



# Friendship

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## Closure Alert



All Unison locations will be closed on February 16<sup>th</sup> for Family Day



# Editor's corner: Friendship is a life skill

Mel Lefebvre, Editor-in-Chief

Being a collector is a great way to add stability and whimsy to your life. I have plenty of oddball collections at home. I love finding weird-looking animal tchotchkes in thrift stores, much to my husband's chagrin. I have a cow-shaped cookie jar. The cow's head is too small for its body. I love it. I have a curious looking bird that's probably a pottery experiment gone wrong, but, I find it funny so it has earned a place atop my bookshelves. Then there's my prized collection - my oddball, creative, passionate, intelligent, and endearing treasure trove of friends.

I am very fortunate to have a solid group of people I call friends. My oldest friend, from elementary school in Montreal, lives just 10 minutes from me in Calgary. I'm grateful we kept in touch. We were continuously told we looked like sisters. She is the slowest eater I've ever met and I adore her. I have a smattering of friends from high school, and we tell each other all of our most outlandish "inside voice" thoughts. Nothing

is off-limits and it has actually been therapeutic as we grow older together. From my college years are some of my most tender friendships, brimming with gratitude that we found each other. These are the friends I tend to plan big projects with - like combining my photography with the other's poetry. We're still working on it! Having met in our 20s, we share similar arcs of awkwardness and have stories that will bust our sides with laughter. My more recent new friendships were forged over those hard, sleepless, early childhood days, when our babies were learning to walk, were leaping through developmental stages, and shocking us with trips to the emergency room.

I don't know what I would do without my friends. They help me navigate life and learn more about myself.

The importance of friendship cannot be underestimated. These are people who have a willing presence in our lives. Even a quick text saying "thinking about u!" can make my day.

As we get older, time between visits get farther apart. We are all exhausted,

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Visit [unisonalberta.com/seniors-expo-2026](https://unisonalberta.com/seniors-expo-2026) for more information

going through various life changes or circumstances, make plans that fail, and worry about drifting apart. When the invitations become one-sided, or views and opinions clash with our core values, we have a choice to make. Honour a decades-long friendship, even one rife with conflict, or, decide to peaceably part ways. People change - it happens. I have cut ties with friends who became

too hurtful to keep around. It's never a choice I make lightly, but friendship should add to our wellbeing, not erode our peace and make us feel anxious. It's a delicate shift that I have experienced with friends who turned out to be manipulative, abusive, and jealous. It took a lot of growth to learn that anyone who makes you feel smaller, stupid, or unimportant, is not a friend at all. This has of course impacted my romantic relationships as well. Choosing a partner that I can be friends with was a critical life lesson that I am grateful for. In choosing my mental health and wellbeing in my friendships, I am being the best friend I can be. Friendships are not a passive thing - it's a life skill that continuously evolves. For older adults, it's an entirely different landscape altogether. Priorities shift, cost of living impacts our ability to visit friends who have moved

away. We hold chronic discomfort in our bodies, and we change our priorities when our adult children, and our grandchildren are part of the picture. Life ends much sooner than we thought it would and creates a bookend to the story of our friendships. Is it worth it? My goodness, yes.

Investing in friendship is an investment in yourself. It's challenging to make new friends as we age, but it's not impossible. I urge you not to give up. Even a regular you pass by at the Kerby Cafe can amplify your wellbeing. Humans are animals that need connection, from the most crumudgeonly to outright flirtatious personalities. Friendships are made at Unison all the time. Your closest friends may be waiting for you here in Calgary, in Medicine Hat, or maybe on our upcoming cruise to the Mediterranean! There's opportunity yet, which is exciting.

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**Available at the Wise Owl Boutique.**

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**Happy Valentine's Day**

**May your heart be filled with joy, surrounded by the love and warmth of those dear to you.**

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**February 9 - March 2, 2026**

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All proceeds support Unison's **Thrive Food Security** programs, helping seniors access **food, connection and community.**

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# President's Message: Meaningful connections

In February, we focus on friendship. Yesterday while driving home, I was listening to a podcast, and I heard a statistic that retirees have fewer friends than they used to - with one to three close friends, but they used to have between two and four. Given what my day job is, I know how

important relationships and reducing social isolation is for older adults. However, I did wonder what the research said. In a 2024 study from the University of Michigan National poll on Healthy Aging, about half of adults 65 and older report having five or more close friends. The

same poll found 90% of people aged 50 and older reported having at least one close friend. These were more positive results than what the podcast host was saying.

Statistics Canada has done some reporting on the number of seniors who have a least one close friend. They report that having a large network of friends may be desirable, however the difference between having no friends and one close friend is very important in reducing social isolation.

The government of Canada reports that "There is a substantial amount of evidence that describes the relationship between health and social isolation. A senior's social network can positively influence good health behaviors such as successful smoking cessation or remaining active. Conversely, socially isolated seniors are more at risk of negative health behaviors including drinking, smoking, being sedentary and not eating well; have a high-

er likelihood of falls; and, have a four-to-five times greater risk of hospitalization. Research also indicates that social isolation is a predictor of mortality from coronary heart disease/stroke."

Clearly, having friends is important for both your physical and mental health. What do you do if you find your friend circle has become increasingly narrower? I did a quick search on co-pilot asking, "How do you make and nurture friendships in older life?" Co-Pilot generated the following list: 1) embrace new hobbies and interests, 2) volunteer for a cause, 3) stay connected through technology 4) attend community events and, 5) take a class.

I was thrilled to see that you can do all five of these things at both Unison at Veiner Centre and Unison at Kerby Centre. Since 2020, we have worked to build opportunities to stay connected through technology. The pandemic lockdown taught us how Zoom and streaming platforms



Larry Mathieson, CEO and President

can reduce isolation and build community. You can engage in this five-step approach to building your social network, and visit [unisonalberta.com](http://unisonalberta.com) to find links where you can sign up for online classes – maybe even a travel trip. You can also go to our YouTube channel to see recordings of some of these groups, classes, and listen to experts on a wide range of topics. If you didn't set a resolution January 1st to build your social network - February is a good month to get on this track.

## FEBRUARY 2026

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

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## 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](mailto:RobL@UnisonAlberta.com)  
403-705-3235



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You get a tax receipt

# Unison's free tax clinic is back!

Vineeta Kapoor

Every year, the Unison at Kerby Centre tax clinic offers free assistance to low-income individuals filing personal tax returns, as required by Canada Revenue Agency. Even if you do not earn an income, or if you do not pay tax, it is essential that you file your tax return. This will ensure your eligibility for GST and if you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Unison's tax clinic is offered to individuals who are EITHER currently receiving AISH income, OR

are 55 years and over and with a gross income less than \$40,000 for a single person. We can also file tax returns for couples with a combined household income of less than \$55,000.

Our income tax volunteers are trained to do simple, basic returns and cannot do returns that include business income, self-employment income, rental income with expenses, farm income or capital gains trade summaries. Our volunteers may also be able to do returns for deceased persons if the returns are not complex. Please note, the executor must accompany a deceased person's return with a copy of the will and a death certificate,

as well as last year's return and notice of assessment. Unfortunately, we do not file estate tax returns.

To have your tax return prepared and e-filed by the tax volunteer while you are with them, you must book an appointment. Unison will start booking appointments for the Tax Clinic beginning Monday, February 2, 2026. The 2026 tax clinic will begin Wednesday, Feb 25, 2026, and will run Monday to Friday from 9am to 3pm. This service continues until Friday, May 1, 2026. Appointments can be made by calling (403) 705-3246.

Tax returns can also be dropped off at Unison at Kerby Centre beginning February 23rd, 2026. A drop-off form must be completed and include all your important information. Drop-off returns are prepared by volunteers as time permits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. Drop-offs can be left in the Unison at Kerby Centre Seniors Supports office in Room 206. **What to bring with you.**

It is very important that you have all the necessary documents with you for your tax appointment. These may include:

- ▶ A government issued Photo ID.
- ▶ A copy of your income tax from last year and your Notice of Assessment.
- ▶ T slips (If not available, the software can download the amounts on consent of the client).
- ▶ Details and amounts of any foreign income.

Details of any deductible items that you may be eligible to claim - medi-

cal (yearly printouts from Pharmacy) for prescriptions, services and medical devices, premiums to private medical plans, charitable donations etc. If you aren't sure what

to bring, please call the Seniors Supports office 403-705-3246 when making your appointment. For general inquiries, please call the CRA: 1-800-959-8281.

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:

February 3  
February 17  
March 10  
March 24



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

## 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

## 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**



## 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**



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.

- January 14 & 21 | 9 am – 12 pm
- February 11 & 17 | 9 am – 12 pm
- March 11 & 24 | 9 am – 3 pm

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




## 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 \$55,000/year per couple.  
**Must be 55+ or an AISH client.**

Appointment booking opens February 2

To schedule an appointment call **403-705-3246**

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.





Join us for a **FREE** presentation

## BEWARE OF ROMANCE SCAMS

**Know the signs. Protect yourself. Report.**



**Wednesday, Feb 11 | 10 am – 11:30 am**

**Location: Kerby Lounge**

**To register, please scan the QR code or call 403-829-3436. Light refreshments will be provided.**

Presented by **Tanis Thacker**, a psychologist with expertise in providing therapy, education and lectures on impact of romance scams.

# FREE HEARING SCREENING

Time for a hearing aid check or maintenance? Ears to You is here to help!

**Thursday, February 26th**

**9:00am – 4pm**

**Unison at Kerby Centre – Room 208**

**Spots fill up fast. Book your appointment TODAY!**  
**BY PHONE: 403-970-7201**



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# Love & finances: planning ahead

## Cooperative Memorial Society

Love is at the heart of every community. Whether it's sharing stories, celebrating traditions, or looking out for one another, it's what keeps people connected. Planning for the future might not sound like the most exciting way to show love, but it's one of the most thoughtful and practical things anyone can do for their family.

The Cooperative Memorial Society (CMS) believes that planning ahead is an act of love. It's about making sure that wishes are known and finances are sorted, so families don't have to worry when the time comes.

No one likes thinking about money when it comes to end-of-life planning. However, putting finances in order now means saving loved ones from unnecessary headaches later. Having a Will is like leaving behind a roadmap. Setting up an Enduring Power of Attorney means that a trusted person can take care of financial matters if the ability to do so is lost.

Taking these steps gives families one less thing to worry about and helps ensure they don't end up navigating legal complications. It's simply good sense—like making sure the keys aren't locked in the car before heading out!

Communities are shaped by traditions, whether it's a family recipe, a cultural celebration, or a meaningful ritual. CMS understands how important it is to honour

tradition, especially when planning a final farewell. Whether it's a simple ceremony or a full celebration of life, the most important thing is that it reflects the individual's values and leaves a lasting memory for the family.

Planning a funeral or memorial service ahead of time ensures that the final goodbye is just the way it was envisioned. It's about leaving behind a legacy that feels right, not just for the individual, but for those they leave behind.

While thinking about end-of-life isn't easy, preparing ahead brings peace of mind. It ensures loved ones aren't left scrambling or second-guessing decisions. CMS makes planning simple and affordable, offering a lifetime membership for just \$40. This includes access to affordable funeral plans and guidance on creating essential documents. CMS also has a list of trusted professionals who offer special pricing to members. Preferences are stored securely online, making it easy for families to access them when needed.

Taking a little time to plan ahead means a lot less stress for the family later. Showing love by being prepared is a thoughtful, practical, and caring choice. For more information on how CMS can help, visit [coopmemorial.org](http://coopmemorial.org) or call 403-248-2044. Information is available in six languages to ensure that everyone in Alberta's diverse community has access to support.

Show love, honour heritage, and plan for peace of mind with the Cooperative Memorial Society. It's a simple and meaningful way to protect loved ones and preserve traditions.



## Cooperative Memorial Society (CMS)

### Annual General Meeting Online Via Zoom

**February 28, 2026 1:00 PM - 2:30 PM**  
**Members and Guests Welcome**

Join us to learn about CMS activities, updates, future plans, director election and more. Visit our website for details and registration. Special guest presentation following the meeting.

**403-248-2044**  
**Toll Free 1-800-566-9959**  
[coopmemorial.org](http://coopmemorial.org)



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## Vaccines Covered for Alberta Residents 65 Years and Older



Vaccines	National Recommendations	Coverage Details <sup>1</sup>
<b>COVID-19</b>	At least 1 dose of either Comirnaty or Spikevax COVID-19 vaccines per year	Comirnaty and Spikevax are available for free for certain older adults
<b>Influenza</b>	1 dose of either Flud or Fluzone High-Dose per year	Flud is available for free for older adults, with certain older adults also covered for Fluzone High-Dose
<b>Pneumococcal (Pneumonia)</b>	1 dose of either Prevnar 20 or Capvaxive <sup>2</sup>	Prevnar 20 is available for free for older adults
<b>RSV</b>	1 dose of either Abrysvo, Arexvy or mRESVIA can be used based on personal factors	Abrysvo is available for free for certain adults 60 to 69 years and all adults 70 years and older who have not received an RSV vaccine
<b>Shingles</b>	2 doses of Shingrix	Shingrix is available for free for certain transplant recipients, certain Veterans <sup>3</sup> and Indigenous <sup>4</sup> older adults
<b>Tetanus and Diphtheria</b>	Immunization history will determine the type of vaccine and the number of doses needed	Vaccines are available for free, including for older adults every 10 years

<sup>1</sup> If you have a private drug plan, it may cover the cost of vaccines that are not publicly covered.

<sup>2</sup> Recommendations vary for older adults who have received a hematopoietic stem cell transplantation.

<sup>3</sup> Eligible Veterans may be covered for this vaccine through Veterans Affairs Canada if they are unable to access it through provincial health services.

<sup>4</sup> Eligible First Nations and Inuit may be covered for this vaccine through Indigenous Services Canada's Non-Insured Health Benefits (NIHB) Program if they are unable to access it through provincial health services.

### ? Have more questions?

Speak with your primary health care provider, pharmacist or local public health unit. Call Health Link at 811 for health information.

### i Would you like more information on vaccines?

Check out our national vaccine pamphlet by scanning this QR code.

**UPDATED: NOVEMBER 2025**

The development and promotion of this document was made possible through the financial support of Merck Canada Inc., Moderna and Pfizer Canada.



**SCAN ME**

# Balance for stability and confidence

Pallavi Goyal, Calgary Neuropathy Association

Every step you take, balance is quietly at work, keeping you steady, upright, and in control. Good balance relies on a team effort between your brain, nerves, muscles, joints, eyes, inner ear, and even your blood flow. When these parts work together, you stay stable. But if one falls out of sync, especially in your nervous system (which happens in Peripheral Neuropathy) balance problems can begin.

When something's off with your balance, your body often gives you early warning signs. These symptoms can range from subtle to disruptive, and paying attention to them is key to addressing the root cause.

Staying balanced might seem effortless, until it's not. Behind the scenes, your body relies on a complex partnership

**lar System):** Deep inside your ears are tiny canals and organs that sense motion and gravity. They tell your brain whether you're standing still, spinning, or leaning. It's your body's internal gyroscope.

**Eyes (Visual System):** Your eyes constantly track your surroundings, helping your brain understand where your body is in space. If your vision is blurry or unstable, your balance can suffer.

**Skin, Joints, and Muscles (Somatosensory System):** Sensory receptors in your skin, muscles, and joints send signals, through your nerves, to your brain about pressure, movement, and body position.

Your brain takes input from all three systems, processes it in real-time, and then sends signals to your muscles to keep you steady. But if even one part of this system breaks down, balance can quick-

interfering with the messages that keep your balance system running smoothly. Here's how it throws each part of the system off track:

**Vestibular System Strain:** Your inner ear may become overworked when other systems aren't pulling their weight. This can happen if:

- ▶ Nerve feedback from your limbs is reduced.
- ▶ Your brain relies more on vision than usual.
- ▶ Muscle responses slow down.
- ▶ Coordination demands increase beyond your current ability.

**Visual Compensation:** When nerve damage reduces sensation in your feet, your eyes must work overtime to keep you steady. They're forced to:

- ▶ Monitor where your feet are placed.
- ▶ Constantly scan the environment for obstacles.
- ▶ Maintain spatial awareness (where you are in relation to things around you).
- ▶ Compensate for the loss of "automatic" balance from your body.

**Sensory System Disruption:** Peripheral neuropathy directly damages nerves responsible for critical balance-related information, such as:

- ▶ Surface texture and stability (e.g., slippery vs. solid ground).
- ▶ Foot pressure and positioning.
- ▶ Joint awareness (also known as proprioception)
- ▶ Important alerts like pain or temperature changes

Balance exercises are a great way to boost stability, confidence, and in-



The fine art of balance. Photo: Mel Lefebvre

between your senses and nervous system to keep you upright and steady. Here are the three key systems that control balance:

**Inner Ear (Vestibu-**

ly become compromised, leading to dizziness, unsteadiness, or even falls.

Peripheral neuropathy damages the nerves outside the brain and spinal cord,



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dependence, especially for older adults or those with peripheral neuropathy. They help prevent falls, improve movement, and make everyday tasks feel easier and safer.

The best part? You don't need any fancy equipment. Just a bit of space, a sturdy chair or wall, and a few minutes a day. Here are some simple movements can help you feel more confident and in control:

- ▶ Overhead reaches: Enhances balance, core strength, and upper body flexibility.
- ▶ Side leg raises: Develops a stronger core and hips

for improved stability and balance.

- ▶ Calf raises: Strengthens calf muscles and improves ankle stability.
- ▶ One leg stand: Improves balance and coordination while strengthening your legs and core
- ▶ Marching in place: Improves balance, coordination and leg strength.
- ▶ Seated leg extensions: Strengthens quadriceps muscles and improves leg stability.
- ▶ Arm circles: Improves balance, core strength and upper body flexibility.
- ▶ Heel-toe Walk: Improves balance, coordination, and leg strength.
- ▶ Toe taps: Boosts your balance, coordination, and agility.
- ▶ Tai Chi ways: Develops greater stability, refined coordination, and a stronger core.

Start slow, stay safe, and be consistent, and as always when starting a new type of exercise, check in with your doctor. Over time, these small efforts can lead to big changes in how you feel and move through life. You don't need perfection—just progress, one steady step at a time.

**Easy is always on hand.**

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\*Some conditions may apply.



# Loving life, one adventure at a time

Mel Lefebvre

When Bonnie Weldon retired about 10 years ago, two things stood out to her: she wanted to volunteer, and she wanted to travel. With some fortuitous timing, this happened to be right when Unison's annual Seniors' Expo was taking place. Bonnie popped into the event and had a chat with someone at Unison's travel desk. "I thought - wow! I love travelling. This is going to be great," said Bonnie.

Bonnie had tried volunteering and joining travel groups in different spots across Calgary, but none were able to keep her interested. After volunteering with Unison's travel desk for a few months, she felt she had found her place. "It's the people," she said. "We have some great people, and if I like something, I'll stick to it."

Bonnie is a tenacious, chipper person. She worked at the same insurance company her entire career, even after a move from Toronto. Then, in 2006, she discovered cruises. "My first cruise was to the Mediterranean. I was treated like royalty," Bonnie said. After that, she cruised across the globe - to New Zealand, the Baltic, Barcelona, Alaska, Rome and Naples, and much more. "I'm not rich by any means, but you want to be happy. Don't worry so much about finances. Worry about doing things that create memories. If you want to save up for a cruise, cutting down some unnecessary expenses can help," Bonnie said. "If I have a chance to go, I'm going."

Bonnie's travel plans were interrupted in 2024 due to a minor heart attack. "But this is why I travel," she said. "You have to keep moving. Find something you like to do, especially for when you're

in your 70s and 80s." Cruises appeal to Bonnie because of the opportunity to see many places with one ticket. A cruise makes it easy to see the world, and as Bonnie says, "You only have to pack once," compared to other travel where you stay in one spot for a night or two before moving on. For older adults who want an easier way to travel, Bonnie says a cruise is where it's at.

Bonnie's next adventure will be with Unison. She has helped organize Unison's travel trips for many years, but this time she is going as a participant- a solo trip, actually. Travelling by yourself can be an opportunity for connection, she adds: "Unison can match you up with someone. Besides, how much time are you really going

to spend in your cabin?" Unison's upcoming cruise to the Mediterranean and Adriatic offers pre- and post-land tours. "And there's no stress," Bonnie says. There are always people there to help you, and on this upcoming cruise, Ac-

tive Aging staff will be on board to help facilitate activities and make sure you have a smooth and pleasant time. "Ships are fantastic, and they're used to walkers and electronic mobility aids," says Bonnie. To learn more about Uni-

son's upcoming cruise to the Mediterranean and Adriatic, please get in touch with the Travel Desk, part of Unison's Active Aging Department, at 403-705-3237.

**Free Footcare Workshop.**

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# Top investment scams to look out for

Alberta Securities Commission

Each year brings with it new investing trends, platforms and opportunities. And with any exciting or top-of-mind trend or event comes an often-overlooked risk: Fraudsters. They are also paying close attention to the next big thing that can make their scams more attractive.

According to the Alberta Securities Commission (ASC), early warning signs point to three technology-driven tactics that could significantly shape the 2026 scam landscape in Alberta: deepfakes, the next wave of influencers, and the growing use of private messaging apps, like WhatsApp and Telegram, to promote investment opportunities.

Deepfake technology is no longer a novelty; it has become an everyday risk. Over the last few years, social media has been inundated with advertisements and seemingly legitimate news articles featuring public figures like Elon Musk and even current Prime Minister Mark Carney. However, there has been a shift. What is

changing is who is being impersonated. Rather than global celebrities, scammers are increasingly turning to local figures because they feel more relevant and trustworthy to Albertans.

In 2026, the ASC is warning Albertans that deepfake scam tactics could look like:

- Videos of well-known Alberta business figures promoting exclusive investment opportunities.
- Fully AI-generated “advisors” with cloned voices and realistic faces promoting high-yield investments or crypto platforms.
- Deepfake speakers presenting at online investment seminars, and potentially even in-person events.

Private messaging apps such as WhatsApp, Telegram, and private Discord servers are increasingly being used to facilitate investment scams.

Fraudsters often first make contact through social media ads, comments, or direct messages (DMs), then quickly move the conversation into private group chats where conversations feel more personal and, more importantly, are harder to trace or report.

In some cases reported to the ASC, Albertans have mentioned being added to WhatsApp groups that appear to be run by local investors or professionals, complete with regional references and time-specific market updates — all designed to make the group feel legitimate. These groups are often positioned as educational spaces or invite-only communities offering early access to investment opportunities. Over time, trust is built through:

- Screenshots

of supposed profits.

- Testimonials from other group members.
- Frequent activity that seemingly validates the opportunity.

In 2026, these tactics may become even more convincing with the help of AI-generated messages, bots posing as successful investors, and deepfake voice notes from so-called group leaders.

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Even as these scam tactics become more sophisticated, the fundamentals of protecting yourself remain the same:

- Slow down. Fraudsters rely on urgency to prevent you from asking questions or doing your research into the credibility of the investment.

- Check the registration of the person or platform before you invest or follow advice.

- Be cautious of unsolicited investment opportunities promoted through videos, DMs, social media, or private groups.

Use the free tools at [CheckFirst.ca](https://www.checkfirst.ca) to check registration, spot warning signs, and make informed decisions before you invest.

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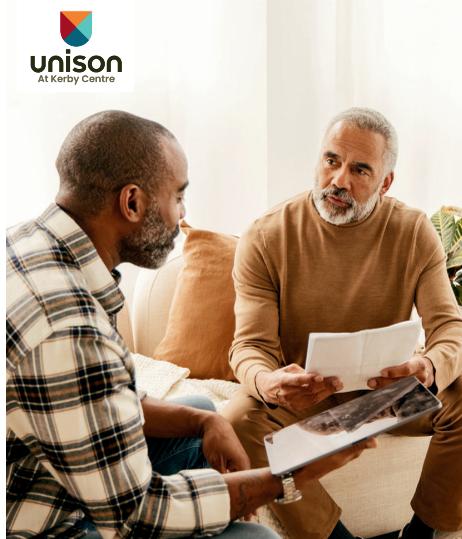
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**Seniors Supports – Benefits & housing:** Help older adults complete benefits and housing applications (paper or online). Multiple shifts available. Training is provided.

**Seniors Supports – Reception:** Welcome clients, help with forms, and assist with scheduling & appointments. Shift available: Thursday, 12 pm – 4 pm.

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



# Bruno explores raku pottery

Ada Muser

*Claims for the earliest definitive evidence of Homo sapiens using fire range from 1.7 to 2 million years ago. It was a critical technology enabling human evolution.*

*They used either the natural fire started by lightning and carried it from camp to camp, or learned to start it with friction using hardwood rubbing against softwood.*  
-Wikipedia

\* \* \* \* \*

Fire provided warmth and light, protection from predators, and a means of cooking, forging better tools, and about 30,000 years ago, pottery was invented.

The Venus of Věstonice, which dates back to 29,000 - 25,000 BC, is a female figure made of bone and clay. She symbolized fertility and was discovered in a mammoth hunter's dwelling in the Czech Republic. She is the oldest known figurine in the world and may have served a symbolic purpose.

The oldest known ceramic vessels were found at the Xianrendong cave in China, dating to approximately 20,000 to 19,000 years ago. More vessels from 18,000 BC were found in Jiangxi, China. This ancient, coarsely made pottery was likely used by hunter-gatherers to extract grease from bones by suspending them over a fire.

Researching to determine the world's oldest pottery is a frustrating en-

terprise, as archeologists keep digging and adjusting their knowledge of history further back with each discovery. It is indisputable, however, that pottery-making is one of the oldest crafts in the world.

Today's mainstream ceramic ware is made from natural raw materials such as clay, silica, and feldspar, and is fired to precise specifications. Depending on the temperatures, we recognize earthenware, stoneware and porcelain. The higher the temperatures, the more durable and impermeable the finished pottery is.

Glazing makes the pieces washable and is used for decorating. Conventional pottery glazes are colorfast, meaning that they are permanent and resistant to fading or changing colour over time. Because potters decorate their wares with period and local motifs, archaeologists can date their digs by the uncovered shards.

\* \* \* \* \*

The younger and more fickle sibling of traditional ceramics is raku.

According to the History of Japanese Raku Ware, it was invented in Kyoto, Japan, in the late 16th century by the potter Tanaka Chōjirō under the guidance of the renowned tea master Sen no Rikyū.

Chōjirō developed a unique style of hand-shaped, low-fired, monochrome tea bowls (black or red) that embodied the wabi philosophy of the Japanese tea ceremony, which emphasized rustic

simplicity and modesty. The tradition, rooted in Zen Buddhist principles, values humility, simplicity, and tranquillity, which are embodied in the humble beauty of early Raku ware.

Western ceramists discovered Japanese sacred raku pottery making in the 20th century and started experimenting. American Paul Soldner popularized raku in the late 1950s and 1960s. He did not simply replicate the traditional Japanese method and its spiritual aesthetics of the tea ceremony; instead, he developed a unique "American Raku" style.

Making raku pottery is an art, not an industry. It is made by hand or with the help of a potter's wheel, and defined by its Japanese name, which means "enjoyment" or "a happy accident."

At its core, raku is a low-temperature firing. Professionally made raku kilns are available, but simple versions can be made for a fraction of the cost in a workshop. Kilns are basically boxes, or metal oil drums, even garbage bins lined with refractory material, with a hole in the bottom to stick in a propane or butane blow torch that provides the heat. There must be an opening on the top to serve as a chimney. The pieces to be fired are stacked on shelves supported by posts, stilts and other props.

Raku wares are taken from the kiln while glowing red hot with metal tongs, and are thrown

into metal containers filled with combustible material such as sawdust, tree leaves or newspaper that immediately erupt into fire. The container is covered with a lid, causing the fire to die out once the oxygen inside is exhausted. This is called "reduction", which creates countless colours within the glaze.

The results are highly variable pieces due to the types of kilns, the weather, and the imprecise measuring of temperatures by melting ceramic cones. An experienced operator may

me?" my daughter asked. Which father can turn down such an opportunity to do something with his child?

I did not know what I was getting into. There was no warning: "You may be entering into a time-consuming adventure of discovery that you may find hard to exit."

The course we took was for beginners. We learned how to prepare clay by wedging, a process similar to kneading dough. We were shown how to use the potter's wheel and how to build items freehand.



A raku-fired tile set Photo: Ada Muser

just keep peeking into the kiln through a peephole and decide when the firing is completed. It is hard to make two pieces with matching glaze colours.

The cooling-down time is about 30 minutes. Unlike the maker of mainstream pottery, the raku artists can see the results of their work almost immediately.

\* \* \* \* \*

"Dad, I would like to take a course in raku pottery. Would you like to join

I did not like the wheel from the start. I was not good at it; the clay was either too thick or too soft and kept collapsing. The problem could be resolved by practicing, but I also disliked that the wheel produced only round things. Building the pieces by hand is much more versatile, with endless possibilities.

First, I made small, standalone sculptures, then I started experimenting with "bas-relief". In bas-relief, the design is slightly raised above the background. It lends itself to making "pictures" and "telling stories". The result was tiles. A series of them could form a large decorative display when mounted on a wall.

When the clay pieces are dry, they are fired and are called bisques. Bisqueing hardens the clay, and it can be glazed without turning it into mud.

It is in glazes where the unpredictability of raku, its charm and disappointments, lie. Colours of glazes with copper or iron oxides for pigments turn out differently depending on the weather when the pieces are fired and transferred into the containers with combustible materials. Even the same glaze will develop different colours depending on where the pieces were in the kiln, in what order they were removed, how big they were, and what combus-

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# Bruno learns raku, continued

tible material was used.  
\* \* \* \* \*

I kept only two pieces I made in the course. But my interest was piqued. I wanted to make more, although not in a group setting. I wanted to experiment unencumbered by too many instructions that tend to turn the pupil into a clone of the instructor. And I wanted to have the ability to work when inspired and not have to wait for the next lesson.

I acquired a small raku kiln made from an oil drum and started working from home.

This article does not have enough space to describe all the failures, but in time, I started achieving the proper temperatures in the kiln, I learned how to stack the pieces on shelves, and which glazes were predictable and which ones were not. I started mixing my own glazes as well. It was a pure alchemy – using ingredients I had not heard of before: silica, frits (pre-melted glass), fluxes like nepheline syenite or lithium, copper and cobalt carbonates, and kaolin for “suspension” – whatever that is. Other common materials the glaze makers use are bone ash, bentonite, and tin or strontium oxides for specific effects.

More than other arts, carving, painting or sculpting, raku making requires a lot of inspiration, daring and luck. Glazes melt and blend in mysterious ways. Furthermore, on bas-relief, they tend to run in rivulets or pool on ledges, adding more special effects. There is no way of knowing what happens in the kiln. It is like the saying, “If a tree falls in a forest and no one is around to hear it, does it make a sound?” Every opening of the reduction containers is full of surprises.

When making sets of three, five, or even more pieces, the colours on all tiles have to match or almost match. To make a set requires as many firings as there are pieces in the set. Every piece had to be in the same place in the kiln, pulled out in the same sequence, and the weather ought to be reasonably similar for the duration of the firing.

The limitations imposed by the ancient technology, the materials, and the glazes kept me fully grounded and tamed some of my most audacious ideas. But when I pushed all the right buttons, the natural beauty of the materials often saved the day, and when

the stars were aligned, there may have even been a few happy accidents.

Not many people make raku, and even fewer venture into making tiles and decorating them with bas-reliefs. It is

unique, challenging, and fun. It keeps the gray mass hopping, another benefit for an older person.



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February 16

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# FEBRUARY CROSSWORD AND SUDOKU. SOLUTIONS: P.22

## Across

- 1. Some pricey insulated mugs
- 6. Juicer byproduct
- 10. Keeps posted privately
- 14. Buzz word?
- 15. Potatoes, in Indian cuisine
- 16. "No way, no how!"
- 17. Leeway
- 19. Title fit for a king
- 20. Possible title for a B-school grad
- 21. Cam button
- 22. Spine-tingling
- 23. Hair of the dog?
- 24. Hard-to-find opening on street-sweeping days
- 27. Tickling targets
- 29. Small part of a machine
- 30. Grease again
- 31. Part of WYSIWYG
- 32. Graceful waterbird
- 36. Low Earth orbit, for one

- 40. With sharp resolution
- 41. Seer's gift
- 42. Actress Berry
- 43. \_\_\_ Arbor, Michigan
- 44. Troublemaker's opposite
- 46. Period of quiet reflection
- 51. Western treaty gp.
- 52. Project on stage
- 53. Alphabet starter
- 54. Travel stop
- 55. Drive-\_\_\_
- 56. Gathering place that's neither work nor home, or an apt description of 36-Across in the series that includes 17-, 24-, and 46-Across
- 60. Melon covering
- 61. \_\_\_ bene
- 62. Wickerwork twig
- 63. Altar alcove
- 64. Mattress choice
- 65. Inferior
- 1. Swerve off course, as a ship

## Down

- 2. Fond of fine food and drink
- 3. Insect with striped wings
- 4. Othello's betrayer
- 5. "Weekend Update" show, for short
- 6. Apple gadgets
- 7. Horseshoe-shaped security device
- 8. Bathroom, in Bath
- 9. Fluffy pup
- 10. School fleet
- 11. Keyless entry sound
- 12. Knickknack
- 13. Paper unit
- 18. Latin 101 verb
- 22. What applesauce may replace in vegan baking
- 23. Tehran tongue
- 24. Tablet
- 25. Frozen treat served with a stroon

- 26. Yuletide
- 28. Like a calico cat
- 31. Fuel additive brand
- 32. Whole bunch
- 33. Feel euphoric
- 34. Close associations
- 35. Must-haves
- 37. TV host Jay
- 38. "That \_\_\_ true!"
- 39. "Now I understand"
- 43. Was full of beans, maybe?
- 44. "The Prophet" author Kahlil
- 45. Like many audiobooks, once
- 46. Colorful aquarium fish
- 47. "Got it, dude!"
- 48. Daybreaks, poetically
- 49. Piano student's assignment
- 50. Creole-speaking nation
- 54. \_\_\_ facto
- 56. Demo stuff
- 57. "Please explain"
- 58. Female pig
- 59. Afore



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# Growing with the sound of music

Mark Den Neng

Relax, this is not a musical movie review. In my youth, spending time at my family's diner in rural Hanna, Alberta, I began listening to pop music. The diner had a juke box with '45 records that featured single songs on each side. The song selector was mounted on the wall where you could flip through a catalogue and select the song you wanted to hear. It cost 10 cents per song or three songs for a quarter.

I was exposed to folk music, with artists such as The Brothers Four, Peter Paul & Mary, and the Kingston Trio, and country stars like Johnny Cash, Lynn Anderson, and Loretta Lynn. What gripped me most, though, were the pop stars, and some good 'ol rock and roll. First came Elvis followed by The Beach Boys, The Beatles, The Everly Brothers, The Righteous Brothers, and Simon & Garfunkel. Their energy drew me in, but the meaning of lyrics was lost on me at that age.

When our family moved to a larger town in the adjacent province, our arrival to Yorkton, SK, during in a spring evening was ushered in by Petula Clark's "Downtown," forever imprinting that moment.

During my teen years,

I began thinking about my future. I turned to music to help make sense of my feelings and the world around me. The Beach Boys made me aware of my love of girls, cars, and partying. Neil Diamond's ballads, particularly 'Solitary Man,' and 'I Am I Said,' helped my search for self-identity, especially during the lonely stretches of my adolescence. To pump myself up for athletic endeavours, I would turn to Van Halen, Sammy Hagar, Bon Jovi, Johnny Cougar Mellen-camp, and of course, the incomparable Rolling Stones.

The next challenge was to find my soul mate. I was encouraged by the Moody Blues' "I Know You're Out There Somewhere." During this time, my parents were encouraging me to find a nice Chinese girl, to which I responded, "Introduce one to me and I'll consider it." They never had a comeback, which wasn't helped by my immediate social circle, which was dearth of such individuals. This reminded me of Van Morrison's 'Brown Eyed Girl' to the harder path of enduring the racial politics associated with dating blue eyed girls. Eventually, I met 'the one' in Edmonton after launching my career, I had the sounds of with Dr. Hook ringing in my ears, 'when you're in

love with a beautiful woman.' As a self-proclaimed accomplished salesman, I found convincing her that I was 'the one' to make her dreams come true to be the toughest close of my life.

Newly married, now came our beautiful daugh-

ground of my cry for help. The first song is me asking if the world can see my pain, and the second, who can help take the pain away before it's too late. Barry Mannilow's 'Look to Your Soul' captures my return from a dark place,

Going to Stop Us Now.' As I look back, The Beatles remind me that it's been a 'Long & Winding Road.'

As I enter my 69th trip around our sun, Harry Chapin best describes my thoughts in 'Circle,'" from his 1975 live concert. My life has been a bit messy by conventional standards, but it was mine, as Frank Sinatra very accurately proclaimed, 'I Did It My Way.' I feel the tug of my ancestors as the years go by, at which time Petula Clark will simply instruct my loved ones to simply 'Kiss Me Goodbye.' I will remind my friends and relatives that remain that Booker T. & the MG's that 'Time is Tight.'

When I no longer hear nor feel the music, one of two things is happening: either my ancestors are yelling for me to join them, or the ever-lurking Black Dragon is about to pounce. If it's the latter, then I will honour the Bushido spirit in me my offering up no resistance and die honourably. It was this value that allowed me to survive previous assaults. A warrior just wants an honourable death. To my friends as I leave them, I have Simple Minds remind them, 'Don't You Forget About Me!'

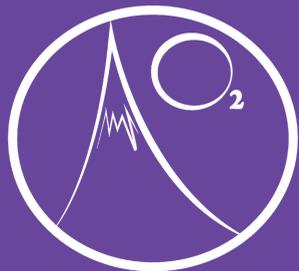


A juke box diner is full of potential. Photo: Patrick Fore

ters, and I felt the full weight of my family's expectations. I didn't handle it well, and succumbed to stress-induced emotional trauma. Simon & Garfunkel's 'Sounds of silence' signalled my hellish descent into darkness to do battle with the lethal Black Dragon – aka, clinical depression. In my time of crisis, two Creedence Clearwater Revival songs became very relevant. 'Have You Ever Seen the Rain,' and 'Who'll Stop the Rain' were the back-

and my full recovery is best described by the Hollies' 'Long Dark Road.'

I learned a few things, having stared down death. My most precious resource is best described by Jim Croce's 'Time in a Bottle.' I no longer measure my wealth in terms of my bank account but by my relationships, best described by James Taylor's 'You've Got a Friend.' Now as a survivor full of optimism and confidence for the future, I appreciate the reminders in Starship's 'Nothing's



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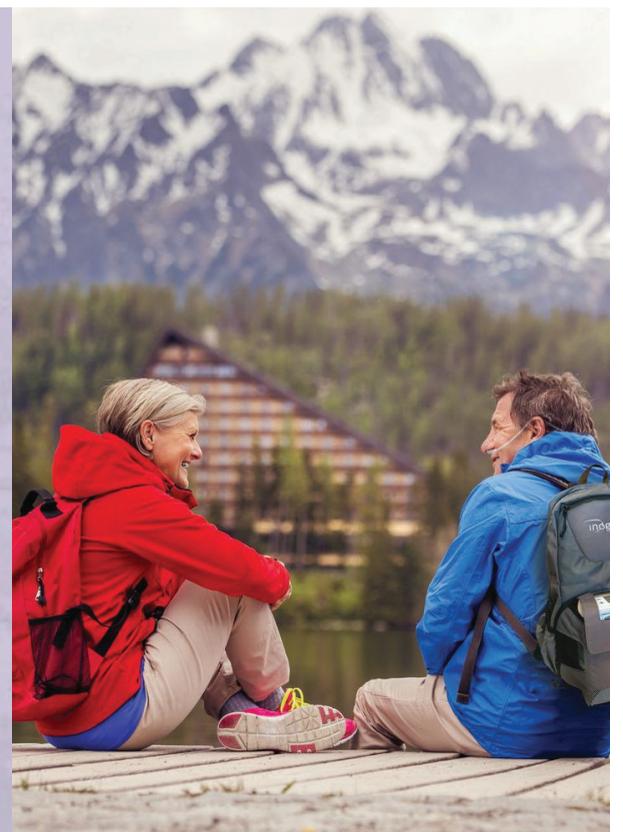
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# Unison

## At Veiner Centre

# Dedicated to support

*Hope Hammerston*

As an organization, it's a bit unconventional to make resolutions, but as we usher in a new year, Unison at Veiner Centre is pledging our growing support for older adults in the Medicine Hat community. From a strong focus on food security, to financial stability, and access to essential supports, we are here for you!

Food insecurity remains a significant concern for older adults. Many seniors are forced to choose between paying for housing, medication, or food. Others are reluctant to access food banks, believing that others need the support more than they do, or feeling uncomfortable asking for help. Food insecurity for seniors is often compounded by fixed incomes, mobility challenges, rising housing costs, and increased health-care expenses. Low-income seniors, those living alone, and individuals with chronic illness or disabilities are among the most affected. The consequences can include malnutrition, increased hospital visits, and a reduced quality of life.

To address food insecurity this year, Unison at Veiner Centre is partnering with the Root Cellar to offer community kitchens beginning in February and running through June, with additional sessions planned for September and October following a summer break. The community kitchens are free for seniors aged 50 and older with an annual income below \$30,000. Each program runs for four weeks, with participants attending weekly sessions for the duration of the month. Participants will learn how to prepare nutritious meals on a budget and will receive a special gift, made possible through funding from the Community Foundation of Southeastern Alberta.

The Community Volunteer Income Tax Program (CVITP) will be offered by Unison from February 25 to April 30, 2026, and will be operated out of the Strathcona Centre. The program provides free tax preparation services to eligible low-income individuals. In 2025, volunteers supported by Unison helped file approximately 1,380 tax returns across the com-

**Make a difference, one meal at a time!**



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munity, helping individuals access important benefits and credits.

In addition, Senior Supports at the Veiner Centre assisted approximately 310 individuals between April and December 2025. Supports included document assistance, crisis support, system navigation, referrals, home visits, drop-in support, phone assistance, and help with Powers of Attorney, Personal Directives, and Wills.

These programs reflect Unison at Veiner Centre's commitment to supporting older adults in practical, meaningful ways. By addressing food insecurity, financial stability, and access to essential supports, the Centre continues to reduce barriers that can

impact seniors' health, independence, and quality of life. Through partnerships, volunteer involvement, and community funding, the Veiner Centre remains a vital resource for older adults as they navigate the challenges of aging in the community.

For more informa-

tion about Unison at Veiner Centre programs and services, visit our website, [unisonalberta.com](https://unisonalberta.com), speak with a volunteer at the front desk, or contact Hope directly at 587-770-1420.



**Life is better, together!**

Unison is a vibrant hub of programs, support, services, entertainment and learning. Our members and volunteers are what make Unison a special place. We hope you'll join us in 2026!



[hellomedhat@unisonalberta.com](mailto:hellomedhat@unisonalberta.com)  
[unisonalberta.com](https://unisonalberta.com)  
 403-529-8307



**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.

# My heart is in the garden

Deborah Maier, Calgary Horticultural Society

I recently read about gardening trends to watch for in 2026. It mentioned that gardening is good for us, a garden is a place of refuge, and a garden can let us express ourselves. Being outdoors in nature, touching soil, enjoying plants and wildlife make us feel better. Gardening even gives us exercise. Choosing plants and how to arrange them is an opportunity for self-expression. A garden can help us find joy in simple things. They may be trends for 2026, gardeners have known this for a long time. For many gardeners, heart and healing are in the garden.

These treasures of comfort can come from special plants long ago planted in the garden. It can be gifted plants that have special meaning or remembrance, or it can be a plant that has a wonderful bloom colour or leaf texture. Special plants don't need to stand out; they are simply the ones that will be missed by the gardener if they weren't there.

One of the plants that has been in my garden for decades is Macedonian scabious (Knautia macedonica). As implied

in its name, it is native to Macedonia. Like other pincushion flowers, it has a domed flower head that is a bit bigger than a toonie. While many pincushion flowers are pale shades of white, light blue, and mauve, Knautia



macedonica is burgundy.

Its head is made of burgundy petals with a distribution of pinkish stamens that pop up across the head like pins stuck in a cushion. The flower terminates in a long delicate stem. The main stem has branches that support additional flower heads. Deadheading by cutting back to a branching stem will encourage the plant to produce more flowers.

Most of the information found online notes that the plant is hardy down to Zone 5. However, I purchased my seeds when Cal-

gary was considered Zone 3b. This was when I was a new-to-Calgary gardener, and I avoided any plant that was rated higher than Zone 3. It was around 1997; I started the seeds indoors, then transplanted them to a small bed next to a chain-link fence on the east side of our yard. For many years, the plants only grew in that bed. Eventually, they started to spread to other areas of the garden. I find their pointy, lobed leaves easy to spot, so while they migrate, they can be identified and weeded if they're trying to grow where they don't belong. However, the plant has a taproot that makes pulling or moving large plants a challenge. If I want to share these plants, I look for seedlings. They don't seem to mind being dug up. Larger plants will either sulk or die if I try to move them.

The literature rates them as a short-lived perennial, but I find the plants live for several years. Since they self-sow, I don't really notice if one has faded away, as a new plant takes its place.

These plants are suited to Calgary's growing habitat. They prefer alkaline soil and climates with cool, dry summer nights. That's been our growing environment.

They are clump-forming and tend to create a meadow-like display if allowed to grow naturally. They start to bloom at the beginning of the summer and will continue into the fall, especially if they are deadheaded. Their flower attracts native bees and all day and all season long, you find them a buzz.

They are not a show-stopper plant, but I would

miss them dearly if they vanished from my garden. In fact, over the years they have sowed themselves into both mine, and the garden's hearts. If you love a special plant in your garden, share it—there is always room for a heart to grow. And that's a trend to encourage every year.

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



## COMPUTER

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# Volunteer spotlight

## Unison Veiner Centre Joanne Nagel



Please meet Joanne Nagel, one of our original Veiner Vintage drivers. Joanne signed on right when Veiner Vintage hit the streets almost three years ago. Joanne enjoys helping others, visiting with the ride clients, and has even become friends with a few. Joanne says, "I hope when the times comes and I need volunteers to help me, there are volunteers around. Volunteering is so important!"

Joanne was fortunate to travel for many years and now enjoys staying close to home. She enjoys listening to 70's music while reading a good fiction book. She also loves knitting and cooking. Joanne also volun-

teers at the hospital and the Medicine Hat Cares Society. If Joanne was stranded on a desert island and could only have three things, she would bring water, a book, and a change of clothes. Those all sound reasonable. Joanne is exceedingly kind, caring, compassionate and patient. Joanne, we appreciate all you do for Veiner Vintage Transport and are so grateful for you and your time. Thank you!

## Unison Kerby Centre Verna Harrow



Verna has been volunteering with Unison at Kerby Centre for over 12 years and has contributed just under 3,000 hours. Volunteering has always been important to Ver-

na, and when she retired, she decided to spend her volunteer time with us. Over the years, Verna has become a familiar and welcoming face at the Wise Owl Boutique, known for her friendly smile, great customer service, and genuine care for everyone she helps.

Verna says that helping others simply feels right to her. She believes in treating people the way she'd like to be treated and values the structure and sense of purpose volunteering brings to her life. She's also made many meaningful connections along the way. As she says, "I enjoy being around people - other volunteers, staff, and clients. Everyone here is really nice and kind, and it makes volunteering enjoyable."

Verna encourages anyone who's thinking about volunteering to give it a fair shot. Volunteering has added structure to her days. It gets her up in the morning, and gives her something to look forward to.

Amanda has quickly become a familiar and appreciated face in the Café, and we're grateful for her time and energy.



## Stella the Care Helper

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Specializing in cleaning for seniors:  
laundry service, windows, move in/out,  
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Phone: 403-890-9861

# Happy bday!

Happy 105th birthday, Doris Reiffer!

Dear Moma: We are so blessed to have you in our lives. You make everything beautiful. Love, Linda, Marjorie & Dennis



# Medicine Hat Veiner Activities

## What's Happening in February

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

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

## Active Aging Spotlight

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

### Card Makers

February 3  
1pm - 4pm | Registration Required | bring your own supplies

### Pet Therapy with Tajma

February 4  
12pm - 2pm

### The Art Rescuers - Upcycle Painting Group \*NEW\*

February 14  
2pm - 4pm | Registration Required | Bring Your Own Supplies

### Community Kitchen with Unison & Root Cellar

February 6 - 27  
1pm - 3pm | Root Cellar  
Intake with Hope Required 587-770-1420

### Alzheimer Society Care Partner Support Group

February 10  
1:30pm - 3pm | Craft Room  
Register with Kristel (403) 528-2700

### Counselling Services with Ben Feere

February 12  
9am-12pm | Registration Required

### Valentine's Date Night Supper

February 13  
4:30pm & 6:30pm Seating | \$25/Ticket

### First Link Connections

February 17  
1pm - 3pm | Boardroom | Register by calling 403-528-2700

### Dementia Support Group

February 19  
9:30am-12pm | Boardroom | To Register: 403-528-2700

### Movie Night: "Hope Floats"

February 19  
5:30pm - 7:30pm | Craft Room

After her marriage publicly falls apart, Birdee Pruitt returns to her Texas hometown with her young daughter to rebuild her life. Surrounded by old friends, family, and a familiar face from her past, she slowly finds healing, confidence, and the possibility of new love.

### Scrapbooking Fanatics

February 20 - 22  
Starting at 4:30pm on the 20th | Registration Required

### Bridges Grandparents Group

February 24  
10:30am - 12pm | Boardroom  
Register by calling Kayla 403-526-7473

### Diamond Art Group

February 24  
1pm - 4pm | Craft Room | Registration Required

# Medicine Hat Veiner Activities

## What's Happening in February

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

### Wellness Wednesdays

Open to members and non-members

#### Movie Matinee with popcorn "P.S I Love You"

February 4  
Craft Room | 2:00pm - 4:00pm

After losing her husband Gerry to illness, Holly is devastated, but she soon discovers he left her a series of letters to guide her through grief and help her rediscover life. Each letter encourages Holly to take small steps toward healing, embracing new experiences, and eventually finding hope and love again.

#### Wellbeing Workshop with MHFS: "Beating the Winter Blues"

February 11  
Boardroom | 2:15pm - 3:30pm | Registration Required

Shorter days and colder weather can take a real toll on our mood and energy. Learn practical ways to lift your spirits, stay motivated, and feel more like yourself through the winter months.

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

February 18  
Boardroom | 9am - 11:30am | Registration Required

#### Rock Painting with Kat

February 18  
Craft Room | 2:15pm - 4pm | Registration Required

#### Wellbeing Workshop with MHFS: "Letting Go: Feeling Stuck in Your Thoughts?"

February 25  
Boardroom | 2:15pm - 3:30pm | Registration Required

Join us for a session on Letting Go - a gentle workshop on releasing negativity, easing overthinking, and finding peace of mind. Learn grounding techniques, simple exercises, and tools to support your mental health and well-being.

### Upcoming Event Spotlight

#### Friendship Game Night

Saturday, February 7  
6:30-9:30 pm | FREE | Registration Required

#### Paint Night with Christy the Paintergirl

Thursday, February 19  
6pm - 9pm | Mem: \$35 | Non-Mem: \$40 | Cash Only |  
Registration Required

#### Sock Hop

Saturday, March 14  
7:00-10:30 pm | \$10/Ticket (Cash Only) | Cash Bar

#### Rosebud: An Evening with Johnny Cash Bus Trip

Wednesday March 18  
Member: \$125 | Non-Member: \$140

### NEW THEME NIGHT!

#### Bistro Comfort Classics

Wednesday, February 4  
Canadian Cabbage Rolls, Mashed Potatoes, Cream Peas with Pearl Onions, Broccoli and Craisen Salad  
Dessert : Matrimonial Date Squares with Whipped Cream  
4pm - 8pm | \$15 per meal | Take away available  
Open to Everyone!

### Bistro Signature Supper

#### French Inspired

Wednesday, February 18  
Beef Bourguignon, Green Beans Amandine, Salade Verte (French Green Salad) with Vinaigrette, Bun  
Dessert: Eclair's  
4pm - 8pm | \$15 per meal | Take away available  
Open to Everyone!

### Evening & Weekend Activities at Strathcona

#### All Level Fitness

Jan 6 - Feb 26 | 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  
Jan 12 - Mar 31 | Members: Free | Non-Members: \$80

#### Yang Long Form

8:00pm - 9:00pm | Mondays  
Jan 12 - Mar 30 | Members: Free | Non-Members: \$80

#### Chen Style Short Form

7:30pm - 8:15pm | Tuesdays  
Jan 13 - Mar 31 | Members: Free | Non-Members: \$80

#### Fan Form

8:15pm - 9:00pm | Tuesdays  
Jan 13 - Mar 31 | Members: Free | Non-Members: \$80

#### Weapons Form

7:00pm - 9:00pm | Wednesdays  
Jan 14 - Apr 1 | 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 February

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

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
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

Jan 5 – Mar 30 | 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

Jan 5 – Feb 23 | 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

Jan 6 – Feb 12 | 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

Jan 6 – Feb 24 | Tuesdays

11:45am – 12:30pm

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

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

Jan 7 – Apr 1 | 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

Jan 7 – Apr 1 | 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

Jan 7 – Feb 25 | Wednesdays | 12pm – 12:45pm

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

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

### Chair Yoga & More

Jan 8 – Feb 26 | Thursdays

1pm – 1:45pm

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

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

### Yin Yoga

Jan 9 – Feb 27 | Fridays | 12pm – 1pm

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.

**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](http://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](http://unisonalberta.com/active-aging-calgary)

Weekly in-person activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ELL – English Beginner (\$4)</b> Room 305   9:30am – 11:30am</p> <p><b>Mahjong (\$3)</b> Room 312   10:30am – 12:30pm</p> <p><b>Pickleball Drop-In (\$4)</b> <b>Open to all levels</b> Gym   10am – 11:30am</p> <p><b>Pickleball (\$4)</b> <b>Open to all levels</b> Gym   2:30pm – 4pm</p>	<p><b>Recorder Group (\$3)</b> Room 108   10am – 12pm</p> <p><b>Pickleball Advance (\$8)</b> Gym   11am – 1pm</p> <p><b>Ukrainian Group – English as a Second Language (\$4)</b> Room 313   1:30pm – 3:30pm</p> <p><b>Pickleball Drop-In (\$4)</b> <b>Open to all levels</b> Gym   2:30pm – 4pm</p>	<p><b>General Craft Group &amp; Knitting (FREE)</b> Room 311   9am – 12pm</p> <p><b>Beyond Basics English Club (\$4)</b> Room 313   9:30am – 11:45am <i>Registration required</i></p> <p><b>Cribbage (\$3)</b> Room 312   1pm – 3:30pm</p> <p><b>Beginner Pickleball Level Drop-in (\$8)</b> Limit 16 people First come, first served Gym   2pm – 4pm</p>	<p><b>Artists Group</b> Room 108   9am – 3pm <b>(\$2 per half day)</b></p> <p><b>Pickleball (\$4)</b> <b>Open to all levels</b> Gym   2:30pm – 4pm</p>	<p><b>Spanish Conversation (\$3)</b> Room 313   10am – 12pm</p> <p><b>Krazy Karvers Woodcarving (\$2)</b> Room 102   10am – 3pm</p> <p><b>Pickleball (\$8) Inter. / Adv.</b> Gym   10:30am – 12:30pm</p> <p><b>Tech Help (\$5 per half hour)</b> 10:30am – 12:30pm</p> <p><b>Badminton &amp; Ping-Pong (\$4)</b> Gym   2:30pm – 4pm</p>

**Active Aging Spotlight**

### Chair Yoga

**Mondays, Feb 23 – Jun 1 (No class Mar 23 and Mar 30) | 11:30 am – 12:30 pm**  
Member: \$69 | Non-Member: \$99  
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](mailto:Program@UnisonAlberta.com)



**Active Aging Spotlight**

### Arts in the Afternoon – Acrylic

**Wednesdays, Feb 18 – Mar 11**  
**1:00 pm – 3:00 pm**  
Member: \$104 | Non-Member: \$134  
Location: **Room 313 – Kerby Centre**  
Instructor: Hamideh Khadem Sohi

Are you looking to learn how to paint and have a little fun along the way? Hamideh will guide you step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. *All supplies are included.*

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



**Active Aging Spotlight**

### Fall Prevention & Mobility Tips

**Tuesday, Feb 24**  
**10:00 am – 12:00 pm**  
Member: \$50 | Non-Member: \$80  
Location: **Room 312 – Kerby Centre**  
Instructor: Don Muldoon

Falls are one of the leading causes of injury among older adults. This workshop offers guidance on improving balance, choosing proper footwear, using mobility aids, and modifying your environment to reduce risks.

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



**Active Aging Spotlight**

### Intermediate Drawing

**Mondays, Feb 23 – Mar 9**  
**1:00 pm – 3:00 pm**  
Member: \$50 | Non-Member: \$80  
Location: **Room 313 – Kerby Centre**  
Instructor: Hamideh Khadem Sohi

Have you always been interested in drawing but never really knew how to get started? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed! *Supplies not included.*

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



**Active Aging Spotlight**

### Calligraphy- Really Pretty Capitals

**Tuesdays, Feb 10 – Mar 3**  
**1:00 pm – 3:00 pm**  
Member: \$99 | Non-Member: \$129  
Location: **Room 305 – Kerby Centre**  
Instructor: Renate Worthington

Starting with pencil and eraser, fine-tipped marker and lots of colour, we will create several styles of eye-catching drawn Versal letters. No experience in calligraphy is necessary to enjoy making these letters.

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



**Active Aging Spotlight**

### Color Pencil Painting – Beginner Plus

**Mondays, Feb 23 – Mar 9**  
**10:00 am – 12:00 pm**  
Member: \$50 | Non-Member: \$80  
Location: **Room 313 – Kerby Centre**  
Instructor: Hamideh Khadem Sohi

With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils. Her approach emphasizes both technical skill and creative expression.

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



# Unison for Generations 50+ Calgary In-Person Activities

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

## Wise Owl Boutique

**Half Price Sale on RED tag items!**  
**February 23<sup>th</sup> – 27<sup>th</sup>, 2026**

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

### Riverwalk Tuesdays -Indoor Walks!

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

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

**No Registration required**



Wellness Spotlight

### Free Caregiver Wellness Series: COMPASS for the Caregiver In-Person

Thursdays, March 5, 12, 19 & 26, 2026  
10:00 am – 12:30 pm  
Location: Wellness Center, Room 317  
Manuals provided

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

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



Wellness Spotlight

### Sound Bath Therapy

Wednesdays, Feb 11, 18, and 25, 2026  
10:30 am – 12:00 pm  
Member: \$60 | Non-member: \$120  
Location: Wellness Center, Room 317

Helps to empower individuals on their journey to holistic well-being through the transformative power of sound. It provides a sanctuary of tranquility where individuals can experience profound deep relaxation, inner harmony, and self-discovery.

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



Wellness Spotlight

### Indigenous Drumming Circle and Storytelling

Tuesdays, Feb 17, 24, and March 3, 2026  
1:00 pm – 2:30 pm  
Member: \$60 | Non-member: \$120  
Location: Wellness Centre, Room 317  
Instructor: Dorvina Pearline White Quills

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!**  
403-705-3233/ program@unisonalberta.com



Wellness Spotlight

### Men's Coffee & Conversation Group

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

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

**No Registration required**  
New members welcome!



Wellness Spotlight

### Grieving Together Group Counselling

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

Have you lost a loved one, and are looking for support? Our 9-week group counselling program will help you rediscover yourself after loss and learn skills to start enjoying and loving your best life again.

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



## 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](mailto:program@unisonalberta.com) or call **403-705-3233**. Online registration and full details at [unisonalberta.com/online-resources](https://unisonalberta.com/online-resources)

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

### Online Class Spotlight

#### Color Pencil Painting Online - Winter - Z07

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

With a deep understanding of color theory and technique, our instructor can guide students in creating stunning artwork using color pencils.

Supplies not included!

Instructor: Hamideh Khadem Sohi  
Location: Online - Zoom



### Online Presentations Spotlight

#### Preventing Falls as you Age

Tuesday, February 10th | 1:00 pm

Join Safia Noor from the Alberta International Medical Graduates Association (AIMGA) for an informative and practical session focused on understanding and reducing fall risks as we age. This presentation will explore the most common causes of falls, how aging affects balance and mobility, and the steps you can take to stay safe and independent. Safia will guide participants through simple lifestyle changes, home safety strategies, and exercises that support strength, stability, and confidence.

Presented by: Safia Noor  
Location: Online - Zoom



### Online Presentations Spotlight

#### Navigating Community Connect YYC: Simplifying Access to Mental Health & Social Services

Wednesday, February 4th | 1:00 pm

Join us for an informative session on Community Connect YYC — a collaborative online platform designed to make it easier for Calgarians to access affordable mental health and social services. During this presentation, you'll learn about the wide range of programs and supports available.

Presented by: Sally Okasha  
Location: Online - Zoom



### Online Presentations Spotlight

#### Inspire & Write: Creative Writing Webinar Series

Thursday, February 26th | 10:00 am

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. Join us to explore the craft of writing through meaningful activities, thoughtful guidance, and shared perspectives.

Presented by: Mary Ndlovu, Christina Poniecki, Martin J.P. Wilkins, David B. Phillips  
Location: Online - Zoom



### Online Presentations Spotlight

## Online Presentations:

#### Living Well Through Palliative Care: A Community Learning Series

Presented by: Corinne Spronken

Join us for the last of our live, interactive four-part online series where we'll explore important aspects of palliative care together—not as a webinar, but as a collaborative session where everyone can participate.

These sessions are designed to be interactive and engaging. Due to the sensitive nature of the topics and the interactive format, they will not be recorded or posted on Unison's YouTube page.

**Tuesday, February 10th | 1:00 pm**



## Coming soon:

#### Connecting Seniors to Community: The Power of Social Prescribing

#### Taking Back Control: Navigating Illness with Confidence

#### Energy Made Simple: What Albertans Need to Know About Utilities

#### Aging in Place: Navigating Care, Support, and Community

## Online Programs Website



[Unison50plus.unisonalberta.com/Online](https://unison50plus.unisonalberta.com/Online)

Register for online classes via email:  
[program@unisonalberta.com](mailto:program@unisonalberta.com)

Register for online presentations via email:  
[sarahc@unisonalberta.com](mailto: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](mailto:program@unisonalberta.com) or **403-705-3233**

# Puzzle solutions

6	7	2	4	5	1	3	8	9
8	4	9	2	6	3	1	5	7
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2	8	6	9	4	5	7	1	3
9	5	8	1	3	4	6	7	2
7	6	1	5	2	9	8	3	4
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27	A	R	M	P	I	T	S	29	C	O	G						
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43	A	N	N	44	G	O	D	K	I	D							
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**unison**  
At Kerby Centre

## THE GARDEN STUDIO

**OPENING**  
**FEBRUARY 9, 2026**

Room 214  
Monday - Friday  
10 am - 3 pm

The Garden Studio is a plant store with purpose. All proceeds support Unison's **Thrive Food Security** programs, helping seniors access food, connection and community.



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**KERBY**  
**café**

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

**Happy hour**  
Wednesdays, 11 am - 2 pm  
\$4 beer & wine  
& Calgary's best wings!

Unison's house band, the Kerby Sensations play every Wednesday. Always free, always fun!

Enjoy piano serenades by Diana every Thursday

## February 2026

Weekly Specials (\$14)

**February 2 - 6**  
Butter chicken with rice & garlic naan  
Soup: Lemon lentil

**February 9 - 13**  
Chicken quesadilla with choice of side  
Soup: Black bean

**February 16 - 20**  
Cobb salad  
Soup: Greek chicken & orzo

**February 23-27**  
Turkey panini with brie, fig jam, & spinach  
Soup: Hearty vegetable

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Mobile Hearing Clinic

## We bring hearing care home

Skip the traffic and the hassle. Our mobile clinic comes directly to you with complete hearing care services, designed around your comfort and schedule.

- ✓ **Convenient** at-home hearing tests & ongoing care
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## Caring for Calgary's Feet

A dedicated team providing both in-clinic and mobile medical foot care services throughout Calgary and surrounding areas



WE'RE ALSO PROUD TO SERVE THE COMMUNITY AT THE **KERBY CENTRE**  
Every 3rd Friday of the month starting from **September 19th**

**WE DIRECT BILL BLUE CROSS, AISH, VETERAN'S AFFAIRS**

### Medical Foot Care Services

- Diabetes-related foot care
- Peripheral vascular disease
- Neuropathy
- Lymphedema
- Calluses, corns, warts, and ingrown nails
- Compression Stocking (ADL vendor)

### Our Team Includes:

- 🩺 Dr. Nesbitt & Dr. Keer – On-site physicians specializing in skin, managing complex foot and lower leg conditions
- 🦶 Heather Orosz (Onward Orthotics) – Custom orthotics, orthopedic footwear, air casts, and toe spacers
- 🌿 Reflexology & Massage Therapy – Available for overall wellness and circulation support

📍 5809 Macleod Trail SW, Calgary, AB, T2H 0J9  
☎️ 825-540-5888

🌐 [www.calgaryfootcarenurses.com](http://www.calgaryfootcarenurses.com)  
✉️ [contact@calgaryfootcarenurses.com](mailto:contact@calgaryfootcarenurses.com)



### GET HOME CARE WITH CLIENT-DIRECTED HOME CARE INVOICING

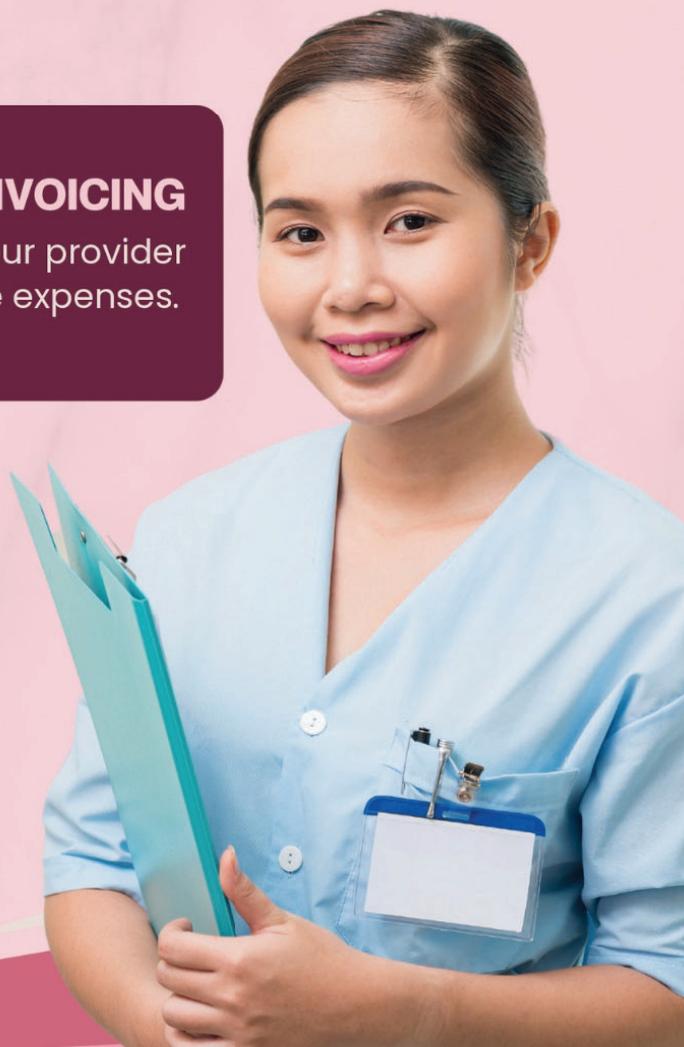
Take control of your healthcare. Select your provider and effortlessly manage your home care expenses. Direct billing is available.

### OUR SERVICES

- Home Care Services
- Foot Care Services
- Companionship Services

### CONTACT US

- ☎️ (403)909-7688
- 🌐 [WWW.HOMECAREPROFESSIONAL.CA](http://WWW.HOMECAREPROFESSIONAL.CA)
- ✉️ [INFO@HOMECAREPROFESSIONAL.CA](mailto:INFO@HOMECAREPROFESSIONAL.CA)



## How to use your free will on V-Day

*Unison Staff*

Love it or hate it, Valentine's Day directs our focus to matters of the heart. While the default perception of Valentine's Day centers on platonic, heterosexual relationships, you have free will and can celebrate it any way you want.

In lieu of Valentine's Day, you can celebrate Galentine's Day on February 13th. Originally conceptualized on the TV show *Parks and Recreation*, Galentine's Day celebrates female friendships.

There's also Palentine's Day, celebrated on February 14th, to honour friendships of all kinds. If none of these float your boat, why not rein in the celebration for yourself?

Sharing Galentine's pre-Valentine hubbub is Self Love Day. On February 13th, why not take yourself out for a meal, go to the movies solo, or treat yourself to some at-home pampering? Self Love Day reminds us to prioritize our wellbeing and promote self-care and self-acceptance. We can also shower affection on our pets, or express appreciation for our community by finding ways to give back to organizations that have helped us throughout the year.

Look, we all love chocolates, flowers, endearing messages, and treats, but they're not the defining features of love and care. How you choose to celebrate or avoid Valentine's Day is up to you.

February 14th can be a painful day for some of us, and we'd rather not be reminded. That's also completely fine. At the end of the day, Valentine's Day is optional. If it brings you joy, lean into it. If it doesn't, you don't owe it your time or attention.



# YYC Home Care Services

**PARAMEDIC-LED HOME CARE SERVICES**

## Our Services

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



## CLIENT DIRECTED HOME CARE INVOICING PROGRAM (CDHCI)

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

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**www.yychomecareservices.ca**



**Contact us today to schedule a free consultation!**

