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Heritage – just part of the puzzle

Mel Lefebvre,
Editor-in-Chief

I was so excited the first time I met someone who was born in Lithuania. My mom's side of the family are thoroughly Lithuanian, which makes my heritage about 50 per cent of that genetic puzzle. My dad's side is French, with a mix (a bit of Portuguese, Italian, Spanish, and other mysteries).

I identify as Canadian, but Lithuania gets me excited. So when I met someone who had been at the source of my family's connection to home, it got me thinking about heritage, and how a

place I have never been (but hope to visit someday) can still shape so much of who I am. That's also part of what makes the Canadian diaspora so special.

I know many people who strongly identify with their family's country of origin without ever having set foot there. They have simmered in parts of that culture and made them who they are. It's wonderful. It also makes me think of trees.

When a forest is made up of a single tree species, it's more vulnerable to parasites and disease. That kind of forest - a monoculture - isn't consid-

ered a healthy ecosystem. The same goes for clear, crisp lakes where you can see straight to the bottom. Pretty, but unhealthy.



Lithuanian flag.
Photo: Justina Pakalnytė

Robust forests are made of many species. If a wood-boring insect claims one type of tree but has no interest in the others, the forest still stands.

Water works the same way: healthy lakes are murky and brimming with life. A little unruliness, it turns out, is what keeps a whole system alive. People are no different.

Multiculturalism makes our society richer, more interesting, and more vibrant, the same way that mix of species keeps a forest standing. From food to art, music, and tradition, it's a joy to try something new and expand on what you know.

Heritage is just one piece of the puzzle, but it's the piece that gives us definition, uniqueness, and a deeper connection

to our sense of self, and our sense of community. It's our own patch of biodiversity, and it's worth protecting the same way.

I've introduced to my group of friends, an appreciation for the Lithuanian style of making mashed potatoes. Lots of pepper, onion, and butter make it a savoury delight my friends ask me to make for them, and I oblige (someone has to lick the spoon). That's a layer of heritage too: the joy of sharing, letting people in, and making the whole a little stronger for it. Sharing our heritage helps nurture respect, and that's something we all deserve.

About the typo

Mel Lefebvre

Despite having Unison News proofread by at least half of our staff, who have skills, experience, expertise, and generally have excellent editing and writing abilities, a typo slipped passed us for the July issue. On the cover, I took care

with the word "Dwarfs" to make sure it was correct (dwarves? dwarfs? The former is the preferred British spelling, and the latter, the preferred American take). Lo and behold, neither were chosen. This is a human error, and, if anyone knows what a drawf is, please let me know!



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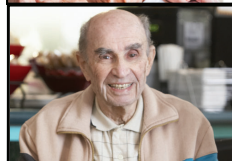
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In 2026, Unison plans to raise approximately \$2.0 million through fundraising activities, with projected costs of \$400,000. Funds raised will support programs improving the lives of seniors in need in our community. For more details, please contact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

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AUGUST 2026

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President’s Message



Larry Mathieson, CEO and President

Good news is infectious, so I must share when we get some. In July, the Calgary Foundation shared they are going to fund a social prescribing pilot program that gives seniors more support, and we couldn’t be more excited. It isn’t exactly a new program for Unison. In Medicine Hat, we run a social prescribing program, and this new grant will open the door for the Kerby Centre to do something similar. There are a few agencies that we collaborate with that are involved in a joint study of the effectiveness of social prescribing programs in Alberta. Social prescribing programs provide great value to seniors, but also to taxpayers in Alberta. The programs essentially create a higher probability for seniors to live pleasantly, happily and successfully in their own home and community, as opposed to needing a residential

or long-term care setting. There seems to be a lot of evidence that this approach is desirable, pleasant and effective for participants, and also saves money for healthcare spending in jurisdictions operating social prescribing programs. A few years ago, we worked on a collaborative program with all of the senior centres in Calgary called the Super Membership. We intended to provide more support to more seniors. We wanted to reduce isolation, build community, build networks of support and feelings of accomplishment from our seniors. The second priority was enhancing the financial sustainability of each of the senior centres in Calgary. Since then, there has been an increase in the average membership for each of the senior centres and ultimately, greater participation in programming and support provided by each centre, which equates to less isolation and more community building. Together, the group proposed an 18-month social prescribing pilot program to Calgary Foundation that would serve seniors in the Calgary area. Unison would be the fiscal agent for the project. We will hire the staff involved in this program. However, the staff would not work at the Kerby Centre; they would be deployed throughout the network of senior centres in Calgary.

We reasoned that the senior centres are already reaching many seniors, literally tens of thousands in the city, some of whom would benefit from the services provided in a program like social prescribing. We also collectively believe that this program will help us reach out and engage seniors who are not currently supported by a senior centre. This will create growth in each of the centres. We anticipating greater sustainability for each individual centre involved in this project. The project will start very soon. We are currently engaged in hiring the staff who will work in this program. Effectively, the grant provides the financial resources to employ a Link Worker who will be an experienced individual with a bachelor’s degree in a field of study like gerontology, social work, health or education. The project will also employ a part-time communications assistant who will develop marketing and communications material to create awareness for seniors in the network. We are very excited about the support the Calgary Foundation has shown for our senior centre collaboration, the possibilities for growth, and the outcomes of each of the Super Membership centres in Calgary. This partnership has shown us that working together is better, and that together, we achieve better outcomes for our seniors.

UNISON'S

Summer

FOOD DRIVE

MOST NEEDED ITEMS

- canned fruits & vegetables
- canned beans
- rice/lentils
- dry pasta
- granola/quick oats
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- jams/jellies
- coffee/tea

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- August 11 & 25**
- September 8 & 22**
- October 6 & 20**

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



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

Drop by between **9 am – 12 pm** on the following **Tuesdays**

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- September 1 & 15 & 29**
- October 13 & 27**

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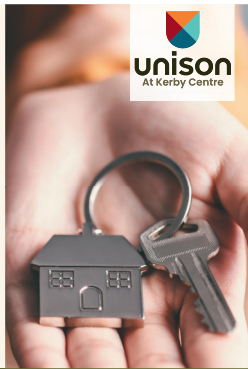


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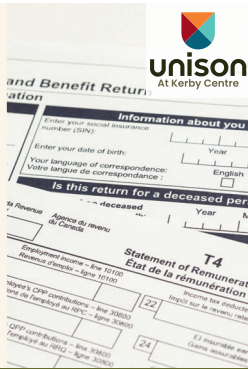


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Why feeling like you matter makes all the difference

Carolyn Kury de Castillo

It's easy to assume loneliness simply means spending too much time alone. But new research from the University of Calgary suggests the issue is much more complex—and much more common—among older Albertans. While loneliness has improved since the height of the COVID-19 pandemic, many seniors are still struggling with feelings of isolation, according to a new report led by University of Calgary sociology professor Alex Bierman. The study compared survey results from 2022 and 2026 and found that although there has been some recovery, loneliness remains stubbornly high. About one in three older Albertans still report feeling isolated. One in four say they feel left out or lack companionship. “We can't really say the problem has gone away,” says Bierman. “There appears to have been

some recovery of loneliness, but not to the extent that we would hope.” One finding surprised Bierman. During the pandemic, many older adults reported lacking companionship. That number has improved the most since restrictions ended, suggesting people once again have others around them. But feeling isolated and left out has barely changed. The reason, Bierman believes, is that loneliness isn't simply about being around people. “You can be lonely in a crowd,” he explains. The real difference is something researchers call *matter*—feeling like you are important to other people, that your presence makes a difference in their lives, and that they matter to you as well. “We need more than opportunities for older adults to interact,” Bierman says. “We need opportunities for ongoing, quality relationships where people real-

ly feel like they matter.” That's something many members find at Unison at Kerby Centre. For Bill, the centre has become part of his regular routine. He often stops in for breakfast, enjoys conversations with other members and appre-



A quick phone call lets a person know they matter. Photo: Thomas de Luze, Unsplash

ciates the friendly atmosphere. “I'm in no panic. I'm not lonely,” he says with a laugh. Bill enjoys

staying active, cooking his own meals and keeping busy throughout the day. But he also values the simple conversations that happen over coffee or breakfast. “I like the rapport and chatter if it's someone that's active and their mind is going.” Those everyday conversations may seem small, but they can become the foundation for meaningful relationships over time. Bierman says community programs are important, but simply offering activities isn't enough. “You can take a fitness class or learn Spanish and still feel lonely,” he says. The key question isn't whether people are in the same room. It's whether they are building genuine relationships. People need opportunities to share what's happening in their lives, support one another and feel valued. That sense of belonging is what helps reduce

loneliness. One of the most powerful ways to reduce loneliness may surprise people. Rather than always doing things for older adults, Bierman encourages families and communities to find ways for seniors to contribute. Whether it's helping prepare a family meal, sharing advice with grandchildren, mentoring someone younger or volunteering in moderation, contributing to others creates a powerful sense of purpose. “When people feel others depend on them, that's where the sense of mattering comes in,” he says. His previous research on caregiving even found a “sweet spot.” Providing some help to others improved well-being, but taking on too much caregiving eventually became harmful. The goal is meaningful contribution—not overwhelming responsibility. The research also highlights another important factor: financial security. Older adults experiencing financial strain are significantly more likely to experience loneliness. Even when community activities are free, transportation costs or other financial pressures can make it difficult to participate. Bierman says policy makers should continue supporting seniors financially while also investing in programs that help people build lasting relationships—not simply attend one-time events. Another promising solution is bringing different generations together. Intergenerational programs give older adults an opportunity to share their knowledge, experience and life stories while building relationships with younger people. That exchange benefits everyone involved. When seniors feel their experience is valued and that they play an important role in someone else's life, their sense of belonging grows. The report is a reminder that reducing loneliness isn't just about creating more activities. It's about creating meaningful human connections. A phone call. A shared meal. Inviting an older neighbour to help with a project. Asking for advice. Spending time together. These moments help people feel seen, valued and needed. As Bierman puts it, the goal isn't simply to include older adults in our lives—it's to make sure they know they truly matter. At Unison at Kerby Centre, those connections are built every day, one conversation at a time.

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The delights of August

Deborah Maier, Calgary Horticultural Society

August is one of my favourite months, where the hard work of spring pays off. As spring dawns, the garden looks quite barren. The odd green sprout interrupts a brown landscape created by bark mulches, dry leaves, and bare twigs. I often wonder if my neighbours are asking themselves if I will ever clean up that mess of a yard.

As the season progresses, spring flowering shrubs give way to spring flowering bulbs. The leaves sprout on the deciduous shrubs, and the herbaceous perennials pop out of the earth. By July many areas that were brown are now a sea of green leaves, but it seems

to take until the start of August for plants to reach their full size for the season (if they weren't shredded by July hailstorms).

In August, annual containers burst with colour. Old faithful plants put on a show. Geraniums with their round heads provide bold blocks of colour. Snapdragons provide spires of little dragon faces in a multitude of hues (though I have a special soft spot for the velvety burgundy ones and always purchase a pack regardless of how many mixed colour ones I start). And French marigolds (*Tagetes patula*) are non-stop dots of golds, burgundies, oranges, and yellows. Every garden should have marigolds. They attract beneficial insects and can repel

pests. I always have some planted with my vegetables.

By August, most animals have learned that these traditional garden plants are unpalatable and leave them alone, so I can enjoy the colour they provide. By this time, they are often big enough that their leaf scent can help hide more flavourful plants.

There are great August-blooming perennials too. Rudbeckias, coneflowers (native and cultivars), downward-facing tiger lilies, and upward-blooming asters, monkshood, bergamot, sea holly, roses, alliums, and clematis. Joe pye weed, sedum, and goldenrod blooms are dining platforms for many pollinators. Tall varieties of sunflowers tower over fences, turning

their heads to the sun. There are just so many plants that bloom in August, and many of these will keep blooming until a hard frost.

This late in the season, deadheading is not required. Coneflower with their durable cone centres make fabulous winter interest displays (and provide food for overwintering birds).

This drier month makes it a low garden maintenance month. Fewer weed seed germinate, pest pressure is usually reduced, and to harden plants for winter, fertilizing should be stopped.

In the vegetable patch, many crops can be harvested. Every day, you can pick some beans, peas, and carrots to add to a meal. Potatoes, onions, and garlic are showing dieback

signs that indicate they are ready for harvesting. If you want to store them to use this winter, then they need to be cured (the process of drying and toughening the outer skin for storing), but you can pick some to use right away. If you have a large garden, harvest a bit at a time and leave yourself time to enjoy the garden. Invite some friends over to sit outside and take in the sites. Winter will be here again soon enough, moving the garden back to brown (or hopefully white).

In August, there is time to pause and appreciate the garden. And that's truly the delight of August.

Learn more at calhort.org.



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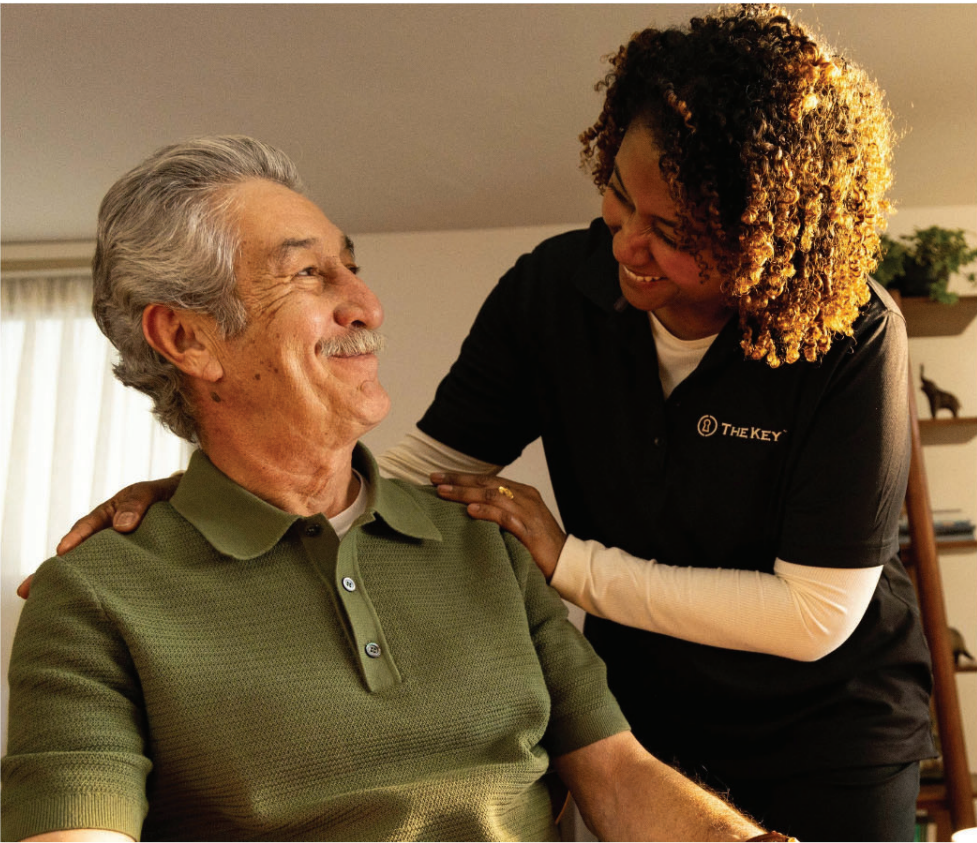


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Investment misconceptions

Alberta Securities Commission

For many Canadians, investing can seem intimidating or out of reach. Misconceptions, often fueled by jargon, fear or misunderstanding, can lead people to avoid investing, make risky decisions or, worse, fall victim to investment scams.

Here’s a look at some common misconceptions about investing and how you can reframe your thinking:

Misconception #1: Investing is like gambling: Pop culture often portrays investing as a fast-paced, high-risk thrill ride, fueling the belief that successful investing means day trading and playing the odds for quick profits. That

can be enough to scare some people away from investing, or push them toward high-risk, unsuitable opportunities.

Though all investments carry some degree of risk, building an investment strategy around long-term goals is different from gambling in three key ways:

Time horizon vs. right now: Gambling chases immediate results. Investing takes a long-term view of growing money through compounding interest. A financial plan helps take emotion and adrenaline out of the decision.

Informed choice vs. chance: Long-term investing considers real information about the stock, company or fund, like earnings reports, products and leadership. Gam-

bling is a bet on the odds and a healthy dose of luck.

Ownership vs. all-or-nothing: Buying a stock, mutual fund or ETF gives you partial ownership of a company, with returns coming through interest, dividends or capital gains rather than a win-or-lose outcome. Diversifying into lower-risk options like GICs, bonds or a fund can help manage that risk further.

Misconception #2: Investing is only for the rich This is the most common barrier to investing. According to CIRO’s 2024 Investor Survey, six in 10 non-investors cited not having enough money as one of the things holding them back. But modern investing has come a long way from the days of expen-

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sive stockbrokers and high minimums. Robo-advisors, low-cost brokerages, fractional shares and ETFs mean you can start with as little as \$1.

Ramsey’s 2024 National Study of Millionaires found most U.S. millionaires

didn’t inherit their wealth: eight in 10 came from middle- or lower-income families, and three in four credited regular, consistent contributions for their success.

Investing can start small and grow as your budget allows.

Misconception #3: It’s too late to invest: Every investor wants to maximize returns while staying within their risk tolerance and time horizon. A longer time horizon lets money compound faster, which can lead some to believe they’re too late to start or need to take on excessive risk to catch up. That isn’t the case.

Three things matter more than your age:

A financial plan: A certified financial planner can help set realistic goals and timelines based on your age, obligations and risk tolerance.

Time in the market: Time spent invested generally beats time spent on the sidelines. Compound interest works no matter when you start.

Risk and return: Taking on more risk doesn’t guarantee a higher return. Know your risk tolerance and choose investments that match it.

As the old proverb goes: the best time to plant a tree was 20 years ago. The second best time is now.

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We Come To You!

Puzzle Page • Solutions → p 16

ACROSS

- 1 Stylish and classy
- 5 Olivia Rodrigo album with the hit "Vampire"
- 9 PD boss
- 14 Nike's Swoosh, for one
- 15 Fairy tale brute
- 16 "Stop the launch!"
- 17 Wall St. investment opportunities
- 18 "The Keep" novelist Jennifer
- 19 Makers of mysterious footprints in the Himalayas
- 20 Official clearance to miss class
- 23 Little hellion
- 24 Basketball three-pointer
- 25 Happens
- 28 "As you wish"
- 33 NHL great Bobby
- 34 Perform dramatic flips down a sprung track
- 37 CBS military law drama
- 39 Small battery size
- 40 Nintendo consoles with balance boards
- 41 Outdoor family getaway
- 46 Actress Dennings
- 47 Madrid's nación
- 48 Happened after
- 50 Boast
- 53 Bowling pin count
- 54 Fashion house release with autumnal colors, or what the ends of 20-, 34-, and 41-Across are

- 61 Amazon basin bean
 - 62 Trash
 - 63 Org. with a "Know Your Rights" handbook
 - 64 Opener
 - 65 ___ off: angry
 - 66 Bog material
 - 67 Black tea variety
 - 68 Puts in
 - 69 Ice cream brand
- DOWN
- 1 Trim, as fingernails
 - 2 "Fingers crossed" feeling
 - 3 "The Rite of Spring" composer Stravinsky
 - 4 Astronomical
 - 5 Becomes a paid athlete
 - 6 Fluffy winter boots
 - 7 Characteristic
 - 8 Mister, in 47-Across
 - 9 "Well, that's not what I think"
 - 10 Eve's second son
 - 11 Indian flatbread
 - 12 Customizable part of a tennis racket
 - 13 Non-earthlings, for short
 - 21 Post-alarm utterance
 - 22 Wasp's home
 - 25 Two-tone ocean predators
 - 26 Pinch closed, as pie crust
 - 27 ___ bag: party favors
 - 29 Audi competitor
 - 30 Chargeable transport

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64											66			
67											69			

- 31 Homeric saga about the Trojan War
- 32 Evaluate
- 33 "In the past ..."
- 35 Have dinner
- 36 Not often seen
- 38 Mud wrap venue
- 42 Like a flower garden during spring
- 43 Drug cop
- 44 Means (to)
- 45 Fraction of a min.
- 49 Take off a certain adhesive
- 51 Major artery
- 52 Put on a certain adhesive
- 54 Ardent supporters
- 55 Performs in a play
- 56 Video game archaeologist Croft
- 57 Wasn't honest
- 58 Frosted, as a cake
- 59 Regenerist brand
- 60 Snack bowl filler
- 61 Spy org.

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Dear Readers,

Last month, the crossword puzzle had a mismatch. As editor-in-chief, I am always diligent and attentive with the content in Unison News. But I confess - I do not do the crossword. When I sourced the July puzzle from the Washington Post, I had good faith that the puzzle, clues, and solutions matched. It appears to have been a mistake from the source. My apologies and, thanks for your understanding. - M. Lefebvre





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At Veiner Centre

Age in place through holistic care

Kiandra Meyers, Tanya Keeler and Jordynn Tetrault

Aging well takes more than good medical care. It takes strong social support, adequate nutrition, safe housing, reliable transportation, and access to community services. Together, these factors shape health outcomes and quality of life, and they determine how long someone can remain independent.

Unison Connect, based at the Unison Veiner Centre in Medicine Hat, takes this whole-person view seriously, bridging the gap between healthcare and community services for older adults.

The program is built on a simple premise: health is shaped by much more than doctor’s appointments and medications. The conditions people live, work, and age in, known as the social determinants of health, can affect physical and mental well-being just as much as any diagnosis.

When seniors lack access to essential resources, or lack the support of family and friends, they face a higher risk of isolation, declining health, and unnecessary hospital visits. Unison Connect works to close those gaps.

Through personalized support, the program assesses each person’s needs and connects them with the right resources, whether that’s affordable housing, transportation to medical appointments, food security programs, income supports, social and recreational activities, or mental health and emotional support. The need for this kind of coordinated help has been clear from the start. The program has received 252 referrals from healthcare providers to date, a sign of how often seniors’ social needs go unaddressed alongside their medical care. It currently manages 45 active client files,

and 89 clients have successfully connected with programs and services that help them remain independent, whether that means staying in their own home or moving into supported living. What sets Unison Connect apart is its collaborative model. Rather than leaving seniors to navigate a maze of services alone, the program works

alongside healthcare providers, community organizations, and social service agencies to build a clear, coordinated path to support. That coordination pays off well beyond the individual: addressing social needs early helps prevent crises, reduces emergency department visits and avoidable hospital admissions, and supports better recovery

after illness or injury. For seniors without much natural support around them, Unison Connect offers something harder to quantify but just as important: reassurance, connection, and advocacy. By helping people build supportive networks, the program eases isolation and lets older adults keep living independently, on their own terms.

At its core, Unison Connect is about caring for the whole person, not just treating what ails them. By pairing medical care with social support, and by focusing on prevention and equitable access to resources, the program helps older adults in Medicine Hat stay active, connected, and independent for as long as possible.



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Volunteer Spotlight

**Unison Veiner Centre
Debra Wickham**



Debra Wickham, is one of our dedicated tax preparer volunteer at the Strathcona Centre. Debra has been generously volunteering her time and expertise during

tax season for the past four years. She understands the importance of volunteering and is passionate about helping to reduce the stress and financial worries of our low-income population. Dealing with taxes can be incredibly overwhelming, especially when navigating online systems. Debra says, “It feels good helping others.” When Debra isn’t busy helping people with their taxes, she enjoys diving into the worlds created by her favorite authors. We deeply appreciate all that Debra does

during the tax season. It’s a busy and sometimes chaotic time meeting so many new people in a short time. Thank you, Debra, for your invaluable contributions!

**Unison Kerby Centre
Sharmeen Nassur**

After retiring from a 30-year career in teaching, Sharmeen moved to Canada to be closer to her daughters. While getting to know her new community, she discovered Unison at Kerby Centre, and took a tour. Sharmeen was struck by people’s

warmth, and the variety of programs on offer. Soon after, Sharmeen began to volunteer for the Senior Supports team. Over the past two years, she has contributed over 500 volunteer



hours and has become a valued and dependable part of the team. For Sharmeen, volunteering has brought a regular routine, a sense of purpose, new friendships, and a stronger feeling of belonging in Calgary. “Volunteering is not only a way to give back, but also a meaningful way for newcomers to connect with their community and begin to feel at home,” says Sharmeen. “Thanks to Unison, I feel like Calgary is home now.”

Volunteer with Unison!



Food Rescuer Pick up food from community partners and deliver it to the Kerby Centre. Multiple shifts available.

Food Prep Help prepare, portion and package food for our Thrive Food Security Program. Multiple shifts available.

Garden Studio Welcome visitors and support activities. Thursdays, 10 a.m. – 3 p.m.

Travel Desk Support trips and travel for our community. Fridays, 10 a.m. – 3 p.m.

Adult Day Program Help with activities, social engagement, and creating a welcoming environment. Multiple shifts available.

Wise Owl Boutique Welcome clients, provide customer service, and support daily operations. Mondays & Wednesdays, 10 a.m. – 3 p.m.

Admin Support Support Unison programs with reception, assisting clients, answering phones, data entry, filing and other tasks. Flexible shifts.

Phone Surveys Gather feedback about experiences with Unison. Multiple shifts available.

Reception Greet clients and support reception tasks for our Seniors Supports team. Wednesdays, 8 a.m.–12 p.m. or Fridays, 10 a.m.–4 p.m.

Housing and Benefits Help clients find information, navigate housing options, financial benefits and other community resources. Multiple shifts available.

Unison News Help put address labels on covers of monthly newspapers. Shift: Last Friday of each month, 10:30 am – 12:30 pm, gymnasium.

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Bruno's Day Out to Market

Ada Muser

Markets were the first official venues where goods changed hands from the producer to the consumer, rather than everyone growing, gathering, or making their own. They date back to circa 6th century BCE. The transition from open-air markets and travelling peddlers to permanent shops (in Rome known as *tabernae*) started around 100 CE. Trajan's Market, built around 110 CE, is believed to be the world's earliest permanent, multi-level "shopping center". The permanent stores could exist only in larger urban centres. Still, the world remained rural for centuries, while cities were few until the Industrial Revolution (1750). Weekly itinerant open-air markets remain a cornerstone of rural life in many countries of the world to this

ing into hotels or B&Bs during their travels, they would be told what day of the week market day was on. Sometimes even if a renowned market was in another country. For example, Cannobio market is an open-air event on Lake Maggiore in Italy, south of Ancona in Switzerland. It is one of the largest and most vibrant markets in the region. Elsa still uses and cherishes leather gloves she bought there decades ago. She will need replacements soon!

* * * * *

Calgary hosts dozens of year-round, seasonal, and pop-up artisan markets. Bruno and Elsa's favourites are:

- **Crossroads Market** for produce, guacamole and poppy seed rolls.
- **Millarville Market** for ethnic sausages and to check out craft sellers.
- **The Saskatoon Farm** for its beauty and quirkiness.

ey House. Four Hutterite colonies offer sustainably grown produce and poultry, and mix and mingle with vendors from around the world. Bruno and Elsa go to Crossroads for foods that cannot be found anywhere else, like guacamole made on premises by Chongo's Produce; the Hungarian peppers, which Elsa uses to make stuffed peppers using an old Austria Hungarian recipe of her forebearers, and the Ukrainian "makový závin" (poppy-seed strudel) that only east European Slavs know how to make properly. Bruno buys rendered goose fat from a Hutterite fellow named Jerry, who pretends to be difficult, and then he sells him the whole bucket of it for mere \$25.00.

* * * * *

Millarville is an unincorporated hamlet approximately 35 kilo-

named after Malcom, the first settler - Millarville. Early British settlers and French ranchers formed a Race Committee in 1905, which started the Millarville Races – Alberta's oldest race meet. The track was built on land on the north fork of Sheep Creek, and by 1951, it was a recognized racing hub. Building off its success, the Farmers' Market was established in the early 1980s, utilizing the same venue. It features an average of 125 to 200 producers and artisans each week. It is now one of Alberta's largest outdoor markets. The original horse pens, now cleaned out, are stalls for vendors. There is plenty of parking on the racetrack's grassy infield, and it is needed. Summer & Spring Markets average attendance is 2,100 to 2,400 visitors per Saturday. Bruno and Elsa visit to see what's new. Last season there was a stall, Mushroom Labs, selling mushrooms unknown to Bruno. There are also ethnic foods from all corners of the world. Hutterites offer fresh vegetables harvested on the same day, eggs, and free-range chickens. It does not stop there. There is jewelry, household items, even simple furniture. There are, after all, 160+ vendors and no two stalls are alike. Bruno and Elsa swear they are not shopping for anything in particular, just a few vegetables and BC fruits. It is just an outing! But their resolve is always defeated.

* * * * *

ticle in case you missed it: Ládíček-ism is not here to make us smile, nor is it just the bizarre realization of outlandish, sometimes disconnected ideas of someone or an entity. Its zaniness represents an antidote to our dreary modern life run by computers, the regimentation, and the cold efficiency that surrounds us. It often springs from the imagination of those who have retained their playfulness and innocence.

The Saskatoon Berry Farm, south of Calgary, has many characteristics that qualify it as Ládíček-ism, and it exemplifies the best of the genre. Yes, it was started small and is being added on; yes, there does not seem to be a master plan, and the articles of décor for sale are varied and often clash with each other. There is now more merchandise over and above selling just the produce. But the place is immaculately well-maintained and clean, and everything seems to be done to please the eye. Needless to say, it is incredibly popular and a treat for people of all ages."

In 1987, Paul and Karen Hamer created **The Saskatoon Farm**. It started as a U-Pick for Saskatoon berries, and gradually expanded. There are greenhouses full of plants and flowers, an old-fashioned street resembling a western movie, with unique gift shops full of eclectic treasures, a bakery, and a seasonal Farmer's Market sells local and organic veggies across the street. Bruno likes everything that has an artistic feel and is unusual. He admires the imagination of its creators and their commitment. Paul and Karen make sure there is something for everyone. There are displays of vintage cars, pick-ups and farming equipment, playgrounds for children, and picnic areas. Everything is smothered with flowers for sale, or as décor. There are farm animals, and exotic turtles to observe in their own pens. Although at every market, there is something to eat, only the Saskatoon Farm has a bona fide restaurant known for its distinct Mexican-inspired menu, and is a piece of art like Andy Warhol might have created.



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day. Small villages in Italy and France particularly do not have shopping centres, and people do not want to drive to bigger towns. Vendors move from village to village on specific market days. It is not uncommon to be held up on winding narrow roads by caravans of their vans. Modern markets in cities offer rare or regional products and unique shopping experiences. The fundamental difference is that one goes to the store to buy daily necessities, and going to the market is a fun outing, seeking one or two particular items, and the rest is impulse buying. Often, when Bruno and Elsa were check-

* * * * *

The Crossroads Market started as a flea market in 1987, on 16th Avenue east of Barlow Trail, named after the Crossroads district of the city. In 1999, it moved to its current location, to the former Canada Packers building. When Bruno and Elsa arrived in Canada in 1968, the area was Calgary's stockyard district, reminiscent of the legendary Chicago Union Stock Yards of the late 19th century. Some of the vendors have been there for many years, like Chongo's Produce Market, Old Munich Sausage House, Kelly Meats, Regina's Fine Meats and Roxy's Burger Bar, and Henry and Helen's Hon-

metres southwest of Calgary. In 1886, Malcolm T. Millar arrived from Scotland and put down roots near Three Point Creek.



Bountiful fresh produce at the Millarville Market. Photo: Ada Muser

It was in the middle of nowhere on the western edge of the Canadian prairie. When more people arrived, the place was

In the August 2024 issue of Unison News was an article about a man named Ládíček and "Ládíček-ism." Essentially, it was a thought piece celebrating the value of being different and original. Short excerpts from the two-year-old ar-

Puzzle solutions

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

1	C	H	I	C		5	G	U	T	S		9	S	A	R	G	E
14	L	O	G	O		15	O	G	R	E		16	A	B	O	R	T
17	I	P	O	S		18	E	G	A	N		19	Y	E	T	I	S
20	P	E	R	M		21	I	S	S	I	O	22	N	S	L	I	P
					23	I	M	P		24	T	R	E	Y			
	25	O	C	C	U	R	S			28	S	O	B	E	I	T	
33	O	R	R		34	P	O	W	E	R	T	U	M	B	L	E	
37	N	C	I	S				39	A	A	A			40	W	I	S
41	C	A	M	P		42	I	N	G	T	R	44	I	P		46	K
47	E	S	P	A	N	A				48	E	N	S	U	E	D	
					50	B	R	A	G		53	T	E	N			
	54	F	A	L	L	C	O	L	L	E	C	T	I	O	N		
61	C	A	C	A	O		62	R	U	I	N		63	A	C	L	U
64	I	N	T	R	O		65	T	E	E	D		66	P	E	A	T
67	A	S	S	A	M		68	A	D	D	S		69	E	D	Y	S



Beat the Heat

Unison Staff

As Calgary experiences more frequent and intense heat waves, experts say older adults need to take the risks seriously - Prevention remains the best defence against heat illness. His advice includes:

- Drink water regularly, even before you feel thirsty.
- Limit alcohol and be cautious with excessive caffeine, which can contribute to dehydration.
- Stay in the coolest part of your home whenever possible.
- Visit an air-conditioned location during the hottest part of the day if needed.
- Watch for heat warnings and poor air quality advisories, especially during wildfire season.
- Check on older family members, neighbours and friends.
- Speak with your healthcare provider about how your medications may affect you during periods of extreme heat.

As Calgary’s summers continue to warm, experts agree that staying safe will require both personal preparation and community action. Whether it’s drinking more water, checking on a neighbour or improving access to cooler housing, small steps can help prevent a dangerous situation from becoming a tragedy.



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- INFO@HOMECAREPROFESSIONAL.CA



Medicine Hat Veiner Activities

What's Happening in August

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

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

Active Aging Spotlight

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

Card Makers

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

Counselling Services with MH Family Service

August 13
9am-12pm | Registration Required

Scrapbooking Fanatics

August 7 – 9
Starting at 4:30pm on the 7th | Registration Required

Senior Safety Series: Frauds & Scams

August 20
9:30am – 12pm | North MP | Registration Required

Bridges Grandparents Group

August 18
10:30am – 12pm | Boardroom
Register by calling Kayla 403-526-7473

Diamond Art Group

August 25
1pm – 4pm | Boardroom | Registration Required

Veiner Vintage Transportation

We need your help—our Veiner Vintage Transportation program is in urgent need of volunteer drivers. Right now, we’re losing drivers, and it’s becoming harder to ensure seniors can get to important medical appointments and programs at the Veiner Centre.

If you have a little time to give, you can make a huge difference in someone’s life. Even a small commitment helps keep our community connected and supported.

We’re looking for caring, reliable volunteers who can commit to 1–2 drives per week between 8:00 AM – 4:00 PM, Monday through Friday.

- As a volunteer driver, you’ll receive:
- ✓ ½ price membership to the Veiner Centre
 - ✓ Invitations to volunteer appreciation events
 - ✓ Mileage reimbursement (percentage of gas costs)
 - ✓ The rewarding experience of helping others stay connected and independent

Give back, meet great people, and be part of something meaningful.

 Please call 403-525-8901 to learn more or sign up—we truly appreciate your help!

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 August

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

Wellness Wednesdays

Open to members and non-members

Wellbeing Workshop with MHFS: "Self-Care for the Summer"

August 12 & 26

Boardroom | 2:15pm - 3:30pm | Drop in Only

Self-Care does not stop just because the sun is out. Explore ways to stay balanced, energized, and emotionally well during the busy summer months.

FREE Hearing Health check with Ear Wax Removal with Hear Canada

August 19

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

Rock Painting with Kat

August 19

Craft Room | 1pm - 4pm | Registration Required.

Service Canada & CRA Presentation - CRA/Online Account Information

August 27

Boardroom | 1:30pm - 3pm | Registration Required.

The Veiner Centre will be closed
Monday, August for Heritage Day.

The Strathcona Centre will be closed
Saturday, August 1 & Monday, August 3 for Heritage Day.

Upcoming Event Spotlight

Craft Night

Sept 2 & 16 | 6pm - 8pm

Get creative at our twice-monthly Craft Nights, featuring a fun variety of projects to try each session!

Patio Party & 5th Year Anniversary

Sept 8 | 4pm - 8pm

Celebrate with us under the summer sky at our Patio Supper Night & 5th Anniversary, an evening of great food, fresh air, and good company!

Join the fun as we mark 5 years with a night you won't want to miss!

Veiner Centre Expo

Sept 26 | 9am - 3pm

Southern Alberta's premier 50+ event returns, bringing together 30+ vendors, information sessions, and live entertainment for seniors and their families. Join us and connect with an engaged community while supporting senior wellbeing.

Bistro Signature Supper

Summer Fun Night

Wednesday, August 19

Grilled lemon-herb Chicken Skewers & Corn Salad with Tomato, Feta and Mint

Dessert: Raspberry Bliss Cheesecake

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

Fitness Activities at Strathcona

Yin Yoga

Aug 7 - 28 | Fridays | 10am - 11:30am

Members: \$12 | Non-Members: \$20

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.

Chair Yoga & More

August 10, 17, & 24 | Mondays

12pm - 12:45pm

Members: \$21 | Non-Member: \$30

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

Qigong & Chair Yoga

August 5, 12 & 19 | Wednesdays | 12pm - 12:45pm

Members: \$21 | Non-Member: \$30

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

Fitness Orientation

August 22

9am - 11am | Fitness Room at Strathcona | Drop in Only

New to our fitness room? 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.

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

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 August

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Table Tennis 10am – 12pm	Pickleball at Your Pace 9am – 11am	Table Tennis 10am – 12pm	Pickleball at Your Pace 9am–11am	Pickleball Beginner 9am – 9:55am
Chair Yoga & More 12pm – 12:55pm	Pickleball –Skills & Drills 11:05am – 11:40am	Qigong & Chair Yoga 12pm – 12:45pm	Pickleball – Beginners 11am – 12:55pm	Yin Yoga 10am
Pickleball – All Skill Level 1pm – 2:30pm	Pickleball –Beginner 12:35pm – 1:55pm	Pickleball – All Skills 1pm – 2:30pm	Floor Curling 2pm – 4pm	Pickleball – All Skills 1:05pm – 2:30pm
Pickleball – Soft Play 2:30pm – 3:55pm	Floor Curling 2pm – 4pm	Pickleball – Soft Play 2:30pm – 4pm	Table Tennis 6:30pm –8:30pm	Pickleball – Soft Play 2:35pm – 4pm
				Pickleball – All Skills 6pm – 8pm

Coming back for the Fall

All fitness classes require registration

High Beginner/Improver Line Dancing

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.

Fun & Fitness

Tuesdays & Thursdays | 9am – 9:55am
This class is for all fitness levels. Get moving in an energetic class that incorporates aerobics, weights, and plenty of fun.

Chair Dance Class

Tuesdays | 11:45am – 12:30pm
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

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

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.

Chair Yoga & More

Thursdays | 1pm – 1:45pm
This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

All Level Fitness

Tuesdays & Thursdays | 4:15pm – 5:00pm

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
Members: Free | Non-Members: \$80

Yang Long Form

8:00pm – 9:00pm | Mondays
Members: Free | Non-Members: \$80

Chen Style Short Form

7:30pm – 8:15pm | Tuesdays
Members: Free | Non-Members: \$80

Fan Form

8:15pm – 9:00pm | Tuesdays
Members: Free | Non-Members: \$80

Weapons Form

7:00pm – 9:00pm | Wednesdays
Members: Free | Non-Members: \$80

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
ELL – English Beginner (\$4) Room 305 9:30am – 11:30am <i>Summer break until September</i>	Outdoor River Walk (\$2) Room 307 10am – 11am	General Craft Group & Knitting (FREE) Room 311 9am – 12pm		Spanish Conversation (\$3) Room 311 10am – 12pm
Meditation Monday (\$3) Wellness Connection Centre 10am – 10:45pm	Recorder Group (\$3) Room 108 10am – 12pm <i>Summer break until September</i>	Caregiver’s Support Group (FREE) Last Wednesday of the month Room 317 1pm – 2pm	Artists Group Room 108 9am – 3pm (\$2 per half day)	Krazy Karvers Woodcarving (\$2) Room 102 10am – 3pm <i>Summer break until September</i>
Mahjong (\$3) Room 312 10:30am – 12:30pm <i>Summer break until September</i>	ESL Conversation Group (\$4) Room 305 10am – 11:30am <i>Summer break until September</i>	Wednesday Dance with Kerby Sensation Band Café 1:30pm – 3:00pm FREE		Men’s Coffee & Conversation (\$4) 3rd Friday 10:30am – 12pm <i>Summer break until September</i>
Live Well, Be Well (\$3) Wellness Connection Centre 11am – 12pm	Ukrainian Group – English as a Second Language (\$4) Room 313 1:30pm – 3:30pm	Cribbage (\$3) Room 312 1pm – 3:30pm		Tech Help (\$5 per half hour) 10:30am – 12:30pm
				Badminton & Ping-Pong (\$4) Gym 2:30pm – 4pm

Unison Travel Spotlight

Saskatoon Berry Farm – Day Trip
Wednesday, August 19, 2026 | 10:15 am – 3:30 pm
Fee: Members: \$68 | Non-Member: \$98
Cut-off date: Wednesday, August 5, 2026

Please ensure you have your Health Care Card and government-issued photo ID.

Note:

- Bring your own lunch.
- Bring appropriate clothing and footwear (for hot/cold/wet conditions)
- Trip **is not suitable** for persons with reduced mobility

Transportation: Wilco Transportation

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



Active Aging Spotlight

Restorative Yoga
Wednesday, Aug 5 – Aug 26
2:45 pm – 3:45 pm
Member: \$27 | Non-Member: \$62
Location: **Gym – Kerby Centre**
Instructor: Navin Jetha

Using a yoga strap in this gentle restorative yoga practice helps the body find deeper relaxation by providing support and stability. This class is an excellent practice to relieve tight muscles after exercising.

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



Active Aging Spotlight

Zumba Gold
Thursdays , Aug 5 – Aug 26
10:00 am – 11:00 am
Member: \$27 | Non-Member: \$62
Location: **Gym – Kerby Centre**
Instructor: Viviana Tellez

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!

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



Active Aging Spotlight

Beginner Watercolour
Thursdays, Aug 6 – Aug 27
10:00 am – 3:00 pm
Member: \$105 | Non-Member: \$140
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! **The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.*

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



Active Aging Spotlight

Pickleball Lessons
Mondays, Aug 10 – Aug 31
10:00 am – 12:00 pm
Member Price: \$120
Location: **Gym – Kerby Centre**

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!

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!
August 24th – 28th, 2026

Hours: 10:00 am – 3:00 pm



Courtyard Sale

Half Price Sale
August 24th – 28th, 2026

Hours: 10:00 am – 1:00 pm

Wellness Spotlight

African Djembe Drumming Sessions

Thursdays, Sept 17, Sept 24, and Oct 1
10:30 am – 11:30 am
Member: \$70 | Non-member: \$105
Location: Wellness Centre, Room 317
Instructor: Trudy Hipwell

Experience the energy of West African drumming. Learn authentic rhythms from Guinea through polyrhythms, call-and-response techniques, and cultural storytelling. Djembes are provided, and beginners are warmly welcomed.

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



Wellness Spotlight

Indigenous Drumming and Storytelling Circle

Tuesdays, Sept 15, Sept 22 and Oct 5
1:00 pm – 2:30 pm
Member: \$60 | Non-member: \$95
Location: Wellness Centre, Room 317
Instructor: Dorvina Pearline White Quills

Experience the Indigenous tradition of drumming through Traditional Hand Drum teachings and sacred songs. Learn the meaning behind the songs, healing rhythms, and the heartbeat of Mother Earth.

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



Wellness Spotlight

Body Awareness Through Art & Treasure Map to Joy

Monday, Sept 28 & Tuesday, Sept 29
1:00 pm – 2:30 pm
Member: \$45 | Non-member: \$75
Location: Wellness Centre, Room 317
Instructor: Andrea Kimberley

Join us for two gentle, creative workshops designed to help participants explore emotions and self-awareness through simple, expressive art activities. No artistic experience is required.

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



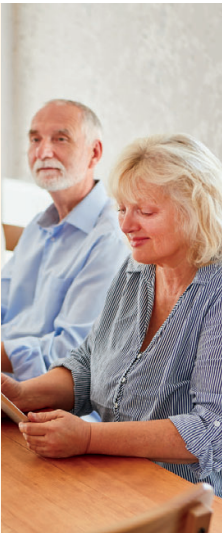
Wellness Spotlight

Wellness Boost Workshop Staying Sharp: The Better-You Toolkit

Tuesdays, Sept 1 & Sept 8
10:30 am – 12:00 pm
Member: \$20 | Non-member: \$35
Location: Wellness Centre, Room 317

Join this 2-week self-care workshop series and discover practical strategies to support your physical and emotional well-being.
Workshop 1: Physical Self-Care
Workshop 2: Emotional Self-Care

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



Wellness Spotlight

Live Well, Be Well: Conversation Hour

Wednesdays, September 2, 9, 16 & 23
10:30 am – 11:30 am
Member: \$35 | Non-member: \$45
Location: Willow Park on the Bow, Silvera

Join our 4-week series of presentations and conversations on topics that matter in everyday life. Learn practical tips, ask questions, share experiences, and connect with others in a welcoming and engaging environment.

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



Wellness Spotlight

Compassionate Support Workshop

Thursdays, Sept 17, Sept 24 & Oct 1
1:00 pm – 2:30 pm
Member: \$40 | Non-member: \$60
Location: Wellness Centre, Room 317

Are you supporting someone who is grieving and wondering how you can help? Join this 3-week workshop to learn practical ways to provide compassionate support to loved ones experiencing loss.

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



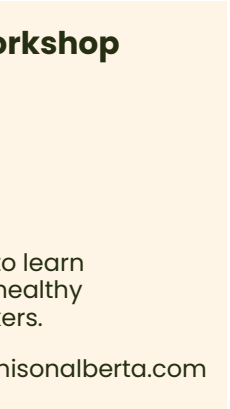
Wellness Spotlight

Creating Healthy Boundaries Workshop

Wednesdays, Sept 16 & Sept 23
1:00 pm – 3:00 pm
Member: \$35 | Non-member: \$45
Location: Willow Park on the Bow, Silvera
Includes a Certificate of Completion.

Join this free 2-week interactive workshop to learn practical skills for setting and maintaining healthy boundaries with family, friends, and coworkers.

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



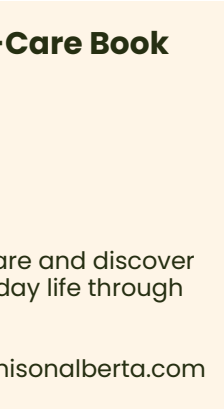
Wellness Spotlight

Read, Reflect & Recharge: A Self-Care Book Journey

Tuesdays, Oct 13, Oct 20 and Oct 27
1:00 pm – 2:30 pm
Member: \$40 | Non-member: \$60
Location: Wellness Centre, Room 317

Join us as we explore The Secrets of Self-Care and discover practical ways to build self-care into everyday life through reading, reflection, and discussion.

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



Unison for Generations 50+ Online Activities

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

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

Online Class Spotlight

Fitness with Dan - Online

Monday Sept 14 - Dec 27
9:00 am - 10:00 am
Members: \$74 | Non-Members: \$109

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

Instructor: Dan
Location: Online - Zoom



Online Class Spotlight

Chair Dancing - Online

Thursdays, Aug 6 - Aug 27 (4 weeks)
1:30 pm - 2:30 pm
Members: \$27 | Non-Members: \$62

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

Instructor: Dave
Location: Online - Zoom



Online Class Spotlight

Fitness over 50! - Online

Tuesdays, Aug 11 - Sept 1 (4 weeks)
9:30 am - 10:30 am
Members: \$27 | Non-Members: \$62

Join us for a combination of movement, strength, core and stretch class with a side of music trivia. You will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc. ALL ABILITIES LEVELS WELCOME!

Instructor: Dave
Location: Online - Zoom



Online Class Spotlight

Relax & Stretch Seated Yoga - Online

Mondays, Aug 10 - Aug 31 (4 weeks)
12:30 pm - 1:30 pm
Members: \$27 | Non-Members: \$62

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.

Instructor: Hannah
Location: Online - Zoom



Online Presentations Spotlight

Online Presentations:

Memory & Brain Engagement for Seniors

Presented by: Melanie, Founder of Compass Rose Care

This online presentation will explore strategies to support memory and stimulate brain engagement for seniors, offering practical approaches to maintaining cognitive health and enhancing overall quality of life. Grounded in both extensive clinical expertise and a deep commitment to person-centered care, Melanie will share insights on how professional, compassionate care can enrich the daily lives of seniors and provide peace of mind for their families.

Thursday, August 13th | 10:00 am



Water Safety for Seniors

Presented by: Community Safety Officer: Todd

Join us online as Community Safety Officer, Todd with the Calgary Fire Department presents Water Safety for Seniors. From community lakes to flowing waterways like the Bow River, Calgarians enjoy the water in many ways. This session will explore our connection to local waterways and provide practical tips on how to stay safe, including the use of PFDs and safe practices for activities like paddleboarding.

Tuesday, August 18th | 1:00 pm



Online Programs Website



Unison50plus.unisonalberta.com/Online

Register for online classes via email:
program@unisonalberta.com

Register for online presentations via email:
carolynk@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**

Subscribe to
youtube.com/@unison50plus
and never miss an episode!



Active Aging

Course Registration Fall Session

Registration opens August 4th for members and August 12th for non-members

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

Online registration is available now kerbycentre23.wildapricot.org



Don't Miss Out!

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

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Online Programs

Fitness with Dan (Member \$74 Non Member \$109) <u>Instructor:</u> Dan Leung		Z01 Monday Sept 14 – Dec 27 (12 Weeks) No Class Oct 12 9:00am – 10:00am 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 \$74 Non Member \$109) <u>Instructor:</u> Dave Goldenberg		Z02 Tuesday Sept 8 – Nov 24 (12 Weeks) 9:30am – 10:30am Online Zoom	
Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. Dave will take you through some mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. ALL ABILITIES LEVELS WELCOME!			
Chair Dancing (Member \$74 Non Member \$109) <u>Instructor:</u> Dave Goldenberg		Z03 Thursday Sept 10 – Nov 26 (12 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 all part of the strength training program. We can't wait to Chair Dance with you!			
Relax & Stretch Seated Yoga (Member \$30 Non Member \$65 per course) <u>Instructor:</u> Hannah Flahr			
Z04 Monday Sept 14 – Oct 5 (4 Weeks) 12:30pm – 1:30pm Online Zoom		Z05 Monday Oct 19 – Nov 9 (4 Weeks) 12:30pm – 1:30pm Online Zoom	
		Z06 Monday Nov 16 – Dec 7 (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 Aging Programs in Satellite Location

Silvera For Seniors – Willow Park On The Bow | 30 11 St NE, Calgary, AB T2E 4H7

Chair Yoga (Member \$30 Non Member \$65) <u>Instructor:</u> Gina Komanac	S01 Friday Sept 10 – Oct 1 (4 Weeks) 11:45am – 12:45pm Willow Park on the Bow, Silvera
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 \$30 Non Member \$65) <u>Instructor:</u> Chantel Cunningham	S02 Monday Sept 14 – Oct 5 (4 Weeks) 11:15am – 12:15pm Willow Park on the Bow, Silvera
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.	
Landscape Acrylic Workshop (Member \$50 Non Member \$85) <u>Instructor:</u> Hamideh Khadem Soni	S03 Monday Sept 21 1:00pm – 3:00pm Willow Park on the Bow, Silvera
Bring your art to life with color in this creative workshop! This session focuses on acrylic techniques to enhance your drawing. You'll learn how to add depth, expression, and vibrancy using acrylic paint. Supplies included!	

Color Pencil Painting Workshop (Member \$50 Non Member \$85) <u>Instructor:</u> Hamideh Khadem Soni	S04 Monday Sept 28 1:00pm – 3:00pm Willow Park on the Bow, Silvera
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. All supplies included!	

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi (Member \$74 Non Member \$109) <u>Instructor:</u> Adrian Buczek		A01 Thursday Sept 10 – Dec 10 (No Class Oct 15 & Dec 3) 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 \$74 Non Member \$109) <u>Instructor:</u> Dan Leung		A02 Wednesday Sept 9 – Dec 16 (No Class Oct 7, Oct 14 & Dec 2) 10:00am – 11:00am 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 \$74 Non Member \$109) <u>Instructor:</u> Dan Leung		A03 Friday Sept 11 – Dec 11 (No Class Oct 2 & Oct 16) 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 \$74 Non Member \$109) <u>Instructor:</u> Dave Goldenberg		A04 Tuesday Sept 8 – Dec 1 (No Class Oct 13) 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 \$74 Non Member \$109) <u>Instructor:</u> Navin Jetha		A05 Thursday Sept 10 – Dec 3 (No Class Oct 15) 11:00am – 12:00pm Room 205 – Kerby Centre	
This is a dynamic fitness class designed to target and strengthen your core muscle groups while improving posture, balance and overall stability. Through a variety of carefully curated exercises, you'll engage and tone key muscles in the abdomen, lower back, and obliques, while also enhancing balance, flexibility, and coordination. This class incorporates a mix of bodyweight movements, resistance-based exercises, and functional movement techniques to build core strength and improve your balance.			
Feet to the Beat (Member \$74 Non Member \$109) <u>Instructor:</u> Kym Butler		A06 Friday Sept 11 – Dec 11 (No Class Oct 2 & Oct 16) 1:00pm – 2:00pm 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 \$74 Non Member \$109 per course) <u>Instructor:</u> Glenis Martin			
Intermediate Beginners A07 Monday Sept 14 – Dec 14 No Class Oct 12 & Oct 19 1:00pm – 2:00pm Gym – Kerby Centre		Introductory Beginners A08 Thursday Sept 3 – Dec 10 No Class Oct 8, Oct 15 & Dec 3 11:30am – 12:30pm Gym – Kerby Centre	
		Intermediate Beginners A09 Thursday Sept 3 – Dec 10 No Class Oct 8, Oct 15 & Dec 3 1:00pm – 2:00pm Gym – Kerby Centre	
No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.			
Flamenco Dance – Beginners (Member \$74 Non Member \$109) <u>Instructor:</u> Honey Sturdy		A10 Monday Sept 14 – Dec 7 (No class Oct 12) 1:00pm – 2:00pm Room 205 – Kerby Centre	
Join us for a Flamenco Dance for seniors, designed to ignite your passion for movement and rhythm! This lively and expressive dance style, rich in Spanish tradition, is perfect for you looking to try something new while staying active. No prior dance experience is necessary—just bring your enthusiasm and energy! Our skilled instructor will guide you through basic flamenco steps, footwork, and hand movements, ensuring that everyone feels comfortable and confident on the dance floor.			
Restorative Yoga (Member \$74 Non Member \$109) <u>Instructor:</u> Navin Jetha		A11 Wednesday Sept 9 – Dec 2 (No Class Oct 14) 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.			

Chair Yoga (Member \$74 Non Member \$109) <u>Instructor:</u> Gina Komanac	
A12 Monday Sept 14 – Dec 7 (No Class Oct 12) 11:30am – 12:30pm Room 205 – Kerby Centre	A13 Wednesday Sept 9 – Nov 25 1:15pm – 2:15pm Room 205 – Kerby Centre
Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.	
Zumba Gold (Member \$74 Non Member \$109) <u>Instructor:</u> Chantel Cunningham	A14 Tuesday Sept 8 – Dec 1 (No Class Oct 13) 10:00am – 11:00am 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 \$74 Non Member \$109) <u>Instructor:</u> Maaike Seaward	A15 Thursday Sept 10 – Dec 3 (No Class Oct 15) 10:00am – 11:00am 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 <u>Instructor:</u> Jack Jones		
A16 Monday Sept 14 – Oct 5 10:00am – 12:00pm Gym – Kerby Centre Member Price \$120	A17 Monday Oct 26 – Nov 16 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!		
Intermediate Pickleball <u>Instructor:</u> Olivia Tsan Member Price \$120	A18 Wednesday Sept 9 – Sept 30 12:00pm – 2:00pm Gym – Kerby Centre	A19 Wednesday Oct 7 – Nov 4 (No Class Oct 14) 12:00pm – 2:00pm Gym – Kerby Centre
Take your pickleball game to the next level! This intermediate course focuses on improving shot accuracy, consistency, court positioning, dinking, volleys, and strategic play. Designed for players with basic experience, you'll build confidence through drills, game scenarios, and match play while learning how to play smarter and more competitively.		

Academic Courses

Arts

Arts in the Afternoon: Acrylic (Member \$160 Non Member \$195 per course) <u>Instructor:</u> Hamideh Khadem Sohi	
B01 Friday Sept 11 – Oct 23 (No Class Oct 2) 1:30pm – 3:30pm Room 313 – Kerby Centre	B02 Friday Nov 6 – Dec 11 1:30pm – 3:30pm 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.	
Art of Chinese Knotting (Member \$100 Non Member \$135) <u>Instructor:</u> Valerie Wu	B03 Wednesday Oct 7 – Oct 28 (4 Weeks) 10:00am – 12:00pm Room 108 – Kerby Centre
Have you ever thought of using Chinese knotting to give your hand strung jewelry a special Oriental flair. Join Valerie Fung to learn a few basic Chinese knots to make simple yet stylish everyday jewelry. No prior experience is required. All materials (cords, stone pendant, clasp, metal findings etc.) will be provided in the class. You only need to bring in a cork board and pins, a round nose pliers and scissors.	
Chinese Knotted Jewellery – Festive Glamour (Member \$100 Non Member \$135) <u>Instructor:</u> Valerie Wu	B04 Wednesday Nov 4 – Nov 25 (4 Weeks) 10:00am – 12:00pm Room 108 – Kerby Centre
For this coming Christmas season, make something distinctive for your personal jewelry or gifts that convey auspicious meanings and subtly express the giver's greeting. In these four sessions, you will create stylish, statement necklaces, chic earrings and sparkle bracelet. No prior experience is required. All materials (cords, beads, clasp, metal findings etc.) will be provided in the class. You only need to bring in a cork board and pins, a round nose pliers and scissors.	

Watercolour (Member \$160 Non Member \$195 per course) <u>Instructor:</u> Hamideh Khadem Sohi	
B05 Friday Sept 11 – Oct 23 (No Class Oct 2) 9:00am – 1:00pm Room 313 – Kerby Centre	B06 Friday Nov 6 – Dec 11 9:00am – 1:00pm 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! <i>The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.</i>	

Languages

Spanish (Member \$165 Non Member \$200 per course) <u>Instructor:</u> Norah Hutchinson <i>The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.</i>	
Spanish Grammar I B07 Monday Sept 14 – Dec 7 (No Class Oct 12) 10:00am – 12:00pm Room 311 –Kerby Centre	Beginner. A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1–3 will be covered.
Spanish Grammar II B08 Tuesday Sept 15 – Dec 1 1:00pm– 3:00pm Room 311 –Kerby Centre	A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4–6 will be covered.
Spanish Grammar III B09 Tuesday Sept 15 – Dec 1 10:00am – 12:00pm Room 311 – Kerby Centre	A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Chapters 7–9 will be covered.
Spanish Grammar IV B10 Wednesday Sept 16 – Dec 2 1:00pm – 3:00pm Room 311 – Kerby Centre	A continuation of Spanish Grammar III. Chapters 10–12 will be covered.
Spanish Grammar V B11 Thursday Sept 17 – Dec 3 1:00pm – 3:00pm Room 311 – Kerby Centre	This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar 1 – 5 or equivalent. A complete refresher from the basics to in depth grammar topics.
Spanish Conversation B12 Friday Sept 18 – Dec 11 (No Class Oct 2) 1:00pm – 3:00pm Room 311 – Kerby Centre	This course is designed for students with strong knowledge of grammar and have taken previous conversation courses. It will give an opportunity to: speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts.

English as a Second Language

Beyond Basics Intermediate level EAL (Member Non Member \$44) <u>Instructor:</u> Carol Barwick	B13 Wednesday Sept 9 – Nov 25 (No Class Nov 11) 10:00am – 11:45am Room 313 – Kerby Centre
Build your vocabulary, improve your grammar, and gain confidence speaking English in a welcoming and supportive class. Each week, you'll enjoy lively conversations, interesting language activities, and engaging topics that help you communicate more naturally in everyday life. Limited spot available – 15 spots!	
English Conversation (Member Non Member \$50) <u>Instructor:</u> Carol Wallace	B14 Tuesday Oct 6 – Oct 27 (4 Weeks) 10:00am – 11:30am Room 313 – Kerby Centre
Improve your English-speaking skills in a friendly and supportive environment. These interactive sessions help participants build confidence in everyday conversations, improve pronunciation, expand vocabulary, and practice speaking English in real-life situations. Suitable for beginners and intermediate learners.	
ESL Advanced (Member \$79 Non Member \$114) <u>Instructor:</u> Natalie Levitt	B15 Friday Sept 11 – Dec 4 (No Class Oct 2) 1:30pm – 3:00pm Room 305 – Kerby Centre
This engaging class is designed for senior immigrants who are ready to build on their existing English skills. This course focuses on refining vocabulary, improving conversational abilities, and enhancing understanding of complex English language structures.	

Sing & Play

Singing Circle (Member \$75 Non Member \$110) <u>Instructor:</u> Barry Luft	B16 Thursday Sept 10 – Nov 26 (12 weeks) 10:30am – 11:30am Room 305 – Kerby Centre
Please join our dynamic group of people who sing out on those old well-known songs. Our rules include no lyric sheets or visual aid of any kind including cell phones. If memory fails, we have a song bag of titles to move things along.	

Beginner Ukulele Fundamentals (Member \$115 Non Member \$150) <u>Instructor:</u> Susan Rock	B17 Tuesday Sept 8 – Nov 24 (12 weeks) 10:00am – 11:00am Room 305 – Kerby Centre
Designed for absolute beginners and lapsed players wanting to refresh their skills. This course offers a solid foundation to create your Ukulele dreams: chords, strumming, singing and laughing in a group setting. On the way, we'll learn how to practice and stay motivated to achieve your personal goals.	
Intermediate Ukulele Fundamentals (Member \$115 Non Member \$150) <u>Instructor:</u> Susan Rock	B18 Tuesday Sept 8 – Nov 24 (12 weeks) 11:15am – 12:15pm Room 305 – Kerby Centre
Designed for those with some ukulele playing experience. Structured course includes music theory, chords, strumming, singing, and introduction to advanced ukulele techniques.	
Ukulele Beginner Plus (Member \$115 Non Member \$150) <u>Instructor:</u> Lorraine Smith	B19 Thursday Sept 10 – Nov 26 (12 weeks) 10:00am – 11:00am Room 313 – Kerby Centre
This class will be a direct follow up from the Beginner/Intro course. There will be a healthy review of strums and chords as skills for accompanying the songs we will learn. We'll play lots of songs and include a few new chords and keys. Fun or what? Prerequisite: A beginner course or equivalent. New players with a bit of a music background are also welcome.	
Ukulele Intermediate (Member \$115 Non Member \$150) <u>Instructor:</u> Lorraine Smith	B20 Thursday Sept 10 – Nov 26 (12 weeks) 11:15am – 12:15pm Room 313 – Kerby Centre
Subtitle: Raising the Level of Musicianship. We will review the uke-friendly keys, perfect the “calypso” strum, use tablature notation, and further train our playing-by-ear skills. Lots of strumming while singing songs will be practiced in large and small groups. And a few finger-picking patterns will be introduced. Does this all sound like fun or what!? Alumni are always welcome to register. Prerequisite: A Beginner and Beginner Plus class course and familiarity with the Nashville Numbering System.	
Ukulele Magic Advanced Play & Sing (Member \$115 Non Member \$150) <u>Instructor:</u> Barry Luft	B21 Wednesday Sept 9 – Nov 25 (12 weeks) 10:00am – 11:00am Room 305 – Kerby Centre
“It’s All About the Song”. This term you will learn How to “deliver” a song. Topics may include choosing a key, arranging, getting yourself “out of the way” of a song, being free of the page, knowing your “work”, and other subjects too fierce to mention in print.	
Ukulele Magic Advanced Play & Sing (Member \$115 Non Member \$150) <u>Instructor:</u> Barry Luft	B22 Wednesday Sept 9 – Nov 25 (12 weeks) 11:15am – 12:15pm Room 305 – Kerby Centre
“It’s All About the Song”. This term you will learn How to “deliver” a song. Topics may include choosing a key, arranging, getting yourself “out of the way” of a song, being free of the page, knowing your “work”, and other subjects too fierce to mention in print.	
Guitar Basics! (Member \$115 Non Member \$150 per course) <u>Instructor:</u> Kevin Cholowsky	
Guitar Beginner B23 Thursday Sept 10 – Nov 26 (12 weeks) 11:00am – 12:00pm Room 311 – Kerby Centre	Guitar Beginner Level I B24 Thursday Sept 10 – Nov 26 (12 weeks) 12:15pm – 1:15pm Room 305 – Kerby Centre
This class will have you ready to pull out your guitar and sing along to old favourites in no time! This class is geared to individuals with little or no previous experience, or those who may be looking for a little refresher. You'll be learning basic chords and strumming patterns while also singing along! If you have a guitar, bring it to class in good working order along with an electronic tuner.	

General Interest

Wood Working Class By the end of the course, each participant will take home a handcrafted Jewellery Box & Napkin Holder they built themselves. It’s a rewarding, creative, and social experience for all skill levels.	
Jewellery Box Making (Member \$75 Non Member \$110) Volunteer led program B25 Monday Oct 5 – Nov 2 (No Class Oct 12) (4 Weeks) 10:00am – 12:00pm Woodshop – Kerby Centre	Napkin Holder (Member \$75 Non Member \$110) Volunteer led program B26 Monday Nov 9 – Nov 30 (4 Weeks) 10:00am – 12:00pm Woodshop – Kerby Centre

Digital Skills Training

Technology Information & Cyber Security (Member \$150 Non Member \$185) <u>Instructor:</u> Alberta Education Centre	B27 Friday Sept 11 – Dec 4 (12 Weeks) No Class Oct 2 2:30pm – 4:30pm Room 205 – Kerby Centre
Want to feel more confident using your phone or tablet? Join our friendly, hands-on sessions designed for seniors! We can help with texting, email, apps, internet browsing, settings, video calls, social media and more...Students can also learn the fundamentals of information security, common cyber attacks (such as malware, phishing, and hacking), risk management, network security, data protection, and ethical cybersecurity practices. Our supportive instructors provide step-by-step guidance to help you navigate the digital world safely and confidently.	



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



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