

With love, from Unison



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Guidelines for Unison's tax clinic

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

Our 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. Our volunteers may be able to do returns for

can be made by calling (403) 705-3246. Unison at Kerby Centre will begin booking appointments for the Tax Clinic on Monday, February 3, 2025. The 2025 tax clinic will begin Monday, March 3, 2025, and will run Monday to Friday from 9am to 3pm.

Tax returns can also be dropped off at Unison at Kerby Centre beginning February 24, 2025. A drop-off form must be completed include all your important information including date of birth, marital status, address, spouse's net income and contact in-

your tax appointment.

Your necessary documents may include:

- A copy of your income tax from last year and your Notice of Assessment.
- All reporting slips (T-slips) for each type of income you receive.
- Details and amounts of any foreign income (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 the Pharmacy) for prescriptions, services and medical devices, premiums to private medical plans, and charitable donations.
- Records of any tax installments paid.

If you are unsure about what to bring, please call our Seniors Supports office 403-705-3246.

If you are using drop-off facility, a drop-off form must be completed and consent signed. It must 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, and your SIN number. You can cut out and use the drop off form included on the back page of this issue of Unison News and fill the required information in advance.

For general inquiries, contact the Canada Revenue Agency 1-800-959-8281.



Join us for a presentation by the Canada Revenue Agency and Service Canada

FREE Information Session

CRA will cover topics such as **Benefits, Credits, and Tax Filing.**

Service Canada will be sharing an overview of the **CPP Survivors Pension, the Death Benefit, Credit Splitting & Sharing and GIS.**

Date: Wednesday, February 12th, 2025

Time: 10:00 am - 12:00 pm

Location: Unison at Kerby Centre - Lounge

FREE with registration required

Please call **403-265-0661** to register

tax return. This will ensure your eligibility for GST. If you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements will continue.

Who qualifies for the tax clinic? 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.

the deceased 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? To have your tax return prepared and e-filed by tax volunteers, you must book an appointment. Appointments

This service runs until Wednesday April 30, 2025.

To use the tax clinic:

- Book an appointment in advance by calling (403) 705-3246
- The first day you can book an appointment is Monday February 3, 2025
- The tax clinic will run from Monday, March 3, 2025 - Wednesday, April 30, 2025

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

What should you bring?

It is very important that you have all the necessary documents with you for

We will do your Income Tax For FREE

March 3rd - April 30th 2025 (Monday - Friday)

Booking opens February 1.

Income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients.

Income limit:

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

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

Call 403-705-3246 to schedule an appointment. Visit us at Kerby Centre, 1133-7 Avenue SW, Calgary

We can help individuals and couples at the tax clinic if:

- You have a disability and receive AHS income
- You are 55 years old and older and with a gross income of less than \$35,00
- You and your spouse have a combined household income of less than \$50,000



Celebrating connection

By the time this article goes to print, we will have held our first Speed Dating event at the Unison Veiner Centre. Some of you might think this is a strange event for a seniors' centre, but think again! From this and other events, new relationships—whether friendships or romantic partnerships—have formed. It's fitting that for February, we celebrate the love that can grow from new friendships. The beating heart of Unison is our members, and love is always worth searching for and celebrating. At Unison, we're all about living our best

lives, and it's hard to do that if we're alone. The relationships we build and the quality of those relationships shape the vibrancy of our lives. In the spirit of connection, the theme of February's dinner at the Veiner Centre will be an event for couples. On February 12th, we'll be hosting a Valentine's dinner, with tickets sold in pairs. Be sure to check our website or social media to register. Our popular steak and shrimp combo will be on the menu, so don't miss it!

Unison at Kerby Centre will be hosting a special Valentine's luncheon on February 14th, with Chef Matt's selection of prime rib and accompaniments, including cheesecake, and wine and

beer for purchase. Get your tickets for only \$25.

There's not much more fun than getting out of town with good friends. Unison has day and overnight trips on offer that are perfect for exploring with a friend, or even meeting someone new. Our Active Aging Teams in Calgary and Medicine Hat have some great trips planned for 2025. In Medicine Hat, our volunteer committee is aiming to run 12 trips this year. As I write this, they already have seven of the ten planned, so grab a friend and sign up for a day out! We have some exciting experiences in the works, with a few potential adventures outside of Canada.

If you and your partner met at Unison and are



Larry Mathieson, CEO and President

willing to share your story, we'd love to feature it on our social media. Feel free to email me at LarryM@UnisonAlberta.com.

FEBRUARY 2025

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

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For More information on Unison Alberta
Call 403-265-0661 or visit
www.unisonalberta.com

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

Contact Rob Locke
RobL@UnisonAlberta.com
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The comfort of canine love

Barbara Ellis

Dogs. This word alone has the power to evoke cherished memories for some of us. History tells us that dogs came into our lives about fifteen thousand years ago. In some far-off land and time long forgotten, cave people and wolves co-mingled and began what is now a strong and loving bond.

We are told that dogs are domesticated wolves, and that every breed can trace its lineage back to them. Well, wherever they come from, I am glad that they share their lives with us. What I do find hard to understand is how a tiny tea-cup Chihuahua can possibly be related to a Great Dane or Irish Wolfhound. It seems almost impossible that this was

all achieved through selective breeding. However, the wolf hasn't disappeared altogether.

Most dogs are affectionate, playful, obedient, protective, and eternally loyal. My father was a minister and in one of his sermons, he talked about a little Skye Terrier known as Greyfriars Bobby. His master, John Gray, was a nightwatchman for the Edinburgh Police Constabulary. Each night, John walked the city streets to make sure all was well, and, little Bobby was always by his side. When John died and was buried, Bobby could not be persuaded to leave his master's grave and indeed, stayed next to that grave for 14 years. The people of Edinburgh were so impressed by his loyalty that they com-

missioned a life-sized bronze statue of Bobby. Bobby and his beloved story have become part of Edinburgh's history.

One dog remains in my heart. Her name was Zsoka, and she belonged to my dad. My parents adopted this little furball while they lived in Pennsylvania. Zsoka's parentage was undetermined but was supposedly a cross between a Shepherd and a Collie. Zsoka was the runt of the littler and my father was discouraged from choosing her. Undeterred, dad picked her up and was so small, she fit onto the palm of his hand. Their eyes met. Her tiny tail gave a tentative wag, while her pink tongue licked his thumb. That was all it took for the birth of a great love story. They were inseparable

and shared a bond that grew deeper after my mother passed away.

her size, she could not climb into the truck on her own, so she endured the journey with me, in



Photo: Zsoka with her best friend. Barbara Ellis

Zsoka's memory was phenomenal. Even though our visits were set in annual increments, she would remember me, my sister, and her daughters. She seemed to understand who belonged to the family. When my parents drove to Alberta for a visit, she also seemed to understand which dog or cat belonged to each of our houses. She would not only leave them alone, but protect them as well. Dad's car was also part of the pack and Zsoka deemed the vehicle worthy of her protection. Many gas jockeys were met with furious barking when they tried to wash the windshield. When she was left alone in the car, she claimed the driver's seat until dad returned. Only the Dairy Queen parking lot was spared her defiance. Her intuition must have told her she was about to get a treat.

After my mother's passing, my dad moved to Canada to live with me. We loaded his belongings into a large U-Haul and began the long journey to Calgary. I drove my dad's car, and he followed in the truck. By this time, Zsoka was middle-aged and somewhat fat from the many tidbits and treats she wrangled from my father. Due to

the car. When she was not sleeping, she sat with her head resting on the back seat, staring at the truck behind us. An occasional whimper showed her distress at being separated from my father. She could hardly wait for him to pet her during breaks.

Zsoka loved her new home in Calgary. She and my dad walked through the city's many parks and went for joyrides in the countryside. Gradually, she began to show her age and developed rheumatism and had difficulty walking. Then came time for a very difficult decision. Zsoka's veterinarian suggested that her time was up, but my dad struggled with the decision to end her life. For weeks, he knew the logical choice was yes, but his heart said no. Fortunately, he did make the logical decision, and just in time. Only three months after Zsoka's death, my dad passed away from a heart attack.

Will Rogers was a very smart man, and he is credited with saying, "If there are no dogs in Heaven, then when I die, I want to go where they went." Many dog owners would certainly agree to do the same, and I am sure Zsoka and dad are reunited.



Board of Directors Member Needed! Volunteer Position

Unison is looking for new members to join our Board of Directors! If you're passionate about community change and have experience in not-for-profit governance, we'd love to hear from you. Board members help shape strategy, oversee finances, approve budgets, and represent Unison at events. We're seeking candidates with expertise in human resources, IT, finance, advocacy, fund development, marketing, and diverse community perspectives.

Ready to make a difference? Join us and help shape Unison's future!

Email your resume and cover letter before **February 28, 2025** to Careers@UnisonAlberta.com with "Board Recruitment" in the subject line. Once we receive your application, our Recruitment Committee will send you a Board Application form to complete and return.

For more information, please visit: UnisonAlberta.com/career-listing

Seniors Supports

SERVICE CANADA staff will be at the Kerby Centre from 9 AM to 3 PM on these 2025 dates:

- **January 8th:** 9am-12 pm
- **February 12th:** 9am-12 pm
- **March 6th:** 9am-3pm
- **March 20th:** 9am-3pm
- **April 3rd:** 9am-3pm
- **April 16th:** 9am-3pm
- **May 14th:** 9am-12 pm
- **June 11th:** 9am-12 pm
- **July 16th:** 9am-12 pm
- **August 13th:** 9am-12 pm
- **September 17th:** 9am-12 pm
- **October 15th:** 9am-12 pm
- **November 26th:** 9am-12 pm
- **December 10th:** 9am-12 pm



Seniors Supports | 403-705-3246

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

Dear Elsa, on our anniversary

Ada Muser

Dear Elsa! I know you do not like me starting stories with “from the beginning,” or being too wordy. Despite that, for our 60th anniversary, I will indulge:

On the heavy artillery shooting range, the last roll call of the day was held late in the afternoon. The distribution of mail followed. Bruno received a letter, but it was not from anyone he had expected. It was short and to the point, and it could not have been more potent: “I love you, Bruno. We should not

have broken up, Elsa”.

Half an hour later, Bruno was sitting on top of bags heaped up in the box of an army truck, stuffed with dirty

laundry being sent to the barracks for washing. It was a long drive on meandering roads, through mountain ranges. Bruno enjoyed magnificent

views from his high perch. The sun was going down, and the sky was slowly turning from blue to crimson. It was time to reminisce, to dream.

Elsa and Bruno had broken up several years ago. He was dating someone new, and thought he would never hear from her again, much less see her.

A few hours alone in the slow-moving truck, swaying gently from side to side, he fantasized about what would happen if she followed up on the letter and showed up in the little town where the military base was lo-

cated, to meet him. Titillating as the thought was, Bruno dreaded that she might do just that. What was he going to do? Elsa had been his first love, the pull was irresistible! But by now, Bruno was in a relationship and did not want anybody to be hurt. She did not show up. Emotions settled and the letter was forgotten.

Two years later, I was discharged from the army, and there was no welcome mat for the returning soldier. Serendipitously, on the first day back home, I glimpsed you, Elsa, walking on the other side of the street. The memories of our time together flooded back.

I did not know if you were still single, but you were not walking with a man. That evening, on a whim, I went to the house where you had lived years before to find out. Well, you were not married and, were at home.

It was like there had been no interlude at all. All other relationships were forgotten, and we were married six months later.

No matter how often I asked, you never told me what had prompted you to write that unsettling note. Yet it was the best love letter I ever received. Perhaps it is better not to know the secrets that should be left unexplained, just dreamed about.

On our 60th anniversary let’s reconfirm, that I love you, Elsa, my first, only, and biggest love! To get here we traveled a winding road just like that one time in the mountains, and just as beautiful.

I am glad we arrived at this point together, Bruno

Photo: Bruno and Elsa, on their wedding day



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The lasting love of peonies

Deborah Maier
Calgary Horticultural
Society

When I moved to Calgary in 1992, the yard of my new home had a blue spruce tree, a few shrubs, rhubarb, and a lawn yellowed by dandelions. We took possession at the beginning of June. That summer, I should have sat back and observed the space, planned, and ordered compost for top dressing the lawn. Instead, excited to grow,



I planted annuals and vegetable seeds in the bare earth next to the shrubs under the eaves.

It was not a stellar gardening year. The neighbourhood cats liked their under-the-eave litterbox.

The late June planting, cool soil temperatures and depleted soils did not create conditions where plants thrived.

The second year, I decided to begin a perennial garden. To celebrate Canada Day, I purchased two peonies. Two is a poor design decision, as two plants are hard to place for visual impact, but tight budgets reined.

While I did not know how peonies would do in Calgary, I was famil-

and required little maintenance. I also knew that they could become sizable plants quickly, and even though they bloom for a brief period, their foliage is beautiful and would provide a backdrop for future plants.

I chose herbaceous peonies. Herbaceous peonies die back each fall and grow fresh from the crown each spring. The dead leaves should be cleaned up in the fall to prevent overwintering a soil-borne fungus that can cause *botrytis* – a grey mold that parasitizes plants. After three years, they should not need supplemental watering. If you choose one with bomb or full double flowers, then a support is required, or the flowers will fall to the ground when it rains.

If you want a peony that supports pollinators, then choose a cultivar that has pollen-bearing stamens (the stalk and pollen-bearing portion of a flower). While still beautiful and fragrant, they have fewer petals, but this also means that they usually do not require support.

Peonies do very well in Calgary. One of the best places to see a vari-

ety of them is at the Botanical Gardens of Silver Springs. They have May-blooming fern-leaf peonies. I visited their full-sun peony garden on July 1 and was amazed with how many plants were in bloom, displaying



the surface or the peony may not bloom. Usually, you will see pink sections on the stems near the crown. The top of that area should be just above the surface of the ground.

Keep in mind that after planting, you may not have blooms for three years. During the first year, perennial plants acclimatize to their new space. The next year, the plants establish a rigorous root system, and then, if conditions are right, they will produce blooms for seed-based reproduction.

If you are looking for a plant you will love in your garden, grow a peony. Thirty-plus years later, and several replantings, mine are still blooming.

Never plant the crown deeper than 5 cm below

Photos: Deborah Maier.

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Happy birthday!

We would like to wish Doris Reiffer a happy 104th birthday!

Dear Moma,

We love you. You are perfect in every way. Our adventures together are so much fun. Love, Linda, Marjorie, & Dennis



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Research on dementia wandering

Adrianna MacPherson
University of Alberta Folio

For people with dementia, a behaviour known as critical wandering can quickly lead to devastating consequences. Unable to reorient themselves, these people are at risk of harm, from serious injuries, to fatalities. A recent project aims to address the risk of people with dementia going missing by first gaining a better understanding of the factors associated with critical wandering and a subsequent missing-person incident.

“Critical wandering - a term that is being continually revisited because it is controversial and not accepted in some areas such as the U.K. due to associated stigma - is when you are disoriented in time and space,” explains Antonio Miguel-Cruz, an associate professor in the Faculty of Rehabilitation Medicine and U of A lead on the project. “You don’t know where you are, you are disoriented, and as a result you’re not able to find your way home or back to where you

started your journey.”

The project, conducted in collaboration with the University of Waterloo, is the first of its kind to examine various Canadian data sets documenting missing incidents due to critical wandering. The insights from this work are crucial for developing targeted tools and prevention strategies that can be used by everyone from police and first respond-



Getty Images

ers to community members and other organizations that interact with people with dementia.

Researchers found that about 40 per cent of people with dementia will wander or get lost at least once, and nearly 20 per cent will experience repeated incidents. However, according to Miguel-Cruz,

“This phenomenon is not very well understood.”

This poor understanding lies in the way relevant data is handled. It’s often unstructured, and recorded in PDFs or other unsearchable documents. “It’s not like in other cases in health records where you can search a database and extract organized and structured information to study a problem.” Miguel-Cruz also says the information is tracked and compartmentalized differently in different organizations and agencies that have little or no common means to share insights and strategies.

To better understand this issue, Miguel-Cruz and his collaborators looked at missing incidents due to critical wandering across the country. The data came from six police departments across Canada, the British Columbia Search and Rescue Association, Indigenous communities in Quebec, the MedicAlert Foundation’s records, and data covering nearly 1.6 million home care client critical wandering incidents sourced from

interRAI, a collaborative network of researchers and practitioners.

The amount and variety of data the researchers analyzed allowed them to identify particular characteristics that make a person more likely to critically wander and go missing. For example, the risk is about five times higher in people between 75 and 84 years old. There were also higher risks associated with living in urban centres, living in institutional settings such as a care home or hospital, being male, coming from particular ethnic backgrounds, being unable to speak an official Canadian language (English or French) and having a dementia diagnosis.

Another crucial discovery from the data was the importance of finding the person who is lost as quickly as possible. “We found that when you are lost for more than seven hours, the likelihood of being found with a critical injury increases 2.8 times,” says Miguel-Cruz. “We now have profiles of people that are linked with risks,

which can trigger strategies to prevent this.”

Researchers involved with this project have created several resources to disseminate relevant knowledge, including videos and tip sheets to help people better understand dementia and its associated behaviours, a toolkit to manage the risk of getting lost, as well as dementia-friendly resources for first responders.

And though exact statistics depend on the particular data sets used, a better understanding of the issue of dementia wandering as a whole has the potential to improve future outcomes.

“Knowing the numbers is important because it allows relevant organizations and institutions to provide more accurate information about dementia and the risk of going missing,” says Miguel-Cruz.

“And, for police organizations, search and rescue personnel, knowing the numbers and factors that influence this phenomenon will allow them to be better prepared and implement preventative strategies.”



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Simple Valentine treats

Mel Lefebvre

I met my first boyfriend right around Valentine's Day, and my affectionate gesture to him on February 14th was a jar of pickles.

In our budding relationship, we would talk on the phone into the small hours of the night, listing our favourites (movies, music, books, foods). His favourite food was a good pickle. When Valentine's Day quickly showed up, a jar of crisp gherkins was surely a thoughtful and perceptive gift. It was comedic and affordable, which was great for my limited teenage budget.

Gifts don't have to be lavish to be meaningful. Since the 'pickle guy,' no other Valentine's gift has stood out as particularly memorable. A bit of playfulness and humour can go a long way. That is the basis of the following two recipes. They are adaptable, can be made with simple substitutes for dietary needs, and don't take many of ingredients to put together. Treat yourself, share with people you care about, or, simply spend the day indulging in your favourite treat, be it a comforting box of chocolates, or, maybe a pickle!

Berries and cream

This dish takes pouring berries into a bowl a few steps further, and is borderline healthy.

Ingredients

3 cups of fresh or frozen berries (your choice)
1/3 cup of sugar (or sugar substitute, like stevia)
1/4 cup of orange juice
Pinch of salt
1 canister of whipped cream (dairy or non-dairy)
2 cups of fresh fruit

Directions

In a saucepan, combine 3 cups of frozen or fresh berries, pinch of salt, sugar, and orange juice. Bring it to a boil, then lower to a simmer for up to 8 minutes (check for tenderness). Remove from heat and cool slightly. Take mixture and process in a blender, or use a hand blender. Transfer to a bowl, cover, and refrigerate

ate until cool.

To serve, use cups and alternate placing a layer of whipped cream, and a layer of the fruit mixture, a layer of whipped cream, and a layer of fresh fruit. Add a sprig of mint, or top with a cookie, to your preference. Refrigerate leftovers.

Alternate ingredients:

Mix in rhubarb for tartness. Leftover fruit can be spread on crackers or toast. Try with a smear of cream cheese for a delicious snack. Add some granola to transform it into a parfait!

Cracker candy

Cracker candy is a salty-sweet treat that feels irresistibly indulgent. Adapt this recipe for Valentine's day by adding some pink, white, and/or red sprinkles.

Ingredients

One sleeve of saltine crackers (substitute any salted cracker, including gluten free crackers)
1 cup of brown sugar (substitute for coconut sugar)
1 cup of unsalted butter (substitute for coconut oil)
1/4 teaspoon of kosher salt (substitute sea salt)
1 teaspoon vanilla extract

2 cups semisweet chocolate

Directions

Preheat oven to 400F
Lay crackers side by side on a lined baking sheet.

Make caramel: In a saucepan, cook brown sugar, salt, and butter on medium until the butter has melted. Boil mixture for at least 3 minutes. Reduce heat and stir during a 3-5 minute simmer.

Once mixture darkens, remove from heat and stir in vanilla.

Pour hot caramel over crackers, covering completely. Bake for 5 minutes.

Make chocolate: Melt

chocolate in a water bath, or microwave. Stir until smooth.

Carefully remove caramel-covered crackers from oven. It will harden as it cools. Pour melted chocolate over caramel crackers, spread with a spatula. Leave plain, or add sprinkles, coarse salt, or shredded coconut. Cool at room temperature, then place in the fridge. Once completely cool, remove from baking sheet, and chop coarsely with a large knife (or break apart with your hands). Store in a container. Can be frozen.

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Menu includes Chef's carving prime rib with red wine jus served with garlic & rosemary mashed potatoes and roasted honey glazed carrots. End with a delicious cheesecake dessert. Music by Diane.

February 2025
\$12 Weekly Specials

February 3 - 7

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February 10 - 13

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Soup: Chicken and wild rice

February 17 - 21

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The tragedy of Grace and William

Amanda Borys
Historical columnist

Grace Burnell was a native of Garfield, WA, where she worked in the Sunday School of her family's Baptist Church. It is unclear how she met William Inthout, a telegraph operator working in the railroad industry. William was from Kentucky but came to the Northwest to work for the Oregon

the room the following morning, she discovered two abandoned suitcases.

Grace and William were seen arguing in the street at their departure from the hotel. The heated exchange ended when William struck Grace across the face. William began running, but after a short distance, returned to his wife. It was noted that William was

find work in the Yukon.

Upon arriving in Calgary on September 20, 1912, the couple took a room at the Queen's Hotel, located where City Hall stands today. William followed up on his work leads, but was told no vacancies were available. He then returned to the hotel and Grace. Later that evening, the Inthouts ordered several

appropriate relationships with young women. A letter written by Grace to her mother also confessed that William had murdered a man named Dutro, the proprietor of a moving picture theatre company in Garfield. In the letter, Grace refers to her husband as Billy, seemingly unaware of his real identity.

Grace's father travelled to Calgary to handle shipping the remains of his daughter and son-in-law to the U.S. for burial. He provided some clarity on the whereabouts of Dutro. The apparently murdered gentleman had previously lodged with them - the Burnell family - but his death was not confirmed.

While he was in Calgary, Grace's father revealed more of the details

stay in Fernie, a drenched Grace had evidence of being struck across the face by an oar. Grace lived in terror of her husband, and her father strongly believed that Grace would not have been the one to fire the weapon on the evening of her death.

Grace's father requested that she and William be buried in Calgary until other arrangements could be made. He left clear instructions that they were not to be buried together. William's family claimed his body and had him sent home six days after his death.

Grace was buried in Union Cemetery on September 25, 1912, in an unmarked grave next to a small grove of trees. Her father's intention to transport her remains



The Queen's Hotel in 1912. Hand-tinted postcard. Courtesy of the Calgary Public Library

Railroad & Navigation Company in Tekoa, WA.

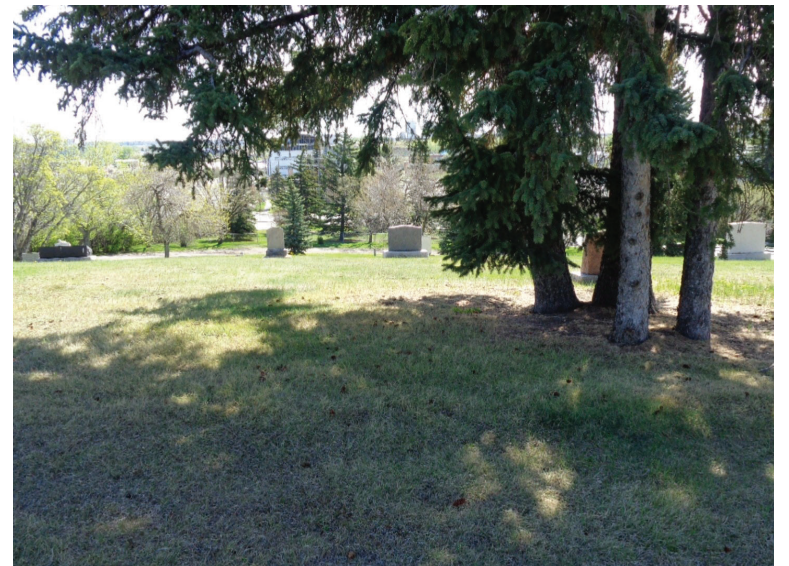
Grace's parents did not regard William as a suitable match for their 22-year-old daughter. Despite their opposition, or maybe because of it, Grace and William married in a rush on Tuesday, August 20, 1912. The couple arrived at the courthouse, obtained their marriage certificate, and said their vows in front of Justice Fred H. Witt. The wedding took all of six minutes, and was unusual enough to earn a mention in the Spokane Chronicle. The couple hurriedly boarded a train due to leave nine minutes after the wedding.

The newlyweds' first stop was Fernie, BC, where William worked briefly for the Great Northern Railroad before being let go for irregularities and inattentiveness. He was paid out his wages and the couple took a room at the Canadian Temperance Hotel for the nights of September 18 and 19. On the second evening, William set out by himself, and upon his return, the two checked out of the hotel. When the maid entered

short-tempered and abusive to Grace one minute, and very affectionate and attentive the next. On the evening of September 19, after purchasing train tickets, the clerk who managed their transaction noticed William's agitation. According to the clerk, the Inthouts intended to purchase tickets back to Spokane, but William changed their destination to Calgary. Apparently, William had called a friend who led him to believe he could

drinks to their room. After they were delivered, three gunshots rang out. When police entered the room, they found William with two gunshots to the heart, and Grace, dead from an apparent self-inflicted gun injury.

The Calgary Police's investigation resulted in more questions than answers. Correspondence in the room seemed to indicate that William was really Robert Columbus of Paintsville, Kentucky, who was wanted for in-



Grace Inthout's unmarked grave in Calgary. Photo: Amanda Borys

Grace had shared with him about the abuse she endured in her brief marriage to William. On one boating trip during their

to the U.S. never transpired. Perhaps the Baptist Church of Garfield, WA refused to have an alleged murderess and suicide victim buried in their graveyard. We will probably never know.



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Tips for balanced portfolios

Rebecca Vargese

The past year was a standout for financial markets. Stock markets surged, retail trading boomed, and optimism seemed to drive investment decisions.

Whether you're a new or experienced DIY investor, it's easy to get swept up in the excitement of a bull market run and lose sight of your long-term investing strategy. Achieving your financial goals requires understanding yourself as an investor, knowing your risk tolerance, and ensuring your portfolio remains balanced and aligned with your time horizon. Knowing how a balanced portfolio works, why portfolios drift and how to rebalance effectively is essential to meeting your financial goals

What is portfolio rebalancing?

A balanced portfolio

involves allocating investments across various asset classes, such as stocks, bonds, and cash, in ratios that align with your risk tolerance, time horizon, and investment strategy. For example, a younger investor may prioritize equities like stocks for growth potential, while older investors often favour fixed-income investments like bonds to reduce risk and preserve the earnings accumulated from investing.

Over time, market fluctuations, sector performance, global events, and trends can cause this mix — known as asset allocation — to drift away from the target asset mix and risk level that you started with. This phenomenon is called portfolio drift.

Portfolio rebalancing addresses this drift by restoring your original asset allocation. This involves buying or selling assets to bring your investment

portfolio back to its target balance. Think of rebalancing as a routine check-up for your investments — similar to steering a car back on course after a slight deviation. By reviewing and adjusting your investments periodically, you ensure your portfolio stays on track with your risk tolerance and goals as you continue on your investing journey.

Why does portfolio drift occur?

Several factors contribute to portfolio drift:

- **Market performance:** As of 2024, the TSX has grown by 21.54 per cent. For Canadians with TSX-focused investment funds or stocks in their portfolios, this surge might mean the overall value of stocks in their holdings has risen significantly, while fixed-income assets may have declined.

A portfolio favouring these TSX stocks could



Photo: Rebecca Vargese

yield higher returns but exposes you to greater market volatility. Remember, this deviation from your original asset mix and risk level could lead to a bear market or a sudden drop in stock prices.

- **Seasonal trends:** Short-term events can also change your portfolio's balance. The Santa Claus Rally, where stock prices often rise during the final week of De-

cember or the January Effect, where stocks, especially small-cap equities tend to perform well at the start of the year, could also impact your asset allocation.

- **Political and economic events:** Major political or economic changes can have a big impact. For example, the outcome of 2024 US election has caused the US stock markets to surge and interest in alternative investments like crypto to increase significantly. While these changes may offer growth opportunities, they also introduce risks tied to global trade, increased speculative trading, regulatory changes, and market uncertainty.

Why should you rebalance your investment portfolio?

By routinely rebalancing, you ensure your portfolio is well-diversified, a cornerstone of sound investing. For those implementing a specific investment strategy, rebalancing can help maintain your strategy.

Monitoring your portfolio also becomes especially important during significant market swings. According to Vanguard's 2020 study titled "The Value of Advice: Assessing the Role of Emotions," investors with clear financial goals were more likely to stick to their strategies during turbulent times. The research showed that following a plan reinforced long-term thinking and helped investors avoid chasing short-term gains out of FOMO (fear of missing out).

How and when should you rebalance your portfolio?

Timing is just as important as the process itself. Studies show that a planned approach to monitoring investments reduces the risk of over-concentration in a single asset or sector. Here are three common approaches:

- **Calendar rebalancing** This approach involves reviewing your portfolio allocation at regular in-



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Balanced portfolios cont'd

tervals such as quarterly, semi-annually, or annually. However, one critical aspect to remember is that rebalancing too frequently or infrequently can be inefficient. Rebalancing too often may result in higher transaction costs and larger tax implications, especially in taxable investment accounts. On the other hand,

rebalancing too infrequently can cause your portfolio to drift too far from the target allocation over time.

•**Threshold-based rebalancing:** This method, which is sometimes used by asset managers, allows your portfolio allocations to drift within a tolerance threshold. Rebalancing only occurs when the value in your portfolio exceeds this range.

For example, if your target allocation within your portfolio for equities is 60 per cent, the threshold-based approach would require rebalancing if the equity allocation exceeds 65 per cent or falls below 55 per cent. One drawback of this method is that threshold rebalancing requires frequent monitoring, which may not be practical for some DIY

investors

•**Hybrid rebalancing** combines the calendar-based and threshold-based approaches. Asset allocation weights are checked at regular calendar intervals, but changes are made only if your investments have drifted beyond your target percentages by a certain amount. Successful investing isn't about perfect

timing or chasing market trends. It is about making informed, disciplined decisions that align with your unique financial journey. Your portfolio is more than just numbers — it's a reflection of your goals and long-term vision. By staying proactive and periodically rebalancing, you can keep your investments on track for long-term success.

For the love of dance

Laureen James
Columnist

What's more romantic than a Viennese Waltz? Watching dance pairs flow along together with grace and agility. It looks like so much fun and I can just imagine myself floating along in the arms of my dance partner.

1,2,3, 4,5,6 is the rhythm to this wonderful dance. Seems straight forward when you're an innocent two left-footed spectator. It's right up there with armchair football. The dancing looks so effortless.

Let me tell you about my first ever, at sixty years old, dance lesson. I'll say right up front that it wasn't easy, but it was amazing and fun to learn the basics of the Viennese Waltz.

Thankfully, I found a wonderful dance studio called Ballroom & Country Dance Studio. They offer group lessons and social dances for all ages and abilities and have been in business since 1995.

You don't need a partner; you can show up to the group lessons as a single. As I switched out of my winter boots and into a pair of indoor shoes, I wondered what I had gotten myself into. I entered the basement studio space and took my place in the group.

The lesson was fun, and I danced with a few different people. I learned that the Viennese Waltz is a very old dance which travels counterclockwise on the dancefloor, and that you travel with your partner in straight lines doing two half turns in a count of 1,2,3...4,5,6.

After a one-hour lesson, it was time to put our newly developed skills to the test at the Sunday night social dance. All of us beginners were in awe at the lovely flow of this speedy waltz and how graceful and effortless the more advanced dancers were.

I took the opportunity, during the dance, to interview a few people about dancing and how it has benefited them. Diane Millan took the beginner class and really enjoyed it.



"I think dancing is good for our mental and physical health," Diane shared.

In a study published in the new England Journal of Medicine, researchers looked at whether physical or cognitive recreational activities influenced mental acuity. They discovered that only four activities they tested offered any protection against dementia: reading and swimming, doing crossword puzzles, and, dancing. The participants who danced regularly showed the greatest risk reduction for cognitive decline. A similar study found that social dancing increased the size of the hippocampus, a region of the brain responsible for learning, memory and equilibrium.

Beatrice Olerenshaw, a regular at the local Calgary dances, said she learned to dance by standing on her dad's feet, as a child. She took ballroom dancing lessons with her husband. Later in Beatrice's life, her daughter encouraged her to keep on dancing. Beatrice dances more than once a week. "It makes me a better dancer," Beatrice said. "Music is comforting to me if I feel depressed. It's therapy."

According to Beatrice, her sense of balance improves with dancing. She also mentioned that she had gone to a dance where there were dementia patients; as soon as music from the 60's and 70's began playing, the patients could sing along and began to dance.

I have some experience with this myself. My dad had dementia in his final years, and one of the

final things he did before his death, was dance down the hallway in the hospital with one of his nurses. My dad was an amazing dancer; his favorite dance was the polka.

On my way out of the dance studio's ballroom, I

spoke with one of the instructors who thanked me for coming and participating. I was amazed at how youthful she was. I didn't get her exact age but to me she looked not a day over forty-nine. She, like me, is a senior but her dancing career has helped her to stay youthful.

Before I left the studio, I had the pleasure to speak with the owner, Thu L. who was so gracious and invited me back any time. He too is a senior and is in fantastic shape and mentally sharp. He loves what he does as a dance instructor, encouraging people of all ages and abilities to come to the studio to enjoy music, movement and people.

There are so many benefits to dancing:

- Continued learning
- Physical development
- Socializing with others
- Emotional well-being
- Physical coordination
- Cardiovascular health
- Healthier joints
- Better balance
- Cognitive improvement
- Manage stress
- Fulfilling social life
- Improved self-esteem and quality of life

The greatest thing is that our bodies seem to start swaying as soon as the music starts. Everyone relates to some genre of music and some style of dance. The main thing is to enjoy it and share your love of dance and music with others.



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While Quantities Last

Bruno's foray into working with clay

Ada Muser

*Elementary school child
Can do what we can't
It is amazing what can happen
Kitchen becomes forest
Bench a grizzly bear*

*We are worldly, educated
Proper and dignified
You and I take it hard
That to play like the little one
An adult no longer can*

Bruno's generation grew up before TVs, tablets, and computers provided entertainment. The pastime was reading. His family - city dwellers - owned many books for all ages that they shared with friends. During the evenings, Bruno's family would spread around the family sitting room, in their Chesterfield-style armchairs.

Bruno's heroes were the Arctic and Antarctic explorers, but also the big game hunters in Africa, great inventors like Thomas Alva Edison or the Wright Brothers, and travellers in the mythical Far East. The world still held a lot of secrets and there even were a few blank spots on maps. Frenchman Jules Verne was the first Sci-Fi writer. Everyone knew books like *Around the World in 80 Days* or *20,000 Leagues Under the Sea*.

Bruno's family was more interested in humanities than novels unless they were classics. One day, Bruno found a book about Greek mythology, the best quasi-religious tales ever written. Ancient Greeks, immediately followed by the Romans, were the precursors of civilization and culture in Europe. The book spawned Bruno's interest in arts, specifically sculpture.

For one summer holiday when he was 14 years old, there was an opportunity to try some clay modelling. His parents' cottage was in a small village where peasants' houses were traditionally built from locally available materials. Although there were forests around, wood was still too expensive to use for walls, so they used adobe bricks they could make cheaply themselves in

communal clay quarries.

They would dig for the clay, remove rocks and sand to make the mixture smoother, add straw and water, and then make bricks with wooden forms. Bricks were dried in the sun.

Firing bricks was time-consuming and the kilns they used were primitive. The family cottage was built on a property that at one time had been the quarry. Bruno dug out some poor-quality clay by the fence, cleaned it, added water, kneaded it and was ready to give sculpture modelling a try.

The stuff was messy and sticky. Having no model other than himself, Bruno made a sculpture of his right foot standing on tippy toes, on a 5/8" slab of clay for the base. The entire sculpture was about 6" high.

The wet clay had a mind of its own, and kept leaning this way and that, and sagged limply downwards and sideways. It had to be propped up with matchboxes, wooden blocks, and wedges. There probably was a better way, but Bruno did not know it. It was a battle between the frustrated youth and the inert material determined to stymie his ambition to become the second Michelangelo.

To his surprise, the foot dried into the shape and position he originally envisioned. It was rough looking as the clay was still coarse and filled with impurities.

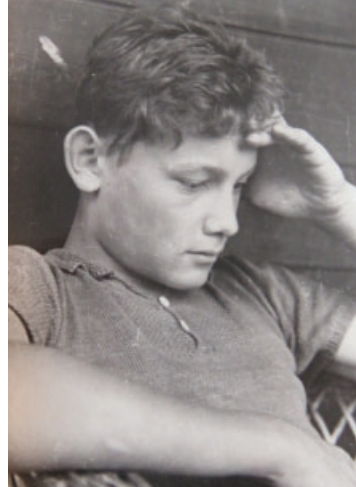
Having no access to a pottery kiln, Bruno's decision to fire it on the kitchen's gas stove caused considerable discomfort to his mother. The firing took a long time. Much of the expensive propane was used while the sculpture was standing in the open on top of the burners.

It eventually heated up, but unequally. In the middle, right above the flames, it was white hot and glowing, next to it - red hot, and on the fringes, even darker. The unevenness of the heat resulted in the finished piece

having variable colouring, reminiscent of a tie batik.

The finished sculpture was unexpectedly good - even a notch above. It had the raw look of a fired brick as it was not glazed. Bruno knew nothing about glazing and its intricacies back then, but it was rock-solid and anatomically correct.

He was encouraged to keep sculpting and experimenting, although his mother outlawed any



further firing on the stove for safety reasons. Reason must sometimes prevail.

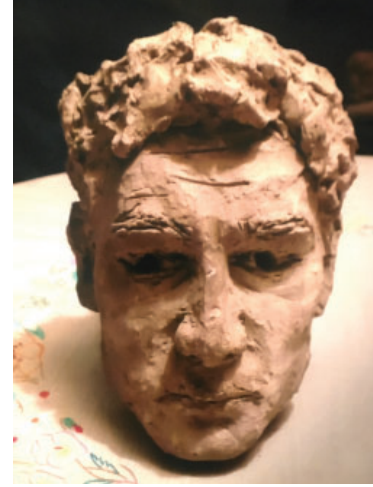
Back in the city, when the women were done with it, he was allowed to use the kitchen for a studio in the evening.

When Bruno was 16 years-old, he decided to make a relief of his face. It would be called a selfie today. He knew it would be more difficult than anything he had made so far. It was winter, and darkness fell earlier in the day. The lighting in the kitchen was poor, so the conditions were not perfect. He set up a series of mirrors to see himself "en

face" and from the sides.

The modelling took several hours. Around midnight, he had in front of himself a person's face with curly hair on the top of his head. It looked good "en face," and from the sides. Nice mouth, deep-set eyes, and a straight nose. But the sum of its parts was not Bruno's face. He could not figure out why.

Disappointed, he cov-



face rendered in clay. It was perfect. He knew better than to keep tampering with it. His instinct told him to stop and go back to bed. He slept well.

It could not be fired on top of the gas burner. It was much bigger than anything he had ever made. Bruno never dared to have it fired professionally, lest it cracked.

Bruno should have been motivated to continue developing his art, maybe even take courses. But he was baffled by how his project ended. He did not know where the spurt of energy came from, or why.

If he were to become a sculptor, what would the process be? Would he just stand in the middle of the night in front of a blob of clay with a glass of milk in one hand, spatula in the other, and wait for inspiration that may never come again?

It was the last clay sculpting Bruno did for the next 40 years.

Bruno never abandoned his naïve, child-like approach to art, and uses his freedom to dab into all kinds of arts and crafts. There are multitudes of events that inspire his creative impulses, and he is always willing to try something new. Learning new skills is the goal; the resulting creations are a by-product.

Much can be achieved by simply trying and having perseverance.

Photos: Bruno as a teen, and his sculpture (above).

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Romance scams aim for your wallet

Better Business Bureau

You've probably heard about romance scams where con artists trick unsuspecting victims into falling in love – and parting with their money. Lately, BBB Scam Tracker has been getting reports of a different type of romance scam. In this con, the entire dating website is a sham.

How the scam works: You sign up for a dating service that seems legitimate. The site asks you to fill out a profile with your personal information. This includes your credit card number, which is used to pay for your membership.

However, when you start browsing other users' profiles, you notice red flags. Other members who contact you have incomplete profiles that

lack photos and other basic information. The site may encourage you to connect with people who don't match your dating profile. For example, they may live in a different city or be outside your preferred age range.

You may also notice that profiles frequently vanish from the site—even after you've chatted with them.

It turns out that these other daters aren't even real. The site is filled with phony profiles, ma-

bards users with messages to entice them into buying coins to converse with by lying and leading people on."

How to spot fake dating websites. Do your research before you sign up. Do an internet search of the dating website's name along with the words "reviews" and "scams." Look carefully for negative reports or past users who suspect the website is fake.

ple are lining up to meet you. The same goes for individuals who make unrealistic claims about their love and devotion for you – especially if you just met online.

Use your credit card to pay for online services and memberships. When you pay with your credit card, you can dispute any unauthorized charges or charges made for fake services. The same may not be true if you use your



Photo: Lisa Zins

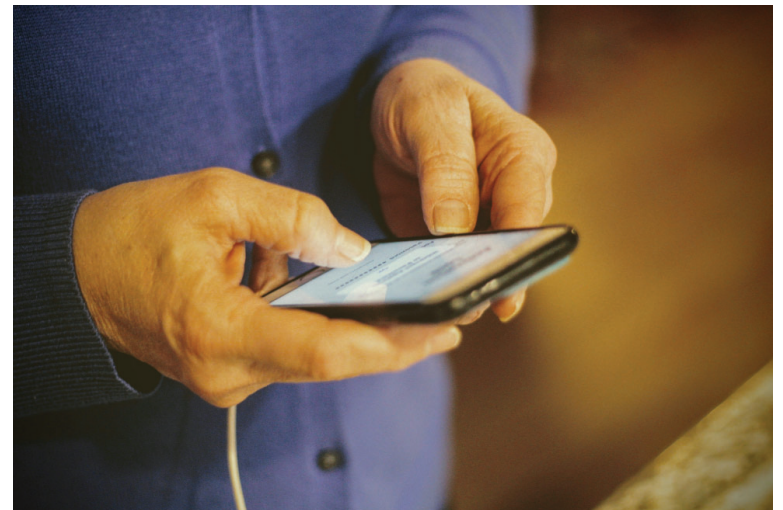


Photo: Joshua Hoehne

king you think that the site has many members. Once you figure out the hoax, you try to cancel your membership. But the site just keeps billing you.

In some cases, the scam dating site requires you to pay to contact other "daters." One victim reported joining a dating service where she bought "coins" to chat with other members. "I was bombarded with messages from nearly 200 different users in only a few days and without even fully filling out a personal profile," she told BBB Scam Tracker. "I paid for coins three times and was double charged each time. This site hires operators to steal photos, assume fake identities, and then bom-

Make sure you understand how the website works. It's not entirely unusual to pay a monthly fee or small fees for individual connections to dating services, but be sure the website is upfront about how their payment system works. If the payment system isn't well documented or you find it confusing, choose another dating service instead.

If it's too good to be true, don't believe it! For example, it's probably a scam if you haven't completed your profile and peo-

debit card or give a company your banking information, such as your account number and bank's routing number.

Never give money or personal information to a stranger. Some con artists will ask you for money to buy a flight to visit you or for some other "noble" reason. If someone you've never met in person starts asking you for information like credit card, bank, or government ID numbers, cut off contact immediately.

If you've discovered a dating website is fake, file a report on BBB.org/ScamTracker.



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- ACROSS**
- 1 Convergence points
 - 5 Virgo follower
 - 10 Hard puzzles
 - 16 House pest
 - 19 QED's "E"
 - 20 2002 scandal company
 - 21 Glossy paint
 - 22 123-Down org. of the U.S.
 - 23 Earner of 21 merit badges [Tonto]
 - 25 Sophocles tragedy [Sergeant Preston]
 - 27 AT&T or Sprint, e.g.
 - 28 Guides
 - 30 Sharon of Israel
 - 31 Bawl
 - 32 Slugger Mel
 - 34 Biol., e.g.
 - 35 It follows chi
 - 37 Condé —
 - 39 Eye part
 - 41 Red Scare org.
 - 44 Easily set off, as a temper [Roy Rogers]
 - 47 Whirlwind of flame [Zorro]
 - 50 Drinking spot
 - 51 Itsy-bitsy
 - 52 Now, in a way
 - 53 Defendant's plea, in brief
 - 54 Cornmeal with ground mesquite beans and spices
 - 56 Irrefutable world title holder [Gene Autry]
 - 63 Slangy sleuth
 - 66 German "a"
 - 67 "SOS" group
 - 68 NYC hrs.
 - 69 Armory stuff
 - 70 In back, asea
 - 72 Eight-armed mollusk
 - 74 Cuba or Java
 - 76 "Tomb raider" Croft
 - 77 Make a goof
 - 79 Tent part
 - 80 Actress Ortiz
 - 81 Prefix with gender
 - 82 Alternative to yogurt [Dale Evans]
 - 87 Like farming that doesn't disturb the soil
 - 88 Bluesman Robert
 - 89 Italian motor scooter
 - 93 Stevenson of old politics
 - 97 "It's — -brainer"
 - 98 #1 hit song [Hopalong Cassidy]
 - 100 Peak in the San Francisco Bay Area [The Cisco Kid]
 - 103 Burn the surface of
 - 104 Ballet skirt
 - 105 Italian river
 - 106 Pipe bend
 - 107 Strep treater
 - 109 Louse egg
 - 111 Assembled
 - 112 Army doc
 - 114 "Finito"
 - 117 Deputy of a bishop
 - 119 Statistician who predicts election results [The Lone Ranger]
 - 122 What you need to understand this puzzle's theme?
 - 125 Ottawa loc.
 - 126 Think up
 - 127 Burst forth
 - 128 School on the Thames
 - 129 No. on a map
 - 130 Hunting dog
 - 131 TV awards
 - 132 VIPs in D.C.
 - DOWN**
 - 1 Service cost
 - 2 Handel work
 - 3 Pet canary, e.g.
 - 4 "— never fly"
 - 5 Maseru's country
 - 6 Kin of Ltd.
 - 7 Frat dudes
 - 8 Beat badly
 - 9 Costs to play
 - 10 City in Illinois
 - 11 Tip jar bills
 - 12 Melancholy
 - 13 Former U.K. record co.
 - 14 Mend
 - 15 Bit of slander
 - 16 Extent in area
 - 17 Actor Leslie
 - 18 Put a levy on
 - 24 Prefix with friendly
 - 26 Burn the surface of
 - 29 Tunnel effect
 - 31 Put through a strainer
 - 33 Go to bed
 - 35 Walked springingly
 - 36 Pabst beer
 - 38 Attempt
 - 40 Former NFL great Junior
 - 42 Portuguese for "years"
 - 43 Turk's large, black cap
 - 45 "In the same place," in footnotes
 - 46 Newsy bit
 - 48 Jazzman McCoy
 - 49 Uncertain
 - 54 Certain legume garden
 - 55 "Amo, amas, amat" class
 - 57 Cash, slangily
 - 58 Fastening rod with a crosspiece
 - 59 Chum
 - 60 Apple option
 - 61 Upscale hotel chain
 - 62 Tacit assents
 - 63 Barber's stuff
 - 64 Jacob's twin
 - 65 PC key
 - 71 Partake of
 - 72 Like "third" as opposed to "three"
 - 73 Verdi works
 - 75 Loud military welcome
 - 78 Counterpart of wholesale
 - 80 "The Joy Luck Club" novelist
 - 83 Army division
 - 84 Hunk of gunk
 - 85 Seldom seen
 - 86 Held on to
 - 90 Asti — (wine)
 - 91 Running back Adrian
 - 92 In — (stuck)
 - 93 "I — Rock" (1966 hit song)
 - 94 Inactive, as a volcano
 - 95 Crescent moon's form
 - 96 Battery part
 - 98 Pine product
 - 99 Stands for hot pots
 - 101 Opt
 - 102 Tom of novelty songs
 - 108 Giggly laugh
 - 110 "— a pity ..."
 - 113 Osiris' wife
 - 114 Head, in Haiti
 - 115 Usual thing
 - 116 Bongo, e.g.
 - 118 "Meh" grades
 - 119 Neither fish — fowl
 - 120 Authorize to
 - 121 Big tank
 - 123 Secret agent
 - 124 Nav. officer

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
19				20					21						22					
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119							120	121				122			123					124
125					126							127							128	
129					130							131								132

#2,230 Average time of solution: 67 minutes

Crossword puzzle solution on p.22

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hombre071@gmail.com

Sudoku

Solution: P.22

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



Volunteers Needed!

- Volunteer Cleaner:** Help us maintain a clean and welcoming space! Join our team as a volunteer cleaner and make a difference by ensuring our facilities are spotless and inviting. Flexible hours available.
- Seniors Supports Reception Volunteer:** Join our team in a dynamic environment! Help with admin tasks, provide great customer service, and guide seniors on benefits and forms. Shifts: Mondays (8 AM–4 PM) and Tuesdays (12 PM–4 PM).
- Café Cashier Volunteer:** Be the friendly face behind the counter! Volunteers handle cash, process orders, and assist customers in our cozy café. Flexible shifts available.
- Directory Deliveries Volunteer:** Help connect the community by delivering directories locally. Requires a vehicle and proof of \$1M liability insurance. Flexible schedule.

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

Medicine Hat's most colourful mayor

Mel Lefebvre and Amanda McCutcheon

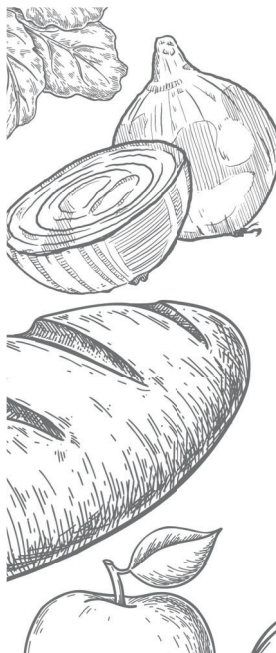
Unison at Veiner Centre turns 50 this year. What better way to commemorate this hub of activity and support than to explore the man behind the name. Harry Veiner was an enigmatic, mountain of a man — both in his personality and his literal stature. He was born in Dysart, Saskatchewan in 1904 to a family of Jewish immigrant farmers. In 1930, he moved to Medicine Hat, Alberta, and opened a hardware store. His business became successful and his holdings expanded into a series of farms and ranches in the area. During the Second World War, Harry Veiner enlisted and rose to the rank of lieutenant-colonel, and oversaw the logistics of POW Camps in Canada. But Harry's story truly begins when he became mayor of Medicine Hat in 1952 — a position he would hold until 1966, and then again from 1968 to 1974. Harry Veiner relentlessly promoted Medicine Hat and was instrumental in bringing several major industries to the city, including Goodyear and Northwest Nitro-Chemicals.

230-pound, teetotaling non-smoker challenged the mayors of Brandon, Regina, Moose Jaw, Swift Current, Pincher Creek and Lethbridge to foot-races over his tenure. In fact, by reports, Veiner also managed to outrun a thoroughbred horse in a 25-yard sprint at a picnic in Brooks — winning by a whopping 10 yards! Veiner “outwrestled, greased-pig-caught, bundle-pitched and stock-car-driven almost anyone who'd take him on.” Veiner's prowess on the field was only matched by his incredible generosity. In addition to going to bat for his community, Veiner was a well-known philanthropist. From sweeping gestures like donating land to Medicine Hat College, to small acts of kindness, like depositing \$10 into a child's first and newly formed bank account — Veiner was always giving back. “He was so approachable... he was so tall; you'd look way up...

but he would bend right over and talk to little kids. He was generous, beyond, beyond...” said Carole Werre of Medicine Hat. “Even if you needed a washing machine, if you really needed it, he'd get it for you.” A man of local legend, Harry Veiner would go on to be recognized for his efforts. In addition to

having the Veiner Centre as his namesake, he was named citizen of the year by Medicine Hat College in 1973 and was awarded the Order of Canada in 1982. “His material and moral support of community, church, and education activities has contributed to the economic growth of his city of Medicine Hat,

of which he was mayor for 24 years,” his Order of Canada entry states. Harry Veiner passed away on Sept. 23, 1991, at age 88, but his legacy of generosity, stalwart dedication and kindness is alive both in memory and in the work the Veiner Centre continues to do.



Community Bread Market Locations for older adults & seniors 50+

- Parkdale Nifty Fifty Association**
403-283-0620
3512 5 Ave NW, Calgary
- Carya Village Commons**
403-536-6558
610 8th Ave SE, Calgary
- Bow Cliff Seniors 50+**
403-246-0390
3375 Spruce Dr SW, Calgary
- For more information, contact our Thrive Coordinator at Unison at Kerby Centre**
403-705-3222
1133 7th Ave SW, Calgary
- Knox Presbyterian Church**
403-242-1808
3704 37 Street SW, Calgary
- Northminster United Church @ Highland Park Community Association**
403-277-0322
3716 - 2 Street NW, Calgary
- Confederation Park 55+ Activity Centre @ Triwood Community Centre**
403-289-4780
2244 Chicoutimi Dr NW, Calgary

FEBRUARY 2025



FEBRUARY 2025

Community Bread Markets for older adults & seniors 50+

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 1:30 pm - 3:00 pm Northminster United @ Highland Park (1st Wednesday of the month)	6	7
10	11 11:00 am - 12:00 pm Parkdale Nifty Fifties (2nd Tuesday of the month)	12 1:00 pm - 3:00 pm Carya Village Commons (2nd Wednesday of the month)	13 10:30 am - 12:00 pm Knox Presbyterian Church (2nd Thursday of the month)	14
17	18	19	20 11:00 am - 12:00 pm Bow Cliff Seniors 50+ (3rd Thursday of the month)	21
24	25	26	27 12:00 am - 1:15 pm Confederation Park 55+ (4th Thursday of the month)	28

“Every mayor in Canada likes to picture himself, publicly and probably privately, as a working dynamo, tirelessly slugging for the municipal weal,” wrote Eddie Olynuk about Veiner in Macleans, circa 1959. “More often than not, that picture's pure election fodder. But one man comes astoundingly close to fitting it.” Beyond just “slugging” it out for Medicine Hat, Harry Veiner was also known for his athletic prowess. The 6-foot,

Medicine Hat



Tax clinic offers big benefits

Hope Hamerston

The Senior Support program at Veiner Centre is offering its annual tax clinic, which is crucial for helping older adults maximize their benefits and ensure their financial well-being. The clinic provides assistance with filing taxes and identifying available government benefits such as the Goods and Services Tax (GST) Credit, Carbon Tax Credit,

Guaranteed Income Supplement (GIS), and Alberta Senior Benefits. This program helps seniors navigate complex tax processes, avoid penalties, and access additional financial support.

Government benefits are essential for many older adults to maintain independence and improve their quality of life, ensuring they can meet basic needs and enjoy a decent standard of living. How-

ever, navigating these bureaucratic processes can be overwhelming, especially for seniors with limited resources or unfamiliarity with the system. Senior Support staff plays a vital role in helping seniors overcome these challenges and access important government and social assistance.

Unison at Veiner Centre's yearly tax clinic provides the necessary support to complete tax filings

correctly and maximize benefits. Regular, annual filing ensures compliance with legal requirements and helps older adults avoid complications with government authorities. Filing taxes on time also allows seniors to maintain accurate financial records and plan for the future.

Through programs like the tax clinic, Veiner Centre's Senior Support department plays a critical role in enhancing the

well-being and quality of life for older adults in the community. Unison at Veiner Centre's free tax clinic begins on February 24, 2025. To book an appointment, call 403-529-8364. For more information about our Tax Clinic or Senior Support, visit our website at UnisonAlberta.com or visit us at the Veiner Centre, 225 Woodman Ave SE, Medicine Hat.

Volunteer spotlight Meals on Wheels drives connection

Since the summer of 2023, Bob Bourk has been generously donating his time to Veiner Vintage Transport and Meals on Wheels. The benefits of a friendly conversation with the people he delivers food to or takes to appointments makes him feel



great. Giving back to the community, especially one he knows is thankful for his time, gives him a great feeling of satisfaction.

When Bob is not volunteering, you will find him driving around in his Corvette listening to some good ol' rock-n-roll, and maybe stopping for a delicious cheeseburger. Bob is a fan of the Iron Man series, and that just might be our next movie in the park. Bob's motto is, "never give up."

Thank you, Bob, for everything you do for the clients and the Veiner Centre. We appreciate you!

Cori Fischer

With the rising costs of living across Alberta, more and more older adults are facing tough choices. Do I spend my money on food, medication, or housing? This is a decision no

senior should have to make, but unfortunately, it's a reality in our community.

For some seniors, the issue isn't just whether they can afford food, but how they'll get it home. Then, managing the storage and prepara-

tion of meals can be a challenge, especially for those with mobility or health issues. Without support, many can't access grocery stores, or have no one to help them get their food home, leading to the larger, ongoing issue of senior food insecurity.

Unison at Veiner Centre offers a solution through Meals on Wheels. This affordable program delivers nutritious meals right to the door, and subsidies are available for those who need financial assistance. Meals on Wheels is not just about providing food—it's also about offering a friendly visit and connection with caring volunteers. Daily meal deliveries help support the health and well-being of seniors, and the simple social interaction

of placing groceries in homes has been shown to improve overall happiness and wellness, reducing the likelihood of skipped meals, and feelings of isolation.

Unison at Veiner Centre doesn't do this alone. Support from the community, through donations, volunteer efforts, and sponsorships, ensures that seniors don't go hungry.

The benefits of Meals on Wheels are so vital to our community that every March, Unison at Veiner Centre organizes March for Meals. To learn more, or volunteer, donate, or partner with us in making a tangible difference in the lives of older adults, visit our website: unison-alberta.com/meals-on-wheels-medhat



	LTH TOURS LIFE TIME TRIPS	MOTORCOACH TOURS
EDMONTON RIVER CREE - JANUARY 19 - 22, 2025		
PP: DBLE - \$585 TRPL /QUAD - \$575 SGLE - \$800		
CAMROSE RESORT - MARCH 17 - 19, 2025		
PP: DBLE OCCP: \$365.00 SGLE OCCP: \$475.00		
SEATTLE, BLUE JAYS - MAY 7 - 13, 2025		
PP: DBLE: \$2395 TRPL - \$2150 SGLE: \$3575		
DEADWOOD, SD - MAY 25 - 31, 2025		
PP: DBLE: \$1285 TRPL - \$1125 SGLE: \$1735		
DENVER, BLUE JAYS - AUG 2 - 9, 2025		
PP: DBLE: \$2500 TRPL - \$2200 SGLE: \$3700		
AIR TOUR		
NASHVILLE - APRIL 6 - 11, 2025		
PP: DBLE: \$3699 SGLE: \$4499		

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Medicine Hat Veiner Activities

What's Happening in February

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

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Men's Shed
Boardroom | 11am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
Dining Room | 9am

Ukulele Group
North MP | 10am–12pm

Duplicate Bridge
North MP | 12:45pm

Crib
South MP | 1pm & 6:30pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocce Ball
North MP | 9:30am

Canasta Lessons
Dining Room | 10am

Veiner Centre Choir
10am

Duplicate Bridge
South MP | 12:30pm

Hearts
Dining Room | 1pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Bridge Lessons
South MP | 3:30pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Duplicate Bridge
North MP | 6pm

Norwegian Whist
South MP | 6:30pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Duplicate Bridge
North MP | 12:45pm

Kaiser Club
Dining Room | 1pm

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

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

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

February 4

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

February 4

Book Review Crew
1pm – 2pm | Dining Room

February 4

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

February 11

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

February 13

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

February 18

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

February 18

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

February 20

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

February 28

Book Club
10am – 11am | Boardroom

February 28 – March 2

Scrapbooking Fanatics
Starting at 4:30pm on the 28th | Registration Required

Wellness Wednesdays

Open to members and non-members

February 5 | Movie Matinee “The Notebook” |
Craft Room | 2pm – 4pm

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

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

February 26 | Life Long Learning: “Building Resiliency”
Boardroom | 1pm – 2:30pm
Registration Required

Looking Forward

Hawaiian Dance

Saturday, March 8

7:30pm – 10:30pm | Tickets: \$10/person

Glammy Grammy Model

March 18 – April 8

3pm – 4pm | Craft Room

Active Aging Spotlight

Drop-In Coffee *NEW*

Wednesdays

9am – 10am | VC Bistro | Everyone Welcomed

Scam Prevention Presentation

February 12

1pm – 2pm | Craft Room

Valentines Dinner

February 12

5pm & 6:30pm sitting times | \$25/person
Cash Bar

Senior Safety Series

February 20

9am – 12pm | North MP | Everyone Welcomed

Medicine Hat Strathcona Activities

What's Happening in February

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

Mondays

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

Tuesdays

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

Wednesdays

Absolute Beginner Line Dancing | 8:30 am
 Beginner Line Dancing | 9am
 Table Tennis | 10am
 Qigong & Chair Yoga | 12pm
 Cornhole – 1pm
 Pickleball – 4pm
 Weapons Form | 7pm

Thursdays

Fun & Fitness | 9am & 10am
 Beginner Pickleball | 11am
 Chair Yoga & More | 1pm
 Floor Curling | 2pm
 All Level Fitness – 4pm

Fridays

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

Fitness Class Spotlight

All fitness classes require registration

High Beginner Line Dancing

9:00 – 9:50am | Mondays | Jan 6 – Mar 3 | Free

Chair Yoga & More

Feb 24 – Mar 24 | Mondays | 12pm – 12:45pm
 Members: \$35 | Non-Member: \$50

Fun & Fitness

Feb 25 – April 17 | Tuesdays & Thursdays
 9am – 9:55am & 10am – 10:55am
 Members: \$80 | Non-Member: \$112

All Levels Group Fitness *NEW*

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

FUNctional FITNESS

Feb 18 – Mar 25 | Tuesdays | 11:45am – 12:30pm
 M: \$42 Non-Member: \$60

Absolute Beginner Line Dancing

Jan 8 – Mar 5 | Wednesdays | 8:30am – 9am | FREE

Beginner Line Dancing

Jan 8 – Mar 5 | Wednesdays
 9am – 9:45am | FREE

Qigong & Chair Yoga

Feb 19 – Mar 26 | Wednesdays | 12pm – 1pm
 M: \$42 Non-Member: \$60

Chair Yoga & More *NEW*

Feb 20 – Mar 27 | Thursdays | 1pm – 1:45pm
 Members: \$42 | Non-Member: \$60

Yin Yoga *NEW*

Jan 10 – Feb 28 | Fridays | 12pm – 1:00pm
 Members: \$24 | Non-Member: \$40

Tai Chi Fitness Classes

Yang Short Form

Jan 13 – Apr 1 | Mondays & Tuesdays | 7pm – 8pm & 7pm – 7:30pm

Yang Long Form

Jan 13 – Mar 31 | Mondays | 8pm – 9pm
 Yang Short Form completion is necessary before starting Yang Long Form

Chen Style Short Form

Jan 14 – Apr 1 | Tuesdays | 7:30pm – 8:15pm

Fan Form

Jan 14 – Apr 1 | Tuesdays | 8:15pm – 9pm

Weapons Form

Jan 15 – Apr 2 | Wednesdays | 7pm – 9pm
 Must have completed Yang or Chen form before registering for this class. No exceptions

Walking Soccer

January 11 – February 22
 10am – 11am | Strathcona Centre
 Registration Required

Fitness Orientation

2nd Saturday of Every Month
 9am – 11am
 Fitness Room at Strathcona | Drop in Only

Weekend Activities at Strathcona

Table Tennis – Single Play Only

Saturdays | 11am – 1pm

Pickleball – Open Session

Saturdays & Sundays | 1pm – 4pm

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

Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at unisonalberta.com/active-aging-calgary

Weekly in-person activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Badminton (\$4) 1 court only Gym 10am – 12pm</p> <p>Meditation Monday (\$3) Room 317 10am – 10:45am</p> <p>Mahjong (\$3) Room 312 10:30am – 12:30pm</p> <p>Live Well Be Well Conversations (\$3) Room 317 11am – 12pm</p> <p>Beginner Pickleball (\$4) 2 courts only Gym 10am – 12pm</p> <p>Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm</p>	<p>Recorder Group (\$3) Room 108 10am – 12pm</p> <p>Beginner Pickleball Lessons (\$40 for 4 weeks) Gym 10am – 12pm <i>Registration Required</i></p> <p>Ukrainian Group – English as a Second Language (\$4) Room 313 1:30pm – 3:30pm</p> <p>River Walk (\$2) Meet in Room 317 10am – 11am <i>Must sign a waiver</i></p> <p>Intermediate Pickleball (\$4) Gym 2:30pm – 4pm</p>	<p>General Craft Group (FREE) Room 311 9am – 12pm</p> <p>Learn English Alphabets & Numbers (FREE) Room 313 9am – 10am <i>Registration required</i></p> <p>English Language Literacy – Beginner (FREE) Room 313 10am – 12pm <i>Registration required</i></p> <p>Men's Shed / Tech Shed (\$3) Room 317 10am – 12:15pm</p> <p>Cribbage (\$3) Room 312 1pm – 3:30pm</p> <p>Kerby Sensation Band (FREE) Kerby Café 1pm – 3pm</p>	<p>Artists Group (\$2 per half day) Learning Lab 10am – 3pm</p> <p>Kerby Centre Tours (FREE) Meet at Kerby Café 10:30am</p> <p>Pickleball (\$4) Gym 2:30pm – 4pm</p>	<p>Spanish Conversation Group (\$3) Room 311 10am – 12pm</p> <p>Krazy Karvers Woodcarving Club (\$2 per half day) Room 102 10am – 3pm</p> <p>Tech Help (\$5) 11am – 1pm</p> <p>Badminton & Ping-Pong (\$4) Gym 1:30pm – 3:30pm</p>

Unison Travel Spotlight

Medicine Hat Day Trip: Viener Centre, Medalta Pottery and Birds of Prey

Thursday, 22nd May – Friday, 23rd May 2025
7:00 AM to 4:30 PM overnight
Members: \$345.00 | Non-Members: \$375.00

Includes twin-sharing accommodation (queen beds) at Hampton Inn & Suites, a hot breakfast, lunch at Veiner Centre, dinner at Buffet Medicine Hat Restaurant, guided tours of Medalta Pottery and Alberta Birds of Prey Centre, plus return coach transport with an onboard washroom.

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



Active Aging Spotlight

Advanced Watercolor

February 21 – March 28 (6 sessions)
10:00am – 3:00pm
Member: \$155 | Non-Member: \$185

Have you been an admirer of watercolor from afar but now are looking to learn the skill of watercolor painting for yourself? This class may be for you!

Instructor: Hamideh Khadem Sohi

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



Active Aging Spotlight

W07 Fitness with Dan

February 25th – March 25th (5 weeks)
10:00am – 11:00am
Member: \$38 | Non-Member: \$68
Location: **Wild Rose Church**

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

Instructor: Dan Leung

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



Active Aging Spotlight

Origami Workshop – Winter B31

Monday, February 24th | 10:00am – 11:00am
Member: \$15 | Non-Member: \$45

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

Instructor: Kumiko Sato

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



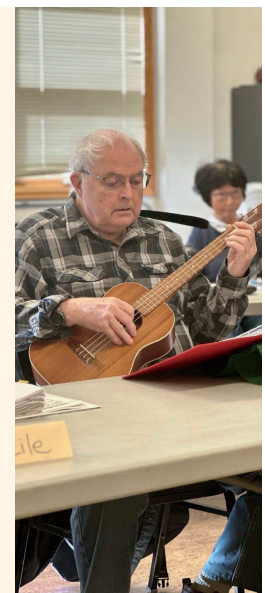
Active Aging Spotlight

Ukulele Beginner

W04: Mar 14 – Apr 18 (6 Weeks)
10:00 – 11:00am
Location: **Wild Rose Church**

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

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



Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at unisonalberta.com/active-aging-calgary

Wise Owl Boutique Half Price Sale on RED tag items! February 24 – 28

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Creating Boundaries Workshop

Tuesday, April 22, 29 | 1 pm – 3 pm

Member: \$25 | Non-member: \$50

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

Brought to you by the Unison Wellness Center and Unison Elder Abuse Shelter.

Register Now!

403-705-3233 / lolaf@unisonalberta.com



Wellness Spotlight

Indigenous Drumming & Storytelling

Tuesdays, March 11, 18, 25 | 1 pm – 2:30 pm
Member: \$50 | Non-member: \$100

Instructor: Dorvina Pearline White Quills

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

Register Now!

403-234-6566 / Lolaf@unisonalberta.com



Wellness Spotlight

Let's Talk Dementia 3-week Series Workshop

February 5, 12, 19 | 1 pm – 2:30 pm

Drop-in fee: Member: \$15 | Non-member: \$30
Join us for a 3-week Dementia Series with the Alzheimer's Society:

- Week 1: Understanding dementia and support strategies.
- Week 2: Care strategies for health and well-being.
- Week 3: Building support networks for caregivers.

Register Now!

403-234-6566 / Lolaf@unisonalberta.com



Wellness Spotlight

Caregivers Peer Support Group at Kerby Centre

Every last Wednesday of the month
1pm – 2pm | FREE

Are you a Caregiver to a loved one? Unison's Wellness Centre, in collaboration with Caregivers Alberta, are here to empower caregivers and help their well-being by providing a supportive group where you can connect with other caregivers. In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers.

Register Now!

403-234-6566 / Lolaf@unisonalberta.com



Want to give the gift of an experience and memories?

Want to do it for \$25?

Give the GIFT of MEMBERSHIP!

Take a FREE-for-members class TOGETHER **online** from anywhere in the world.

Unison at Kerby memberships has perks!

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



Head to Toe: Physical Activity and Conversation

A new wellness-focused session for the winter months, from November – March

Every second and fourth Tuesday Nov 26 – Mar 25 10 am – 11 am | \$3 drop-in fee
Location: Wellness Connection Centre

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

Join us to get everything worked out from head to toe: enjoy physical activities, play fun games, and share great conversations while having a wonderful time together. Stay active, stay social, and make the most of the season with us!

Register Now!

403-234-6566 / Lolaf@unisonalberta.com



Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at heatherd@unisonalberta.com or call **403-462-5080**. Online registration and full details at unisonalberta.com/online-resources

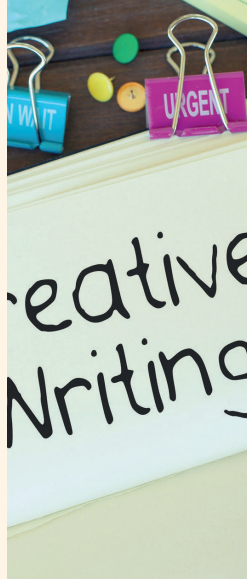
Explore. Engage. Enjoy. Subscribe! [YouTube.com/@Unison50Plus](https://www.youtube.com/@Unison50Plus)

Online Class Spotlight

CREATIVE WRITING STARTS HERE ONLINE WORKSHOP- ZW01

Tuesday, March 18th | 9:00 am – 12:00 pm
Members: \$42 | Non-Members: \$72

Get your imagination moving! Creative writing starts when you have an idea and pour it onto the page. This three-hour workshop has writing exercises, instruction in finding focus and how to plan your tale. Be prepared to share your stories and ideas. No prerequisites or pre-existing pieces of writing are necessary for participation in this course. Please have a pen and paper or your laptop available during the class.



Online Class Spotlight

ZOOM BASICS ONLINE WORKSHOP - ZW02

Tuesday, February 18th | 1:00 pm – 2:30 pm (1.5 hours)
Members: \$17 | Non-Members: \$47

Join our new online instructor Titi to learn "What is Zoom?" and "How does it work?!" In this workshop she will show us how to download the app for easy class access, setting up your account and account preferences so you look like a superstar, and where all the buttons are and what they do. Time permitting, she will also teach us how to host a Zoom meeting (coffee dates with friends), general etiquette, and how to share files like photos!



Online Class Spotlight

TRAVEL LECTURE: NIGERIA - ONLINE ZL01

Thursday, February 27th
1:00 pm – 2:00 pm
Member: \$6 | Non-Member: \$16

Discover Nigeria from a local perspective! Our newest instructor to the Unison Family, Titilola (Titi to her friends), is going to take us on a tour of where she grew up. We will talk about food, art, community and all the places you need to see when you visit. Join us for an oral and visual exploration of rich culture and history.

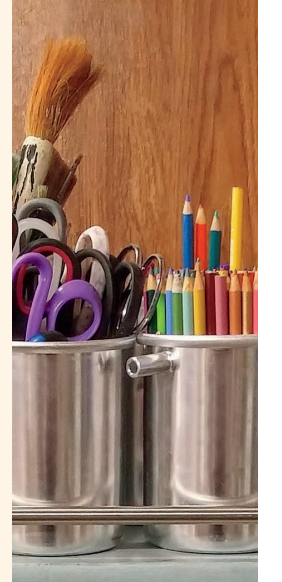


Online Class Spotlight

ART JAM FOR SENIORS - ONLINE Z15

Fridays | Z15: Feb 7 – Mar 21 (6 classes)
9:30 am – 10:30 am (Instructor: Sally)
Members: \$35 | Non-Members: \$65

Welcome to Art Jam for Seniors! This engaging and enjoyable 1 hour art class is designed specifically for seniors who want to explore their creative side in a relaxed and supportive environment. No prior art experience is required—everyone is capable of creating beautiful artwork with the materials they have on hand.



Online Class Spotlight

Online Class Spotlight

To register for any of our activities:

- visit <https://kerbycentre23.wildapricot.org/Online>,
- email Heather at HeatherD@UnisonAlberta.com
- call (403) 462-5080.

Fitness Over 50! – Z01B

Tuesdays | 9:30 am – 10:30 am | Feb 25 – Mar 25 (5 classes)
Members: \$29 | Non-Members: \$59

Tai Chi Online – Z06B

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

Gentle Soulful Yoga – Z16B

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

Memory Writing Online - Z14

Wednesdays | Feb 19 – Mar 26 (6 classes) | 3:00 pm – 4:00 pm
Members: \$35 | Non-Members: \$65

Muscle Strength & Core Balance – Z08B

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

Online Programs Website



LEARNING ABOUT LYMPHEDEMA Free Online Presentation

With speakers ALLISON VICKERY, President, and ROBIN DEVINE, Director, Alberta Lymphedema Association
Tuesday, March 4th | 1:30 pm – 2:30 pm

WHERE THERE'S A "WILL", THERE'S A WAY Free Online Presentation

with speaker Jenna Bever, DD West LLP
Wednesday, March 26th | 1:30 pm – 2:30 pm

Fitness with Dan – Z11B

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

Ski & Winter Fit – Z03B

Mondays & Thursdays | 11:00 am – 12:00 pm | Feb 20 – Mar 31 (12 classes)
Member Price: \$ 64 – 2 member household \$ 102.40 | Non-Member Price: \$ 94

Medicine Hat seniors need support

Monic Cardenas

Meeting the needs of senior citizens in Medicine Hat is crucial for protecting their health, safety, and overall well-being. As Canadians age, it's vital for

community leaders and policymakers to focus on directing resources and creating support systems specifically designed for the senior population. By emphasizing economic stability, access to healthcare,

and social engagement, Medicine Hat can foster a more inclusive and supportive environment for its seniors.

Recent census statistics show that the number of senior citizens in Medicine Hat has been

on the rise. This reflects a wider national trend, where Canadians are living longer. A larger body of older adults means a shift in support is needed to maintain the basic needs of its aging population.

This includes financial wellbeing, access to healthcare, and the need for community.

Economic Insecurity

Many older adults face financial difficulties, limiting their access to essential services like housing, groceries, and healthcare. Escalating living costs and inadequate retirement savings worsen this economic strain, compromising seniors' ability to sustain their independence and well-being. Financial security impacts daily decisions, like what to buy at the grocery store.

Healthcare Access

Older adults usually require more healthcare services compared to younger age groups, because they often face chronic conditions and have complex health needs. Several challenges can obstruct seniors from accessing even basic healthcare. Transportation to the pharmacy and appointments can be affected by the weather, access to a vehicle, and the whims of public transit. Compounding this is the increasing cost of medicine and out-of-pocket expenses. Proximity to care and the availability of doctors is another factor that can extend discomfort and affect wellbeing.

Social Isolation

As people age, they may lose family members and friends, leading to feelings of loneliness and a decline in overall well-being. People need people, and isolation can exacerbate physical and mental health conditions. Feeling alone can affect appetite and lead to over- or under-eating. Social isolation can lead to a loss of joy, being disinterested in hobbies that once provided a boost, and lead to depression and low self-confidence. Community programs and social services, like Unison's Active Aging program, are crucial in mitigating these effects and fostering connections among older adults, who are still the same social people they were at a younger age – only with a different set of needs.

A comprehensive response is needed by government, and the non-profit and for-profit sectors, to make sure seniors in Medicine Hat can live their best lives.



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Home Sweet Home delivers hope

Andres Guterrez

Unison at Kerby Centre holds fundraising campaigns to help vulnerable seniors. One important effort that we do is called Home Sweet Home. This donation drive provides essentials, plus a little extra, to residents at our Elder Abuse Shelter who are ready to move out. Home Sweet Home donors went above and beyond this

past holiday season, and we want to express our sincere thanks to Reyes Group – IA Private Wealth, RGO Technology and Always Best Care Senior Services.

When we give, we receive so much in return. Our donors definitely left Unison with a heap of gratitude for their generous support. Thank you for making a difference!
Home Sweet Home



helps seniors transition out of the shelter. Baskets are filled with essential household, hygiene, and comfort items to start their life at a new home. All items are easily sourced from Dollarama or Walmart. Each bin, valued at approximately \$200-\$225, is packed into a convenient 110L tote with a securely closing lid.

The holidays may be over, but donations are always needed. Visit www.UnisonAlberta.com/donate.

Every dollar transforms the lives of real people in your community. To learn how to build a basket and get a list of needed items, contact Andres Guterrez (587) 441-3696, andresg@unisonalberta.com.



EXPLORE • GROW • CONNECT

Sponsorship and Exhibitor Opportunities

Donate your Car to Unison

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

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

Tell us your vehicle info

We pick up your vehicle

You get a tax receipt



Join us for an inside scoop on all things generations 50+

Saturday, April 26th 2025

Exhibitor Booths • Educational Sessions • Giveaway Bags • Music • FREE Admission

Unison at Kerby Centre
1133-7 Avenue S.W.
Calgary, Alberta

403-265-0661
UnisonAlberta.com

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

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

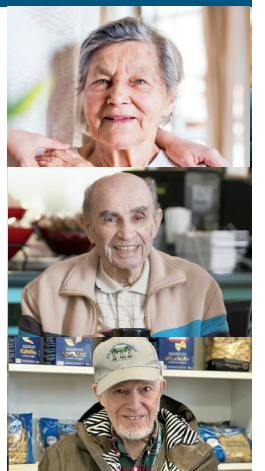
I would like to become a monthly donor: \$15 \$25 \$50 \$100 My choice: _____

Payment Method: Cheque Visa MasterCard
 Credit Card Number _____
 Expiry Date _____ CVV _____
 Signature _____

Send tax receipt to:
 Name _____
 Address _____
 City _____ Province _____
 Postal Code _____ Phone _____
 Email _____

Planned Giving - a way to make a lasting impact!

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



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



Thank you for supporting seniors!

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
 1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR0001

February 2025

SUPPORT OUR COMMUNITY CANNED VEGGIE DRIVE

Drop off canned vegetables throughout February 2025 to support the Kerby Centre Market, Calgary's only seniors-specific food bank. Our goal is to collect 1000 lbs. of canned vegetables. **We can do this with the support of our community!**

The Kerby Centre Market helps seniors in need of supplemental food, including fresh, frozen & non-perishable items. The market offers choice, dignity and connection to supports, providing immediate food assistance, reducing isolation and building community.

Most Needed Items:



Gwen Marcial
Director of Operations

825-734-2383

AmumaCare23@gmail.com

AmumaCare.com



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for the 75+
Community



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- ✓ Home management tasks

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MY AIDE IN LIFE
(403) 708 - 3657

Get the support you deserve today!

Tax clinic reminders

To participate in this year's tax clinic at Unison at Kerby Centre, book an appointment in advance by calling (403) 705-3246. The first day you can book an appointment is Monday February 3, 2025. The tax clinic will run from Monday, March 3, 2025 until

Wednesday, April 30, 2025. Tax returns can also be dropped off at Unison at Kerby Centre beginning February 24, 2025. You can also complete the form below, and bring it with you to your appointment. This form will help you save time, but it is not mandatory because you can fill in the same form with support staff.

Taxes need to be filed annually. There might be benefits that you qualify for that you may be missing out on. Even if you haven't had an income for years, it's still important to file your taxes. If you are behind in filing your taxes, Unison's friendly and knowledgeable tax support workers can help you get caught up.

A note on love

Mel Lefebvre

If you've felt the gentle stirrings of love this winter, you're in perfect harmony with the spirit of Valentine's Day. Whether it's the excitement of a new romance, the comfort of a familiar affection, or the enduring connection of a long-term relationship, love can lift us up and fill us with hope and joy.

Whether you find yourself spending February 14th with someone special, or enjoying the quiet of your own company, love has the power to transport us to tender, cherished places.

This Valentine's Day, perhaps you'll even discover a new appreciation for the love you owe yourself.

Learning to love oneself may come naturally for some yet be elusive for others. It might even feel a bit silly. Nevertheless, it is a pursuit worth embracing—a journey that allows us to cultivate a deeper sense of peace with who we are.

Consider for a moment someone you hold dear—whether a spouse, a long-time friend, or a beloved family member. Do you accept all their strengths and imperfections? How would you feel if something were to happen to them? Now, turn those same thoughts inward. Can you offer yourself the same grace and compassion you would extend to that cherished individual? What

qualities do you admire in yourself? When was the last time you felt pride in your own accomplishments, or appreciated your resilience?

We all deserve love, respect, and the freedom to live without the weight of self-criticism. So why, then, does it often seem so difficult to offer ourselves the same kindness we so readily extend to others? Embracing who we are—without needing to meet external standards of success, appearance, or perfection—can be a profound act of self-respect.

Self-love is not about inflating the ego; it is about recognizing the inherent value in all that we are—our wisdom, our quirks, our experiences, and our unique perspectives—and accepting it with gratitude.

This Valentine's Day, and every day, take a moment to offer yourself the same care, tenderness, and warmth you would offer to someone you treasure. As the days and weeks go by, consider yourself as someone worthy of love, and guard that with care. If something feels like it doesn't fit, you can let it go.

Self-love can help us navigate in life, helping us set boundaries, and fill our time with people and activities that are uplifting, and nurture our well-being. Love for ourselves has the power to bring a sense of calm, fulfillment, and connection that enriches our lives and those around us.

NAME OF PERSON DROPPING OFF: _____	Tax Year to be filed: _____
TELEPHONE NUMBER: _____	
Can the client be called if there are questions? <input type="checkbox"/> Yes <input type="checkbox"/> No	

FIRST NAME _____ LAST NAME _____ Gender _____

SOCIAL INSURANCE NUMBER _____ DATE OF BIRTH (dd-mm-yyyy) _____

Province of residence on Dec 31, 2024 _____

Marital status on Dec 31, 2024 Single/never married Married Separated Divorced Widowed Common Law

Did your Marital Status Change in the tax years being filed? Yes No Date of Change _____

Address: _____ Postal code _____

Did your address change in the past year? Yes No

Telephone number: Home _____ Cellphone _____

Are you filing an income tax return with the CRA for the very first time?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Did you own foreign property in 2024 with a total cost over CAN\$100,000?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Did you sell your principal residence in 2024?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you a Canadian Citizen?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Authorization for Elections Canada?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you claiming Disability Credit for yourself or dependent?	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse
Do you have medical expenses? (Medical Expense Report from Pharmacist and Receipts)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you and/or your spouse have charitable donations? (Receipts)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a simple rental income? (Simple rental income is a basement or room in primary residence. Not a revenue property)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a Foreign Pension amount?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you a Treaty Status Indigenous Person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

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

Partner's Name: _____ Male Female

Partner's Social Insurance Number: _____

Partner's Date of Birth (dd-mm-yyyy) _____

Did your Spouse immigrate to Canada in 2024? If yes, what date? (dd-mm-yyyy) _____

NOTE: We don't do Rental Income, Business, Self-employment, Bankruptcy, Farm, capital gains or losses, foreign property, interest income over 1,000

Date tax return completed _____ Volunteer completing return _____

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