

Winter 2019 Program Guide



CONNECTING
WITH OTHERS
NEVER GROWS
OLD.

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Eldercare Edmonton
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Dr. Haidong Liang Executive Director



WESTEND SENIORS ACTIVITY CENTRE

My name is Haidong Liang, the Executive Director of the Westend Seniors Activity Centre. As a gerontologist, I'm well aware that global aging is a fact rather than a trend, which concerns me all the time: "Are we, as human beings, ready for this FACT?" I am lucky to work in a senior centre to provide partial solutions for that concern; however, the senior population is not just becoming larger – it is becoming increasingly diverse. Thus, I often ask myself: *"What should seniors centres look like in the future?"*

Westend Seniors Activity Centre's mission is "to be a community-based hub for seniors providing services, programs, information and activities that support the healthy and active aging of seniors." My vision for our Centre, beyond just being a community-based hub, is becoming a virtual and physical hub for all seniors here in Edmonton, in Alberta, like our new website address "Weseniors.ca", a hub in Canada for all seniors.

We all know that: "Alone we can do so little; together we can do so much" (Helen Keller). Therefore, forming strategic partnerships with our Community Connectors (i.e. non-profit organizations) becomes the first logical step for building my dream senior centre. I would like to welcome our Community Connectors - [Eldercare Edmonton](#), [Jewish Senior Citizens' Centre](#) and [Strathcona Place Society](#) - to our Program Guide. We have included their information about the different programs and services they offer at their Organizations and I encourage you to take the time to explore and see how they can help you better **age in your communities**.

I am also very excited to announce our new Business Community Connectors and would like to welcome all of the businesses who have become part of our Friends of WSAC program. These business leaders are providing much needed services to seniors here in Edmonton and they will be sharing their knowledge on a variety of topics here at our centre as part of our Toonie Talks series.

And finally, I would like to encourage members to stay connected with our centre.

Please visit our Facebook page - facebook.com/WESeniors to get daily tips and last-minute information about what is happening here at the Centre.

Please also sign up for our e-newsletter. We have been using our e-newsletter to update members on news here at the Centre but, coming in 2019, we will also have new features like videos, articles, free downloads and other information to provide seniors with valuable resources. You can come by the centre and see our front desk volunteers or visit our website at <https://weseniors.ca/resources/newsletter/> to sign up!

Westend Seniors Activity Centre – Connecting with others never grows old!

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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, 2019 – December 31, 2019

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.**

RECIPROCAL PROGRAM REGISTRATION

Reciprocal registration is in-person only and starts Wednesday, January 2.

A valid membership from any of the participating Centres allows you to take part in **registered** 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 and Toonie Talks.

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.
- Refunds for registered programs and presentations initiated by the member can only be issued for medical reasons. Concerns may be submitted, in writing, along with a doctor's note to the Program Department prior to the class start date. Concerns will be reviewed on a case by case basis.

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 Monday, December 10.

Online: Effective December 10 at 9:00 am you will be able to register online. Go to myactivecenter.com and follow the instructions to register online.

- 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, Cash, Credit or Debit (tap only).
- 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:

Christmas Holidays: December 24, 2018 to January 1, 2019 – inclusive

Family Day: February 18, 2019

Good Friday: April 19, 2019

Easter Monday: April 22, 2019

SUBSIDY PROGRAM

The Subsidy Program is designed to create an inclusive environment, whereby members on limited income have access to physical, mental & social wellness through participation in programs.

Subsidy Eligibility:

Single Senior: \$26,965 (or less)

Senior Couple: \$43,785 (or less)

*(*proof of income must be provided using applicant's most recent tax return)*

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

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 WSAC policies & procedures.

COURSE LEVELS DEFINED

Westend Seniors Activity Centre strives to offer courses to meet the needs of every member. To that end, we have designed a level system for many of our classes to help members more easily decide which courses will fit their own needs and lifestyle. Members can use the symbols below to assist them find appropriate fitness, Tai Chi, dance or yoga classes.

Most classes at WSAC are designed to be all inclusive and are designed to accommodate different levels of fitness. All WSAC instructors strive to incorporate options and considerations so that every class can function at many levels. The following is therefore a guide only.

Level 1 – GENTLE FITNESS



This course will be ***slightly challenging***. It will be good for someone just starting back to a fitness routine. It will also be a good match for someone with specific limitations or returning after an injury. If you are looking for a seated class that is no/low impact, this class would be a good match!

Level 2 – DEVELOPING FITNESS



This course will be ***slightly more challenging***. It is for the novice exerciser and is good for someone wanting a bit more challenge, but not as demanding as some of the other courses that WSAC offers.

Level 3 – INTERMEDIATE FITNESS



This course will be ***challenging***. It will meet the needs of a regular exercising member, who possesses little or few limitations, and is looking for a little “extra push” to meet a fitness goal.

Level 4 – MODERATE & MORE FITNESS



This course will be ***more challenging*** and is for the member who regularly exercises. If you have few or no physical limitations, want to get the heart rate going and muscles moving, Level 4 is for you.

Level 5 – ADVANCED FITNESS



This course will be the ***most challenging*** that WSAC has to offer. It is for the member who enjoys consistent and ongoing physical fitness activities as part of a regular health regimen. Very few or no physical limitations are recommended for a member to enjoy this workout, that helps you strive to the limit.

WSAC would like to acknowledge the extensive work of instructor,
Kathy Paterson, who designed our new course levels.



ART CLASSES

The Art of Bunka Embroidery

Instructor: Anne Williams

Thursday, Jan. 10 – Mar 14 (10 classes) from 10:00 am – 12:00 pm **Cost: \$65+ supplies**

Work with a punch needle and special rayon thread affecting texture, layering and added dimension to give your picture a very unique look. Beginners will learn on a small sampler that can be framed when completed.

**Notes: Kits cost \$60 (available for purchase through instructor). The kits are complete with threads, stamped fabric, needle and work frame.*

Art of Redesigning Jewellery

Instructor: Shirley Zago

Wednesday, Feb. 6 from 1:00 pm – 3:00 pm

Cost: \$15 + supplies

Wednesday, April 3 from 1:00 pm – 3:00 pm

Cost: \$15 + supplies

Enjoy an afternoon having fun taking apart your old costume jewellery to create something new. Using the tools provided, learn how to create a new necklace and earrings by incorporating a chain, clasp, beads and your own costume jewellery pieces, if you have any that you would like to remake. The options are endless.

**Notes: \$10 Supply fee payable to the instructor. Bring your old costume jewellery (optional).*

Ceramics

Instructor: Jackie Garrant

Monday, Jan. 7 – Apr. 1 (12 classes) from 9:30 am – 12:30 pm
(no class February 18)

Cost: \$88 + supplies

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.

**Notes: Supply list provided at time of registration. Greenware, glaze & firing costs extra.*

Card Making

Instructor: Beth Lai

Tuesday, Jan. 29 from 10:00 am – 12:00 pm

Cost: \$15

It's time to get crafty! Learn ways to make an assortment of greeting cards using your personal touch. With the guidance of Beth, you will be able to make your very own customized greeting cards.

**Notes: Please bring your own pair of scissors. The rest of the supplies are included in the price.*



ART & DRAMA CLASSES

Chipmunk in Coloured Pencil Workshop

Instructor: Susan Casault

Thursday, April 4 from 9:30 am – 2:30 pm

Cost: \$37 + supplies

Our subject for the day will be a drawing of a chipmunk on a black background. Previous coloured pencil experience will be helpful but is not mandatory. Learn how to create the texture of fur and use shapes and values to bring this intriguing animal to life. Photo reference will be provided by the instructor. You are welcome to bring a lunch or use our cafeteria.

**Note: The supply list will be available at our front desk at the time of registration.*

Drama: Creative & Traditional

Instructor: Maria Yakula

Tuesday, Jan. 8 – Apr. 9 (14 classes) from 2:00 pm – 4:00 pm

Cost: \$126

Join us in this social and enlivening class. Improvisations combined with written scripts, one-act plays, and interesting story lines, some of which have been developed by participants, have proven to contribute hugely to successful aging. This is a non-threatening and low-risk class led by an experienced drama instructor, who will guide you in “Creative” and “Traditional” Theatre and fun improvisational works. *No experience necessary or needed.*

Introduction to Printmaking

Instructor: Kathleen Silverman

Tuesday, Jan. 8 – Feb. 19 (7 classes) from 1:00 pm – 3:00 pm

Cost: \$ 58 + supplies

Tuesday, Feb. 26 – Apr. 9 (7 classes) from 1:00 pm – 3:00 pm

Cost: \$ 58 + supplies

Are you curious about printmaking? Come spend the afternoon learning how to design and pull your own prints in this beginner's class. Create your own gorgeous prints and experience the magic of making multiple prints in different colours. No previous experience is necessary! We'll complete different projects in each session, so join us for both! Please bring an old shirt or apron to protect your clothing.

**Note: \$40 Supply cost payable to the instructor on the first day. Everything is supplied.*

Making Mosaics

Instructor: Virginia Koziak

Tuesday, Mar. 19 – Apr. 2 (3 classes) from 9:30 am – 12:00 pm

Cost: \$44

Bring your creative ideas and imagination. Let's have fun creating something unique! With small pieces of stained glass, a small board and grout, we will make a trivet or coaster as unique as you.

**Notes: Please wear old clothing or an apron. As well, please bring the following supplies with you each class: Rubber gloves, a one litre disposable container, tweezers for working with the fines pieces of glass, and a face mask, for breathing protection.*

Watercolours for the Intermediate Artist

Instructor: Thomas Podlubny

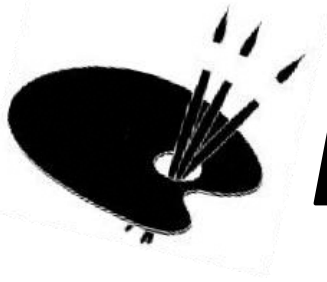
Wednesday, Feb. 13 – Mar. 20 (6 classes) from 9:30 am – 12:00 pm

Cost: \$45 + supplies

Wednesday, Mar. 27 – May 1 (6 classes) from 9:30 am – 12:00 pm

Cost: \$45 + supplies

This class is designed with the intermediate artist in mind. Our veteran instructor, Thomas Podlubny, provides the perfect opportunity for artists to enhance & develop skills at an intermediate level. Following the introduction, all artists are encouraged to work on their individual projects, with assistance provided along the way by the instructor.



ART 'N' CRAFTS DROP-INS

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.

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.

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.



MUSIC



Choir – Westend Singers

Meet Fridays from 1:00 pm – 2:30 pm (followed by social coffee)

“The Westend Singers” – Where singing comes from the HEART!

The Westend Singers will be hosting their annual, “Night of Music” in May, 2019. New members to the choir are welcome to join in the Fall of 2019.

30 Minute Music Lessons with Heather Miller \$4 fee + lesson cost (paid to Instructor)

Don't let a little inexperience stop you from joining some of the wonderful musical opportunities 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 for ½ hour and on a one-on-one basis. The day, time and price can be discussed by contacting Heather Miller at hcmiller@shaw.ca or 780-487-5959.

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 any instrument you fancy.

New members welcome! If interested in joining, please contact Heather Miller at 780-487-5949.

The Silver Tones

\$2 drop-in fee

Practice Sessions are Fridays from 10:00 am – 12:00 pm

The group is comprised of committed musicians who like to play, sing and share new material with band members. They perform from time to time at WSAC and various other seniors' centres.

If you have mastered the basics on your instrument, enjoy singing and are willing to share new material with others, you might find this session of interest.

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! New members are always welcome, if interested in joining please contact Heather Miller at 780-487-5949.

Evening Open Jam Drop-In

\$2 drop-in fee

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.

Please note all members are required to bring their own instrument

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LIFE LONG LEARNING

Art History: Moving Pictures –Migration in Art

Instructor: Kathleen Silverman

Monday, Jan 7 – Feb. 11 (6 classes) from 1:00 pm - 3:00 pm

Cost: \$54

Migration and exile, as well as the diaspora life that followed, have been major shapers of modern art. Join us as we explore how these events played a significant role in the visual arts. Through engaging lectures and visual presentations, gain insights into how selected artists developed their work and how art reflects the personal responses to these life-changing experiences. No previous art knowledge necessary!

DVD Lecture Series: The Celtic World

Instructor: David Bai

Friday, Jan. 4 – Mar 22 (12 classes) from 1:00 pm – 3:00 pm

Cost: \$50

Join David Bai as he chairs the DVD Lecture Series. During the series, Professor Jennifer Paxton provides 24 lectures during 12 classes. Countless aspects of our modern world have derived from Celtic influence - music, dance, government, law, social hierarchies and even the shape of contemporary Europe. Professor Paxton contrasts the traditional historical view of the Celts with new evidence from DNA and archaeology and presents a new history for an ancient people.

Learning French

Instructor: Cindie Thompson

Wednesday, Mar. 6 – April 3 (5 classes) from 1:30 pm – 3:00 pm

Cost: \$53

A fun course for individuals wanting to learn the basics of French. No experience is necessary – individuals new to learning the French language are welcome! You will practice learning the French basics based on illustrations, sentences and the rules for listening, reading, writing and speaking. Come and have fun while keeping your mind working!

Memoirs Writing – Your Story, Your Way

Instructor: Lea Storry

Tuesday, Feb. 5 – Mar. 12 (6 classes) from 9:00 am – 11:00 am

Cost: \$60

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.

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

Spanish – Beginner

Instructor: Cecilia Hamel

Thursday, Feb. 21 – Apr. 4 (7 classes) from 10:30 am - 12:00 pm

Cost: \$80

Spanish 101 - a crash course in the basics of the Latin language. You'll learn enough to help get you through a trip while being able to form common phrases to assist with communicating or seeking information and directions. Our experienced instructor will share tidbits on travel and highlight the do's and don'ts of speaking Spanish.

Spanish – Intermediate

Instructor: Cecilia Hamel

Thursday, Feb. 21 – Apr. 4 (7 classes) from 12:00 pm – 1:30 pm

Cost: \$80

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 learning from Spanish - Beginner, reviewing the basics of the Latin language and beyond. You will be well on your way to being an experienced Spanish speaker.

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

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LIFE LONG LEARNING

Spanish – Experienced

Instructor: Cecilia Hamel

Thursday, Feb. 21 – Apr. 4 (7 classes) from 9:00 am – 10:30 am

Cost: \$80

This class is for the more experienced Spanish linguist. 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!

EDUCATIONAL DROP-INS

Book Club

\$2 drop-in fee

2nd & 4th Wednesday of the month from 10:00 am – 11:00 am

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. They start a new book every two weeks! New members welcome. No long term commitment necessary.

Photo Club

\$2 drop-in fee

1st & 3rd Wednesday of the month from 10:00 am – 12:00 pm

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 1:00 pm – 3:30 pm

Join local writers as we share stories based on our life's experiences. Some of us are writing to leave a written legacy of memoirs for our families, while others are writing to get published. As we write, we relive all the wonderful experiences of days gone by, so we are writing for ourselves too! At our meetings, reading is voluntary. Sometimes, we just want to listen and provide feedback to the author. Participation is always optional. We always get inspired as we enjoy a social afternoon of shared memories!

Genealogy

\$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!

Spanish Conversation

\$2 drop-in fee

Meet Fridays from 9:30 am – 11:00 am

Come join this interactive and fun group to practice your Spanish skills! This group is open to all levels and all individuals trying to learn their Spanish. They work together and speak in Spanish to continue learning! The learning doesn't stop in the classroom and language learning takes practice so come join this group and "Practica Conmiga"!

Please Note: All drop-in attendees are responsible for their own supplies

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COMPUTERS, TABLETS & PHONES



Avoiding Those Roaming Fees

Instructor: Windsong Training

Wednesday, Jan. 16 from 3:00 pm – 4:00 pm

Cost: \$9

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.

Computer 101: Basics

Instructor: Chris Jackson

Tuesday, Feb. 12 – 26 (3 classes) from 9:00 am – 11:00 am

Cost: \$34

This series of three classes exposes participants to the basic terminology. A must for those with a new or used computer who need to take the first steps. Provides an introduction to the basic skills needed by seniors to start building confidence in using computer devices.

**Note: Please bring your device to the class.*

Facebook on a Computer

Instructor: Windsong Training

Wednesday, Jan. 23 – Jan. 30 (2 classes) from 10:00 am – 12:00 pm

Cost: \$38

Are you new to the world of “Social Media”? This course is for you! Take this course to become “Friends” with your friends online. Learn how to create your Facebook profile and maintain your page **on your computer**. You will also learn to understand privacy settings.

**Note: This class is designed for those wanting to access Facebook on a computer. If you need a class designed for touch screens (i.e. iPads or Phones), please see the class, “Facebook for Phones and Tablets”. Please bring your laptop computer to the class, along with ideas of text and images you want to add to your new Facebook profile.*

Facebook on Phones and Tablets

Instructor: Windsong Training

Wednesday, Feb. 6 & 13 (2 classes) from 1:00 pm – 3:00 pm

Cost: \$38

The Facebook app on phones and tablets is structured differently than on the internet. This session will cover how to use Facebook on your phone or tablet. We will discuss creating a Facebook profile, maintaining your page and overview of the Facebook features. Privacy settings will also be highlighted to give you a better understanding to stay safe. We will also demonstrate the method of chatting with others via Facebook messenger so you can easily stay in touch with those close to you.

**Note: Please bring your phone or tablet with you to class, along with ideas of text and images you want to add to your profile.*

iPad for the Beginner

Instructor: Chris Jackson

Wednesday, Mar. 13 – Apr. 17 (6 classes) from 1:00 pm – 3:00 pm

Cost: \$60

Do you have an iPad tablet that you want to make the most of? If so, attend a series of six classes to help build your confidence and understanding of your device. Get to know your iPad controls. Examines the basic apps on your iPad and provides a review of Mail, Safari, Photos, Camera and Maps. Better understand this device and make the most out of it! **Note: Please bring your iPad.*

COMPUTERS, TABLETS & PHONES



Kijiji Basics

Instructor: Chris Jackson

Thursday, Mar. 14 from 9:00 am – 11:00 am

Cost: \$15

Looking to get rid of your extra stuff? Kijiji is a website that thousands of people use to sell what they don't need, and to find a bargain. Like the Bargain Finder newspaper or online garage sale, it is easy to place an ad. The final sale is done face-to-face. Learn how to create your own ad, look for items and respond to a sale. A great way to start downsizing! **Note: Please bring your device.*

Mastering Your Android Phone

Instructor: Windsong Training

Wednesday, Feb. 20 – Mar. 6 (3 classes) from 12:30 pm – 2:30 pm

Cost: \$57

The Android phone can do many of the things that you use your computer for, including email and Internet access. We will cover basic Android phone usage to ensure that you can make the best use of the device and talk a bit about all that is available. We will discuss: phone calls, email, texting, the calendar and photographs. **Note: Please bring your device.*

Mastering your iPhone

Instructor: Windsong Training

Wednesday, Jan. 16 – Jan. 30 (3 classes) 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.

One-on-One Computer or 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.

Smartphone Security

Instructor: Windsong Training

Wednesday, Feb. 20 from 3:00 pm – 4:00 pm

Cost: \$9

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.

Windows 10 Basics

Instructor: Chris Jackson

Tuesday, Jan. 8 & 15 (2 classes) from 10:00 am – 11:30 am

Cost: \$23

Have you just received a Windows computer and need some guidance in using this device? Join us for a series of two 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. This course will provide an introduction to the basic commands and actions that users need when working with Windows Computers. Examine how to manage your files and folders and how to make use of Settings. Add some new tricks to using your device. **Note: Please bring your laptop/tablet to the class.*



DANCE



Ballroom & Latin Beyond Basics

Instructor: Elise Seehagel



Tuesday, Jan. 8 – Apr. 9 (12 classes) from 1:30 pm – 2:30 pm

Cost: \$112

Join us for 8 weeks of dancing fun! This course is designed for dancers with some background in Ballroom & Latin dancing. The first 4 weeks will cover ballroom style dancing, including waltz, foxtrot, and tango. The second half 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.**

***The session runs over a 14 week period for 12 classes as the instructor will need 2 weeks of vacation during the session. Her time away will be announced at the time of class.**



BALLROOM WITH A TWIST CHOREOGRAPHED BALLROOM DANCING

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 partner, your friend or your neighbour.

Choreographed Ballroom (New Dancers)

Instructor: Joan Tharme



Thursday, Jan. 17 – Apr. 11 (12 classes) from 9:15 am – 10:15 am

Cost: \$46

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

***This class runs during a 13 week span as the instructor will be taking one week off for vacation. The date for the vacation will be announced in class.**

Choreographed Ballroom (Newer Dancers)

Instructor: Joan Tharme



Thursday, Jan. 17 – Apr. 11 (12 classes) from 10:15 am – 11:15 am

Cost: \$60

This class is for newer dancers.






We will be adding to our skill level in waltz and two-step.

***This class runs during a 13 week span as the instructor will be taking one week off for vacation. The date for the vacation will be announced in class.**



DANCE



| BeMoved® | | Instructor: Simone Batt |
|---|---|---------------------------|
|  | Thursday, Jan. 10 – Feb. 21 (7 classes) from 10:10 am – 11:10 am Cost: \$42 Thursday, Feb. 28 – Apr. 11 (7 classes) from 10:10 am – 11:10 am Cost: \$42 | |
| | <p>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®.</p> | |
| Gentle BeMoved® | | Instructor: Simone Batt |
|  | Tuesday, Jan. 8 – Feb. 19 (7 classes) from 12:30 pm – 1:15 pm Cost: \$42 Tuesday, Feb. 26 – Apr. 9 (7 classes) from 12:30 pm – 1:15 pm Cost: \$42 | |
| | <p>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.</p> | |
| Introduction to Clogging | | Instructor: Tracy Walters |
|  | Tuesday, Jan. 8 – Feb. 19 (7 classes) from 3:45 pm – 4:40 pm Cost: \$42 Tuesday, Feb. 26 – Apr. 9 (7 classes) from 3:45 pm – 4:40 pm Cost: \$42 | |
| | <p>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. For the first few classes, wear comfortable shoes (shoes with rubber soles not recommended). No experience necessary!</p> | |
| Clogging – Intermediate | | Instructor: Tracy Walters |
|  | Tuesday, Jan. 8 – Feb. 19 (7 classes) from 2:45 pm – 3:40 pm Cost: \$42 Tuesday, Feb. 26 – Apr. 9 (7 classes) from 2:45 pm – 3:40 pm Cost: \$42 | |
| | <p>Do you have some experience with clogging and want to learn more? In the Intermediate level of clogging, you will continue to learn basic steps and terms associated with this form of dance. You will expand expand on your knowledge while dancing to a variety of music. <i>*One to two years of clogging experience is recommended as a prerequisite for this course.</i></p> | |
| Clogging – Experienced | | Instructor: Tracy Walters |
|  | Tuesday, Jan. 8 – Feb. 19 (7 classes) from 11:15 – 12:10 Cost: \$42 Tuesday, Feb. 26 – Apr. 9 (7 classes) from 11:15 – 12:10 Cost: \$42 | |
| | <p>Clogging is Appalachian mountain tap dancing. A terrific low-medium impact program for the body and mind. This class is for experienced cloggers. <i>*Four years or more of experience is recommended as a prerequisite to this course.</i></p> | |







DANCE





| Intro to Line Dancing | | Instructor: Tracy Walters |
|---|---|---------------------------|
|  | Tuesday, Jan. 8 – Feb. 19 (7 classes) from 4:45 pm – 5:40 pm | Cost: \$42 |
| | Tuesday, Feb. 26 – Apr. 9 (7 classes) from 4:45 pm – 5:40 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. | |
| Line Dancing – Beginner | | Instructor: Tracy Walters |
|  | Wednesday, Jan. 9 – Feb. 20 (7 classes) from 12:30 pm – 1:25 pm | Cost: \$42 |
| | Wednesday, Feb. 27 – Apr. 10 (7 classes) from 12:30 pm – 1:25 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! | |
| Line Dancing – Intermediate | | Instructor: Tracy Walters |
|  | Wednesday, Jan. 9 – Feb. 20 (7 classes) from 1:30 pm – 2:25 pm | Cost: \$42 |
| | Wednesday, Feb. 27 – Apr. 10 (7 classes) from 1:30 pm – 2:25 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! | |
| Line Line Dancing – Experienced | | Instructor: Tracy Walters |
|  | Wednesday, Jan. 9 – Feb. 20 (7 classes) from 2:30 pm – 3:25 pm | Cost: \$42 |
| | Wednesday, Feb. 27 – Apr. 10 (7 classes) from 2:30 pm – 3:25 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! | |
| Round Dancing (Experienced) | | Instructor: Joan Tharme |
|  | Thursday, Jan. 17 – Apr. 11 (12 classes) from 11:15 am – 12:30 pm 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. <i>*This class runs during a 13 week span as the instructor will be taking one week off for vacation. The date for the vacation will be announced in class.</i> | Cost: \$76 |



FITNESS

| Age Reversing Essentrics | | Instructor: Lori Griffith |
|---|--|----------------------------|
|  | Tuesday, Jan. 8 – Feb. 12 (6 classes) from 7:00 pm – 8:00 pm | Cost: \$68 |
| | Tuesday, Feb. 19 – Mar. 26 (6 classes) from 7:00 pm – 8:00 pm | Cost: \$68 |
| | Wednesday, Jan. 9 – Feb. 20 (7 classes) from 9:15 am – 10:15 am | Cost: \$79 |
| | Wednesday, Feb. 27 – Apr. 10 (7 classes) from 9:15 am – 10:15 am | Cost: \$79 |
| | <p>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, <i>Aging Backwards</i>.</p> <p><i>*Note: Yoga mat required.</i></p> | |
| Dance Fit | | Instructor: Kathy Paterson |
|  | Monday, Jan. 7 – Feb. 11 (6 classes) from 10:00 am – 10:55 am | Cost: \$36 |
| | Monday, Feb. 25 – Apr. 1 (6 classes) from 10:00 am – 10:55 am | Cost: \$36 |
| | Wednesday, Jan. 9 – Feb. 20 (7 classes) from 10:00 am – 10:55 am | Cost: \$42 |
| | Wednesday, Feb. 27 – Apr. 10 (7 classes) from 10:00 am – 10:55 am | Cost: \$42 |
| | <p>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! <i>*No experience necessary. Non-competitive (go at your own pace).</i></p> | |
| Essentrics – Stretch & Tone | | Instructor: Carol Smith |
|  | Tuesday, Jan. 8 – Feb. 12 (6 classes) from 4:30 pm – 5:30 pm | Cost: \$68 |
| | Tuesday, Feb. 19 – Mar. 26 (6 classes) from 4:30 pm – 5:30 pm | Cost: \$68 |
| | <p>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. <i>*Yoga mat required.</i></p> | |
| Essentrics For Pain Relief Workshop | | Instructor: Liz Olson |
|  | Friday, Feb. 15 – Mar. 8 (4 classes) from 2:45 pm – 4:15 pm | Cost: \$60 |
| | <p>Chronic pain sufferers can discover lasting relief through the full body, continuous and flowing simple, easy-to-follow dynamic movement of ESSENTRICS®. Referencing Essentrics® creator in Miranda Esmonde-White's book, <i>Forever Painless</i>, this program will include in-depth discussion of the causes and issues of specific, chronic, muscular-skeletal pain and will look at how regular, gentle rebalancing movements, can correct and reverse the damage causing the pain. Each session will have a full Essentrics® workout to practice the specific Essentrics® exercises and to alleviate discomfort and work out of pain. This class includes: 4 ESSENTRICS® Sessions (90 minutes each) and a hardcopy of the Essentrics book <i>FOREVER PAINLESS</i>. <i>*Participant Requirements: wear comfortable clothes to exercise in and bring your fitness/yoga mat and water bottle.</i></p> | |
| Please sign up a minimum of one week prior to the class start date | | Page 18 |

FITNESS

| Fit For Life | | Instructor: Ilonka Wormsbecker |
|---|--|--------------------------------|
|  | Monday, Jan. 14 – Feb. 11 (5 classes) from 11:05 am – 12:05 pm | Cost: \$35 |
| | Monday, Feb. 25 – Apr 1 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| | Tuesday, Jan. 15 – Feb. 19 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| | Tuesday, Feb. 26 – Apr. 2 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| | Wednesday, Jan. 16 – Feb. 20 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| | Wednesday, Feb. 27 – Apr. 3 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| | Friday, Jan. 18 – Feb. 22 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| | Friday, Mar. 1 – Apr. 5 (6 classes) from 11:05 am – 12:05 pm | Cost: \$42 |
| <p>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.</p> | | |
| Interval Strength Training | | Instructor: Maria Yakula |
|  | Tuesday, Jan. 8 – Feb. 19 ((7 classes) from 12:20 pm – 1:20 pm | Cost: \$45 |
| | Tuesday, Feb. 26 – Apr. 9 (7 classes) from 12:20 pm – 1:20 pm | Cost: \$45 |
| | Thursday, Jan. 10 – Feb. 21 (7 classes) from 11:25 am – 12:25 pm | Cost: \$45 |
| | Thursday, Feb. 28 – Apr. 11 (7 classes) from 11:25 am – 12:25 pm | Cost: \$45 |
| <p>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.</p> | | |
| MOC Barre | | Instructor: Shawn Giroux |
|  | Wednesday, Jan. 9 – Feb. 20 (7 classes) from 10:15 am – 11:00 am | Cost: \$46 |
| | Wednesday, Feb. 27 – Apr. 10 (7 classes) from 10:15 am – 11:00 am | Cost: \$46 |
| <p>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.</p> | | |
| One-on-One Training | | Instructor: Janet Hauca |
| Any Level | Cost: \$45/hour session | |
| | <p>Are you interested in one-on-one workouts? Janet will meet with you one on one and give you a free consultation in order to determine what your personal fitness goals are. She will work with you one on one and design a personalized program to get you on track to meet them. If interested, please sign up at the front desk and Janet will contact you to set up a time. These sessions are suitable for all levels of fitness.</p> | |
| Please sign up a minimum of one week prior to the class start date | | Page 19 |

FITNESS

On Pace With Parkinsons

Instructor: Janet Hauca



Thursday, Jan. 10 – Feb. 14 (6 classes) from 2:45 pm – 3:45 pm Cost: \$54
Thursday, Mar. 7 – Apr. 11 (6 classes) from 2:45 pm – 3:45 pm Cost: \$54
 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



Monday, Jan. 7 – Feb. 11 (6 classes) from 11:00 am – 11:55 pm Cost: \$36
Monday, Feb. 25 – Apr. 1 (6 classes) from 11:00 am – 11:55 pm Cost: \$36
Tuesday, Jan. 8 – Feb. 19 (7 classes) from 10:00 am – 10:55 am Cost: \$42
Tuesday, Feb. 26 – Apr. 9 (7 classes) from 10:00 am – 10:55 am Cost: \$42
Wednesday, Jan. 9 – Feb. 20 (7 classes) from 11:15 am – 12:10 pm Cost: \$42
Wednesday, Feb. 27 – Apr. 10 (7 classes) from 11:15 am – 12:10 pm Cost: \$42
 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!

Senior's Stretch

Instructor: Kathy Paterson



Monday, Jan. 7 – Feb. 11 (6 classes) from 9:00 am – 9:55 am Cost: \$36
Monday, Feb. 25 – Apr. 1 (6 classes) from 9:00 am – 9:55 am Cost: \$36
Wednesday, Jan. 9 – Feb. 20 (7 classes) from 9:00 am – 9:55 am Cost: \$42
Wednesday, Feb. 27 – Apr. 10 (7 classes) from 9:00 am – 9:55 am Cost: \$42
 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 and 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.*


Small Group Training


Instructor: Janet Hauca


Any Level


Mon & Wed, Jan. 14 – Feb. 6 (8 Classes, 4 wks) from 12:45 pm – 2:15 pm Cost: \$144
Mon & Wed, Mar. 4 – Mar. 27 (8 Classes, 4 wks) from 12:45 pm – 2:15 pm Cost: \$144
 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. Workouts will focus on all aspects of fitness, including strength, endurance and balance! These sessions are suitable for all levels of fitness.

FITNESS

| Stretch & Strength | | Instructor: Janet Hauca |
|---|--|-------------------------|
|  | Tuesday, Jan. 8 – Feb. 12 (6 classes) from 1:30 pm – 2:30 pm | Cost: \$44 |
| | Tuesday, Mar. 5 – Apr. 9 (6 classes) from 1:30 pm – 2:30 pm | Cost: \$44 |
| | Thursday, Jan. 10 – Feb. 14 (6 classes) from 1:30 pm – 2:30 pm | Cost: \$44 |
| | Thursday, Mar. 7 – Apr. 11 (6 classes) from 1:30 pm – 2:30 pm | Cost: \$44 |
| | <p>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!</p> | |

| Total Body Circuit | | Instructor: Janet Hauca |
|---|--|-------------------------|
|  | Tuesday, Jan. 8 – Feb. 12 (6 classes) from 3:00 pm – 4:00 pm | Cost: \$44 |
| | Tuesday, Mar. 5 – Apr. 9 (6 classes) from 3:00 pm – 4:00 pm | Cost: \$44 |
| | <p>This class will appeal to all fitness levels. It is supervised and self-paced, with options and modifications as required. Following a group warm-up, you will work through stations. We use equipment (including weights, bands, and TRX) for strength training; do balance challenges, core exercises, and flexibility work. We end with a group cool down and stretch.</p> | |
| | | |
| | | |

| Total Fit | | Instructor: Kathy Paterson |
|---|--|----------------------------|
|  | Tuesday, Jan. 8 – Feb. 19 (7 classes) from 9:00 am – 9:55 am | Cost: \$42 |
| | Tuesday, Feb. 26 – Apr. 9 (7 classes) from 9:00 am – 9:55 am | Cost: \$42 |
| | Thursday, Jan. 10 – Feb. 21 (7 classes) from 9:00 am – 9:55 am | Cost: \$42 |
| | Thursday, Feb. 28 – Apr. 11 (7 classes) from 9:00 am – 9:55 am | Cost: \$42 |
| | <p>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!</p> | |

| Zumba Gold® | | Instructor: Terri Kokotilo |
|---|---|----------------------------|
|  | Monday, Jan 7 – Feb. 11 (6 classes) from 9:00 am – 9:50 am | Cost: \$40 |
| | Monday, Jan. 7 – Feb. 11 (6 classes) from 10:00 am – 10:50 am | Cost: \$40 |
| | Monday, Feb. 25 – Apr. 1 (6 classes) from 9:00 am – 9:50 am | Cost: \$40 |
| | Monday, Feb 25 – Apr. 1 (6 classes) from 10:00 am – 10:50 am | Cost: \$40 |
| | <p>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!</p> | |

MINDFUL WELLNESS

EFT – Tapping for Emotional Freedom

Instructor: Jeri Tourand

Wednesday, Mar. 13 from 9:00 am – 11:30 pm

Cost: \$20

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.

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

Facilitator: Jeri Tourand, B. Ed, Self-Love and Forgiveness Coach & Zen Trilotherapist

Wednesday, Feb. 27 from 9:00 am – 11:30 pm

Cost: \$20

This introductory class is based on the Zen Trilotherapy lessons, developed by Zen Master, Nissim Amon. Jeri will lead the group through an exciting lesson to introduce individuals to Zen Trilotherapy - a leading edge method of self discovery, meditation, self love and forgiveness. Following this introductory class, a more in depth, 4 part series is offered in April 2019.

4 Lessons for Inner Peace, Self-Love & Life Purpose

(Zen Trilotherapy - Sample Series)

Facilitator: Jeri Tourand, B Ed., Self-Love and Forgiveness Coach and Zen Trilotherapist

Tuesday, Apr. 2 – 23 (4 classes) from 9:30 am – 12:00 pm

Cost: \$72

This sample series is based on the profound lessons of Zen Master, Nissim Amon. Jeri will lead the group through four exciting lessons to give individuals a taste of the transformational tools that Zen Trilotherapy has to offer. The tools provided will help individuals come to a place of profound self-awareness and clarity about who they really are and why they behave the way they do. She will also share many activities and meditations for self-love and forgiveness, which have resulted in individuals awakening to a more peaceful and purposeful life.

Ho'oponopono – Forgiveness & a Path to Freedom

Instructor: Jeri Tourand

Wednesday, Apr. 10 from 9:00 am – 11:30 pm

Cost: \$20

In this Powerful experience, Jeri will lead you through an insightful forgiveness lesson, share transformational tools and an energetic experience with Ho'ponopono that will SHIFT one of THE BIGGEST BLOCKS to Love and happiness. We will be working on all levels to align your Body-Mind and Soul with real, unconditional Love. End the battle and take back your life and your power. Ho'oponopono is an ancient Hawaiian practice of reconciliation and forgiveness. It is a method of mental cleansing that is effective in freeing you from the stuck energy, resentments and heaviness of the past in order to move forward in your life with greater ease and harmony.

Meditation

Instructor: Prem Kalia

Monday, Feb. 25 – Apr. 15 (8 classes) from 1:00 pm – 3:00 pm

Cost \$32

Meditation promotes good health, peace & contentment within. A variety of techniques from many spiritual traditions will be used to enhance understanding of wisdom of the East and West. Cultivating kindness & compassion & bringing an attitudinal change will be part of the focus. Overcome the negativities & stress of modern life & bask in the ultimate benefit of meditation as it relaxes the mind & body. Wonders happen!

MINDFULL WELLNESS

Mindfulness & Meditation

Instructor: Jeri Tourand

Wednesday, Jan. 23 – Feb. 6 (3 classes) from 9:30 am – 12:00 pm

Cost: \$54

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!

TAI CHI

Foundations & Hunyuan Taiji

Instructor: Allan Belsheim



Thursday, Feb. 7 – Apr. 11 (10 classes) from 2:45 pm – 3:45 pm

Cost: \$60

During the first half hour, we will 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 of the class is the Hunyuan 24 and is a repeat of what is done for Taiji on Monday.

Qigong & Hunyuan Taiji

Instructor: Allan Belsheim



Monday, Feb. 4 – Apr. 15 (10 classes) from 1:30 pm – 2:30 pm
(No class – February 18)

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.



YOGA

Mind Body Soul

Yoga for Arthritis

Instructor: Shall Sinha, E-RYT, RYT 500



Monday, Jan. 7 – Feb. 11 (6 classes) from 2:45 pm – 3:45 pm

Cost: \$47

Monday, Feb. 25 – Apr. 8 (7 classes) from 2:45 pm – 3:45 pm

Cost: \$55

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



Yoga for Balance & Well-Being Instructor: Linda Vaudan



Friday, Jan. 4 – Jan. 25 (4 classes) from 12:45 pm – 1:45 pm

Cost: \$30

Friday, Mar. 15 – Apr. 5 (4 classes) from 12:45 pm – 1:45 pm

Cost: \$30

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.*

Develop Flexibility through Yin Yoga Instructor: Pramila Sinha, E-RYT, RYT 500



Tuesday, Jan. 8 – Feb. 19 (7 classes) from 11:30 am – 12:30 pm

Cost: \$55

Tuesday, Jan. 8 – Feb. 19 (7 classes) from 12:45 pm – 1:45 pm

Cost: \$55

Tuesday, Feb. 26 – Apr. 9 (7 classes) from 11:30 am – 12:30 pm

Cost: \$55

Tuesday, Feb. 26 – Apr. 9 (7 classes) from 12:45 pm – 1:45 pm

Cost: \$55

Thursday, Jan. 10 – Feb. 21 (7 classes) from 11:15 am – 12:15 pm

Cost: \$55

Thursday, Feb. 28 – Apr. 11 (7 classes) from 11:15 am – 12:15 pm

Cost: \$55

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.

**Note: Must be able to get down on the floor onto the mat.*

**Yoga mat required.*

Gentle Yoga & Breath Work (Pranayama) Instructor: Neeru Prashar



Tuesday, Jan. 8 – Feb. 12 (6 classes) from 5:45 pm – 6:45 pm

Cost: \$45

Tuesday, Feb. 19 – Mar 26 (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. Here, we utilize 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. At a physical level it also improves the efficiency of the respiratory system and the functioning of our brain. The purpose is also to prepare an individual for meditation.

**Note: Must be able to get down on the floor onto the mat.*

**Yoga mat required.*



YOGA



Gentle Yoga – Beginner

Instructor: Shawn Giroux

2

Monday, Jan. 7 – Feb 11 (6 classes) from 10:45 am – 11:45 am Cost: \$43
Monday, Feb. 25 – Apr. 8 (7 classes) from 10:45 am – 11:45 am Cost: \$50
Wednesday, Jan. 9 – Feb. 20 (7 classes) from 12:00 pm – 1:00 pm Cost: \$50
Wednesday, Jan. 9 – Feb. 20 (7 classes) from 1:15 pm – 2:15 pm Cost: \$50
Wednesday, Feb. 27 – Apr. 10 (7 classes) from 12:00 pm – 1:00 pm Cost: \$50
Wednesday, Feb. 27 – Apr. 10 (7 classes) from 1:15 pm – 2:15 pm Cost: \$50
Friday, Jan. 11 – Feb 22 (7 classes) from 2:00 pm – 3:00 pm Cost: \$50
Friday, Mar. 1 – Apr. 12 (7 classes) 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

2

Friday, Jan. 11 – Feb 22 (7 classes) from 10:45 am – 11:45 am Cost: \$55
Friday, Mar. 1 – Apr. 12 (7 classes) from 10:45 am – 11:45 am Cost: \$55

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

4

Wednesday, Jan. 9 – Feb. 20 (7 classes) from 10:30 am – 11:30 am Cost: \$50
Wednesday, Feb. 27 – Apr. 10 (7 classes) from 10:30 am – 11:30 am Cost: \$50

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.*

Yoga for Parkinsons

Instructor: Shall Sinha, E-RYT, RYT 500



Wednesday, Jan. 9 – Feb. 20 (7 classes) from 2:30 pm – 3:30 pm **Cost: \$60**

Wednesday, Feb. 27 – Apr. 10 (7 classes) from 2:30 pm – 3:30 pm **Cost: \$60**

Yoga is one of the most beneficial complementary therapies for Parkinson's disease, helping to increase flexibility; improve posture; loosen tight, painful muscles; build (or rebuild) confidence; and, through these benefits, enhance quality of life. Based on personal experience of PD, Therapeutic Training at CRIS (Community Rehabilitation Interdepartmental Service), Extensive study and practice of Parkinson Wellness Recovery (PWR) program and years of experience of Teaching Yoga for Arthritis and Yoga for Fibromyalgia, Instructor, Shall Sinha will enable you to cope with PD and slow down the progression of the disease. If you have any question, just write to shallsinha2@gmail.com or call 780 443 4010.

Pilatoga – Beginner

Instructor: Shawn Giroux



Monday, Jan. 7 – Feb. 11 (6 classes) from 9:30 am – 10:30 am **Cost: \$43**

Monday, Feb. 25 – Apr. 8 (7 classes) from 9:30 am – 10:30 am **Cost: \$50**

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.

Pilatoga – Intermediate

Instructor: Shawn Giroux



Monday, Jan. 7 – Feb. 11 (6 classes) from 12:00 pm – 1:00 pm **Cost: \$43**

Monday, Feb. 25 – Apr. 8 (7 classes) from 12:00 pm – 1:00 pm **Cost: \$50**

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.

Restorative Hatha Yoga – Intermediate

Instructor: Audrey Bell-Hiller, BA



Thursday, Jan. 10 – Feb. 7 (5 classes) from 9:45 am – 11:00 am **Cost: \$38**

Thursday, Feb. 28 – Mar. 28 (5 classes) from 9:45 am – 11:00 am **Cost: \$38**

Restorative yoga postures promote deep renewal for tight muscles and stress. This intermediate hatha yoga class promotes improved flexibility while improving circulation. Some postures will be modified if needed by the individual. These modified postures allow each person to practice within the limits of their bodies. All postures will have a beneficial impact on the entire body and deepen your practice of yoga. There will be concentration on breath and conscious relaxation.

*Yoga mat required.

Structural Yoga Therapy for All

Instructor: Marthe Murphy



Friday, Jan. 11 – Feb. 22 (7 classes) from 9:15 am – 10:30 am **Cost: \$53**

Friday, Mar. 1 – Apr. 12 (7 classes) from 9:15 am – 10:30 am **Cost: \$53**

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.

ACTIVE DROP-INS

| | | |
|--|--|---|
| Badminton Group | | \$2 drop-in fee |
| Wednesdays from 12:30 pm – 2:30 pm The game with the birdie in the air! Calling all badminton players who like fun and challenge! This group enjoys fun exercise for everyone. All levels welcomed and new members encouraged. | | |
| Carpet Bowling | | \$2 drop-in fee |
| Tuesdays from 9:30 am – 11:00 am & Thursdays from 12:30 pm – 2:30 pm <i>Steady as a rock, only with a ball, wins the game!</i> 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. | | |
| Drop In Fitness Advice | | Instructor: Janet Hauca |
| Tuesdays from 10:00 am – 12:00 pm Wednesdays from 2:30 pm – 4:00 pm Drop in for a chat or advice regarding fitness. Meet with Janet at the WSAC Fitness Room for an informal meeting to discuss your fitness endeavours and goals. Ideal for those new to Westend Seniors Activity Centre and unsure of our fitness, yoga and movement class offerings or for those current members looking to enhance their current routine. Price is included in the Fitness Room Drop-in fee. (\$2.00) | | |
| The Fitness Room | | Mon, Wed, Thurs & Fri: 9:00 am to 4:00 pm Tues : 9:00 am to 8:00 pm <u>Orientations Mondays @ 10:00 am & Wednesdays @ 9:00 am</u> (Please pre-book 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. <div style="text-align: center;"> <u>Fitness Room Prices</u> Drop-in Fee: \$2 10 Visit Pass: \$15 Monthly Pass: \$25 Annual Pass: \$250 </div> | | |
| PickleBall Drop-In | | \$2 drop-in fee |
| Mondays from 12:30 pm – 4:00 pm Tuesdays from 4:30 pm – 8:00 pm Thursdays from 12:45 pm – 4:00 pm Beginner Players: Fridays from 12:30 pm – 2:15 pm Fridays from 2:20 pm – 4:00 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. | | |
| Walking Group | | \$2 drop-in fee |
| Tuesdays & Fridays Meet at the Centre @ 9:00 am <i>*\$2 cost to cover car pool drivers. Heave ho and even in the snow, this group walks!</i> This group takes their hikes into the river valley and beyond, enjoying social time afterwards. This group puts the word ACTIVE in Westend Seniors. All levels welcomed and new members encouraged. | | |



CARDS & GAMES DROP-INS



| | |
|---|------------------------|
| Billiards | \$2 drop-in fee |
| Mon. 2:00 pm – 4:00 pm, Tues. 4:30 -8:00, Wed 10:00 am – 4:00 pm & Thurs. 9:00 am – 12:00 pm <i>Rack 'em up and chat 'em up!</i> 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 *No partner necessary. <i>An active mind is a sharp mind!</i> Bridge enthusiasts encouraged to join this group. | |
| Cribbage | \$2 drop-in fee |
| Fridays from 1:30 pm – 3:30 pm <i>15-2, 15-4... and the rest don't score!</i> 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 <i>A friendly group of fun and play!</i> This social card game is simple in concept but high in subtlety! All levels welcomed and new members encouraged to join the fun! | |
| Ping Pong | \$2 drop-in fee |
| Tuesdays from 4:30 pm – 8:00 pm <i>To some it is Table Tennis. To others, it is Ping Pong. Whatever it is to you, come join in the fun!</i> This is a new drop-in activity on our Tuesday evenings. All levels are welcome and encouraged to play. | |
| Practice Bridge | \$2 drop-in fee |
| Tuesdays from 9:30 am – 11:30 am <i>When you don't use it, you lose it...so why not practice!</i> 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. | |
| Scrabble | \$2 drop-in fee |
| Wednesdays from 9:30 am – 11:30 am <i>Come and dabble, and play a little scrabble!</i> A tile word game of wit and fun! No partner needed. All levels welcomed and new players encouraged. | |
| 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 <i>A game of intelligence, strategy and wit!</i> Registered bridge playing group that accumulates and tracks points online. No partner needed. | |
| Whist | \$2 drop-in fee |
| Tuesdays from 1:00 pm – 3:00 pm <i>A simple yet skillful game, if you don't know the rules you will in seconds!</i> 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! | |

SOCIAL DROP-INS

Birthday Party

\$2 drop-in fee

The 3rd Wednesday of the month

FREE for all members celebrating their birthday that month!

Jan. 16, Feb. 20, Mar. 20 & Apr. 17 from 2:00 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

Jan. 31, Feb. 28, Mar. 28, Apr. 25 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

Stay tuned for details in our monthly newsletter for the date!

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. Call 780-483-1209 for the date of the next Member Welcome Tea.



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.

Circle of Support

\$2 drop-in fee

Thursdays from 1:00 pm – 2:30 pm

Support group led by a 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.

Outreach Services

Our Outreach Program aids and supports seniors by connecting them with necessary resources within the community – and helping to reduce isolation. This is achieved by offering direct support to our members (in-reach) or by going into the community (outreach). This can take place face-to-face at our facility on an appointment or walk-in basis, or over the phone/email. In other cases, it will involve a home visit. Our registered social worker supports seniors on a number of levels: by offering referrals, advocacy, assistance with form completion, emotional support, needs assessments and consultations.

Drop-in when you like, no commitment necessary

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TOONIE TALK SERIES

Annual 2018 Global Financial Market Review & 2019 Outlook

Presenter: Weichurn Woo

Friday, Jan. 11 from 10:00 am – 11:30 am

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

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2018, and look at forward guidance on what to expect for 2019 next year.

Mindful Investing – How to Weather & Prosper in Financial Markets

Presenter: Weichurn Woo

Friday, Feb. 8 from 10:00 am – 11:30 am

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

The market crisis in 2008/2009 was a difficult time for investors. We saw many people panic and make reactive decisions based on emotions. For the last 100 years, the markets goes through a downturn every 5-7 years. In 2015, we experienced another major downturn in Canada with the oil crisis. While 2016 and 2017 were good years in the stock markets, 2018 continues to be a struggle due to global trade tensions. The key is to not shy away when you still need to make dividends or interest for your retirement income. Learn how to protect cash flow when the markets do stall or go negative. Investing is emotional because it involves more than just your financial wellbeing. A bad investment decision can wipe out your retirement nest egg or your children's education fund. Investing is complex and more difficult than a lot of things we do on a regular basis. Join Wei Woo as he discusses the common mistakes behind the average investor during their retirement years and how to avoid them.

Understanding Your Fixed Income

Presenter: Weichurn Woo

Friday, Mar. 22 from 10:00 am – 11:30 am

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

Geared toward people who are interested in creating a reliable stream of income, Maximizing Your Fixed Income covers bond and bond mutual fund characteristics and features, as well as key strategies to get the most out of one's fixed-income investments in their private savings. In addition, we will cover how to make the most out of your government pensions, including how to qualify for tax free Guaranteed Income Supplement for low income seniors, regardless of how much money you have in the bank.

Handy Dandy Workshop

Presenter: Beau Loeffler

Wednesday, Jan. 9 from 10:00 am – 12:00 pm

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

In this workshop, you will learn about your home's plumbing system and gain basic knowledge to deal with small problems. Beau will be presenting on how pipes work and how a toilet functions. As well, you will learn some basic tips that are needed before you hire a plumber. Please bring your questions! Time and group size permitting, we can also discuss other things around the house.

Survival Training Workshop

Presenter: Beau Loeffler

Friday, Jan. 18 from 9:00 am – 12:00 pm

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

This session will give you the knowledge to look after yourself and others if you are faced with an emergency situation outdoors. Have you ever thought what could happen if you are immobilized outdoors, with no cell phone or service? You will need to stay warm and comfortable until help arrives. This workshop will give you a survival plan, including First Aid; fire; shelter, signals, water and food. We'll also discuss the importance of your psychological state and how it can make the difference between getting home or becoming a sad news story.

Foot Health Workshop

Presenter: Christine Grosjean, Foot Nurse for CBI Home Health

Friday, Feb. 15 from 10:00 am – 11:00 am

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

Christine Grosjean, Foot Nurse for CBI Home Health, will provide a Power Point presentation regarding foot health. She will discuss a variety of potential foot problems as well as potential treatments.

FRIENDS OF WSAC BUSINESS COMMUNITY CONNECTORS

Non-profit & Business Working Together



What is “Friends of WSAC?”

Friends of WSAC are businesses vetted by the Westend Seniors Activity Centre that are dedicated to providing services to Edmonton and area seniors. They belong to an elite networking group focused on addressing the needs and challenges seniors face in their daily lives.

FRIENDS OF WSAC PRESENTATIONS

Aging In Place - Presented by Your Organized Friend



Tuesday, January 8 from 1:30 pm – 3:00 pm

Cost: \$2

Thinking about your future? Let's talk about what it really takes to age in place. Have you started a plan that you can build on into your future? Let's talk about the good, bad, and reality of Aging in Place. Karen Murdock, owner of Your Organized Friend, will lead you through the first steps of developing your personalized plan.

Want To Avoid Feeling S.A.D. This Winter? - Presented by Flaman Fitness



Wednesday, January 9 from 1:30 pm – 3:00 pm

Cost: \$2

Seasonal Affective Disorder (SAD) is the seasonal exhibit of depressive symptoms commonly during winter months. The combination of being active and going out during our cold weather months is an effective treatment against Seasonal Affective Disorder and Depression. Come learn how this can affect you and how you can start managing symptoms.

FRIENDS OF WSAC PRESENTATIONS

Excellent Executors - Presented by Estate Connection Law Firm



ESTATE CONNECTION
Law Firm

Leave your loved ones
Solutions...Not problems

www.estateconnection.com / 780 458 8228

Tuesday, January 15 from 1:30 pm – 3:00 pm

Cost: \$2

Being named as an Executor is an honour but can be a major undertaking, depending on the estate and the complexity of issues that arise. A potential Executor should make sure he/she understands what he/she is getting into before accepting this role. Stacy Maurier will outline the steps needed to close an estate and give a breakdown of the timeframe of when duties should be completed and the issues that can arise when dealing with beneficiaries and closing an estate. She will also discuss the legal role and liabilities of the Executor as well as the 7 things you need to know before you write your will.

Functional Strength and Stability - Presented by Touchmark at Wedgewood

Location: Members will be shuttled from WSAC to Touchmark at Wedgewood, located at 18333 Lessard Road, NW. Return transportation to WSAC and lunch are also provided.



Friday, January 18, 2019 from 10:30 am – 1:45 pm

Cost: \$5

Shuttle Pick up: 10:30 am at WSAC

Class: 11:00 am – 11:45 am & Buffet Lunch at 12:00 pm

Presentation at 12:45 pm

Shuttle departs for WSAC at 1:15 pm

This class will help you live life as independently as possible. In this 45 minute class we incorporate multiple muscle groups while performing exercises that mimic activities of daily living. This class will challenge your balance, strength and flexibility to achieve a more “functionally fit” lifestyle. Taught by a Certified Personal Trainer, Certified Group Exercise Leader and Functional Aging Specialist, you can feel confident that all the information and exercises will be demonstrated safely and effectively for all fitness levels. Please come prepared to move! Maximum 16 people so please register early.

Fall Prevention Awareness - Presented by Congdon's Aids to Daily Living



Tuesday, January 22 from 1:30 pm - 3:00 pm

Cost: \$2

Some practical advice for preventing falls and tips for what types of products are available to seniors. Learn where the most common area for falls occur, what the most common injuries from falls are and how to prevent falls using some common sense techniques. You will also learn about the different funding options that are available and how to access various funding programs.

Making Life Easier For Executors - Presented by Brad Hurshowy - Investors Group



Tuesday January 29 from 1:30 pm – 3:00 pm

Cost: \$2

Imagine one of your close family members has given you the legal responsibility to take care of a deceased person's remaining financial obligations. One sagely advice: run! Short of that; Brad will make it easy for you to connect with his team of trusted investment professionals who will help make the job easier by showing you some simple and easy steps to take right now.

FRIENDS OF WSAC PRESENTATIONS

Executors Role And Funerals - Presented by Dignity Memorial



Tuesday February 5 from 1:30 pm – 3:00 pm

Cost: \$2

There are many decisions that need to be made by executors when planning funerals. What is the role of the executor when it comes to funerals? What is the difference between pre-arranged funerals versus at need funerals with no arrangements in place? What information does the funeral home need from the executor? These are just some of the answers you will learn during Dignity Memorial's presentation.

Dental Pearls: Tips And Tricks For The Everyday Patient - Presented by Summerlea Dental



Tuesday February 12 from 1:30 pm – 3:00 pm

Cost: \$2

A presentation of tips, tricks, helpful advice and myths regarding dentistry, oral health and maintenance.

Learn The Truth About Hearing Aids" - Presented by Miracle Ear



Tuesday February 19 from 1:30 pm – 3:00 pm

Cost: \$2

Hearing better in noise.... is it possible? Mircacle Ear will discuss what hearing aids can, and cannot do as well as why hearing aids cost so much and are they worth the price? Finally, they will note how to choose a hearing Healthcare provider.

Forget Me Not: Different Faces Of Dementia - Presented by Home Care Assistance



Tuesday February 26 from 1:30 pm – 3:00 pm

Cost: \$2

Almost 40 percent of people over the age of 65 experience some form of memory loss. Alzheimer's disease and dementia however, are not a part of normal aging. Alzheimer's is a disease where brain cells progressively degenerate. This results in memory loss, difficulty performing familiar tasks, problems with language, impaired judgement and even personality disorder and changes. Caring for a person with Alzheimer's or dementia is unlike caring for anyone else. Patience is key. Avoid criticizing, correcting or arguing. Speak in simple sentences. When things get tough, distract and redirect. In other words, get them thinking about something else. Come and find out more to help your loved ones, and friends.

Arthritis: Symptoms, Management And Treatment - Presented by Terra Losa Pharmacy

Terra Losa Pharmacy



Always There to Care

Tuesday March 5 from 1:30 pm – 3:00 pm

Cost: \$2

Arthritis is a highly prevalent chronic condition that increases with age. Coping with ongoing pain can be the hardest part of living with arthritis or a related condition. Pain can affect every aspect of your life, and many areas of your life can also affect your pain. Come and learn more about causes, symptoms, management, treatment options and tips to live better with arthritis.

FRIENDS OF WSAC PRESENTATIONS

Optometrists, Ophthalmologists And Opticians- Do You Know The Difference? Presented by Everywhere Eyecare



Tuesday March 12 from 1:30 pm – 3:00 pm

Cost: \$2

There are quite a few people with different skills and specialties that you deal with when you have vision issues. We will be defining who does what, and where to go to get the help you need. Know what questions you need to ask and how to get the best care for your particular situation.

When Should I See A Denturist? - Presented by Oliver Denture



Tuesday March 19 from 1:30 pm – 3:00 pm

Cost: \$2

Many patients feel they only need to visit a denturist when they are feeling pain. In this presentation, we discuss how often a check-up appointment is needed. Patients will learn how to properly care for the dentures, as well as how to apply for senior's assistance.

Real Estate Law and Selling Your Home - Presented by Masuch Law



Tuesday March 26 from 1:30 pm – 3:00 pm

Cost: \$2

Thinking about downsizing and selling your home? We will explore a residential real estate sales contract and discuss some important considerations you need to make, whether you are just thinking about selling your home or it is already on the market.

Get More From Your Doctor's Visit - Presented by Navigate Your Health



**NAVIGATE
YOUR HEALTH**

Wednesday, March 6 from 1:30 pm – 3:00 pm

Cost: \$2

After a doctor's visit, do you ever discover you have forgotten some important information? Or feel like the appointment didn't meet your needs? Or maybe you feel unsure about your next steps? Are you a caregiver who worries that the same happens to your loved one? Learn some simple tips to make the most of your time with your doctor, and questions to ask yourself to know when it's important to bring extra support to your appointments. Also learn about publicly-funded and private services that can support and empower patients and their loved-ones who are managing a difficult health journey.

Real Talk On Being a Caregiver - Presented by Revera Retirement Living



Tuesday April 2 from 1:30 pm – 3:00 pm

Cost: \$2

Whether you chose this role, or this role chose you – you'll learn valuable resources and strategies to assist you in your caregiver role. We're cutting out the fluff and focusing on the nitty gritty details of being a caregiver and maintaining your sanity too. Jolyn Hall is a previous Registered Nurse and is part of the Caregivers Alberta professional network. She works with families every day and often provides assistance to caregivers.

PROGRAMS AT A GLANCE:

| MONDAY | |
|----------|---|
| 9:00 am | Zumba Gold |
| 9:30 am | Ceramics Pilatoga – Beginner Senior's Stretch Euchre – Drop In Social Circle of Friends – Drop In |
| 10:00 am | Dance Fit Zumba Gold Fitness Room Orientation |
| 10:30 am | TLC Bridge – ABCL Sanctioned Club – Drop In |
| 10:45 am | Gentle Yoga – Beginner |
| 11:00 am | Seated Stretch & Strength |
| 11:05 am | Fit For Life |
| 12:00 pm | Pilatoga – Intermediate |
| 12:30 pm | Art Sessions – Drop In Woodworking – Drop In Pickleball Drop In |
| 12:45 pm | Small Group Training |
| 1:00 pm | Open Jam Sessions (1 st & 3 rd Mon.) – Drop In Ukulele Circle (2 nd & 4 th Mon.) – Drop In Meditation |
| 1:30 pm | Qigong & Hunyuan Taiji |
| 2:00 pm | Billiards - Drop In |
| 2:45 pm | Yoga For Arthritis |

TUESDAY

| | |
|----------|--|
| 9:00 am | Memoirs Writing – Your Story, Your Way Computer 101: Basics Total Fit Walking Group – Drop In |
| 9:30 am | Making Mosaics 4 Lessons for Inner Peace, Self-Love & Life Purpose (Zen Trilotherapy Sample) Carpet Bowling – Drop In Practice Bridge – Drop In |
| 10:00 am | Card Making Windows 10 Basics Seated Stretch & Strength Drop In Fitness Advice |
| 11:05 am | Fit For Life |
| 11:15 am | Clogging – Experienced |
| 11:30 am | Develop Flexibility Through Yin Yoga |
| 12:20 pm | Interval Strength Training |
| 12:30 pm | Woodworking – Drop In Gentle BeMoved |
| 12:45 pm | Develop Flexibility Through Yin Yoga |
| 1:00 pm | Introduction to Printmaking Writing Circle (3 rd Tues.) – Drop In Whist – Drop In |
| 1:30 pm | Ballroom & Latin Beyond Basics Stretch & Tone |
| 2:00 pm | Drama: Creative & Traditional |
| 2:45 pm | Clogging – Intermediate |
| 3:00 pm | Total Body Circuit |
| 3:45 pm | Introduction to Clogging |
| 4:30 pm | Essentrics – Stretch & Tone Evening Pickleball Drop In Ping Pong Drop In Billiards Drop In |
| 4:45 pm | Intro to Line Dancing |
| 5:45 pm | Gentle Yoga & Breath Work (Pranayama) |
| 6:00 pm | Evening Open Jam – Drop In |
| 7:00 pm | Age Reversing Essentrics |

WEDNESDAY

| | |
|----------|---|
| 9:00 am | EFT – Tapping for Emotional Freedom Ho’oponopono – Forgiveness & a Path to Freedom Introduction to Zen Trilotherapy: Inner Peace, Self-Love & Life Purpose Senior’s Stretch Fitness Room Orientation |
| 9:15 am | Age Reversing Essentrics |
| 9:30 am | Crafters Corner – Drop in Mindfulness & Meditation Scrabble – Drop In |
| 10:00 am | Book Club (2 nd & 4 th Wed.) – Drop In Photo Club (1 st & 3 rd Wed.) – Drop In Introduction to Facebook on a Computer Dance Fit Billiards - Drop In Handy Dandy Workshop |
| 10:15 am | MOC Barre |
| 10:30 am | Watercolours for the Intermediate Artist Yoga – Intermediate Level |
| 11:05 am | Fit For Life |
| 11:15 am | Seated Stretch & Strength |
| 12:00 pm | Gentle Yoga – Beginner |
| 12:30 pm | Woodworking – Drop In Mastering Your iPhone Mastering Your Android Phone Line Dancing – Beginner Badminton Group – Drop In Euchre – Drop In |
| 12:45 pm | Small Group Training |
| 1:00 pm | Art of Redesigning Jewellery Facebook on Phones and Tablets iPad Class for the Beginner |
| 1:15 pm | Gentle Yoga – Beginner |
| 1:30 pm | Learning French Line Dancing – Intermediate |
| 2:00 pm | Monthly Birthday Party (3 rd Wed.) |
| 2:30 pm | Line Dancing – Experienced Yoga for Parkinsons Drop In Fitness Advice |
| 3:00 pm | Smartphone Security Avoiding Those Roaming Fees |

THURSDAY

| | |
|----------|---|
| 9:00 am | Spanish – Experienced Kijiji Basics Total Fit Billiards - Drop In |
| 9:15 am | Choreographed Ballroom (New Dancers) |
| 9:30 am | Coloured Pencils Workshop Genealogy (1 st Thurs.) – Drop In |
| 9:45 am | Restorative Hatha Yoga - Intermediate |
| 10:00 am | The Art of Bunka Embroidery |
| 10:10 am | BeMoved |
| 10:15 am | Choreographed Ballroom (Newer Dancers) |
| 10:30 am | Spanish – Beginner |
| 11:15 am | Round Dancing (Experienced) Develop Flexibility Through Yin Yoga |
| 11:25 am | Interval Strength Training |
| 12:00 pm | Spanish – Intermediate |
| 12:30 pm | Wood Carvers Club – “Wonderful Woodpeckers” – Drop In Carpet Bowling – Drop In Contract Bridge – Drop In |
| 12:45 pm | Pickleball Drop In |
| 1:00 pm | Circle of Support – Drop In |
| 1:30 pm | Stretch & Tone |
| 2:45 pm | Foundations & Hunyuan Taiji On Pace With Parkinsons |
| 5:00 pm | Monthly Potluck Dinner (Last Thursday of the Month) – Drop In |

FRIDAY

| | |
|----------|--|
| 9:00 am | Walking Group – Drop In Survival Training Workshop |
| 9:15 am | Structural Yoga Therapy for All |
| 9:30 am | Spanish Conversation – Drop In |
| 10:00 am | The Silver Tones – Drop-In TLC Bridge – ABCL Sanctioned Club - Drop In Toonie Talk Series |
| 10:45 am | Intermediate Yoga |
| 11:05 am | Fit For Life |
| 12:30 pm | Woodworking – Drop In Pickeball - Drop In (New Players) |
| 12:45 pm | Yoga for Balance & Well-Being |
| 1:00 pm | Paper Quilling – “Quirky Quillers” – Drop In DVD Lecture Series – The Celtic World Choir – Westend Singers |
| 1:30 pm | Cribbage – Drop In |
| 2:00 pm | Gentle Yoga - Beginner |
| 2:20 pm | Pickleball Drop In (Experienced Players) |
| 2:45 pm | Essentrics for Pain Relief Workshop |

WESTEND SENIORS ACTIVITY CENTRE

BOARD OF DIRECTORS

- ◆ Jay Pritchard | President
- ◆ Marilyn Tywoniuk | First Vice President
- ◆ Barbara Gibson | Second Vice President
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STAFF

- ◆ Haidong Liang Ph.D. - Executive Director | Haidong@weseniors.ca
- ◆ Sabine Burgess – Administrative Supervisor | Sabine@weseniors.ca
- ◆ Lorena Smalley - Marketing & Communications Coordinator | Lorena@weseniors.ca
- ◆ Heather Riberdy - Program Manager | Heather@weseniors.ca
- ◆ Shelley Kulak - Recreation Coordinator | Shelley@weseniors.ca
- ◆ Tove Nielsen R.S.W. - Outreach Coordinator | Tove@weseniors.ca
- ◆ Kathy Dicks - Accounting Services | Kathy@weseniors.ca
- ◆ Aniema Joseph - Kitchen Coordinator | Aniema@weseniors.ca
- ◆ Tracey Treidler - Kitchen Assistant | Tracey@weseniors.ca



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.



What is ElderCare Edmonton?

We are a non-profit organization providing therapeutic recreational day programs to seniors and adults with mobility & cognitive issues at 3 sites across Edmonton, as well as a free of cost Caregiver Support Program available to all Edmontonians.



How can ElderCare help me?

If you are a senior or an adult with mobility & cognitive issues - our day programs strive to decrease social isolation, improve cognitive function and enhance mobility.

If you are a caregiver - our Caregiver Support Program provides social supports, access to resources, one-to-one support and a weekly group facilitated by a Registered Social Worker.

What is a Day Program?

A day program provides support and respite for adults who are affected by social isolated, reduced cognition and/or mobility. ElderCare's day programs provide therapeutic recreation activities in a safe, fun and supportive environment.



What's the Caregiver Support Program?

Our Caregiver Support Program provides access to a Registered Social Worker who advocates, guides and informs caregivers through their caregiver journey.

Our program consists of:

- online & telephone accessible 'Ask a Social Worker'
- one-to-one support
- weekly support group

All of our caregiver support services are free of cost to those in the Edmonton area.



Interested? Here's how to get more information:

Adult Day Program & Caregiver Support Program Inquiries: 780-434-4747

Ask a Social Worker: 780-444-CARE (2273) or 780-434-4747 ext. 101

URL: www.eldercareedmonton.ca

E-mail: info@eldercareedmonton.ca

HOW TO JOIN ELDERCARE EDMONTON'S DAY PROGRAMS!

STEP 1

If you receive Homecare services - contact your Homecare case manager to request an assessment for day program services.

If you DO NOT receive Homecare services - please call ElderCare at (780) 434-4747. Staff will be happy to assist you in accessing our day programs.

Alternatively, a self-referral can be made through the Community Care Access intake line at **(780) 496-1300**.

STEP 2

A program manager will arrange to meet with you and/or your caregiver, either in your home or at the day program location. During this meeting, we will discuss attendance, transportation, fees, additional care needs as well as all other services provided by ElderCare.

STEP 3

All referrals must be made through Alberta Health Services. Admission is based on availability and program location.

Once your referral is received at ElderCare you will be contacted by one of our staff to schedule an intake visit to discuss location and availability.

STEP 4

Welcome to ElderCare's day program!

INTERESTED? CONTACT US!

For more information or if you have any questions please contact us:



780-434-4747



eldercareedmonton.ca



info@eldercareedmonton.ca

How do I enroll in ElderCare's day programs?

Please use the steps below as a guideline.

Step 1:

If you receive Homecare services, contact your Homecare case manager to request an assessment for day program services. If you DO NOT receive Homecare services, please call ElderCare at (780) 434-4747. Staff will be happy to assist you in accessing a day program. Alternatively, a self-referral can be made through the Community Care Access intake line at (780) 496-1300.

Step 2:

All referrals must be made through Alberta Health Services. Admission is based on availability and program location. Once your referral is received at ElderCare you will be contacted by one of our staff to schedule an intake visit to discuss location and availability.

Step 3:

A program manager will arrange to meet with you and/or your caregiver, either in your home or at the day program location. During this meeting we will discuss attendance, transportation, fees, additional care needs as well as all other services provided by ElderCare.

Step 4:

Welcome to the program!



Seniors' Centre
All Seniors Welcome

WELCOME TO THE JEWISH SENIOR CITIZENS' CENTRE (JDIC)

Physical address: 10052 -117 Street

Mailing address: Box 17017 Uptown PO, Edmonton, AB, T5K 0G4

Phone: 780-488-4241 **Email:** jdic@shaw.ca **Website:** www.jdicseniors.ca

Membership Fee: \$30 annually; valid from September 1, 2018 to August 31, 2019

Note: Membership fees are due in September regardless of the month you originally paid and are non-refundable, non-transferable and will not be pro-rated.

RECIPROCAL PROGRAM REGISTRATION

Reciprocal registration is in-person only. A valid membership from any of the participating Centres, listed below, allows you to take part in instructional classes if there is space. Priority is given to Jewish Senior Citizen's Centre members:

Participating Centres:

Westend Seniors Activity Centre
Southeast Edmonton Seniors Association
North Edmonton Seniors Association
Central Lions Seniors Association
Edmonton Aboriginal Seniors Centre

Millwoods Seniors Association
Seniors Association of Greater Edm
Strathcona Place +55 Centre
Southwest Edmonton Seniors Assoc.
Edmonton Seniors Centre

LIFELONG LEARNING FOR INTELLECTUALLY CURIOUS:

Charles Dickens: Readers' Great Expectations

4 Wednesdays, December 5 & 12 and January 9 & 16, 10am-12pm (noon)

Cost: \$40 members \$55 non-members

A 4 week lecture series presented by Prof. Emeritus, Robert Merrett

DROP IN CARD GAMES:

Mondays, Tuesdays and Thursdays, 1-3pm.
Bridge and Mahjong. (Call ahead to the office)
Free for Members

FITNESS IS FUN WITH ILONKA WORMSBECKER

Thursdays throughout the year 10:45-11:45am

Fee: \$6 drop-in or buy pre-paid cards, \$30 for 6 classes and \$50 for 10 classes

A fun, low-impact class using Bender balls, weights, stretch bands. You will increase your flexibility and strength, enjoy a laugh with your classmates while moving to great music.

USE IT OR LOSE IT WITH BONNIE AUSTEN!

Tuesdays throughout the year from 10:45am-11:45am

Free: \$6 drop-in or buy pre-paid cards, \$30 for 6 classes and \$50 for 10 classes

Cardio and strength training, increase flexibility and balance and enjoy a laugh with your classmates while moving to great music.

BOOK DISCUSSION GROUP

The group meets every fourth Wednesday from 1 -3pm Join a fascinating discussion led by a professional librarian, meet Edmonton writers in-person, enjoy discussion among friends.

Non-members drop-in fee \$2

LUNCH AND LEARN

We serve a (made on premises) 3 course lunch at 12pm (noon) and at approximately 12.30 – 1.15pm, we invite speakers to present a variety of topics for us. Fee: \$10 members/\$13 non-members, including lunch

BITCOIN BASICS:

Tuesday, January 15 at 12pm:

A currency for the digital age, Bitcoin has been simultaneously celebrated and criticized in the decade since it came into existence. While it's a decentralized, counterfeit-proof form of payment with low fees and many other benefits, its digital nature makes it prone to hackers and the mining of Bitcoin is a literal drain on our electrical systems. Instructor, Dave McMillan, has been investing and advising investors in cryptocurrencies since 2012.

Fee: \$10 members/\$13 non-members, including lunch

ARMCHAIR TRAVELLER SERIES

This series is presented by our own experienced travellers, complete with slideshows and stories.

Tuesday, December 4 at 1pm: Australia and New Zealand

Thursday, January 24 at 1pm: Croatia & Israel

Tuesday, February 26 at 1pm: Silk Road

Fee: \$ 3

IKEBANA

Learn this meditative art of Japanese Art of flower arranging, from March to May, 2019.

Wednesdays at 1pm - call the office for specific dates.

Fee: \$25 per session (includes flowers and refreshments)

HOLIDAYS CELEBRATIONS

Join us for special holidays celebrations that you may not have experienced before.

Reservation is a must for all holidays celebrations.

Thursday, December 6 at 11:30am

Hanukkah Lunch with Young at Heart Choir performing and delicious Latkes (potato pancakes) served.

Fee: \$15 members/\$18 non-members

Thursday, March 21 at 11.30am.

Purim Celebration. Join us for the most festive holiday on the Jewish Calendar and enjoy a satiric play describing the historic significance of this celebration.

Fee: \$15 members/\$18 non-members

Tuesday, April 30 at 11:30a.m.

Post Pesach Pancake Party.

Join us for this high-carb event. Learn more about Passover and its meaning for the Jewish people.

Fee: \$15 members/\$18 non-member

STRATHCONA PLACE SOCIETY



**10831 University Avenue
Edmonton, AB T6E 4R1
780-433-5807
www.strathconaplace.com**

STAFF

| | |
|---|--|
| Francisco Yu –Executive Director | Francisco@strathconaplace.com |
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| Jackie Kovatch - Program Coordinator | programs@strathconaplace.com |
| Rebecca Doole – Volunteer Coordinator | volunteers@strathconaplace.com |
| Jojo Antony – Outreach Manager | Outreachcoordinator@strathconaplace.com |
| Manoj Sebastian– Outreach Worker | Outreach1@strathconaplace.com |
| Laura Rexhepi – Outreach Worker | Outreach2@strathconaplace.com |
| Sylva Lilango - Building Maintenance Supervisor | |
| Adam Allen – Assistant Caretaker | |
| Paul Bellemare – Wait Staff | |

Memorandum of Understanding

Strathcona Place Society (SPS) enjoys a Memorandum of Understanding (MOU) with many senior centres across Edmonton; this allows our members to enjoy activities at participating centres.

The MOU allows our members to register for courses at other centres without having to be a member there. This means that if you see a course you like at a participating centre, you can sign up using your valid SPS membership card and pay the rate their members pay!

Remember, the registration applies to instructional courses only. However, some centres will accept our membership for social events, non-instruction programs and clubs. Make sure you check with the centre you have an interest in and confirm their registration procedures.

PARTICIPATING SENIORS CENTRES:

Central Lions Seniors Association, Edmonton Aboriginal Seniors Centre, Edmonton Seniors Centre, Jewish Senior Citizens' Centre, North Edmonton Seniors Association, North West Edmonton Seniors Society, Seniors Association of Greater Edmonton, South East Edmonton Seniors Association, South West Edmonton Senior Association and the Westend Seniors Activity Centre.

STRATHCONA PLACE SOCIETY

WRITING

CREATIVE WRITING – Move Your Words Around – RUSTI LEHAY

Friday 10 a.m. – 12 p.m. Jan. 18 – April 12 **Members \$50; Non – Members \$80**

Writing regularly with and for a group keeps you on task and pushes your text to the next level. Bring your writing for critique. Bring a blank page to fill.

CRITIQUE WRITING – JOYCE HARRIES FACILITATOR

Thursday 9:30 a.m. – 11:30 a.m. Jan. 17 – April 11 **Members \$45; Non-Members \$75**

Like an essay, a critique has a clear structure and rules of engagement.

FITNESS/YOGA/TAI CHI

FIT FOR LIFE - LYNN LINDSAY

Tuesday 11 – 12 p.m. Jan.15 – April 9

Members \$50; Non-Members \$80

Thursday 11 – 12 p.m. Jan.17 – April 11

Members \$50; Non-Members \$80

Fit for Life is a progressive fitness program that will enhance functional independence, mobility, balance, muscle strength and bone density.

KEEP FIT GENTLE – ANNYSE RAYNE

Wednesday 11 – 12 p.m. Jan.16 – April 10

Members \$ 50; Non-Members \$80

Keep Fit Gentle consists of a full body warm -up, low-impact cardio, strength, balance and core work and then finishes off with soothing stretches & deep breathing.

CHAIR YOGA – ANNYSE RAYNE

Wednesday 12:15 – 1:15 p.m. Jan. 16 – April 10

Members \$50; Non-Members \$80

Total body stretching done completely in a chair at your own pace will promote flexibility, improve circulation and digestion in addition to over feelings of wellness.

YOGA – A BODY WORKOUT – KAY HARPER

Thursday 9 a.m. – 10:30 a.m. Jan. 17 – Mar. 7

Members \$30; Non-Members \$60

Specially designed to loosen muscles, increase flexibility and balance.

GENTLE HATHA YOGA – LYNNE FAHLMAN

Friday 1:30 p.m. – 2:45 p.m. Jan. 18 – April 12

Members \$35; Non-Members \$65

In this class postures are practiced to align, strengthen and promote flexibility in the body.

TAI CHI

Monday 10 – 11 a.m. Jan. 14 – April 8

Members \$38; Non-Members \$68

Tai Chi is a form of Martial Arts proven to improve health, sense of balance and enhances overall well-being.

SEATED TAI CHI EXERCISE – KEN CHIU

Friday 1 p.m. – 2 p.m. Jan. 18 – April 12

Members \$48; Non-Members \$78

Tai Chi movements are slow and graceful with circular movements that allow one to relax while building coordination and balance in mind and body.

STRATHCONA PLACE SOCIETY

SPECIAL INTEREST/ART

WOODWORKING CLASS – NON INSTRUCTED

Mon, Wed, Thurs, Fri 9 a.m. – 12 p.m. Jan. 14 – April 12 Members \$45; Non-Members \$75

This is for individuals who are experienced in the use of tools and methods behind woodworking.

TABLE TENNIS – NON INSTRUCTED

Monday & Thursday 9 – 11:30 a.m. Jan. 15 – April 11 Members \$40; Non-Member \$70

No experience necessary. All levels welcome. Fun is the only goal.

BASIC COMPUTER TECHNIQUES – CHRIS JACKSON

Monday 9:30 – 10:30 a.m. Jan. 14 – April 8

Members \$45; Non-Member \$75

Get the help you need with your hand held device or laptop.

CRACKED POTS POTTERY GROUP - KIRSTEN STIRLING

Tuesday 9:30 – 2:30 p.m. Jan. 15 – April 9

Members \$50; Non-Members \$80

You will be taught the basic techniques of hand-building, wheel throwing, glazing and firing. You'll make 4-6 projects based on your skill level.

OIL PAINTING – NON INSTRUCTED

Monday 9:30 – 11:30 a.m. Jan. 14 – April 8

Members \$30; Non-Members \$60

Allows you some quiet time to work on your own art projects. You provide your own material and medium.

OIL PAINTING 2 – JOYCE BOYER

Monday 1 – 3 p.m. Jan. 14 – April 8

Members \$50; Non-Members \$80

Participants bring their own art supplies and create art in a social, supportive environment.

WEAVING - KATHY BUSE

Wednesday 9:30 – 11:30 a.m. Jan. 16 – April 10

Members \$45; Non-Members \$75

Designed for participants of all levels. This is a highly sociable class where participants learn as they go.

CONVERSATIONAL SPANISH – GARY MARTINSON

Wednesday 10 – 11 a.m. DATES TBA

Members \$25; Non-Members \$55

A beginner's course in the basics of the Spanish Language.

SEWING GROUP – NON INSTRUCTED

Thursday 9 a.m. – 11:30 a.m. Jan. 17 – April 11

Free Class for Members

Join in with this group of ladies who love to get together to quilt, sew, knit and exchange new ideas.

FUN & GAMES

THE BRIDGE CLUB – NON INSTRUCTED

Tuesday 9 – 11:30 a.m. Jan. 15 – April 9

Members \$35; Non-Members \$65

Basic Knowledge and experience playing bridge and a love of the game is all that is required to join the Club. New Members are welcome.

TABLE TENNIS – NON INSTRUCTED

Monday & Thursday 9 – 11:30 a.m. Jan. 14 – April 11 Members \$40; Non-Member \$70

All levels welcome. Fun is the only goal.

****Classes are subject to participant minimums, please call SPS to make sure your class is going to run****

Senior Outreach Social Services

The SPOT Team (Strathcona Place Outreach Team) is a City of Edmonton FCSS funded service where Outreach Workers of all backgrounds including Social Work can assist you in finding and connecting you to your local resources. The SPOT Team has access to various information resources about the following topics:

Housing, Financial, Transportation, Tax, Advocacy, and many more...

Outreach teams are an integral community support, and a part of the larger social services picture. In Edmonton there is a need for outreach services, as the older adult population is growing and becoming more diverse. The SPOT Team also part of a commitment to be inclusive, holistic, evidence based, age friendly, and to aging in place.

The Strathcona Place Outreach Team (SPOT) is a group of caseworkers located in the Strathcona Place Society (10831 University Ave) with a focus in SW Edmonton who's goal it is to provide supports for individuals in the Edmonton area who are in need- including, but not limited to, the 55+ community. The SPOT goals include making outreach free, accessible, diverse, compassionate, and effective.

In this safe, comfortable, and inclusive environment we also offer information sessions, health professional sessions, and group sessions including the men's support group (Wisemen Group) and women's support group (Wonder Women Group), both groups are non-gender specific and is an open discussion and conversation group about topics, fads, and interests to discuss among their peers. It is facilitated by one of the SPOT Team members and is open to all. There is also the intergenerational group EPIC (Edmonton Programmers Intergenerational Committee) who creates and hosts intergenerational events, projects, and special activities such as board game night, literature night, multicultural festival and many more.

Contacts: SPOT Team (780-433-5809):

Jojo Antony - Outreach Manager(outreachcoordinator@strathconaplace.com)

Manoj Sebastian - Social Worker(outreach1@strathconaplace.com)

Laura Rexhepi - Social Worker(outreach2@strathconaplace.com)

EPIC Intergenerational Group(spotyouth@gmail.com)

SPECIAL EVENTS

INTERNATIONAL WOMEN'S DAY

FRIDAY MARCH 8

LUNCHEON, PRESENTATION & TRADE SHOW

Luncheon & Presentation 11:30 a.m. – 1:00 p.m. / Trade Show 1:00 p.m. – 3:30 p.m.

Join Strathcona Place Society (SPS) and Alberta Women Entrepreneurs (AWE) for a wonderful luncheon and presentation. Spend the afternoon browsing through the Trade Show, in this celebration of women.

SPRING FLING RAFFLE & SILENT AUCTION

FRIDAY APRIL 26

WRAP UP/LUNCHEON/DRAW

Luncheon & Draws 11:30 a.m. – 2:00 p.m.

Raffle and auction items will be displayed from March 25, 2019 to April 26, 2019 (11:30 a.m.) Raffle tickets and luncheon tickets can be purchased from Front Reception, prices TBD. Stop by Reception at Strathcona Place Society and check out all of the new donated raffle items and check out the silent auction table!



Westend Seniors Activity Centre

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



[weseniors.ca](http://www.weseniors.ca)



Sign up for
our E-newsletter
on our website



facebook.com/westend.seniors

Subscribe to our **YouTube** Channel



ElderCare
EDMONTON

Society for Adult Day Programs

ElderCare Edmonton

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



Website: eldercareedmonton.ca



facebook.com/ElderCareYEG



Seniors' Centre
All Seniors Welcome

Jewish Senior Citizens' Centre

10052 117 Street
Edmonton, AB T5J 2Z2
Ph: 780-488-4241



jdicseniors.ca



Strathcona
Place Society

Strathcona Place Society

10831 University Ave.
Edmonton, AB T6E 4R1
Ph: 780-433-5807



strathconaplace.com



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