

Unison is a group of programs and services developed to support generations 50+ to live their best lives.

### Our Vision

A community of engaged older adults

### Our Mission

To support older adults to live well in their community

1133-7th Avenue S.W.  
Calgary, AB T2P 1B2  
(403) 265-0661  
**UnisonAlberta.com**



# Active Aging



## In-Person Activities at Kerby Centre

### **Active Living/ Academic Courses**

Active Aging offers a variety of drop-in and registered programs for adults age 50+. Participation is on a first come, first serve basis. Program offerings include art and music, wellness, languages, and fitness. There is always something new! Try your hand at ukele, Tai Chi, watercolours and much much more. The leaders of these programs include peers, professionals and qualified volunteers.

### **Kerby Travel**

We arrange day trips for seniors. Some of our popular trips are: Rosebud Theater, i fly indoor skydiving, Canmore, Downhill Karting etc

### **Kerby Fit Room**

A deluxe cardio and weight training facility designed especially for older adults. It includes the most up-to-date equipment including free weights, circuit machines, cardio equipment, and two vibration trainers.

### **Weekly Activities**

We offer various weekly activities such as: Wednesday Dance, Recorder Group, Cribbage, Badminton/Pickleball, Spanish Conversation, Craft Group, Basketball etc. These are on a drop-in basis.

### **Membership**

A Unison membership is the best way to enjoy everything we have to offer with discounted rates, exclusive rewards and the opportunity to support your generation's 50+ organization on an annual basis.. Membership is \$25/year Add an extra \$5/year for the ease of parking access when visiting Unison Kerby Centre.

Currently, we have 3000+ members. Become a member and support Unison's program and services. To learn more about our programs: [UnisonAlberta.com/active-aging](https://unisonalberta.com/active-aging)

### **For more information, contact us at:**

(403) 705-3233

[program@unisonalberta.com](mailto:program@unisonalberta.com)

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# Active Aging



## **For Active Aging Clients**

### Clients Rights

- Confidentiality and protection of personal information
- Full involvement in service decisions and care planning
- Supports to attend programming
- Access to indigenous or cultural resources
- Advocates from family or the community
- Conflict resolution and appeal process.
- Client may revoke consent at any time
- Client may refuse services at any time

### Client Responsibilities

- To respect others – including no abuse or harassment
- To communicate with Unison employees if problems arise.
- To be involved in goal or future planning, if applicable
- To request support when in need of assistance or advocacy

### Conflict and Complaint Resolution

Every person who is involved with Unison has the right to have conflicts and complaints addressed. The people involved with the issue should make the first attempt at finding a resolution. If this is not successful a progressive process is followed where a written complaint is sent first to the Manager of the area who replies with a decision in writing. If this is not satisfactory, the complaint then progresses to the Senior Manager and then the CEO. If the complaint is not resolved with these steps, the final decision rests with the Board. In each part of the process, the individuals charged with reviewing the issue will act with fairness and due speed.

### **Service Team:**

Director of Programs: Oversees operation of Active Aging, Thrive and Community Services and Wellness. Experienced in working with the older adult community. BA, MA or equivalent.

Manager of Active Aging: Oversees program development and offerings of educational courses, arts and crafts, recreation and drop-in activities. BA or equivalent.

Assistant to Active Aging: Administrative support for the program

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