

WESTEND SENIORS ACTIVITY CENTRE

 *OBSERVER December 2017*

SEASONS
GREETINGS


WESTEND
SENIORS
ACTIVITY
CENTRE

Christmas Dinner

Friday,
December 8
at 11:30 am

SOLD OUT



Prize \$1000

\$2 each or 3 for \$5

Winner will be
announced December 8

Mavie's Mitten Tree

Wednesday,
December 13
at 11:30 am

Members \$10

Non-members \$12



Christmas Lights Tour

Thursday, December 14
from 6:30-9:00 pm

\$20 members

\$25 non-members

**SOLD
OUT**



Next year is our **40th Anniversary** - watch for details on upcoming celebrations

Executive Director's News

– Janice Monfries

Winter is here - and with that we enter the most dangerous time of the year - the slipping and sliding time. As always we will try to do what we can to minimize slipping. But as you know ice can hide under snow. So please make sure you wear very good shoes/boots with excellent grips. Be especially careful as you exit your car - that first step can be onto ice without you even realizing it. So do take precautions everywhere you go this winter.

I am excited to see how our new online registration goes. It's a great idea to come to the information session to learn how you can register in the comfort of your home (and not have to line up).

With the white on the ground - it's beginning to feel more like that special time of year. We are bringing back our favourite activities this holiday season including "Mavie's Mitten Tree" and our Jasper Place High School Turkey Dinner. You know we always sell out so get your tickets as soon as you can.

And for our holiday hours, please note that the centre will be closed between Christmas and New Years. The centre will re-open on January 2nd.

Have a safe and happy holiday season!



SOLD OUT

Christmas Dinner



Members Only

Friday, December 8 at 11:30 am
Ticket must be pre-purchased Price: \$10

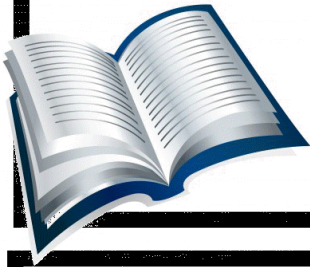
Turkey Lunch with all the trimmings
prepared by the students
at Jasper Place High School

Entertainment ▪ Door Prizes ▪ 50/50

*Overflow parking will be available at Beulah Church.
Volunteer shuttle drivers we also be available for transport.*

Sponsorship by
 Seniors
Housing

PROGRAM NEWS



The Winter Program Guide will be available Monday, December 4. Winter Member Registration at the Centre & Online starts Monday, December 11 at 9:00 am. Reciprocal Registration starts January 2. You must have your 2018 membership to register for classes.



IMPORTANT NOTICE:

In order to register for classes online, you need to sign up for an account with My Active Center www.myactivecenter.com which is part of the database we use at our centre called **My Seniors Center**. You must have a valid 2018 membership, the key tag you were issued by Westend Seniors Activity Centre and an email address.

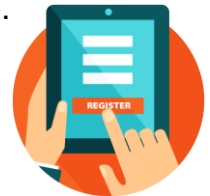
Please Note: You **CANNOT** purchase or renew your membership online. That has to be done in person at the centre.

Step by step on how to get started and activate your account:

1. Go to myactivecenter.com
2. Click on **New Users** on the top right hand of the page.
3. Please select **center (Westend Seniors Activity Centre)**.
4. To activate your account you will need to enter your key fob #, email address, name and phone number. You will also need to create a secure password.
5. Once your account is active, as long as you hold an active membership with our centre, you will be able to register for all registered programs and classes online.

**WANT TO
LEARN
HOW?**

If you think you might need some help or want more info, attend our **FREE training session:**
Thursday, Dec 7 at 10:00 am
Please pre-register at the front desk if you will be attending.



NEW! Starting January Cross Country Skiing Drop-In Wednesdays at 1:30 pm

Meeting at the centre, this group will go on various cross country skiing trails throughout the city of Edmonton. All you will need is your own equipment. Group will car pool and cost will be \$2 to go to car pool driver. If you are interested or want to learn more, please contact the program coordinator.



Puzzle Sale

Need a few minutes to yourself to collect your thoughts or catch your breath? Do A Puzzle! The Library is having a week long holiday Puzzle Sale starting **Thursday, December 7 in the hall by the Meeting Room.**
Sales by Donation



PROGRAM NEWS

TOONIE TALK SERIES

Tues, Jan 9 from 1:30 pm – 3:00 pm: Advanced Care Planning – Power of Attorney

Wed, Jan 10 from 10:00 am – 11:30 am: Preparing for the Inevitable

Fri, Jan 12 from 10:00 am – 11:30 am: 2017 Global Financial Market Review & 2018 Outlook

Fri, Jan 19 from 10:00 am – 11:00 am: Healthy Weight Loss After the Holidays

Tues, Jan 23 from 10:00 am – 11:30 am: Active Living for Everyone

Wed, Jan 24 from 1:30 pm – 3:30 pm: Alzheimer's Coffee Talk

Thurs, Jan 25 from 10:00 am – 11:30 am: Tools to Help You Keep Independence!

Fri, Jan 26 from 10:00 am – 11:30 am: Fashion, Finance & Philanthropy

See our **Program Guide** for complete descriptions of each topic. Please sign up at least **one week** in advance. When attending Toonie Talks, please check in and pay at the front desk on the day of the talk. Thanks for your cooperation.

MOVIE AFTERNOONS

Come get in the holiday spirit while enjoying these Christmas classics!



Miracle on 34th Street (1947)

Wednesday, December 6th starts at 1:00 pm Cost: \$2 drop-in fee

In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.

****There will be a mini concession available with freshly popped popcorn, pop & sweets for purchase.***



Wednesday, December 20th starts at 1:00 pm

Cost: \$2 drop-in fee

Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father.

****There will be a mini concession available with freshly popped popcorn, pop and sweets for purchase.***

OUTREACH SERVICES



Tove Nielsen,
Outreach Worker, R.S.W.



Season's Greetings!

While Christmas can be a joyous time spent with family, for many it can be a sad and lonely time. If you are feeling down heading into this Christmas season, or if you know of another senior who is struggling, please come see me.

New! Check out the Winter Program Guide for information on changes and upcoming Support groups as well as our New Member Tea starting in February.

I hope that everyone has a very Merry Christmas!



Birthday Party

December 20 at 2:00 pm

Join us for cake & ice cream

FREE for Members
celebrating their birthday,
\$2 for guests.



Thank you Ken Wiancko for the ice cream
& **save on foods** & Rose Boucher
for donating a cake each month.

Potluck

Friday, December 15 at 5 pm

\$5 Gift Exchange

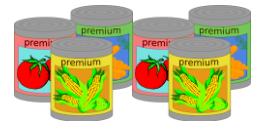
Ladies please bring a gift for
another lady, gentlemen
please bring a gift for
another gentleman

**Bring your appetite
& a dish for 4-6 people
& \$2 drop-in fee**



The Food Bank collection boxes will be picked up **December 10.**

Thank you for your donations.



Meetings



40th Anniversary Committee Tues, December 12 at 1:00 pm

Special Events Committee Thurs, December 14 at 9:30 am

Planning & Maintenance Committee Thurs, December 14 at 1:30 pm

Travel Committee Tues, December 12 at 11:00 am

Board Meeting Thurs, December 21 at 9:30 am



Essential Oils 101 - December 5 at 10:00 am In The Board Room \$2 Drop-in Fee

Natures essential oils can provide wonderful, safe and natural comforts to our health and well-being. Learn how to combat flu & colds, raise your mood, support immune system & assist in first aid and pain relief, non-toxic cleaning & so much more!

Please pre-register at the front desk.

VOLUNTEER NEWS

Kitchen Cashier

We are looking for additional volunteers to train as kitchen cashiers. If you are already a kitchen volunteer and would like to learn how to do the cash or if you are a new volunteer who would like to help out, but food prep is not your thing, please stop by or give Heather a call.

Kitchen Back-up

We can always use a few more people on our back-up list to call when volunteers are sick and away or if the kitchen is planning a special meal that requires more helpers.

It's that time again. We will be working a casino to raise essential funds for WSAC. Our next casino will be on **March 2nd and 3rd, 2018 (Friday and Saturday)** at the Palace Casino in West Edmonton Mall. All volunteers will be trained and supported by an experienced Cash Cage advisor and Count Room Advisor.

Please sign up on the volunteer board for your preferred day/time/position and you will be contacted by the volunteer coordinator to be assigned a shift.

Positions

General Manager	The General Manager supervises all aspects of the casino, ensuring it is conducted according to Casino Terms, Conditions and Operating Guidelines
Banker	The banker controls the cash and chips in the cashier's cage
Cashier	The cashier receives chips from players and pays out the value to the players
Chip Runner	The chip runner (escorted by security) brings the chips from the banker to the dealer
Count Room Supervisor	The count room supervisor records and supervises the counting of the cash
Count Room Staff	The count room staff sorts and counts cash received via the table "drop boxes"

Shift Schedule

Banker	9:00 am to 7:00 pm or 6:15 pm – 4:00 am
Cashier	9:30 am or 11:30 am to 7:15 pm or 6:30 pm – 3:15 am
Chip Runner	9:30 am or 11:30 am to 7:15 pm or 6:30 pm – 3:15 am
Count Room	10:30 pm – 3:30 am

Please let Heather know if you are interested in any of these opportunities
780-483-1209 or
volunteers@westendseniors.com





**WESTEND
SENIORS
ACTIVITY
CENTRE**



***Start Spreading the Word...
2018 is WSAC's 40th Anniversary Year!***

**40th Anniversary Ceremony January 26 @ 1:30 pm
Everyone Welcome**



*Winter
Wonderland*
DANCE
1:30-3:30 PM

Not only is it a new year but it is a chance to kick off WSAC's 40th anniversary year! Join us for cake at 1:30 pm in the café and a special ribbon cutting ceremony followed by an afternoon dance.

Come warm up from the cold and dance the winter blues away!

There will be live musical entertainment that will play a variety of music - both the oldie's and classics! Something for everyone!

Don't miss this VERY special opportunity to enter into a free draw to win 2 tickets to the Gala Celebration in September.

You must be in attendance to enter to win.



EVENTS & TRAVEL



Mavie's Mitten Tree

Wednesday, December 13 at 11:30 am

Lunch, entertainment
& special guests will receive mittens
from Mavie's Mitten Tree
& a Visit from Santa



Limited seating please pre-purchase your tickets **Members \$10, Non-members \$12**



Christmas Lights Tour

**SOLD
OUT**

Thursday, December 14 from 6:30-9:00 pm

Tickets \$20 member, \$25 non-member.

Visit some of the most popular Christmas light displays from the comfort of a coach bus, including the Alberta Legislature & Candy Cane Lane. The Bus leaves the center at 6:30 pm & returns at 9:00 pm. Hot chocolate & cookies will be served – please bring a donation for the food bank.





TRAVEL



Bus picks up at 10 am & returns to the centre at 3 pm
Transportation, Lunch, a Gift & a \$5 voucher ONLY \$10! What a Deal!!!!



Travel Committee Survey

The Travel Committee would like your input on upcoming trips. Please answer the survey below and submit to the front desk.

1. Do you prefer travel trips to be?
a) Weekdays b) Weeknights c) Weekends
 2. Would you be interested in participating in a weekend overnight trip with WSAC
a) Yes b) No
 3. What travel trips would you like to see offered?
-



Connecting With Others Never Grows Old!

1 out of every 5 seniors is lonely/isolated. The effects of isolation on a seniors health is equivalent to smoking 15 cigarettes per day! The good news is, there are resources to help reduce senior's isolation.

Seven local organizations are collaborating as part of the Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS) to support Edmonton seniors to reduce social isolation. By addressing a range of factors that may lead to social isolation, these organizations are connecting seniors to resources and supports:

Drive Happiness

provides affordable, assisted transportation for seniors.

Edmonton Mennonite Centre for Newcomers

offers English language classes and help navigating community supports.

Edmonton Southside Primary Care Network

offers phone-based classes and activities for homebound seniors.

Greater Edmonton Foundation Seniors Housing

provides a community support program.

Sage Seniors Association

provides enhanced social supports and connections to community resources.

Westend Seniors Activity Centre

has launched a media campaign at decreasing isolation of seniors by increasing awareness of seniors programs, services and support available through Senior Centres; and to increase participation rates in activities thereby increasing their feelings of connectivity and value.



You can find more information on these organizations and other resources to help you connect and find support at www.connectingedmontonseniors.ca



PEGASIS
Connecting Seniors
To Reduce Isolation

Canada

This project is funded in part by the Government of Canada's New Horizons for Seniors program.



AS WE AGE, BEING CONNECTED
TO OUR COMMUNITY CAN HELP
US STAY HEALTHY AND HAPPY.

WE CAN HELP!

- | | |
|---|--|
| <input type="checkbox"/> Volunteer opportunities | <input type="checkbox"/> Income tax |
| <input type="checkbox"/> Community connection and support | <input type="checkbox"/> Guardianship and trusteeship |
| <input type="checkbox"/> Drop-in counselling | <input type="checkbox"/> Planning for the future |
| <input type="checkbox"/> Support for newcomer seniors | <input type="checkbox"/> Elder abuse resources and support |
| <input type="checkbox"/> Activities, groups and courses | <input type="checkbox"/> Computer access |
| <input type="checkbox"/> Information and resources | <input type="checkbox"/> Filling out forms |
| <input type="checkbox"/> Finding housing | <input type="checkbox"/> English as another language |

SAGE SENIORS ASSOCIATION
(780) 423 5510
INFO@MYSAGE.CA
WWW.MYSAGE.CA



Thanks to a generous donor; you have a chance to win a free ticket to the Edmonton Valley Zoo's "Zoominscense - a festival of light". This event runs every Friday, Saturday and Sunday of December including December 16, 17, 18 from 5-9 p.m.

To enable more people a chance to win a ticket we will be asking you to submit your name and phone number into a draw - one draw submission per person. We will collect ballots, and then make a draw at the Turkey Christmas luncheon on December 8th. You don't have to be present to win the ticket (ticket has approximately a \$10.00 value).



Greater Edmonton Foundation Seniors Housing supports low-resource seniors in navigating and connecting to community programs and services so they can participate in and contribute to their communities.

<https://connectingedmontonseniors.ca/housing-month-addresses-important-step-in-reducing-isolation/>

Alone for the holidays? Looking for some fun activities to experience holiday cheer with other older adults across Edmonton, all from the comfort of your own home? No need to go out in the cold.

Join the Seniors' Centre Without Walls for our Holiday Programs December 21st through January 2nd.

Thursday Dec 21:	Holidays Around the World
Friday, Dec. 22:	Intro. to SCWW; Plans for the Holidays
Sunday, Dec. 24:	Short Story "The Shepherd"
Tuesday, Dec. 26:	Do You Remember When? Fun & Fond Memories
Wednesday, Dec. 27:	BINGO
Thursday, Dec. 28:	Holiday Puzzles and Brain Teasers
Friday, Dec. 29:	The Vinyl Café Memory Lane
Sunday, Dec. 31:	New Year's Eve Games
Tuesday, Jan. 2, 2018:	Practical Plans for 2018



**We are a free program that brings social connection right to you, entirely over the telephone.
CALL 780-395-2626 TO REGISTER.**

Upcoming Events At A Glance

December



NEW Winter Program Guide
available December 4
Program Registration starts
December 11 at 9 am
at the centre and online.

**REGISTER
ONLINE**



Starting
Monday, December 11
at 9 am you can



Want to learn how to register
online for classes?

My Active Center Training Session
Thursday, Dec 7 at 10:00 am
Please sign up at the front desk.

**Christmas
Dinner** 8



Raffle WINNER
announced

Mavis's 13
Mitten Tree



14
Christmas



Lights Tour

Potluck 15



20
**Happy
birthday**

Food Bank boxes are going to be picked up December 10.



Please note
Westend Seniors Activity Centre
will be closed
from December 25 to January 1.
Open again January 2.

Please Note:
Our Kitchen will be
closed Dec 8 & 21