



Volunteers

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Closure Alert



All Unison locations will be closed on Friday April 3 for Easter



Unison unifies and welcomes all

Jose Guillen, Director of Development



During the week of April 19–25, 2026, we celebrate National Vol-

unteer Week, which this year is particularly special because it coincides with the United Nations' International Year of Volunteers for Sustainable Development, which aims to celebrate and elevate the role of volunteers in building stronger, more sustainable communities.

Volunteers make a difference at Unison. Our work this past year was made possible thanks to the hundreds of individuals who committed over

44,000 volunteer hours. Our heartfelt thank you to all of you. Your time and commitment to Unison is greatly appreciated.

I also recognize the generosity and commitment of our community donors. Each gift, no matter the size, represents a belief in our mission. Because of our donors' support, participants at Kerby Centre and Veiner Centre were able to access the programs, services, and opportunities that help

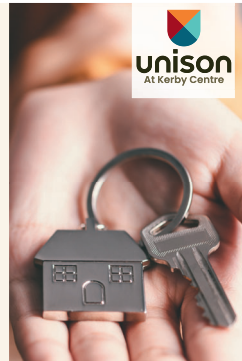
Housing Conversations

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

**2nd Tuesday of the month
10am - 11am | Kerby Café
FREE Drop-in**

Seniors Supports | 403-705-3246

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



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strengthen their well-being, dignity, and sense of belonging. Your generosity has had a direct and meaningful impact on the lives of those who rely on our organization.

We are deeply grateful for the trust that donors and volunteers place in our work. Your support not only sustains our programs today but also helps us build a stronger, more compassionate 50+ community for the future. We are pleased to recognize the contributions of our volunteers and donors every year in our Annual Report, available this month at unisonalberta.com. Thank you for your support and for standing with us. We are all making a difference.



EXPLORE • GROW • CONNECT

Saturday, April 25th, 2026 | 9am-3pm
Unison at Kerby Centre



FREE Admission & Parking

- Exhibitor Booths
- Giveaway Bags
- Educational Sessions
- Music



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President's Message: Volunteer appreciation

Did you know that for every person that works at Unison, we have about 6 volunteers? According to Statistics Canada, approximately 913,000 Albertans volunteered in 2023. Some recent reports say that fewer Canadians are volunteering or donating, but now, more than ever, we are

in need of our volunteers and our donors. We have been very fortunate, with a trend showing that the number of volunteers and the number of hours that they contribute has substantially grown over the last five years. To Unison, volunteers are the heart of the Centre – be that both in

Calgary and Medicine Hat. Without volunteers, many of our programs and services simply wouldn't run, from our free annual tax clinic, to our beautiful new Garden Studio. Volunteering with Unison offers a feeling of ownership, because a significant portion of volunteers are themselves seniors, reflecting the organization's community-led ethos.

The crown jewel of volunteering at the Veiner Centre is our Meals on Wheels program. Volunteers not only deliver meals made fresh daily, they also check-in and contribute significantly to the ability to age in place, and reduce isolation. In 2024, volunteers dedicated thousands of hours and delivered approximately 2,500 meals each month. We're expanding Meals on Wheels to Redcliff, all thanks to our volunteers. The Veiner Vintage Transportation Program is another successful volunteer-run effort, providing door-to-door rides for medical appointments and social activities. In one year, more than 20 volunteers delivered about 70 rides each month.

In Calgary, Unison works hard on reduc-

ing food insecurity, and thanks to a dedicated team of volunteers, we're able to offer a few key programs: grocery deliveries for seniors with limited resources and mobility challenges, Unison Market, food rescue initiatives, and Unison Gardens, where we grow our own food for seniors. Each initiative exists and thrives thanks to the help of those who see the value and importance of giving back.

Another core team that we can't live without is our incomparable Board of Directors. Our BOD provides expertise and guidance that translates to direction and strategic planning. A board may have once been comprised of a rag-tag team who gave up a few hours here and there, but now, Unison purposefully recruits members with experience, key skillsets, and passion for serving our community with the same vigor as we recruit paid staff members. Our BOD fastidiously works to maintain Unison's sustainability and best practices. You may not see them, but they are woven into our very fabric.

Unison's volunteers support our programs



Larry Mathieson, CEO and President

for the benefit of the whole community, and some of the programs you have come to love are thanks to their hard work. They help keep the organization running and accessible.

Volunteers don't just give their time — they give their compassion, their belief in the mission, and a piece of themselves. They show up not because they have to, but because they care. Their presence turns services into relationships, programs into community, and goals into real change.

In a world where so much has a price tag, volunteers remind us that generosity, kindness, and human connection are priceless.

APRIL 2026

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

Unison Board of Directors 2026

EXECUTIVE

Board Chair: Kenneth Lin
Past Chair: Richard Parker
Secretary: Jacquelyn Poetker
Treasurer: Janice Wilson
Director Emeritus: Hank Heerema
Directors: Michelle Berg, Gord Nott, Peter Molzan, Gail Lai, Marianne Rogerson, Rein Saar, Lohrasp Seify, Bart van Schaayk

Chief Executive Officer and President:
Larry Mathieson

Unison News

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For more information on Unison Alberta
Call 403-265-0661 or visit
www.unisonalberta.com

unison
For generations 50+

National Volunteer Appreciation Month

unison
At Kerby Centre

Donate your Car to Unison

We can turn your vehicle into valuable funds that will support vulnerable seniors. We accept any vehicle, in any condition, from across the country!

1-877-250-4904
info@donatecar.ca



February 25 to April 30, 2026
Strathcona Centre
Free Tax Clinic

Our Income tax volunteers are available to help you with your tax returns.

Appointment booking opens February 11

To schedule an appointment, call 403-529-8364

115 5 St SE, Medicine Hat, AB T1A 8C7

Eligibility:

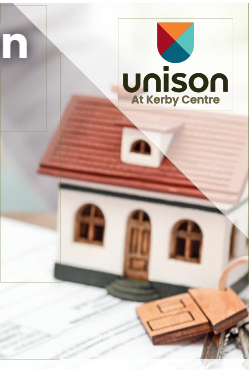
Income limit: \$40,000/year for single or \$55,000/year per couple.

Must be 50+ or an AISH client.

Clients can book an appointment or drop off their taxes to be completed.

Housing Application Assistance

Book an appointment now and receive assistance with housing applications with a Commissioner for Oaths available at your service!



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

Benefits and Pensions

We can assist you with applying for:

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

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

We will do your Income Tax for FREE



February 25 to May 1, 2026 (Monday - Friday)

Qualified Income tax volunteers are available to help you with your tax returns.

Income limit: \$40,000/year for single or \$60,000/year per couple.
Must be 55+ or an AISH client.

To schedule an appointment call 403-705-3246

Unison Kerby Centre, 1133-7 Avenue SW, Calgary, T2P 1B2

Please note: We do not prepare tax returns for self employment, business/rental income, capital gains/ losses/bankruptcy.



Community Volunteer Income Tax Program



United Way Calgary and Area



Food Banks Canada



Banques alimentaires Canada



momentum

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

Drop by between 9 am – 3 pm on:

April 14 & 28

May 12 & 26

June 9 & 23



Seniors Supports | 403-705-3246 | unisonalberta.com

Call us for guidance and support with Housing | Benefits & Pensions | Taxes

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

April 15 & 21 | 9 am – 3 pm

May 12 | 9 am – 12 pm

June 10 & 24 | 9 am – 12 pm



Seniors Supports | 403-705-3246 | UnisonAlberta.com

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

Support Unison and provide a hand up for seniors!

Designate Donation to: Calgary Medicine Hat

I would like to make a one-time donation: \$25 \$50 \$125 \$250 My choice: _____

I would like to become a **monthly** donor: \$15 \$25 \$50 \$100 My choice: _____

Payment Method: Cheque Visa MasterCard

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Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



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



Thank you for supporting seniors!

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.

In 2026, Unison plans to raise approximately \$2.0 million through fundraising activities, with projected costs of \$400,000. Funds raised will support programs improving the lives of seniors in need in our community. For more details, please contact Rob Locke at Robl@unisonalberta.com

Main Office: 1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR0001

G.W. Kerby had Loyalist roots

Linda McClelland U.E. and Suzanne Davidson U.E.

Reverend George William Kerby was the son of parents who probably had Loyalist ancestors and who farmed in Lambton County, Ontario. Rev. Kerby graduated from the University of Toronto and was ordained a Methodist minister in 1888. When he and his wife, Emily Spencer, accepted a request to move to Calgary in 1902, a colleague wrote, “Kerby’s gone to that God-forsaken place and will never be heard from again.”

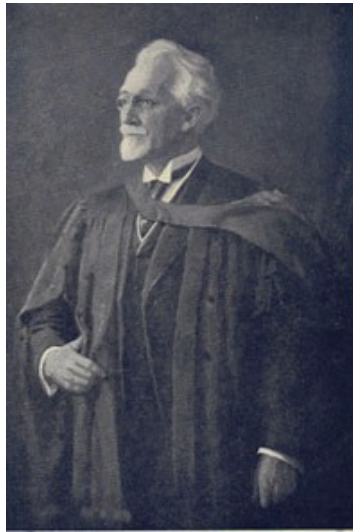
Kerby was minister at Central Methodist Church until 1910. He saw the building of the sandstone church, which opened in 1905. Hon. R. B. Bennett helped choose the plot of land. The church cornerstone was laid by Mrs. James Loughheed (Isabella Hardisty) on behalf of her uncle, Lord Strathcona. Today, this is the Central United Church located at 131-7th Avenue S.W.

Rev. Dr. Kerby was the founding Principal of Mount Royal College (now known as Mount Royal University), which opened in 1911 at the corner of 7th Avenue and 11 Street S.W. and where he continued as Principal for 31 years. Initially, the College provided higher education for rural students to finish high

school, until 1931, when it was expanded. The Kerby Memorial Building and Dr. G. D. Stanley Gym opened in 1949 and was expanded again in 1961. MRC moved to the Lincoln Park campus in 1972. A Seniors’ organization now called Unison at Kerby Centre started using the empty building in 1973.

In 1928, Rev. Dr. George Kerby and Mrs. Kerby were listed as present at the first meeting of the Calgary Branch of the United Empire Loyalist Association of Canada (UELAC). He became the First Vice-President in the original slate of officers. One of their commitments was to preserve Loyalist history. The Calgary Branch of the UELAC continues today with Suzanne Davidson as its President, Frank Clifford as Secretary, and William Simpson as Treasurer. Anyone who thinks they have a Loyalist ancestor and would like help researching proof for a Loyalist Certificate might consider joining the Branch. Anyone interested in Canadian history is welcomed at meetings and can get more information from uelac.org/calgary.

The Calgary Branch’s next meeting is on Sunday, April 19, at The Alberta Family History Society’s meeting room at 8500 Macleod Trail SE (Heritage Square) suite 2515. Doors



will open at noon, with the meeting completed by 3:00 pm. Food is brought in at the cost of about \$15.00. If you are interested in attending, please contact William Simpson at william.simpson@live.ca

Rev. Dr. Bruce Miller, a university lecturer and MLA (2004-08) will be speaking on The Journey of a Loyalist from Captivity to Settlement.



Evening Tax Clinic

Thursdays

March 19 to April 16, 2026
4 PM – 7 PM

Qualified Income tax volunteers are available to help fill in tax returns for **seniors 55+ and AISH clients.**

Income limit: \$40,000/year for single or \$60,000/year per couple.

This FREE service will put \$ back in your pocket!

Call 403-705-3246 to schedule your appointment
1133-7 Avenue SW, Calgary, T2P 1B2



Leave a Legacy

Unison at Kerby Centre's work is possible thanks to the kindness of people like you who remember us with a gift in their will – a gift that will help create a better future for seniors.

Make an impact.
Leave a legacy.

Contact Rob Locke
RobL@UnisonAlberta.com
403-705-3235

NAVIGATING HOUSING DECISIONS FOR SENIORS FREE WORKSHOP

A friendly conversation to help you explore options with confidence

Deciding whether to sell your home, downsize, or move into a seniors’ residence can be overwhelming. Join us for a supportive conversation to explore housing options and get your questions answered.

What You’ll Learn:

An overview of selling your home, downsizing considerations, affordable senior housing, available supports, and Q&A. Ideal for seniors and families seeking clarity and direction.

- Thursday, April 23rd
- 10:00 am – 12 pm
- Unison at Kerby Centre
- Games Room – Kerby Cafe
- Drinks & Treats Provided

Space is limited. RSVP to secure your spot.
Andresg@UnisonAlberta.com or 587-441-3696



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Michael Leung, CEO
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A friendly guide for using Zoom

Ron Gilmore

We all remember the challenging days of the COVID-19 lockdown. No visitors, no events, no dinners out, no travel, and not even a hair appointment. During this time, a remarkable technology called Zoom became widely popular. While many people embraced it, some seniors found it a bit intimidating. Yet Zoom became an essential tool for staying connected when in-person meetings weren't possible. Zoom is a simple software that lets you have face-to-face meetings online. You can see and hear others on your computer, tablet, or smartphone. Sometimes there are many people in a meeting, but often it's just two, like you and your grandchild. And the best part? You can connect from anywhere with internet access. Free! To use Zoom, someone creates a meeting on the Zoom website (zoom.us) and invites others to join. At the scheduled time, everyone logs in, and the meeting starts. Free meetings last up to 40 minutes, which is plenty of time to catch up. You'll need a device with a camera and microphone, which is equipped on most computers, tablets, or smartphones. You also need an email address. Using your email, you can create a free Zoom account by providing your name and email address. For your first try, it might help to have a grandchild nearby to assist. After that, you'll be able to manage on your own.

How to Sign Up: Go to zoom.us Click "Sign Up for Free" Enter your email address Check your email for a verification code and enter it on the website. Enter your name and create a password. Write your password down somewhere safe. Choose the Free Basic Plan, which allows meetings of up to 40 minutes. Longer periods require a paid subscription.

Setting Up Your First Meeting: Log in at zoom.us using your email and the password you wrote down somewhere safe. Click on the "Schedule" option. Enter the meeting's subject, date, time, and the email address of the person you want to invite. Ignore the other

options for now. Click "Save" to schedule your meeting.

Enjoying Your First Meeting: Before the meeting, let your participants know the time and date. They'll also need a free Zoom account. When it's time:

- Log in to Zoom and select "Host" to start your meeting.
- When your participant logs in and clicks "Join," you'll get a notification. Sometimes it's a pop-up, so make sure you allow Zoom to have pop-ups, as some firewalls block them. Click to let them in.
- Make sure your video is on and you're not muted. These controls are at the bottom left of your screen. Enjoy your chat!

Tips for Beginners: There are many helpful YouTube videos on how to use Zoom. Just search for "Beginner Zoom." Remember, with just two people, faces appear large on the screen. With more people, faces get smaller.

A few etiquette tips:

- You can turn off your camera or mute yourself if needed.
- You can record meetings to watch later. Technology is a great way to keep a family connected, but it's also a wonderful way to connect with your community. The Alberta Family Histories Society (AFHS) offers a rich array of research resources, engaging speakers, and a welcoming community for anyone passionate about genealogy and discovering their unique family story. Our Zoom meetings make it easy to join presentations from the comfort of your home, ensuring everyone

can participate regardless of location. To learn more, visit <https://afhs.ab.ca/> or stop by our resource centre at Suite 251S, 8500 Macleod Trail SE, Heritage Square building. Our vol-

unteers will be glad to help you get set up to use Zoom. We invite you to join us and explore your family history with a supportive community by your side. Give it a try! Technology

can truly help keep connections intact or help you start a new journey!



THANK YOU, VOLUNTEERS!

April 19 - 25, 2026
National Volunteer Week

Our volunteers are the heart of our Unison Community.

KERBY CAFE



**Open Monday - Friday
9 am - 2 pm**

Happy hour
Wednesdays | 11 am - 2 pm
beer & wine specials
& Calgary's best wings!

Dance with the Kerby Sensations every Wednesday
Always free, always fun



Piano serenades by Diana every Thursday

April 2026

Weekly Specials (\$14)

April 6 - 10
Easter ham dinner (ham, gravy, mashed potatoes, steamed vegetables)
Soup: Creamy roasted carrot

April 13 - 17
Teriyaki Chicken, grilled pineapple, rice & stir fried vegetables
Soup: Pork miso

April 20 - 24
Shepherd's pie, gravy & toast
Soup: Cream of mushroom

April 27 - May 7
Meat lasagna with garlic toast
Soup: Roasted tomato

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Healthy soil means healthy gardens

Deborah Maier, Calgary Horticultural Society

The Calgary Horticultural Society shares a lot of information about water-wise plant choices for Calgary, but for those plants to thrive, except for a few pioneer type plants—the ones that are the first to grow in the toughest conditions—they need to be planted in healthy soil.

Healthy soil is teeming with life. It is an ecosystem. The microorganisms interact with the roots of plants, and plants use these connections to engage with the soil environment. Research shows that mycorrhizal networks, the root-like fibers of fungi, are important to the well-being of plants, especially trees. This network of fibers in forests has been named the “Wood Wide Web” as it provides a flow of information, water, and nutrients through the soil and between plants.

Healthy soil, like your compost pile, contains an assortment of fungi, bacteria, and protozoa. Soil is also home to critters in the animal kingdom,



Earthworm. Photo: Deborah Maier

such as insects, earthworms, grubs, and burrowing animals. Did you know that most bumble bees live underground?

Healthy soil also has organic matter and air spaces, meaning it is not compacted and will have good drainage for melting snow and rainwater and will reduce runoff.

So, what can we do to build the health of our soil?

In the spring, it is important to “keep off the grass.” In other words, walk only on the pathways in your yard. Walking elsewhere can cause compac-

tion. The footfalls on the newly thawed soil collapses the air pockets created by the melted ice crystals.

Top dress with compost. Compost adds nutrients, microbes, and organic matter. This is especially important if your soil is very high in clay or sand. Low organic matter in a clayey soil means rainwater cannot infiltrate the ground. Low organic matter in a sandy soil means that water quickly passes through and is not held in reserve for plants.

Use an organic mulch on garden beds and around trees and shrubs. Soil moisture is needed to sustain microorganisms, as well as plant life. Organic mulch will break down with time, aided by these organisms, helping to build healthy soil. Woody mulches also help cultivate garden fungi as many need decaying wood to flourish.

Delay spring cleanup. Many traditional gardeners, especially those who like formal gardens, like to have a tidy yard. Let the soil warm up a bit before clearing it of the detritus of the previous gardening season. Soil microbes that break down organic matter thrive with a bit of warmth and will be able to aid the decay of the plant material and, in turn, enhance the soil. Don't be too quick to remove this food source.

Aerate your lawn, allow the aeration plugs to remain, and top dress with compost. The plugs will be quickly absorbed back into the soil, especially if it rains, and the topdressing-filled aeration holes adds organic matter to the soil.

Don't dig and turn



Orchids + pot \$38

Easter Lilies \$20

Gerbera + pot \$15

African Violets \$6

Easter has arrived at the Garden Studio

Find your next treasure on the 2nd floor in Unison at Kerby Centre

Open
Monday - Friday
10 am - 3 pm
Room 214



Ground beetle. Photo: Deborah Maier

over the soil before planting. This practice exposes the soil organisms to sunlight and drying air that can kill them. Disturb the soil only where you are placing seeds or new plants.

Make your own compost. This is the best compost for your yard as it will be created with material and organisms from your environment.

If you purchased a home in a new community and your yard is not landscaped, put your garden budget into a nice layer of topsoil, 20 to 30 cm deep. This is the foundation for your future garden dreams. Ideally, it would be a true

loam or a compost blend and not clayey soil that will need years of amendments.

In the fall, especially with the warmer trends we've experienced, let the plants be. Late freeze ups mean the soil's biota will remain active, converting the organic matter into elements that build soil health.

For more information about gardening in Calgary and to learn about the YardSmart program, join us at our upcoming Gardeners' Market on April 25. Please visit calhort.org for event information and more!



Annual General Meeting

Notice of Unison Society 2026 AGM

Wednesday April 22, 2026 | 10am - 11am



Agenda

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> 1. Land Acknowledgement & Chair welcome 2. Call to Order and Declaration of Quorum 3. Approval of the Agenda 4. Chair's Address 5. President & CEO's Address 6. Approval of the Unison 2025 AGM Minutes 7. Approval of the Unison 2025 Annual Report 8. Highlights & Acceptance of the Financial Report Year ending 2025 | <ol style="list-style-type: none"> 9. Appointment of Auditors, InFocus LLP, for 2026 10. Appointment of new board directors and re-appointment of existing Board members 11. Questions from members & any other business. 12. Close followed by light refreshments and the opportunity to meet Unison Board Members |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

DETAILS TO JOIN US IN-PERSON

- RSVP to helloyyc@unisonalberta.com by April 10th, 2026
- Arrive in person at Unison at Kerby Centre (1133 - 7th Avenue SW, Calgary)

DETAILS TO JOIN US ONLINE

- Scan the QR Code to register and join us online (viewing only)



A Unison at Kerby Centre membership is required to vote. Voting at the AGM will take place in-person only. Online access is for viewing only.

Bruno's travels to Italy, and an Olympic bid

Ada Muser

Mayor Jeromy Farkas has said that a future Calgary Olympic bid is "not out of the question" if it offers a strong, fiscally responsible business case to renew aging infrastructure. Although he strongly opposed the 2026 bid, he now acknowledges the potential for a "strong business case" that benefits the city long-term, particularly for sport training and urban legacy. - Calgary Herald

* * * * *

The Italian peninsula resembles a knee-high boot with the cuff folded over, as the 17th-century french Musketeers wore. Italians call it simply "Lo Stivale," one of the nicknames for the country. Italy's major cities — Milano, Verona, Rome, Venice, Bologna, Florence, Perugia and Naples, plus many smaller but fabulous medieval towns, are located in the north. It is the storied part of Italy, jam-packed with superb art and classical architecture. It is where the Renaissance began. However, after visiting several times, Bruno felt he was missing something, perhaps the soul of contemporary Italy.

A note in the travel guide caught his attention: "To see an unspoiled 19th-century Italy, you must travel south from Naples on the proverbial Boot, until you reach its 'ankle' (Basilicata province); the 'spur' is Gargano Peninsula, and further yet to the 'heel' (Puglia province). The 'foot' and the 'toe' of the boot are in Calabria." Great tourist attractions in the South are the cities Matera and Alberobello, but even those are too far from the main Italian tourist areas in the north for the tour buses to go to, and therefore are not too crowded. Italy is very narrow in the south, only about 45

kilometres from coast to coast, with the Apennine Mountains in between. The larger coastal towns are busier and a little more modern than the villages in the hinterland. The biggest town in the area is Reggio di Calabria, from which a ferry leaves for Messina in Sicily. The Strait of Messina is so narrow that in clear air, one can see the volcano Etna in Sicily with the naked eye. Scilla, 23 kilometres up the coast north of Reggio, is considered one of the oldest settlements in the region. It has ancient, mythical origins tied to the period after the destruction of Troy, often associated with Homer's Odyssey and the legend of the sea monster Scylla.

Today, Scilla is a typical fishing town with a fort above and a lovely beach. Other small fishing towns on the coast are Tropea, Palmi, and Nicotera. Many are in places where there is a hill on which there would be the ubiquitous fortifications, now falling into disrepair. Their defensive purpose was lost when modern heavy guns were invented. But they add to the towns' picturesqueness.

On the east coast, the big commercial ports are Bari and Brindisi. Lecce, on the heel of the Italian Boot, is reputed to be the only Italian city with baroque architecture, and the fortified Taranto in the Boot's instep is also worth visiting. Bruno expected that the unspoiled, laid-back, 19th-century Italy would be inland, and it was. Just a few kilometres were all it took. He stayed in the foot of the Italian Boot, not far from the Strait of Messina, in an inconspicuous little town called Galatro.

Time stands still in this place of no observable commerce, other than a few olive groves on the steep slopes above it, each tree surrounded by netting to col-

lect the fruit when ripe. Citizens play cards every afternoon in the corner store kitty-corner from the church on the only town square. After each day trip, Bruno stopped there for a beer. One of the players was the town policeman, who also owned the store. The minute Bruno entered, the owner-cum-police officer opened the beer for him, pulled in an extra chair, and invited him to join. But Bruno did not know the game, other than that it was played with a deck of regular cards. So he limited himself to drinking his beer and taking in the ambiance. Occasionally, a customer came in, picked up whatever he or she needed, and left the money on the counter.



Card players in Galatro Photo: Ada Muser

There was no worry about shoplifting — after all, the owner was the law. Hills behind Galatro are frozen in time, probably never visited by tourists. No matter where one turns, there is solitude.

During the weeklong stay, Bruno alternated between visiting the quaint little coastal towns and the largely deserted mountains with just a few tiny settlements in the centre. Once, close to the end of a fairly long day's drive that was supposed to be a loop starting on the shores of the Tyrrhenian Sea in the west, crossing over the mountain pass to the Ionian Sea in the east and back, Bruno noticed a billboard

on the side of the road containing two ominous words — Strada chiusa. That was not good, because it means "the road is closed." The rest of the text was incomprehensible to him, but the long narrative with names of towns that weren't on his map worried him. Was it an instruction on how to bypass the section that was chiusa? Was the road really closed? But in Italy, the abnormal is often normal, so he didn't turn back. Besides, he could not figure out the detour, and going back to Galatro the way he came would have been quite a bit longer than finishing the loop despite the potential difficulties.

Soon, there was an enormous mesa in front

da is chiusa?" It seemed the officer only understood the words strada, chiusa, and Gioia Tauro. "Not chiusa," but he indicated by the international sign of rotating the hand that the road was in a dismal shape.

"Can I get through, though?" Bruno gesticulated. "Of course," the officer replied with a shrug of his shoulders, but he clearly felt sorry for the car. That resolved, Bruno asked if he could park somewhere close to visit the Duomo. Its official grand name was Basilica e Concattedrale di Santa Maria Assunta. Italians just love elaborate names! Frankly, from the outside, it did not look too interesting. It did not even have a bell tower, but as a diversion from getting a fine for driving in a pedestrian zone, it was convenient. "No, not here in the middle of the square," indicated the good man, and he directed Bruno to the parking for the disabled. He assured him that he would look after it. One must love these Calabrese policemen!

The Duomo was worth the stop. The Fiat survived the rest of the journey, although it was a bit hairy at times. The road was totally deserted, probably thanks to the Strada chiusa sign down on the coast. The only traffic on it was either sheep or goats, always under the close supervision of dogs — no humans anywhere in sight. There was nothing else. It was the 19th-century Italy Bruno had hoped to see.

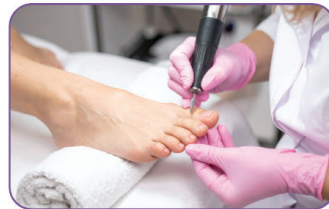
* * * * *

Up on the top of the Calabrian hills, above Giffone, on a narrow, no-name country road, the Carabinieri had a checkstop. Two smartly dressed officers were attracted to Bruno's brand-new Fiat 500L, probably because it was not yet all beat-up, or maybe it was just the first car they saw that day. The Carabinieri spoke no English, and he did not speak Italian. They wanted to see "documenti," so Bruno gave them his Alberta driving licence and the Europcar rental contract. Luckily, they did not ask for a passport, which he kept locked up in his suitcase in the B&B. A torrent of Italian followed, presumably asking what he was doing there. Bruno repeated the word "vacation" several times and indicated "driving" and "around." The senior officer kept writing in his dossier so long and so much that he must have been copying even the fine print from the back of Bruno's driving licence. When done, he asked: "Calgary? Canada? Olympics?" After Bruno nodded three times, he was free to go. It is good to hold those games from time to time, after all!



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The heart of our community

Vineeta Kapoor

Volunteer Week is our annual reminder that the most powerful force behind our mission isn't a program, a building, or a budget—it's people. It's the individuals who choose to show up, again and again, with open hands and open hearts. Their generosity is the quiet engine that keeps our community moving forward.

Every volunteer has a story. Some joined us because they wanted to give back. Others were seeking connection, purpose, or a way to make a meaningful difference close to home. Whatever brought them through our doors, each person has helped shape the compassionate, resilient community we are proud to serve.

Over the years, volunteers have stepped into an incredible range of roles. They have helped fill out applications, prepared taxes, welcomed visitors at reception, delivered groceries, supported our food markets, and offered their time at the woodshop and Wise Owl Boutique. They have contributed to the Wellness Centre, served as café cashiers, prepared food behind the scenes, assisted at the travel desk, and nurtured creativity in our garden studios. These are just a few examples of the countless ways volunteers have strengthened our work.

What stands out most is not only the variety of tasks, but the spirit behind them. Volunteers bring patience to complicated forms, kindness to busy reception areas, and dignity to every interaction. They bring creativity to our woodshop, warmth to our café, and reliability to our essential services. Their presence turns ordinary moments into meaningful ones.

And woven through all of this are the stories that remind us why volunteerism matters. There is the volunteer who supports our food markets with steady dedication, serving clients from diverse backgrounds with empathy and respect.

There is the older adult who found renewed purpose through helping at our programs, discovering that their lifetime of experience and compassion continues to make a meaningful difference. The retiree who says volunteering has given them renewed purpose. These stories—and so many others—are the heartbeat of our organization.

This week, we celebrate you. We celebrate your time, your compas-

sion, your willingness to show up for others. Your actions ripple outward in ways you may never fully see, but their impact is felt every day.

Thank you for being the heart of our mission and for proving that meaningful change begins with people who care.



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Puzzle Page • Solutions → p 21



Across

- 1. Sleight of hand
- 6. Film trivia site
- 10. ___ golf
- 14. Best Picture Oscar winner starring Mikey Madison
- 15. Nurture
- 16. Machu Picchu builder
- 17. Played on TV again
- 18. Years, in Latin
- 19. Aussie greeting
- 20. Road trip activity with yes or no answers
- 23. Fashion designer Anna
- 24. Low-carb diet
- 25. Bona fide
- 29. On a cruise ship, maybe
- 31. Glamping options, for short
- 34. Uno's predecessor
- 36. Butter unit
- 37. Sainly ring of light
- 38. "Hamilton" actress Phillipa

- 39. The Big Easy, for short
- 40. Mother of 41-Down
- 41. Hasbro product with yellow and red checkers
- 45. Lair
- 46. Like some limited-release films
- 47. Hoot and ___
- 48. Bed size
- 50. Buddy
- 51. "You must consider the odds," and what can be said about 20-, 34-, or 41-Across?
- 59. ___ scale: measure of mineral hardness
- 60. Beat handily
- 61. Language of Sri Lanka
- 62. Item on a stage manager's checklist
- 63. Ilk
- 64. Pizzeria appliances
- 65. Participates in a bee
- 66. Tense and irritable
- 67. Gossipy person

Down

- 1. Bodega
- 2. From the top
- 3. 1990s vice president
- 4. Tehran's country
- 5. "Who knows"
- 6. Baghdad citizen
- 7. Array of course offerings?
- 8. Great ___: big dog
- 9. Staple of Texas barbecue
- 10. Finger or toe
- 11. Splashy hotel amenity?
- 12. Read a barcode
- 13. Tropical islets
- 21. Christmas season
- 22. Brews enjoyed with scones
- 25. Felt a workout
- 26. Hunger for
- 27. Amateur production
- 28. "The Residence" star Aduba
- 29. Torment
- 30. "If the ___ fits ... "

- 32. Regard highly
- 33. Ringo of the Beatles
- 35. "This ___ about you"
- 39. Gp. that sets a zebra among the Lions?
- 41. Genesis brother
- 42. Surgical asst.
- 43. Blacken, as a steak
- 44. "Anna Karenina" novelist
- 49. Builders of papery nests
- 50. Like one who holds grudges
- 51. Rascals
- 52. Ripped
- 53. Word before ring or swing
- 54. Town
- 55. Donated
- 56. Blessing ender
- 57. Julep herb
- 58. Disney princess with icy powers

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For generations 50+

Happy Earth Day

April 22

Let's care for the place we call home.
Every choice counts.



What fraud prevention means for investors

Alberta Securities Commission

It often starts in a way that feels harmless. A quick message from a “friend.” A direct message that looks professional and familiar. A post from what looks like a legitimate firm. The opportunity sounds safe, and the returns seem steady, but then the pressure starts, and there is a sense of urgency to act now or miss out.

That’s how many investment scams work: not by targeting careless people, but by building trust and confidence first, then applying pressure before there’s time to stop and verify what’s real.

Investment fraud remains one of the most financially damaging forms of fraud in Canada. Losses can be large, and the recovery is most often impossible. For many Albertans, the impact goes beyond money, affecting trust, confidence, and long-term financial security.

The Alberta Securities Commission (ASC) works closely with partners across the province, including the Alberta Community Crime Prevention Association (ACCPA), to support a coordinated and consistent approach to fraud education. While our partners address crime

prevention broadly, the ASC’s role is focused on protecting Albertans from investment-related scams, from misleading crypto opportunities to high-pressure sales tactics to increasingly sophisticated online impersonations.

Advances in artificial intelligence are making scams more convincing than ever. Fraudsters can now use tools such as voice cloning, deepfake videos, and AI-generated messages to impersonate trusted individuals or credible organizations.

In the investment world, this may look like:

- A voice message that sounds like someone you know, encouraging you to invest

- Videos appearing to show endorsements from public figures or company executives

- Emails or texts that look professional, polished, and legitimate

These tools are designed to create confidence and familiarity before investors have a chance to question what they’re seeing or hearing. When something feels unusually convincing, it’s important to pause and independently verify the source.

Investment scams often follow predictable patterns, while the plat-

forms and tactics may change and look more convincing than ever, the red flags stay the same:

- Pressure to act quickly before an opportunity disappears

- Promises of guaranteed or unusually high returns

- Attempts to build false trust. Claims that an investment is safe or has little to no risk

- Encouragement to keep the investment secret or avoid seeking advice

- Limited documentation or explanations that are vague or overly complex

Fraudsters rely on reassurance to lower skepticism, trust to maintain engagement, and urgency to prevent investors from taking time to verify information. These same tactics also show up after someone has already lost money, which is where recovery room scams come in. In these situations, scammers contact individuals who were previously defrauded and claim they can help recover the lost funds, for a fee. The outreach often feels official, sympathetic, or urgent, mirroring the same red flags: secrecy, pressure, and promises that can’t be verified.

It’s important to remember that no legitimate regulator or government agency charges a fee to help you, and most often it is not possible to recover the funds. If you’ve already experienced a loss, be especially cautious of unsolicited offers of recovery assistance, particularly those requesting upfront payment or personal information.

Online platforms have become a common channel for investment fraud, particularly when opportuni-

ties are promoted through social media, messaging apps, or online communities. This can include:

- Crypto hype and “can’t-miss” token opportunities

- Online pump-and-dump schemes coordinated through groups or forums

- Messaging-app communities claiming access to “exclusive” trading insights

- Fake accounts impersonating real advisors, firms, or regulators

These scams often rely on social proof, the impression that others are already investing or profiting. Repeated posts, testimonials, or screenshots can create a false sense of legitimacy. If an investment opportunity is being promoted primarily through social media posts, direct messages, or private group chats, investors should treat this as a warning sign and take extra steps to verify all the information independently.

A mass-marketing investment scam is a type of fraud where scammers use tools like email, social media ads, phone calls, messaging apps, or fake websites to contact large numbers of people at once. Their goal is to get someone to invest in an opportunity that is fake or misleading.

These scams often rely on attractive promises, such as high returns, little or no risk, or access to special or insider information. Scammers send out many messages and wait for someone to respond, click a link, or start a conversation. Relationship scams, including romance scams, are deeply personal and emotionally harmful. Increasingly, they also lead to investment fraud. After building trust over time, a fraudster may introduce

an “investment opportunity,” often involving cryptocurrency or online trading platforms they claim to use themselves. These opportunities may be described as safe, profitable, or exclusive. Once money is transferred, the scammer and, often, the platform disappear.

Any time a new or online relationship starts discussing money or investing, it’s important to pause and talk to someone you trust before taking action.

Legitimate investments do not require secrecy or emotional pressure.

Small, practical steps can make a meaningful difference.

- Pressure to act quickly is a common feature of fraud. Legitimate opportunities allow time for review and verification.

- All legitimate investments involve some level of risk. Claims of guaranteed or low-risk returns should raise concern.

- Verify information using independent sources, not just what the seller provides.

- Confirm whether the individual or firm is authorized to sell investments in Alberta.

- Avoid unsolicited offers: Especially those received through social media, text messages, or messaging apps.

- Report concerns: If something feels suspicious, contact the ASC.

Use the free tools at CheckFirst.ca to check registration, spot warning signs, and learn more before you invest. If an investment opportunity seems suspicious or doesn’t feel right, please report it through CheckFirst.ca or contact the ASC through its Inquiries line.



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Tammy Poole

Volunteers turn compassion into action. To be a volunteer is to choose service. It means giving your time, energy, and heart without expecting anything in return. A volunteer steps forward when there is a need, offers support when someone is struggling, and helps build something bigger than themselves. National Volunteer Week runs April 19 – 25, and we want to thank all our volunteers at the Unison Veiner and Strathcona centres. What you do never goes unrecognized.

Being a volunteer isn't about having extra time - it's about making time and caring enough to show up. Our volun-

teers listen, organize, mentor, drive, lead, plan, and encourage.

What makes our volunteers so special is not just what they do, but how they do it. We see them giving generously, leading quietly, and caring deeply. Their smiles greet

you when you walk through our doors, and they are the steady hand behind the scenes. They ask, "how can I help?" and bring patience, kindness, and commitment into every task.

Unison's volunteers create connection and strengthen community.

They make people feel seen, valued, supported and safe. Their impact is everywhere, from the success of Unison's programs, the comfort of those receiving support, and the sense of belonging that grows when people come together. Their dedication inspires others

and sets an example of generosity and leadership.

To be a volunteer is to embody the spirit of community. And our volunteers are truly extraordinary because they give from the heart. Their time is a gift, their effort is invaluable, and their impact is lasting.



April's birthstone is the diamond

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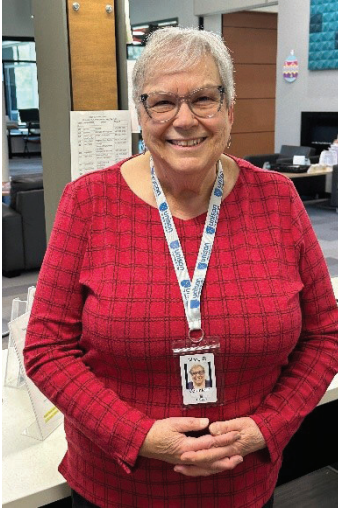
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Volunteer Spotlight

Unison Veiner Centre Marg Roen



This April, we're delighted to point a spotlight on Marg Roen, who has been a friendly presence at the Unison Veiner Centre's front desk for over 17 years.

Marg truly enjoys visiting with our members and welcoming new faces. To Marg, the reception desk feels like being at the heart of the building — you get to see and be part of everything happening. Her warm personality and cheerful laugh make the front desk a favorite stop for everyone who passes by. Marg spent 16 years living abroad and traveling the world. These days, Marg enjoys reading, gardening, needlework, and scrapbooking, and she treasures her time as a grandma. Marg, you are truly appreciated for all that you do at the Unison Veiner Centre. Your kindness, laughter, and dedication make our community brighter every day!

Unison Kerby Centre Peter Ripley and Brenda Ballantyne



Peter has been helping seniors file their taxes and access benefits with Unison's Tax Clinic for more than ten years. After retiring, he was looking for a meaningful way to stay active and give back to the community. Volunteering as a tax preparer quickly became a rewarding way to do just that.

Peter says one of the things he enjoys most is Unison's supportive and welcoming environment. "The clients are always very appreciative," he shared. "Everyone is friendly and supportive, and the volunteers work

really well together." He also appreciates the strong organization of the program, including the training and teamwork that help the clinic run smoothly. Through his experience, he has also gained a deeper awareness of the challenges many seniors face.

Peter's involvement has also inspired his wife, Brenda, to join the team. Seven years ago, she began volunteering as a tax receptionist after seeing the impact the Tax Clinic was having.

Brenda has been volunteering since she was

thirteen and continues to give back even in retirement. She is also an active member at Unison, regularly attending activities and classes.

For Brenda, the most rewarding part of volunteering is appreciation. "Most people are very appreciative and say thank you," she said. She believes strongly in supporting the community and helping those who need it.

Peter and Brenda have become valued members of the Tax Clinic team. Their dedication helps ensure that seniors in Calgary receive the support they need each tax season.

Thank you, Peter and Brenda, for your many years of dedication and for the meaningful dif-

ference you continue to make in our community.

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Unison Market Support

Wednesdays, 12:15 pm - 3:45 pm

Welcome clients at Unison's seniors' food bank, schedule appointments, and make a difference for seniors living with food insecurity.

Office Support

Tuesdays, 10 am - 3 pm

Support Thrive clients by taking grocery orders, assisting with surveys, and helping with general office tasks

Food Bank Admin Support

Wed/Thurs 12 pm - 3:30 pm
Fri 9:30 am - 1 pm

Help with food bank intakes, appointments, and office support.

Grocery Delivery

Flexible shifts

Shop & deliver groceries to seniors who can't get out on their own. Must have a car, valid license, and a friendly attitude.

Newspaper Processing Support

Last Friday of each month, 10:30 am - 12:30 pm

Help process Unison News for delivery in a fun social environment. Volunteers stick address labels to newspapers and bundle them for delivery. **Urgently seeking a driver to deliver processed newspapers to Canada Post.** Snacks provided.

Food Preparation

Thursdays, 9 am - 12 pm

Help prep & organize food for Unison's seniors' food bank. Receive donations & prep for distribution.

Travel Facilitator

Shifts during Mon - Fri, 10 am - 3 pm

Travel without leaving your seat! Help plan, promote, and book trips with Unison Travel.

Reception Support

Wednesdays, 8 am - 12 pm

Welcome clients to Seniors Supports, help with forms, and assist with scheduling & appointments.

Maintenance Support

Flexible shifts

Help keep Unison tidy and organized so our programs can run smoothly.

Creating safe spaces with journaling

Pallavi Goyal

We all carry countless unspoken stories, filled with emotions we long to share. Yet we struggle to find the words to express what we feel. Sharing your thoughts along with your emotions can bring mental and emotional clarity. It helps you focus on what truly matters and, most importantly, becomes a meaningful milestone on your journey toward personal growth.

Let's explore how you can begin. The old classic pen-and-paper method of journaling has changed over time. We all carry smartphones, and there are plenty of great apps that make journaling more convenient than ever. You can write

anytime, anywhere, with complete ease. That said, if you prefer a more authentic and personal experience, writing by hand works just as beautifully. Choose the method that feels most comfortable and natural to you.

Choosing a purpose when you write can bring clarity about what you hope to achieve in the long run. For some, journaling may simply mean jotting down the day's highlights. For others, it can be a space to release unprocessed or traumatic emotions. Journaling can also be used as a tool for personal growth, helping you track your progress, stay honest with yourself, and reflect on your journey.

How often you should write, and when, depends

on a few things. Consistency matters, especially when you're working toward a goal, trying to change habits, or tracking a change over time. In these cases, writing regularly can make all the difference. But journaling isn't only about discipline. Write when you feel like it's time to release a long-held thought, or when your emotions feel tangled together and you want to gently loosen them. Let your journal be the place where your thoughts can breathe. Journaling is deeply personal, and it works best when you make it your own. The real magic happens when it feels natural. And yes, a little willpower is often needed. Writing down your thoughts

can be uncomfortable, because we don't always find it easy to face something that's easier to avoid. Still, that very discomfort is often where the meaningful growth occurs.

When you start, focus on staying motivated, especially when thoughts like "Does this really make a difference?" or "Is writing enough?" creep in. Writing down your thoughts can significantly reduce stress and anxiety. When you understand yourself more deeply, your confidence grows. Your written words can become souvenirs - something to revisit, reflect on, and feel genuinely proud of.

Your journal is a safe space. You are in charge here; it's all within your control. When processing tough emotions, you might not find the right words, or feel hesitant to write at all. That's okay. It's part of the journey. The key is to trust the process and keep going. Take a deep breath, and sit with your thoughts. There's no pressure for it to be perfect. Even a few words can be a powerful start, and it's okay to step away. Sometimes, allowing yourself space to breathe and return with fresh eyes is an important part of writing. Give yourself credit for making the brave choice to confront and release what's weighing you down. You've already taken the hardest step.

Journaling can be like a loyal, understanding friend who's always there to listen, provide comfort and a sense of connection. And here's the thing: there's a unique kind of freedom in having a space to freely express yourself in private. Give journaling a chance. It might just be the comforting companion you've been looking for.

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 **Tuesday, April 7th**

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Unison's Elder Abuse Resource Line (EARL) is here to help.

Call **403-705-3250** for information about elder abuse, resources, or if you need a safe place to stay.

unisonalberta.com



On March 18, 2026, Unison welcomed the Honourable Wayne Long, Secretary of State (Canada Revenue Agency and Financial Institutions) (back row, third from left), during his Canada-wide tour of community-led tax clinics. Secretary Long toured our free annual tax clinic and remarked that Unison operates one of the most comprehensive tax clinics he has encountered across the country. We are honoured by his visit and recognition. Photo: Mel Lefebvre, Communications Manager



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Grief support matters

News Canada

Grief is a natural response to loss and can begin long before a death. When a serious illness is diagnosed, progresses or requires treatments, grief may appear in response to the loss of health, independence or

a future once imagined. These experiences can be intense and can affect someone's emotional, psychological and physical well-being. Responses such as sadness, anger, fatigue, confusion or loss of appetite may come and

go. Each person's experience of grief is unique. **Living with serious illness and experiences of loss.** People living with serious illness may find their relationships shifting and their roles within family, chosen family, workplace or social circles changing.

These adjustments are a natural part of living with serious illness and can bring up both emotional and physical responses.

Grief for those who care for and support others. Grief also affects those who care for someone living

with serious illness. Supporting someone through illness, treatment or decline can trigger grief throughout the caregiving journey as well as after a death.

Grief support and palliative care. Palliative care supports people living with serious illness and those who care for them from the time of diagnosis, through the course of illness and after a death. It focuses on quality of life, emotional well-being and grief support alongside other treatments. Care teams and community leaders can connect individuals to local or online support resources, including community groups, counsellors or cultural supports.

Grief doesn't follow a fixed timeline. Its intensity can change over time, often appearing at unexpected moments. Recognizing grief as part of serious illness and caregiving helps people access support, adjust to losses and care for themselves and for others.

Palliative care that addresses grief and supports quality of life can make a real difference for people living with serious illness and those who care for them. You can learn more at canada.ca/palliative-care.



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**🕒 Saturday | April 25th
9am - 3pm**

**📍 Unison at Kerby Centre
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For more information visit UnisonAlberta.com/seniors-expo-2026

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Hi Calgary, we're not a big chain, we're your neighbours. Ears To You Calgary is locally owned and community focused, bringing expert hearing care right to your doorstep. Our mobile clinic offers free at-home hearing tests, personalized fittings, and state-of-the-art hearing technology to match your needs and budget. We're here to make hearing care more accessible than ever, with competitive pricing and professional aftercare included. Whether you're exploring hearing aids for the first time or looking for an upgrade, our trusted hearing professionals are here to help so you can stay connected to the people and sounds you love most. See you at home.



Silvera for Seniors

Silvera for Seniors is a non-profit provider of safe, affordable and well-priced housing and services to independent older adults. In addition to independent living, we also offer supportive living, which means daily dining, weekly housekeeping and life, learning and leisure programs. Located in all quadrants of Calgary, we offer non-market rental housing (where rent is geared to income), below-market rental housing (where rent is fixed at a percentage below the average market rates) and competitive mid-market housing (where rent is established through an assessment of comparable value propositions). Silvera provides a home for 2,330 seniors in 36 locations with 400 employees. Silvera's dedicated employees work with our volunteers, donors and partners to help older adults live their best lives.



Chartwell Residences

Live your retirement years to the fullest at Chartwell. Your retirement years are an opportunity to embrace new experiences and spend your time exactly as you wish—and at Chartwell, we're here to help you make the most of them. Imagine savouring delicious, chef-prepared meals made fresh daily. Discover a new hobby or rekindle an old one through our fitness classes, art workshops, exciting outings, and more. And most importantly, enjoy peace of mind, knowing that housekeeping, transportation services, and flexible options are always available from staff you come to know and trust. Book a tour and explore our choice of six Calgary retirement homes today! 1-855-461-0685

Golden Sponsor



Inspiration Denture

Inspiration Denture and Implant Solutions is a Calgary-based, patient-focused Denture clinic dedicated to creating confident smiles through care, quality, and innovation. Led by denturist Hannah Sung—an experienced Registered Dental Technologist and Denturist—the clinic combines technical precision with compassionate, personalized service. With over 25 years of experience in the dental field, Inspiration Denture Clinic offers complete and partial dentures, implant-supported solutions, relines, repairs, and mouthguards. The team is committed to high-quality materials, advanced techniques, and ongoing education to ensure optimal comfort, function, and aesthetics. Serving the local community, they take pride in delivering handcrafted denture solutions tailored to each patient's unique needs.

Volunteer Sponsor



Caregivers Alberta

Caregivers Alberta is the province's only registered charity dedicated exclusively to supporting unpaid family and friend caregivers. Founded in 2001 by a group of concerned caregivers, Caregivers Alberta works to strengthen caregiver well-being through resources, one-on-one coaching, education, and practical programs for those caring for family members, loved ones, or friends. Across Alberta, more than one million people provide unpaid care. Who is caring for the caregivers? At Caregivers Alberta, our role is to care for and champion unpaid family and friend caregivers so their role remains sustainable for as long as they are needed.

Partner Sponsors



Calgary Heritage Housing

Calgary Heritage Housing operates 14 quality government subsidized seniors housing properties with 991 senior self-contained units. Our seniors enjoy an independent lifestyle.

Subsidized housing should not feel like a compromise. Budget-minded seniors deserve to feel proud of where they live. We regularly ask ourselves whether we'd want our own parents to live in one of the buildings we manage. We would, and that's how we know we're doing things right.

Our tenants must be capable of living independently (among other requirements), but we know that even the most fiercely independent among us can use a little assistance every now and then. To this end, we have tenant support workers on staff to help connect our seniors with available resources and supports in the community at large. In helping to support the senior's quality of life, we hope to preserve their independence longer – which proves beneficial to everyone.

You can find out more about us online at calgaryheritagehousing.ca or call 403-286-7402.



Heart To Home Meals

Heart to Home Meals was established out of the belief that life should get easier for people as they age. To make this belief a reality, Heart to Home Meals has created a menu featuring more than 200 delicious meals, soups, and desserts, prepared with the nutritional needs of seniors in mind. The food is delivered frozen for free right to the homes of seniors by friendly delivery staff. Heart to Home Meals proudly serves communities across Ontario, Alberta, Nova Scotia, Manitoba, and British Columbia.

Friend Sponsors



YYC Home Care Services

YYC Home Care Services provides compassionate, professional in-home support tailored to the unique needs of seniors and families across Alberta. Their services include personal care assistance, companionship, respite care, and help with daily activities such as bathing, dressing, mobility, housekeeping, and nutritious meal preparation. They also offer medical support through health monitoring, and medication reminders, delivered by trained, certified caregivers. Transportation and community engagement assistance help clients maintain independence and connection. YYC Home Care Services is an approved provider for AHS Client Directed Home Care and the Veterans Independence Program, ensuring accessible, high-quality care.



Better Business Bureau

Since 1912, the Better Business Bureau (BBB) has been dedicated to fostering a culture of honesty and fairness in business transactions. In a marketplace flooded with choices, BBB is a go-to resource for making better, more informed purchasing decisions.

With more than 5,000 Accredited Businesses across Alberta, BBB represents trust and accountability in the local marketplace.

BBB is proud to collaborate with Unison at Kerby Centre, sharing consumer news and fraud prevention strategies that are especially relevant to older adults. BBB's Manager for the Community Education and Outreach, Odeta Doroftei, can be reached at the Calgary office to learn more about how BBB can help.



Calgary Emergency Management Agency (CEMA)

The Calgary Emergency Management Agency (CEMA) is responsible for planning and coordinating response to major emergencies in Calgary. The agency consists of more than 54 member organizations, including city services, non-governmental organizations, businesses, community partners, emergency services, and other levels of government. The work of the agency ensures that all Calgarians and visitors to our city are safe. This includes educating and raising awareness of disaster risks in Calgary to prepare the community and increase resilience.



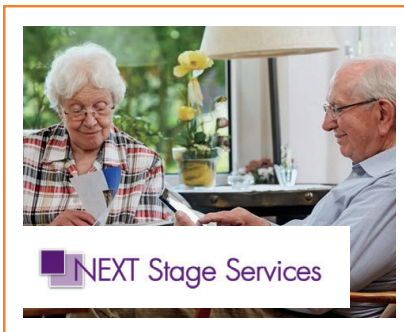
Compass Rose Care

Compass Rose Care is Calgary's premier private home care provider, helping individuals remain safe, independent, and comfortable at home. Registered Nurses develop adaptable care plans, while certified Health Care Aides deliver personal care, dementia and life-limiting illness support, companionship, outings, housekeeping, post-hospital care, and respite. Private nursing care is available for complex medical situations. Compass Rose Care is also launching The Bridge, an affordable adult day program for adults living with dementia, life-limiting illness, and chronic conditions. Led by a Recreation Therapist with RN oversight, The Bridge offers daytime engagement, health monitoring, medication assistance, and caregiver support. A place to bring your loved one each week and breathe. No referral required. Spaces available now.



Costco East Hills

Costco Hearing Aid East Hills provide affordable, high-quality hearing care services to members, offering free hearing tests, professional consultations, and ongoing support for individuals experiencing hearing loss. Our centres carry leading brands such as Philips, Jabra, Rexton, and Sennheiser, featuring advanced rechargeable hearing aids and customizable options to fit a range of needs and lifestyles. Services include hearing aid cleaning, check-ups, programming adjustments, and access to assistive listening accessories. With trained specialists, transparent pricing, and inclusive follow-up care, Costco provides a convenient and trusted solution for improving hearing health and long-term communication comfort.



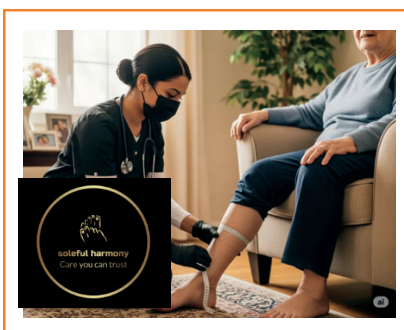
Next Stage Services

NEXT Stage Services provides compassionate support for seniors and families navigating life transitions. Whether downsizing, decluttering, moving into supportive living, or managing an estate after a loved one's passing, our team ensures a smooth, respectful process. We offer a free consultation to understand your needs and create a customized plan. Our services include packing, hiring and supervising movers, setting up your new home, selling or donating unwanted items, and environmentally responsible disposal. For estate transitions, we carefully sort valuables, arrange shipping or donations, and clear all spaces, including garages and sheds, to prepare the home for sale or rent. We handle every detail with professionalism and care, ensuring your move or estate transition is stress-free and completed on time.



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Tiara Falica is a Calgary-based mortgage advisor with over 15 years of experience helping homeowners make confident, informed financial decisions. She specializes in home equity and retirement lending solutions for clients aged 55+, working with HomeEquity Bank to offer the CHIP Reverse Mortgage. Tiara helps seniors unlock the equity in their homes to support retirement while continuing to live comfortably. Known for her clear, approachable guidance, Tiara helps clients understand their options and choose solutions aligned with their goals. She also supports home purchases, renewals, and refinancing strategies. As both a licensed mortgage advisor and real estate professional, she brings a well-rounded perspective and personalized insight to every client conversation and long-term planning.



Soleful Harmony

Soleful Harmony provides professional mobile foot care in Calgary and surrounding areas—delivered by a Licensed Practical Nurse (LPN). Soleful Harmony offers gentle, evidence-based care for seniors and anyone living with diabetes, circulation concerns, fungal nails, ingrown nails, mobility challenges, or circulation issues. Services include lower-limb assessment, nail and skin care, callus/corn care, foot health education, and support with compression socks. Treatments are designed to help clients stay comfortable, safe, and confident on their feet. Every visit is focused on comfort, dignity, and hospital-grade infection control. Soleful Harmony follows AHS-approved reprocessing standards and is BBB accredited for added trust and peace of mind. Care is provided in your home, hospital, or senior facility for convenience. Direct billing is available with Seniors BlueCross.



Your Senior's Concierge

Your Senior's Concierge is the go-to for move management, packing, downsizing, decluttering, estate clearing, and home organization - ensuring every detail is handled with care. They also assist with household tasks, coordinating cleaners, handymen, deliveries, and technology help, offering trusted support for day-to-day needs.

Their mission? Assist clients to replace overwhelm due to limited mobility, digital hurdles and isolation with an increased sense of well-being, independence and trusted connection.



MNP LTD

MNP Debt is one of Canada's leading providers of debt relief, insolvency, and financial recovery solutions. Backed by MNP's decades-long history of supporting individuals and businesses since 1945, MNP Debt offers consumer proposals, bankruptcy services, credit counselling, and personalized financial assessments delivered by Licensed Insolvency Trustees across Canada. With a compassionate, solutions-focused approach, the firm helps Canadians regain control of their finances and move toward long-term stability. Operating in key urban and rural centres nationwide, MNP Debt combines local insight with deep professional expertise to provide practical, trustworthy guidance for overcoming financial challenges.



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- **GIVEAWAYS!** Come by and check out our great giveaways!

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Ancient diamonds are time capsules

Oumar Salifour, University of Alberta Folio

A University of Alberta study of “superdeep” diamonds reveals new knowledge about the formation of Earth’s ancient supercontinent Gondwana — offering scientists a glimpse into the evolution of deep plate tectonics.

The research, led by former Banting postdoctoral scholar Suzette Timmerman, maps the rise of rocks containing superdeep diamonds within the

Earth’s mantle — the largest solid layer between the core and crust — to the base of Gondwana by examining tiny radioactive particles found in the diamonds to date the formation of the precious stones.

The age of the studied superdeep diamonds at the base of Gondwana between 650 million and 450 million years ago provides researchers with previously unknown information about when such diamonds form and their subsequent

history of rising and sticking to the continental root.

“Diamonds are one of the most fascinating research materials because diamonds are chemically inert,” says Timmerman. “There is basically no exchange between the surroundings and what is inside the diamonds.”

“They are perfect time capsules.” Superdeep diamonds come from depths of up to 700 kilometres or more in the Earth and are the best resource to under-

stand the deep plate tectonic cycle. Deep plate tectonic cycles control several processes on the modern Earth, such as the carbon cycle and the rate of carbon sequestering into the mantle. “Superdeep diamonds give you unique information about the Earth at depths that are simply unobtainable any other way,” says study co-author Graham Pearson, professor in the Department of Earth & Atmospheric Sciences. Ninety million years ago,

the diamonds were brought to Earth’s surface in violent volcanic eruptions. The location of these eruptions are on continental fragments of Brazil and Western Africa, two key components of Gondwana and superdeep diamond sources. Scientists can infer that the diamonds must have migrated together with different parts of the ancient supercontinent as it dispersed to form our current continental landmasses.

Timmerman says there are still a lot of unknowns when it comes to deep plate tectonic cycles because it is so difficult to get samples from Earth’s mantle.

The inclusions, or impurities, observed in the superdeep diamonds are quite rare and difficult to find, Timmerman explains, with teams spending weeks looking at the diamonds under microscopes. “That’s why we worked with such a big team to ask other researchers if they had any of such inclusions, to put them all together to be able to do this study,” Timmerman explains.

Chemical inclusions in superdeep diamonds are also microscopic, requiring analytical techniques and tools available at the U of A’s Arctic Resources Geochemistry Laboratory.

“Even minute amounts of material can give us really important information,” says Timmerman.

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14	A	N	O	R	A	15	R	E	A	R	16	I	N	C	A			
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**NEW!
Kerby Café Menu**

Step into Kerby Café and savour the flavours of our tasty menu!

Whether you're craving a hearty breakfast or a delicious lunch, we have something to delight every taste bud and fit every budget!



Monday – Friday: 8am – 2pm
Wednesday: 8am – 3pm

Medicine Hat Veiner Activities

What's Happening in April

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
Canasta South MP 12:30pm	Ukulele Group North MP 10am	Canasta Lessons Dining Room 10am	Canasta South MP 12:30pm	Kaiser Club Dining Room 1pm
Euchre North MP 1pm	Duplicate Bridge North MP 12:45pm	Drop in Coffee Dining Room 9am	Euchre North MP 1pm	Duplicate Bridge North MP 12:45pm
Shuffleboard Games Room 1pm	Crib South MP 1pm & 6:30pm	Veiner Centre Choir 10am	Shuffleboard Games Room 1pm	Mexican Train
	Bridge North MP 6pm	Duplicate Bridge South MP 12:30pm	BINGO Boardroom 2pm	Dominoes South MP 1pm
	Board Games Dining Room 6:30pm	Hearts Dining Room 1pm	Duplicate Bridge North MP 6pm	Stitch & Laugh Boardroom 1pm
		Scrabble North MP 1pm	Trump Whist South MP 6pm	
		Pinochle North MP 1pm	Board Games Dining Room 6:30pm	
		Bridge Lessons South MP 3:30pm		

Active Aging Spotlight

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

Community Kitchen with Unison & Root Cellar

April 3 – 24

1pm – 3pm | Root Cellar

Intake with Hope Required 587-770-1420

Card Makers

April 7

1pm – 4pm | Registration Required | bring your own supplies

Pet Therapy with Tajma

April 7

12pm – 2pm

Counselling Services with Ben Feere

April 9

9am–12pm | Registration Required

The Art Rescuers – Upcycle Painting Group

April 11

2pm – 4pm | Registration Required | Bring Your Own Supplies

Alzheimer Society Care Partner Support Group

April 14

1:30pm – 3pm | Craft Room

Register with Kristel (403) 528-2700

Dementia Support Group

April 16

9:30am–12pm | Boardroom | To Register: 403-528-2700

Bridges Grandparents Group

April 21 | 10:30am – 12pm | Boardroom

Register by calling Kayla 403-526-7473

First Link Connections

April 21

1pm – 3pm | Boardroom | Register by calling 403-528-2700

Diamond Art Group

April 28

1pm – 4pm | Boardroom | Registration Required

Medicine Hat Veiner Activities

What's Happening in April

To register online, please visit: veinercentre.wildapricot.org

Wellness Wednesdays

Open to members and non-members

Movie Matinee with popcorn "Calendar Girls"

April 1
Craft Room | 2:00pm - 4:00pm

After the death of a friend's husband, a group of spirited middle-aged women from a Yorkshire Women's Institute decide to raise money for charity in an unexpected way — by creating an unconventional calendar. What begins as a small local fundraiser blossoms into a worldwide sensation, strengthening their friendship and proving it's never too late to do something bold.

Tech Support

April 1
11am - 1pm | Boardroom | Registration Required

Tech Support

April 8
12pm - 2pm | Boardroom | Registration Required

Wellbeing Workshop with MHFS: "Communication Skills Part 1"

April 8
Boardroom | 2:15pm - 3:30pm | Registration Required

Ever feel like you are not being heard or understood? These sessions will offer practical communication tools that can help you to better express yourself clearly while strengthening your relationships. Our first session will focus on how to be a good listener and the importance of body language to our conversations.

FREE Hearing Health check with Ear Wax Removal with Hear Canada

April 15
Boardroom | 9am - 11:30am | Registration Required

Rock Painting with Kat

April 15
Craft Room | 2:15pm - 4pm | Registration Required

Wellbeing Workshop with MHFS: "Communication Skills Part 2"

April 22
Boardroom | 2:15pm - 3:30pm | Registration Required

Join us for Part 2 to learn to express your needs, feelings, and boundaries clearly and confidently. This session explores assertive communication and offers practical tools to improve relationships, reduce conflict, and support your well-being.

Upcoming Event Spotlight

First Link® Connection Presentation by Alzheimer Society

Wednesday, April 8
10:30am - 12pm | Boardroom | Registration Required
Learn about dementia, how it impacts the brain, and how to recognize changes in yourself or family members.

Paintergirl Paint Night

Thursday, April 9 | 5pm
Member: \$35 | Non-Member: \$40

Barn Dance

Saturday, April 11
7:00-10:00 pm | \$10/Ticket (Cash Only)

High Tea

Saturday, April 18
7:00-10:30 pm | \$10/Ticket (Cash Only) | Cash Bar

Bistro Comfort Classics

Wednesday, April 1st

Meatloaf, mashed potatoes, & tossed salad
Dessert : Black forest cake

4pm - 8pm | \$15 per meal | Take away available
Open to Everyone!

Bistro Signature Supper

Greek Inspired

Wednesday, April 15
Greek style boneless ribs, greek salad, & lemon roasted potatoes

Dessert: Baklava walnut pastry strudel
4pm - 8pm | \$15 per meal | Take away available
Open to Everyone!

Evening & Weekend Activities at Strathcona

All Level Fitness

Mar 3 - Apr 23 | Tuesdays & Thursdays | 4:15pm - 5:00pm
Members: \$112 | Non-Member: \$160

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

Tai Chi Classes

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

Yang Short Form

7:00pm - 8:00pm & 7:00 - 7:30pm | Mondays & Tuesdays
Apr 7 - Jun 23 | Members: Free | Non-Members: \$80

Yang Long Form

8:00pm - 9:00pm | Mondays
Apr 13 - Jun 22 | Members: Free | Non-Members: \$80

Chen Style Short Form

7:30pm - 8:15pm | Tuesdays
Apr 7 - Jun 23 | Members: Free | Non-Members: \$80

Fan Form

8:15pm - 9:00pm | Tuesdays
Apr 7 - Jun 23 | Members: Free | Non-Members: \$80

Weapons Form

7:00pm - 9:00pm | Wednesdays
Apr 8 - Jun 24 | Members: Free | Non-Members: \$80

Fitness Orientation

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

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

Table Tennis - Single Play Only

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

Pickleball - Open Session

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

Medicine Hat Strathcona Activities

What's Happening in April

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

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

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

Apr 6 – Jun 22 | Mondays | 9am–9:45am | FREE

Ready to step it up? This class adds a bit more challenge with new moves and slightly faster routines—perfect for dancers comfortable with the basics and eager to grow their skills.

Chair Yoga & More

Mar 2 – Apr 27 | Mondays

12pm – 12:45pm | No class Feb 16

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

This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

Fun & Fitness

Feb 24 – Apr 2 | Tuesdays & Thursdays

9am – 9:55am

Members: \$60 | Non-Member: \$84

This class is for all fitness levels. Get moving in an energetic class that incorporates aerobics, weights, and plenty of fun.

Chair Dance Class

Mar 3 – Apr 28 | Tuesdays

11:45am – 12:30pm

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

Chair dancing offers aerobic exercise, improving coordination, muscle tone, and flexibility while enjoying uplifting music from the comfort of your chair. It's a fun way to get fit!

Absolute Beginner Line Dancing

Apr 8 – Jun 24 | Wednesdays | 8:30am – 9am | FREE

New to line dancing? This class is the perfect place to start! Learn basic steps and simple routines at a relaxed pace—no experience (or partner) needed. Come for the moves, stay for the fun!

Beginner Line Dancing

Apr 8 – Jun 24 | Wednesdays | 9am – 9:45am | FREE

Keep the fun going! Practice the steps you've just learned or join in if you already know the basics. A great way to build confidence and enjoy dancing with others.

Qigong & Chair Yoga

Mar 4 – Apr 29 | Wednesdays | 12pm – 12:45pm

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

This class will have elements of Qigong (pronounced chee gong), Chair Yoga, and Meditation all rolled into one.

Chair Yoga & More

Mar 5 – Apr 30 | Thursdays

1pm – 1:45pm

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

This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

Yin Yoga

March 6 – May 1 | Fridays | 12pm – 1pm | No Class Apr 3 (Good Friday)

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

Yin Yoga targets deep connective tissues to improve flexibility, support joints, and maintain mobility through gentle movements and postures held for up to 4 minutes. Suitable for all levels.

Kindly remember to bring a yoga mat for all yoga classes.

NO CLASSES FOR CHAIR YOGA, CHAIR DANCE, AND QIGONG & CHAIR YOGA FROM MARCH 30 – April 10

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

To register online, please visit: veinercentre.wildapricot.org

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>ELL – English Beginner (\$4) Room 305 9:30am – 11:30am</p> <p>Meditation Monday (\$3) Wellness Connection Centre 10am – 10:45pm</p> <p>Mahjong (\$3) Room 312 10:30am – 12:30pm</p> <p>Live Well, Be Well (\$3) Wellness Connection Centre 11am – 12pm</p>	<p>Outdoor River Walk (\$2) Room 307 10am – 11am</p> <p>Recorder Group (\$3) Room 108 10am – 12pm</p> <p>ELS Conversation Group (\$4) Room 305 10am – 11:30am</p> <p>Ukrainian Group – English as a Second Language (\$4) Room 313 1:30pm – 3:30pm</p>	<p>General Craft Group & Knitting (FREE) Room 311 9am – 12pm</p> <p>Beyond Basics English Club (\$4) Room 313 9:30am – 11:45am <i>Registration required</i> \$48 for 12 weeks OR \$4.00 for Drop-In</p> <p>Caregiver’s Support Group (FREE) Last Wednesday – Room 317 1pm – 2pm</p> <p>Cribbage (\$3) Room 312 1pm – 3:30pm</p>	<p>Artists Group Room 108 9am – 3pm (\$2 per half day)</p>	<p>Spanish Conversation (\$3) Room 311 10am – 12pm</p> <p>Krazy Karvers Woodcarving (\$2) Room 102 10am – 3pm</p> <p>Men’s Coffee & Conversation (\$4) 3rd Friday 10:30am – 12pm</p> <p>Tech Help (\$5 per half hour) 10:30am – 12:30pm</p> <p>Friend Fridays (\$3) 2nd & 3rd Friday 1pm – 2:30pm</p> <p>Badminton & Ping-Pong (\$4) Gym 2:30pm – 4pm</p>

Unison Travel Spotlight

Jubilations - Day Trip

Tuesday, May 12, 2026 | 9:30 am - 2:30 pm
Fee: Members: \$75 | Non-Member: \$105
Cut-off date: Tuesday, April 7, 2026

Jubilations Presents: GOLDEN GIRLS VEGAS VACATION
 Includes Lunch and play
 Travel by LRT or meet at the Theatre

If using LRT from Kerby, walk 600m to Jubilations. Please advise if meeting at Jubilations. Trip is suitable for persons with reduced mobility, if meeting at Jubilations.
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



Active Aging Spotlight

Chair Yoga

Wednesdays, April 8 - June 24
1:15 am - 2:15 am
 Member: \$69 | Non-Member: \$104
 Location: **Room 205 - Kerby Centre**
 Instructor: Gina Komanac

Improve your range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options are provided for all levels.

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



Active Aging Spotlight

Woodworking Class: Kitchen Knife Holder

Mondays, April 13 - May 4 | 10 am - 12 pm
 Member: \$60 | Non-Member: \$95
 Location: **Woodshop - Kerby Centre**
 Volunteer-led program

Join our hands-on Woodworking Class designed for seniors who want to learn a new skill in a fun and supportive setting. Participants will create a beautiful kitchen knife holder from scratch. No experience needed.

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



Active Aging Spotlight

FitMinds

Mondays, April 20 - June 15
9:30 am - 11:00 am
 Member: \$20 | Non-Member: \$55
 Location: **Room 205 - Kerby Centre**
 Instructor: Neha Kaur

FitMinds is a comprehensive cognitive health program designed to stimulate the mind through engaging and meaningful interaction. Each 90-minute session consists of: 30 Minutes of Engaging, lecture-style learning and 60 Minutes of Interactive activities.

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



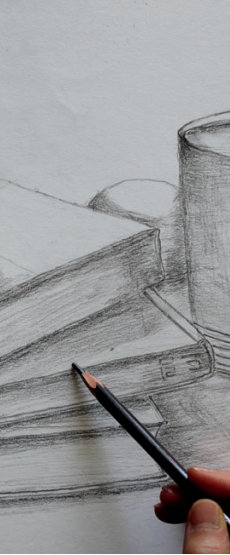
Active Aging Spotlight

Beginner Drawing

Mondays, April 20 - June 1 | 1 pm - 3 pm
 Member: \$99 | Non-Member: \$134
 Location: **Room 313 - Kerby Centre**
 Instructor: Hamideh Khadem Sohi

Have you always been interested in drawing but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! Become the artist you've always dreamed you could be!
Supplies NOT included.

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



Unison for Generations 50+ Calgary In-Person Activities

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

Wise Owl Boutique

Half Price Sale on RED tag items!
April 20th - 24th, 2026

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Meditation Monday

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

Join our weekly guided meditation!

Live Well, Be Well

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

Step into a space for personal growth and thoughtful conversation.

Or join both activities for \$5!



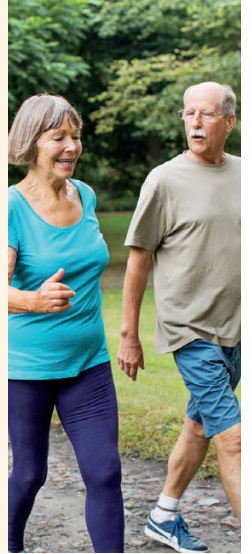
Wellness Spotlight

Outdoor River Walk

Every Tuesday starting from April 7, - November 24, 2026, if weather permits
10:00 am - 11:00 pm
Meeting spot: Wellness Center, Room 317
Fee: \$2

Outdoor River Walk will be back for the spring and summer! Enjoy the sights and sounds along the Bow River and visit other parks around downtown with our weekly walking group. We incorporate educational activities, games, and breathing exercises during the walks.

Register Now! 403-705-3233
program@unisonalberta.com



Wellness Spotlight

Sound Bath Therapy

Fridays, April 29, May 6, 13, and 25, 2026
10:30 am - 12:00 pm
Member: \$60 | Non-member: \$120
Location: Wellness Centre, Room 317

Sound bath therapy 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. *Brought to you by Healing Sound Bath Inc.*

Register Now!
403-705-3233/ program@unisonalberta.com



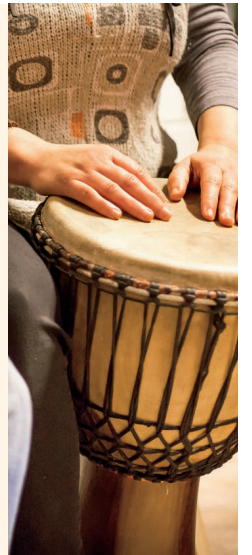
Wellness Spotlight

Indigenous Drumming and Storytelling

Tuesdays, May 12, 19, and 26, 2026
1:00 pm - 2:30 pm
Member: \$60 | Non-member: \$120
Location: Wellness Centre, Room 317

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

Self-Therapeutic Touch

Thursdays, April 9, 16, 23, and 30, 2026
10:30 am - 12:30 pm
Member: \$15 | Non-member: \$30
Location: Wellness Centre, Room 317

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. It supports the body's ability to heal itself.

Register Now! 403-705-3233
program@unisonalberta.com



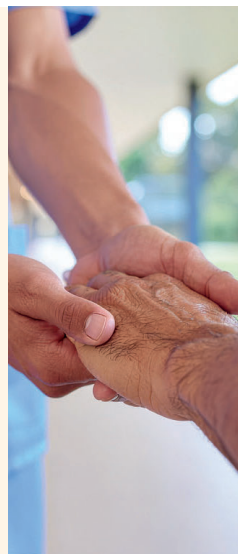
Wellness Spotlight

Caregiver's Support Group

Every last Wednesday of the Month
1:00 pm - 2:00 pm
Location: Wellness Centre, Room 317

Are you a Caregiver to a loved one? Unison's Wellness Centre and Caregivers Alberta in collaboration are here to empower caregivers and help their well-being by providing a supportive group where you can connect with other caregivers. This is a drop-in program, where you can have open conversations about the ups and downs of caregiving.

This is a place of great resource and support for you and your families.



Want to give the gift of an experience and memories?

Want to do it for \$35?
Give the GIFT of MEMBERSHIP!

Access free online presentations for members, from anywhere in the world.

Unison at Kerby memberships has perks!

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



Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at program@unisonalberta.com or call **403-705-3233**. 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

Fitness Over 50! - Online - Spring Z02

April 7 – June 23 (12 Weeks)
Tuesdays | 9:30 am – 10:30 am
Members: \$69 | Non-Members: \$104

Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. You will incorporate hand weights and other items that you will have around the home.

Instructor: Dave
Location: Online – Zoom



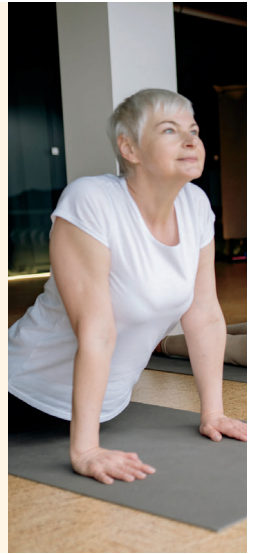
Online Class Spotlight

Gentle Soulful Yoga - Online - Spring Z04

April 10 – June 26 (12 Weeks)
Fridays | 3:15 pm – 4:15 pm
Members: \$69 | Non-Members: \$104

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

Fitness with Dan - Online - Spring Z01

April 13 – July 6 (12 Weeks)
Mondays | 9:00 am – 10:00 am
Members: \$69 | Non-Members: \$104

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
Location: Online – Zoom



Online Class Spotlight

Chair Dancing - Online - Spring Z03

April 9 – June 25 (12 Weeks)
Thursdays | 1:00 pm – 2:00 pm
Members: \$69 | Non-Members: \$104

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

Instructor: Dave
Location: Online – Zoom



Online Presentations Spotlight

Online Presentations:

Living Well Through Palliative Care: A Community Learning Series

Presented by: Lisa Shirt

Join us for the third session of our live, interactive four-part online series where we'll explore important aspects of palliative care together. These sessions are designed to be interactive and engaging.

Tuesday, April 7th | 1:00 pm



Inspire & Write: Creative Writing Webinar Series

Presented by: David, Mary, Martin, Christina

We are pleased to welcome back our creative writing participants for this ongoing webinar series, where our guest hosts will guide discussions on storytelling, reflection, and personal expression—supporting creativity for writers of all levels.

Thursday, April 16th | 10:00 am



Advance Care Planning: The Information You Need Now

Presented by: Paul Morck

Planning ahead ensures you receive the medical treatment and end-of-life care that reflects your wishes. This interactive online workshop guides you through the essentials of Advance Care Planning, helping you make informed decisions today so your future care aligns with your values.

Tuesday, March 21st | 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:
sarahc@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 **403-705-3233**

Understanding & Managing Peripheral Neuropathy: Strategies for Daily Life

Presented by: Linda Petoit & Sylvia Donely

Join the Calgary Neuropathy Association's Linda Petiot and Sylvia Donley as we discuss what it is like living with peripheral neuropathy and what options are available to you for your own self-management. We'll talk about common medications, supplements, how the mind-body connection can turn down the volume on neuropathic pain, and other topics.

Thursday, April 30th | 1:00 pm





YYC Home Care Services

PARAMEDIC-LED HOME CARE SERVICES

Our Services

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



CLIENT DIRECTED HOME CARE INVOICING PROGRAM (CDHCI)

YYC Home Care can directly bill AHS for your Approved services through the Alberta Blue Cross portal without any extra cost to you.

+1 825-760-0983

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www.yychomecareservices.ca



Contact us today to schedule a free consultation!

