



Mental Health

- 3** Mental health matters
- 8** Exploring how people meet
- 9** Classified ads are back!
- 18** Activity calendars





PHONE: (403)909-7688
WEBSITE WWW.HOMECAREPROFESSIONAL.CA

HOME CARE MADE EASY WITH CLIENT-DIRECTED HOME CARE INVOICING


Take charge of your health. Choose your provider and manage expenses easily.

CONTACT US! **DIRECT BILLING AVAILABLE**





Closure Alert



All Unison locations will be closed on **Monday, May 18** for Victoria Day




CANADA		POSTES
POST		CANADA
<small>Postage paid</small>		<small>Port payé</small>
<small>Publications Mail</small>		<small>Poste-publications</small>
40064604		

Working to end elder abuse

Jose Guillen, Director of Development



Every May, Unison runs an annual Spring Campaign to raise awareness and support for our Elder Abuse programs. This fundraising campaign runs through to June 15, aligning with World Elder Abuse Awareness Day. Unison's Elder Abuse Shelter provides safe accommodation for older adults (55+) actively fleeing abuse. Although small, our shelter has a significant impact on

older adults who need a safe place. The shelter is often life-changing, and at times, lifesaving. In 2025, we supported 59 clients (37 in shelter and 22 through outreach), providing 5,702 safe nights and responding to 1,010 calls through the 24/7 Elder Abuse Resource Line. During the same year, over 20 internal programs were delivered to clients, and more than 30 community presentations were conducted to raise awareness and prevent abuse.

There are different ways to support the Unison Elder Abuse Shelter and Outreach Services, including a one-time donation, or by becoming a monthly donor. There are also opportunities to sponsor a room in the shelter. Corporations can support our shelter too! Baytex Energy Corporation is a generous room sponsor, and

a plaque in the shelter is testimony of their generous support. Corporate supporters can also paint and renovate a shelter room or support any other needs the shelter has.

The Unison Spring Campaign helps ensure we can continue providing critical, immediate support while increasing prevention, outreach, and education efforts in the community. Supporting Unison's shelter is also a way to leave a lasting impact, so that seniors fleeing abuse will have a safe space for years to come.

The month of May is also recognized as Leave a Legacy Month. A legacy gift to Unison Society is your chance to make a huge impact. It is a way of saying this community matters to you, and you want it to thrive long after your story is written. Leaving a legacy gift to Unison



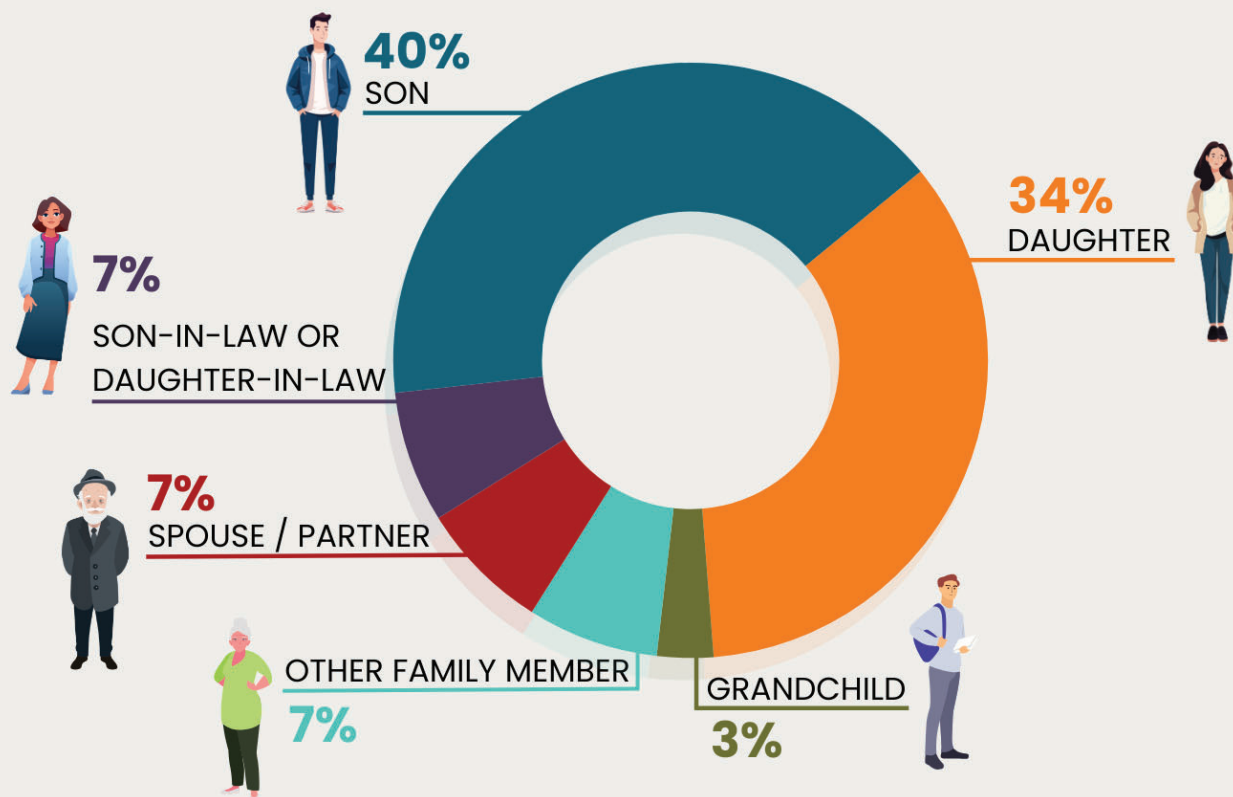
We're grateful to our corporate supporters for helping to refresh our Shelter spaces! Photo: Andres Guterrez

Society is also a smart, flexible estate planning tool that can benefit both the cause, and people, that you care about. In fact, you may want to attend our Estate Planning Workshop on Tuesday, May 26th from 10 am - 3:30 pm at Kerby Centre. To learn more about legacy giving. Please contact Rob Locke at robl@unisonalberta.com.



This QR code is a powerful little square that can make a big difference!

IN 88% OF CASES, THE ABUSER IS A CLOSE FAMILY MEMBER



Support Seniors fleeing Elder Abuse in the community



I would like to make a one-time or monthly donation: \$ _____



Payment Method: Cheque Visa MasterCard

Credit Card Number: _____

Expiry Date: _____ CVV: _____

Signature: _____

Planned Giving - A way to make a BIG impact!

- I would like to receive information on planned giving.
- I have included Unison at Kerby Centre in my will.

Send tax receipt to:

Name _____

Address _____

City _____ Prov _____

Postal Code _____ Phone _____

Email _____

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

Thank you for supporting seniors!

All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR0001

President's Message: Mental health matters

While I do have an undergraduate degree in psychology, I am not a psychologist, so this is definitely not professional mental health advice. Take it with a grain of salt, even if it's good counsel. As I age myself, I can appreciate the challenges older adults face. Maintaining your mental health becomes just as

important as caring for your physical well-being. Seniors often face unique challenges such as retirement, social isolation, declining health, and the loss of loved ones. One of the most important steps seniors can take is to stay socially connected. Regular interaction with family, friends, or communi-

ty groups helps reduce feelings of loneliness and depression. This can include joining clubs, volunteering, attending community events, or even maintaining regular phone or video calls. If you are a Unison member, you will probably have noticed we go out of our way to create opportunities to be part of a community and to volunteer to help others. Human connection provides emotional support and a sense of belonging, both of which are essential for mental well-being.

Another key factor in mental health is staying physically active. Regular exercise has shown to improve mood, reduce anxiety, and boost overall brain health. It doesn't have to be heavy activity. Going for a walk, swim, or a light yoga practice, even light weight training, can be adapted to different ability levels. Physical activity also promotes better sleep and increases energy levels, which further contributes to improved mental health. Unison has many light physical activities to offer its members, from dancing to table tennis. We try to make it easy to join a class and stay physically active. If you don't live in Calgary or Medicine Hat, you can sign up for some of our fitness classes online and join our community remotely.

Keeping the mind active is equally important for mental health. Seniors should engage in activities that challenge their brains, such as reading, puzzles, learning a new skill, or taking up a hobby like painting or playing a musi-

cal instrument (we can help you out with this as well). Lifelong learning not only keeps the brain sharp but also provides a sense of accomplishment and purpose.

Maintaining a structured daily routine can also help seniors feel more in control and less anxious. Having regular times for meals, exercise, hobbies, and rest creates stability and predictability, which can be comforting. A routine can also motivate seniors to stay engaged and active throughout the day.

Nutrition and staying hydrated also have a role in mental health. Eating a balanced diet that includes fruits, vegetables, whole grains, and lean proteins supports brain function and overall health. Finally, make sure you get a good night's sleep. Poor sleep can negatively affect mood, memory, and concentration. Establish a consistent sleep schedule, create a comfortable sleep environment, and avoid stimulants like caffeine before bedtime.



Larry Mathieson, CEO and President

Mental health issues such as depression or anxiety are not a normal part of aging and should not be ignored. Speaking with a doctor, therapist, or counselor can provide valuable support and treatment options. Paired with mindfulness practices like deep breathing and meditation, and putting effort into reducing your stress, the mental health benefits of making a few minor changes can have a significant impact. By taking proactive steps, seniors can lead fulfilling, connected, and mentally healthy lives.

MAY 2026

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

Unison Board of Directors 2026

EXECUTIVE

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

Chief Executive Officer and President:
Larry Mathieson

Unison News

Published monthly by Unison, for Generations 50+
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212
www.unisonalberta.com

Publisher: Larry Mathieson
Editor-in-chief: Mel Lefebvre
mell@unisonalberta.com
Sales: Wilton Otto
wiltono@unisonalberta.com
Story submissions: marketing@unisonalberta.com

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.

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Do not return newspapers missing address labels.

Material published in the editorial columns of the Unison News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.

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

FREE HEARING SCREENING

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

Tuesday, May 12th

9:00am - 4pm

Unison at Kerby Centre - Room 312

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

Brought to you by:



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

HAPPY MOTHER'S DAY

We celebrate the love, strength, and wisdom of all mothers, everywhere. Thank you for everything you have given of yourself so that others may thrive.






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

- May 12 & 26
- June 9 & 23

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

Donate your Car to Unison

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

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



Tell us your vehicle info



We pick up your vehicle



You get a tax receipt

Kerby Café Meal & soup specials



Open Monday - Friday | 9 am - 2 pm

May 2026 | \$14 Weekly Specials

Week	Special	Soup
May 4 - 8	Chicken fajitas	Hamburger soup
May 11 - 15	Philly cheesesteak sandwich	Broccoli & cheddar
May 18 - 22	Buffalo chicken burger	Cauliflower & blue cheese
May 25-29	Burrito bowls	Vegetable barley

Join us Wednesday for happy hour | 11 am - 2 pm
Beer & wine specials & Calgary's **best** wings!



Come for the food, stay for the show!



Dance with the Kerby Sensations every Wednesday



Piano serenades by Diana every Thursday

Always free, always fun

Year-Round FREE Tax Support

We're here for you beyond Tax Season!

Book an appointment now.

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



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.

Drop by between 9 am - 12 pm on

- May 12
- June 10 & 24

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

Housing Application Assistance

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

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

Benefits and Pensions

We can assist you with applying for:

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

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

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

A tale of two cheeks

Mel Lefebvre
Editor-in-Chief

This is a story about a chair. Not just any chair

— a room full of seats and tables that have made a real difference. For seniors living with chronic discomfort, or who find it a little trickier to reach for things, furniture that actu-



FREE Estate Planning Workshop

Get ready to dive into a day jam-packed with presentations all about estate planning. Join us for this all-day workshop where you'll uncover the secrets and strategies behind it all. We'll have a delicious light lunch waiting for you too!

Tuesday, May 26th, 2026

10:00 am - 3:30 pm

Unison at Kerby Centre
Lounge Area

Space is limited,
Register using a QR code or
RSVP to secure your spot.
RobL@UnisonAlberta.com
403-705-3235



Comfort is not a luxury. New chairs and tables in ADP make a difference. Photo: Mel Lefebvre

Mobile Nursing Footcare

20% OFF FOR SENIORS (65+)
ON INITIAL ADVANCED
MEDICAL FOOTCARE VISIT

IN-CLINIC SERVICES
MOBILE FOOT CARE
IN-UNIT/SENIOR HOME
HOSPITAL/HOSPICE CARE

CALL: 825-425-0595
WWW.NURSINGSOLES.CA
@nursingsolesinc

"We bring not only skill, but heart to every treatment—helping clients walk with confidence and comfort, one foot at a time."



In association with
FOOT CANADA
TRAINING



ClientFirst REAL ESTATE

**A CONVERSATION TODAY CAN
MAKE TOMORROW'S DECISIONS
EASIER.**



Whether you're thinking about downsizing, selling, or simply exploring your options – I am here to offer clear information and trusted guidance – with no pressure.

Karen Kevergya

ClientFirst Real Estate - clientfirst.ca
REALTOR® / Seniors Real Estate Specialist (SRES®)
Royal LePage Benchmark
Client Advocate!
M: 403-710-2502



ally fits their bodies is worth celebrating. The new chairs and tables I'm writing about are part of a broader Unison overhaul, replacing pieces that had become too worn for comfort. The upgrade was welcome news for Sarah Cook, Manager of Unison's Adult Day Program. "The old chairs were hard for some of our clients to get in and out of, and the tables we had before weren't optimal. They could be hard to navigate for people who use walkers and wheelchairs," says Sarah. "The clients love the new tables and chairs."

A good chair and table are crucial for comfort and overall health, especially for people who rely on mobility aids. A solid seat provides back, arm, and shoulder support, and a table at the proper height makes everything easier to reach and use, giving the person a sturdier, more comfortable experience. For those who spend a large portion of their day sitting, proper support can ease the physical discomfort they may be feeling. As Sarah puts it, something as simple as a good chair and table can be part of the overlooked infrastructure that makes a surprisingly big difference in someone's life.

Change your life.

Call EARL.

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

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

unisonalberta.com



KERBY Cafe

CINCO DE MAYO

MAY 5, 2026 | 11:30AM-2:00PM
 DELICIOUS FOOD, MUSIC & MARGARITAS
 WITH SPECIAL GUEST
 EVELYN VERA BARRETO - CONSUL OF MEXICO

\$14 MEXICAN STREET TACOS
 CHICKEN MARINATED IN MEXICAN SPICES,
 PICO DE GALLO & CILANTRO
\$6 CHIPS & GUACAMOLE

LIVE ENTERTAINMENT, WITH
 CESAR PAVON - CONSULATE OF MEXICO | 11:45AM-12:30PM
 CASSANDRA DE LA TORRE | 12:30 - 1:30PM

A-\$AV-ON Moving

ACCREDITED BUSINESS A+ 403.208.8060
 asavonmoving@shaw.ca
 www.asavonmoving.com

Serving Kerby clients for over 20 years
 FREE estimates
 10% Discount for Kerby Members

Reliable • Courteous • Affordable

Mobile service specializing in Wills, Enduring Powers of Attorney & Personal Directives, and Estate Administration including Grants of Probate/ Administration.

CHRISTINE HERRINGTON
 Paralegal 30+ years experience
 Phone: 403 629 5702
 Email: cherrington@azperlegal.com
 www.azperlegal.com

Seniors discount - 10%

The Garden Studio

A plant store with purpose

Unison Kerby Centre
 Room 214



Calgary FOOT CARE Nurses

Caring for Calgary's Feet

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

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

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

Medical Foot Care Services

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

Our Team Includes:

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

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

🌐 www.calgaryfootcarenurses.com
 ✉ contact@calgaryfootcarenurses.com

Adventure awaits

Join Unison Travel for day trips, overnight stays, and connection!

Call 403-705-3237



Pinnacle Age Well

Your Life. Your Home. Your Care.
 Trusted home care services built around your independence, dignity, and comfort.

Meal Prep Medication Reminders Light Housekeeping Personal Care Companionship Post-Surgery Recovery Dementia Care

WHY CHOOSE US

- ✓ Locally Owned
- ✓ RN-Supervised
- ✓ Bilingual Staff
- ✓ No Contracts

Call Today: (403) 471-1237 | www.pinnacleagewell.com
 info@pinnacleagewell.com | Serving Calgary, Edmonton, Red Deer & Lethbridge

Your well-being is our priority.
 Live life on your own terms.

Cooperative Memorial Society (CMS) helps Alberta families plan ahead, save thousands on funeral costs, and gain peace of mind.



Lifetime Membership: \$40 +GST

COOPERATIVE MEMORIAL SOCIETY **403-248-2044**
Toll Free 1-800-566-9959
coopmemorial.org




COMPUTER REPAIR & LESSONS
 For seniors and older adults

Contact Christian
Phone: 403 481 8080
Email: service@xentas.ca

No travel fee within Calgary City limits

GREAT SERVICE · COMPETENCE · RELIABILITY



unison
 At Kerby Centre

Donate your Car to Unison

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

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

 Tell us your vehicle info

 We pick up your vehicle

 You get a tax receipt

Participation Opportunity

We invite Canadians who live in Alberta, Ontario, or Saskatchewan and are age 60 years and older who have been diagnosed with at least one chronic condition to take part in a conversation and survey about the different experiences and influences that shape how Canadians think about end-of-life planning.

For complete project information, please email:
endoflife.conversations@uregina.ca

One of the research team members: Janine Brown, Tracy Powell, or Kathy Kortés-Miller, will respond to all inquiries.

Goals

This research aims to provide policymakers and healthcare providers strategies to enhance the quality of life for older adults, ensuring dignity and support through aging and end-of-life processes.

What to Expect

You will complete one online survey (20-25 mins for older adults & 5-7 mins for key informants) and one interview (60 mins). The interview will occur in person, via Zoom, or telephone.

Confidential

Participation is voluntary and all information provided to us will be kept confidential.

Funding & Ethics

This research project is funded by the Canadian Social Science and Humanities Research Council. This study has been reviewed and approved by the researchers' home institutions noted below.





THE CARE YOU NEED IN THE PLACE YOU LOVE

PERSONALIZED, TRUSTED IN-HOME SUPPORT

-  **We Match CDHCI Rates**
 For a limited time we will match rates so there are no out of pocket expenses
-  **Expert Caregivers**
 Companion Care, Memory Care, Respite Care, 24/7 Care
-  **Lifeguard Safety Monitoring**
 Non-Invasive, Proactive, In-House Monitoring System
-  **Peace of Mind for Families**
 An Experienced Local Team, Nurse Managed Caregivers, and Advanced Technology

Get started with TheKey Home Care today!





Call Chris Brown (403) 333-0999 or visit TheKey.ca/Calgary

Bruno explores how people meet

Ada Muser

After World War II, the Allied armies occupied the countries that they had just liberated. One of the soldiers had trouble meeting girls and complained to a local man: "I can't attract girls. I look good and am a hero who helped to liberate your country. I have money and wear a nice uniform. You, on the other hand, have none of that, and I see you with girls all the time. Why is it?"

"Your problem is," the local man said, "that you are too direct, brutally macho and not at all romantic. You must take your time, be gentle and act sophisticated. When you want to meet a girl, take a shower, smell good, bring flowers and buy her a nice meal. Talk about arts, nature and poetry." It is so simple, it is crazy, the soldier thought. The next time he meets a girl, he buys two hot dogs and asks:

"Do you know Pushkin and Tolstoy?"

"Yes, I read their books," she says.

"Ok", the soldier replies, "let's go to my place and make love!"

- Post-war joke in occupied Europe.

From time immemorial, marriages across many cultures have been arranged by parents or by professional matchmakers. The purpose was to match eligible children with those of the same social class, similar interests and education, and last but not least, to protect the family wealth.

About 150 years ago, when it was becoming the norm for young people could select their own mates, the first hurdle was where and how to meet. Young ladies of that time were sent to finishing schools, to focus on social graces, etiquette, and deportment rather than academic rigour. The primary goal was to prepare the upper-class girls for marriage and to become cultured hostesses.

Boys and girls could not meet in wild college parties, as most girls were not allowed to go out unchaperoned. Sometimes their parents facilitated the process by inviting suitable suitors to their homes, or to meet in churches or in theatres.

Bruno asked his mother one day how she met his father: "After returning from our summer residences, social life began. Every Monday evening, we went to the English Club, and on Wednesdays, to the French Club to socialize and take dance lessons. In the season we went to balls, there were many kinds. At one of them, I don't remember exactly which, my brother introduced me to your dad. We had known each other for several years, but after that, it wasn't long before he asked me to marry him."

Bruno and his contemporaries found the best place to meet girls were the dance lessons

organized by senior high schools or colleges. They did not just teach dancing, but also how to behave civilly. In Brno, the best dance academy was run by Mr. and Mrs. Kadlec.

Elegantly dressed, he in a tuxedo, she in an evening gown, they welcomed their charges. There was a dress code: pants, shirts with ties, and jackets for the boys, and cocktail dresses or full-length gowns for the girls. Mr. Kadlec taught classical ballroom dance steps to the rhythm of Viennese or English waltzes, foxtrots, quicksteps, jives, as well as Latin tangos, sambas, cha-cha, paso doble and polkas.

Mrs. Kadlec, draped like a towel over Mr. Kadlec's right arm, maintaining a proper frame, glided gracefully across the dance floor.

The fifteen-year-old snotty-nosed boys, sweating with excitement in dark suits and wearing white gloves were allowed, even prodded, to hold the girls close to their bodies in a clumsy way under the supervision of the girls' mothers, sitting in the gallery.

After the initial demonstrations and a short practice session, the stakes were raised when Mr. Kadlec invited "gentlemen," meaning the snotty-nosed kids to "ask the ladies for a dance."

This is how courtships often started in the 1950s. Strict etiquette was observed, girls were coy, and boys tried to be gentlemen. The rules of the mating game were vague, and the process was lengthy. It was romantic, albeit slow, and worked well from a pragmatic point of view.

Bruno met Elsa on a volleyball court, but their first date was in a dance class. They were well matched, the same age and had similar proportions. In addition to taking courses, they went dancing to Sunday afternoon teas, even the fancy balls organized by

schools. It ended in church.

Bruno and Elsa's love of ballroom dancing followed them to Canada, but it was hard to find venues that played the right music. If bars had dance floors, the music was played by disc jockeys. The young crowd just twisted on the dance floor to any rhythm. It was no-touch dancing, and it was hard to know who was dancing with whom. So, Bruno and Elsa took up dance lessons again.

The lessons were good, but they needed to find places to practice. Ballroom dancing requires orchestras that can play everything from Viennese or English waltzes to Latin dances, with the foxtrots, polkas, two steps, quicksteps and others in between. Someone recommended a bar in Inn on the Lake, Bonavista, where a duo, Jana & Danny, play dance music that "covers big band, the swing 60's, groovy 70's, Latin and Broadway." They were very good and were coincidentally Bruno and Elsa's countrymen. They became regulars.

Jana and Danny were born in Litomyšl, a small town in Czechia, where the world-renowned composer Bedřich Smetana, was also born. Jana studied singing at the conservatory, and Danny deserted his career in mechanical engineering and learned to play piano. In the 1960s, they joined a big band and later, were offered jobs in Austria with a small five-piece band.

They immigrated in the early 1980s to Calgary, where they continued their careers, locally performing in clubs, individual events, and on cruise ships.

They play with ease, emanating joy. However, that lightness and joy are deceiving because making something look simple and easy takes a lot of skill, time, and hard work.

MENTAL HEALTH AWARENESS WEEK

May 4th - May 10th

It's okay to not be okay. Support is available, and you don't have to go through it alone.

unison
For generations 50+



To sound like a small band, they use a digital audio workstation for recording, editing, mixing, and producing audio files. Because there is nothing commercially available with the quality and precision they want, they record their own. On a keyboard connected to a computer, he can play solos sounding like various musical instruments. He has to switch the keyboard to those instruments and record their sounds one by one until he has recorded them all. Bruno would like to describe and explain the essence of their craft better, but he is only a music lover who limits himself to stating that what Jana and Danny do, how they do it, and how thoroughly they do it is a high science and great art that keeps us dancing!

Nowadays, the romantic way of courting is too slow and not all that popular. People are busy. They find partners in the workplace, through sports, or even in bars, but these are incidental happenings. For faster results, they go to dating sites.

It is very straightforward. The goal is to find a partner, just as if looking for new appliances or picking a vacation condo on a beach somewhere:

"I am looking for a partner, this is what I look like, this is what defines me, and this is how much money I make. Please, send your curriculum vitae."

A problem is that thanks to artificial intelligence and Photoshop, people are easily deceived. Many age-old sayings apply, like "buyer beware," or in England, "buying a pig in a poke," or the Czech warning not to "buy a cat in the bag." All of the above can also lead to "buyer's remorse".

These super-efficient practices bypass romance, exciting clandestine meetings, overcoming shyness, fluttering hearts and essentially all the excitement of falling in love gradually. What a shame!

If meeting your soulmate requires patience, serendipity, and a lot of things going right, the dating sites and social media "cut to the chase." Just like finding good dance music is more difficult than just beating a drum and plucking the double bass.

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

We Accept Veterans Affairs Allowances

Locally owned by Tracy Brunt

Get your FREE Menu

1-844-431-2800

HeartToHomeMeals.ca

*Some conditions may apply.



HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

Classified ads are back!

Unison is happy to announce the return of classified ads! For submission guidelines and pricing, please contact our advertising department at wiltono@unisonalberta.com

For rent

1 Bedroom newly renovated senior apartment in Claresholm. Small town living, close to hospital, walk-in shower, elevator, in-suite storage, activities. Rent is 30% of income plus \$75 utilities, smoke free, pet free, Call Parkside Manor: 403-625-4133

For sale

Vintage electric organ for sale. Brand: Orcana. Chord model. Perfect working condition. \$50, available for pickup in Beddington NW. No holds, first come, first served. For more information, email lynnestyrie@gmail.com

Submit a classified ad

Do you want to sell something, advertise a service, or look for something you need? Submit a classified ad using the QR code below! For more information on how this process works and to inquire about payment, email wiltono@unisonalberta.com



VACATION!
Sooke BC on Vancouver Island
 Small town atmosphere with all amenities:
 1 bedroom, furnished, fully equipped, 5 appl.
 Water/Mountain views.
 Cable/Internet.
\$1200/Month.
Email: sew4fun@telusplanet.net
Phone: 403-720-8609

STEMP & COMPANY
 Tel. 403-777-1129 Fax 403-777-1124 www.stemp.com

Bill Stemp
 LAWYER
 Wills,
 Probate Applications,
 Power of Attorney

Offering 10% reduction to Kerby Centre clients.

Our service is prompt and reasonably priced
 We have your best interest in mind
 1670, 734-7th Avenue S.W. Calgary, Alberta
 T2P 3P8
reception@stemp.com



BUDGET BUILDER
 WE BRING YOUR DREAM TO REALITY

BOOK APPOINTMENT Sales: 1-587-436-2333
info@budgetbuilder.ca
www.budgetbuilder.ca

- RESIDENTIAL ACCESS MODIFICATION
- LEGAL BASEMENT SUITE
- FULL HOUSE RENOVATION



Kindred Spirits
 Human-Centered Dementia Care

Kindred Spirits offers a gentle, human-centered approach to companion care for loved ones with dementia. Support is rooted in presence, dignity, and trust, adapting as memory changes and needs evolve. Care is calm, consistent, and not rushed. I focus on providing choice, creating safety, and meeting sensory needs moment-to-moment. I believe quality of life can be supported in every situation.

Ryan Kirkby
 Dementia Care Companion
 (403) 891-5801
ryan.kirkby@gmail.com

Because care is not just what we do — it's how we show up.

Stella the Care Helper
 No job too small.

Specializing in cleaning for seniors:
 laundry service, windows, move in/out,
 grocery & personal shopping

Phone: 403-890-9861

unison
 For generations 50+

Instantly reach
50,000 seniors/month

Contact our advertising department to learn how
wiltono@unisonalberta.com

FLO

NEW 30-DAY MONEY-BACK GUARANTEE PROGRAM
 (conditions apply — see website)

Take the short online questionnaire to see if you qualify

FLO-TruBalance® 2.0
 Non-medical open-ear bone conduction amplifier that aids hearing for a fraction of the cost of hearing aids

3-DAY HOME TRIAL OPTION AVAILABLE
 (limited availability — see website)

Upgrades, promos, discounts & special programs —

SEE IF YOU QUALIFY
www.theinnerflo.ca
 Michael Leung, CEO
 403-828-3880

SUPPORTED & DEMONSTRATED IN SENIOR COMMUNITIES




CAREONE HOME HEALTH.
 Your Health. Your Home. Our Priority

CAREONE HOME HEALTH

CDHC HOME CARE SUPPORT PROGRAM
 Eligible Seniors & Families • Direct Billing

Core Services

- Home Health Care
- Nursing Care
- Personal Care
- Companionship & Emotional Support
- Medication Reminders & Health Monitoring
- Post-Surgery & Recovery Support
- Dementia & Alzheimer's Care
- Palliative & End-of-Life Comfort Care
- Respite Care for family caregivers

587-837-8419
careonehealth@gmail.com
careonehomehealth.ca





25% OFF FOR THE FIRST 25 CLIENTS FOR A LIMITED TIME

Trusted Home Care You Can Depend on

Our Services:

- ✓ Personal Care (bathing, dressing, hygiene)
- ✓ Companionship & Emotional Support
- ✓ Medication Reminders
- ✓ Mobility Assistance & Fall Prevention
- ✓ Dementia & Alzheimer's Care
- ✓ Light Housekeeping; Meal Preparation
- ✓ Foot Care Services

Contact us:

- 📞 587-777-6106
- 🌐 www.cnurses.com
- ✉ info@cnurses.com



STAY INDEPENDENT, CALGARY!

Friendly day-to-day support that helps you live life to the fullest.



Serving Calgary

- ✓ Errands & Appointments
- ✓ Friendly Tech Support
- ✓ Companionship & Social Support
- ✓ Decluttering & Home Organization



Discover the little support that can make a big difference.

CONTACT US
403-978-9346
tanya@proactivepa.ca
www.proactivepa.ca

Moving?

Calgary's premier senior moving company is ready to help!

Full-service move includes: Pack. Move. Unpack. Set up.



Call for a FREE estimate!

403-999-3024

carefreeconcierge.ca

Spring Promotion Save \$500

Present this ad before May 30/26



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB
403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager



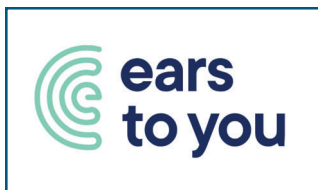
SENIORS' EXPO 2026

EXPLORE • GROW • CONNECT

THANK YOU TO UNISON SENIORS' EXPO 2026 SPONSORS!



PLATINUM SPONSORS



FRIEND SPONSORS

- YYC Home Care Services
- Better Business Bureau
- Calgary Emergency Management Agency
- Compass Rose Care
- Costco East Hills
- NEXT Stage Services
- ENRICH Mortgage Group & Home Equity Bank
- Soleful Harmony
- Your Senior's Concierge
- MNP Ltd.
- Matani Home Care
- CuraVita Homecare
- Holo Alert
- Wellings of Calgary

GOLDEN SPONSORS



VOLUNTEER SPONSOR



PARTNER SPONSORS

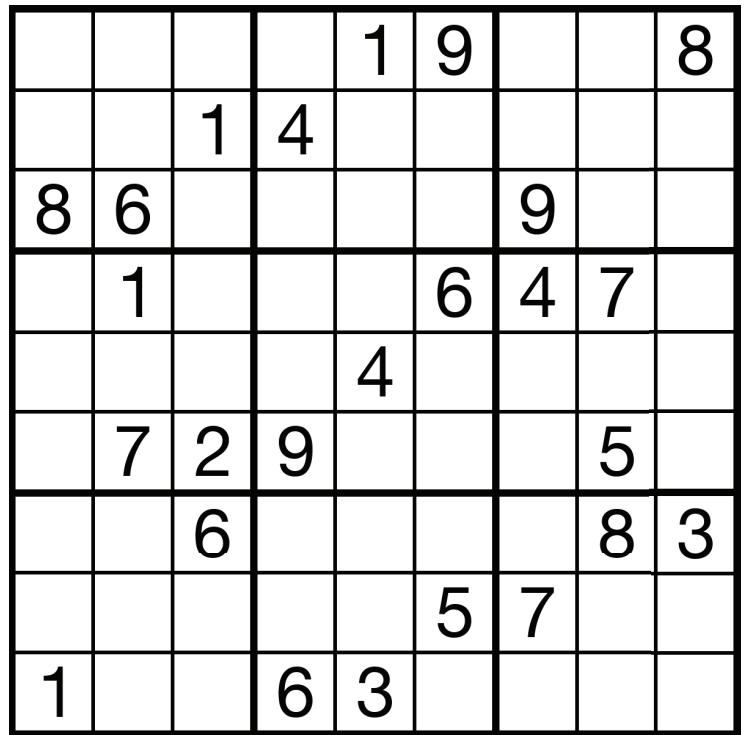
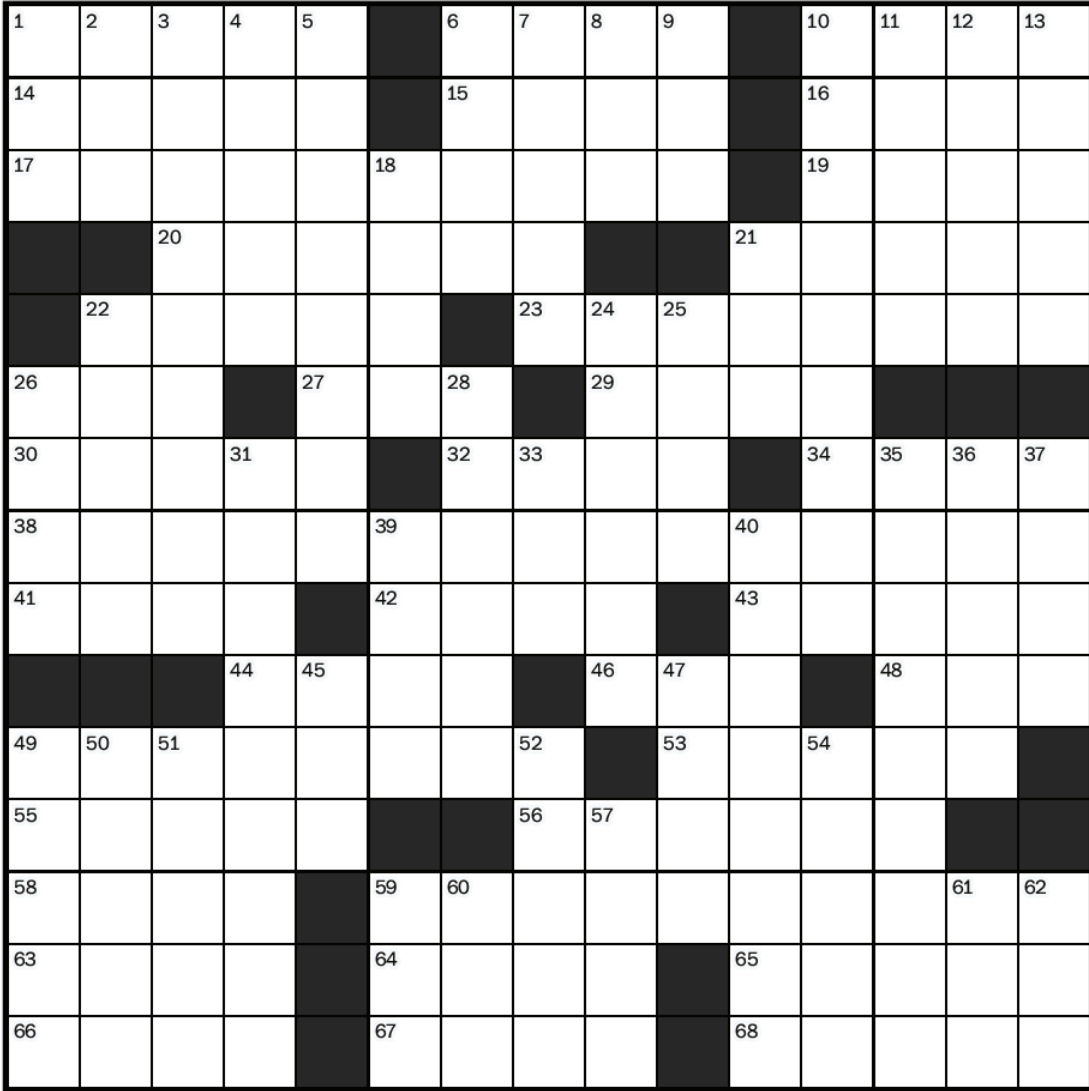


ENTERTAINMENT SPONSOR





Puzzle Page • Solutions → p 17



Across

- 1. Canvas camping structures
- 6. Open just a crack
- 10. Twinge of hunger
- 14. Ferret kin
- 15. Misplaced
- 16. Febreze target
- 17. Manhattan thoroughfare known for ritzy residences
- 19. Roused
- 20. Nobel-winning Mother
- 21. Giving ghostly vibes
- 22. Scold
- 23. Endure a book just to write a scathing review, perhaps
- 26. Coffee, in slang
- 27. Paris's ___ de Triomphe
- 29. Big name in video streaming
- 30. Nautical "Halt!"
- 32. Legal claim placed on a house

- 34. Former Cubs slugger Sammy
- 38. Personal stakes
- 41. Not in support of
- 42. Egyptian cross
- 43. Black-and-white whales
- 44. Round flatbread
- 46. Ctrl-___-Del
- 48. Class with smocks
- 49. Brian De Palma crime classic starring Al Pacino
- 53. Chicago airport
- 55. Cupid's partner on Santa's sleigh
- 56. Shows again
- 58. Passionate
- 59. Zones of air that bring less chilly weather, or what 17-, 23-, 38-, and 49-Across all have
- 63. List of dishes
- 64. Molecule part
- 65. Cause to chuckle
- 66. Stage accessory
- 67. Count (on)

Down

- 1. Common amt. of salt in a cookie recipe
- 2. GPS approximation
- 3. New England locale
- 4. George who played Sulu
- 5. Sci-fi time standard
- 6. Some pub pints
- 7. Biblical man on the inside?
- 8. Sun Devils sch.
- 9. GPS display
- 10. One with advanced technical capabilities
- 11. Cherish
- 12. Finnish telecom giant
- 13. Avarice
- 18. Change course suddenly
- 21. Shriek of fear
- 22. Group of witches
- 24. "Respect" singer Franklin
- 25. "Don't use that ___ of voice with me!"

- 26. Coffee, in slang
- 28. Medical center
- 31. Worked into a state
- 33. Pen filler
- 35. Slight during awards season
- 36. Unblinking look
- 37. Exec's helper
- 39. Component of cellphone plans
- 40. Investment options with tax advantages
- 45. O'er and o'er again
- 47. Bread purchase
- 49. Rascal
- 50. Put a blanket on, e.g.
- 51. ___ acids: protein components
- 52. "The Thin Blue Line" documentarian Morris
- 54. Fragrance
- 57. Television award
- 59. Tug-of-___
- 60. Snacked on

- 61. "The Waste Land" poet's monogram
- 62. Knight's title in "A Knight of the Seven Kingdoms"

Mischievous Words



- djibouti
- knuckle
- wrap
- tsar
- herbs
- wrapper
- gnarly
- honest
- knoll
- xylophone
- knight
- wrestle
- knife
- pterodactyl
- mnemonic
- gnaw
- gnocchi
- tsunami
- hour
- knead
- aisle
- gnome
- quinoa
- pneumonia
- pterosaur

Support Seniors fleeing Elder Abuse in the community

Elder abuse is a silent epidemic hidden behind closed doors.

HELP A SENIOR TODAY

Your gift provides safety and hope to seniors escaping abuse.

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

Community Listings

Homecare & Support

YYC Calgary HomeCare

Experience compassionate and flexible home care for seniors in Calgary, expertly led by trained paramedics. Tel: (825) 760-0983



Tova HomeCare

Experience in-home care you can rely on, providing comfort, safety, and steadfast support. Phone: 403-512-2891



Health & Wellness

Peak Oxygen

Experience the benefits of home oxygen therapy and expertly fitted respiratory equipment for your health and well-being. Tel: 403-512-2891



Nursing Soles Inc

Provides comprehensive IN-CLINIC & MOBILE nursing foot care and Medi-Spa services focused on health, prevention, maintenance, and mobility. Phone: 403-512-2891



Moving & Downsizing

Carefree Concierge

Calgary's premier senior moving company. Full service: pack, move, unpack, and setup. Phone: 403-999-3024



Retirement, Finances & Estates

Stemp & Co.

Wills, probate, and Power of Attorney services are 10% off for Kerby clients. Phone: 403-777-1129



AzPerLegal Services Inc

Expert paralegal assistance for wills, estates, and legal documents, ensuring your needs are met with professionalism and care. Phone: 403-629-5702



ClientFirst Real Estate

Karen Keveryga — REALTOR®/ Seniors Specialist, Royal LePage Benchmark. Helping you find your next home. Phone: 403-710-2502



Repair & Maintenance

Budget Builders

Residential access modifications, legal basement suites, full house renovations. Phone: 587-436-2333



Xentas Inc Computer Help

Computer repair, setup, and one-on-one lessons for seniors. Phone: 403-512-2891



Lifestyle

Pro Tours

Guided motor coach tours since 2014, including Alaska Adventure, Victoria Vacation, and Fairmont Hot Springs. Calgary pickup available. Phone: 780-460-4408



This spring, reconnect with your investments

Alberta Securities Commission

Spring often inspires us to start fresh. Be sure to dust off your finances—they deserve a seasonal reset too. A simple check-in helps ensure your money is being managed in a way that continues to meet your financial goals.

Here are three simple ways to reconnect with your investments this season. 1. Revisit your investment strategy.

Much like the seasons, life is always changing. You may have experienced a move, a job change, a new relationship, a growing family, a new level of care for aging parents, or you're preparing to retire. All of this and more can shift your financial priorities and potentially influence your investment portfolio.

Use a budget calculator to get a clear picture of your

monthly income and expenses. This snapshot of money in and money out makes it easier to identify how much you can invest over the course of a year—an essential first step to financial planning.

If the market dipped tomorrow, how would I feel?

Markets can be volatile as they react to factors like global political instability. Likewise, individuals react to market fluctuations in different ways and due to different circumstances such as short-versus long-term goals. Take a risk tolerance quiz to see how you are currently feeling.

There are many different life goals to save for, but the most common reason many of us invest is for retirement. Whether this is in the near or far future for you, a retirement savings calculator helps you see the impact of potential contributions.

accounts.

Many Canadians make use of registered accounts like RRSPs, TFSAs, RRIFs or RESPs, as a way to save and invest with some tax relief. Spring is a perfect time to look over your account statements and make sure you're maximizing their benefits.

Once you know how much room you have, you can strategically plan for the rest of the year to maximize benefits and avoid penalties. Contribution limits can be found by logging into your CRA account, checking your latest notice of assessment, or by calling the CRA's automated phone service at 1-800-959-8281.

Contribution room information is updated each spring by the CRA, after you file your tax return.

You might find that your employer has a flexible spending program that offers a set amount of funds

to be allocated to an RRSP, or maybe you're eligible for an RRSP matching program. Consider opting in for benefits like these. Even a small contribution on your part to a matching program can result in an increase that can lead to meaningful long-term growth.

It's important to understand yourself as an investor. Ask yourself if the current investments fit your short- and long-term goals and if they match your comfort level when it comes to risk. 3. Meet with your financial advisor

When is the last time you had a meaningful conversation with a financial advisor? Look at your investments and discuss how they've performed. Ask questions about terminology, acronyms or concepts you don't fully understand. Get clarity on any fees or penalties that may exist to buy or

sell investments. Talk about your goals, risk tolerance and any big life changes so appropriate adjustments can be made to your financial plan.

A good advisor welcomes questions. They want you to be well informed and they value your input. If you don't work with a financial advisor, a good place to develop your investor knowledge is through CheckFirst.ca.

Don't forget to protect yourself. A spring refresh can help develop good habits and this includes taking steps to safeguard your investments from fraud and high-risk offers. Check registrations, search the Investment Caution List, and explore investor education resources to learn how to recognize red flags and make informed decisions.

Visit checkfirst.ca for more information.



PEAK OXYGEN

Oxygen Care Made Simple

Patient-Focused Home Oxygen Support

Our Pillars of Care:

- ✓ 24/7 Expert Local Support- No Call Centres
- ✓ Portable Concentrators Always Available- NO Waitlists!
- ✓ No-Cost Supplies & Support
- ✓ Rapid Hospital-to-Home Transitions
- ✓ Government-Funded. We Handle The Paperwork



"Staff here is very friendly and ultra helpful. If there is something they can do for you, they will go out of their way to do it."
-Don F

Call Today! 587-747-7699 |

www.peakoxygen.ca





unison

At Veiner Centre

Connection matters for mental health

Ava Milnthorp

May is Mental Health Awareness Month, a time to reflect on our wellbeing and the importance of supporting mental health for everyone. This year, Mental Health Week runs from May 4-10, 2026, and this year's theme, "Stronger Connections. Better Mental Health," reminds us that building and maintaining relationships can help us feel happier, healthier, and more supported.

Mental health is important at every stage of life, including older adulthood. As we age, many meaningful experiences are still happening, but it can also bring along changes and challenges. For many older adults, this stage of life may include retirement, changes in health, shifts in daily routines, or the loss of loved ones. These experiences can affect how we feel, especially as we adjust to new ways of living.

These changes may make us feel more withdrawn or lonely. We may lose interest in activities, experience ongoing sadness, or feel more worried or stressed than usual. Sometimes, these feelings can come on gradually. Recognizing these signs early can help us take steps to seek support and care. It is important to remember that these feelings are normal. Life changes take time to adjust to, and no one needs to face them alone.

Understanding these changes is an important first step. The next step is finding ways to support your mental health and wellbeing. One of the most important ways to do this is through connection.

Connection plays a powerful role in supporting our mental health. When people spend time with others, share conversations, or participate in activities, they

often feel a stronger sense of belonging and purpose. Connection can also help people feel seen, heard, and understood, which can reduce feelings of loneliness.

Connection can take many forms, from community spaces and structured programs, to small, everyday interactions.

Unison at Veiner Centre plays an important role in supporting connection for older adults in Medicine Hat. It offers a welcoming space where individuals can gather, build relationships, and feel a sense of belonging. Whether attending a class or event, joining a games group, or simply spending time in the communal spaces, these moments can help create a strong and supportive community.

Initiatives at the Veiner Centre such as Wellness Wednesday provide

dedicated time to focus on well-being. These classes teach practical skills to support mental health, including stress management, mindfulness, and strategies to stay socially connected. Sessions also focus on self-care, healthy habits, and activities to keep the mind and body active. Regular opportunities like this can help us create routines, build our comfort, and strengthen connections over time.

Beyond programs and community spaces, connection can also happen in small, meaningful ways, every day. A friendly conversation over a cup of coffee or checking in with someone can make a big difference. Connection does not need to be big to be impactful. Sometimes, it begins with a simple hello.

When older adults



make time for connection, the benefits extend beyond social enjoyment. Feeling connected can help reduce stress, bring a sense of purpose, and improve overall mental health.

This month, let's make time to check in with ourselves and each other; consider reach-

ing out to someone, trying a new activity, or attending a community program. Even small connections can have a big impact, because when connections grow stronger, mental health grows stronger, too.

A Place to Truly Thrive

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

meadowlandsseniors.ca • 403-504-5123
 223 Park Meadows Dr. SE, Medicine Hat
 Independent Living • Assisted Living



STOP BY THE VEINER BISTRO FOR A CUP OF COFFEE
 MEMBERS AND NON-MEMBERS WELCOME

LIMIT 1 PER PERSON PER VISIT

FREE COFFEE COUPON

VALID IN MEDICINE HAT UNTIL DECEMBER 31, 2026

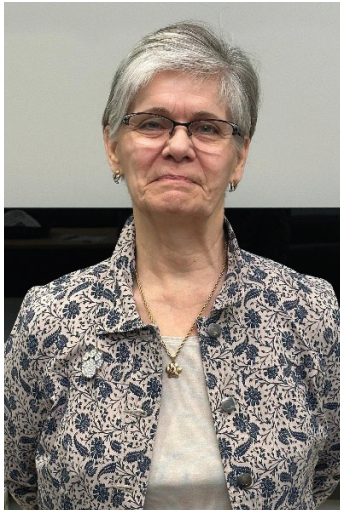
VEINER BISTRO

BRING THIS COUPON TO THE VEINER BISTRO AND ENJOY ONE FREE REGULAR COFFEE WITH ANY FOOD PURCHASE



Volunteer Spotlight

**Unison Veiner Centre
Linda Geissler**



April showers bring May flowers, and this month's volunteer spotlight shines on Linda Geissler! Linda has been a dedicated volunteer receptionist at the Unison Veiner Centre for just over a year. She enjoys visiting with and meeting new people, introducing them to all the happenings at both the Veiner and Strathcona Centres. Whether signing up new members or registering participants for activities, Linda finds it the perfect way to stay involved and give back to the community.

"I enjoy the hustle and bustle of the Veiner Centre and meeting new people every week," Linda shares. Her friendly presence and welcoming smile make her a wonderful part of the team.

Outside of volunteering, Linda enjoys reading, puzzles, and walking the beautiful paths that Medicine Hat has to offer. She spends much of her time with her children, grandchildren, and sisters, who keep her happily busy.

During her downtime, she loves reading true stories by Canadian writers and watching her favourite classic films, *Gone with the Wind* and *Mary Poppins*—both timeless choices.

Linda's personal motto, "Let it be," perfectly reflects her calm and positive outlook on life.

Thank you, Linda, for being such a wonderful volunteer and for all that you do. You are truly appreciated!

**Unison Kerby Centre
Eric Roberts**



Eric's connection to the Unison at Kerby Centre goes back a long way. He remembers when it first opened in 1973. After retiring in 2020 from a career as a business manager in oil and gas, he decided to reach out and get involved.

What started as a simple email inquiry has turned into six years of volunteering.

Eric began as a volunteer at the switchboard before moving into Seniors Supports, where he now helps clients apply for government and provincial benefits. He also works as a tax preparer during tax season, and continues supporting clients



Volunteer with Unison

Contact nicolasv@unisonalberta.com to join our team

Adult Day Program

Flexible shifts

Make a meaningful impact by supporting adults in our Adult Day Program. Help deliver engaging activities, wellness support, and companionship.

Unison Market

Wednesdays, 12:15 - 3:45 pm

Make a difference for older adults facing food insecurity. Help welcome clients, schedule appointments, and support a friendly environment.

Office Support

Tuesday & Friday, 10 am - 3 pm

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

Food Bank Admin Support

Wednesday/Thursday, 12-3:30 PM
Friday, 9:30 am - 1 pm

Help with food bank intakes, appointments, and office support at the Unison Market

Food Prep Support

Thursdays, 9 AM - 12 PM

Help prepare and organize food for the Unison Market. Assist with receiving donations, repackaging food, and preparing items for distribution.

Housing & Benefits Support

Flexible shifts

Help seniors complete benefits and housing applications. Training is provided.

Unison Travel Facilitator

Flexible shifts

Love travel? Help us plan, promote, and book trips, support clients at the Travel Desk and support the organization of exciting day trips.

Receptionist

Fridays, 8 am - 12 pm

Welcome clients, help with forms and scheduling appointments.

Newspaper Support

Last Friday of each month, 10:30 am

Help process Unison News for delivery in a fun social environment. **Urgently seeking a driver to deliver newspapers to Canada Post.** Snacks provided.

Grocery Delivery & Friendly Visits

Flexible shifts

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.

throughout the year. With his professional background and people skills, he's able to make a real, practical difference.

What's kept him going is the connection with clients and staff.

"I enjoy meeting people," he says. "95% of the people I deal with are so grateful for

the service that we provide." He's also seen how many seniors don't know what support is available to them. Helping bridge that gap, and making things easier for those who are struggling, is what motivates him.

Outside of volunteering, he enjoys travelling and has visit-

ed over 70 countries.

From first hearing about Unison decades ago to becoming a dedicated volunteer, we're incredibly grateful to Eric for his continued commitment and the meaningful difference he makes in our community.

VOLUNTEERS NEEDED FOR CASINO NIGHT



MAY 17 AND MAY 18, 2026
Cowboys Casino

MULTIPLE SHIFTS AVAILABLE. PLEASE CONTACT [NICOLASV@UNISONALBERTA.COM](mailto:nicolasv@unisonalberta.com) AND 403-234-6570 FOR MORE INFO.



Join our team! We'll be participating on Saturday, May 23rd in the 5km and on Sunday 24th in the 21.1 km races!

Ways to support Team Unison!

Join our Unison Team!

Donate to the team:



Housing challenges for seniors

Debra Molzan, Seniors Real Estate Specialist

Affordability is one of the biggest challenges facing older adults today. In Canada, the rising cost of living is making it harder for many seniors to manage on fixed incomes. Housing expenses like rent, mortgage payments, property taxes, and maintenance continue to increase, making it difficult to remain in current homes or find affordable alternatives.

If you are feeling financial pressure, small steps can make a meaningful difference. It is important to take time to review your situation and ask yourself whether you are receiving all the benefits you are entitled to, whether you have filed your taxes, and whether there are ways to reduce your monthly expenses. Filing your taxes each year is essential, as many government benefits are based on your income. If you

need assistance, organizations such as Unison offer support, including free tax clinics, and have helped many seniors access benefits they did not realize they qualified for. Many older adults are considered “house rich but cash poor,” meaning much of their wealth is tied up in their homes while everyday expenses continue to rise. If this situation feels familiar, you are not alone. Programs available

through Alberta Seniors Supports may provide some relief. These can include property tax deferral programs, home adaptation and repair assistance, and other financial supports. However, it is important to understand that some of these programs are loans and may need to be repaid in the future. Home ownership is often the largest investment a person makes in their lifetime. If maintaining your home has become financially or physically challenging, it may be worth considering other housing options. Downsizing or moving to a more manageable living arrangement can sometimes improve both financial stability and overall quality of life.

Making decisions about housing and finances can be complex, and seeking profes-

sional advice can be helpful. A qualified financial advisor can review your personal situation and help you plan for the future. If you have concerns about your investments, you can contact the Alberta Securities Commission for guidance. In addition, a licensed real estate agent can provide insight into current market conditions, estimate the value of your home, and help you understand how much equity you have, which can support your decision-making process.

Although changes can feel overwhelming, careful planning can make the transition smoother and even create new opportunities. Taking the time to explore your options can help you maintain independence and peace of mind in the years ahead.



Inspiration Denture and Implant Solutions

is making Calgary smile!

Hannah Sung DD, RDT
Denture Specialist

Services:

- Complete dentures
- Immediate dentures
- Partial dentures
- Implant-retained dentures
- Bridges
- All your denture-related needs!



Contact us to schedule your **FREE** consultation!

(587) 333 9008

www.inspirationdenture.ca

1910 20th Ave NW Unit 204, Calgary, AB

Thinking About Moving?

We offer a **FREE** market evaluation and help Seniors find their **perfect next home.**

Call today for a FREE consultation - We're here to help every step of the way!

Peter & Debra Molzan
403-605-3774
info@TheMolzanTeam.com



The power of music

Phyllis Cooper

Music has formed the soundtrack of my life since childhood. As a highly sensitive person, I resonate deeply with songwriters who share their souls with the world, spreading joy and comfort when we feel sad. These tunes are indelibly etched in my memory and each

time I hear them, I brighten. Singers and songwriters can get us through difficult moments, or express joy through audacious coincidence. Take the song “At Last” by Etta James. She can open your heart after a period of loneliness. During a very traumatic time in my life, I felt supported by Simon and Garfunkel’s “Bridge Over Troubled Water” and The Beatles’ “Let it Be.” I’m deeply grateful for this art form.

The next time you’re feeling low, consider listening to songs that will lift your heart and spirit. You might even consider getting up and dancing to get your body moving. I created three Apple Playlists, one of which I called ‘A Bit of Everything,’ for daytime listening while doing chores, cooking or just relaxing; one I called ‘Easy Listening,’ calming quiet instrumental music to listen to at bedtime and one named Dance Music which I turn on every day and dance like no one’s watching and it’s marvellous exercise.



LORLI J. S. DUKART

Barrister, Solicitor & Notary

Services:

- ✓ WILLS, ENDURING POWERS OF ATTORNEY
- ✓ PERSONAL HEALTH DIRECTIVES
- ✓ ESTATES
- ✓ REAL ESTATES, REFINANCING
- ✓ REVERSE MORTGAGES

Cambrian Professional Building

#21, 41 Chelsea Street N.W.

(on 14th St., 1 block south of Northmount Dr.)

Free parking available ♿

Phone: 403-216-6837 Fax: 403-282-8595

www.dukartlaw.com

NEW CLIENTS WELCOME!



Planning your garden

Deborah Maier, Calgary Horticultural Society

In spring, once the sun shines and the temperature warms up, gardeners are excited to get into the garden. So many possibilities pondered all winter could become reality. Garden centre staff are excited to have shoppers coming in. The most diligent gardener comes to the garden centre with a plan. She spent the winter researching which plants will work well in her yard and made a selection based on sunlight exposure, moisture availability, and her gardening style. This gardener comes to the garden centre armed with a list and, often, with a resolution not to be swayed by the brightly coloured blooms of new offerings.

The Calgary Horticultural Society recommends that gardeners take a planning approach, not just because it is so easy to lose track of your budget, but because to be a successful gardener, you need to choose plants that are right for your yard. Overall, Calgary is a plant hardiness zone 4a. Overall, Calgary is a plant hardiness zone

4a. The is based on averages. Anyone who has toured around the city knows that there are many microclimates and every yard has its unique features. What is special about your yard is what you need to consider when selecting plants. But what should you do if you get to the garden centre and discover that the plants carefully selected for your list are not available? Suppliers like to ship plants that are “purchase” ready. This means they have grown to a desired size. It often means that they are in bloom or about to bloom.

While perennial plants about to bloom are often not at a great stage for transplanting, they are what will catch a shopper’s eye.

Don’t be discouraged if you can’t find what you want on that first trip to the garden centre. You might find a new “right” plant for that place in your garden instead. Or you may just need to plan more visits.

Spending time learning about what is available and honing your list is time well spent. If you want to learn more about gardening in Calgary, visit calhort.org.



GUIDED GROUP MOTOR COACH TOURS SINCE 2014

UPCOMING TOURS WITH CALGARY PICK UP

- Alaska Adventure - June 7-23, 2026
- Toronto Blue Jays in Seattle - July 1-7, 2026
- Victoria Vacation - October 16-24, 2026
- Fairmont Hot Springs - October 18-21, 2026

Call or Email for pricing or visit our website
 Website: protours.ca
 Phone: 780-460-4408 Email: hello@protours.ca



TOVA HOME CARE

Bringing Quality Care

AT TOVA HOME CARE, WE UNDERSTAND THE IMPORTANCE OF DIGNITY AND PEACE OF MIND FOR YOU AND YOUR LOVED ONES.

Our Services

- Personal Care
- Respite Care
- Companionship Care
- Medication Assistance
- Alzheimer's & Dementia Care
- Transportation Service
- Overnight Care
- Live-In Care
- 24hour Live-In Care
- Post-Hospitalization Care
- Light House Keeping
- Personal Concierge & Errand Service
- Chronic Disease Management




Call Now: **403-891-3772**
 Email: info@tovahomecare.com

Website: tovahomecare.com
 Location: **918 Ave, NW, Suite 4020**



ears to you

Mobile hearing clinic




Stay sharp. Stay connected.

Clear hearing helps you catch every word, whether it’s an important conversation with family, a friendly chat, or something you need to know to protect yourself. At **Ears To You**, we bring professional hearing care to your door, so you can hear your best and stay informed.

Here are a few tips to help you stay confident and aware:

- 1 Verify the caller.** Always double-check who you’re speaking to.
- 2 Listen for red flags.** Scammers often pressure you to act quickly. Take your time.
- 3 Ask questions.** Clear hearing helps you catch key details.

- ✓ Free at-home hearing tests
- ✓ State-of-the-art technology
- ✓ At-home aftercare included
- ✓ Competitive pricing

Trish Ehman,
 Registered Hearing
 Aid Practitioner



Stay connected and confident.
 Call today for your **FREE**
 at-home hearing test!

403-970-7201

earstoyou.ca
CalgaryAdmin@earstoyou.ca

Puzzle solutions

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

1	T	E	N	T	S	6	A	J	A	R	10	P	A	N	G				
14	S	T	O	A	T	15	L	O	S	T	16	O	D	O	R				
17	P	A	R	K	A	V	E	N	U	E	19	W	O	K	E				
		20	T	E	R	E	S	A			21	E	E	R	I	E			
		22	C	H	I	D	E			23	H	A	T	E	R	E	A	D	
26	J	O	E		27	A	R	C		29	R	O	K	U					
30	A	V	A	S	T	31			32	L	I	E	N		34	S	O	S	A
38	V	E	S	T	E	D	I	N	T	E	R	E	S	T	S				
41	A	N	T	I		42	A	N	K	H		43	O	R	C	A	S		
					44	R	O	T	I		46	A	L	T		48	A	R	T
49	S		50	C	A	R	F	A	C	E	52		53	O	H	A	R	E	
55	C	O	M	E	T					56	R	E	A	I	R	S			
58	A	V	I	D		59	W	A	R	M	F	R	O	N	T	S			
63	M	E	N	U		64	A	T	O	M		65	A	M	U	S	E		
66	P	R	O	P		67	R	E	L	Y		68	S	A	B	E	R		



**5th Annual
Unison Calgary
Charity Classic
Golf Tournament**

SAVE THE DATE
September 10, 2026

unisonalberta.com/golf




NEW!
Kerby Café Menu

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

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



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



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

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

OUR SERVICES

- Home Care Services
- Foot Care Services
- Companionship Services

CONTACT US

- (403)909-7688
- WWW.HOMECAREPROFESSIONAL.CA
- INFO@HOMECAREPROFESSIONAL.CA



**Browse
the
Unison
Annual
Directory
as a
digital
flipbook**

unisonalberta.online

Medicine Hat Veiner Activities

What's Happening in May

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

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

Active Aging Spotlight

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

Card Makers

May 5
1pm - 4pm | Registration Required | bring your own supplies

Pet Therapy with Tajma

May 5
12pm - 2pm

Community Kitchen with Unison & Root Cellar

May 8 - 29
1pm - 3pm | Root Cellar
Intake with Hope Required 587-770-1420

Alzheimer Society Care Partner Support Group

May 12
1:30pm - 3pm | Craft Room
Register with Kristel (403) 528-2700

Counselling Services with Ben Feere

May 14
9am-12pm | Registration Required

Scrapbooking Fanatics

May 15 - 17
Starting at 4:30pm on the 15th | Registration Required

Bridges Grandparents Group

May 19
10:30am - 12pm | Boardroom
Register by calling Kayla 403-526-7473

First Link Connections

May 19
1pm - 3pm | Boardroom
Register by calling 403-528-2700

Senior Safety Series: From Clutter to Calm - Organize, Downsize, Repropose

May 21
9:30am - 12pm | Craft Room | Registration Required

Dementia Support Group

May 21
9:30am-12pm | Boardroom
To Register: 403-528-2700

Diamond Art Group

May 26
1pm - 4pm | Boardroom | Registration Required

Walking Club meets in the Lobby of Veiner Centre at 10am. Walk from 10am - 11am.
Billiard's drop-in daily outside of Shuffleboard time.

Medicine Hat Veiner Activities

What's Happening in May

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

Wellness Wednesdays

Open to members and non-members

Movie Matinee with popcorn "Mrs. Doubtfire"

May 6
Craft Room | 2:00pm - 4:00pm

Mrs. Doubtfire is a heartwarming comedy about a devoted father who goes to great lengths to stay close to his children after a difficult separation. Disguised as a lovable housekeeper, he discovers the true meaning of family, love, and connection.

Tech Support

May 6
11am - 1pm | Boardroom | Registration Required

Tech Support

May 13
12pm - 2pm | Boardroom | Registration Required

Wellbeing Workshop with MHFS: "Stress Management"

May 13
Boardroom | 2:15pm - 3:30pm | Registration Required

Stress and anxiety show up differently for everyone, but we all need ways to manage it. Discover realistic tools you can use in everyday life to calm your body and clear your mind.

FREE Hearing Health check with Ear Wax Removal with Hear Canada

May 20
Boardroom | 9am - 11:30am | Registration Required

Rock Painting with Kat

May 20
Craft Room | 2:15pm - 4pm | Registration Required

Wellbeing Workshop with MHFS: "Conflict Resolution"

May 27
Boardroom | 2:15pm - 3:30pm | Registration Required

Learn practical communication and active listening skills to handle conflict with empathy and respect. This session will help you navigate disagreements and build stronger, healthier relationships.

Upcoming Event Spotlight

Mother's Day Event

Saturday, May 2
2pm - 4pm | \$10/Ticket (Cash Only) | Cash Bar

Celebrate Mother's Day with a creative afternoon of painting, sangria, and connection, featuring Rock Painting with Kathlene Steel. A special time to gather and celebrate mothers, sisters, daughters, and friends.

National Seniors Fitness Day

Wednesday, May 27
10am - 11am | Open to everyone 50+

Join our Walking Group for a refreshing stroll, great conversation, and a boost to your day. Stick around afterward to enjoy free coffee and muffins with friends!

Bistro Comfort Classics

Wednesday, May 6

Chicken Cutlet with gravy, Mac & Cheese, Peas & Carrots
Dessert : Apple Crumble

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

Bistro Signature Supper

Mexican Inspired

Wednesday, May 20
Chicken & Beef Burrito, Mexi Fries, & Corn

Dessert: Cinnamon Sugar Churro's
4pm - 8pm | \$15 per meal | Take away available
Open to Everyone!

Evening & Weekend Activities at Strathcona

All Level Fitness

Apr 28 - Jun 18 | Tuesdays & Thursdays | 4:15pm - 5:00pm
Members: \$112 | Non-Member: \$160

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

Tai Chi Classes

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

Yang Short Form

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

Yang Long Form

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

Chen Style Short Form

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

Fan Form

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

Weapons Form

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

Fitness Orientation

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

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

Table Tennis - Single Play Only

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

Pickleball - Open Session

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

Medicine Hat Strathcona Activities

What's Happening in May

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

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

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

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

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

Chair Yoga & More

May 4 – Jun 22 | Mondays

12pm – 12:45pm

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

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

Fun & Fitness

Apr 14 – Jun 11 | Tuesdays & Thursdays

9am – 9:55am

Members: \$90 | Non-Member: \$126

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

Chair Dance Class

May 5 – Jun 24 | Tuesdays

11:45am – 12:30pm

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

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

Absolute Beginner Line Dancing

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

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

Beginner Line Dancing

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

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

Qigong & Chair Yoga

May 6 – Jun 24 | Wednesdays | 12pm – 12:45pm

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

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

Chair Yoga & More

May 7 – Jun 25 | Thursdays

1pm – 1:45pm

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

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

Yin Yoga

May 8 – Jun 26 | Fridays | 12pm – 1pm

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

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

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

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

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

Unison for Generations 50+ Calgary In-Person Activities

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

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

Active Aging Spotlight

Arts in the Afternoon: Acrylic

Wednesdays, May 20 – June 24
1:00 pm – 3:00 pm
Member: \$155 | Non-Member: \$190
Location: **Room 313 – Kerby Centre**
Instructor: Hamideh Khadem Sohi

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! Classes will cover blending, reflection, depth, various brush techniques and more. *All supplies are included.*

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



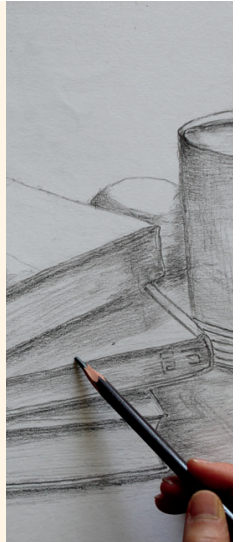
Active Aging Spotlight

Intermediate Drawing

Mondays, May 25 – June 29
1:00 pm – 3:00 pm
Member: \$99 | Non-Member: \$134
Location: **Room 313 – Kerby Centre**
Instructor: Hamideh Khadem Sohi

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

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



Active Aging Spotlight

Advanced Watercolour

Fridays, May 22 – June 26
10:00 am – 3:00 pm
Member: \$155 | Non-Member: \$190
Location: **Room 313 – Kerby Centre**
Instructor: Hamideh Khadem Sohi

Have you been an admirer of watercolour from afar but now are looking to learn the skill of watercolour painting for yourself? This class may be for you!
**Cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolor paper, and paint to class.*

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



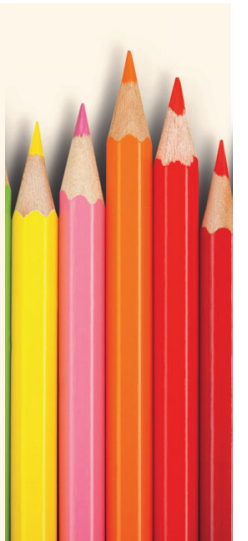
Active Aging Spotlight

Color Pencil Painting: Beginner Plus

Mondays, May 25 – June 29
10:00 am – 12:00 pm
Member: \$99 | Non-Member: \$134
Location: **Room 313 – Kerby Centre**
Instructor: Hamideh Khadem Sohi

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

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



Active Aging Spotlight

Chair Yoga

Mondays, June 8 – July 27
11:30 am – 12:30 pm
Member: \$47 | Non-Member: \$82
Location: **Room 205 – Kerby Centre**
Instructor: Gina Komanac

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

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



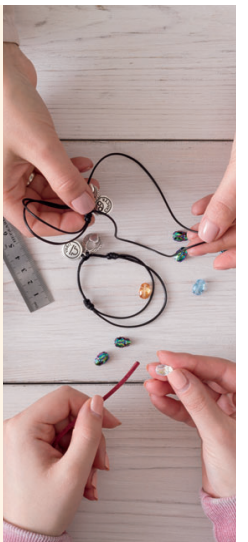
Active Aging Spotlight

Art of Jewellery Making – Beginner

Wednesday, May 6 – May 27
10:00 am – 12:00 pm
Member: \$80 | Non-Member: \$115
Location: **Room 108 – Kerby Centre**
Instructor: Valerie Wu

The four sessions include: wire wrapping (ring, pendant 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.

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!
May 19th - 22nd, 2026

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

FREE Wellness Week at Kerby Centre | May 4–8, 2026 | Room 317

Celebrate Mental Health Week with daily activities focused on connection, wellbeing, and community. All featured programs are FREE this week.

MONDAY – Guided Meditation & Live Well, Be Well: Enjoy our regular Guided Meditation and Live Well, Be Well programs at no cost this week, mindful practice and conversation on wellbeing and available supports.

TUESDAY (10–11 AM) – Wellness Walk: A refreshing walk with a “Connection Ribbon,” a simple symbol of support and community. Meet in Room 317.

WEDNESDAY (10 AM–1 PM) – Ask a Wellness Worker: Have questions about mental health or community supports? Drop in for a friendly conversation and access digital resources – paper-free.

THURSDAY (10:30 AM–2 PM) – Gratitude & Connection Wall: Add your thumbprint to our Community Tree and share a note of gratitude.

FRIDAY – Friends Friday Wellness Bingo Fun: prizes, and social connection. Registration is required for this session due to limited spots.



Wellness Spotlight

Sound Bath Therapy

Fridays, July 15, 22 & 29, 2026
10:30 am – 12:00 pm
Member: \$60 | Non-member: \$95
Location: Wellness Centre, Room 317
Facilitator: Denise Gowan

Experience deep relaxation and inner harmony through a guided 1.5-hour Sound Bath session. Sound bath therapy helps to empower individuals on their journey to holistic well-being through the transformative power of sound.

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



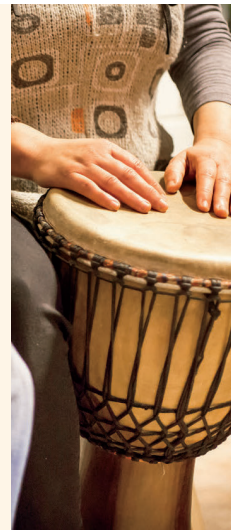
Wellness Spotlight

Indigenous Drumming and Storytelling

Tuesdays, May 12, 19, and 26, 2026
1:00 pm – 2:30 pm
Member: \$60 | Non-member: \$95
Location: Wellness Centre, Room 317
Instructor: Dorvina Pearline White Quills

Learn about the teachings behind Traditional Hand Drum songs from a new perspective. Passed from her mentors. Respect for the Hand drum is to be in a clean and sober state of mind. All are welcome to participate.

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



Wellness Spotlight

Compass For Caregivers

Thursdays, July 16, 23, 30, and Aug 6, 2026
10:00 am – 12:30 pm
Free to attend
Location: Wellness Centre, Room 317

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.

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



Wellness Spotlight

Grieving Together Counselling After the Death of a Loved One – Free 9-Week Program

Thursdays, July 2 – August 27
1:00 pm – 2:30 pm
Location: Wellness Centre, Room 317

Facilitated by CityU Master of Counselling Interns. A supportive in-person group for adults grieving the death of someone. Learn coping skills, connect with others, and begin rebuilding life after loss. Limited spaces – please register early. Intake and first-session assessment required.

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



Want to give the gift of an experience and memories?

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

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

Unison at Kerby memberships has perks!

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



Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at program@unisonalberta.com or call **403-705-3233**. Online registration and full details at unisonalberta.com/online-resources

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

Online Presentations Spotlight

Online Presentations:

BioStrong: Osteogenic Loading & Echolight Bone Density Scanner

Presented by: Jacob Palardy & Michael Lindee

Discover how to strengthen bones, build muscle, and improve balance in just 20 minutes a week! Perfect for anyone looking to prevent osteoporosis and stay strong as they age.

Tuesday, May 5th | 1:00 pm



Inspire & Write: Creative Writing Webinar Series

Presented by: David, Mary, Martin, Christina
Our guest hosts will guide discussions on storytelling, reflection, and personal expression—supporting creativity for writers of all levels. This series is designed to nurture your creativity and inspire your continued growth as a writer.

Thursday, May 14th | 10:00 am



Move Better: Non-Surgical Approaches to Osteoarthritis

Presented by: Dr. Josip Batinic
Join this interactive session to learn practical approaches, ask questions, and bust common arthritis myths, empowering you to stay active while waiting for surgery or managing chronic joint pain.

Thursday, May 21st | 10:00 am



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**

Navigating Calgary Transit Access: Eligibility, Appeals, and Support for Seniors

Presented by: Jacqui

Join Jacqui Bears, Senior Eligibility Liaison with Calgary Transit Access, for an informative online session about Calgary Transit Access (CTA). This presentation will provide a clear understanding of the CTA program, including who is eligible, the eligibility determination process, and any conditions that may apply.

Tuesday, May 26th | 1:00 pm



Seniors' week Spotlight

SENIORS' WEEK

JUNE 1 – 5, 2026

Join us for a week of inspiration, music, and meaningful conversations!

Art Exhibition – Celebrating Creativity During Seniors' Week FREE

Wednesday, June 3rd 2026 | 12:00 pm – 4:00 pm
Location: Unison at Kerby Centre, Gymnasium

Join us for a special art event in celebration of Seniors' Week, where participants from our art program will proudly display their original artwork. This showcase is an opportunity to recognize the talent, dedication, and creativity of our artists, many of whom have spent months preparing their pieces.

Visitors are invited to browse the collection, meet the artists, and, if inspired, purchase artwork to support their continued creative journey. From paintings to drawings, each work reflects the unique stories, skills, and perspectives of our participants.

We welcome community members of all ages to come out, enjoy the exhibit, and help us celebrate the hard work and artistic spirit of our seniors and program participants.

We look forward to seeing you there and sharing this meaningful celebration of art and creativity.

Join Our Film Club – Movie Screening & Discussion FREE (In Partnership with THIRD ACTION Film Festival)

Thursday, June 4th 2026 | 1:00 pm – 3:30 pm
Location: Unison at Kerby Centre, Room 205

Celebrate Seniors' Week with an afternoon of storytelling, conversation, and community at our Film Club gathering. We'll be screening a featured film followed by an open group discussion where participants can share thoughts, reflections, and favorite moments.

This is a wonderful opportunity to relax, enjoy a great movie, and connect with others in a friendly, welcoming setting. Whether you're a lifelong film lover or simply looking for a fun way to spend your time, we invite you to join us and be part of the experience. Come for the movie, stay for the conversation, and enjoy your time with fellow community members during this special week.

Celebrate Seniors' Week with a Beatles History & Karaoke Afternoon FREE

Friday, June 5th 2026 | 1:00 pm – 3:00 pm
Location: Unison at Kerby Centre, Room 205

Join us for a lively and nostalgic celebration during Seniors' Week as we take a musical journey through the history of The Beatles. This special event will highlight the stories behind the band's rise to global fame, followed by a vibrant concert featuring some of their most beloved hits performed live.

Whether you grew up with Beatles music or you're discovering it for the first time, this concert promises an afternoon of fun, memories, and community spirit. Come sing along, tap your feet, and enjoy an uplifting tribute to one of the most influential bands in music history.

We invite seniors, families, and community members of all ages to join us for this joyful celebration. Let's come together, enjoy great music, and make Seniors' Week unforgettable.



YYC Home Care Services

PARAMEDIC-LED HOME CARE SERVICES

Our Services

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



CLIENT DIRECTED HOME CARE INVOICING PROGRAM (CDHCI)

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

+1 825-760-0983

info@yychomecareservices.ca

www.yychomecareservices.ca



Contact us today to schedule a free consultation!

