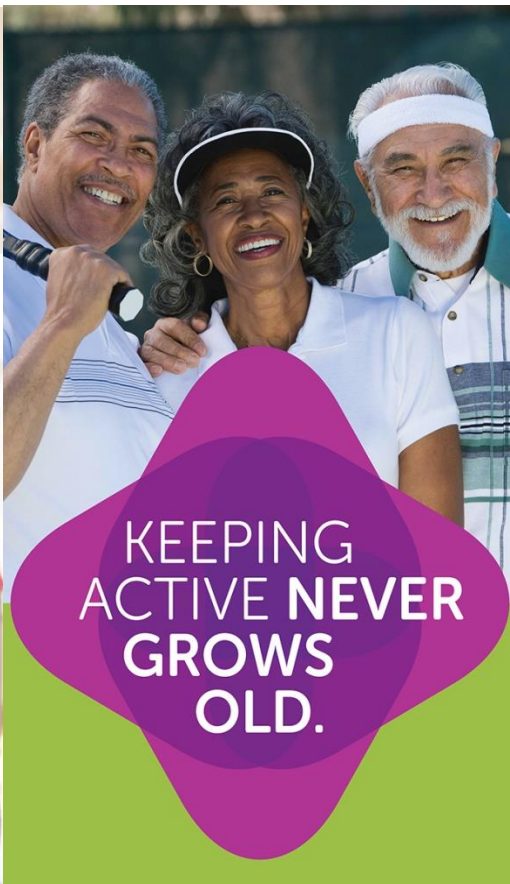




WESTEND SENIORS ACTIVITY CENTRE



2017 FALL PROGRAM GUIDE

9629 - 176 Street, Edmonton, AB T5T 6B3

Ph: 780-483-1209 | Fax: 780-484-7738

Website: WeSeniors.ca

ACTIVITY HUB

55+

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Welcome to Westend Seniors Activity Centre (WSAC)

55+ WSAC MEMBERSHIP

Membership: Available to Adults, 55 Years & Older

Fee: \$30 annually **Valid:** January 1, 2018 – December 31, 2018

Membership fees are due in January regardless of what month originally paid and are non-refundable, non-transferrable and will not be pro-rated.

New Members purchasing membership in the fall will be given the opportunity to pay a fee of \$15 for the remainder of 2017 and \$30 for the 2018 calendar year; equalling \$45 total and must be done in conjunction of each other.

Members:

- Carry full voting privileges.
- **Membership must be purchased in-person at Westend Seniors Activity Centre.**

ASSOCIATE MEMBERSHIP

Associate Membership: Available to Adults Living with a Disability, Under 55

Fee: \$30 annually **Valid:** January 1, 2018 – December 31, 2018

NOTE: Associate Membership fees are due in January regardless of what month you originally paid and are non-refundable, non-transferrable and will not be pro-rated.

Associate Members:

- Do not carry voting privileges.
- **Membership must be purchased in-person at Westend Seniors Activity Centre.**

RECIPROCAL PROGRAM REGISTRATION

A valid membership from any of the participating Centres allows you to take part in instructional classes only **if there is space** (*priority given to WSAC members*).

Participating Centres:

Westend Seniors Activity Centre	Mill Woods Seniors Association
South East Edmonton Seniors Association (SEESA)	Seniors Association of Greater Edmonton
North Edmonton Seniors Association (NESA)	Strathcona Place +55 Centre
Central Lions Seniors Association	North West Edmonton Seniors Society
Edmonton Aboriginal Seniors Centre	Jewish Seniors Citizens Centre
Edmonton Seniors Centre	South West Edmonton Seniors Association

*****Valid WSAC membership is required to participate in all drop-in activities*****

CANCELLATIONS & REFUNDS

- If it is necessary for WSAC to cancel a class, students will be notified prior to the start date and under these circumstances, refunds will be issued.
- Program fees will be fully refunded if a class is cancelled.
- No refunds or credits are given for programs, classes, travel trips, special events, presentations, drop-ins or fitness room registrations unless cancelled by WSAC.
- Concerns may be forwarded (in writing) to the WSAC Program Department for review.

PROGRAM REGISTRATION

In-person: Register at the front desk of WSAC between the operational hours of 9:00 am - 4:00 pm (Monday to Friday). Registration begins August 1st and will continue until each program start date.

- WSAC members receive priority at time of registration (and non-members may be bumped.)
- Registration deadline is 1 week prior to the course start date.
- Program fees will be confirmed at the time of registration and must be paid in full.
- Participants are not considered registered until full payment has been received.
- Payment can be made with Cheque or Cash or by using VISA, MasterCard, or American Express. Post-dated cheques are not accepted.
- If the program you wish to register for is full, you may be put on a wait list on a first come first serve basis. If there is a cancellation, we will contact you and let you know.

DISCLAIMERS

- Opinions expressed by program presenters do not necessarily reflect the views of the WSAC Program Administration or WSAC Board of Directors.
- All participants (member/non-member) must sign a waiver before being permitted to take WSAC programs.
- WSAC is not responsible for any injuries incurred during any program.
- ***Program dates, times, room allocation and fees are subject to change********

THE CENTRE WILL BE CLOSED ON THE FOLLOWING DAYS:

Labour Day: September 4th

Thanksgiving: October 9th

Remembrance Day: November 10th

Christmas Holidays: December 25th – 29th & Jan 1st

BURSARY PROGRAM

The Bursary Program is designed to create an inclusive environment, whereby members on limited income have access to physical, mental & social wellness through participation in programs.

Bursary Eligibility:

Single Senior: \$26,965 (or less)

Senior Couple: \$43,785 (or less)

*(*proof of income must be provided using applicant's most recent tax return)*

For more information, please inquire with our Outreach Coordinator.

CONDUCT OF MEMBERS

The Code of Conduct for Westend Seniors Activity Centre (WSAC) outlines the behavioral expectations for members. Members are expected to support, reinforce and implement the concepts outlined below, in a spirit of partnership and common purpose.

- Behave in a courteous and respectful manner toward others.
- Be tolerant and patient with the limitations and weaknesses of others.
- Be respectful of the individual and cultural differences of others.
- Be considerate of the feelings and opinions of others.
- Respect the personal belongings of others.
- Refrain from behavior that is abusive, threatening, offensive or disruptive to others.
- Act honestly and ethically in relationships with others.

Members in violation will be dealt with in accordance with established WSAC policy & procedures.



ART CLASSES

Ceramics

Instructor: Jackie Garrant



Mon, Sept 11 – Dec 4 (12 wks) from 9:30 am – 12:30 pm
Cost: \$96 + Supplies (no class Oct 9)

Discover the art of creating beautifully crafted ceramic pieces in a relaxed environment with the guidance of a skilled instructor. You will be shown the tools & techniques necessary to create your own masterpiece! Have fun & learn a new craft in a social environment where fellowship is strongly encouraged. All levels welcome. Students are expected to purchase their own green ware ahead of time.

****Supply list provided at time of registration***

****Greenware, glaze & firing costs extra***

Colour a Cat Drawing Workshop

Instructor: Susan Casault

Thurs, Dec 7 from 9:30 am – 2:30 pm

Cost: \$35 + Supplies

Colour a cat! This five hour workshop is for both the beginner and intermediate coloured pencil artist. Our subject for the day will be the drawing of a black cat on black paper. Learn the basics of this versatile medium while bringing this feline personality to life using only a few colours! Instruction will include group demonstrations and individual guidance. Photo reference will be provided by the instructor. Option to bring a bagged lunch or lunch is also available for purchase in the Café.

****Supply list provided at time of registration***

Drawing Basics – Mini Series

Instructor: Jan Fraser

Tues, Oct 3 from 1:00 pm – 3:00 pm

Cost: \$10 + Supplies

Tues, Nov 14 from 1:00 pm – 3:00 pm

Cost: \$10 + Supplies

Easy & Fun ways to learn to draw! Explore techniques to learn to draw in a relaxed and accepting environment. Beginners welcome. Emphasis will be on learning about lines, tones and textures with fun added in. *Materials: drawing pencils, eraser, drawing pad, small pencil sharpener, fine line black marker.*

****Supply list provided at time of registration***

Fun & Freestyle Acrylic Painting

Instructor: Fain Chase

Thurs, Sept 14 – Oct 5 (4 wks) from 9:30 am – 12:30 pm

Cost: \$48 + Supplies

Tues, Oct 10 – Oct 31 (4 wks) from 12:30 pm – 3:30 pm

Cost: \$48 + Supplies

Floral, Land, Sea & Face! Join our talented and creative artist Fain as he guides you through four unique acrylic paintings. This class is designed for all levels and each student will take home one painting every class – what a deal! Fain will assist you in shading in the subject using accents and colours while you make the painting your own. Unleash your creative juices and join in the fun.

****\$45 Supply kit available for purchase from instructor on first day of class***



ART CLASSES

Watercolours for the Beginner

Instructor: Jan Fraser

Tues, Sept 19 – Oct 17 (5 wks) from 10:00 am – 12:00 pm

Cost: \$50 + Supplies

Tues, Oct 24 – Nov 21 (5 wks) from 10:00 am – 12:00 pm

Cost: \$50 + Supplies

This class is designed for those fairly new to watercolours, or with little background, yet still looking for professional instruction, guidance and support. You will progressively work on your own project while learning the many different fundamentals of watercolours weekly from our trained instructor. This class offers a leisurely self-paced environment, with time for socialization, and as little or as much instruction as desired.

**Supply list provided at time of registration*

Watercolour for the Intermediate Artist

Instructor: Thomas Podlubny

Wed, Oct 4 – Nov 1 (5 wks) from 9:30 am – 12:00 pm

Cost: \$40 + supplies

Wed, Nov 8 – Dec 6 (5 wks) from 9:30 am – 12:00 pm

Cost: \$40 + supplies

This class is designed with the intermediate artist in mind. Our veteran instructor Thomas Podlubny provides the perfect opportunity for artists to enhance & develop skills at an intermediate level. Following the introduction, all artists are encouraged to work on their individual projects, with assistance provided along the way by the instructor.

**Supply list provided at time of registration*



DRAMA PROGRAMS

Theatre Sports for Seniors!

Instructor: Maria Yakula

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

Cost: \$48

Tues, Oct 31 – Nov 21 (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.

Drama Group

Instructor: TBD

WSAC is looking to get a **drama program** started! We are looking for active members who are interested in participating whether it be on stage or behind the scenes. We are currently in the process of recruiting a play director, so if you know anyone or if you are interested please contact Program Coordinator Alex Boisclair at **780-483-1209** or programs@westendseniors.com

**Looking to start in winter 2018 and have a production in late spring.*

ARTS 'N' CRAFTS DROP-INS

No commitment necessary, drop in as little or as often as you like!

Art Sessions

\$2 drop-in fee

Mondays & Wednesdays from 12:30 pm – 3:30 pm

Picasso's in motion, chatter alive & well!

These sessions are for anyone and everyone looking to enjoy their hobby, whether it be acrylic, stencil or watercolour to name a few, all levels welcome.

Colour Your World

\$2 drop-in fee

Fridays from 9:30 am – 12:30 pm

Scribbling brought to life with pencils, crayons and coloured pencils!

The hobby of colouring isn't just for kids! In fact, this pastime has become very popular among older adults too! Enjoy a tranquil space, among friends, to colour and socialize. Coffee breaks encouraged!

Crafters Corner

\$2 drop-in fee

Wednesdays from 9:30 am – 12:30 pm

Bring a craft or share an idea!

Calling all crafters to join in the fun! Enjoy open space to learn something new, inspire creativity and share ideas among peers.

Leather Tooling

\$2 drop-in fee

Tuesdays from 9:30 am – 11:30 am

The art of tooling, no need for schooling!

Come out and fine tune your leather tooling hobbies. An opportunity to work collectively together on your personal projects or independently in open program space.

Paper Quilling – “Quirky Quillers”

\$2 drop-in fee

Fridays from 1:00 pm – 3:30 pm

Fold a little paper & chat a lot!

Patience and perfection - this group is all about having fun! Some call it origami; we call it skillful and fun. Fondly referred to as the Quirky Quillers, this group welcomes new members.

Wood Working

\$2 drop-in fee

Mondays, Tuesdays, Wednesdays & Fridays from 12:30 pm – 3:30 pm

No workshop at home, no problem! Join ours...

Our well-equipped workshop is an ideal spot to work on your individual projects. Bring your “to do list” or start a new hobby.

Wood Carvers Club – “Wonderful Woodpeckers”

\$2 drop-in fee

Thursdays from 12:30 pm – 3:30 pm

Open space for creative hands at play!

Join in the fun and enjoy the talent at play. A friendly and committed group, carving their way to a wide collection of treasures.

LIFE LONG LEARNING

Charlie & the Writing Factory!

Instructor: Charles Goulet

Tues, Sept 19 – Oct 24 (6 wks) from 10:00 am – 11:30 am **Cost: \$24 + Supplies**

An instructor-led writing group brought together to share in story and ink! This course will guide you through the fundamentals of writing and is structured to be both educational and motivational. Open to both beginner and experienced writers. Charles Goulet is a published author of over 20 publications, so believe us when we say you're in good hands!

Writing from the Heart Group

Instructor: Heather Miller

Thurs, Oct 12 – Nov 16 (6 wks) from 9:30 am – 11:30 am **Cost: \$48 + Supplies**

Whether you are writing a family history or wanting to see your work on the printed page, *Writing From the Heart* will produce articles that draw on your own life's experiences. Over the course of the six weeks, you will produce several articles and gain ideas from the other participants for many more! You are encouraged to share your stories with your classmates although there is no obligation to do so. As you share memories, there is an added social benefit and you'll make some great friends, too. All levels welcome to join this fun and supportive group.

ART HISTORY LECTURE SERIES

Kathleen Silverman holds a BEd and a certificate in Arts and Cultural Management. She has experience working with all ages in diverse environments, including work as an instructor in the Learning in Retirement Lecture Series at the Art Gallery of Alberta as an Educator and Museum School Coordinator. Combining her love of teaching with her passion for the arts, Kathleen enjoys investigating the social context of artists and how their narratives influence their artwork.

#1: Moving Pictures – Migration in Art

Instructor: Kathleen Silverman, B. Ed

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.

#2: Artists of the Left Bank

Instructor: Kathleen Silverman, B. Ed

Thurs, Oct 26 – Nov 23 (5 wks) from 1:00 pm – 3:00 pm **Cost: \$50**

Travel back in time to Paris, the centre of the art world during the first four decades of the 20th century. Paris was a magnet for artists of all nationalities, who challenged growing anti-Semitism and xenophobia in Europe through their contributions to modern art and culture. Immigrant painters and sculptors, including Picasso, Modigliani, Chagall, Soutine and Pascin, dominated the new art scene of the left bank neighbourhood of Montparnasse in Paris. Explore this period of artistic proliferation and the men and women who profoundly changed art through a diversity of artistic expression.

DVD LECTURE SERIES

The Big History of Civilizations

Instructor: David Bai

Fri, Sept 8 – Dec 15 (14 wks) (No Class Nov 10) from 1:00 pm – 3:00 pm **Cost: \$56**

Unlocking important themes, trends and developments around the world, lecturer C.G. Benjamin draws from the work of anthropologists, biologists, geneticists, chemists, linguists, and more to gain deeper insights into human history. A lecture series you don't want to miss!

LIFE LONG LEARNING

Learning French

Instructor: Cindie Thompson

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 practice learning the French basics based on illustrations, sentences and the rules for listening, reading, writing and speaking. Come have fun while learning French!

Spanish – Basics 101

Instructor: Cecilia Hamel

Thurs, Sept 21 – Oct 19 (5 wks) from 9:00 am – 10:30 am

Cost: \$55

Thurs, Nov 16 – Dec 14 (5 wks) from 9:00 am – 10:30 am

Cost: \$55

Spanish 101 - a crash course in the basics of the Latin language. You'll learn enough to help get you through a trip & form common phrases to assist with communicating & seeking information/directions. Our experienced instructor will share tidbits on travel & highlight the Do's & Don'ts of speaking Spanish.

Spanish – Experienced

Instructor: Cecilia Hamel

Thurs, Sept 21 – Oct 19 (5 wks) from 10:30 am – 12:00 pm

Cost: \$55

Thurs, Nov 16 – Dec 14 (5 wks) from 10:30 am – 12:00 pm

Cost: \$55

You've taken the beginner course as a warm up and have your sights set on more of a challenge! This course acts as a continuation of learnings from Spanish 101, reviewing the basics of the Latin language and beyond to have you well on your way to being an experienced Spanish speaker.

Handy Dandy Electrical 101: What you need to know!

Instructor: Bo Loeffler

Thurs, Nov 23 from 10:00 am – 12:00 pm

Cost: \$4

A half-day workshop designed to walk you through everything you need to know about electrical systems in your home. Bo will explain circuits, what you need to know about hiring contractors and what you should look for when there is a problem with the electrical systems in the house.

Genealogy: What is it?

Instructor: Alison Glass

Thurs, Oct 19 from 1:00 pm – 2:30 pm

Cost: \$2 (please sign up in advance)

Genealogy, also known as family history, is the study of families and tracing their lineage of history. Come join Alison Glass, for a 1.5 hour presentation explaining what genealogy is and what FREE resources are available. This presentation will cover why genealogy is important and Alison will share her interesting story about how she got started and answer questions you may have!

Edmonton Transit Accessibility Talk

Instructor: Margaret Dorey

Fri, Sept 29 from 10:00 am – 11:30 am

Cost: \$2 (please sign up in advance)

Come learn about the accessible and age-friendly features on our city buses and trains: information will be provided on fare options (e.g. where/how to purchase, including seniors annual passes); safety and security; customer tools; trip planning/website information; DATS and Q&A time - everything you always wanted to know about ETS but were afraid to ask! There will also be hands-on demonstrations of the ramp and kneeling features to assist with boarding and disembarking our buses, an overview of the on-board features, and further opportunity to answer any concerns or concerns you may have.

EDUCATION & SPECIAL INTEREST DROP-INS

No commitment necessary, drop in as little or as often as you like!

Book Club

\$2 drop-in fee

2nd & 4th Wednesday of the month from 10:00 am – 12:00 pm

All bookworms welcome!

From fantasy to romance and non-fiction, this group covers it all. This is a social gathering with a reader's appeal. New members welcome.

Photo Club

\$2 drop-in fee

1st & 3rd Wednesday of the month from 10:00 am – 12:00 pm

Steady, smile and say cheese, or share your photos with the group please! Join in the fun, share pictures with the group, ask questions of any kind and explore, before meeting again.

Writing Circle

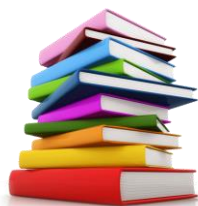
\$2 drop-in fee

Meet the 3rd Tuesday of the month from 9:30 am – 12:00 pm

Bring a story to scribble to paper, or share an idea!

Pen to paper, paper to pen...all in pursuit of writers ZEN!

This group welcomes new members to join their monthly meetings to share and discuss personal stories, triumphs and work through dreaded writers block together as a group. It's a social gathering of sorts, with the opportunity to grammar...OOPS, we mean gather & learn from one another.



EPL WORKSHOP SERIES

Want to learn more about what the library has to offer? Have you ever wondered if something you see online is too good to be true? If you do please join the Edmonton Public Library for our 4 week speaker series here at Westend Seniors Activity Centre.

Internet Safety & Information Guru

Instructor: Meg DeForest

Wednesday Oct 18 from 12:30 pm – 2:00 pm **Cost: \$2 (Please sign up in advance)**

Learn how to stay safe online and how to decide if what you find online is the best and most accurate information for you.

Research & Databases Available Through EPL

Instructor: Meg DeForest

Wednesday Oct 25 from 12:30 pm – 2:00 pm **Cost: \$2 (Please sign up in advance)**

You can do research with Consumer Reports, find information on medical conditions and more through our databases that you can access from your own home.

eLearning & eResources at EPL

Instructor: Meg DeForest

Wednesday Nov 1 from 12:30 pm – 2:00 pm **Cost: \$2 (Please sign up in advance)**

Want to learn how to order in Italian at the restaurant? How about watch a play without having to deal with crowds? Or maybe you want to finally write your autobiography or learn to take the perfect picture? Come and learn what the library can offer for entertainment, recreation and learning.

Books: What's New & Popular

Instructor: Meg DeForest

Wednesday Nov 8 from 12:30 pm – 2:00 pm **Cost: \$2 (Please sign up in advance)**

We're going to talk about new books you don't want to miss for you, your book club, books you'll want to read before the movie comes out and even books for your grandkids.

COMPUTERS, TABLETS & PHONES



My Personal Computer

Instructor: Chris Jackson



Tues, Sept 12 – Sept 19 (2 wks)

from 2:30 pm – 4:00 pm

Cost: \$23

Do you have a windows device and feel you are not taking advantage of its features? In this two session course you will walk away understanding how to use email, the Internet and word processing. Discover how to work with settings and work with files.

Computer Basics – What Do I Need to Know?

Instructor: Chris Jackson

Wed, Sept 13 from 2:30 pm – 4:00 pm

Cost: \$12

Thinking of buying a computer or have received a used computer as a gift but do not know how to use it? This session will provide a general introduction in understanding what all computers have in common and help you unravel some of the techy terminology. These devices can be user friendly, so shake off the fear that surround them, give them a chance and take the driver's seat.

Activity Tracker (Step Counters For All)

Instructor: Windsong Training

Wed, Sept 13 from 10:00 am – 12:00 pm

Cost: \$15

Many people are interested in measuring their activity levels. There are a wide variety of modern activity trackers – these go well beyond the step counters of the past. We can now get reports on our level of activity, heart rate and sleep patterns. Join us for a discussion of device features and apps to help sort out the features that are important to you before you purchase.

Windows 10 Workshop

Instructor: Chris Jackson

Wed, Sept 20 – Oct 4 (3 wks) from 2:30 pm – 4:00 pm

Cost: \$34

Are you confused with Windows 10 and need some guidance in using this operating system? Join us for a series of three classes to explore what Windows 10 can do for you. This course will take you back to the basics, with a review of the new Operating System and what makes this system different. ****Please bring your laptop to the course***

Android Tablets

Instructor: Chris Jackson

Thurs, Sept 21 – Sept 28 (2 wks) from 12:30 pm – 2:30 pm

Cost: \$30

Do you have an Android tablet and are not able to use it? Join this session to explore some of the features that are available for you to use. Be able to take advantage of your tablet and use it in a way that works for you! ****Please bring your tablet to the course***

An Answer to Android Phones

Instructor: Chris Jackson

Tues, Oct 10 from 2:30 pm – 4:00 pm

Cost: \$12

Are you feeling frustrated, lost or just can't seem to navigate your Android device? Not feeling comfortable using your new phone? Don't sweat it, you're not alone. Join us to pick up some tips about using your phone. Work with text, email and the internet. Open up settings to activate or turn off options you do not require. ****Please bring your phone to the course***

COMPUTERS, TABLETS & PHONES



IPad Class for the Beginner

Instructor: Chris Jackson

Wed, Oct 11 – Nov 15 (6 wks) from 12:30 pm – 2:30 pm

Cost: \$60

Do you have an iPad tablet that you are uncomfortable using? If so, attend a series of six classes to help build your confidence and understanding of your device. We will look at the Basic apps provided and place special emphasis on using email, the internet, taking photos, organizing your photos, using FaceTime and working with text. ****Please bring your iPad to the course***

Using the Web for Travel

Instructor: Chris Jackson

Wed, Oct 11 from 2:30 pm – 4:00 pm

Cost: \$12

Looking to get away? Did you know that booking online is both efficient and cost-effective? Learn how to book flights, rent a vehicle, book a hotel or rental accommodation. Use google maps to locate places and find climatic data for different times of year in a country. Travelling abroad? Learn how you can complete an eVisa online. Become your own travel agent to book a vacation.

Working With Photos

Instructor: Chris Jackson

Tues, Oct 17 from 12:30 pm – 2:30 pm

Cost: \$15

Photos can be so easy to take on your phone or tablet. What can I do with my camera? What apps are available to use on a tablet for photo editing/camera? Discover ways to organize your photos and discover camera/photo apps. ****Please bring your phone or tablet to the course***

Introduction to Facebook

Instructor: Windsong Training

Thurs, Oct 26 – Nov 2 (2 wks) from 10:00 am – 12:00 pm

Cost: \$30

This session will cover how to create a Facebook profile as well as use and maintain your page. There will be an overview of Facebook features and you will gain an understanding of its privacy settings. Using chat and messenger, creating groups and restricting content sharing policies will be discussed. Also, bring some ideas of text and images you want to add to your profile. We will be using Facebook via web application during this course. ****Please bring your laptop to the course***

FaceTime Basics

Instructor: Chris Jackson

Wed, Nov 1 from 2:30 pm – 4:00 pm

Cost: \$12

Looking to connect with friends or family? In this mini workshop you will learn how to operate facetime on either your iPhone or iPad. You will learn how easy it is to connect with anyone you choose to, whenever you like, to help bring you closer to your family. You will walk away feeling confident in your capability to use FaceTime on your device. ****Please bring your phone or tablet to the course***

My Personal Computer

Instructor: Chris Jackson

Wed, Nov 15 – Nov 22 (2 wks) from 2:30 pm – 4:00 pm

Cost: \$23

Do you have a windows device and feel you are not taking advantage of its features? In this two-session course you will walk away understanding how to use email, the Internet and word processing. Discover how to work with settings and work with files.

COMPUTERS, TABLETS & PHONES



Kijiji Basics

Instructor: Chris Jackson

Tues, Nov 21 from 12:30 pm – 2:30 pm

Cost: \$15

Looking to get rid of your extra stuff? Perhaps make some extra money for Christmas? Kijiji is a website that thousands of people use to sell what they don't need, and to find a bargain. Like the Bargain Finder newspaper or online garage sale, it is easy to place an ad. The final sale is done face-to-face. Learn how to create your own ad, look for items and respond to a sale. A great way to start downsizing!

Online Shopping Safely

Instructor: Windsong Training

Wed, Nov 22 from 10:00 am – 12:00 pm

Cost: \$15

Buying online is fast and convenient: with a few clicks of the mouse you can have items arrive at your door. As with all things, it is wise to be a bit curious. We will look at internet safety in general and then provide guidelines to shop online with confidence.

One-on-One Computer Tablet Tutoring

Instructor: Chris Jackson

Cost: 60 mins for \$20 OR 90 mins for \$25

Register at the front desk

Help is here! If you are interested in receiving individualized computer/tablet tutoring, please see the front desk to book an appointment today. Our computer tutor offers a variety of different levels of computer tutoring based on your needs. All computer tutoring is done onsite. One-on-One tutoring provides basic assistance to help you better use your computer device in getting started & in using the basic software apps. These sessions will help assist & build your confidence in using your device. **Please note – one-on-one tutoring is not for providing technical assistance.**



MUSIC



Music Lessons

30 Minute Lessons

Thurs, Sept 6 & Mon, Oct 30 from 1:00 pm – 3:00 pm

Cost: \$4 per lesson

Don't let a little inexperience stop you from joining some of the wonderful musical opportunities here at WSAC. Whether you desire a Drop-in Jam session, joining the Ukulele Circle, singing in our choir or jamming with the Silver Tones - we can't stress enough that **everyone** is **welcome**. Musical Instructor, Heather Miller, specializes in guitar, ukulele, and piano. Sign up for a music lesson to gather a little direction and confidence to prepare you for the many opportunities outlined and more! Lessons are split into ½ hr per person.

***Sign up in advance at front desk to reserve a spot!

*** These times don't work for you? Alternate day and time can be arranged through instructor Heather Miller at hcmiller@shaw.ca or 780-487-5949



MUSIC



Choir – Westend Singers

\$60 annual member fee

Meet Fridays from 1:00 pm – 2:30 pm (followed by social coffee) Starting September 15
“The Westend Singers” – Where singing comes from the HEART!

A social group of dedicated singers, welcomes YOU next season! This group welcomes new members in September. No experience required, just a love of singing and having fun. Our mission is to entertain at various seniors' residences. We also have a concert at the centre in mid-May. If you are interested in joining, feel free to drop by for a visit. Hope to see you this September!

****Members have the option to pay bi-annually; \$30 for Sept-Dec and \$30 for Jan-May.***

SING ALONG MINI-SERIES

Campfire Sing-Along

Cost: \$5 (Please register in advance)

Fri, Sept 29 from 10:00 am – 11:30 am

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

Holiday Sing-Along

Cost: \$5 (Please register in advance)

Fri, Dec 15 from 10:00 am – 11:30 am

Come sing some of your favourite holiday songs in a circle while enjoying hot cocoa and cookies. No experience needed. All levels welcome. Everyone welcome; you can even just come to listen and enjoy the music as well!

MUSIC DROP-INS

Open Jam Sessions

\$2 drop-in fee

1st & 3rd Monday of the month from 1:00 pm – 3:00 pm

Music fills the soul! Slam 'n' Jam with the best of 'em! You don't have to be an expert musician, just a love for music required! Drop in with your guitar, banjo or whatever instrument you fancy. All levels encouraged & new members welcome. ***Don't play an instrument?*** Come on in anyway to enjoy the music; everyone is welcome - sing, play or just listen.

The Silver Tones

\$2 drop-in fee

Meet Fridays from 10:00 am – 12:00 pm

Musicians unite and create harmonious sound!

A social group of musicians gathering for a time of sharing, while creating beautiful music together. All levels encouraged & new members welcome.

Ukulele Circle

\$2 drop-in fee

2nd & 4th Monday of the month from 1:00 pm – 3:00 pm

Strum along and make sweet music! Back by popular demand, this favoured pastime has made a serious comeback! All levels encouraged and new members welcome. ***Don't play an instrument?*** Come on in anyway to enjoy the music; everyone is welcome - sing, play or just listen.

Note: All drop-in attendees are responsible for their own instruments

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DANCE



Ballroom Dance Class - Experienced

Instructor: Monika Holub

Ballroom & Latin Beyond Basics

Tues, Sept 12 – Oct 31 (8 wks) from 1:30 pm – 2:30 pm

Cost: \$72

Join us for 8 weeks of dancing fun! This course is designed for dancers with some background in Ballroom & Latin dancing. The first four weeks will cover ballroom style dancing including waltz, foxtrot, and tango. The second half of the course will explore latin/swing style dancing including rumba, cha cha, mambo, and east/west coast swing.

**Registration in partners is preferred but is not mandatory*

BeMoved®

Instructor: Simone Batt

Tues, Sept 12 – Oct 24 (7 wks) from 12:15 pm – 1:15 pm

Cost: \$42

Tues, Oct 31 – Dec 12 (7 wks) from 12:15 pm – 1:15 pm

Cost: \$42

Thurs, Sept 14 – Oct 26 (7 wks) from 10:10 am – 11:10 am

Cost: \$42

Thurs, Nov 2 – Dec 14 (7 wks) from 10:10 am – 11:10 am

Cost: \$42

At Be Moved® we are passionate about sharing the joy of dance with people of all movement abilities. We believe that movement expressed through dance & music has a transformative power that enriches a person's well-being above & beyond the well-known physical fitness benefits.

BeMoved® is a dance fitness experience that inspires people of all movement abilities to fully express themselves through the beauty of dance. Give yourself the gift to BeMoved®.

Gentle BeMoved®

Instructor: Simone Batt

Tues, Sept 12 – Oct 24 (7 wks) from 11:15 am – 12:00 pm

Cost: \$42

Tues, Oct 31 – Dec 12 (7 wks) from 11:15 am – 12:00 pm

Cost: \$42

Gentle BeMoved has created six classical genres that appeal to our senior dancers. Each Gentle BeMoved class starts with a gentle, seated warm-up progressing to upright dancing; participants can also choose to remain seated for the duration of the class. Note: Gentle BeMoved classes can accommodate individuals who use mobile assistive devices and/or those who prefer to remain seated.

Line Dancing

Instructor: Tracey Van Dyk

True Beginner

Wed, Sept 13 – Oct 25 (7 wks) from 12:30 pm – 1:25 pm

Cost: \$42

Wed, Nov 1 – Dec 13 (7 wks) from 12:30 pm – 1:25 pm

Cost: \$42

Intermediate

Wed, Sept 13 – Oct 25 (7 wks) from 1:30 pm – 2:25 pm

Cost: \$42

Wed, Nov 1 – Dec 13 (7 wks) from 1:30 pm – 2:25 pm

Cost: \$42

Experienced

Wed, Sept 13 – Oct 25 (7 wks) from 2:30 pm – 3:30 pm

Cost: \$42

Wed, Nov 1 – Dec 13 (7 wks) from 2:30 pm – 3:30 pm

Cost: \$42

Heel Toe, Heel Toe, Round Shuffle & Here we go! Another exciting session of line dancing for you country & regular folk. It will be a class where the fun never stops & you won't realize you've exercised until the class is over. Open to anyone & certainly welcoming everyone.

DANCE

Ballroom With A Twist

Instructor: Joan Tharme

Choreographed Ballroom (New or Newer Dancers)

Thurs, Sept 21 – Dec 7 (12 wks) from 10:55 am – 11:55 am

Cost: \$72

This class is for new and newer dancers. We will be learning to Cha Cha and Rumba. No experience needed.

Round Dancing – Experienced

Thurs, Sept 21 – Dec 7 (12 wks) from 11:55 am – 1:10 pm

Cost: \$72

This class is for dancers with phase two/three waltz and two-step experience, as well as rumba, cha cha, foxtrot and mambo. You will add to your skill level with more phase three figures and dances.

Whatever you call it we call it fun! It's a dance form that is so good for your brain and body. You learn steps/figures predominately from the ballroom world. They are cued just before you have to do them (so that there isn't as much pressure on the man to lead the lady). Both dancers listen for the cues and do the steps in time with the music. We start at the new dancer level and then grow & progress. It's a partner dance. Come with your spouse, your friend or your neighbour. Ladies come with a girlfriend if you like.

NOTE: Brand new dancers are encouraged to join us in September and in January when no experience is necessary. Come try out a new dance form at those times!

Clogging - Experienced

Instructor: Joan Tharme

Thurs, Sept 21 – Dec 7 (12 wks) from 9:30 am – 10:30 am

Cost: \$72

CLOGGING is Appalachian mountain tap dancing. A terrific low-medium impact program for the body and mind. This class is for experienced cloggers (4 years or more is recommended).



TAI CHI

Tai Chi (Taiji) is a form of Martial Arts designed for self-defense, but studies show it can improve mobility, balance and health while exercising the entire body and challenging the mind. Taiji can rebuild bone density, reduce hardening of the arteries and change the body to move the way in which it was designed. Rebuilding brain cells, body, balance and soul is the main bonus of Taiji.

Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

Mon, Sept 11 – Dec 11 (13 wks) (No Class Oct 9) from 1:30 pm – 2:30 pm

Cost: \$98

The first half hour is qigong which is a health exercise that improves circulation, brain function and stretches the body. It is a form of guided moving meditation and a part of the Taiji System taught here. The second half hour is learning the Hunyuan Taiji 24 form, which includes qigong movement.

Foundations & Hunyuan Taiji

Instructor: Allan Belsheim

Thurs, Sept 14 – Dec 7 (11 wks) (No Class Oct 5 & Oct 12) from 2:30 pm – 3:30 pm

Cost: \$83

The first half hour we work on Foundation exercises that prepare the body to be physically able to move correctly to perform Taiji. Included are "Silk Reeling", "Circles" and how to move correctly to have correct structure and balance. The second half is the Hunyuan 24 and is a repeat of what is done for Taiji on Monday.

MEDITATION

Meditation

Instructor: Prem Kalia

Mon, Sept 18 – Nov 27 (10 wks) (No Class Oct 9) from 1:00 pm – 3:00 pm **Cost \$40**
Meditation promotes good health, peace & contentment within. A variety of techniques from many spiritual traditions will be used to enhance understanding of wisdom of the East and West. Cultivating kindness & compassion & bringing an attitudinal change will be part of the focus. Overcome the negativities & stress of modern life & bask in the ultimate benefit of meditation as it relaxes the mind & body. Wonders happen!



Yoga for Arthritis

Instructor: Shall Sinha, E-RYT, RYT 500

Wed, Sept 13 – Oct 25 (7 wks) from 9:15 am – 10:15 am **Cost: \$50**

Wed, Nov 1 – Dec 13 (7 wks) from 9:15 am – 10:15 am **Cost: \$50**

Yoga is one of the best exercises for seniors with arthritis. Since arthritis restricts movement & yoga increases range of motion, yoga is a natural antidote to arthritis. Yoga loosens the muscles & increases flexibility & balance, which helps prevent falls & increases blood circulation. Yoga strengthens the joints, reduces pain, improves joint flexibility & helps them to function normally. Over time, Yoga will help relieve stiffness & help you lead a healthier, more relaxed lifestyle. Each session will include some pranayama (yogic breathing), light yoga exercises, & relaxation. The program starts with simple stretches & gradually advances to more difficult poses.

***Yoga mat required.**

Chair Yoga

Instructor: Shall Sinha, E-RYT, RYT 500

Mon, Sept 11 – Oct 30 (7 wks) (No Class Oct 9) from 9:00 am – 10:00 am **Cost: \$50**

Mon, Nov 6 – Dec 18 (7 wks) from 9:00 am – 10:00 am **Cost: \$50**

If you have difficulty getting down on a yoga mat but would like to remain fit, come to Chair Yoga. Sitting on a chair, or using a chair for support and balance, you will learn to practice a wide range of yoga poses and thereby develop strength, flexibility, balance, endurance and relaxation. No previous experience of yoga is required. You will not be required to get down on the floor for this class. ***A yoga mat is required for the stability of the chair.**

Chakra Yoga

Instructor: Pramila Sinha, E-RYT200

Thurs, Sept 14 – Nov 2 (6 wks) (No Class Oct 5 & 12) from 11:15 am – 12:15 pm **Cost: \$43**

Thurs, Nov 9 – Dec 14 (6 wks) from 11:15 am – 12:15 pm **Cost: \$43**

Chakras are the energy centres that correspond to nerve centres in the body. Renew your Prana/LifeForce by understanding the dynamics of your inner Chakra energy. You will learn about the Chakra locations, colours, sounds, corresponding poses and much more. Discover your inner balance and be in peace with self. No prior experience needed. All levels welcome. Class able to be done from comfort of a chair or lying down on a mat; whichever is preferred. ***Yoga Mat required**

YOGA

Mind Body Soul

Develop Flexibility Through Yin Yoga

Instructor: Pramila Sinha, E-RYT200

Tues, Sept 12 – Oct 31 (7 wks) (No Class Oct 10) from 12:15 pm – 1:15 pm Cost \$50

Tues, Sept 12 – Oct 31 (7 wks) (No Class Oct 10) from 1:30 pm – 2:30 pm Cost \$50

Tues, Nov 7 – Dec 12 (6 wks) from 12:15 pm – 1:15 pm Cost \$43

Tues, Nov 7 – Dec 12 (6 wks) from 1:30 pm – 2:30 pm Cost \$43

Do you feel that your joints are very stiff? Do you wish to gain some flexibility in your hips, shoulders, knees, ankles etc. without risking injury? This is the right program for you. Yin Yoga is designed for developing flexibility in rigid joints through moderate stretch applied to specific joints sustained for a duration of 1 to 3 minutes. As you relax in a pose, the gravity will slowly develop flexibility. Week by week you will be amazed to discover the flexibility you achieve.

****Must be able to get down on the floor onto the mat. *Yoga mat required.***

Gentle Yoga - Beginner

Instructor: Shaun Giroux

Mon, Sept 11 – Oct 30 (7 wks) (No Class Oct 9) from 10:45 am – 11:45 am Cost: \$50

Mon, Nov 6 – Dec 18 (7 wks) from 10:45 am – 11:45 am Cost: \$50

Wed, Sept 13 – Nov 1 (6 wks) (No class Oct 4 & Oct 11) from 12:00 pm – 1:00 pm Cost: \$43

Wed, Sept 13 – Nov 1 (6 wks) (No class Oct 4 & Oct 11) from 1:15 pm – 2:15 pm Cost: \$43

Wed, Nov 8 – Dec 13 (6 wks) from 12:00 pm – 1:00 pm Cost: \$43

Wed, Nov 8 – Dec 13 (6 wks) from 1:15 pm – 2:15 pm Cost: \$43

Gentle Yoga is an easy, adapted & slower moving style of yoga. The poses are repeated several times in a flowing series to get the full benefit without straining or forcing. No long holds or straining to touch your toes in this class. You will stretch, tone & strengthen the whole body as well as practice breathing exercises, mindfulness & relaxation. Great for everybody but amazing for the older adult. ****Yoga mat required.***

Yoga – Intermediate Level

Instructor: Caroline Haverkort



Wed, Oct 18 – Dec 6 (8 wks) from 10:30 am - 11:30 am Cost: \$58

This class takes you back to the basics & beyond. The instructor's extensive yoga background will introduce you to where Yoga originated & take you above & beyond to poses & relaxation you never thought possible. You will learn various meditation techniques, basic yoga poses, & focus on breathing & movement patterns to enhance range of motion. It will help improve blood circulation & have you feeling more refreshed. ****Yoga mat required.***

YOGA

Mind Body Soul

Intermediate Yoga

Instructor: Pramila Sinha, E-RYT200

Fri, Sept 15 – Oct 27 (7 wks) from 10:45 am – 11:45 am

Cost: \$50

Fri, Nov 3 – Dec 15 (6 wks) (No Class Nov 10) from 10:45 am – 11:45 am

Cost: \$43

Yoga has proven benefits for improving overall well-being as it directly relates to the mind, body & soul. If you have been practicing yoga for awhile & are ready to take the next level of yogic breathing, asanas, relaxation & meditation, then this class is ideal for you. ****Yoga mat required.***

Pilatoga

Instructor: Shaun Giroux

Beginner:

Mon, Sept 11 – Oct 30 (7 wks) (No Class Oct 9) from 9:30 am – 10:30 am

Cost: \$50

Mon, Nov 6 – Dec 18 (7 wks) from 9:30 am – 10:30 am

Cost: \$50

Intermediate:

Mon, Sept 11 – Oct 30 (7 wks) (No Class Oct 9) from 12:00 pm – 1:00 pm

Cost: \$50

Mon, Nov 6 – Dec 18 (7 wks) from 12:00 pm – 1:00 pm

Cost: \$50

The strength from Pilates & the balance from Yoga presented in an energizing & encompassing atmosphere! This class encourages & welcomes all levels & experiences. An hour spent but not a minute wasted. ****Yoga mat required.***

Restorative Hatha Yoga – Intermediate

Instructor: Audrey Bell-Hiller, BA

Thurs, Sept 14 – Oct 12 (5 wks) from 9:45 am – 11:00 am

Cost: \$38

Thurs, Nov 2 – 30 (5 wks) from 9:45 am – 11:00 am

Cost: \$38

The instructor places emphasis on providing a program to improve strength, flexibility, joint movement and relaxation. Just sitting at a computer can shorten the hip flexors and hamstring muscles which often leads to back problems and creates stiffness in hips, knees, neck and shoulders. Restorative yogic postures promote deep relaxation and renewal for tight muscles. Come join the program to find out how yogic postures can assist with daily stresses of life. We all deserve full joint movement while improving circulation, and freedom from pain in our daily lives. ****Yoga mat required.***

Structural Yoga Therapy for All

Instructor: Marthe Murphy

Fri, Sept 15 – Oct 27 (7 wks) from 9:15 am – 10:30 am

Cost: \$53

Fri, Nov 3 – Dec 15 (6 wks) (No Class Nov 10) from 9:15 am – 10:30 am

Cost: \$46

Experience the part of you that is straight, strong, healthy, whole, loving, & clear as you gently unravel stress, strain, & pain from the body & mind. Structural Yoga is very specific in what muscles, groups of muscles, & joints are stretched & strengthened & in what sequence. This class meets each person where they are at, using props & finding the best position to work in, seated on a chair or floor, lying down, standing, or kneeling. ****Must be able to get down on the floor (with or without assistance) *Yoga mat required for floor exercises.***



FITNESS



Cardio Salsa

Instructor: Maria Yakula

Fri, Sept 15 – Oct 27 (7 wks) from 9:45 am – 10:45 am

Cost: \$45

Fri, Nov 3 – Dec 15 (6 wks) (No Class Nov 10) from 9:45 am – 10:45 am

Cost: \$39

Quit the workout, join the fun! This exercise class is innovative, FUN & exciting. Flex your dance muscles and sweat to the beat in “Latin Dance Aerobics.” Love Salsa, Merengue, and Cha Cha? Love to dance but find traditional workouts boring? We’ve got the perfect class for you. A total body workout specifically designed to help you break a sweat while having a blast!

Dance Fit

Instructor: Kathy Paterson

Mon, Sept 11 – Oct 30 (7 wks) (No class Oct 9) from 10:00 am – 10:55 am

Cost: \$45

Mon, Nov 6 – Dec 18 (7 wks) from 10:00 am – 10:55 am

Cost: \$45

Wed, Sept 13 – Oct 25 (7 wks) from 10:00 am – 10:55 am

Cost: \$45

Wed, Nov 1 – Dec 13 (7 wks) from 10:00 am – 10:55 am

Cost: \$45

Get fit, lose weight, wiggle & jiggle to music from the roaring 20’s to the techie-2000’s with easy to follow dances from Latin America (Zumba), 20’s Big Band, Hawaii, Greece, Mexico, Caribbean, 50’s-60’s Rock’n Roll, and 70’s Disco. Big Bonus! Suggest your favourite tunes to be choreographed for the class.

*No experience necessary. Non-competitive (go your own pace) & start your day right.

Fit For Life

Instructor: Illonka Wormsbecker

Mon, Sept 11 – Oct 23 (6 wks) (No Class Oct 9) from 11:05 am – 12:05 pm

Cost: \$40

Mon, Oct 30 – Dec 4 (6 wks) from 11:05 am – 12:05 pm

Cost: \$40

Tues, Sept 12 – Oct 24 (6 wks) (No Class Oct 10) from 11:05 am – 12:05 pm

Cost: \$40

Tues, Oct 31 – Dec 5 (6 wks) from 11:05 am – 12:05 pm

Cost: \$40

Wed, Sept 13 – Oct 25 (6 wks) (No Class Oct 11) from 11:05 am – 12:05 pm

Cost: \$40

Wed, Nov 1 – Dec 6 (6 wks) from 11:05 am – 12:05 pm

Cost: \$40

Fri, Sept 15 – Oct 27 (6 wks) (No Class Oct 13) from 11:05 am – 12:05 pm

Cost: \$40

Fri, Nov 3 – Dec 8 (6 wks) from 11:05 am – 12:05 pm

Cost: \$40

Fit for Life is a progressive weight-training program that will enhance functional independence, mobility, balance, muscle strength, & bone density. These exercises are introduced in gradual stages, monitored to assure progress & safety, & proven beneficial for the older adult. From the comfort of a chair, you will exercise core muscles, increasing overall strength & endurance.

FITNESS

FITness is FUN!

Instructor: Illonka Wormsbecker

Tues, Sept 12 – Oct 24 (6 wks) (No Class Oct 10) from 10:00 am – 11:00 am **Cost: \$40**

Tues, Oct 31 – Dec 5 (6 wks) from 10:00 am – 11:00 am **Cost: \$40**

A fun, low impact aerobic class with "Bender Balls" and some line dances, designed to provide a total body workout. Suitable for all ages of older adults. Focuses on heart health and core strength. Choreographed to the music of the oldies.

Interval Strength Training

Instructor: Maria Yakula

Tues, Sept 12 – Oct 24 (7 wks) from 12:15 pm – 1:15 pm **Cost: \$45**

Tues, Oct 31 – Dec 12 (7 wks) from 12:15 pm – 1:15 pm **Cost: \$45**

Thurs, Sept 14 – Oct 26 (7 wks) from 11:15 am – 12:15 pm **Cost: \$45**

Thurs, Nov 2 – Dec 14 (7 wks) from 11:15 am – 12:15 pm **Cost: \$45**

Mixing music & fun with highly aerobic dance sequences broken up with strength, core & flexibility exercises. Adding music from around the world makes for a motivating & invigorating workout! Suitable for all fitness levels.

MOC Barre

Instructor: Shaun Giroux

Wed, Sept 13 – Oct 25 (7 wks) from 10:30 am – 11:15 am **Cost: \$45**

Wed, Nov 1 – Dec 13 (7 wks) from 10:30 am – 11:15 am **Cost: \$45**

MOC Barre Method is a signature power fitness strengthening program that redefines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals & back, while sculpting the arms. Achieve a beautiful, healthy body while improving postural balance, flexibility, coordination, & grace.

On Pace With Parkinsons

Instructor: Janet Hauca

Thurs, Sept 14 – Oct 26 (6 wks) (No Class Oct 5) from 2:45 pm – 3:45 pm **Cost: \$48**

Thurs, Nov 2 – Dec 14 (6 wks) (No Class Nov 16) from 2:45 pm – 3:45 pm **Cost: \$48**

Have you been diagnosed with Parkinsons and unsure what one can do? Exercise is one of the top prescriptions to help keep people motivated and provide the strength needed to continue enjoying hobbies and opportunities in life. An instructor led workout that delivers exercises best suited to abilities in a progressive manner to keep members moving.

One on One Workouts/Training

Instructor: Janet Hauca



Cost: \$45/hour

Looking to work one on one with a trainer? Sign up at the front desk and our trainer will call you to work out a time!

FITNESS

One Step at a Time

Instructor: Janet Hauca

Fri, Sept 8 – Sept 29 (4 wks) from 10:30 am – 11:30 am

Cost: \$35

Fri, Oct 13 – Nov 3 (4 wks) from 10:30 am – 11:30 am

Cost: \$35

Fri, Nov 24 – Dec 15 (4 wks) from 10:30 am – 11:30 am

Cost: \$35

A class designed with the real beginner in mind. This class is designed for you if...you are graduating from a rehab program, recovering from surgery, belong to the AHS Step Forward Program, or are a true beginner looking to start out on a regimen of health & wellness. You will be taking in physical activity to improve strength & flexibility & light aerobics to improve cardio. But the biggest gain of all is knowing you are not alone! Before you know it, you'll be graduating into any & many of the wonderful classes of all levels at the centre.

Stretch & Strength

Instructor: Janet Hauca

Tues, Sept 12 – Oct 24 (6 wks) (No Class Oct 3) from 1:30 pm – 2:30 pm

Cost: \$45

Tues, Oct 31 – Dec 12 (6 wks) (No Class Nov 14) from 1:30 pm – 2:30 pm

Cost: \$45

Thurs, Sept 14 – Oct 26 (6 wks) (No class Oct 5) from 1:30 pm – 2:30 pm

Cost: \$45

Thurs, Nov 2 – Dec 14 (6 wks) (No class Nov 16) from 1:30 pm – 2:30 pm

Cost: \$45

The benefits of resistance training & stretching are second to none & here's a class that caters to both. No matter the age, now is the time to begin a no-impact program to help enhance muscular strength & endurance; meanwhile you flex your aches & pains aside with a well-rounded stretching routine. STRETCH your mind beyond the regular routine & make this class part of the productive week. You'll ask yourself why you hadn't started sooner.

Small Group Training

Instructor: Janet Hauca

Mon & Wed, Oct 11 – Nov 6 (8 Classes, 4 wks) from 12:45 pm – 2:15 pm

Cost: \$120

Mon & Wed, Nov 20 – Dec 13 (8 Classes, 4 wks) from 12:45 pm – 2:15 pm

Cost: \$120

You will enjoy small group workouts, exercise modification & benefit from a personalized program delivery all in the surroundings of a group atmosphere to motivate & encourage. Quality time = quality workouts!

Seated Stretch & Strength

Instructor: Kathy Paterson

Mon, Sept 11 – Oct 30 (7 wks) (No Class Oct 9) from 11:00 am – 11:30 am

Cost: \$23

Mon, Nov 6 – Dec 18 (7 wks) from 11:00 am – 11:30 am

Cost: \$23

Wed, Sept 13 – Oct 25 (7 wks) from 11:00 am – 11:30 am

Cost: \$23

Wed, Nov 1 – Dec 13 (7 wks) from 11:00 am – 11:30 am

Cost: \$23

Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you. Total body stretching done completely in a chair, at your own pace, will promote improved circulation, flexibility, movement, & digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us & feel better.

FITNESS

Seniors Stretch

Instructor: Kathy Paterson

Mon, Sept 11 – Oct 30 (7 wks) (No Class Oct 9) from 9:00 am – 9:55 am Cost: \$45

Mon, Nov 6 – Dec 18 (7 wks) from 9:00 am – 9:55 am Cost: \$45

Wed, Sept 13 – Oct 25 (7 wks) from 9:00 am – 9:55 am Cost: \$45

Wed, Nov 1 – Dec 13 (7 wks) from 9:00 am – 9:55 am Cost: \$45

The perfect way to start the day! Gentle flexibility-inducing stretches, done with easy progression to soothing music. Studies prove that seniors benefit tremendously from stretching activities. Aging causes stiffness of joints & muscles, which causes pain, frequently, poor balance, circulation, digestion, posture, & flexibility. The easy remedy is stretching! This relaxing class is for everyone; it will involve standing & prone stretching (with mats); however, it can be done with modifications while seated. **Yoga mat required.*

Total FIT

Instructor: Kathy Paterson

Tues, Sept 12 – Oct 24 (7 wks) from 9:00 am – 10:00 am Cost: \$45

Tues, Oct 31 – Dec 12 (7 wks) from 9:00 am – 10:00 am Cost: \$45

Thurs, Sept 14 – Oct 26 (7 wks) from 9:00 am – 10:00 am Cost: \$45

Thurs, Nov 2 – Dec 14 (7 wks) from 9:00 am – 10:00 am Cost: \$45

It's time to turn it up a notch - an hour spent but not a minute wasted as this class will cover it all! Low impact cardio, resistance for strength, flexibility & functional agility, with a focus on balance & core strength. The warm-up will get you engaged & the cool-down will leave you feeling tension release. The fun never stops!

Zumba Gold®

Instructor: Terri Kokotilo

Tues, Nov 7 – Dec 12 (6 wks) from 1:30 pm – 2:30 pm Cost: \$40

Join the party! New instructor Terri has a passion for Zumba®! She has more than 13 years of dance experience that includes social dancing, teaching and competitive ballroom dance. Terri is continually learning different dance styles to add spice to her classes! What is Zumba Gold®? It is a modified Zumba® class that focuses on all the elements of fitness (cardiovascular, muscle conditioning, flexibility and balance), but at a lower intensity. Easy to follow choreography using Latin and World rhythms equals dance fitness classes that are fun, energetic & make you feel amazing!

The Fitness Room

Monday–Friday from 9:00 am to 4:00 pm

Orientations

Mondays @ 10:00 am & Wednesdays @ 9:00 am Please pre-book your orientation at the front desk. *For your safety, orientations are mandatory for all users of the fitness room*

Led by trained volunteer peer mentors, our orientations cover information about each piece of equipment and how to use each properly to avoid injury. There are endless benefits to exercise, and we're sure you'll learn more than you bargained for.

Fitness Room Prices

Drop-in Fee:\$2

10 Visit Pass:\$15

Monthly Pass:\$25

Annual Pass:\$250

SOCIAL & ACTIVE DROP-INS

Badminton Group

\$2 drop-in fee

Wednesdays from 12:30 pm – 3:30 pm

The game with the birdie in the air! Calling all badminton players who like fun and a challenge! This group enjoys fun exercise for everyone. All levels welcomed and new members encouraged.

Billiards

\$2 drop-in fee

Mondays 2:00 pm – 4:00 pm & Wednesdays 1:00 pm – 4:00 pm & Thursdays 9:00 am – 12:00 pm

Rack 'em up and chat 'em up! Enjoy our newly refurbished billiard tables and join this crew for good conversation and relaxed play. All levels welcomed and new members encouraged.

Carpet Bowling

\$2 drop-in fee

Tuesdays from 10:00 am – 11:30 am & Thursdays from 12:30 pm – 2:30 pm

Steady as a rock, only with a ball, wins the game! A fun time to throw a weighted ball and hope you are closer than them all. This group enjoys friendly competition and encourages a fun and supportive atmosphere. All levels welcomed and new members encouraged.

Pickle Ball

\$2 drop-in fee

Mondays, Thursdays & Fridays from 12:30 pm – 4:00 pm

It's not tennis or table top, it's pickle ball without the pickle! Tighten up your sneakers and ready, steady your paddle. All levels welcomed and new members encouraged.

Walking Group

\$2 drop-in fee

Tuesdays & Fridays Meet at the Centre @ 9:00 am

**\$2 cost to cover car pool drivers. Heave ho and even in the snow, this group walks!*

This group takes their hikes into the river valley and beyond, enjoying social time afterwards. Meet at the centre for 9:00 am to find out the desired destination of the day. This group puts the word **ACTIVE** in Westend Seniors. All levels welcomed and new members encouraged.

Birthday Party

\$2 drop-in fee

The 3rd Wednesday of the month – FREE for all members celebrating their birthday that month!
September 20, October 18, November 15 & December 20 from 1:00-3:00 pm

Monthly Potluck Dinner

\$2 drop-in fee

This group meets the Last Thursday of the month

September 27, October 26, November 30 & December TBA from 5:00-7:00 pm

Circle of Friends

\$2 drop-in fee

Mondays from 10:00 am – 11:30 am

Join this welcoming and friendly group of peers, who meet weekly to share stories in a supportive atmosphere. You can share as little or as much as you like as everyone is offered the opportunity to speak and connect. This group offers newcomers a wonderful opportunity to get connected.

Circle² of Friends

\$2 drop-in fee

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. Fresh coffee provided.



CARDS & GAMES DROP-INS

Contract Bridge

\$2 drop-in fee

Thursdays from 12:30 pm – 3:30 pm

An active mind, is a sharp mind!

Bridge enthusiasts encouraged to join this group. *No partner necessary

Cribbage

\$2 drop-in fee

Fridays from 1:30 pm – 3:30 pm

15-2, 15-4... and the rest don't score! Join a great group of folk for play, conversation and a lot of laughs! All levels welcome and new members encouraged to join the fun!

Euchre

\$2 drop-in fee

Mondays from 9:30 am – 11:30 am & Wednesdays from 12:30 pm – 2:30 pm

A friendly group of fun and play!

Join a great group of folk for play, conversation and a lot of laughs! All levels welcome and new members encouraged to join the fun!

Scrabble

\$2 drop-in fee

Wednesdays from 9:30 am – 11:30 am

Come and dabble, and play a little scrabble! A tile word game of wit and fun! No partner needed.

Whist

\$2 drop-in fee

Tuesdays from 1:00 pm – 3:00 pm

A simple yet skillful game, if you don't know the rules you will in seconds!

Join this social experience, encouraging all levels at play. New members encouraged to join the fun!

Practice Bridge

\$2 drop-in fee

Tuesdays from 9:30 am – 11:30 am

When you don't use it, you lose it...so why not practice!

Join this group to sharpen your skills and play one of the most popular card games worldwide.

Gaining momentum since the 1920's, it's never too late to join the masses. No partner needed.

TLC Bridge – ACBL Sanctioned Club

\$2 drop-in fee

Mondays from 10:30 am – 2:30 pm & Fridays from 10:00 am – 1:00 pm

\$2 drop-in fee payable to coordinator & \$3 club fee payable to coordinator

A game of intelligence, strategy and wit! Registered bridge playing group that accumulates and tracks points online. No partner needed.

T NIE TALK SERIES

FINANCIAL WORKSHOP SERIES

Understanding the Basic Investment Paperwork

Presenter: Weichurn Woo

Fri, Sept 22 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

It is not uncommon for the average person to not fully comprehend what they are signing at their investment firm, and instead fully trust their investment advisor or financial advisor to provide full verbal disclosure to them for the important information they need. Come join Wei Woo as we discuss the basic paperwork that most clients go through in their client relationship with an investment firm.

Selecting a Suitable Financial Advisor/Financial Institution

Presenter: Weichurn Woo

Fri, Oct 13 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

Who we *choose* as our *financial advisor* has a great influence on our satisfaction with financial services, as well as personal financial well-being. Quality of financial planning advice, investment performance, amount of client communication and pay structure of the advisor are very important factors in selecting the right advisor and financial institution. Join Wei Woo as we discuss how to find one that best suits your needs.

Understanding Fees With Your Financial Institution

Presenter: Weichurn Woo

Fri, Nov 17 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

This presentation provides a look at the new landscape of retirement and how the changing retirement experience will impact investors, those who are retired, and their families. Discussion includes the evolving family structure, and redefining what it means to be financially stable during the retirement years.



TASTY TRAVEL SERIES

China

Presenter: Doris Bredy

Wed, Nov 8 from 10:00 am– 12:00 pm

Cost: \$2 drop-in fee

The first half of this lecture will showcase a 50-min documentary called “Best of Travel – China” by Rudy Maxa. You will learn about the trendy shops and high skyscrapers of Shanghai which blends the modern world and traditional. He then ventures to Hong Kong where you experience the most popular tourist attractions and learn about Chinese culture. Following the documentary, we will have WSAC member Doris share her experiences through pictures from her recent travel to China.

***Chinese lunch available for purchase for \$8 in the café following the talk.**

HEALTH & WELLNESS WORKSHOP SERIES

Creative & Safe Ways to Stay Active

Presenter: Izabella Roth, RN Bayshore Home Health

Fri, Sept 15 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

Come learn creative ways to stay active within your home. It's amazing what you are capable of from your chair. Izabella will show you what you can use that's readily available in your home to use to stay active. She will also show you how you can minimize the risk of injury with winter coming and by minimizing the hazards in your home!

Boosting Your Memory: Brain Games

Presenter: Izabella Roth, RN Bayshore Home Health

Fri, Oct 20 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

This interactive talk will help stimulate all areas of the brain. This presentation will get your brain working and Izabella will also cover the benefits and why it's just as important to exercise your brain as it is your body!

Let's Talk Diabetes

Presenter: Diabetes Canada

Thurs, Nov 16 from 1:00 pm – 2:30 pm

Cost: \$2 (Please sign up in advance)

November is National Diabetes Awareness Month. *Let's Talk Diabetes* helps people understand what diabetes is, and how they can make healthy choices to prevent, delay or manage diabetes well. Get answers to questions like "What is diabetes?", or "How is someone's life impacted by this disease?" and other answers.

Arthritis & How to Cope

Presenter: Izabella Roth, RN Bayshore Home Health

Fri, Nov 24 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

This talk will be all about arthritis and managing your pain. Come learn some at-home therapies you can do to minimize your pain and maximize your range of motion of your affected joints. Learn how a good diet can help with pain management!

Surprise Health Talk!

Presenter: Izabella Roth, RN Bayshore Home Health

Fri, Dec 8 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

This discussion topic will be a fun interactive presentation given by Izabella Roth, RN and chosen by YOU. Throughout her fall sessions, she is going to gauge interest on what you want to learn more about and finish the fall with something fun just before the holidays! Stay Tuned into the November Newsletter for more details!

NUTRITION & FOOD SERIES

Eat More & Spend Less!

Presenter: Alberta Health Services

Fri, Oct 6 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

Join your Public Health dietitian at this Spend Less and Get More presentation! Uncover more about shortcuts to meal planning, savvy choices at the grocery store, pumping up nutrition, while saving money with pulses and finding recipes to inspire.

Small Bites to Better Health

Presenter: Alberta Health Services

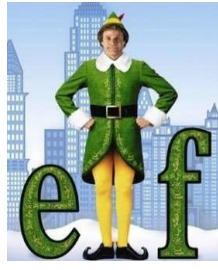
Tues, Nov 28 from 10:00 am – 11:30 am

Cost: \$2 (Please sign up in advance)

Join your Public Health dietitian at this Small Bites to Better Health presentation! Unlock the secrets to healthy eating as we age. This talk will cover topics such as Protein – how much is enough; sip smart tips and the ins and outs of physical activity

MATINEE MOVIE SERIES

Please come join us for the following movies...



Oscar Award Winning Film – “Hidden Figures”

\$2 drop-in fee

Tues, Sept 19 from 1:00 pm – 3:00 pm

There will be a mini concession with fresh popcorn, pop and sweets for purchase if wanted.

Based on a true story, the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. Dorothy Vaughan, Mary Jackson, and Katherine Johnson crossed all gender, race, and professional lines while their brilliance and desire to dream big, beyond anything ever accomplished before by the human race, firmly cemented them in U.S. history as true American heroes.

Classic Christmas Movie – “Miracle on 34th Street”

\$2 drop-in fee

Wed, Dec 6 from 1:00 pm – 3:00 pm

There will be a mini concession with fresh popcorn, pop and sweets for purchase if wanted.

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. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. 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.

Modern Christmas Movie – “Elf”

\$2 drop-in fee

Wed, Dec 20 from 1:00 pm – 3:00 pm

There will be a mini concession with fresh popcorn, pop and sweets for purchase if wanted.

In this Christmas comedy, 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. As it happens, this is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results.

CLINICS

Toe Clinic (15 minute session)

Please book your appointment in advance at the front desk

Tuesdays September 5, October 17 & November 28 from 1:00 pm – 3:45 pm (15 minute sessions)

Hearing Clinic (15 minute session)

Please book your appointment in advance at the front desk

Tues, October 17 from 12:00 pm – 3:00 pm (15 minute sessions)

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Seniors Stretch 9:15 am 9:30 am Pilatoga Ceramics <i>*Euchre</i> 10:00 am Dance thru Decades <i>*Circle of Friends</i> <i>*Fitness Orientation</i> 10:30 am <i>*TLC ACBL Sanctioned Bridge</i> Dancing Yoga 10:45 am Gentle Yoga 11:05 am Fit for Life 11:00 am Seated Stretch 12:00 pm Pilatoga One on One Training 12:30 pm <i>*Art Session</i> <i>*Pickle Ball</i> <i>*Woodworking</i> 12:45 pm Small Group Training 1:00 pm Meditation <i>*Open Jam 1st & 3rd Mon</i> <i>*Ukulele Circle 2nd & 4th</i> <i>*Knitters Circle</i> 1:30 pm One on One Training Tai Chi 2:00 pm <i>*Billiards</i>	9:00 am <i>*Walking Group (meet in Café)</i> <i>*Esso Tones Band Practice</i> Total Fit 9:30 am Leather Tooling <i>*Practice Bridge</i> <i>*Writer's Circle</i> (3 rd Tuesday of mth) 10:00 am Beginner Watercolour Charlie & The Writing Factory <i>*Carpet bowling</i> Handy Dandy (Feb 7) <i>AHS Workshop Feb 8, Mar 8</i> 10:15 am Fitness Is Fun 11:05 am Fit for Life 11:15 am Gentle Be Moved 12:15 pm Be Moved Interval Strength Training Flexibility Through Yin Yoga 12:30 pm Intro to Windows Windows vs Google (Feb 7) <i>*Woodworking</i> 1:00 pm <i>*Commitment Club</i> <i>*Whist</i> A Taste of Acrylic Painting 1:30 pm Ballroom Dance Stretch & Strength 2:30 pm Windows 10 (Jan 31)	9:00 am Seniors Stretch <i>*Fitness Room Orientation</i> 9:15 am Breathe of Life Yoga for Arthritis 9:30 am Watercolours Intermediate <i>*Crafter's Corner</i> <i>*Scrabble</i> 10:00 am Dance thru Decades <i>*Book Club 2nd & 4th Wed</i> <i>*Photo Club 1st & 3rd Wed</i> <i>*Sodium Savy (Feb 8)</i> <i>Fibre For Bowel Health (Mar 8)</i> 10:30 am MOC Barre Yoga Intermediate 11:05 am Fit for Life 11:30 am Seated Stretch 12:00 pm Gentle Yoga One on One Training 12:30 pm iPad Beginner Intro to Windows Line Dancing -Beginner <i>*Badminton</i> <i>*Art Session</i> <i>*Woodworking</i> 12:45 pm Small Group Training 1:00 pm <i>*Billiards</i> <i>*Euchre</i> 1:15 pm Gentle Yoga 1:30 pm Line Dancing Intermediate One on One Training 2:00 pm <i>Birthday Party (3rd Wed)</i> 2:30 pm AHS Step Forward Android Tablet (Jan 25) Android Phones (Feb 21) Line Dancing Experienced	9:00 am Spanish Beginner Total Fit <i>*Board Games</i> <i>*Billiards</i> 9:30 am Clogging Mix & Match Acrylic (Jan 19) Scribbling With Susan (Jan 26) Writing From The Heart 9:45 am Hatha Yoga Intermediate 10:00 am <i>*Billiards</i> <i>*Canasta</i> <i>Who Are The People In Your Neighbourhood (Feb 2)</i> 10:10 am Be Moved 10:30 am Spanish Experienced 10:35 am Ballroom With A Twist (Beg) 11:15 am Interval Strength Training Yoga for Arthritis 11:55 am Ballroom With A Twist (Exp) 12:30 pm <i>*Contract Bridge</i> <i>*Pickle Ball</i> <i>*Woodcarver's Club</i> <i>*Carpet Bowling</i> 1:00 pm Theatre Sports <i>*Commitment Club</i> 1:30 pm Stretch & Strength <i>*Circle of Friends 2</i> 2:00 pm <i>*OASIS</i> 2:30 pm Tai Chi 2:45 pm On Pace With Parkinsons 5:00 pm <i>*Potluck (Last Thurs of mth)</i>	9:00 am <i>*Walking Group (meet in Café)</i> 9:15 am Structural Yoga 9:30 am <i>*Leather Tooling</i> Numismatics <i>*Colour Your World</i> <i>*Every Coin Has A Story</i> 9:45 am Latin Rhythms With Maria 10:00 am <i>*TLC Bridge ACBL Sanctioned Bridge</i> <i>*Silver Tones practice</i> <i>*Market Review (Jan 13)</i> <i>*Traded Funds (Feb 10)</i> <i>*Fraud & Identity (Mar 17)</i> 10:30 am One Step At A Time 10:45 am Intermediate Yoga 11:05 am Fit for Life 12:00 pm Yoga For Arthritis 12:30 pm <i>*Pickle Ball</i> <i>*Woodworking</i> 1:00 pm Choir DVD Series <i>*Paper Quilling</i> 1:30 pm <i>*Cribbage</i> 2:30 pm AHS Step Forward <i>*Denotes Drop In</i>



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