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unison

For generations 50+

Photo: Karasna Martin

unison

For generations 50+

Closure Alert

All Unison locations will be closed on Monday September 1, 2025 for Labour Day

Unison at Kerby Centre, Unison at Veiner Centre and Strathcona Centre will re-open on Tuesday, September 2, 2025

Kerby Café

Kerby Café Closure Alert

CLOSED ALL DAY Friday, September 12th

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At Kerby Centre

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Editor’s corner: Anna, the speedy Nana

Mel Lefebvre

They called her speedy. My Nana, Anna, a petite Lithuanian beauty, used to zip around the hallways of her apartment building in Montreal North, getting in her steps decades before pedometers told us to aim for 10,000 a day.

She would speed-walk the hallways gripping rosary beads, praying as she walked, offering only a quick nod to curious neighbours who grew used to her quiet presence outside their doors. Never one for small talk, her smile would suffice for those who would stop her in her tracks, which led to her nickname. As a child, she established in my mind an ideal model of what we at Unison now call active aging. Walking is an accessible*, free way to stay healthy. Unison’s Wellness Connection Centre hosts regular walking



Anna in the summer sun. Photo courtesy of Joanne Lefebvre.



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groups (with a small fee). You hardly even notice you’re exercising. When my mom visits from Montreal, she always joins the walking group, and often ends up sharing a coffee in the Kerby Café with new friends.

Walking has a way of bringing us together, and for good reason. It’s one of our human superpowers.

Human evolutionary history has positioned us for endurance thanks to our anatomy, physiology, and culture. Our ancestors couldn’t outrun predators in a sprint (well, we probably still can’t), but they could outlast almost any animal. Cheetahs, for example, are lightning fast, but only for short bursts. Humans can cover far greater distances over longer periods, which was critical for survival when we had to hunt and gather food. We’ve spent far more of our history walking and foraging than we have pushing shopping carts through Costco.

Humans are equipped with impressive adaptations. We sweat to regulate our temperature, and we shiver when cold to generate heat (a mechanism shared with other mammals). Our muscles are unusually resistant to fatigue compared with sprint specialists like the cheetah. While they need a cat-nap after a chase, humans can keep going, often pushing through tiredness with remarkable endurance. But our cognitive abilities also matter.

We can set goals, persevere when exhausted, and attach meaning to our actions, which shape our habits and our culture. Anna certainly attached meaning to her daily walks, blending her spiritual practice with physical activity. Her instinct to smile at her neighbours was a subtle but powerful social cue: non-threatening, but signalling she didn’t want to stop. These small gestures, reinforced through culture, are deeply human. Today they might just be considered polite, but tens of thousands of years ago they could have meant safety, survival, and belonging. I like to think Anna also made the hallways of her building feel safer and more welcoming for the other older adults who shared that space. *Dear readers for whom walking is not an accessible activity, I hear and see you. While this article celebrates walking, the true spirit of “active aging” isn’t limited to putting one foot in front of the other. It’s about movement in any form that feels right for your body, finding practices that bring meaning to you. You are equally part of the story of human endurance and community.

President’s Message: Thriving in life’s prime years

I just returned from a wonderful beach vacation with my wife. Ironically, while I was enjoying all the food and drink that comes with a decadent all-inclusive vacation, I was reading a book called Younger Next Year. This probably isn’t the kind of book you are supposed to read while sipping margaritas pool-side. Despite having been

published 20 years ago, the advice in the book is still relevant today. Younger Next Year includes a link to an online calculator that tells you how long you are going to live. In the spirit of the work I do as CEO of Unison, I figured I had to try the link out. The online test told me I was going to live to 83 years of age, not 100, but pretty good. How

accurate are these tests anyway? I did some online searching and found some other similar tests and interestingly enough, they all pegged me within a year or two of the first test’s results. Well, I am not sure I want to live to 100, but I do know that I don’t want my last few years to be bed-ridden or painful. I want to have life in my years, not simply a tally of my longevity. I suppose this is part of the reason that the programs we run at Unison that focus on active aging are so important.

At Unison, we believe that aging is something you do actively and on your own terms. For those of us aged 50 and beyond, the narrative is shifting. No longer defined by decline or limitation, aging today is about possibility, purpose, and participation. The heart of active aging includes a mindset and lifestyle that empowers us to thrive, contribute, and live with meaning, no matter our age.

Active aging is not a one-size-fits-all approach. It’s deeply personal. It’s about maintaining health, staying engaged in the community, pursuing passions, and building resilience. It means making choices—every day—that keep us connected to what matters most: our wellbeing, our relationships, and

our sense of belonging. At Unison, we see this firsthand. Every day, we witness people in their 50s, 60s, 70s and beyond reinventing themselves—starting new careers, volunteering, learning new skills, embracing fitness, and forming deeper connections. They’re not slowing down; they’re shifting gears. They’re embracing change and leading lives filled with vitality.

Health is a foundational pillar of active aging, but it’s about more than just physical fitness. Mental and emotional health are equally critical. Staying socially active, engaging with purpose, and challenging our minds helps protect against isolation and cognitive decline. Whether it’s joining a walking group, taking up painting, or mentoring the next generation, every action counts. These are not just hobbies; they are lifelines to a richer, fuller life.

We also know that community plays a powerful role in shaping how we age. Active aging flourishes where people feel seen, heard, and valued. That’s why at Unison, we design our services and programs with the people we serve. We believe that older adults’ experiences, insight, and time are invaluable assets that can strengthen the entire



Larry Mathieson, CEO and President

community. But, active aging also requires us to challenge ageism—those deeply rooted stereotypes that say older people can’t learn, grow, or contribute meaningfully. That mindset has no place in our society. Everyone deserves the opportunity to live a life of dignity, connection, and fulfillment. That begins by recognizing aging as a time of growth, not retreat.

The future of aging is bright—but it’s also in our hands. By investing in ourselves and supporting each other, we can redefine what it means to grow older. Whether you’re 55 or 85, it’s never too late to live actively, to give back, and to shape the life you want.

At Unison, we stand with you. Because aging well isn’t about adding years to life—it’s about adding life to those years.

SEPTEMBER 2025

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

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(403) 705-3229 • Fax (403) 705-3212
www.unisonalberta.com

Publisher: Larry Mathieson
Editor-in-chief: Mel Lefebvre (403) 835-4986
mell@unisonalberta.com
Copy editor: Kathleen Burke
Sales: Andres Guterrez (587) 441-3696
andresg@unisonalberta.com
Wilton Otto
wiltono@unisonalberta.com

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Join Us for a Fun Day on the Green!

September 11th, 2025
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4th Annual Unison Calgary Charity Classic Golf Tournament

Register: unisonalberta.com/golf



Free Estate Planning Workshop

 Tuesday, November 18th

 1:00 pm - 3:30 pm

 Unison at Kerby Centre
Kerby Centre Lounge

Space is limited.
RSVP to secure your spot.
RobL@unisonalberta.com



Join Jonathan Ng from Underwood Gilholme to learn about:

- How to prepare a Will
- The legal issues that affect Wills
- How to select an Executor
- Information about Enduring Power of Attorney and Personal Directives

Personal directive help

Unison Staff, with files from Alberta.ca

Seniors Supports is excited to offer an easy and straightforward way to complete your Personal Directive (PD) for those 65+. On September 18, we are hosting a PD workshop in collaboration with Nadia’s Hope Foundation, Covenant Health Palliative Institute, and McLeod Law LLP. After a presentation, participants will be able to prepare their personal directive on the spot. Event organizer Vineeta Kapoor is thrilled because it’s the first time Unison has hosted this type of event. Spaces are limited, and you must be age 65+, so don’t wait! Call 403-265-0661 to register.

Unison organizes events like these because we know that planning-ahead documents can be confusing. We want to make sure you feel comfortable and clear on the “big three”: your PD, your will, and your enduring power of attorney.

A personal directive is a legal document that everyone should have in case we become unable



to make our own personal decisions in the future. It’s optional, like eating ice cream is optional, but, much like ice cream, a personal directive is always a good idea. Your PD names the person or people you’ve chosen to make personal decisions for you; these individuals are called your agents. Your PD includes written instructions on what to do if you can’t personally make your wishes known. It only comes into effect if you are found to lack the capacity to express your needs and wants.

The types of instructions you can include in a PD range from medical treatments you would or would not like, to where you want to live, who you want to live with, who will care for your children if they are minors, and even your preferences for recreation, employment, and education. Having your wishes written down eliminates confusion or debate and ensures your voice is respected. A PD allows you to advocate for your future self, which is a wonderful gesture of self-care!

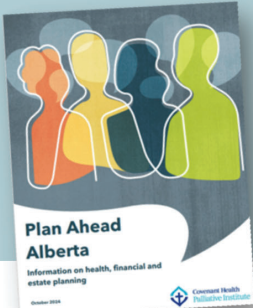
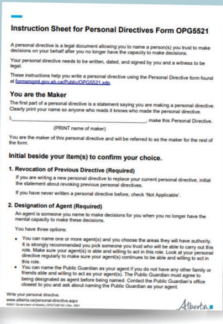
Plan Ahead Session & Personal Directive Workshop

To register, call 403-265-0661

Advance care planning is a crucial process that helps individuals consider their future care preferences. This informative session will guide you through the importance of advance care planning, followed by dedicated time to complete your own Personal Directive.






Age eligibility: 65+

September 18th, 2025 | 9:00 am – 12:00 pm
Unison at Kerby Centre (Room 205)
1133 7 Ave SW, Calgary

Presented by:
Ellen Mi (Project Coordinator, Covenant Health Palliative Institute)
Lindsey Louro (Associate Lawyer, McLeod Law LLP)
Vineeta Kapoor (Manager of Seniors Supports & Volunteers, Unison)









Join us for a **FREE Fraud & Scam Prevention** presentation by the Better Business Bureau and the Alberta Securities Commission.

FREE Fraud & Scams Presentation

Date: Wednesday, October 1st, 2025
Time: 10am – 12pm
Location: Unison at Kerby Centre – Lounge

FREE with registration required
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We can assist you with applying for:

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

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Call Seniors Supports at 403-705-3246




Seniors Supports

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:

- September 17
- October 15
- November 26
- December 10

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




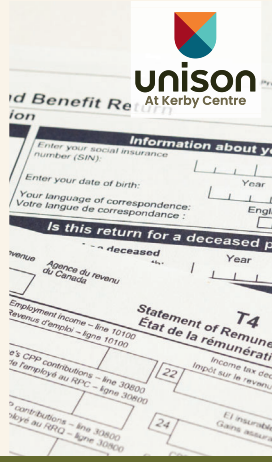
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Spring thinking in autumn

Deborah Maier, Calgary Horticultural Society

We're in the final month of the gardening season, and it's time to think about spring. I want to wander the garden and wistfully caress each bloom and plant, sit on the step and drink it all in. A hard frost could hit any day, ending the garden's floral display. But with these melancholy feelings, if I let my thoughts wander a bit further, there is also a sense of excitement and anticipation. What will next year bring? Should I plant more bulbs? That's when *Tulipa tarda* comes to mind. *Tulipa tarda* is com-

monly known as the late tulip. It is a species of wild tulip that originates in central Asia. Most of our cultivated tulips have been bred from species tulips that hail from that area. Often the natural habitat of species tulips is alpine, growing on mountain slopes or meadows with hot, dry summers and cold winters ... sound familiar? A key difference between Calgary winters and their original habitat is that their winters are wetter, and all that snow is the region's prime source of annual moisture. Whereas our cold season moisture often comes from snow melt in late winter and

early spring. The overlap in conditions does mean that these tulips are worth trying in a Calgary garden. The first time I noticed *Tulipa tarda* was in the Calgary Horticultural Society's garden. The plant's distinctive 15 cm long blade-shaped leaves formed a ground cover in shady and full sun areas of the garden. The real eye-catcher were the star-like blooms. The six-petalled-blooms have creamy-white tips and bright yellow centres. They rose slightly above the centre of pale, somewhat minty-green leaf clusters. The flowers were about 3 cm across,

short-stemmed, and fully open. I had to ask what they were. That's when I learned about *Tulipa tarda*. *Tulipa tarda* usually can be purchased in pre-packaged bags of 10 or 20 bulbs and are readily available at garden centres in September. They are sold in bags as, like other smaller spring flowering bulbs, they make the best impact when planted in swaths. They are rated for cold hardiness zones 3 to 8 and need a cold period to bloom. Like many other tulips, *Tulipa tarda* are nastic and close their blooms at night and on cloudy days. When I leave for work, their blooms are often closed, forming a pointed teardrop that shows off the attractive, red-tinged back of the petals. As I saw at the Society's garden, *Tulipa tarda* prefer a full sun location, but will grow in part shade. If you want them to naturalize and spread, you need to let them go to seed. You also need to allow the leaves to die back naturally so the plant can re-energize the bulb. Unlike cultivated tulips, species tulips become stronger with time. Choose a well-drained, sunny location. Following the rule for planting bulbs, they should be planted three times the height of the bulb into the soil or about 10 cm deep. To give their leaves room to spread out, they should be planted about 15 cm apart. Never select a location



Tulipa tarda in full bloom. Photo: Deborah Maier

where water pools. Bulbs can rot in cool weather if the soil is wet. If the bulbs sit in water and the temperature drops below zero, they are at risk of freezing. While no plant is truly deer resistant, I find that deer usually do not eat these tulips. Rabbits and hares tend not to bother them, either. In Calgary, they typically bloom in early May, making them a welcome bloom for pollinators, and gardeners, too! A drought-tolerant, truly perennial naturalising bulb in Calgary, *Tulipa tarda* was named the Calgary Horticultural Society's Perennial Bulb of the Year for 2022. It also has been named Netherlands Flower Bulb of the Year 1977 and received a Garden Merit award from the Royal Horticultural Society. Do a little spring thinking yourself and plant *Tulipa tarda*. For more information about plants for Calgary gardens, visit calhort.org.



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September 8 - 11 closed Sept. 12
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Red lentil soup

September 15 - 19
Kerby McRib sandwich with choice of side
Butternut squash soup

September 22 - 26
Salisbury steak
Broccoli & cheddar soup

September 29 - October 3
Chicken parmesan with spaghetti
Potato leek soup (in September)
Pumpkin soup (in October)



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What you need to know about Measles in Alberta

Dr. Sunil Sookram,
Alberta interim Chief
Medical Officer of Health

Measles remains one of the most contagious illnesses in the world, spreading through the air when an infected person breathes, coughs or sneezes. In recent months, measles has been spreading in Alberta, across Canada and around the world.

While measles can be serious for anyone, it’s especially dangerous during pregnancy. Infection increases the risk of miscarriage, early labor, low birth weight, and even

infant death. In rare but devastating cases, the virus passes to the unborn child, causing congenital measles—a serious condition that can lead to lifelong disability or death. Pregnant individuals also face a far greater risk of severe complications, including pneumonia and hospitalization.

So far in 2025, fewer than five babies in Alberta have been diagnosed with congenital measles—all born to mothers who were not immunized. Some required intensive care. There have also been 46 confirmed cases among

pregnant individuals, with fewer than five hospitalizations. While the numbers are low, they serve as a stark reminder of what can happen when immunity gaps persist. If you are pregnant and think you may have been exposed to measles, stay home and contact your health care provider, midwife or Health Link at 811 for further guidance.

Although the vaccine isn’t given during pregnancy, immune mothers can pass temporary protection to their newborns — a crucial safeguard, since babies under six

months are too young to be immunized. In some cases, immune globulin may be offered to exposed pregnant individuals or infants, but it provides only short-term protection. Being immunized before pregnancy provides the best protection from getting infected.

Canada eliminated measles in 1998 through strong routine immunization programs. But outbreaks can still happen. In areas where immunization coverage is low, measles can spread more easily and quietly, making it harder to control.

As children head back to school or start homeschooling, now is the time to check your immunization status as well as that of your children. Whether in classrooms, homeschool co-ops, or community programs, children are often in close contact. Even if one child is unprotected, measles can spread rapidly — putting classmates, siblings, and vulnerable individuals at risk.

The good news? Vaccination efforts across Alberta are making a difference. Since March 16, more than 92,000 measles vaccines have been given — a 56% increase over last year. Uptake has risen by 119% in the South Zone and 92% in the North. Early doses for babies aged 6 to 11 months in high-risk areas have increased by 432%, thanks to targeted outreach.

Since mid-May, Alberta has run a provincewide immunization campaign in more than 14 languages. The message is clear: Don’t get measles. Get immunized. With strong uptake continuing, the campaign is being extended and will include new messaging focused on back-to-school season and pregnancy.

While weekly case numbers have fluctuated, we’re encouraged by the lack of any sustained upward trend. Expanded clinics, focused outreach, and consistent public health messaging are helping to ensure this important information reaches all Albertans and helps to slow the spread.

Still, the work isn’t done. Community protection depends on immunization rates of 95 per cent or higher. Getting both doses of the vaccine is a simple but powerful way to protect our homes, schools, and communities.

If you’re unsure about your immunization status or that of your children, speak with your doctor or midwife. You can also call Alberta’s measles hotline at 1-844-944-3434 to check your records, ask questions and book an appointment.




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Adventures at every age

Ada Muser

Every summer, John, Bob, George, Milos and Bruno, five pre- and early teen cousins, roamed the countryside, where their parents had cabins. They played cops and robbers or acted out the fantasies gleaned from the books they had devoured over winter. The cousins immersed themselves in their games, pretending to be Wild West woodsmen. Their parents cooperated by making clothes for them, except that they were not of leather or denim, but of cotton. They made bows and arrows, climbed trees from which they occasionally fell, and kayaked or canoed on the lake and the nearby river.



Bruno's cousin, George, pretending to be a robber. Photo courtesy of Ada Muser

The “woodsmen” slept in primitive WWII-issue tents that leaked, shivered through the nights without proper sleeping bags, and even tried to cook their meals. They would have loved to fry fish, but never caught any, or roast rabbits if their arrows could kill any. So they settled on cooking soups over the campfire in a kettle suspended from a tripod with ingredients their mothers prepared in the kitchen. At least they used wild mushrooms they had collected in the woods. These were the coveted adventures despite all the physical exertion and discomfort, and they were remembered and bragged about without hesitation when back in the city.

The cousin’s teen years came and went, marking the transition from care-free childhood to early adulthood, where one must fend for oneself, support a family, build a career, and raise children. This was a genuine new adventure. Bruno married Elsa when they were both 24, and three years later, their world blown apart when their homeland, was invaded by a foreign power who attacked because they could, backed by their superior numbers, imperialistic ambitions, and the extreme political demagoguery of its leaders. When the dust settled, the gang of five cousins dispersed into four countries on two continents. Bruno and Elsa moved serendipitously across the ocean to the New World, which was still very pristine compared with old Europe, and this motivated them to learn and do new things. They were capable and successful in their chosen professions and lead productive and interesting lives. When they became empty nesters, they had fewer responsibilities and more time to do the little things that put spice into their lives. Bruno likes to call these extracurricular activities “adventures.” With their advancing age, Bruno and Elsa have developed aches and pains, have less energy, and yearn for more comfort. If the extracurricular activities became too strenuous or

uncomfortable, such as Bruno’s exploration of chainsaws and chiselling on wood, they would switch to less physically demanding activities. Bruno calls them “adventures of the mind.”

* * * * *

Despite the distance that separates them, Bruno stays in touch with his cousin, John, by e-mail.

July 3
Hi John! Long time no see. I am attaching photos from a family day trip to Banff in the Rockies.

Nothing much is happening on the health front in our house..... We enjoy working in the garden, and all is good. I would like to know how things are going with you and your loved ones, especially your health, and how you spend the summer.

Best regards,
Bruno

July 26
Hello Bruno and family! My heart is fine, but as a result of CPR when I had the heart attack earlier this year, I can only lift my arms slowly and carefully (so they don't fall out), with pain and only without weight. It's not ideal, but what can I do?! Of course, I probably won't be able to play golf anymore!

The family is fine. Take care and “cultivate your garden” (as Voltaire says at the end of Candide).

John

August 2
Hi John! I'm sorry, you'll probably have to give up golf, but sometimes you need to let go of something to keep enjoying other things. Nothing lasts forever, not even love for the same girl (oops, for golf!), my dad used to say.

When I was 64, my knees hurt so much that I couldn't sleep after we had played volleyball. I could play for

another two years, but if I stopped, I would probably be able to walk for another twenty years, and even keep hiking. So I stopped, twenty years have passed, and I'm still walking!

Bruno

August 6
Hi, I agree with you about recognizing limits in life, but I struggle with it. It still bothers and upsets me greatly that I am unable to do what I could do not long ago. Of course, everyone comforts me and encourages me to think positively, like you, but my soul and nature want more.

I'm trying at least to detach myself from the past and look to the future, but generally speaking, the outlook is bleak: nothing but clouds on the horizon.

Greetings, John.

August 11
Dear John! When you were 8 and I was 14, we were adventurers (or at least pretended to be) in the best sense of the word. Despite my being the eldest of the five cousins and you the youngest, you were a formidable opponent in many games we played.

So when you say that due to a few health setbacks; and “It bothers and upsets you greatly that you are unable to do what you could do not long ago” and that your “soul and nature want more,” I am concerned. It gave me an impetus to give it some thought.

What makes life interesting? I came to a simplistic opinion, perhaps, that the time we spend being providers, i.e., making a living and caring for our and our dependents' welfare, can be labelled as “mundane,” and the time spent jazzing

up our lives can be loosely called “adventurous.”

The dictionary definition of adventure is an “exciting or noteworthy event that one experiences firsthand, is risky and often dangerous, and involves taking chances.”

The above rough-and-tumble definition is emphasized too much. It is not the only one, though. Others say that an activity can still be considered an adventure if it involves the unknown, encompasses the thrill of trying new things and exploring unfamiliar territory, even if it does not involve significant risk, dangers and is not strenuous. I like this one better.

For example, if one peruses the true meaning of words as the classical writers use them, is it not an adventure? Accordingly, exploration the meaning of, even doing creative arts, or if it is a study of history or geography, languages, immersing oneself in listening to classical music and operas, and being inspired by them, are these not “adventures of the mind;” and can they not “jazz up” our lives just as well?

Even the physically frail can soar, and there is no age limitation. The older the better, as the tidbits of thoughts and events already in one's mind may connect and lead to unexpected discoveries.

If you allow yourself, as I have, to “detach yourself from the past and look to the future,” there are not exclusively just “clouds on the horizon.”

It is rather: “Sunny with only a few scattered clouds!”

Love, Bruno

What’s the deal with QR codes?

Elizabeth Brunet

What’s the deal with QR (quick response) codes? They’re everywhere, and with good reason. Imagine there was an easy way to jump to websites, schedules, menus—anything, really—without having to type a web address into your browser. I know I’ve been midway through a long website URL and made a mistake, only to have to start over. Or, my typo will send me to a page with similar spelling, and still, I have to start over. It’s a small tedium,

not the end of the world. But there’s a simple solution: the QR code. This article will explain what QR codes are, how to use them, and why they’re kinda great. Using them is easy. You just have to know how.

- On Apple phones**
- ▶ Open the Camera app.
 - ▶ Select the rear-facing camera (as if you’re taking a regular photo—not a selfie).
 - ▶ Hold your phone so that the QR code appears in the viewfinder (you’ll see a yellow bracket or

- small frame appear).
- ▶ Your device will recognize the QR code and show a pop-up link.
 - ▶ Tap the notification that pops up (it’s a link to a website).
 - ▶ You should now be on the site the QR code is linked to.

- You can also add a code scanner to your iPhone’s Control Center to make it even easier to scan QR codes in the future:
- ▶ Go to Settings, then, Control Center.
 - ▶ Tap the green plus button

- next to Code Scanner.
- ▶ Now you can access the scanner quickly from your Control Center.
- On Android phones**
- ▶ Open the Camera app (most newer Android phones have an integrated QR scanner).
 - ▶ Point the camera at the QR code and make sure it’s centered.
 - ▶ Wait for recognition. A notification will pop up—this is the website linked to the QR code.
 - ▶ Tap the notification to open the link and go to

- the site.
- If your phone runs Android 9 or later, you can also use Google Lens:
- ▶ Open the Camera app and point it at the QR code. On many phones, Google Lens will automatically detect the link and display it.

If your device doesn’t support Lens directly through the camera, you can open the Google app, tap the Lens icon, and scan the code that way.

The QR code was invented in Japan in 1994 by a company called Denso Wave. It was originally used to track automotive parts and improve manufacturing efficiency. The QR code grew in popularity because it could store far more information than a standard barcode.

Since the COVID-19 pandemic, QR codes have become even more common across industries as a way to support contactless interactions, from digital menus to touch-free payments. Even Unison News uses them! Why not give it a try?



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A QR code made by the Unison Kerby Centre marketing team. Try it out!

Quick facts

- ▶ Bamboo is the world’s fastest growing plant. One species of bamboo can grow 35 inches in one day.
- ▶ Sharks were around before the dinosaurs. They also don’t have bones.
- ▶ The world’s smallest mammal is the bumblebee bat, at only 1.1 inches long.
- ▶ Pluto hasn’t made a full orbit around the sun since it was discovered in 1930.

Adventure, 1965, by Lambretta

Elsie Sinha-Roy

There are places in the world we have dreamed of visiting. However, as we get on in years, travelling to those places far away may no longer be possible. We can watch Rick Steeves' travel programs on PBS and dream. Or, we can re-visit places we have seen in our younger days.

On holiday in 1965, my husband and I travelled by Lambretta scooter from England through Belgium, Luxembourg, Germany, Austria, Yugoslavia, and Italy, then returning by train (scooter on board) from Milan, through Switzerland and France. We camped all the way. This was rougher than the conducted tour with luxury hotels, but was the best way to see places, really drinking in the foreign atmosphere.

Preparations were simple – no hotel bookings – only a list of camping

sites for each country as reservations were not necessary at that time. We also had to apply for passports, visas, travellers' cheques (do these still exist?), and Channel ferry bookings. We also obtained the Automobile Association route maps, which proved to be invaluable. No Google maps! We kept luggage to a minimum as there was not much room on the scooter. Crease-resistant clothes which dried quickly were the best bet. Our small tent was just big enough for sleep; you couldn't stand up inside it.

We left Dover by ferry and disembarked in Ostend, Belgium, and in the following weeks visited many towns; Brussels, Stuttgart, Munich, Salzburg, Vienna, Rijeka, Split, Venice and Trieste. We then travelled by train from Milan, as we were short of time on our three-week vacation. Our journey from there to Cal-

ais was swift and did not give us much opportunity for sightseeing, other than through the train windows.

In Yugoslavia we travelled by road as far as the town of Split then began our journey up the coast by steamer to Rijeka, taking the scooter on the boat. It was very enjoyable, as the whole coastline is bordered by many tiny islands, and the sunset there has to be seen to be believed.

The cities we enjoyed the most were Venice and Vienna. We went to a park in Vienna on a Sunday afternoon; there was a traditional bandstand, from where we heard the strains of 'The Blue Danube.' Also in the park was a lake with a beautiful fountain and blossom-pink flamingoes. In Venice, the romantic gondolas made their way through the canals, under a multitude of bridges.

Camping sites all over were really first-class. They were situated away from the centre of town or village in a secluded spot (although easily found by well-marked road signs). In Yugoslavia we camped each time a few feet from the sea. Some sites had more amenities than others, for ex-



A snapshot of adventure. Photo: Nik, on Unsplash

ample restaurants, shops, boats for hire etc., but all had the basic necessities.

Food was no problem, we had a snack at lunchtime (rolls were bought at the camp site before setting out each morning), and a cooked meal at a restaurant in the evening. If travelling to a town, we found the restaurants cheaper a few miles outside the town. In Yugoslavia we found a very tasty meat dish, 'Raschnitzel'; pieces of pork on a skewer sprinkled with black pepper. I had never eaten anything like that before. Coffee varied in each country; Belgians served it in a press, whereas Yugoslavians served Turkish coffee (very strong) in a small brass cup, together with a glass of water.

As far as road conditions went, they were good,

and towns well-posted. However we found the German autobahns were not suited for scooters, as there were joints in the surface every few yards and it was too bumpy a ride. So we followed the Bundesstrasse (secondary road), and found the scenery very enjoyable. There were many cobbledstone roads in Belgium. Petrol stations throughout were easy to find; no shortage there.

People were very friendly and helpful abroad, we had no difficulty if we were lost. The locals would go out of their way to help. Language was not much of a problem if you knew the odd word or two of any language. We left the rest to signs and pictures.

Many things we saw were so different from home. In Yugoslavia we saw a man shopping on a donkey; children selling fresh figs by the side of the road; taking a ferry because the road ended, and in many places, women dressed in black working in the fields.

We enjoyed a simple life for three weeks. We saw an open-air cinema at night in the market square. We took a row boat from the campsite to the village. The movie was in German, with Yugoslavian subtitles, so we had to use our imagination to figure out the story.

The change in tempo of life did us a world of good. We arrived home physically tired, relaxed in spirit, and with many happy memories.

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Lovingly redefining relationships

Evan Kayne

Have you ever known someone who seemed perfectly happy without a romantic partner? Or perhaps someone who valued deep friendships over dating? They might be asexual or aromantic.

As we've expanded our vocabulary around human connections, these terms help us understand the beautiful diversity in how people experience relationships. Asexuality is the lack of sexual attraction to others. Aromanticism means a person has little or no romantic desire or attraction towards others. "A-spec" is the umbrella term for these two terms.

Asexuality and aromanticism, like sexuality, are also on a spectrum.

While these terms may seem new, researcher Alfred Kinsey identified asexuality ("Category X") in 1948. Canadian psychologist Dr. Anthony Bogaert has led modern research in this area. Today, about 1 in 25 young adults identify as asexual - higher than previously thought. There are many older people who are now realizing that "Hey, I've been asexual or aromantic all along!"

While learning to navigate the world with this knowledge, it's important to note A-specs do have emotions and do love, just not in the same way. Orientation is not behaviour.

We define romantic versus sexual attraction as separate experiences or as we call it, the split attraction model, which

illustrates how these two attractions may differ, and how An A-spec may enjoy someone's conversation and company, only to have this person misread friendship signals as romantic or sexual interest.

Going further to address other confusion and questions people have, know that asexual and aromantic identities are not the result of trauma, health issues, or religious upbringing. A-specs come from all backgrounds. It also doesn't change when you "meet the right person." It's not the same as celibacy or a medical condition - most A-specs remain consistent in their identity and behavior over years.

Here's the good news: asexuality does NOT equal loneliness. A-specs

tend to build strong friendships and community connections - some see these friendships as their primary relationships. Many of us may be in couples, but different from traditional relationships: some couples may form platonic partnerships, some may be married (with or without sex). Some couples may open their relationship, allowing the non-asexual (or "allosexual") partner the freedom to find sex outside of the main relationship under certain terms.

Regarding health issues, it's important medical professionals understand what asexuality and aromanticism are - it's not something to cure. It's not a medical condition; you are born this way - just as some people are left-hand-

ed or have red hair, this is part of human diversity. The 5th Edition of the DSM by the American Psychiatric Association has been updated to reflect this understanding. If you recognize yourself in these descriptions, you are not alone - there's a growing community of people who share similar experiences. Asexuality and aromanticism are simply different ways of experiencing the world, not better or worse than any other orientation. By opening our minds to these diverse forms of connection, we enrich our understanding of what it means to be human.

For information, support, visit our website - www.abacesandaros.ca/

Investment tips for new Canadians

Alberta Securities Commission

Starting a new life in Canada brings new opportunities, including the chance to grow your money through investing. However, with a different financial system, unfamiliar products, and advice coming from all directions, it can be hard to know where to start. By understanding how investments work in Canada, how they're regulated, and the protections available, you can invest confidently, not reactively.

1. Start with a strong financial foundation

Investing should never come at the expense of your financial stability. Before buying your first investment product, it's important that you know the basics. That includes managing day-to-day expenses, setting aside emergency savings, and planning both short- and long-term goals.

As a newcomer, you may be adjusting to a new cost of living, building a Canadian credit history, or still finding reliable income. These are foundational priorities that deserve attention before taking on investment risk. It's also worth learning how Canada's banking and tax systems work, especially if you're supporting family members back home or saving towards a

home, a car, or education.

The temptation to invest quickly is understandable, especially when you hear others talking about how they "got in early" or "doubled their money." However, it's important to remember that building wealth in Canada takes time. The most successful investors usually start small, stay focused on their goals, and avoid chasing trends.

2. Understand the investment

Canada offers a range of investment products, including stocks, bonds, exchange-traded funds, mutual funds, and GICs. Each comes with different levels of risk, fees, tax implications, and liquidity. What may be familiar or common in your home country may work differently here. Just because a friend or social media contact is investing in something doesn't mean it's the right choice for you.

The 2024 CSA Investor Index found that nearly 45% of Canadians are now managing some or all of their investments themselves. This do-it-yourself approach is especially popular among younger adults who may prefer more flexible options or want to avoid high fees. But that independence makes it even more important to understand the investment itself, not just the sales pitch.

Before investing, ask yourself:

- What exactly am I putting my money into?
- How does it grow, and what are the fees?
- Can I explain it clearly to someone else?
- Can I take my money out, and how quickly?
- Does this fit my goals and timeline?

If you can't answer these questions, that's a sign to pause and do more research. Investing in something you don't fully understand, even if it "feels right," can lead to costly mistakes.

3. Always check registration

One of the most important protections for investors in Canada is registration. Crypto trading platforms and anyone offering you an investment opportunity or giving investment advice, must be registered in Canada.

That includes financial advisors, platforms, and individuals promoting opportunities in private groups or social chats. Registration ensures they meet professional standards and follow Canadian laws designed to protect investors like you.

It's easy to assume someone is legitimate if they sound confident, share success stories, or speak your language. But trust should never replace verification. Before handing

over your money, check registration to verify if an individual or firm is registered to sell investments in Alberta. It takes less than a minute, and it could save you from falling into a scam that looks legitimate on the surface.

4. Don't ignore red flags

The CSA Investor Index found that 23% of Canadians had been approached with a potentially fraudulent investment. Among those, many said the offer came with documents that looked official, promises of guaranteed returns, and pressure to act quickly. Similarly, an Interac survey in 2023 found that 70% of new Canadians feel more vulnerable to fraud, and over half say they or someone close to them has already been targeted.

Scams today are designed to look real, and many are aimed directly at people who are new to the country. Fraudsters understand how to use urgency, community ties, and social proof to manipulate people. They might claim they've invested their own money or that "everyone in the group is doing it." They may use your language, share your background, or even reference faith, culture, or shared values to build credibility.

This is called affinity fraud, and it's common in newcomer communities.

Don't let a friendly tone or shared background replace careful thinking. If something feels off, pause. Talk to a trusted friend, advisor or call the ASC. And remember, real investments don't come with deadlines, pressure to get in quickly or promises of guaranteed returns that sound too good to be true.

If you have been approached, you can report the incident confidentially to us at the ASC via email at complaints@asc.ca or call us at 403-355-3888. Reporting fraud helps protect others. Even if you didn't lose money, your story could stop someone else from becoming a victim.

Investing can be an important step toward building your future in Canada. But it only works when it's based on good information, a strong financial foundation, and trusted sources.

As a newcomer, you don't have to figure it all out overnight. What matters is taking your time, asking questions, verifying information and checking registration before you commit your hard-earned money. Understand what you're investing in. Know who you're dealing with. Watch for red flags. And above all, make decisions that support your goals, not someone else's sales pitch.



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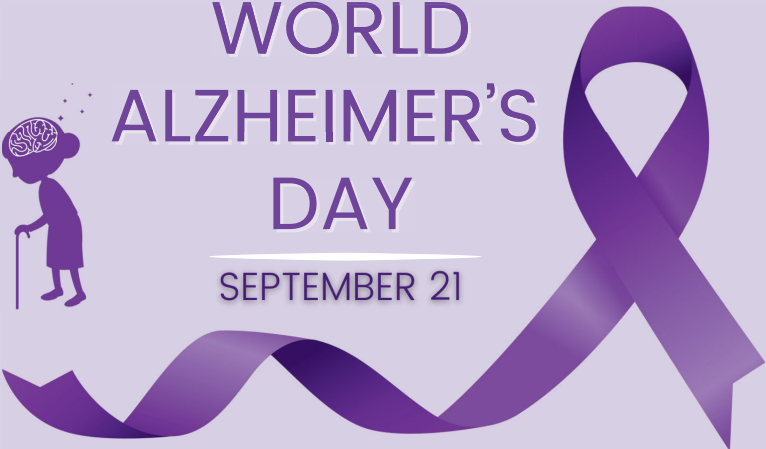
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September Sudoku

Solution: p.26

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

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- > All mammals get goosebumps.
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- > Pine trees know if rain is coming. If cones are closed, grab your umbrella!

- > We walk an average of five times around the world in our lifetime.
- > Hot water freezes faster than cold water.
- > Vegetables don't really exist. It's a culinary term!
- > Caesar salad was invented in 1924, in Mexico, by restaurateur Caesar Cardini.



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September Crossword

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15				16				
17						18				19				
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47								48					49	
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53	54	55	56							57	58			
59							60		61					62
64							65				66			
67							68				69			

Puzzle solutions on p. 26

Across

- 1. Dining room fixture
- 6. QB's successes
- 9. Sassy letter-shaped gesture
- 14. Scrub hard, as a pot
- 15. Cards, on scoreboards
- 16. "Leave it to me"
- 17. Connected to an outlet
- 19. Spotted bean or horse
- 20. Gas in bright signs
- 21. "Nice work!"
- 23. Kindergarten recitation
- 25. Bygone automaker from South Korea
- 27. Loaf with seeds
- 28. Leave at the altar
- 29. The "L" of MLK
- 34. Swiss peak
- 35. Great Salt Lake state
- 36. Beethoven's Third
- 37. South Beach neighbor
- 41. McDonald's arches et al.

- 39. Sign at a packed B'way theater
- 42. Fly or flea
- 44. Citrus with an unappealing name
- 46. Birthday party topper
- 47. End section of an Italian sonnet, e.g.
- 48. Burrito kin
- 49. Historical period
- 50. Pocketful in a nursery rhyme
- 52. QB's errors
- 53. Neverland boy who befriends the Darling children
- 57. Hue
- 59. Ooze, as charm
- 60. "We're not on the same page"
- 64. Buffalo ____
- 65. ____ de plume
- 66. "Copy that"
- 67. Doesn't leave

- 68. Early afternoon
 - 69. Tim Gunn's area of expertise
- Down**
- 1. Kitchen qty.
 - 2. Knee surgery target, for short
 - 3. Potential basketball assist that hits the floor
 - 4. Some Winter Olympics sleds
 - 5. Cogito, ____ sum
 - 6. Smidge
 - 7. Fast-food pickup location
 - 8. Muscle fiber
 - 9. "Quiet!"
 - 10. Big gulp
 - 11. El ____: climate pattern
 - 12. Voice below soprano
 - 13. Trudge
 - 18. Break up
 - 22. Auditioner's goal
 - 24. Author credit

- 23. One of the Three Musketeers
- 26. Word of woe
- 28. Kitchen gadget often used on oranges
- 30. As well
- 31. Like some protein-rich snacks, or what can be found in 3-, 7-, 9-, and 28-Down?
- 32. Nature photography, perhaps
- 33. Jah worshippers
- 38. Ran into
- 40. Fairy tale baddie
- 43. Camaro roof option
- 45. Endures
- 51. Miracle worker, perhaps
- 52. Gold bar
- 53. Congregants' benches
- 54. Red sign above a door
- 55. Sushi fish
- 56. Provocative
- 58. Boathouse collection

- 61. "Seems to me," online
- 62. Sushi fish
- 63. Poetic "before"



Unison

At Veiner Centre

50 years 1975–2025

How community built the Veiner Centre

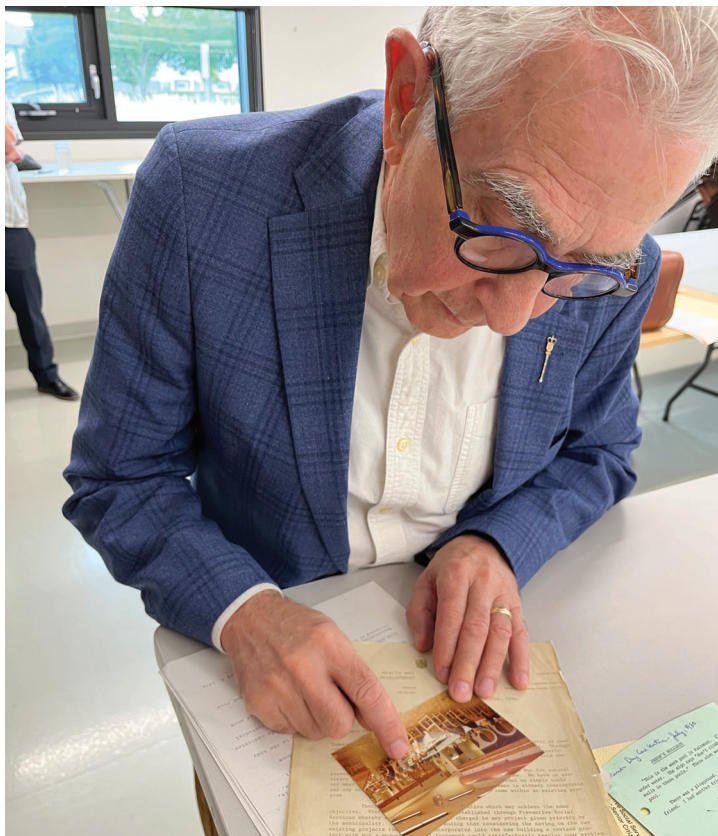
Mel Lefebvre and Cori Fisher

Medicine Hat may be celebrating the Unison Veiner Centre's 50th anniversary, but the roots of this community hub reach back much further. In many ways, the story began with a boy growing up on a Saskatchewan farm, shaped by the values of his grandmothers.

That boy was Robert (Bob) Wanner, former MLA for Medicine Hat and Speaker of the Legislative Assembly, who played a key role in establishing what would become the Unison Veiner Centre. To set the stage for Bob's lifelong dedication to community, we need to look at his family history. One of his grandmothers, widowed young, dedicated herself to supporting the people around her, and his other grandmother, with 13 children, herself relied on support from her community. Bob's grandmothers left Bob with a guiding philosophy: build inclusiveness, foster cooperation over competition, and embrace the belief that "if we don't do it ourselves, it doesn't get done," as he recalled during a recent visit to the Centre.

When Bob came to share the history of the Centre, he arrived with a weathered briefcase filled with documents - municipal reports, by-laws, meeting notes, planning guides, and official agreements- dating back to the early 1970s. Now housed at the Esplanade, these records trace how Medicine Hat came together to create a landmark hub of support for seniors.

Among Bob's keepsakes was a photo with his young children sitting at a dinner table with Harry Veiner himself.



Bob Wanner pointing out Harry Veiner in a photo where some of his children also attended. Photo: Mel Lefebvre

That snapshot sparked stories: how Veiner would slip \$5 to children to open a bank account (kids who had a bank account, received a wagon wheel), hand cucumbers to men and roses to women at his hardware store, stride through town with his signature gait, and race horses for fun.

Veiner's ambition

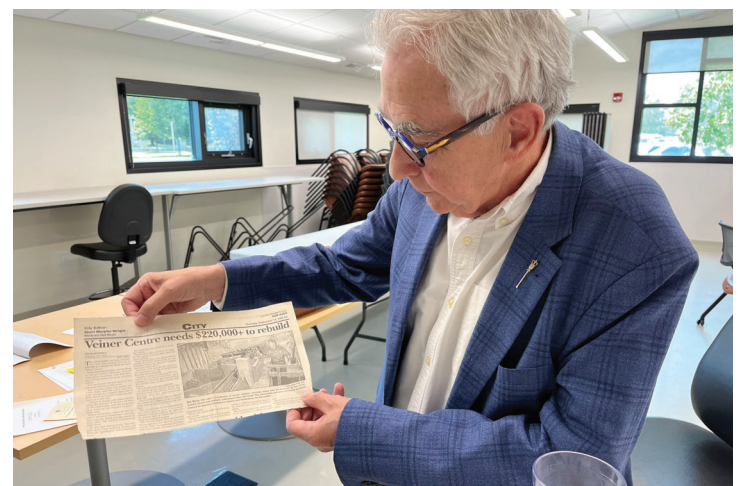
was as generous as it was eclectic. Bob recalls being in the closed board-meeting where Harry announced he would donate land to build a proposed seniors' centre. That commitment set in motion the unique network of supports that Medicine Hat still benefits from today. Far enough from big cities,

yet close to rural communities, the city council recognized that if they didn't act to support seniors, no one else would.

For decades, Bob remained invested in that vision. Though politics wasn't initially his focus, he was eventually elected MLA in 2015 after a long career in municipal service. Many programs he helped foster remain in some form at the Centre today: Meals on Wheels, the Senior Advisory Committee, and the precursor to Veiner Vintage Transport - a "glory bus" program. "We're so bloody lucky," Bob reflected, noting that Medicine

Hat's low utility costs allowed space to explore innovative ways of supporting community life.

Bob admits he was skeptical when the Veiner Centre was acquired by Unison. "We got privatized!" he exclaimed, noting the concern here was that the city may play a smaller role in its leadership for key decisions in the programs and services it helped establish. In time, however, he acknowledged that the Centre needed support. With a nod to Unison Veiner Centre director Cori Fisher, he added simply: "You've done a good job."



Bob Wanner with a newspaper clipping featuring a cry for help from the Veiner Centre. Photo: Mel Lefebvre



BOOK A TOUR



RIVER RIDGE
SENIORS VILLAGE

a place for new
CONNECTIONS

Find comfort and connection in a welcoming seniors community designed to help you live fully and confidently.

587-842-0823 | riverridgemedicinehat.ca | 4 River Ridge Dr NW, Medicine Hat, AB

Enriching lives with the power of connection

Natasha Gilson

The Unison Veiner Centre transcends the role of a mere community hub; it serves as a lifeline for older adults seeking connection, purpose, and personal growth. Through a diverse array of programs, workshops, and activities, the Unison cultivates friendships, enhances skills, and promotes the health and well-being of Medicine Hat's senior community.

Diverse Offerings for Enrichment.

With engaging opportunities for intellectual stimulation and physical wellness, the Unison Veiner Centre's summer programs showcase the myriad ways it enriches lives. Initiatives such as "ask a financial advisor" and the "book review crew" challenge the mind, while creative pursuits like "card makers" and "scrapbooking fanatics" provide members with a platform to express themselves and create and share cherished memories.

Strengthening Community through Partnerships

Unison's influence is amplified by strong partnerships with organizations focused on senior health and support. Collaborations with the Alzheimer Society of Alberta and Northwest Territories, and the Parkinson Association of Alberta bring expert-led support groups right to us, ensuring that members and their families can access trusted guidance without the need for extensive travel. These collaborations offer more than just information—they create compassionate, informed environments where participants can connect with others facing similar challenges, access valuable resources, and learn strategies for navigating daily life.

Promoting Physical Health and Mobility

Unison Veiner Centre promotes both physical health and social connection through a diverse range of fitness classes. Whether members are moving through gentle stretches, learning new dance steps, or building strength with light weights, these classes offer an opportunity to stay active while enjoying the company of others. Group exercise fosters a sense of camaraderie—

shared smiles, encouragement, and laughter often become just as valuable as the physical benefits. By bringing people together in a supportive, welcoming environment, Unison helps members maintain not only their mobility and strength, but also their sense of belonging.

Creating Shared Experiences

For those looking for new experiences, the Veiner Centre hosts special events that foster community. Movie matinees and movie nights create shared moments of laughter and reflection, while craft nights and puzzle nights

offer lighthearted opportunities to relax, socialize, and have fun. The community kitchen takes a more practical approach, giving low-income seniors a welcoming place to learn new cooking skills, share meals, and build confidence in preparing affordable, nutritious food. Together, these activities nourish both the social and practical sides of life. Even small touches, such as pet therapy visits, bring warmth and companionship to daily life.

These activities do more than occupy time; they address the essential pillars of healthy aging: mental stimulation, physical activ-

ity, emotional support, and social engagement. By providing accessible programs tailored to various needs and abilities, Unison Veiner Centre empowers older adults to lead active, mean-

ingful, and connected lives.

Unison's mission is to offer a welcoming environment where seniors can flourish—not only in body but also in mind and spirit.



The Veiner Bistro is a bright and sunny place to connect with new and old friends. Photo: Mel Lefebvre

A Taste of Home

Seniors Open House

SATURDAY, SEPT. 20TH
1:00 PM TO 4:00 PM

223 Park Meadows Dr SE, Medicine Hat

EXCLUSIVE OFFER: Open House Day Only
Enjoy your third month FREE!
PLUS, receive a coupon for \$1,500 towards moving costs.

meadowlandsseniors.ca | 403-504-5123 | Independent Living, Assisted Living

Medicine Hat Veiner Activities

What's Happening in September

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

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

Presentations & Events

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

- September 2**
Ask a Financial Advisor–Craig Elder, RBC Dominion Securities
10am – 12pm | Registration Required | Boardroom
- September 2**
Book Review Crew
1pm – 2pm | Dining Room
- September 2**
Card Makers
1pm – 4pm | Registration Required | bring your own supplies
- September 5 – 7**
Scrapbooking Fanatics
Starting at 4:30pm on the 6th | Registration Required
- September 9**
Alzheimer Society Care Partner Support Group
1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700
- September 11**
Counselling Services with Ben Feere
9am–12pm | Registration Required
- September 16**
First Link Connections
1pm – 3pm | Boardroom | Register by calling 403-528-2700
- September 16**
Bridges Grandparents Group
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473
- September 17**
Parkinson Association Support Group
12:00pm – 2:00pm | Boardroom | Register with Brienne at 1-800-561-1911
- September 18**
Dementia Support Group
9:30am – 12pm | Boardroom | Register by calling 403-528-2700
- September 26**
Book Club
10am – 11am | Boardroom

Wellness Wednesdays

- September 3 | Movie Matinee with popcorn
“Footloose” | Craft Room | 2pm – 4:00pm
- September 17 | FREE Hearing Health check with Ear Wax Removal with Hear Canada
Boardroom | 9am – 11:30am | Registration Required
- September 17 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am
- September 17 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm
- September 24 | Life Long Learning Presents:
"Connecting Mind, Body, Spirit for Overall Health & Well-Being" | Boardroom | 1pm – 2:30pm | Registration Required

Active Aging Spotlight

- Tech Support**
September 3
11am – 1pm | Boardroom | Registration Required
- Craft Night: Fall Pumpkin**
Thursday, September 4
Price \$32 (Cash only) | Craft Room
Register at Veiner Centre Desk
- Community Kitchen with Unison & Root Cellar**
September 5 –26
1pm – 3pm | Root Cellar | Intake with Hope Required 587-770-1420
- Movie Night**
“Queen Bees”
Thursday, September 18 | 5:30pm – 7:30pm
Craft Room
- Puzzle Night**
September 30 | 6:30pm – 8:30pm
Cost per team is \$25.00/Cash
Register at Veienr Centre reception desk

Medicine Hat Strathcona Activities

What's Happening in September

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner Line Dancing 9am	Fun & Fitness 9am	Absolute Beginner Line Dancing 8:30 am	Fun & Fitness 9am	Pickleball Beginner 9am
Table Tennis 10am	Dementia Friendly Pickleball 10am	Beginner Line Dancing 9am	Dementia Friendly Pickleball 10am	Table Tennis 10am
Chair Yoga & More 12pm	Pickleball –Skills & Drills 11am	Table Tennis 10am	Beginner Pickleball 11am	Yin Yoga 12pm
Pickleball Intermediate 1pm	Functional Fitness 11:45am	Qigong & Chair Yoga 12pm		Pickleball Intermediate 1pm
Pickleball Advance 2:30pm	Pickleball –Beginner 12:35pm	Cornhole 1pm	Chair Yoga & More 1pm	Pickleball Advance 3pm
Chair Dance Class 4pm	Floor Curling 2pm	Pickleball Open Play 4pm	Floor Curling 2pm	Pickleball Open Session 6pm
Yang Short Form 7pm	Yang Short Form 7pm	Weapons Form 7pm		
Yang Long Form 8pm	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

Chair Yoga & More

Sept 9 – Oct 27 | Mondays

12pm – 12:45pm

Members: \$49 | Non-Member: \$70

Fun & Fitness

Sept 9 – Oct 30 | Tuesdays & Thursdays

9am – 9:55am | No class Sept 30

Members: \$75 | Non-Member: \$105

Functional Fitness

Sept 9 – Oct 28 | Tuesdays

11:45am – 12:30pm

Members: \$56 | Non-Member: \$80

Absolute Beginner Line Dancing

Sept 10 – Dec 17 | Wednesdays |

8:30am – 9am | FREE

Beginner Line Dancing

Sept 10 – Dec 17 | Wednesdays

9am – 9:45am | FREE

Qigong & Chair Yoga

Sept 10 – Oct 29 | Wednesdays | 12pm – 1pm

Members: \$56 | Non-Member: \$80

Chair Yoga & More

Sept 11 – Oct 30 | Thursdays

1pm – 1:45pm

Members: \$56 | Non-Member: \$80

All Level Fitness

Sept 9 – Oct 30 | Tuesdays & Thursdays | 4:15pm – 5pm

Members: \$112 | Non-Member: \$120

Yin Yoga

Sept 12 – Oct 31 | Fridays | 12pm – 1pm

Members: \$24 | Non-Members: \$40

Demo Class: Sept 5 – open to everyone 50+

Tai Chi Fitness Classes

Yang Short Form

Sept 15 – Dec 2 | Mondays & Tuesdays | 7pm – 8pm & 7pm – 7:30pm

Yang Long Form

Sept 15 – Dec 1 | Mondays | 8pm – 9pm

Chen Style Short Form

Sept 16 – Dec 2 | Tuesdays | 7:30pm – 8:15pm

Fan Form

Sept 16 – Dec 2 | Tuesdays | 8:15pm – 9pm

Weapons Form

Sept 17 – Dec 3 | Wednesdays | 7pm – 9pm

Must have completed Yang or Chen form before registering for this class. No exceptions

New Class

Chair Dance Class

Sept 8 – Oct 27 | Mondays

4pm – 4:45pm

Members: \$49 | Non-Member: \$70

Fitness Orientation

2nd & Last Saturday of Every Month

9am – 11am | Fitness Room at Strathcona

Drop in Only

Please note the Strathcona Centre will be closed Saturday, August 30 and Monday, September 1.

Weekend Activities at Strathcona

Table Tennis – Single Play Only

Saturdays | 11am – 1pm

Pickleball – Open Session

Saturdays & Sundays | 1pm –4pm

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

Unison for Generations 50+ Calgary In-Person Activities

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

Weekly in-person activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Badminton (\$4) 1 court only Gym 10am – 12pm</p> <p>Meditation Monday (\$3) Room 317 10am – 10:45am</p> <p>Live Well Be Well Conversations (\$3) Room 317 11am – 12pm</p> <p>Beginner Pickleball (\$4) 2 courts only Gym 10am – 12pm</p> <p>Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm</p>	<p>Ukrainian Group – English as a Second Language (\$4) Room 313 1:30pm – 3:30pm</p> <p>Pickleball (\$4) Intermediate Gym 2:30pm – 4pm</p>	<p>General Craft Group (FREE) Room 311 9am – 12pm</p> <p>Learn English Alphabet & Numbers (FREE) Room 313 9am – 10am <i>Limited spots available</i></p> <p>English Language Literacy – Beginner (FREE) Room 313 10am – 12pm <i>Limited spots available</i></p> <p>Cribbage (\$3) Room 312 1pm – 3:30pm</p> <p>Beginner Pickleball Level Drop-in (\$8) Limit 16 people First come, first served Gym 2pm – 4pm</p>	<p>Artists Group (\$2 per half day) Learning Lab 10am – 3pm</p> <p>Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm</p>	<p>Spanish Conversation Group (\$3) Room 312 10am – 12pm</p> <p>Tech Help (\$5) 11am – 1pm</p> <p>Badminton & Ping-Pong (\$4) Gym 1:30pm – 3:30pm</p> <p>Pickleball (\$8) Intermediate / Advanced Gym 2pm – 4pm Limit 16 pax</p>

Unison Travel Spotlight

Yoho National Park – Takakkaw Falls, Emerald Lake, Natural Bridge Falls & Field BC – Day Trip

Thursday, Sept 11th, 2025 | 7:15 am – 8:45 pm
Members: \$140 | Non-Members: \$170

Includes Park fees, bus transportation, bottled water, and light refreshments to be served on board the bus.

- Please bring your own lunch including fluids and snacks.
- Please ensure you have your Health Care Card and government-issued photo ID.
- Bring appropriate clothing and footwear (for hot/ wet/ cold/ snowy/ icy/ windy conditions).
- Trip **is suitable** for persons with reduced mobility.

Cut-off Date: Thursday, September 4th, 2025

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



Active Aging Spotlight

Calligraphy – Pointed Nib & Ink

Tuesdays, Sept 9 – Sept 30 | 1 pm – 3 pm
Member: \$64 | Non-Member: \$94
Location: **Room 305 – Kerby Centre**
Instructor: Renate Worthington

In this class we will use a flexible nib, pen holder and ink to create letters and designs with flowing curves and delicate flourishes. The instructor can bring nibs, ink and paper for the first class. Beginners are welcome.

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



Active Aging Spotlight

Digital Skills Training for Seniors

Fridays, Sept 12 – Nov 28 | 11 am – 12:30 pm
Member: \$150 | Non-Member: \$180
Location: **Room 305 – Kerby Centre**
Instructor: Swati Taneja

Discover the power of technology with our beginner-friendly Digital Skills Training Course designed especially for seniors. In just 12 weeks, learn essential tools and techniques for staying connected and navigating the digital world with ease.

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



Active Aging Spotlight

Guitar Basics – Beginner

Thursdays, Sept 11 – Nov 27 | 11 am – 12 pm
Member: \$110 | Non-Member: \$140
Location: **Room 311 – Kerby Centre**
Instructor: Kevin Cholowsky

Ready to strum your first chord? Join our beginner-friendly guitar course designed for those who have never played before. No experience necessary—just bring your own guitar and a tuner, and we'll guide you step by step through the basics.

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



Active Aging Spotlight

English as a Second Language – Beginner

Fridays, Sept 12 – Nov 28 | 1:30 pm – 3 pm
Member: \$79 | Non-Member: \$109
Location: **Room 108 – Kerby Centre**
Instructor: Sadia Rizvi

This beginner-level course will help participants build confidence in speaking, listening, and understanding everyday English. Each session offers practical vocabulary, simple conversations, and activities tailored to senior learners.

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!
September 22-26, 2025 , 2025

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Live Well Be Well*

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

Step into a space for personal growth and thoughtful conversation.

Meditation Monday*

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

Join our weekly guided meditation!
Or join both activities for \$5!

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

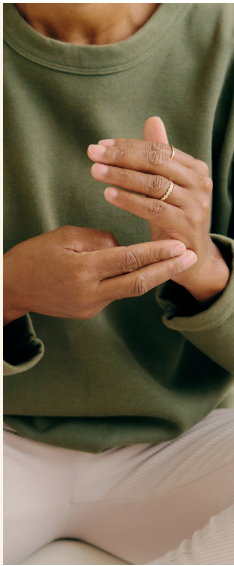
Therapeutic Touch

Wednesdays, Sep 3, 10, 17 and 24, 2025
11 am – 12:30 pm

Member: \$25 | Non-member: \$50
Location: Wellness Center – Room 317
Instructor: Linda Terra

Join our sessions to learn how you can heal yourself using Therapeutic Touch. Therapeutic Touch is a safe, gentle, holistic healing practice that focuses on restoring balance in all aspects of the human energy field, body, mind, emotions, and spirit.

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Indigenous Drumming and Storytelling

Tuesdays, September 9, 16, and 23, 2025
1 pm – 2:30 pm
Member: \$60 | Non-member: \$120
Location: Wellness Center – Room 317
Instructor: Dorvina Pearline White Quills

Join to learn about the Indigenous way of drumming. Learn about the teachings behind Traditional Hand Drum songs from a new perspective. All are welcome to participate.

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Dementia Basics and Myth-Busting! – Presentation

Wednesday, September 24, 2025
1 pm – 3 pm | FREE
Location: Lounge Room (2nd Floor)
Facilitator: Jenna Jepson

Nadia's Hope Foundation sponsored this event in collaboration with Unison at Kerby Centre. Don't miss this opportunity to learn and engage with experts from The Alzheimer's Society. We look forward to seeing you there!

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Compass for Caregivers

Wednesdays, Oct 1, 8, 15 and 22, 2025
1 pm – 2:30 pm
Member: \$85 | Non-member: \$170
Location: Wellness Center – Room 317

Take care of yourself while supporting others. This in-person series explores stress, relationships, and your caregiving journey. Includes printed manuals & light refreshments. Brought to you by the Unison's Wellness Centre and Caregivers Alberta

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Sound Therapy

Fridays, October 17, 24, and 31, 2025
10:30 am – 12:00 pm
Member: \$60 | Non-member: \$120
Location: Wellness Center – Room 317

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.

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Men's Coffee & Conversation

Starting Sept 19, every 3rd Friday of the month | 10:30 am – 12 pm
Cost \$4 | drop-in fee per person/session
Location: Wellness Center – Room 317 | Facilitators: Chris and Dennise
September Theme: Friends in My Life – enjoy coffee, connection, and meaningful conversation in a relaxed setting.

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Unison for Generations 50+ Online Activities

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

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


Online Class Spotlight

Gentle Soulful Yoga– Online Course – Z13

Sept 3 – Sept 24 (4 Weeks)
Wednesdays | 9:00 am – 10:00 am
Members: \$26 | Non-Members: \$56

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
Location: Online – Zoom




Online Class Spotlight

Chair Dancing – Online Course – Z10

Sept 4 – Sept 25 (4 Weeks)
Thursdays | 1:00 pm – 2:00 pm
Members: \$26 | Non-Members: \$56

Come and join us for a fun, rollicking workout – all done in the comfort of your own chair! While seated (or standing if you prefer – or both!), you will move, get your heart beating, and your legs tapping.

Instructor: Dave
Location: Online – Zoom




Online Class Spotlight

Basic Seated Yoga – Online Course – Z19

Sept 8 – Sept 29 (4 weeks)
Mondays | 12:30 pm – 1:30 pm
Members: \$26 | Non-Members: \$56

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.

Instructor: Hannah
Location: Online – Zoom




Online Class Spotlight

Chen Tai Chi – Online Course – Z16

Sept 9 – Sept 30 (4 Weeks)
Tuesdays | 11:00 am – 12:00 pm
Members: \$26 | Non-Members: \$56

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
Location: Online – Zoom




Online Presentations Spotlight

Online Presentations:


Inspiration in Every Stamp: Travel Stories to Spark Your Own: Germany
Join globe-trotter and seasoned storyteller David Phillips for the next adventure in our travel series—this time exploring the rich history, culture, and spirit of Germany.
Friday, September 5th | 10:00 am




Protecting Yourself from Financial Fraud: What You Need to Know
Join us for a compelling and informative presentation with real-world examples of financial frauds, offering practical tips to recognize and avoid them.
Thursday, September 11th | 10:00 am




Healthy Legs, Happy Life: Understanding the Role of Compression Therapy
Join us as we welcome community nurses Tannis and Juliette as they explore the importance of leg care, circulation health, and compression therapy.
Tuesday, September 16th | 1:00 pm




End-of-Life Decisions: Knowledge is Power
Join Kerrie Hale for a thoughtful and informative 45-minute presentation that explores your rights and available options at end of life—including Medical Assistance in Dying (MAiD).
Thursday, September 25th | 10:00 am



Empowered Living: Chronic Conditions, Pain, and How to Take Control
Join us for an engaging and informative online presentation with Marcela from InHome Physical Therapy as she explores the topic of chronic conditions and pain management. Marcela will share practical strategies to help individuals better manage long-term health issues and improve daily quality of life.
Monday, October 6th | 1:00 pm



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**

Volunteer spotlight

Unison Veiner Centre Dawn Barr



This month we celebrate Dawn Barr. Dawn has been volunteering at the Unison Veiner reception desk for about a year and a half. Dawn loves volunteering, helping, talking, and listening to all who come into the building. She has an easy-going personality that makes

people comfortable. Volunteering gives her a good feeling, and it motivates me to do better. Dawn keeps busy being an incredibly involved Grandma. Dawn also loves heading to her cabin, or going on a trip. The travel bug has definitely bit Dawn and she and her husband hope to someday visit Europe. If Dawn ever wins the lottery, she would buy a house on the ocean with guest houses for all the kids and grandkids. Her motto is, “Treat people like you would like to be treated!” Thank you for being a special part of the Unison Veiner Centre. We are incredibly lucky to have you and appreciate you.

Unison Kerby Centre Gilbert & Celestina Obu



Gilbert and Celestina Obu first came to Unison at Kerby Centre as clients. They were inspired by the volunteers who

helped them and decided they wanted to give back in the same way. In July 2024, they both joined the Thrive Food Security Program as food prep volunteers. Since then, they’ve enjoyed giving their time to help others, staying active, and making a difference in the community. Volunteering, they say, also helps them escape the routine of everyday life and spend their time in a way that’s meaningful and rewarding.

They say one of the best

parts of volunteering is meeting new people. “Anytime we are here, we feel very happy,” says Celestina. Gilbert adds, “I recommend this for anyone interested in volunteering to give their time for the benefit of others.” We’re grateful for Gilbert and Celestina’s kindness, hard work, and the positivity they bring every time they walk through Unison’s doors.

1	T	A	B	L	E	6	T	D	S	9	Z	S	N	A	P
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53	P	E	T	E	R	54	P	A	N	57	T	O	N	E	
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64	W	I	N	G	S	65	N	O	M	66	R	O	G	E	R
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6	7	1	5	9	8	3	4	2
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7	9	3	8	4	5	2	1	6
1	5	2	9	7	6	8	3	4
9	4	5	3	8	2	1	6	7
3	1	8	7	6	4	5	2	9
2	6	7	1	5	9	4	8	3

Volunteer opportunities



Unison News driver: Join a fun team of volunteers on the last Friday of each month and deliver newspapers to Canada Post.

Grocery Delivery: Make a difference in someone’s day by picking up and delivering groceries to a senior in your community.

Administrative assistant: Support with filing, data entry, phone calls and scheduling.

Office support: Help our Thrive Food Security Program with client records, responding to questions, and coordinating grocery deliveries and appointments.

Adult Day Program: Help with meals, activities, companionship, and smiles!

Benefits and Housing: Help Seniors Supports with applications and information.

For more information: volunteer@unisonalberta.com



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It's a fact

- > The human heart beats over three billion times in a lifetime.
- > A cloud weighs about a million tons.
- > The world’s oldest dog, Bluey, lived to be 29.5 years old.
- > The world’s oldest cat, Cream Puff, lived to 38 years & 3 days old.
- > Animals can be allergic to humans.
- > Your heart rate increases when you feel bored.

Shooting a micro-budget horror film with a crew of seniors

Sean Cisterna

As someone who has worked across a range of budgets in film and television, I know that constraints often lead to the most creative solutions. But *The Rug* - a short horror film made with a crew of inexperienced senior citizens - pushed that idea to the limit

in the most delightful way. Our documentary, *Silver Screammers*, chronicles the behind-the-scenes journey of the making of *The Rug*. It is a testament to the unexpected power of simplicity, storytelling, and a little chaos – and it will be making its Alberta premiere at the Calgary International Film

Festival, which runs from September 18-28, 2025.

Let’s start with the budget. We had no traditional infrastructure. Our gear fit in the back of a panel van. We used LED lights and battery-powered sound recorders. Props were sourced from thrift stores. Lunches came from local diners. And our police officer uniform? Well, one of our seniors tried to get that from a local police station, but they turned her down. "Apparently they don't give out police uniforms," 80-year-old wardrobe artist Diane Buchanan said.

But what we lacked in resources, we made up for in passion. Every crew member—from our septuagenarian camera assistant to our nonagenarian sound recordist—brought a sense of play and determination that transformed a low-budget horror set into something far more meaningful. Jayne Eastwood, our iconic 78-year-old lead actress, brought star power and gravitas, but even she would tell you the seniors behind the scenes stole the show. “The seniors were amazing,” said Eastwood, “and I marveled at just how fast they acclimatized. They looked like



Prepping for the big (er, small) screen. Photo provided by Sean Cisterna

they’ve always been on a film set, quite frankly.”

Silver Screammers captures all of it—the green screen suit mishaps, the blood-stained fingers, the unintentional afternoon naps, and the desperate hope that the community shows up for opening night. But it also captures the joy: the giddy moment our monster rug finally moved convincingly, the laughter over botched takes, the hugs at wrap. It captures the real essence of filmmaking—collaboration, community, and believing in the impossible.

This is not just a story about making a movie. It’s about challenging the very foundation of ageism in our industry. Seniors aren’t a novelty; they’re a power-

house of perspective, work ethic, and sometimes - comedic timing. *The Rug* has already screened at genre film festivals across North America. And as we prepare for the festival debut of *Silver Screammers*, I hope other filmmakers take note: creativity isn’t confined to youth. Sometimes, the most visionary crew you’ll ever work with is already retired.

Silver Screammers debuts at film festivals internationally this fall and will later be released theatrically across Canada. Tickets to the CIFF screening will be available at ciffcalgary.ca.

Follow the film on Facebook and Instagram @silverscreamersdoc



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