

Course Registration Summer Session

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

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

Online registration and full details at KerbyCentre23.WildApricot.org

Don't Miss Out!

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

Refund Policy

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Line Dancing (Intermediate Beginners) (Member: \$22 | Non-Member: \$52) Instructor: Glenis Martin

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.

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

Line Dancing (Introductory Beginners) (Member: \$29 Non-Member: \$59) Instructor: Glenis Martin

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.

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

Line Dancing (Intermediate Beginners) (Member \$29 Non-Member \$59) Instructor: Glenis Martin

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.

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

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

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

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

Art Courses

Drawing Basics! (Member: \$60 | Non-Member: \$90) Instructor: Hamideh Khadem Sohi
Interested in drawing? Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! Supplies not included.

- **B01 Mondays Aug 12 – Sept 9 (4 Weeks - No Class Sept 2)** 1pm – 3pm | Room 313 – Unison at Kerby Centre

Watercolour (Member: \$96 | Non-Member: \$126) Instructor: Hamideh Khadem Sohi
*Join us and bring your artistic visions to life with the mesmerizing medium of watercolor. (*Supplies not included.)*

- **B02 Friday Aug 9 – Aug 30 (4 Weeks)** 10am – 3pm Room 313 – Unison at Kerby Centre

Photography with Smartphone (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi
In today's digital age, mobile photography has become increasingly popular. Our instructor is well-versed in the capabilities of mobile devices for photography and can teach you how to capture compelling images using your smartphone. From composition techniques to editing tips, the instructor's aim is to empower students to unleash their creativity through mobile photography.

- **B03 Tuesday Aug 13** 10am – 12pm Room 313 – Unison at Kerby Centre

Color Pencil Painting (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi
Our skilled instructor expertly teaches color theory and technique, fostering students' creativity with color pencils. Supplies not included.

- **B04 Monday Aug 12** 10am – 12pm Room 313 – Unison at Kerby Centre

Sing & Play

Ukulele Beginner (Member: \$75 | Non-Member: \$105) Instructor: Lorraine Smith
Designed for those with little or no experience. If you have a ukulele, bring it to class with an electronic clip-on tuner. Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.

- **B05 Thursdays July 11 – Aug 29 (8 Weeks)** 10am – 11am | Room 313 – Unison at Kerby Centre

Ukulele (Prep for Intermediate Ukulele) (Member: \$75 | Non-Member: \$105) Instructor: Lorraine Smith
This class is for those who have taken one or two beginner classes. We will cover material that will get you ready for Intermediate. This class will include: The calypso rhythm, playing in a minor key, using a capo, more work on the chords of the F family –especially Bb.

- **B06 Thursdays July 11 – Aug 29 (8 Weeks)** 11:15am – 12:15pm | Room 313 – Unison at Kerby Centre

General Interest

Outdoor Safety & Awareness (Member: \$35 | Non-Member: \$65) Instructor: Don Muldoon
Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.

- **B07 Tuesday Aug 13** 10am – 12pm | Outside (Meet at Front Lobby) – Unison at Kerby Centre

Intro to Baton Twirling Workshop (Member: \$35 | Non-Member: \$65) Instructor: Lorraine Meeke
Come and learn some Baton Twirling Basic Twirls and Fun-damentals with Miss Lorraine (Head Coach of The Baton & Dance Company).

Did you know that Baton Twirling is recognized as a sport here in Alberta? Did you know that Baton Twirling improves hand – eye coordination? Did you know Baton Twirling gets our hands moving and can improve arthritis and stillness in our fingers and wrists?

Baton Twirling for Seniors will include learning: The 3 parts of the baton, how to grip the baton, how to toss the baton, figure 8's, horizontal wrist twirls, passes, finger twirls).

- **B08 Monday July 15** 1pm – 1:45pm | Room 205 – Unison at Kerby Centre

- **B09 Monday Aug 12** 1pm – 1:45pm | Room 205 – Unison at Kerby Centre

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

Line Dancing (Member: \$40 | Non-Member: \$70) Instructor: Dianne Sandstrom
No need for a dance partner! This class will teach you the basics in a fun and educational setting.

- **W01 Monday July 8 – Aug 26 (7 Weeks - No Class Aug 5)** 10am – 11am | Wild Rose Church

Colour Pencil Painting (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi
Our skilled instructor expertly teaches color theory and technique, fostering students' creativity with color pencils. Supplies not included.

- **W02 Tuesday Aug 20** 10am – 12pm | Wild Rose Church