

WESTEND SENIORS ACTIVITY CENTRE

OBSERVER January 2018



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

January 26 @ 1:30-3:30 pm

FREE

Join us for cake & a special ribbon
cutting Ceremony at 1:30 pm
followed by...

**Winter
Wonderland
DANCE**

**Live Musical Entertainment
Featuring the Nighthawks Band**

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

*You must be in attendance to enter to win
and claim your prize!*

Executive Director's News

Janice Monfries



I hope everyone enjoyed a happy and peaceful holiday season.

Now it's time to start the year with renewed energy and excitement. I already know that we had record numbers of registrants in our classes and activities so it will be busy around here. I hope the combined energy of all the people here at our centre really creates a positive vibe that we can all benefit from.

40th Anniversary year! 2018 marks the 40th anniversary of Westend Seniors Activity Centre. All year we will be celebrating, and we will start with our launch this month on January 26th at 1:30 p.m. The Winter Wonderland dance follows. Please know that we will be having live entertainment so whether you are single or a couple – enjoy this afternoon of musical entertainment.

Just a reminder that our Annual General Meeting is held on the first Thursday in March; so if you are interested in being on the Board, nomination forms will be available at the front desk this month.

Enjoy the year!

**Congratulations! The lucky WINNER
of the \$1000 Cash for Christmas was
Beverly Matthiessen**



The lucky members of
the early bird draws were:

**Bonnie Felker
Rachel Holman
Kera Jones**

You will be reimbursed for your
2018 membership fee of \$30.00.

PROGRAM NEWS



Membership Fees Are Due!

Your 2018 membership is due in January regardless of which month you originally bought your membership.

Memberships must be purchased in person. You must have a valid 2018 membership to register for classes or take part in drop-in activities.

TOONIE TALK SERIES

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

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

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

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

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

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

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

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

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

Online Registration – We Did It!

On Monday December 11th, we launched online registration and we just wanted to say thank you to everyone for your patience with the new system.

With launching a new system there is always a bit of a learning curve, however we are happy to say that we have had over 30 people successfully register online for the winter session thus far! We hope to continue to grow these numbers in the future and ask if you have any questions regarding online registration or how to set up your account, please reach out to **Alex Boisclair, Program Coordinator**.



DROP-IN ACTIVITIES

EDUCATIONAL

Genealogy - 1st Thursday of the month from 9:30 am – 11:00 am \$2 drop-in fee

EXERCISE

Cross Country Skiing - Wednesdays
Meet at the Centre @ 1:30 pm \$2 to driver (car pool)

SUPPORT GROUPS

Circle of Support
Thursdays from 1:30 pm – 3:00 pm No fee

Social Circle² of Friends
Wednesdays from 2:30 pm – 4:00 pm \$2 drop-in fee

HAPPY NEW (program) YEAR



CLASSES

EDUCATIONAL

Memoirs Writing – Your Story, Your Way

Thurs, Feb 22–Mar 29

from 10:00 am–12:00 pm Cost: \$45

Fill Your Creative Bowl with Writing:

Exploring Form

Wed, Jan 17–Feb 21

from 1:30 pm–3:30 pm Cost: \$45

Spanish – Level 3

Thurs, Jan 18–Feb 15

from 12:00 pm–1:30 pm Cost: \$56

Thurs, Feb 22–Mar 22

from 12:00 pm–1:30 pm Cost: \$56

Canadian Art

Thurs, Feb 22–Mar 29

from 1:00 pm–3:00 pm Cost: \$54

Moving Forward with Windows 10

Wed, Feb 14–Feb 28

from 2:30 pm–4:00 pm Cost: \$34

COMPUTERS TABLETS & PHONES

Introduction to the Internet

Thurs Feb 22 – Mar 8

from 11:00 am – 12:30 pm Cost: \$34

iPad Class Level II – Next Steps

Wed, Feb 28–Mar 14

from 12:30 pm–2:30 pm Cost: \$30

Productivity Tips and Tricks

Wed, Feb 7

from 2:30 pm–4:00 pm Cost: \$12

ART

Card Making Workshop – Mini Series

Tues, Jan 23 from 1:00 pm–4:00 pm Cost \$15

Wed, Mar 7 from 1:00 pm–4:00 pm Cost \$15

Ikebana Floral Arranging Workshop

Thurs, Feb 8 from 9:30 am–12:00 pm Cost: \$54

Fri, Apr 6 from 9:30 am–12:00 pm Cost: \$54

Mosaic Mirror: Beginner

Wed, Jan 17–Jan 31 from 9:00 am–11:00 am Cost \$72

Mosaic Plant Pot: Intermediate

Tues, Mar 20 – Apr 3 from 9:00 am – 11:00 am Cost \$54

Drawing

Mon Jan 8–Feb 12 from 1:00 pm–2:30 pm Cost \$60

Mon, Feb 26–Apr 9 from 1:00 pm–2:30 pm Cost \$60

DANCE

Clogging Beginner

Tues, Jan 9–Feb 20

from 2:45 pm–3:45 pm Cost: \$42

Tues, Feb 27–Apr 10

from 2:45 pm–3:45 pm Cost: \$42

Choreographed Ballroom (New Dancers)

Thurs, Jan 11–April 5

from 10:25 am–11:10 am Cost: \$30

YOGA

Yoga for Balance Workshop

Fri, Jan 12

from 12:30 pm–2:00 pm Cost: \$15

Chair Yoga

Wed, Jan 17–Feb 7

from 9:15 am–10:15 am Cost: \$29

Wed, Mar 7–Mar 28

from 9:15 am–10:15 am Cost: \$29

Chakra Yoga Level 2

Wed, Jan 10–Feb 21

from 2:30 pm–3:30 pm Cost: \$55

Wed, Feb 28–Apr 11

from 2:30 pm–3:30 pm Cost: \$55

Happy Hips Yoga

Fri, Feb 23–Apr 13

from 12:45 pm–1:45 pm Cost: \$50

Laughter Yoga

Tues, Jan 23–Feb 20 (5 wks)

from 9:00 am–9:45 am Cost: \$28

Balls, Bands & Balance!

Tues, Jan 9–Feb 20

from 10:00 am–10:30 am Cost: \$23

Tues, Feb 27–Apr 10

from 10:00 am–10:30 am Cost: \$20

Please see our program guide or visit weseniors.ca for full details on these NEW programs

CAFE NEWS

Did You Know We Have Pre-Paid Coffee Cards For Purchase?

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.

You may have also noticed we've upgraded our coffee blends recently. We look forward to your feedback.

New Member Meet & Greet Friday, February 2 at 2:00 pm in the Cafeteria

On behalf of the Board and Staff of WSAC, we want to invite **all new members** to join us for an afternoon of information and good company.

You will meet our staff, get to know other members, get updated on new program/service trends, and have the opportunity to ask questions to other members and staff.

Coffee and refreshments will be served. There is no cost to attend, and we hope to see you there!

WEEKLY FEATURED HOT LUNCH



January 9 - Spaghetti, Garlic Toast & Caesar Salad \$8

January 18 - BBQ Chicken, Roasted Potatoes & Veggies \$8

January 24 – Salisbury Steak, Broccoli with Cheese Sauce & Homemade Potatoes \$8

January 30 – Meatloaf, Mashed Potatoes w/ Side Salad \$8

| ♥ Valentine | | | | |
|-------------|----|----|----|----|
| B i n g o ♥ | | | | |
| 13 | 9 | 20 | 23 | 22 |
| 3 | 8 | 12 | 24 | 2 |
| 1 | 10 | ♥ | 18 | 19 |
| 16 | 5 | 14 | 7 | 21 |
| 17 | 11 | 6 | 15 | 4 |

Valentine's Bingo Wednesday, February 14 at 2:00 pm Cost: \$5

Join us for a special edition of Bingo in celebration of Valentine's Day. Bring your sweetheart, friend or come solo and meet someone new. Come have fun and play some bingo with friends. Prizes will be awarded to the lucky winners and there will be a door prize up for grabs. The price includes your ticket, refreshments and your first card. Additional cards will be available for purchase at the front door for \$2/card. Please bring your own dabbers. Get your tickets now.

VOLUNTEER NEWS

Kitchen Cashier

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

Kitchen Back-up

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

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

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

Positions

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

Shift Schedule

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

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





**WESTEND
SENIORS
ACTIVITY
CENTRE**



Celebrating

40

YEARS OF EXCELLENCE

2018 is WSAC's 40th Anniversary Year!

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

**Free coffee & cake but please RSVP by picking up your free ticket
at the front desk in advance**



FREE
***Winter
Wonderland***
DANCE
To Follow

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

Featuring the Nighthawks - this live band plays electric drums, fiddle, bass guitar, saxophone and a variety of music including oldies, country and even Latin! Music that will get you up and moving!

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

You must be in attendance to enter to win and claim the prize.



TRAVEL



Travel Committee Survey

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

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

TRAVEL



**Telephone Historical Centre
& The Loyal Edmonton
Regiment Military Museum**

Tuesday March 6

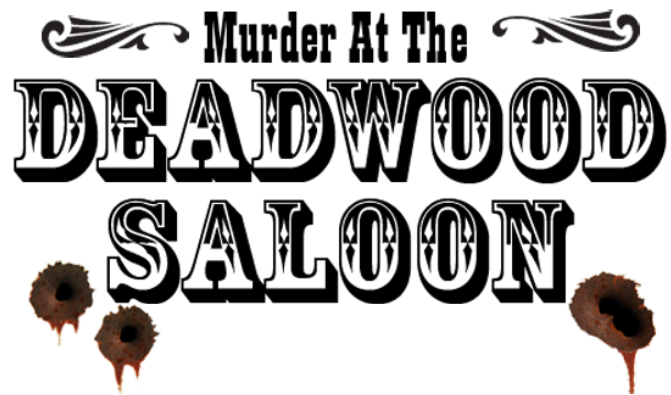
from 10:00 am to 2:00 pm

\$23 members & \$28 non members



Trip includes school bus transportation, tours of both facilities and a bag lunch.

SPECIAL EVENT



Thursday February 22 from 2:00 pm-5:00 pm
Price \$8 (refreshments included)

Come dressed in your most authentic western wear and figure out who dunnit? This is not a performance to sit back and watch, each guest is involved in the investigation as their own character and will receive a detailed character description before the event along with some background information on the party. Upon arrival, the host will read an introduction and explain how the afternoon is to proceed. You will spend the afternoon chatting with other guests in character until the unthinkable occurs – A MURDER!

You will now need to find out more information from your party guests to try and find out who the murderer is. This will be a fun filled afternoon with refreshments to enjoy. *Tickets are limited so don't wait.*



Who dunnit?



Connecting With Others Never Grows Old!

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

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

Drive Happiness

provides affordable, assisted transportation for seniors.

Edmonton Mennonite Centre for Newcomers

offers English language classes and help navigating community supports.

Edmonton Southside Primary Care Network

offers phone-based classes and activities for homebound seniors.

Greater Edmonton Foundation Seniors Housing

provides a community support program.

Sage Seniors Association

provides enhanced social supports and connections to community resources.

Westend Seniors Activity Centre

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



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



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

WE CAN HELP!

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

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



sage
Sage Seniors Association



Seniors Housing

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

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

Birthday Party

January 17 at 2:00 pm

Join us for cake & ice cream



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

Thank you Ken Wiancko for the ice cream

save on foods

& Rose Boucher
for donating a cake each month.

Potluck

Thursday, January 25
at 5 pm

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



Meetings

40th Anniversary Committee
Tues, January 9 at 1:00 pm

Special Events Committee
Thurs, January 11 at 9:30 am

Planning & Maintenance Committee
Thurs, January 11 at 1:30 pm

Board Meeting
Thurs, January 18 at 9:30 am

Upcoming Events At A Glance

January



February



Membership Fees Are Due!

Your 2018 membership is due in January regardless of which month you originally bought your membership. Memberships must be purchased in person.



1. Go to myactivecenter.com
2. Click on **New Users**
3. Select **Westend Seniors**
4. Enter your key fob #, email address, name & phone number & create a secure password.
5. Once your account is active, you will be able to register for all registered programs and classes online.