

WESTEND SENIORS ACTIVITY CENTRE OBSERVER September 2018

40th Anniversary
Gala
Friday, September 7

SOLD OUT

Doors
@ 4:30 pm

Cocktails
& Program Start
@ 5:00 pm

Entertainment
@ 5:30 pm

Buffet Dinner
@ 6:00 pm



Dress Attire
Dressy Casual

Music & Dancing
Throughout
The Night

Photo Booth

Grand Door Prizes
@ 8:00 pm

Sponsored by

Canada
ded in part by the Government of Canada's
New Horizons for Seniors Program



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CHARTWELL
WESCOTT
retirement residence

If anyone who has bought a ticket for the Gala has any food allergies please let us know as soon as possible.

Overflow parking is available in the west lot
of Beulah Alliance Church.

Shuttle service will be available to
and from Beulah Alliance Church
for the Gala provided by

Senior HOMECARE
By Angels
www.seniorhomecarebyangels.com



IMPORTANT

Sign up for our
BRAND NEW
E-Newsletter



Stop by the front desk and sign up for
our E-newsletter.

One lucky person will win a FREE
2019 membership for signing up! Draw
date September 1, 2018.

**This is different than our Observer
and will be emailed out periodically.**

**It will give you the latest updates
with links to important resources.**

9629-176 Street, Edmonton, AB T5T 6B3 / Ph: 780-483-1209

www.weseniors.ca

Staff Update

Janice Monfries left her position as Executive Director of the Westend Seniors Activity Centre on July 31, 2018. We thank her for her services over the last 19 years and wish her well in future endeavours.

The Board has hired a recruiting firm AVIDEXEC to recruit our new Executive Director. Haidong Liang will serve as Interim Executive Director until the position is filled.

Jay Pritchard, WSAC President

Executive Director's News



On August 1st, 1978, Edmonton Self-Starter Organization was formed by Harry Farmer as a Drop-in and activity centre for people 55+ to make friends and become engaged and active. 40 years later, Westend Seniors Activity Centre (our name changed in 2002) has become an inclusive community hub that is changing everyone's perceptions of what a senior's centre can be and what it means to be 55+.

A huge thank you to our talented Administrative Supervisor - Sabine Burgess, who has served our organization for 16 years. She has designed an incredible timeline and video that will be shown at our 40th Anniversary Gala to remind everyone how many great Presidents, Board Members, Volunteers, Members, and Staff have contributed to the past, present and will continue contributing to the future of this wonderful organization. The timeline posted on the back cover of this newsletter highlights our 40 years of excellence.

Westend Seniors Activity Centre is always a leader in the seniors sector and we will continue being the pioneer organization to provide all levels of programs and services to meet our diverse seniors' needs. One way you can help us to understand your needs is to communicate with our capable and dedicated Board. In addition, our diligent staff are very approachable and are willing to listen to your questions, suggestions, concerns and criticism. We will work hard to provide you with answers, feedback, assistance and solutions as much as we can. Please look for a staff member wearing a name badge and/or a green lanyard with ID whenever you need assistance.

Westend Seniors Activity Centre embraces the digital world to serve you better. Please sign up for our brand new E-Newsletter and 'LIKE' us on Facebook. We will be working very hard to engage with our members, staff, local businesses and friends on different topics. And remember to check out our YouTube videos because "Connecting with others never grows old!"

On a side note, I hope you enjoy the \$1 coffee in our Community Cafe. I would like to propose for the second Tuesday of each month, we start a "Toonie Tuesday". You can choose to pay \$2 for coffee, one for yourself and one for your friend or even "pay it forward" for the person behind you. It is not mandatory and it is just a way to show your kindness to your friends or other members here at the centre! In our Centre, we believe "Senior Centres = Friends for Life!"

Haidong Liang, Interim Executive Director

Meet and Greet with Board Members and Staff September 18, 2018 @ 10:30 am in the Community Café

Members are welcomed to attend and ask questions about Board, Staff, programs, projects, and services. One major topic for this meeting: what are your expectations to a new Executive Director.

PROGRAM NEWS

Alex Boisclair left her position as Program Coordinator of the Westend Seniors Activity. We wish her well in future endeavours.

Fall registration started on August 13 this year and we had record breaking numbers. In the course of one day we had over \$18,000 in program registration for fall classes! This included many new people registering online. This is great news for our centre as we continue to explore ways for people to access us online and offer an easier program registration options to our members.

With over 100 programs to choose from there is something for everyone. We anticipate our centre to be busier than ever this coming fall. Therefore, it is important to be respectful of the space and time in which you are taking programs in. We ask that all members leave the room the way it was found so that it is ready for the next program. Please ensure you are exiting the program space in a timely manner so that we can make sure that all of our programs continue to run as scheduled. If you do wish to socialize with other members after class, the café is open daily with fresh coffee and refreshments.

Evening Programming



Westend Seniors will now be open Tuesday evenings starting on September 11
We will be offering these activities at night on top of our regular day programming.

Evening Drop-in Jam Tuesdays from 6:00 pm – 8:00 pm

Music fills the soul! Slam 'n' Jam with the best of 'em! Come join the fun and strum along with whatever instrument you fancy! New members are always welcome.

Pickleball Evening Drop-in Tuesdays from 4:30 pm – 8:00 pm

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

Essentrics – Stretch & Tone

Tues, Sept 11 – Oct 16 (6 wks) from 4:30 pm – 5:30 pm Cost: \$58

Tues, Oct 23 – Nov 27 (6 wks) from 4:30 pm – 5:30 pm Cost: \$58

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. ***Yoga mat required.**

Intro To Line Dancing

Tues, Sept 11 – Oct 23 (7 classes) from 4:30 pm – 5:30 pm Cost: \$42

Tues, Oct 30 – Dec 11 (7 classes) from 4:30 pm – 5:30 pm Cost: \$42

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

Mindful Yoga & Breathing (Pranayama)

Tues, Sept 25 – Oct 30 (6 classes) from 5:45 pm – 6:45 pm Cost: \$45

Tues Nov 6 – Dec 11 (6 classes) from 5:45 pm – 6:45 pm Cost: \$45

Mindful yoga is normally done in a very slow manner with full awareness. Pranayama is generally translated as breathing techniques and is the extension of Vital energy or life force to each and every cell of the body utilizing our breath in different ways to vitalize the body and nourish our mind. The result is mental calmness and clarity and the effect is seen on the body. ***Yoga mat required**

PROGRAM NEWS

OVER 30 DROP-INS!

TOONIE TALKS

ART

Art Sessions
Crafters Corner
Paper Quilling
Photo Club
Woodcarving
Woodworking



BRAIN FITNESS

Book Club
Photo Club
Genealogy
Spanish Conversation
Toonie Talks
Writing Circle



CARDS & GAMES

Billiards
Contract Bridge
Cribbage
Euchre
Practice Bridge
Scrabble
TLC ACBL Sanctioned Bridge
Whist



FITNESS

Fitness Room
Badminton
Biking Group
Carpet Bowling
Pickleball
Walking Group



MUSIC

Open Jam Sessions
The Silvertones
Ukulele Circle



SOCIAL

Birthday Parties
Potluck Supper
New Member Welcome Tea



SUPPORT GROUPS

Circle of Friends
Social Circle of Friends



ALL TOONIE TALKS ARE \$2

FINANCIAL WORKSHOP SERIES

Emerging Markets Investing
Fri, Sept 14 from 10:00 am – 11:30 am

International Markets Investing
Fri, Oct 12 from 10:00 am – 11:30 am

Growth vs Value Investments Styles
Fri, Nov 9 from 10:00 am – 11:30 am

Cannabis Investing
Fri, Dec 14 from 10:00 am – 11:30 am

HEALTHY LIVING & NUTRITIONAL SERIES

Body Position & Posture
Fri, Sept 7 from 10:00 am – 11:00 am

Nutrition – Healthy Eating & Canada Food Guide
Fri, Sept 21 from 10:00 am – 11:30 am

Learn The Truth About Hearing Aids
Fri, Oct 5 from 10:00 am – 11:30 am

Understanding Your Medication
Fri, Nov 23 from 10:00 am – 11:30 am

UNIVERSITY OF ALBERTA SPEAKER SERIES

Privacy, Law & Technology
Tues, Sept 18 from 10:00 am – 11:30 am

Backyard Wildlife in Northern Climates
Fri, Oct 19 from 10:00 am – 12:00 pm

Technology & the Aging Adult
Fri, Nov 2 from 10:00 am – 11:30 am

GENERAL INTEREST SERIES

Choosing The Right Executor
Mon, Sept 17 from 1:00 pm – 2:30 pm

Gambling in Alberta
Thurs, Sept 27 from 11:00 am – 12:30 am

Service Canada in the Community
Tues, Oct 9 from 1:30 pm – 3:30 pm

What's on your Travel Bucket List?
Wed, Sept 26 from 10:00 am – 11:30 am

PLEASE PICK UP OUR FALL PROGRAM GUIDE OR VISIT weseniors.ca to find out more...

PROGRAM NEWS

OVER 70 DIFFERENT CLASSES TO CHOOSE FROM

ART

Build Your Own Tree
Ceramics
Coloured Pencil Workshops
Fun & Free Style Acrylic Painting
Watercolour Classes
Redesigning Jewellery
Christmas Card Making
Art of Bunka



TAI CHI

Qigong & Hunyuan Taiji
Foundations & Hunyuan Taiji



MINDFUL WELLNESS

EFT – Tapping for Emotional Freedom
Ho'oponopono
Mindfulness & Meditation
Zen Trilotherapy
Meditation



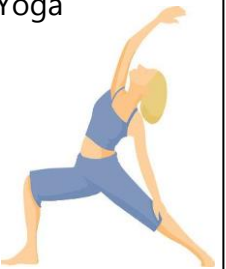
LIFE LONG LEARNING

Art History
Birds In The River Valley
Drama
DVD Lecture Series
French
Handy Dandy Workshop
Spanish
Writing Courses



YOGA

Yoga for Arthritis
Yoga for Balance & Well-Being
Develop Flexibility Through Yin Yoga
Mindful Yoga & Breathing
Gentle Yoga
Intermediate Yoga
Yoga for Parkinsons
Pilatoga
Restorative Hatha Yoga
Structural Yoga Therapy For All



COMPUTERS, TABLETS & PHONES

Avoiding Roaming Fees
Smart Phone Security
Online Shopping Safety
Windows 10
Mastering Your Phone
Computer 101
Working With Photos
iPad Class
Kijiji
Android Phones
One on one Computer or Tablet Tutoring



FITNESS

BellyFit Sage
Cardio Salsa
Dance Fit
Essentrics: Release, Rebalance & Renew
Essentrics – Stretch & Tone
Fitness is Fun
Fit For Life
MOC Barre
Mobility Moves
Interval Strength Training
One on One Training
On Pace with Parkinsons
Seated Stretch & Strength
Small Group Training
Stretch & Strength
Seniors Stretch
Total Body Circuit
Total Fit
Zumba Gold
Zumba Gold Chair



MUSIC

Music Lessons
Choir – Westend Singers



DANCE

Ballroom
Ballroom & Latin Beyond Basics
Round Dancing
BeMoved
Gentle BeMoved
Clogging
Line Dancing



PLEASE PICK UP OUR FALL PROGRAM GUIDE OR VISIT weseniors.ca to find out more...

Seniors Helping Seniors Toolkit – Week 1



WALKING

Walk 3 days - for 30 minutes each time.

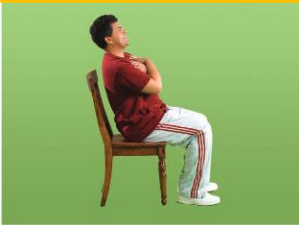
- 10 minute warm up – light effort
- 10 minute brisk walk – moderate effort
- 10 minute cool down – light effort



STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

DAY 1 EXERCISE INSTRUCTIONS



Chair Lean Backs - 3 sets of 10 reps

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Seated Leg Straighten – 3 sets of 6 reps, each leg

- Sit in chair with feet rested lightly on floor
- Slowly extend one leg in front of you, but DO NOT lock your knee
- Toes pointed toward ceiling
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Knee Bends – 2 of 10 reps, each leg

- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold 2-3 seconds
- Slowly lower leg back down



Standing Side Leg Raise – 2 set of 10 reps, each leg

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and face forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Hip Extension – 2 sets of 10 reps, each leg

- Stand using chair to balance
- Slowly extend your leg backward, keeping your knee straight
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down

Toolkit Created by Haidong Liang, Ph.D. & in partnership with



Seniors Helping Seniors Toolkit – Week 1

DAY 2 EXERCISE INSTRUCTIONS



Seated Hip March - 3 sets of 10 reps, each leg

- Sit in chair with feet flat on floor
- Lift your knee as high as comfortable
- Slowly lower
- Alternate lifting each knee for a total of 10 lifts on each leg



Calf Raises – 3 sets of 10 reps

- Stand with feet shoulder width apart using a chair to balance
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



Heel Stands – 3 sets of 10 reps

- Stand using a chair to balance
- Raise up on heels by lifting toes towards ceiling
- Hold for 2 seconds
- Lower toes slowly back to floor



Overhead Press – 2 set of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides at shoulder height with palms facing forward
- Raise both arms up over your head, keeping a slight bend in elbows
- DO NOT lock your elbows at the top
- Hold for 2 seconds
- Slowly lower arms



Seated Rows With Band – 2 sets of 10 reps

- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand, palms facing upward
- Relax your shoulders
- Pull back both elbows until your hands are at your hips
- Hold for 1-2 seconds
- Slowly lower back to start position

Dr. Haidong Liang is the author and project lead for this Seniors Helping Seniors Toolkit. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

Haidong devoted all of his three degrees to Physical Activity, Recreation and Gerontology:

- Doctor of Philosophy in Leisure, Recreation and Gerontology - University of Alberta
- Master of Arts in Tourism, Information Technology and Gerontology - University of Manitoba
- Bachelor of Recreation Management & Community Development and Gerontology – University of Manitoba

Haidong was also the sessional instructor for the *Physical Activity and the Aging Adult* course at the University of Alberta. "I firmly believe that the prevention of health problems and illness is more important than treatment and medicine."

VOLUNTEER NEWS

WSAC Ambassador Program



WSAC Ambassador Program Information Meeting!

Wednesday September 5, 2018 at 2:00 pm.

We are recruiting volunteers to be ambassadors.
These positions could involve the following:

- Attending fairs or events at other organizations to provide information on WSAC;
- Acting as a greeter at the centre for various events – directing people to various activities in the building and answering questions;
- Helping out with Toonie Talks – greeting presenters, directing them to rooms and helping them set up (getting laptops, moving chairs etc.);
- Spending time at the centre being a “friendly face” – chatting with people in the café who may be new and sitting on their own, helping out with tours; and
- Attending New Member Teas to encourage people to feel welcome and answer questions

If you are interested in finding more ways to help out at the centre, please come to the meeting September 5th.

Attention all kitchen volunteers!

Meeting Thursday, September 27 at 1:30 in the Cafe

We would like to have a quick meeting with you all to reconnect after the summer. We will be chatting about various things to do with the kitchen such as volunteer scheduling and new health and safety regulations. We also want to hear from you! This will be an opportunity for you to share any ideas for meals, baking or theme lunches you would like to see or to bring up any concerns you may have. There will be coffee and some snacks for everyone to share in. Hope to see you there.

Volunteer Surveys will be coming out in September. This year we will do them through Survey Monkey and you will receive them through email. If you are a volunteer with the centre, please check to make sure the front desk has your updated email address. If you would prefer a paper copy, they will be available September 4 at the front desk. We value you greatly as volunteers and want your opinion on your volunteer experience at the centre. I hope you will share your thoughts with us.

Drive Happiness



WSAC is partnering with **Drive Happiness** to help find volunteers for this very important service.

DRIVE HAPPINESS–SENIORS ASSISTED TRANSPORTATION

Main Office 10740 19 Ave. 780-424-5438, drivehappiness.ca

Volunteer Drivers Needed: If you enjoy visiting and like to drive, they would love to hear from you. Volunteer drivers make their own schedule and select where they will drive. They offer a small reimbursement towards gas and vehicle wear and tear. Even two hours a week can change a senior’s life. Call 780-424-5438, ext. 3 for details.

Drive Happiness will be attending our volunteer fair Aug 30 if you would like to find out more.

TRAVEL TRIPS



Reynold's Alberta Museum
Friday, September 28
Cost: \$60 members, \$70 non-members
Bus Departs at 9:30 am
& Returns at 3:30 pm

The Reynolds-Alberta Museum is a dynamic exploration of our province's mechanical heritage. The Museum interprets the impact of technological change in transportation, aviation, agriculture, and industry from the 1890s to the present. Ticket includes admission to the museum with a welcome orientation and coach bus transportation. Lunch is available for purchase at Cruiser's Café at an additional cost or members may bring their own bagged lunch, if desired. Please purchase tickets at the front desk.

Shumka Dancers Matinee Performance
Thursday, October 4 @ The Jubilee Auditorium
Cost: \$22 member, \$27 non-member
Bus Departs at 9:00 am & Returns at 12:00 pm



Join us for an outing to watch the Shumka Dancers special matinee performance. The theme this year is Telling Stories through Dance: *Mosquito's Wedding*. *Mosquito's Wedding* is a new, family focused dance theatre production about a mosquito and a fly. Several insect characters from different regions of Ukraine will be featured and the dance, musical composition, sets, costumes, and props will be associated with these ethnographic regions. The cost of this trip includes your performance ticket and school bus transportation. Ticket **Deadline is Monday September 10.**



River Cree Casino Trip
Wednesday, November 21
Cost: \$10 for members
& \$15 non-members

Bus *Departs* at 10:30 pm and *Returns* at 3:00 pm
Transportation, Lunch, a gift and \$5 voucher.
Please pre-purchase tickets at the front desk.

KITCHEN NEWS



We are delighted that you have selected our WSAC Community Cafe. On behalf of the entire Kitchen team we extend you a very warm welcome!

The kitchen offers a selection of freshly home-style made meals on daily basis including healthy breakfast, tea and coffee, hot meals, sandwiches, soups, salads, desserts, in house made pies, cookies, and Cakes, and fresh frozen soups for sale to enjoy at the comfort of your home

Should you have any desire to have any specific meal, please do not hesitate to contact us in the kitchen and we will be willing to accommodate your request!

As a compliment from the kitchen program, I offer a free sample of the menu of the day for our first time visitors.

Weekly featured Hot Lunch

Variety Frozen Soup Sales!!! Tuesday Sept 4 from 11:30 am – 1:30 pm

Cinnamon Coffee Cake, Apple Honey Cake with Coffee (Combo)

Monday Sept 10 from 9:30 am – 10:30 am, as priced

Lemon and Rosemary Chicken (Pollo Arrosto) Garlic, lemon, and rosemary enhance simple, juicy roast chicken. ...Wednesday Sept 18 from 11:30 am – 1:30 pm, Price \$8.00

Yogurt Marinated Beef Skewer with Roasted Seasonal Veggies

Friday Sept 28 from 11:30 am – 1:30 pm, Price \$8.00

We would like your feedback. We will be doing surveys in September.



Murder Mystery - Murder Under the Big Top

Saturday, October 20

from 4:30-7:00 pm Tickets \$10



There are no spectators in the big top only participants! Each guest will be involved in the investigation as their own character and will receive a detailed character description 2 weeks before the event along with some background information on the party. This will give you time to familiarize yourself with the theme. 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 info from the other carnies and circus performers to try and find out who the murderer is. This will be a fun filled evening of mystery, food and great company. Tickets include your murder mystery package, circus themed dinner and beverages.

Remembrance Day Service & Luncheon

Friday, November 9

Service 10:30 am – No Charge

Join Us for lunch afterwards in the Café: \$8



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



Baby Shower & Tea for Hayley & Baby Henry Thursday, September 20 @ 2:00

Due to the early arrival of baby Henry the shower in June was postponed.

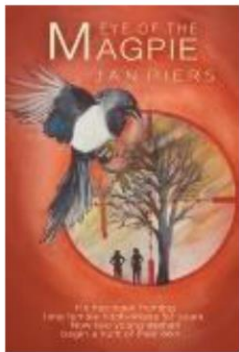


Please join us to congratulating Hayley & Max & welcoming their sweet baby boy.



Library News

Jan Piers
(WSAC member)
and author of the book
Eye of the Magpie.



Eye of the Magpie is thriller is set in the area west of Edmonton and is based on current real life events of the far too many missing and murdered indigenous women. The fictional story follows two young women who suspect that there is a serial killer in their community and despite the danger become involved in uncovering his identity.

You can follow Jan at <http://authorjanpiers.blog/> or on Instagram @authorjanpiers or contact her at authorjanpiers@gmail.com.

Birthday Party

September 19 @ 2:00 pm

Join us for cake & ice cream

FREE for Members

Celebrating Their Birthdays! \$2 for guests

Thank you Ken Wiancko for the ice cream

save on foods

& Rose Boucher
for the cake donations



Choir

Meet Fridays from 1:00 pm – 2:30 pm

(followed by social coffee) Starting

**September 14 "The Westend Singers" –
Where singing comes from the HEART!**

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

**Potluck
Thursday,
September 27
@ 5 pm**

**Please bring
a dish
for 4-6 people.**



Committee Meetings

Travel Committee

- Tuesday, September 11 @ 11:00 am

Special Events

- Thursday, September 13 @ 9:30 am

Planning & Maintenance Committee

- Thursday, September 13 @ 1:30 pm

Board Meeting

- Thursday, September 20 @ 9:30 am



WE Seniors.ca

Hub for 55+



Westend Seniors Activity Centre

1978

Harry Farmer
Founder & President
1978-1985



Edmonton Self Starters Organization was formed as a Drop-in and activity centre for people 55+ to make friends and become engaged and active.

1978

Certificate of Incorporation as a non-profit organization
Edmonton Self Starters Organization.



1983

Sod Turning – membership continues to grow

1991

Flu Clinic

**COMMUNITY
ENGAGEMENT**

1996

Drop-in Centre established at Meadowlark Shopping Centre



Older Bolder Better!TM
at Meadowlark Shopping Centre

Learning & Living Symposium is an annual tradition that keeps growing every year.

1998

Trade Show Exhibits

Mavie's Mitten Tree

Annual intergenerational celebration where heartfelt knitted items are given to children, Cross Cancer, wards at hospitals and Armed Forces.



2001



Older Bolder Better!TM

Expands & moves to Westmount Mall

2002

Edmonton Self Starters Organization changes its name to Westend Seniors Activity Centre. Memberships continue to rise. Westend Seniors Activity Centre has outgrown its location and starts talks with The Terra Losa Community Association.

2004

EXPANSION sod turning & construction

2005

Westend Seniors moves to its new location 9629-176 Street



2005

Older Bolder Better!TM is held at our centre.

2006

MEMBERSHIP DOUBLES!

2007

EXPANSION Community Cafe

2008

EXPANSION walk out basement

2011

my seniorcenterTM

2012

PROGRAMS DOUBLE

2013

EXPANSION Fitness Room addition

2013-2016

More programs & more members

2017

NEW WEBSITE LAUNCH

2018

40 ANNIVERSARY Increasing Healthy Aging & Reducing Isolation for 40 years

