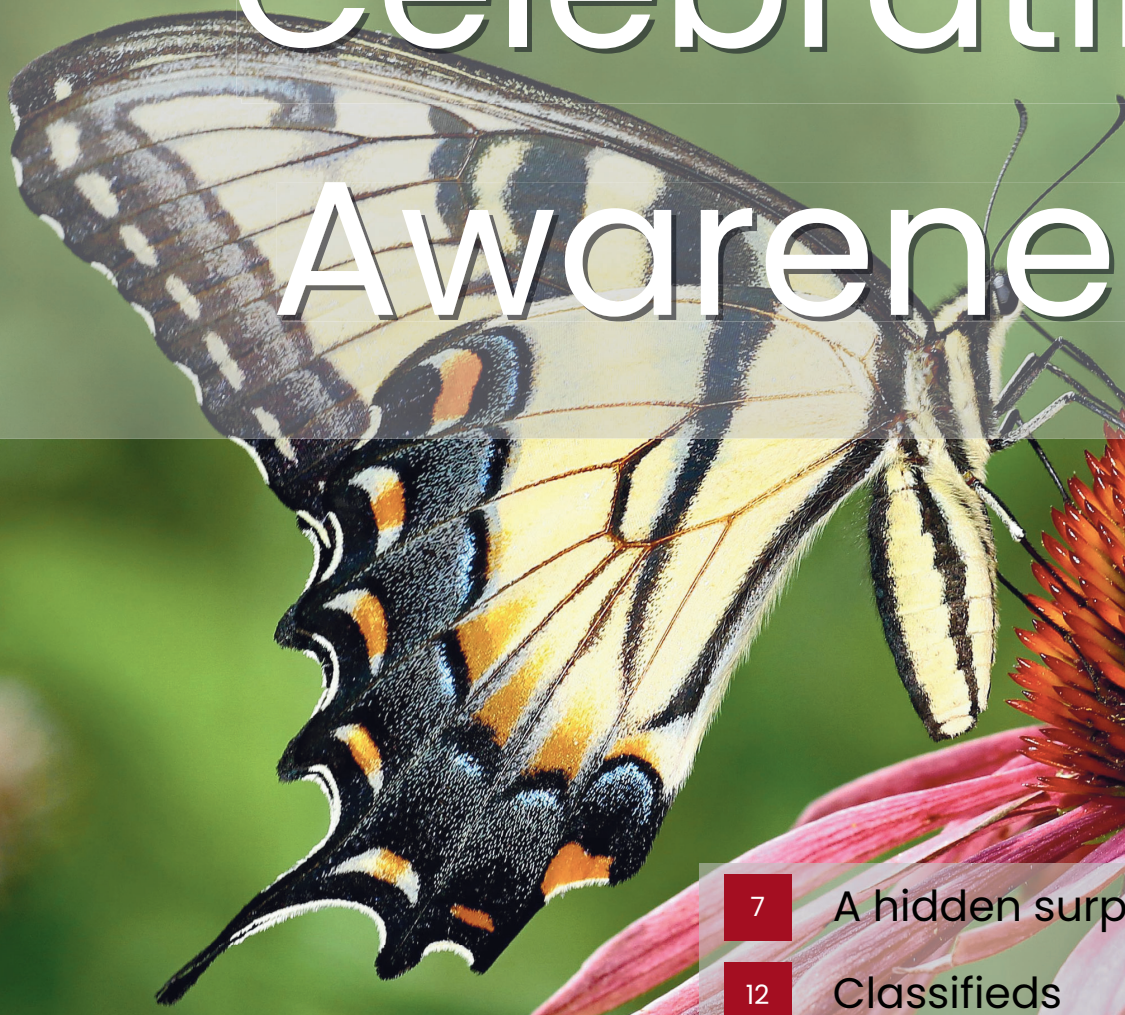


Celebrating Awareness



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- 24 Summer program registration



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After six months at Unison

Jose Guillen, Director of Development



After six months of having the role of Director of Development at Unison, my awareness has increased around the issues that thousands of older adults deal with in our community, especially those who are isolated,

have limited access to services, or live on a limited income, which does not allow them to live the golden years that they dreamed of.

Unison at Veiner Centre in Medicine Hat and Unison at Kerby Centre in Calgary provide services that encourage active living and community engagement. I have learned that we provide far more services than most community members know of. Did you know that the Veiner Centre's Meals on Wheels program provides a reliable and nutritious meal delivery service for individuals unable to pre-

pare meals on their own?

Both centres provide a Seniors Supports programs including tax clinics, benefits and pension assistance, and housing referrals and support. In Calgary, the Thrive Food Security's programs offer a holistic approach to providing food, connection, and resources for older adults. Also in Calgary is the Elder Abuse Shelter and Outreach, which supports seniors through safe accommodation, abuse intervention and prevention. In fact, every May, Unison runs an annual Spring Campaign to raise

awareness and support for our Elder Abuse programs. This fundraising campaign runs through June 15, aligning with World Elder Abuse Awareness Day.

You can support the Elder Abuse Shelter and our Outreach Services, with a one-time donation or by becoming a monthly donor. There are also opportunities to sponsor a room in the shelter. Corporate sponsors are welcome to support our Shelter in many ways, including volunteering, painting and renovating a shelter room. The Unison Spring Campaign helps ensure we can con-



This QR code can make a big difference!

tinue providing critical, immediate support while increasing prevention, outreach, and education efforts in the community. Please consider donating today!

June 15th
WORLD ELDER ABUSE AWARENESS DAY

Together, we can raise awareness, support older adults, and help build safer communities.

FREE HEARING SCREENING

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

Thursday, June 11th
9:00am - 4pm
Unison at Kerby Centre - Room 208

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

Unison At Kerby Centre Brought to you by: ears to you

5th Annual Unison Calgary Charity Classic Golf Tournament

SAVE THE DATE:
September 10th, 2026
Sirocco Golf Club
Shotgun Start at 1 PM

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

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

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



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

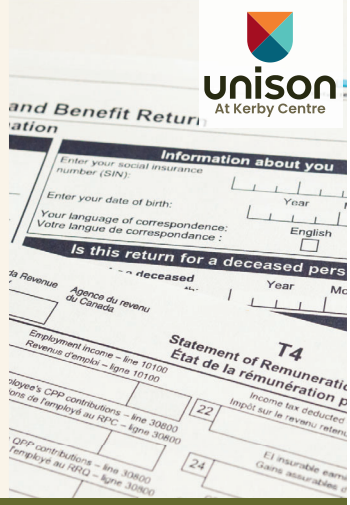
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All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
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The **Canada Revenue Agency** will be at Unison Kerby Centre to help you with printing T-slips, notices of assessment, and answering questions on benefits & credits.

**Drop by between 9 am – 3 pm on
June 9 & June 23**



Seniors Supports | 403-705-3246 | unisonalberta.com
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JUNE 21 HAPPY FATHER'S DAY!

A DAY TO CELEBRATE THE FATHERS AND GRANDFATHERS WHO CONTINUE TO MAKE A DIFFERENCE IN OUR LIVES.

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

- June 10
- June 24

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- 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

Renting out a room at home

Debra Molzan, Senior Real Estate Specialist

Renting out a room in your home can be a helpful way to earn extra income, especially for seniors who are looking to offset rising living costs or remain in their homes longer. It may also offer companionship and a sense of security. However, becoming a landlord is a significant responsibility and is not suitable for everyone. While it may seem simple to invite someone into your home, it can become much more complicated if circumstances change and you need them to leave, particularly if there is no written rental agreement in place.

In Alberta, most rental situations fall under the Residential Tenancies Act, which outlines the rights and responsibilities of both landlords and tenants. This legislation generally

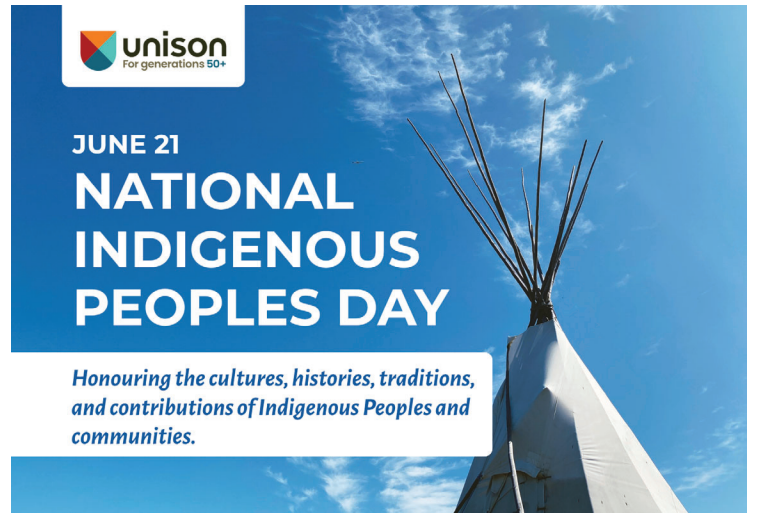
applies when someone is renting a place where they live, but there are exceptions, particularly when a tenant shares a kitchen or bathroom with the homeowner, and may be considered more of a boarder or family-like occupant. Because of these distinctions, it is important to understand how the law applies to your specific situation and to seek professional advice when needed.

There are generally two main types of tenancy agreements. A fixed-term tenancy runs for a set period of time and ends on a specified date, unless both the landlord and tenant agree to extend or renew it. For example, a lease from January 1 to December 31 would normally end on December 31, with the tenant expected to move out by that time unless other arrangements are made.

A periodic tenancy, often referred to as a month-to-month arrangement, continues without a fixed end date and renews automatically. In many cases, tenants are required to give one month's notice to end the agreement, while landlords are typically required to provide longer notice, often three months, depending on the circumstances and the terms of the agreement.

When rental arrangements are not clearly documented, problems can arise, especially when a tenant has lived in the home for a long period of time. In one situation, a homeowner had allowed a friend to live in a suite for many years without a formal lease. When the homeowner became ill and the property needed to be sold by a family member holding power of attorney, the lack of a written agreement made it difficult to manage the situation. The tenant was not initially willing to leave, and legal assistance was required to properly resolve the matter and ensure the home could be sold. Situations like this highlight the importance of having clear written agreements in place, even when arrangements are made with friends or long-term occupants.

It is also increasingly common for adult children



parents' homes due to high housing costs. While these arrangements often begin as temporary, they can become long-term. When the parent later decides to sell the home, it can be an emotional and stressful transition for everyone involved. Having open and honest conversations early can help reduce misunderstandings and make future decisions easier to manage.

If you are planning to rent out a room or suite in your home, it is important to understand your responsibilities and ensure expectations are clear from the beginning. A written tenancy agreement is one of the most effective ways to avoid confusion and protect both parties. It is also advisable to seek guidance from legal and financial professionals, in-

cluding a lawyer and an accountant, to fully understand your obligations and any tax implications.

If you are planning to sell your home and have a tenant or occupant in place, make sure your real estate agent is informed as early as possible so they can coordinate timelines and avoid delays. With proper planning, clear communication, and professional advice when needed, renting out space in your home can be a manageable and beneficial arrangement, but it requires careful consideration to ensure it remains a positive experience for everyone involved.

Making a move can feel overwhelming, but with careful planning and the right advice, it can also be the beginning of an exciting new chapter.

Thinking About Moving?

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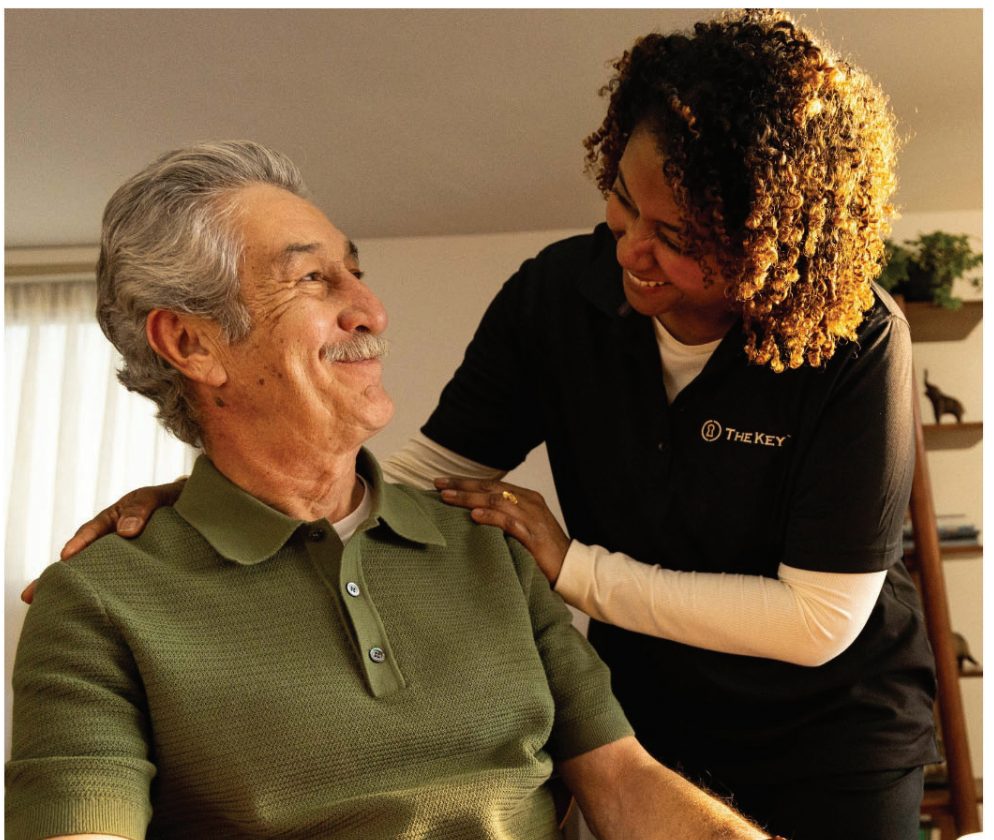


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Puzzle Page • Solutions → p 17

Support Seniors fleeing Elder Abuse in the community



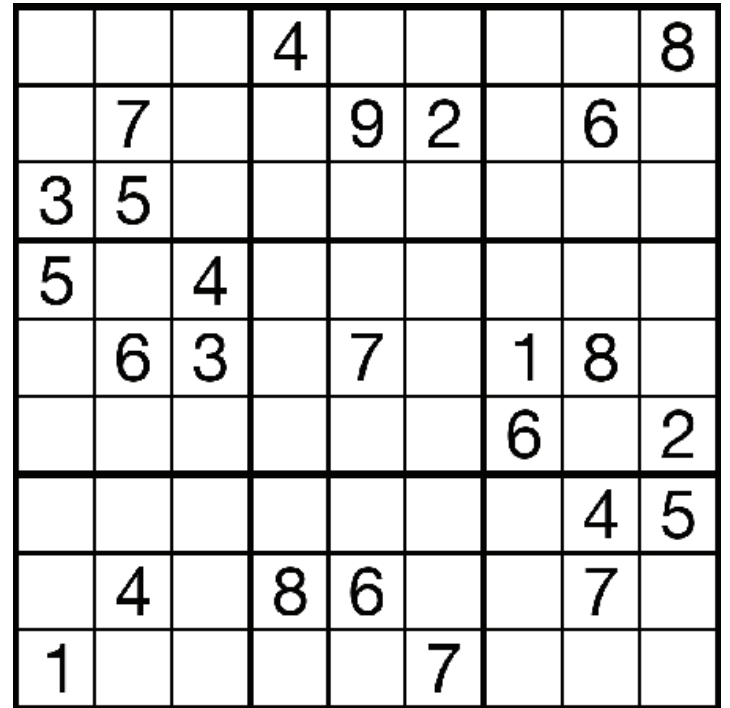
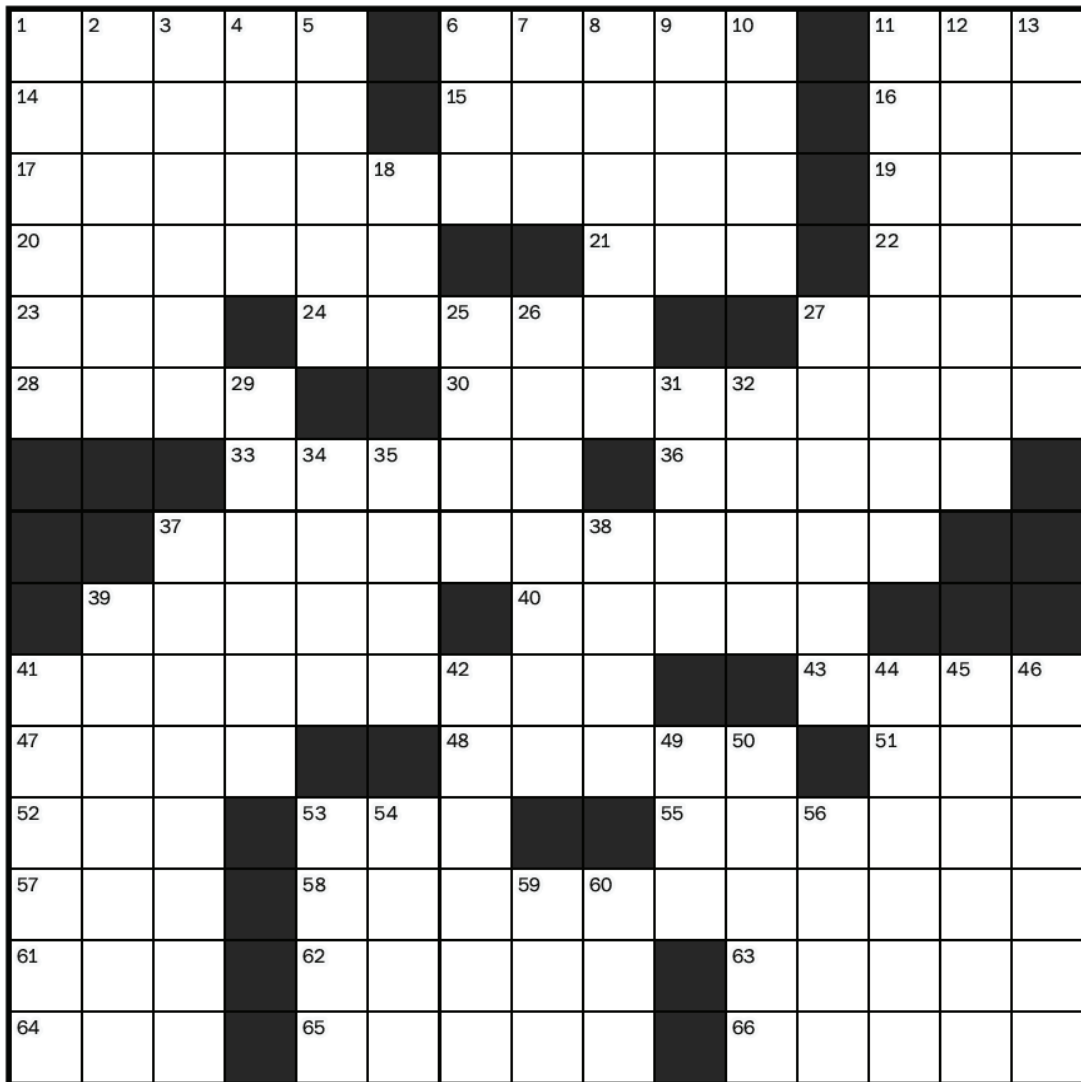
Elder abuse is a silent epidemic hidden behind closed doors.

HELP A SENIOR TODAY



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Awareness Days



- climate
- aging
- fathers
- children
- heritage
- mothers
- disabilities
- elders
- grandparents
- lgtbq
- food
- health
- seniors
- veterans
- animals
- environment
- families
- giving

Across

- 1. Revels (in)
- 6. Kremlin cash
- 11. Part of the DH14.
- 14. Like sparrows and swallows
- 15. One of several mistakes in a Shakespeare comedy?
- 16. Ashen
- 17. "Fried Green Tomatoes at the Whistle Stop Cafe" novelist
- 19. See 34-Down
- 20. Naval groups
- 21. Fresh start?
- 22. Govt. figure
- 23. Whispy
- 24. Observed furtively
- 27. Florence's river
- 28. One-armed singer from Donegal
- 30. Rapper featured on the Dr. Dre song "Nuthin' but a 'G' Thang"
- 33. Warble
- 36. Custardy desserts
- 37. Circumnavigator in a Jules Verne novel
- 39. Greek island in "The Two Faces of January"
- 40. Stay put, in Paris
- 41. English actress who played Emma Peel on 'The Avengers'
- 43. Fret (over)
- 47. eBay caveat

- 48. Opposite of o'er
- 51. Lille pal
- 52. Oz. and mg.
- 53. "The View" ailer
- 55. Driver's lic. with an added star
- 57. Born
- 58. "The Road to Wellville" role for Anthony Hopkins
- 61. Round topper for a scepter
- 62. Part of the Dutch Caribbean
- 63. Netflix category
- 64. Vane dir.
- 65. Satisfy, as a debt
- 66. Good point

Down

- 1. Perplex
- 2. Island where Excalibur was forged
- 3. Trim and muscular
- 4. "Citizen _____"
- 5. Pique performances?
- 6. NFL employee
- 7. Brief address
- 8. Corleone player
- 9. Theatre section
- 10. Therefore
- 11. Like many electric plugs
- 12. Some Malaysian attire
- 13. Like Big Ben's clock

- 18. Dubious ability
- 25. Michigan's __ Royale National Park
- 26. Make bigger
- 27. Maxims
- 29. Greek city in "The Two Faces of January"
- 31. Trade-__: compromises
- 32. Gardener's parcel
- 34. With 19-across, "How We Do (Party)" singer
- 35. Robert of "The Sopranos"
- 37. "Hallelujah!"
- 38. Video game giant
- 39. Collector of rainwater
- 41. Suddenly hit
- 42. Increase slowly
- 44. Claws
- 45. New citizen, perhaps
- 46. Doohickey
- 49. Otto meno cinque
- 50. Hägar the Horrible's wife
- 53. Slightly open
- 54. Offer no amusement to
- 56. Tavern quaffs
- 59. Bulls org.
- 60. Big name in jewelry



unison

At Veiner Centre

Age is something to honour

Cori Fischer

Ageism is defined as stereotyping (how we think), prejudice (how we feel), and discrimination (how we act) based on age. It is one of the most widespread yet often overlooked forms of discrimination in Canada. While many people associate discrimination with race or gender, ageism quietly shapes attitudes, policies, and everyday interactions. It can appear in subtle ways, such as assumptions that older adults are frail, resistant to change, or less capable, even though these stereotypes rarely reflect reality. We hear it in common jokes or statements about older adults: “I had a senior moment,” “You look great for your age,” “I’m too old for this,” or “Old dogs can’t learn new tricks.” These phrases all imply that aging is undesirable or limiting. The impacts of ageism are significant. Negative attitudes toward aging can harm both the mental and physical health of older adults, leading to reduced confidence, social isolation, and even poorer health outcomes. In Canada, 64% of people acknowledge that age discrimination negatively affects health, yet awareness of how common ageism is remains limited. This gap highlights the need for education, awareness, and meaning-

ful opportunities to connect across generations. This is where Seniors Week plays a vital role. Celebrated annually, Seniors Week is more than just a series of events. It is a powerful opportunity to recognize the contributions, resilience, and diversity of older adults in our community. At Unison at Veiner Centre, Seniors Week is a time to celebrate the individuals who have helped build our community, while also challenging harmful stereotypes about aging. Celebrating seniors helps shift the perspective. Instead of viewing aging as

a period of decline, it encourages us to see it as a stage rich with experience, knowledge, and continued growth. When communities highlight the achievements and stories of older adults, they counter the false assumptions that fuel ageism. These positive representations are essential in reshaping public attitudes. Equally important is the role of connection. Studies show that initiatives promoting intergenerational interaction, bringing younger and older people together, are among the most effective ways to reduce ageism. Seniors Week

events, such as workshops, social gatherings, and volunteer opportunities, create spaces where people of all ages can learn from one another. These interactions foster mutual respect and understanding, breaking down barriers created by stereotypes. At Unison at Veiner Centre, we believe that inclusion does not end at any age. Seniors Week reflects our commitment to creating a community where older adults feel valued, respected, and engaged. Whether through fitness programs, educational sessions, or social events, we

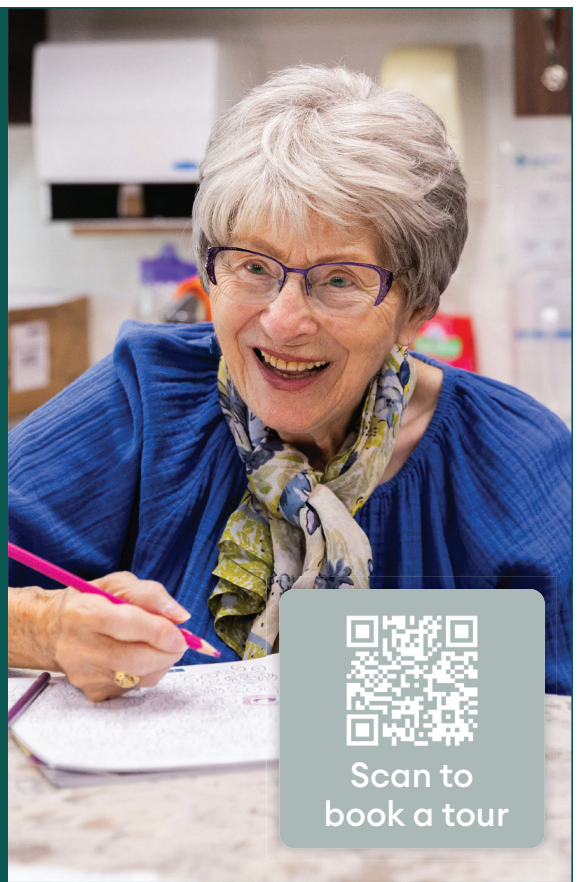
aim to empower seniors to stay active and connected. Reducing ageism requires more than awareness, it requires action. By celebrating Seniors Week, we take an important step toward building a more inclusive community. We acknowledge the vital role seniors play in our lives and reaffirm that every stage of life deserves dignity and respect. As we celebrate this week, let us challenge our assumptions, listen to the stories of older adults, and recognize that aging is not something to fear. It is something to honour.

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*Kemi Anjorin-Ohu,
Learning & Outreach
Coordinator*

When our community comes together, wonderful things can happen. We are incredibly grateful to the Canadian Institute of Traditional Chinese Medicine (CITCM) for supporting our Elder Abuse Shelter clients through their acupuncture services. Any opportunity to provide our clients with extra care and support is deeply appreciated. Our clients have experienced significant trauma, challenges, and the healing touch and wellness support provided by CITCM is one step towards healing, comfort, and overall well-being.

Our clients attended their first acupuncture session on October 31, 2025. The experience was very positive, and the clients have continued to look forward to each session. For some, it was their first experience with acupuncture. Clients who initially participated shared their positive experiences with those who had been unsure about trying it.

In addition to supporting our clients, CITCM will also be providing massage services for staff during an upcoming wellness event hosted by Unison Culture and Wellness Committee. This continued partnership reflects the importance of community collaboration, wellness, and caring for both clients and staff alike.



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Active Aging

Course Registration Spring Session

Registration opens June 2nd for members and June 12th for non-members

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Online registration is available now
kerbycentre23.wildapricot.org



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**

Online Programs

Fitness with Dan (Member \$20 Non Member \$55) <u>Instructor:</u> Dan Leung		Z01 Monday July 13 – Jul 27 (3 Weeks) 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 \$27 Non Member \$62 per course) <u>Instructor:</u> Dave Goldenberg			
Z02 Tuesday July 7 – July 28 (4 Weeks) 9:30am – 10:30am Online Zoom		Z03 Tuesday Aug 11 – Sept 1 (4 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. ALL ABILITIES LEVELS WELCOME!			
Chair Dancing (Member \$27 Non Member \$62 per course) <u>Instructor:</u> Dave Goldenberg			
Z04 Thursday July 9 – July 30 (4 Weeks) 1:30pm – 2:30pm Online Zoom		Z05 Thursday Aug 6 – Aug 27 (4 Weeks) 1:30pm – 2:30pm 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			
Relax & Stretch Seated Yoga (Member \$27 Non Member \$62 per course) <u>Instructor:</u> Hannah Flahr			
Z06 Monday July 6 – July 27 (4 Weeks) 12:30pm – 1:30pm Online Zoom		Z07 Monday Aug 10 – Aug 31 (4 Weeks) 12:30pm – 1:30pm Online Zoom	
Combining breath and movement, basic chair yoga provides a gentle and accessible option for all activity levels. Using controlled movements and the support of a chair, this class aims to strengthen and stretch the body in a safe and effective way.			

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi (Member \$27 Non Member \$62 per course) <u>Instructor:</u> Adrian Buczek			
A01 Thursday July 9 – July 30 (4 Weeks) 2:15pm – 3:15pm Gym – Kerby Centre		A02 Thursday Aug 6 – Aug 27 (4 Weeks) 2:15pm – 3:15pm Gym – 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 \$27 Non Member \$62) <u>Instructor:</u> Dan Leung		A03 Wednesday July 22 – Aug 26 (4 Weeks) No Class Aug 5 & 12 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 \$35 Non Member \$70) <u>Instructor:</u> Dan Leung		A04 Friday July 17 – Aug 28 (5 Weeks) No Class Aug 7 & 14 9:30am – 10:30am 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 \$27 Non Member \$62 per course) <u>Instructor:</u> Dave Goldenberg			
A05 Tuesday July 7 – July 28 (4 Weeks) 11:15am – 12:15pm Gym – Kerby Centre		A06 Tuesday Aug 4 – Aug 25 (4 Weeks) 11:15am – 12:15pm Gym – Kerby Centre	
Improve your flexibility, enhance your range of motion, and rejuvenate your body with our specialized Stretching and Mobility Class tailored just for you. Don't let stiffness and immobility hold you back from enjoying a vibrant and active lifestyle. Join us and unlock the power of movement!			
Core Essentials & Balance (Member \$27 Non Member \$62 per course) <u>Instructor:</u> Navin Jetha			
A07 Thursday July 9 – July 30 (4 Weeks) 11am – 12pm Room 205 – Kerby Centre		A08 Thursday Aug 6 – Aug 27 (4 Weeks) 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.			
Restorative Yoga (Member \$27 Non Member \$62 per course) <u>Instructor:</u> Navin Jetha			
A09 Wednesday July 8 – July 29 (4 Weeks) 2:45pm – 3:45pm Gym – Kerby Centre		A10 Wednesday Aug 5 – Aug 26 (4 Weeks) 2:45pm – 3:45pm Gym – Kerby Centre	
Using a yoga strap in this gentle restorative yoga practice helps the body find deeper relaxation by providing support and stability. Since restorative poses are held for longer periods, the strap acts as an extension of your limbs, preventing strain and helping you release tension and tightness with ease and gentleness. This class is an excellent practice to relieve tight muscles after exercising.			
Feet to the Beat (Member \$27 Non Member \$62) <u>Instructor:</u> Kym Butler		A11 Friday Aug 7 – Aug 28 (4 Weeks) 1pm – 2pm Gym – 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 \$27 Non Member \$62 per course) <u>Instructor:</u> Glenis Martin			
Introductory Beginners A12 Thursday Aug 6 – Aug 27 (4 weeks) 11:30am – 12:30pm Gym – Kerby Centre		Intermediate Beginners Plus A13 Thursday Aug 6 – Aug 27 (4 weeks) 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.			
Chair Yoga (Member \$27 Non Member \$62) <u>Instructor:</u> Gina Komanac		A14 Wednesday July 8 – July 29 (4 Weeks) 1:15pm – 2:15pm Gym – 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 \$27 Non Member \$62 per course) <u>Instructor:</u> Chantel Cunningham			
A15 Tuesday July 7 – July 28 (4 Weeks) 10am – 11am Gym – Kerby Centre		A16 Tuesday Aug 4 – Sept 1 (4 Weeks) No Class Aug 11 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 \$27 Non Member \$62 per course) <u>Instructor:</u> Viviana Tellez			
A17 Thursday July 9 – July 30 (4 Weeks) 10am – 11am Gym – Kerby Centre		A18 Thursday Aug 6 – Aug 27 (4 Weeks) 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!			

Pickleball

Beginner Pickleball Instructor: Jack Jones

A19 Monday July 6 – July 27

10:00am – 12:00pm | Gym – Kerby Centre
Member Price \$120

A20 Monday Aug 10 – Aug 31

10:00am – 12:00pm | Gym – Kerby Centre
Member Price \$120

Have you been interested in learning to play pickleball, but not sure where to start? This class is for you! Learn the fundamentals of Pickleball, including grip, stance, shot placement and official rules, from our certified coach. No experience necessary, just bring your enthusiasm! Limited Spot only!

We are pleased to share that Intermediate and Advanced Pickleball lessons will be offered this Fall. Registration details will be posted in the August edition of Unison News.

Academic Courses

Arts

Arts in the Afternoon: Acrylic (Member \$105 | Non Member \$140 per course) | Instructor: Hamideh Khadem Sohi

B01 Wednesday July 8 – July 29 (4 Weeks)

1pm – 3pm | Room 313 – Kerby Centre

B02 Wednesday Aug 5 – Aug 26 (4 Weeks)

1pm – 3pm | Room 313 – Kerby Centre

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! Hamideh will guide you step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. All supplies are included.

Beginner Watercolour (Member \$105 | Non Member \$140 per course) | Instructor: Hamideh Khadem Sohi

B03 Thursday July 9 – July 30 (4 Weeks)

10am – 3pm | Room 313 – Kerby Centre

B04 Thursday Aug 6 – Aug 27 (4 Weeks)

10am – 3pm | Room 313 – Kerby Centre

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! *The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.*

Advanced Watercolour (Member \$105 | Non Member \$140 per course) | Instructor: Hamideh Khadem Sohi

B05 Friday July 10 – July 31 (4 Weeks)

10am – 3pm | Room 313 – Kerby Centre

B06 Friday Aug 7 – Aug 28 (4 Weeks)

10am – 3pm | Room 313 – Kerby Centre

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! *The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.*

Landscape Acrylic Workshop
(Member \$60 | Non Member \$95)
Instructor: Hamideh Khadem Sohi

B07 Monday July 13
1pm – 3pm | Room 313 – Kerby Centre

Bring your art to life with color in this creative workshop! Designed for those with an interest in landscape art, this session focuses on acrylic techniques to enhance your drawing. With the guidance of an experienced instructor, you'll learn how to add depth, expression, and vibrancy using acrylic paint. Perfect for those looking to explore or refine their skills in a supportive, hands-on environment. *Supplies included!*

Watercolor Painting Workshop (Landscapes)
(Member \$50 | Non Member \$85)
Instructor: Hamideh Khadem Sohi

B08 Wednesday July 15
10am – 12pm | Room 313 – Kerby Centre

Join us for a fun and relaxing painting session designed with seniors in mind! In this workshop, we'll explore how to create soft, watercolour-like effects using easy-to-work with watercolor paints on paper. No experience needed— just a willingness to try something new and enjoy the creative process. provided. Come connect, create, and leave with your very own masterpiece! *Supplies not included!*

Portrait Watercolor Workshop
(Member \$50 | Non Member \$85)
Instructor: Hamideh Khadem Sohi

B09 Monday Aug 10
1pm – 3pm | Room 313 – Kerby Centre

Bring your art to life with color in this creative 2-hour workshop! Designed for those with an interest in portrait art, this session focuses on watercolor techniques to enhance your own drawing. Participants are asked to bring a completed portrait drawing—any style or subject you choose. With the guidance of an experienced instructor, you'll learn how to add depth, expression, and vibrancy using watercolors. Perfect for those looking to explore or refine their skills in a supportive, hands-on environment. *Supplies not included!*



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!

