



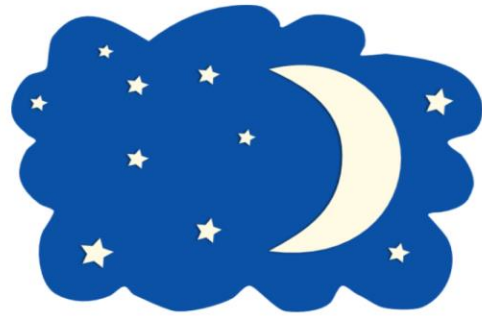
WESTEND SENIORS ACTIVITY CENTRE OBSERVER October 2018



NEW HOURS

Mondays	9:00 am - 4:00 pm
Tuesdays	9:00 am - 8:00 pm
Wednesdays	9:00 am - 4:00 pm
Thursdays	9:00 am - 4:00 pm
Fridays	9:00 am - 4:00 pm

NOW OPEN TUESDAY NIGHTS



TUESDAY EVENING PROGRAMMING



**Essentrics
- Stretch & Tone**

Intro To Line Dancing



**Mindful Yoga
& Breathing
(Pranayama)**

Look for more details inside...

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



www.weseniors.ca

Executive Director's News



Our Centre celebrated our 40th Anniversary Gala on Friday, September 7. This wonderful event included a business mixer, photo booth, Facebook Live interviews, greetings from three levels of government, radio personality Bob Layton, entertainment, a delicious buffet dinner, grand door prizes, music by the Esstones and harpist Bev Ross, and dancing throughout the night. It was a memorable event for the 160 people who attended.

I would like to express my sincere appreciation to the Board, the Planning Committee, the Special Event Committee and all the staff and volunteers who put in months of hard work to make this event a success. I would also like to thank all the businesses that sponsored the event, without your businesses' generous support, this event would not have been possible!

This event was so successful that I am already looking forward to our 45th Anniversary Gala. Five years from now, in 2023, the Westend Seniors Activity Centre will be a Centre just like its new website name - Wesenior.ca, a leading Senior Centre in Canada for all seniors.

Haidong Liang, PhD
Interim Executive Director



Haidong's Research Corner

In 2016, Statistics Canada's census showed that there were 5.9 million Canadian older adults ages 65 and over. For the first time, seniors outnumber children (14 & under) in Canada, as the population experienced its greatest increase in the proportion of older people since Confederation.

The population of seniors in Alberta continues to rise faster than other age groups. As of April 2018, over **575,000** Albertans were over the age of 65. That number is expected to double within the next 2 decades. (Government of Alberta, 2018). The population of seniors in Edmonton continues to grow. The 2016 Census recorded over **150,000 (13.9%)** Edmontonians who were over the age of 65 (Statistics Canada, 2016).

Meet and Greet with Board Members and Staff Wednesday, November 21 @ 2:30 pm in the Community Café

Members are welcomed to attend and ask questions of the Board and Staff about programs, projects, and services.

PROGRAM NEWS

With over 100 programs to choose from there is something for everyone. Our centre is busier than ever this 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 is now open Tuesday evenings

We are 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 to attend.

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 & new members encouraged to attend.

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. The effect is seen on the body.

***Yoga mat required**

8 Week Seniors Fitness Program – Week 2



WALKING

Walk 3 days - for 30 minutes each time.

- 5 minute warm up
- 20 minute brisk walk
- 5 minute cool down



Visit our website
www.weseniors.ca
for a free download
of this program.

DAY 1 EXERCISE INSTRUCTIONS



Leg Balance – 3 sets of 10 reps, each leg

NOTE: try to only use chair for support, if needed

- Stand on one foot and use chair for balance
- Hold position for 10 seconds 3 times, each leg



Standing Side Leg Raise – 3 sets of 10 reps, each leg

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



Standing Hip Extension – 3 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



Standing Knee Bends – 3 sets 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



Step Ups – 3 sets of 10 reps, each leg

- Step up onto stair leading with right leg, then following with the left
- Step back down leading with the left leg
- Repeat 10 times, then switch legs so that the left leg is leading on the step up

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



UNIVERSITY OF
ALBERTA



Covenant
Health



8 Week Seniors Fitness Program – Week 2

DAY 2 EXERCISE INSTRUCTIONS



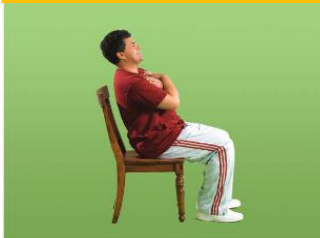
Lying Leg Raise – 3 sets of 10 reps, each leg

- Lie on your back with one knee bent and one knee straight, toes pointed to ceiling
- Raise your straightened leg to the level of the other bent knee
- Hold for 1-2 seconds
- Slowly lower leg down to floor



Seated Towel Squeeze – 3 sets of 10 reps

- Sit in chair with feet flat on ground (or lie down like the left picture)
- Place rolled up towel or pillow between knees
- Squeeze towel/pillow with knees
- Hold for 5 seconds



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



Side Shoulder Raises – 3 set of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Don't use weights – we will progress to weight later
- Slowly raise both arms out to your side until you reach shoulder height
- Hold for 1-2 seconds
- Slowly bring arms back down to sides



Bicep Curls with Band – 3 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
- Bend your elbow while rotating your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position

Interim Executive Director 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.”

KITCHEN, TRAVEL & EVENTS NEWS

Ani our Kitchen Coordinator welcomes you to the month of October with some delicious hot soups for the cold season made in house from scratch to finish. We also offer a daily selection of freshly home-style made sandwiches and hot meals on some selected week days.

You can ask Ani about ordering any of our healthy breakfasts, hot meals, sandwiches, soups, salads, desserts, in-house made pies, cookies, cakes and fresh frozen soups to take out and enjoy in the comfort of your home.

We look forward to seeing you in our Café for lunch, and the kitchen Team Ani, Tracy, Sammy, and the volunteers promise you great customer service!

Join us for a special hot turkey dinner on Friday, October 5 in the Café. Happy Thanksgiving!



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

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



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 figure 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

Remembrance 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, and the men and women who continue to serve our country.

TOONIE TALKS

ALL TOONIE TALKS ARE \$2

Learn The Truth About Hearing Aids

Fri, Oct 5 from 10:00 am – 11:30 am

Service Canada in the Community

Tues, Oct 9 from 1:30 pm – 3:30 pm

International Markets Investing

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

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

Growth vs Value Investments Styles

Fri, Nov 9 from 10:00 am – 11:30 am

Understanding Your Medication

Fri, Nov 23 from 10:00 am – 11:30 am

Cannabis Investing

Fri, Dec 14 from 10:00 am – 11:30 am

Birthday Party

October 17 @ 2:00 pm

Join us for cake & ice cream
in the Café



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

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, Drive Happiness would love to hear from you. Volunteer drivers make their own schedule and select where they will drive.

Drive Happiness offers 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.

Greetings from Hayley



I hope you are all doing well and enjoying an active, connected and engaged fall session here at the Centre. It's been nice hearing from so many of you while on my MAT leave, and I have so appreciated each and every letter, message, card and gift for our little guy.

Henry is doing very well in spite of his early arrival. Our little 4.5 pound pre-term baby is now a whopping 12 pounds and just turned three months on June 22. Thank you to everyone who came out last week for Henry's Shower and party celebration. We can't thank you all enough for the show of love and support. It means so much!

For those we missed last week, we hope to catch you around the Centre sometime soon! We try and visit at least once a month for a quick hello and stroll through WSAC to stay connected and see what's new and happening.

**Potluck
Thursday,
October 25
@ 5 pm**

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



Committee Meetings

Special Events

- Thursday, October 11 @ 9:30 am

Planning & Maintenance Committee

- Thursday, October 11 @ 1:30 pm

Board Meeting

- Thursday, October 18 @ 9:30 am

Upcoming Events At A Glance

October



**DATE
CHANGED**

Shumka Dancers Matinee Performance
Saturday, October 6 @ The Jubilee Auditorium
Cost: \$22 member, \$27 non-member
Bus Departs at 1:00 pm
& Returns at approximately 4:00 pm



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!



Birthday Party
October 17 @ 2:00 pm
FREE for Members
Celebrating
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November



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Transportation, Lunch, a gift and \$5 voucher.
Please pre-purchase tickets at the front desk.



Please Note Westend Seniors will be closed for Thanksgiving October 8