



Keeping active as a community



Our travel trips are just one way we love to encourage community through Unison, for Generations 50+. Whether it's our Active Aging programs to our Wellness Connection Centre – we're all about bringing seniors together. This is especially important around the holidays. For more information about how you can help seniors come together, check out page 15.

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The Tale of the Blackout

John Stephens
Submission

Late one Saturday afternoon in September of 2009, I had just finished a workout and was basking in the sun on my balcony. It was a peaceful moment. Knowing that the six o'clock tragedies – I mean, the news – was about to start, I made a conscious effort to drag myself inside.

Back indoors, I sensed something was amiss. Though my condo is generally quiet, it seemed too quiet, at that moment. Then I suddenly knew why; I wasn't hearing the usual drone of the air-intake and fan of my furnace. Though I was neither using heat nor air-conditioning at the time, I was nonetheless concerned about the possibility of having to get the system repaired. One month prior, I had shelled out

a pile of money to have the air-conditioning fixed.

Then I noticed that my digital clocks were no longer glowing. I promptly flipped some light switches and tried to turn on the TV – all to no avail. When I took a peek in the hallway, I was greeted by the eerie glow of the back-up lights.

I finally realized that we were experiencing a once-in-a-blue-moon power failure.

Unsure of what to do, I went back on my balcony. Nothing seemed out of the ordinary. It was a pleasant, still-bright evening so I was unable to determine how widespread the power outage was – or how long it was to last.

I picked up my telephone and was dismayed at what I did not hear: the usual dial tone. What I did hear was a

mental voice reproaching me for not owning a cell phone (I now have one). But in this day and age, you would think that land lines would be equipped with some sort of back-up system. I mean, my cordless phone did have batteries and can be used for several hours but it still requires electricity.

To add to my growing insecurity, I wondered about the perishability of the food in my refrigerator / freezer. And of course, I had recently bought some groceries.

Returning to the balcony, I noticed a few people milling about outside. The sun was beginning its descent. I left the building to investigate and perhaps find out if anyone knew what was going on. A neighbour confirmed that the power had gone out in the whole condo

complex shortly before six pm. But nobody seemed to know why.

So, a few of us were standing outside, looking somewhat confused and expectant. I tried to put a positive spin on the situation by pointing out that at least it wasn't winter and that heat had not yet been necessary.

After wandering around the grounds for a while, I walked back up the three floors to my unit, via the dimly lit stairwell.

In the hallway, an elderly man standing by a window asked me if I knew what was going on. I replied that I didn't know, other than the fact that the whole building was affected. His English was so-so and so, we had some difficulty understanding each other. After some tentative communication, I

shrugged, smiled sheepishly, and walked back to my unit but he kept talking. I felt useless but I really didn't know what else to tell him.

Shortly later, in the fading light, I remembered that I had two flashlights. But of course, they were nowhere to be found. And more than once, I fell for the reflex of flipping on the light switches. I eventually dug up one of the flashlights but sure enough, the batteries were at death's door. And I knew that I didn't have any other compatible batteries.

The voice of hindsight spoke to me again; "Be prepared for these things, you schmuck!"

Candles would have come in handy, but hey, I'm a guy and a bachelor.

There are lots of things that can easily be taken for granted in this world. All too often, we only appreciate them when they are not available, such as electrical power.

Though not terribly hungry, I decided to eat some leftovers from the fridge; at least there would be less food to spoil. I moved some of the more perishable items to the freezer and put an ice pack in the fridge to create an ice-box effect.

I looked outside. In the twilight, I saw an ENMAX truck in the parking lot. I felt a ray of hope; something was being done to rectify the matter (or shall I say, electrify?)

But alas, the lights remained out. There isn't a whole lot to do when there is no power, no sunlight, no batteries, etc., especially when you live alone.

I opened my laptop and saw that the battery would soon need recharging. So, I plugged in the recharger, tried to e-mail my mother and . . . realized that the gods of electricity were still on strike when I saw that my laptop was not charging. I had fallen for the reflex again. And as with my phone, sending e-mails requires electrical power.

I wanted to let my parents know of the situation, in case they tried to contact me.

I was restless. I wanted to know how extensive the blackout was. There were a couple of working lights outside in the lane but their glow was rather dim. I saw some cars leaving the underground parkade.

Continued on page 10



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Finding valuable employment

I met today with a colleague whose organization helps people find employment.

She had messaged me about partnering with Unison.

Most days at Unison we think that part of our role is helping our members and users plan for their retirement, their

government benefits and maybe learning how to get help with their will. We don't think of allowing them to get a job or start a business.

My colleague told me with the performance in the markets over the last few years, the cost of housing and inflation and rising costs, many

seniors do not find themselves able to afford to retire. Many older adults are coming to them to re-train or re-market themselves for continued work.

Unison, based on what we do, seemed to be their ideal partner for their organization. One of the reasons was that we run programs in Medicine Hat as well as Calgary.

The agency's funder had identified Medicine Hat as a community where older adults were requesting employment help most often. I suppose none of this should surprise me every day staff at the centres in both cities hear from older adults who are struggling to make ends meet.

Last month we ran a Thanksgiving campaign to raise awareness and funds for our Seniors Food Security initiatives in both cities.

We know that many seniors are making decisions to buy fewer

groceries or even medication to cover their monthly expenses.

According to MNP, nearly half of Albertans are \$200 or less away from failing to meet their financial obligations.

I did a couple of media interviews regarding this campaign and food insecurity for seniors, in those interviews I told the media that Meals on Wheels delivered 120 meals every day, and the Thrive programs in Calgary served 12,800 seniors in 2023.

The demand for our food security programs is tracking to grow by 30 per cent this year.

If you are one of our volunteers in these programs or you were a donor in the Thanksgiving appeal — thanks for your support. We couldn't do what we do without your time and generosity.

You might have noticed that I didn't name the organization, and mostly this is because



Larry Mathieson, CEO and President

we are still brainstorming how we will work together.

I am thinking in an upcoming issue of the Unison news — I will be writing about a plan where, together, we can assist mature adults in their quest to find meaningful and sustaining opportunities through updating, training, skill attainment, interview and job preparation and reconnection to the job market.

NOVEMBER 2024

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International diversification

Alberta Securities Commission

Diversification is a cornerstone of a sound investment strategy. At its simplest, the concept is often likened to the adage “Don’t put all your eggs in one basket”. Investing in different types of assets (like stock, bonds, real estate, different industries, and geographic regions helps to reduce the overall risk of an investment portfolio.

Most Canadian investors use investment funds to diversify their portfolios and mitigate investment risks. However, a June 2024 study by Vanguard highlighted a common bias among Canadian investors: a preference for domestic stocks, known as home bias.

Investing in a market that feels familiar is not a trend unique to Canada. Home bias is a global phenomenon. But

the overreliance on investments from a single country can be limiting. Home bias can expose a portfolio to assets that are dependent on common factors — including the political, economical, and technological stability of the country. This is where diversifying internationally can be beneficial.

October is Investor Education Month, the perfect time to reassess your strategies and deepen your understanding of fundamental investment concepts like diversification. Before investing beyond Canada, ensure you learn and understand all your options and consider how diversification can benefit your investment portfolio.

Canadian market vs. the global market

The Canadian market is known for its stability, resilience, and strong regulatory

oversight. However, investing exclusively in Canada can come with limitations. The Canadian stock market is relatively small. According to a 2023 global equity market study by the Securities Industry and Financial Markets Association (SIFMA), Canada accounted for only 2.7 per cent of world capital markets.

This means that over 97 per cent of the world’s investment opportunities are located outside Canadian borders. Investing in international markets can provide Canadian investors with an opportunity to benefit from the size and scale of the global economy.

Canada is the ninth-largest economy in the world, with key industries like manufacturing of products such as paper, technology and automobiles and natural resources including mining,

oil and gas and agriculture playing a critical role in the country’s economy. This industrial focus is strongly reflected in Canada’s capital market. As of August 2024, almost half of the S&P TSX Composite Index — which includes the largest companies listed on Canada’s primary stock exchange — is mainly comprised of two sectors: financial institutions, such as banks, and energy, including oil and gas resources. Similarly, the Canadian Securities Exchange Composite Index is dominated by life sciences, followed by mining.

Due to this concentration in Canadian public equity markets, investors who invest solely in their home country may miss out on opportunities in sectors that are growing more significantly in other countries. By diversifying internationally,

Canadian investors can gain exposure to other sectors that are driving global economic growth and innovation.

Many Canadian companies have a strong tradition of paying consistent dividends, which may appeal to investors seeking a steady income. However, the capital markets in some developing nations, commonly referred to as emerging markets, often offer attractive opportunities due to their rapid economic growth and potential for higher returns. In fact, a Goldman Sachs report suggests that these emerging markets are projected to overtake the U.S. by 2030. In a June 2024 paper, Franklin Templeton highlighted that emerging economies have become more resilient and less vulnerable to fluctuations. It is important to remember that emerging markets do carry increased investment risks — including political instability, regulatory uncertainty, lack of liquidity and currency volatility. Before investing in these markets, consider talking to a registered financial advisor who understands your risk tolerance, your investment goals and time horizon.

1. Explore global or international market funds: Globally or internationally focused investment funds, including ETFs, can provide access to a wide range of global securities. This enables you to easily diversify your investment portfolio across the global economy.

2. Consider a long-term perspective: A long-term approach aligns with the fundamental principle of diversification as different markets tend to outperform others at different times. By maintaining a diversified portfolio, an investor can potentially benefit from growth opportunities across various regions and economic cycles.

3. Rebalance your portfolio regularly: As market conditions change, it’s important to rebalance your portfolio to ensure that your asset allocation aligns with your risk profile and investment goals.

Diversification is a powerful tool for managing risk and potentially enhancing returns. While investing in Canada offers home-country advantages, such as familiarity with local companies and favourable tax treatment, investing across diverse geographies can help build a more resilient portfolio that is better equipped to weather market fluctuations.

By taking a long-term view and exploring opportunities in different geographic regions, investors can embrace a holistic approach to diversification and potentially reap its rewards.



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Preventing Elder abuse is key

Jenna Bever
DD West LLP

As an estate lawyer I work a lot with senior populations. One of the primary reasons I was drawn to the field of estate law (and estate litigation in particular) is my passion for senior's rights and autonomy and combating the harms of elder abuse that unfortunately exist in our society.

The Alberta Elder Abuse Awareness Network estimates that approximately 23,000 Albertan seniors are experiencing some form of elder abuse. This number is unfortunately on the rise as our overall population is ageing.

While elder abuse can take many forms including psychological or physical abuse, the Government of Canada reports that financial abuse is the most common form of elder abuse in our country. While elder abuse can be perpetuated by anyone, including phone and internet scammers, the vast majority of elders who experience financial abuse are unfortunately targeted by

loved ones, including spouses, children, caregivers, neighbours or friends. These people use their close connection with the elder person to get what they want.

Elder financial abuse often occurs over a long period of time therefore it can be difficult to recognize. Seniors who live alone and have health struggles are the most vulnerable to this long form abuse.

Commonly in cases of abuse, an elderly person will be victimized by someone they rely upon. It can be as explicit as making cash withdrawals from their bank account with no receipts and without the permission or knowledge of the victim.

The misuse of authority granted under a Power of Attorney is a serious problem and can, in some cases, lead to theft of your financial assets. In some cases, this can result in the power of attorney transferring your home into their own name (or joint names). It is important to appoint a power of attorney you trust and ask your power of attorney to keep detailed records of all

transactions. They should provide updates on what they are doing with your finances and what decisions they are making on your behalf. Your power of attorney has a duty to honestly and sufficiently answer these questions and provide an accounting of transactions they make while acting as your power of attorney.

As an estate lawyer I often am confronted with issues where a person appointed as Power of Attorney is misappropriating funds, or where a family member is cashing pension or insurance cheques without informing the senior. Some signs that your power of attorney, or close connection in your life may be engaging in financial abuse include:

- Controlling activities for example restricting access to grandchildren unless money is exchanged
- If your power of attorney is making decisions about your money, or loaning money or making gifts without your knowledge and consent
- If your power of attorney refuses to an-

swer questions about your finances

- If a friend or family member asks you to change your Will or your Power of Attorney and you're unsure of the reason, or do not want to change the documents

- Making purchases without your knowledge or for items you do not want or need

- Asking to transfer your property into joint names

It is important to remember that your assets are your own and belong to you. This is the case even if you have an active power of attorney. Anyone acting as your power of attorney has a duty to take care of your finances in a manner that is in your best interest.

If you are concerned that a friend, family member or your power of attorney is making decisions about your finances of which you are unaware, you do not understand, or you haven't authorized it is important to speak with a lawyer to understand your options and to protect your assets.

A power of attorney

should be keeping a ledger of all financial transactions they make on your behalf. If you are concerned that decisions are being made that are not in your best interest, you can bring an application to the Court of King's Bench. This order would require the power of attorney to produce proper accounting records of their actions regarding your finances. If it is shown the power of attorney is acting inappropriately or has taken funds, then you can apply to have that person removed as power of attorney and protect your assets. An estate lawyer can help you decide whether an application is necessary or advisable. They can also advise you on what steps to take to best protect your assets from financial abuse.

Jenna Bever is a Wills and Estates lawyer with DD West LLP and she has experience in preparing Estate Plans for clients from all walks and stages of life. She is always happy to speak to members of her community about the importance of Estate Planning.

“

No one can see into the future, but Jenna Bever can help you plan for it.

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JENNA BEVER Estate Planning



Potted Christmas Trees



Photos and Story by
Deborah Maier
Calgary Horticultural
Society

Even before my social media feed was serving Hallowe'en themed stories, I was receiving posts about the London, UK, practice of renting Christmas trees.

The trees are grown in pots specifically to be the classic centrepiece of the holiday season.

Rental bookings are made in early November for tree

pick up or delivery in December. Tree returns are made by January 5.

Renting a tree comes with a lot of rules, including the need for daily care, and a forfeitable deposit if the tree is damaged. The trees can only be indoors for a maximum of 3.5 weeks.

Still, it is an attractive environmentally friendly practice that removes the need to cut down and transport tree-farmed or wild trees that may become garbage.

When the UK story starts to circulate, “why don’t we do that here?” questions also appear.

There are many factors in play, but a key one is the difference in climate.

Looking at weather data on the National Centres for Environmental Information reveals that while January is the coldest month of the year in London, it is usually above zero. It is also the rainiest month. In Calgary, January and February vie for coldest month billing with the average high being below zero, and it rarely rains.

To combat our freezing weather, it is common for homes here to have forced air or electric baseboard heating resulting in shockingly dry indoor air.

Moving a tree from the outdoors into a heated, dry indoor environment, is very hard on them.

They may be triggered into growth that can dry out indoors or freeze when returned outdoors.



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When I was in university, I thought it would be nice to have a living Christmas tree. I tried it a couple of times. My parents owned a quarter section that was mostly bush. I would dig up a 60 cm tall spruce tree on the Thanksgiving weekend, plant it in a large terracotta pot, and bring it back to my room in residence.

Even though this was in southern Ontario, where it is much more humid than Calgary, the tree struggled to survive in the indoor conditions. I hoped that it would survive until spring, when I could plant it in the ground outdoors. The first time that I tried to keep an indoor Christmas tree it didn't make it to spring, but the second time it did.

One discovery that I've made in the last few years, thanks to a neighbour, is that Colorado blue spruce can survive outdoors in a pot.

My neighbour has been growing spruce in half barrel pots for several years as a way to create vertical interest in the front garden. Seeing this success and having a large blue spruce taking over my yard and producing a plethora of offspring, I decided to try growing a spruce in a pot. I have had a blue spruce living in a pot for three

years.

These trees look so nice when they are small, and at that stage other plants can grow around them. Once they get to a more mature size, they hog moisture and nutrients and create a deep dry shade, making it very difficult for any other plants to thrive nearby.

While I have never brought this potted spruce in-

doors, perhaps if it were transitioned through the garage, that is kept just above zero, it might not mind spending a few days indoors.

However, when bringing a potted tree indoors, you also need to consider what else might be living in the pot or on the tree. I know that my tree pot is often a home to a vole family and

several different insects. Overall, keeping this tree outdoors is the best situation. I will enjoy it there. It could be made a little festive with a cranberry garland and some seed decorations that can be enjoyed by the creatures that make their home in my yard.

We may not have

a potted tree rental service in Calgary, but Edmonton has had a company providing the service since 2015 ... so it could be in our future.

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An American Outlaw in Calgary

Gillian Rutherford
University of Alberta
Folio

Harry Alonzo Longabaugh was born in Mont Clare, Pennsylvania in 1867, the youngest of the five children of Josiah Longabaugh and Annie G. Place. At the age of 15, he travelled with his cousin in a covered wagon to help settle the cousin's homestead in Cortez, Colorado. There, Longabaugh found work as a wrangler on a nearby ranch and learned how to breed horses. Four years later, he left Cortez and moved north, working on ranches as he went.

Upon reaching Montana

Territory, Longabaugh worked on the N Bar N Ranch until he was laid off following the cold winter of 1886 to 1887. He then worked his way to the Black Hills before returning to the N Bar N Ranch.

During his travels, Longabaugh visited the Three V Ranch near Sundance, Wyoming, where he stole a gun, horse, and saddle from one of their cowboys. Captured in Miles City, Montana, Longabaugh was sentenced to 18 months in jail, returning to the itinerate cowboy lifestyle upon his release. By 1891, he travelled north into Canada's North West Territories to

work at the Bar U Ranch, which was one of the largest commercial ranches in North America at that time.

What is the significance of Harry Longabaugh to Calgary, you may ask? Well, those of you versed in Western lore know that Harry Longabaugh went by a better known nickname, that of Sundance Kid.

Longabaugh took the moniker during his time in jail in Sundance, Wyoming. At this time he already had befriended Robert Leroy Parker, who was better known by his alias, Butch Cassidy. The two were thought to have met as early as 1883 on a hunting

trip. The two were suspected of robbing a bank on Longabaugh's release from prison in 1890. His travels north of the border were in part to avoid the lawmen on his tail.

During his time in the North West Territories, Longabaugh worked on the Bar U and, later, the H2 Ranche, as a wrangler and horse breaker and even acted as the best man at the wedding of the Bar U's manager, Everett Johnson, to Mary Bigland. Longabaugh even saved up enough money (or brought it over the border with him) to purchase a partnership in the Grand Central Hotel's saloon with

one Frank Hamilton.

Oddly enough, the criminal Longabaugh could not recognize another crook and the partners had a falling out over Hamilton skimming from the bar's profits. It is said that Longabaugh finally confronted Hamilton one day in the saloon itself. Longabaugh was on one side of the bar with Hamilton on the other. Hamilton mocked Longabaugh, asking him what he was going to do about Hamilton's theft. Longabaugh is said to have leapt over the bar and before his feet had even touched the ground he had his side-arm pulled and pointing at Hamilton's stomach. The two partners quickly settled all debts and Longabaugh left Calgary to return to the N Bar N Ranch in Montana.

Once back in the U.S., Longabaugh joined a gang rustling cattle on both sides of the border before participating in a train robbery in Malta, Montana. He most likely returned to Canada at this time to avoid being captured, though he had a much lower profile.

Eventually Longabaugh would rejoin with Butch Cassidy and the Wild Gang, moving farther south to greater infamy than he had in either Montana or the North West Territories. It is believed that both Butch Cassidy and Sundance Kid died in a shoot out with Bolivian authorities in 1908 after the pair stole a government payroll. There have been persistent rumours that the pair survived the gun fight and Longabaugh died in 1936 in Duchesne, Utah after living there under the alias William Henry Long. However, DNA tests on Long's remains did not match those obtained from one of Longabaugh's distant relatives.

It is interesting to note that Longabaugh was a law abiding citizen during his time in Canada and, if he had been more selective in his business partners, may have had a different future, though much less dramatic. Most cowboys in Canada did not wear a weapon and, if they did, it was more likely to be a shotgun than a revolver.

As for Butch Cassidy, it is rumoured he came to Calgary to visit his good friend, Sundance, as some point. Maybe Calgary just couldn't compete with the wild west south of the border. We will never know.

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Moving with Parkinsons

Adrianna MacPherson
University of Alberta Folio

It's well known that Parkinson's disease can impair a person's ability to perform movements like grabbing a coffee cup, with one side of the body often more affected. But a recent study by University of Alberta researchers shows that the disease also affects how people perform movements mentally, something called motor imagery.

"Even when people with Parkinson's think about movement, it's different for their more affected side," says Kathryn Lambert, PhD candidate in the Faculty of Rehabilitation Medicine and lead author of the study.

As Lambert explains, all goal-directed movements emerge from a mental plan. Before any physical movement happens, our brain gathers information about our body's position and envisions all the steps needed for the movement.

"We do this really quickly and automatically," she says. "Then the brain takes that plan and transforms it into an action in our body."

Parkinson's is proposed to influence proprioception and kinesthesia — one's awareness of their body's position and movement, re-

spectively — which leads to disruptions in this process.

"If you have impairments in proprioception and kinesthesia, it may be a little harder to generate an accurate motor image in your head because you have less accurate information coming in from your senses," says Lambert.

Lambert and her collaborators found that temporal accuracy — the sense of how long it takes to perform a movement — differed between the more and less affected side of the body. In particular, participants were more likely to overestimate the speed of their movements when the action involved their more affected side. They also examined participants' overall cognitive function and found that their performance on a cognitive screen predicted temporal accuracy, but only for the more affected side.

Since the sensory input people with Parkinson's are receiving is less accurate, their motor imagery is also less accurate, which may translate to increased struggles with physical movements.

"What they need to do to create an accurate motor image is to rely more on cognition and put more effort into the imagery to make it accurate," says Lambert,

noting that there was no link between cognition and temporal accuracy on the less affected side of the body.

"Those senses of body position and movement are less disrupted, so they don't need to compensate in the same way."

Lambert assessed the study participants with three tests commonly used in rehabilitation to measure cognitive function, motor function, and depression. The latter was included because depression rates are fairly high among people with Parkinson's and Lambert wanted to account for that as a potential influence.

"Parkinson's has traditionally been defined as a movement disorder, but it's increasingly acknowledged that there's a lot more going on with the disease."

An occupational therapist by training, Lambert became interested in this area of research when she noticed that people with Parkinson's often had an inaccurate perception of the way they were moving. For example, they'd believe they were walking rapidly, but after seeing a recorded video capturing their movement, they would realize they were significantly slower in reality.

"If someone is perceiving their movement wrong, it can actually be quite dan-

gerous," says Lambert, noting that this could lead to a higher risk of tripping or falling.

Since struggles with motor imagery could contribute to or exacerbate the physical impairments people with Parkinson's face, rehabilitation approaches that account for impairments in motor imagery may be beneficial for addressing physical symptoms as well, she says.

Rehabilitation interven-

tions that target these issues with motor imagery focus on providing extra visual information or cues, such as asking people with Parkinson's to record and watch video of themselves walking, or telling them to listen to a song before walking that has a beat matching the pace they want to achieve.

"It's a matter of providing additional support before they do the movement to help keep them on track."



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Con't from pg. 2

Fortunately, the door must have been opened when the power went out; at least people were able to leave. Then again, an opened garage door provides easy access for unsavoury types.

Once more, I left the building and went for what would have been a nice evening stroll, under normal conditions. The houses across the lane were fairly dark, save for a few dim lights, here and there. I couldn't tell if they were candles or if those homes were unaffected by the outage. Being a Saturday night, people could have been out and thus, didn't keep many lights on.

As I made my way down the street, my unease was placated by the sights of glowing streetlights, household lamps, and flickering TV screens. A glance in the distance also showed that all appeared normal, power-wise.

But upon my return home, I no longer saw the ENMAX truck. Nary a soul was around. Not only was the power still out but it seemed that the back-up lights in the halls were no longer functional. Hesitant, I opened the door to the stairway.

Utter blackness.

It was as if I had entered an unearthly realm of non-existence.

But if I wanted to return to my unit, I had no choice

but to mount the stairs, since the elevators were out of commission. So, up I ventured. The primal fear of the dark flooded me. I was not afraid of anything supernatural; my fears were all-too real. Though the complex is fairly safe from crime, some ruffians could have been waiting in the stairwell for their next victim. Or, more likely, I could have lost my footing on the stairs and ended up badly injured or worse.

Even a maniacal cackle uttered by a malicious prankster lurking in the dark would have no doubt turned my greying hair totally white. I was cursing myself for not bringing my feeble flashlight.

As I eased my way up the stairs, I became aware of another thing that is all too easily taken for granted: eyesight. Though I have always been blessed with good vision, I might as well have been totally blind at the time. So, I had to resort to my sense of touch, in order to complete the usually simple task of climbing three flights of stairs. I was able to orient myself by holding onto the railing and touching the walls. Almost instinctively, I found myself shielding my face with my left forearm. But one advantage was familiarity; I knew that each flight of stairs had eight steps and that I had to bear left upon reaching each landing.

It's amazing how depri-

vation can evoke appreciation. I wondered how some older, less able-bodied residents in the building were faring. I was only 43 at the time. Even with proper lighting, stairways would pose a problem for some of these folks. I was sure grateful for my working limbs.

Then, a horrifying thought occurred to me; what if there had been a fire in the building?

A wave of claustrophobia descended over me. This so-called irrational fear has rarely been an issue for me but I believe that it can strike anyone.

I had stopped for a moment and considered going back down. But gravity could have been my downfall – or fall down. I really couldn't tell if I was closer to my floor or the ground level. Willing my adrenaline to simmer down, I took deep breaths. I decided to keep going up.

Eventually, I reached my floor. I saw a sliver of oh-so-dim light under the stairway door. I opened it and relaxed a bit. The last vestiges of daylight were coming through a hall window. But as I headed to my unit, I was again faced with pitch-blackness. Once more, I groped the walls along the hall. I knew that the surface of the wall would momentarily discontinue due to my neighbour's doorway. And I would soon have to turn left in order to reach my door but in the total absence

of light, my sense of distance was off kilter.

Finally, I was standing outside my unit. Gripping my keys, I used my free hand to find the keyhole and let myself in. Some of my anxiety drained; at least I was home and there was still a bit of light coming through the windows.

After drinking some water and justifiably ignoring the dishes in the sink, I pondered my next move. I opened the fridge and freezer. The ice cubes were still in solid form and the milk carton was still cold – for now. I wondered how long the perishable food would last. I usually take a "better safe than sorry" approach to these things and so, unless the power were to return sooner rather than later, I would be faced with the sorry but safe task of purging some purchases.

Then I did something typical during a power outage; I helped myself to some still-semi-hard ice cream and quickly replaced the container in the freezer. The comfort food went down well but I still had to do something. It was way too early for bed and my disquiet was returning. I had to call my parents and let them know that I had no electricity.

I was itching to leave the building so I left my unit once more. Carefully descending the stairs with the aid of the flashlight, I prayed that it would not give up the ghost. Rather than go straight down to the parkade, I went outside when I reached the ground floor and took the longer but brighter way to my car. Also, I wanted to make sure that the parkade door was still open.

I saw a man walking towards me and felt a pang of unease. But we greeted each other and went our own ways.

I paused before the yawning doorway to the parkade.

Almost against my will, I entered, turning on the flashlight.

I was in near-total darkness. It was a fair walk to my car and so, I had suddenly regretted not taking the shorter, albeit unlit route.

I heard footsteps. Someone seemed to be following me. I couldn't tell if it was a resident, an ENMAX worker or . . .

I said "hello," but if he heard me, he gave no sign (I got the impression that it was a man). I told him that I was just going to my car but again, no reply. My fear went into higher gear. I quickened my pace. Maybe he thought I was up to no good. His footsteps continued behind me. I was expecting someone to jump out at me from between parked cars. The flashlight flickered and lost more power. For a horrible moment, I thought that it would die before I reached my car.

Why were there no emer-

gency lights? I even would have appreciated a few flaming torches along the walls. But at least the footsteps ceased.

Then, I realized that the remote control for my car would momentarily illuminate it, giving me some bearing. Slowing down, I took out the remote and aimed the flashlight at it. I pushed the "unlock" button and felt encouraged when I saw my car lights flash on. I walked faster, got behind the wheel but my imagination continued to torment me. If this had been a horror movie, an arm from the backseat might have seized me by the throat.

Soon, I was en route to a nearby shopping plaza where there still existed the endangered species known as the pay phone. I called my mother and stepfather and explained my situation; they invited me over, though I reassured them that I would be OK at my place overnight. But they wouldn't hear of it. Gratefully, I accepted. I then called my father and apprised him of the power outage (my parents are amicably divorced). Neither parent was affected by the outage. I later learned that my brother and his family had had power, as well.

When I drove home the next morning, I was glad to see that the lights were back on in the catacombs – I mean, the parkade. A note from the condo board posted by the elevator mentioned that the power had been restored shortly before midnight. The outage had lasted about six hours, due to a transformer malfunction (or something).

In my unit, I was relieved to hear the drone of my furnace and the hum of my fridge/freezer. The ice and ice cream were still solid and the milk did not smell sour. Still, the frozen items could have thawed – at least partially – and refroze. The "do not re-freeze" warnings on some items were nagging at me.

Inevitably, I tossed out most of the perishables. I didn't want to risk food poisoning and end up clogging our already saturated health care system. Had I ended up consuming the "not-sure" food, I would have worried about getting sick and possibly would have become sick with worry.

I e-mailed the condo board about the necessity of having more reliable back-up lights for the common areas of the building. But my query was never answered, even after having sent a second e-mail a week later. The condo board is usually diligent – and I realize that they are busy – so I was a bit surprised by their non-response.

Hopefully, the emergency lights have been improved since then. But at least there have been no significant power outages since.

Stay safe.



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In search of 'ikigai' leisure

Sasha Roeder Mah
University of Alberta Folio

After a long day of work, University of Alberta professor Shintaro Kono likes to unwind with a walk, a round of golf ... or maybe a multiplayer video game. But he knows that's not the same for everyone. He knows many struggle to find time for leisure — and some don't even know how to let themselves enjoy it.

Without quality leisure experiences, we can survive — but do we thrive? That question, and the underlying constraints that keep us from leisure, have been at the heart of Kono's research since he left Japan to begin graduate studies.

In 2011, Kono was with friends in Japan when the Tohoku earthquake and tsunami struck. The resulting chaos was far-reaching, including the Fukushima nuclear accident — the most severe incident of its kind since the Chernobyl disaster in the 1980s. While Kono was far from the quake and only felt a mild jolt, the disaster has had a life-long impact on his work.

"I thought about all the people who were suffering and I wondered, 'What can I do to help people like this?'" he remembers. "I wanted to walk toward the answer to that." His path began with six weeks of volunteering with survivors. He observed that after just a few months of focusing on the necessities, people were eager to return to the leisure activities that gave life meaning — gathering with friends over tea, tending their gardens and planning community events.

At its simplest, Kono says, leisure can be defined as "quality free time." Fifteen minutes of being fully present, chatting with a good friend over a cup of tea is quality free time that enhances our well-being. An hour of aimlessly scrolling through our social media while worrying about

work is not.

Unfortunately, quality leisure experiences can be elusive due to a variety of constraints. Poverty is one of the biggest barriers — working two jobs leaves no time for fun, and living in a dense urban environment without walking paths and green areas leaves no space to stretch. The hardest constraint to overcome, however, is internal.

"There can be a feeling of lack of entitlement to the 'luxury' of leisure, due to social, cultural or ethnic upbringing," says Kono. Women engaged in unpaid labour in the home sometimes feel they haven't "earned" the right to relax and enjoy life. Many older adults in retirement resist the leisure programs offered to them. "The idea that you ingrain in yourself over decades to be productive and keep busy can be very hard for retired people to let go of."

That mentality begins very early, says Kono. "Once we hit elementary school, we basically start 15 years of vocational training, where almost everything is about work."

The best way to counter that, he says, is to teach people there is a different way. And people seem eager to learn — many of the world's foremost universities offer happiness courses that see massive enrolment. At the U of A's Faculty of Kinesiology, Sport, and Recreation, Kono's course on life, leisure and the pursuit of happiness is always full.

"We expect adults to be successful, well-rounded individuals who have somehow magically figured out work-life balance, but how can they if we never taught them how?" he says. He wants his students not only to learn theories about leisure and well-being, but also to incorporate those theories in their approach to living.

Kono points out that if we love what we do for work, it may not technical-

ly be "leisure," but it can certainly be a great source of ikigai, a Japanese term for the feeling of fulfilment that comes from pursuing our passions. But what if circumstances beyond our control keep us from being able to engage in that kind of work? In a recent study with a colleague in Japan, Kono examined whether people with serious mental illnesses such as bipolar disorder, schizophrenia or clinical depression experience ikigai.

"In Japan, if you cannot work in a respectable way, life is not considered meaningful," says Kono. Those cultural constraints mean that for people in the study, who could only tolerate menial or repetitive labour, it was nearly impossible to find ikigai at work. What fulfilment they experienced came almost exclusively from leisure pursuits outside of work.

Whether you find fulfilment and happiness only through leisure, only

through work, or through some beautifully balanced mix of the two, ikigai is the key to well-being and resilience, says Kono.

"If you actually feel ikigai, you are likely to live longer and be healthier in mind and body. If you learn to be open to it, when something happens — like a disaster, an injury, family loss — leisure might just be the cushion you fall into that saves you."

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THE PEOPLE AROUND US

PART IV

Jerry Cvach
Story

Superman's Metropolis is depicted as one of the largest and wealthiest cities in the world, with a population of millions. A 1978 film about him was made in Calgary, where all the necessary locations were found.

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City Dweller and the Cowboy

Approaching from the southeast, where the highway crests the undulating prairie, a big modern City appears on the horizon like a mirage, its geometric contours fuzzy in the flickering hot air. The rising contour of the Rocky Mountains' ridges behind are topped by the bright white snow year-round.

The City is young and unapologetically modern. The downtown area is bristling with skyscrapers. It is built on a square grid so typical for this continent. The busy citizens glide to their destinations in automobiles on four-lane throughways and the circular freeway. It thrives thanks to its oil and gas head offices and the fast-growing tech sector. It is energetic and displays a can-do attitude. There is a busy interna-

tional airport.

Residents enjoy strolling or biking in many parks, some manicured into geometrical shapes, while others retain their natural appearance. There is a lively cultural scene, nightclubs, and sports events. If one yearns just for a modern, structured, and comfortable living it is possible to have it within the confines of the City like citizens of New York, Paris, or Rome do, and become a City Dweller. What is unique here is how modernity is supplanted by wilderness virtually outside of the town gates.

European way of living has crept in from the shores of the Atlantic Ocean for hundreds of years until the Continental Divide suddenly stopped its progress. It can be crossed to the British Columbia interior by car or train only through five mountain passes hundreds of kilometers apart. Otherwise, the ramparts of the Canadian Rockies are impenetrable except on foot or by riding horses.

Strong day hikers may be able to walk about ten kilometers from the nearest road and ten back, but the rest remains an unspoiled country where only wildlife, backpack-

ers, and outfitters' cowboys travel on animal trails marked sporadically by fading blazes; by instinct and ability to read the terrain few men possess.

This is where the "men are men, and women are women"; as the now politically incorrect saying goes.

But not all of us in these parts are pure City Dwellers, but rather a combination of all the above.

One Saturday morning I received a call from Jacques with a drooping mustache who always wears a battered hat that would make any producer of Hollywood westerns proud to imitate; an outfitter, cowboy, mountain, and hunting guide extraordinaire.

He knew me from being a backpacker and a volunteer mountain guide for a local hiking club. Somehow he lived under a false impression that I was also a skilled horse rider capable of bushwhacking up and down the nearly vertical slopes.

His client shot an elk the night before and it had to be brought down from a high ridge as fast as possible before the

grizzlies took possession. It was my good luck that Jacques was short on staff that weekend, besides it promised to be an adventure and a free ride.

They left the elk close to the top of a side ridge above a 10-kilometer-long narrow valley starting from the last decent road and ending at a former mill site. Above it is a little pond and after that the Continental Divide that is at that point 2,700 meters high and forms the border with BC.

It does not sound like the valley is very remote, but there is a wide river that could be waist-deep, which makes it hard for hikers with backpacks to cross. Being on a horse helps. Since the logging stopped 64 years ago the road leading to the mill site is now overgrown with saplings and bushes. It is a deserted place that will only attract Western poets, philosophers, or hunters; just as Jacques likes it.

Only a rotten picnic table and some discarded camping gear in the trees next to a small creek remain at the end of the valley. Pond in a cirque above is a short walk away, and up through an avalanche chute it is hands and feet climbing to the top of the Divide. The main attrac-

tion is the total solitude.

I met Jacques and his client at the ranch. After a quick coffee, we were on our way in a truck, pulling a trailer with five horses, three for the riders and two packhorses. We parked on the side of the highway and entered the old wagon road in a spot that would be inconspicuous to a casual observer, marked by a faded red target painted on the boulder at the edge of the woods.

Crossing the river was deliberately slow with horses carefully placing their hoofs on wet rocks of the river bottom. I found myself steering my mount with one hand, pulling the pack animal with the other. That left no hand to hold onto the saddle horn, my security blanket when riding.

Once we were on the old wagon road, Jacques was in the lead, his client and I right behind him. We settled into an easy trot when he suddenly made a sharp turn to the right and we plunged through the wall of trees. It happened so fast and unexpectedly that I thought something must have spooked his horse, a bear perhaps.

But it was not as dramatic as it looked. Once through the thicket the forest opened up and there was a fairly noticeable trail. I must have looked puzzled.

"It is the place, where my trail to the ridge starts" Jacques explained. "It is purposely camouflaged because I don't want other guides or hunters to know about it. Elk like to graze on the meadows above the tree line there".

"How did you know where to turn?"

"I have two blazes on a trunk of the big spruce tree on the left."

"I didn't see any", I said.

"No, they are faint and high, I made them from my horse", Jacques replied.

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The trail turned uphill, and it was so steep that the contour lines blended on the map. I thought it was too steep for the horses.

They were indeed labouring, heads tossing in synch with their strides, breathing heavily and foaming at the mouth, frequently snorting from exertion. Soon trees started to thin out and were replaced with lush meadows.

On a knoll off to the right rocks were strewn over a large area. Between them grew ground-covering plants the likes of pussytoes, sedums, asters, even wild hens and chicks; and others I could not name. It looked like a planned and well-tended rock garden. But, it was a purely natural creation.

I have never seen anything like that in the wild, only in botanical gardens worldwide. I had always thought the rock gardens were make-believe, artificial, romantic renditions patterned on the chaos of the natural world, fantasies created

by professional gardeners for the amusement of the gentry of yesteryears. But here it was, so unexpected, so pretty!

Soon after we stopped. Jacques and his hunter friend loaded up their guns. It makes one think. We were getting close to the place where the dead animal had been left overnight and could have already been claimed by hungry Bruins.

I was sent further up to keep watch, unarmed, a good thing too as I am not a rifleman. "Just don't get between us and a bear if the shooting starts", I was instructed.

The two of them got down to work quartering the carcass with hunting knives. They also carefully severed the elk's head for a trophy.

When the two packhorses were loaded up we started to go down, a task many times trickier than going up. 'Again Jacques with one packhorse went first, the paying customer second and I with my packhorse was last, standing in the stir-

rups and literally lying on the horse's back just to stay vertical.

Sometimes one does not try to ride the animal but depends on the horse's sense and self-preservation instincts. I suppose that is where the expression "horse sense", comes from. Back by the truck, the adventure ended. I was no worse for wear and proud of it too!

Several weeks later I received an email with a simple announcement that the annual Christmas party would be held in Jacques's house the following Saturday. It was going to be very casual, no R.S.V.P. required.

I brought a platter with some hors d'oeuvres of open-face sandwiches. It was appreciated, but not necessary as it turned out. There was already a large buffet laid out. The hospitality of country folks never ceases to amaze me.

It was a gathering of neighbors, friends, one TV reality show star, and

acquaintances; a motley group of people from all walks of life. There were no classes or any other distinctions.

Other than the ranchers or outfitters most of the guests were nature lovers, retired city dwellers, and writers who wanted something different, solitude perhaps.

The party was mildly rowdy, certainly loud and the rule was no rules. It was already in full swing when I arrived and probably ended way after I had left at about midnight. Food, drinks, and camaraderie were unlimited.

Outside of the big metropolis in the shadow of majestic Rockies, and before the harsh, true, and wild nature takes over, there is a strip of grassy prairie where the modern sophisticated civilization transitions into a country living that is soothing, unique, and beautiful!

Jacques' compound is built with huge logs, except for the horse barn. The house is rustic and yet comfortable, the

open space is partially a large kitchen designed to serve many people and partially a spacious yet intimate-looking living area where the Western-style armchairs and sofas contrast with an enormous library with mostly Western living, history and reference books. That surprised me.

In the not-so-distant past in the early days of cell phones, there was an ad showing a guy in the open field holding one, with an antenna attached. He runs frantically around, jumping up and down seeking a spot with good reception. Eventually, he finds it. Shown on a split screen he is talking to a guy wearing city clothes someplace in Europe.

His companion asks where the call is coming from and the man tells him.

"Where the heck is Longview?" he asks.

It is right here under the endless blue sky of the Canadian Rockies in the middle of nowhere.

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Online Class Spotlight

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This 1-hour art class is perfect for seniors wanting to explore their creativity. No prior experience needed—just come and create beautiful art in a relaxed, supportive setting.

Register NOW!
kerbycentre23.wildapricot.org/event-5803768 or 403-462-5080



Online Class Spotlight

NEW! Christmas/Holiday Card Making with Sally Workshop

Friday, December 6th
9:30 am – 11:30 am
Members: \$18 | Non-Members: \$ 48.00

Join this enchanting holiday card art class, where imagination meets creativity! In this whimsical session, we'll design a charming snow village against a serene snowy night sky, evoking the magic of a winter wonderland. Unleash your artistic flair and spread holiday joy with this unique handcrafted card.

Register NOW!
kerbycentre23.wildapricot.org/event-5901162 or 403-462-5080



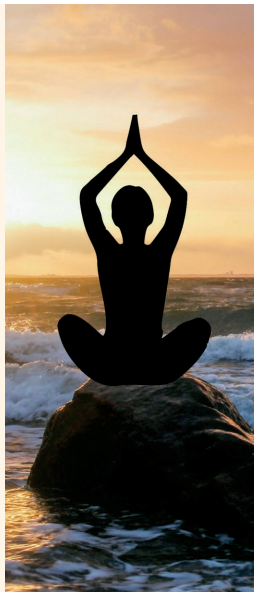
Online Class Spotlight

Gentle Soulful Yoga

Wednesdays
September 4th – November 27th
9 am – 10 am
FREE with Membership

Join our new instructor 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.

Register NOW!
kerbycentre23.wildapricot.org/event-5803774 or 403-462-5080



Online Presentation Spotlight

FREE Online Presentations

Adult Immunization for 50+. Why keeping up-to-date matters

Wednesday, November 13th | 10:30 am – 11:30 am
Online via ZOOM

With speaker Anjali Archarya – Pharmacist & Travel Health Consultant (Calgary) Bowmont Clinic

Funeral Planning on a Budget: Smart Strategies to Save Money Without Sacrificing Dignity

Wednesday, November 6th | 10:30 am – 11:30 am
Online via ZOOM

With speaker Terry Geib, past chair and current director of the Cooperative Memorial Society (CMS)

Winter Holiday Safety

Tuesday, November 26th | 10:00 am
Online via ZOOM

With Calgary Fire Department Community Safety Officers Alex Kwan & Randy Chevrier

Helping Pet Owners & Families Navigate Pet Illness, Cancer, End-of-Life and Loss

Tuesday, November 19th | 10:30 am – 11:30 am
Online via ZOOM

With speaker HOLLY SMITH PASHNIAK, Community Outreach Manager, Kali's Wish Cancer Foundation

Talk To A Pharmacist: How To Stay Healthy This Holiday Season

Friday, December 6th | 10:00 am – 11:00 am
Online via ZOOM

With Pharmacist Jason Chan Remillard, BSc Zoology, BSc Pharmacy Owner/Pharmacist – Pharmasave On Northmount

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!



Donor Impact

Making a Difference



Help for the holidays

The holidays are meant to be a happy time.

It's supposed to be the time we share with family and friends, with moments of great love, camaraderie and fellowship.

But not everyone has the same opportunities that we might.

There are many seniors in our community who will have a difficult time this holiday season.

Whether they have bare pantries or freezing palms, we know many of our seniors are hard-pressed by the weight of living expenses.

Unison, for Generations 50+ want to make sure that as many seniors as possible can experience the joy and the safety of the holiday season.

Whether it's helping

seniors find housing, ensuring their cupboards are full or just giving them a treat to ensure they have something to open as a present: we're going to be there.

And you can be there too.

In a season about generosity — it just makes sense to give.

Whether it's helping us stuff stockings for seniors, or making a financial donation — every single thing you do helps us make the lives of older adults safer, happier and happier.

In a season with less sunlight and freezing cold winters, it easy to lose hope.

But together, we can ensure the darkest, coldest days are the warmest and brightest.

Won't you help?

Give today at www.unisonalberta.com/

unison
At Kerby Centre

STUFF A STOCKING

FOR SENIORS LIVING WITH FOOD INSECURITY

- Stocking Stuffer Ideas:
- Socks
- Mittens
- Warm hat
- Coffee, tea, hot chocolate
- Personal hygiene items
- Holiday treats
- Books
- Games

Please indicate gender for stocking

DONATE NOW UNTIL DEC.13TH

Drop off:
Unison at Kerby Centre
1133 - 7th Ave S.W.

Our goal
200 stockings^s

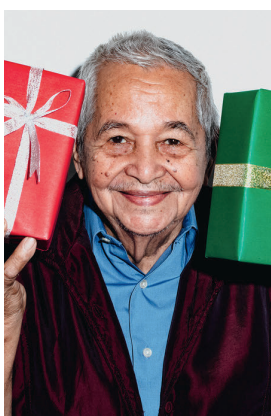
* Stockings are handed out to Thrive clients so easy to carry sizes are appreciated. *

HELP FOR THE HOLIDAYS

Join Us in Helping Seniors Thrive This Holiday Season.

unison
For generations 50+

I would like to make a **one-time or monthly donation:** _____



Payment Method: Cheque Visa MasterCard

Credit Card Number: _____

Expiry Date: _____ **CVV:** _____

Signature: _____

Planned Giving - A way to make a BIG impact!

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

Send tax receipt to:

Name _____

Address _____

City _____ **Prov** _____

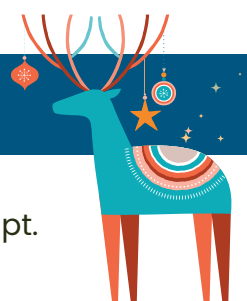
Postal Code _____ **Phone** _____

Email _____

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

Thank you for supporting seniors!

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR001



Medicine Hat

Domestic Violence Month at Veiner

No one wants to think they could be a victim of elder abuse. Imagine dedicating your life to protecting and supporting your family, only to face mistreatment in your later years by someone you care about and trust.

The unfortunate reality is that elder abuse can affect anyone, regardless of income, gender, or background. The incidences of elder abuse are on the rise and expected to increase as the population ages.

Most cases of elder abuse are perpetrated by someone the victim knows and trusts such as a family member or friend, but can also include a landlord, neighbor, or contractor. Abuse can manifest in various forms, including physical, emotional, financial, sexu-

al, medication, and neglect. In Canada, financial and emotional abuse are most prevalent.

Research indicates that approximately one in four individuals will encounter elder abuse at some point in their lives. However, many cases go unreported due to the complex nature of the relationship between the victim and the abuser.

Victims frequently fear reporting the abuse because they may rely on their abuser for essential care and support. As we age our social connections can decrease and therefore find it more difficult having those supports available.

With November being domestic abuse month, it provides us an opportunity to challenge our percep-

tions and approaches on the topic of elder abuse. Its not right for anyone to be abused, bullied or mistreated by another person, but elderly victims of abuse are vulnerable and may not be able to defend themselves physically or emotionally and may need someone to advocate for them.

They are often already experiencing mental and/or health challenges on top of the abuse, which can make it more difficult to identify.

Although, the data is not conclusive, research suggests half of the cases of elder abuse go unreported. It is important to know that all reports

submitted to elder abuse programs are handled confidentially, safeguarding the privacy and safety of those involved. If you are concerned about the well being of an older person (50+), reach out to us and ask questions.

That's the first step and it may not always lead to a case but it's worth investigating.

The Unison At Veiner Centre operates as a multifaceted team of community supports, referrals and outreach services all in one location. An individual that experiences abuse is often kept isolated from their friends and family by the abuser as a way to gain

control and limit access to others so they don't see the abuse occurring.

Once abuse is identified and the individual accepts help, the Unison At Veiner Centre is a great resource for helping get them back on their feet and engage in a safe and healthy way.

To have that opportunity to come down and have a coffee or a meal or to participate in an activity of their leisure, or to speak with any of the support services available is a way to build social connections, increase confidence and integrate back into the community.

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		6				8		
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	6					5	7	
	8	7	6	5	4			
3								

STUFF A STOCKING
FOR FINANCIALLY VULNERABLE SENIORS IN MEDICINE HAT

Stocking Stuffer Ideas:

- Socks
- Mittens
- Warm hat
- Coffee, tea, hot chocolate
- Personal hygiene items
- Holiday treats
- Books (big print)
- Games, cards

Please indicate gender for stocking

We supply the stockings!

DONATE by DEC. 13TH

Drop off:
Unison at Veiner Centre
225 Woodman Ave SE, Medicine Hat

Our goal
500 stockings

*** Volunteer drivers are delivering the stockings so easy to carry sizes are appreciated. ***



Medicine Hat Veiner Activities

What's Happening in November

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

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Men's Shed
Boardroom | 11am

Canasta
South MP | 12:30pm

Tech Support
Boardroom | 1pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
Dining Room | 9am

Ukulele Group
North MP | 10am-12pm

Duplicate Bridge
North MP | 12:45pm

Crib
South MP | 1pm & 6:30pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocce Ball
North MP | 9:30am

Canasta Lessons
Dining Room | 10am

Veiner Centre Choir
10am

Duplicate Bridge
South MP | 12:30pm

Hearts
Dining Room | 1pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Bridge Lessons
South MP | 3:30pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Duplicate Bridge
North MP | 6pm

Norwegian Whist
South MP | 6:30pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Duplicate Bridge
North MP | 12:45pm

Kaiser Club
Dining Room | 1pm

Mexican Train Dominoes
South MP | 1pm

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

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

November 5

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

November 5

Book Review Crew
1pm - 2pm | Dining Room

November 5

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

November 15 - 17

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

November 12

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

November 14

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

November 19

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

November 19

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

November 20

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

November 20

Cooking For Support
1pm - 3pm | Strathcona Kitchen | Intake with Nicole Required 587-770-1420

November 21

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

November 21

Cooking for Connection
1pm - 3pm | Strathcona Kitchen | Registration Required

November 27

Scam Presentation Presentation with Reality Bytes - Technology Solutions
1pm - 2pm | Boardroom | Registration Required

Wellness Wednesdays

November 6 | Movie Matinee with popcorn
"1917" | Craft Room | 2pm - 4:30pm

November 20 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

November 20 | Optima Rocks with Jodi
Craft Room | 2:15pm - 4pm

November 27 | Life Long Learning Presents:
"Relationships" | Boardroom | 10am - 12pm |
Registration Required

Celebrate Diabetes Month

Diabetes Workshops

November 6 & 13
10am - 11am | Boardroom | Registration Required

Supporting the Veiner Centre

Stocking for Seniors

November 1 - December 13
Pick up a tag & stocking at the Veiner Centre

Holiday Plant Fundraiser

Order deadline: November 13
www.veinercentre.growingsmilesfundraising.com

Veiner Centre Fundraiser: Card Making Workshop

November 19
2pm - 5pm | Craft Room | \$50/pp

Active Aging Spotlight

Senior Safety Series - Elder Abuse & Family Violence Prevention

November 21 | 9:30am - 12pm
North MP Room | Registration Required

Medicine Hat Strathcona Activities

What's Happening in November

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

Mondays

High Beginner Line Dancing | 9am
 Table Tennis | 10am
 Chair Yoga & More | 12pm
 Pickleball Intermediate | 1pm
 Pickleball Advance | 2:30pm
 Chair Yoga & More | 4pm
 Yang Short Form | 7pm
 Yang Long Form | 8pm

Tuesdays

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

Wednesdays

Absolute Beginner Line Dancing | 8:30 am
 Beginner Line Dancing | 9am
 Table Tennis | 10am
 Qigong & Chair Yoga | 12pm
 Pickleball Intermediate | 1pm
 Pickleball Advance | 3pm
 Weapons Form | 7pm

Thursdays

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

Fridays

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

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

Sept 16 - Dec 16 | Mondays | 9am-9:45am | FREE

Chair Yoga & More

Oct 28 - Dec 16 | Mondays | No Class Nov 11
 12pm - 12:45pm & 4pm - 4:45pm
 Members: \$49 | Non-Member: \$70

Fun & Fitness

Nov 5 - Dec 19 | Tuesdays & Thursdays
 9am - 9:55am & 10am - 10:55am
 Members: \$70 | Non-Member: \$105

Solid Gold Fitness

Oct 29 - Dec 17 | Tuesdays | 11:45am - 12:30pm
 M: \$56 Non-Member: \$80

Absolute Beginner Line Dancing

Sept 19 - Dec 18 | Wednesdays |
 8:30am - 9am | FREE

Beginner Line Dancing

Sept 19 - Dec 18 | Wednesdays
 9am - 9:45am | FREE

Qigong & Chair Yoga

Oct 30 - Dec 18 | Wednesdays | 12pm - 1pm
 M: \$56 Non-Member: \$80

Silver Steppers

1:00pm- 2:00pm | Thursday's
 Oct 31 - Dec 19 | M: \$56 Non-Member: \$80

Hatha Yoga

12:00pm - 1:00pm | Friday's | No Class Nov 8
 Nov 1 - Dec 20 | Members: \$49 | Non-Member: \$70

Tai Chi Fitness Classes

Yang Short Form

Sept 16 - Dec 3 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Sept 16 - Dec 2 | Mondays | 8pm - 9pm

Chen Style Short Form

Sept 17 - Dec 3 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Sept 17 - Dec 3 | Tuesdays | 8:15pm - 9pm

Weapons Form

Sept 18 - Dec 4 | Wednesdays | 7pm - 9pm
 Must have completed Yang or Chen form before registering for this class. No exceptions

Walking Soccer

November 2 - December 14

10am - 11am | Strathcona Centre | Registration Required

Looking Forward

Strathcona Craft Sale

December 6

10am - 4pm | Strathcona Centre | Cash Only

Please note the Strathcona Centre will be closed Saturday, November 9 and Monday, November 11.

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](https://www.unisonalberta.com/Active-Aging-Calgary)**

Weekly In-person Activities at Unison at Kerby Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Badminton (\$3) 1 court only Gym 10am – 12pm</p> <p>Meditation Monday (\$3) Room 317 10am – 10:45am</p> <p>Mahjong (\$2) Room 312 10:30am – 12:30pm</p> <p>Live Well Be Well Conversations (\$3) Room 317 11am – 12pm</p> <p>Beginner Pickleball (\$3) 2 courts only Gym 10am – 12pm</p> <p>Pickleball (\$3) Open to all levels Gym 2:30pm – 4pm</p>	<p>Recorder Group (\$2) Room 108 10am – 12pm</p> <p>Beginner Pickleball Lessons (\$35 for 4 weeks) Gym 10am – 12pm (Registration Required)</p> <p>Ukrainian Group - English as a Second Language (FREE) Room 313 1:30pm – 3:30pm</p> <p>River Walk (\$2) Meet in Room 317 10am – 11am (Must sign a waiver)</p> <p>Intermediate Pickleball (\$3) Gym 2:30pm – 4pm</p>	<p>General Craft Group & Knitting for a Cause (FREE) Room 311 9am – 12pm</p> <p>Beginner English Language Literacy (FREE) Room 312 10am – 12pm</p> <p>Men's Shed / Tech Shed (\$3) Room 317 10am – 12:15pm</p> <p>Wednesday Dance (FREE) Kerby Café 1pm – 3pm</p> <p>Cribbage (\$2) Room 312 1pm – 3:30pm</p>	<p>Artists Group (\$1.50 per half day) Learning Lab 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</p> <p>Badminton & Ping-Pong (\$3) Gym 1:30pm – 3:30pm</p> <p>Intermediate English as a Second Language (FREE) Room 305 1:30pm – 3:30pm</p> <p>Advanced English as a Second Language (FREE) Room 311 1:30pm – 3:30pm</p>

Unison Travel Spotlight

Spruce Meadows Christmas Market - Travel Day Trip

Friday, November 22nd | 11:00 am – 4:30 pm
Member / Super Member: \$35
Non-Member: \$65
Cut-off Date: November 8th

Your trip includes ticket admission and bus transportation provided by Willco, but lunch is not included in the price. Please ensure you have your Health Care Card and a government-issued photo ID, and dress appropriately for cold, icy, or windy conditions. This trip is not suitable for individuals with reduced mobility.

Please call Unison Travel Desk at 403-705-3237 | travel@unisonalberta.com for more information, to book your spot.



Unison Travel Spotlight

Strathcona Tweedsmuir School Christmas Concert & Lunch (Members Only)

Wednesday, Dec 4th | 10 am – 2:15 pm
Member / Super Member: \$10

Join us for a special 'Members Only' event at Strathcona Tweedsmuir School for their annual Christmas Concert, featuring student performances and hosted by Grade 5 and 6 leaders with food and beverages. The event includes admission, light lunch, coffee and tea, and school bus transportation.

Register NOW!
403-705-3237 or Travel@UnisonAlberta.com



Active Aging Spotlight

Watercolour - Fall B10

Nov 1st – Dec 6th | 10 am – 3 pm
Member / Super Member: \$144
Non-Member: \$174

If you've admired watercolor painting and want to learn the skill yourself, this class is for you! Join us to bring your artistic visions to life with this mesmerizing medium. Please note that supplies are not included, so bring a natural-hair paint brush, cotton watercolor paper, and paint. Instructor: Hamideh Khadem Sohi.

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



Active Aging Spotlight

Line Dancing - Introductory I - Fall W04

Nov 4th – Dec 16th | 10 am – 11 am
Member / Super Member: \$40
Non-Member: \$70

No dance partner is needed for this class, where you'll learn the basics of line dancing in a fun and educational setting. Look forward to improving your coordination, mental acuity, and confidence as you master new dance skills. Join us at Wild Rose Church, 1317 1 St NW.

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



Active Aging Spotlight

Drawing - Intermediate Drawing- Fall B05

Nov 11th – Dec 16th | 1 pm – 3 pm
Member / Super Member: \$90
Non-Member: \$120

Have you always been interested in drawing, but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! 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.

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



Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**
Online registration and full details at **UnisonAlberta.com/Active-Aging-Calgary**

Wise Owl Boutique Half Price Sale on RED tag items!

November 18th – 22nd
Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Informative Presentation on Dementia Basics and Myth-Busting

Thursday, December 5th | 11:00 AM – 1:00 PM | FREE

This event is organized by the Unison Wellness Center and the Unison Elder Abuse Shelter. Don't miss this opportunity to learn and engage with experts from The Alzheimer's Society. We look forward to seeing you there!

Register NOW!
403-234-6566 | kerbycentre23.wildapricot.org/event-5898246



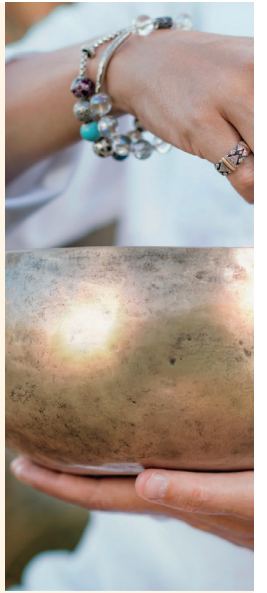
Wellness Spotlight

Sound Bath Therapy at Kerby Centre

Mondays | Nov 18th – Dec 2nd | 1 pm – 2:30 pm
Members / Super Members: \$60
Non-Member: \$120

Join us for a transformative 1.5-hour Sound Bath Workshop by Healing Sound Bath Inc. Experience the stress-reducing benefits of sound therapy, enhance your healing, release negative energy, and deepen your mindfulness.

Register NOW!
403-234-6566 | kerbycentre23.wildapricot.org/event-5870752



Wellness Spotlight

Compassionate Support Workshop

Wednesdays | November 6th – 20th
1pm – 2:30pm
Members / Super Members: \$20
Non-Member: \$50

Want to support someone who is grieving? Join our Compassionate Support 3-Week Workshop to learn essential skills for walking alongside your loved ones on their healing journey. Sign up now to make a meaningful difference!

Register NOW!
403-234-6566 | kerbycentre23.wildapricot.org/event-5820242



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 and Caregivers Alberta in collaboration 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 | kerbycentre23.wildapricot.org/event-5448556



NEW Online Classes Coming Next Semester!

- Chair Dancing with Dave: **Free for Members** (Thursdays)
- Basic Chair Yoga with Hannah: **Free for Members** (Mondays)

Check out the December Unison News paper for details.

Give the gift of a membership and take a class together!



Host a Food Drive for Kerby Market!

Kerby Centre Market is Calgary's only senior-specific food bank!

It provides supplemental food, frozen, and non-perishable items to seniors in need. It offers choice, dignity, and community support. **Help us support this initiative by collecting non-perishable food items** with friends, family, or coworkers for Unison at Kerby Centre.

We'll provide a Food Drive Resource Kit to get you started! For more details or to arrange a drive, call 403-234-6569 or email ashley@unisonalberta.com

Support Seniors through Kerby Centre Market!



In praise of our angels

Steffen Allan Shelley
Contributor

For the last four years and a bit, my mom has been in Level 4 care in Alberta. It has been an interesting time.

As many readers may experience for their family or may know of someone who has experienced senior care in Alberta, Level 4 is the highest level of government-supported care for seniors. Level 4 consists of around-the-clock attention in a nursing facility, with continuous medical monitoring and all meals, bathing, and recreation provided and managed in a loving, healthy environment.

That vision is pitched by every government, regardless of understaffing or mounting concerns about care outcomes. Unfortunately, in conversation with many families over the years and from personal observation, I have gathered a large case file of concerns about how Alberta care facilities operate.

There is a difference between what politicians preach and what the care industry sells to families, and it can be very divergent and dangerous. Yet, despite this divergence and the systemic deficiencies within the care system, there is a big group of people at care homes who make the system work.

And this group of people does a very good job with little recognition. It is all the hands-on care people, the HCAs, LPNs RNs and others, that interact directly with the residents. These hands-on care-

givers deal with the extreme physical frailty or harrowing mental anguish of the residents who are, for all purposes, clinging to life and desperate for kindness. I challenge anyone to spend a bit of time walking through the care homes to get a better appreciation of the very difficult task that society has entrusted to the caregivers.

I've seen elderly women weeping quietly as they hold realistic baby dolls in their arms. I've seen others continually cry out for help, for their family, for someone. Others sit longingly for hours at windows looking at snow, at rain, at trees bending with the wind.

Then, between those sorrowful scenes, there will be one, maybe two care workers dashing about, giving comfort and attention.

Even if only for a few minutes, I am amazed at how the kind words or gentle touches of the care workers can stop a resident from weeping or bring a smile for a few moments to

another. Politicians always promise more funding to support care, but I suspect that most of that "more money" doesn't filter down past consultants and management layers to the hands-on workers. In my opinion, what is needed and will be more appreciated is to have more of the working angels who have daily and direct contact with the residents.

It doesn't cost much for human contact, but the compassion of that act is invaluable. Far too often, the constraints of not having enough care personnel limit what services and attention the care homes can provide.

Regrettably, the hands-on caregivers are thus very often constrained to work to a minimum level decided by some over-degreed theoretician with little observation of and no care for reality. A good example of this is an incident with Mrs. W (not her real name) that I witnessed a few weeks ago.

As I was walking down a long corridor in a care home, Mrs. W, who is normally in a wheelchair, came scurrying out of her room, walking and pushing her wheelchair in front of her. Mrs. W was beaming like a toddler who just got her first Fisher Price Bubble Lawnmower for Christmas; such was the wide smile and bright eyes on her face that struck me as the personification of pure joy.

When care staff saw Mrs. W walking, they hurried to her side, exclaiming, "Mrs. W, you are not supposed to be walking, you are a fall risk..." But then two of the care workers flanked her and one said "Ok, Mrs. W, we'll walk with you for a bit, but then you need to sit back down." That was an exemplary case of a couple of hands-on care workers taking a few extra steps to provide care above the minimum level mandated.

Unfortunately, because of understaffing, such extra efforts are rare, and

the next day Mrs. W was buckled into her wheelchair. I've witnessed frequent little interventions by care staff that perk up residents.

Simple things like tucking someone into a blanket when he or she dozes off in front of a window, while at other times it is the nurse inviting the lonely resident to tag along while making rounds. A quick hand of "Fish" also brightens someone's day.

Regrettably, it is also the little white lies that keep the resident upbeat waiting for a family visit that never seems to come.

I'm not sure how or if such little actions can be written into a work scope but everyone who does those little things to make life for the residents just a bit better, even for a few minutes, needs to be thanked and praised.

The hands-on care home workers have very difficult jobs and yet they keep coming back. They are the little angels to so many.

Seniors Supports

Staff from **Service Canada** will be at Kerby Centre on November 8th and December 13th, **9am – 12pm** to assist seniors in:

- Signing up for the Canadian Dental Care Plan.
- Answer questions on Federal benefits.

Staff from **CRA** will be at Kerby Centre on Nov 12th, Nov 26th, Dec 10th and Dec 17th, **9am – 3pm:**

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



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PREMIER Crossword

By Frank A. Longo

FROM THE 6TH TO THE 22ND

ACROSS

- 1 Malformed
- 10 Env. notice
- 14 Imitate successfully
- 20 Olympic figure skater Gordeeva
- 21 “Divergent” actor James
- 22 Tilting
- 23 Instant when something is perceived intuitively?
- 25 Small sheepdog, for short
- 26 German river
- 27 Correo — (Spanish airmail)
- 28 Trim again, maybe
- 30 Malicious
- 31 Ending for leopard
- 32 Internet connection that’s reliable and lag-free?
- 35 Nice smell
- 39 Sakai sash
- 41 Some hosp. staffers
- 42 Directly right, on a map
- 43 Formulate a well-reasoned argument?
- 46 Albert of sportscasting
- 47 Series starter
- 48 Come- — (enticements)
- 49 Sarcastic laugh syllable
- 51 Toothpaste brand of old
- 56 Achy
- 57 Fore and —
- 59 Treasured panorama?
- 63 1940s prez
- 65 Resistance unit
- 67 Go astray
- 68 Villainous Transformer voiced by Orson Welles in 1986
- 69 Malted quaff
- 71 Novel adapted in poetic form?
- 75 Nav. officer
- 76 Brine minus the water
- 78 — Alamos
- 79 Cager Erving, familiarly
- 80 Deity
- 82 Digging tool manufactured near the Apollo Theater?
- 85 Novelist Fleming
- 87 Legal scholar Guinier
- 90 Ewoks’ moon
- 91 Wallet single
- 92 Horse’s kin
- 94 Virtual purchases
- 96 “Assuming that’s true ...”
- 99 Like a bride who doesn’t want her face covered?
- 101 Lure used by exterminators
- 105 1860s prez
- 107 Musical ability
- 108 Bride’s path

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130											131										

- 109 Dialect that uses no consonants?
- 112 July hrs.
- 114 Hertz rival
- 115 Janitor’s tool
- 116 May preceder
- 118 Red Muppet
- 122 Herbal tea
- 124 Driver’s swerve made for no justifiable reason?
- 127 Be the delegate of
- 128 James of “Elf”
- 129 Oscar trophy, e.g.
- 130 Be rankled by
- 131 “NFL Live” broadcaster
- 132 College of the NCAA’s Crusaders

DOWN

- 1 Early Persian
- 2 “Just joking”
- 3 Goalie’s feat
- 4 Mix together
- 5 She clucks
- 6 Opera parts
- 7 Tree-scented Clorox brand
- 8 Bldg. planner, e.g.
- 9 Personal identifier in the deaf community
- 10 PIN taker
- 11 Actress Charlize
- 12 Core beliefs
- 13 Tally mark

- 14 Vaccination pioneer Louis
- 15 Hard wood
- 16 Jacket part
- 17 Psychoactive sage plant
- 18 Shenanigans
- 19 Surgeon’s probe
- 24 — -pah
- 29 Meat-stamping org.
- 31 Lighten up
- 33 Tolkien beast
- 34 Emending
- 35 Fooferaws
- 36 Many a seized auto
- 37 Listened to accidentally
- 38 Quarries
- 40 Diner seating options
- 44 Notable time
- 45 AOL or MSN
- 46 Hosp. scan
- 49 Buffalo group
- 50 Very pungent
- 52 Pipe type, for short
- 53 Some terriers
- 54 Gas in lights
- 55 Beards on grain
- 58 Citadels
- 60 Singer Della
- 61 — board (séance tool)
- 62 Popular party card game
- 64 Many a roof antenna
- 66 Casaba, e.g.
- 69 Tennis champ Arthur
- 70 Slender
- 72 Hard wood
- 73 Cooing bird
- 74 Country singer Yearwood
- 77 — -mo replay
- 81 10th-century king of Norway
- 83 “Yoo- —!”
- 84 Chou En- —
- 86 Modern, in Berlin
- 88 Singer Sedaka
- 89 Wight, e.g.
- 93 Sloping, but not precipitous
- 95 Weight, e.g.
- 97 Hazelnut
- 98 Sky shiner
- 99 “Aren’t — pair?!”
- 100 Like “10th,” but not “10”
- 101 Film set on Pandora
- 102 Beginner
- 103 Intertwines
- 104 “Take care out there”
- 105 Old Greek marketplaces
- 106 False charge, slangily
- 110 “Straight up,” at a bar
- 111 Gun, slangily
- 113 Dull blue-gray
- 117 — -Rooter
- 118 At any time
- 119 Actor Jared
- 120 Citi Field ball team
- 121 Metals from 38-Down
- 123 Paris refusal
- 125 Raggedy —
- 126 Jean- — Picard

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Active Aging Week a success!

Amanda McCutcheon

With files from Julia Moroz and Aditi Sharma

We know how important it is to stay active at any age — but doubly important for our older adults.

Exercise and keeping your heart rate up is one of the most important things you can do for your health as a senior. Everything benefits, whether it's your balance and core strength, to your mental health and spiritual well-being.

It's no wonder, then, that we celebrate Active Aging Week annually with as much gusto as we'd give a major holiday!

We had a variety of activities planned for our fantastic senior community, including one in particular that you might not have imagined when you think of seniors recreation.

Every year we try to do at least one thing that's out of the box. Whether it's axe-throwing or indoor-skydiving.

This year? It was target shooting!

Our Active Aging manager Aditi arranged a trip to the Calgary Shooting Centre, where our seniors could try out or practice target shooting in a safe,

fun environment.

The seniors had an amazing time learning the basics of shooting, guided by professional instructors who ensured the experience was both fun and educational. For many, this was their first time visiting a shooting range, and they were excited to push their boundaries and embrace this new challenge.

Laughter and excitement filled the air as the group tested their skills, with many expressing their delight at discovering an activity they never thought they'd try. One participant remarked, "I didn't know I had such good aim!" while others were already asking when they could return for another go.

Thank you to the Calgary Shooting Centre for their excellent hospitality, and to our participants for making it such a fun and unforgettable experience!

Unison at Kerby Centre took a group of seniors on a scenic and exhilarating trip to the breathtaking Takakkaw Falls.

The day was filled with adventure, laughter, and awe-inspiring views as participants soaked in the natural beauty of one of Canada's highest waterfalls.

The journey through Yoho National Park provided plenty of opportuni-

ties to enjoy the surrounding mountain landscapes, and the group was eager to explore this hidden gem. Upon arriving at the falls, the sheer majesty of the cascading water left everyone speechless. Many participants couldn't believe they were finally getting to experience this stunning site in person.

For some, it was their first time visiting Takakkaw Falls, and they were thrilled to check it off their bucket lists. "I've always wanted to see the falls, and today was the perfect opportunity," one participant shared with a smile.

The day was filled with fun as everyone enjoyed a leisurely hike, took photos, and shared stories along the way. A delicious picnic lunch with scenic views was the perfect way to cap off the trip, and the group returned to Calgary with hearts full of joy and unforgettable memories.

Finally, as part of Active Aging Week, Unison at Kerby Centre hosted a special cricket event in partnership with the Future Cricket Stars Foundation. This unique event introduced seniors to the exciting world of cricket, giving them the chance to learn the basics of the sport and play a friendly game as a group.

With expert guidance from the team at Future Cricket Stars Academy, participants were taught the fundamentals of cricket, including how to bowl, bat, and field. The seniors were eager to learn and enthusiastically took part in the drills and gameplay. The event brought out a great sense of teamwork and friendly competition, with everyone having a wonderful time on the field.

We extend our heartfelt thanks to Future Cricket Stars Foundation for providing this incredible opportunity to our seniors and making Active Aging Week even more special.

The event, and everything we did over this week, was a true testament to the power of recreation to bring people together and inspire a healthy, active lifestyle.

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4 December 2024

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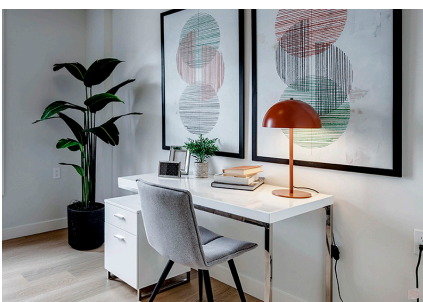
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