

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 KerbyCentre23.WildApricot.org

Weekly In-person Activities at Unison at Kerby Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Badminton & Ping Pong (\$3) Gym 10am - 12pm</p> <p>Mahjong (\$2) Room 312 10:30am - 12:30pm</p> <p>Live Well Be Well Conversations (FREE) Room 317 11am - 12pm</p> <p>Pickleball Beginner Lessons (\$20 for 4 weeks) Gym 10am - 12pm</p> <p>Pickleball (\$3) Gym 2:30pm - 4pm</p>	<p>Recorder Group (\$2) Room 108 10am - 12pm</p> <p>Bridge (\$2) Room 312 10am - 12pm</p> <p>Pickleball (\$3) Gym 2:30pm - 4pm</p>	<p>General Craft Group & Knitting for a Cause (FREE) Room 311 9am - 12pm</p> <p>English Language Literacy (FREE) Room 312 10am - 12pm</p> <p>Men's Shed (FREE) Room 317 11am - 12:30pm</p> <p>Wednesday Dance (FREE) Café 1pm - 3pm</p> <p>Cribbage (\$2) Room 312 1pm - 3:30pm</p> <p>Walking Soccer (\$3) Gym 2:30pm - 4pm (Registration Required)</p>	<p>Artists Group (\$1.50 per half day) Room 313 10am - 3pm</p> <p>Kerby Centre Tours (FREE) Meet at Kerby Café 10:30am</p> <p>Pickleball (\$3) Gym 2:30pm - 4pm</p>	<p>Spanish Conversation Group (\$2) Room 311 10am - 12pm</p> <p>Krazy Karvers Woodcarving Club (\$1.50 per half day) Room 102 10am - 3pm</p> <p>Tech Help (\$5) 11am - 1pm (Registration required)</p> <p>Badminton & Ping-Pong (\$3) Gym 1:30pm - 3:30pm</p> <p>Beginner English as a Second Language (FREE) Room 305 1:30pm - 3:30pm</p> <p>Intermediate English as a Second Language (FREE) Room 311 1:30pm - 3:30pm</p>

Active Aging Spotlight

Intro to German Longsword at Kerby Centre

Wednesdays | May 8th - June 19th
 1pm - 2:30pm
 Member/Super Member: \$70
 Non-Member: \$100

Discover a new adventure in weapon-based martial arts! No experience needed. Learn foundational practices of Historical European Martial Arts, including breathing, balance, footwork, and attack angles. Improve fitness, challenge your mind, and find your footing! **LIMITED SPOTS!**

Register NOW!
KerbyCentre23.WildApricot.org
 403-705-3233 or HenriettaF@UnisonAlberta.com



Active Aging Spotlight

Colour Pencil Painting at Kerby Centre

Tuesday, May 21st
 10am - 12pm
 Member/Super Member: \$35
 Non-Member: \$65

With a deep understanding of colour theory and technique, our instructor can guide students in creating stunning artwork using colour pencils. Her approach emphasizes both technical skill and creative expression. Supplies are not included.

Register NOW!
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Active Aging Spotlight

Safety on Transit at Kerby Centre

Tuesday, May 28th
 10am - 12pm
 Member/Super Member: \$30
 Non-Member: \$60

In this workshop, you will identify potentially harmful situation in the bus stop, train station and in the train.

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Unison Travel Spotlight

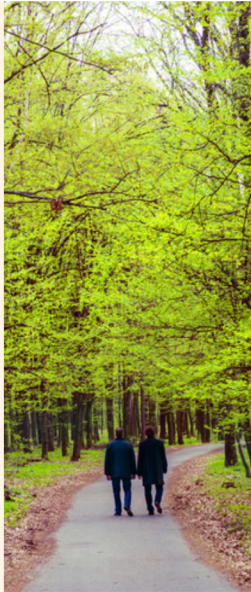
Glenmore Park Walk & Buffet Lunch with Unison Travel

Wednesday, May 22nd
 9:30am - 2:45pm
 Member/Super Member: \$60
 Non-Member: \$90

Price includes transportation and buffet lunch at Grey Eagle Casino.

Cut-off date: Wednesday, May 8th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

For more details:
KerbyCentre23.WildApricot.org
 403-705-3237



Unison Travel Spotlight

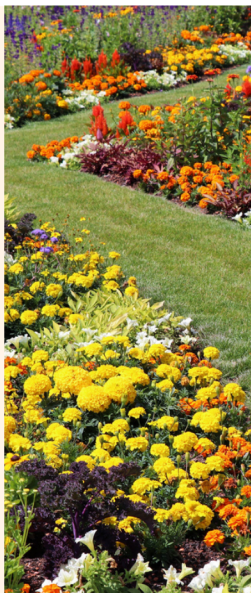
Silver Springs Botanical Gardens with Unison Travel

Tuesday, June 18th
 9:30am - 2:30pm
 Member/Super Member: \$57
 Non-Member: \$87

Experience the beauty of Silver Springs Botanical Gardens followed by a delicious meal at New Dynasty Restaurant.

Cut-off date: Tuesday, June 4th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)

For more details:
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Shopping Spotlight

Wise Owl Boutique at Kerby Centre

Half Price Sale on red tag items

Week of May 27th - 31st
 10am - 3pm



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Mental Health Week May 6th - May 12th, 2024

ALL Wellness programs will be **FREE** during Mental Health Week + **a special workshop on Wednesday May 8th!**



Wellness Spotlight

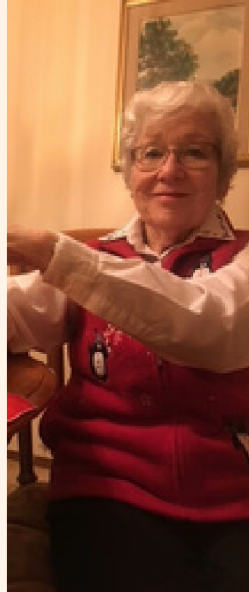
Self Care Using Therapeutic Touch at Kerby Centre

Thursdays | May 2nd - May 30th
10am - 11:30am
FREE

Join our free sessions to learn how you can heal yourself using Therapeutic Touch

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

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



Wellness Spotlight

Indigenous Drumming & Storytelling at Kerby Centre

Tuesdays | May 7th - June 11th
1pm - 2:30pm
Member/Super Member: \$15
Non-Member: \$25
FREE during May 6th - May 12th

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

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Wellness Spotlight

Grief 101 "An Introduction to Grief and Loss" at Kerby Centre

Wednesday, May 8th
1pm - 2:30pm
FREE during May 6th - May 12th

Discussions about the Myths and Facts of grief, difference between grief and mourning, coping strategies, etc.

This will be a workshop by Kevin Shea, a Master's of Counseling intern from City University of Seattle.

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Wellness Spotlight

Laughter Yoga at Kerby Centre

Fridays | June 7th - June 28th
10:30am - 11:15am
Member/Super Member: \$5
Non-Member: \$15

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.

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KERBY Café

Weekly Wednesday Dance

Join us and our volunteer house band, The Kerby Sensations every Wednesday afternoon from 1pm - 3pm for a little groovin' and good tunes!

Serving breakfast and lunch!

Monday, Tuesday, Thursday, Friday:
8am - 2pm

Wednesday: 8am - 3pm
Located in the lower level of
Unison at Kerby Centre

Community Food Markets

Drop-in at our monthly Community Food Market at Kerby Centre!

Offering **older adults 50+** food donated by partnered retailers and generous Calgarians, on a first-come, first-serve basis.

Every Tuesdays and Fridays from 11am - 12pm
at Unison at Kerby Centre!