



Getting healthy in the new year!



New Year, new look, new you?! The Unison News (formerly Kerby News) has everything you might need to get healthy for the new year, as well as a brand new name as we come on our 40th anniversary!

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 Calgary AB T2P 1B2
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www.unisonalberta.com
 PO # 0040064604

Help for the Holidays

Thank you for supporting Unison and providing a **hand up** for seniors during the 2023 holiday season.

Proceeds directly support programs and services for seniors at Unison such as our Thrive Food Security, Elder Abuse Shelter and Wellness Connection Centre!



Unison's free tax clinic for seniors

Unison News

Every year, the Unison at Kerby Centre tax clinic offers free assistance to low-income individuals filing personal tax returns, as required by Canada Revenue Agency.

Even if you do not earn an income, or if you do not pay tax, it is essential that you file your tax return. This will ensure your eligibility for the GST and if you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Who qualifies for this assistance?

The Unison at Kerby Centre tax clinic is run

solely with the assistance of volunteers. For this reason, we offer these services to individuals who are EITHER DISABLED (currently receiving AISH income) OR 55 years and over and with a gross income less than \$35,000 for a single person. We can also file tax returns for couples with a combined household income of less than \$50,000.

Our income tax volunteers are trained to do simple basic returns and cannot do returns that include business income, self-employment income, rental income with expenses, farm income or capital gains trade summaries. We book 20-minute appointments per person per year of taxes to be

filed.

Our volunteers may also be able to do returns for deceased persons if the returns are not complex.

Please note when bringing in a deceased return, the executor must accompany the return with a copy of the will and a death certificate as well as last year's return and notice of assessment. Unfortunately, we do not file estate tax returns.

How can you get this assistance?

There are three ways to access the Unison at Kerby Centre tax clinic services.

To have your tax return prepared and e-filed by the tax volunteer while you are with them, you must

book an appointment.

The Unison Kerby Centre will start booking 20-minute appointments for the Tax Clinic from Thursday, February 1, 2024. Appointments can be made by calling (403) 705-3246. The 2024 tax clinic will begin Thursday February 29, 2024, and will run Monday to Friday from 9am to 3pm. This service continues until Tuesday April 30, 2024.

You can alternately get your tax E-filed remotely over the phone. To book an appointment call 403-705-3246.

Tax returns can also be dropped off at Unison at Kerby Centre beginning Feb. 29, 2024. A drop-off form must be completed and will include all your important information including date of birth, marital status, address, spouse's net income, contact information such as a phone number, SIN number etc.

Drop-off returns are prepared by the volunteers as time permits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. Drop-offs can be left in the Unison at Kerby Centre Seniors Supports Office in Room 206.

What to bring with you?

It is very important that you make sure that you have all the necessary documents with you for your tax appointment. If any documents are missing or incomplete, the tax volunteer will not be able to complete and file your tax return.

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Unison at Kerby Centre and your Notice of Assessment.

- All reporting slips (T-slips) for each type of income you receive.

- Details and amounts of any foreign incomes (including foreign pensions, social security, interest, or dividends)

- Details of any deductible items that you may be eligible to claim - medical (yearly print-outs from Pharmacy) for prescriptions, services and medical devices, premiums to private medical plans, charitable donations etc.

- Records of any tax installments paid.

If you are unsure of what you should bring, please discuss this with Seniors Supports office 403-705-3246 when making your appointment.

If you are filing your taxes virtually over the phone, you should have the above information in front of you ready when you get a call from the tax preparer.

If you are using drop off facility, a drop-off form must be completed and include all the T-slips along with important information including date of birth, marital status, address, spouse's net income, contact information such as a phone number, SIN number etc. You can use the drop off form included here to fill the required information in advance for your convenience.

For any general inquiries, the Canada Revenue Agency can be contacted at 1-800-959-8281.



FREE Tax Clinic for Seniors

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

February 29th – April 30, 2024

(Monday – Friday)

Unison at Kerby Centre

1133-7 Avenue SW Calgary AB, T2P 1B2

Unison at Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients

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

To schedule an **in-person / virtual / drop-off** appointment, call **(403) 705-3246**. Appointment **bookings start Thursday, February 1st, 2024**



Sponsored by United Way and CVITP

A look back at the year previous

It seems like January is a great month to look back at all that was accomplished last year- and to envision what you want to accomplish in the upcoming year.

In my article last month, I wrote about how Unison was offering more and more basic needs support to older adults in Alberta. I mentioned how our

Elder Abuse support had grown in both Calgary and Medicine Hat.

I also mentioned that our Food Security programs had grown in both cities. Another new addition to our services this year is the Wellness Connection Centre. Unison's Wellness Connection Centre aims to support the mental, emo-

tional, and spiritual health of older adults. Mental health is vital to full body health and a healthy mind will set up an individual for success in their daily life. This Centre hosts 10 different programs to meet these needs.

The Centre has strong financial support from the Auxilium Foundation, Bell Let Talk and the Hunter Family Foundation. In Medicine Hat, many of the Active Aging programs and activities are new and evolving but the team in the Hat is also increasing our outreach to older adults. Programs like our new transportation program

are part of this outreach. Veiner Vintage Transport is a program funded by Healthy Aging Alberta.

The program is designed to provide transportation to members of our aging community and assist in reducing isolation by increasing access to the community, remaining within the home and supporting opportunities to engage in activities. For both centres, we are creating new supports and activities.

Over the upcoming year, you will see more online offerings as well as informative content on our website and YouTube



Larry Mathieson, CEO and President

channel.

We are looking forward to your feedback and as always I think we have a couple of things rolling out this year that will pleasantly surprise you.

JANUARY 2024

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

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Unison News

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Ch-ch-changes

No one likes change, and yet, we always persist. It feels weird to me, too, to be honest.

I've had to go through this paper with a fine tooth comb, changing every instance of "Kerby News" to "Unison News" but honestly, other than that?

This is the same paper we've always put out, every single month.

A rose by any other name would smell as sweet, so said William Shakespeare. But why bother changing the name?

We've had that question asked a lot.

We're by no means giving up on the Kerby Centre name.

But! Our little-paper-that-can is much wider read than just the fine members and clients of the Unison Kerby Centre.

We put out over 30,000 copies every single month.

Full of great articles on a variety of topics: memoirs, travel, recreation, science, opinion.

And we have a 95 per cent pick-up rate! That's absolutely bonkers to me, in 2024, that we can manage that.

And so, in the spirit of a New Year, we've got a fresh new name to reflect that we're wider read than ever before.

That said, I am by no means a believer that all change is good.

I know our new name is exciting and I have only utter faith that folks will continue to love us. But another recent change, I have heard your feedback on!

Sudoku's! Here I thought, how many people really enjoy the Sudoku every month? With us pressed for space in every issue, I thought, no matter:



Andrew McCutcheon

Unison News Editor


no one will miss it.

Never let it be said that I don't admit when I'm wrong.

Lots of folks talked to me about the Sudoku, how much they enjoy it and how much they want to see it back.

So while it may be missing from this, our January 2024 issue, you'll see it back in February.

Ch-ch-changes!



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Women turning to cannabis to treat menopause

Oumar Salifou
University of Alberta

A new University of Alberta study suggests many women in Alberta use cannabis to treat symptoms of menopause despite a lack of evidence that it is effective for menopause symptoms.

“This research highlights that women are using cannabis as an alternative option to manage their symptoms,” says Katherine Babyn, a second-year medical student who completed the study as a part of her master’s program in the Faculty of Pharmacy and Pharmaceutical Sciences.

“It also highlights issues around menopause care in general that women are seeking other options to manage their symptoms.”

The study involved 1,485 women aged 35 and older living in Alberta who completed an online survey about their cannabis use patterns in relation to reported menopause symptoms.

Of the respondents, about one-third (499 women) reported currently using cannabis while 66 per cent used at some point. Of current users, 75 per cent indicated using can-

nabis for medical purposes most common symptoms were for improving sleep, reducing anxiety and relieving muscle and joint aches.

The exploratory study was designed to inform further research into why and how women use cannabis and to help create clinical tools for health-care providers and educational material for women.

When Babyn and co-author Nese Yuksel, a professor in the Faculty of Pharmacy and Pharmaceutical Sciences and Babyn’s supervisor during her master’s program, searched the scientific literature for studies on cannabis and menopause, they noticed a lack of published research.

“Even when we looked at specific symptoms that related to what a woman might experience during menopause, there weren’t any randomized controlled trials that suggested cannabis could be an effective therapy option for menopause symptoms,” says Yuksel, who is also a member of the Women and Children’s Health Research Institute and incoming presi-

dent of the Canadian Menopause Society.

“The fact that we were able to survey such a large number of women shows that there is an interest in this area, and it is an important topic to continue investigating.”

In her previous clinical work at the menopause clinic at the Lois Hole Hospital for Women, Yuksel noticed more women using cannabis to alleviate symptoms they didn’t realize were the result of menopause or perimenopause, which is the time leading up to menopause.

“It’s not just the hot flashes and night sweats — it’s the sleeping issues, it’s the mood issues, it’s the brain fog and that (difficulty with) concentration, which a lot of women talk about,” says Yuksel. “But they may not understand that these could be related to menopause.”

Babyn adds that women may choose to consume cannabis or natural health products because they come from natural sources, leading to the belief that natural options are safer or healthier alternatives to pharmaceutical or synthetic drugs.

“It’s well known that

natural does not necessarily equate to safer or better,” says Babyn. “To establish if cannabis is safer or more effective, you really need those randomized control trials, just like all the other drug options that are studied.”

Despite this, Yuksel says, the internet is full of informal information about using cannabis in menopause.

“We want to be able to guide women because we get a lot of questions.”

Management options for menopause in Canada include menopausal hormone therapy, non-hormonal prescription medications, lifestyle modifications and complementary therapy such as cognitive behavioural therapy. Current menopause guidelines recommend menopausal hormone therapy (MHT) as the most effective option for treating bothersome vasomotor symptoms.

“Unfortunately, there’s still a lot of fear of MHT that’s a real issue,” says Yuksel.

“We’re trying to do a lot with the Canadian Menopause Society to bring awareness on feeling comfortable using MHT in the right population. For example, it

can be safely considered in women who are less than 60 years of age or less than 10 years’ menopause and without contraindications.”

Bringing awareness to health-care providers is also important for Babyn and Yuksel because the stigma towards aging in women and menopause can lead to less open communication for patients seeking treatment.

“It’s about making women feel comfortable talking, even sharing that they may be having issues,” says Yuksel.

“Because of the stigma, the fear of MHT and a lot of misinformation out there, women start finding their own solutions. This study is reflective of the fact that maybe there are a lot of women not getting the help they deserve or need at that time.”

For the second phase of their mixed-methods study, Babyn and Yuksel have also explored why the women they surveyed turned to cannabis as a treatment method.

In addition, an information pamphlet about cannabis in menopause including current evidence and support is being developed.

“It is not that we are advocating for cannabis for menopause symptoms; we believe there should be more research in this area so that we have the evidence to support women,” notes Yuksel.

“We did provide a snapshot of what is happening in this area: that women are using cannabis as an option for managing their menopause symptoms and there should be more investigations moving on forward from this data.”

Funding for the research was provided by the Canadian Institutes of Health Research.

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The importance of staying active

Sarah Allen
Rec@home

Individuals aged 65+ need at least 30 minutes of moderate to intense physical activity 5 days per week, and muscle strengthening at least 2 days per week to help prevent health problems and help your muscles stay strong.

Chair-based exercises, balance and stretching techniques are great ways for older adults to stay fit without putting too much strain on their body.

It also improves mobility by increasing blood flow and lubricating joints, but did you know that there are other benefits that come with being physically active?

Increased flexibility and strength: bone density and muscles weaken as we get older, so it's important to gently exercise to keep your body active and maintain your strength.

Increased coordination: learning a routine and the repetitive nature of the exercises can be good for individuals with dementia. The exercises also help with posture and straighten the alignment of the spine.

Increased circulation: this means a faster healing of injuries and wounds, faster sickness recovery time, greater lung capacity and much easier mobility.

Reduced risk of falls: falling and injuring yourself when your elderly can have a longer recovery time and begin other "chain reaction" related injuries. Chair-based exercises and muscle strengthening reduce the risk of these injuries and is key in elderly healthcare.

Increased confidence and self esteem: sometimes older adults lose confidence, par-

ticularly after a fall and gentle exercise as part of a group activity can help bring that back.

While the above are all reason enough to continue pursuing physical activity as we age, there are other benefits that you may not know about...

Social Connectivity: physical activity can improve our social connectivity and strengthen our relationships with others.

Encouragement. Seeing other people being active can encourage us to be active

and shows us what is possible for ourselves, promoting confidence.

Meet New People: physical activity provides us with a meaningful way to engage with others and can be a great opportunity to meet new people.

Build Relationships: spending time with others engaged in physical activity provides us with an opportunity to build closer relationships and feel connected with others.

So, start the New Year off right by staying active and connect-

ed with new and old friends in Rec@Home,

The Brenda Strafford Foundation's virtual recreation program that offers online daily group activities, seated physical exercise classes, weekly live musical entertainment, social gatherings, and more.

Participants and Caregivers are welcome to join in any scheduled program, any date/time of your choosing at a monthly membership cost of \$25.00.

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monthly membership? No problem, we also offer a 10-class activity pass where you can receive 10 scheduled calendar activities of your choosing that NEVER expire for just \$10.00.

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Some fun for your counter tops

*Photo and Story by
Deborah Maier
Calgary Horticultural
Society*

It's been so much fun! I'm amazed at how much I've been enjoying this gardening project.

In December 2022, I purchased two Kratky method Mason jar hydroponic growing kits. I really meant to get started right away, but ... I opened the box to see what came in the kit. Everything was nicely packaged. The kit included a selection of seeds (lettuce, dwarf tomato, and basil), pre-measured and packaged nutrients, a simple instruction guide, a Mason Jar (amber coloured to prevent algae growth), growing medium, a net cup, and a cloning collar. All I needed to provide was a light source

(sunny window or grow light) and water in a 4-litre jug. The instructions recommended distilled water, so back in the boxes everything went ... and there it sat. Eventually, the jug of water joined the kit.

Fast-forward and it was fall again. Time to try a hand at hydroponic growing. The timing was perfect to sign up for the Society's Indoor Gardening Hydroponics (Level 1) workshop. The instructor shared with the class his journey to indoor gardening. He came from BC and besides finding the Calgary climate a challenge for growing, his limited success was often dampened by pests. Indoor gardening opened his options for year-round growing.

Leaving the class with more information, and two

lettuce and one basil plant starts, I was inspired. When I got home, I mixed up the nutrients and set up my mason jars. The next day, I checked on the plants and they still looked healthy. However, the kits came with seeds. If I was truly going to try the system out, I would need to use the seeds. Since my mason jars were already home to plants, I found a takeout container with a lid, cut two circles in the lid to hold the net cups with growing medium, added the nutrient solution, planted a tomato seed in one net cup and a basil seed in the other, covered the net cups with a plastic cup to act as a humidity dome, and placed the container under grow lights. SURPRISE! Quite unexpectedly, just five days later both seeds had sprouted.

In that time, the lettuce plants doubled in size—more leaves and roots and bigger leaves. The Mason jars needed topping up with nutrient solution, too. Things were progressing much more quickly than anticipated.

Two weeks into the project, the lettuce had leaves that could be harvested, the basil had stems that needed to be cut back, and the tomato plant had its first true leaves.

After three weeks, the tomato had to be moved to a jar.

Four weeks into the project, I harvested half the lettuce leaves on both plants. It was enough lettuce for four large salad servings. The tomato plant had flower buds.

The project is still underway, but a few key lessons have been learned. Hydroponic gardening is mindful gardening, especially in dry indoor air conditions. The nutrient solution level needs to be checked every couple of days, especially as the plants get bigger—lettuce uses a lot of water. Basil needs to be cut back often to keep the stems and leaves tender. The tall blue distilled water jugs are too soft to handle easily, and their carry handle gets in the way. The squat 4-litre jug with a moulded handle works better. Tap water works fine. Cover clear jars with cardboard, black tape, or aluminum foil to keep the light out or algae will grow. Always have two jugs of nutrient ready. Change happens quickly.

Hydroponic gardening is a lot of fun! You should give it a try.

To learn more about gardening in the Calgary area, and the Society's Think Spring event on February 10, visit www.calhort.org.



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Your property and your decisions

*Debra Molzan
Seniors Real Estate
Specialist*

When you are selling a property, your Real Estate Agent and Lawyer will obtain a current Title from the Alberta Land Titles Registry Office.

This is a document confirming who the Owners are and if there are any red flags that need to be dealt with before your home goes on the market for sale.

A few years ago, I met a Homeowner who wanted to downsize. When reviewing the land title for her home, two of her four sons were also registered as owners.

Unfortunately, one of the sons registered on title, did not want her to sell the family home. She was not expecting this problem and the family had to sort this out before she could proceed. If you are thinking of add-

ing family members to your title, it is important to get legal advice.

Even though it is your decision to sell your home, everyone registered as an Owner on title will need to sign legal documents.

We have heard many stories how one adult child was put on title to simplify probating a will and by doing this they inherited the family home.

All other family members were shocked that this happened! A will does not necessarily override title. It is important to get legal advice, have honest conversations with family and understand your actions.

When there is only one name registered on title, Dower rights may apply. Dower rights protect the spouse of the registered owner. The spouse who is not registered on title may be required to consent to the sale.

In Alberta there is a real estate document, Dower Consent and Acknowledgment, which may need to be signed by the spouse who is not registered on title. This document is provided by your Real Estate Agent.

It is signed at the time of listing a property for sale and again when there is an accepted offer. The requirement of Dower consent can often be a surprise when there are “later in life” marriages and your spouse has moved in to the home you own.

It is important to obtain legal advice to understand Dower and property ownership.

There may be registrations on title that need to be dealt with before your home is sold.

Do you have a current mortgage, home equity line of credit, a reverse mortgage, or deferred property

taxes?

They will be registered on your title. There are many financial incentives that are marketed to Seniors allowing them to remain in their homes longer.

Before you sell your home, it is important to find out the current balance owing and if there is a pay out penalty. When you are not required to make a payment, the interest and outstanding financial obligations owing can accumulate.

The equity in your home might be lower than you realize.

When you have sold your home, your Lawyer will pay off this debt from the proceeds of your sale.

When someone close to you tells you they would like to look after your personal finances – stop before proceeding. This needs to be well thought out. Sometimes close friends, family and

even caregivers are giving advise that is not accurate, or not in your best interests.

This could lead to legal issues down the road. Protect yourself and always ask for professional assistance if you have questions or need help.

There are many resources available at the Unison Information Department.

In Alberta, financial and emotional abuse are the most frequently reported types of elder abuse. If you, or someone you know have questions, or are feeling pressured, call the Elder Abuse Resource Line at 403-705-3250.

Anyone can call and talk confidentially to staff 24/7.

Making a move can be overwhelming but with a little planning it can be an exciting time!



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Could a pill theoretically cure diabetes?

Bev Betkowski
University of Alberta

A simple pill to treat or even cure diabetes could be possible, thanks to University of Alberta research — and funding that is laying vital groundwork.

A team of scientists has identified a certain gene in crucial insulin-producing cells, and the discovery is a step toward creating a set of drugs that could effectively cure diabetes.

The research, if eventually proven effective in clinical trials in humans, could be “one of the most significant discoveries in the field of diabetes,” says lead researcher Jean Buteau, a professor of human nutrition in the Faculty of Agricultural, Life & Environmental Sciences and member of the Alberta Diabetes Institute at the U of A.

“It would pave the way for an entirely new class of medications for diabetes treatment, especially in Type 1 diabetes, where options are extremely limited. Our hope is that it could lead to better glucose control, less insulin use, and ideally, diabetes remission.”

Over the past few years, the team’s work involved characterizing what is known as the Lyn kinase gene

and the molecule that targets it. The gene regulates beta cells, which are insulin-producing cells located in the pancreas that are responsible for the cells’ life or death. If beta cells fail, blood glucose levels rise, causing diabetes.

Triggering the gene through a pill containing the molecule could protect surviving beta cells and even regenerate those destroyed by the immune system, Buteau explains.

“The goal is to have more beta cells to increase the body’s capacity to secrete insulin and better regulate glucose.”

The therapy has already proven effective against Type 1 and Type 2 diabetes in mice model experiments conducted by Buteau and his team.

“With Type 2 diabetes, we discovered that the molecule we want to use in a pill was doubling the number of beta cells after just seven days of treatment.”

The results were similar against Type 1 diabetes, with “an expansion of beta cell mass and regeneration, and also a protection of beta cells,” he adds.

“These findings were extremely exciting,” he adds. “We now know that we can cure or prevent Type 1 and Type 2 diabetes

in mice with this molecule, and we are cautiously optimistic for what it could mean for people with diabetes.”

The promising findings have paved the way to now conduct the first-ever clinical testing of the therapy in humans with Type 1 diabetes. Working with a partner in the pharmaceutical industry, the U of A team is preparing to test an oral drug with 12 patients.

The pilot study will help provide key baseline data to develop and refine the protocol for a larger clinical trial.

Buteau’s work is among the cutting-edge research being supported by the Defeating Diabetes campaign, publicly launched today on World Diabetes Day. As a partnership between the Alberta Diabetes Foundation, the Diabetes Research Institute Foundation of Canada and the U of A’s Faculty of Medicine & Dentistry, the campaign funds a trio of key research areas: finding a cure, eliminating the impact of diabetes in people’s lives, and increasing early diagnosis to mitigate the harmful conditions associated with the disease.

The fund, which has reached \$8 million of its \$10-million goal

to date thanks to support from community leaders and donors, was started in 2020 to support vital research at the Alberta Diabetes Institute.

Buteau’s progress from basic research to the clinical trial stage is a significant achievement, notes Peter Senior, director of the Alberta Diabetes Institute and Charles A. Allard Chair in Diabetes Research at the U of A.

“Typically, our clinical research unit within the Alberta Diabetes Institute conducts trials of drugs developed by other researchers or industry partners. The opportunity for vital basic research conducted in-house by Buteau and his team, to take the next step to the clinical testing stage — all within the institute — is a huge achievement,” notes Senior.

“It’s a project that happened right here in Alberta, translating all the way from the discovery stage to the cusp of clinical research. The project is not only an example of groundbreaking work that signals hope for people with diabetes, but is also a homegrown success story that continues the U of A’s long history of major diabetes research discoveries.”

The support pro-

vided through the Defeating Diabetes campaign is crucial to advancing his team’s work, Buteau says.

“Without it, I’m not sure we would have been able to bring this research to fruition.”

The contribution of the campaign “goes far beyond its monetary value,” he adds. “It reminds us as researchers why we have chosen to study diabetes and keeps us motivated.”

The Defeating Diabetes campaign supports innovative research throughout the Alberta Diabetes Institute, including the work of four more U of A researchers all based in the Faculty of Medicine & Dentistry. James Shapiro is working on using engineered stem cells that can produce insulin in the body and eliminate the need for immunosuppressants.

Gregory Korbitt and Andrew Pepper are tackling the supply issue of islets used for transplant in diabetes patients, where an islet transplant is their only hope in controlling the disease. Due to limited supply and risk of disease and complications from lifetime immunosuppressants, they are working on a reliable source of islets and a safer way to transplant them.

Andrea Haqq, who is also cross-appointed to the Faculty of Agricultural, Life & Environmental Sciences, is looking at using a unique combination of therapies to prevent Type 2 diabetes in children.

In addition to the Defeating Diabetes campaign, Buteau’s work with the Lyn kinase gene was supported by a Canadian Institutes of Health Research grant.



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Finding some common ground

Andrew McCutcheon
Unison News

It's hard being a senior, sometimes.

We know this. It's why we've worked to support older adults in our local community for 50 years at the Kerby Centre.

There are plenty of wonderful, incredible parts to aging. It's a journey, but with every journey, there are always hiccups.

From navigating bureaucracy and a fixed income, all the way to improving your short game at the links: there are always challenges, light or small, that come with aging.

But it's even harder if you're a recent arrival.

We have seniors of all backgrounds here in Calgary; some have lived in Canada all their lives and others are more recent arrivals.

Can you imagine trying to navigate downtown if you don't speak the language? How about trying to navigate a housing application? It's not easy stuff.

It's why a few of the popular programs we have here at the centre are our English-as-a-second-language classes.

These have been taught by Merv Graham for four years, and more recently by Carol Wallace. With over 50 interested senior students, Carol came in to help split classes and make things a bit easier.

"[The ESL students] are earnest and really want to learn," Merv said in an interview. "Kerby gives a lot of support and encouragement for these initiatives."

Carol, who said she loves Kerby Centre as a second home, enjoys being able to teach ESL right here in Calgary. She has experience overseas, teaching in North China and South

Korea, but teaching English here is a bit of a different beast.

"There, it's more playful with the young students. It's a school environment," she says. "Here, it's about making them feel included. They want to learn, and they are very enthusiastic about learning."

"Kids want to have fun, but adults want to know why!"

Learning a new language puts folks in a vulnerable place. Trying, making mistakes and learning from them is how any new skill is acquired,

language included.

Getting folks to move past the uncomfortable barrier, and facilitating a safe space is a huge part of what the work is, Carol says.

"You can see they have the confidence to try," she says. "We want to give them things, what they need to know... but it's difficult when there's a range."

The students in Carol's class have a range of backgrounds: Spanish speakers, those from China or Iran.

But Carol says it's

about finding what unites them, the common things we all share.

For example, Carol was trying to teach some more complicated concepts, like the idea of "tradition."

She had students talk and share about their own traditions.

For Carol, bringing people together like this — by looking at what unites us instead of what divides us — is of personal importance.

She wrote a children's book, dedicated to her grandchild, called "Finding

Bunny's Garden," — available on Amazon or through Carol to purchase — that aims to teach kids about finding friends and feeling safe, a gentle way of showing the importance of finding what unites us, the common ground.

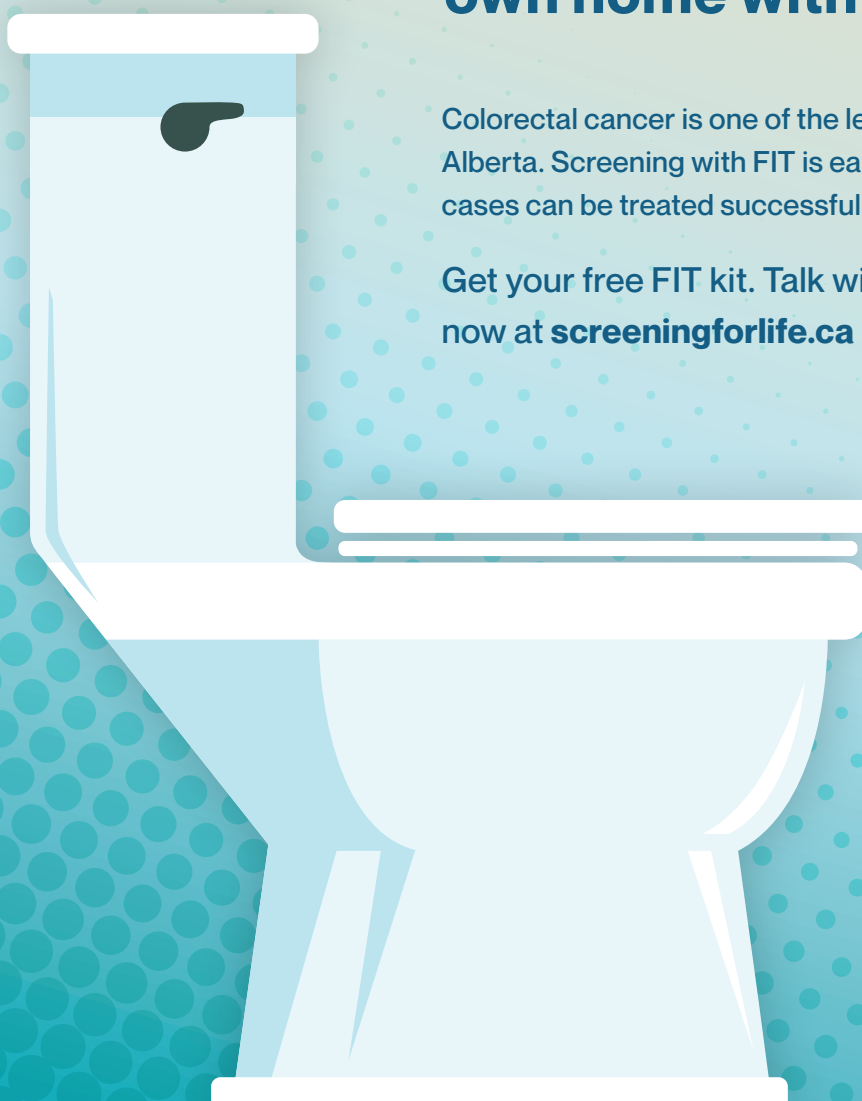
Carol said there's a lot of hate in the world, but when I step into the Kerby Centre, our own common ground, I'd like to think we're helping make the world a little bit nicer, every single day.

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Lunenburg, Nova Scotia

Continued from Kerby News, December 2023

Photos and story by Jerry Cvach

Little town Trinity on Bonavista Peninsula in Newfoundland is picture perfect, but the area is quite humid. It has as close to Scottish weather as I've seen anywhere, although according to local lore the town has a very pleasant microclimate. Yet, it was fogged in when I arrived.

To allow time for the fog to lift I drove farther to Elliston to photograph puffins. When I returned, the sun was shining, but soon the foghorn sounded again. So much for the microclimate!

The town relies heavily on tourism for employment, but there are others. A shed in the backyard of a house on Water Street caught my eye. It could pass for a “lumber mill” or a woodworking shop. It was surrounded by piles of short knobby logs of hard to identify species. Roughly cut planks with bark on edges, not suitable for making even 2X4s, were leaning against the building. Most logs are likely chopped into firewood.

Out of the shed emerged a lanky man in his forties. He had a six feet long beautifully dressed 2x1 stick suitable to become a window casing or a baseboard. It must have

taken a considerable effort to make it and he carried it triumphantly like a lance.

On his way to install and paint it before the next rain, he was not enough in a hurry to prevent him from chatting. He had a lot to say about politics and he didn't like what he saw.

Inflation, taxes, prevalent stupidity and lack of common sense summed up what irked him.

“A lot of our visitors are Americans. I talk to them and one guy told me he was moving from the New York State to Florida, because they have no taxes there. He would save 8 per cent by moving south”. “Heck”, the man with

lance continued, “8 per cent! We pay 40 per cent here so if we lose one more election I recon I'll have to move to Florida, bypassing even the New York State.”

When I grew up in 1950s, my heroes were the famous seafarers/adventurers Christopher Columbus, James Cook, John Cabot; explorers David Livingstone, Henry M. Stanley and inventors of the postindustrial revolution Thomas A. Edison, Samuel Morse or Alexander Graham Bell.

I was fascinated by the polar explorers Robert Peary, Roald Amundsen, John Franklin, Robert Scott and others even more. I devoured books about them and dreamt about traveling in the most inhospitable parts of the world. I did not understand the sufferings and difficulties involved. I had to chuckle about my naiveté when reading the quote by Captain Bob Bartlett when visiting his house in Brigus:

“It's all right while you're exploring. You get used to rotten meat, frozen fingers, lice, and dirt. The hard times come when you get back.”

I never knew about my heroes' Canadian connections until I kept running into places where they had come from or lived, or locations they visited during their explorations and reminders and saw other momentous events in history. Imagine that:

Amelia Earhart used the grassy runway in an obscure town Harbour Grace on Bay de Verde Peninsula to launch her solo flight across Atlantic Ocean in 1932. I don't know what possessed her, unless this airstrip was the closest to Europe at the time.

Robert Peary, the first man to reach the North Pole in 1908 relied on the above mentioned Captain Bob Bartlett of Brigus, an excellent navigator. Bartlett accompanied Peary on three attempts to reach the North Pole.

John Cabot had been all over the place it seems. First he landed in 1497 at the tip of Cape Bonavista while exploring the coastal North America and has a trail named after him on Cape Breton.

In Hearts Content, another small town not far away from St. John's the USS Niagara landed the first Atlantic Telegraph cable in 1858. The building that was its terminal is still standing.

Inaugural messages were exchanged between Queen Victoria and President James Buchanan.

Alexander Graham Bell owned a summer home in Baddeck Nova Scotia, where he often experimented, most notably with the hydrofoil watercraft. He died there in 1922.

All of the unclaimed bodies recovered at the scene of the Titanic sinking on April 14, 1912 are interred in Fairview Lawn, Mount Olivet, and Baron de Hirsh Cemeteries in Halifax Nova Scotia. The weather was grey and the rain was imminent when I was visiting, an appropriate mood for the occasion.

The ferry I was booked on to sail to Nova Scotia was cancelled because of Hurricane Harry thus adding a day on the island to wander around some of the least populated places anywhere.

North from the main highway the town of Lewisporte sits on Notre Dame Bay that is dubbed the “Caribbean of the North”. The town marina is the “largest anywhere” if one believes the locals. The pastry shop by the gate was sublime, verified personally!

I drove the route 341 prodded by my curiosity. Few kilometers after Laureceton the pavement ends. The deeply scarred dirt road beyond proved too much for my Pontiac G6.

But there is a paddock with horses and ponies at that point. The fencing is as primitive as can be, fashioned from thin tree trunks cut nearby. Its gate is easily opened by just sliding the poles away, no guards, no padlocks. 21st century civilization is represented by a sign “Do not feed the horses and stay outside of the fence.”

Seemed redundant, considering the remoteness of the place, no living soul in sight. It was a serene place of unparalleled beauty, a perfect place to let one's imagination soar.

Ed Note: we erroneously titled last month's article “25,225 Kilometers. We were off by about 10,000. Both Jerry and I have elected to blame our newfound adversary, Valda, known as the Printer's Goblin.

This story is continued on page 21, Valda willing.

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The upside of downsizing; a guide

United Active Living

Downsizing is a formidable endeavor. If you've lived somewhere for any length of time, accumulation of stuff is inevitable.

Despite best efforts, junk drawers remain chaotic, detritus clogs hallways, and projects in various stages of completion are scattered across every horizontal surface available. It often feels like there's just not enough time in the day to keep up with the clutter.

For those tasked with helping loved ones downsize, it's difficult to know where or how to start. The entire operation is complex. It can be stressful, time-consuming, and emotionally draining, not just for those who are downsizing, but also for those helping as well.

Even if you've been proactive in talking with your loved one about their plans to transition to a seniors' community, downsizing a family home is a long journey with some inevitable bumps along the road.

To help navigate the twists and turns, United Active Living has compiled some tips, tools, and resources. Check out our guide to help you keep track of everything you'll need to facilitate a smooth transition to a new, welcoming community.

Breaking down a big job into smaller tasks makes a big difference: if you're helping someone downsize, every time you visit, take it task-by-task: empty out a junk drawer or two, or clear out a corner in the basement or garage.

Discard expired toiletries, food, or household goods, donate unused hobby supplies, and start sorting through closets. Getting some of the smaller items out of the way will help you and your loved one when it comes time to make decisions about the more important belongings.

If your "discard" and "donate" piles are stacking up, offer relatives or friends who haven't got a decorating budget a chance to upgrade their spaces from flatpack to heirloom furniture, kitchenware, linens, or artwork. It can be invigorating to see old items find new purpose in a loved one's household.

Take pictures and videos of rooms before rooms are packed up so you can reminisce with your loved

ones after the move. Notify loved ones, family, and friends and invite them to be involved. Gather sentimental items and valuables and store them safely. It's okay to pause and share moments in the home to acknowledge special memories and inevitable feelings of loss or nostalgia that often come with the territory of downsizing.

Go from analog to digital. Sitting down with a warm drink and going through photos and mementos is a great way to reconnect.

While you're at it, use a bulk photo scanning app like Photomyne, or outsource the digitizing process to a local photo scanning business to create a digital scrapbook you can share with family and friends, and can be easily accessed without storing bulky photo albums, or rummaging through boxes. (For those who still cherish the analog photo experience, here are some space-savvy solutions!)

Now is also a great time to gather and bundle all important documents, such as your loved one's identification, will, power of attorney, medical documents, insurance policies, and banking information. If you're making digital copies, be sure they are stored securely.

Take inventory of utilities, phone and internet, and any other subscription-based expenses, and make note of when to cancel or update the service providers and which ones you'll need to notify of your loved one's change in address.

The cumbersome dining set might not work for you, but it might be *just the thing* for someone else. After you've selected your most treasured items, con-

sider holding an estate sale or auction. These experts can get the best value for whatever you choose not to take, and you can use the extra funds to cover moving costs, donate to the charity of your choice, or even for a special housewarming celebration for your parents in their new suite.

Chances are, you've moved beyond the days of warm beer and cold pizza to entice people to help with a move. If that's the case, it's probably a sign to leave it to the pros.

There are several local Calgary moving companies that specialize in downsizing and moving seniors. They can assist you with everything from start to finish, and you can get back to that mug of hot cocoa. (Here are some examples of Calgary-based services: Seniors Relocation Solutions, Destinations Seniors Downsizing, Five-Star Seniors Relocators, YYC Downsizing, and, Genie Senior Services)

Rest and reflect

Moving can be physically and mentally exhausting. Make sure you take some time to process your own feelings and seek out support from friends, family, peers, or a counsellor. Give your parents or loved one time and space to adjust to their new surroundings. Help them get familiar with the new space on their own terms, and offer support if they feel apprehensive to engage with other residents, or feel too anxious to participate in community programming.

Most importantly, acknowledge your loved ones' hard work and perseverance through the transition. Once everyone has settled in, take

the time to remember their home fondly, while considering how you can create new special moments that bring warmth and family traditions into their new home.

Interested in seeing how your parent, family member, or friend can fit all of their treasures into a spacious suite, and still have room to connect with family and friends? United's older adult communities offer exceptional amenities, unbeatable dining experiences, exclusive programming, local partnerships, and relationship-based care that shine a light on the upside of

downsizing.

Stop by a United Active Living community to see how a team embracing other duties as assigned is transforming the experience of aging.

Speak with one of our active living advisors about life in a United community. They can arrange tours of our Garrison Green and Fish Creek communities. If you know a friend or family member who could benefit from living in a United community, send them a link to our website or blog, or arrange a future visit. We are happy to help!



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 1-3 pm

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The particulars of Pickleball

Andrew McCutcheon
Unison News

Before you ask, no.

It isn't played with a pickle.

It's a shame, because one of the big attractions of Pickleball is that it's not too. Cu-cumbersome.

I promise, that will be the one and single pickle-related pun in this article.

Pickleball is named that, according to one of its creators Joel Pritchard, "the name of the game became Pickle Ball after I said it reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats."

Or, it could be named after the Pritchard's dog, Pickles.

Or, or, the name might be because other founder, Bill Bell, said he liked

playing the game in a manner that would put his opponent in a Pickle.

The jury is still out as to what the game is named for, but one thing is absolutely certain: it's become beyond popular in recent years, especially with older adults.

But it's been around for much longer than that. Founders Pritchard, Bell and Barney McCallum invented the game in 1965, on Bainbridge Island, Washington.

In the 50 years afterwards, it had a level of relative popularity in its founding state and other areas of the Pacific Northwest, but in the past few years, it was named the fastest growing sport in the United States by the Sports and Fitness Industry Association.

It's not an Olympic Sport — yet. A handful of international

pickleball organizations — including the International Federation of Pickleball, the World Pickleball Federation and the Global Pickleball Federation — aim to spread the good word of the wiffle across borders.

With a sport having three separate international federations, you know it has to be popular.

But what is it, even?

Well, 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 nitty gritty: 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.

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 definitely 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."



The tragic deaths of Stephen and Minnie Harvey

Amanda Borys
History writer

Sometimes graves give us more questions than answers. One such case is that of Stephen Osbourne Harvey and Minnie Edith Harvey.

We don't know very much about Osbourne prior to his arrival in Canada. He was born in Lee-on-Sea, Essex, England, and spent 16 years with the British Army, including 13 with the Essex Regiment.

He immigrated to Red Deer, where he was living when he enlisted in the Canadian Expeditionary Force (C.E.F.). It was noted on Harvey's attestation papers that both his arms and legs were heavily tattooed, including the King on his left arm and the Queen on his right.

At the time of his enlistment, Harvey was married to Minnie and they had a two year old daughter named Marjory Francis Credea Harvey. Minnie was also born in England, but nothing more is noted about her background other than that she immigrated with her husband.

Harvey sailed from Halifax on the S.S. Olympic on Dec. 20, 1916 and saw combat in France as a Company Sergeant Major, at times enduring heavy shell-fire. He was sent back to Canada suffering from neurasthenia, a general fatigue syndrome, and defective vision, but remained in the C.E.F. with the Command HQ

in Calgary. He was released on Feb. 24, 1919.

Upon his release, Harvey returned to work at P. Burns Co. before taking a position as an instructor at a vocational school in East Calgary as a vulcanizing department instructor.

At 11 A.M. on Feb. 23, 1920, C. Iverson, who was also an employee of the school, stopped at the Harvey residence to obtain some keys.

He knocked on the front door but, receiving no answer. Thinking he heard a child crying, Iverson walked in to find Harvey and his wife dead on their bed. Both of them were partially clothed, indicating that they had not died in their sleep.

Harvey's face was noted as being discoloured and horrible to look at.

Minnie was lying face down and, while there was blood on her face, her body had no marks on it. It was believed she had died not long before being discovered. Initially it was theorized that Harvey, and possibly Minnie, had been poisoned and the original theory was that this was a double suicide. However, no reason as to why the couple would do this could be discovered. It was noted that Harvey had been drinking the night before and it was believed this was how the poison was taken.

At the time of her parents' death, Marjory, who was now six years old, was visiting a fami-



ly friend, Mrs. Ethel Gray, who kept her overnight when the Harveys did not arrive to collect her.

The Harveys had been expected to come and visit that evening, but had not showed up. Marjory returned home at about 9 A.M. the following morning and, sadly, was the first to find her parents.

It had been Marjory's crying that had alerted Iverson that all was not right at the Harvey home. Fortunately the little girl was not injured.

An inquest was held and the evidence from the autopsy in-

dicated poisoning either through carbon monoxide or an ingested poison. The house was investigated by the Calgary Gas Co., which discovered that the fireplace was in poor shape and the chimney was completely blocked.

The gas was escaping from the flue vent pipes into the home, tragically overpowering the Harveys and resulting in their deaths.

The date of their death was Harvey's 38th birthday.

While Harvey is buried in the Field of Honour as a war

veteran, Minnie's gravesite is in S section, farther to the south, in an unmarked grave.

Possibly the military agreed to bury Harvey, but refused to allow Minnie to be buried with her husband as she would have required her own plot.

Minnie's grave would then have been purchased by the couple's estate, which did not have or was unwilling to spend the money to erect a headstone.

Marjory's fate is unknown.

Medicine Hat

Director's Message

Welcome to a brand-new year, where the passage of time seems to amaze us once again - can you believe it's already 2024?

Reflecting on the whirlwind that was 2023, we at Veiner and Strathcona Centre are thrilled by the incredible pace of activities that swept us by. It was a year filled with expansion and enrichment for our members. One highlight was the revival of the Veiner Centre bus tours, a delight that resonated with many of our members. At Strathcona Centre, the addition of Tai Chi sessions brought a serene balance to our Active Aging programs. We also introduced Glammy Grammy's; a fun, new modeling class where participants discovered how to own the runway, while encouraging self-confidence to gleam and shine brightly.

Beyond our walls, our commitment to serving the community has broadened. Our Veiner Vintage Transport Service transports seniors to essential appointments with-

in Medicine Hat and its surrounding area for as little as \$5 per ride. Our Thrive Food Security program has expanded as well, presenting 'Cooking for Connections' and 'Cooking for Food Security' community initiatives, promoting healthy, budget-friendly eating habits, and social connections. Our Senior Support Program aims to assist seniors in navigating paperwork and forms while facilitating connections to vital resources such as housing, counseling, and professional services within our community.

Looking ahead, this year promises to be equally exciting. The Medicine Hat Unison team is gearing up to offer an array of engaging activities, programs, and events for our members.

The Board of Directors at Unison, along with the committed staff and volunteers at Veiner and Strathcona Centres, wish you a Happy New Year, and invite you to join us as we embark on the exciting year ahead.

Caregiving supports

Did you know that a staggering 1 in 4 individuals Canadians are informal caregivers to a family member or friend.

This number increases substantially for seniors as they care for a spouse or loved one living with a diagnosed illness or because of natural aging.

Caregiving responsibilities can include a wide range of tasks housekeeping, personal care, transportation, and financial management. But who takes care of the caregiver?

As fulfilling as caregiving can be, quite often it comes with it of necessity and can be exhausting for the individual.

And because so often the caregiver feels it is their responsibility and obligation, they do not think to ask for help.

Unison at Veiner Centre recognizes this additional load can be isolating and draining for the care-

givers. We want to ensure that these informal caregivers have the support they may require when they feel overburdened and stressed.

That is why we partner with other organizations in our community to offer support groups for caregivers.

The Alzheimer Society offer two support groups at the Veiner Centre. The first is the Alzheimer Society Care Partner Support Group on the 2nd Tuesday of each month from 1:30-3:00PM at the Veiner Centre.

This group provides an opportunity for care partners to share their stories and find support and information from others caring for someone living with dementia.

The second group is First Link Connections on the 3rd Tuesday of each month 1:00-3:00 at the Veiner Centre. This is a brain presentation that caregivers and people with dementia can attend to learn about dementia, how it impacts different brain areas and tips and strategies for common challenges and changes that families notice. You can register to attend your first session for both of these groups by calling 403-528-2700.

P a r k i n s o n Association Support Group meets at the Veiner Centre the

3rd Wednesday of each month from 12:00-2:00PM.

This group is open to anyone impacted by Parkinson's, their families, friends and loved ones.

This a great way to learn about Parkinson's, develop better coping skills, and feel less isolated making connections with others facing similar challenges.

Anyone can register for this group by calling, 403-317-7710.

And sometimes we all need the support of each other in everyday life without being a caregiver.

So, Unison at Veiner Centre is pleased to announce that we are creating our very Men's Shed. An opportunity for men to connect, create and socialize in a positive environment so they can tinker, tell stories and have fun.

Our very first meeting will be on Monday, February 2, 2024, at 11:00AM at the Veiner Centre in the boardroom. Coffee and snacks will be provided.

This is an opportunity to have a say in what the Men's Shed will be in Medicine Hat.

What activity or focus this group will have for its members. Come join us in this exciting endeavor and have some fun.



March for Meals is a month long campaign that increases awareness and community engagement, while raising funds to **support homebound seniors live more healthy, happy and independent lives at home.**

Stay tuned for more details coming your way early 2024. In the meantime, **save the date** and get ready to join us for our second annual March for Meals!

Are you, your business or group interested in supporting our March for Meals Campaign?

Contact Jolene at **403-525-8901** or email **JoleneM@UnisonAlberta.com** to find out how you can help us drive further!

Medicine Hat Veiner Activities

What's Happening in January

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Quilting Craft Room 9am	Strathcona Arts Studio Craft Room 9am	Mahjong South MP 9am	Strathcona Arts Studio Craft Room 9am	Quilting Craft Room 9am
Board Games South MP 9:30am	Chess North MP 9am	Bocce Ball North MP 9:30am	Jam Session South MP 9:30am	Mahjong South MP 9am
Canasta South MP 12:30pm	Duplicate Bridge North MP 12:45pm	Canasta Lessons Dining Room 10am	Canasta South MP 12:30pm	Hearts North MP 9:15am
Tech Support Boardroom 1pm	Crib South MP 1pm & 6:30pm	Bridge Lessons South MP 12:30pm	Euchre North MP 1pm	Kaiser Club Dining Room 1pm
Euchre North MP 1pm	Bridge North MP 6pm	Scrabble North MP 1pm	Shuffleboard Games Room 1pm	Duplicate Bridge North MP 12:45pm
Shuffleboard Games Room 1pm	Board Games Dining Room 6:30pm	Pinochle North MP 1pm	BINGO Boardroom 2pm	Mexican Train Dominoes South MP 1pm
			Duplicate Bridge North MP 6pm	Stitch & Laugh Boardroom 1pm
			Norwegian Whist South MP 6:30pm	

Presentations & Events

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

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

January 2
Ask a Financial Advisor—Craig Elder, RBC Dominion Securities
10am - 11am | Registration Required | South MP

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

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

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

January 12 - 14
Scrapbooking Fanatics
Starting at 4:30pm on the 12th | Registration Required

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

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

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

Wellness Wednesdays

January 3 | Movie Matinee with popcorn
"Elvis" | South MP 2pm - 4pm

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

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

January 17 | Optima Rocks! With Jodi
Craft Room | 2:15pm | Registration Required

January 24 | Life Long Learning Presents:
"Depression and Loneliness" Boardroom | 10am - 12pm | Registration Required

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

Active Aging Spotlight

Men's Shed

Starting February 26th
11am - 12pm | Boardroom

The Veiner Center's new Men's Shed provides a comfortable and supportive environment for men to address their daily concerns.

Medicine Hat Strathcona Activities

What's Happening in January

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

Mondays

High Beginner Line Dancing | 9am
Table Tennis | 10am
Chair Yoga & More | 12pm
Pickleball | 1pm

Chair Yoga & More | 4pm
Yang Short Form | 7pm
Yang Long Form | 8pm

Tuesdays

Fun & Fitness | 9am & 10am
Solid Gold Fitness | 11:45am
Beginner Pickleball | 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 | 1pm

Thursdays

Fun & Fitness | 9am & 10am
Beginner Pickleball | 11am
Silver Steppers | 1pm
Floor Curling | 2pm
Pickleball – 7pm

Fridays

Pickleball Lessons | 8:30am
Table Tennis | 10am
Hatha Yoga | 12pm
Pickleball | 1:05pm
Pickleball – 6pm

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

January 3 – March 25 | Mondays | 9am–9:45am | FREE

Chair Yoga & More

January 8 – February 12 | Mondays
12pm – 12:45pm & 4pm – 4:45pm
Members: \$42 | Non-Member: \$60

Fun & Fitness

January 9 – February 15 | Tuesdays & Thursdays
9am – 9:55am & 10am – 10:55am
Members: \$60 | Non-Member: \$84

Solid Gold Fitness

January 9 – February 13 | Tuesdays
11:45am – 12:30pm
Members: \$42 | Non-Member: \$60

Absolute Beginner Line Dancing

January 8 – March 27 | Wednesdays |
8:30am – 9am | FREE

Beginner Line Dancing

January 8 – March 27 | Wednesdays
9am – 9:45am | FREE

Qigong & Chair Yoga

January 10 – February 14 | Wednesdays | 12pm – 1pm
Members: \$42 | Non-Member: \$60

Silver Steppers

January 11 – February 15 | Thursdays | 1pm – 2pm
Members: \$35 | Non-Member: \$50

Hatha Yoga

January 12 – February 9 | Fridays | 12pm – 1pm
Members: \$35 | Non-Member: \$50

Tai Chi Fitness Classes

Yang Short Form

Jan 15 – Mar 26 | Mondays & Tuesdays | 7pm – 8pm & 7pm – 7:30pm

Yang Long Form

Jan 15 – Mar 25 | Mondays | 8pm – 9pm

Chen Style Short Form

Jan 16 – Mar 26 | Tuesdays | 7:30pm – 8:15pm

Fan Form

Jan 16 – Mar 26 | Tuesdays | 8:15pm – 9pm

Weapons Form

Jan 17 – Mar 27 | Wednesdays | 7pm – 9pm

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

Avalon Fitness Centre Orientation

Take the First Step to a Healthier Lifestyle with Avalon's Monthly Fitness Centre Orientation!

Are you new to working out or trying out new equipment? Don't worry – Avalon has you covered! Join her monthly fitness orientation on the first Thursday of each month at 4 PM. Drop in only.

Pickleball Lessons

Feel free to drop in on Friday morning's between 8:30am – 9:55am to learn all about Pickleball. Joan will help you learn the fundamentals and techniques with emphasis on how much fun this sport is!

Drop in only (**If front door is locked, knock on the last window on the side of the building by the handicap parking stalls for someone to let you in*).

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

Active Aging Department

Calgary In-Person Activities

Welcome to the Calgary Active Aging Department spotlight section. For a full listing of all our activities visit our Active Aging website – kerbycentre23.wildapricot.org or click the link in the menu on UnisonAlberta.com

In-Person Kerby Centre Weekly Drop-In

MONDAY

- Knitting for a Cause - 10am (2nd & 4th of the month) Rm 301
- Badminton & Ping Pong - 10am Gym
- Mahjong - 10:30am Rm 312
- Live Well Be Well Conversations - 11am Rm 317
- Pickle Ball - 2:30pm Gym

TUESDAY

- FREE Food Market - 11 am to noon in the Kerby Gym
- Memory Writing - 1:30pm (3rd Tues of each month) Cafe
- Pickleball - 2:30pm Gym

WEDNESDAY

- General Craft Group - 9am Rm 311
- Men's Shed - 11am Rm 317
- Weekly Dance - 1pm Cafe
- Cribbage - 1pm rm 312

THURSDAY

- Artist Group - 10am Art Studio
- Kerby Centre Tours - 10:30am meet in the Café
- Pickle Ball - 2:30pm Gym

FRIDAY

- Spanish Conversation - 10am Rm311
- FREE Food Market - 11 am to noon in the Kerby Gym
- *Tech Help - 11am (must register)
- Badminton & Ping Pong - 1:30pm Gym
- English as a Second Language - 1:30pm Rm 311

We have a new location for classes.

WILD ROSE CHURCH
1317 1 St NW, Calgary, AB T2M 2S5

To Register for Events, Classes and Programs please visit our Active Aging section on our website, call us at (403)705-3233 or visit us at Kerby Centre on the 3rd floor.



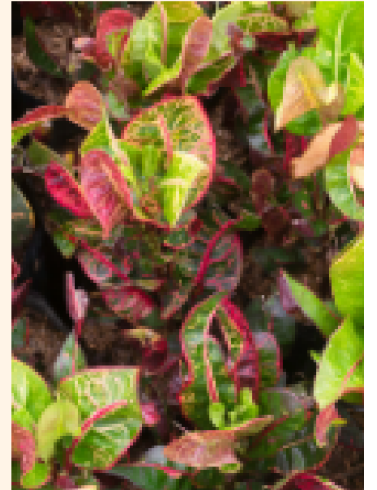
ACTIVE AGING SPOTLIGHT

Valentines Day Tropical Plant Dish

Tuesday, February 13th | 1pm - 2:30pm
@Kerby | Member / Non-Member: \$25

Join the Calgary Horticultural Society's Kath Smyth to make a unique gift for your special someone or hoping to add a fresh and romantic flair to your home, this workshop is perfect for plant enthusiasts and those who want to try something new.

*Registration Required



ACTIVE AGING SPOTLIGHT

Healthy Eating Workshop

Thursday, March 21st | 1pm - 2:30pm
@Kerby | Member / Non-Member: \$25

Don't miss the chance to enhance your culinary skills and nourish your body from the inside out. Our expert instructors will guide you through each recipe, providing tips for incorporating these nutritious delights into your daily routine such as Immune Booster Tea Mix, Lentil Soup in a Jar, No Cook Apple Sauce.

*Registration Required



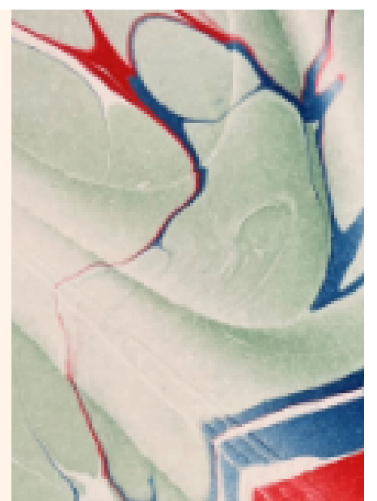
ACTIVE AGING SPOTLIGHT

Water Marbling Art

Thursdays | January 25th - February 29th
10am - 12pm | @Kerby
Members: \$90 | Non-Members: \$120

Discover the world of water marbling art in our upcoming workshop! Immerse yourself in the process of creating stunning designs on water's surface, resulting in unique and captivating artworks.

*Registration Required



ACTIVE AGING SPOTLIGHT

Sketching Workshop

Wednesday, February 21th | 10am - 12pm
@Kerby | Super Member/Member: \$30
Non-Member: \$60

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.

*Registration Required



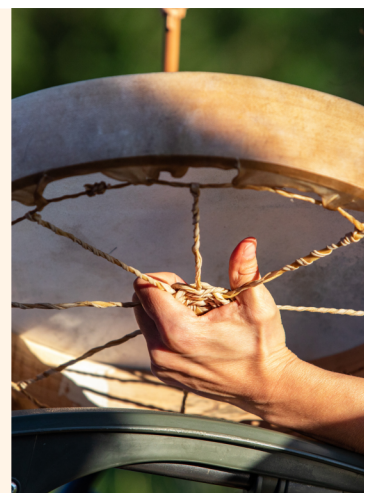
ACTIVE AGING SPOTLIGHT

Indigenous Drum Circle

Tuesday, February 27th | 10am - 11:30am
@Kerby | Super Member/Member: \$30
Non-Member: \$60

Join us for a Traditional Indigenous Drumming Circle using authentically made hand drums. We will drum together, learn songs, stories, teachings and the history of drumming on Turtle Island (North America).

*Registration Required



Active Aging Department Calgary In-Person Activities

Classes and Activities Spotlight

SHOPPING SPOTLIGHT

Active Aging Craft Sale Half Price Sale

Thursday, January 25th
10am – 1pm | Kerby Café



UNISON TRAVEL SPOTLIGHT

Banff Snow Sculptures

- Tuesday, January 23rd
- Includes park admissions & bus transportation

Jubilations Dinner Theatre

- Tuesday, February 13th
- Matinee includes musical comedy (The Beach Boys of Summer) and 3 course menu.

*For more information, please contact Unison Travel Desk at 403-705-3237

KERBY Café

Weekly Wednesday Dance

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



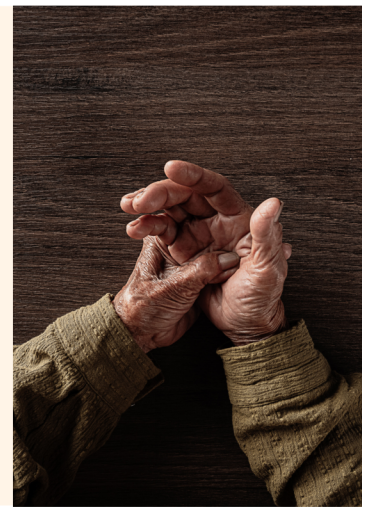
WELLNESS SPOTLIGHT

Self-Care Using Therapeutic Touch Principles

Thursdays | January 25th, February 1st, 8th, 15th | 10am – 11:30am | @Kerby

Therapeutic Touch is a safe gentle holistic healing practice, that focuses on restoring balance in all aspects of the human energy field, body, mind, emotions, and spirit. It supports the body's ability to heal itself.

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



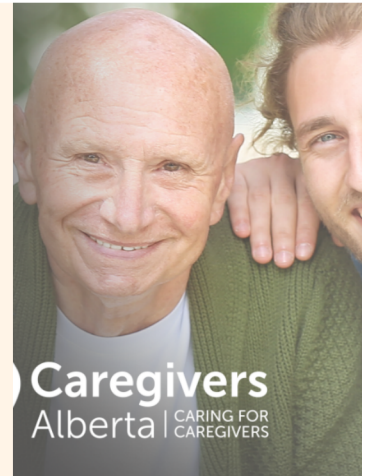
WELLNESS SPOTLIGHT

Caregivers Peer Support Group

Last Wednesday of every month
January 31st, February 28th
1pm-2pm | @Kerby

Have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers.

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



WELLNESS SPOTLIGHT

Sound Bath Therapy

Mondays | February 5th, 12th, 19th and 26th
1pm-2pm | @Kerby | Members: \$15
Non-Members: \$25

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.

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



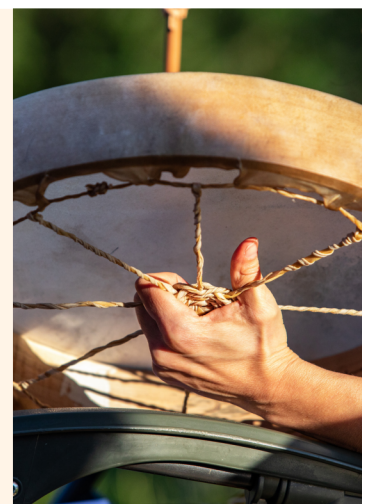
WELLNESS SPOTLIGHT

Indigenous Drum Circle

Tuesdays | January 16th, 30th, February 6th, 13th, 20th and 27th | 1pm-2pm | @Kerby
Members: \$15 | Non-Members: \$25

Join to learn about the Indigenous way of drumming. "Traditional Hand Drum teachings and sacred songs. The varying beats that represent the Heartbeat of Mother Earth. Healing vibrations with understanding the spirit through this Good Medicine".

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



Free Food Markets Non-Kerby Locations

Parkdale Nifty Fifty Association (NW)
Tuesday, January 9th | 11am – 12pm

CARYA Village Commons (SE)
Wednesday, January 10th | 1pm – 3pm

Bow Cliff Seniors 50 + (SW)
Thursday, January 18th | 11am – 12pm

Highland Park Community Association (NW)
Wednesday, January 24th | 1:30pm – 3pm

Active Aging Department Unison Online Activities



Members Free Online Classes

We are excited to offer free online classes with your Unison Membership!

Fitness with Dan – Mondays | 9:30am
Seated Yoga – Mondays | 2pm
Tai Chi – Tuesdays | 1:45pm
Yoga for You – Thursdays | 9am
Muscle Strength – Fridays | 11:30am

*Register each semester to ensure you receive the login information for your favourite classes!

Not a member? Let's change that!

Contact our membership desk to get your \$25 annual membership.

Ski Fit

2 Sessions

Mondays & Thursdays | 11am-12pm
Jan 4th-Feb 12th OR Feb 19th-Mar 28th
Members: \$64 | Non Members: \$84
SASC: \$74

Designed for balance and strength training for all outdoor enthusiasts.

*Registration Required



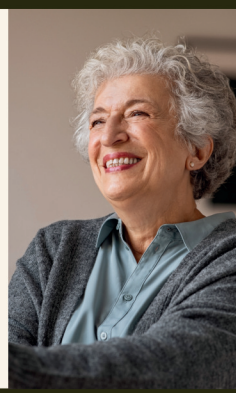
Laughter Yoga

New Online - 2 Sessions

Tuesdays | 10am-10:50am
Jan 9th-Feb 13th OR Feb 27th-Apr 2nd
Members: \$35 | Non Members: \$50

A combination of yogic breathing, gentle stretching, laughter exercises & relaxation designed to enhance health and wellbeing.

*Registration Required



Memory Writing

Wednesdays | 3pm-4pm
Feb 21st-Mar 27th
Members: \$30 | Non Members: \$45

Writing your memories is a great lens through which to view your life and share your experiences with those around you.

*Registration Required



English as an Alternative Language (ESL/EAL)

FREE Ongoing Class

Mondays | 1pm-2pm | Jan 8th-Mar 25th

Beginner, intermediate or advanced, your language skills can improve as you enjoy fun activities with an encouraging, trained and experienced EAL teacher.

*Registration Required



FREE Online Presentations

*Registration is required for all presentations

Parkinson Disease 101

Presenter: Emma Torneiro BCR, BSW
 Friday, January 12th | 10am

Downsizing: The physical and mental preparations

Presenter: Lynn Van Egmond,
 President of Soft Landing YYC
 Wednesday, January 17th | 10am

Hearing Health Presentation Series:

Hearing health. How to know if you have hearing loss. What to do if you do.

Presenter: Dr Carrie Scarff R.Aud, Ph.D.
 Thursday, January 25th | 10:30am

Hearing aid myths. What to know to get the right help for you.

Presenter: Dr Carrie Scarff R.Aud, Ph.D.
 Thursday, February 8th | 10:30am

What to do if you HAVE hearing aids but it's NOT enough. Other options to support those living with hearing loss BEYOND hearing aids.

Presenter: Dr Carrie Scarff R.Aud, Ph.D.
 Thursday, March 14th | 10:30am

FREE Online Workshops

Financial Workshop Series in Partnership with Momentum

Register for the individual classes that interest you by going to **KerbyCentre23.WildApricot.org** and looking under "ONLINE" and "WORKSHOPS" in the main drop-down menu.

Instructor:

Robert Bryenton - Empowerment Facilitator

*All workshops are 10am-12 pm

Limit of 15 people per class

Class details can be found on the class page online.

Understanding Banking

- Tuesday, January 16th

Budgeting Like a Master

- Wednesday, January 24th
- Wednesday, February 21st

What are Assets? What do I do with them?

- Wednesday, March 13th

Credit that works for you

- Friday, March 15th

Explore. Engage. Enjoy. Subscribe!

[YouTube.com/@Unison50Plus](https://www.youtube.com/@Unison50Plus)

Get a behind-the-scenes glimpse of our travel trips and events, educational interviews and presentations!



To Register for Events, Classes and Presentations, please visit Kerby's Active Aging website, contact our Online Programs department at HeatherD@UnisonAlberta.com or visit us at Kerby Centre on the 3rd floor — ROOM 306.

Community Volunteer Income Tax Program

Client Information/Drop Off Form

Date: _____

NAME OF PERSON DROPPING OFF _____

PHONE _____

CLIENT NAME _____ New? Returning?

Social Insurance Number _____ Tax Year(s) to be filed _____

ADDRESS _____

_____ POSTAL CODE _____

Did your address change in the past year? Yes NoCan the client be called if there are questions? Yes No

TELEPHONE NUMBER _____

DATE OF BIRTH (yyyy/mm/dd) _____ M _____ F _____

Did the client immigrate to Canada in the tax year(s) being filed? Yes No

If yes, what date? (yyyy/mm/dd) _____

Legal Marital Status Single, never married Married Separated Divorced Widowed Common Law

Did your Marital Status Change in the tax years being filed? Date of Change _____

If you are Married or in Common Law, your partner's tax must be done at the same time.

Partner's Name _____ M _____ F _____

Partner's Social Insurance Number _____

Partner's Date of Birth _____ Partner's 2023 Income (line 236) _____

Did your Spouse immigrate to Canada in 2023? If yes, what date? (yyyy/mm/dd) _____

Did Marital Status change during 2023? Yes No If yes, Date of change _____

1. What province did you live in on December 31, 2023? _____
2. Are you a Canadian Citizen? Yes No
3. Authorization for Elections Canada? Yes No
4. Are you claiming Disability Credit for yourself or dependent? Self Spouse
5. Do you have medical expenses? Yes No (*Medical Expense Report from Pharmacist and Receipts*)
6. Do you and/or your spouse have charitable donations? (*Receipts*) Yes No
7. Do you have a simple rental income? Yes No
(*Simple rental income is a basement or room in primary residence. Not a revenue property*)
8. Do you have a Foreign Pension amount? Yes No
9. Did you sell your Primary Residence in 2023? Yes No
10. Are you a Treaty Status Indigenous Person?

Date tax return completed _____ Volunteer completing return _____

I give the tax preparer consent to E-file my tax return. Signature _____

For more information on Unison's tax preparation service and to see if you qualify, please check out page 2!

15,225 kilometers away, part II

It was raining all morning but the sun came out when I arrived to Peggy's Cove. The village is so kitschy that if it were conceived by Walt Disney he would have been accused of spreading it on too thick. But it is genuine and even though very popular, I still came, for the third time!

Lunenburg close by has a proud seafaring past reflected in its picturesque working waterfront. It is the home port of Bluenose II and the birthplace of the original racing schooner Bluenose.

Directly west, on Bay of Fundy, the Anapolis Royal has a population of 600. It is resplendent with historical buildings, craft and coffee shops. At one end stands Fort Anne, at the other end the town pier, both connected by boardwalk. Across Anapolis River the Port Royal National Historic Site is a reconstructed Habitation, one of the earliest European settlements in North America where Samuel de Champlain lived in 1605.

St. John New Brunswick is small and its historical downtown tiny, still well worth the visit. But it is also where the cruise ships stop. One docked there on the day of my visit was huge. The number of passengers had to be in thousands! The visitors quickly overran the town, but somehow have not managed to destroy its charm.

After visiting the National Gallery in Ottawa and McMichael's Canadian Art Collections in Kleinburg my long held conviction that the Canadian modern art is second to none was reconfirmed.

Our painters are firmly connected to nature, more than any other group of artists anywhere. However, one cannot truly appreciate their artistry without first seeing the land that in-

spired it. Conversely it really helps to understand the land in depth when looking at it through the eyes of Group of Seven and its contemporaries.

I feel the same way when seeing Emily Carr's paintings of rain forests and native villages on Vancouver and Queen Charlotte Islands (since 1980 Haida Gwaii) in British Columbia.

Painting woods, creeks and lakes is as indispensable to Canadian impressionists, expressionists and even abstract painters as are ballerinas to Edgar Degas, variety performers to Henri de Toulouse-Lautrec or bourgeoisie to Édouard Manet.

Ever since my first visits to Ottawa in the early 1970s the city center has not changed much. The parliament buildings will always be majestic and the National Gallery one of the best in the world. There are always demonstrations, parades, celebrations or happenings on weekends. This time it was the Police and Peace Officers' National Memorial Day.

Bytown next to Rideau Canal is a people gathering place. A busker was performing on the small square in front of ByWard Market. He was a one man band. While playing his violin he was beating rhythm on a drum on his back by stomping his feet, accompanied by a boom box.

Lady of certain age sitting on the bench close to me asked me if I come to Bytown regularly and I said not that much anymore.

"I come here often", she said, "I like to listen to music".

I noticed she was swaying slightly with the rhythm.

"What kind of music?" I asked.

"All music except for rap. I don't like rap, but I come to listen to music here all the time."

"I suppose, you do not fancy classical music or opera much?"

"I already told you, I don't like rap!"

Well, I don't like rap either.

I prefer to drive from Ottawa to Toronto by various routes for the change of scenery, but none more than through Renfrew, Algonquin Provincial Park and Huntsville.

Before Eganville I almost missed a beautiful log house, obviously very old and so nice that I made a U-turn and went back to photograph it. Even from the distance I could admire the dove tailed joints on corners, the best method there is.

Lady came out and I told her how much I liked the house. She was very proud of its history. At one time it was quite decrepit on the point of demolition. They bought it for just \$ 65,000.00 complete with the land. An exquisite view was a bonus.

"Heck, you could not buy even a lot for that kind of money elsewhere. We spent another \$ 140,000.00 renovating it and are very happy living in it. People ask if we are going to put siding on it. We laugh and tell them it would be barbaric."

Close to Wilno, on the side of highway is a tiny "Kashub Heritage Museum". Kashubs are Polish living in the north by the Baltic Sea. West of Wilno are Amish settlements. With luck one can see families driving their horses and buggies as they eschew the modern conveyances.

From 1972 we lived in Kitchener Ontario for three years. At that time there were still open fields between the towns surrounding Toronto. The city itself was already big, but still pleasant on weekends, after Torontonians would leave for their cottages.

We liked to go there for cultural events, operas and galleries and to walk the ethnic neighbourhoods. Then there

were decaying businesses between Gardiner Expressway and the shore of Lake Ontario. The area was redeveloped and in my opinion it is the only improvement since.

Every time we had visitors we took them to Niagara Falls and it became a chore. The best time to visit was in winter when there were no crowds and the mist kicked up by the falls froze on trees, bushes and even blades of grass, or railings. On sunny days it was magical. Alas most of our visitors would not come in winter.

Today between Oshawa to Niagara Falls and the shore of Lake Ontario to Barry is one megalopolis. Everything new is hypermodern, clean and boring. Only few little towns like Niagara-on-the-Lake and suburbs Unionville and Kleinburg retain their identities.

From Manitoba Ontario border to St. John's in Newfoundland the signs warned me to ad nauseam about frequent accidents caused by moose on highways. There were thousands of signs but no moose. Perhaps they do not wander on the road because their mothers warned them not to. Or maybe there are no moose at all in these woods anymore and the signs are just a propaganda!

Then, just a few ki-

lometers before Wawa, north of Sault Ste Marie, a dark blue pick-up truck with its bed completely filled by a moose head with huge antlers was parked by the gas station. Lady that shot him with bow and arrow was standing beside.

They hunt for moose every fall, she told me, to supplement their diet. She knew what she was talking about, explained how the meat must be cooked not to be too gamy (put a tomato into the pan) and that the gravy can be embellished by adding sour cream.

One would expect all smart moose to know that it is against the law to shoot them from highways, and they would be flocking to the roads for safety. But they do not, or I never chanced on them.

Then, just west of Dryden on the 13,467th kilometer of my journey, at 10:30 in the morning, there she was! Miss Moose in her full glory and with no worry in the world. Perhaps she knew the hunting laws, perhaps it is not permitted to shoot females.

She was a magnificent animal and presented herself to me on an open farmer's field, a little unusual place and time. The proper venue should have been a swamp and the time the daybreak. Well, I was pretty happy about her and shot her from the highway, but only with my camera.

Cooperative Memorial Society



Our next AGM is February 24, 2024, from 1:00 PM to 3:00 PM. Members will receive a registration link by email in early January. Non-members can request an invitation at calgarymemorial.com.

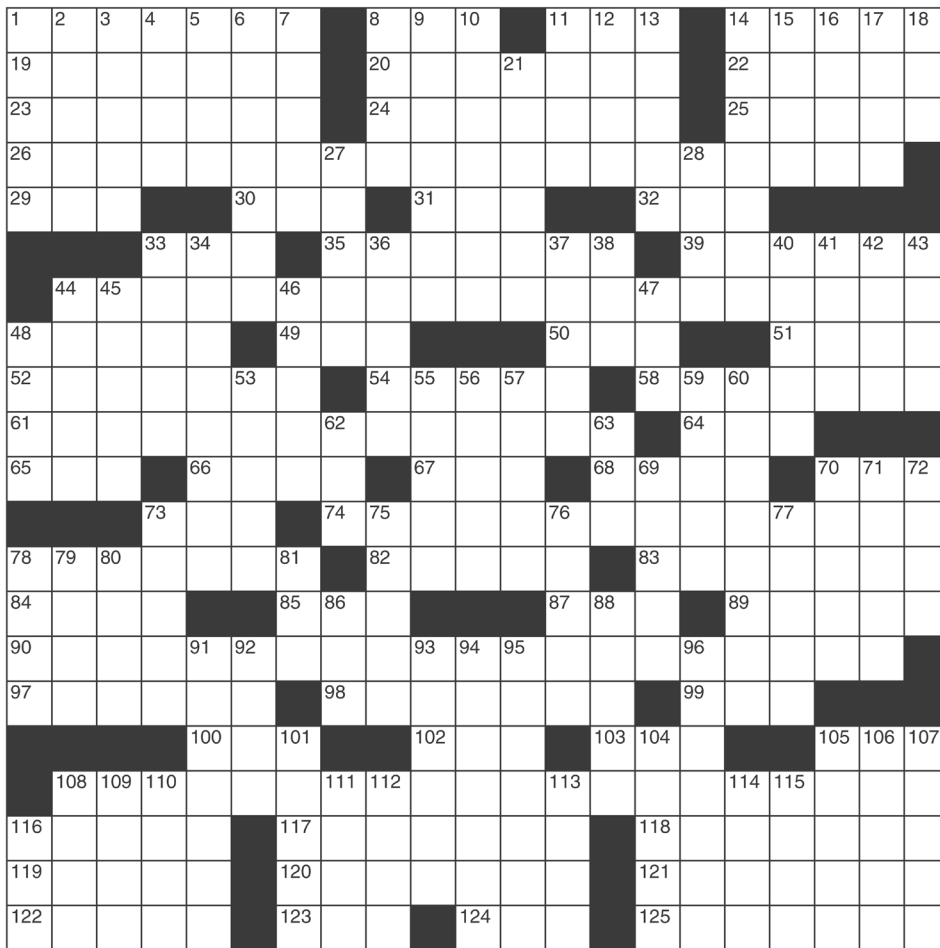
1-800-566-9959
calgarymemorial.com



"Joining the Cooperative Memorial Society has been a truly reassuring experience for me and my family. The thoughtful planning and timeless dignity they bring to end-of-life preparations are unmatched."

THINK INK
ACROSS

- 1 Direct applause toward
- 8 Finder's cry
- 11 April follower
- 14 Mimic a bird
- 19 Singer Patti
- 20 Take by force
- 22 Capital on the Red River
- 23 Art studio
- 24 Phases
- 25 "Tiny Dancer" singer John
- 26 Start of a riddle
- 29 Booming jet of old, in brief
- 30 Inseparable
- 31 Spike of corn
- 32 Olive bugged by Bluto
- 33 Prefix with light or night
- 35 Part of AOL
- 39 Thing with rungs
- 44 Riddle, part 2
- 48 Zac of 2017's "Baywatch"
- 49 German linking word
- 50 Org. for teachers
- 51 "Sure, we should do it!"
- 52 Desperate, as a situation
- 54 Syrian president
- 58 Auto racer's warm-up circuit
- 61 Riddle, part 3
- 64 In-vogue thing
- 65 Brand of fuel additives
- 66 Forearm bone
- 67 Crew tool
- 68 "You folks," in the South
- 70 West of "Diamond Lil"
- 73 "General" of Chinese cuisine
- 74 Riddle, part 4
- 78 Museum overseer
- 82 Golfer Sam
- 83 Eighth parts of circles
- 84 Redding of soul
- 85 Sly laugh sound
- 87 Gp. with merit badges
- 89 On a cruise
- 90 End of the riddle
- 97 "Strut" singer Easton
- 98 Affirm strongly
- 99 Flying geese formation
- 100 High peak: Abbr.
- 102 "No more details!," in texts
- 103 Sushi tuna
- 105 Archer's skill
- 108 Riddle's answer
- 116 Really virile
- 117 Apollo 7 astronaut Wally
- 118 Annuls, as a law
- 119 Resilient strength
- 120 Certain support group for adolescents



- 121 Lay out for printing
 - 122 Gather bit by bit
 - 123 Ad- (improvise)
 - 124 Zig's reverse
 - 125 Rind-shaving tools
- DOWN**
- 1 Feline nails
 - 2 Trellis strips
 - 3 Skip — (flutter, as the heart)
 - 4 Bombard
 - 5 French policeman, informally
 - 6 Butterlike product of beef fat
 - 7 Air again
 - 8 Many a prep sch.
 - 9 Star of the past
 - 10 Shows up
 - 11 Part of 102-Across
 - 12 Johnson of old comedy
 - 13 Simple kind of question
 - 14 Place with beakers, in brief
 - 15 Disease-free
 - 16 Engrossed by
 - 17 Building top
 - 18 Wrestling win
 - 21 Game of falling shapes
 - 27 Find out
 - 28 "The Clan of the Cave Bear" heroine
 - 33 Rosebush sticker
 - 34 Hurricane hazard
 - 36 Win gold, say
 - 37 Rice of Bush's Cabinet, informally
 - 38 Prop- or hex- ender
 - 40 Meted
 - 41 Mano-a-mano fight
 - 42 "At Last" singer James
 - 43 Filing tool
 - 44 In progress
 - 45 Common baby ailment
 - 46 Scheduled to arrive
 - 47 Interval
 - 48 Ice cream brand
 - 53 Inuit dwelling
 - 55 Feel faint from ecstasy
 - 56 Divide up
 - 57 Vital blood line
 - 59 Insurer with a duck icon
 - 60 Sch. with a Fresno branch
 - 62 Univ. dorm supervisors
 - 63 Thesaurus word: Abbr.
 - 69 Score — (earn some points)
 - 70 Minister's residence
 - 71 Modify
 - 72 Anna's sister in "Frozen"
 - 73 Eat a bit of
 - 75 "Poppycock!"
 - 76 "Sounds likely to me"
 - 77 Unglossy photo finish
 - 78 Simple beds
 - 79 Neighbor of Colorado
 - 80 Initiation, e.g.
 - 81 Pi-sigma link
 - 86 Very bad grades
 - 88 Scandinavian "Salut!"
 - 91 1986 #1 hit for 19-Across and Michael McDonald
 - 92 Vow
 - 93 Revel at a really hoppin' party
 - 94 "Carlos" star Edgar
 - 95 Neighbor of Ethiopia
 - 96 Sinister gaze
 - 101 Like some congestion
 - 104 Rival of Avis
 - 105 Demean
 - 106 Lazybones
 - 107 Ship spars
 - 108 Postmarked pieces
 - 109 Zapzyt target
 - 110 Perlman of "Cheers"
 - 111 Roman 651
 - 112 "Moby-Dick" captain
 - 113 Zingy flavor
 - 114 Smartphone games, often
 - 115 Cross paths
 - 116 Soup flavor enhancer, for short

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Seniors scene; events about town

Parkdale Nifty 50s

The Parkdale Art Club is looking for some new members that might like to start training on how to organize the art show.

Our current volunteers are amazing and would like to share their wisdom and bring in some new members help them out.

If you are currently enrolled in art classes and are interested in this semi annual volunteer opportunity please contact us:

P:(403)-283-0620 or info@pdnf.org

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+

Bow Valley Singles Golf & Curling Club:

For +55 single individuals. We curl at Garrison Club on Saturdays and golf at Shag Valley Nine on Sundays. We also get together for various other social activities throughout the year. Membership only \$20 annually. For more information please email Marilyn Smith at Marilyn.bvs@shaw.ca.

University of Calgary Recruiting Research Participants

What is this survey about?

We will be examining older adults Online behaviours and attitudes towards digital privacy.

Who can take the survey?

Individuals who:
 Are 60 years older
 Can read English, and
 Live in Calgary, Alberta

When is the survey happening?

The survey started in November 2023

Why should I take the survey?

The survey findings will provide insight into how older adults can take advantage of the technologies that can assist them as they age in a way that protects their digital privacy. These findings will also be used to develop new approaches to teaching older adults about digital privacy. Furthermore, those who take the survey will be entered in a raffle to win a \$50 gift card.

This study has been approved by the University of Calgary's Conjoint Faculties Research Ethics Board (REB23-0969)

Link to survey:

bit.ly/ucalgaryprivacysurvey

If you are interested in taking the survey in-person, please contact:

Hannah Ku, Undergraduate researcher

Department of Computer Science, University of Calgary

hannah.ku@ucalgary.ca

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Leave a Legacy

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.

Contact Rob Locke
robL@kerbycentre.com | 403-705-3235



Keeping you close to our hearts

It's no surprise that the folks at the Kerby Centre keep seniors close to our hearts.

Fifty years of supporting our community of older adults is a long time. And it wouldn't have been possible if we didn't keep seniors both at the front of our minds

and close to our hearts.

What emotions do we feel?

Joy is one. I've asked people across the organization what their happiest moment was working here and the responses came quick and easy.

There are so many sto-

ries of laughter, smiles and accomplishment. This joy can come from when we help someone with our Seniors Supports or Thrive Departments, whether we're having a ton of fun playing games or learning a new skill with Active Aging or just having a nice cup of

coffee with a dear friend in the café.

But sometimes we also feel the weight of other emotions. Frustration, despair or grief. We feel these when we lose someone close to the Kerby Centre, when our efforts to help others are frustrated by roadblocks or when things just don't work out the way they're supposed to.

I'd like to think, though, that after 50 years of working for our community, that we've felt more positive emotions than the alternative.

But the main thing, the biggest part of the work we do that consistently keeps our hearts full is passion.

Whether we're feeling joy or despair, happiness or frustration: we feel these feelings so hard and so full because we are passionate about the work we do.

For example, let's take my wonderful colleague Julia Moroz.

Julia came to Canada fairly recently, in June 2022. After a stint in Asia working in the social media business, she was unable to safely return to her home in Ukraine.

"I am from Ukraine and when I came to Canada, I was hosted by a nice senior couple who shared their house and their food," Moroz said. "Now I wanted to help older Calgarians."

Now, Julia works with me at the Unison Kerby Centre, filled with the same passion that drives the rest of us.

In working here, she came up with a fantastic idea: what if there was a way we could support our seniors while showing off how near and dear the community is to our hearts?

Our "Heart of Community Campaign" partnered the Unison at Kerby Centre with a talented and award-winning Calgary artist, Olga Sem, to create a signature pin. Teal in colour with a touch of golden sparkle, this heart-shaped pin is the perfect way to show off your support to the Kerby Centre — with proceeds going towards all the wonderful work we do here.

It's not just a pin: it's a way to carry around a piece of Kerby with you everywhere you go, so you'll never be alone.

It might be a small act of support, but everything we do here — from the small acts of kindness to the massive feats of assistance — all have one thing in common.

They are done with a full heart.

Those interested in purchasing a pin can visit our Wise Owl shop on location or online at UnisonAlberta.com/The-Heart-Of-Community

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unison 50 years
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The Heart of Community

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

Unison at Kerby Centre is excited launch its "The Heart of Community Campaign" to remind the world that seniors are the beating heart of our community.

By purchasing a pin, you're helping us welcome more seniors into our supportive community. This pin will be available for only a year as we celebrate our 50th anniversary!

We are offering this beautiful pin for **\$25** to our dedicated supporters, highlighting their valuable impact.

Visit UnisonAlberta.com/The-Heart-of-Community to purchase a pin today

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

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

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

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