

WESTEND SENIORS ACTIVITY CENTRE

OBSERVER November 2017

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.



FREE One Day Flu Clinic
Tuesday, November 14 from 1:00-4:00 pm
Please make an appointment
at the front desk

presented by **SAFeway** 



\$2 each or 3 for \$5

Prize \$1000

Winner will be
announced December 8

Christmas Dinner

Friday, December 8

at 11:30 am

Price \$10



Members Only

Mavie's Mitten Tree

Wednesday,
December 13
at 11:30 am

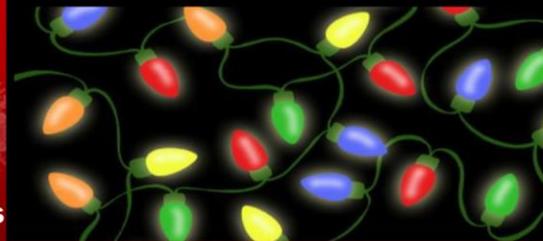
Members
\$10
Non-members
\$12

Christmas Lights Tour

Thursday December 14

from 6:30-9:00 pm

\$20 members & \$25 non



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

Executive Director's News – Janice Monfries

Winter is around the corner!

It's time to get our winter program ready and for the first time ever, this year, we are piloting the usage of **online registrations!** To get us ready we are going to hold an information session to show you how to use this service. We will be offering this orientation on two different days and times; and we are going to ask you to sign up to attend one of them. At this session, we will do demonstrations and answer any questions you have.

We also have a number of excellent activities going on this month, including the return of our "De-clutter Expo" and our Remembrance Day Celebration on November 10. We will not be closed on November 13 (*but the kitchen will be closed that day*).

You may have noticed that we are circulating our annual survey to measure awareness of our centre; some general demographic information and some important "outcome" measures. As you may know a major portion of our revenue comes from grants; and funders want to know that centres like ours are making a positive difference in the quality of life for seniors. So the questions on the back of the survey are very important to demonstrate the "outcomes" of what we do here. We appreciate you filling them out.

Don't forget there are comment boxes located in the front waiting area and the kitchen where you can let us know your satisfaction. We check those boxes weekly and read every comment.

Speaking of which – I want to acknowledge the fact that some of you have not been happy with the price increase for a cup of coffee. Good news! Our new coffee cups are actually going to be larger – and we still will be allowing customers free refills so you will be getting more coffee now for your \$2.00. But wait, there's more....in response to some of your concerns, we also will be selling **prepaid coffee cards**, \$10.00 will get you 6 cups of coffee (by purchasing a prepaid card); and \$20.00 will get you 12 cups. Cards are on sale now.

We want to remember our veterans this month and all of our current military; and show gratitude for their contributions in protecting our Country.



Coffee Meet & Greet with Jon Carson

MLA for Edmonton-Meadowlark
Thursday, November 23 at 1:30 pm in the Café
Sweets will be provided



NEW! Pre-Paid Coffee Cards



To make things more convenient for our coffee customers, and to offer a discount, we will be selling **pre-paid discounted** coffee punch cards.

\$10 dollars for 6 pre-paid cups of coffee or \$20 for 12 pre-paid cups.

Cards will be available for purchase at the front desk as well as in the Café.

You may have also noticed we've upgraded our coffee blends recently.

We look forward to your feedback.

PROGRAM NEWS



WE HAVE SOME
EXCITING
NEWS

The Winter Program Guide
will be available

Monday, December 4

Winter Registration
at the Centre starts

Monday, December 11 at 9:00 am

Online Registration starts

Monday, December 11 at 9:00 am



FLU
SHOT
CLINIC

ONE DAY ONLY

Tuesday, November 14
from 1:00-4:00 pm
Please make an appointment
at the front desk

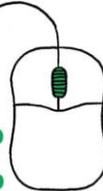
presented by

SAFeway 



IMPORTANT:
Before You Continue...

REGISTER
ONLINE



IMPORTANT NOTICE:

Starting
Monday,
December 11
at 9:00 am

NEW

In order to register for classes online, you need to sign up for an account with My Active Center www.myactivecenter.com which is part of the database we use at our centre called **My Seniors Center**.

You must have a valid current membership, the key tag you were issued by Westend Seniors Activity Centre and an email address.

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

WANT TO
LEARN
HOW?

If you think you might need some help or want more info, attend one of our **FREE training sessions:**

Wednesday, Nov 29 at 10:00 am

Thursday, Dec 7 at 10:00 am

Please pre-register at the front desk if you will be attending.



PROGRAM NEWS

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 with associated fees. 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 monthly pass, pre-paid 10 visit cards or pay the \$2 drop in fee.

Thank you for your cooperation.



Fitness Room Fees:

Drop-in: \$2
10 Visit Pass: \$15
Monthly Pass: \$25
Annual Pass: \$250

T NIE TALK SERIES

Thurs, Nov 9 from 9:30 am – 11:30 am – Money Mentors Presents Financial Literacy & Wellness

Thurs, Nov 16 from 1:00 pm – 2:30 pm – Let's Talk Diabetes

Fri, Nov 17 from 10:00 am – 11:30 am – Understanding Fees with your Financial Institution

Tues, Nov 21 from 1:30 pm – 3:00 pm – Your Will – A Final Gift For The Ones You Love

Fri, Nov 24 from 10:00 am – 11:30 am – Arthritis & How to Cope

Tues, Nov 28 from 10:00 am – 11:30 am – AHS: Small Bites to Better Health

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

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 de-clutter your space this winter!

There will be speaker sessions and exhibitor booths providing information about different ways you can purge or relocate things you no longer need!

9:30 am	Introduction to our Exhibitors –Balance Your World, Maxell Polaris Real Estate, Elder Move, Find, Restore – Habitat for Humanity and various others!
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.

The months leading up to Christmas can be a difficult time for many seniors. WSAC has several events occurring throughout the centre during this time, but sometimes more 1-on-1 support is needed.

If you are a senior requiring some extra support, or know of anyone else who is, please contact **Tove at 780-483-1209 or outreach@westendseniors.com**

Our Circle of Friends group on Thursdays is starting to gain some momentum. This is a facilitated group led by a Registered Social Worker. We are a drop-in group and encourage anyone who feels like they need some support from others to join us in sharing and caring. We welcome new participants and look forward to supporting one another. The group meets every Thursday at 1:30 pm.

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 the 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.

EVENTS & TRAVEL

Christmas Dinner

Friday, December 8 at 11:30 am

Price \$10



Turkey Lunch with all the trimmings prepared by the students at JP School

Entertainment

Door Prizes

50/50

Limited seating please pre-purchase your tickets

Members Only

Mavie's Mitten Tree

Wednesday, December 13 at 11:30 am

Members \$10

Non-members \$12



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

Limited seating, please pre-purchase your tickets

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 from your trip with others!

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



River Cree Casino Trip Wednesday, November 8

Bus picks up at 10 am & returns to the centre at 3 pm

Transportation, Lunch, a Gift & a \$5 voucher

ONLY \$10! What a Deal!!!!

Christmas Light Tour

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

Tickets will be \$20 member \$25 non-member.



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



WEEKLY **HOT** FEATURED LUNCH Price \$8

Remembrance Day Dinner Friday, November 10

Kielbasa, perogies, cabbage rolls, vegetables
No tickets required, but, to help ensure we have the proper amount of food please sign up for the meal at the front desk before November 8.

**PLEASE NOTE THE KITCHEN
WILL BE CLOSED MONDAY, NOVEMBER 13**

Thursday, November 16

Ham Scalloped Potatoes & Veggies

Wednesday, November 22

BBQ Chicken, roasted potatoes, & veggies

Grey Cup Lunch

Friday, November 24

Chicken Chilli on a baked potato & dessert

Tuesday, November 28

Pan-fried Sole, rice pilaf, & veggies



The library Committee would like to thank everyone who either donated or bought books at our annual sale. Together, we raised \$327.25!

PARKING ISSUES



Just a friendly safety reminder to not park closer than 1.5 metres (4.9 feet) to our parking lot driveway entrances and exits.

Breaking the City's parking bylaw is not a trivial thing as it really does affect the safety of parking lot, sidewalk and street by reducing sight lines for both the road and the sidewalk. It also increases the opportunity for collisions when turning onto 176 Street. Because it is a safety issue, you may not only be ticketed but towed by the city. Thank you for your cooperation.



Birthday Party

November 15 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



M E E T I N G S



CEOC Committee

Tuesday, November 7 at 9:30 am

Special Events Committee

Thursday, November 9 at 9:30 am

Facility Planning

& Maintenance Committee

Thursday, November 9 at 1:30 pm

Travel Committee

Tuesday, November 14 at 11:00 am

Board Meeting

Thursday, November 16 at 9:30 am

Upcoming Events At A Glance

November

De-clutter Expo 2

The Casino Bus 8

Travel Talk On China 8

Remembrance Day Service & Lunch 10

Kitchen CLOSED 13

HAPPY BIRTHDAY 15

Grey Cup Lunch 24

Potluck 30

December

Food Bank boxes starting Nov 15
Cash donations will be accepted at the front desk.

Program Guide 4

Cash For Christmas 8

RAFFLE

WINNER announced

Christmas Dinner 8

Registration Starts 11

at the Centre or Online at 9 am

Mavie's Mitten Tree 13

Christmas Lights Tour 14

Happy Birthday 20

Starting Monday, December 11 at 9 am you can

REGISTER ONLINE

HOW Learn

Want to learn how to register online for classes?

My Active Center Training Sessions
Wednesday, Nov 29 at 10:00 am
Thursday, Dec 7 at 10:00 am
Please sign up at the front desk.

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