policy which became effective June 25, 2024, corporate capital gains, are now taxed at the 67 per cent rate.

Impact on Professional Corporation Investors

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

However, by donating appreciated securities that are listed on designated exchanges (PLS) directly to charities, rather than triggering gains and donating cash, these investors can avoid the higher capital gains tax while supporting causes they care about. This approach allows them to maximize their tax deductions and make a more significant impact

with their contributions by eliminating the tax grind on after-tax donations.

The Capital Dividend Account (CDA) is a notional account used by private Canadian corporations. It keeps track of certain types of income that can be distributed to shareholders tax-free. One key aspect of the CDA is its role in handling capital gains, particularly when donating securities in-kind.

Here are the benefits:

Tax-Free Distribution

As already discussed, when a corporation realizes a capital gain, 67 per cent of that gain is taxable.

The non-taxable portion (the other 33 per cent) can be credited to the CDA. This amount can then be distributed to shareholders tax-free as a capital dividend. When the corporation donates PLS, 100 per cent of the capital gain may be recorded in the CDA for tax free payment to shareholders.

Charitable Donation Tax Deduction

While personal donations lead to a donation tax credit. Corporations that donate PLS in-kind allow the corporation to receive a tax deduction based on the fair market

value of the securities. This can offset taxes up to 75 per cent of their net income in that year or carried forward to be used in any of the following 5 tax years.

Overall, using the CDA when donating securities in-kind can provide significant tax advantages for both the corporation and its shareholders, making it an attractive strategy for charitable giving

Strategic Donations: The Silver Lining

Despite the higher capital gains inclusion rate, there remains a silver lining for corporate donors. The incentive to donate appreciated securities directly to charities is more appealing than ever. By doing so, donors can bypass the increased capital gains tax, allowing them to

give more generously. This strategy not only benefits the donors by reducing their taxable income but also ensures that charities receive more substantial support.

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

Joel Bray
jbray@cardinal.ca

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Empowering Afro-Canadian and Racialized Seniors and their Caregivers

Thursday, September 26th | 10am-12pm
Online via ZOOM | FREE Information Session

Unison in partnership with Bridge To Oasis (BTO) Foundation is hosting an information session for Afro-Canadian and racialized seniors and their caregivers on supports and services available.

We are working collaboratively to better serve these communities by providing education and awareness on how to access government services, housing, community resources, active living, lifestyle enhancement and lots more!



Registration Required



Visit
[ShortURL.at/FxNah](https://www.miraclehomecare.ca/shorturl/afxnah)
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information

If you have any questions, please contact Kemi (Unison Elder Abuse Shelter)
• 403-829-3436 | KemiA@UnisonAlberta.com
Rabi Ohimah BTO
• 403-390-6745 | RabiOhimah@gmail.com

THE PEOPLE AROUND US

PART II



*Jerry Cvach
Story*

To introduce the second part of this series our author is taking a page from the ancient Greco-Roman philosophers who were incomparably adept in expressing their thoughts sparsely and to the point. Using Latin, the most efficient language yet invented, helped:

“Per Aspera, ad astra” is best reformulated into English as “Through hardships to the stars” or for this next story more appropriately “Success requires the overcoming

of obstacles.””.

Becoming Canadians.

On Aug. 21, 1968, the Soviet Union invaded Czechoslovakia, for the simple reason that they didn’t like the policies and practices of that country’s government. They particularly disliked the slogan “Communism with a human face”, implying theirs was not. Russian dictators tend to do these kinds of things from time to time because the country is powerful and they can.

On that day we became putative émigrés and a few weeks later, by choosing Canada to become our new home, immigrants. Sometimes fate throws a curveball at us. We had been utterly unprepared for such an eventuality, but the events overpowered us. It felt like jumping head-first into freezing water. Still, we closed our eyes and jumped.

An all-important interview at the Canadian embassy in Vienna Austria was the first step. Mercifully it was short and sweet.

We had to state our education, were asked a few medical questions, and also if we were members of the communist party.

Formalities concluded we had to choose where we wanted to settle. We knew very little about Canada other than the names of the two principal cities because of their hockey clubs, and that the country had two official languages. We had to learn one of them either way, so we opted for English since it is more widely spoken. We asked for Toronto.

The interviewer was patient: “Canada is a free country and you

can live wherever you choose. But so far most of the Czechoslovaks are selecting Toronto. When they will finish their English courses the job market will be flooded. We have direct flights to Calgary, the fastest-growing city in North America. You are both construction people and there will be plenty of construction jobs.”

Calgary? Never heard of it. “Where is it?” we asked.

The lady opened up a folded-up map of Canada. Calgary was close to the Rocky Mountains. An elevation of 1,000 - 1,100 meters above sea level meant high mountains in our country and we liked that. Furthermore, the Atlantic Ocean coast was just east of the city, so it was going to be close to Europe. We were sold.

The day before departure we went to the embassy to pick up our papers. The waiting room was packed with more applicants. Somehow, we must have exuded confidence: “Hey you greenhorns, take a look at us!”

People asked where we were going. I said Calgary, but nobody knew where that was either. A huge map of Canada hung on the wall, and I went to show them. Remembering Calgary was in the mountains and close to the Atlantic Ocean I was looking for it somewhere in the middle of Quebec because of the Laurentians.

I could not find it. Suddenly I heard my wife’s voice from far away. Calgary was at the other end of the waiting room.

Cockily I said “There, look”, but it was a shock. Somehow

during the interview, the map must have been left partially folded with Saskatchewan, Manitoba, Ontario and Quebec hidden. It was our first realization of how big country Canada was. We were still in Europe when the process of becoming Canadians had already begun.

My colleague at work Bill MacDonald realized one day that his driver’s license had expired. He was told that he would have to take a driving test.

Being a new driver I knew that it might not be easy for a middle-aged gentleman who likely had accumulated a few bad driving habits over the years. “The examiners are brutal,” I warned him.

I was passing by Bill’s desk hours later and he had the Alberta Ministry of Transportation on the line. They had quite an argument. How come he, Mr. MacDonald, wasn’t notified about his license expiring? What kind of service was this to the taxpayers?

I stood there, my jaw dropping, expecting the mighty government’s strong arm of justice grab old Bill, shake him, wring him out, and hang him on the line to dry. But the bolt of lightning did not strike him!

“Of course, Mr. Minister”, Bill cooed, “The closest driving license bureau is across Macleod Trail by the Chinook Shopping Centre. Yes, I can pick it up the day after tomorrow. Thank you, sir.”

Now this is what they call the government of the people, by the people, and for the people, I thought!

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I borrowed a pick-up truck for the weekend from Al and left my car for him to use in the interim.

On Sunday evening I went to return it. My car was parked in the street in front of his house and I stopped behind it. Ringing the doorbell didn't result in anyone answering, but the door was open. The house was deserted except for the sound of television coming up from downstairs.

There he was, dozing off on the couch. "Al, I came back with your truck, it is parked out front. Thank you."

He was staring at me, wondering why I woke him up. "I need the keys to my car", I said.

"They are in the ignition."

"OK, here are your keys, where should I put them?"

"Leave them in the truck," he said, never changing position during the exchange.

I left, wondering, don't these people ever lock anything?

John S. and later Mrs. Hanka married to a Dutch geologist, were the Canadian Czechs, whom we got to know the best. They translated for us, drove us around when looking for apartments, helped us with the bank business, and gave us advice:

"This is a land of opportunities and choices," John S. told us once. "At the beginning, most of you will be tempted to chase the dollar and keep changing jobs for every little bit of extra pay. The rest of your countrymen will be bragging about how successful they are, and it will be upsetting. Pay no mind to them, they will be exaggerating. Decide what you want from life, set goals, and pursue them. Most importantly, when you reach your goals, don't readjust them, don't raise the bar or you will enter a vicious circle". It was the best advice I was ever given and we still follow it.

Sometime in the fall of 1969, only a year after we had arrived we saw an advertisement for living room furniture made from solid teak consisting of a sofa, a love seat, two armchairs, a coffee table, and a small serving table. The whole set cost \$ 700.00. Once it was delivered I called Mrs. Hanka, feeling very good about ourselves.

"Next time you come visiting, Mrs. Hanka, you won't have to sit in the kitchen anymore. We now have a sofa and armchairs in the living room. Solid teak too!"

"Where did you get it?"

"On sale in Simpsons Sears."

"How much was it?"

"Seven hundred."

"What terms?"

"No terms, Mrs. Hanka, we bought it cash."

There was a moment of total silence on the other end of the line. Then she said "Jaroslav, you had saved seven hundred dollars and you bought fancy furniture with it? You should have made a down payment on a house, you fool!"

Now that is how Canadians think!

One Saturday when walking home, a car stopped by the sidewalk, and the passenger window rolled down. "Are you going home? Do you need a lift?"

It was another Czech volunteer, Daniel. He was in an excellent

mood because he was just about to make a lot of easy money, and was quite willing to tell us about it.

"On Monday I'll make money on the stock market. I'll get up very early in the morning to call my broker in England. When the London Stock Exchange opens I will buy certain oil company shares and make a nice profit because they will skyrocket in value".

"How do you know they will go up?"

"Because yesterday at the end of the business day this oil company announced that they had bought huge leases up north and would drill for oil. Their shares will go up on the Toronto Stock Exchange when trading starts on Monday. I will buy in England at today's prices and because of the five-hour time difference, when the Toronto Stock Exchange opens, my investment will quickly appreciate."

Being from a communist country I had only a paltry idea about markets, stocks, and exchanges. But Daniel knew what he was doing. What a country where one can make money easily if one is savvy enough!

Two weeks later we ran into Daniel again, as jovial and happy as ever.

"So how did it work?" I asked.

"How did what work?"

"You know, that time you called London and bought oil company shares?"

"Ah. It didn't work out, I lost quite a bit."

"How come?"

"Because concurrently with the announcement about new leases, it was also reported that the company had suffered a loss in the previous quarter. I expected that the market would respond to the positive news about the drilling but it reacted to the negative financial report. C'est la vie."

Fifty-six years later I yet have to call a broker because playing the market is one of the many things I know nothing about. We have financial experts to handle and protect our money. Many of our friends are much smarter and feel sorry for us paying fees to professionals when the times are good, but we don't care. They seem very quiet when the markets are down.

When that happens, I play naïve and ask: "Really, I haven't heard. I haven't lost any money lately, is the market bad?"

Twenty years later I was still with the company, now managing over 300 employees. I had an impressive title too: Vice President of Manufacturing.

There was a coffee machine in the hallway and I drank a lot of coffee after I had quit smoking. I poured myself a cup when a new junior secretary from another department saw me leaving after I had taken the last of the coffee.

"Hey," said she, "whoever finishes the pot makes a new batch!" I didn't want to make it, so I said "I'm busy now." "It doesn't work like that, you must make a new one." Grasping for straws I said, "Besides, I don't know how". She pulled me back by my elbow and said, "I'll teach you."

I learned and made the coffee. If it were in Europe, a secretary would not only bring me the coffee, she would periodically check and refill my coffee mug. She would keep the door open for me and hold my coat up so I could slip into it easily. She would never dare to teach me any lessons about coffee or anything else.

Perhaps this is a little more egalitarian society than in Europe after all!

Canada is still an enigma to the people from the former communist satellites. After twenty years, we had a visitor from the post-communist Czech Republic. She and her partner spent a night in our home, and the next morning we drove them to Bowness to rejoin the group with which they were traveling. In a pensive mood, she asked:

"You were telling us yesterday that most Calgarians live in single-family houses. Yet these two to three-story high small apartment buildings are all over the place."

"These are the single-family homes, Eva!"



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Arthritis Awareness Month
September 2024

Arthritis Awareness Month aims to highlight the impact of arthritis on 6 million Canadians and challenge misconceptions about the disease.



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Upcoming Closures

Labour Day
Monday, September 2nd, 2024
All Unison locations



ACTIVE AGING WEEK

Spend National Active Aging Week with Unison!
Sept. 30th – Oct. 4th

Unison Calgary

FREE Presentations

Being Proactive Series

Join us for expert-led presentations packed with advice, options, and opportunities in Financial, Legal, Housing, and Senior Services.

Get the latest information to navigate available services, plan your next steps, and make proactive decisions for a better future.

Lounge – Kerby Centre

**Light Lunch Provided – Space Limited
 Registration By September 23, 2024**

- Marinai@UnisonAlberta.com

FREE Presentations

Staying Healthy This Fall

Support provided by Sanofi.

Lounge – Kerby Centre

Registration Required

- Marinai@UnisonAlberta.com

Active Aging Events

Join us for some exciting and special Active Aging Week events!

Location Varies

Registration Required

- Program@UnisonAlberta.com

Wellness Events

Prioritize your wellness this Active Aging Week!

Room 317 – Kerby Centre

Drop-In Events

Proactive Series DAY 1

Monday, September 30th: Aging in Place: Discovering my Options

- 10am: You Don't Know, What You Don't Know about using your Home Equity in Retirement Busting Myths! with Mortgage Connection
- 11am: Aging-in-Place: More Than Home Accessibility with Valley to Peak
- 12pm: Home Care: Access & Affordability with Bayshore Home Care Solutions

Proactive Series DAY 2

Thursday, October 3rd: What Should I Do First? Preparing for Change

- 10am: Financial Stability, Dealing with Debt and Planning for Retirement with MNP Ltd.
- 11am: Have a "HART"! Housing is a HUMAN RIGHT – taking action to address the growing HOUSING EMERGENCY in Calgary with Calgarians for Housing is a Human Right
- 12pm: The Best Time to Start is Now: Thinking Proactively About Aging-in-Place with OT2U
- 1pm: Empowering Your Journey to Healthy Aging with Chartwell Retirement Residences

Wednesday, October 2nd: Staying Healthy This Fall | 10am – 11:30am

- Why the Right Vaccine Matters in Older Adults with Anjali Acharya, Immunizations & Travel Health Specialist at Bowmont Medical Clinic
- Identify and Address Barriers to Seasonal Influenza Vaccine Uptake with Betty Golightly, B.Sc. Pharmacy, RPh, President of Go Travel Health Inc.
- Protection Beyond Flu with Mohamed El Hussein, Ph.D. Nurse Practitioner

Tuesday, October 1st: Calgary Shooting Centre | 10am – 12pm

- \$120/person at Calgary Shooting Centre
- Try something new, make new friends, and enjoy a fun experience. Light refreshments provided. Don't miss out!

Friday, October 4th: Cricket for Seniors – Hit a Six | 10am – 12:30pm

- FREE! Location TBD
- Whether you're a pro or a beginner, come enjoy friendly games, laughter, and good company. Let's prove that age is just a number—cricket is for everyone! Transportation from Kerby Centre is provided.

Monday, September 30th

Monday Meditation | 10am – 10:45am

- FREE

Tuesday, October 1st

River Walk | 10am – 11am

- FREE

Indigenous Drum Circle | 1pm – 2:30pm

- Member: \$15 | Non-Member: \$25

Wednesday, October 2nd

Men's Shed | 10am – 11am

- FREE

Tech Shed | 11am – 12pm

- FREE

Friday, October 4th

Laughter Yoga | 10:30am – 11:15am

- Member: \$5 | Non-Member: \$15

Unison Medicine Hat

Active Aging Fitness

Join us for some exciting and special Active Aging Week events!

Strathcona Centre

Registration Required: 403-529-8307

Wednesdays | September 18th – October 9th

4-Week Cornhole Introduction | 1pm – 4pm

- FREE
- Our instructors will help you improve your game while keeping things fun. Bring friends or make new ones during this time.

Thank you to our Sponsors and Presenters for making Active Aging Week possible!



Medicine Hat

Maintaining a healthy lifestyle throughout all stages of life is important, but it's especially important during the later years of life.

In Canada, falls are the leading cause of injury-related hospitalizations and injury deaths among people aged 65 and older. Injuries from falls reduce older adults' quality of life, increase caregiver demands, and often precipitate admissions into long-term care.

Regular exercise and stretching help prevent these life-changing falls and injuries by maintaining strength in muscles used for daily activities. The Veiner Centre can be an essential part of your strengthening and stretching routines with our exercise programs, such as our Yoga and Tai Chi classes.

We accommodate all levels of mobility and strength. "Chair Yoga and More" is our most popular Yoga class. This chair-based yoga helps those who are just starting their fitness journey or have limited mobility. This class has become so popular that we had to open a second session!

For those looking for a bit more challenge, we offer "Qigong and Chair Yoga," which balances mat work and chair exercises.

Finally, we have "Hatha Yoga," which is exclusively mat work for experienced yoga practi-

tioners. All these classes are great for strengthening and stretching muscles, helping to prevent future falls and injuries.

Staying active isn't just about preventing falls; it's also about getting that heart pumping. As the body ages, the artery walls harden, making it harder for blood to circulate through the body.

Poor circulation can manifest in muscle cramps, varicose veins, sores or ulcers, cold hands and feet, and numbness and tingling in the limbs.

Our fitness classes, including "Fun & Fitness," "Line Dancing," "Solid Gold Fitness," and "Silver Steppers," can help you stay active in fun ways. If you prefer a traditional fitness class with weights, resistance bands, and sets of exercises, "Fun & Fitness" or "Solid Gold Fitness" would be a great way to add more movement to your day.

If you like to focus on having fun while sneaking in your daily exercise, "Line Dancing" or "Silver Steppers" are perfect for dancing your way into your fitness goals.

Having a regular exercise routine isn't just about supporting your physical health; it's also great for your mental health. Through our Tai Chi classes, you can refocus your mind, breathe out the negative

and breathe in the positive. Our experienced instructors will guide you through each movement, ensuring you gain the maximum benefit from every session. Whether you are a beginner exploring the basics or a seasoned practitioner seeking to deepen your practice, there is a class perfect for you.

We offer different fitness classes at various

levels during morning, afternoon, and evening sessions from Monday through Friday.

Whether you're a beginner starting your fitness journey or an experienced participant looking for a new challenge, we have a class tailored to meet your needs. Each class is designed to not only challenge you physically but also to provide a sup-

portive and motivating environment.

Our passionate and knowledgeable instructors ensure you get the most out of every session. Don't miss your opportunity to improve your physical and mental health in a fun, new way!

Please visit veiner-centre.wildapricot.org to register for these classes or call 403-529-8307 for more information.



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Skills for Success Program

Canada Alberta

 **unison**
For generations 50+

Grandparents Day

Sunday, September 8th, 2024

Celebrate Grandparents Day by honoring the love, wisdom, and cherished memories they bring into our lives.



Medicine Hat Veiner Activities

What's Happening in September

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Quilting Craft Room 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	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	Mahjong South MP 9am Bocce Ball North MP 9:30am Canasta Lessons Dining Room 10am Veiner Centre Choir 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	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	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!

September 3

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

September 3

Book Review Crew
1pm - 2pm | Dining Room

September 3

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

September 6 - 8

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

September 10

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

September 12

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

September 17

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

September 18

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

September 18

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

September 27

Book Club
10am - 11am | Dining Room

Wellness Wednesdays

September 4 | Movie Matinee with popcorn "Apollo 13" | South MP | 2pm - 4:30pm

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

September 18 | Optima Rocks with Jodi
Craft Room | 2:15pm - 4pm

September 25 | Life Long Learning Presents: "Caregiving" | Boardroom
10am - 12pm | Registration Required

Looking Forward

Rosebud: "Christmas on the Air" Bus Trip

December 11 | 8:45am - 7pm
M: \$115 | NonM: \$125 | Min: 42 Max: 52
Registration Deadline: November 8

Celebrating 3 Years!

Movie in the Park - "My Girl"

September 14 | 8pm - 10pm
Celebrate with the Veiner Centre with this FREE event. Please bring lawn chairs/blankets

Active Aging Spotlight

Bridges Grandparents Group

September 17 | 10:30am - 12pm
Boardroom | Register by calling Kayla 403-526-7473

Cooking for Connection

September 17 | 1pm - 3pm
Strathcona Kitchen | \$20/pp | Registration Required

Medicine Hat Strathcona Activities

What's Happening in September

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

Mondays

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

Tuesdays

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

Wednesdays

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

Thursdays

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

Fridays

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

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

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

Chair Yoga & More

Sept 9 – Oct 21 | Mondays | No Class Oct 14
12pm – 12:45pm & 4pm – 4:45pm
Members: \$42 | Non-Member: \$60

Fun & Fitness

Sept 10 – Oct 31 | Tuesdays & Thursdays
9am – 9:55am & 10am – 10:55am
Members: \$88 | Non-Member: \$120

Solid Gold Fitness

Sept 3 – Oct 22 | Tuesdays
11:45am – 12:30pm
Members: \$56 | Non-Member: \$80

Absolute Beginner Line Dancing

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

Beginner Line Dancing

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

Qigong & Chair Yoga

Sept 4 – Oct 23 | Wednesdays | 12pm – 1pm
Members: \$56 | Non-Member: \$80

Silver Steppers

Sept 5 – Oct 24 | Thursdays | 1pm – 2pm
Members: \$56 | Non-Member: \$80

Hatha Yoga

Sept 6 – Oct 25 | Thursdays | 6:30pm – 7:30pm
Members: \$56 | Non-Members: \$80

Tai Chi Fitness Classes

Yang Short Form

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

Yang Long Form

Sept 16 – Dec 2 | Mondays | 8pm – 9pm

Chen Style Short Form

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

Fan Form

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

Weapons Form

Sept 18 – Dec 4 | Wednesdays | 7pm – 9pm

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

Cornhole Introduction

Interested in learning a new game?
Our Cornhole instructors will show you the rules and techniques needed to master this sport.

September 25 – October 9

1pm – 4pm

Registration Required

Please note the Strathcona Centre will be closed Saturday, August 31 and Monday, September 2.

Weekend Activities at Strathcona

Table Tennis – Single Play Only

Saturdays | 11am – 1pm

Pickleball – Open Session

Saturdays & Sundays | 1pm – 4pm

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

Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at **UnisonAlberta.com/Active-Aging-Calgary**

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

Unison Travel Spotlight

Emerald Lake, Takakkaw Falls, Nature Bridge Falls & Field BC with Unison Travel

Wednesday, October 2nd | 7:15am – 8:45pm
Member/Super Member: \$130 | Non-Member: \$160

- Transportation: Universal Coach Lines
Cut off Date: Wednesday, September 18th
- Bagged lunch included in trip price (Please advise dietary requirements: Gluten-free or vegetarian)
 - Trip is suitable for persons with reduced mobility

For more details:
403-705-3237



Active Aging Spotlight

Pickleball For Beginners at Kerby Centre

Tuesdays | September 17th – October 8th
10am – 12pm
Member/Super Member: \$35
Non-Member: \$65

Learn the basics of pickleball in a fun, supportive environment. Whether you're looking to stay active, meet new friends, or simply try something new, this is your chance to get started with one of the fastest-growing sports around.

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



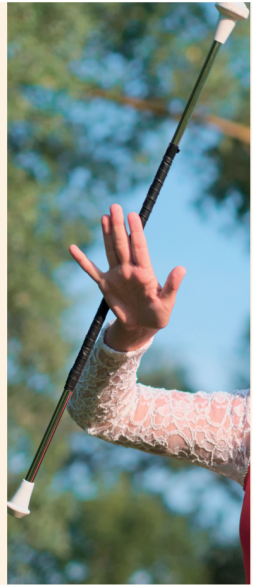
Active Aging Spotlight

Intro to Baton Twirling Workshop at Kerby Centre

Monday, October 8th
10am – 10:45am
Member/Super Member: \$44
Non-Member: \$74

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

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



Active Aging Spotlight

Spooky Halloween Planters Workshop at Kerby Centre

Monday, October 28th | 10am – 11am
Member/Super Member: \$40
Non-Member: \$70
Instructor: Joanna Tschudy (Horticultural Society)

Create eerie and enchanting planters that will be the perfect addition to your Halloween decor. This fun and festive workshop will guide you through designing and planting your own spooky-themed planters, complete with ghostly decorations and hauntingly beautiful plants. Bring your creativity and let's make some ghoulishly delightful creations together. Don't miss out on this spooktacular event!

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



Active Aging Spotlight

Kokedama Balls Workshop at Kerby Centre

Monday, November 18th
10am – 11am
Member/Super Member: \$40
Non-Member: \$70
Instructor: Joanna Tschudy (Horticultural Society)

Join us for a delightful Kokedama Balls Workshop and learn to create these charming, small hanging moss planters. Fun to make and easy to care for, Kokedama balls add a touch of greenery and elegance to any space

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



Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at **UnisonAlberta.com/Active-Aging-Calgary**

Wise Owl Boutique Half Price Sale on red tag items!

Week of October 21st - 25th
10am - 3pm



Wellness Spotlight

Indigenous Drumming & Storytelling at Kerby Centre

Tuesdays | September 3rd - October 8th
1pm - 2:30pm
Member/Super Member. \$15
Non-Member. \$25

Join a Drum Circle to learn Traditional Hand Drum teachings and sacred songs, which promote healing, reduce tension, and boost energy. Experience the Indigenous way of drumming, symbolizing the Heartbeat of Mother Earth.

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



Wellness Spotlight

Laughter Yoga at Kerby Centre

Fridays | October 4th - 25th
10:30am - 11:15am
Member/Super Member. \$5
Non-Member. \$15

Laughter Yoga blends breathing techniques with laughter to boost oxygen levels, offering added health benefits.

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



Wellness Spotlight

Compassionate Support Workshop at Kerby Centre

Wednesdays | November 6th - 20th
1pm - 2:30pm
Member/Super Member. \$20
Non-Member. \$50

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

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



Wellness Spotlight

Caregivers Peer Support Group at Kerby Centre

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

Are you a Caregiver to a loved one? Unison's Wellness Centre and Caregivers Alberta in collaboration are here to empower caregivers and help their well-being by providing a supportive group where you can connect with other caregivers.

In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers

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



* Important Update from Unison's Thrive Food Security Program*

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

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

For questions and concerns,
please contact

ThriveD@UnisonAlberta.com



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, September 10th | 11am - 12pm

CARYA Village Commons (SE)

Wednesday, September 11th | 1pm - 3pm

Bow Cliff Seniors 50 + (SW)

Thursday, September 19th | 11am - 12pm

Northminster United Church

Highland Park Community Association (NW)

Wednesday, September 25th | 1:30pm - 3pm

Confederation Park 55+ Activity Centre (NW)

Thursday, September 26th | 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** or call **403-462-5080**. Online registration and full details at **UnisonAlberta.com/Online-Resources**

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

Online Class Spotlight

Ski Fit IS BACK!

Mondays & Thursdays
September 9th - October 24th
11am - 12pm
(Member \$64 | 2-member household \$102.40 | Non-Member Price \$84 | SASC (Seniors Alpine Ski Club) \$74)

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

Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com



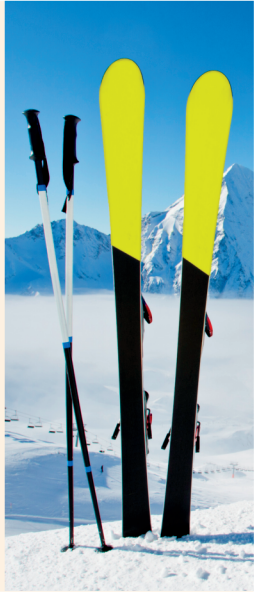
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Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com



Online Class Spotlight

NEW! Journaling 101

Tuesdays | September 3rd - October 8th
11am - 12pm
Member \$35 | Non-Member \$65

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

Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com



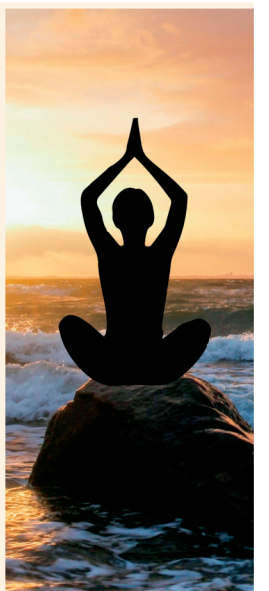
Online Class Spotlight

FREE with Membership! Gentle Soulful Yoga

Wednesdays
September 4th - November 27th
9am - 10am
FREE with Membership

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

Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com



Online Class Spotlight

FREE with Membership! Fitness Over 50!

Tuesdays
September 10th - December 3rd
9:30am - 10:30pm
FREE with Membership

Join us for a combination of movement, strength, core and stretch class. This involves a good warm up and nice long cool down/stretch. This class will be about mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. ALL ABILITIES LEVELS WELCOME!

Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com



Online Class Spotlight

FREE with Membership! Art Jam for Seniors

Fridays
September 13th - November 29th
9:30am - 10:30am
FREE with Membership

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

Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com



Online Presentation Spotlight

FREE Presentations

Myths and Realities: Transitioning gracefully to your Next Stage (Downsizing)

Wednesday, September 18th | 10am - 11am | Online via ZOOM | FREE
With speaker Zoe Agashea & Lisa Falkowski from Next Stage Services

4 Critical "Life and Death" Documents You Need in Alberta

Tuesday, September 24th | 10am - 11am | Online via ZOOM | FREE
With speaker Terry Geib, past chair and current director of the Cooperative Memorial Society (CMS)

Register NOW!
UnisonAlberta.com/Online-Resources
403-462-5080 or HeatherD@UnisonAlberta.com

Living with Peripheral Neuropathy and Chronic Pain

Friday, October 11th | 10am - 11am | Online via ZOOM | FREE
With speakers Sylvia Donley & Linda Petiot, Calgary Neuropathy Association

The Challenge of Downsizing: Nobody Said This Was Gonna Be Easy!

Wednesday, October 16th | 10am - 11am | Online via ZOOM | FREE
With speaker Sheldon Smithens, Co-Host from Canadian Pickers

How did your garden grow?

Deborah Maier
Calgary Horticultural Society

The 2024 gardening season presented many challenges for Calgary gardeners.

It started out cool, some would even say cold, reminiscent of when Calgary was classified as being a cold hardiness zone 3 (we are now a zone 4). I covered my plants for a hard frost on World Naked Gardening Day, May 4, a day celebrated in other parts of the world as being warm enough to be out in the garden naked. We even had snow on May 17.

I had my rain barrels hooked up in April and was rewarded with full to overflowing barrels throughout May and into early June. With all the natural moisture from rainfall, I did not need to use the collected rainwater in my garden, but my house plants were happy to be watered with it.

This abundance of moisture lasted until the June water main break and outdoor watering restrictions

were imposed.

Fortunately for me, the soil in my garden held its moisture and my spring garden thrived without watering.

Many gardeners were impressed with their gardens. They talked about never having plants so big. Peony plants grew large and had an amazing collection of blooms. So did rose bushes. I typically think that plants in my garden will grow no taller than two-thirds the height noted on the plant tag, but this year I was amazed to see them achieve the listed growth statistic.

July was another story. There was a down pour with hail the first week of July, but then things became hot and dry.

Even Stampede week did not see a thunderstorm down pour. Despite having six rain barrels, I was relieved when watering restrictions permitted hand watering with a hose. Drought-tolerant plants in the sandy, south-facing

areas of my garden were in desperate need of water, and by mid-July the barrels were empty.

Not only did plants thrive, pests, particularly aphids, had a growth explosion. At the end of July, poplar and elm trees had shiny leaves and were weeping a sticky substance that made the walkways beneath them tacky. It was honeydew excreted by aphids.

Looking closely at the shiny leaves revealed that it was also a boon for lady bugs. On one tree I examined, there were adult, larvae, and pupa of the two-spotted ladybug throughout the branches. It is rare to find an abundance of these life cycle stages at the same time.

Not only did green aphids, often the most common type, appear, but there were black,

red, and woolly. Until this summer, I had only seen woolly aphids in images online.

In July, a gardener brought a sample to the office to have us identify their tree problem. Later, at an Open Garden, I saw some on a shrub. The gardener had purchased lady bugs to treat the problem.

Powdery mildew was another pest that appreciated the weather this past summer. Even though overhead sprinkler watering was not permitted, the mildew formed, especially on squash plants. At the Society garden, the native beebalm was particularly hit hard. To be able to save some of its seeds, a few spent flower heads were left to mature, but we cut the plants back to tidy the plant and manage the problem.

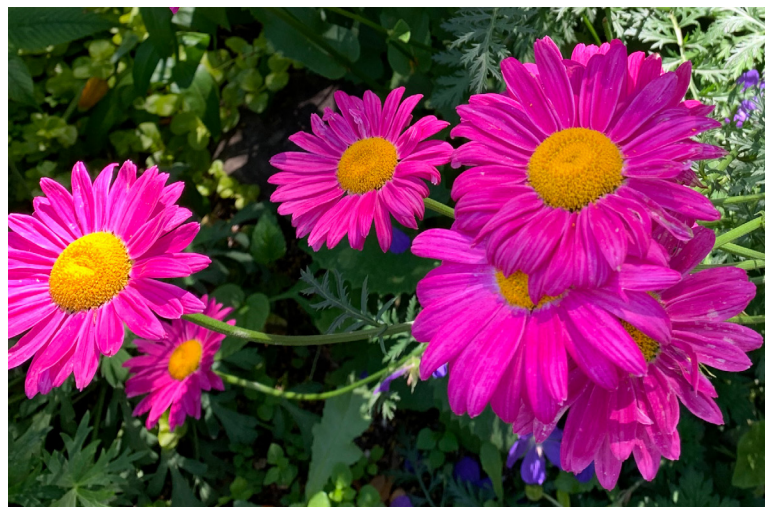
Doing this also encourages new plant

growth.

It also seemed to be a great year for native bees. When the goldenrod bloomed in August in the Society garden, it became a bumblebee magnet.

In my own garden, leaf cutter bees were abundant. I usually have a plant or two showing the telltale circular leaf cuts made by these bees, but this year throughout the garden their presence was evident. I even had a bumblebee nest burrow in my backyard.

The highs of this year's gardening season yielded expressions of incredulity and the lows those of considerable concern. All these things are part of a robust ecosystem that ebbs and flows with the influence of the weather. So, how did your garden grow?



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

Kerby Café Menu

Step into Kerby Café and savour the flavours of our brand-new menu!

Whether you're craving a hearty breakfast or a delicious lunch, we have something to delight every taste bud!



KERBY
café

Monday - Friday: 8am - 2pm
Wednesday: 8am - 3pm

1133-7 Avenue S.W. Calgary, AB T2P 1B2
403-265-0661

KERBY
café

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!

1133-7 Avenue S.W.
Calgary, AB T2P 1B2
403-265-0661



PREMIER Crossword

By Frank A. Longo

FLAVOR NOT TO SAVOR

ACROSS

- 1 Film blooper compilation
- 8 Illinois and Iowa's trees
- 12 "Bali —"
- 15 Bushy hairdos, for short
- 19 "Stephen," in Paris
- 20 Cookie often twisted apart
- 21 Boat mover
- 22 Engrossed
- 23 Start of a riddle
- 26 Concerning
- 27 Mil. title
- 28 Lysol target
- 29 D.C. insider
- 30 Contribute one's share
- 32 Kitchen pests
- 34 Starts litigation
- 39 Stop on —
- 40 Riddle, part 2
- 44 "— Misérables"
- 45 Taking way too much, in brief
- 46 Loud weather events, for short
- 47 Inner city, informally
- 50 Leopard markings
- 53 "Eso —" (Paul Anka song)
- 54 Riddle, part 3
- 64 Cave effect
- 65 Bovine beast
- 66 Celebrity astrologer Sydney
- 67 Omit, as a vowel
- 68 College head
- 69 Acrobats' springy apparatuses
- 73 3/15, e.g.
- 74 Map book
- 76 Artist Dufy or film director Walsh
- 77 Critical hosp. area
- 78 Lock lips
- 79 Riddle, part 4
- 84 Tiny charged things
- 85 "It wouldn't — first time"
- 86 Poppa
- 87 Intraparty rifts
- 91 Vast South American plain
- 95 Football coach Parseghian
- 97 End of the riddle
- 104 Awaken
- 105 Arizona waterway with the Roosevelt Dam
- 106 Vikings' tale, perhaps
- 107 Novelist Hemingway
- 109 Original "King Kong" studio
- 110 Cast forth
- 113 Moose's kin
- 114 Art gallery in London
- 115 Riddle's answer

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
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114					115	116				117	118	119			120			
121					122			123					124					
125					126			127					128					

- 121 Drummer Burke or pitcher Labine
- 122 Iraq export
- 123 Full of zeal
- 124 Before now
- 125 The lady's
- 126 Norm: Abbr.
- 127 Sort
- 128 Lutz or Axel performers

DOWN

- 1 Showy trinket
- 2 Wisdom deity
- 3 Behemoths
- 4 On Soc. Security, e.g.
- 5 Prefix with skeleton
- 6 Writer Blyton
- 7 Made the first move
- 8 "Impressive!"
- 9 Consist of
- 10 Pub barrel
- 11 "The meal is ready!"
- 12 "— at the Moon" (1951 Hank Williams song)
- 13 Partner of 8-Down
- 14 — -Z ('80s Camaro)
- 15 "Yep, alas"
- 16 More hoarse
- 17 Ideal condition
- 18 High-minded sorts?
- 24 Duet plus one

- 25 Juvenile
- 31 Must exist
- 33 Longtime NBC show inits.
- 35 Unconfined
- 36 "77 Sunset Strip" actor Byrnes
- 37 Biol. or anat.
- 38 Schleppe
- 41 Composer/pianist John
- 42 Facet
- 43 Actress Rae of "Vengeance"
- 47 Employed for the purpose of
- 48 Head for very quickly
- 49 So as to be 50% less
- 51 — about (around)
- 52 Hinders
- 53 Detective Phil Fish's wife on "Fish"
- 55 Achieved victory in
- 56 Sitting on — the world
- 57 Love, in Paris
- 58 "ER" actor Eriq La —
- 59 Prefix with cycle or state
- 60 "This pleases me!"
- 61 Cleaned a little, with "up"
- 62 Texas or Ukraine city
- 63 Owned (up)
- 70 Actress West
- 71 Genuine, in Germany

- 72 Of a similar kind to
- 75 Rustling sounds
- 80 Place to live
- 81 Tech. schools
- 82 Channel for hoops fans
- 83 Zeus' wife
- 87 Elongate
- 88 Hymn with harmonies
- 89 Poltergeist, e.g.
- 90 "Evidently ..."
- 91 Oompah band music
- 92 Coin-op cafeteria
- 93 Bus. bigwig
- 94 Letter after upsilon
- 96 Reactions to cute babies
- 98 Maude's partner in a 1971 film
- 99 Intrusive plant
- 100 Military forces
- 101 Edmund Spenser's "The — Queene"
- 102 More hideous
- 103 Los Angeles hoops team
- 108 "Terrible" time for tots
- 111 Writer Dinesen
- 112 Reid of "Sharknado"
- 116 #1 song, e.g.
- 117 Climbing vine
- 118 Pointer
- 119 Lofty poem
- 120 Diner sandwich, for short



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Senior Home Care by Angels provides essential senior home care, allowing your loved one to remain where they are the most comfortable...in their own home.

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- Assistance with Walking
- Medication Reminders
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Companion Care
- Respite Care for Families
- Live-In Care
- Flexible Hourly Care
- Veterans Care
- Transitional Care
- End-of-Life Care
- Chronic Disease Care
- Alzheimer's Care
- Dementia Care

587.997.5800
SeniorHomeCareByAngels.com/CalgaryAB



Making the decision to move can be overwhelming... But it doesn't have to be!
Please know we're here to answer any questions you may have

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Seniors scene

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!

Are COVID-19 Tests Available?
The CanTreatCOVID research study at the University of Calgary is happy to provide Covid testing kits at no charge to our community. Pick up your free test kit today at where in the building Unison at Kerby Centre 1133 7 Ave SW, Calgary, AB T2P 1B2

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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H	E	R	S	S	T	D	T	Y	P	E	S	K	A	T	E	R	S			

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Celebrate the Legacy
CALGARY GENERAL HOSPITAL
1910 - 1998



JOIN US!
Bridgeland Riverside Community Centre
917 Centre Avenue NE

Learn about the evolution of the Calgary General Hospital from its very humble beginnings thru 1998. Share your memories of the hospital. Hear about the plans to commemorate it - creating a place to pause, remember and learn about the Hospital's important role in the neighborhood and health care over its many years serving Calgarians.

Choose one of the following sessions:

September 24 (Tuesday)	1:00 - 3:00 pm
October 10 (Thursday)	7:00 - 9:00 pm
October 23 (Wednesday)	1:00 - 3:00 pm
November 7 (Thursday)	1:00 - 3:00 pm
November 21 (Thursday)	7:00 - 9:00 pm
December 2 (Monday)	1:00 - 3:00 pm

Find out more:

Contact us: cghproject@bracalgary.org

By Car: Parking available on south side of the community hall
By C-Train: Blue Line - Bridgeland Memorial Station
By Bus: #90 - Bridgeland/University of Calgary

Calgary General Hospital; A story of Our Neighbourhood & Calgary

Join us; learn about the evolution of the Calgary General Hospital from its very humble beginnings thru 1998. Share your memories of the hospital and hear about the plans to commemorate it.

Location: Community Centre - 917 Centre Avenue NE (south entrance)

Dates: September 24 Tuesday 1-3
October 10 Thursday 7-9 pm
October 23 Wednesday 1-3
November 7 Thursday 1-3
November 21 Thursday 7-9
December 2 Monday 1-3

Contact us: cghproject@bracalgary.org



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.....
Enjoy a guided tour of our private suites & exceptional amenities, then shop at our Harvest Market.

Treat yourself to bountiful baked goods, fresh farm produce & a chance to enter a special giveaway!

.....
SHOP OUR HARVEST MARKET & DISCOVER A VARIETY OF DELIGHTFUL SEASONAL GOODS -

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