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Photo: Deborah Maier



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At Kerby Centre

Holiday Closure Alert



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At Veiner Centre

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# Editor's corner: The Holidays can be weird

Mel Lefebvre, Editor-in-Chief

Unpopular opinion, but the holidays are a weird time.

Growing up, Christmas was stressful. My severely autistic sibling would destroy the tree and the presents beneath it if she wasn't being watched. She's a large, loud individual with a tendency to hit and shove, so as the younger sibling, I learned early to make myself scarce.

My personal response to all that tension? I totally helped by being hyperactive and over-the-top silly. I'm sure my tightly wound parents just loved it when I'd place my palms to my mouth and make fart sounds as loud as I could, right when they least expected it, or bounce around like a deranged kangaroo.

These days, I'm a "responsible adult" with a house, car, dog, cats, husband, kids, and a full-time job. Yikes! Don't worry, I

haven't let all this responsibility squash out the good humour. I still surprise my family with well-timed "toot" noises, and my kids have taken up the tradition of silliness without any coaxing. It's for them that I push through the holidays.

I've pieced together a Christmas enclave that nods to both my French Canadian and Lithuanian heritage. For me, Christmas Eve has always been more special than Christmas Day. I spend the day preparing a meal made with love that my kids will probably refuse to eat. Their disdain for tourtière, pickled beets and mashed potatoes is as strong as my love for them. Oh well.

Once the meal is ready, we set the table with a nice tablecloth, lay out our meal, and light a candle. That candle represents everyone we wish were joining us for dinner. Grandparents, my dad, my husband's mom, a few

uncles, and a son we lost. Each year, they all have a place at the table. And in honour of my Nana, we open a too-sweet bottle of Manischewitz, and we give a toast (the kids get ginger ale). Humour and sentiment live side-by-side at my house. All of this is conducted while we listen to the Jingle Cats.

Our Christmas is usually quiet. Our family is scattered across Canada. My mom and sister are in Montreal, and my husband's parents are in Kelowna. Sure, we could buy overpriced plane tickets and scramble across the country, but we've decided that staying put is better for our mental health. It's a very different kind of Christmas than the ones we grew up with.

Because we aren't often with family during the holidays, whether because of distance or loss, I find this time of year to be a bit sad. In that, I know I share



Christmas in Montreal with Nana, 91 years young, circa 2012, with Manischewitz. Photo: Mel Lefebvre

something with many of the older adults who come to Unison in Calgary and Medicine Hat.

When family is far away, whether by distance, the pain of estrangement, or passing, the holidays lose that fuzzy glow. Instead, the season can sharpen the pain of absence, even as we're surrounded by warm greetings and the endless loop of cheery tunes that make the world feel more like a funhouse mirror

than a winter wonderland.

I'll say it again: the holidays are weird. But I don't take for granted the loved ones I do have - the ones who are here, healthy, and well. While it's not the raucous, picture-perfect Christmas of storybooks, we make the holidays special in our own way. And I know how lucky I am.

Much of what I now call family is chosen family. I'm fortunate to have a close group of friends with whom I can be my authentic self, and it's a true relief. That's one of the things I love most about Unison: it gives people the chance to make friends, and build a chosen family of their own.

Every Wednesday, a group of regulars comes to dance with the Kerby Sensations. It's comforting to see familiar dancers enjoying the sway of the music by themselves, or with a partner. Familiar faces make Unison feel like home - a comfortable place with steady staff, dedicated volunteers, and people getting the help they need.

I'm lucky to have as my employer a homey, welcoming place, where friendship and connection can be the bridge to holiday wellbeing.

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# President’s Message: Food and safety

The past five years has been a period of growth for Unison’s charitable activities and programs. This shift happened because more seniors have needed our help, from fleeing elder abuse, to food support. We have served more people affected by Elder Abuse not just in our Elder Abuse Shelter but also through outreach and case-work management in both

Medicine Hat and Calgary. A new Safe Spaces program in Medicine Hat is a responsive alternative to our brick-and-mortar shelters in Calgary. Unison also runs programs to address food insecurity experienced by seniors. Food Banks Canada’s 2025 HungerCount report highlights a troubling rise in food insecurity among seniors in Canada. The key

findings are 8.3% of food bank clients are seniors, up from 6.8% in 2019. This increase reflects a growing vulnerability among older Canadians, many of whom are facing difficult choices between paying for medications, rent, or groceries. In some regions seniors make up 22% of food bank clients, far above the national average.

Many seniors who access food banks like the one we run in Calgary would tell you that in their lifetime, they had never used a food bank, and they didn’t expect to be using one today. There are a few striking reasons why food bank use is increasing for seniors. Since 2021, the cost of living has skyrocketed. Household expenses like utilities and energy are up 26%, food by 25%, and transportation by nearly 20%, far outpacing wage growth. Many seniors rely on a fixed income comprising pension income or disability supports, which are often inadequate to meet basic living expenses. And finally, housing affordability, particularly for seniors living in market-rent housing are affected, with 70% of all food bank users in this category. And, we need your help. As a part of this year’s Holiday appeal, we are trying to build and grow our monthly giving program. At Unison, we believe that every person deserves dignity, connection, and hope — especially those over 50 who find themselves fac-

ing unexpected challenges. Whether it’s a sudden job loss, a health crisis, or the quiet ache of isolation, the reality is that many older adults in our community are struggling. And they’re doing so silently. Unison is the engine behind a movement that recognizes the unique vulnerabilities of the 50+ community who are at risk of homelessness, poverty, and social isolation. They are people who have contributed to our communities for decades, and now, they need us. But here’s the truth: we can’t do this without you. Monthly donors are the backbone of Unison’s work. They provide the steady, reliable support that allows us to plan, respond quickly, and walk alongside people for the long haul. When you become a monthly donor, you’re not just giving money—you’re giving stability. You’re giving someone the chance to breathe, to rebuild, and to believe in a future again.

When you give monthly, you help us:

- ▶ Give emergency support for seniors in crisis
- ▶ Offer long-term case management that builds trust and stability
- ▶ Create community hubs where people can connect, learn, and grow
- ▶ Advocate for systemic change that protects vulnerable seniors



Larry Mathieson, CEO and President

Your donation goes directly to work — no delay, no detour. And because it’s monthly, it allows us to be proactive instead of reactive. It means we can say “yes” more often. Yes, to housing. Yes, to healing. Yes, to hope. We know that giving is personal. It’s a reflection of your values, your heart, and your belief in a better world. That’s why we invite you to join us — not just as a donor, but as a partner in transformation. Please consider becoming a monthly donor today. When we stand together, no one over 50 has to face hardship alone. You can sign up for our monthly giving club on our website, through our email appeal or just call Joy at 403-705-3254.

## DECEMBER 2025

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

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Staff from the **CRA** will be at Unison Kerby Centre to help you with printing T-slips, notices of assessment, and answering questions on benefits & credits.

**CRA Staff will be at the Kerby Centre from 9am – 3pm on December 2 & 16**

**Seniors Supports | 403-705-3246 | UnisonAlberta.com**  
Call us for guidance and support with Housing | Benefits & Pensions | Tax Support



Staff from **Service Canada** will be at Unison Kerby Centre to help you sign up for the Canadian Dental Care plan, and to answer questions about Federal benefits.

**Service Canada will be available from 9 am – 12 pm on December 10, 2025**

**Seniors Supports | 403-705-3246 | UnisonAlberta.com**  
We can provide guidance and support with Housing | Benefits & Pensions | Tax Support

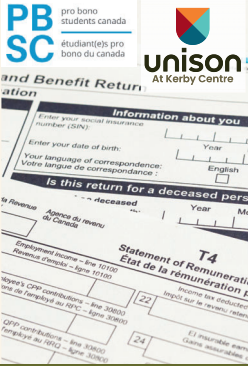


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- Canada Pension Plan (CPP)
- CPP Disability
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
- Assured Income for the Severely Handicapped (AISH)
- FairEntry Applications

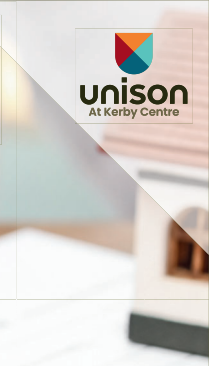
**By appointment ONLY! Admin fee \$5.**  
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## Housing Application Assistance

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**By appointment ONLY! Admin fee \$5.**  
Call Seniors Supports at **403-705-3246**



## Volunteer opportunities



**Tax Preparer** (February 23–April 30): Help our community members file their taxes!

Requirements: minimum 3 years with the CVITP program, proficiency in U-file and Auto-fill, experience working with seniors, and strong attention to detail.

**Tax Receptionist** (February 23–April 30): Welcome clients, assist with surveys, accept donations, and use the point-of-sale machine.

**Benefits and Housing:** Help older adults complete benefits and housing applications (paper or online) and share information to support them. Training is provided.

**Seniors Supports Reception** (Fridays, 12–4 pm) Be part of a welcoming team in a busy office! Greet clients, help with intake forms, answer phones, and assist with admin tasks.

**Food Prep** (Wednesdays, 9 am – 12 pm): Support our Thrive Food Security Program by helping prepare food for our market. Available shift: Wednesday, 9 a.m. – 12 p.m.

For more information: [volunteer@unisonalberta.com](mailto:volunteer@unisonalberta.com)

## KERBY cafe



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## December 2025 Weekly Specials (\$14)

**Dec 1–5**

Holiday turkey poutine  
Potato leek soup

**Dec 8–12**

Hot turkey sandwich (turkey, white bread, mashed potatoes, peas, gravy)  
Carrot parsnip soup

**Dec 15–19**

Roast beef sandwich & choice of side  
Turkey noodle soup

**Dec 22**

Shortened menu

**Dec 23 – January 12**

Closed for Holiday maintenance

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Manager of Seniors Supports & Volunteers

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# Vitamin B12 – a key nutrient for nerves

Kayla Huggard, Calgary Neuropathy Association

Vitamin B12 (or B12) is a key nutrient for the workings of the nervous system. Some of its functions include being needed for the formation of the nerve fiber coverings, known as myelin sheaths, for proper nerve function, and even for the synthesis of DNA. If someone does not have enough B12 this can lead to symptoms such as peripheral neuropathy, the feeling of numbness, tingling, muscle weakness, and/or pain, most often in the hands and feet.

It makes sense then that supplementing B12 can help to treat neuropathy that is a result of vitamin B12 deficiency, there is also evolving research in its use for treating other types of neuropathic pain like diabetic and chemotherapy-induced neuropathies.

Vitamin B12 deficiency can arise a variety of ways, including poor dietary intake (e.g. a risk for those who are vegetarians or veg-

ans), malabsorption syndromes (e.g. celiac disease) and chronic use of certain medications (e.g., metformin or a proton pump inhibitor). Neuropathy associated with B12 deficiency often begins subtly but can become irreversible if not addressed promptly. The research supports vitamin B12 supplementation in the form of intramuscular injections or high-dose oral pills to restore normal vitamin B12 levels in the blood and improve associated neuropathy.

Beyond deficiency-related neuropathy, vitamin B12 has shown promise in managing diabetic peripheral neuropathy (DPN). In diabetic individuals, chronic high sugar levels, hyperglycemia, leads to nerve damage, and several studies have suggested that methylcobalamin, a form of B12, may help regenerate nerves and alleviate these neuropathic symptoms. A randomized controlled trial found that methylcobalamin significantly improved



Many good foods are sources of Vitamin B12, but you may still be deficient. Photo: CNA/Canva

nerve conduction speed and reduced pain levels in patients with DPN. This means supplemental vitamin B12 may help with managing diabetic neuropathy, even when blood vitamin B12 levels are within the normal range. Similarly, research has explored the use of B12 in chemotherapy-induced peripheral neuropathy (CIPN), which is a common side effect

of chemotherapy medications like cisplatin and paclitaxel. While the evidence isn't as strong as it is for DPN, some studies suggest that B12 may offer protective or repairing effects on damaged neurons. More high-quality trials are needed to clarify its role in this context.

Overall, vitamin B12 therapy is generally safe and well-tolerated. Injec-

tions are often preferred for severe deficiencies or in cases of malabsorption, while oral forms can be effective in more mild cases. Vitamin B12 is relatively safe to take as it has a low toxicity with excess amounts being excreted in the urine as oppose to building up in the body.



Vitamin B12 is an essential nutrient with significant implications on neurologic functioning. Its use in treating neuropathy is well-supported in cases of B12 deficiency and shows potential for also managing conditions such as diabetic neuropathy. Although more research is required to define optimal doses and usefulness in neuropathies not stemming from a deficiency, B12 remains a valuable and low-risk therapeutic option in the broader management of neuropathic conditions.

## FREE HEARING ASSESSMENTS

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# A scary day at work

David Secord, No Dead Horses Writing Club

The sound of gunfire came closer and closer. There we were, walking down a forest trail in New Brunswick searching for an outcrop to sample and incorporate into our geology maps.

It was an idyllic day. The sun was shining and there was a light breeze. We were on land that had been expropriated by the

Federal Government years before to establish a Canadian Forces Base in Gagetown. There were many abandoned farms that still had remnants of its former inhabitants. Fortunately for us, old berry patches and orchards established by farmers meant that my co-worker and I could pick and eat strawberries and apples. We saw that bears also enjoyed the fruit as we often found their scat.

I digress, as gunfire is the topic. This was not pistol or rifle fire. This was artillery, possibly tanks, or howitzers, but we could not see them because of the trees. Theoretically, we were trespassing on Department of National Defence property but our manager had arranged permits with the military command so that we could pursue our geological exploration.

Evidently, our permit

that day did not account for live fire exercises! As we walked along the trail, we heard shells whistling above us. Lucky for us, we weren't in the target zone but we were between the shooters and their targets.

Our idyllic walk turned into a frantic run. I am just glad that I am still here to tell the story.



Wild raspberries and gunfire.  
Photo: Cedric LeBars



# PREPARED study offers free testing

Amy Ferris, University of Calgary

Feeling under the weather? Albertans experiencing cold and flu symptoms can now access free rapid testing through a research study that aims to enhance patient care, improve healthcare efficiency, and strengthen pandemic preparedness across Canada.

The University of Calgary and the University of Alberta have partnered with academic institutions across Canada to launch PREPARED, a study inviting community members who feel unwell to participate in free testing that provides immediate results.

Pandemics like COVID-19 and SARS and outbreaks like bird flu and mpox have shown us that Canada needs to do much more to prepare for future health emergencies. PREPARED aims to:

- ▶ Improve patient care and rapid testing for multiple viruses
- ▶ Identify new viruses and detect future pandemics
- ▶ Accelerate the development of treatments, vaccines and diagnostic tests
- ▶ Link patients to clinical trials

Respiratory illnesses can share many symptoms, which makes it difficult for individuals to know whether they're dealing with a common cold, influenza, COVID-19, another respiratory infection, or even allergies! This can lead to delayed treatment and unnecessary worry and may increase the spread of illness in the community. By joining PREPARED, you can find out what's making you sick and help protect others. **This Research Matters!**

In addition to the individual benefits of free, rapid testing, PREPARED serves a broader public health purpose. Information collected through this study will help researchers and Canadian biomanufacturers understand patterns in respiratory illness across Canada. Study Coordinator Anita Oomen explains "The COVID-19 pandemic showed us that Canada was not prepared for a pandemic. The PREPARED study is important because it applies our learnings from the Covid-19 pandemic, so we will not repeat the same mistakes the next time a pandemic hits us."

PREPARED will help identify emerging outbreaks quickly, allowing for faster response times and better protection for Albertans. **Who can participate?**

Community members experiencing a range of cold and flu symptoms are encouraged to find out if they qualify. The study is looking for participants who have symptoms including:

- ▶ Runny or stuffy nose
- ▶ Cough
- ▶ Fever
- ▶ Wheezing
- ▶ Sore throat
- ▶ Difficulty breathing
- ▶ Tiredness or fatigue
- ▶ Rapid breathing
- ▶ Excessive mucus
- ▶ Loss of smell or taste
- ▶ Blood in mucus

If you're experiencing a combination of these symptoms, you may be eligible to participate. Just reach out to see if you qualify.

Eligible participants will be provided a list of testing sites where they

will share information about their health and symptoms. The testing itself involves the collection of two swabs: one rapid and one PCR. Participants receive their results right away, providing them with immediate information about their illness.

Rapid results are especially valuable for anyone who needs to make quick decisions about whether to seek additional medical care or attend work, school, community events, or social activities. Knowing what's causing your symptoms, you can then discuss potential treatment options with your pharmacist or healthcare provider. Together you can make a plan to protect yourself and others while getting the right treatment.

If you or someone you know is currently experiencing cold or flu symptoms and wants to find out what might be causing them, simply text



A simple health check can have many benefits. Photo: Nam Hoang

1-855-600-5644 to see if you qualify for participation. Our quick and easy screening process will determine if you are eligible.

Don't let uncertainty about your symptoms keep you guessing. With PREPARED, you can find out what you have

right away while helping build a healthier and safer Alberta for everyone.

For more information about PREPARED, visit [preparedcanada.org/alberta](https://preparedcanada.org/alberta)



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# Ella – living life on her own terms

Kathleen Burke

Ella was my grandmother. I would like to say she was a lovely person, a cuddly kind of gran – the kind you see portrayed in books and pictures. The truth is, she was a rather miserable woman. Prim and proper with no sense of humour might have been how I felt about her in my youth, although now I realize she was a brave woman who fought the norms of her time and got through life on her own terms.

If I were to put myself in her shoes, I realize that I would have been miserable, too. A farm girl from a small village in Germany, she arrived in England to work as a maid when she was in her late teens, leaving her parents and three sisters behind. She knew no English, and she arrived in London two years before the start of WWI - when she was on the enemy side.

But those were the least of her problems, because in 1912, this very prim and proper young lady became pregnant and, to make matters worse, when she gave birth in January 1913, there was not one illegitimate baby but two: a boy and a girl.

Since the topic was never discussed in our house, we have no idea how she made it. Through this difficult time, however, this added pressure, and is likely what led her to give up her son.

I often wonder why she didn't return to her family on the farm. There is no evidence that she was shunned, and she visited her sisters often in later years. Perhaps she took too long considering what to do, because no sooner had she taken on the task of providing for her daughter, World War One started, and she was stuck in England as an enemy alien, confined to a limited geographic area, and subject to constant check-ins with the British authorities. In fact, she went through a second World War as an enemy alien before finally becoming a British citizen in 1948. We were told that in wartime, Ella would say she was from Holland to deflect criticism of her German citizenship.

Around 1914, Ella started working as a room maid in hotels – a job she continued for the rest of her working life. Perhaps the disgrace of being an unwed mother prevented her

from obtaining a position in a private home, but more likely hotel work was not only more anonymous, it also offered an opportunity to obtain accommodation and food while receiving tips which, together with her wages, allowed her to pay for foster care, and later, boarding school for her daughter. She was determined that her daughter should finish high school and make something of herself, so you can imagine her disappointment when her daughter fell in love with and married a practically illiterate, but completely charming rogue - with, it was felt, no future.

I guess Ella recognized a rogue when she saw one, because, although her son-in-law did make something of himself professionally, he just couldn't stay away from the ladies – in a sense vindicating her early doubts about the marriage, and, one suspects, giving her a guilty sense of satisfaction knowing she'd been right to object to the marriage in the first place.

It appeared history was repeating itself. Ella's daughter was left with two young daughters and a cheating husband.

But Ella must have transferred some of her indomitable spirit. Soon enough, out went the cheating husband, in came twelve hour working days, and things went along relatively smoothly until her daughter remarried, this time to a hard working, faithful man who doted on her.

Ella retired at 65. She regularly visited her daughter and granddaughters and was a grim presence at Christmas and birthday celebrations. She never married, never seemed very happy, and never appeared to have any close friends. Ella couldn't even win her grandchildren's affection by bringing my sister and I the chocolate bars left as tips by GIs staying in the hotel during the post WWII era, because – she stored the chocolate in drawers filled with mothballs! She was never a warm-hearted woman, but she knew the meaning of hard work and sacrifice (something which, as children, we never fully appreciated about her). She saved all her earnings so that when she retired, she was able to buy a partially occupied house and was ready to enjoy her remaining years

in the upstairs apartment - only to find she had sitting tenants who somehow found out about her past and who teased her and swore at her every time she passed their door. Things just never went right!

In a way, it may have been a blessing that she developed dementia. After being brought home by police, wandering in front of a bus in her nightgown, it was decided she should move into a nursing home, and there she retreated into her girlhood. She forgot every word of English and happily recounted, in German, the fun times she was having with her sisters. After a life of disappointment and hard work, it must have been wonderful to be a young girl again.

There's a footnote to this story: when my grandmother died and we were going through her effects, we found an old newspaper clipping from 1914 about a young man we had never heard about who had received a Military Medal for his part in the Mons Retreat. She had kept that clipping for 60 years. It makes you wonder.



Let's make conversations easier this holiday season.



**Trish Ehman**  
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# Alberta's largest Ponzi scheme

## Alberta Securities Commission

When news of an investment scam breaks, it's sometimes easy to tell ourselves, "That could never happen to me." Yet each year, many Albertans, both experienced and new to investing, are defrauded in seemingly real investment opportunities.

In August 2025, the Alberta Securities Commission (ASC) issued a ruling against Craig Michael Thompson and his companies, Black Box Management Corp. and Invader Management Ltd., for carrying out one of the largest Ponzi schemes in Alberta's history. Over three-and-a-half years, Thompson invested more than \$150 million CAD, and defrauded over 1,000 investors across Alberta and the U.S. of at least US\$47 million.

Thompson's schemes were disguised as low-risk, professional operations. He lured people in and keep them deceived via the psychology of trust and behavioural biases that scammers use to exploit people.

Investment scams aren't just built on fake documents or false account statements. They are built on stories that feel personal, believable and trustworthy.

Thompson used three classic persuasion tactics to draw in investors: **1. Authority:** The "expert" who never loses a trade

Thompson positioned himself as an experienced and successful day trader, claiming he had never faced a negative trading day since 2014. He used technical jargon, like "stop-losses," and produced fake weekly reports detailing his wins to make himself sound credible.

Fraudsters often use complex language to reinforce expertise, appear knowledgeable, and to intimidate. This can make investors less likely to ask questions or challenge claims.

This is called the illusory truth effect: Every time Thompson reinforced his "no losing days" story through conversations or weekly updates, it became more credible.

**CheckFirst tip:** confident claims and repeated tales of success don't tell the full story or replace legitimate qualifications and industry registration. In-

stead of relying on repetition or reputation, do your own research and look for verified information. Always ensure that the person you are working with is registered to sell investments with a provincial securities commission.

## 2. Social proof: Everyone else is "making money"

Many Black Box investors heard about the opportunity through friends, colleagues or family members who, based on reports, believed that their own investments were growing. In reality, Thompson generated fake reports for early investors that showed steady returns, which they shared with others, unknowingly helping spread his scheme. When others around us seem to be having success, it can feel reassuring and safe to follow their lead. Scammers know this and take advantage of psychological biases like herding behaviour or the fear of missing out (FOMO). They use this to manipulate trust between groups to create the illusion of legitimacy.

**CheckFirst tip:** if someone you know recommends an investment opportunity, take a step back and verify the details for yourself. Independent research and registration checks are your best defence against fraud.

## 3. Illusion of control: "Don't worry, you can withdraw your money anytime"

Thompson offered investors a sense of control.

They were told they could withdraw money at any time, which many investors did, making the opportunity feel flexible and low risk. Supported by fake weekly reports that showed two to three per cent "profits," Thompson reinforced that illusion of safety. But real markets don't work that way. Returns fluctuate. No-risk and consistently positive returns aren't just unlikely, they are unreal. If you're being shown a steady gain every week regardless of what's happening in the economy, that's a sign that something isn't real.

**CheckFirst tip:** Legitimate investing involves volatility. Be cautious of anyone who promises smooth, guaranteed growth or no down weeks. Like all Ponzi schemes, Black Box relied on a steady flow of money from new investors to pay earlier ones, until the scheme eventually unravelled. By the fall of 2023, the scheme collapsed, leaving more than 1,000 investors with significant losses. Of the roughly \$150 million raised, Thompson lost at least US\$47 million. The rest was used to pay earlier investors, lost through trading, transferred to other entities, or diverted for Thompson's personal benefit. When concerns were raised by investors and their financial institutions, the ASC acted quickly to investigate and freeze accounts. Thompson and his

companies admitted to trading securities and defrauding investors. As part of a settlement agreement in August 2025, they were sanctioned and ordered to pay nearly \$9 million to the ASC.

Even the most seasoned investor can be manipulated by a story that feels personal. The best way to protect yourself is to slow down and ask questions before you hand over your hard-earned money:

- Pause before you invest. Fraudsters rely on urgency. Take your time to evaluate.
- Check registration. Use CheckFirst.ca to see if the person and/or company is registered to sell investments.
- Ask questions. If you can't clearly understand

the investment opportunity or identify the risks — it's time to step back.

- Expect fluctuations. Legitimate investments rise and fall. Guaranteed or always positive returns don't exist.
- Seek a second opinion. Talk to a registered financial professional or a third party before making big investment decisions.

Doubt alone isn't the only way to keep you and your money secure. Before you invest, do your own thorough research. Ask questions, and verify information against publicly available and trusted sources. When it comes to your money, the smartest move you can make is to CheckFirst.



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# Brenda Stafford Foundation: 50 years of connection

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Foundation

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This year, BSF is celebrating a big moment of connection. For 50 years, we have been providing care, comfort, and commu-



Connecting with friends, new and old, helps bolster mental health and wellbeing. Photo: Unison staff

nity to seniors and families. Over the last five decades, BSF has grown to include new communities, expanded our programs and services, and embraced new technologies that support our work. In all this time, one thing hasn't changed: our belief that everyone deserves to live with dignity and be seen and valued.

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ing. At BSF, our goal is to help with this transition, so that people can continue living the life they love, with support where they need it, and independence where they want it.

Across our five continuing care communities in Calgary and Okotoks,

BSF offers supportive living, long-term care, and private-choice care options. Residents receive care that adapts as their needs change, giving peace of mind to both residents and families.

But what shapes our communities is not the level of care, it's the people. One resident might enjoy joining neighbours for breakfast and participating in our programs and activities. Another resident may prefer quieter, one-on-one moments in cozy spaces. We meet people where they are.

Our teams support residents with a genuine interest in who they are. We call this The BSF Way. Our person-centered philosophy guides how we care, how we interact, and how we create our spaces. It means taking time to learn what makes someone unique, being present in the moment, and enabling and respecting choices.

As we celebrate our 50th anniversary, we continue to look to the future. Through our Dr. Barrie Stafford Centre for Learning, Innovation, and Quality, we explore new ways to improve aging care and continually improve our services.

This holiday season, you can support our work and help make our residents feel at home. Donations help fund programs that bring joy and connection. Volunteering is another meaningful way to make a difference, whether by playhelping with a Therapeutic Recreation activity, or simply sharing a conversation.

If you or someone you know is considering senior living, BSF communities offer comfort, connection, and peace of mind. Learn more at BSFLifestyles.ca. Because aging is not only about care; it's about living well.



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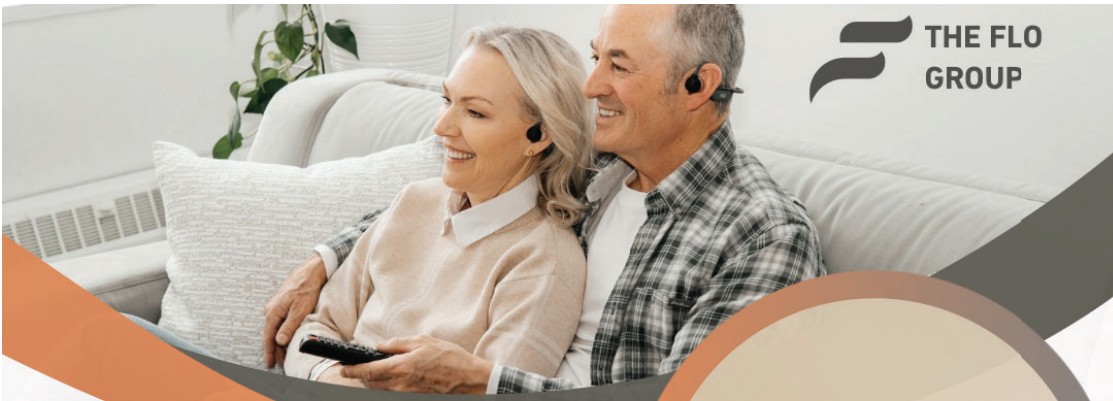
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December puzzles

Solutions: P.21

Across

1. Bundle of wheat  
6. Social media annoyance  
9. Endures  
14. Accord, for one  
15. Dazzle  
16. Earthy colour  
17. Urgent care specialist, briefly  
18. Work of fiction?  
19. Was part of a row  
20. End of an academic address  
21. Start to knock?  
24. Actress Noblezada  
25. Copycat  
27. Copycat  
29. Pinged online  
30. "Carpe diem" hashtag  
31. Like streets in Dickens novels  
34. Lobster claw

38. "\_\_\_ we meet again"  
39. German pronoun  
42. Arboreal marsupial  
43. Kin of equi-  
44. Oft-pierced body part  
47. \_\_\_-fi  
48. "The Idol" star Lily-Rose  
50. Bread  
51. Comics icon Lee  
52. "What \_\_\_ can I do?"  
53. Like some monologues  
54. Pom sounds  
55. Betray, or what can be found three times in this puzzle  
58. Home for lanternfish  
60. Broadcast hour  
63. How a detective might work  
64. Drew back  
65. Motive for a cover-up?  
66. Genre portmanteau  
1. Like chiffon

Down

2. Swarm  
3. Land  
4. Hustle and bustle  
5. Copycat  
6. "The Hunger Games: The \_\_\_ of Songbirds & Snakes"  
7. Scrape covered by a Welly Bravery Bandage, e.g.  
8. Itty-bitty  
9. Copycat  
10. Spanish "here"  
11. Create ribbons  
12. Rome's \_\_\_ Fountain  
13. Accord, for one  
22. "Gangsta Rap" rapper  
23. Partly removable roof  
26. Reinhart of "Riverdale"  
28. Taboo  
31. Manual  
32. Adams who photographed 36-Down

33. Freezes  
35. Put out of one's mind  
36. Yosemite summit, informally  
37. Falls from the sky  
39. Thatcherism creator, familiarly  
40. Copycat  
41. Undisclosed advantage  
45. "Stick a fork in me!"  
46. Obstacle  
49. Third word of the Constitution  
51. Buddy \_\_\_  
56. Exploits  
57. Largest member of the dolphin family  
58. \_\_\_ Pérignon  
59. Musician Brian who used a Mac to compose "The Microsoft Sound"  
61. Rx order  
62. Big name in ice cream

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		6			5	4		
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# Unison

## At Veiner Centre

### 50 years

1975 – 2025

## Reducing social isolation takes a community

Erin Reeder

At the Unison Veiner Centre, families often tell us, “My mom has been so lonely since dad passed away,” or “My dad isn’t getting out much anymore since he stopped driving.” Working with isolated seniors is important, and a main objective of our Unison Connect social prescribing program. Seniors access this program through doctor and social worker referrals, especially for older adults who have no family or friends to help them take that first step toward connection.

Social isolation is a common challenge for many older adults. It can develop gradually or follow a major life

change such as the loss of a spouse, declining health, or the inability to drive. Financial strain, mobility limitations, or even a lack of confidence to go out in the winter can all make it harder to stay socially connected.

To help illustrate how isolation can happen and how it can be overcome, here’s a scenario based on the many real experiences we see at the Veiner Centre every day.

Margaret Doyle (a fictional example) is a 79-year-old retired teacher who has lived in the same bungalow for over forty years. She used to volunteer at the library, sing in the choir, and organize neighbourhood events.

Margaret found herself increasingly alone after her husband passed away seven years ago.

As her arthritis worsened, walking became painful. After slipping on an icy sidewalk one winter, she lost confidence in going out alone. Her driver’s license expired, and she decided not to renew it. On a fixed income, she couldn’t afford taxis and didn’t want to burden friends for rides.

Over time, her closest friends moved away or into assisted living. Her only son lives several hours away, and though he visits when he can, most days Margaret’s only company is her television or a brief phone call with a neighbour. She



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from November 1 – December 12, 2025

often goes days without meaningful conversation and doesn’t know where to begin reconnecting.

### Reconnecting Margaret: Community Supports in Action

Fortunately, in Medicine Hat, there are many programs that can help older adults like Margaret stay independent and connected.

Through Unison Connect, Margaret was matched with a staff member who helped her navigate local resources and even attend programs with her until she felt comfortable going on her own.

Her first connection was with the Veiner Vintage Transport program, which offers affordable rides for seniors to appointments and social activities. With reliable transportation, Margaret began attending the Veiner Centre’s choir group, something she dearly missed.

Next, she was connected to Meals on Wheels, which provided nutritious meals and a friendly check-in. Small moments of connection with Unison’s volunteers brightened her days and helped her feel cared for.

The Unison Veiner Centre’s Senior Supports team also helped Margaret apply for Alberta’s Special Needs Assistance for Seniors program. This provided funding for snow shoveling and light yard work, tasks that had become difficult due to her arthritis.

Recognizing that loneliness and grief were still affecting her, she

was referred to free local counselling through Recovery Alberta Addiction and Mental Health Services for grief support.

Next, Unison Connects arranged for home care to help with light housekeeping and medication reminders. With these small supports, Margaret was able to remain in her home comfortably and confidently.

Soon, Margaret’s life opened up. She started attending weekly choir practice, enjoying lunches at the Veiner Bistro, and using transportation services to get to appointments.

We believe it takes a community to address social isolation. Through programs like Unison Connect, Veiner Vintage Transport, Meals on Wheels, Active Aging, and Senior Supports, along with many local partnerships, older adults can stay active, engaged, and connected and continue to thrive in their own homes for as long as possible.

When in doubt about how to access community support, or if you don’t have a computer or know where to start, you can simply call 211. This is a helpline and online database of Alberta’s community and social services. They can connect you with up-to-date information on programs and resources in our community.



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# Medicine Hat Veiner Activities

## What's Happening in December

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

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

### Active Aging Spotlight

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

**Card Makers**  
December 2  
1pm – 4pm | Registration Required | bring your own supplies

**Dementia Support Group**  
November 12  
9:30am-12pm | Boardroom | To Register: 403-528-2700

**Counselling Services with Ben Feere**  
December 11  
9am-12pm | Registration Required

**Scrapbooking Fanatics**  
December 12 – 14  
Starting at 4:30pm on the 12th | Registration Required

**Alzheimer Society Care Partner Support Group**  
December 9 | 1:30pm – 3pm | Craft Room  
Register with Kristel (403) 528-2700

**First Link Connections**  
December 16  
1pm – 3pm | Boardroom | Register by calling 403-528-2700

**Bridges Grandparents Group**  
December 16 | 10:30am – 12pm | Boardroom  
Register by calling Kayla 403-526-7473

**Diamond Art Group \*NEW\***  
December 16  
1pm – 4pm | Craft Room | Registration Required

**Dementia Support Group**  
December 18 | 9:30am – 12pm | Boardroom  
Register by calling 403-528-2700

**Movie Night: “National Lampoon’s Christmas Vacation”**  
December 18  
5:30pm – 7:30pm | Craft Room



# Medicine Hat Veiner Activities

## What's Happening in December

To register online, please visit: [veinercentre.wildapricot.org](https://veinercentre.wildapricot.org)

### Wellness Wednesdays

Open to members and non-members

#### Pet Therapy with Tajma

December 3  
12pm -2pm

#### Movie Matinee with popcorn “How the Grinch Stole Christmas”

December 3  
Boardroom | 2pm - 4:00pm

How the Grinch Stole Christmas tells the story of the Grinch, a grouchy creature who hates Christmas. He tries to ruin the holiday by stealing the Whos’ gifts and decorations, but after meeting Cindy Lou Who and seeing their joy despite having nothing, his heart grows, and he learns that love and community are more important than material things.

#### Tech Support

December 3  
11am - 1pm | Boardroom | Registration Required

#### Tech Support

December 10  
12pm - 2pm | Boardroom | Registration Required

#### FREE Hearing Health check with Ear Wax Removal with Hear Canada

December 17  
Boardroom | 9am - 11:30am | Registration Required

#### Optima Rocks with Jodi

December 17  
Craft Room | 2:15pm - 4pm | Registration Required

#### Life Long Learning Presents: "Life Reimagined: Finding New Possibilities "

December 17  
Boardroom | 2:15pm - 4pm | Registration Required

What’s next? Life often calls us to reimagine our path. In this uplifting session, explore the power of self-compassion and discover how to move forward with purpose, clarity, and hope.

### Upcoming Event Spotlight

#### Newfie New Years

December 31 | 7pm - 10:30pm  
Celebrating New Years at 8:30pm (Newfoundland midnight)  
Light “midnight” lunch at 9pm | Tickets: \$10

#### Senior Safety Series: Caring for the Caregiver

Thursday, January 15  
9:30am - 12pm | Registration Required | Everyone welcomed

#### Trivia Night

Wednesday, January 21  
More details to come. Stay tuned!

### Closure Notice

The Veiner & Strathcona Centre will be closed from December 24 to January 4. We will resume operations on January 5th at 9 AM.

We eagerly anticipate welcoming everyone back in the New Year!

### Upcoming Bus Trips

#### Jubilation's Dinner Theater Calgary: “Golden Girls Vegas Vacation”

Sunday April 19, 2026  
7:30am - 6:00pm | Mem: \$125 | Non-Mem: \$140

Ticket includes a 3-course dinner, live show and transportation. Due to the advance purchase of tickets, no refunds will be offered. Tickets may only be transferred to another individual from our waitlist (if available) or to a person of your choosing, minus a 10% administrative processing fee.

More bus trips on the way, make sure to check in regularly!

### Evening & Weekend Activities at Strathcona

#### All Level Fitness

Nov 4 - Dec 11 | Tuesdays & Thursdays | 4:15pm - 5:05pm  
Members: \$84 | Non-Member: \$120

Join Marla Howard on Tuesdays and Thursdays for a mix of strength, cardio, mobility, and fun! Each class focuses on different muscle groups with options for all fitness levels, using equipment like free weights, bands, and kettlebells.

#### Tai Chi Classes

\*PLEASE COMPLETE YANG SHORT FORM BEFORE REGISTERING FOR OTHER TAI CHI CLASSES

#### Yang Short Form

7:00pm - 8:00pm & 7:00 - 7:30pm | Mondays & Tuesdays  
Sept 15 - Dec 2 | Members: Free | Non-Members: \$80

#### Yang Long Form

8:00pm - 9:00pm | Mondays  
Sept 15 - Dec 1 | Members: Free | Non-Members: \$80

#### Chen Style Short Form

7:30pm - 8:15pm | Tuesdays  
Sept 16 - Dec 2 | Members: Free | Non-Members: \$80

#### Fan Form

8:15pm - 9:00pm | Tuesdays  
Sept 16 - Dec 2 | Members: Free | Non-Members: \$80

#### Weapons Form

7:00pm - 9:00pm | Wednesdays  
Sept 17 - Dec 3 | Members: Free | Non-Members: \$80

#### Fitness Orientation

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

New to our fitness room? Twice a month, our knowledgeable volunteers are here to guide you! They’ll introduce you to the equipment, demonstrate proper use, and answer questions so you can work out safely and confidently.

#### Table Tennis – Single Play Only

Thursdays | 6:30pm - 8:30pm  
Saturdays | 11am - 1pm

#### Pickleball – Open Session

Fridays | 6pm -8pm  
Saturdays & Sundays | 1pm -4pm



# Medicine Hat Strathcona Activities

## What's Happening in December

Hours of Operation: Mon to Wed 9am – 7pm | Thurs & Fri 9am – 4pm | Sat 9am – 1pm

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner Line Dancing   9am – 9:50am	Fun & Fitness   9am – 9:55am	Absolute Beginner Line Dancing   8:30am	Fun & Fitness 9am – 9:55am	Pickleball Beginner 9am – 9:55am
Table Tennis   10am – 12pm	Pickleball at Your Pace   10am – 11am	Beginner Line Dancing 9am – 9:50am	Pickleball at Your Pace   10am–11am	Table Tennis   10am –12pm
Chair Yoga & More   12pm – 12:55pm	Pickleball –Skills & Drills 11:05am – 11:40am	Table Tennis   10am – 12pm	Pickleball – Beginners   11am – 12:55pm	Pickleball – All Skills   1:05pm – 2:30pm
Pickleball – All Skill Level 1pm – 2:30pm	Chair Dance   11:45am – 12:30pm	Qigong & Chair Yoga 12pm – 12:45pm	Chair Yoga & More 1pm – 1:45pm	Pickleball – All Skills 2:35pm – 4pm
Pickleball – All Skill Level 2:30pm – 3:55pm	Pickleball –Beginner 12:35pm – 1:55pm	Cornhole   1pm – 3pm	Floor Curling 2pm – 4pm	Pickleball – All Skills   6pm – 8pm
Yang Short Form   7pm	Floor Curling   2pm – 4pm	Pickleball – All Skills   3pm – 6:55pm	Table Tennis   6:30pm –8:30pm	
Yang Long Form   8pm	Yang Short Form   7pm	Weapons Form   7pm		
	Chen Style Short Form 7:30pm			
	Fan Form   8:15pm			

### Fitness Class Spotlight

All fitness classes require registration

#### High Beginner/Improver Line Dancing

Sept 8 – Dec 15 | Mondays | 9am–9:45am | FREE  
Ready to step it up? This class adds a bit more challenge with new moves and slightly faster routines—perfect for dancers comfortable with the basics and eager to grow their skills.

#### Chair Yoga & More

Nov 3 – Dec 15 | Mondays  
12pm – 12:45pm | No class Nov 10  
Members: \$42 | Non-Member: \$60  
This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

#### Fun & Fitness

Nov 4 – Dec 18 | Tuesdays & Thursdays  
9am – 9:55am | No class Nov 11  
Members: \$65 | Non-Member: \$91  
This class is for all fitness levels. Get moving in an energetic class that incorporates aerobics, weights, and plenty of fun.

#### Chair Dance Class

Nov 4 – Dec 16 | Tuesdays  
11:45am – 12:30pm | No class Nov 11  
Members: \$42 | Non-Member: \$60  
Chair dancing offers aerobic exercise, improving coordination, muscle tone, and flexibility while enjoying uplifting music from the comfort of your chair. It's a fun way to get fit!

#### Absolute Beginner Line Dancing

Sept 10 – Dec 17 | Wednesdays |  
8:30am – 9am | FREE  
New to line dancing? This class is the perfect place to start! Learn basic steps and simple routines at a relaxed pace—no experience (or partner) needed. Come for the moves, stay for the fun!

#### Beginner Line Dancing

Sept 10 – Dec 17 | Wednesdays  
9am – 9:45am | FREE  
Keep the fun going! Practice the steps you’ve just learned or join in if you already know the basics. A great way to build confidence and enjoy dancing with others.

#### Qigong & Chair Yoga

Nov 5 – Dec 17 | Wednesdays | 12pm – 12:45pm  
Members: \$49 | Non-Member: \$70  
This class will have elements of Qigong (pronounced chee gong), Chair Yoga, and Meditation all rolled into one.

#### Chair Yoga & More

Nov 6 – Dec 18 | Thursdays  
1pm – 1:45pm  
Members: \$49 | Non-Member: \$70  
This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

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

To register online, please visit: [veinercentre.wildapricot.org](https://veinercentre.wildapricot.org)



# Unison for Generations 50+ Calgary In-Person Activities

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

Weekly in-person activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mahjong (\$3)</b> Room 312   10:30am – 12:30pm</p> <p><b>Pickleball Drop-In (\$4)</b> <b>Open to all levels</b> Gym   10am – 11:30am</p> <p><b>Meditation Monday (\$3)</b> Room 317   10am – 10:45am</p> <p><b>Pickleball (\$4)</b> <b>Open to all levels</b> Gym   2:30pm – 4pm</p>	<p><b>Riverwalk (\$2)</b> Room 317   10am – 11am</p> <p><b>Recorder Group (\$3)</b> Room 108   10am – 12pm</p> <p><b>Pickleball Advance (\$8)</b> Gym   11am – 1pm</p> <p><b>Ukrainian Group - English as a Second Language (\$4)</b> Room 313   1:30pm – 3:30pm</p> <p><b>Pickleball Drop-In (\$4)</b> <b>Open to all levels</b> Gym   2:30pm – 4pm</p>	<p><b>General Craft Group &amp; Knitting (FREE)</b> Room 311   9am – 12pm</p> <p><b>Beyond Basics English Club (\$4)</b> Room 313   9:30am – 11:45am <i>Registration required</i></p> <p><b>Cribbage (\$3)</b> Room 312   1pm – 3:30pm</p> <p><b>Beginner Pickleball Level Drop-in (\$8)</b> Limit 16 people First come, first served Gym   2pm – 4pm</p>	<p><b>Artists Group (\$2)</b> Room 108   9am – 12pm</p> <p><b>Pickleball (\$4)</b> <b>Open to all levels</b> Gym   2:30pm – 4pm</p>	<p><b>Spanish Conversation (\$3)</b> Room 313   10am – 12pm</p> <p><b>Krazy Karvers Woodcarving (\$2)</b> Room 102   10am – 3pm</p> <p><b>Pickleball (\$8) Inter. / Adv.</b> Gym   10:30am – 12:30pm</p> <p><b>Tech Help (\$5)</b> 11am – 1pm</p> <p><b>NEW! Walking Soccer (\$4)</b> Gym   1pm – 2pm</p> <p><b>Badminton &amp; Ping-Pong (\$4)</b> Gym   2:30pm – 4pm</p>

Unison Travel Spotlight

### Come join us on a special Mediterranean/Adriatic Cruise come May 2026

**Inclusions:**

- 7-night accommodation at selected cabin
- All meals onboard
- Entertainment and a full activities program
- Taxes (subject to change)

**Rates per person based on a double occupancy:**

FROM Inside Cabin – \$1610  
Oceanview Cabin – \$1755  
Balcony Cabin – \$3105  
\*SOLO – please call Travel Desk at 403-705-3237

For more information, please contact **Unison Travel** at **403-705-3237** or **travel@unisonalberta.com**



Active Aging Spotlight

### Spanish Grammar V

**Wednesdays, Jan 7 – Mar 25 | 1 pm – 3 pm**  
Member: \$160 | Non-Member: \$190  
Location: **Room 311 – Kerby Centre**  
Instructor: Norah Hutchinson

This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar 1 – 5 or equivalent. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest.

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



Active Aging Spotlight

### Ukulele Beginner

**Tuesdays, Jan 6 – Mar 24 | 10 am – 11 am**  
Member: \$110 | Non-Member: \$140  
Location: **Room 305 – Kerby Centre**  
Instructor: Kevin Cholowsky

Geared for those with little or no experience on the instrument. Strumming accompaniment using chords for songs. Play the first day! Bring uke in good working order with a clip-on tuner. Don't own a uke? Contact Active Aging Department for purchasing information.

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



Active Aging Spotlight

### Guitar Beginner

**Thursday, Jan 8 – Mar 26 | 11 am – 12 pm**  
Member: \$110 | Non-Member: \$140  
Location: **Room 311 – Kerby Centre**  
Instructor: Kevin Cholowsky

This class will have you ready to pull out your guitar and sing along to old favourites in no time! Suitable to individuals with little or no previous experience, or those who may be looking for a little refresher. If you have a guitar, bring it to class in good working order along with an electronic tuner.

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



Active Aging Spotlight

### Digital Skills for Seniors

**Fridays, Jan 9 – Mar 27 | 11 am – 12:30 pm**  
Member: \$150 | Non-Member: \$180  
Location: **Room 305 – Kerby Centre**  
Instructor: Swati Taneja

This beginner-friendly course is designed to help older adults build confidence and competence in using digital devices and online tools. This hands-on training will guide you step-by-step through the essentials – from turning on a device to sending emails and browsing the internet safely. No prior experience required!

**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**

## Wise Owl Boutique

**Half Price Sale on RED tag items!**  
**December 8<sup>th</sup> – 19<sup>th</sup>, 2025**

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

### Meditation Monday

*Mondays | 10:00 am – 10:45 am*  
*Cost \$3 | drop-in fee per person/session*

Join our weekly guided meditation!

### Live Well, Be Well

*Mondays | 11:00 am – 12:00 pm*  
*Cost \$3 | drop-in fee per person/session*

Everyone is welcome. Come listen, learn, and connect. Drop in and join the conversation – registration is not required.

*Or join both activities for \$5!*  
**No Registration required**



Wellness Spotlight

### Caregiver Wellness Series: COMPASS for the Caregiver Free Online Presentation Series

*Thursdays, Jan 22, 29, Feb 5 and 12, 2026*  
*1:00 pm – 3:00 pm*  
*Free | Location: Online*  
*PDF Manuals provided*

Unison at Kerby Centre is hosting Caregivers Alberta's award-winning COMPASS for the Caregiver, a free, four-week program designed to help caregivers care for themselves while supporting others.

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



Wellness Spotlight

### Friend Fridays (Social Hour)

*2nd & 3rd Fridays of each month*  
*1:00 pm – 2:30 pm*  
*Cost \$3*  
*Location: Wellness Center*

Looking for laughter, good company, and a cozy space to connect? Drop in for a warm, welcoming afternoon where friendships bloom and smiles are plenty.

**No Registration required**



Wellness Spotlight

### Riverwalk Tuesdays – Outdoor & Indoor Walks!

*Every Tuesday from 10:00 AM to 11:00 AM*  
*Cost \$2 | drop-in fee*  
*Meeting Point: Wellness Centre, Room 317*

Join us for guided walks:  
*December– March:* Indoor walks through the Plus 15 downtown network (weather permitting).  
*April:* Enjoy outdoor nature walks when conditions allow—take in the fresh air and the beauty of the season.  
Stay active, connect with others, and embrace wellness one step at a time!

**No Registration required**



Wellness Spotlight

### Men's Coffee & Conversation Group

*Every 3<sup>rd</sup> Friday of the month at 10:30 am*  
*Cost \$4 | drop-in fee*  
*Location: Wellness Centre, Room 317*

Join us for lively discussions and great company! Led by Dennis, a retired business executive and seasoned facilitator of men's groups, and Chris, a long-time Kerby Centre member and financial consultant, this group offers engaging conversation on a wide range of topics. Come as you are, bring a friend, and connect with others.

**No Registration required**



Wellness Spotlight

### Grieving Together Group Counselling

*Thursdays, Feb 19 – Apr 16, 2026*  
*1:00 pm – 2:30 pm*  
*Member: \$60 | Non-member: \$120*  
*Location: Wellness Centre, Room 317*

Have you lost a loved one, and are looking for support? Our 9-week group counselling program will help you rediscover yourself after loss. This in-person group counselling program helps you heal and reconnect after loss in a safe, empathetic setting.

**Register Now!**  
403-705-3233/ [program@unisonalberta.com](mailto:program@unisonalberta.com)



## Want to give the gift of an experience and memories?

Want to do it for \$35?  
**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, classes and more!





# Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at [program@unisonalberta.com](mailto:program@unisonalberta.com) or call **403-462-5080**. Online registration and full details at [unisonalberta.com/online-resources](https://unisonalberta.com/online-resources)

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

Online Class Spotlight

**Gentle Soulful Yoga Online – Winter – Z04**

*Jan 7 – Mar 25 (12 weeks)*  
*Wednesdays | 9:00 am – 10:00 am*  
*Members: \$69 | Non-Members: \$99*

Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.

Instructor: Navin Jetha  
Location: Online – Zoom



Online Class Spotlight

**Chair Dancing Online – Winter – Z03**

*Jan 8 – Mar 26 (12 weeks)*  
*Thursdays | 1:00 pm – 2:00 pm*  
*Members: \$69 | Non-Members: \$99*

Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated, you will move, get your heart beating, and your legs tapping.

Instructor: Dave Goldenberg  
Location: Online – Zoom



Online Class Spotlight

**Color Pencil Painting Online – Winter – Z07**

*Wednesday, April 1*  
*10:00 am – 12:00 pm*  
*Members: \$50 | Non-Members: \$80*

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

Instructor: Hamideh Khadem Sohi  
Location: Online – Zoom



Online Class Spotlight

**Chen Tai Chi Online – Winter – Z05**

*Jan 6 – Mar 24 (12 weeks)*  
*Tuesdays | 11:00 am – 12:00 pm*  
*Members: \$69 | Non-Members: \$99*

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

Instructor: Adrian Buczek  
Location: Online – Zoom



Online Presentations Spotlight

**Online Presentations:**

**Inspiration in Every Stamp: Travel Stories to Spark Your Own: Spain**  
**Presented by:** David Phillips  
Join globe-trotter and seasoned storyteller David Phillips for the next adventure in our travel series—this time exploring the vibrant history, charm, and spirit of Spain.  
**Friday, December 12th | 10:00 am**



**Living Well Through Palliative Care: A Community Learning Series**  
**Presented by:** Chelsey Shuman  
Join us for the second session of our live, interactive four-part online series where we'll explore important aspects of palliative care together—not as a webinar, but as a collaborative session where everyone can participate.  
**Tuesday, December 16th | 1:00 pm**



**Unison & NHF Presentation: Be Positive-Find the Silver Lining**  
**Presented by:** Vineeta Kapoor  
Join us for the third and final session in our Nadia's Hope Foundation series. In this session, Vineeta will share practical strategies to cultivate a positive mindset, recognize opportunities for growth in everyday challenges, and find joy even in difficult moments.  
**Thursday, January 8th | 10:00 am**



**Online Programs Website**



**Unison50plus.unisonalberta.com/Online**

**Don't Miss Out!**  
Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!

**Refund Policy**  
All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up.  
**program@unisonalberta.com or 403-462-5080**

**Living Well Through Palliative Care: A Community Learning Series**  
**Presented by:** Lisa Shirt  
Join us for the third session of our live, interactive four-part online series where we'll explore important aspects of palliative care together—not as a webinar, but as a collaborative session where everyone can participate. These sessions are designed to be interactive and engaging.  
**Tuesday, January 13th | 1:00 pm**





# Bruno explores the origin of fire

Bruno Mayer

*“I’ve lived in a good climate, and it bores the hell out of me. I like the weather rather than the climate. In Cuernavaca, Mexico, where I once lived, and where the climate is as near perfect as is conceivable, I have found that when people leave there, they usually go to Alaska.”*  
- John Steinbeck, *Travels with Charley*.

\* \* \* \* \*

So here it is: December - time to batten down the hatches. I am not bothered much, but Elsa has the young rabbit Misha living in the secondary suite under our backyard patio, and she keeps fretting. Is Misha OK? Is the suite under the patio too drafty, perhaps? Is his fur thick enough? We have not seen him for a while, but rabbit food we put on his front step, has disappeared. Unless the wind blows it away, we hope he still lives there.

It is a conundrum, and it takes time to get used to it. We have not had pets for decades. Those we had were indoor pets. We always knew where they were, when they wanted attention, and when they needed privacy. Misha, however, is a wild animal. He does not fear us and seems happy we live close by. He is probably from this year’s litter, and we wonder - what does Misha know about survival? Nobody is teaching him, but he seems wise about things and is guided by instincts. We wonder if Mother Nature equipped him with the knowledge to handle our cold winters. What will he eat when the snow covers everything green?

\* \* \* \* \*

There is a lot to be said in favour of four seasons, not only because of what Steinbeck wrote. Late fall and winter, for example, are times for hiding from the cold, lighting up fireplaces and philosophizing. It is the time to become indoorsy, read, watch TV, do hobbies and dream. Missing, Elsa calls it, and there is no doubt she considers such pursuits wasteful.

But it does not deter me. Today I started wondering about what the most defining discover-

ies the unclad "hairless" or "naked" species of mammals - the hominids - made after they walked out of tropical Africa into the lands of four seasons.

Far back in the dawn of time, the humanoids could not explain or understand the events and environment around them, and, like animals, were guided by instincts. But they had bigger brains and were curious about what surrounded them. In the absence of science like physics, math, astronomy and others, they faltered. They wanted explanations for what was going on. To understand the unexplainable, people invented mythology that, in time, morphed into religions.

“The Greek myths were initially propagated in an oral-poetic tradition most likely by Minoan and Mycenaean singers starting in the 18th century BC.” (*Wikipedia*)

The mythology was presented in a way the common person could understand. Greek poets introduced a phalanx of gods, whom they pictured humanlike in appearance, and although they possessed extraordinary powers, they were also fallible, like people. The twelve Greek gods lived on Mt. Olympus, had extraordinary powers, and were each responsible for different things, like weather, land and agriculture, oceans, love, wars and seasons. Although Zeus was the chief, they ruled by what we today call an executive committee.

If there was a storm with lightning, Zeus was responsible (apparently when he was fighting with his wife, Hera); if the seas were dangerous, people had to appease Poseidon with sacrifices. When they were in love, it was Aphrodite’s department. She is known for her beauty and for her influence over the emotions of both gods and mortals, so she was an important one. And there was Dionysus, the god of wine, fertility and ecstasy.

More importantly, mythology reveals to us the "hairless" mammals, shivering from cold most of the time, who gave us the most important tool for maintaining life: fire.

It was Prometheus, a Titan known for his cleverness, foresight, and a champion of humanity, who stole fire from the gods to give to the people. He did it out of compassion and a belief in people’s inherent dignity, providing a vital tool for their survival, enabling them to cook food, stay warm, and forge tools and weapons.

Never mind that he did a shabby job of it. In Hephaestus’s workshop (the god of fire and craftsmen), Prometheus took a spark of fire and placed it inside a stalk of the giant fennel plant. He brought the fire back to humans, hidden within the stalk. It was not the most practical way, but it worked.

This act of defiance enraged Zeus, who punished Prometheus by having him chained to a rock in the Caucasus Mountains, where an eagle would eat his perpetually regenerating liver every day, a cycle of torture that lasted for centuries until Heracles freed him.

People gradually learned to make fire from scratch by scraping flint rock with steel to get a spark or by creating friction to make embers, then using tinder, kindling, and fuel. In 1826, John Walker, a chemist in Stockton-on-Tees, England, invented friction matches.

Fire was the next great invention after the first humanoid had picked up a sharp stick to dig out some roots.

Other big inventions were the wheel and better transportation, and now computers which seem simultaneously beneficial and a curse, but that is a topic for another time.

We have made great progress since Prometheus’ time, but there are still situations where raw fire is the only way to get comfort.

It was Christmas 1985 when Elsa and I, in our mid-forties, went for an adventure tour of Egypt. A company called Guerba Expeditions from England provided a repurposed Bedford army truck, a driver, and a cook. We were joined by 22 other passengers hailing from Australia, New Zealand, England and Canada. Unlike Elsa and I, and two other older couples, the rest of the participants were in their early twenties, still wet behind their ears.

Africa Overland Tours Company, Guerba, organized adventure trips at rock bottom prices. We slept in tents, cooked our own meals from ingredients bought in local markets, on open fires made with foraged firewood.

That principle worked fine in sub-Saharan Africa, where Guerba ran most of their trips, but since ours was just around Egypt, it puzzled us where the wood would be found in the desert. There was some in the truck, but not enough for a 3-week trip.

The picking amongst the dunes was slim indeed. The only available wood was a telephone line on the side of the dirt road. We cut down the telephone poles but tried to be considerate. We took every second one, cut it at the base and then right under the insulators. The wires did not sag enough to touch the ground, remaining serviceable.

True to rumours, nights under cloudless desert skies are very cold.

Water left in a wash basin froze overnight. The young members of our group were from down under, unprepared for the cold! We, Canadians, coming in the middle of winter, were dressed warmer for the trip, so at least we had long trousers, sweaters and jackets.

On Christmas Eve, we made camp outside the walls of the St. Catharine monastery under Mount Sinai. At night, we made a big bonfire from the telephone poles, cooked dinner and sang Christmas carols sitting in a big circle around the fire pit. It was magical and comfortably warm.

Afterwards, I collected the bigger rocks outlining the fire pit and rolled them up on a piece of a 2x10 I found in the truck. We carefully moved the steaming hot rocks into our tent. Everyone stared at us. Bruno and Elsa must have gone mad!

Then, after about half an hour, people noticed that the moving shadows inside our tent appeared unnaturally slim, half-naked.

Someone stuck his head inside through the tent flap and yelled out, “Bruno and Elsa have a heated tent, and they are lying on top of their sleeping bags in their shorts and shirts, reading!” Well, I thought, there is a lot to be said for a tent with central heating.

\* \* \* \* \*

Yesterday, I looked out into the back yard and Misha was sitting by the entrance to his suite as if it were not just 7°C, and below-zero temperatures overnight. He was fine and well, and looking just as cuddly as always. The happy family is still intact!

<div>Free Estate Planning Workshop</div> <div>  Tuesday, February 17<sup>th</sup> </div> <div>  1:00 pm – 3:30 pm         </div> <div>  Unison at Kerby Centre Kerby Centre Lounge         </div> <div> <b>Space is limited.</b>  <b>RSVP to secure your spot.</b>              RobL@unisonalberta.com              403-705-3235         </div>	<div>  <b>unison</b>              At Kerby Centre         </div> <div> <b>Join Jonathan Ng from Underwood Gilholme to learn about:</b> <ul style="list-style-type: none"> <li>• <i>How to prepare a Will</i></li> <li>• <i>The legal issues that affect Wills</i></li> <li>• <i>How to select an Executor</i></li> <li>• <i>Information about Enduring Power of Attorney and Personal Directives</i></li> </ul> </div>
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# Every step matters in lower limb health

Nursing Soles Inc

Foot and lower limb health are often overlooked until pain, infection, or mobility problems appear. For older adults and those with chronic conditions, even a small foot issue can quickly become serious. As an LPN, Foot Care Nurse, and Founder of Nursing Soles Inc., I have spent years caring for seniors and teaching nurses how to prevent complications before they start. Our team provides advanced medical foot care in clinics, homes, hospitals, hospices, assisted living, long-term care, and community programs across Calgary and surrounding areas.

Foot health is closely linked to overall health. The feet and lower legs reflect signs of what is happening throughout the body, especially with issues affecting circulation, nerves, or skin. Conditions such as diabetes, neuropathy, heart failure, venous insufficiency, or peripheral arterial disease can all impact the feet. When blood flow or sensation is reduced, a small blister, cut, or nail problem can become infected and slow to heal. Immobility, common in older adults, increases these risks by reducing muscle strength and circulation.

Common concerns among seniors include

thickened or discolored toenails, fungal infections, ingrown toenails, corns, calluses, dry skin, heel cracks, and athlete's foot. These can cause pain or infection if ignored. People with diabetes or poor circulation are especially vulnerable since their bodies heal more slowly. Ulcers and wounds may develop easily, taking weeks or months to recover. Even mild swelling, toe shape changes, or walking pain can be warning signs of more serious issues.

Changes in toenails or skin are also common with age or certain medications. Chronic conditions such as diabetes, eczema, or cirrhosis can thin or dry the skin, making it fragile. Some cancer or heart medications affect circulation and skin health as well. A shiny appearance to the legs, temperature changes, or loss of hair on the lower limbs can indicate decreased blood flow. For individuals with these risk factors, regular professional foot assessments are essential.

Pain, numbness, tingling, or burning in the feet should never be ignored. These can signal neuropathy, often resulting from diabetes or other nerve disorders. A senior with diabetic neuropathy might step on something sharp or develop a blister from tight shoes and not notice until infection sets

## Mobile Nursing Footcare

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WWW.NURSINGSOLES.CA  
@nursingsolesinc

Winter is coming...

LET US COME TO YOU!  
CONVENIENT FOOT CARE AT YOUR HOME.

in. Foot care nurses are trained to recognize early signs, deliver gentle care, and prevent infection and mobility loss. Home support workers, healthcare aides, and nurses play a vital role in this prevention. Knowing what to look for and when to refer to a foot care specialist can prevent serious complications or even amputation.

Proper footwear and daily inspection are simple but critical. Shoes should fit comfortably, allowing space without excessive pressure. Socks must be clean, dry, and

preferably cotton or natural fiber. For those unable to check their feet, caregivers or family members should look for redness, swelling, cracks, or color changes. Daily moisturizing helps prevent dry, cracked skin that can open and bleed. Feet should always be washed gently and dried carefully—especially between the toes.

This February, I will be offering a Foot and Lower Limb Health Awareness Session at the Unison Kerby Centre, focusing on practical, hands-on learning for seniors,

caregivers, and healthcare workers who want to protect foot and leg health.

Foot care awareness reaches is about prevention, education, and empowerment. Regular assessments, professional care, and good hygiene can greatly reduce the risk of wounds, infections, and loss of mobility. By paying attention to our feet, we preserve comfort, independence, and quality of life.

Healthy feet mean healthy living. Every step matters—especially as we age.

# Volunteer spotlight

Unison Veiner Centre  
Sharon Sept



Sharon Sept is marking one year volunteering for Unison Veiner's Travel Club. Sharon has organized all the recent

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

Veiner travel trips, from going to the theatre in Rosebud, to the spa and casino in Moose Jaw, and a cruise, coming up next year. Sharon is an avid cruiser and world traveler. Planning getaways for the Unison community comes easily to her.

Sharon also enjoys gardening and kayaking and being with her dogs. In her downtime, she enjoys good old rock and roll and reading. Sharon also enjoys playing cards at the Unison Veiner Centre and joining friends for a coffee. Sharon has an easy smile and is always there to give a helping hand. We are so grateful to have you as a volun-

teer and all the work you put in for our members to have such great trips to be a part of. Thank you for all that you do!

Unison Kerby Centre  
Mariia Lysenko



Mariia Lysenko started volunteering with Unison at Kerby Centre last year after moving from Ukraine. One of her teachers had encouraged her to volunteer as a way to connect with people and practice her English, and she decided to stop by one day.

Mariia has become a dedicated volunteer with

our Thrive Food Security Program, helping in the market each week. She assists clients with food selection, answers questions, and uses her multilingual skills to make people from different backgrounds feel welcome and comfortable.

What she enjoys

the most is seeing seniors smile and knowing she's made their day a little brighter.

Mariia's warmth and kindness have made her a valued member of the Unison community, and her positive energy continues to inspire both clients and fellow volunteers.

1	S	2	H	3	E	4	A	5	F	6	B	7	O	8	T	9	L	10	A	11	S	12	T	13	S
14	H	15	O	16	N	17	D	18	A	19	A	20	W	21	E	22	O	23	C	24	H	25	R	26	E
27	E	28	R	29	D	30	O	31	C	32	L	33	I	34	E	35	O	36	A	37	R	38	E	39	D
40	E	41	D	42	U	43	S	44	I	45	L	46	E	47	N	48	T	49	K	50	E	51	V	52	A
53	R	54	E	55	P	56	L	57	I	58	C	59	A	60	S	61	T	62	A	63	N	64	D	65	I
66	I	67	M	68	E	69	D	70	Y	71	O	72	L	73	O	74	75	76	77	78	79	80	81	82	83
84	G	85	A	86	S	87	L	88	I	89	T	90	P	91	I	92	N	93	C	94	E	95	R	96	97
98	U	99	N	100	T	101	I	102	L	103	I	104	C	105	H	106	K	107	O	108	A	109	L	110	A
111	I	112	S	113	O	114	E	115	A	116	R	117	L	118	O	119	B	120	E	121	S	122	C	123	I
124	D	125	E	126	P	127	P	128	M	129	O	130	O	131	L	132	A	133	S	134	T	135	A	136	N
137	E	138	L	139	S	140	E	141	I	142	N	143	N	144	E	145	R	146	Y	147	A	148	P	149	S
150	D	151	O	152	U	153	B	154	L	155	E	156	C	157	R	158	O	159	S	160	S	161	162	163	164
165	D	166	E	167	E	168	P	169	S	170	E	171	A	172	A	173	I	174	R	175	T	176	I	177	M
178	O	179	N	180	A	181	L	182	E	183	A	184	D	185	R	186	E	187	C	188	E	189	D	190	E
191	M	192	O	193	D	194	E	195	S	196	T	197	Y	198	D	199	R	200	A	201	M	202	E	203	D



# Active Aging

Course Registration Winter Session

Registration opens Dec 2nd for members and Dec 15th for non-members

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

Online registration is available now  
[Unison50plus.unisonalberta.com](http://Unison50plus.unisonalberta.com)



**Don't Miss Out!**

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

**Refund Policy**

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

## Online Programs

<b>Fitness with Dan</b> (Member \$69   Non Member \$99)   <u>Instructor:</u> Dan Leung	<b>201 Monday Jan 5 – March 30 (12 Weeks)</b> No Class Feb 16 9am – 10am   Online Zoom
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace	
<b>Fitness over 50!</b> (Member \$69   Non Member \$99)   <u>Instructor:</u> Dave Goldenberg	<b>202 Tuesday Jan 6 – March 24 (12 Weeks)</b> 9:30am – 10:30am   Online Zoom
Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. ALL ABILITIES LEVELS WELCOME!	
<b>Chair Dancing</b> (Member \$69   Non Member \$99)   <u>Instructor:</u> Dave Goldenberg	<b>203 Thursday Jan 8 – March 26 (12 Weeks)</b> 1pm – 2pm   Gym – Online Zoom
Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated you will move, get your heart beating, and your legs tapping.	
<b>Gentle Soulful Yoga</b> (Member \$69   Non Member \$99)  <u>Instructor:</u> Navin Jetha	<b>204 Wednesday Jan 7 – March 25 (12 Weeks)</b> 9am – 10am   Online Zoom
Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.	
<b>Chen Tai Chi</b> (Member \$69   Non Member \$99)  <u>Instructor:</u> Adrian Buczek	<b>205 Tuesday Jan 6 – March 24 (12 Weeks)</b> 11am – 12pm   Online Zoom
Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.	
<b>Basic Seated Yoga</b> (Member \$69   Non Member \$99)  <u>Instructor:</u> Hannah Flahr	<b>206 Monday Jan 5 – March 30 (12 Weeks)</b> 12:30pm – 1:30pm   Online Zoom
Combining breath and movement, basic chair yoga provides a gentle and accessible option for all activity levels. Using controlled movements and the support of a chair, this class aims to strengthen and stretch the body in a safe and effective way.	
<b>Color Pencil Painting!</b> (Member \$50   Non Member \$80)  <u>Instructor:</u> Hamideh Khadem Sahi	<b>207 Wednesday Apr 1</b> 10am – 12pm   Online Zoom
With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils. Her approach emphasizes both technical skill and creative expression. Supplies not included!	

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

<b>Chen Tai Chi</b> (Member \$69   Non Member \$99)   <u>Instructor:</u> Adrian Buczek	<b>A01 Thursday Jan 8 – Mar 26</b> 2:15pm – 3:15pm   Room 205 – Kerby Centre
Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.	



Fitness with Dan (Member \$69   Non Member \$99)   <u>Instructor:</u> Dan Leung		A02 Wednesday Jan 7 – Mar 26 10am – 11am   Gym – Kerby Centre	
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.			
Muscle Strength & Core Balance (Member \$69   Non Member \$99)   <u>Instructor:</u> Dan Leung		A03 Friday Jan 9 – Mar 27 9am – 10am   Gym – Kerby Centre	
Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.			
Stretching & Mobility (Member \$69   Non Member \$99)  <u>Instructor:</u> Dave Goldenberg		A04 Tuesday Jan 6 – Mar 24 11:15am – 12:15pm   Room 205 – Kerby Centre	
Improve your flexibility, enhance your range of motion, and rejuvenate your body. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle.			
Core Essentials & Balance (Member \$69   Non Member \$99)   <u>Instructor:</u> Navin Jetha		A05 Thursday Jan 8 – Mar 26 11am – 12pm   Room 205 – Kerby Centre	
This is a dynamic fitness class designed to target and strengthen your core muscle groups while improving posture, balance and overall stability.			
Feet to the Beat (Member \$69   Non Member \$99)   <u>Instructor:</u> Kym Butler		A06 Friday Jan 9 – Mar 27 1pm – 2pm   Room 205 – Kerby Centre	
Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.			
Line Dancing (Member \$69   Non Member \$99 per course)   <u>Instructor:</u> Glenis Martin			
Intermediate Beginners A07 Monday Jan 5 – Mar 30 (No Class Feb 16) 1pm – 2pm   Gym – Kerby Centre	Introductory Beginners A08 Thursday Jan 8 – Mar 26 11:30am – 12:30pm   Gym – Kerby Centre	Intermediate Beginners A09 Thursday Jan 8 – Mar 26 1pm – 2pm   Gym – Kerby Centre	
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.			
Flamenco Dance Beginners (Member \$69   Non Member \$99) <u>Instructor:</u> Honey Sturdy		A10 Monday Jan 5 – Mar 30 (No Class Feb 16) 1pm – 2pm   Room 205 – Kerby Centre	
This lively and expressive dance style, rich in Spanish tradition, is perfect for you looking to try something new while staying active. No prior dance experience is necessary—just bring your enthusiasm and energy!			
Restorative Yoga (Member \$69   Non Member \$99)   <u>Instructor:</u> Navin Jetha		A11 Wednesday Jan 7 – Mar 25 2:45pm – 3:45pm   Room 205 – Kerby Centre	
Using a yoga strap in this gentle restorative yoga practice helps the body find deeper relaxation by providing support and stability. This class is an excellent practice to relieve tight muscles after exercising.			
Chair Yoga (Member \$69   Non Member \$99)   <u>Instructor:</u> Gina Komarac		A12 Wednesday Jan 7 – Mar 25 1:15pm – 2:15pm   Room 205 – Kerby Centre	
Great way to relax and rejuvenate! Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.			
Flex Fusion Yoga (Member \$69   Non Member \$99)   <u>Instructor:</u> Gina Komarac		A13 Monday Jan 5 – Mar 30 (No Class Feb 16) 11:30am – 12:30pm   Room 205 – Kerby Centre	
Learn kind and beneficial yoga poses while increasing strength and balance. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Please provide your own yoga mat.			
Zumba Gold (Member \$69   Non Member \$99)   <u>Instructor:</u> Chantel Cunningham		A14 Tuesday Jan 6 – Mar 24 10am – 11am   Gym – Kerby Centre	
An easy-to-follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout.			
Zumba Gold (Member \$69   Non Member \$99)   <u>Instructor:</u> Maalike Seaward		A15 Thursday Jan 8 – Mar 26 10am – 11am   Gym – Kerby Centre	
An easy-to-follow program that lets you move to the beat at your own speed. Classes provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout.			



<b>Bollywood Fusion</b> (Member \$69   Non Member \$99) <u>Instructor:</u> Bhakti Bansode	<b>A16 Tuesday Jan 6 – Mar 24</b> 1pm – 2pm   Room 205 - Kerby Centre
Whether you're looking to enhance your dance skills, improve your fitness level, or simply have a great time, this course is for you. Get ready to immerse yourself in the vibrant world of Bollywood dance, where every step is an expression of joy, passion, and celebration. This course is designed for beginners and dance enthusiasts alike, with no prior experience required.	

Academic Courses  
Arts

Arts in the Afternoon: Acrylic (Member \$155   Non Member \$185 per course)   <u>Instructor:</u> Hamideh Khadem Sohi		
B01 Wednesday Jan 7 – Feb 11 1pm – 3pm   Room 313 - Kerby Centre		B02 Wednesday Feb 18 – Mar 25 1pm – 3pm   Room 313 - Kerby Centre
Designed for beginners. You will be guided step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. All supplies are included.		
Valentine Themed Painting Workshop - Moonlit Romance (Member \$50   Non Member \$80)   <u>Instructor:</u> Carol Marasco		B03 Tuesday Feb 17 1pm – 3pm   Room 313 - Kerby Centre
Participants will paint a silhouette of a couple under a starry sky with heart-shaped constellations. The cute and easy-to-follow design makes it accessible for beginners and allows room for creative expression with background details and color choices.		
Springtime Story Stones Painting Workshop (Member \$50   Non Member \$80)   <u>Instructor:</u> Carol Marasco		B04 Tuesday Mar 24 1pm – 3pm   Room 313 - Kerby Centre
In this workshop participants will paint small stones with seasonal symbols to use in the garden decor.		
Drawing Member \$99   Non Member \$129 <u>Instructor:</u> Hamideh Khadem Sohi	Beginner Drawing B05 Monday Jan 5 – Feb 9 1pm – 3pm   Room 313 - Kerby Centre	Intermediate Drawing B06 Monday Feb 23 – Mar 30 1pm – 3pm   Room 313 - Kerby Centre
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.		
Calligraphy Really Pretty Capitals (Decorated Versal Letters) (Member \$54   Non Member \$94) <u>Instructor:</u> Renate Worthington		B07 Tuesday Feb 10 – March 3 1pm – 3pm   Room 305 - Kerby Centre
Explore the colourful and playful side of decorated capital letters. Starting with pencil and eraser, fine-tipped marker and lots of colour, we will create several styles of eye-catching drawn Versal letters, perfect for cards or to begin special words or texts. No experience in calligraphy is necessary to enjoy making these letters.		
Beginner Watercolour Member \$155   Non Member \$185 <u>Instructor:</u> Hamideh Khadem Sohi	B08 Thursday Jan 8 – Feb 12 10am – 3pm   Room 313 - Kerby Centre	B09 Thursday Feb 18 – Mar 26 10am – 3pm   Room 313 - Kerby Centre
Learn the skill of watercolour painting for yourself! The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.		
Advanced Watercolour (Member \$155   Non Member \$185 per course)   <u>Instructor:</u> Hamideh Khadem Sohi		
B10 Friday Jan 9 – Feb 13 10am – 3pm   Room 313 - Kerby Centre		B11 Friday Feb 20 – Mar 27 10am – 3pm   Room 313 - Kerby Centre
Learn the skill of watercolour painting for yourself! The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.		
Sketching Member \$99   Non Member \$129 <u>Instructor:</u> Hamideh Khadem Sohi	B12 Tuesday Jan 6 – Feb 17 (No Class Feb 10) 10am – 12pm   Room 313 - Kerby Centre	B13 Tuesday Feb 24 – Mar 31 10am – 12pm   Room 313 - Kerby Centre
Our Sketching Class is designed not only to teach the technical aspects of sketching but also to foster a sense of artistic confidence and individual expression. Join us for an unforgettable experience where you'll discover the joy of bringing your imagination to life.		
Color Pencil Painting Member \$99   Non Member \$129 <u>Instructor:</u> Hamideh Khadem Sohi	Beginner B14 Monday Jan 5 – Feb 9 10am – 12pm   Room 313 - Kerby Centre	Beginner Plus B15 Monday Feb 23 – Mar 30 10am – 12pm   Room 313 - Kerby Centre
With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils. Her approach emphasizes both technical skill and creative expression.		



Languages

<b>Spanish</b> (Member \$160   Non Member \$190 per course)   <u>Instructor:</u> Norah Hutchinson <i>The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.</i>	
	<b>Beginner.</b> A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.
	<b>A continuation of Spanish Grammar I</b> with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.
<b>Spanish Grammar III</b> B18 Tuesday Jan 6 – March 24 10am – 12pm   Room 311 – Kerby Centre	<b>A continuation of Spanish Grammar II.</b> For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Chapters 7-9 will be covered.
<b>Spanish Grammar IV</b> B19 Thursday Jan 8 – Mar 26 1pm – 3pm   Room 311 – Kerby Centre	<b>A continuation of Spanish Grammar III.</b> Chapters 10-12 will be covered.
<b>Spanish Grammar V</b> B20 Wednesday Jan 7 – Mar 25 1pm – 3pm   Room 311 – Kerby Centre	This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar I – 5 or equivalent. A complete refresher from the basics to in depth grammar topics.
<b>Spanish Conversation A</b> B21 Monday Jan 6 – Mar 30 (No Class Feb 16) 1pm – 3pm   Room 311 – Kerby Centre	For students with strong knowledge of grammar and previous conversation courses. Emphasis will continue to be on interaction, with a focus on listening, pronunciation and comprehension. Minimum Prerequisite: Grammar V plus.
<b>Spanish Conversation B</b> B22 Friday Jan 9 – Mar 27 1pm – 3pm   Room 311 – Kerby Centre	It will give an opportunity to: speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts. Minimum Prerequisite: Grammar V plus.

English as a Second Language

<b>Beyond Basics English Club</b> (Member   Non Member \$48) <u>Instructor:</u> Carol Barwick	<b>B23 Wednesday Jan 7 – Mar 25</b> 9:30am – 11:45am   Room 313 – Kerby Centre
This beginner-level course will help participants build confidence in speaking, listening, and understanding everyday English. Whether you're learning for the first time or brushing up on the basics, each session offers practical vocabulary, simple conversations, and activities tailored to senior learners. Limited spot available – 15 spots!	
<b>ESL Advanced</b> (Member \$79   Non Member \$109) <u>Instructor:</u> Linda Yu	<b>B24 Friday Jan 9 – Mar 27 (12 Weeks)</b> 1:30pm – 3pm   Room 305 – Kerby Centre
This engaging class is designed for senior immigrants who are ready to build on their existing English skills. Tailored to advanced learners, this course focuses on refining vocabulary, improving conversational abilities, and enhancing understanding of complex English language structures. With supportive instructors and a welcoming environment, participants can confidently navigate everyday interactions, enrich their community connections, and enjoy deeper engagement with the English language.	

Sing & Play

<b>Singing Circle</b> (Member \$70   Non Member \$100)   <u>Instructor:</u> Barry Luft	<b>B25 Thursday Jan 8 – Mar 26</b> 10:30am – 11:30am   Room 305 – Kerby Centre
Please join our dynamic group of people who sing out on those old well-known songs. Our rules include no lyric sheets or visual aid of any kind including cell phones. If memory fails, we have a song bag of titles to move things along.	
<b>Ukulele Beginner</b> (Member \$110   Non Member \$140)   <u>Instructor:</u> Susan Rock	<b>B26 Tuesday Jan 6 – Mar 24</b> 10am – 11am   Room 305 – Kerby Centre
Geared for those with little or no experience on the instrument. Strumming accompaniment using chords for songs. Play the first day! Bring uke in good working order with a clip-on tuner. Don't own a uke? Contact Active Aging Department for purchasing information.	
<b>Ukulele Beginner Plus</b> (Member \$110   Non Member \$140)   <u>Instructor:</u> Lorraine Smith	<b>B27 Thursday Jan 8 – Mar 26</b> 10am – 11am   Room 312 – Kerby Centre
This class will be a direct follow up from the Beginner/Intro course. There will be a healthy review of strums and chords as skills for song accompaniment improve. We'll play lots of songs and include a few new chords and keys. Fun or what? Pre-requisite: A beginner course or equivalent.	



Ukulele Intermediate (Member \$110   Non Member \$140)   <u>Instructor:</u> Lorraine Smith		B28 Thursday Jan 8 – Mar 26 11:15am – 12:15pm   Room 312 – Kerby Centre	
Subtitle: Raising the Level of Musicianship. We will review the uke-friendly keys, perfect the “oolypso” strum, use tablature notation, and further train our playing&by-ear skills. Lots of strumming while singing songs will be practiced in large and small groups as well as in solo contexts.			
Ukulele Magic Advanced Play & Sing (Member \$110   Non Member \$140)   <u>Instructor:</u> Barry Luft		B29 Wednesday Jan 7 – Mar 25 10am – 11am   Room 305 – Kerby Centre	
“It’s All About the Song”. This term you will learn How to “deliver” a song. Topics may include choosing a key, arranging, getting yourself “out of the way” of a song, being free of the page, knowing your “work”, and other subjects too fierce to mention in print.			
Ukulele Magic Advanced Play & Sing (Member \$110   Non Member \$140)   <u>Instructor:</u> Barry Luft		B30 Wednesday Jan 7 – Mar 25 11:15am – 12:15pm   Room 305 – Kerby Centre	
“It’s All About the Song”. This term you will learn How to “deliver” a song. Topics may include choosing a key, arranging, getting yourself “out of the way” of a song, being free of the page, knowing your “work”, and other subjects too fierce to mention in print.			
Guitar Basics! (Member \$110   Non Member \$140 per course)   <u>Instructor:</u> Kevin Cholowsky			
Guitar Beginner B31 Thursday Jan 8 – Mar 26 11am – 12pm   Room 311 – Kerby Centre		Guitar Beginner Level I B32 Thursday Jan 8 – Mar 26 12:15pm – 1:15pm   Room 305 – Kerby Centre	
For individuals with little or no previous experience, or those who may be looking for a little refresher. You’ll be learning basic chords and strumming patterns. If you have a guitar, bring it to class in good working order along with an electronic tuner.			

General Interest

Origami Workshop (Member \$15   Non Member \$45)   <u>Instructor:</u> Kumiko Sato		
B33 Monday Jan 28   10am – 11am Room 108 – Kerby Centre	B34 Monday Feb 23   10am – 11am Room 108 – Kerby Centre	B35 Monday Mar 16   10am – 11am Room 108 – Kerby Centre
Are you looking for a delightful and engaging activity that stimulates your creativity and brings a sense of joy? Join our Origami Workshop, specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment.		
Home Safety Essentials for Seniors (Member \$50   Non Member \$80)  <u>Instructor:</u> Don Muldoon		B36 Tuesday Jan 27 10am – 12pm   Room 312 – Kerby Centre
This session focuses on practical steps to make your home safer and more comfortable. Learn how to prevent falls, improve lighting, secure rugs and furniture, and use assistive devices effectively. We’ll also cover emergency preparedness and how to create a home safety checklist.		
Fall Prevention & Mobility Tips (Member \$50   Non Member \$80)   <u>Instructor:</u> Don Muldoon		B37 Tuesday Feb 24 10am – 12pm   Room 312 – Kerby Centre
Falls are one of the leading causes of injury among older adults. This workshop offers guidance on improving balance, choosing proper footwear, using mobility aids, and modifying your environment to reduce risks.		
Stay Active Awareness Workshop (Member \$15   Non Member \$45)   <u>Instructor:</u> Don Muldoon		B38 Tuesday Mar 10 10am – 12pm   Room 312 – Kerby Centre
This one-day workshop is designed to inspire and empower older adults to embrace movement in everyday life, regardless of fitness level or mobility. You’ll learn the physical, mental, and emotional benefits of staying active, tips for choosing safe and enjoyable activities, community resources and programs to support active living and more.		

Digital Skills Training

Digital Skills Training for Seniors Beginner (Member \$150   Non Member \$180)   <u>Instructor:</u> Swati Taneja		B39 Friday Jan 9 – Mar 27 11am – 12:30pm   Room 305 – Kerby Centre
This beginner-friendly course is designed to help older adults build confidence and competence in using digital devices and online tools. Whether you are brand new to technology or looking to refresh your skills, this hands-on training will guide you step-by-step through the essentials –from turning on a device to sending emails and browsing the Internet safely. No prior experience required! This course will include Introduction to Devices, Getting Comfortable with Touchscreen, Understanding the Internet, Email Basics, Online Safety and Privacy, Exploring Useful Apps, Video Calling & Messaging, Social Media Basics, Online Shopping & Banking, Digital Entertainment and Cloud Storage and File Management.		



### Active Aging – Wellness Connection Programs

FREE Caregiver Wellness Series: COMPASS for the Caregiver (In-Person) - Join us to recharge, connect, and grow.	
Thursday Nov 27 - Dec 18 1pm - 3:30pm   Room 317 - Wellness Connections Center	To register: Call 403-234-6566 or email <a href="mailto:Lolaf@unisonalberta.com">Lolaf@unisonalberta.com</a>
Unison at Kerby Centre is hosting Caregivers Alberta's award-winning COMPASS for the Caregiver, a free, four-week program designed to help caregivers care for themselves while supporting others. Topics include Being a Caregiver, Managing Your Stress, Balancing Relationships, Navigating the Journey. Manuals provided.	
FREE Caregiver Wellness Series: COMPASS for the Caregiver (Online Series) - Join us to recharge, connect, and grow.	
Thursday Jan 22 - Feb 12 1pm - 3:00pm   Online	To register: Call 403-234-6566 or email <a href="mailto:Lolaf@unisonalberta.com">Lolaf@unisonalberta.com</a>
Unison at Kerby Centre is hosting Caregivers Alberta's award-winning COMPASS for the Caregiver, a free, four-week program designed to help caregivers care for themselves while supporting others. Topics include Being a Caregiver, Managing Your Stress, Balancing Relationships, Navigating the Journey. PDF manuals provided.	
Men's Coffee & Conversation Group - Join us for lively discussions and great company! New members welcome!	
Every 3rd Friday of the month at 10:30am Drop-in fee: \$4   Room 317 - Wellness Connections Center	No Registration required. Come as you are, bring a friend, and connect with others.
Led by Dennis, a retired business executive and seasoned facilitator of men's groups, and Chris Hylton, a long-time Kerby Centre member and financial consultant, this group offers engaging conversation on a wide range of topics. Both bring decades of experience, community involvement, and a passion for meaningful dialogue.	
Friend Fridays (Social Hour) Cost: \$3   Wellness Connections Center	2nd & 3rd Friday of each month 1pm - 2:30pm
Looking for laughter, good company, and a cozy space to connect? Drop in for a warm, welcoming afternoon where friendships bloom and smiles are plenty.	
Sound Therapy	
Friday Feb 11 - Feb 25 (Member \$60   Non Member \$120) 10:30am - 12pm   Room 317 - Wellness Connections Center	Register online or contact Active Aging: 403-705-3233/ <a href="mailto:program@unisonalberta.com">program@unisonalberta.com</a>
Helps to empower individuals on their journey to holistic well-being through the transformative power of sound. It provides a sanctuary of tranquility where individuals can experience profound deep relaxation, inner harmony, and self-discovery. First-Time Attendees: Please arrive 25 minutes early to complete our intake, pre-evaluation, and waiver forms. The intake form is valid for a year.	
Indigenous Drumming Circle and Storytelling   Instructor: Dorvina Pearline White Quills	
Tuesday Feb 17 - March 3 (Member \$60   Non Member \$120) 1pm - 2:30pm   Room 317 - Wellness Connections Center	Register online or contact Active Aging: 403-705-3233/ <a href="mailto:program@unisonalberta.com">program@unisonalberta.com</a>
Join to learn about the Indigenous way of drumming. "Traditional Hand Drum teachings and sacred songs. The varying beats represent the Heartbeat of Mother Earth. Healing vibrations with understanding the spirit through this Good Medicine". Learn about the teachings behind Traditional Hand Drum songs from a new perspective. Passed from her mentors. Respect for the Hand drum is to be in a clean and sober state of mind. All are welcome to participate.	
Riverwalk Tuesdays- Indoor Walks Cost: \$2 drop-in fee	Every Tuesday from 10am to 11am Meeting Point: Room 317 - Wellness Connections Center
Join us for guided walks: December- March: Indoor walks through the Plus 15 downtown network (weather permitting). April: Enjoy outdoor nature walks when conditions allow—take in the fresh air and the beauty of the season. Stay active, connect with others, and embrace wellness one step at a time!	
Grieving Together Group Counselling Facilitators: Maria Alvaro and Nadia Kolesnikova - City University Master of Counselling Interns	
Thursday Feb 19 - Apr 16 (Member \$60   Non Member \$120) 1pm - 2:30pm   Room 317 - Wellness Connections Center	Register online or contact Active Aging: 403-705-3233/ <a href="mailto:program@unisonalberta.com">program@unisonalberta.com</a>
Have you lost a loved one, and are looking for support? Our 8-week group counselling program will help you rediscover yourself after loss and learn skills to start enjoying and loving your best life again. This in-person group counselling program helps you heal and reconnect after loss in a safe, empathetic setting. Intake assessment included. Printed materials & light refreshments provided.	





# YYC Home Care Services

**Caring For You, Right At Home**

**Serving All Across Alberta**



## Our Services

- **Companionship**
- **Meal Prep**
- **Personal Care**
- **Hospice Support**
- **Dementia Care**
- **Light Housekeeping**
- **Transportation**
- **Respite Care**
- **Nursing Services**

### CLIENT DIRECTED HOME CARE INVOICING PROGRAM (CDHCI)

YYC HOME CARE CAN  
DIRECTLY BILL AHS FOR YOUR  
APPROVED SERVICES  
THROUGH THE ALBERTA BLUE  
CROSS PORTAL WITHOUT ANY  
EXTRA COST TO YOU.



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consultation!**

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