

# A season of taxes and smiles



Springtime brings warmer weather and the annual task of wading through our household finances. It's always easier with a smile, which Vineeta Kapoor has in abundance as she readies volunteers for the 2025 tax clinic.

## Inside

**It's tax scam season** .....page 2

**What is your favourite recipe?**..... page 8

**March for Meals delivers smiles**.....page 15

**Spring program calendar**.....page 23

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# Be on high alert for tax scams

Competition Bureau  
Canada and  
Unison at Kerby Centre

Tax season is just around the corner, and tax scams are following in-step to take advantage of the whirlwind of forms, confirmation numbers, and filing systems we will be managing. Here are some guidelines to avoid becoming a victim of tax fraud.

The Canada Revenue Agency (CRA) is ultimately where all our tax information ends up. Scammers will text, call, and email, pretending to be the CRA. Recent scams include texts and emails claiming you're entitled to an extra re-

fund. Simply enter your banking details to claim your money! One rule of thumb with scams is, if it sounds too good to be true, it is probably a scam. Do not believe it, and do not enter your information to claim money that is ultimately not there. Another scam is a call, text, or email stating you owe the CRA money, and payment is required immediately or else the police will be notified.

If you receive a text, email, or phone call with either of these scams, take a pause and make sure it is real before proceeding. The ideal actions are to hang up, don't respond or click on any links, and re-



## NEED HELP APPLYING FOR BENEFITS & PENSIONS?

The Seniors Supports Team can help you apply for:

- CPP
- CPP Disability
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
- AISH
- FairEntry Applications



**Seniors Supports | Room 206 | PH: 403.705.3246**

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

## 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**

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## Seniors Supports

**CRA staff** will be at Kerby Centre from 9 AM to 3 PM on these 2025 dates:

- January: 7th, 21st
- February: 4th, 18th
- March: 4th, 18th
- April: 1st, 15th, 29th

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



**Seniors Supports | 403-705-3246**

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Community Volunteer Income Tax Program (CVITP)

### Client Information/Drop Off Form Date: \_\_\_\_\_

<b>NAME OF PERSON DROPPING OFF:</b> _____	<b>Tax Year to be filed:</b> _____
<b>TELEPHONE NUMBER:</b> _____	
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/Autofill my tax return. Signature \_\_\_\_\_

port the scam to the CRA by calling 1-800-959-8281, or, log into your account on the My CRA website ([www.canada.ca/en/revenue-agency.htm](http://www.canada.ca/en/revenue-agency.htm)).



Texts claiming to be the CRA are from scammers. Photo: Paul Hanaoka

Knowing how the CRA communicates can protect you from scams:

- The CRA never communicates via text message.
- They do not use aggressive or threatening language, threaten you with arrest, or send authorities to your location.
- The CRA never asks for payments via prepaid credit cards, gift cards, or through Interac e-transfer.
- Emails from the CRA never ask for financial information.
- The CRA's accepted payment methods are online banking, debit cards, and pre-authorized debit.

Protecting your financial information is critical in these interactions. Never provide or clarify your banking information or passwords.

Never agree to complete an account safety check by clicking on a link sent to you from an alleged agent. Scammers may have partial information about your bank accounts, as well as legitimate-looking links in their texts and emails, leading you to believe they are valid. Protect yourself by refusing to participate in additional steps, and never disclose any information about your banking activities or account information. If you are unsure, end the call, and contact your bank or the CRA immediately and request verification of the interaction you just had. These steps can protect you, and if you report it, you can help protect others from falling victim to tax scams.

# Connections help us thrive

We are always happy to learn better ways of caring for our community, and keeping up with research keeps Unison fresh with new projects. If we think of the things that keep us healthy, like diet and exercise, one element that is usually left out of the lexicon is social wellbeing. Seniors facing isolation know that loneliness can lead to depression and steal

away motivation, making it hard to want to engage in the activities that keep us in good health. This is why we have been working on a new program called **Unison Connect**. We are very excited about Unison Connect, which is being launched from the Unison at Veiner Centre. The program has received three years of funding from the Al-

berta Government, from the Ministry of Seniors, Community and Social Services. Unison Connect is a partnership between Unison, the city of Medicine Hat, and the Palliser Primary Care Network. Unison Connect works by deploying Link Workers to support older adults in their homes and community, connecting them with resources that will help them thrive. This is also known as **social prescribing**.

The WHO purports that social determinants can be more important than healthcare or lifestyle choices in influencing health. Numerous studies suggest that SDH accounts for between 30-55 per cent of health outcomes. The manners in which people engage with social determinants has a larger impact than the ways our health sector contributes to our overall health. Social prescribing closes the gap between clinical and social care by linking older adults to nonclinical



Larry Mathieson, CEO and President

services they can access in their communities, and in Medicine Hat, that includes Veiner Vintage Transport and Meals on Wheels. Our partners, funder, and team are very excited to be introducing a program that will benefit older adults who want to thrive and age in place in their community.

## MARCH 2025

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

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

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The Canadian Institute for Social Prescribing defines social prescribing as a model that enables health care providers and social service professionals to connect individuals with non-clinical supports and community resources that address individual and community needs based on the social determinants of health. The World Health Organization described the social determinants



## Make an impact. Leave a legacy.

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

**Contact Rob Locke**  
RobL@UnisonAlberta.com  
403-705-3235



## Annual General Meeting (AGM)

Notice of Unison Society 2025 Annual General Meeting  
**Join us Wednesday April 16th, from 10am - 11am**  
in-person or online (viewing only).

### Agenda

1. Land Acknowledgement
2. Chair's Welcome
3. Call to Order and Declaration of Quorum
4. Approval of the Agenda
5. Chair's Address
6. President & CEO's Address
7. Approval of the Unison 2024 AGM Minutes
8. Approval of the Unison 2024 Annual Report
9. Highlights & Acceptance of the Financial Report Year ending 2024
10. Appointment of Auditors, InFocus LLP, for 2025
11. Appointment of new board directors and re-appointment of existing Board members
12. Questions from members & any other business.
13. Close followed by light refreshments and the opportunity to meet Unison Board Members



DETAILS TO JOIN US IN-PERSON  
• RSVP to [HelloYYC@UnisonAlberta.com](mailto:HelloYYC@UnisonAlberta.com)  
by April 4th, 2025

DETAILS TO JOIN US ONLINE  
• Unison at Kerby Centre  
1133 - 7th Avenue SW, Calgary  
Register **online** at [UnisonAlberta.com](http://UnisonAlberta.com)  
or scan the QR on the left

*\* Please Note: A Unison at Kerby Centre membership is required to be able to vote. Voting at the AGM will take place in-person only. Online access is for viewing only.*

# Sensing a breath of spring

Barbara Ellis

I stood at my window the other night and watched the fog roll in. It was thick and it soon enveloped the houses and trees across the street from me. Soon enough, they were barely visible. I decided that this certainly would not be a good night to be driving or trying to land a plane. It felt good to be home. I rolled down my blinds and went to bed.



Driving through fog.  
Photo: Ricardo Morales

The next morning when I opened the blinds, my eyes beheld a beautiful postcard winter scene. The fog had miraculously transformed the trees and dressed them in a delicate glistening lacy white coat. There was just a slight breeze stirring the trees and they began slowly to shed their lacy coats. It was beautiful, but also cold, and as lovely the scene in front of me was, I longed for spring. Spring is not far away now so I will just have to be patient.

Spring is a wonderful time of the year, full of the promise of beautiful things to come. It is as if the world takes a deep breath, yawns, then gently coaxes itself awake from winter slumber. Gradually, green begins to seep into the grass, and the

crocuses and tulips poke through the remaining patches of snow in the garden. Soon the trees join the celebration, bursting their buds, allowing their tiny leaves to emerge. These delicate baby leaves are a soft yellow-green and they timidly reach out towards the life-giving rays of the sun. At the same time, the fruit trees cover themselves in white or pink blossoms, begging any passing bee to drink their nectar. The lilac bushes are also stirring and almost overnight, their branches are laden with pink, white, and lilac flowers.

The birds are also making a comeback. Snow geese are among the first birds to arrive, followed by others who have escaped the cold. In the countryside, ducks and geese are already building their nests and laying eggs, and in the city, it is always a happy day when the first robins appear. The hummingbirds are also making their way home although it will take them many more weeks to get here. I have a friend who keeps track of their progress online. In preparation of their arrival, she has already washed and cleaned her bird feeder and will soon add sugar water for them to drink. They will be exhausted from their long journey, and they have learned that her place always has a plentiful source of nourishing and refreshing sweet water to drink.

Farmers busy themselves planting crops, looking forward to the harvest. At the same time, they are helping the cows, nanny



Cherry blossoms are a springtime sensation. Photo: Terence Starkey

goats and ewes welcome their new arrivals. Soon the fields are overflowing with the bleat of lambs, bouncing and energetic kids, and calves. In some paddocks, there are exuberant foals, jumping and kicking with obvious joy of the freedom that the open air brings.

People are also happier as they work in their gardens and ready the soil for planting. It does not matter if the garden is filled with vegetables or flowers, just being outside and getting your fingers dirty is invigorating. Some recently-purchased flowers, in their pots, stand in a neat row

waiting for their turn to be placed into the soil. The soil is colder than they are used to so they shiver a little as they are placed into their permanent home. In a few days they will be used to their new surroundings and will spread their roots to help secure themselves against the wind or rain that will surely come.

By the end of spring, seeds that were planted have pushed through the soil and are growing at a breakneck speed, knowing that in this part of the world, the growing season is short. The flowers are in full bloom and the profusion of colour coming

from front yards puts a smile on people's faces.

Easter is almost at the end of spring, and by then the days have become longer, and the sun's power is stronger. It is time for long drives in the countryside, maybe go on picnics and certainly take long walks in one of our many parks. As spring moves closer to summer, school children are getting fidgety in their classes. They know that holidays are almost here. Soon, schoolbooks will be cast



Warm days are good for pollinators. Photo: F. Deventhal

aside for bicycle rides, visiting the zoo, and swimming lessons in outside pools. It is time to enjoy all the abundance that is around them, all this bounty that was first promised by the breath of spring.



A crystalline coat after the evening fog. Photo: Linda Christiansen

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# Finding a place to call home

Elsie Sinha-Roy

Who knew that accepting a request to dance with a stranger, in a small English town, would result in a move of 4,000 miles, to live in Canada?

I married this dancer, Suvra, and after a couple of years, with our one-year old daughter and our dog, he wanted us to move to Canada for a new life. Suvra had seen a promotional film about immigrating there, so we sold our house, and packed up as much as two tea chests and suitcases could hold. With a one-year old, most of our luggage was baby furnishings. We also took our dog, which we could not leave behind.

In 1967, we sailed from Liverpool, England, on board a Canadian Pacific ship, the Empress of Canada. After seven days on the ocean, I was in awe as we sailed into Quebec City, where Le Chateau Frontenac towered over the St. Lawrence River, which was already freezing up. From Quebec City, we took a train to Montreal, where we would catch the CP train 'The Canadian' to travel across Canada. Views from the observation car took our breath away.

The snow, mountainous terrain and trestle bridges were so different than the patchwork fields and stone bridges of the English countryside. Arriving in Calgary, at the outdoor station as it was then,



A postcard of the RMS Empress of Canada. Photo: Elsie Sinha-Roy

we waited for the train to Edmonton; our final destination was approaching. It was night time when we came over the High Level Bridge and ahead of us, shining a welcome beacon, was the Alberta Legislature Building, lit up for the evening.

However, we had a problem upon arrival. My husband had the promise of a job interview in Edmonton. The company's HR department was supposed to send him a telex

in Montreal, giving details about accommodations for us in Edmonton. Unfortunately, it arrived the day after we left Montreal, so we arrived in Edmonton on a cold December night with no place

to go and no one to meet us. Ever resourceful, my husband suggested I call the YWCA. I secured a room for myself and daughter there, called the YMCA with our sob story, and thankfully they let my husband have a room where he could keep the dog with him. The next day we went to the Canada Manpower Centre, where we were helped with a motel booking, job interviews and other useful information. (No surprise

that I eventually went to work for the Canadian Government years later when we had moved to Calgary and YMCA was our favourite party song.)

At the motel, we had bought a newspaper, and found an ad for a basement suite which was in a house on a short bus route from our motel. It was available immediately; luckily the landlord also had a dog, so was open to renting to us. The kitchen had a two-burner hotplate, but only one burner worked. No oven. There was no sink in the kitchen, so we had to get water from the bathroom in the furnace room and take a dishpan back to the kitchen. However, there were many perks—it was almost Christmas, and the landlord's son brought us a tree back from the forest, which to us was an amazing gift (in England we had a puny two-foot artificial tree). I still have the small angel I bought from Kresge's that year for the top of the tree. My husband had started work already and everyone there was given a turkey, and our landlady cooked it for us. She also lent us a toaster and a few other small appliances until

we were able to get our own. Oh, their cabbage rolls and perogies were delicious! We stayed there for six months until we felt settled in our new home town, and then rented a two-bedroom townhouse. I will never forget how lucky we were to have found such caring people upon our arrival.

Our son was born a couple of years later and our family was complete. I have never regretted our move here, and I am grateful that we were able to become Canadian citizens. During my working life in the Federal Government in Calgary, I was able to give back while serving the public and fellow workers. For my work, I received the Governor General Commemorative Medal for the 125th Anniversary of the Confederation of Canada, which was given "in recognition of significant contributions to compatriots, community, and to Canada."

*This story was originally published as "Leaving Liverpool" in Vol.21, NO 1, March/April 2024 by Reader's Digest Magazines Canada Ltd. Reprinted with the author's permission.*



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# Searching for a lucky clover

Deborah Maier  
Calgary Horticultural Society

In March, everywhere but outside has pops of green. Shamrocks, leprechauns, green garlands, and four-leafed clover emerge ahead of springtime. These decorations displayed to celebrate St. Patrick's Day are a welcome sight during Cal-



White clover most commonly produces four-leafed clovers. Photo: Deborah Maier

gary's snowiest month. They offer a pleasant reminder that the first day of spring is upon us. In a month or so, with spring rain, yards will green up, too. Then we can start to hunt for four-leafed clovers.

Growing up on what was an old farmstead, my lawn was not a manicured monoculture of green grass. Instead, it was a mixture of grasses and flowering plants that were mowed into a "lawn."

As soon as things greened up, I searched for four-leafed clovers. Both red and white clover are typically trifoliate, meaning they have leaves with three leaflets. Occasionally, these plants will produce a leaf with a fourth (or more) leaflet. It has been determined that white clover is more likely to produce the extra lobe and create a lucky charm.

White clover mingles well in groomed, grassy locations, making them more likely to be noticed by seekers of the four-leaflet variety. Four-leafed clover could become more common with the recent trend of incorporating clover in lawns. Clover is more drought-tolerant than grass and is a strategy for keeping your lawn green in the drier, warmer months. In Calgary, when mid-summer temperatures rise and rain is scarce, most grass lawns, without supplemental irrigation, go dormant. Dormant grass lawns are brown and crispy. White clover with roots that grow deeper than traditional lawn grasses remain green longer.

Both red clover (*Trifolium pratense*) and white clover (*Trifolium repens*) were brought to Canada from Europe to be used in agriculture. There are native prairie clovers, but they are in a different genus. Alberta has *Dalea purpurea*, purple prairie clover, and *Dalea candida*, white prairie clover. The leaves on these plants are very narrow. The plants are noticed for their tall cone-like flower heads rather than their easily over-looked leaves. The prairie clovers make a nice addition to a native plant garden or meadow. Their seeds can be ordered online from local native plant nurseries. Their sowing instructions include "scar-

ification" to improve germination. This means that the seeds benefit from being scuffed a bit to break the seed coat. Put the seeds in a jar with sand and shake it to scuff the seed, then sow.

damp potting mix, sow with 16 seeds. Tape the jug shut, remove the lid and place the jug outdoors. It should be in a bright spot. The jug acts as a mini greenhouse, so I find placing it out

Because these plants are local and hardy, they can be winter-sown, starting in March. Winter sowing is a technique for planting seeds outdoors during the winter. To winter sow, get a four-litre milk-type jug. Poke drainage holes in the bottom and vent holes near the pouring hole. Cut the jug open from one side of the bottom of the handle to the other, leaving the 2 cm area just below the handle as a hinge. Fill the bottom of the jug with

of direct sunlight works better as the temperature swings will not be as extreme. I like to put my jugs where they will catch my eye so I will remember to check on them. It is important to keep the soil moist, especially later in spring when plants start to grow. When the soil is workable, you can transplant them to the garden. Whether four-leafed or typical, introduced or native, clovers are plants that can do well in a Calgary yard.



Winter sowing clover varieties is easily done with a 4L milk jug. Photo: Deborah Maier

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# Connect and thrive with food

Mel Lefebvre and Ashley Yeoman

Food security, in a nutshell -pun intended- means having the money to make sure you have enough to eat. With financial security, it's easy to shop for necessities, but do we only grab what we need to survive? Of course not! We enjoy food, we treat ourselves and share meals with family and friends. Enjoying food, and how it is tied to our identity, culture, and history, says something about us and connects us with our loved ones, and it's something we celebrate.

Every day of the year praises our love

of eating. In March, some food celebrations include March 3rd - Canadian bacon day. On March 5th, we pay homage to flapjacks and the cheese doodle. On March 14th, pi day, we indulge in pie. If sweets aren't for you, March 14th is also national chip day. Food is well worth celebrating, but what happens when we can't afford to fill our shelves?

Food insecurity happens when we don't have the means to buy enough food and depending on the severity, it may mean worrying about running out of food, compromising the quality or quantity of food we

buy, or skipping meals due to affordability. The issues around access to food has become a chronic problem for older adults, and food insecurity is on the rise for seniors in Southern Alberta.

Research shows that food insecurity for older Canadians is also connected to the physical ability to access food and prepare meals. Social factors like a sense of belonging and connection to a community can impact how each of us relate to food. Without help from friends, family, and community to shop and share our love of food, it may lose its appeal, especially if it's a

challenge to navigate a kitchen or a neighbourhood that isn't adapted to the needs of seniors.

The cascading effects of food insecurity results in poorer health, weaker immune systems, and depression. Without the means to buy the foods you need and like, motivation and energy levels can run flat. This can spike feelings of anxiety and sadness around meals, making the whole process, from shopping, to carrying food home, storing it, then preparing it, especially tiresome.

There are several places seniors can turn to for food support. One of them, called

Thrive Food Security, is housed in the Unison at Kerby building. Thrive runs the Kerby Centre Market, offers a Grocery Delivery service, and supports six Community Bread Markets. Thrive operates primarily through the support of volunteers, and generous donations from the community. The goal is to reduce hunger in the senior community by providing food that's nutritious and enjoyable, and support connections that can help diminish isolation. Meeting people can, after all, potentially lead to the pleasure of shared meals.

The Kerby Centre Market is set up like a store and gives clients the ability to choose the foods they need and enjoy, giving clients the dignity of choice. The market provides clients who are 50+ with up to three days of fresh, frozen and non-perishable items, including staples like milk, eggs, fruits & vegetables, meat and bread.

What we would love to know is how our community enjoys food, because we would like to enjoy it with you! Starting this spring, Unison will be asking for recipes that we can share with our community.

By sharing recipes, we can learn a bit more about each other. Food is part of our wellbeing, our history, and our culture. A meal that is meaningful to you offers a way to re-embrace the parts of food that often slip away when we are faced with difficult decisions at the store.

Share a bit about your love of food and submit your recipe today! You may be featured in Unison News' new monthly recipe column, and in a collection of recipes and stories that will help support the Kerby Centre Market.

To learn more about Thrive's programs, please email [thrived@unisonalberta.com](mailto:thrived@unisonalberta.com).

If you'd like to donate to the Kerby Centre Market, the only senior-specific food bank in Calgary, visit <https://unisonalberta.com/donate>.



## March 2025 \$12 Weekly Specials

**March 3 - 7**  
**Special:** Chicken Cordon Bleu served with new potatoes & baby carrots  
**Soup:** Broccoli cheddar

**March 10 - 14**  
**Special:** Meatballs in mushroom sauce served over egg noodles  
**Soup:** Lentil

**March 17 - 21**  
**Special:** Corned beef sandwich with pickled mustard  
**Soup:** Split pea

**March 24 - 28**  
**Special:** Fried fish sandwich with your choice of side  
**Soup:** Cauliflower

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Enjoy Diana's piano serenades on Thursdays.

Join us **March 17th** for a St. Patrick's Day celebration!  
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# Comfort food for tax season

Tax season has arrived, and it comes with warmer weather that peeks towards longer, sunny days. Maybe a nice return will land in some bank accounts! While we're waiting to learn if we owe, or that we are owed, we still need to eat. Whether our budgets will flourish or falter, here is an easy dish that you can enjoy while filing your taxes, or to soothe yourself once they're complete. Comfort food will surely help either way.

## Pizza dip

Pizza dip is a simple dish that can be modified to add or subtract ingredients, or substitute for food sensitivities. It's technically gluten and carb free, until you add some bread for dipping. The choice of dipper is yours and we won't judge if you gobble this down with a baguette, with a spoon straight from the dish, or employ chips for the job. Choose what brings you joy. Spreading this dip on toasted English muffins can make a quick meal or snack. This recipe can be doubled for a larger group, or freeze and enjoy later. Leftover pizza dip can be converted into a cream sauce, or added to chili. Add preferred toppings like peppers, mushrooms, bacon, or controversial pineapple. Cheeses can be substituted for dairy free alternatives.

## Ingredients

- 1 package (8oz) of cream cheese (sub with low fat or dairy free cream cheese)
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp Italian seasoning
- 3/4 - 1 cup pizza sauce (sub with chili or butter chicken sauce)
- 1 cup shredded mozzarella cheese (sub with dairy free mozzarella)
- 1 cup shredded cheddar cheese (sub with dairy free cheddar)
- 1 small package of sliced pepperoni (sub for meat-free or other favourite toppings)
- 1 loaf of French bread, sliced and toasted (sub with gluten free bread, crackers, chips, etc)

## Directions

- Preheat oven to 350F
- Soften cream cheese and add garlic, onion & Italian seasoning
- Mix until even and spread as base layer in oven/microwave-safe



Stressed out? Try cheese! Photo: Sigmund

dish

- Cover base cream cheese layer with pizza sauce
- Mix shredded cheeses and cover layer of pizza sauce
- Place pepperoni (and/or other preferred toppings) on top of cheese
- Place dish in oven until

- cheese melts and bubbles (this step can also be done in the microwave until cheese has melted and becomes bubbly)
- Remove with caution and let cool until no longer piping hot
- Serve while warm with sliced French bread (or preferred alternative)



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# Real estate crowdfunding

Damilola Ibirinde, Alberta Securities Commission

Real estate crowdfunding has gained popularity as an easy way to invest in property without committing a large amount of money. While these opportunities can be appealing, it's important to understand what you're signing up for. This article breaks down real estate crowdfunding and key factors to consider when making investment decisions.

Real estate crowdfunding allows multiple people to pool their money to invest in proposed real estate projects. Instead of owning a property outright, investors own shares in a company involved in the project with potential returns paid out at a later date, often years.

These crowd-funded investments fall into two categories:

- **Equity investments:** You own equity shares of an entity,

which may increase (or decrease) in value over time. When the shares are sold, the value of the shares is returned to you.

- **Debt investments:** You lend money to a corporate entity by way of a loan. You earn interest over time and when the shares are sold, the amount you lent should be returned to you. Debt can either be secured against the property or unsecured.

It's important to know that you won't own the property directly. Instead, your investment is tied to the expertise of the company developing the project.

Here are some questions to ask before jumping into this type of real estate opportunity:

**Who owns the property, and who manages it?**

- Confirm whether the property's title is held by the corporate entity you are purchasing shares in, or another entity. Knowing the own-

ership structure will help you understand the risks tied to your investment.

**Are the expected returns realistic based on current market conditions?**

- Be wary of overly optimistic projections. Even completed projects can face cost overruns, and actual returns may not align with initial projections. There is no such thing as a guaranteed return; market forces and other unpredictable factors influence investment outcomes, especially for long-term investments.

**How much debt is on the property, and what is the repayment plan?**

- Projects requiring significant debt can put your investment at risk since debt is repaid before equity. Investigate how much debt the project requires and whether it comes from private lenders, who typically charge higher interest rates than traditional banks. Unsecured debt is riskier than secured debt. When there are multiple lenders, the position of the debt on the property's title affects the risk level of the loan. Lower-priority debt on the title is riskier because higher-priority debt is repaid first.

**How experienced is the developer or project manager?**

- A developer's track record plays a critical role in project success. Developers with experience in completing projects with a history of returning money to investors are typically more reliable. On the other hand, new developers or those with multiple unfinished projects may lack the experience needed to navigate challenges. New developers often face



a learning curve and might be overly optimistic about returns and timelines, while seasoned developers may be more realistic and less likely to overpromise.

**Is the crowdfunding platform registered with the Alberta Securities Commission or operating under an exemption?**

- Some crowdfunding platforms are operated by registered dealers who specialize in assisting private companies to raise capital. Other platforms, whose only business is crowdfunding, operate under an "exemption" from registration. Registration-exempt platforms have been vetted and approved by the Alberta Securities Commission but are not allowed to provide any investment advice or assess whether a particular investment is appropriate for individual investors. These platforms are only allowed to accept a maximum investment of \$2,500 per person. Check the platform's status on [CheckFirst.ca](http://CheckFirst.ca) to see if it is registered or operating under the crowdfunding exemption.

**Is the company raising money transparent about its operations?**

- Transparency is essential. If the company raising money for the project cannot explain how funds will be used or refuses to provide supporting documents, treat this as a red flag. Look for details about fees, ownership structure, project management and how the funding is allocated.

**What fees and costs will you pay?**

- Real estate management often involves multiple fees for property management and administration. These fees can eat into your returns. Ask for a full breakdown of fees, determine who benefits from them, and ensure they are reasonable compared to industry averages.

**Are there conflicts of interest?**

- Investigate related-party transactions, such as properties purchased from affiliates of the company raising money for the project. Check whether the property was sold at a price that an independent third party assessed as being fair and examine relationships between property developers, property managers and the company raising the money for the real estate project. Close ties could lead to biased decisions that negatively impact investors.

Beyond these considerations, understand that while real estate crowdfunding offers a unique way to invest in property, it's not without risks. These investments are often illiquid, meaning you are not able to access your money quickly. Returns are also not guaranteed and depend heavily on project management expertise, the success of the project and the broader real estate market.

Before investing, make sure you have a clear picture of how this opportunity fits into your overall financial goals and risk tolerance. Doing your due diligence is key. Take the time to research each opportunity, ask critical questions, and/or consult with a registered financial advisor, if needed. Your investment decisions should empower you to build a strong, diversified portfolio while protecting your financial future.

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# Bruno's day out in Nanton

Ada Muser

*WWII Danish humour- Here is a German press release that would not need daily updates: Last night 400 allied bombers attacked Germany, 80 were shot down. One German city is missing.*

On November 20, 1944, air raid sirens wailed at 11:30 AM. Little Bruno's parents ran down to their makeshift air shelter, that was probably incapable of taking a direct hit. 476 US Fifteenth

two blocks away while riding a tram – a close and personal tragedy.

Jack R. Myers, pilot of the B-17 bomber explained after the war: "We had been instructed never to bring our bombs home. If we couldn't reach the main target, we were to pick a target of opportunity and bomb it."

This raid is Bruno's first memory. He was three years and eight months old. In the dark shelter, which was a converted cellar, he remem-

all the way to infinity.

Twenty-four years later Bruno came to Canada with his family. Calgary was similar in size to Brno. Calgary never had to go through war, much less experience air raids that crenellated the streets. After some time, Bruno's social circle began expanding, often through business. One day he met an impressionable figure who knew what wartime was like from the other side.

Bruno became an industrial salesman and Ken McKinnon, a man of medium build but with a big heart, became his customer. He was a sparkplug, always on the move, always smiling, but a demanding customer. Ken owned the largest and most respected plant far and wide supplying the construction industry with roof trusses. Bruno and Ken became fast friends.

Ken liked to tell stories, especially of the time he lied about his age to get into the Air Force. He was 17 years-old when he joined the RCAF in 1943. He became a tail gunner on a Lancaster bomber because he was small. He remembered the war as the most exciting time of his life.

With a laugh, Ken said he felt immortal, like most teenagers do at that age. The rear gunners suffered the most casualties among the flight crews - but they were promoted the fastest.

So oddly enough, a quarter of a century later Bruno coincidentally met a man who had been part of the war machinery that caused that dreaded low-pitch hum embedded in his memories, although Ken's Lancaster never bombed Brno on that fate-

ful day in November 1944.

Nanton, Alberta, is a little town just south from Calgary on Highway 2. It is an easy one-hour, 100 km drive, the same distance as Canmore. It has a population of just above 2,000 people. Its main attraction is perhaps the best WWII aviation museum in Canada, called the Bomber Command Museum.

It is a nice place for a day out. To make it a full day experience, Bruno began his adventure in Nanton with breakfast. Kitty-corner from the Bomber Command Center is a store that offers coffee but it is not a place where one can eat.

Bruno asked the store owner where he could enjoy a relaxing breakfast. She tried to be impartial, and suggested, perish the



Teenage RCAF Lancaster rear gunner Ken McKinnon. Photo courtesy of Ada Muser

the entire main floor of a genuinely old brick building. The restaurant is a big open space thanks to a beam running the length of the store which held up the upper floor, supported in uneven intervals by columns of



The city of Brno in Southeastern Czech Republic in 2023. Photo: Leonhard Niederwimmer

Air Force bombers flying north from Foggia Airfield Complex in southern Italy passed over the South Moravian city Brno in the Czech Republic on their way to an important target – the German army's oil refinery plants near the Blechhammer labour camp in Silesia.

Due to poor visibility they had to return. Two of the three units bombed Brno instead. 1,600 tons of bombs were dropped in three waves hitting the city centre and part of the suburbs. Six thousand inhabitants found themselves homeless. There had been many raids on Brno before but never this bad. Bruno's baby-sitter Julinka was killed that day only

bers a steady, low-pitch hum of heavy bombers flying overhead. He never forgot the droning sound and vibrations caused by thousands of engines. Then there were the explosions. The first one was very loud and shook the ground. It was very close, but the subsequent explosions were progressively farther away, growing fainter. The tremors stopped. The entire experience was fifteen, or twenty-minutes long.

The main street, only a block away, resembled a medieval castle wall crowned with crenellated battlements. The buildings that were left standing alternated with rubble-filled gaps,



Georgie's Coffee. Photo: Ada Muser

thought, a modern truck stop on the south side of town, or Georgie's Coffee downtown which is quaint and one of a kind. When asked her personal preference the shopkeeper unequivocally favoured Georgie's Coffee.

That did it. Bruno took his time exploring the coffee shop before settling in to eat, which he discovered occupied

peeled logs. The variation Bruno observed in the beam's size was probably due to its construction. It had been made from 2x12 boards of random lengths nailed together. The building is over 100 years old and has withstood the test of time and many heavy snow loads.

Bruno had his pick of tables, and it seems he arrived just in time, because in the next hour, the restaurant filled in.

The furniture at Georgie's Coffee are a collection of genuine antiques that had been lovingly yet amateurishly repainted by latex with a brush. The counter, where customers place orders, is on the west side of the room. The menu is simple, but there is a lot of baked stuff with positively decadent high-calorie content displayed on the counter to woo the customers.

Bruno wanted eggs, bacon, and ham, with hash browns. A little oddity was that they cooked their eggs only one way - fried. It reminded him that Henry Ford offered his Model "T" cars in any colour you wanted as long as it was black.

When the food came, Bruno was not disappointed. The bacon was



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## Bruno's day out in Nanton, continued

cooked to perfection, and the hash browns were cut and fried in-store. They were the best hash browns Bruno ever had.

Over the next hour the coffee shop filled to capacity, obviously the good citizens of Nanton like their eggs fried.

Visiting the Bomber Command Center was the highlight of Bruno's day. It is flawlessly run by volunteers, who were available to help and explain things to visitors. The displays in the anteroom are professionally done and very informative. They cover the history of bombing raids from 1940 to 1945, tell touching personal stories, and describe POW experiences.

Bruno took his time to absorb the displays, which explained various bombing techniques. It was not just as simple as delivering a bunch of bombs over to Germany and dropping them.

There were also special bombing techniques like blowing up river dams. It is done like skipping pebbles across the surface of a pond, dropping barrels full of explosives from a low-flying airplane and skipping them towards the dam by momentum. Only the most experienced crews were assigned to such raids. The best part was that the main hangar contained several completely restored WWII bombers and fighter planes. These included trainer airplanes, and individual aircraft parts set up for visitors to climb into. This is heaven for children.

Volunteers restore airplanes in a smaller hangar on the side, some almost from scratch. The restorers must manufacture missing parts from rusted or rotten pieces used for templates. Nanton must be peopled with many enthusiastic mechanics, former tool and die mak-



WWII Lancaster Bomber in the Bomber Command Centre, Nanton. Photo: Ada Muser

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ers, and even carpenters. Some airplanes had been built almost exclusively from wood, such as the famous British Mosquito – known to many as “Mossie” – which was a versatile aircraft used extensively during the war. It had an excellent speed and range. Constructed primarily from plywood with a balsa wood core, Mossies are easier to rebuild.

The quality of work, precision and workmanship are exquisite. Bruno found himself captivated by a Lancaster Bomber, which is the centrepiece of the exhibition. Lancaster is not the same as the B-17 Flying Fortress but it also has four engines that were more than capable of creating the low-pitch hum he remembered from his childhood. They could carry more pay-

load than the B-17s and were all-around better planes according to Ken McKinnon's memoirs. Bruno wanted to see the rear gunner's turret that his friend had occupied during the flights. Obviously, as a point of observation, the rear turret had no rival. The gunner's other duty included reporting what was happening behind the plane to the pilot. There were no rear-view mirrors on these bombers.

Ken died at the age of 92, but Bruno still likes to make trips to visit the Bomber Command Museum. The RCAF with Canadian boys on board successfully defended not just England, our mother country, but also helped to liberate the rest of Europe. But it came with a price!

Bruno remembers how Ken once told him: “You know I was young and stupid at the time and I should have been killed. But it did not happen and those were the most interesting and intense years of my life!”

Ok then, Ken, Bruno does not begrudge you or your comrades in arms anymore that you scared the bejesus out of a three-year-old kid back in 1944!



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- 1 Bagel topper
- 4 — -fi film
- 7 Aunt, in Peru
- 10 Pool stick
- 13 Outer limits
- 18 Nome native
- 20 New — Saints
- 22 “Down East” state
- 23 “Despicable Me” spin-off
- 24 Baseball and elec-tion analyst’s companion animal?
- 26 “Proxima” actress’ companion animal?
- 28 Mork’s home planet
- 29 Punk rocker Vicious
- 30 Bible’s three wise men
- 31 Subject to contradiction
- 36 Hosiery color
- 39 “Unsink-able” Titanic survivor’s companion animal?
- 44 Year, in Rio
- 46 Wolflike dog
- 47 Skylit courts

- 48 “Growing Pains” actress’ companion animal?
- 55 Spanish ayes
- 56 Santa’s bag
- 57 “Ooh” or “tra” follower
- 58 Slender, elegant girl
- 60 Actor Mineo
- 61 Lion of “Narnia” tales
- 63 A-list groups
- 67 Summer Games org.
- 69 1937-71 Supreme Court justice’s companion animal?
- 76 Epoch
- 77 Speaking pro
- 78 “The Martian” star Matt
- 80 Jacuzzi site
- 83 Bungle
- 87 Folk singer Guthrie
- 89 Hay bundle
- 90 Ski slope, say
- 92 “Elegy Written in a Country Churchyard” poet’s companion animal?
- 97 “Toodle-oo!”
- 99 British noble, for short

- 100 — -mo
- 101 “Wheel of Fortune” co-host’s companion animal?
- 106 Crime doers
- 110 Monocle
- 111 Plant anchor
- 113 Afore
- 114 Actor Linden
- 115 “Drive” and “When” author’s companion animal?
- 121 1971 Cy Young Award-winning pitcher’s companion animal?
- 126 Seasoned sailor, slangily
- 127 Cancel out
- 128 Sparkle
- 129 More sullen
- 130 Writer Zora — Hurston
- 131 That guy’s
- 132 Granola grain
- 133 Extra NBA periods
- 134 U.S. intel org.

- 4 Hershey’s candy bar
- 5 “Cave —” (“Beware of dog”)
- 6 Pants length measure
- 7 Throat lump
- 8 Tehran locale
- 9 Utah ski area
- 10 Big beer buy
- 11 Prefix with 17-Down
- 12 Immigrants’ class, in brief
- 13 Retired female professor
- 14 Sorcery
- 15 PC pic file
- 16 Rock’s Brian
- 17 Gender
- 19 Autograph: Abbr.
- 21 “A mouse!”
- 25 Skiing great Lindsey
- 27 Many a charity gp.
- 31 A bit eccentric
- 32 Epsom and —, England
- 33 Tennis great Becker
- 34 “— Miller” (Verdi opera)
- 35 Web vending
- 37 UPS delivery
- 38 Ethyl ending

- 40 Kind of PC screen
- 41 Age-revealing ID stat
- 42 “Toodle-oo!”
- 43 Anonymous Richard and Jane, in court
- 45 Popeye’s Olive
- 48 Airport agcy.
- 49 Unduly hasty
- 50 Rights org.
- 51 Irishman, e.g.
- 52 Earthen pot
- 53 Nonclerical
- 54 Huge-scale
- 59 Used a certain weeding tool
- 62 Standard
- 64 Ruling from a boxing ref
- 65 Bungle
- 66 — Na Na
- 68 Certain crustacean caviar
- 70 Fishing lure
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- 72 Comic Dunn
- 73 Paris airport
- 74 Actor Epps
- 75 Go it alone
- 79 Post-taxes
- 80 Cut off scruff
- 81 3/14, to math lovers
- 82 Flared dress
- 84 Persian kings

- 85 Novelist Lessing
- 86 Leave out
- 88 Covert —
- 91 Extended period of time
- 93 Enzyme suffix
- 94 Rd. crossers
- 95 Obtained
- 96 Swiss peak
- 98 Fit for market
- 102 Parapet, e.g.
- 103 Set straight
- 104 “Clover” actor Perlman
- 105 City north of Indianapolis
- 107 Be left over
- 108 Folks of the working class
- 109 Nissan model
- 112 Groove for a letter-shaped bolt
- 115 Drinkers’ hwy. offenses
- 116 Sighs of relief
- 117 Big Western mil. alliance
- 118 Supplication
- 119 Big fusses
- 120 “Acid” drug
- 121 Ryder vehicle
- 122 Suffix with serpent
- 123 Genetic helix
- 124 “How gross!”
- 125 Yalie

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  - 3 Exotic estate

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#2,234 Average time of solution: 67 minutes



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**SENIORS' EXPO 2025**  
EXPLORE • GROW • CONNECT  
[UnisonAlberta.com/Seniors-Expo-2025](http://UnisonAlberta.com/Seniors-Expo-2025)

**Join us for an inside scoop on all things generations 50+**  
Saturday, April 26th, 2025 | 9am-3pm  
Unison at Kerby Centre  
1133-7 Avenue S.W. Calgary, Alberta, T2P 1B2

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**Bowbridge Manor**  
 3139 Bowwood Dr. N.W. Calgary, AB  
 403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager

## Sudoku

Solution: P.21

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

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## Something seems different

Mel Lefebvre

If you have reached this page and noticed this issue of Unison News feels a bit different, I am here to reassure you that - yes! - it is!

Since I started my role as the communications specialist at Unison last November, I have made some content shifts to draw attention to the people who make Unison at Kerby and Unison at Veiner the special, supportive community that it is. My hope as editor of the paper is that by reading about the people who work here, volunteer here, join as members, or drop in on occasion, you feel empowered to try something new.

Not only is there a slight content shift, but we have done something new with Unison News. While this issue is still packed with a carefully edited and curated assortment of programs, stories and news, the actual size of the newspaper has changed. This change brings us in line with other newspapers who also made the switch to a narrower paper size. We are joining the Calgary Herald, the Globe and Mail, and the Calgary Sun by reducing the amount of paper needed for Unison News. The savings - both environmental and financial- are clear when you consider that we print at least 8,000 copies per month.

Sometimes, a small change can have a big impact, and we hope that you find that the change of size is a welcomed one.

If you have feedback about the paper size, or any content in Unison News, please reach out and let me know!

mell@unisonalberta.com

If you have a story to share, I also hope you reach out. You could be in the next issue!



## MARCH 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 pm - 1:15 pm Confederation Park 55+ (4th Thursday of the month)	28
30				



### 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

## MARCH 2025



# Medicine Hat

## The power of a knock

Lorilee Campbell

Life can change in ways we might not expect as we grow older. We retire, lose friends and loved ones, and our social circle narrows. Studies have shown that social isolation is as bad for our health as heart disease. When this is combined with declining physical health, seniors can face food and financial insecurity.

Canadians are living longer, and within the next six years, an estimated 25 per cent of the population will be senior citizens. Canadians are facing higher costs of living and when seniors live on a fixed income, they can be faced with having to either pay for household expenses, medical expenses, or food. The importance of programs like Meals on Wheels (MOW) is evident

when seniors are facing such intense challenges.

Social wellbeing initiatives like MOW has a net-positive effect on seniors by providing carefully prepared meals and vital social interaction, including safety and welfare checks. These brief exchanges allow seniors to maintain their independence, reducing hospital visits and delaying the need for long-term care. Meals on Wheels has an extensive connection to Medicine Hat and has been running meals and smiles to seniors since 1982. In 2024, volunteers delivered 32,155 meals to vulnerable seniors in the community. The simple act of a knock at the door can brighten someone's day. With an expanding senior population, the need for services like this will only

increase in Canada. We encourage the community to support MOW, whether by volunteering, donating, or spreading awareness. Together, we can ensure

that no senior in our community is left behind.

To learn more about Meals on Wheels in Medicine Hat, visit us at Veiner Centre 225 Woodman

Ave SE, Medicine Hat, or call us at (403) 529-8307. Your support can be a lifeline—one meal, knock, and smile at a time.

**Make a difference,  
one meal at a time!**

**Support our  
March for Meals Campaign.**

**unison** 50 years  
At Veiner Centre 1975-2025

MARCH  
FOR  
MEALS  
WITH  
MEALS ON WHEELS



- 32,337 meals delivered in 2024
- 7% more than last year
- 20% of seniors rely on subsidies for these life-saving meals

To donate online, visit  
[UnisonAlberta.com](https://UnisonAlberta.com)  
or scan the code



## Withstanding the forces of nature

Cori Fischer

Unison's Veiner Centre sits directly in tranquil Lion's Park, with beautiful, natural views. It's an ideal location for meeting friends for a coffee or a game of pickleball. The South Saskatchewan River gurgles close by, which is perfect for a restorative nature walk, but it wasn't always such a placid backdrop. At several points in history, the river has unleashed a turbulent deluge that impacted the businesses and homes of Medicine Hat. The Veiner Centre, however, is not so easily perturbed.

The Unison at Veiner Centre is celebrating its 50th anniversary this year. Harry Veiner donated land to house a senior's centre, and the Veiner Centre was open for business in 1975. Since opening, Unison's Veiner Centre has withstood four major floods.

Three decades ago, in 1995, the South Saskatchewan River overflowed and flooded into Lion's Park, damaging the Veiner Centre. After repairs, the community hoped that was the last flood they would have to endure for one hundred years. To their dismay, the river flooded once more in 2005,

and then again in 2013.

The Medicine Hat community was warned about the impending severity of the 2013 flood, declaring a state of emergency on June 21. The force of nature cares not for our warning and preparations, and on June 24, the river peaked, flowing at 5,600 cubic m/s and would remain that way for five hours. After surviving three other floods with only minor repairs, the damage of the "flood of the century" (so far) was no match for Veiner's building. Repairs were not an option, and the only way forward was to rebuild.

Rebuilding the Veiner Centre was complicated. Debates over the location of the Centre circled for three years over whether it should take root in a vacant building in Medicine Hat, rebuilding at a brand-new location, or having a new building go up in the same

location as the flooding. In the meantime, seniors were supported by various locations in the city,



A column and beams from the original Veiner Centre. Photo: Cori Fischer

like the Strathcona Centre, and Crestwood Pool, who hosted the activities, support, and events they had grown to rely on.

After five years of discussion, planning and preparing the location, construction on the new Veiner Centre was ready to begin in 2017, in the

same location it had always been. By July 2018, a new state-of-the-art Centre was ready to open its doors. The new building kept some elements from the original Veiner Centre. A column and a beam in the craft room provide a steadfast reminder of the original building.

What stands today is a beautiful and functional recreation centre for seniors in Southern Alberta. Unique elements in the building allow for room expansion, and detracting, depending on the activity

at hand. Vaulted ceilings, floor-to-ceiling windows flooding in natural light all lend an appreciation of the surroundings, located in Lion's Park.

After Unison at Veiner Centre was rebuilt, the other facilities also received a makeover. The Strathcona Centre was renovated to accommodate the fitness centre. Updates were complete in December 2019, marking the end of a long journey for the Veiner Centre – for a short time, anyway, but that's another story...

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# Medicine Hat Veiner Activities

## What's Happening in March

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Quilting</b> Craft Room   9am <b>Board Games</b> South MP   9:30am <b>Men's Shed</b> Boardroom   11am <b>Canasta</b> South MP   12:30pm <b>Euchre</b> North MP   1pm <b>Shuffleboard</b> Games Room   1pm	<b>Strathcona Arts Studio</b> Craft Room   9am <b>Chess</b> Dining Room   9am <b>Ukulele Group</b> North MP   10am-12pm <b>Duplicate Bridge</b> North MP   12:45pm <b>Crib</b> South MP   1pm & 6:30pm <b>Bridge</b> North MP   6pm <b>Board Games</b> Dining Room   6:30pm	<b>Mahjong</b> South MP   9am <b>Drop-In Coffee Group</b> Dining Room   9am <b>Bocce Ball</b> North MP   9:30am <b>Canasta Lessons</b> Dining Room   10am <b>Veiner Centre Choir</b> 10am <b>Duplicate Bridge</b> South MP   12:30pm <b>Hearts</b> Dining Room   1pm <b>Scrabble</b> North MP   1pm <b>Pinochle</b> North MP   1pm <b>Bridge Lessons</b> South MP   3:30pm	<b>Strathcona Arts Studio</b> Craft Room   9am <b>Jam Session</b> South MP   9:30am <b>Canasta</b> South MP   12:30pm <b>Euchre</b> North MP   1pm <b>Shuffleboard</b> Games Room   1pm <b>BINGO</b> Boardroom   2pm <b>Duplicate Bridge</b> North MP   6pm <b>Norwegian Whist</b> South MP   6:30pm	<b>Quilting</b> Craft Room   9am <b>Mahjong</b> South MP   9am <b>Duplicate Bridge</b> North MP   12:45pm <b>Kaiser Club</b> Dining Room   1pm <b>Mexican Train</b> <b>Dominoes</b> South MP   1pm <b>Stitch &amp; Laugh</b> Boardroom   1pm

### Presentations & Events

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

**March 4**

Book Review Crew 1pm - 2pm | Dining Room

**March 4**

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

**March 11**

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

**March 13**

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

**March 18**

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

**March 18**

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

**March 19**

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

**March 20**

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

**March 21 -23**

Scrapbooking Fanatics Starting at 4:30pm on the 21st | Registration Required **March 28** Book Club 10am - 11am | Boardroom

### Wellness Wednesdays

Open to members and non-members

March 5 | Movie Matinee "Thelma" | Craft Room | 2pm - 4pm

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

March 19 | Optima Rocks with Jodi  
Craft Room | 2:15pm - 4pm

March 26 | Life Long Learning: "Conflict Resolution" Boardroom | 1pm - 2:30pm  
Registration Required

### Looking Forward

**CRA & Canada Service**

April 8 1pm - 3:30pm | Boardroom  
Registration Required

**Easter Ham Lunch**

April 11 11:30am - 1:30pm | Everyone Welcome

### Active Aging Spotlight

**Paintergirl "Cardinal" Paint Night**

Tuesday, March 4 | 6pm - 9pm  
Craft Room | Mem: \$35 | NonMem: \$40 (Cash Only)

**Ice Curling with MH Curling Centre**

Wednesdays | March 5 - 26 \$12/session  
Registration required

**Thursday Craft Night: St. Patrick Theme**

March 6 \$20/person (cash only)  
Craft Room | 5:30 - 6:30pm

**Hawaiian Dance**

Saturday, March 8 7:30pm - 10:30pm  
Tickets: \$10/person

**Glammy Grammy Models**

March 18 - April 8 3pm - 4pm | Craft Room

**FREE Movie Night - "My Cousin Vinny"**

March 20 5:30pm - 7:30pm | Craft Room

# Medicine Hat Strathcona Activities

## What's Happening in March

Hours of Operation: Mon, Tue, & Wed 9am – 7pm | Thurs & Fri 9am – 4pm | Sat 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  
Functional 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  
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 | Mar 10 – May 26 | 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\*

Mar 11 – May 1 | 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

Mar 12 – May 28 | Wednesdays | 8:30am – 9am |  
FREE

### Beginner Line Dancing

Mar 12 – May 28 | 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

## 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  
Yang Short Form completion is necessary before starting Chen  
Style Short Form

### 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

## New Fitness Centre Hours

Monday, Tuesday & Wednesday | 9am – 7pm  
Thursday & Friday | 9am – 4pm  
Saturday | 9am – 1pm

## 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](http://unisonalberta.com/active-aging-calgary)

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

Specialty Travel Spotlight

## 5 Pin Bowling at Chinook Bowladrome - Day Trip

**Wednesday, March 12, 2025**  
9:00 AM - 1:00 PM  
Members: \$33 | Non-Members: \$63  
Cut-off date: Wednesday, March 5, 2025  
Transportation by LRT  
Please ensure you have your Health Care Card and government-issued photo ID. Costs include bowling fees and shoe rentals. Cost does not include lunch at Food Court or transportation. Trip is not suitable for persons with reduced mobility.  
For more information, please contact **Unison Travel** at **403-705-3237** or [travel@unisonalberta.com](mailto:travel@unisonalberta.com)



Active Aging Spotlight

### Ukulele Beginner W04

W04: Mar 14 - Apr 18 | 10:00am - 11:00am  
Member: \$59 | Non-Member: \$89  
Location: **Wild Rose Church**  
Instructor: Lorraine Smith

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](mailto:Program@UnisonAlberta.com)



Active Aging Spotlight

### Sketching Workshop W05

Tuesday, March 18th | 1pm - 3pm  
Member: \$50 | Non-Member: \$80  
Location: **Wild Rose Church**  
Instructor: Hamideh Khadem Sohi

This workshop is designed not only to teach the technical aspects of sketching but also to foster a sense of artistic confidence and individual expression. Join us for an unforgettable experience and bring your imagination to life on paper.

Register NOW! **403-705-3233** or [Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)



Active Aging Spotlight

### Origami Workshop B32

Monday, March 17th | 10:00am - 11:00am  
Member: \$15 | Non-Member: \$45  
Location: **Kerby - Room 108**  
Instructor: Kumiko Sato

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

Register NOW! **403-705-3233** or [Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)



Active Aging Spotlight

### Medicine Hat Trip - Veiner Centre, Medalta Pottery and Birds of Prey - Overnight Trip

May 22nd 7 AM - May, 23rd, 2025 4:30 PM

Members: \$345 | Non-Members: \$375  
Cut-off date: **Wednesday, April 23, 2025**  
Twin sharing comfy accommodation at Hampton Inn & Suites, Medicine Hat, lunch, dinner, and breakfast included, one admission ticket each (with guided tours) to Medalta Pottery, and Alberta Birds of Prey Centre, return on comfortable coach.

Register NOW! **403-705-3233** or [Program@UnisonAlberta.com](mailto: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](http://unisonalberta.com/active-aging-calgary)

**Wise Owl Boutique**  
**Half Price Sale on RED tag items!**  
**Mar 24 - 28, 2025**

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](mailto:lolaf@unisonalberta.com)



Wellness Spotlight

**Live Well Be Well\***

Mondays | 11 am - 12 pm

Cost \$3 | drop-in fee per person/session

Join our weekly wellness series for insightful presentations and meaningful conversations.

**Meditation Monday\***

Mondays | 10 am - 10:45 pm

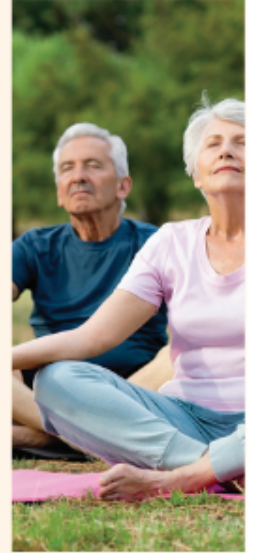
Cost \$3 | drop-in fee per person/session

Join our weekly guided meditation!

\*Attend both events for the cost of \$5.

**Register Now!**

403-234-6566 / [Lolaf@unisonalberta.com](mailto:Lolaf@unisonalberta.com)



Wellness Spotlight

**Laughter Yoga**

Friday, May 2, 9, 16 | 10:30 am - 11:15 am

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

Instructor: Sharon Falconer

Laughter Yoga combines yoga breathing techniques with laughter exercises to bring more oxygen to the body and the mind.

Breathing exercises and yoga have a variety of health benefits, which may be a bonus and an additional reason to try them.

**Register Now!**

403-234-6566 / [lolaf@unisonalberta.com](mailto: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](mailto: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!



## The Power of Sound Therapy

A Special Workshop

Fridays, March 14th, 21st, and 28th, 2025

10:30 am - 12 pm

Member: \$60 | Non-member: \$120

Location: **Wellness Connections Center (Room 317)**

Facilitator: Denise Gowan

Join us for a 3-week transformative experience! A 1 1/2-hour Workshop to discover the power of sound therapy. Brought to you by Healing Sound Bath Inc.

First-Time Attendees: Please arrive 25 minutes early to complete our intake, pre-evaluation, and waiver forms. The intake form is valid for a year.

**Register Now!**

403-234-6566 / [Lolaf@unisonalberta.com](mailto:Lolaf@unisonalberta.com)



# Active Aging Online

## Course Registration Spring Session

Registration opens **March 3rd** for members and **March 14th** for non-members

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

Online registration and full details at [Unison50plus.unisonalberta.com](http://Unison50plus.unisonalberta.com)

### Don't Miss Out!

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

### Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up. [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com) or 403-462-5080

Online Programs Website: [Unison50plus.unisonalberta.com](http://Unison50plus.unisonalberta.com)



## Online Classes

<p><b>FITNESS WITH DAN (Members: \$ 29   Non-Members: \$59)</b></p> <ul style="list-style-type: none"> <li>• Mondays   9:00 am – 10:00 am</li> </ul> <p><b>Z11A:</b> April 7 – May 5 (5 classes)   <b>Z11B:</b> May 26 – June 23 (5 classes)</p> <p><i>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.</i></p>
<p><b>STAY FIT (Members: \$ 64; 2 member household \$ 102.40   Non-Members: \$ 94   SASC (Seniors Alpine Ski Club): \$ 74)</b></p> <ul style="list-style-type: none"> <li>• Mondays &amp; Thursdays   11:00 am – 12:00 pm</li> </ul> <p><b>Z03A:</b> April 3 – May 12 (12 classes)   <b>Z03B:</b> May 22 – June 30 (12 classes)</p> <p><i>This six-week course will focus on balance &amp; strength training exercises designed to get you ready for spring strolls, weekend hikes, and general summer active shenanigans! Live your active life to the fullest during the warmer months!</i></p>
<p><b>BASIC SEATED YOGA (Members: \$ 29   Non-Members: \$ 59)</b></p> <ul style="list-style-type: none"> <li>• Mondays   12:30 pm – 1:30 pm</li> </ul> <p><b>Z10A:</b> April 7 – May 5 (5 classes)   <b>Z10B:</b> May 19 – June 16 (5 classes)</p> <p><i>Combining breath and movement, basic chair yoga provides a gentle and accessible option for all activity levels. Using controlled movements and the support of a chair, this class aims to strengthen and stretch the body in a safe and effective way.</i></p>
<p><b>FITNESS OVER 50! (Members: \$ 29   Non-Members: \$59)</b></p> <ul style="list-style-type: none"> <li>• Tuesdays   9:30 am – 10:30 am</li> </ul> <p><b>Z01A:</b> April 8 – May 6 (5 classes)   <b>Z01B:</b> May 20 – June 17 (5 classes)</p> <p><i>Join us for a combination of movement, strength, core and stretch class. This involves a good warm up and nice long cool down/stretch. This class will be about mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. We will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc. ALL ABILITIES LEVELS WELCOME! Participants can do some or all the class standing or in a chair – depending on their ability and comfort level.</i></p>
<p><b>TAI CHI (Members: \$ 29   Non-Members: \$59)</b></p> <ul style="list-style-type: none"> <li>• Tuesdays   11:00 am – 12:00 pm</li> </ul> <p><b>Z06A:</b> April 8 – May 6 (5 classes)   <b>Z06B:</b> May 20 – June 17 (5 classes)</p> <p><i>Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.</i></p>
<p><b>MEMORY WRITING : (Members \$ 35   Non-Members: \$65)</b></p> <ul style="list-style-type: none"> <li>• Tuesdays   3:00 pm – 4:00 pm</li> </ul> <p><b>Z14:</b> May 13 – June 17 (6 classes)</p> <p><i>They say with age comes wisdom. With age also comes stories of adventure, comedy, sadness, family, connection, grit, survival, and love. Writing your memories is a great lens through which to view your life and share your experiences with those around you. Join this small group and discover how to get started.</i></p>
<p><b>CHAIR DANCING (Members: \$ 29   Non-Members: \$59)</b></p> <ul style="list-style-type: none"> <li>• Thursdays   1:00 pm – 2:00 pm</li> </ul> <p><b>Z16A:</b> April 10 – May 8 (5 classes)   <b>Z16B:</b> May 22 – June 19 (5 classes)</p> <p><i>Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated (or standing if you prefer-- or both!), you will move, get your heart beating, and your legs tapping. The smiles and laughter are all part of the cardio, core and strength training program.</i></p>
<p><b>MUSCLE STRENGTH &amp; CORE BALANCE (Members: \$ 29   Non-Members: \$59)</b></p> <ul style="list-style-type: none"> <li>• Fridays   11:30 am – 12:30 pm</li> </ul> <p><b>Z08A:</b> April 4 – May 9 (5 classes)   <b>Z08B:</b> May 23 – June 20 (5 classes)</p> <p><i>Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.</i></p>

## Workshops

### ONLINE SAFETY WORKSHOP: YOUR PERSONAL INFORMATION (Members: \$ 32 | Non-Members: \$62)

- **ZW04:** Friday, April 11th | 10:00 am – 11:30 am (1.5 hrs)

This workshop will guide you through essential practices to keep your information secure online. Topics include creating strong passwords, identifying phishing scams, securing your devices, managing privacy settings, and understanding how to browse safely on the internet. This workshop is designed to provide practical, hands-on knowledge that empowers learners to confidently navigate the digital world while staying safe and secure online.

### SOCIAL MEDIA WORKSHOP: INSTAGRAM BASICS (Members: \$ 32 | Non-Members: \$62)

- **ZW05:** Friday, April 25th | 1:00 pm – 2:30 pm (1.5 hrs)

Learn how to navigate Instagram, one of the most popular social media platforms. This workshop will guide you through creating an account, sharing photos and videos, using hashtags effectively, following other users, and engaging with content. We'll also cover how to use privacy settings to ensure a safe and enjoyable experience. This workshop is designed to provide practical, hands-on knowledge that empowers learners to confidently navigate the digital world while staying safe and secure online.

### SOCIAL MEDIA WORKSHOP: YOUTUBE ACCOUNTS (Members: \$ 32 | Non-Members: \$ 62)

- **ZW06:** Friday, May 9th | 1:00 pm – 2:30 pm (1.5 hrs)

Explore the exciting world of YouTube in this beginner-friendly workshop. You'll learn how to create an account, navigate the platform, search for and subscribe to channels, upload your own videos, and adjust privacy settings for a safe experience. Whether for entertainment, education, or content creation, this workshop covers it all. This workshop is designed to provide practical, hands-on knowledge that empowers learners to confidently navigate the digital world while staying safe and secure online.

### SUCCULENT GARDEN POTS FOR SMALL SPACES WORKSHOP (Members: \$ 36 | Non-Members: \$66)

- **ZW03:** Thursday, May 15th | 10:00 am – 11:30 am (1.5 hrs)

Have some fun creating with the many sizes, shapes and colours of drought-tolerant succulents. Join Elaine from the Calgary Horticultural Society as she teaches us how to create beauty with potted succulents. This easy to maintain and movable garden will brighten any patio, balcony or window. \*Supplies not provided. You will need: 1 shallow container with drainage holes (must have holes); 1 bag of cactus soil mix (sold in small bags); Small succulents (when purchasing think about where you want to put them and the amount of light they will receive). When picking your pot(s) and succulents - general rule of thumb is at least 1/2" to 1" between plants. Suggestions for Sunny Locations: Dwarf aloes, echeverias, cacti, senecio's (string of pearls, turtles, beans, etc., burro's tails, sedum, kalanchoe). Suggestions for Moderate Light Locations (North): Haworthia (there are many types that do fine in lower light spots), cotyledon, gasteria, rhipsalis varieties.

### SOCIAL MEDIA WORKSHOP: FACEBOOK BASICS (Members: \$ 32 | Non-Members: \$62)

- **ZW07:** Friday, June 27th | 10:00 am – 11:30 am (1.5 hrs)

Unlock the full potential of Facebook in this hands-on session. You'll learn how to set up and personalize your account, create and share posts, connect with friends and family, join groups, and manage privacy settings to control who sees your content. Discover how to use Facebook as a tool for communication and connection. This workshop is designed to provide practical, hands-on knowledge that empowers learners to confidently navigate the digital world while staying safe and secure online.

## Lectures

### EDIBLE GARDEN IN SMALL SPACES LECTURE (Members: \$ 10 | Non-Members: \$10)

**With Calgary Horticultural Society speaker Janet Melrose**

- **ZL04:** Wednesday, April 16th | 1:00 pm – 2:00 pm

Edible gardening not only provides food for the table but contributes to our food security. It also supports our mental well-being as well as providing gentle physical movement. Having a small space is no barrier to a viable and productive edible garden!

In this workshop learn how we can grow edibles in small spaces-indoors under lights, on balconies or patios and perhaps at a community garden or another social gardening program. Also, the basics for edible gardening in containers-soil, what to grow, how to care for containers/planters and harvesting techniques. We will also talk about the inevitable barriers seniors have for gardening and how we can surmount them to enjoy edible gardening.

## FREE Classes Included with Your Membership

### GENTLE SOULFUL YOGA – Online Course – Spring – Z16 – FREE for Members

- **Wednesdays | April 9 – June 11 (10 classes) | 9:00 am – 10:00 am**

Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them. \*This class does not cover chair positions. If you are interested in seated yoga, please check out our [Basic Seated Yoga class on Mondays](#).

### NEW! EXPLORING SKETCHING – Online Course – Spring – Z15 – FREE for Members

- **Fridays | April 25 – June 13 (8 Classes) | 9:30 am – 10:30 am**

New to sketching or is your pencil an extension of your arm? Join Sally and the rest of the online sketching community each Friday to explore a new subject, new technique, or maybe a new medium. All you need is a pencil and paper to participate, but if you feel like breaking out your chalk or pastels you are free to do so. There is no obligation to share your work, but it is encouraged and welcomed!

# Volunteer spotlight

Some people volunteer out of duty, some for the experience, and others because they truly love helping people. For Barbara Streibl, it's all of the above.



Barbara joined Unison at Kerby Centre in June 2023 to volunteer at the Seniors Supports Reception, where she quickly became a friendly and reassuring constant presence.

She knew that many clients were going through stressful times and facing hardships, so she made it her mission to “listen, encourage, and offer support” however she could.

By October 2024, Barbara expanded her role, taking on a new challenge as a volunteer Administrative Assistant in the Volunteer Department. From handling office tasks to conducting surveys, she tackled every responsibility with the same dedication and attention to detail. More recently, she took on yet another role as a Unison Kerby Tour Guide, helping visitors, potential members, and future volunteers learn about the many programs and services Unison at Kerby Centre offers.

So what keeps Barbara coming back? “The joy of helping others,” she says. Barbara thrives on learning something new every day, using her skills to solve problems, and seeing the difference she makes in people’s lives. She has great relationships with the staff, enjoys the company of fellow volunteers and practicum students, and has even made new friendships along the way.

Barbara’s dedication, warmth, and willingness to step up wherever she’s needed make her a crucial part of the Unison community. We’re grateful for all she does, and we can’t wait to see what she takes on next!

Volunteering is a serious decision, and Unison at Veiner Centre is so fortunate that Terry Sawchuck chose to donate her time to us.



For almost two years, Terry has been volunteering for Meals on Wheels and Veiner Vintage Transport. Terry worked in the

homecare industry, and after retiring, found that she missed the interactions that her job provided. Terry gains a lot of personal satisfaction helping others. She delivers meals, brings clients to their appointments, and for visits with friends and family. When Terry is not volunteering, you might find her reading a good Danielle Steele or Nora Roberts novel, or enjoying the Wonder Woman series on TV. Her children, grandchildren and great-grandchildren are a very important part of her life and spending time with them fills her

days. Terry has spent the winter with her sister, who lives somewhere warmer than Alberta! Terry’s

motto is “live & let live,” and “try anything once.” Thank you for all that you do! We appreciate you!

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



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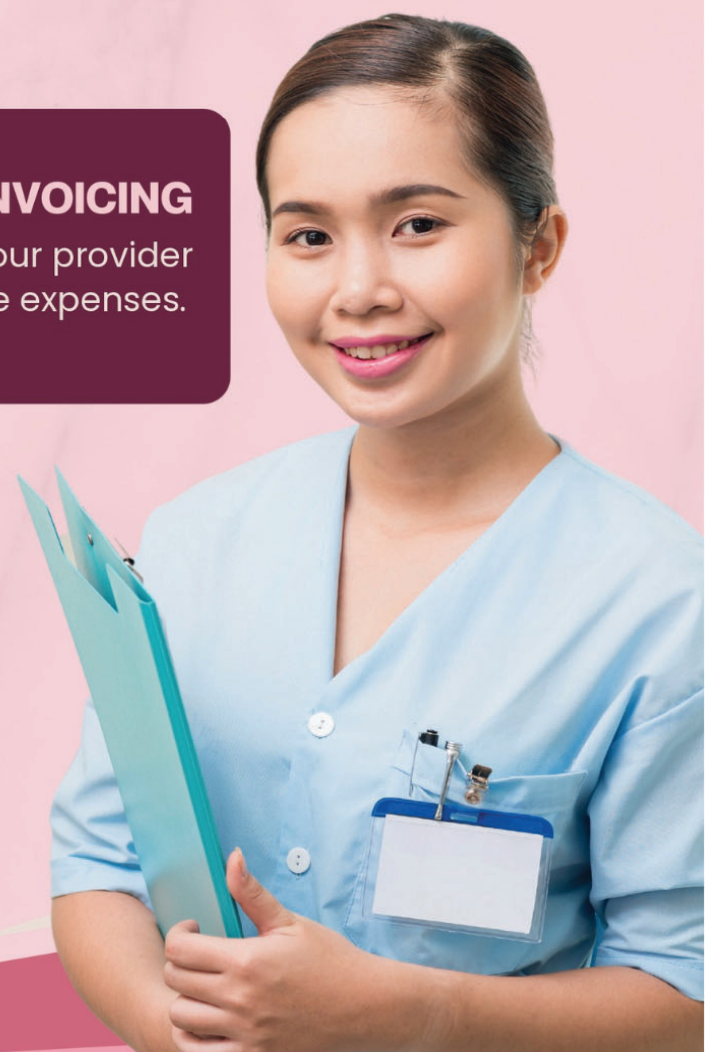
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# A powerful tool for philanthropy

Joel Bray, Cardinal Capital Management

One impactful way to support a cause is by donating life insurance. This strategy allows donors to make a substantial contribution to their favorite charities while maximizing tax benefits and preserving their financial security.

Life insurance is traditionally used to provide financial security for loved ones after the policyholder's death. However, it can also be a powerful vehicle for philanthropy both while alive and at death.

The simplest way to donate life insurance is by naming a charity as the beneficiary of a policy. Upon the policyholder's passing, the charity receives the death benefit.

Another option is transferring ownership of an existing life insurance policy to a charity. In this case, the donor may receive a tax receipt for the policy's fair market value at the time of the transfer. If the donor continues to pay premiums, those payments may also qualify as charitable deductions. This strategy allows donors to leverage an asset they already own to create a meaningful impact, plus the charity has the opportunity to use cash inside the policy while the donor is alive.

Finally, donors can take out a new life insurance policy with a charity as the owner and beneficiary. The

donor pays the premiums, which may be tax-deductible. This method enables individuals to make a large gift over time through small contributions. In Canada, there is a charitable life insurance policy that requires only one payment to create a significant gift at the donor's death and still allows the charity access to cash within the policy while the donor is alive.

One of the key advantages of donating life insurance is the potential for significant tax benefits, which vary depending on the method:

**Estate Tax Reduction:** Life insurance proceeds designated to a charity are typically excluded from the donor's estate, reducing potential estate taxes.

**Income Tax Deductions:** If policy ownership is transferred to a charity, the donor may receive an immediate tax receipt for the policy's fair market value. Working with financial professionals helps strategize the best approach to your unique situation. They can help you narrow in on all the donation credits that can be used against taxable income, and make sure none are wasted.

Donating life insurance can be a great fit for individuals and/or corporations in various financial situations, including:

**Those with a Paid-Up Policy:** If a policy is no longer needed for its original purpose (such as providing





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

**Saturday, April 26th, 2025 | 9am-3pm**  
[UnisonAlberta.com/Seniors-Expo-2025](http://UnisonAlberta.com/Seniors-Expo-2025)



- Exhibitor Booths
- Educational Sessions
- Giveaway Bags
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for children who are now financially independent), donating it can meaningfully repurpose that asset.

**High-Net-Worth Individuals:** Those looking to reduce estate taxes while making a significant charitable impact benefit from this strategy.

**Philanthropic Individuals Seeking Tax Advantages:** Anyone who wants to give strategically while optimizing tax sav-

ings should consider life insurance as part of their charitable giving plan.

Life insurance is a powerful yet often overlooked tool for philanthropy. Whether naming a charity as a beneficiary, transferring ownership of a policy, or using advanced giving strategies, donors can make a lasting impact while benefiting from tax advantages. By incorporating life insurance into a charitable

giving plan, individuals can leave a legacy that extends far beyond their lifetime.

For those considering this approach, consulting with a financial planner, tax advisor, or legal professional can ensure that their philanthropic goals are met in the most effective way possible. Giving through life insurance is not just about finances—it's about making a difference, one policy at a time.



## Unleashing Your Legacy Potential to Leave a Lasting Impression

FREE Panel Discussion. Refreshments and snacks provided

Workshop:

- Why you need an exit plan
- Step by Step on a memorable Exit Plan
- Real Life Personal Stories
- Professional Advice
- Community Engagement

Monday, March 24th | 2pm - 4 pm

Unison at Kerby Centre | Kinsmen Lecture Room

**Space is limited. RSVP to secure your spot.**  
 RobL@UnisonAlberta.com | 403-705-3235



**Speakers:**

- Michael Pierson, Owner, Funeral Director
- Dr. Linda Kongnetiman, Counsellor (Grief and Loss)
- Christianne Murphy, TEP, Wills and Estate Lawyer
- Russell Kane, Regional Trust Advisor with RBC

**Host and End-of-Life Preplanning Coach:** Andrea Cox



BOOK GIVEAWAY AT EVENT

## Support Unison and provide a hand up for seniors!

Designate Donation to:  Calgary  Medicine Hat

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 \_\_\_\_\_

**Planned Giving – A gift today. A legacy forever.**

I would like to receive information on planned giving.

I have included Unison in my will.

**Send tax receipt to:**

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Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_



Donate NOW at [UnisonAlberta.com/Donate](http://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.

Main Office: 1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR001

# Active Aging

## Course Registration Spring Session



Registration opens **March 3rd** for members and **March 14th** for non-members

Register in person at Kerby Centre in **Room 306** or by phone at **403-705-3233**  
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[Unison50plus.unisonalberta.com](http://Unison50plus.unisonalberta.com)

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

<b>Line Dancing Beginner Plus</b> (Member: \$69   Non Member: \$99 per course) Instructor: Dianne Sandstrom	<b>W01 Monday Apr 7 – June 30</b> (No Class May 19) 10:30am – 11:30am   Wild Rose Church
No partner? No problem! This fun and easy class will teach you the basics of line dancing. You'll improve your coordination, stay sharp, and feel more confident as you learn new moves.	
<b>Ukulele Beginner</b> (Member: \$59   Non Member: \$89 per course) Instructor: Lorraine Smith	<b>W02 Friday May 23– June 27</b> (6 Weeks) 10am – 11am   Wild Rose Church
Perfect for beginners. You'll learn basic chords, strumming, and play along with familiar songs—plus, singing is encouraged! Bring your own ukulele (soprano, concert, or tenor) and a clip-on tuner. <i>If you need a uke, contact the Active Aging Department for help.</i>	
<b>Portrait Drawing Workshop</b> (Member \$50   Non Member \$80) Instructor: Hamideh Khadem Sohi	<b>W03 Tuesday May 27</b> 1pm – 3pm   Wild Rose Church
Love drawing portraits? This workshop is for you! Whether you're a beginner or have experience, you'll learn key portrait drawing techniques and improve your skills. <i>Supplies not included - bring an HB, 3B, and 6B pencil, a sketchbook, and an eraser.</i>	
<b>Fitness with Dan</b> (Member: \$69   Non Member: \$99) Instructor: Dan Leung	<b>W04 Tuesday Apr 8 – June 24</b> 10am – 11am   Wild Rose Church
Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.	

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

<b>Chen Tai Chi</b> (Member \$69   Non Member \$99) Instructor: Adrian Buczek	<b>A01 Thursday April 10 – June 26</b> 2:15pm – 3:15pm   Room 205 - Unison at Kerby Centre
Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.	
<b>Fitness with Dan</b> (Member \$69   Non Member \$99) Instructor: Dan Leung	<b>A02 Wednesday April 9 – June 25</b> 10am – 11am   Gym - Unison at Kerby Centre
Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.	
<b>Muscle Strength &amp; Core Balance</b> (Member \$69   Non Member \$99)   Instructor: Dan Leung	<b>A03 Friday April 4 – July 11</b> (No Class Apr 18, Apr 25 & July 4) 9am – 10am   Gym - Unison at Kerby Centre
Strong core balance. Various equipment will be used to train muscles associated with activities for daily living.	
<b>Stretching &amp; Mobility</b> (Member \$69   Non Member \$99) Instructor: Dave Goldenberg	<b>A04 Tuesday Apr 8 – June 24</b> 11:15am – 12:15pm   Room 205 - Unison at Kerby Centre
Improve your flexibility, enhance your range of motion, and rejuvenate your body. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle.	

<b>Core Essentials &amp; Balance</b> (Member \$69   Non Member \$99) <i>Instructor:</i> Navin Jetha	<b>A05 Thursday Apr 10 – June 26</b> 11:00am – 12pm   Room 205 - Unison at Kerby Centre	
Strengthen your core and improve your balance in this fun and energizing class! You'll work on your abs, lower back, and posture with a mix of bodyweight and resistance exercises. Perfect for all levels, this class helps you move with confidence and feel stronger!		
<b>Feet to the Beat</b> (Member \$69   Non Member \$99) <i>Instructor:</i> Kym Butler	<b>A06 Friday April 4 – July 11</b> (No Class Apr 18, Apr 25 & July 4) 1pm – 2pm   Room 205 - Unison at Kerby Centre	
Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.		
<b>Line Dancing</b> (Member \$69   Non Member \$99 per course)   <i>Instructor:</i> Glenis Martin		
<b>Intermediate Beginners</b> <b>A07 Monday April 7 – June 30</b> (No Class May 19) 1pm – 2pm   Gym - Unison at Kerby Centre	<b>Introductory Beginners</b> <b>A08 Thursday April 10 – June 26</b> 11:30am – 12:30pm   Gym - Unison at Kerby Centre	<b>Intermediate Beginners</b> <b>A09 Thursday April 10– June 26</b> 1pm – 2pm   Gym - Unison at Kerby Centre
No partner? No problem! This fun and easy class will teach you the basics of line dancing. You'll improve your coordination, stay sharp, and feel more confident as you learn new moves. <i>For Intermediate class, participants need to have some previous experience.</i>		
<b>Flamenco Dance Beginner!</b> (Member \$54   Non Member \$84) <i>Instructor:</i> Honey Sturdy	<b>A10 Monday April 21 – May 12</b> (4 weeks) 1pm – 2pm   Room 205 - Unison at Kerby Centre	
Try something new with our Flamenco Dance workshop for seniors! This lively Spanish dance is a fun way to stay active. No experience needed—just bring your energy! Our friendly instructor will teach you basic steps, footwork, and hand movements.		
<b>Chair Yoga</b> (Member \$69   Non Member \$99) <i>Instructor:</i> Gina Komanac	<b>A11 Wednesday April 9 – June 25</b> 1:15pm – 2:15pm   Room 205 - Unison at Kerby Centre	
Great way to relax and rejuvenate! Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.		
<b>Yoga for You</b> (Member \$69   Non Member \$99) <i>Instructor:</i> Gina Komanac	<b>A12 Monday April 14 – July 7</b> (No Class May 19) 11:30am – 12:30pm   Room 205 - Unison at Kerby Centre	
Learn kind and beneficial yoga poses while increasing strength and balance. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. <i>Please provide your own yoga mat.</i>		
<b>Zumba Gold</b> (Member \$69   Non Member \$99 per course)   <i>Instructor:</i> Chantel Cunningham		
<b>A13 Tuesday April 8 – June 24</b> 10am – 11am   Room 205 - Unison at Kerby Centre	<b>A14 Thursday April 10 – June 26</b> 10am – 11am   Gym - Unison at Kerby Centre	
An easy-to-follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout.		

## Academic Courses

### Arts

<b>Arts in the Afternoon: Acrylic</b> (Member \$155   Non Member \$185 per course)   <i>Instructor:</i> Hamideh Khadem Sohi	
<b>B01 Wednesday April 16 – May 28</b> (No Class May 21) 1pm – 3pm   Room 313 - Unison at Kerby Centre	<b>B02 Wednesday June 4 – July 16</b> (No Class June 25) 1pm – 3pm   Room 313 - Unison at Kerby Centre
Designed for beginners. You will be guided step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. <i>All supplies are included.</i>	
<b>Spring Themed Painting Workshop – Blossoming Trees</b> (Member \$50   Non Member \$80)   <i>Instructor:</i> Carol Marasco	<b>B03 Wednesday June 25</b> 1pm – 3pm   Room 313 - Unison at Kerby Centre
Participants can learn techniques to paint beautiful cherry blossoms, magnolias, or apple blossoms on a serene spring background. <i>All supplies included.</i>	
<b>Drawing</b> (Member \$99   Non Member \$129 per course)   <i>Instructor:</i> Hamideh Khadem Sohi	
<b>Beginner Drawing</b> <b>B04 Monday April 14 – May 26</b> (No Class May 19) 1pm – 3pm   Room 313 - Unison at Kerby Centre	<b>Intermediate Drawing</b> <b>B05 Monday June 2 – July 7</b> 1pm – 3pm   Room 313 - Unison at Kerby Centre
Interested in drawing? Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! <i>Supplies not included.</i>	



<p><b>Calligraphy - Pencil, Please!</b> (Member \$64   Non Member \$94)  <u>Instructor:</u> Renate Worthington</p>	<p><b>B06 Tuesday May 13 – June 3</b>                  1pm – 3pm   Room 305 - Unison at Kerby Centre</p>
<p>Discover the fun of drawing with just a pencil! You'll create textures, playful letter styles, and fun projects. No art experience needed—just bring an HB or #2 regular pencil, a white eraser, and some blank paper to the first class. Beginners are welcome!</p>	
<p><b>Chinese Knot Jewelry Making</b> (Member \$64   Non Member \$94)  <u>Instructor:</u> Valerie Wu</p>	<p><b>B07 Monday May 5 – June 2</b> (No Class May 19 - 4 weeks)                  1pm – 3pm   Room 305 - Unison at Kerby Centre</p>
<p>The class is tailored for those who love DIY jewelry and learn the basic Chinese knots to apply for modern Jewelry making. No prior jewelry making or knotting is required.</p>	
<p><b>Beginner Watercolour</b> (Member \$155 per course   Non Member \$185 per course)   <u>Instructor:</u> Hamideh Khadem Sohi</p>	
<p><b>B08 Thursday April 10 – May 15</b>                  10am – 3pm   Room 312 - Unison at Kerby Centre</p>	<p><b>B09 Thursday May 22 – June 26</b>                  10am – 3pm   Room 312 - Unison at Kerby Centre</p>
<p>Have you been an admirer of watercolour from afar but now are looking to learn the skill of watercolour painting for yourself? This class is for you! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i></p>	
<p><b>Advanced Watercolour</b> (Member \$155 per course   Non Member \$185 per course)   <u>Instructor:</u> Hamideh Khadem Sohi</p>	
<p><b>B10 Friday April 11 – May 23</b> (No Class Apr 18)                  10am – 3pm   Room 313 - Unison at Kerby Centre</p>	<p><b>B11 Friday May 30 – July 11</b> (No Class July 4)                  10am – 3pm   Room 313 - Unison at Kerby Centre</p>
<p>Have you been an admirer of watercolour from afar but now are looking to learn the skill of watercolour painting for yourself? This class is for you! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i></p>	
<p><b>Sketching</b> (Member \$99   Non Member \$129)  <u>Instructor:</u> Hamideh Khadem Sohi</p>	<p><b>B12 Tuesday April 15 – May 20</b> (6 weeks)                  1pm -3pm   Room 313 - Unison at Kerby Centre</p>
<p>Designed to teach the technical aspects of sketching and foster a sense of artistic confidence and individual expression. Discover the joy of bringing your imagination to life on paper.</p>	
<p><b>Color Pencil Painting Beginner</b>                  (Member \$99   Non Member \$129)                  Instructor: Hamideh Khadem Sohi</p>	<p><b>B13 Monday May 26 – June 30</b> (6 weeks)                  10am -12pm   Room 313 - Unison at Kerby Centre</p>
<p>With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils. This approach emphasizes both technical skill and creative expression.</p>	
<p><b>Portrait Drawing Workshop</b> (Member \$50   Non Member \$80)  <u>Instructor:</u> Hamideh Khadem Sohi</p>	<p><b>B14 Tuesday April 8</b>                  1pm – 3pm   Room 312 - Unison at Kerby Centre</p>
<p>Love drawing portraits? This workshop is for you! Whether you're a beginner or have experience, you'll learn key portrait drawing techniques and improve your skills. <i>Supplies not included - bring an HB, 3B, and 6B pencil, a sketchbook, and an eraser.</i></p>	
<p><b>Photography with Smartphone</b> (Member \$64   Non Member \$94)  <u>Instructor:</u> Hamideh Khadem Sohi</p>	<p><b>B15 Tuesday June 3 – June 24</b> (4 weeks)                  1pm -3pm   Room 312 - Unison at Kerby Centre</p>
<p>In today's digital age, mobile photography has become increasingly popular. You will learn how to capture compelling images using your smartphones. From composition techniques to editing tips - everything to unleash your creativity through mobile photography.</p>	

**Languages – Spanish**

<p><b>Spanish</b> (Member \$160   Non Member \$190 per course)   <u>Instructor:</u> Norah Hutchinson  <i>The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.</i></p>	
<p><b>Spanish Grammar I</b>  <b>B16 Monday Apr 14 – July 7</b> (No Class May 19)                  10am – 12pm   Room 311 -Unison at Kerby Centre</p>	<p>Beginner. A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.</p>
<p><b>Spanish Grammar II</b>  <b>B17 Tuesday April 15 – July 1</b>                  1pm– 3pm   Room 311 -Unison at Kerby Centre</p>	<p>A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.</p>
<p><b>Spanish Grammar III</b>  <b>B18 Tuesday April 15 – July 1</b>                  10am – 12pm   Room 311 - Unison at Kerby Centre</p>	<p>A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Chapters 7-9 will be covered.</p>

<b>Spanish Grammar IV</b> <b>B19 Thursday April 17 – July 3</b> 1pm – 3pm   Room 311 - Unison at Kerby Centre	A continuation of Spanish Grammar III. Chapters 10-12 will be covered.
<b>Spanish Grammar V</b> <b>B20 Wednesday April 16 – July 2</b> 1pm – 3pm   Room 311 - Unison at Kerby Centre	A continuation of Spanish Grammar IV. Requirement to finish Grammar IV. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest
<b>Spanish Conversation</b> <b>B21 Monday April 14 – July 7</b> (No Class May 19) 1pm – 3pm   Room 311 - Unison at Kerby Centre <b>OR</b> <b>B22 Friday April 11 – July 11</b> (No Class Apr 18 & July 4) 1pm – 3pm   Room 312 - Unison at Kerby Centre	Advanced Spanish. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.

## Languages - English as a Second Language

<b>ESL Intermediate</b> (Member \$79   Non Member \$109) <u>Instructor:</u> Carol Wallace	<b>B23 Friday April 4 – June 27</b> (No Class Apr 18) 1:30pm – 3pm   Room 305 - Unison at Kerby Centre
This course is designed specifically for senior immigrants looking to improve their English skills in a supportive environment. You will build confidence in conversation, expand vocabulary, and strengthen grammar for everyday interactions. Our experienced instructors focus on practical language skills tailored to the needs of seniors, helping you feel more connected and independent in your daily life.	
<b>ESL Advanced</b> (Member \$79   Non Member \$109) <u>Instructor:</u> Merv Graham	<b>B24 Friday April 4 – June 27</b> (No Class Apr 18) 1:30pm – 3pm   Room 311 - Unison at Kerby Centre
This course is designed specifically for senior immigrants ready to build on their existing English skills. This course focuses on refining vocabulary, improving conversational abilities, and enhancing understanding of complex English language structures. You will navigate everyday interactions, enrich your community connections, and enjoy deeper engagement with the English language.	

## Sing & Play

<b>Singing Circle</b> (Member \$70   Non Member \$100) <u>Instructor:</u> Barry Luft	<b>B25 Thursday April 10 – June 26</b> 10:30am – 11:30am   Room 305 - Unison at Kerby Centre
Welcome to our long-standing Singing Circle! <i>Note: our rules include no song books, lyric sheets or visual aid of any kind including cell phones.</i> We have a well-stocked song bag of popular titles to help move things along if memory fails.	
<b>Ukulele Beginner</b> (Member \$110   Non Member \$140) <u>Instructor:</u> Lorraine Smith	<b>B26 Thursday May 22 – August 7</b> 10am – 11am   Room 313 - Unison at Kerby Centre
Designed for those with little or no experience. If you have a ukulele, bring it to class with an electronic clip-on tuner. Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele - soprano, concert, or tenor.	
<b>Ukulele Intermediate</b> (Member \$110   Non Member \$140) <u>Instructor:</u> Lorraine Smith	<b>B27 Thursday May 22 – August 7</b> 11:15am – 12:15pm   Room 313 - Unison at Kerby Centre
Raising the Level of Musicianship! We will review the uke-friendly keys, perfect the "calypso" strum, use tablature notation, and further train our playing by-ear skills. <i>Pre-requisite: And intermediate-level course and familiarity with the Nashville Numbering System.</i>	
<b>Ukulele Magic! Advanced Play &amp; Sing</b> (Member \$110   Non Member \$140 per course)   <u>Instructor:</u> Barry Luft. <b>Two time options:</b>	
<b>B28 Wednesday April 9 – June 25</b> 10am – 11am   Room 305 - Unison at Kerby Centre	<b>B29 Wednesday April 9 – June 25</b> 11:15am – 12:15am   Room 305 - Unison at Kerby Centre
<b>OR</b>	
The focus: less instruction and more on reviewing/honing the skills of song accompaniment. Lots of songs and practise to hear chord changes. <i>Pre-requisite: An intermediate-level course, a handful of "keys", and knowledge of the Nashville Numbering System.</i>	
<b>Guitar Basics!</b> (Member \$110   Non Member \$140 per course) <u>Instructor:</u> Kevin Cholowsky	
<b>Guitar Beginner</b> <b>B30 Thursday April 10 – June 26</b> 11:00am – 12:00pm   Room 311 - Unison at Kerby Centre	<b>Guitar Beginner Level I</b> <b>B31 Thursday April 10 – June 26</b> 1:15pm – 2:15pm   Room 311 - Unison at Kerby Centre
For individuals with little or no previous experience, or those who may be looking for a little refresher. You'll be learning basic chords and strumming patterns. If you have a guitar, bring it to class in good working order along with an electronic tuner.	

## General Interest

<b>Origami Workshop</b> (Member \$15   Non Member \$45)   <u>Instructor:</u> Kumiko Sato		
<b>B32 Monday April 21</b>   10am – 11am Room 108 – Unison at Kerby Centre	<b>B33 Monday May 26</b>   10am – 11am Room 108 – Unison at Kerby Centre	<b>B34 Monday June 16</b>   10am – 11am Room 108 – Unison at Kerby Centre
Specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment. This activity stimulates your creativity and brings a sense of joy!		
<b>Self Defense</b> (Member \$50   Non Member \$80) <u>Instructor:</u> Don Muldoon		<b>B35 Tuesday June 24</b> 10am – 12pm   Room 312 – Unison at Kerby Centre
Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone. Both verbal and physical skills will be taught.		
<b>Transit Safety</b> (Member \$50   Non Member \$80) <u>Instructor:</u> Don Muldoon		<b>B36 Tuesday May 20</b> 10am – 12pm   Room 312 – Unison at Kerby Centre
Learn to identify potentially harmful situation in the bus stop, train station and in the train.		
<b>Edible Flowers Workshop</b> Members: \$50   Non Members: \$80 <u>Instructor:</u> Jennifer Hoglin (Calgary Horticultural Society)		<b>B37 Tuesday May 27</b> 10am – 12pm   Room 305 – Unison at Kerby Centre
Discover the delicious world of edible flowers! Learn which blooms you can grow and enjoy in your kitchen, from stuffed zucchini blossoms to tasty garlic scapes. We'll explore easy-to-grow flowers in Calgary and fun ways to use them in cooking. Plus, you'll plant your own edible flower seeds to take home. Come grow, taste, and enjoy!		
<b>Pickleball Lessons</b> (Member \$40   Non Member \$70 per course)		
<b>B38 Tuesday April 8 – April 29</b>   10am – 12pm Gym – Unison at Kerby Centre	<b>B39 Tuesday May 6 – May 27</b>   10am – 12pm Gym – Unison at Kerby Centre	<b>B40 Tuesday June 3 – June 24</b>   10am – 12pm Gym – Unison at Kerby Centre
In this beginner-friendly class, you'll learn the basics—including rules, techniques, and strategies, and serving, rallying, and scoring—in a fun and supportive setting. No experience needed, and all equipment is provided. Just bring your energy and get ready to play!		

## Digital Skills Training

<b>Introduction to Smart Phone Usage The Basics of Internet &amp; Email for Beginners Social Media for Beginners</b> (Member \$150   Non Member \$180)   <u>Instructor:</u> Adrian Ray	<b>B41 Friday April 4 – June 27</b> (No Class Apr 18) 11am – 12:30pm   Room 305 – Unison at Kerby Centre
Designed to teach you how to use your smart phone to make your life easier! You'll learn to make calls, send texts, take photos, manage apps, and more. You will know how to use the internet on your computer and cellphone. It will help you learn to use web browsers, search engines, and emails. Learn how to use social media to stay engaged and maintain connections with friends and family online.	

## Unison Travel Spotlight

### 7-Day ALASKA CRUISE Launch Luncheon

**Thursday, 27th March 2025 12:00 PM at Unison at Kerby Centre in Room 205 Fee: \$10.00**

Join us for a luncheon to launch our first Kerby cruise of 2025! We'll share all the details at the event. We have only 36 spots available for this exciting trip. Refundable deposits will be accepted at the luncheon on a first-come, first-served basis.

For more information, please contact **Kerby Travel Desk at 403-705-3237 OR Active Aging Department at 403-705-3233.**



**MONDAY  
MARCH  
17**

*Saint*  
**PATRICK'S**  
*Event*

AT  
**THE KERBY CAFE**

*Join us for a delicious Irish Stew and  
Irish Biscuit lunch for \$12.00*

*Enjoy a samplings from Andrew Peller LTD*  
Wayne Gretzky Double Oaked  
Wayne Gretzky Whisky Sour  
No Boats on Sunday.....hey its green!

*Special Performance and Entertainment*

**11:00 AM – 1:00 PM**




## Volunteer with us!



**Expo Volunteers** We need volunteers to make the 2025 Expo a success! Be part of something big on April 26.

**Café Volunteer** We're looking for friendly volunteers to help as cashiers or kitchen helpers at the Kerby Café.




**Travel Desk Volunteer** Help plan trips in Calgary and beyond! Gain experience and share your love for travel.

**Directory Delivery Volunteers** Help distribute directory bundles across the city!



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

## FREE HEARING ASSESSMENTS

Time for a hearing aid check or maintenance? Ears to You is here to help!

-  **Friday, March 28th**
-  **9:00am - 1pm**
-  **Unison at Kerby Centre - Room 108**

Spots fill up fast.  
Book your appointment TODAY!  
BY PHONE: 403-970-7201  
BY EMAIL: CalgaryAdmin@earstoyou.ca

 Brought to you by: 







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Mobile hearing clinic

# Stay sharp. Stay connected.

Clear hearing helps you catch every word, whether it's an important conversation with family, a friendly chat, or something you need to know to protect yourself. At **Ears To You**, we bring professional hearing care to your door, so you can hear your best and stay informed.

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- 1 Verify the caller.** Always double-check who you're speaking to.
- 2 Listen for red flags.** Scammers often pressure you to act quickly. Take your time.
- 3 Ask questions.** Clear hearing helps you catch key details.

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