

WESTEND SENIORS ACTIVITY CENTRE

OBSERVER September 2017

Join Us!



NEW!

**WEBSITE
LAUNCH...**
weseniors.ca

- FREE Coffee
- FREE Program Demonstrations
- FREE Performances
- FREE Hoedown Dance
- Door Prizes, Spin To Win, 50/50

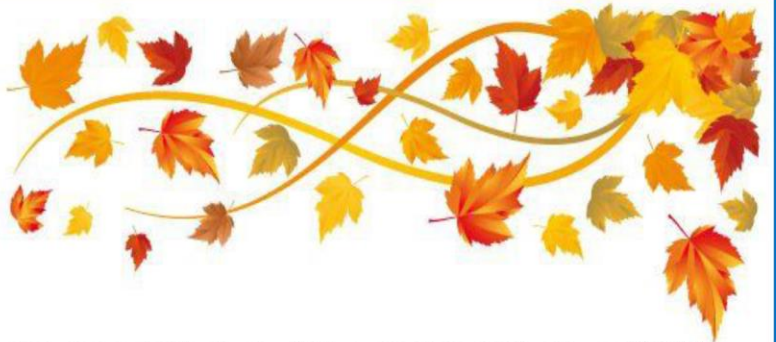
More details inside...

WIN \$1000! see details inside...

Patio Party



Executive Director's News



– Janice Monfries

Welcome Everyone!

My goodness, the summer sure flew by. We were amazingly busy this summer and are excited to welcome everyone back for the start of our Fall session.

I have already seen the surge in registrations in August, so I know our centre will be very busy this fall. Please be prepared for a full parking lot on most days, but we are fortunate to have street parking as well.

Advance Polls

Things to keep in mind this fall – October 4 to 13 we will be hosting an advance polling station in the “Yoga/multipurpose room” from noon – 8:00 pm, therefore you may notice more people coming and going.

Coffee/Food Costs

Also, we spent the summer reviewing our operations and had to make some adjustments in various things; including the costs of some of our food offerings, but we definitely had to review our coffee costs. We haven't increased our coffee costs in 11 years, so we appreciate your understanding in terms of our need to do this now.

Emergency Evacuation Procedures

In the summer, we also held a fire drill and, although everyone did exit the building in a timely fashion, we do need to work on the process a little more. All the instructors and drop in coordinators were updated and asked to go over the emergency procedure at least once with all of you; but the main thing to remember is when you hear the alarm – get to the closest EXTERIOR EXIT as fast as you can; look for the staff wearing the brightly coloured vests for clarification and further instructions - and meet at the MUSTER point signs that will be located on the grassy berm located alongside 178 St (where the bus stop is). We will be holding another drill sometime in the fall and although we know it interrupts your activity, this is something that we must do and we thank you for your cooperation.

Finally, I would like to welcome everyone, new members and returning ones to the centre. Our floors have been waxed, our carpets cleaned and we are ready for all the activities to begin. We have some wonderful activities during Open House week to help get us into the spirit of things, including a Harvest dance; fresh pie auctions and more. I look forward to seeing all of you!



PROGRAM NEWS



Welcome Back Everyone!

I hope everyone had a restful and enjoyable summer. Fall registration started early this year on August 1st and we had record breaking numbers. In the course of one day, we had over \$10,000 in program registration for fall classes! This is great news for our centre! As we continue to see member growth, there are a few things we ask you to keep in mind.

With over 100 programs to choose from there is something for everyone. We anticipate our centre to be busier than ever this coming fall; therefore, it is important to be respectful of the space and time in which you are taking programs. We ask that all members leave the room the way it was found so that it is ready to use for the next program. Please ensure you are exiting the program space in a timely manner, so that we can make sure all of our programs continue to run as scheduled. If you do wish to socialize with other members after class, the café is always open daily with fresh coffee and refreshments.

As we continue to grow in members and our centre becomes busy, it is important for everyone to be considerate and respectful of others. WSAC is designed to be a community hub. Sometimes we may need to share program space with one another. I know that we can do so in a kind and respectful manner.

If you have any suggestions for future programs or feedback on current programs, I would love to hear what you think. Feel free to stop by my office to chat or fill out a feedback form kept at the front desk. Being new in my role here at WSAC, I would love to hear your opinions and welcome your feedback.

Alex Boisclair, Program Coordinator

TOONIE TALK SERIES

Fri, Sept 15 – Creative Ways to Stay Active

Fri, Sept 22 – Understanding Basic Investment Paperwork

Fri, Sept 29 – ETS Transit Accessibility Talk

Fri, Oct 6 – Eat More & Spend Less!

Fri, Oct 13 – Understanding Fees with Your Financial Institution

Fri, Oct 20 – Boosting Your Memory

Tues, Oct 24 – 65 Steps For Becoming an Excellent Executor

Please see our **Program Guide** for complete descriptions of each topic.

Please sign up for these Talks at least one week in advance and pay your Toonie on the day of the talk..

PROGRAM NEWS



**Tuesdays from 9:00 am to 11:00 am starting in October.
More details to be announced soon.**

Come join WSAC's first official drama program!

Please give a friendly WSAC welcome to our new drama director, Rhiannon Perely-Waugh. Rhiannon is a graduate of the University of Alberta's Bachelor of Arts Drama program. Theatre has been her calling since a young age and so has working with seniors. She has donated her time around the city to various endeavours with Sage's GeriActors, The Nina Haggerty, Walterdale Theatre, the Edmonton Fringe, and several musical theatre companies where she attended workshops, created, acted, facilitated, directed and did pretty much everything in between. She currently works for Central Lions Seniors Association, keeping things running in the office.

No prior experience is needed for this group. All levels are welcome and encouraged. This group will be meeting weekly on Tuesdays from 9:00 am to 11:00 am starting in mid-October and will be working on a play for a performance late spring of 2018. If you have an interest in performing or would like to help backstage - Come join us! Please sign up at the front desk or if you have further questions, please contact Alex Boisclair, Program Coordinator at 780-483-1209.

TRY SOMETHING NEW!

TheatreSports

FOR SENIORS



Tues, Sept 12 – Oct 3 (4 wks) from 1:30 pm – 3:00 pm Cost: \$48

Theatre Sports, Improvisations, Story Telling, Theatre Games. Gentle, Easy, and Just Plain Fun! Story lines are developed from improvisations. Come join Maria, who was an established drama teacher with Edmonton Public Schools, currently performing with the Geri Actors. Discover the fun, and learn what it is all about! All levels welcome and no prior experience required.

TRY SOMETHING NEW!

MAHJONG

Drop In Mondays from 1:00 pm – 4:00 pm Cost: \$2 drop-in fee

Similar to the Western card game, Rummy, **Mahjong** is a game of skill, strategy, and calculation but involves a degree of chance. Come join this fun group!



Campfire Sing-Along

Friday Sept 29 from 10:00-11:30 am Cost: \$5

Come sing all the campfire classics in a circle while enjoying s'mores and delicious refreshments. It's the next best thing to the real deal! No experience needed. All levels welcome. You can even just come to listen and enjoy the music as well!



Learning French

Wed, Sept 20 – Oct 18 (5 wks) from 1:00 pm – 2:30 pm Cost: \$40

A fun course for individuals wanting to learn the basics of French. You will learn French basics based on illustrations, sentences and the rules for listening, reading, writing and speaking. Come have fun while learning and practicing French!



ART HISTORY

Art History Lecture Series

Thurs, Sept 21 – Oct 19 (5 wks) from 1:00 pm – 3:00 pm
Cost: \$50

Migration and exile, as well as the diaspora life that followed, have been major shapers of modern art. Learn how these events played a significant role in the visual arts. Through lectures and visual presentations, gain insights into how selected artists developed their work and how art reflects the personal responses to these life-changing experiences.



Advance Polling Station

We will have an advance polling station from
October 4 to October 13 from 12:00 pm to 8:00 pm.
This may affect parking and some classes during these dates.



HARVEST OPEN HOUSE

THURSDAY, SEPTEMBER 7 11:30am-3:00pm

Welcome!

11:30 am Pie Silent Auction
Puzzle Sale
50/50 Tickets On Sale (\$2 each or 3 for \$5)



11:40 am Live Singing Performance
Don't Miss It!



12:00 pm Harvest Lunch \$6
Chili, Corn Bread, Corn on the Cob
FREE Coffee All Day



1:00 pm Free Hoedown Dance featuring
The Reaction Variety Band
Cash Bar open 1:00-3:00 pm

1:15 pm Square Dancing Presentation

1:35 pm Line Dancing Presentation

2:10 pm Ballroom Dancing Presentation

2:30 pm 50/50 Closes
Silent Pie Auction Closes

2:45 pm Pie Auction Winners & Draws



Overflow seating available in the Cafe

SPECIAL EVENTS

ALBERTA
CULTURE
DAYS



“Unity in Diversity”

Friday September 29
from 11:00 am – 2:00 pm

SAVE THE DATE

This event will showcase a variety of musical talents, cultural food dishes and traditional activities.

This afternoon will give you an opportunity to experience various cultures in many different ways.

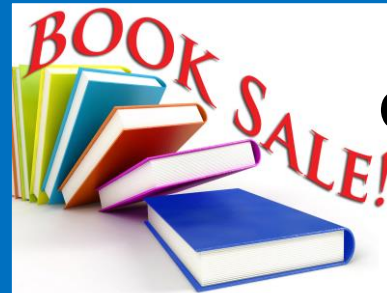
Watch for posters around the centre with more details coming soon.



Tuesday, October 31 from 2:30-4:30 pm

Price \$10

Light Refreshments, Cash Bar,
FABULOUS PRIZES for Best Costume!



October
10-13

Annual Fall De-Clutter Expo

Thursday,
November 2
from
9:30-11:30 am
\$2 drop-in fee



Come learn from various exhibitors about how you can declutter your space this winter! There will be speaker sessions and exhibitor booths providing information about different ways you can get rid of things you no longer need! More details to come!



On Sale starting Thursday,
September 7
(\$2 each or 3 for \$5)

Prize \$1000

Winner will be announced
December 8

OUTREACH SERVICES



Did you know that Outreach Services are available to members **and** non-members? If you know someone who may need services and they are not a member, feel free to pass on my information. I am available to answer questions, provide resources and referrals, offer support and much more.

Did you also know we have a **new** support group happening? Circle² of Friends runs every Thursday from 1:30-3:00 in the Board Room. This group is led by myself, and is for seniors looking for some support in a safe environment. Please contact me if you have any questions regarding this group or any other services provided by our WSAC Outreach Program. If Groups aren't your thing, I am also available for 1-on-1 sessions.

*(*Please note that due to our Open House, Circle² of Friends will not run Sept. 7)*

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

VOLUNTEER NEWS

Casino Chair

After many, many, many years, our Casino Chair, Roy Batten, has stepped down to let someone else take the reins in this very important position. Our next Casino will be March 2 and 3, 2018. The Casino Chair will work alongside the Volunteer Coordinator to recruit volunteers as well as working with the casino to submit necessary paperwork. The funds that we receive from our Casino are necessary to the operation of the centre so it is essential that we have someone in this position.

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 in or give me a call.

Volunteer Recycler

Do you have a strong drive to be environmentally friendly and an interest in recycling? We are looking for someone to take on the responsibility of recycling all of the cans and bottles used in the centre. You would require a vehicle to transport them to the bottle depot. Proceeds from these bottles would come back into our kitchen program to recover costs.

Kitchen back-up

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

Committees

The Special Events, Travel and Planning committees could all use some more members.

Bakers Needed For Our Open House Pie Auction

New this year, we will be hosting a pie auction during our open house on Thursday, September 7. This is a wonderful way to showcase the talents of our members who can bake like it's going out of style. Cherry, Chocolate, Apple, Peach & Blueberry...Rhubarb, Pecan, Saskatoon....the more the yummiier! We are calling on all bakers to donate handmade pies to be included in our pie auction for our Open House. Please drop off pie donations to our kitchen before September 6th.

Please contact Heather, if you are interested in these opportunities or if you have any questions.

KITCHEN NEWS



WEEKLY FEATURED

HOT
LUNCH

Open House – Thurs, September 7 - Chili, Corn Bread & Corn on the Cob \$6

Grandparents Day – Fri, September 8 – Ham, Scalloped Potatoes, & Green Beans \$8

Thurs, September 14 - Beef Stroganoff, mashed potatoes, & peas

Fri, September 22 – Quiche & Salad

Mon, September 25 – Baked Tortellini Casserole



Patio Party

**Friday,
September 15
2:00-4:00 pm**

**Refreshments
Entertainment**

Cash Bar 50/50

Tickets \$10



Friday, October 6

Turkey Dinner

with all the trimmings

Musical Entertainment

Includes Coffee & Dessert

Price: \$12

**(please pre-purchase tickets
at the front desk)**



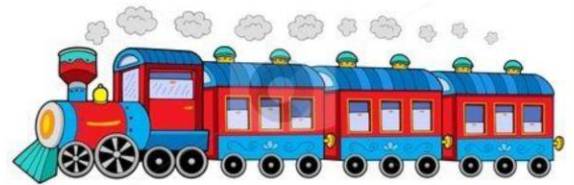
TRAVEL TRIPS



River Cree Casino Trip Wednesday, November 8

Bus picks up at 10:00 am & returns at 3 pm
Transportation, Lunch, a Gift & a \$5 voucher
ONLY \$10! What a Deal!!!!

Alberta Prairie Railway Excursion Friday, September 29 Fall Colours Special to Big Valley 8:00 am to 6:30 pm



Ticket prices \$175 member, \$185 non-member (**Deadline for tickets September 1**)

This is a once a year opportunity. Depending on the year, spectacular colours can be seen all along the tracks in the fall. Trip includes transportation from WSAC on coach bus to and from Stettler, a relaxing train ride from Stettler to/from Big Valley, on-board entertainment, and a delicious Alberta beef meal. Accessibility - participants must be able to navigate into and out of the train.

SOLD OUT

Federal Building and Alberta Legislature Tour Tuesday October 24 8:45 am to 2:00 pm

Tickets \$12 member, \$22 non-member (Ticket deadline Tuesday October 17)



School bus transportation from WSAC. Trip includes 1 ½ hour walking tour of Federal Building, school bus transportation to Legislature, opportunity to purchase lunch in the cafeteria, 1 hour walking tour of Legislature, group photo, return to WSAC on bus.

** Please pack light as you will need to go through a security clearance.



Circle² of Friends

Thursdays from 1:30 pm-3:00 pm

Due to the popularity of our Circle of Friends group, we have added a 2nd group. To begin with, this will be led by our Registered Social Worker. This group is an excellent way for new (and long-time) members to connect with others in a safe, supportive and caring environment.

Can't make this time? Feel free to contact me and we can set up a 1 on 1 session.



Library News

The library welcomes your donations of recently published books for our Fall Book Sale in October 10-13. Please leave them in the Library. Thank you!



Open House Puzzle Sale

Thursday,
September 7
10:30 am to 3:00 pm

The lazy, hazy days of summer will soon be over & everyone will be back into their "Fitness Fall" activities! Don't forget to include your MIND in your autumn health regime.

To help you get back into the groove, the Library is having a one day Puzzle Sale during Open House - so come by, "Harvest" a puzzle or two to help keep your brain fit this fall! (If you have puzzles to donate to the sale, please drop them off in the library.)



Birthday Party

September 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 &



& Rose Boucher
for donating a cake each month



M E E T I N G S



Travel Committee
Tuesday, September 12 at 11:00 am

Program Committee
Thursday, September 14 at 10:30 am

Special Events Committee
Thursday, September 14 at 9:30 am

Building & Maintenance Committee
Thursday, September 14 at 1:30 pm

Board Meeting
Thursday, September 21 at 9:30 am

Upcoming Events At A Glance

September



- FREE Coffee
- FREE Program Demonstrations
- FREE Performances
- FREE Hoedown Dance
- Door Prizes, Spin To Win 50/50 & more...

7



15

Patio Party



20



28



Prairie Railway Excursion

29



ALBERTA CULTURE DAYS

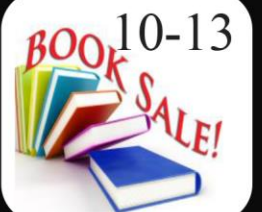
29

October



Thanksgiving Lunch

6



BOOK SALE!

10-13



HAPPY BIRTHDAY

18

Alberta Legislature Tour

24



Potluck

25



Halloween Dance

31

November



De-clutter Expo

2



The Casino Bus

8



Happy Birthday

15



Potluck

30

Please note Westend Seniors Activity Centre will be closed Sept 4 for Labour Day & Oct 9 for Thanksgiving & Nov 11 for Remembrance Day