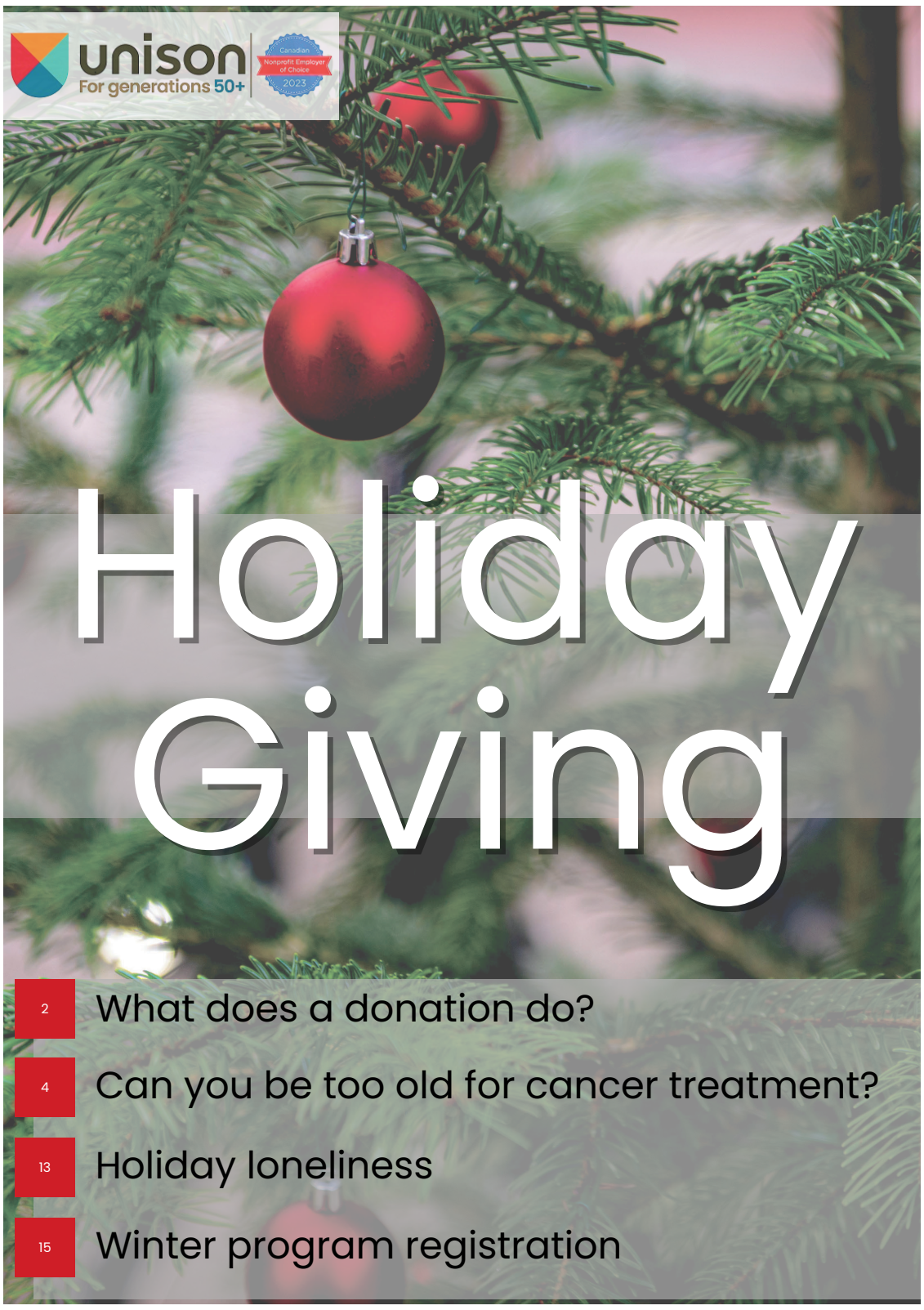
unison NEWS

Southern Alberta's Premier Seniors Publication

For generations 50+

Vol 42 | #12 | December 2026



Holiday Giving

2 What does a donation do?

4 Can you be too old for cancer treatment?

13 Holiday loneliness

15 Winter program registration

K&H HOME CARE SERVICES INC.

Switch to trusted care and get a $500 Welcome Bonus!



We are approved vendor for AHS Client-Directed Home Care Invoicing Program. Direct Billing Available.

Our Home Care Services:

- Companionship
- Meal Preparation
- Transportation
- Light House Keeping
- Personal Care
- Respite Care

www.kandhhomecareservices.com
info@kandhhomecareservices.com
403-999-2833

HomeCare Professionals

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

HOME CARE MADE EASY WITH

CLIENT-DIRECTED HOME CARE INVOICING

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

CONTACT US! DIRECT BILLING AVAILABLE



CANADA POST POSTES CANADA

Postage paid Port payé

Publications Mail Poste-publications

40064604

What a donation really does

Mel Lefebvre, Editor-in-Chief

'Tis the season at Unison, and every other non-profit, inclusing us, are asking for your generosity. But how does a donation actually help someone? And what does generosity mean to you?

Some people give generously because they know they will get a tax receipt. Some give because Unison touched their lives in a meaningful way, and they want to pay it forward. We are grateful for all of it!

So where does your gift go? Directly to programs. Unison for Generations 50+ operates thanks to government grants and funding, sponsorships, legacy giving, and the generosity of our community. Our Elder Abuse Shelter staff help abused seniors heal from abuse and find a way forward, away from what initially harmed them. Our Thrive Food Security Program's Market makes sure hungry seniors have enough to eat, with regular free food shopping experiences for seniors in need.

Unison's Active Aging programs help older adults stave off loneliness, stay active, creative, curious, and moving and living active lives.

Unison is a non-profit, which means we do not stash our money to treat our executive staff to yachts and wild weekends off your dollar. A non-profit usually attracts staff who care about others, and that's the rule, not the exception at Unison. Everyone here cares deeply about our community and wants to help you live your best life, however that may land. In my department, we are dedicated to raising funds and making Unison visible and trustworthy, so that when you see our ads, posters, signs, billboards, and letters, you trust that it's us (and so you don't hang up when Larry does his annual Christmas robocall because yes, it's really our CEO giving you a ring!)

A quick word about tax receipts. Donations over $20 are eligible, and we mail yours once we have your name and address, which we keep privately and securely in our database. At tax time, your receipt can reduce the tax you owe, and Alberta is especially generous to donors. Your tax preparer can tell you what that means for you.

Tax receipts are for gifts, so you should get little or nothing tangible in return. For example, our WestJet raffle earlier this year, licensed by the AGLC, did not qualify, because you were buying a chance at round-trip airfare. Even if you didn't win, it doesn't count, because you *could* have won. The same goes for a plant from the Garden Studio at the Kerby Centre. You traded your money for a beautiful new green friend, which is a fine deal, just not a deductible one.

Your generosity means we can keep doing this work, as an organization that puts people before profit. So, what does generosity mean to you? However you answer, thank you.







HELP FOR THE HOLIDAYS

unison For generations 50+

☐ **I would like to make a one-time donation:** ☐ $50 ☐ $125 ☐ $250 ☐ $500 ☐ $1,000 ☐ Other: _____

☐ **I would like become a monthly donor with a gift of:** ☐ $15 ☐ $25 ☐ $50 ☐ $100 ☐ Other: _____

Payment Method: ☐ Cheque ☐ Visa ☐ MasterCard

Credit Card Number: _____

Expiry Date: _____ **CVV:** _____

Signature: _____

Have a lasting imact with **planned giving!**
☐ Please send me more information.
☐ I have included Unison for generations 50+ in my will.

Send tax receipt to:

Name _____

Address _____

City _____ **Prov** _____

Postal Code _____ **Phone** _____

Email _____

You can also donate online at unisonalberta.com/donate or call 403-705-3254

Tax receipts eligible for donations of $20 or more.
1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR0001

December 2026

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

Chief Executive Officer and President:
Larry Mathieson

Unison Board of Directors 2026
EXECUTIVE
President: Larry Mathieson
Board Chair: Kenneth Lin
Secretary: Jacquelyn Poetker
Treasurer: Janice Wilson
DIRECTORS: Gail Lai,
Max Lipsman, Dharmesh Makwana, Gord Nott, Rein Saar, Bart van Schaayk

Contact information

Reception: 403-265-0661
General office: helloyyc@unisonalberta.com
Advertising: wiltono@unisonalberta.com
Active Aging: program@unisonalberta.com
Communications & Marketing: marketing@unisonalberta.com
Donations: fundraising@unisonalberta.com
Elder Abuse Resource Line: 403-705-3250
Seniors Supports: seniorsupports@unisonalberta.com
Thrive Food Security: thrived@unisonalberta.com
Unison Travel: travel@unisonalberta.com
Unison Veiner Centre: 403-529-8307
hellomedhat@unisonalberta.com
Volunteering: volunteer@unisonalberta.com
Wellness Connection Centre: 403-234-6566

Unison News

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

Publisher: Larry Mathieson

Editor-in-chief: Mel Lefebvre
mell@unisonalberta.com

Sales: Wilton Otto
wiltono@unisonalberta.com

Story submissions: marketing@unisonalberta.com

Unison News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Unison News has a pick-up rate of over 96 per cent. Non-members can subscribe for $35.00 per year, inclusive of postage and GST.

Printed in Canada by TransContinental and distibuted by Media Classifi ed, Agreement # 40064604.
Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Do not return newspapers missing address labels to Unison.

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

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

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

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

President's Message



Larry Mathieson, CEO and President

Alberta is experiencing a big demographic shift, and one of the most important changes is the growing number of people entering their senior years. For organizations like Unison, this presents both an opportunity and a responsibility: how do we ensure that older adults have the services, supports and connections they need to live healthy, active and fulfilling lives?

The numbers tell an important story. In Medicine Hat, the 65+ population is set to grow to approximately 18,359 by 2031, representing nearly one-quarter of the city's projected population. Calgary is experiencing similar demographic pressures, with its senior population continuing to grow as more residents enter retirement and live longer.

This growth means rethinking how we provide services to older adults. Seniors today are not a homogeneous group. Some are healthy, active and looking for opportunities to socialize, volunteer and learn new skills. Others are dealing with isolation, financial challenges, declining health, housing insecurity or the loss of a spouse. Many need a combination of support as they navigate different stages of aging.

At Unison, we believe that aging well involves access to health care, and opportunities to stay physically active, maintain friendships, participate in meaningful activities, and stay connected to the community.

Unison offers a broad range of supports designed to address these needs. These include fitness and recreation, social activities, educational opportunities, affordable meals, transportation assistance, housing supports, information and referral services, and programs that help protect vulnerable older adults from abuse and exploitation.

One of the most important aspects of this work is recognizing that seniors do not always have to come through our doors to benefit from what we offer. Through online programming, streamed activities and educational content on YouTube, we are making our programs and supports accessible to seniors who may have mobility challenges, live outside our immediate service areas, or simply prefer to participate from home.

This is an important part of how we see the future of seniors' services. We need to continue providing welcoming places where people can gather and connect, but we also need to embrace new ways of reaching those who may otherwise be left out.

The projected growth in Calgary and Medicine Hat reinforces the importance of organizations like Unison. Government, community organizations and the private sector will all have a role to play in responding to the changing needs of an aging population.

Growing older should not mean becoming disconnected, isolated or losing opportunities to participate in community life. It should be a time when people can continue to learn, contribute, build relationships and enjoy life.

That is what Unison is working toward in Calgary, Medicine Hat and beyond.

Editorial note: The Medicine Hat figure of 18,359 is based on the City's 2031 projection. Calgary's population forecast estimates approximately 266,200 residents aged 65+ by 2031.

unison At Kerby Centre
unison At Veiner Centre

Closure Alert

All Unison locations will be closed December 24 - 31 for the **Christmas Holiday**
See you in the New Year!

Too old for cancer treatment?

Carolyn Kury de Castillo

When Gwyneth Gourley's father was diagnosed with esophageal cancer at 83, the family got devastating news. The Second World War veteran, they were told, had about a month to live.

Gwyneth's mother asked when they should come back for another appointment. "There won't be any need to," the doctor told her.

The family went home in shock, struggling to take in what they had heard. It was Gwyneth's young daughter who spoke up. "Are they just going to let him die?" she asked her grandmother.

Gwyneth's mother decided they would not accept that nothing more could be done. Within a day or two, the family returned to the same doctor and insisted her husband receive treatment. The doctor agreed to give him 10 doses of radiation.

Gwyneth's father lived another eight years, cancer-free. He had complications from the treatment, including difficulty swallowing and the need for a feeding tube, but his family had eight more years with him.

Gwyneth believes his experience raises a bigger question about how older adults are treated after a cancer diagnosis. "I think they get to a senior and if you have any kind of medical issues or something, they just write you off," she says. "If it wasn't for my daughter saying, 'Are they just going to let him die?' and my mother saying no, it wasn't even for my dad she was doing it to make my mother feel better," Gwyneth recalls.

"Absolutely ageism. We had a wonderful eight more years with him."

Fay Strohschein, a nurse researcher and adjunct assistant professor at the University of Calgary's Cumming School of Medicine, says cancer care for older adults deserves far more attention. She spent many years as a nurse navigator in the geriatric oncology clinic at Montreal's Jewish General Hospital, which opened in 2006 and was among the first of its kind.

As Canada's population ages, more older adults are facing cancer. Strohschein says the challenge is recognizing how different people can be, even at the same age. Chronological age should never stand in for an understanding of someone's overall health and circumstances.

"The first step is to recognize this, and to not make assumptions based on age alone of what that means in terms of someone's health and functional status and their goals and priorities."

One approach gaining attention is geriatric assessment, a broader look at an older patient's health and daily life before treatment decisions are made. It considers mobility, fall risk, other medical conditions, cognitive and psychological health, nutrition, social supports and how well the person is managing at home, along with their personal goals.

That gives the cancer care team a fuller picture of the individual and helps flag problems before they interfere with care. An older person at risk of falling, for example, might get physiotherapy before treatment begins, which could prevent an injury that delays it.

The goal is to keep people from being undertreated because of age, while avoiding treatments that would do more harm than good.

Geriatric oncology also means real conversations about what a patient wants from treatment. For some older adults, extending life comes first, even with difficult side effects or more time in hospital. For others, independence and quality of life matter more. There isn't one right answer.

"The most important way is through explicit conversations, conversations with patients and families," Strohschein says.

A patient may feel a doctor is refusing treatment because of age when the decision actually rests on a careful look at risks and likely benefits. Clear communication matters.

Awareness is growing, but Strohschein says there is room to improve how these assessments are built into cancer care. An oncologist who has concerns about age-related health issues may refer a patient to a geriatrician or specialized clinic. That doesn't mean treatment is being denied. It may help the team find the supports that make treatment safer and more manageable.

She also encourages older adults to speak up. Writing questions down before an appointment helps.. Patients should also say what matters most to them and what they hope to keep doing.

"By asking questions about the things that are important to you, it can prompt the cancer care team to think about those things and engage with you," Strohschein says.

Strohschein sees reason for optimism. Health professionals increasingly recognize that age belongs in cancer care, and that collaboration between oncology and geriatrics can improve outcomes.

For Gwyneth, the lesson is personal. Her father's diagnosis didn't mean his life was over, and eight more years together was a gift the family might have missed. She knows every diagnosis is different, and that treatment can bring serious complications. But she believes older people deserve to have their options considered before decisions are made mainly on age.

As Canada grows older, the challenge for the healthcare system is to look past the number of candles on a birthday cake and see the person behind the diagnosis.





Learning for life, not school

Ada Muser

When Roman philosopher Seneca the Younger wrote around AD 65: "Non vitae, sed scholae discimus" - he criticized the superficial and detached education system of his time.

Bruno's friend graduated from the University, Faculty of Agriculture. She had wanted to be a doctor, but in Czechoslovakia, a Soviet satellite in the 1950s with a totalitarian government, what one wanted did not matter. Every citizen underwent a "cadre evaluation", a political background check. The government decided whom it wanted to educate to become the future political, industrial, and community leaders based on his/her political leanings, not by grade-point averages, lest the smart elite eventually depose them.

Such an approach cheapened university degrees and clashed with traditional valuations. Still, his friend believed a diploma would give her higher status in society, even if the training was highly specialized and the range of knowledge was rather narrow.

Bruno's "cadre evaluation" was very bad because of his parents' past political "sins." His application to study engineering was appended: "It is not in the public interest that Bruno M. attends a college." Not surprisingly, his hopes were dashed.

Luckily, becoming an intellectual can be achieved by what one knows. Seneca knew that 2,000 years ago. And there are many ways to acquire knowledge. While consulting and running industry associations, Bruno met a self-made manager, one of the best in his field, who also seemed to be irked by too many titles during introductions at conventions. If asked about his training, he would say he graduated from the University of Life.

For Bruno, the best source of self-education has always been travelling. Being observant, he learned about different industries and cultures, about geography, history, literature, philosophy and the arts. Travels piqued his interest, research, and study of a wide range of topics. Because he had just come back from another trip, travelling again became a topic of his musings.

Willie Nelson, a Baylor University Faculty of Agriculture dropout, a very smart fellow and musician extraordinaire nevertheless, sings:

I just can't wait to get on the road again,
Goin' places that I've never been

Seein' things that I may never see again

In prehistoric times, people were always on the move as hunter-gatherers, but they were not travellers yet; they were nomads. Only after they built settlements did they start to travel for trade, to spread religions, to govern, and even to wage wars. It likely took a long time before they became tourists predominantly for pleasure.

The oldest known journey combining duty and pleasure was the trip taken by Odysseus, Greek king of Ithaca and the hero of Homer's epic poem, the Odyssey. It started as an obligation to help his countrymen lay siege to the city of Troy. Despite invoking Greek pagan gods throughout, the Odyssey is not a fairy tale. Its veracity was confirmed when "the father of archaeology," German Heinrich Schliemann, found the site. Troy was first settled around 3600 BC. Greeks conquered the city and burned it to the ground about 1180 BC. Ashes were found in the layer (called Troy VIIa) from that time.

The Trojan War is one of the most important events in Greek mythology, first passed on orally from generation to generation by the ancient storytellers, and finally written down by Homer in the Iliad. As was customary at the time, the reasons for the conflict were explained as a series of interferences from the gods: Eris, the goddess of discord, was left off the guest list for the wedding of Peleus and Thetis. She attended clandestinely and, in a fit of anger, tossed a golden apple labelled "to the fairest" into the party. Three goddesses - Hera, Athena, and Aphrodite - each claimed the apple. They asked Paris, a Trojan prince, to judge who was the most beautiful.

Aphrodite promised Paris the love of the most beautiful woman in the world, Helen of Sparta, wife of Menelaus, in exchange for the apple. He chose her, travelled to Sparta, and kidnapped Helen.

Outraged by the loss of his wife, Menelaus, king of Sparta, assembled a massive Greek army and sailed to Troy to get her back. One of the heroes joining him was Odysseus the Cunning, whose idea later was to construct the Trojan horse, making him instrumental in taking the city.

With his duty discharged, Odysseus, instead of going straight home to his wife Penelope, took a ten-year cruise through the Mediterranean Sea. He made twelve stops, meeting Cyclopes, outwitting Scylla and Charybdis and listening to Sirens sing, among others. Most notably, he was stranded for seven years on an island (probably modern Gozo or the island Othonoi in the Ionian Sea) where the nymph Calypso wanted to marry him. Cavorting with a beautiful girl for so long must have been the pleasurable part of his travels!

Penelope, back home, renowned for loyalty and cleverness, faced immense pressure to choose a new husband, but she kept them at bay. When Odysseus came home, he chased the suitors away. During his travels, he learned about the dangers of pride, the value of family and home, patience and strategic silence. The poem's conclusion stresses the restoration of rightful rule and the importance of settling quarrels peacefully, averting endless retaliation.

Venetian merchant Marco Polo, an explorer and writer, travelled through Asia along the Silk Road between 1271 and 1295. His travels are recorded in the Book of the Marvels of the World, which described the then-mysterious culture and inner workings of the Eastern world, including the wealth and great size of the Mongol Empire and China under the Yuan dynasty. He learned about paper money, the burning rock "coal" used as fuel, and the postal and courier system. He also saw precious stones like jade and discovered asbestos, waterproof shipbuilding techniques, etc. The book gave Western civilization a firsthand window into the riches, geography and advanced civilizations of the Far East.

During the Industrial Revolution, it became possible to travel faster and more reliably using steam power. Jules Verne's novel Around the World in Eighty Days, published in 1873,

Continued on p. 6



Always Best Care
senior services®
Schedule your free care consultation today!
Client Directed Home Care Invoicing Program



OUR SERVICES
- IN-HOME CARE
- DEMENTIA & HOSPICE CARE
- HOSPITAL TO HOME
- AHS-FUNDED HOME CARE
- SPECIAL CARE SERVICES
- FALL RISK ASSESSMENT
- VETERAN INDEPENDENCE PGRM.

403-812-0778
infocalgarynw@abc-seniors.com
alwaysbestcarecanada.ca/calgarynw

A-$AV-ON Moving

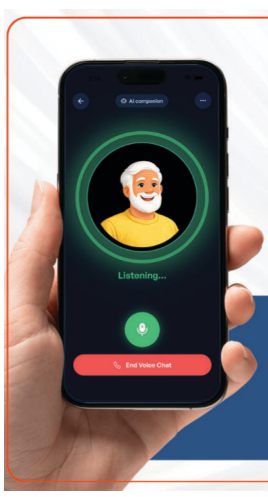
BBB ACCREDITED BUSINESS A+

403.208.8060
asavonmovingyyc@gmail.com
www.asavonmoving.com

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

Reliable • Courteous • Affordable

Granda
Your new companion is here, Calgary.
Whenever you feel like talking, Granda is here.



A calm place to start.
Scan to get the free app
www.granda.ca

BUDGET BUILDER
WE BRING YOUR DREAM TO REALITY

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

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

Personal care for your health every step of the way

PHARMASAVE®
Edmonton Trail

From free medication delivery to individual health needs, our team is here to support you and answer your questions

Call our friendly pharmacy team
403-536-3463

Visit us
103-805 Edmonton Trail NE
Calgary, Ab T2E 3J8

KERBY Café
Open Monday - Friday
9 am - 2 pm

HAPPY HOUR
Beer & wine specials & 10 wings for $10!

LIVE MUSIC
Dance with the Kerby Sensations.
Always free, always fun!
Thursday
Piano serenades with Diana

DECEMBER MENU

WEEKLY SPECIALS
Nov 30 – Dec 4
Maple-glazed ham, roasted carrots, and seasoned new potatoes
Dec 7 – 11
Salisbury steak, garlic mashed potatoes, gravy, and roasted winter vegetables
Dec 14 – 18
Turkey, mashed potatoes, gravy, steamed vegetables, stuffing, dinner roll, and cranberry sauce
Dec 21 – 25 *No Special*

SOUP OF THE WEEK
Nov 30 – Dec 4 Split Pea
Dec 7 – 11 Borscht
Dec 14 – 18 Winter Vegetables
Dec 21 – 25 *No Soup*

Learning for life, contd'

was based on the premise that in 1872 one could circumnavigate the world in just eighty days through the Suez Canal, newly opened rail lines in India and the United States alongside established steamship routes. Phileas Fogg starts as a rigid, habit-bound eccentric; his global trial-by-fire awakens his hidden resourcefulness, compassion, and capacity for love. During this journey, he learns about the value of human connection, the unpredictability of life and the nature of time and geography.

In the last 100 years, new technologies sped up travel even more. The first airplane heavier than air flew in 1903; the development of the aircraft was swift thanks to WWI and then WWII, and the real benefits of the ever-improving speed and comfort of flying started to materialize in the second half of the 20th century. Flying over the oceans became routine and incredibly fast compared with steamship crossings, not just for military and business purposes. It marked the birth of mass tourism, including the educational value of travelling for the common man. Today we do not estimate the time of getting someplace in years, not even months or days, but in hours.

But every coin has two sides, and even the modern gods cunningly punish us by fulfilling our wishes. Since 1990, Bruno and Elsa have been travelling to the Czech Republic to visit family and friends. They had learned to love Germany for the speed with which they could reach their destinations, for the cleanliness, order, and good cheer all around.

In September, they again flew nonstop to Frankfurt am Main, then travelled farther by car. A lot has changed. The Autobahn isn't fast anymore, even though there's still no speed limit. It is not feasible to get from Frankfurt to Vienna in a single day. Germany has become a transit country between Eastern and Western Europe. On this year's trip, Bruno could drive fast on only two short stretches. It did not seem worth the trouble. So-called "Stauen" - the German word for "traffic jams" - have become more common due to the ever-increasing volume of vehicles and construction.

They are no longer just a German specialty; there are equally bad ones even in the Czech Republic where the main freeways intersect. It can take an hour or more to get through a typical "Stau." Supposedly it is progress.

However, it's hard for Bruno and Elsa to be without a car. They have relatives and friends all over the Czech Republic and even in Switzerland, France and Sweden. Besides visiting relatives, they like to wander wherever their whims take them, to soak up the local cultures.

As tourism grows, overcrowding and modernity are marching on; what is the future: virtual travel? Bruno hopes not. What would become of the "self-educational" part of such travelling?

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



Lifetime Membership: $40 +GST

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

Meet the Hellebores, our Christmas rose

Deborah Maier, Calgary Horticulture Society

As the shortest day of the year approaches, the sun sits low on the horizon even at midday. These late fall days always seem to be grey. The grass is dormant, dull, and brown. The leaves have fallen and the bare branches reach longingly towards the sky. Like many other animals, I want to curl up in my burrow and hibernate. However, being human, hibernation is not an option.

A few years ago, I looked for a change that could lift my spirits. Perhaps a getaway would elevate my mood. That is how I found myself in Victoria, British Columbia, for an extended weekend in early December, and what a change it was.



The Christmas rose. Photo: Deborah Maier.

I had never visited this Zone 9a Canadian hot spot at this time of year, and it was a mind-boggling experience for this gardener. The grass was lush and green! I saw a hummingbird perch on a tree branch. And there were flowers! It was not tropical, but it was an oasis.

Violas and pansies were displayed in window boxes and planters. Tiny daisy flowers bloomed in lawns. English daisies lined the edges of flower beds, and in those beds were hellebores.

I had seen images of a plant called the Christmas rose on Christmas cards and wrapping paper and wondered why it was used and how it got its name. Now I know.

The Christmas rose is a hellebore (Helleborus niger). It has five petals and bright yellow stamens like a rose. The flower is reminiscent of a wild rose, but the petals are thicker. In a location like Victoria, it blooms around Christmas. It is a shade-loving plant, so it doesn't mind the low-light levels of winter.

I know what you must be thinking; why talk about a plant on the coast? Don't worry, Calgary gardeners are hot on their heels about hellebores. The first one I ever spotted was in a garden just across from Nose Hill Park. I've also seen them in Reader Rock Garden. One of our members has told us that she has a lovely garden of hellebores. And, this spring, the Society will be working with the Botanical Gardens of Silver Springs to plant a bed of hellebores.

Hellebores can be single or double flowered. The flowers can be white, burgundy, purple-black, red, yellow, or green. Many have flower heads that droop downward, but some varieties face forward, and some upward.

In warmer climates, the plants are evergreen, but in Calgary, like hepatica, many leaves die back over the winter. Clean up the brown leaves in the spring. During the growing season, the leaves are deep green with strong veining. The edges of the leaves are notably toothed, some looking spiny.

One thing to note about growing hellebores in Calgary is that they likely won't bloom during winter. The hellebores I've seen in Calgary are blooming during our spring and summer, and they aren't commonly seen at garden centres.



Spiny leaves of the Hellbore. Photo: Deborah Maier.

It was magical seeing so many different hellebores bloom during this short trip. I as elated. By the time I had to head home, I was ready to face winter.

I know not everyone can take a plane ride to change their environment. But a drive or bus trip to a local garden centre that has a lovely display of houseplants can give a gardener a much-needed immersion in green and blooms. While you are there, you might see some hellebore plants. Last winter, I purchased a hellebore as a houseplant. Late this summer I planted it in my garden. Now I just have to wait for spring to determine if it has successfully overwintered.

For plant recommendations and opportunities to share gardening stories, visit calhort.org.

unison
For generations 50+

Stuff a Stocking

Warm gloves, socks, hats
Lotion, soap, toothpaste
Tea, coffee, treats
Puzzles, books, gift cards

Drop off at the Kerby Centre Room 303



unison
At Kerby Centre

Seniors Supports

Staff from the **CRA** will be at Unison Kerby Centre to help you with printing T-slips, notices of assessment, and answering questions on benefits & credits.

CRA Staff will be at Kerby Centre from 9 am - 3 pm on:

- ✓ November 10 & 24
- ✓ December 8
- ✓ January 12 & 26

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

Service Canada will be available from 9 am - 3 pm on:

- ✓ November 3 & 17
- ✓ December 1 & 15
- ✓ January 5 & 19

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



Dance with the Kerby Sensations!

Join us every Wednesday from **12:45 - 3:00 PM** in the Kerby Café

Always fun, always free!

WISE OWL BOUTIQUE

YOUR BUDGET-FRIENDLY SHOPPING SPOT

HALF PRICE SALE ON DONATION ITEMS! DEC 14TH - 18TH, 2026

Open Monday to Friday 10:00 am – 3:00 pm





HomeCare Professionals

GET HOME CARE WITH CLIENT-DIRECTED HOME CARE INVOICING

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



OUR SERVICES

- Home Care Services
- Foot Care Services
- Companionship Services

CONTACT US

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

unison
For generations 50+

It doesn't always look like abuse

Learn the signs

- Mysterious bruises
- Pulling back from social life
- Repeat excuses
- Money missing
- Not joining famiy activities

Visit callearl.ca

403-705-3250

When memories become music

Bruce Callow

What if a childhood memory, a special person, or an important moment in your life could become a song?

That simple idea is at the heart of "Memories to Melodies," an AI-assisted songwriting workshop for adults 60 years and older.

The concept is straightforward: participants take a memory, a personal story or an idea that is important to them and it is transformed into a digital song in the musical genre of their choosing with the help of the Suno app. No previous musical or songwriting experience is required.

Since February 2025 workshops with hundreds of participants in Canada, Japan and Costa Rica have taken place. They provide an opportunity for senior citizens to express themselves creatively in a fun and innovative way making use of a high tech tool while preserving special memories they can share with family and friends.

The project has grown through collaborations in Calgary, including with the University of Calgary, the Brenda Stafford Foundation and Immigrant Aid Calgary. These collaborations have helped bring songwriting workshops to a variety of communities and audiences, while exploring new ways that music, technology and storytelling can come together.

On September 14 this year, where the project first began in 2025, at the Santa Ana, Costa Rica Senior Citizens' Home, participants were interviewed for a Costa Rican national television special broadcast. Participants shared meaningful reminders of the inspiration and joy of the project.

The workshops have opened broader conversations about creativity and aging. Rather than viewing technology as something that replaces human creativity, AI acan be a tool to can help senior citizens express ideas and memories that might otherwise be lost. This idea was brought up in a TEDx presentation at Costa Rica's National Auditorium. Since then there has been growing interest from university researchers and organizations curious about exploring how the program might be developed further. What began as an experiment using new technology to help senior citizens make music has grown into an ongoing exploration of creativity and inspiration in later life.



Photo: Melvin Ankrah

The journey that began in a senior citizens' home in Santa Ana, Costa Rica may now be moving toward something much larger — with educators, researchers and community organizations exploring what might be possible when memories, music and emerging technology come together.

NEW CLIENTS WELCOME!

LORLI J. S. DUKART
Barrister, Solicitor & Notary

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

Cambrian Professional Building
#21, 41 Chelsea Street N.W.
(on 14th St., 1 block south of Northmount Dr.)
Free parking available

Phone: 403-216-6837 Fax: 403-282-8595
www.dukartlaw.com



Clear communication plays an important role in maintaining independence and staying connected with the people around you.

If hearing loss is making it harder to follow conversations, express yourself, or understand what's being said, Ears To You can help.

We bring professional hearing care to you, making it easier to access hearing assessments, hearing aid support, and ongoing care without the need to travel to a traditional clinic.

Because being heard matters.

Call today for your at-home hearing test!

403-970-7201
CalgaryAdmin@earstoyou.ca | earstoyou.ca



Trish Ehman
Registered Hearing Aid Practitioner & Owner

- **At-home** hearing tests
- State-of-the-art technology
- At-home aftercare included
- Locally owned and operated
- **NEW** Monthly payment plans



PRO TOURS

GUIDED GROUP MOTOR COACH TOURS
SINCE 2014

UPCOMING 2027 TOURS WITH CALGARY PICK U

- Tulips Casino and Cruises - April 10-17, 2027
- Temple Gardens and Medicine Hat Lodge - April 11-15, 2027
- Victoria Vacation - April 22-30, 2027
- Fairmont Hot Springs Mothers Day - May 8-11, 2027
- Scandinavian Capitals and Majestic Fjords - June 17-27, 2027

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

Thinking about right-sizing or simplifying your lifestyle?

Join us for a friendly, Informative Class designed to help you understand your options and plan your next move with confidence.

WEDNESDAY DECEMBER 16
Kerby Center 10:00 - 12:00

CALL: JUSTYNA 403-909-2337
VIKI 403-850-1322
GET YOUR QUESTIONS ANSWERED

ROYAL LEPAGE Benchmark





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

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

Carefree Concierge

Call for a FREE estimate!

403-999-3024
carefreeconcierge.ca

Fall Promotion
Save $500
Present this ad before Nov. 20/26



Stemp & Company
We find solutions®

BILL STEMP
LAWYER

Our Service is prompt and is reasonably priced. We have your best interest in mind.

OUR SERVICES
- Real Estate Law
- Wills & Estates
- Probate
- Patents & Trademarks

403-777-1122
www.stemp.com
reception@stemp.com
1670, 734 7th Ave SW Calgary, AB

WE OFFER 10% REDUCTION TO KERBY CLIENTS





COMPUTER
REPAIR & LESSONS
For seniors and older adults

Contact Christian
Phone: 403 481 8080
Email: service@xentas.ca
No travel fee within Calgary City limits

GREAT SERVICE · COMPETENCE · RELIABILITY

Calgary FOOT CARE Nurses

CALGARY FOOT CARE NURSES
Healthy feet for every step

We're also proud to serve the community at the Kerby Centre once a month

Foot Care Services
- Diabetes/Neuropathy
- Peripheral vascular disease
- Calluses, corns, warts, and ingrown nails
- Lymphedema
- Ulcer care
- Compression Stocking

Our Team
- Dr. John Nesbitt – On-Site Physician specializing in foot, skin & ulcer care
- Heather Orosz – Custom orthotics, footwear, air casts & toe spacers

We direct bill Blue cross, Veterans affairs, Aish, WCB, and submit to Alberta seniors benefit.

200- 5809 Macleod Trail SW, Calgary, AB
825-540-5888 | 825-540-5886
www.calgaryfootcarenurses.com
contact@calgaryfootcarenurses.com



unison
For generations 50+

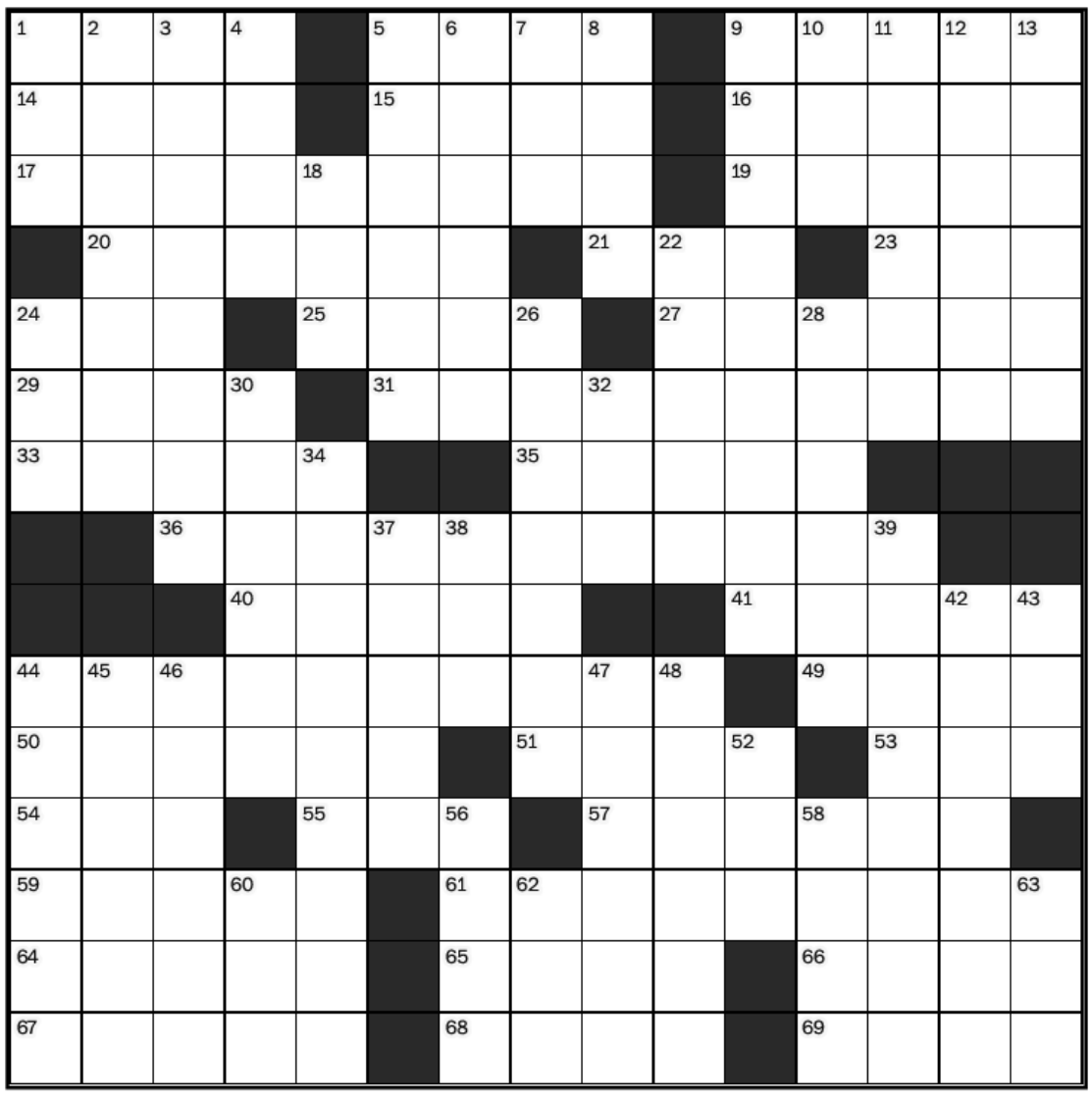
Ways to support seniors in need this winter

1 Drop off a stocking
Unison Kerby Centre Room 303

2 Donate a $25 grocery gift card
$25

Puzzle Page

Solutions on p19



Across

1. "__ the Woods": Sondheim musical
5. Very small bit
9. Comedian Glazer of "Broad City"
14. Action word
15. Old-timey pronoun
16. Basis of some scholarships
17. Most favorable location
19. Pueblo brick
20. Hitchcock film with a famous shower scene
21. See 49-Across
23. Deg. for an exec
24. Dollop
25. Tie up, as a boat
27. Amsterdam waterways
29. Prudish type
31. Catholic Church governing body
33. Surgical tube
35. Toxic substance
36. Apple cultivar developed in upstate New York
40. Artist Keith Haring's "We the Youth," for one
41. Yell
44. Set one's last day at work
49. With 21-Across, solve
50. World Heritage Site gp.
51. Longtime PBS science series
53. Onetime Chevy division
54. Donkey
55. Tailless primate
57. Cannon loader
59. Stop by
61. Compliment to a wide receiver or an outfielder
64. "Rolling in the Deep" singer
65. No longer around
66. Mosque prayer leader
67. Moves at an auction
68. Posh hotel amenities
69. Wolfe of detective fiction

Down

1. Hospital hookups, briefly
2. Rhode Island home of the International Tennis Hall of Fame
3. French expression of approval
4. Listen to
5. "I'm burning up here!"
6. "Doggone it!"
7. As well
8. Basic camera setting
9. "Haven't the foggiest"
10. Took the reins
11. Coffee shop freebies?
12. Itty-bitty bite
13. "Relax, soldier"
18. Channel for old flicks
22. College basketball powerhouse, for short
24. Map software tech
26. Enjoy very much
28. Mythological maidens
30. Garden statues with pointy hats
32. That woman
34. Cuts short
37. Group of scouts
38. Cap
39. "Haven't the foggiest"
42. Preowned wheels
43. General on a Chinese takeout menu
44. Tropical fruits in agua fresca, often
45. Not exposed to the elements
46. Container
47. Mexican beer brand
48. Ducks
52. Big name in movie theaters
56. Frittata ingredients
58. Wet weather
60. Ailing
62. Alley-__ pass
63. Med. care provide

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

Stella the Care Helper

No job too small.

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

Phone: 403-890-9861

KINDRED SPIRITS



- PERSON CENTERED CARE THAT CREATES SAFETY, CHOICE, AND COMFORT
- CALM, CONSISTENT SUPPORT BUILT ON DIGNITY AND TRUST

RYAN KIRKBY
DEMENTIA CARE COMPANION
(403) 891-5801
ryan.kirkby@gmail.com

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

AZPERLEGAL SERVICES INC.

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

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

Seniors discount - 10%

FLO-TruBalance 2.0
Open-Ear, Bone Conduction Hearing Amplifier

FLO

- Improves Social Interactions
- Clearer Sound Naturally
- No Earwax Build-Up
- Can Minimize Tinnitus
- Lightweight & Comfortable
- Accessible & Affordable



CONTACT US
403-828-3880
www.theinnerflo.com
michael@theinnerflo.com

Loan-A-FLO Program: locally available. Call or email to learn more.

Elder abuse is happening to someone you know

Unison can help. You can, too.

Call for support or visit callearl.ca

403-705-3250

unison
For generations 50+

The holiday blues

Mel Lefebvre

You knew it was coming. We get less sunlight, we spend less time outside, and we suddenly realize we're in the dumps. Welcome back to the winter blues.

Feeling low and tired in the winter months is a temporary dip many of us experience. You're not alone, and there are small things you can do to feel better this time of year.

It's okay to feel sad. Feeling down isn't a bad thing. In fact, when we embrace our feelings in the moment, we give ourselves the chance to live authentically by not bottling up or suppressing them.

To help your feelings run their natural course, try some movement. If you can manage a walk (be careful if it's slippery!), the brief change of scenery in the fresh outdoors can really pick up your mood.

Give yourself a treat. Taking care of yourself isn't selfish, and you can get a real boost by treating yourself to something you save for special occasions.

Try something new. Schedule an outing to a part of town you've never been to, or give a new friend a call for a boost.

If things feels heavier than the usual winter blues, please reach out for help:

- Distress Centre Calgary: 403-266-4357
- Mental Health Helpline: 1-877-303-2642



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB

403-288-4014

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



FIT PLUS MEMBERSHIP

Enjoy fitness centre access plus everyday member perks — all in one membership.

- Fitness Centre access
- Small classes
- High-quality fitness
- Low-pressure atmosphere
- Monthly e-newsletter
- Newspaper mailed to you
- Discounts on events, programs, trips & classes
- Discounted Bistro meals

Join today!

veinercentre.wildapricot.org/membership

403-529-8307

unison
At Veiner Centre

Do you get lonely during the holidays?

Cori Fischer



Meadowlands
by Optima Living
LAST CHANCE!
WHY PAY MORE WHEN YOU CAN SAVE NOW!
Make your move before year-end and enjoy more of what matters—for less.
587-205-9980
Call us or scan to book a tour and lock in your monthly rent starting at $2,595*
*Based on availability
Make It Yours Before Year-End*
*Offer applies to new residents with financial possession by December 31.
meadowlandsseniors.ca | 223 Park Meadow Dr. SE, Medicine Hat
Independent Living • Assisted Living

The holiday season is a time for family gatherings, festive meals, gift giving, and creating memories with the people we love. But for many older adults, the holidays can be difficult and lonely. Some seniors spend the season alone, missing loved ones, struggling with declining mobility, or simply wishing they had someone to talk to.

The holidays also remind us of traditions and loved ones who are no longer part of our lives. What was once a season of excitement and family may now feel very different. Social connection, such as having someone to talk to, joining an activity, sharing a meal, or knowing someone is checking in, can have a positive impact on an older adult's well-being.

At Unison at Veiner Centre, we work to reduce social isolation through programs like Meals on Wheels, Veiner Vintage Transportation, and Active Aging. For many seniors, Meals on Wheels provides nutritious food, a friendly face, a familiar voice, and the reassurance that someone cares enough to check in. For an older adult who spends much of the day alone, a meal delivery may be the only personal interaction. These regular visits provide comfort and connection while helping seniors stay independent and safe at home.

Transportation services remove a major barrier to social participation. A ride is more than getting from one place to another. It can mean independence, inclusion, and opportunity. Visiting the Veiner Centre offers a chance to get out of the house, meet new people, maintain interests, and develop friendships. For someone who is often alone, having something to look forward to can make a meaningful difference.

This holiday season, our community has another way to show older adults they are remembered and appreciated. Our Stockings for Seniors fundraiser is about more than filling a stocking with treats and thoughtful gifts. It is about bringing a little extra joy to seniors who may otherwise have a quieter holiday.

For some older adults, a stocking may be one of the few gifts they receive. The thoughtfulness behind each donation and the time spent preparing each stocking send an important message: You are valued. You are remembered. You are not forgotten. Through Stockings for Seniors, community members can make a tangible difference and brighten someone's day.

Let's make sure no senior feels forgotten this holiday season. Together, we can deliver more than meals, provide more than transportation, create more than activities, and give more than gifts. We can give the gift of connection, belonging, and community.

RIVER RIDGE
SENIORS VILLAGE
the next chapter
starts with confidence
At River Ridge, welcoming neighbours, engaging activities, and everyday comforts make your next chapter a choice the whole family can feel good about.
Suites Available!
BOOK YOUR TOUR TODAY
587-842-0823 | riverridgemedicinehat.ca | 4 River Ridge Dr NW, Medicine Hat



What to know about investing in an IPO

Alberta Securities Commission

You may have seen the headlines: a well-known company is "going public," and there is a buzz about the opportunity to get in early.

If you have an opportunity to participate in an IPO, before you let the excitement influence your decision, it's important to understand what an initial public offering, or IPO, is and what information is available to help you make an informed choice.

An IPO happens when a private company offers its shares to the public for the first time. By selling shares, the company can raise money from investors to support goals such as growing the business, funding new projects, or paying down debt.

For investors, an IPO offers an opportunity to become a shareholder in a company as it enters the public market for the first time. This may sound very enticing but it's important to recognize that being early doesn't mean an investment is guaranteed to perform well.

Once shares begin trading, their value could rise or fall from the price paid at the IPO. That's why it's important to understand what a prospectus is before you make the decision to invest.

A prospectus is a detailed disclosure document that provides potential investors with important information about the company and the securities it is offering.

In Canada, for a conventional IPO, securities laws require a company to file a preliminary prospectus and a final prospectus with the securities regulators in the provinces and territories where the securities will be offered, such as with the Alberta Securities Commission (ASC).

Where can you find a prospectus? An IPO prospectus, and other public company filings, can be found on SEDAR+, Canada's official online system for securities filings. SEDAR+ is a free public website where you can search for documents and information that public companies are required to file with securities regulators. Here you can search by company name to find and download publicly filed documents, including prospectuses for conventional IPOs. A company may also make its prospectus available on its own website.

Think of the prospectus as an important research tool. Use it to:

- Understand the company's business model and financial condition.
- Examine the background and ownership interests of management.
- Review the offering price and share structure
- See how IPO proceeds will be used,
- Discover key risks.
- Develop questions for a registered advisor.

Rather than relying solely on headlines, social media or what other investors are saying, use the prospectus to dig deeper. Ask yourself: Do I understand how this company makes money? What could affect its future performance? What are the major risks? And does this investment make sense for me?

Understanding the company is only part of the equation. You also need to understand yourself as an investor.

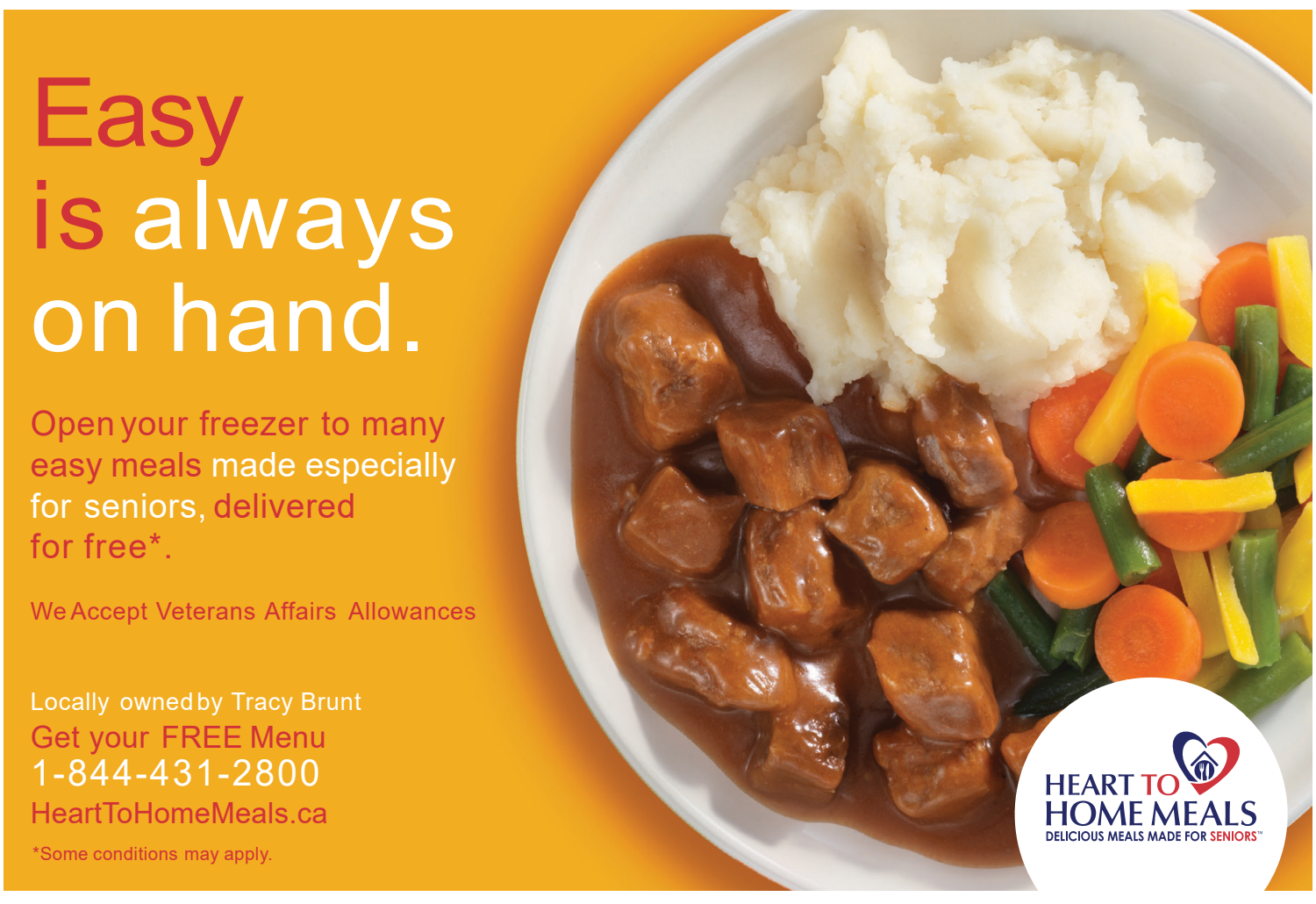
Before buying shares through an IPO, consider whether the investment fits your goals and how a potential loss could affect you financially and emotionally. When working with a registered advisor, this is considered through the "Know Your Client" process. If you invest on your own, use the check your risk tolerance quiz.

The excitement surrounding an IPO can also trigger fear of missing out, or FOMO.

When everyone seems excited about an investment, FOMO can cause you to focus on what others are doing instead of fundamentals such as a company's profitability, revenue, assets, liabilities and growth potential.

Pause before investing in an IPO, read the prospectus and consider whether the investment fits your goals and risk tolerance. Making an informed investment decision matters more than simply getting in before everyone else. For more information, visit checkfirst.ca





Active Aging

Course Registration Winter Session

Registration opens December 1st for members and December 8th 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

unison At Kerby Centre

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 $74 | Non Member $109) | Instructor: Dan Leung	**Z01 Monday Jan 4 – Mar 29 (12 Weeks)** No Class Feb 15 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) | Instructor: Dave Goldenberg	**Z02 Tuesday Jan 5 – Mar 23 (12 Weeks)** 9:30am – 10:30am | Online Zoom
Join us for a combination of movement, strength, core and stretch class with a side of music trivia. This course involves a good warm up and nice long cool down/stretch. Dave will take you through some mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. ALL ABILITIES LEVELS WELCOME!	
Chair Dancing (Member $74 | Non Member $109) | Instructor: Dave Goldenberg	**Z03 Thursday Jan 7 – Mar 25 (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!	

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) Instructor: Gina Komanac	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.	
S01 Friday Jan 8 – Jan 29 (4 weeks) 11:30am – 12:30pm Willow Park on the Bow, Silvera	**S02 Friday Feb 5 – Feb 26** (4 weeks) 11:30am – 12:30pm Willow Park on the Bow, Silvera	**S03 Friday Mar 5 – Apr 2** (4 weeks) 11:30am – 12:30pm (No class Mar 26) Willow Park on the Bow, Silvera
Chair Zumba (Member $30 | Non Member $65) Instructor: Chantel Cunningham	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.	
S04 Monday Jan 4 – Jan 25 (4 weeks) 11:15am – 12:15pm Willow Park on the Bow, Silvera	**S05 Monday Feb 1 – Mar 1** (4 weeks) 11:15am – 12:15pm (No Class Feb 15) Willow Park on the Bow, Silvera	**S06 Monday Mar 8 – Mar 29** (4 weeks) 11:15am – 12:15pm Willow Park on the Bow, Silvera
Stretching & Mobility (Member $30 | Non Member $65) Instructor: Dave Goldenberg	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!	
S07 Tuesday Jan 5 – Jan 26 (4 weeks) 1:00pm – 2:00pm Willow Park on the Bow, Silvera	**S08 Tuesday Feb 2 – Feb 23** (4 weeks) 1:00pm – 2:00pm Willow Park on the Bow, Silvera	**S09 Tuesday Mar 2 – Mar 23** (4 weeks) 1:00pm – 2:00pm Willow Park on the Bow, Silvera

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi (Member $74 | Non Member $109) | Instructor: Adrian Buczek	**A01 Thursday Jan 7 – Mar 25** (12 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 $74 | Non Member $109) | Instructor: Dan Leung	**A02 Wednesday Jan 6 – Mar 24** (12 Weeks) 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) | Instructor: Dan Leung	**A03 Friday Jan 8 – Apr 2** (12 Weeks, No Class Mar 26) 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) | Instructor: Dave Goldenberg	**A04 Tuesday Jan 5 – Mar 23** (12 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 $74 | Non Member $109) | Instructor: Navin Jetha	**A05 Thursday Jan 7 – Mar 25** (12 Weeks) 11:30am – 12:30pm | Gym - 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.	
Feet to the Beat (Member $74 | Non Member $109) | Instructor: Kym Butler	**A06 Friday Jan 8 – Apr 2** (12 Weeks, No Class Mar 26) 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) | Instructor: Glenis Martin	
Beginner Plus **A07 Monday Jan 4 – Mar 29** (12 Weeks) 1:00pm – 2:00pm (No Class Feb 15) Gym - Kerby Centre	**Beginner Plus** **A08 Thursday Jan 7 – Mar 25** (12 Weeks) 1:00pm – 2:00pm Gym - Kerby Centre	**New Beginner / Introductory** **A09 Thursday Jan 7 – Mar 25** (12 Weeks) 11:30am – 12:30pm Room 205 - Kerby Centre
Beginner Plus Classes: at least 2-3 years previous line dance experience required. **New Beginner / Introductory Class:** no experience required. This is an Absolute Beginner Class for those who have never line danced before or who have been away from it for a while.		
Flamenco Dance - Beginners (Member $74 | Non Member $109) | Instructor: Honey Sturdy	**A10 Monday Jan 4 – Mar 29** (12 Weeks, No Class Feb 15) 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!	
Gentle Restorative Yoga & Meditation (Member $74 | Non Member $109) | Instructor: Navin Jetha	**A11 Wednesday Jan 6 – Mar 24** (12 Weeks) 2:45pm – 3:45pm | Gym - Kerby Centre
This gentle restorative (chair or floor) yoga practice offers a peaceful way to relax, release tension, and reconnect with your body. Using yoga straps allows you to gently deepen into each pose without strain. This class is especially beneficial for relieving muscle tension and stiffness, including tight muscles after exercise. Gentle movements and support stretch help improve flexibility, mobility, and overall well-being.	
Chair Yoga (Member $74 | Non Member $109) | Instructor: Gina Komanac	
A12 Monday Jan 4 – Mar 29 (12 Weeks, No Class Feb 15) 11:30am – 12:30pm | Room 205 - Kerby Centre	**A13 Wednesday Jan 6 – Mar 24** (12 Weeks) 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) | Instructor: Chantel Cunningham	
A14 Tuesday Jan 5 – Mar 30 (12 Weeks, No Class Feb 2) 10:00am – 11:00am | Gym - Kerby Centre	**A15 Thursday Jan 7 – Mar 25** (12 Weeks) 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!	
Bone Builder (Member $74 | Non Member $109) | Instructor: Navin Jetha	**A16 Tuesday Jan 5 – Mar 23** (12 Weeks) 1:30pm – 2:30pm | Gym - Kerby Centre
A gentle exercise class that uses weight-bearing and strength-building exercises to support bone health, improve balance and posture, and help reduce the risk of falls and osteoporosis. This class is suitable for a variety of fitness levels and is ideal for anyone looking to maintain or improve bone health, enhance balance, and stay active in a safe, welcoming setting.	
Dance is for Everyone (Member $40 | Non Member $75) | Instructor: Tina Guthrie	**A17 Monday Jan 4 – Feb 8** (6 Weeks) 2:30pm – 3:30pm | Gym - Kerby Centre
Discover the joy of movement in a welcoming and supportive community, a six-week workshop series for adults aged 50 and over. Participants can join standing or seated, move at their own pace, and enjoy a fun, inclusive environment where every body belongs. Through music, storytelling, imagination, and creative play, participants will build confidence, connect with others, and discover new possibilities through dance. No dance experience is required. Just bring your curiosity and a willingness to move.	

Pickleball

Beginner Pickleball (Member price $120) Instructor: Jack Jones		
A18 Monday Jan 4 – Jan 25 10:00am - 12:00pm | Gym - Kerby Centre	**A19 Monday Feb 1 – Mar 1** (No Class Feb 15) 10:00am - 12:00pm | Gym - Kerby Centre	**A20 Monday Mar 8 – Mar 29** 10:00am - 12:00pm | 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, just bring your enthusiasm! Limited Spot only!		
Intermediate Pickleball (Member price $120) Instructor: Olivia Tsan		
A21 Wednesday Jan 6 – Jan 27 12:00pm – 2:00pm | Gym - Kerby Centre	**A22 Wednesday Feb 3 – Feb 24** 12:00pm – 2:00pm | Gym - Kerby Centre	**A23 Wednesday Mar 3 – Mar 24** 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) | Instructor: Hamideh Khadem Sohi	
B01 Wednesday Jan 6 – Feb 10 (6 Weeks) 1:30pm – 3:30pm | Room 313 - Kerby Centre	**B02 Wednesday Feb 24 – Mar 31** (6 Weeks) 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 - A touch of the Orient from Simple to Stylish (Member $100 | Non Member $135) | Instructor: Valerie Wu	**B03 Friday Jan 15 – Feb 5** (4 Weeks) 10:00am – 12:00pm | Room 108 - Kerby Centre
A touch of Oriental flair to your hand strung jewelry – Easy and fun to learn. Join Valerie Fung to make simple yet stylish everyday jewelry with Chinese knots. 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.	
Art of Chinese Knotting – The joy of Spring (Member $100 | Non Member $135) | Instructor: Valerie Wu	**B04 Friday Feb 12 – Mar 5** (4 Weeks) 10:00am – 12:00pm | Room 108 - Kerby Centre
For this spring, make yourself personal jewelry with Chinese knots that convey auspicious meanings and add unique feature on your hand strung jewelry. In these four sessions, you will make stylish, classy, statement necklaces, vibrant and colorful bracelet that adorn your spring dress. 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 Intermediate (Member $160 | Non Member $195 per course) | Instructor: Hamideh Khadem Sohi	
B05 Wednesday Jan 6 – Feb 10 (6 Weeks) 9:00am – 1:00pm | Room 313 - Kerby Centre	**B06 Wednesday Feb 24 – Mar 31** (6 Weeks) 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! The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.	
Watercolour Advanced (Member $160 | Non Member $195 per course) | Instructor: Hamideh Khadem Sohi	
B07 Thursday Jan 7 – Feb 11 (6 Weeks) 9:00am – 1:00pm | Room 313 - Kerby Centre	**B08 Thursday Feb 25 – Apr 1** (6 Weeks) 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! The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.	

Languages

Spanish Class – Winter Break Announcement

Please be advised that there will be no Spanish Classes during the Winter Semester, as our instructor will be taking a well-dese break. We look forward to welcoming you back when the classes resume.

English as a Second Language

Beyond Basics Intermediate level EAL (Member | Non Member $40) Instructor: Carol Barwick	**B09 Wednesday Jan 6 – Mar 17** (11 Weeks) 10:00am – 11:45am | Room 313 - Kerby Centre
Take your English to the next level! Expand your vocabulary, strengthen your grammar, and build confidence speaking English in a welcoming, supportive class. Each week, enjoy lively conversations along with engaging topics and language activities to help you communicate more naturally in everyday life. Space is limited to 20 participants. Drop-ins are welcome!	
ESL Advanced (Member $79 | Non Member $114) Instructor: Natalie Levitt	**B10 Friday Jan 8 – Apr 2** (12 Weeks, No Class Mar 26) 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) | Instructor: Barry Luft	**B11 Thursday Jan 7 – Mar 25** (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) | Instructor: Susan Rock	**B12 Tuesday Jan 5 – Mar 23** (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.	
Intermediate Ukulele Fundamentals (Member $115 | Non Member $150) | Instructor: Susan Rock	**B13 Tuesday Jan 5 – Mar 23** (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 Plus (Member $115 | Non Member $150) | Instructor: Lorraine Smith	**B14 Thursday Jan 7 – Mar 25** (12 Weeks) 10:00am – 11:00am | Room 313 - Kerby Centre
This class is a continuation of the Fall 2026 Beginner PLUS class. There will be a review of the strums and chords in the keys of C and F with new songs and the key of G. Focus is on singing and playing the ukulele. Prerequisite: A beginner ukulele class or approval of the instructor.	
Ukulele Intermediate Plus (Member $115 | Non Member $150) | Instructor: Lorraine Smith	**B15 Thursday Jan 7 – Mar 25** (12 Weeks) 11:15am – 12:15pm | Room 313 - Kerby Centre
This class is for those who want to use a variety of strums (basic, Calypso, railroad) and play in C, F as well as G (and D). A variety of old and new songs with the possibility of tablature and improving ear training will be included. Prerequisite: A minimum of two ukulele classes - beginner and beginner PLUS or equivalent. Alumni are always welcome.	

Ukulele Magic Advanced Play & Sing (Member $115 | Non Member $150)| Instructor: Barry Luft	**B16 Wednesday Jan 6 – Mar 24** (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. Pre-requisite: Continuing or previous 10 a.m. participants only.	
Ukulele Magic Advanced Play & Sing (Member $115 | Non Member $150)| Instructor: Barry Luft	**B17 Wednesday Jan 6 – Mar 24** (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. Welcoming new players to this level. Pre-requisite: An Intermediate course OR continuing 11:15 participants.	
Guitar Basics! (Member $115 | Non Member $150 per course) | Instructor: Kevin Cholowsky	
Guitar Beginner **B18 Thursday Jan 7 – April 1** (No Class Mar 25, 12 Weeks) 11:00am – 12:00pm | Room 311 - Kerby Centre	**Guitar Beginner Level I** **B19 Thursday Jan 7 – April 1** (No Class Mar 25, 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

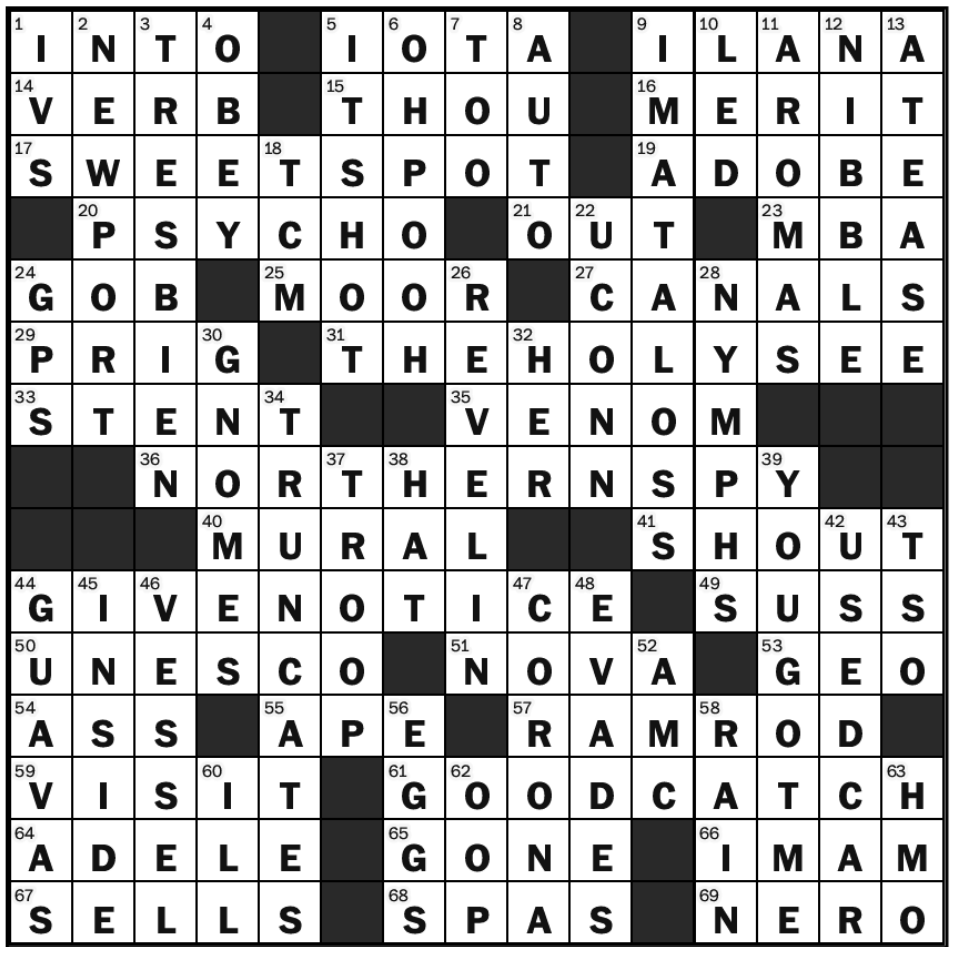
Wood Working Class (Member $75 | Non Member $110 per course) | Volunteer led program	
Bird House **B20 Monday Feb 1 – Mar 1** (No Class Feb 15, 4 Weeks) 10:00am – 12:00pm | Woodshop - Kerby Centre	**Wooden Cutting Tray** **B21 Monday Mar 8 – Mar 29** (4 Weeks) 10:00am – 12:00pm | Woodshop - Kerby Centre
Join us for a fun and hands-on woodworking workshop where participants will learn how to build a bird house from start to finish. Learn basic woodworking skills in a supportive and relaxed environment. By the end of the session, participants will have created their own unique bird house to take home and display in their garden, yard, or on their balcony.	Create a beautiful and practical wooden serving tray for your kitchen in this beginner-friendly woodworking workshop. Learn basic woodworking techniques, including measuring, sanding, assembling, and finishing a wooden tray. By the end of the workshop, each participant will leave with a handcrafted wooden tray they can proudly use and enjoy every day.

Digital Skills Training

Technology Information & Cyber Security (Member $150 | Non Member $185) | Instructor: Alberta Education Centre	**B22 Friday Jan 8 – Apr 2** (12 Weeks, No Class Mar 26) 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.	

Puzzle Solutions

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



YYC HOME CARE SERVICES

CARING FOR YOU, RIGHT AT HOME

Paramedic-Led Home Care Company

Serving all the major cities in Alberta & surrounding areas

Government Funded Home Care Available!

We can directly bill AHS for your APPROVED services through the Alberta Blue Cross portal without any cost to you.



We provide personalized, professional home care so you or your loved ones can live safely, comfortably and independently at home.

- Personalized Care Plans
- Compassionate & Reliable Care
- Help You Live Independently at Home

Our Services

- Personal Care Assistance
- Companionship & Support
- Meal Assistance
- Light Housekeeping
- Medication Assistance
- Exercise
- Transportation
- Respite Care
- Alzheimer's & Dementia Care
- Chronic Disease Management
- In-home Nursing
- Post Hospital Care
- Palliative Care
- Running Errands & Outings
- Wellness Check
- 24/7 Care Live-in

Contact Us Today for a Free Consultation!

Calgary: 825 760 0983
Edmonton: 780 237 6983
info@yychomecareservices.ca
www.yychomecareservices.ca

Scan Here

- Trusted & Trained Caregivers
- Client-Centered Approach
- Safe, Reliable & Professional

Supporting Healthier, Happier Days at Home