



KERBY CENTRE

1133-7th Avenue SW

Calgary, Alberta T2P 1B2

Phone: (403) 265-0661 Fax: (403) 705-3211

www.kerbycentre.com e-mail: info@kerbycentre.com

KERBY CENTRE'S MISSION

To assist older people to live as well as possible
for as long as possible as residents in the community.

ADULT DAY SUPPORT PROGRAM

(403 705-3213) Room 218

e-mail: adsp@kerbycentre.com

A day program for seniors (55+) who are physically and/or mentally impaired. The service provides a break for the seniors and their family caregivers. Services include health monitoring, personal care, recreation and socialization in a supportive environment. The program provides support to both clients and caregivers in an holistic manner.

CENTRE OF EXCELLENCE

(403 234-6572) Room 124

e-mail: excellence@kerbycentre.com

This gerontology research centre focuses on research and education. It is a collaboration between seniors, researchers, health professionals and service providers. The mandate of the centre is to conduct research into "healthy and successful aging" and to involve seniors in all aspects of research.

DIANA JAMES WELLNESS CLINIC

(403 705-3234) Room 317

e-mail: wellness@kerbycentre.com

The Wellness Clinic provides a setting where older people can seek information on health care, treatment, or benefits in a friendly environment. Services include blood pressure and blood sugar monitoring, weight checks and nutrition screening. Foot care clinics are held Monday through Friday by appointment.

EDUCATION AND RECREATION

(403 705-3233) Room 301

e-mail: program@kerbycentre.com

The continuing education programs at Kerby Centre feature life-long learning activities for 55+. Regis-

tered programs include academics, arts and crafts, fine arts, fitness and lifestyle enhancement, health, computers and languages. Drop-in clubs includes badminton, bridge, cribbage, general crafts, artist club, and Spanish conversation.

FIT ROOM

(403 705-3233) Room 108

e-mail: program@kerbycentre.com

Take the road to wellness by joining this weight training and cardio facility. Monthly or yearly memberships available. A professional trainer is on staff.

FOOD SERVICES

(403 705-3225) Lower level

e-mail: kitchen@kerbycentre.com

Professional staff provide breakfast and lunch five days a week. Try the reasonably priced, nutritious, home-cooked food available from 8:30 am - 1:30 pm. Afternoon tea also available on request.

GENERAL OFFICE

(403 705-3249) Room: 217

e-mail: generaloffice@kerbycentre.com

The administrative hub of Kerby Centre includes the office of the Chief Executive Officer (403 705-3251).

GROCERY DELIVERY

(403 234-6571) Room 304

e-mail: grocerydelivery@kerbycentre.com

Grocery delivery is available to lower income seniors who are unable to shop for themselves. Volunteers will shop and deliver groceries to seniors' homes. Grocery shopping is done Monday to Friday, day time or early evenings and occasional weekends.

HOUSING REGISTRY

(403 705-3230) Room 204

e-mail: housing@kerbycentre.com

The Housing Registry assists seniors to find accommodation that matches their personal needs and income. Information is available on adult lifestyle apartments, public and non-profit housing, pet-friendly accommodation, condos and life leases, assisted living lodges and care centres.

INFORMATION/ADVOCACY

(403 705-3246) Room 206

e-mail: information@kerbycentre.com

Information is available on all types of community and government services for seniors. These include pensions, legal assistance, home help, consumer affairs, income tax and grant programs. The Alberta Seniors office for Calgary is located in this department. Staff can help fill in forms and are Commissioners for Oaths. Phone for information or an appointment.

KERBY NEWS

(Editor 403 705-3229) Room 306

(Sales 403 705-3238/705-3240) Room 303

Fax (403) 705-3212

e-mail: kerbycentre@kerbycentre.com

Kerby News is a monthly newspaper for the mature adult in southern Alberta. It features timely articles on topics of interest to seniors and information on Kerby activities. Copies of each monthly issue are mailed to members (one of the benefits of membership) and distributed free of charge at a variety of locations. Subscriptions are available to non-members.

KERBY ROTARY HOUSE

(24-HOUR CRISIS LINE 403 705-3250)

e-mail: shelter@kerbycentre.com

Kerby Rotary House is a shelter for abused and homeless seniors. It offers safe, secure shelter to men or women over the age of 55. The 24-hour crisis line can be accessed for information, support and crisis intervention.



PHILANTHROPY

(403 705-3235) Room 304

e-mail: communityinvestment@kerbycentre.com

Kerby Centre raises the majority of the annual operating budget through a variety of fundraising activities. The core funding comes from direct community support - from individuals and from foundations and corporations who appreciate the value of the services offered.

VOLUNTEER OPPORTUNITIES

(403 705-3218, 234-6570) Room 211/212

e-mail: volunteer@kerbycentre.com

Virtually every activity of Kerby centre is made possible through volunteer support. In 2009 Kerby had 475 volunteers who contributed 75,961 volunteer hours. New volunteers are always welcome.

Want to see more of Kerby Centre?

Tours run on Thursdays at 10:30 a.m. Call 403 705-3218 to reserve a spot.

OTHER PROGRAMS AND SERVICES

BINGO, WOODWORKING, KERBY TRAVEL

SHOPS: Buy used clothes in the **NEXT TO NEW** or hand-made items crafted by seniors in the **WISE OWL BOUTIQUE**.

MEMBERSHIP: Membership is available to anyone age 55 and over. The fee is \$20 per calendar year plus \$3 for parking. Benefits include *Kerby News* mailed to your home and priority registration for classes. Call 403 265-0661 ext 338 for information.

IMPORTANT NOTE: Membership in Kerby Centre is not required to access most services.

Need information for an immigrant senior?

Check out Calgary Immigrant Seniors Website
www.immigrantseniors.ca