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unison

At Kerby Centre

unison

At Veiner Centre

50 years 1975-2025

Closure Alert

All Unison locations will be **closed on July 1st** for Canada Day

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At Kerby Centre

KERBY

café

Summer Hours

The Kerby Café will be **closed on Fridays** in July and August

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At Kerby Centre

Closure Alert

Unison Kerby Centre will be **closed on July 4<sup>th</sup>** for the Stampede Parade



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# Transportation – it’s how we ride

Mel Lefebvre

Getting around in Calgary can be easy if you live close to a public transit system. Calgary has a Light Rail Transit (LRT) system called the CTrain, and it runs on electricity. It’s the fastest way to get around the city, and runs from 4:30 am - 1:00 am. Some areas are free to ride, like the first three stops after the Unison Kerby Centre, heading downtown. The green line is a long-awaited, often disappointing project that is a constant source of debate and heart-ache. Maybe it will one day be built, but for now, we have the red and blue lines.

You can also hop on the bus if the train isn’t your best option. Calgary operates a Bus Rapid Transit (BRT) system, and they go where the trains cannot. There are more than 170 bus routes and around 6,000 bus stops, and most buses run every 20 minutes if all is going well. You can easily get from one side of the city to another using a combination of walking, CTrains and BRTs. There

is special fare pricing for the 65+ folks, from \$150/month, or a low-income rate of \$32/month (which you’ll have to prove), called the Seniors Transit



*Hop on the bus! Photo: Dong Xu*

Pass. Either fare is more affordable than the tedious combination of gas and wear-and-tear insurance costs of a car. It’s more environmentally conscientious, too! Calgary Transit offers door-to-door services for Calgarians with special needs through an eligibility process, and most buses and trains are wheel-

chair accessible. Calgary’s Taxis can also accommodate wheelchairs on-demand, and are priced the same as able-bodied taxis.

Sadly, long-gone are the days of the horse and buggy, but equine enthusiasts can still get their fix at different ranches around the city.

Horses played a starring role in the building of Calgary. They came 500 at a time from Montana and British Columbia. Horses were a key part of the success of early Calgary businesses, transportation, and construction in Calgary.

Horses delivered milk and fuel to Calgary’s early residents, transported the fire brigade, coffins, building materials, and were essential in law enforcement and for long commutes.

Calgary’s streets were not paved in the late-1800s - they were packed dirt, perfect for the gallop of hooves. Horses helped parade high-brow outfits about town, bet on during races, and jumping.

These days, Calgary and horses are synonymous with our annual Stampede.

But for a time, horses were as essential as cars are today.

If you don’t have a horse, and find it tricky to access the bus or train, and you aren’t feeling nimble enough to hop on a bike or one of Calgary’s eScooters, Unison has several options to help you get around.

In Calgary at the Unison Kerby Centre, our Thrive Food Security program offers grocery delivery. At Unison Veiner Centre in Medicine Hat, Vintage Veiner Transport is a lifeline for many seniors. Volunteers will bring you to your appointments, the store, medical appointments, and more.

If the purpose of transportation is to simply get out of the house, and you are able to, walking is a refreshing, fun, free, and easy way to get around. Fresh air, birds, and countless curiosities abound in both Calgary and Medicine Hat. Urban wildlife is always a treat, from rascally scavengers to the occasional coyote. You can see something different every day, and it’s especially nice to get some sun rays while we’re in our precious, short summer season. It’s never too late to see what the world has to offer, even if that’s just a short stroll down the driveway.



*Walking - a classic mode of transportation for those still able. Photo: Christian Wiediger*




*Horses are still with us, galloping through city streets. Photo: Megan Lee*

## Are you in, or are you out?

A Unison membership includes a mailed copy of our flagship newspaper, Unison News. If you are frequently 'in the building' and can grab a copy or two, why not skip the snail mail! In an effort to conserve our resources, we are asking those able to do so, to opt out of receiving their mailed copy of Unison News.

We always have copies of Unison News at both our Kerby and Veiner locations, as well as around the city. Unison News is also available digitally on Unison’s website!

Please let us know by emailing "Opt Out" to [marketing@unisonalberta.com](mailto:marketing@unisonalberta.com)

## Grocery Delivery & Friendly Visits

Supporting the community with grocery delivery for the last 15 years, Unison offers a service that increases access to food, community resources, and social connection with our friendly volunteers.

We support older adults 50+ who may be experiencing health conditions or other circumstances creating isolation or challenges in accessing groceries.

**\$5 delivery fee + the cost of groceries**

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**For more information, please contact:**  
[ThriveD@UnisonAlberta.com](mailto:ThriveD@UnisonAlberta.com) | 403-234-6571





# A community of support all year

Leading into July, I have had the opportunity to talk to groups, local media, and government officials in two cities about important topics impacting seniors. In Canada, June is world senior’s month and in Alberta, we also rec-

ognize Senior’s week, and these events create a lot of opportunities to talk about issues of concern to our older adult population. I certainly appreciate these platforms but also do not want Canadians to forget these issues during

the rest of the year.

The great thing about these June events is that we take time to recognize the contributions of older adults in our communities—their wisdom, resilience, and lifelong commitment to building the world we live in. But with these celebrations must come responsibility. The reality for too many seniors in our province is not one of ease or dignity. Elder abuse and food insecurity remain pressing, deeply troubling issues that demand our collective attention.

At Unison, we serve thousands of seniors every week—people who have worked hard, raised families, paid taxes, and contributed in countless ways. And yet, in 2025, many are living with less than they need. Some are skipping meals to afford rent. Others are isolated, cut off from support, and vulnerable to abuse—often by those they trust most.

Elder abuse takes many forms: physical, emotional, financial, and

neglect. It’s often hidden and underreported. We hear the stories at our Elder Abuse Shelter. A senior’s pension quietly drained. A trusted caregiver turning controlling. A grandmother afraid to speak up. The pain is real—and it’s unacceptable.

At the same time, food insecurity among seniors is rising at an alarming rate. Fixed incomes cannot keep up with the cost of living. The choice between food, medication, or rent is no choice at all.

But there is hope. There is strength in community. Seniors Month is not just a time to appreciate older adults—it’s a time to act. We need stronger protections, increased support services, and more accessible, culturally appropriate food programs. We must advocate for policies that respect the dignity of every senior.

At Unison, we believe aging should not mean invisibility or indignity. It should mean connection, respect, and



Larry Mathieson, CEO and President

the right to live with security and pride. We are committed to creating safe, inclusive spaces where seniors are heard, supported, and valued.

Beyond Seniors Month, I encourage everyone—individuals, organizations, and governments—to look beyond the celebration and into the lives of the seniors around us. Ask questions. Offer support. Act, and remember older adults the rest of the year.

Because when we care for our seniors, we strengthen the whole community.

## JULY 2025

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

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Call 403-265-0661 or visit  
www.unisonalberta.com

## Membership Fee Notice

Starting August 1st, our annual membership fee will be \$35.  
An optional annual parking pass will also be available for \$10.

We appreciate your continued support and understanding as we make these small updates to help sustain our programs and services.



Lock in the current rate by renewing your membership before August 1, 2025.  
Early renewal is available—even if your membership doesn’t expire until later.





# Bruno's creative sundries

Ada Muser

Bruno and Elsa's house is connected to the garage in the back with another 440-square-foot room. It is paved with garden tiles, is heated, and can be used as a studio year-round. Dirty, messy work, such as carving wood or soapstone, modelling with clay, or painting pictures, is done here. It is full of detritus from past hobbies.

Bruno is a hoarder-tinkerer. It sounds too harsh, but perhaps a better description is a tinkerer who hoards leftover materials that might become handy for his next artistic endeavour.

To rein in the chaos, Bruno has organized everything in marked boxes on shelves along two back walls of the garage. Some of the labels are mysterious, while others offer a hint of what is stored in them.

- Batik dyes and twines, beeswax, fabrics, wires and strings,
- Chisels, Trewax, steel wool and sandpaper for working with soapstone,
- Soldering iron, copper wires and tubing,
- Pencils, pens, brushes, acrylic and oil paints, sketches, templates and cut-outs,
- Heavy red toolbox,
- Saws, Dremel drills and other small power tools.

A big box filled with basswood, other carving wood pieces and dowel pins stands in the corner of the workshop. Sundries that may someday be useful, such as unfinished marionette heads that were either too expressive or too bland, and various body parts of marionettes yet to be assembled hang from the line above the workbench like clothes hanging out to dry.

It is a delicious mélange of odds and ends, always ready to use. They allow Bruno to delve into projects yet to be dreamt up on an impulse.

\* \* \* \* \*

Bruno recently met a family where children's screen time is limited. Although such activities, like playing video games,



*Any flower that catches your eye is perfect for your project. Photo: Ada Muser*

require special skills and improve computer literacy, they do not induce creativity or nurture imagination. Creativity is so delicate! It must be carefully watered to grow, make roots and be taken care of just like flowers.

They want the children to use their imagination and learn simple manual skills through play. Only a few decades ago, children learned to make whistles from willow boughs, weave wreaths from dandelions, whittle walking sticks, or craft bows and arrows to reenact Wild West stories. Children learned to sew, knit, and crochet clothes for their dolls.

Bruno grew up without modern electronic distractions, which he sees as a benefit. He remembers that as children, they were encouraged to collect minerals or plants, which could be pressed to make herbaria, arrangements, and even attractive bookmarks with ease at little expense.

Rummaging through his drawers, Bruno found a fistful of bookmarks he had made with pressed flowers and gave them to friends as gifts. He took a few to the Unison Kerby Centre and showed them to the editor, Melanie. She liked them and suggested that spring and early summer are the perfect times to try something new for young and old, and asked for instructions.

Very well. Here it is:

1. Pick flowers with stems about 6" long, small and slender, so that after pressing, they will not be wider than an inch. Lilies of the valley,

or little primulas, coral plants' flowers, hyacinths, are all suitable for pressing. Bleeding hearts are more difficult to arrange, but they are most beautiful. Blooming later in the season, the white blooms of edelweiss are most elegant when mounted on a black background.

2. Place each flower between two pieces of blotting paper, like a sandwich, but even absorbent sheets of kitchen towels will do a great job. For pressing, put the "sandwich" between pages of a book and pile more books on top to apply the pressure. A better method is to place the "sandwiches" between two cutting boards and use four clamps in each corner to press.

3. Four to five days later, take the dry flowers out from between the absorbent sheets. They are very delicate and will easily break, so be gentle. Lay them down on prepared strips of 80 lbs. drawing paper, cut to 7.5" x 2" strips. Wider flowers, like the Bleeding Hearts, will require a wider base to fit. The paper can be bought in art stores; a 12" x 12" sheet costs under \$2.00. Bruno likes colour sheets for contrast, usually just black (for white of yellow flowers) or white for any other colours (usually blue or red). Use a bead of white glue to attach the dry flower to the paper at two places and let it dry. White glue becomes transparent when dry. To keep the flower in place, only a dab of glue is needed.

4. The bookmark is now ready to be lam-

inated. Bruno takes his bookmarks to Staples. A trained technician at the copy counter will do the laminating in minutes, including trimming the bookmarks with a professional cutting tool to assure they are square.

It is fun to add meaning to even a simple walk, making something useful for oneself or giving it to friends as a keepsake. One does not even need a workshop like Bruno has!



*Fresh flowers selected and ready to press. Photo: Ada Muser.*



*Pressing flowers using clamps and books. Photo: Ada Muser*



*Flattened and dried flowers, ready for lamination. Photo: Ada Muser.*

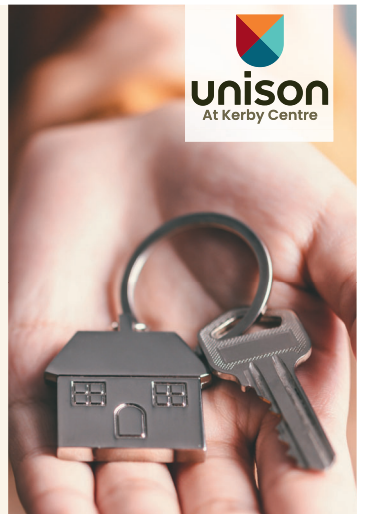
## Housing Conversations

Come and explore **senior housing** options based on your needs and income level.

**2nd Tuesday of the month**  
**10am - 11am | Kerby Café**  
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**Seniors Supports | 403-705-3246**

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





# Wildfire smoke and your health

Riley Tjosvold, University of Alberta Folio

Summer has barely started, but already smoke from wildfires across the Prairie provinces has descended on us, sparking states of emergency and evoking memories of the 2023 wildfire season — the smokiest on record in Edmonton and Calgary. In the short term, that means watery eyes, scratchy throats and irritated lungs. But what about the cumulative, long-term impact of wildfire smoke on our health, when we’re contending with it year after year?

Anne Hicks, a University of Alberta professor of pediatric respiratory medicine, says wildfire smoke contains fine particulate matter known as PM2.5, which can penetrate deep into the lungs. Although short-term exposure levels are often deemed acceptable, extended periods of poor air quality — such as those we’ve been experiencing during wildfire season — begin to count as longer-term exposures, leading to still-unknown but potentially significant health consequences.

### “We’re losing the gains we made”

“There’s increased mortality, or death rates, across the human population with higher levels of PM2.5,” says Hicks. The likelihood of severe illness from com-



Wildfire season began early in 2025, hitting our lungs in the spring. Photo: Getty Images

mon infections, such as bronchiolitis or pneumonia, also rises, often necessitating emergency medical care or hospitalization.

Long-term exposure heightens the risk of asthma, chronic obstructive pulmonary disease, heart disease and stroke. Exposure during pregnancy or early life has been associated with an increased risk of autism or ADHD in children, and in adults it can speed up the progression of dementia and Parkinson’s, says Hicks, who is also a member of the Women and Children’s Health Research Institute.

She also notes that repeated exposure may be taking public health in the wrong direction, citing a large 20-year study showing that kids’ lung health

improved in the two decades following clean air regulations that cut pollution in the Los Angeles Basin. Children had fewer cases of bronchiolitis and less asthma. Kids’ overall lung function improved — they had bigger lungs and better lung function.

With the constant pressure of wildfire smoke, “In the United States, they have noted that they are losing the gains they made by cleaning up car exhaust, and we are in the same situation,” Hicks says.

### Harder on the health system

Much like how researchers are still uncovering the long-term consequences of COVID-19 infection, the long-term consequences of wild-

fire smoke exposure remain somewhat uncharted, Hicks says.

It will be challenging to parse which negative outcomes arise from the smoke and which come from heat exposure, which is also especially dangerous for children and older adults. Other environmental factors also play an unknown role.

However, though the literature is sparse, Hicks says there are known correlations between smoke exposure and health — both physical and mental.

“At the 10-year mark following long-term exposure, there are studies that show decreased lung capacity and adverse mental health disorders — including things like anger, PTSD, depression and anxiety,” she says. “By

the 20-year point, we still see mental health problems, but we also see cardiovascular disease and cancer incidence increase.

“If you think about it that way, there will be an uptick in health-care utilization.”

### How can we protect ourselves?

There are some changes we can make to avoid health risks from wildfire smoke, Hicks says.

On smoky days, she recommends rescheduling outdoor events, moving activities indoors, limiting vigorous physical activity and using respiratory protection like masks when there is no option to avoid the smoke. The focus should be on creating clean, cool indoor spaces for activities — especially for children, to protect their developing lungs, she notes.

But one of the first changes we can make — and one of the most challenging — is a shift in our actions.

“We need to be nimble and we need to respond to good weather,” she says.

“We need to say, ‘Hey, nothing is burning, the sky is clear. Now is your moment. Get out; take a picnic. Go for a run.’ Do whatever you can to get your outside time and get all the positive effects of that when you can, because too often we’re reactive, and we need to be proactive.”

# Steps that prevent financial abuse

Alberta Securities Commission

One of the fastest-growing threats to seniors’ well-being is elder financial abuse.

According to the 2024 CSA Investor Index, 36 per cent of Canadians say they are aware of at least

one instance of elder financial abuse, up from 29 per cent in 2020. This rise signals that more Canadians are paying attention to the financial vulnerability of older adults.

The Alberta Securities Commission (ASC) hears firsthand from seniors about how these situations

occur. More often than not, financial abuse is subtle, persistent, and emotionally complex, which is why it can be hard to talk about and even harder to report. Financial abuse may not be immediately obvious, but the earlier it is identified, the better the chance of limiting the

damage and preventing it from happening to others.

### How seniors are being targeted

Financial abuse can take many forms, and fraudsters continue to adapt their tactics to take advantage of seniors. In some cases, they offer seniors what appear to be legitimate investment opportunities, often through cold calls, emails, messaging apps, or social circles. These fraudsters typically work to build trust quickly, using charm, familiarity, or shared interests to gain credibility before making their pitch.

Understanding these tactics is key. Our Fraudsters’ Playbook outlines the common steps scammers follow to build trust, manipulate emotions, and push victims into rushed decisions. The person

making the pitch may not be registered to sell investments, may not provide clear documentation, or may urge the senior to act quickly without speaking to anyone else.

Another scam we continue to see is recovery room scams, where victims of previous fraud are contacted by individuals claiming they can help recover their lost funds for a fee. These scams can be especially damaging, as they often exploit a victim’s sense of desperation and hope for financial restitution.

Financial abuse, however, isn’t always the result of fraud. In some cases, it comes from someone the senior already knows and trusts. A family member, caregiver, or close acquaintance may gradually take control of financial decisions,

Story continues on P. 6

## 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:**

- July 16
- August 13
- September 17
- October 15
- November 26
- December 10

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



# Protecting older adults from financial abuse, continued

gain access to accounts, or pressure someone into making risky or unfamiliar investments. This type of abuse can be subtle and difficult to identify, especially when it's framed as support or occurs during a period of emotional or cognitive vulnerability.

With older adults managing their finances more online, fraudsters are using increasingly sophisticated digital tools

to manipulate, deceive, and steal. Messaging apps like WhatsApp or social platforms like Facebook are being used to distribute fraudulent investment schemes, sometimes disguised as tips from “trusted” sources, making it harder to recognize the scam until it's too late.

## What you can do to help protect seniors

While the methods used to target seniors with

investment scams are growing, the steps we can take to protect ourselves and those we care about remain clear and effective.

- Check registration with CheckFirst: One of the most important things anyone can do before working with an investment professional or firm is to check registration. In Alberta, generally, any individual or firm selling investment products or offering advice must be registered with the ASC or another Canadian securities regulator. If they aren't, this is a red flag, and there is a risk that the person or firm is operating outside the law.

- Have a conversation: It also helps for concerned family members or trusted friends to talk openly and respectfully about financial matters, especially with aging loved ones. These conversations can be difficult, particularly

when they involve suspicion or concern, but they are often the first step in identifying when something feels off. Asking questions, encouraging second opinions, and sharing reliable resources like CheckFirst.ca/Seniors can empower older adults to make informed decisions and recognize red flags early. If someone is experiencing financial abuse, there are organizations and support services that can help. For more information on elder abuse, visit [albertaelderabuse.ca](http://albertaelderabuse.ca).

- Report it: If you suspect someone is being targeted or has already been affected by investment fraud, please report it to the ASC immediately. While the ASC is not able to address cases of broader financial abuse, we are committed to helping Albertans understand how to invest safely and how to protect themselves from

investment fraud. Our [checkfirst.ca](http://checkfirst.ca) website provides tools and resources to help Albertans protect their financial well-being, at any age. We want to hear from anyone who believes they have been caught up in an investment scam.

Preventing elder financial abuse is not just the responsibility of seniors—it's a shared effort. Families, caregivers, neighbours, and financial professionals all play a role in creating an environment where older adults feel safe, respected, and informed about their finances.

Let's honour the wisdom and contributions of older adults and take meaningful action to protect them from the growing threat of financial abuse and fraud. Together, we can help ensure seniors live with dignity, security, and peace of mind.



Talk it out: There's no shame in getting support for financial abuse. Photo: ASC

# Understanding ADHD in older adults

Sebastian White, Venture for Canada with Artificial Intelligence for Mental Health

Sarah, 68, was always known for her outgoing personality and passion for life. After she retired, Sarah began noticing changes in her ability to focus and remember things. Simple tasks, like paying bills on time or following through on plans, became increasingly challenging. “After retirement,” says Sarah, “life got harder, and I opened up to my family about some of the difficulties I had been experiencing.” Some family members were supportive and suggested seeking professional evaluation, recognizing Sarah may have undiagnosed Attention-deficit/Hyperactivity disorder (ADHD).

ADHD is complex and can occur any time. It is sometimes mistaken as a condition that occurs only in children and youth. This leads to misdiagnosis or dismissal of symptoms in older adults.

The intensity and type of ADHD symptoms can vary over a person's lifetime, but are broadly categorized into difficulties with sustained attention, impulsive behaviour, or sitting still. In Sarah's case, the symptoms were present earlier but were not recognized

and masked by the structured routine of her career.

There is now a growing body of research showing that at least 1 in 30 adults over the age of 50 have ADHD. It is often overlooked or mistaken for mild cognitive impairment (MCI). The cognitive deficits associated with ADHD, like memory loss, can closely resemble early signs of dementia. This can make it difficult to recognize ADHD, as Sarah describes. While some family members were supportive, others attributed Sarah's difficulties to the natural effects of aging, dismissing the possibility of ADHD.

Speaking at an APSARD conference (American Professional Society of ADHD and Related Disorder), Dr. Brandy Callahan, a geriatric neuropsychologist, addressed how memory or cognitive neurology clinics don't have ADHD on the radar. Neuropsychological tests are a specialized type of assessment that evaluate cognitive abilities, such as memory, attention, language, and problem-solving. There needs to be screening tools that tease apart ADHD from features of MCI or dementia. According to Dr. Callahan, “As a group, adults with ADHD have higher frequencies of social issues like social isolation that

may put them at risk for depression and anxiety, relative to their neurotypical peers. The impulsive aspect of ADHD can lead to impulsive spending, missed career opportunities that result in significant financial issues right at the time where people are preparing to retire.” If untreated, adults with ADHD have higher frequencies of medical conditions that can impact their cognition later in life. A large study reported a 2-3 fold higher risk of developing disorders of the central nervous system (epilepsy, sleep disorders), respiratory conditions (chronic obstructive pulmonary

disease, COPD), musculoskeletal disorders that cause chronic pain, metabolic conditions (diabetes, obesity), and vascular conditions (hypertension, ischemic heart disease, atrial fibrillation, stroke).

Medication management, in combination with psychological therapies like cognitive behavioural therapy and coaching, can be a game-changer for adults with ADHD, as emphasized by Dr. Doron Almagor at a recent CADDAC conference. Personalized treatment enhances focus and the ability to manage daily tasks. However, there's a pressing need for more clinical trials

focusing on adults over 50.

Studies often fail to include the 50+ community because of diagnostic uncertainty, drug interactions between medications, and difficulty in finding study participants.

Raising awareness and reducing stigma is critical. Recognizing that ADHD often goes undiagnosed is the first step, as Sarah experienced. Better testing, and appropriate treatment is a significant next step. If you suspect that you or someone you know may have ADHD, seeking professional evaluation, can lead to effective healthcare management, greater support and improved well-being.





# 5 Ways singing can boost your health

Jeff Turner

If you’ve ever caught yourself singing in the car or humming while you cook, here’s some good news: you’re already doing something that’s good for your health.

And no, you don’t need to be the next Pavarotti—or even sing on key—to enjoy the benefits.

Whether it’s belting out a show tune, joining a local choir, or simply singing in the shower, making music is one of the most joyful, underrated wellness tools out there. Especially for older adults, the act of singing and performing brings together mental, physical, and emotional wellbeing in a way that few other activities can match.

Here are five science-backed (and joy-approved) reasons to start - or keep-singing your heart out:

**1. It’s a natural mood booster**

You don’t need a lab coat to understand this

one—just think of how you feel after singing your favourite song. But science confirms it too: singing releases endorphins, dopamine, and oxytocin—all those feel-good brain chemicals that help reduce stress and improve mood. Group singing, in particular, has been shown to lower levels of cortisol, the body’s main stress hormone. It’s like a musical deep breath for your brain.

**2. It’s a sneaky form of exercise**

You might not break a sweat, but singing is a full-body activity. Breathing deeply to support your voice works your diaphragm, improves lung capacity, and even helps strengthen your core. Add a little movement or choreography (yes, some choirs dance!) and suddenly you’re gently stretching muscles and boosting circulation without even noticing.

Singing while standing also improves posture

and alignment - something we all appreciate a little more with age.

**3. Singing sharpens your mind**

Lyrics, melodies, harmonies, stage cues—it’s a mental workout. Studies show that musical engagement supports memory, attention, and cognitive flexibility. Choir members often report improved focus, better recall, and even a sense of mental clarity after rehearsals. One study even linked group

perfect; it’s about being together. And for many older adults, this social connection can be just as vital to health as physical activity or nutrition.

In fact, researchers have found that strong social ties can lower the risk of depression, improve heart health, and even increase longevity.

**5. It gives your life rhythm**

One of the quiet challenges of retirement or semi-retirement is losing

levels, including programs specifically designed with older adults in mind.

One such group is ARC, a family of community choirs that blends music, movement, and laughter into something truly special. But whether you find your voice there or somewhere else, the message is the same: it’s never too late to sing, connect, and feel good doing it.

Sogo ahead—hum, belt, harmonize, or just mouth along. Your body, brain, and heart will thank you.

For those looking to



Feel it! Singing together will boost your mood. Photo: Geron Disson

singing with a reduced risk of cognitive decline.

In other words, singing might just be one of the most fun ways to keep your brain agile.

**4. It builds meaningful connection**

There’s something ancient and universal about singing together. Long before phones and social media, we connected through song.

Performing with others—whether in a choir, a musical theatre group, or even an informal sing-along—creates a sense of belonging and community. It’s not about being

structure in your week. Singing in a group provides something to look forward to—regular rehearsals, upcoming performances, shared projects. It brings back that satisfying sense of progress and purpose. Plus, performing (even once or twice a year) can reignite a spark you didn’t know you’d missed.

If any part of you feels curious about giving singing a try—or returning to it after years away—consider this your invitation. There’s no need for auditions, formal training, or high-stakes pressure. There are choirs and singing groups across Calgary welcoming new voices of all experience

stay active, connect socially, and enjoy the many benefits of music, ARC is worth checking out. This Calgary-based family of choirs welcomes singers of all experience levels—no auditions required. Whether you’re interested in a lively show choir or a more relaxed community group, ARC offers a joyful, low-pressure way to sing, move, and make meaningful connections.

For more info visit the website at [archoirs.org](http://archoirs.org) or email [info@archoirs.org](mailto:info@archoirs.org) and ask for Leslie!

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\*Some restrictions may apply. Raffle Rules & Regulations are available to view by clicking the link provided. All proceeds will support Unison's vital programs and services, ensuring we continue to help seniors live well in their community.

## July 14<sup>th</sup> International Non-Binary People's Day

### Dance with the Kerby Sensations!

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Always fun, always free!



# Putting a face to a grateful voice

## Indigenous Support Line expands care provincewide

### Alberta Health Services

On any given day, Shantelle Malley speaks with dozens of Indigenous patients in her role as an Indigenous listener with the Indigenous Support Line, but she never gets to put a face to the voice. This changed recently when one caller kindly accepted an invitation to visit the call centre to meet Malley and her colleagues. Colby Meguinis, 24,

of First Nations, bands, Indian Affairs and how these processes can differ for Indigenous peoples.

That's when his mom suggested he call the Indigenous Support Line.

"As a mom, I want to do everything for him, but at the same time, I need him to learn. So I gave him the number, he called, he explained, and now he's back to being Colby," says Janil, a

mother-of-five, said. "I really think it helps being able to speak to someone who understands where we're coming from — and who we are as people."

The Indigenous Support Line — operated by Health Link through Primary Care Alberta in partnership with the Indigenous Wellness Core — has been rolling out across the province, zone by zone, for three years. On June 1, the line expanded to the entire province. It's staffed 10 a.m. to 6 p.m. Monday through Friday by clinically trained Indigenous listeners who assist with everything from wayfinding to translation and transportation services, cultural support services, access to ceremony and more.

Listeners also ad-

they developed over the phone, and also because she never gets to meet the people she helps in person.

"Seeing him today was just amazing. I believe I was shorter than they expected, which is fair," she jokes, adding that she enjoys her job of helping to rebuild trust in the healthcare system, one call at a time.

"We know in healthcare, there's a lot of trauma there, and so being somebody who can just listen, it provides a space for them to feel heard," she adds. "We have a shared understanding, and I think that helps build that relationship, because they know they're talking to somebody who does know the past, who does know the history. It makes me feel good, because I know that our line is working. I know that what we're do-

ing is helping our people."

Billie-Jo Onespot, a senior practice consultant with the Indigenous Support Line who knows the Meguinis family from her community, recommended they make the call. She's proud the line will now be provincewide, growing the team's outreach to help more Indigenous people get the care they need.

"I'm just so proud of our team. Our listeners do an amazing job," she says. "It's just very rewarding and amazing to see that our people are now feeling safe to seek healthcare — and it's equitable healthcare — throughout the province."

To access the Indigenous Support Line, call 1-844-944-4744 or 811. For more information, visit our AHS website.



Shantelle Malley, Indigenous listener, with Colby Meguinis. Photo: Leah Hennel

of the Tsuut'ina First Nation, and his mom Janil, both lit up when they met face-to-face the listener who helped Colby navigate the system on a recent call. The family wanted to visit to express their gratitude — and to celebrate the expansion of the line to Calgary and Edmonton.

"It feels pretty good knowing that if I ever have kids, or my siblings or my cousins need help with Indigenous problems, that we have a support line now to go to and feel comfortable with," says Colby, an athletic hockey player. "It's more comfortable to talk to an Indigenous person who understands Indigenous problems."

Colby required an ultrasound, but when he went to his appointment, he was told he had to pay for it because he didn't have an Alberta Health Care number and wasn't in the system. He had no idea that, when he turned 22, he needed to apply for his own number. He didn't know how to get one.

During his efforts to get a new number, at one point he was told he "didn't exist" by someone who lacked knowledge

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vises front-line healthcare workers on how to provide culturally safe care. The first of its kind in Canada, the Indigenous Support Line has won many patient quality and experience awards and has received 97-per-cent patient satisfaction survey results.

Malley says she found it exciting to meet Colby due to the relationship

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# For the love of Veronica

Deborah Maier, Calgary Horticultural Society

Veronica is stylish. I’m talking about plants, not the famed Archie comic book character. But it is certainly a welcome character in my garden.

To have a successful perennial garden, a gardener needs to understand two things: the growing environment of their yard and which plants can thrive in those conditions. That may seem straightforward, but the variables are endless, so it usually comes to trial. You select a plant that seems right for the conditions, plant it, watch how it does that growing season, cross your fingers, and hope it comes back next spring.

There was one challenging spot in my yard that seemed unsuitable for anything I planted, until I tried *Veronica austriaca* Crater Lake Blue. This plant, commonly known as Austrian speedwell, or saw-leaved speedwell, is clump forming, and has loose flower spires that rise above its foliage. It starts to bloom at the end of June, truly shining in July. The flowers open first at the bottom of the spire, then the blooms progress upward with time.

Crater Lake Blue has blueish-purple flowers. The tag notes that it can grow up to 45 cm tall; should be planted in full to part sun; the soil can be loamy, clayey, or sandy; and it has medium water needs.

In my garden, its spot is in part sun, because the bed is in an area shaded by Northwest poplar branches. The soil is a bit clayey. Usually, it survives on rainwater, though in dry periods, I will do some supplemental hand watering. In this spot, it grows to about 40 cm tall.

It self-sows, so while I let it spread and fill in the troubled spot with clumps of plants, if you want to control it, cut back the flower stalks after it has finished blooming. I usually leave the flower stalks up into winter to trap snow. The birds and other creatures enjoy eating the seeds and some seeds will remain to germinate in the spring. I like to cut the stalk down in March, leaving them in a pile near where the plants grow. I find that the plant is set back a bit if I cut it back after the new growth starts

to appear. I’ll clean the pile up later in the spring.

I was so thrilled with this plant that I wanted more. When my husband wanted a gift idea, I told him to get me a Veronica. I neglected to add the species. He came home with *Veronica gentianoides*. The leaves of this Veronica form a rosette. It creeps and forms mats. Yes, it is a Veronica, but it is fussier about its growing conditions. It prefers evenly moist soil and tends to wilt in the heat of a summer day. It has a tall flower spike with more openly spaced blooms than that of *Veronica austriaca*.

Its blooms are pale blue to almost white. I have seen it do well on the edge of a rain garden where organic-rich soil provides a good source of moisture. In my yard, I find it needs protection from the afternoon sun and supplemental watering.

Early on, I also planted *Veronica whitleyi*, also known as Whitley’s speedwell. It is a low-growing ground cover that blooms, covered in small purple flowers, at the end of May. It can grow in dry conditions and does well next to a walkway. It is a good choice for a rock garden.

Other Veronica to try



Crater Lake Blue.  
Photo: Deborah Maier

are *Veronica spicata* and *Veronica longifolia*. Their cultivars come in white, shades of pink, blue, and purple. All are bumblebee magnets. They have been

cultivated for height as well as colour, so you can choose from a range of sizes. Keep in mind that the tallest ones may take a couple of years to reach their full height.

When selecting plants, read the plant tag. With time, you’ll be able to correlate the nursery’s description of growing conditions with your yard. Regardless, often you just need to trial to determine if you’ve got the right plant in the right place. Give Veronica a try, there’s sure to be one suited to your garden.

To learn more about gardening in the Calgary area visit [www.calhort.org](http://www.calhort.org).



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# Bistec Ranchero – a traditional delight

Lynne Skyrie and Carlos

**BISTEC** Ranchero (ranch steak) originated on Mexican ranches, where hearty meals were essential for hardworking people. This month’s recipe comes from Carlos and is part of our community recipe series, brought to you by Unison’s Thrive Food Security Program. Carlos says that his grandmother would cook Bistec Ranchero to keep her husband strong and healthy. It’s a dish that blends traditional Mexican ingredients with Spanish culi-



Photo: Surya Prakash

nary influences, giving a spicy and flavourful combination with tender beef. The dish encapsulates nutritious and delicious meals traditionally prepared on Mexican ranches, where hardworking ranchers required sustenance and healthy food. Bistec Ranchero typically features a generous cut of beef, often skirt or flank steak, marinated in a blend of spices and cooked to a desired level of doneness and tenderness. It’s served with salsa ranchera, which is a cooked tomato, onion, and chile pepper sauce. Bistec Ranchero has gained widespread popularity due to its delicious and satisfying nature, making it a beloved dish in Mexican cuisine and beyond.



Photo: Marian Florinel Condruz

## Bistec Ranchero

### You will need:

- 2 1/2 lbs roast skirt steak or ribeye, sliced
- 7 Roma tomatoes
- 1 serrano pepper (or more if you like heat)
- jalapeño peppers or 3 Anaheim chiles (seedless)
- 1 onion (medium, sliced)
- 4 garlic cloves, minced
- 3 large russet potatoes, cubed
- 1 cup chicken broth
- 1/4 tsp cumin seeds
- 1tsp Mexican oregano

- Garlic and salt to taste
- Ground pepper, to taste, chicken bouillon (optional)



Photo: Thembi Johnson

### Directions

#### Cook the steak

- Season the thinly sliced steak with garlic, salt and pepper. If using skirt steak, make sure to slice again against the grain for tenderness.
- In a large saucepan, cook the steak over medium heat until browned and all liquid has evaporated. Set aside

#### Cook the vegetables

- In the same pan with the cooked steak, sauté the minced garlic until fragrant.
- Stir in the sliced onion, jalapeños (or Anaheim chiles), cubed potatoes, and the remaining 4 chopped Roma tomatoes.
- Pour in the blended tomato and serrano mixture.

#### Prepare the sauce

- Roast 3 Roma tomatoes and 1 serrano pepper until charred.
- Blend the roasted tomatoes and serrano with cumin seeds, Mexican oregano, and chicken broth until smooth.

#### Simmer

Allow the dish to simmer on low heat, stirring occasionally, until the potatoes are tender. If desired, add chicken bouillon for extra flavour.

#### Serve

Enjoy this wonderful recipe! You can add more ingredients like serrano or jalapeño peppers, and garnish with fresh cilantro.



Beef, sliced thin. Photo: Usman Yusaf

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**July 7 – 10**  
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**Soup:** Wild rice & mushroom

**July 14 – 17**  
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**Soup:** Turkey noodle

**July 21 – 24**  
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# Youth on keeping older adults safe

Betty Good

Some teenagers spend their free time hanging out with friends, doing sports, or enjoying their youth in any number of ways us adults now only dream of. However, one group of Junior High School students from St. Ambrose School, spent their free time with the elderly. Every week for three months, a group of creative youth became friends with residents at the Arbour Lake Atria Retirement Centre. They were part of the GoodLinks Intergenerational Program. The GoodLinks In-

tergenerational Program was an opportunity for St. Ambrose's students to bridge the gap between youth and older adults by building connections and friendships through stories and art. GoodLinks is an organization that has a vision - for every person to have a meaningful connection with a person of another generation. Founder Betty Good aims to address, and eliminate, elder abuse, one project at a time. The theme of this year's project was "Keeping Older Adults Safe." Participants explored the topic of elder

abuse together, and how to recognize the signs. Inspired by the stories shared by their senior friends, the students created original artwork that was compiled into a book available for purchase. The creative collaboration served as both a tribute to their intergenerational bond and a tool for raising awareness. The project culminated in a presentation at the World Elder Abuse Awareness Day (WEAAD) event hosted by Unison Kerby Centre . Four grade 9 students took to the stage to share heartfelt stories of their experiences and the friendships they built. Their words brought the intergenerational theme to life, showing just how powerful these

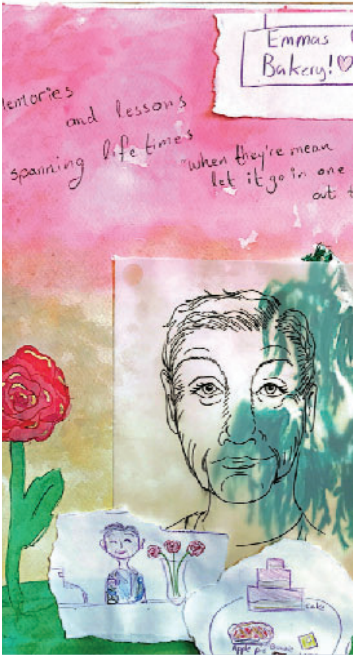
connections can be. When generations come together, they do more than just bridge an age gap – they create a safer and more caring world for all. Connecting generations truly protects generations. For more information about the GoodLinks Intergenerational Practice: [www.goodlinks.ca](http://www.goodlinks.ca), [betty@goodlinks.ca](mailto:betty@goodlinks.ca), 587-899-8697



Four of the students involved in the 2025 "Keeping Adults Safe," GoodLinks Intergenerational Project. Photo: Mel Lefebvre



WEAAD event organizer, Meaghan Westlund (L) with Betty Good. Photo: Mel Lefebvre



Excerpt from the 2025 "Keeping Adults Safe," GoodLinks Intergenerational Project.

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# Do you use AI?

Mel Lefebvre

Artificial Intelligence (AI) is popping up everywhere. Though relatively new, it's a tool gaining momentum around the globe, and that's the key word: tool. For older adults, AI can be incredibly helpful in daily life.

Hands too messy to use your smartphone? Just use your voice to set a timer. Wearable devices connected to smart home systems can monitor your health and alert family members or emergency services if something's wrong. AI can help manage your medications, reminding you when it's time to take a dose or order a refill.

Feeling bored or lonely? AI can help there, too. It can search for local events or activities you might enjoy, offering an easy way to stay connected and engaged. You can even ask AI to create collections of puzzles or games to help keep your mind sharp.

AI can also support independent living. It can help with your schedule, manage your grocery list, and quickly find information online, saving you the trouble of scrolling through endless search results. And if you're in the mood for conversation, you can have a friendly chat with an AI program on nearly any topic, in any language.

But keep in mind: AI is a tool, not a replacement for human contact. It makes mistakes, doesn't check for misinformation, and like anything on the Internet, there are security risks and no safeguards against fraud. It only does what you ask, can't pick up on subtle emotional or behavioural cues, and often needs a bit of setup to work the way you want. The learning curve isn't steep, though, so it may be worth exploring to how AI can support your daily life.



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## July Sudoku

(solution, p. 23)

### So punny

I threw a ball for my dog. I know, a bit extravagant, but it was his birthday and he looks great in a dinner jacket.

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

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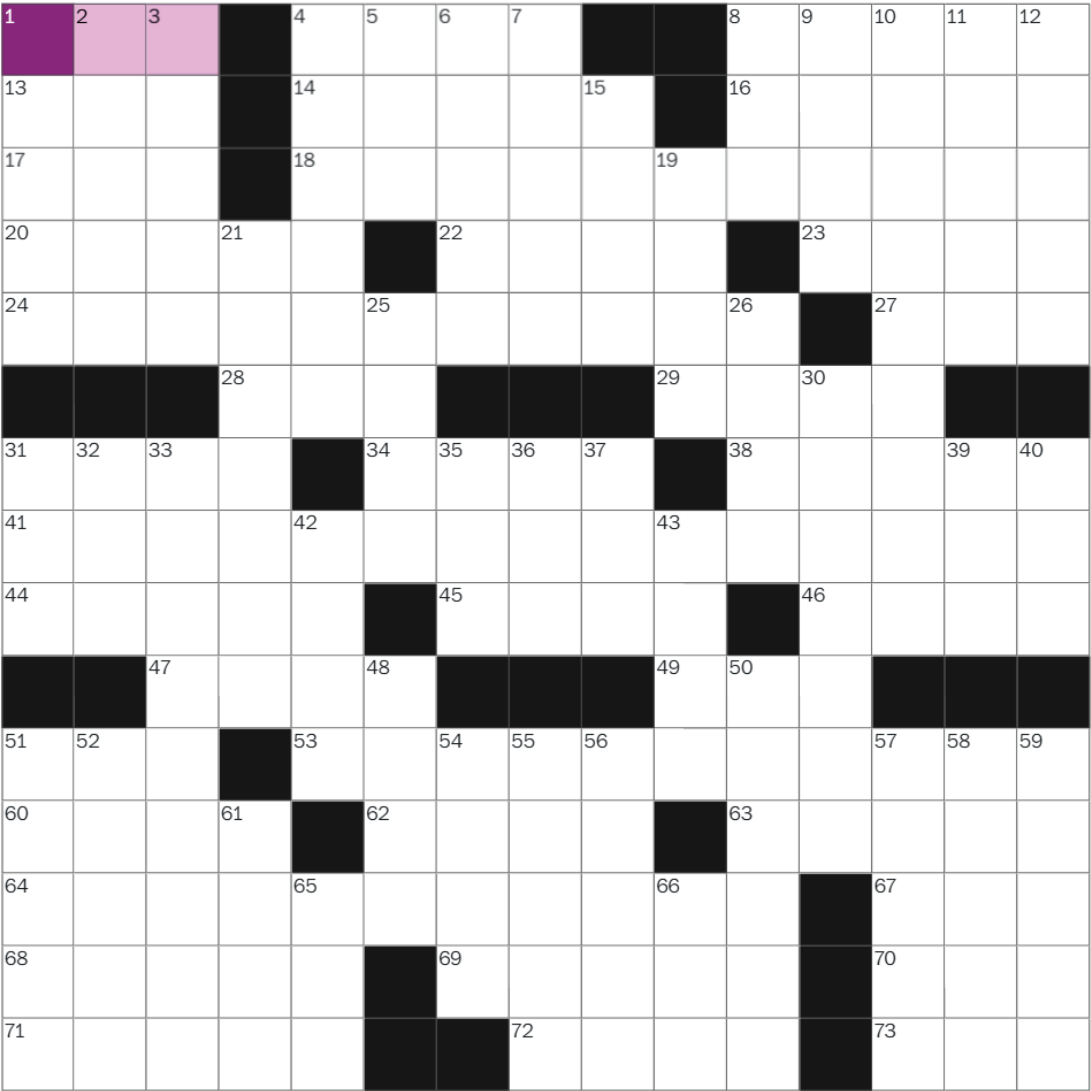


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July Crossword Puzzle



- 15 Wakim of "SNL"

19 \_\_ noire

21 Saloon

25 Angelic glow

26 Suspend

30 Cognac cocktail with orange liqueur

31 Insult

32 Cricket official

33 Some transports in the Arctic tundra

35 On vacation
- 36 Regatta tool

37 Exec's degree

39 "\_\_ it wait?"

40 High trains

42 Wooded valley

43 Thing

48 Colorado's \_\_ Verde National Park

50 "You \_\_ worry"

51 Mamas' mamas

52 Vegetation
- 54 Reunion attendee

55 "1876" novelist Gore

56 Tour de France stage

57 Many, casually

58 Classic Greek theater

59 Minuscule

61 Hyphenated IDs

65 Swift nickname, when doubled

66 Emmy winner \_\_ Cephas Jones

ACROSS

- 1 Dashboard tech
- 4 Queen with icy powers
- 8 Hands over
- 13 Daiquiri ingredient
- 14 Purple hue
- 16 Put on a pedestal
- 17 Rollover subj.
- 18 False claim about a DIY project?
- 20 Word of thanks
- 22 "Thus with a kiss \_\_": Romeo's final line
- 23 Fortune
- 24 Overall condition of steel girders and beams?
- 27 "Industry Baby" rapper Lil \_\_ X
- 28 Intel org.
- 29 Vane point
- 31 Dry mop target
- 34 \_\_ large
- 38 Reunion attendee
- 41 "Do you know who my father is?"?
- 44 Invertebrate's lack
- 45 Greek house
- 46 Sea eagles
- 47 Tropical tree
- 49 Business letter abbr.
- 51 Commanders org.

- 53 "Just put the succulent down and go!"?
- 60 "Oh, woe!"
- 62 Hearts, e.g.
- 63 Eat away at
- 64 Out of the ordinary, or, parsed differently, what has been applied to the phrases in 18-, 24-, 41-, and 53-Across?
- 67 Countdown start
- 68 Large venue
- 69 Hit lightly
- 70 Letters of urgency
- 71 Full of back talk
- 72 Gave temporarily
- 73 Indefinite amount

DOWN

- 1 Fairy tale brother
- 2 Step in making some soups
- 3 Sharp
- 4 Online letters
- 5 Part of UNLV
- 6 Girl in "Calvin and Hobbes"
- 7 Eco-friendly spa brand
- 8 Lass
- 9 Pastoral poem
- 10 Tennessee athlete
- 11 "I Luh God" gospel singer Campbell
- 12 Is after

Puzzle solutions on p. 23

So punny

My grandpa has the heart of a lion and a lifetime ban from the zoo.

How do you get in touch with a Roman architect?

You column.

I like the name Brie, even if it's a little cheesy.

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# Unison

## At Veiner Centre

### 50 years

1975 – 2025

# Veiner Vintage Transport turns two!

Tammy Poole

Unison in Medicine Hat has a very special program called Veiner Vintage Transport, and we will be celebrating our second birthday this summer.

Veiner Vintage Transport is a volunteer-based service for eligible riders who need transportation services due to income restrictions, who do not drive, and are 50+. This service transports clients to priority appointments such as the doctor, dentist, optometry, physio, hospital, bank, lawyers, and down to the Unison Veiner and Strathcona Centres.

Veiner Vintage Transport supports our community’s older adults to live longer in their own homes, reduce feelings of isolation and help remove barriers to services they need access to. It’s not a free service, but we work hard to keep costs low. If your income is \$25,000/year or less, a round-trip ride is \$5.00. If your income is over \$25,000/year, a round-trip ride is \$10.00. Drivers will pick you up in

front of your home, take you to your appointment, and get you back home safe and sound.

In two short years, 25 volunteer drivers have served 135 clients. Our team engages in 22-30 rides per week, and the demand is increasing. Sometimes, we have fewer volunteers available, and we know it calls on our clients’ patience. We hear you! We’re always working to make things better.

Our team is working hard to expand the areas we service, reaching more people in and around Medicine Hat, and advocating for community connections with partnering organizations. We are constantly recruiting volunteers, presenting our program in town so that more people are aware that Veiner Vintage Transport is here for them.

Veiner Vintage Transport isn’t just about getting people from point A to point B. It’s about building connections, fostering independence, and strengthening our community. By provid-



ing reliable and affordable transportation, we are helping seniors maintain their health, well-being, and quality of life.

One client told us,



Veiner Vintage Transport drivers are known to be kind. Photo: Tammy Poole

“Your drivers are so kind and patient. Even when my appointment took longer than expected the driver was just so good about it.” Another client let us know that “The Vintage drivers are angels on earth. They all have halos shining away.”

Part of the benefit of Veiner Vintage Transport is the social interaction between drivers and clients. Many become friends after several rides. Some clients become comfortable with a driver and will ask for them specifically when reserving transport, and requests are accommodated as often as possible.

Sometimes, we get

it wrong. Mistaken addresses, bad weather, and other hazards and life circumstances can cause delays. Thankfully, these seem to be exceptions. The success of Veiner Vintage Transport is entirely due to the unwavering dedication and kindness of our volunteer drivers, which inspires the entire Unison Veiner team! We appreciate the difference each driver makes in our community.

If you want to join our team, please call 403-529-8384, or email [hellomedhat@unisonalberta.com](mailto:hellomedhat@unisonalberta.com).

The perks to helping are a 50% discount on Unison Veiner Centre memberships, gas mileage reimbursed at .20/km, volunteer appreciation events, and knowing you have made a difference in your community.

**FREE!**

## Optima Rocks! With Jodi

**WEDNESDAY, JULY 16TH**  
**2:15 PM – 4 PM**

Bring out your creative side with a fun twist!  
Add these colourful treasures to your garden, walk-way or make an enjoyable surprise for a community member!

**Make sure to register at the Veiner Centre front desk or by calling 403-529-8307.**

# HAPPY Canada Day



Volunteers help in all kinds of weather. Photo: Tammy Poole



# Victor the Viper of Veiner snakes around the park

Cori J. Fischer

Rock snakes have begun to emerge in communities across Alberta. They start with a simple painted rock, usually with a fun snake face and placed in playgrounds, on trails, or in schoolyards. From there, the snake grows as others add their own painted rocks.

Unison at Veiner Centre is celebrating 50 years in Lion’s Park. Victor, the Viper of Veiner is our way of connecting with the neighbourhood and community in a fun and meaningful way. Victor lives, and



grows, in the playground behind the Unison Veiner Centre where many people come to enjoy the park. We hope to see Victor grow so that he frames the Lion’s Park playground. You’re invited to help!

We would love the community, schools, day cares, and day camps to have a rock painting party. Get your children (and the young at heart) to add their rocks so that Victor can grow all summer

long. Keep coming back with rocks any time you have a finished creation.

Our goal is to encourage connection within the neighborhood, throughout the community, and between generations. We hope it will inspire creativity, expression and fun for all ages and abilities. And we encourage ongoing community spirit as Victor continues to grow over time. Each rock tells a story, and they form a visual narrative of a community’s care, creativity, and collaboration.

Come and add to Victor, pop into the Unison



Viener Centre and let us know, or take a picture and post it on social media (remember to tag us in it: #unisonveinercentre #victortheviperofveiner).

# Transporting the community in togetherness

Tammy Poole

Veiner Vintage Transport has been moving the 50+ community in and around Medicine Hat for the past two years with much success. Owing to this success is the fact that it’s not just a ride - it’s a connection.

“This program has been a lifesaver for me,” says one client. “Cab rides were costing me money I didn’t have. I was having to pick how many times a month I could go out or make appointments due to my budget. Now I know I can get to everything, even to the Unison Veiner Centre to have lunch with my friends because it fits in my budget.” This client continues on with how friendly and accommodating the drivers have been, making sure she gets to and fro safely, and because they are so comfortable, they become friends along the way.

Unison Veiner Cen-

tre’s newest campaign, “More than just a ride - it’s a connection,” showcases that Veiner Vintage Transport is more than just a lift. It’s about being connected to a caring community, as well as the volunteers who have helped make this program so popular. Not only do seniors get to their appointments, both medical and social, they become enmeshed in a service that will check in on you, make you feel less isolated, and listen to you when you need an ear.

The goal of our campaign is to raise the funds needed to support, and hopefully, expand Veiner Vintage Transport. There are a few ways to provide support.

**Purchase a ride**

Every ride purchased helps a senior maintain their independence and social connections.

**Donate to the Veiner Transport program**

Your donations will directly contribute to the growth and sustainability of the program.

If you are a senior in need of transportation, becoming a client is easy. Step 1, Meet with Tamy at the Veiner Centre, step 2, Fill out the required application form, and step 3, purchase rides passes. With your ride passes, you’ll gain access to reliable and friendly transportation services.



Dogs love VVT! Photo: Tammy Poole



## Movie Night

July 17th  
5:30pm – 7:30pm

Come to the Veiner Centre for a FREE movie and FREE popcorn





## Help us provide low-cost transportation to seniors in the Medicine Hat area



**I would like to make a** ☐ one-time or ☐ monthly donation: **\$** \_\_\_\_\_

**Payment Method:** ☐ Cheque ☐ Visa ☐ MasterCard

**Credit Card Number:** \_\_\_\_\_

**Expiry Date:** \_\_\_\_\_ **CVV:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Planned Giving - A way to make a BIG impact!**

☐ I would like to receive information on planned giving.

☐ I have included Unison at Veiner Centre in my will.

**Send tax receipt to:**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Prov** \_\_\_\_\_

**Postal Code** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

Donate NOW at [UnisonAlberta.com/Donate](https://UnisonAlberta.com/Donate) or call 403-529-8307

**Thank you for supporting seniors!**

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.  
225 Woodman Avenue S.E. Medicine Hat, AB T2A 3H2 | Charitable Registration #11897 9947 RR0001



# Medicine Hat Veiner Activities

## What's Happening in July

Hours of Operation: Monday & Friday 9am – 4pm | Tuesday, Wednesday & 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>Men’s Shed</b> Boardroom   11am	<b>Ukulele Group</b> North MP   10am–12pm	<b>Canasta Lessons</b> Dining Room   10am	<b>Canasta</b> South MP   12:30pm	<b>Kaiser Club</b> Dining Room   1pm
<b>Canasta</b> South MP   12:30pm	<b>Duplicate Bridge</b> North MP   12:45pm	<b>Duplicate Bridge</b> South MP   12:30pm	<b>Euchre</b> North MP   1pm	<b>Duplicate Bridge</b> North MP   12:45pm
<b>Euchre</b> North MP   1pm	<b>Crib</b> South MP   1pm & 6:30pm	<b>Hearts</b> Dining Room   1pm	<b>Shuffleboard</b> Games Room   1pm	<b>Mexican Train</b>
<b>Shuffleboard</b> Games Room   1pm	<b>Bridge</b> North MP   6pm	<b>Scrabble</b> North MP   1pm	<b>BINGO</b> Boardroom   2pm	<b>Dominoes</b> South MP   1pm
	<b>Board Games</b> Dining Room   6:30pm	<b>Pinochle</b> North MP   1pm	<b>Duplicate Bridge</b> North MP   6pm	<b>Stitch &amp; Laugh</b> Boardroom   1pm
		<b>Bridge Lessons</b> South MP   3:30pm	<b>Norwegian Whist</b> South MP   6:30pm	

### Presentations & Events

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

**July 1**  
Book Review Crew  
1pm – 2pm | Dining Room

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

**July 4 – 6**  
Scrapbooking Fanatics  
Starting at 4:30pm on the 4th | Registration Required

**July 8**  
Alzheimer Society Care Partner Support Group  
1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

**July 15**  
First Link Connections  
1pm – 3pm | Boardroom | Register by calling 403-528-2700

**July 16**  
Parkinson Association Support Group  
12:00pm – 2:00pm | Boardroom | Register with Brienne at 403-317-7710

**June 17**  
Dementia Support Group  
9:30am – 12pm | Boardroom | Register by calling 403-528-2700

**July 22**  
Bridges Grandparents Who Parent Group  
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

**July 25**  
Book Club  
10am – 11am | Dining Room

### Wellness Wednesdays

July 2 | Movie Matinee with popcorn  
“Airplane!” | Craft Room | 2pm – 4pm

July 16 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am

July 16 | Optima Rocks with Jodi  
Craft Room | 2:15pm – 4pm

### Upcoming Activities

Craft Night: Canadian Door Signs  
Thursday, July 3  
Mem: \$35 | NonMem: \$40

Paint Night: Campfire Gnome  
Tuesday, July 8  
Mem: \$35 | NonMem: \$40

Movie Night  
“Coming to America”  
Thursday, July 17 | 5:30pm – 7:30pm

Rodeo Street Dance  
Saturday, July 19 | 7pm – 10:30pm  
Tickets: \$10 | Purchased at Veiner Centre

Veiner Centre will be Closed  
July 1st for Canada Day.

Veiner Centre will open at 11:00AM on  
July 24th for the Stampede Parade

### Looking Forward

**Steady Moves**  
Oct 1 – Nov 19  
Wednesdays | 1pm – 2:30pm  
Registration Required



# Medicine Hat Strathcona Activities

## What's Happening in July

Hours of Operation: Monday to Friday 9am – 4pm   Saturday 9am – 1pm				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner/Improver Line Dancing   8:30am	Pickleball –Skills & Drills   11am	Absolute Beginner Line Dancing   8:30 am	Beginner Pickleball   11am	Pickleball Beginner 9am
Table Tennis   10am	Pickleball –Beginner   12:35pm	Beginner Line Dancing 9am		Table Tennis   10am
Chair Yoga & More   12pm		Table Tennis   10am		Pickleball Open Play 1pm
Pickleball Open Play   1pm		Qigong & Chair Yoga 12pm		Pickleball Open Play 3pm
Pickleball Open Play 2:30pm		Pickleball Open Play 1pm		Pickleball Open Session   6pm
		Pickleball Open Play 3pm		

### Fitness Class Spotlight

All fitness classes require registration

#### High Beginner/Improver Line Dancing

8:30am – 9:50am | Jun 2 – Aug 25 | Mondays | | Free

#### Chair Yoga & More

July 21 & 28 | Aug 11 & 18 | Mondays  
12pm – 12:45pm  
Members: \$28 | Non-Member: \$40

#### Absolute Beginner Line Dancing

Jun 4 – Aug 27 | Wednesdays |  
8:30am – 9am | FREE

#### Beginner Line Dancing

Jun 4 – Aug 27 | Wednesdays  
9am – 9:45am | FREE

#### Qigong & Chair Yoga

July 23 & 30 | Aug 6, 13, & 20 | Wednesdays  
12pm – 1pm  
Members: \$35 | Non-Member: \$50

### Closure Notices

Strathcona Centre will be Closed Saturday, June 28 and Tuesday, July 1 for Canada Day.

Strathcona Centre will open at 11:00AM on Thursday, July 24 after the Stampede Parade

### Online Fitness Classes

#### Fitness with Dan

Mondays | July 7 – July 28 | 9:00am – 10:00am  
Members: \$26 | Non-Mem: \$56

Join us online for a traditional aerobics class with emphasis on cardiovascular training. Variations are given for strength training using weights or resistance bands. You are encouraged to work at your own pace

#### Fitness over 50

Tuesdays | July 8 – July 29 | 9:30am – 10:30am  
Members: \$26 | Non-Mem: \$56

Join our movement, strength, core, and stretch class featuring mild cardio and fun dance moves, along with higher intensity intervals. We will use hand weights and household items like stretch bands and towels. Suitable for all ability levels—participants can choose to stand or use a chair.

To register for these classes please email Aditi at: [AditiS@unisonalberta.com](mailto:AditiS@unisonalberta.com)

### Fitness Orentation

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

### Weekend Activities at Strathcona

**Table Tennis – Single Play Only**  
Saturdays | 11am – 1pm

**Pickleball – Open Session**  
Saturdays & Sundays | 1pm –4pm

### Programs Returning in the Fall

- Fun & Fitness with Erynn
- Functional Fitness with Krista
- Chair Yoga & More Thursdays with Krista
- Yin Yoga with Anna
- Yang Short Form, Yang Long Form, Chen Style Short Form, Fan Form & Weapons Form with the Tai Chi Association
- Floor Curling

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



# Unison for Generations 50+ Calgary In-Person Activities

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

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

Unison Travel Spotlight

### Head Smashed-in Buffalo Jump + Fort Macleod

**Wednesday, July 23rd, 2025 | 7:30 AM – 6:30 PM**  
Members: \$122 | Non-Members: \$152  
Cut-off date: Wednesday, July 9<sup>th</sup>, 2025

Transportation by ABBC Charters. Please note:

- Lunch not included
- Bring appropriate clothing and footwear (for hot/cold/wet conditions)
- Trip is suitable for persons with reduced mobility

Please ensure you have your Health Care Card and government-issued photo ID.

For more information, please contact **Unison Travel** at **403-705-3237** or **[travel@unisonalberta.com](mailto:travel@unisonalberta.com)**



Active Aging Spotlight

### Summer Themed Acrylic Painting Workshop

**Monday, July 28th | 10 am -12 pm**  
Member: \$60 | Non-Member: \$90  
Location: **Unison at Wild Rose, 1317 1<sup>st</sup> St NW**  
Instructor: Hamideh Khadem Sohi

This workshop is a great opportunity for all levels of students who are interested in learning about acrylic painting. Don't miss out on this fantastic opportunity! Supplies included\*

**Register NOW!** 403-705-3233 or [Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)



Active Aging Spotlight

### Watercolor

**Fridays, July 25th – August 15<sup>th</sup> | 10 am -3 pm (4 sessions)**  
Member: \$155 | Non-Member: \$185  
Location: **Kerby Centre – Room 313**  
Instructor: Hamideh Khadem Sohi

Have you admired watercolor painting and now want to learn the skill yourself? This class could be perfect for you! \*The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

**Register NOW!** 403-705-3233 or [Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)



Active Aging Spotlight

### Flex Fusion Yoga

**Mondays, July 14th – July 28th | 11:30am – 12:30pm (3 sessions)**  
Member: \$20 | Non-Member: \$50  
Location: **Kerby Centre – Room 205**  
Instructor: Gina Komanac

You will learn kind and beneficial poses while increasing strength and balance, both physically and mentally. 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.

**Register NOW!** 403-705-3233 or [Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com)



Active Aging Spotlight

### Digital Skills Training

**Fridays, July 11th – Aug 29th (8 sessions)**  
11 am – 12:30 pm  
Member: \$100 | Non-Member: \$130  
Location: **Kerby Centre – Room 305**  
Instructor: Adrian Ray

Want to get more out of your smartphone or tablet? Our instructor can teach you how take and edit better photos, send messages with emojis and attachments, scan QR codes like a pro, navigate with Google Maps to explore your community and many more!

**Register NOW!** 403-705-3233 or [Program@UnisonAlberta.com](mailto: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!**  
**July 21-25, 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*

Join our weekly wellness series for insightful presentations and conversations.

### Meditation Monday\*

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

Join our weekly guided meditation!

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



Wellness Spotlight

### River Walk

*Tuesdays, 10 am – 11:00 am*  
*Cost \$2 | drop-in fee per person/session*

*A Mindful Riverwalk to the East of the Bow River and other parks.*

Come and enjoy the sights, sounds along the river, and visit other parks around downtown with our weekly walking groups. We incorporate educational activities, games, and breathing exercises as needed.

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



Wellness Spotlight

### Compass for Caregivers

*Thursdays, July 10, 17, 24, and 31, 2025*  
*1 pm – 2:30 pm*  
*Member: \$85 | Non-member: \$170*  
*Location: Wellness Center – Room 317*

Brought to you by the Unison’s Wellness Centre and Caregivers Alberta

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



Wellness Spotlight

### Indigenous Drum Circle

*Tuesdays, September 9, 16, and 23*  
*1 pm – 2:30 pm*  
*Charges Apply*  
*Instructor: Dorvina Pearline White Quills*  
*Location: Wellness Center – Room 317*

Join to learn about the Indigenous way of drumming. 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.

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



Wellness Spotlight

### Friend Fridays – Social Hour at the Wellness Centre

*2nd & 3rd Fridays of the Month*  
*1 pm – 2:30 pm*  
*Cost \$3 | drop-in fee per person/session*  
*Location: Wellness Center*

Looking for a relaxed space to chat and connect? Drop in for Friend Fridays! No registration, just a free hour for a good company. Everyone is welcome to come in, share a conversation, and enjoy friendly connections.

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



## Men's Shed – Important Update

Men's Shed will be taking a break for the summer and will start up again in the fall.

Looking forward to seeing everyone when sessions resume!

Want to give the gift of an experience and memories?

### Give the GIFT of MEMBERSHIP!

Take a FREE-for-members class TOGETHER **online** from anywhere in the world.

**Unison at Kerby memberships has perks!**

- Monthly newsletter emailed to you
- Copy of our newspaper mailed to you
- Discounts on select Unison events
- Discounts on programs, trips, and classes
- And more!

A photograph of a woman with short grey hair and glasses sitting at a desk, working on a laptop. She is wearing a white and grey striped shirt. The background is softly blurred, showing some indoor plants and lights.



# 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](http://unisonalberta.com/online-resources)

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

Online Class Spotlight

**FITNESS WITH DAN – Online Course – Summer – Z01**

*Aug 11 – Sept 1 (4 weeks)*  
*Mondays | 9:00 am – 10:00 am*  
*Members: \$26 | Non-Members: \$56*

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.

Instructor: Dan Leung  
Location: Online – Zoom



Online Class Spotlight

**Fitness over 50! – Online Course – Summer – Z05**

*Aug 5 – Aug 26 (4 weeks)*  
*Tuesdays | 9:30 am – 10:30 am*  
*Members: \$26 | Non-Members: \$56*

Join us for a combination of movement, strength, core and stretch class. You will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc. All levels welcome!

Instructor: Dave Goldenberg  
Location: Online – Zoom



Online Class Spotlight

**Muscle Strength & Core Balance – Online – Summer Z04**

*Aug 8 – Aug 29 (4 weeks)*  
*Fridays | 11:30 am – 12:30 am*  
*Members: \$26 | Non-Members: \$56*

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.

Instructor: Dan Leung  
Location: Online – Zoom



Online Class Spotlight

**Chair Dancing – Online Course – Summer – Z07**

*Aug 7 – Aug 28 (4 weeks)*  
*Thursdays | 1:00 pm – 2:00 pm*  
*Members: \$26 | Non-Members: \$56*

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! The smiles and laughter are all part of the strength training program.

Instructor: Dave Goldenberg  
Location: Online – Zoom



Online Presentations Spotlight

**Online Presentations:**

**Nutrition for Healthy Aging**  
Registered Dietitian Carol Holland from JM Nutrition shares expert tips on Nutrition for Healthy Aging  
**Wednesday, July 9th | 10:00 am**

**Creating Connections: Tools for Supporting the Hard of Hearing**  
Discover tools, programs & strategies to support those who are hard of hearing in this session with Deaf & Hear Alberta.  
**Tuesday, July 15th | 10:00 am**

**From Page to Heart: Storytelling with David**  
Discover the power of storytelling with David as he shares how stories connect, heal, and inspire from page to heart.  
**Monday, July 21st | 10:00 am**

**Unlocking Joy: An Introduction to Laughter Yoga**  
Explore the power of laughter in this information session about Laughter Yoga—boost your mood, reduce stress, and unlock the joy within!  
**Monday, July 28th | 1:00 pm**

**Staying Steady: Fall Prevention Strategies for Safe Living**  
Join Occupational Therapist Olivia Hanson for an informative and practical session focused on fall prevention for older adults living in the community.  
**Friday, November 7th | 1:00 pm**

**Online Programs Website**



**Unison50plus.unisonalberta.com/Online**

**Register for online classes via email:**  
**Program@unisonalberta.com**

**Register for online presentations via email:**  
**Saraha@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 or 403-462-5080**









### 4th Annual Unison Calgary Charity Classic Golf Tournament

Join us for a fun day on the green in support of Unison's programs for older adults.

Enjoy friendly competition, great company, raffle prizes, and more — all for a great cause!

**SAVE THE DATE:**  
**September 11th, 2025**

**Sirocco Golf Club**

Questions:  
Andres Gutierrez  
andresg@unisonalberta.com 587-441-3696








# Adopt


## Unison Elder Abuse Shelter Room

**Lead with Purpose—Adopt a Shelter Room and Transform Lives.**

*Your organization has the power to do more than give—you can create a safe haven where healing begins for seniors escaping abuse.*



**Trish Ehman**  
Registered Hearing Aid Practitioner  
& Owner



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