



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER November 2018

Remembrance Day Service & Luncheon

Friday, November 9
Service 10:30 am – No Charge
Lunch after in the Café
Spiral ham, scalloped potatoes
& pumpkin cheese cake: \$8

Special General Meeting

of the membership to discuss and vote on the proposed new Bylaws on
Wednesday, December 5 at 9:30 am

Christmas Dinner
Friday, December 7
at 11:30 am
Price \$10



Members Only

Mavie's Mitten Tree

Wednesday,
December 19
at 11:30 am

Members
\$10
Non-members
\$12

Christmas Lights Tour
Wednesday, December 12
Bus departs at 6:30
And returns at 9:00 pm
\$25 members & \$30 non

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



www.weseniors.ca

Executive Director's News



As a gerontologist, I always like to quote former MLA Dr. Raj Sherman's description about Westend Seniors Activity Centre - a Seniors High School. This Centre is a welcoming, vibrant and happy community hub for adults 55+. Last Friday, Mavie, a lifetime member, volunteer and founder of our Mavie's Mitten Tree Christmas Party, celebrated her 96th birthday at the Centre with friends, volunteers and staff, further proving that "Happiness Never Grows Old!" We love to see members like Mavie enjoying their "Seniors High School" years at the Centre.

Executive Director
Haidong Liang, PhD

Fun Facts About Westend Seniors Activity Centre



- Westend Seniors Activity Centre (WSAC) is a charitable non-profit Organization.
- Our staff are NOT city employees.
- The City of Edmonton does NOT own our building.
- WSAC maintains our building through fundraising and applying for limited funding.

Our dedicated Board Members, friendly front desk receptionists, busy kitchen assistants, diligent committee members, and other selfless helpers in the Centre are **VOLUNTEERS!** More importantly, most of them are your peers. Please remember to be kind, show your beautiful smile to them when you see them in the Centre and show your gratitude when you are asking them for help.

Volunteer Service Type	Hours	Pay Equivalent (\$15.00/hour)
Kitchen	3,251.92	\$48,778.80
Front Desk Reception	1,790.52	\$26,857.80
Building & Maintenance	1,508.55	\$22,628.25
Board Members	1,086.75	\$16,301.25
Drop In Coordinator	327.00	\$4,905.00



 **215** older adults are hospitalized each day because of a fall.



Falls among older adults accounted for \$3.4 billion in direct health care costs.

Haidong's Research Corner

It takes a community to prevent a fall.

For more details, please visit fallpreventionmonth.ca

PROGRAM NEWS

NEW Winter Program Guide available December 3

Registration starts online & in person December 10 @ 9 am



Try Something New!

Check the bulletin boards for classes that still have space.

Lots of different options in art, fitness, lifelong learning, dance and drop in classes are still available.



CHANGES To Friday Drop-in Pickleball

Beginner Players: 12:30 pm - 2:15 pm

Regular Players: 2:20 pm - 4:00 pm

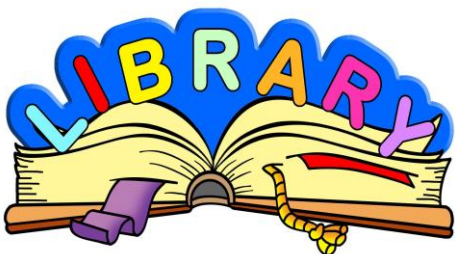
If you are an experienced player who would like to help the new players learn how to set up and play the game, please let the Program Department know.



MEET & GREET

**Meet and Greet with Board Members & Staff
Wednesday, November 21 @ 2:45 pm
in the Community Café**

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



Questions? Comments? Observations?

From **November 1** until the **November 30**, tell the Library what you think. Jot your thoughts down in the notebook on the Library conference table OR if a Library Committee member is working in the Library, have a conversation! And, remember it's your Library.

PROGRAM NEWS

Drop-in Program Cancellations/Changes on Wednesday, November 28

Billiards will be cancelled, Scrabble will be moved to the Library from 9:30-11:30 am and Euchre will be moved to the Craft Room from 12:30 to 2:30 pm.

Drop-in Program Changes on Wednesday, December 12

Billiards 9:00 to 11:30 am only and Euchre will be moved to the Art Room from 12:30 to 2:30 pm.



Evening Programing

WSAC now has extended hours on Tuesdays until 8 pm.
We are offering the following drop in and registered programs.
Please come out and see us.

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

Music fills the soul! Come join the fun and strum along with whatever instrument you fancy! New members are always welcome. Sheet music provided.

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

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

Our Fitness Center and Library will also be open for drop-in.

Essentrics – Stretch & Tone

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

This is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles, with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.

***Yoga mat required.**

Intro To Line Dancing

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

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

Mindful Yoga & Breathing (Pranayama)

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

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

***Yoga mat required**

 **SPECIAL GENERAL MEETING** 
Wednesday, December 5 @ 9:30 am

WSAC is celebrating its 40th Anniversary and we believe this is now time to make significant changes to our Bylaws. The existing Bylaws are no longer suited to an organization of our size. As a result, the Board has undertaken a complete review and rewrite of these Bylaws. We are proposing many significant changes, including laying out the specific process for electing Directors, ensuring that key Board documents are freely accessible to our members, and reorganizing Board structures and functions.

The full text of our proposed new Bylaws is being posted on our website on November 1 and paper copies are being made available at the front desk starting then. This is to enable members to review the proposed new Bylaws before attending the meeting to consider them.

The special resolution to be considered at this meeting is “the Westend Seniors Activity Centre amend its Bylaws by rescinding its existing Bylaws in their entirety and approving the proposed new Bylaws in their place.”

We will hold a Special General Meeting of the membership to discuss and vote on the proposed new Bylaws on Wednesday, December 5, 2018 at 9:30 am.

We encourage you to attend.



Remembrance Day Service & Luncheon
Friday, November 9

Remembrance Service 10:30 am – No Charge
Join us for lunch afterwards in the Café Price \$8



Join us in remembering the sacrifice of our fallen soldiers, the contribution of our veterans, and honouring the men and women who continue to serve our country.



WSAC Christmas Dinner
Friday, December 7 @ 11:30 am
MEMBERS ONLY

Price \$10

Entertainment provided by

Our Westend Singers Choir & WSAC Drama Group
50/50 & Door Prizes!



Mavie's Mitten Tree
Wednesday, December 19 @ 11:30 am
Members \$10, Non-members \$12

Lunch, entertainment & special guests from an elementary school will receive mittens from Mavie's Mitten Tree & a Visit from Santa



8 Week Seniors Fitness Program – Week 3

Walk 4 days for 30 minutes each time

7 minute warm up

light effort (2 minute Balance walk, 5 minute light effort walk)

18 minute brisk walk – moderate effort & 5 minute cool down – light effort



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

DAY 1 EXERCISE INSTRUCTIONS



Balance Walk

- Raise arms to sides at shoulder height
- Choose a spot ahead of you to focus on to help keep you steady
- Walk in a straight line with one foot in front of the other
- As you walk, lift your back leg
- Pause for 1 second before stepping forward

Note: if this is too difficult, use railing in hallway to support yourself and just lift legs alternately to still get a similar effect.



Leg Extension with Band – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg back behind you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Hip Flexion with Band – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out in front of you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Hip Adduction (Squeeze) – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly bring your leg across your body
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly bring leg back across



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds • Return both legs to the floor

Tips: 1. Don't over-bend your knee joint.
2. Place palms on the floor/bed for support.

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



8 Week Seniors Fitness Program – Week 3

DAY 2 EXERCISE INSTRUCTIONS



Partial Squats with Support – 3 sets of 10 reps

- Stand using chair to help balance
- Bend your knees as far as comfortable without pain
- Hold for 1-2 seconds
- Return to standing position



Tricep Kick Backs – 3 sets of 10 reps, each arm

- Lean over your knee, if sitting or over a chair if standing
- Hold weight in hand as shown
- Straighten your elbow behind you as far as comfortable
- Hold 1-2 seconds
- Return to the start position



Stair Calf Raises – 3 sets of 10 reps

- Stand with feet shoulder width apart on the bottom step
- Hold onto railing for support
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



Knee Bends with Resistance – 3 sets of 10 reps, each leg

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.

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

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

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

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

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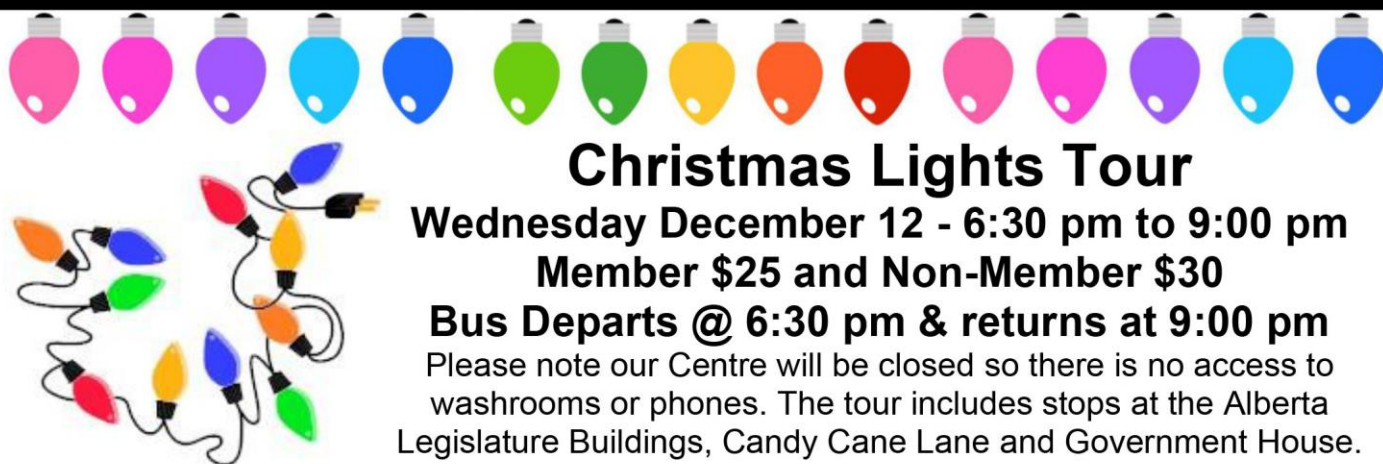


TRAVEL

February	River Cree Casino
March	Royal Alberta Museum
April	Jasper Park Lodge Seniors Trip April 01 to 04, 2019 (offered by JPL info on the bulletin board)
May	Barr Estate & Greenland Garden Centre
June	Devonian Gardens
July	River Cree Casino
August	Battle River Railway
September	Vegreville Trip
October	River Cree Casino
November	Devon Dinner Theatre
December	Christmas Themed Event



River Cree Casino Trip
Wednesday, November 21
Cost: \$10 for members
& \$15 non-members
Bus Departs @ 10:30 am
& Returns @ 3:00 pm
Transportation, lunch,
a gift and \$5 voucher included.



Christmas Lights Tour
Wednesday December 12 - 6:30 pm to 9:00 pm
Member \$25 and Non-Member \$30
Bus Departs @ 6:30 pm & returns at 9:00 pm
Please note our Centre will be closed so there is no access to
washrooms or phones. The tour includes stops at the Alberta
Legislature Buildings, Candy Cane Lane and Government House.

Monthly Birthday Party

November 21 @ 2:00 pm
Join us for cake & ice cream
in the Café



**FREE for Members Celebrating
Their Birthdays! \$2 for guests**

Thank you Ken Wiancko for the ice cream

save on foods

& Rose Boucher for the cake donations

Join Us For Potluck

Thursday, November 29
@ 5 pm

Please bring
a dish
for 4-6 people.



TOONIE TALKS

ALL TOONIE TALKS ARE \$2

Please sign up in advance

Technology & the Aging Adult

Fri, Nov 2 from 10:00 am – 11:30 am

Growth vs Value Investments Styles

Fri, Nov 9 from 10:00 am – 11:30 am

Understanding Your Medication

Fri, Nov 23 from 10:00 am – 11:30 am

Cannabis Investing

Fri, Dec 14 from 10:00 am – 11:30 am

DRIVE HAPPINESS—SENIORS ASSISTED TRANSPORTATION

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

Volunteer Drivers Needed: If you enjoy visiting and like to drive, Drive Happiness would love to hear from you. Volunteer drivers make their own schedule and select where they will drive.

Drive Happiness offers a small reimbursement towards gas and vehicle wear and tear. Even two hours a week can change a senior's life. Call 780-424-5438, ext. 3 for details.



KITCHEN NEWS

Some good news from the kitchen!!!

In addition to our hearty home-made meals, the Silvertones will be entertaining you with some good music in the Café the last Wednesday of every month. Join us at 11:45 am -12:45 pm starting Wednesday, November 28. On these days our Kitchen Team will provide a tasty pub style meal (Chicken Wings, Pork Ribs, Grilled Shrimp Skewer, with Celery Stick & Dip & Punch / Cocktail) to go with the great music you will be hearing.

The holiday season is fast approaching. Do you have a meal plan for the season yet? Our cook Ani is open to help you with the holiday menu of your choice from any of our menu collections that you've liked so far. For more information please see Ani in the kitchen.

We also offer a selection of freshly home-style made sandwiches on daily basis, and hot meals on selected week days - healthy breakfasts, tea and coffee, hot meals, sandwiches, soups, salads, desserts (in house made pies, muffins, cookies, and cakes). Fresh frozen soups are also available for sale to enjoy in the comfort of your home.

We look forward to seeing you in our Café for lunch.

Committee Meetings

Special Events

Thursday, November 8 @ 9:30 am

Planning & Maintenance Committee

Thursday, November 8 @ 1:30 pm

Travel Committee

Tuesday, November 13 @ 11:00 am

Board Meeting

- Thursday, November 15 @ 9:30 am

Meet & Greet with Board Members & Staff

Wednesday, November 21 @ 2:45 pm

Upcoming Events At A Glance

November



Remembrance Day Service & Luncheon
Friday, November 9
Service 10:30 am – No Charge
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River Cree Casino Trip
Wednesday, November 21

Cost: \$10 for members & \$15 non-members
Bus Departs at 10:30 am & Returns at 3:00 pm
Transportation, Lunch, a gift and \$5 voucher.
Please pre-purchase tickets at the front desk.



Please Note Westend Seniors will be closed Monday, November 12

December

Special General Meeting

of the membership to discuss and vote on the proposed new Bylaws on
Wednesday, December 5, 2018 at 9:30 am.

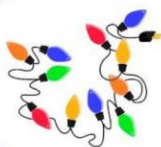


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