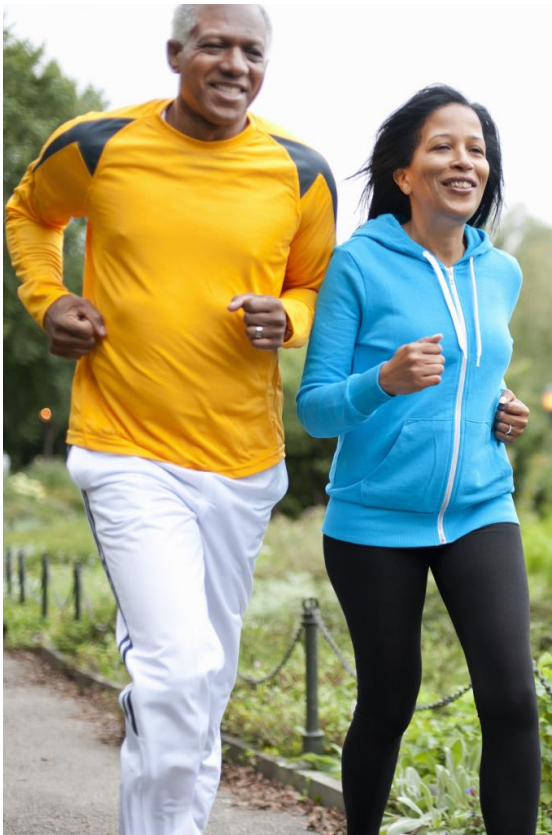




WESTEND SENIORS

2018 ACTIVITY CENTRE



SPRING/SUMMER PROGRAM GUIDE

9629 – 176 Street, Edmonton, AB T5T 6B3

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

Website: weseeniors.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

NOTE: 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.

Members:

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

ASSOCIATE MEMBERSHIP

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

Reciprocal registration is in-person only and starts Monday April 9th.

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

Participating Centres:

Westend Seniors Activity Centre
South East Edmonton Seniors Association
North Edmonton Seniors Association
Central Lions Seniors Association
Edmonton Aboriginal Seniors Centre
Edmonton Seniors Centre

Mill Woods Seniors Association
Seniors Association of Greater Edmonton
Strathcona Place +55 Centre
North West Edmonton Seniors Society
Jewish Seniors Citizens Centre
Southwest Edmonton Seniors Association

- Non-WSAC members may only register for instructional classes at member rates.
- A valid WSAC membership is required to participate in drop-in activities.

CLASS CANCELLATIONS & REFUNDS

- If it is necessary for WSAC to cancel a program, 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, 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 March 19th and will continue until each program start date.

Online: Effective March 19th at 9:00 am you will be able to register online.

Please Visit: **myactivecenter.com** & follow the instructions (more information on Page 35.)

- WSAC members receive priority at time of registration.
- 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:

Victoria Day: May 21st

Canada Day: July 1st

Civic Holiday: August 6th

PROGRAM BURSARY ALLOTMENT

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.

****Proof of income must be provided before bursary allotments will be granted.*

For more information about this program, please inquire with the WSAC Outreach Coordinator who will meet with you one on one to discuss your options.

All information discussed will be kept confidential.

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.



CRAFTING CLASSES

Mosaic Mirror: Beginner

Instructor: Carolan Lassiter

Tues, May 15 – May 29 (3 wks) from 9:00 am – 11:00 am

Cost: \$84

In this 3-week workshop, you will create your own 10 x 10 decorative mirror frame using glass and tile. You will learn basic design, mosaic cutting and grouting your finished project. If you have personal items such as beads, china, jewellery, found objects etc. that you would like to include feel free to bring them with you. However, all supplies required will be covered in the cost of the class.

**Please bring an apron or paint shirt to wear.*



Mosaic Plant Pot: Intermediate

Instructor: Carolan Lassiter

Wed, Jun 6 – Jun 20 (3 wks) from 9:00 am – 11:00 am

Cost: \$84

In this 3-week workshop, you will create your own mosaic plant pot using glass and tile. You will learn basic design, mosaic cutting and grouting your finished project. If you have personal items such as beads, china, jewellery, found objects etc. that you would like to include feel free to bring them with you. However, all supplies required will be covered in the cost of the class.

**Please bring an apron or paint shirt to wear.*



Fairy Garden Workshop

Instructor: Christine Berget

Thurs, May 10 from 9:30 am – 12:30 pm

Cost: \$21

Come Join us as we create miniature gardens for your table top out of Terra cotta pots, fairies, tiles, flowers, moss, rocks, sand, and little mystic ornaments. These little gardens will brighten anyone's day. Perfect gifts for the special someone in your lives, or a wonderful addition to your front room window.

***\$30 supply kit available for purchase from instructor on day of workshop. Will include pots, plants, and anything you may need to create your fairy garden and get creative!**



Framed Pebble Art

Instructor: Christine Berget

Thurs, Jun 28 from 9:30 am – 12:30 pm

Cost: \$21

Taking inspiration from the unique forms provided by nature, channel your creativity into a framed masterpiece for your wall. With pebbles as the foundation for your image, enhance its charm using sticks, moss, stencils, flowers and other materials. The options are endless!

Material fees are payable to the instructor. For a 5 x 7 frame it is \$10 and for a 8 x 10 frame it is \$20. Please bring money with you on day of class.





ART CLASSES

Ceramics

Instructor: Jackie Garrant



Mon, Apr 9 – June 25 (11 weeks) from 9:30 am – 12:30 pm

Cost: \$88 + Supplies (no class May 21)

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 greenware ahead of time.

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

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

Watercolours for the Beginner

Instructor: Jan Fraser

Tues, Apr 3 – May 1 (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**

Fun & Freestyle Acrylic Painting

Instructor: Fain Chase

Wed, May 9 – May 30 (4 wks) from 12:30 pm – 3:30 pm

Cost: \$48 + Supplies

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.

***\$40 supply cost purchased from instructor first day of classes.**

Beyond The Brushstrokes

Instructor: Marilee Barry

Thurs, May 17 – Jun 14 (5 wks) from 9:30 am – 12:00 pm

Cost: \$56 + Supplies

Continue exploring acrylics by using various techniques of application. We will create one painting using our dexterous digits to both apply and remove paint. We will play with cotton swabs, sponges, plastic wrap, string and other found materials to create textural effects, abstract images and unusual backgrounds for our compositions. Each week has a focus and we should be able to complete our paintings during class time. Great for beginners; all levels welcome. ***Supply List provided at registration.**





ART CLASSES

Coloured Pencils Workshop – Series

Instructor: Susan Casault

#1: Wet Bear in Coloured Pencil

Thurs, June 21 from 9:30 am – 2:30 pm

Cost: \$37 + Supplies

Join us for a one-day workshop in which we will draw a wet bear on black paper. Practice layering colours to create a soft look in the background while using pencil strokes to show the texture of both dry and wet fur on the bear. Some coloured pencil experience is helpful but not mandatory. Photo reference provided by the instructor. You are welcome to bring a bag lunch or use our cafeteria.

**Supply list provided at time of registration*

#2: Hummingbird in Coloured Pencil

Thurs, July 19 from 9:30 am – 2:30 pm

Cost: \$37 + Supplies

Join us for a one-day workshop in which we will draw a hummingbird on black paper. Bring this tiny bird to life by layering colours to create an iridescent look on the feathers with a softly blended background. Some coloured pencil experience is helpful but not mandatory. Photo reference provided by the instructor. You are welcome to bring a bag lunch or use our cafeteria.

**Supply list provided at time of registration*

#3: Birds in Pen & Ink

Thurs, Aug 9 from 9:30 am – 2:30 pm

Cost: \$37 + Supplies

Be amazed at what you can achieve with the simple medium of pen and ink. Our subject for the day will be different types of birds in pen and ink. You will learn the basics of creating an image using lines, patterns and layers. Different techniques will be explored to achieve textures and values. Photo reference will be provided by the instructor. Bring a bag lunch or use our cafeteria.

**Supply list provided at time of registration*

Acrylic Painting for Beginners

Instructor: Marina Apartsin



Wed, Apr 18 – May 9 (4 wks) from 10:00 am – 12:00 pm

Cost: \$48 + Supplies

Wed, Jun 6 – Jun 27 (4 wks) from 1:00 pm – 3:00 pm

Cost: \$48 + Supplies

This is a class that introduces and teaches how to create works of art using the Acrylic medium for beginners and people with some experience. This class focuses on learning the techniques and skills needed to create realistic paintings. Step by step instruction will be provided with as much or little assistance desired. People will learn how to paint still life and landscapes, and each class will be a different project.

**Supplies needed: Canvas 12 x 16 (1 per class), Brushes 3/4" and 1/4" flat or filbert, and acrylic paints: titanium white, Ultramarine Blue, Cadmium Red, Burnt Umber, Sap Green, and Cadmium Yellow Medium.*





ART CLASSES

Fun Art Not Fine Art! Workshop – Series

Instructor: Marilee Barry



#1: Spring Has Sprung

Tues, May 8 from 9:00 am – 1:00 pm

Cost: \$38

Come spend a morning creating a fun, easy painting. Marilee will give step-by-step instructions to help you paint a piece that's uniquely your own. No experience required. Don't worry if you can't draw stickmen. This is a great opportunity to experiment with acrylics, while having a few laughs at the same time. Leave all your expectations and fears at the door. Fee includes ALL supplies.



#2: Grass Has Rizz

Tues, June 19 from 9:00 am – 1:00 pm

Cost: \$38

Come spend a morning creating a fun, easy painting. Marilee will give step-by-step instructions to help you paint a piece that's uniquely your own. No experience required. Don't worry if you can't draw stickmen. This is a great opportunity to experiment with acrylics, while having a few laughs at the same time. Leave all your expectations and fears at the door. Fee includes ALL supplies.



#3: I Know Where the Birdies Are

Tues, July 17 from 9:00 am – 1:00 pm

Cost: \$38

Come spend a morning creating a fun, easy painting. Marilee will give step-by-step instructions to help you paint a piece that's uniquely your own. No experience required. Don't worry if you can't draw stickmen. This is a great opportunity to experiment with acrylics, while having a few laughs at the same time. Leave all your expectations and fears at the door. Fee includes ALL supplies.

DRAMA PROGRAMS

Theatre Sports for Seniors!

Instructor: Maria Yakula

Tues, Apr 24 – May 22 (5 wks) from 1:30 pm – 3:00 pm

Cost: \$60

Tues, May 29 – June 26 (4 wks) (No Class June 5) 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 Club

Instructor: Rhiannon Perley-Waugh

Tues, Apr 24 – Jun 26 (10 wks) from 9:00 am – 11:00 am

Cost: \$72

Join this fun, social and lively group! This is a newly-formed group at WSAC. No need for experience! This group will be working together to learn scripts, one-act plays and eventually work to do a larger production within the year. Led by an experienced drama instructor, this group will take form and allow for creative juices and personalities to get flowing!

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 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 & Fridays 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, Apr 10 – May 8 (5 wks) from 10:00 am – 11:30 am

Cost: \$20

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!

Memoirs Writing – Your Story, Your way

Instructor: Lea Storry

Thurs, May 10 – Jun 14 (6 wks) from 1:00 pm – 3:00 pm

Cost: \$45

Write your memoirs. Learn how to tell your life story through instruction, writing exercises and thought-provoking questions. We'll talk about how to use outlines, when to edit and how to publish. You'll leave this six-week class with stories to share with your family and friends.

**Please bring a notepad, paper to write or laptop/tablet.*

DVD Lecture: The Wisdom of History & History of Freedom

Instructor: David Bai

Fri, Apr 6 – Jun 8 (10 wks) from 1:00 pm – 3:00 pm

Cost: \$40

These lectures complete the survey of ancient empires and explore the concept of freedom, its' evolution, growth and impact as a driving force of Western Civilization. Professor, J. Rufus Fears explores the story of freedom's dramatic story from Ancient Greece to present day. He shows how the study of those who left their impact on an earlier world can equip us to make responsible choices as nations, citizens, and individuals.

Learning French

Instructor: Cindie Thompson

Wed, May 2 – Jun 6 (6 wks) from 1:00 pm – 2:30 pm

Cost: \$63

Wed, Jun 13 – Jul 18 (6 wks) from 1:00 pm – 2:30 pm

Cost: \$63

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 – Beginner

Instructor: Cecilia Hamel

Thurs, Apr 26 – May 31 (6 wks) from 9:00 am – 10:30 am

Cost: \$68

Thurs, June 14 – July 19 (6 wks) from 9:00 am – 10:30 am

Cost: \$68

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 – Intermediate

Instructor: Cecilia Hamel

Thurs, Apr 26 – May 31 (6 wks) from 10:30 am – 12:00 pm

Cost: \$68

Thurs, June 14 – July 19 (6 wks) from 10:30 am – 12:00 pm

Cost: \$68

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 Level 1, reviewing the basics of the Latin language and beyond to have you well on your way to being an experienced Spanish speaker.

**Prerequisite: Spanish Level 1*

LIFE LONG LEARNING

Spanish – Experienced

Instructor: Cecilia Hamel

Thurs, Apr 26 – May 31 (6 wks) from 12:00 pm – 1:30 pm

Cost: \$68

Thurs, June 14 – July 19 (6 wks) from 12:00 pm – 1:30 pm

Cost: \$68

This class is for the more experienced at Spanish. This course takes it a step further as you begin to dive deeper into the Spanish language. Our experienced instructor will go beyond the basics and really help you fine tune and continue to improve your Spanish. The learning never stops!

**Prerequisite: Spanish Level 1 and 2*

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 – 11:00 am

**No Book Club in July & August*

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

**No Photo Club in June, July & August*

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 writer's 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.

Genealogy Drop-In

\$2 drop-in fee

Meet the 1st Thursday of the month from 9:30 am – 11:00 am

Let's pool our resources and help each other untangle the challenges of researching our Family Histories. This drop-in session will be suitable for everyone from those just starting to build a Family Tree, to folks who have been working on their Family History since Adam and Eve were kids. Come prepared, bring your questions, laptops, tablets, pencils and paper whatever suits you best. Don't forget to bring your enthusiasm along, too!

COMPUTERS & TABLETS & PHONES



Smartphone Security

Instructor: Windsong Training

Wed, Apr 11 from 10:00 am – 11:00 am

Cost: \$10

Smartphones place many of the capabilities of the desktop computer into our pockets. Along with this power, they also bring some security issues. The apps we download generally require access to some form of data available on our phone in order to be useful. We will discuss the various forms of access that apps may request and learn to control them through the phone settings panel.

Avoiding those Roaming fees

Instructor: Windsong Training

Wed, Apr 11 from 11:30 am – 12:30 pm

Cost: \$10

Phone plans are sometimes hard to decipher as far as the rules for travel are concerned. Cell phones often connect automatically to a network when activated in a new location. We will discuss how cell networks operate, and settings to help you control data usage and cell connection. This may help you avoid a surprise bill for hundreds, or even thousands, of dollars.

Using Google beyond Gmail & Search

Instructor: Windsong Training

Wed, Apr 18 – Apr 25 (2 wks) from 1:00 pm – 3:00 pm

Cost: \$38

Google provides a wide variety of online services at no cost to the user, including Gmail, Google Docs and Google Maps. We will create a Google (Gmail) account, look at the Google Drive and create different types of documents. Documents in Google Drive can be accessed from any web browser and can be shared with others for collaboration. Finally, we will mention a variety of other services available through Google as time permits.

The Camera and Photo Apps on Android

Instructor: Windsong Training

Wed, May 2 – May 9 (2 wks) from 12:30 pm – 2:30 pm

Cost: \$38

Many Android devices have two cameras, one high-resolution camera on the back, and a lower-resolution “selfie” camera on the front. We will discuss taking pictures with the camera app. We will then look at the Google Photos app and learn to edit and organize pictures into albums. Finally we will discuss sharing your photos and albums through Google Drive.

The Camera and Photo Apps on iOS

Instructor: Windsong Training

Wed, May 16 – May 23 (2 wks) from 12:30 pm – 2:30 pm

Cost: \$38

iOS devices typically have two cameras, one high-resolution camera on the back, and a lower-resolution “Facetime”, or “selfie” camera on the front. We will discuss taking pictures with the camera app. We will then look at the Photos app and learn to edit and organize pictures into albums. Finally, we will discuss sharing your photos and albums through iCloud.

Introduction to Computers

Instructor: Chris Jackson

Tues, May 22 from 12:30 pm – 2:30 pm

Cost: \$12

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.

**Please bring your device to the class.*

COMPUTERS & TABLETS & PHONES

Mastering your iPhone

Instructor: Windsong Training

Thurs, May 24 – Jun 7 (3 wks) from 12:30 pm – 2:30 pm

Cost: \$57

iOS devices typically have two cameras, one high-resolution camera on the back, and a lower-resolution “Facetime”, or “selfie” camera on the front. We will discuss taking pictures with the camera app. We will then look at the Photos app and learn to edit and organize pictures into albums. Finally, we will discuss sharing your photos and albums through iCloud.

IPad Class for the True Beginner

Instructor: Chris Jackson

Wed, May 30 – Jul 4 (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.*

Beginners to Windows 10

Instructor: Chris Jackson

Thurs, Jun 28 – Jul 12 (3 wks) from 11:00 am – 12:30 pm

Cost: \$34

Have you just received a Windows computer and need some guidance in using this device? Join us for a series of three classes to explore how the Windows platform operates. This course will focus on the basics, providing an introduction to the apps that come with your device. You will be introduced to the new Windows 10 Operating System.

**Please bring your laptop to the class.*

One-on-One Computer Tablet Tutoring

Instructor: Chris Jackson

Cost: 60 mins for \$25 OR 90 mins for \$30

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

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 1/2 hr per person.

*****Day and time can be arranged through Instructor Heather Miller at hcmiller@shaw.ca or 780-487-5949**



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 of 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!



DANCE



Ballroom & Latin Beyond Basics

Instructor: **Monika Holub**

Tues, Apr 24 – June 19 (8 wks) (No Class June 5) 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.*

BALLROOM WITH A TWIST

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 predominantly 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.

Choreographed Ballroom (New Dancers)

Instructor: **Joan Tharme**

Thurs, Apr 12 – May 10 (5 wks) from 10:25 am – 11:10 am

Cost: \$13

This class is for new dancers. We will be learning the waltz. No experience needed.

Choreographed Ballroom (Newer Dancers)

Instructor: **Joan Tharme**

Thurs, Apr 12 – May 10 (5 wks) from 10:25 am – 11:55 am

Cost: \$32

This class is for newer dancers. We will be learning to waltz and adding to our skill level in two-step.

Round Dancing (Experienced)

Instructor: **Joan Tharme**

Thurs, Apr 12 – May 10 (5 wks) from 11:55 pm – 1:10 pm

Cost: \$32

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.

BeMoved®

Instructor: **Simone Batt**

Thurs, Apr 26 – June 14 (8 wks) from 10:10 am – 11:10 am

Cost: \$48

Thurs, June 21 – Aug 9 (8 wks) from 10:10 am – 11:10 am

Cost: \$48

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, Apr 24 – June 19 (8 wks) (No Class June 5) from 12:30 pm – 1:15 pm

Cost: \$48

Tues, June 26 – Aug 14 (8 wks) from 12:30 pm – 1:15 pm

Cost: \$48

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 or those who prefer to remain seated.

Please sign up a minimum of one week prior to the class start date

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DANCE



Clogging – Beginner

Instructor: Tracy Walters

Tues, Apr 24 – May 29 (6 wks) from 2:45 pm – 3:45 pm

Cost: \$36

Tues, July 3 – Aug 28 (9 wks) from 2:45 pm – 3:45 pm

Cost: \$54

For those who like to dance. We dance in shoes with special taps on them that give clogging its unique sound. You will learn some basic steps and terms associated with clogging and we dance to different types of music. No experience necessary. For the first few classes, wear comfortable shoes (shoes with rubber soles not recommended).

Clogging – Experienced

Instructor: Joan Tharme

Thurs, Apr 19 – May 10 (4 wks) from 9:15 am – 10:15 am

Cost: \$20

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).

Line Dancing

Instructor: Tracy Walters

True Beginner

Wed, Apr 25 – May 30 (6 wks) from 12:30 pm – 1:25 pm

Cost: \$36

Wed, July 4 – Aug 29 (9 wks) from 12:30 pm – 1:25 pm

Cost: \$54

Intermediate

Wed, Apr 25 – May 30 (6 wks) from 1:30 pm – 2:25 pm

Cost: \$36

Wed, July 4 – Aug 29 (9 wks) from 1:30 pm – 2:25 pm

Cost: \$54

Experienced

Wed, Apr 25 – May 30 (6 wks) from 2:30 pm – 3:30 pm

Cost: \$36

Wed, July 4 – Aug 29 (9 wks) from 2:30 pm – 3:30 pm

Cost: \$54

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!

TAI CHI

Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

Mon, Apr 16 – June 25 (10 wks) (No Class May 21) from 1:30 pm – 2:30 pm

Cost: \$60

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, Apr 19 – June 28 (11 wks) from 2:30 pm – 3:30 pm

Cost: \$66

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 & YOGA

EFT – Tapping for Emotional Freedom

Instructor: Jeri Tourand

Wed, Apr 25 from 9:30 am – 12:00 pm

Cost: \$23

Learn this powerful “tapping” tool for clearing trapped emotions and negative energy to find peace and balance. EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture. It is a universal healing tool that can provide impressive results for physical, emotional, and performance issues. EFT operates on the premise that no matter what part of your life needs improvement, there are unresolved emotional issues in the way.



Mindfulness & Meditation

Instructor: Jeri Tourand

Wed, May 30 from 9:30 am – 12:00 pm

Cost: \$23

Wed, Jun 6 from 9:30 am – 12:00 pm

Cost: \$23

Mindfulness is all about cultivating deep self-awareness and a state of well-being. Beginning a regular practice of mindfulness and meditation has been shown to improve health, emotional regulation, focus and performance in all areas of life. Join us for 2 powerful sessions where we will learn the fundamentals and explore various tools and techniques to help balance your mind and emotion and awaken to the joy and vitality of the present moment!



Zen Trilotherapy: Inner Peace, Self-Love & Life Purpose

Instructor: Jeri Tourand

Fri Apr 27– Jun 1 (6 wks) from 9:30 am – 12:00 pm

Cost: \$108

Please join us for an empowering, highly interactive, deeply healing experience of Zen Trilotherapy. As developed by Zen Buddhist Master, Nissim Amon, "A revolutionary way for experiencing an awakening! Strengthen YOUR CENTRE. Be the leader of your MIND and EMOTIONS."



*Balance your head and your heart and awaken "centre"

*Reduce your suffering and experience more Inner Peace than you ever imagined possible

*Uncover your programming from childhood and learn how to dismantle these belief systems and finally FREE yourself

*Awaken to the truth of who you really are and learn powerful tools to heal and transform your life and help others do the same.

Yoga for Arthritis

Instructor: Shall Sinha, E-RYT, RYT 500

Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 2:45 pm – 3:45 pm

Cost: \$47

Mon, Jun 11 – Jul 23 (6 wks) (No Class Jul 2) from 2:45 pm – 3:45 pm

Cost: \$47

Mon, Jul 30 – Aug 27 (4 wks) (No Class Aug 6) from 1:00 pm – 2:00 pm

Cost: \$31

Wed, Apr 25 – May 30 (6 wks) from 2:30 pm – 3:30 pm

Cost: \$47

Wed, Jun 6 – Jul 11 (6 wks) from 2:30 pm – 3:30 pm

Cost: \$47

Wed, Jul 18 – Aug 22 (6 wks) from 2:30 pm – 3:30 pm

Cost: \$47

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. 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.**

YOGA

Mind Body Soul

Yoga for Balance & Well-Being

Instructor: Linda Vaudan

Thurs, Apr 19 – May 24 (6 wks) from 10:00 am – 11:00 am

Cost: \$43

Yoga invites you to Balance and Well-Being in this series of yoga classes. Yoga has so many benefits, and nurturing balance is a pivotal one: balance not just for fall prevention but balance in overall health. Some of the benefits of yoga include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being, and increased well-being. ***Yoga mat required.**



Chakra Yoga – All Levels

Instructor: Pramila Sinha, E-RYT200, RYT 500

Thurs, Apr 26 – May 31 (6 wks) from 11:15 am – 12:15 pm

Cost: \$47

Thurs, Jun 7 – Jul 12 (6 wks) from 11:15 am – 12:15 pm

Cost: \$47

Thurs, Jul 19 – Aug 23 (6 wks) from 11:15 am – 12:15 pm

Cost: \$47

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. ***Yoga Mat and a Journal required. Chair is an option for those who are unable to go on the floor.**

Develop Flexibility through Yin Yoga

Instructor: Pramila Sinha, E-RYT200, RYT 500

Tues, Apr 24 – May 29 (6 wks) from 12:15 pm – 1:15 pm

Cost \$47

Tues, Apr 24 – May 29 (6 wks) from 1:30 pm – 2:30 pm

Cost \$47

Tues, Jun 12 – Jul 17 (6 wks) from 12:15 pm – 1:15 pm

Cost \$47

Tues, Jun 12 – Jul 17 (6 wks) from 1:30 pm – 2:30 pm

Cost \$47

Tues, Jul 24 – Aug 28 (6 wks) from 12:15 pm – 1:15 pm

Cost \$47

Tues, Jul 24 – Aug 28 (6 wks) from 1:30 pm – 2:30 pm

Cost \$47

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.**

Happy Hips Yoga

Instructor: Linda Vaudan

Fri, Apr 27 – Jun 1 (6 wks) from 12:45 pm – 1:45 pm

Cost: \$43

Fri, Jun 15 – Jul 20 (6 wks) from 12:45 pm – 1:45 pm

Cost: \$43

Fri, Jul 27 – Aug 31 (5 wks) (No Class Aug 24) from 12:45 pm – 1:45 pm

Cost: \$36

Would you like to have more mobility and strength in your hips? If so, come to Happy Hips Yoga! Hips affect the way we do so many of our daily activities: walking, sitting, standing, climbing stairs...and even sleeping. Happy Hips Yoga has a focus on stabilizing, strengthening and opening the hips. Learn gentle movements and stretches to nurture Happy Hips! ***Yoga mat required.**

Please sign up a minimum of one week prior to the class start date

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YOGA



Gentle Yoga - Beginner

Instructor: Shaun Giroux

Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 10:45 am – 11:45 am	Cost: \$43
Mon, Jun 11 – Jul 23 (6 wks) (No Class Jul 2) from 10:45 am – 11:45 am	Cost: \$43
Wed, Apr 25 – Jun 6 (7 wks) from 12:00 pm – 1:00 pm	Cost: \$50
Wed, Apr 25 – Jun 6 (7 wks) from 1:15 pm – 2:15 pm	Cost: \$50
Wed, Jun 13 – Jul 25 (7 wks) from 12:00 pm – 1:00 pm	Cost: \$50
Wed, Jun 13 – Jul 25 (7 wks) from 1:15 pm – 2:15 pm	Cost: \$50
Fri, Apr 27 – Jun 8 (7 wks) from 2:00 pm – 3:00 pm	Cost: \$50
Fri, Jun 15 – Jul 27 (7 wks) from 2:00 pm – 3:00 pm	Cost: \$50

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.*

Intermediate Yoga

Instructor: Pramila Sinha, E-RYT200, RYT 500

Fri, Apr 27 – Jun 1 (6 wks) from 10:45 am – 11:45 am	Cost: \$47
Fri, Jun 8 – Jul 13 (6 wks) from 10:45 am – 11:45 am	Cost: \$47
Fri, Jul 20 – Aug 24 (6 wks) from 10:45 am – 11:45 am	Cost: \$47

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.*

Yoga – Intermediate Level

Instructor: Caroline Haverkort

Wed, Apr 18 – May 30 (7 wks) from 10:30 am – 11:30 am	Cost: \$50
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Once you have built some strength, stamina, flexibility and sense of balance with beginner's yoga classes, you may be ready for the next step. If that feels true, then this intermediate level yoga class could be for you! The range of poses you will explore will involve sitting on the floor, lying on your back, being on hands and knees, and balancing on one leg. You will breathe and move from pose to pose, to increase your range of motion and open up your joints, building a strong and balanced body & mind. **Yoga mat required.*

Pilatoga

Instructor: Shaun Giroux

Beginner:

Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 9:30 am – 10:30 am	Cost: \$43
Mon, Jun 11 – Jul 23 (6 wks) (No Class Jul 2) from 9:30 am – 10:30 am	Cost: \$43

Intermediate:

Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 12:00 pm – 1:00 pm	Cost: \$43
Mon, Jun 11 – Jul 23 (6 wks) (No Class Jul 2) from 12:00 pm – 1:00 pm	Cost: \$43

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.*

YOGA/FITNESS

Restorative Hatha Yoga – Intermediate

Instructor: Audrey Bell-Hiller, BA

Thurs, Jul 12 – Aug 9 (5 wks) from 9:45 am – 11:00 am

Cost: \$38

Restorative yoga postures promote deep relaxation and renewal for tight muscles and stress. Judith Lasater, USA yoga guru, refers to restorative yoga as "active relaxation". By supporting the body to move toward relaxation and balance, you will learn how to modify yoga postures, using props. These modified postures allow each person to practice within the limits of their bodies. The last 15 minutes of the class will concentrate on breath and conscious relaxation. You will find that these postures will deepen your practice of yoga.

***Yoga mat required and is not supplied.**

Structural Yoga Therapy for All

Instructor: Marthe Murphy

Fri, Apr 27 – Jun 15 (8 wks) from 9:15 am – 10:30 am

Cost: \$60

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. ****Must be able to get down on the floor (with or without assistance). *Yoga mat required for floor exercises.***

Balls, Bands & Balance!

Instructor: Ilonka Wormsbecker

Tues, Apr 24 – May 29 (6 wks) from 10:00 am – 10:45 am

Cost: \$32

A fun class for older adults at all fitness levels, using small portable equipment to improve strength and balance. The focus is on core strength in sitting or standing positions. Routines can also be used effectively at home.

Cardio Salsa

Instructor: Maria Yakula

Fri, Apr 27 – May 25 (5 wks) from 9:45 am – 10:45 am

Cost: \$30

Fri, Jun 1 – Jun 29 (5 wks) from 9:45 am – 10:45 am

Cost: \$30

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, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 10:00 am – 10:55 am

Cost: \$36

Mon, Jun 11 – Jul 23 (6 wks) (No class Jul 2) from 10:00 am – 10:55 am

Cost: \$36

Wed, Apr 25 – May 30 (6 wks) from 10:00 am – 10:55 am

Cost: \$36

Wed, Jun 6 – Jul 18 (7 wks) from 10:00 am – 10:55 am

Cost: \$42

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!

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



FITNESS

Essentrics for Seniors

Instructor: Lori Griffith

Wed, May 2 – Jun 6 (6 wks) from 9:15 am – 10:00 am

Cost: \$62

Wed, Jun 13 – Jul 18 (6 wks) from 9:15 am – 10:00 am

Cost: \$62

Wed, Jul 25 – Aug 29 (6 wks) from 9:15 am – 10:00 am

Cost: \$62

This is an age reversing workout that will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. A slow-paced, full body workout created by the author of the New York Times Bestseller, Aging Backwards. ***Yoga mat required.**



Essentrics – Stretch & Tone

Instructor: Lori Griffith

Wed, Jun 13 – Jul 18 (6 wks) from 10:30 am – 11:30 am

Cost: \$70

Wed, Jul 25 – Aug 29 (6 wks) from 10:30 am – 11:30 am

Cost: \$70

This is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.

***Yoga mat required.**



Fit For Life

Instructor: Ilonka Wormsbecker

Mon, Apr 16 – Jun 4 (7 wks) (No Class May 21) from 11:05 am – 12:05 pm

Cost: \$46

Tues, Apr 24 – May 29 (6 wks) from 11:05 am – 12:05 pm

Cost: \$40

Wed, Apr 18 – May 30 (7 wks) from 11:05 am – 12:05 pm

Cost: \$46

Fri, Apr 20 – Jun 1 (7 wks) from 11:05 am – 12:05 pm

Cost: \$46

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.

MOC Barre

Instructor: Shaun Giroux

Wed, Apr 25 – Jun 6 (7 wks) from 10:30 am – 11:15 am

Cost: \$45

Wed, Jun 13 – Jul 25 (7 wks) from 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.

***Yoga mat required.**



FITNESS



Interval Strength Training

Instructor: Maria Yakula

- Tues, Apr 24 – May 22 (5 wks) from 12:15 pm – 1:15 pm Cost: \$30
Tues, May 29 – Jul 3 (5 wks) (No Class Jun 5) from 12:15 pm – 1:15 pm Cost: \$30
Thurs, Apr 26 – May 24 (5 wks) from 11:15 am – 12:15 pm Cost: \$30
Thurs, May 31 – Jun 28 (5 wks) from 11:15 am – 12:15 pm Cost: \$30

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.

On Pace With Parkinsons

Instructor: Janet Hauca

- Thurs, May 3 – May 24 (4 wks) from 2:45 pm – 3:45 pm Cost: \$36
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!

Seated Stretch & Strength

Instructor: Kathy Paterson

- Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 11:00 am – 12:00 pm Cost: \$36
Mon, Jun 11 – Jul 23 (6 wks) (No Class Jul 2) from 11:00 am – 12:00 pm Cost: \$36
Tues, Jul 24 – Aug 28 (5 wks) (No Class Jul 31) from 11:00 am – 12:00 pm Cost: \$30
Wed, Apr 25 – May 30 (6 wks) from 11:15 am – 12:00 pm Cost: \$27
Wed, Jun 6 – Jul 18 (7 wks) from 11:15 am – 12:00 pm Cost: \$32
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!

Small Group Training

Instructor: Janet Hauca

- Mon & Wed, Apr 30 – May 28 (8 Classes, 4 wks) from 12:45 pm – 2:15 pm Cost: \$120
(No Class May 21)
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.

Stretch & Strength

Instructor: Janet Hauca

- Tues, May 1 – May 22 (4 wks) from 1:30 pm – 2:30 pm Cost: \$29
Thurs, May 3 – May 24 (4 wks) from 1:30 pm – 2:30 pm Cost: \$29

The benefits of resistance training & stretching are second to none & here's a class that caters to both. No matter your 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 week!

FITNESS



Seniors Stretch

Instructor: Kathy Paterson

Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 9:00 am – 9:55 am	Cost: \$38
Mon, Jun 11 – Jul 23 (6 wks) (No Class Jul 2) from 9:00 am – 9:55 am	Cost: \$38
Tues, Jul 24 – Aug 28 (5 wks) (No Class Jul 31) from 9:00 am – 9:55 am	Cost: \$32
Wed, Apr 25 – May 30 (6 wks) from 9:00 am – 9:55 am	Cost: \$38
Wed, Jun 6 – Jul 18 (7 wks) from 9:00 am – 9:55 am	Cost: \$38

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 frequently causes pain, 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, Apr 24 – May 29 (6 wks) from 9:00 am – 10:00 am	Cost: \$38
Tues, Jun 12 – Jul 17 (6 wks) from 9:00 am – 10:00 am	Cost: \$38
Tues, Jul 24 – Aug 28 (5 wks) (No Class Jul 31) from 10:00 am – 11:00 am	Cost: \$32
Thurs, Apr 26 – May 31 (6 wks) from 9:00 am – 10:00 am	Cost: \$38
Thurs, Jun 7 – Jul 19 (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

Mon, Apr 23 – Jun 4 (6 wks) (No Class May 21) from 9:30 am – 10:30 am	Cost: \$40
Mon, Jun 12 – July 23 (6 wks) (No Class July 2) from 11:00 am – 12:00 pm	Cost: \$40

Join the party! Terri has a passion for Zumba®! Zumba Gold® 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!

Zumba Gold® Chair

Instructor: Terri Kokotilo

Mon, Jun 12 – July 23 (6 wks) (No Class July 2) from 9:45 am – 10:45 am	Cost: \$40
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Join the party! What is Zumba® Gold Chair? It is a modified Zumba® class that is designed for those with medical, mobility or balance issues who still want to have fun while keeping fit! Dance moves are modified allowing participants to be seated while exercising. Easy to follow moves using Latin and World rhythms equals chair-based dance fitness classes that are fun, energetic & make you feel amazing!



SPORTS & ACTIVE DROP-INS

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



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.

Biking Group

\$2 drop-in fee

Mondays & Fridays meet at the Centre @ 10:00 am

Wednesdays meet at the Centre @ 1:00 pm

Lace up, hop on...let's go for a ride! Dust off your bike and join this independent group as they explore our beautiful city and all it has to offer. Helmets encouraged. Weather permitting.

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.

Golf Group

Tuesdays & Wednesdays at 9:00 am (Meet at Deer Meadows)

FORE.....the love of GOLF! Break out the clubs, and hit the links! This independent group meets weekly at the Deer Meadows Golf Course, enjoying fun competition with likeminded golf enthusiasts.

Dues are payable to the Deer Meadows Golf Course

Pickleball

\$2 drop-in fee

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

Tuesdays from 3:00 pm – 6:00 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.

Drop-in when you like, no commitment necessary!

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CARDS & GAMES DROP-INS

Billiards

\$2 drop-in fee

Mondays 2:00 pm – 4:00 pm, Wednesdays 10:00 am – 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.

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!

Check out this fun group and see if you have the right combinations to make it all the way! All levels welcomed 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!

This social card game is simple in concept but high in subtlety! All levels welcomed 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. All levels welcomed and new players encouraged.

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!

A card game ancestral to Bridge where the last card indicates trump! 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 – ABCL 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.

SOCIAL DROP-INS

Birthday Party

\$2 drop-in fee

The 3rd Wednesday of the month – FREE for all members celebrating their birthday that month!
May 16, June 20, July 18, August 15 from 1:00 pm – 3:00 pm
Join us in the café to celebrate the birthdays of the current month. Enjoy a slice of cake served with ice cream accompanied by a nice cup of coffee.

Monthly Potluck Dinner

\$2 drop-in fee

This group meets the Last Thursday of the month
May 31, June 28, July 26, Aug 30 from 5:00 pm – 7:00 pm
This group meets once a month for a dinner. Bring your favourite dish to share!

New Member Welcome Tea

\$2 drop-in fee

Meeting this session on May 2 & August 1 from 2:00 pm – 3:00 pm
Are you a new member? Join us in the Café for some tea & coffee and a chance to meet some other new members and some of our staff. A more in-depth introduction to the Centre will be provided and an opportunity to ask questions.

SUPPORT GROUPS

Social Circle of Friends

\$2 drop-in fee

Mondays from 9:30 am – 11:00 am
Peer Support group that is peer led by a trained volunteer. 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.



Social Circle² of Friends

\$2 drop-in fee

Wednesdays from 2:30 pm – 4:00 pm
Due to the popularity of our Circle of Friends group, we have added a 2nd group. Same format as Monday's group, just a different time. This group is an excellent way for new (and long-time) members to connect with others in a safe, supportive and caring environment.

Circle of Support

\$2 drop-in fee

Thursdays from 1:00 pm – 2:30 pm
Support group led by Registered Social Worker. This group is an excellent way for new (and long-time) members who feel they need some extra support to connect with others in a safe, supportive and caring environment.

Drop-in when you like, no commitment necessary!

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T NIE TALK SERIES

FINANCIAL WORKSHOP SERIES

Technology and innovation investments in your portfolio – Presenter: Weichurn Woo

Fri, Apr 13 from 10:00 am – 11:30 am

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

Artificial Intelligence, blockchain (Crypto Currencies), virtual reality, robotics, self-driving and electric cars, cloud, big data, and internet of things (IOT), among others, have all been disruptive technologies in our society. They also have been growing investment themes among major investors, and been one of the best performers in the markets for the past few years. Come join Wei Woo as we discuss emerging technology trends, and how to prudently add them to your retirement portfolio.

Socially Responsible and Ethical Investing

Presenter: Weichurn Woo

Fri, May 11 from 10:00 am – 11:30 am

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

The fastest growing investment trend among both millennials and seniors is responsible investing. It is an approach to investing that targets environmental, social and ethical corporate governance into investment selections, to generate sustainable, long-term returns. Investors are more aware than ever of when a company does questionable activities that is unethical, and will stay away from investing in the stock on the grounds of their principles and values. Come join Wei Woo as we discuss this theme.

Market & Golf Swings

Presenter: Brad Hurshowy, Investors Group

Fri, May 25 from 10:00 am – 11:30 am

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

Modest economic growth, low interest rates, greater longevity and subdued inflation are challenging decades old assumptions about retirement income management. But the fact is, when it comes to withdrawing a retirement income from your portfolio, one-size has never fits all. So we “tee” yourself up for success by discussing tips for: lowering golf handicaps, how to lower your portfolio’s overall volatility, and making the most your retirement income paycheck!

HEALTH & WELLNESS WORKSHOP SERIES

Bone Health

Presenter: Safeway Pharmacy

Fri, Apr 6 from 10:00 am – 11:30 am

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

Come join a pharmacist from Safeway and learn more about bone health and about different diseases like osteoporosis. And receive a complementary heel ultrasound scan to test your own bone density.

Yoga & Health

Presenter: Izabella Roth, RN Bayshore Home Health

Fri, May 18 from 10:00 am – 11:00 am

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

It is a large misconception that those who ARE flexible do Yoga. Yoga has also been commercialized and with today’s culture likely seems out of reach for many. Together we will demystify general perceptions of the ancient practice while teaching how easy these simple stretches and breathing exercises can be added to any daily routine. Join us for this interactive introduction to Yoga where you will learn ways to stay light and injury free as you age.

T NIE TALK SERIES

HEALTH & WELLNESS WORKSHOP SERIES

Better Sleep A Healthier Life

Presenter: Izabella Roth, RN

Fri, Jun 15 from 10:00 am – 11:00 am

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

As we age our body offers new challenges that may not have always been there often leading to disruptive sleep which can lead to discomfort, disruptions in mood, tiredness and an overall lack of productivity and often other unhealthy choices. Sleep deprivation has been linked to obesity, diabetes, cardiovascular disease, Alzheimer's, cancer, and many other health problems, especially psychiatric disorders. Come and explore ways day to help you get a better night's sleep and lead a healthier life.

NUTRITION & FOOD SERIES

New Ideas for Healthy Meals & Snacks

Presenter: Registered Dietician, AHS

Fri, May 4 from 9:30 am – 11:00 am

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

Are you stuck in a rut with meal ideas? Join your Public Health dietitian at the *New Ideas for Healthy Meals and Snacks* presentation! Test your knowledge of healthy eating with Canada's Food Guide. Learn about trendy foods, like kale, quinoa, greek yogurt, and kefir. Leave with new recipes and menu ideas to try at home!

Rate Your Plate

Presenter: Registered Dietician, AHS

Fri, Jun 1 from 10:00 am – 11:30 am

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

What does it really mean to "watch your portions"? Come to this session to find out how *your* plate rates, and leave knowing just what's needed to plan portion-wise meals and snacks.

Virtual Grocery Tour

Presenter: Safeway Pharmacy

Fri, Jun 8 from 10:00 am – 11:30 am

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

Take a Virtual Grocery tour with a certified dietitian. Discover healthier meal choices, learn to read labels with confidence, revitalize your grocery list with new foods.

GENERAL INTEREST SERIES

Tools to help you keep independence!

Presenter: Good Samaritan

Wed, Jun 13 from 10:00 am – 11:30 am

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

Attend the presentation by the Good Samaritan Society to learn what is available to help you live in your own home safely for as long as possible. There is government funding available for those who qualify.

T NIE TALK SERIES

GENERAL INTEREST SERIES (CONT'D)

Outdoor Survival

Presenter: Bo Loeffler

Tues, Apr 24 from 1:00 pm – 4:00 pm

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

This workshop is designed to cover the basics and essentials of survival. It is for anyone who goes on hikes in the mountains or even your daily walk in the river valley. You never know when you may be stranded and need to know how to survive. This course will cover the psychology of survival, what to carry with you on your walk/hikes, basic steps to survival and much more.

Handy Dandy Workshop: Decks & Fences 101

Presenter: Bo Loeffler

Mon, Apr 23 from 1:00 pm – 4:00 pm

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

Join Bo in this afternoon workshop designed to walk you through building and/or re-securing your back yard fence and deck. He will answer any questions you may have and provide information in supporting all things associated with decks and fences. This will help you get ready to tackle any projects or maintenance needed this spring. Topic includes overall structure, how it is attached and supported, the materials, finishing (stain/paint) and method of construction (screws; nails; deck fasteners).

Fall Safety & Prevention

Presenter: Lani Quillo, Lifeline Community Rep

Tues, May 22 from 10:00 am – 11:30 am

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

Register to join the discussion on how one can keep active and safe. This presentation will cover methods to change behaviours to prevent falls, reducing the fall risk and the proper way to get up from a fall. During this session you will have opportunities to have your questions answered to ensure safety moving forward!

Declutter & Downsize in a Holistic Way

Presenter: Lynn Fraser

Thurs, Apr 12 from 10:00 am – 12:00 pm

Cost: \$15

Are you or a loved one planning to downsize to a smaller home? Do you want to be IN CONTROL of the process now before it happens by default TO YOU? It is NOT too early to start preparing this spring even if you don't have a moving date yet. Learn the S.P.A.C.E. strategy, Top 11 Checklist and more ways to keep the items that bring you joy and find new homes for those that don't. Lynn's self-care tools respect you and your special memories holistically so you can transition with less stress and more ease into an energy-giving and peaceful space.

Birds in the River Valley

Presenter: Wayne Oaks

Fri, Apr 27 from 10:00 am – 12:00 pm

Cost: \$5 (Please sign up in advance)

Over the past two years Wayne has dedicated several hours a day, nearly every day, photographing all aspects of nature along the Whitemud Creek Nature Reserve between the Alfred Savage Centre and the Rainbow Valley Ski Hill. The variety of bird species in this area is greater than any other region within Edmonton. This is an opportunity to see and learn a little about birds that are here for the winter and those that are here for warmer spring to fall months.

NOTE: \$3 of talk's proceeds will be donated to Beaverhill Bird Observatory.

PROGRAMS AT A GLANCE

MONDAY	
9:00 am 9:30 am	Seniors Stretch Pilatoga Beginner Ceramics Zumba Gold <i>*Circle of Friends</i> <i>*Euchre</i>
9:45 am	Zumba Gold Chair
10:00 am	Dance Fit <i>*Fitness Orientation</i> <i>*TLC ACBL Sanctioned Bridge</i> <i>*Biking Group</i>
10:45 am	Gentle Yoga
11:00 am 11:05 am	Seated Stretch Zumba Gold Fit for Life
12:00 pm 12:30 pm	Pilatoga Intermediate <i>*Art Session</i> <i>*Pickleball</i> <i>*Woodworking</i>
12:45 pm 1:00 pm	Small Group Training Meditation <i>*Open Jam 1st & 3rd Monday</i> <i>*Ukulele Circle 2nd & 4th Monday</i>
1:30 pm 2:00 pm 2:45 pm	Tai Chi <i>*Billiards</i> Yoga For Arthritis

**denotes drop-in*

TUESDAY

9:00 am	Drama Club *Walking Group Total Fit Mosaic Mirror Fun Art Not Fine Art! Workshops (May 8, June 19, July 17)
9:30 am	*Leather Tooling *Practice Bridge *Writer's Circle 3rd Tuesday
10:00 am	Beginner Watercolour Charlie & The Writing Factory Balls, Bands & Balance *Carpet Bowling
11:05 am	Fit for Life
12:15 pm	Interval Strength Training Flexibility Through Yin Yoga
12:30 pm	Intro to Computers (May 22) Gentle BeMoved *Woodworking
1:00 pm	Outdoor Survival (April 24)
1:30 pm	Ballroom Dance Stretch & Strength Flexibility Through Yin Yoga Theatre Sports
2:45 pm	Clogging - Beginner
3:00 pm	*Pickleball

**denotes drop-in*

WEDNESDAY

<p>9:00 am</p> <p>9:15 am</p> <p>9:30 am</p>	<p>Seniors Stretch Mosaic Plant Pot *Fitness Room Orientation</p> <p>Essentrics for Seniors Tapping for Emotional Freedom (April 25) Mindfulness & Meditation (May 30, June 6) *Crafter's Corner *Scrabble</p>
<p>10:00 am</p> <p>10:30 am</p>	<p>Acrylic Painting for Beginners Dance Fit Smartphone Security (Apr 11) Tools to help keep independence (Jun 13) *Book Club 2nd & 4th Wednesday *Photo Club 1st & 3rd Wednesday *Billiards</p> <p>MOC Barre Yoga Intermediate Essentrics: Stretch & Tone</p>
<p>11:05 am</p> <p>11:15 am</p> <p>11:30 am</p>	<p>Fit for Life</p> <p>Seated Stretch Avoid those Roaming fees (Apr 11)</p>
<p>12:00 pm</p> <p>12:30 pm</p> <p>12:45 pm</p>	<p>Gentle Yoga</p> <p>Line Dancing –Beginner Fun & Freestyle Acrylic Painting Camera & Photo Apps Ipad Class for Beginner *Badminton *Woodworking Small Group Training</p>
<p>1:00 pm</p> <p>1:15 pm</p> <p>1:30 pm</p>	<p>French Using Google Beyond Gmail & Search Birthday Party 3rd Wednesday *Euchre *Biking Group</p> <p>Gentle Yoga Line Dancing Intermediate Creative Writing</p>
<p>2:30 pm</p>	<p>Line Dancing Experienced Yoga for Arthritis *Circle² of Friends</p>

***denotes drop-in**

THURSDAY

9:00 am	Spanish Beginner Total Fit *Billiards
9:15 am	Clogging - Experienced
9:30 am	Coloured Pencils Workshops (June 21, July 19, August 9) Fairy Garden Workshop (May 10) Framed Pebble Art (June 28) Beyond the Brushstrokes *Genealogy
9:45 am	Hatha Yoga Intermediate
10:00 am	Yoga for Balance & Well Being
10:10 am	Be Moved
10:30 am	Spanish Intermediate Ballroom With A Twist (New/Newer)
11:00 am	Declutter & Downsize (April 5 & 12)
11:15 am	Beginners to Windows 10 Chakra Yoga – Level 1 Interval Strength Training
12:00 pm	Ballroom With A Twist (Experienced) Spanish Experienced
12:30 pm	Mastering Your Iphone *Contract Bridge *Pickle Ball *Woodcarver's Club *Carpet Bowling
1:00 pm	Memoirs Writing
1:30 pm	Stretch & Strength *Circle of Support
2:30 pm	Tai Chi: Foundations
2:45 pm	On Pace with Parkinson's
5:00 pm	*Potluck Last Thursday

***denotes drop-in**

FRIDAY

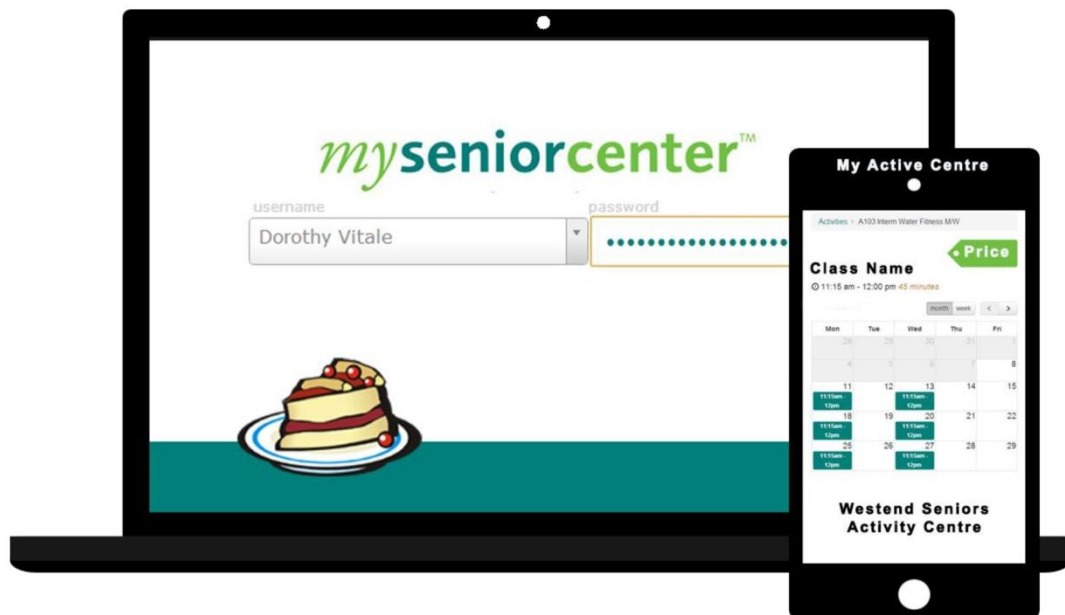
9:00 am	<i>*Walking Group</i>
9:15 am	Structural Yoga
9:30 am	Zen Trilotherapy <i>*Leather Tooling</i> <i>*Colour Your World</i>
9:45 am	Cardio Salsa
10:00 am	Birds in the River Valley (April 27) Financial Talks (April 10 & May 11) Market & Gold Swings (May 25) Health Talks (May 18 & June 15) New Ideas for Healthy Snacks (May 4) Rate Your Plate (June 1) <i>*TLC Bridge ACBL Sanctioned Bridge</i> <i>*Silver Tones Practice</i> <i>*Biking Group</i>
10:45 am	Intermediate Yoga
11:05 am	Fit for Life
12:30 pm	<i>*PickleBall</i> <i>*Woodworking</i>
12:45 pm	Happy Hips
1:00 pm	Choir DVD Series <i>*Paper Quilling</i>
1:30 pm	<i>*Cribbage</i>
2:00 pm	Gentle Yoga

**denotes drop-in*



IMPORTANT NOTICE:

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.

Step by step on how to get started and activate your account:

1. Go to myactivecenter.com
2. Click on **New Users** on the top right hand of the page.
3. Please select center (Westend Seniors Activity Centre).
4. To Activate your account you will need to enter your key fob #, email address, name and phone number. You will also need to create a password.
5. Once your account is active, as long as you hold an active membership with our centre you will be able to register for all registered programs and classes online.



**WESTEND
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ACTIVITY
CENTRE**



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