



WESTEND SENIORS ACTIVITY CENTRE OBSERVER January 2019



Pick up a copy of our NEW Winter Program Guide!

WE Seniors.ca

Westend Seniors Activity Centre

Sign up for our E-Newsletter on our website:
<https://weseniors.ca/resources/newsletter/>

Winter 2019 Program Guide



CONNECTING
WITH OTHERS
NEVER GROWS
OLD.

WSAC
Pages 1-40

Eldercare Edmonton
Pages 41-42

Jewish Drop-in Centre
Pages 43-44

Strathcona Place
Pages 45-48

Something for EVERYONE!



Over 100 Classes & Drop-in Activities to choose from!

Membership Fees Are Due!

Your 2019 membership is due in January regardless of which month you originally bought your membership. Memberships must be purchased in person and are needed to be able to register online.



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



www.weseniors.ca

Executive Director's News Haidong Liang, Ph. D.

Happy New Year!

We hope you all had a wonderful Christmas and New Year and you are refreshed and recharged to face the year ahead.

What are your New Year's Resolutions? I will share my three resolutions with you for 2019.

- 1) **WSAC:** continue to enhance our Centre's programs/services/facility to make WSAC one of the healthiest and happiest community hubs in Edmonton!
- 2) **Family:** Be a good son, a good husband and a good dad. Spend more time with my wife Katrina and my son Kilin and use FaceTime to talk with my parents who are in China at least 5 times a week.
- 3) **Myself:** Continue to improve my health through bodybuilding exercises and healthy diet.

Share your Resolutions with me and we will post them on our March Newsletter and other communication platforms (i.e., e-Newsletter & FaceBook) and ask members to vote for the most creative resolution, the craziest resolution and the funniest resolution. Three prizes will be given to members in April.

Haidong's Research Corner

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

© Harvard University



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



PROGRAMS NEWS

Question of the Month for the Program Department

Question:

I am going to be away for part of January and February so I don't want to register for an entire session. Can I do a drop in instead of registering for an entire session? As well, why is the drop in rate \$10 when the rate for my class works out to less per class for the session?

Answer:

You can certainly drop in to take a class to try it, if there is space available. The drop in rate is \$10 per class per day. Registering as a drop in must be done on the day of the event to ensure the first come - first served policy is adhered to and to ensure that space is available in the class.

Our policy to charge \$10 for every drop in class because:

- Most of our classes range from \$6 - \$8 per class when members register for them in a series. When registering for multiple classes in this way, members receive a discount for the class cost, which typically costs approximately \$10. We are able to offer the discount because many members registering together will cover the cost of the class (e.g., instructor, facility, utility).
- Administratively, a consistent drop in fee for all courses is the most cost effective method. If we are to charge different rates for different classes, it needs to be entered differently in the computer systems and the cash register. As well, much training needs to be done amongst staff and multiple dedicated volunteers. We feel consistency is the best policy.

As well, we would like to share that all classes are subject to a minimum number of registrants and are run on a **cost recovery** process. There is not a budget, per se, for each program area. If a group of members were to plan to drop in rather than registering for a series, we cannot guarantee the minimum number of registrants would be met. If an insufficient number of members registered, the class would unfortunately have to be cancelled. In order for us to meet our cost recovery levels, we need to be able to plan for the amount of members in attendance on any given day.

If you have any questions or would like to discuss any program related topics, please contact Shelley Kulak, Recreation Coordinator (shelley@weseniors.ca), or Heather Riberdy, Program Manager (heather@weseniors.ca).

Advertising Opportunities for Businesses Serving Seniors

\$25.00 Business card 4"w x 2 1/2"h

\$40.00 1/4 page 4"w x 5"h

\$80.00 1/2 Page 8"w X 5 "h or 4"w X 10"h

\$160.00 Full Page 8"w x 10"h

If you sign up for one year of advertising you will receive two months for FREE!

Deadline for February issue: January 15

Send submissions to marketing@weseniors.ca

A one-time set up fee of \$30.00 may apply if your ad is not print ready.

PROGRAMS NEWS

Congratulations Brenda! Wine Basket Raffle Winner



A 2019 WSAC membership is required when registering for Winter programs. These currently can only be purchased at the front desk. A WSAC membership is also required to participate in any drop-in program. Reciprocal memberships **CANNOT BE USED** for Drop-ins. It **ONLY** applies to classes.

Policy Of The Month - Code of Conduct

The Code of Conduct for Westend Seniors Activity Center (WSAC) outlines the behavioral expectations for members. Members are expected to:

- 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 of others.
- Respect the personal belongings of others.
- Act honestly and ethically in relationships with others.

Parking Lot Snow Removal



Did you know that snow removal costs us \$400 each time the contractors come to remove snow and spread sand. Please keep in mind...we are a non-profit organization. We are not city employees so we do not receive major funding for facility maintenance.

T NIE TALKS

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)

Handy Dandy Workshop Presenter: Beau Loeffler

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

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

Please pickup our Program Guide to learn more about all of our Classes and Drop-in activities.



New Member Welcome Tea

Wednesday, January 30 from 1:30 pm - 3:30 pm

Are you a new member? Join us in the Cafe for some tea and 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 there will be an opportunity to ask questions.

SPECIAL EVENTS & TRAVEL



Winter Wine Appreciation
 Presented by Aligra Wine & Spirits (Friends of WSAC Partner)
Wednesday January 16th @ 6:30 pm
in our Community Café Price: \$12

In this Wine Tasting Class we will learn and taste our way through seven of the "Noble Grape Varieties" (3 white and 4 red).

Come learn how to taste wine properly and discover a style of wine you really like.



Valentine's Bingo

Thursday, February 14 @ 2:00 pm in the Café Price: \$5

Prizes will be awarded to the lucky winners and there will be a door prize up for grabs! \$5 includes your ticket, refreshments and your first card. Additional cards will be available for purchase at the front door at \$2 per card. Bingo chips will be provided. Tickets on sale now!



River Cree Trip February 20

**Cost: \$10 for members
& \$15 non-members**

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

SAVE THE DATE

St Patrick's Day Pub Night Saturday, March 16
 Details to follow

SAVE THE DATE

Muttart Conservatory Trip Thursday, March 21
 Details to follow

February	River Cree Casino
March	Muttart Conservatory
April	Jasper Park Lodge Seniors Trip, April 01 to 04 (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



**2019
TRIP**

8 Week Seniors Fitness Program – Week 5

Walk 3 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

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



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

DAY 1 EXERCISE INSTRUCTIONS



Clock Game with Chair

- Stand on taped 'X' with feet shoulder width apart
- Hold onto chair for support
- Have a partner call out different times while you bring a foot to that time
- You should use your right foot for 1, 2, 3, 4, 5
- You should use your left foot for 11, 10, 9, 8, 7
- You can use either foot for 12 and 6



Ball Squats – 3 sets of 10 reps

- Stand with feet shoulder width apart, exercise ball between your back & the wall
- Slowly bend your knees to lower your body down
- Keep your torso as upright as possible
- Only go as far as is comfortable and pain-free
- Hold for 1-2 seconds
- Return to start position – try coming up fairly quickly in order to develop power



Seated Towel or Pillow Squeeze– 3 sets of 10 reps

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



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



Reverse Straight Leg Raise – 3 sets of 10 reps, each leg

- Lie on back and tighten your abdominal muscles
- Bring one knee toward your chest
- Keep other leg straight on the floor
- Straighten the bent leg and slowly lower it to the floor

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

8 Week Seniors Fitness Program – Week 5

DAY 2 EXERCISE INSTRUCTIONS



Chair Dip – 3 sets of 10 reps

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Leg Balance

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



Bicep Curls with Weight – 3 sets of 10 reps

- Hold weight in hand at your side with palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position



Side Leg Raise 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 to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down

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."

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.

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.

FRIENDS OF WSAC PRESENTATIONS

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. 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.

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.

FRIENDS OF WSAC PRESENTATIONS


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

	<p>Tuesday, March 5 from 1:30 pm – 3:00 pm Cost: \$2</p> <p>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.</p>
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Optometrists, Ophthalmologists And Opticians- Do You Know The Difference? Presented by Everywhere Eyecare

	<p>Tuesday, March 12 from 1:30 pm – 3:00 pm Cost: \$2</p> <p>There are quite a few people with different skills and specialities 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.</p>
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When Should I See A Denturist? - Presented by Oliver Denture

	<p>Tuesday, March 19 from 1:30 pm – 3:00 pm Cost: \$2</p> <p>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 and apply for senior's assistance.</p>
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Real Estate Law and Selling Your Home - Presented by Masuch Law

	<p>Tuesday, March 26 from 1:30 pm – 3:00 pm Cost: \$2</p> <p>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.</p>
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Get More From Your Doctor's Visit - Presented by Navigate Your Health

	<p>Wednesday, March 6 from 1:30 pm – 3:00 pm Cost: \$2</p> <p>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.</p>
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Real Talk On Being a Caregiver - Presented by Revera Retirement Living

	<p>Tuesday, April 2 from 1:30 pm – 3:00 pm Cost: \$2</p> <p>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.</p>
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Monthly Birthday Party

January 16 @ 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 Our Potluck

Thursday,
January 31
@ 5 pm

Please bring
a dish
for 4-6 people



VOLUNTEERS

We are looking for volunteers
in the following areas:

Backup Kitchen Cashiers

We are looking for volunteers to help do cash in
the Kitchen from **11:00 am to 1:30 pm**.

Outdoor Plant Maintenance

Our long-time volunteer who maintains the plants
in the summer and the artificial seasonal plants
during the winter is hoping that someone shares
her love for plants and would like to take over the
job. If you love gardening and like to be creative
for holidays, please consider helping out.

If you are interested in either of these positions
please let our Program Manager,
Heather Riberdy know
heather@weseniors.ca or 780-483-1209.



KITCHEN NEWS

In addition to our hearty homemade meals,
the Silvertones will be entertaining you with
some good music in the Café the last
Wednesday of every month from 11:45 am
to 12:45 pm. 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.

We also offer a selection of freshly home-style
made sandwiches on a 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.

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.

Committee Meetings

Special Events

Thursday, January 10 @ 9:30 am

Planning & Maintenance Committee

Thursday, January 10 @ 1:30 pm

Travel Committee

Tuesday, January 8 @ 11:00 am

Board Meeting

Thursday, January 17 @ 9:30 am

How Do I Register for Programs Online?



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.

Pick up our NEW Winter Program Guide! Program Levels & Explanations

	GENTLE FITNESS: This course will be <i>slightly challenging</i> . It will be good for someone just starting back to a fitness routine. 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!
	DEVELOPING FITNESS: This course will be <i>slightly more challenging</i> . 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.
	INTERMEDIATE FITNESS: This course will be <i>challenging</i> . 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.
	MODERATE & MORE FITNESS: This course will be <i>more challenging</i> 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.
	ADVANCED FITNESS: This course will be the <i>most challenging</i> 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.