

# WESTEND SENIORS ACTIVITY CENTRE

## OBSERVER October 2017



### Halloween Dance!

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

Price \$10

Light Refreshments, Cash Bar  
FABULOUS PRIZES for Best Costume!



Friday, October 6 at 11:30 am

Turkey Dinner  
with all the trimmings  
Includes Coffee & Dessert  
Musical Entertainment  
Price: \$12  
(please pre-purchase tickets  
at the front desk)

### Remembrance Day Service & Luncheon

Friday, November 10

Service 10:30 am – No Charge  
Lunch afterwards in the Café: \$8



Join us in remembering the  
sacrifice of our fallen soldiers  
& the contribution of our  
veterans – all the men and  
women who served and  
continue to serve our country.



\$2 each  
or 3 for \$5

Prize  
\$1000

Winner will be  
announced  
December 8

# Happy Thanksgiving

## Executive Director's News

– Janice Monfries

Fall Season Begins!

Welcome everyone! You will notice that we are very busy here – over 300 new seniors joined our centre this year with 20% more classes being offered.

We are so pleased that the word keeps getting out – Westend Seniors Activity Centre is the place to come for fun, fellowship, engagement and activity.

With this growth comes some additional challenges with things such as parking and shared room usage. We ask for your cooperation as we find ways to ensure a peaceful and enjoyable environment at our centre.

Don't forget that we have been selected as an advance polling station from October 4 to October 13 from 1:00 to 7:00 pm and we will be hosting a Ward 1 and Ward 5 meet and greet with all interested candidates on October 2 starting at 1:30 p.m. in our Café. Everyone is welcome to come meet and chat with the candidates.

I hope you will enjoy the many programs and activities being offered this fall.

As we prepare to celebrate Thanksgiving, I am thankful that we can continue to be a hub for seniors in the community. I thank each of you for contributing to such a thriving and positive organization.

Thank you and Happy Thanksgiving!





# PROGRAM NEWS



## Introductory Meeting

**October 10 from 9:00 am – 10:00 am in the Board Room**

Come learn about what the drama club is all about and if it's something that may interest you!

**Drama Club starts October 31 – Dec 19 (8 wks) from 9:00 am – 11:00 am Cost: \$50**

WSAC is looking for members who are interested in joining our drama club. This club will be led by Rhiannon Perely-Waugh who has done a lot of work in the theatre community including Geri-Actors and the Fringe Festival. The group will be filled with fun and is designed for all, regardless of prior acting experience. Led by an experienced instructor, this club will work on a play to perform in late spring. Come join the fun in acting! Sign up at the front desk now!

## TOONIE TALK SERIES

**Friday, October 6 – AHS: Eat More & Spend Less!**

**Friday, October 13 – Selecting a Suitable Financial Advisor/Institution**

**Wednesday, October 18 – EPL: Internet Safety & Information Guru**

**Thursday, October 19 – Genealogy: What is it?**

**Friday, October 20 – Boosting your Memory: Brain Games**

**Tuesday, October 24 – 65 Steps for becoming an excellent executor**

**Wednesday, October 25 – EPL: Research & Databases**

**Thursday, November 9 – Money Mentors presents financial literacy/wellness**

**Thursday, November 16 – Let's Talk Diabetes**

**Friday, November 24 – Arthritis and How to Cope**

**Tuesday, November 28 – AHS: Small Bites to better health**

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

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

## Notice To All Fitness Room Users:

As the centre continues to get busier, just a reminder that the fitness room is not included in the annual membership. It is an added benefit that operates as a drop-in type program. In order to have access to the fitness room, all members must check in and sign up at the front desk prior to their workout. They must either show their pass, 10 visit card or pay the \$2 drop in fee. Thank you for your cooperation.

# PROGRAM NEWS



## Advance Polling Station

We will have an advance polling station from **October 4 to October 13 from 1:00 pm to 7:00 pm.**  
This may affect parking and some classes during these dates.

The advance polling station times were incorrect in our September newsletter. The correct times & dates are **October 4 to October 13 from 1:00 pm to 7:00 pm.**



## Meet & Greet

With The Candidates from Ward 1 and Ward 5  
**Monday, October 2 from 1:30 pm to 3:30 pm**

Westend Seniors Activity Centre is hosting a meet and greet with the candidates from Ward 1 and Ward 5 in our Café.

**Come join us!**

## 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!

9:30 am	Introduction to our Exhibitors – Booths Open
10:00 am	Speaker Series - #1 Lynn Fraser “Balance Your World” (20 min presentation)
10:20 am	Mix & Mingle – Break (10 min)
10:30 am	Speaker Series - #2 Rennaye Miller “Maxwell Polaris” (20 min presentation)
10:50 am	Mix & Mingle – Break (30 min)
11:15 am	Door Prize Draws

# OUTREACH SERVICES



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

You may have noticed that the doors leading into the staff office hallway are now closed with signs stating “**Office Staff Only**”. Due to some of the sensitive materials and information staff may have in their offices, as well as to protect the privacy of those who need to speak to a worker in confidence, we respectfully ask that members do not come through this hallway. If you need to speak to any of the staff, please see the front desk. The receptionists will happily let us know.

Are you dealing with the loss of a loved one, or going through a difficult time? Join our Circle<sup>2</sup> of Friends support group. We meet every Thursday in the Boardroom from 1:30-3:00 pm, and welcome new members. This is a safe place to receive support from peers and a social worker, as well as to make new connections. If you would feel more comfortable meeting with a social worker 1 on 1, please contact me by phone or stop by the front desk and ask if I am in.

## VOLUNTEER NEWS



### URGENT!!!

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 imperative to the operation of the centre and it is essential that we have someone in this position.

Please contact Heather Riberdy if you have any questions about what this position entails.

### 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 let me know.

### 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.

### Committees

The Special Events, Travel and Planning committees could all use some more members. Please contact Heather or come out to the next meeting.

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





# TRAVEL

## Have You Travelled Recently?

We are looking for members who have recently travelled somewhere to come share their experience as part of our Tasty Travel series. This program shows a 1 hour travel documentary plus a 30 minute discussion where you can share photos and memories with others from your trip! Please contact Alex, Program Coordinator at 780-483-1209.

## Tasty Travel – China

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 blend the modern world with tradition. Next is Hong Kong where you experience the most popular tourist attractions and learn about Chinese culture. Following the documentary, WSAC member Doris will share her experiences through pictures from her recent travels to China!

*A Chinese lunch is available for \$8 in the café following the talk*



## Federal Building & Alberta Legislature Tour Tuesday, October 24 from 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.

*Pack light - you will need to go through a security clearance.*



## River Cree Casino Trip Wednesday, November 8

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

Please pre-purchase your ticket(s) at the front desk.



**Christmas Light Tour!**  
Details to be Announced



## Thanksgiving Lunch



**Friday, October 6  
at 11:30 am**

**Turkey Dinner** with all the trimmings  
Musical Entertainment  
Includes Coffee & Dessert  
Price: \$12

(please pre-purchase tickets at the front desk)

## Birthday Party

**October 18 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



**HOT  
LUNCH**

**WEEKLY  
FEATURED**



**Thursday, October 12**  
Beef Stew & Biscuits

**Wednesday, October 18**  
Stuffed Chicken Breast with Cheesy Mashed  
Potatoes & Mixed Vegetables

**Tuesday, October 24**  
Shepherd's Pie & a Side Salad

**Monday, October 30**  
Lasagna, Garlic Toast & Caesar Salad



**M  
E  
E  
T  
I  
N  
G  
S**

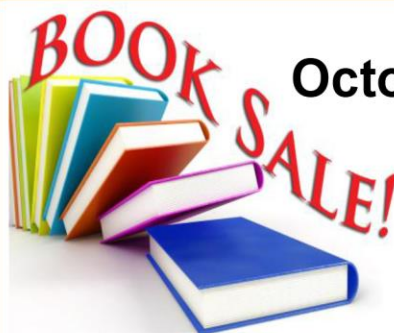


**Special Events Committee**  
Thursday, October 12 at 9:30 am

**Facility Planning  
& Maintenance Committee**  
Thursday, October 12 at 1:30 pm

**Travel Committee**  
Tuesday, October 17 at 11:00 am

**Board Meeting**  
Thursday, October 26 at 9:30 am



**October 10-13**

In the Hall  
Outside the  
Advance Poll  
By Donation



# Upcoming Events At A Glance

## October

Meet & Greet 2



Ward 1 & 5

Advance 4-13  
Polling Station



1 to 7 pm

Thanksgiving  
Lunch 6



BOOK SALE 10-13



18

Alberta 24  
Legislature Tour



Potluck 25



Halloween 31  
Dance



## November

De-clutter  
Expo 2



8

Travel Talk  
On China 8



Remembrance  
Day Service  
& Lunch 10



15



30

Potluck

## December

WINNER  
announced 8



Cash For  
Christmas

Christmas 8



Mavie's  
Mitten Tree



Details to be  
announced soon

Christmas  
Lights Tour



Details to be  
announced soon

Please note Westend Seniors Activity Centre  
will be closed Monday, October 9 for Thanksgiving