

Fraud Awareness

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

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Unison unifies and welcomes all

Jose Guillen, Director of Development

My name is Jose Guillen; I am honoured to introduce myself as the new Director of Development



at Unison Alberta. I have learned about the immense scope and role that Unison plays in Calgary and Medicine Hat, and the importance of the services we provide in both communities. Every day, I see how our programs help aging adults live fuller, healthier, more connected lives. What we offer goes far beyond what I knew about Unison before joining the team. As I learn more, I realize the significant impact that our services have in the community. I often think

of my parents and wish they had the opportunity to participate in Unison's programs. As I write these words, I can hear our house band playing live music, a Wednesday tradition at Unison at Kerby Centre. Our members and visitors flock in and for about two hours dance to the notes of foxtrot and swing, bringing memories of my childhood. Unison has a wide variety of services available for our aging population. Community support is the foundation that makes our

work possible. Donations, sponsorships, and volunteer hours impact the quality and accessibility of our programs. When the community invests in Unison, it invests in real people, neighbours, parents, grandparents, and friends who rely on our programs to stay active, healthy, engaged, and connected. For many, Unison is a lifeline. It's where connections are made and daily routines are rebuilt. It's where isolation turns into connection and where

health is strengthened. Community support ensures that these opportunities remain available. As Fund Development Director, my role is to build and nurture the relationships that sustain our mission. Fund development isn't just about raising money; it's about raising awareness, building trust, and inviting people to be part of something meaningful. Every contribution from the community, no matter the size, tells our seniors that their lives matter. I am grateful for the generosity of our supporters and the dedication of our volunteers. Your belief in active aging creates real change at the Veiner Centre in Medicine Hat and at Kerby Centre in Calgary. Because of you, seniors in our communities are more active, connected, and engaged in activities. I look forward to working alongside you to ensure that our programs remain vibrant and accessible for years to come. We are creating a future where aging is about possibility and not about limitation.

PS – Did you know that March is Fraud Awareness Month? At Unison, we deliver workshops that provide helpful and practical information to aging adults. Check our workshop offerings on our website – unisonalberta.com



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- Giveaway Bags
- Educational Sessions
- Music



SAVE THE DATE!

Saturday, April 25th, 2026
9am–3pm

Unison at Kerby Centre,
1133–7 Ave SW Calgary, T2P 1B2

President's Message: New this month, Unison TV

This month, I'm very proud to announce a new initiative. We are launching Unison TV. I'll walk you through the backstory of how this came to be, and why we are doing this now. Our flagship newspaper, Unison News, is part education, part entertainment, and what we refer to as a so-

cial enterprise — that is, advertisers buy ad space in the newspaper, and we distribute it to 32,000 older adults every month. As a social enterprise, the newspaper must make a profit, and that profit goes to supporting some of our charitable activities. There's some math in how we

determine whether the newspaper is profitable enough to carry on. As with many print newspapers, many are having to change their business and revenue models. For Unison, more of our advertisers or sponsors share that their company is no longer investing in print advertising. They are primarily using digital or other social media advertising. This is where serendipity enters the picture. Unison News is a viable project today, but we know it has a short runway. We knew we would need to replace the revenue generated by advertising with other types of revenue if we were to continue providing charitable services. The COVID-19 lockdown taught us a great deal about accessible services and programs, and this gave us an incredible opportunity to pivot to the online universe. After a steep learning curve, we recognized

great value in building an online community for seniors who had not had any previous connection to Veiner Centre or Kerby Centre. Using technology like Zoom allowed us to expand our reach and support quickly. It was not just yoga classes. It was webinars about how to write a will or plan your estate, how to downsize and move, and how to apply for the CPP. We also learned that Zoom sessions could be recorded and uploaded to YouTube to become evergreen educational content for any senior with an internet connection. Eventually, digital spaces will replace the physical newspaper and this is where Unison TV comes into the picture. We have hired a full-time on-air host. This person has worked for Chat TV in Medicine Hat and Global News in Calgary. Our host will be producing daily streamed programming, which will



Larry Mathieson, CEO and President

help us to continue to entertain and inform as well as build an extended virtual community. To support Unison TV, all you need to do is watch, like, and subscribe to our channel. Unison TV is exciting because it allows us to create a vehicle for financial stability, and build a bigger and broader community. Watching our YouTube videos is essentially equivalent to donating to Unison. It's a win-win!

MARCH 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
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Secretary: Jacquelyn Poetker
Treasurer: Janice Wilson
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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

Published monthly by Unison, for Generations 50+

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Unison News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Unison News has a pick-up rate of over 96 per cent. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

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Although every precaution is taken to monitor advertising placed in the Unison News; claims made by advertisers are theirs and are not necessarily endorsed by Unison. Unison reserves the right to refuse any advertising materials submitted.

NOTE: Display advertising is accepted on the condition that, in the event of a typographical error made by Unison News, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.

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



INTERNATIONAL Women's Day

To the women who have cared, supported, and inspired us — mothers, grandmothers, sisters, and friends — thank you for your love, kindness, and wisdom. May this day bring you happiness and warm appreciation.



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

Watch out for tax scams

Vineeta Kapoor

Got a call or email from the CRA? Make sure it's real! If you get a text message or an email from the Canada Revenue Agency (CRA) claiming you're entitled to an extra refund, and all you need to do is provide your banking details, be on alert. This too-good-to-be-true opportunity is a tax scam. But wait — there's more. In another variation, you will receive a phone call to say that you owe the CRA money and that you need to pay right away, or else they will report you to the police. If you ever receive a call, letter, email, or text saying you owe money to the CRA, you can double-check online via "My Account" or call 1-800-959-8281.

Tips to protect yourself

- The CRA will never:
- ▶ Use aggressive or threatening language.
 - ▶ Threaten you with

- ▶ arrest or send police
- ▶ Ask for payments via prepaid credit cards or gift cards, such as iTunes, Home Depot, etc.
- ▶ Collect or distribute payments through Interac e-Transfer
- ▶ Use text messages to communicate under any circumstances
- ▶ Emails from the CRA never request financial information.

NEVER PROVIDE FINANCIAL INFORMATION

The CRA's accepted payment methods are:

- ▶ Online banking
- ▶ Debit cards
- ▶ Pre-authorized debit

If you suspect a scam, always report it to the CRA, the Canada Anti-Fraud Centre, and the police.

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**



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.

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.



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.

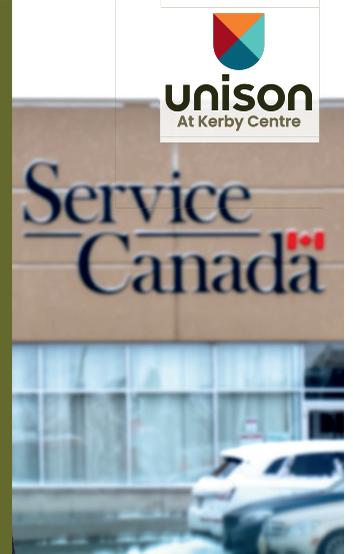
Drop by between 9 am – 3 pm on:

March 10 & March 24



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.

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

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



Creative engagement as we age

Aruga Home Care

As we age, our need for connection grows stronger. We continue to share stories, laugh, create, remember, and seek meaning in our days.

At Aruga Home Care, we believe aging is about living each day in ways that feel personal, purposeful, and fulfilling.

Creative engagement is one of the most beautiful ways this happens. Through music, art, storytelling, gardening, gentle movement, and conversation, older adults reconnect with parts of themselves that have always been there.

Research continues to reinforce what we see every day in our work. Studies from the University of Florida Center for Arts in Medicine and EpiArts Lab show that creative engagement acts as a powerful, non-medical approach to supporting wellbeing. It can boost mood, reduce stress, strengthen connection, and even

support cognitive function over time. Some researchers have even described it as a kind of “hidden longevity” support, helping people live not just longer, but better.

A familiar melody can bring back a cherished memory. Painting can spark confidence and pride. Sharing stories can strengthen bonds between generations. These moments may seem simple, but they carry tremendous emotional weight. They remind us that we are still growing, still expressing, still participating in life.

For those living with dementia, creative engagement can be especially powerful. Even as certain abilities change, the capacity for joy, rhythm, imagination, and emotional connection remains. When we focus on those strengths, we see calm, confidence, and genuine connection emerge.

Creative engagement supports cognitive health and emotional wellbeing, but more importantly,

it supports dignity. It helps reduce isolation and brings warmth back into everyday routines.

At Aruga Home Care, creative engagement is the foundation of how we care. Our caregivers take time to learn each person’s unique situation, history, culture, interests, and passions. From there, we create meaningful moments that feel familiar and uplifting. Care becomes more than assistance. It becomes a relationship built on compassion and understanding. Aging is an opportunity



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Website: www.theinnerflo.com

to live with even greater depth, intention, and authenticity. At Aruga, we are honoured to walk alongside you, supporting each chapter with compassion, creativity, and care.

If you or someone you love is considering in-home support in Calgary, we invite you to learn more at arugahomecare.ca.

Thriving in the Garden Studio

Ashley Yeoman

February brought unusually warm weather and with it a sense of hope for our gardens, patios, and balconies in the months ahead. It felt like the perfect time to introduce something new to our community — an initiative that brings beauty into our homes while supporting seniors in feeling secure and cared for. The Garden Studio is Unison’s newest social enterprise, helping to generate income to improve access to food for seniors in Calgary. A plant shop with purpose, the studio is part boutique plant shop and part garden thrift store. We offer tropical houseplants alongside gently used decorative pots, garden supplies, and décor, with every purchase helping to support Unison’s food security efforts. We are deeply grateful for the donations of garden items, encouragement, and community support that helped bring this vision to life. As many gardeners and houseplant enthusiasts know, it doesn’t take long for pots and supplies to accumulate. If you have gently used items sitting unused, we would



Come get your divine succulents at the Garden Studio. Photo: Mel Lefebvre

be happy to welcome them and give them new life at the Garden Studio. We’ve been overwhelmed by the warm reception. From those who helped clean, paint, and prepare the studio, to everyone who has stopped in to shop or share kind words — thank you. Your support has meant so much.

The Garden Studio was created to be a welcoming community space rooted in reciprocity, hope, and joy. Alongside our fundraiser with West Coast Seeds and our upcoming Spring Seedling Sale, we are excited to offer workshops shaped by community interests. What would you like to learn, create, or share? Send

your ideas to thrive@unisonalberta.com. We’re also proud to share that Unison has recently been recognized as a Good Food Organization through Right to Food. Advocacy from Right to Food and Food Banks Canada has helped lead to the introduction of the Groceries and Essentials Benefit. While there is still work ahead to address food insecurity, this is a meaningful and hopeful step forward.

As we look ahead to spring, we invite you to join us in this shared work. Shopping at the Garden

Studio, donating gently used garden items, or simply extending kindness to neighbours, friends, and family all make a difference. Together, small acts

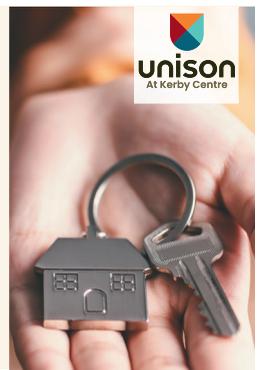
can help grow something much greater — a community where everyone feels supported and has reliable access to the food they need.

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




unison
At Kerby Centre

Donate your Car to Unison

We can turn your vehicle into valuable dollars to help support our cause. We accept any and all vehicles across the country, running or not, old or new!

1-877-250-4904
Info@DonateCar.ca

-  Tell us your vehicle info
-  We pick up your vehicle
-  You get a tax receipt

Bringing humanity back to healthcare

Monica Shepherd

When we think of healthcare, we often think of hospitals, medications, and procedures. What is talked about far less often is loneliness. Yet loneliness quietly affects health outcomes just as deeply as chronic disease, especially among seniors, people living with diabetes, and those facing housing insecurity. In my work as a foot care nurse and educator in Calgary, I see this every day. Through our outreach with The Mustard Seed and the Unison Elder Abuse Shelter, foot and wound care have become far more than clinical services — they become a point of connection.

For some seniors, foot care can be one of the few ways they receive regular human contact. Many seniors struggle silently with diabetes, poor circulation, thickened nails,



Photo: Gabrielle Henderson

wounds, or pain that limits mobility. When mobility declines, isolation often follows, and isolation deeply affects both physical and emotional health.

Loneliness shows up in every aspect of care. Seniors are often forgotten once they leave acute care environments. In community care, they are frequently rushed or treated as tasks rather than people. Our work is about bringing heart back into healthcare by slowing down and remembering that healing happens through human connection as much as treatment.

Healthcare lives in moments of trust, conversation, and care. When we address loneliness, we improve health. When we bring compassion back into medicine, we strengthen communities. Education is central to this work. Through Nursing Soles Academy, RNs, LPNs, and HCAs learn not only advanced foot care and wound care skills, but how to care for people. They train alongside us in community outreach settings, learning to recognize risk factors, prevent complications, and approach vulnerable populations with humility and com-

passion. They see firsthand how education, early intervention, and presence can change outcomes. At Unison, we sit, listen, and explain. We notice changes early and emphasize prevention before small concerns become serious complications. We provide care with patience, respect, and time. That time matters.

We serve seniors, people living with diabetes, and individuals in the community through clinic care, mobile nursing services, and outreach programs. Nursing Soles is always accepting donations of clean socks, diabetic socks, and warm merino wool socks to support community outreach programs serving seniors, people living with diabetes, and underserved populations.

Donations can be dropped off directly at the clinic and at Unison at Kerby Centre. Foot care may seem small, but it carries people forward. Sometimes, it is the first step back toward connection. Small acts of care can restore dignity, prevent suffering, and bring humanity back into healthcare.

REGOGNIZE FRAUDS & SCAMS

Scams and fraud are constantly evolving:

- Bank impersonators
- Telemarketing fraud
- Online scams

Protect yourself:

- Be sceptical
- Hang up/close tabs
- Verify information
- Talk to friends & family



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Kerby Sensations
every Wednesday
Always free, always fun



Piano serenades by
Diana every Thursday

March 2026

Weekly Specials (\$14)

March 2 - 6

Vegetarian chili with cheddar & tortilla garnish
Soup: Sausage & bean

March 9 - 13

Fried chicken cheddar & bacon sandwich
+ choice of side
Soup: roasted red pepper

March 16 - 20

Chili chicken over rice & crispy wonton, cucumber
& green onion garnish
Soup: Roasted asparagus

March 23-27

Greek plate: rice pilaf, chicken skewer, pita,
hummus, tzatziki & Greek salad
Soup: Spring garden minestrone

March 30 - April 3

Cajun chicken & cheese ciabatta sandwich
Soup: Italian wedding

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My brother, Bill, loved his bike

Alison Ritchie

I don't know when my mother started to have labour pains. That evening, Dad arrived home later than usual from work. As he stepped through the door, he found Mom already in active labour, and called for the doctor. Dad would later boast, "By the time the doctor arrived, I had already delivered Billy. Except for cutting the cord, I did everything else."

The arrival of Bill brought the family happiness, especially for our father who finally had a son. Dad was fifty-one, and Mom was forty-four. I would have been five, Bonnie ten and Margaret three. They named their little boy William Thomas.

As time passed, Mom noticed that Billy seemed slower than his sisters to reach milestones like rolling over and sitting up. She tried to brush aside her worries, reassuring herself that boys developed more slowly than girls. During a Christmas gathering, when the baby was nine months old and still not able to sit, one of my aunts looked at him closely and became alarmed. Billy's eyes were slanted, and his tongue was so large it protruded all the time. She convinced Mom and Dad to see

her pediatrician and made the appointment for them.

The doctor examined the baby and informed them, "This child has Down's Syndrome." Mother was in a state of shock. "No, not my baby boy."

"But doctor, no one in either of our families have disabled children. Why did this happen?" The doctor turned to her, his tone direct. "You are an older woman," he explained, "and sometimes a child is born with this handicap to older women." He continued, his words deliberate and clinical, "He will probably die before he is five. I noticed his tongue is enlarged, so he won't be able to speak clearly."

With the doctor's diagnosis still echoing in her mind, Ada instinctively drew her son close, wrapping him in a protective embrace. The knowledge that her beloved child was handicapped, and the harsh reality that he would never experience the life she had envisioned for him, settled heavily on her heart.

As they left the hospital, James turned to his grieving wife. He reflected on the events of their son's birth, recalling how Ada had waited for him to come home from work before seeking help. He told her, "You should

not have waited for me to come home but gone straight to the hospital." He watched Ada's face as her eyes widened in grief and tears leaked out. "I promise you, Jim, I'll take care of the child and love him."

Despite the heartbreak and blame, my parents found strength in each other. United in purpose, they resolved to support their son as best they could. Two years later, we moved to a larger house. It was closer to the elementary school my sister Margaret and I went to.

Mom was happy with her new home; she would sing as she cleaned. She now had a dining room, living room, kitchen, a huge pantry, and a half bathroom, all on the main floor. Three bedrooms and a main bathroom were on the second level. She began to have the church ladies over for meetings. She bought two aquariums and placed them in the living room. In the pantry on the top shelf facing a huge window, she kept canaries. One canary stayed in the kitchen close to the window and he would start to warble when the sun came up. She felt things were getting better.

Life changed for all of us when Mom became ill and passed away three years later.

Bonnie was fifteen, I was ten, Margaret was eight, and Billy only five. Shortly after her death, I reached for a clean towel in the bathroom closet, where I found a pair of Billy's briefs

hidden under a clean towel. It was full of stool. I was furious. I found Billy. When I showed him the offensive underwear, he laughed like it was a big joke. I told him if he ever did that again I would rub his face in it.

The threat was enough. I never found soiled undergarments again. Today, when I think back, my poor mother had probably been too sick to toilet train him.

Two years went by. Bonnie left home at seventeen once she finished high school and got a job. Margaret and I were left to take care of Billy and each other. We were not up to the challenge.

Poor Billy tried running away from home. He had a red pedal car that he would take off in. Once I realised he was gone, Margaret and I would start searching. We usually found him a block away. One time, I could not find him, so I called the Montreal North police. "My brother has run away. His name is Billy Ritchie." "He is here at the police station. Come and take him home."

The police station was at least thirty minutes away from our house. I found him happy eating ice cream. Unfortunately, he went back to the station many times and the police grew tired of him.

One of my aunts found a place where he could go to school with other disabled people. He would learn basic skills and how to ride a bus. Dad agreed and changed his work shifts so he could send Billy off to school. Margaret and I would be home when Billy got home on the yellow



Photo: Joedith Lego

school bus. Bill loved it there and made many friends.

One afternoon, Margaret returned home from school to a frightening sight. Billy was dangling precariously from an open second floor window. His hands gripped the sill in a desperate attempt to keep from falling. Margaret sprinted up the stairs and, summoning all her strength, managed to pull Billy back inside to safety. Catching her breath, Margaret asked, "What were you trying to do?" Billy, mumbling, mentioned something about Superman. "Did you think you could fly?" Tearfully, Billy admitted, "Yes."

Around 1965, Dad gave in to Bill's constant begging for a two-wheeled bicycle. There were two large hills on the street where we lived, divided by a busy road. Our house was on the bottom half. Bill was told only to ride on our section of the street.

I had my nose in a book when there was a banging at the door. I opened it to see a young, agitated man who lived in the neighbourhood. In French, he said my brother had an accident and kept pointing to the busy road separating our street. There was a police car with lights flashing. With my heart beating wildly, I rushed out the door and raced to the corner.

Bill's bike was totalled. Except for a few scrapes, Bill was unhurt. He glared at the driver with rage. When my brother saw me, he pointed indignantly to the man who hit him. I knew right away the accident was not the man's fault. Bill was not supposed to be on this part of the road. "He broke my bike, Addy," he shouted. He called me Addy as he could not pronounce my name.

The driver that hit Bill's bike was shaking and tears streamed down his face. It turned out Billy had roared right through the stop sign. The police told the driver to leave, that there would be no consequences. He took me aside and in a firm voice told me, "Tell your father, your brother should never ride a bike. The next time, he might be killed."

After Dad heard what happened, that was the end of Bill riding a bicycle. Bill had many adventures, some good, some bad, and despite the doctor's prophecy, Bill lived to seventy years old.

unison
For generations 50+

ST. PATRICK'S DAY CELEBRATION

Irish Stew & Green Bear | Live Music by Get Reel!

March 13th | Kerby Cafe

Join us at 11:30 for food & drink | Enjoy live music at 12:30



Annual General Meeting

Notice of Unison Society 2026 AGM

Wednesday April 22, 2026 | 10am - 11am



Agenda

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
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 helloyc@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 falls asleep and becomes Misha

Ada Muser

Bruno's writer friend's short stories are figments of his imagination. They are well-written, entertaining, and often titillating. In his view, short stories should be easy to read, fun, and quickly forgotten. Nothing more. Bruno likes his pieces to contain a "message" and make the reader think. He writes from his own experiences, real-life observations, inspired by historical events, mythology and classics to present the message through allegories. Some are better written in first person singular by Bruno Mayer himself, while others are better written by the "writer" looking from outside in.

Since Elsa calls Bruno's thinking escapades musings, he decided on a pseudonym, Ada Muser. Bruno wonders if it is possible to use his friend's approach and still have a "message."

Bruno fell asleep and dreamed he was Misha, a rabbit with front paws instead of hands, no clothes but fur, and sporting a cute white tail curved up-

wards in the back. He is so tiny and vulnerable!

Approaching from the back alley, he faces an impossibly high fence and a gate, with the latch so far up he can hardly see it, much less open it. Fortunately, a dip in the ground under the gate forms a hole big enough to squeeze through. He finds a beautiful yard on the other side. Much of it is covered by a large wooden patio, a low-to-the-ground wooden structure. From his little bunny viewpoint, it looks like a huge apartment building with many levels, and a labyrinth of hiding and safe places. An overhang on the north side forms an eave above the entrance. Two flat stones keep the entranceway clean from dirt and mud. He decides to move in.

Misha is now sharing the low patio with tenants who lived there before he was born. They are small, cuddly field mice, and good company. They are very fidgety, fearing the same enemies, and are good neighbours, although they sometimes pilfer Misha's food.

An easy-going relationship provides a sense

of security for everyone, as they alert each other when a predator is spotted. The next part of the patio is one step higher because the terrain is uneven. It is a narrow, long passageway to an even higher level next to the main building. It has a separate entrance from Misha's new lodgings, conveniently small for anyone bigger than him to get through. It is also a safe route to the other end of the yard, perfect for moving unobserved.

Misha runs at high speed over the open field between two entrances. Sometimes he sleeps in this less drafty hallway, or runs through to the other end of the yard and slips under the neighbour's patio to enjoy the warmth from the hot tub they have above.

The garden is a smorgasbord of bunny food: grass, clover, creeping jennies, and hen and chicks are tasty and filling. Large creatures live in the main house. Misha is still very young and is only now realizing the world is full of them. They are also animals, but much larger, walk on their hind legs, and wear rugs instead of fur. He does not know they are called people. A huge, dangerous world exists beyond, with more of these creatures walking back and forth on their two legs. How do they do it, Misha wonders? They are usually accompanied by dogs that seem do-

mesticated, yet are kept on leashes. That is good!

On the hard, flat strips of land on both sides of the garden run foul-smelling monsters on four wheels. They are swift, faster than Misha can run. He worries about getting hurt. He is happy that the large house creatures seem to like him. The taller one is louder and makes deeper sounds when he opens his mouth, while the other one, much prettier, emits higher and more pleasant sounds. It seems to be the kinder one. He decides to call them Dad and Mom.

Misha learned he is safe when they are around. Not even the big bad cat Ozzie from across the street dares to come. He is glad Dad and Mom are as big as they are; it is nice to have powerful protectors. In the fall, Dad and Mom sit in chairs on the patio literally above his head, and make light in a funny-looking metal contraption. It is a round, bulky ball on three legs. On top of it sits a chimney from which fog-like vapours called smoke escape. It smells nice. They call it "The Chime-nea." When lit, it makes crackling sounds and it gets warmer outside.

The whole scene is always so quiet and peaceful. Dad and Mom hold glasses with either red or white liquids in them and talk quietly. He comes out from underneath and sits at a safe distance,



Misha is Bruno. Bruno is Misha. Photo: Ada Muser

posing for pictures. It seems to make his friends happy, and they would reward him with treats.

The seasons changed rapidly, and Misha felt the bright white powder cold to the touch for the first time. It is snow. Misha appreciates that Dad sweeps snow away from his garden to make pathways so he can keep running about at high speeds. Mom or Dad bring him fresh food twice a day. It is an aromatic hay, flower petals, clover collected in the neighbourhood, and other treats. It is against the rules of nature, of course, but it is nice. He is now officially just a semi-wild animal.

Misha's fur has not turned white, but light greyish blending well with the background. It is nicely fluffy, ending in an almost white, little, cute tail. It is often cold out there. On the most miserable days, he does not want to go out at all. Then he is grateful for the food Mom or Dad put on the flat stones of his entrance under the little canopy, so he can just stick his nose out into the cold and...

* * * * *

Bruno woke up. There was a moment of confusion, as is often the case when waking up from a vivid dream. He looked at his hands and was relieved they were not paws. If he still had a cute white tail curved upwards in the back, he was not sure. In the following four days, Misha did not show up, worrying his Dad and Mom sick.

On the fifth day, Bruno went downstairs to make a coffee, knowing that the kitchen window provides the best vantage point for "Misha sighting." The early morning semidarkness, around 8:00 am, is when Misha usually shows up.

One January morning, when the temperature was hovering around minus 22 degrees Celsius, he finally made an appearance. There he was, in front of his house under the overhang, munching on a long stem of dried clover, his head sunk into his dense winter fur as low as it could go, for warmth.

It is not easy to be wild. Occasionally, he would sit up to make his eyes level with the patio deck to make sure there was no predator in sight. All was well!

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The amazing lives of semi and ever greens

Deborah Maier, Calgary Horticultural Society

In March it seems like everyone embraces the colour green. The shops display their St. Paddy's decorations and gardeners are eager for the first day of spring and the sight of emerging plants.

In Calgary, March is a winter month and often the snowiest of the year, but on those warm chinook days, checking on the garden will often reveal living plant material. Frequently, these will be hardy weeds that never fully die back.

I regularly see dandelions in protected south-facing locations that catch the sun blooming in March. We often put our gardens to bed in the fall and then forget about them until spring. However, there are garden plants beyond weeds that don't die back. These plants are considered evergreen or semi-evergreen.

True evergreens in our area that we readily recognize are spruce, pine, juniper, and cedar. They have needles and leaves that remain green year-round, though some junipers may take on a red or brown hue during cold periods. Semi-evergreen plants are typically perennials. Many of their leaves and stems may die back, but some remain. The leaves often change colour, making them blend in with exposed soil. They will green up as soon as conditions permit and are often the earliest perennial bloomers in the garden.

I have several semi-evergreen plants in my garden. Three of my favourites are *Bergenia* (elephant's ears), *Hepatica* (liverwort), and *Campanula persicifolia* (peach-leaved bellflower).

Discovering one winter that the rosettes of the bellflower were green made me look more carefully at the other plants in my garden and learn that not all perennial plants completely die back. I know the

name bellflower may turn gardeners away from this plant, but it is not like the notorious creeping bellflower. It does self-sow and pops up in unexpected locations, but it is easy to weed out of the garden. The roots tend to spread near the soil surface as the plant forms pleasing mats of green. I find it makes a good ground cover but is not a rapid spreader. The tall flower stalks (70 cm) with their bells of white or pale purple are delightful.

Being such a cold-hardy plant (Zone 2), I will often see it reblooming in the fall. *Bergenia*, a plant that I received from the instructor of a Society class I took when I first was learning about growing in Calgary over 30 years ago, is one of the plants that changes colour. In the fall, when temperatures drop and there are frosts, *Bergenia* leaves turn burgundy. They also lay flat against the soil surface.

We often read advice that cold-tolerant plant seeds can be planted "as soon as the ground is workable." I once read

that when *Bergenia* leaves lift again, garden soil is workable. I did check that theory out with my trowel, and it seems to align.

I discovered *Hepatica* when visiting the Butchart Gardens outside of Victoria, BC. It was early spring and there were little purple, white, and pink flowers covering the ground in a shady area. There were no leaves present. Looking the plant up in their "what's blooming now" display, I learned it was *Hepatica*. Later, I discovered that it also could be grown in Calgary. Once I became aware of the plant, I observed patches of it in many established gardens, Reader Rock Garden be-



Hepatica. Photo: Deborah Maier

ing one. Of the three plants presented here, I find that the *Hepatica* leaves are the most damaged by our winter weather. However, this February, my garden had a lovely patch of green *Hepatica* leaves on display.

These semi-evergreen plants should never be cut back in the fall. Their winter survival strategy

is to have some foliage ready for photosynthesis whenever the conditions are right. During spring cleanup, remove any dead leaves, though I've found that for *Bergenia* and the peach-leaved bellflower, this task is rarely required.

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Bergenia in the snow.
Photo: Deborah Maier



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MARCH CROSSWORD AND SUDOKU | SOLUTIONS: P.22

Across

- 1. "___ Secretary": Téa Leoni drama
- 6. Sound effect made with coconut shells
- 10. Toy with a tail
- 14. Horace composition
- 15. "Houdini" singer Dua
- 16. 2017 Tony winner "Come From ___"
- 17. "... and anything else that might come up"
- 19. Hon
- 20. "Second oboe, play the right notes this time!," e.g.
- 22. Sneaky
- 23. Blood
- 24. Ashram figure
- 26. "Sing your solo correctly for oncel," e.g.
- 31. "Gnossiennes" composer
- 34. Take a chance

- 35. Online marketing strategy, for short
- 36. Count in the cereal aisle
- 39. "Girl With a Pearl Earring" painter
- 41. ___ Lingus
- 42. Invalidate
- 44. Like a dive bar
- 45. "Perform the music as written! No sharps or flats!," e.g.
- 49. Lavish love (on)
- 50. Graphic opening?
- 51. Check out
- 54. "You must!," or how a demanding conductor would interpret 20-, 26-, and 45-Across
- 59. Coil in a garden
- 61. Worker who tracks transactions
- 62. The America's Cup, for one
- 63. Sea eagle

- 64. Signals from space, perhaps
- 65. Dumpster fire
- 66. Mary ___ Lincoln
- 67. Hospital employee

Down

- 1. Feline chorus
- 2. National Scrabble Day month
- 3. Soft and fluffy
- 4. Med. condition treated with Ritalin
- 5. Medieval fair quaff
- 6. Healing character class in D&D
- 7. Pepped (up)
- 8. Gp. founded in Baghdad
- 9. Hair line?
- 10. Explosive sound
- 11. "Lemme look!"
- 12. Open page on a web browser
- 13. Cornea locale

- 18. Polynesian carving
- 21. Plunge into liquid
- 25. Gave a leg up to?
- 26. The Old ___: London venue
- 27. Bodies of work
- 28. CLE player
- 29. Mine deposit
- 30. Flat-bottomed fishing boat
- 31. Airport security check
- 32. Up, in a way
- 33. Giant Galápagos natives
- 37. Hawaiian for "long"
- 38. Feel bad
- 40. Large body of eau
- 43. Backyard feature for a water-loving pup
- 46. Says out loud
- 47. Stunk
- 48. "How To ___ Your Diary": interactive edition in a YA series
- 51. Bygone Dodge two-seater
- 52. Levels
- 53. Hardly rambling

- 55. Skeptical scoff
- 56. ___ reflex: infant's instinctive protective response
- 57. Millennia upon millennia
- 58. Online discount marketplace
- 59. Haw counterpart
- 60. Be outstanding

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Plan your future now to live the life you want

Debra Molzan, Seniors Real Estate Specialist

A few years ago, I met an inspiring 94-year-old woman who, after moving to a new retirement residence, updated her bucket list with fun plans and new adventures. I also met a couple who had a photo taped to their fridge of people dancing on a beach. Their dream was to move to Victoria, and one day, with our support, that photo became their reality.

Making the decision to move is one of the most stressful situations an older adult may face in their retirement years. Just thinking about it can feel overwhelming. The fear of the unknown can hold us back. It is hard to leave a home that you have enjoyed for many years. Where do you start? The good news is that there is a process to follow. Everyone's situation

is unique, and it's important not to compare your journey to others. When you are thinking about moving, first ask yourself why you are considering a move. What are your future goals and priorities?

You may have heard the common phrase "aging in place." Is your current home still the "right" place for you? Has your lifestyle changed? Is your home too large, too difficult to maintain, or financially challenging?

We are fortunate to live in Alberta, where there are many housing options for seniors.

Understanding your financial situation is key to determining what type of housing you can comfortably afford. If you own a home, start with a current market evaluation. A licensed real estate agent can explain market conditions and review

selling expenses. This is typically a confidential, no-obligation service. If you have a mortgage or other debt registered on your property title, find out the current balance and whether there will be a payout penalty. It will be paid in full from the sale proceeds by your lawyer at closing. Once you know the estimated equity from your sale, your financial advisor will be able to review your finances to help determine whether buying or renting makes sense for you. If subsidized housing is needed, keep in mind that there is an application process and it can take time.

Your health needs are another important factor. Are the tasks of home maintenance becoming a burden and not fun anymore? Perhaps downsizing might be the answer. Would home care

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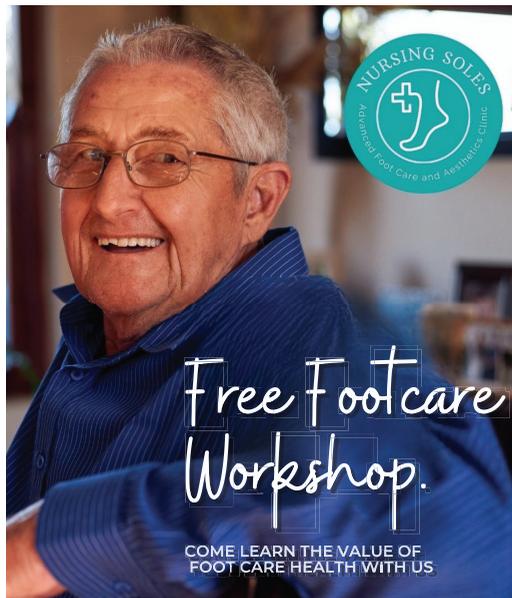
be helpful now? These services can often follow you to your next home. Do you require supportive living with meals, housekeeping, and social opportunities? In some cases, a residence with full-time, on-site care may be necessary. Alberta Health Services assesses seniors for home care and assisted living (supportive living) through a comprehensive evaluation, often initiated by calling Health Link at 811. A case manager reviews physical, cognitive, and social function to determine the appropriate level of care, ensuring seniors receive necessary support.

When you understand your budget and health

needs, researching housing options will become easier. Take the time to think about your lifestyle and what matters most to you. What do you want your future to look like?

There are many housing options and retirement communities that are designed to meet a wide range of needs. Think of it as the initiation of a new bucket list. What fun and adventures are waiting for you in this new chapter?

Learning about your options can reduce worry and increase confidence. Moving can feel overwhelming, but with a little planning it can be an exciting time!



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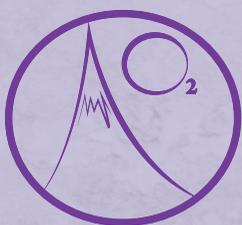
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In 2025, Medicine Hat Meals on Wheels delivered 39,673 meals with the support of 66 dedicated volunteers. Each delivery represents more than food; it reflects the care and commitment of community members who give their time to ensure no one is left behind. The impact of the program is perhaps best understood through the stories of those it serves.

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home after mobility limitations made daily tasks more challenging. With home care support in place and their adult children living out of town, meal preparation became increasingly difficult. Before joining Meals on Wheels, they relied heavily on frozen or processed foods that they felt lacked proper nutritional balance. Since enrolling in the program, the couple says the stress of meal planning has

eased and their overall well-being has improved. They describe the service as one they “would not give up,” noting the value compared to grocery costs and the effort required to prepare meals. Even dessert has become a small but meaningful highlight of their day.

Beyond the impact on their own lives, the couple has become more aware of the needs within their neighbourhood. After experiencing the

meaningful difference Meals on Wheels has made for them, they began encouraging nearby widows and neighbours to consider the service, reassuring them that it supports continued independence and dignity, rather than diminishing it. This ripple effect reflects how Meals on Wheels strengthens not only individuals and families, but entire communities; it fosters connection, awareness, and mutual care that extends well beyond the delivery of a meal. More than nourishment, Meals on Wheels offers reassurance — to both clients and their loved ones — that they are supported, healthy, and able to remain where they belong. The couple shared that the program has become essential to maintaining their independence. In their words, this service does not just deliver meals; it “keeps us here.”



Meadowlands
by Optima Living

Live Well, Your Way

At Meadowlands, savour three chef-prepared meals daily, enjoy enriching activities, and connect with caring neighbors—all in a beautifully central location.



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meadowlandsseniors.ca

223 Park Meadows Dr. SE, Medicine Hat
Independent Living • Assisted Living

Optima Living is Canadian owned and operated.

Volunteer spotlight

Unison Veiner Centre
Vaughn Thome



We're excited to introduce Vaughn Thome, one of Unison's dedicated Meals on Wheels drivers. Vaughn joined our team in March 2025 after seeing our ad seeking volunteers. Wanting to support a meaningful cause, he decided to lend a hand delivering meals to our clients. Since then, Vaughn has become a valued part of our volunteer family.

He enjoys visiting with clients, and seeing firsthand how appreciative they are of the service. Vaughn also values the friendships he's built with other volunteers along the way. His kindness and reliability shine through in everything he does.

Over the Christmas holidays, Vaughn went above and beyond by picking up extra routes when help was needed most. He is always willing to step in at the last minute or take on larger routes when called upon, often responding in a heartbeat. His dedication and willingness to go the extra mile make a tremendous difference and ease the workload for the Meals on Wheels coordinator.

Thank you, Vaughn, for your generosity, dependability, and the positive spirit you bring to every delivery.

Unison Kerby Centre
Debbie Howes

Debbie Howes first joined a Unison Wellness program after retiring from a long and success-



ful career as an administrator. She soon decided to give back, and has been volunteering with us for two and a half years.

Debbie began volunteering at the Travel Desk and has since taken on multiple roles. Today, she volunteers at Seniors Support reception, provides administrative support with the Thrive Food Security Program, and assists with grocery deliveries.

She enjoys helping others and meeting new people, describing our community as "great and understanding people." Volunteering brings struc-

ture to her life and has given her deeper awareness of how our services support individuals in need. Debbie recommends

volunteering to everyone and believes that "giving back to society makes her life happier." Thank you, Deb-

bie, for your dedication and generosity!

Volunteer opportunities



Active Aging - Travel Desk: Love travel? Volunteer with our Travel Desk.

Help plan trips for seniors and join in some adventures!

Seniors Supports - Reception: Welcome clients, help with forms, scheduling and appointments. Shift available: Wednesdays, 8:00 AM-12:00 PM.

Maintenance: Do you enjoy keeping things tidy? Join our Programs crew and help keep our department clean and organized. Flexible shifts available.

Thrive Food Security - Grocery Delivery and Friendly Visits: Shop and deliver weekly groceries to seniors who can't get out on their own. Must have a car, valid license, and a friendly attitude.

For more information: volunteer@unisonalberta.com



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

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Send tax receipt to:

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Signature: _____

City _____ **Prov** _____

Planned Giving - A way to make a BIG impact!

I would like to receive information on planned giving.

Postal Code _____ **Phone** _____

I have included Unison at Veiner Centre in my will.

Email _____



Make a difference today
UnisonAlberta.com
403-525-8901

Make a change, one meal at a time!

By participating in our March for Meals Campaign, you're supporting a program that addresses not only nutritional needs but also the social and emotional well-being of real people in your community. The program helps reduce social isolation, fosters a sense of community, and acts as a wellness check, ensuring that vulnerable Hatters receive the care and attention they deserve.

Thank you for supporting seniors!

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
225 Woodman Ave SE Medicine Hat, Alberta T1A 3H2 | Charitable Registration #11897 9947 RR001



Medicine Hat Veiner Activities

What's Happening in March

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 10am	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

Card Makers

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

Pet Therapy with Tajma

March 4
12pm - 2pm

Scrapbooking Fanatics

March 6 - 8
Starting at 4:30pm on the 6th | Registration Required

Community Kitchen with Unison & Root Cellar

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

Alzheimer Society Care Partner Support Group

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

Counselling Services with Ben Feere

March 12
9am-12pm | Registration Required

The Art Rescuers - Upcycle Painting Group

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

First Link Connections

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

CRA & Canada Service - In Person Support

March 17
9:00am - 12:30pm | South MP | Drop in Only

Bridges Grandparents Group

March 17 | 10:30am - 12pm | Boardroom
Register by calling Kayla 403-526-7473

Parkinson Association Support Group

March 18
12pm - 2pm | Boardroom | Register at 1-800-561-1911

Dementia Support Group

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

Senior Safety Series: Frauds & Scams - Recognize, Protect & Prevent

March 19
9:30am-12pm | Boardroom | Registration Required

Movie Night: "Indiana Jones: Raiders of the Lost Ark"

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

Raiders of the Lost Ark follows archaeologist Indiana Jones as he races against Nazi forces to find the legendary Ark of the Covenant, believed to hold immense supernatural power. Traveling across the globe, Indy faces dangerous traps, rival archaeologists, and high-stakes adventure to stop the artifact from falling into the wrong hands.

Quilter's Retreat

March 20 - 22
Craft Room | Registration Required

Diamond Art Group

March 24
1pm - 4pm | Boardroom | Registration Required

Medicine Hat Veiner Activities

What's Happening in March

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

Wellness Wednesdays

Open to members and non-members

Movie Matinee with popcorn "Up"

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

78-year-old widower Carl Fredricksen fulfills his lifelong dream of adventure by tying thousands of balloons to his house and flying to South America. Along the way, he discovers friendship, courage, and the importance of embracing life's unexpected journeys with a young stowaway named Russell.

Tech Support

March 4
11am - 1pm | Boardroom | Registration Required

Tech Support

March 11
12pm - 2pm | Boardroom | Registration Required

Wellbeing Workshop with MHFS: "Boundaries Part 1"

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

Boundaries are not about pushing people away; they are about protecting your time and energy. In part 1, we will learn how to set clear, healthy boundaries without guilt or over-explaining.

FREE Hearing Health check with Ear Wax Removal with Hear Canada

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

Rock Painting with Kat

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

Wellbeing Workshop with MHFS: "Boundaries Part 2"

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

Join us for Part 2 in an empowering session on healthy boundaries and how they support your mental and emotional well-being. Learn practical tools and strategies to create balance, strengthen relationships, and confidently say yes to what matters—and no when you need to.

Upcoming Event Spotlight

Sock Hop

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

2026 BKT World Women's Curling Championship (Canada Vs. Austria) Bus Trip

Wednesday March 20
Member: \$80 | Non-Member: \$90

Rosebud: An Evening with Johnny Cash Bus Trip

Saturday, March 21
Member: \$125 | Non-Member: \$140

Barn Dance

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

Bistro Comfort Classics

Wednesday, March 4

Lasagna, garlic toast, & caesar salad
Dessert : Strawberry cream pie

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

Bistro Signature Supper

St. Patrick Inspired

Wednesday, March 18

Corn Beef & Cabbage, Mashed Potatoes, Irish Pub Salad

Dessert: Guinness Chocolate Cake

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
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 March

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

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

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

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

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>Mahjong (\$3) Room 312 10:30am – 12:30pm</p>	<p>Recorder Group (\$3) Room 108 10am – 12pm</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>Cribbage (\$3) Room 312 1pm – 3:30pm</p>	<p>Artists Group Room 108 9am – 3pm (\$2 per half day)</p> <p>Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm</p>	<p>Spanish Conversation (\$3) Room 313 10am – 12pm</p> <p>Krazy Karvers Woodcarving (\$2) Room 102 10am – 3pm</p> <p>Tech Help (\$5 per half hour) 10:30am – 12:30pm</p> <p>Badminton & Ping-Pong (\$4) Gym 2:30pm – 4pm</p>

Unison Travel Spotlight

Tsuut'ina Nation Culture Museum & Grey Eagle Buffet Lunch – Day Trip

Tuesday, March 24, 2026 | 9:30 am – 2:30 pm
Fee: Members: \$75 | Non-Member: \$105
Cut-off date: Tuesday, March 10, 2026

Tsuut'ina Nation Culture Museum is a centre for preserving & promoting cultural history. Trip is suitable for persons with reduced mobility. Please ensure you have your Health Care Card and government-issued photo ID.

Transportation: Willco Transportation

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



Active Aging Spotlight

Origami Workshop

Monday, March 16
10:00 am – 11:00 am
Member: \$15 | Non-Member: \$45
Location: **Room 108 – Kerby Centre**
Instructor: Kumiko Sato

Are you looking for a delightful and engaging activity that stimulates your creativity and brings a sense of joy? Join our Origami Workshop, specially crafted for seniors to enjoy the art of paper folding in a relaxed and supportive environment.

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



Active Aging Spotlight

Springtime Story Stones Painting Workshop

Tuesday, March 24 | 1 pm – 3 pm
Member: \$50 | Non-Member: \$80
Location: **Room 313 – Kerby Centre**
Instructor: Carol Marasco

In this workshop participants will paint small stones with seasonal symbols to use in garden decor.

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



Active Aging Spotlight

Stay Active Awareness Workshop

Tuesday, March 10 | 10 am – 12 pm
Member: \$15 | Non-Member: \$45
Location: **Room 312 – Kerby Centre**
Instructor: Don Muldoon

This one day workshop is designed to inspire and empower older adults to embrace movement in everyday life, regardless of fitness level or mobility.

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



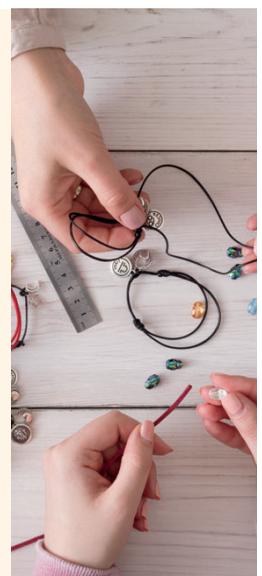
Active Aging Spotlight

Art of Jewellery Making Beginner

Wednesdays, April 1 – April 29
10 am – 12 pm
Member: \$100 | Non-Member: \$135
Location: **Room 108 – Kerby Centre**
Instructor: Valerie Wu

In this course, you will further explore various DIY jewelry techniques and crafting skill and create your own beautiful jewelry following the techniques demonstrated by Valerie.

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!
March 23rd - 27th, 2026

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Expressive Arts

Thursdays March 12, - April 9, 2026

1:30 – 3:30 pm

Fee: \$2

Location: Wellness Center, Room 312

Join us for Open Studio expressive art, a relaxed drop-in creative space where you can explore art at your own pace. Art therapy interns Emma and Margo will be there to guide the space and offer encouragement.

All materials are provided, and you are welcome to bring your own.

No Registration required



Wellness Spotlight

COMPASS for the Caregiver Free event

Thursdays, March 5, 12, 19 & 26, 2026

10:00 am - 12:30 pm

Location: Wellness Center, Room 317

Manuals provided

Caregivers Alberta's award-winning COMPASS for the Caregiver is a four-week program designed to help caregivers balance their own well-being with the demands of supporting others.

Free to attend.

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



Wellness Spotlight

Laughter Yoga

Friday, March 6, 2026 | 11:00 am – 11:50 am

Sponsored by Nadia's Hope Foundation

Location: Zoom (Online). Link will be sent to all registrants.

Laughter Yoga combines yogic breathing, gentle stretching, laughter exercises, and relaxation to boost health and wellbeing. Because the body responds the same to intentional laughter as genuine laughter, participants receive the same physiological benefits.

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



Wellness Spotlight

Grief 101: An Introduction to Grief and Loss with a Special Q & A Session Free Online Session

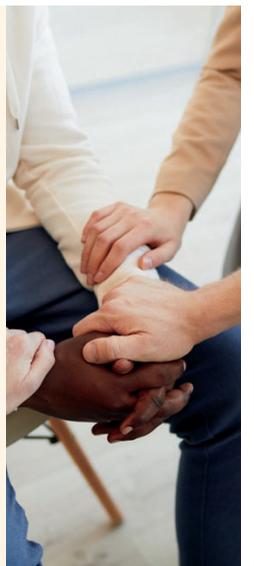
Wednesday, March 4, 2026 | 11 am – 1 pm

Location: Zoom (Online). Link will be sent to all who register.

Instructor: Joanne Ginter, a Registered Psychologist

Join us for an insightful and compassionate session on understanding grief and loss. Sponsored by Nadia's Hope Foundation in Partnership with Unison.

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

Wellness Boost Workshop

Fridays, March 13, and March 20, 2026

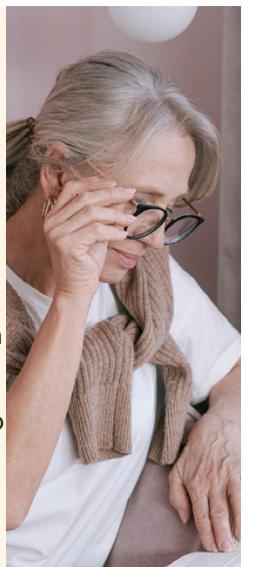
10:30 am - 12:00 pm

Member: \$10 | Non-member: \$20

Location: Wellness Centre, Room 317

Join us for this 2-week workshop series on self-care to find strategies that you can use in your daily life. Workshop 1 explores why self-care matters with an emphasis on physical self-care practices. Workshop 2 shifts the focus to emotional self-care practices and how to incorporate them into your daily routine.

Register Now!
403-234-6566 / Lolaf@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 or call **403-705-3233**. Online registration and full details at unisonalberta.com/online-resources

Explore. Engage. Enjoy. Subscribe! YouTube.com/@Unison50Plus

Online Class Spotlight

Color Pencil Painting -Online- Z07

April 1 (1 class in this course)
Wednesday | 10:00 am – 12:00 pm
Members: \$50 | Non-Members: \$80

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

Instructor: Hamideh
Location: Online – Zoom



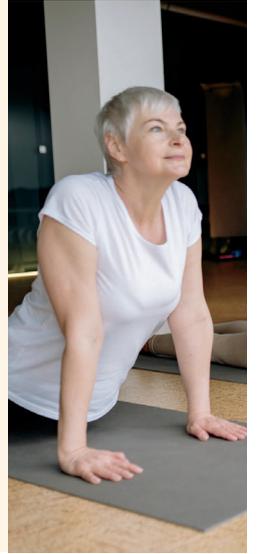
Online Class Spotlight

Gentle Soulful Yoga- Online - Z05

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 Jetha
Location: Online – Zoom



Online Class Spotlight

Fitness with Dan - Online - Z01

April 13 – July 6 (12 Weeks - No Class May 18)
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 Leung
Location: Online – Zoom



Online Class Spotlight

Chair Dancing - Online - Z03

April 9 – June 25 (12 Weeks)
Tuesdays | 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 Goldenberg
Location: Online – Zoom



Online Presentations Spotlight

Online Presentations:

Connecting Seniors to Community: The Power of Social Prescribing

Presented by: Megan Hincks
This session will explore how social prescribing works, its impact on senior-serving organizations, and the ways it enhances quality of life for older adults by reducing isolation, improving mental health, and strengthening social connections.
Tuesday, March 3rd | 1:00 pm



Taking Back Control: Navigating Illness with Confidence

Presented by: Vanessa Slobogian (RN)
This session is designed to help older adults and caregivers feel more confident and informed when facing health changes or illness. Participants will learn how to ask meaningful questions, plan ahead, and make care decisions that align with their personal goals and values.
Thursday, March 12th | 10:00 am



Energy Made Simple: What Albertans Need to Know About Utilities

Presented by: Julia & Ashley
Join us for an informative online session presented by the Utilities Consumer Advocate (UCA), Government of Alberta. Learn more about the province's Electricity and Natural Gas markets and make confident, informed decisions about utility services.
Tuesday, March 17th | 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

Ageing in Place: Navigating Care, Support, and Community

Presented by: Ginger Bitzer
Navigating aging, caregiving, and community supports can feel overwhelming, but it doesn't have to be. Join us for a one-hour, podcast-style conversation with guest host Ginger Bitzer, Founder of Nana's Navigator, focused on aging in place, family caregiving, and navigating systems of care across Alberta.
Tuesday, March 24th | 1:00 pm



Calgary Motorcycle Club turns 100

Kevin Cholowsky

In July 2026, the Calgary Motorcycle Club (CMC) will mark an extraordinary milestone: one hundred years of continuous motorcycling history, community, and camaraderie. Founded in 1926, the CMC stands proudly as one of the oldest motorcycle clubs in North America. For a full century, the Club has brought together riders of all backgrounds, united by a shared passion for motorcycles and the freedom, challenge, and fellowship they represent. The CMC Club was built around competition, innovation, and adventure. The Club was actively involved in a wide range of competitive disciplines, includ-

ing hill-climbing, trials, hare scrambles, flat track and grass track racing, cross-country events, motocross, road racing, ice racing, and even crowd-pleasing trick riding. One of the Club's most significant contributions to Canadian motorcycling was its long stewardship of the Blackfoot Motorcycle Park in southeast Calgary. Established more than 50 years ago, Blackfoot became a legendary venue for racers, officials, and fans alike. Under CMC management, the facility hosted numerous championship and international events and served as a proving ground for riders who would go on to achieve national and international success.



Cooperative Memorial Society (CMS)
Annual General Meeting Online Via Zoom

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

403-248-2044
 Toll Free 1-800-566-9959
coopmemorial.org

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.



Scan the QR Code to Visit Our Website and Learn More

For generations of competitors, Blackfoot was more than a racetrack — it was a place where lifelong friendships were formed and the next chapter of Canadian motorcycle racing was written. Through-

out its history, the Calgary Motorcycle Club has been home to many iconic figures. Names such as Walt Healy and Bob Kane Sr. are woven into the Club's story, representing not only competitive excellence but

also leadership, mentorship, and dedication to the sport. These individuals, along with countless volunteers and members, helped shape the Club's culture and ensured its survival through periods of growth, change, and challenge. The Club's physical home has also evolved over time. For many years, the CMC operated a clubhouse and competition facility on Calgary's west side, on the Paskapoo slopes. This site served as a hub for meetings, social gatherings, and racing activities until a fire in the 1960s brought that chapter to a close. Following the loss, the Club relocated to Chestermere Lake, where a new clubhouse became its home base for several decades. That lakeside facility fostered strong bonds among members and hosted countless meetings, celebrations, and planning sessions that kept the Club moving forward. In more recent decades, the Calgary Motorcycle Club's focus has naturally shifted to reflect changes in the broader motorcycling landscape. Today, the Club emphasizes road riding, touring, and social connection. Members enjoy weekend campouts, day rides throughout the Calgary region, occasional dual-sport adventures, and a full calendar of social activities. Despite these changes, one principle has remained constant since the Club's founding: a commitment to motorcycle safety, responsibility, and positive advocacy. The CMC has always worked to promote the safe enjoyment of motorcycles while fostering respect — for fellow riders, for the public, and for the sport itself. This dedication to responsible riding and camaraderie connects today's members with those who rode nearly a century ago. To commemorate this centennial, volunteers are working to preserve and celebrate the Club's legacy. Their goal is to assemble an extensive archive of memorabilia and personal stories that reflect the depth and diversity of the CMC's history, ensuring that the memories, achievements, and people who built the Club are shared with future generations. Have you — or a member of your family — been involved with the Calgary Motorcycle Club at any point over the past 100 years? If so, we would be delighted to hear from you. Please contact Kevin at kcholows@yahoo.ca or 403-585-3055. With your help, the CMC's centennial celebration will honour not just a club, but a century of riders, memories, and shared passion for motorcycling.



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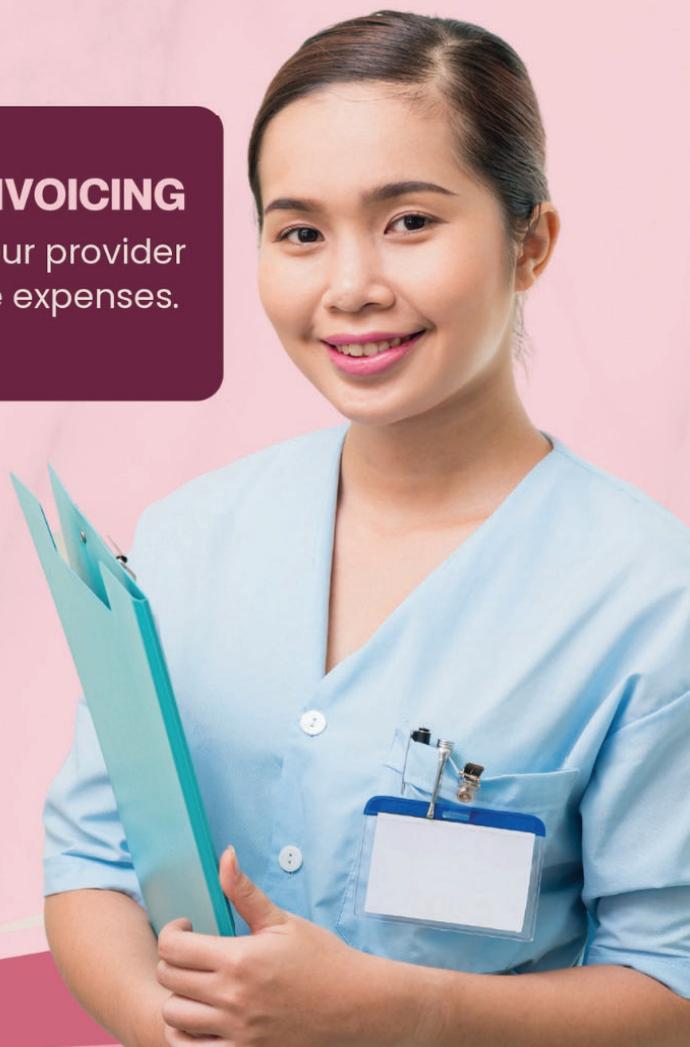
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Active Aging



Course Registration Spring Session

Registration opens March 3rd for members and March 13th for non-members

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

Online registration is available now kerbycentre23.wildapricot.org

Don't Miss Out!

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Online Programs

Fitness with Dan (Member \$69 Non Member \$104) <u>Instructor:</u> Dan Leung	Z01 Monday April 13 – July 6 (12 Weeks) No Class May 18 9am – 10am Online Zoom
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace	
Fitness over 50! (Member \$69 Non Member \$104) <u>Instructor:</u> Dave Goldenberg	Z02 Tuesday April 7 – June 23 (12 Weeks) 9:30am – 10:30am Online Zoom
Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. Dave will take you through some mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. You will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc. ALL ABILITIES LEVELS WELCOME! Participants can do some or all the class standing or in a chair - depending on their ability and comfort level.	
Chair Dancing (Member \$69 Non Member \$104) <u>Instructor:</u> Dave Goldenberg	Z03 April 9 – June 25 (12 Weeks) 1pm – 2pm Online Zoom
Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated (or standing if you prefer-- or both!), you will move, get your heart beating, and your legs tapping. The smiles and laughter are all part of the strength training program. We can't wait to Chair Dance with you!	
Gentle Soulful Yoga (Member \$69 Non Member \$104) <u>Instructor:</u> Navin Jetha	Z04 Friday Apr 10 – June 26 (12 Weeks) 3:15pm – 4:15pm Online Zoom
Join Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.	

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi (Member \$69 Non Member \$104) <u>Instructor:</u> Adrian Buczek	A01 Thursday April 9 – June 25 2:15pm – 3:15pm Room 205 - Kerby Centre
Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems help to reduce stress, increase coordination, balance and range of motion.	
Fitness with Dan (Member \$69 Non Member \$104) <u>Instructor:</u> Dan Leung	A02 Wednesday April 8 – June 24 10am – 11am Gym - Kerby Centre
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.	
Muscle Strength & Core Balance (Member \$69 Non Member \$104) <u>Instructor:</u> Dan Leung	A03 Friday April 10 – July 10 (No Class April 24 & July 3) 9am – 10am Gym - Kerby Centre
Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.	

Stretching & Mobility (Member \$69 Non Member \$104) <u>Instructor:</u> Dave Goldenberg		A04 Tuesday April 7 – June 23 11:15am – 12:15pm Room 205 – Kerby Centre	
Improve your flexibility, enhance your range of motion, and rejuvenate your body. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle.			
Core Essentials & Balance (Member \$69 Non Member \$104) <u>Instructor:</u> Navin Jetha		A05 Thursday April 9 – June 25 11am – 12pm Room 205 – Kerby Centre	
This is a dynamic fitness class designed to target and strengthen your core muscle groups while improving posture, balance and overall stability. Through a variety of carefully curated exercises, you'll engage and tone key muscles in the abdomen, lower back, and obliques, while also enhancing balance, flexibility, and coordination. This class incorporates a mix of bodyweight movements, resistance-based exercises, and functional movement techniques to build core strength and improve your balance.			
Feet to the Beat (Member \$69 Non Member \$104) <u>Instructor:</u> Kym Butler		A06 April 10 – July 10 (No Class April 24 & July 3) 1pm – 2pm Room 205 – Kerby Centre	
Are you looking to shake up your fitness routine? Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.			
Line Dancing (Member \$69 Non Member \$104 per course) <u>Instructor:</u> Glenis Martin			
Intermediate Beginners A07 Monday April 6 – June 29 (No Class May 18) 1pm – 2pm Gym – Kerby Centre	Introductory Beginners A08 Thursday April 9 – June 25 11:30am – 12:30pm Gym – Kerby Centre	Intermediate Beginners A09 Thursday April 9 – June 25 1pm – 2pm Gym – Kerby Centre	
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.			
Flamenco Dance Beginners (Member \$69 Non Member \$104) <u>Instructor:</u> Honey Sturdy		A10 Monday April 6 – June 29 (No Class May 18) 1pm – 2pm Room 205 – Kerby Centre	
This lively and expressive dance style, rich in Spanish tradition, is perfect for you looking to try something new while staying active. No prior dance experience is necessary—just bring your enthusiasm and energy!			
Restorative Yoga (Member \$69 Non Member \$104) <u>Instructor:</u> Navin Jetha		A11 Wednesday April 8 – June 24 2:45pm – 3:45pm Room 205 – Kerby Centre	
Using a yoga strap in this gentle restorative yoga practice helps the body find deeper relaxation by providing support and stability. This class is an excellent practice to relieve tight muscles after exercising.			
Chair Yoga (Member \$69 Non Member \$104) <u>Instructor:</u> Gina Komanac		A12 Wednesday April 8 – June 24 1:15pm – 2:15pm Room 205 – Kerby Centre	
Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.			
Chair Yoga (Member \$47 Non Member \$82) <u>Instructor:</u> Gina Komanac		A13 Monday June 8 – July 27 (8 Weeks) 11:30am – 12:30pm Room 205 – Kerby Centre	
Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.			
Zumba Gold (Member \$69 Non Member \$104) <u>Instructor:</u> Chantel Cunningham		A14 Tuesday April 7 – June 23 10am – 11am Gym – Kerby Centre	
Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!			
Zumba Gold (Member \$69 Non Member \$104) <u>Instructor:</u> Maaik Seaward		A15 Thursday April 9 – June 25 10am – 11am Gym – Kerby Centre	
Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!			
Bollywood Fusion (Member \$69 Non Member \$104) <u>Instructor:</u> Bhakti Bansode		A16 Tuesday April 7 – June 23 1pm – 2pm Room 205 – Kerby Centre	
Whether you're looking to enhance your dance skills, improve your fitness level, or simply have a great time, this course is for you. Get ready to immerse yourself in the vibrant world of Bollywood dance, where every step is an expression of joy, passion, and celebration. This course is designed for beginners and dance enthusiasts alike, with no prior experience required.			

Academic Courses

Arts

Arts in the Afternoon: Acrylic (Member \$155 Non Member \$190 per course) <u>Instructor:</u> Hamideh Khadem Sohi		
B01 Wednesday April 22 – May 27 1pm – 3pm Room 313 – Kerby Centre	B02 Wednesday June 3 – July 15 (No Class July 1) 1pm – 3pm Room 313 – Kerby Centre	
<p>This course is designed for students who are looking to learn how to paint and have a little fun along the way. Beginners need not be daunted! Carol 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.</p>		
Art of Jewellery Making Beginner (Member \$100 Non Member \$135) <u>Instructor:</u> Valerie Wu	B03 Wednesday Apr 1 – April 29 (5 Weeks) 10am – 12pm Room 108 – Kerby Centre	
<p>In this course, you will further explore various DIY jewelry techniques and crafting skill and create your own beautiful jewelry following the techniques demonstrated by Valerie. The five sessions include: wire wrapping (ring & bracelet) chainmailles, Chinese knotting. All supplies included.</p>		
Art of Jewellery Making Beginner (Member \$80 Non Member \$115) <u>Instructor:</u> Valerie Wu	B05 Wednesday May 6 – May 27 (4 Weeks) 10am – 12pm Room 108 – Kerby Centre	
<p>In this course, you will further explore various DIY jewelry techniques and crafting skill and create your own beautiful jewelry following the techniques demonstrated by Valerie. The four sessions include: wire wrapping (ring, pendent and earrings) Chinese knotting. All materials will be provided and please bring along scissors, round nose and flat nose pliers, felt cloth or table mat/napkin. Other special tools will be advised in the class. All supplies included.</p>		
Drawing Member \$99 Non Member \$134 <u>Instructor:</u> Hamideh Khadem Sohi	Beginner Drawing B06 Monday Apr 20 – June 1 (No Class May 18) 1pm – 3pm Room 313 – Kerby Centre	Intermediate Drawing B07 Monday June 8 – July 13 1pm – 3pm Room 313 – Kerby Centre
<p>Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! <i>Supplies not included.</i></p>		
Beginner Watercolour Member \$155 Non Member \$190 <u>Instructor:</u> Hamideh Khadem Sohi	B08 Thursday Apr 23 – May 28 10am – 3pm Room 313 – Kerby Centre	B09 Thursday June 4 – July 9 10am – 3pm Room 313 – Kerby Centre
<p>Learn the skill of watercolour painting for yourself! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i></p>		
Advanced Watercolour (Member \$155 Non Member \$190 per course) <u>Instructor:</u> Hamideh Khadem Sohi		
B10 Friday Apr 24 – May 29 10am – 3pm Room 313 – Kerby Centre	B11 Friday June 5 – July 17 (No Class July 3) 10am – 3pm Room 313 – Kerby Centre	
<p>Learn the skill of watercolour painting for yourself! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i></p>		
Color Pencil Painting Member \$99 Non Member \$134 <u>Instructor:</u> Hamideh Khadem Sohi	Beginner B12 Monday Apr 20 – June 1 (No Class May 18) 10am – 12pm Room 313 – Kerby Centre	Beginner Plus B13 Monday June 8 – July 13 10am – 12pm Room 313 – Kerby Centre
<p>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.</p>		

Languages

Spanish (Member \$160 Non Member \$195 per course) <u>Instructor:</u> Norah Hutchinson	
<p><i>The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.</i></p>	
Spanish Grammar I B14 Monday Apr 6 – June 29 (No Class May 18) 10am – 12pm Room 311 – Kerby Centre	<p>Beginner. A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.</p>
Spanish Grammar II B15 Tuesday April 7 – June 23 1pm – 3pm Room 311 – Kerby Centre	<p>A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.</p>
Spanish Grammar III B16 Tuesday Apr 7 – June 23 10am – 12pm Room 311 – Kerby Centre	<p>A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Chapters 7-9 will be covered.</p>

Spanish Grammar IV B17 Thursday Apr 9 – June 25 1pm – 3pm Room 311 - Kerby Centre	A continuation of Spanish Grammar III. Chapters 10–12 will be covered.
Spanish Grammar V B18 Wednesday Apr 8 – June 24 1pm – 3pm Room 311 - Kerby Centre	This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook <i>Dicho y Hecho</i> /Grammar 1 - 5 or equivalent. A complete refresher from the basics to in depth grammar topics.
Spanish Conversation A B19 Monday Apr 6 – June 29 (No Class May 18) 1pm – 3pm Room 311 - Kerby Centre	For students with strong knowledge of grammar and previous conversation courses. Emphasis will continue to be on interaction, with a focus on listening, pronunciation and comprehension. Minimum Prerequisite: Grammar V plus.
Spanish Conversation B B20 Friday Apr 10 – June 26 1pm – 3pm Room 311 - Kerby Centre	You will speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts. Minimum Prerequisite: Grammar V plus.

English as a Second Language

Beyond Basics English Club (Member Non Member \$40) <u>Instructor:</u> Carol Barwick	B21 Wednesday April 8 – June 10 9:30am – 11:45am Room 313 - Kerby Centre
This beginner-level course will help participants build confidence in speaking, listening, and understanding everyday English. Whether you're learning for the first time or brushing up on the basics, each session offers practical vocabulary, simple conversations, and activities tailored to senior learners. Limited spot available – 15 spots!	
ESL Advanced (Member \$79 Non Member \$114) <u>Instructor:</u> Natalie Levitt	B22 Friday Apr 17 – July 10 (No Class July 3) 1:30pm – 3pm Room 305 - Kerby Centre
This engaging class is designed for senior immigrants who are ready to build on their existing English skills. This course focuses on refining vocabulary, improving conversational abilities, and enhancing understanding of complex English language structures.	

Sing & Play

Singing Circle (Member \$70 Non Member \$105) <u>Instructor:</u> Barry Luft	B23 Thursday Apr 9 – June 25 10:30am – 11:30am Room 305 - Kerby Centre
Please join our dynamic group of people who sing out on those old well-known songs. Our rules include no lyric sheets or visual aid of any kind including cell phones. If memory fails, we have a song bag of titles to move things along.	
Ukulele Beginner (Member \$110 Non Member \$145) <u>Instructor:</u> Susan Rock	B24 Thursday Apr 9 – June 25 10am – 11am Room 312 - Kerby Centre
Designed for absolute beginners and lapsed players wanting to refresh their skills. This course offers a solid foundation to create your Ukulele dreams: chords, strumming, singing and laughing in a group setting. On the way, we'll learn how to practice and stay motivated to achieve your personal goals.	
Ukulele Intermediate (Member \$110 Non Member \$145) <u>Instructor:</u> Susan Rock	B25 Thursday Apr 9 – June 25 11:15am – 12:15pm Room 312 - Kerby Centre
Subtitle: Raising the Level of Musicianship. We will review the uke-friendly keys, perfect the “calypso” strum, use tablature notation, and further train our playing by-ear skills. Lots of strumming while singing songs will be practiced in groups as well as in solo contexts.	
Ukulele Magic Advanced Play & Sing (Member \$110 Non Member \$145) <u>Instructor:</u> Barry Luft	B26 Wednesday Apr 8 – June 24 10am – 11am Room 305 - Kerby Centre
“It’s All About the Song”. This term you will learn How to “deliver” a song. Topics may include choosing a key, arranging, getting yourself “out of the way” of a song, being free of the page, knowing your “work”, and other subjects too fierce to mention in print.	
Ukulele Magic Advanced Play & Sing (Member \$110 Non Member \$145) <u>Instructor:</u> Barry Luft	B27 Wednesday Apr 8 – June 24 11:15am – 12:15pm Room 305 - Kerby Centre
“It’s All About the Song”. This term you will learn How to “deliver” a song. Topics may include choosing a key, arranging, getting yourself “out of the way” of a song, being free of the page, knowing your “work”, and other subjects too fierce to mention in print.	
Guitar Basics! (Member \$110 Non Member \$145 per course) <u>Instructor:</u> Kevin Cholowsky	
Guitar Beginner B28 Thursday Apr 9 – June 25 11am – 12pm Room 311 - Kerby Centre	Guitar Beginner Level I B29 Thursday Apr 9 – June 25 12:15pm – 1:15pm Room 305 - Kerby Centre
For individuals with little or no previous experience, or those who may be looking for a little refresher. You'll be learning basic chords and strumming patterns. If you have a guitar, bring it to class in good working order along with an electronic tuner.	

General Interest

<p>Wood Working Class By the end of the course, each participant will take home a handcrafted kitchen knife holder & wine bottle rack they built themselves. It's a rewarding, creative, and social experience for all skill levels.</p>	
<p>Kitchen Knife Holder (Member \$60 Non Member \$95) Volunteer led program B30 Monday April 13 – May 4 (4 Weeks) 10am – 12pm Woodshop - Kerby Centre</p>	<p>Wine Bottle Rack (Member \$60 Non Member \$95) Volunteer led program B31 Monday June 8 – June 29 (4 Weeks) 10am – 12pm Woodshop - Kerby Centre</p>
<p>Participants will create a beautiful kitchen knife holder from scratch, learning the basics of measuring, cutting, sanding, assembling, and finishing. No experience is needed—our volunteer monitor provides step-by-step guidance throughout the project.</p>	<p>Learn the basics of woodworking while creating a practical and stylish wine bottle rack. This beginnerfriendly class guides seniors through simple measuring, cutting, sanding, and assembly techniques. No prior experience is needed—our instructor provides easy, stepbystep support.</p>
<p>Bingo Event (Member \$4 Non Member \$4)</p>	<p>Monday, March 30, 2026 1pm – 3pm Room 305 - Kerby Centre</p>
<p>SAIT Health Information Management students partnering with Unison Alberta for a special Bingo event. We are bringing you an afternoon of fun with multiple Bingo rounds and prizes for winners! Whether you are a Bingo pro or it's your first time playing, you are welcome! This event is about laughter, community, and having a great time together. We look forward to seeing you there! Limited spot only!</p>	

Digital Skills Training

<p>Technology Information & Help Sessions (Member \$50 Non Member \$85) <u>Instructors:</u> Matthew Fielden, Joseph Francis, Pio Perez, Gerardo Flores</p>	<p>B32 Friday Mar 27 – Apr 24 (No Class Apr 3) 3pm - 4:30pm Room 312 - Kerby Centre</p>
<p>Want to feel more confident using your phone or tablet? Join our friendly, hands-on sessions designed for seniors! We can help with texting, email, apps, internet browsing, settings, video calls, and staying safe online. No experience necessary – all skill levels welcome!</p>	

Active Aging – Wellness Connection Programs

<p>COMPASS for the Caregiver Free event - Hosted by Unison at Kerby Centre</p>	
<p>Thursdays March 5, 12, 19, and 26, 2026 10am – 12:30pm Room 317 - Wellness Connections Center</p>	<p>To register: Call 403-705-3233 or email program@unisonalberta.com</p>
<p>Caregivers Alberta's award-winning COMPASS for the Caregiver is a four-week program designed to help caregivers balance their own well-being with the demands of supporting others. This empowering series offers practical tools, peer connection, and a space to reflect and recharge. Manuals will be provided to all participants, free to attend.</p>	
<p>Wellness Boost Workshop Staying Sharp: The Better-You Toolkit – because it's not selfish, it's selfcare.</p>	
<p>Fridays, March 13, and March 20, 2026 10:30am – 12pm (Member \$10 Non Member \$20) Room 317 - Wellness Connections Center</p>	<p>To register: Call 403-234-6566 or email Lolaf@unisonalberta.com</p>
<p>Join us for this 2-week workshop series on self-care to find strategies that you can use in your daily life. Workshop 1 explores why self-care matters with an emphasis on physical self-care practices. Workshop 2 shifts the focus to emotional self-care practices and how to incorporate them into your daily routine. Let's build healthier habits and support our mental well-being, together!</p>	
<p>Self-Therapeutic Touch - Join our sessions to learn how you can heal yourself using Therapeutic Touch.</p>	
<p>Thursdays, April 9, 16, 23, and 30, 2026 10:30am – 12:30pm (Member \$15 Non Member \$30) Room 317 - Wellness Connections Center Instructor:Linda Terra</p>	<p>To register: Call 403-705-3233 or email program@unisonalberta.com</p>
<p>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.</p>	
<p>Senior's Equine Program at Roarr (Member \$45 Non Member \$90) Wednesday, April 22, 2026 10:45am – 1:30pm Maximum People: 16</p>	<p>To register: Call 403-234-6566 or email Lolaf@unisonalberta.com</p>
<p>Join us as the Unison Wellness Centre collaborates with The ROARR Senior Equine Program to offer a unique and heartwarming experience, combining the joy of equine interaction with community support for seniors. The program ensures that participating seniors engage in therapeutic equine activities and receive a delicious warm meal provided by Roarr (Robinson Outreach at RiverCross Ranch). It's an opportunity for seniors to connect with these gentle creatures, fostering emotional bonds and creating memorable moments, all while enjoying nutritious, chef-prepared meals in a welcoming and supportive environment.</p>	



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- Dementia Care
- Light Housekeeping
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+1 825-760-0983

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www.yychomecareservices.ca



Contact us today to schedule a free consultation!

