

# THE WSAC CHRONICLE

*chron·i·cle*

*noun*

*Definition: a factual written account of important or historical events in the order of their occurrence.*



**WESTEND  
SENIORS  
ACTIVITY  
CENTRE**

**February  
2022**



**This Month's Issue:**



**WE Seniors.ca**

**WESTEND SENIORS ACTIVITY CENTRE**

**9629 176 STREET NW  
EDMONTON, AB  
T5T 5A8  
780 483-1209**

# WESENIORS SCAVENGER HUNT

- February 18, 2022 10:00 a.m. to 3:00 p.m.

An Event To Celebrate Our Innovative Partnership

BOTTLE DRIVE

FREE BBQ

PRIZES & MORE!

## WESTEND SENIORS ACTIVITY CENTRE'S HOME AND AUTO INSURANCE FOR OLDER ADULTS

- A Partnership With Armour Insurance



WESTEND  
SENIORS  
ACTIVITY  
CENTRE

# ARMOUR INSURANCE

*Did You Know...*

*Members Of The Westend Seniors Activity Centre  
Can Now Receive Additional Discounted Rates On  
Home And Car Insurance...Just Because They Are A  
Current WSAC Member!*

1st Prize  
2 tickets Oilers vs St  
Louis Blues  
(value \$500)

2nd Prize  
2 tickets  
Mayfield Inn Dinner  
Theatre (\$200)

3rd Prize  
Instantpot  
(\$100)

All 3 Winners Will Also Win  
a 1 year WSAC membership & WSAC fitness room pass (value \$280)

# Are You A Current Member Of The Westend Seniors Activity Centre?

## **WSAC MEMBERS SAVE 10% ON CAR & 15% ON HOME INSURANCE**

Armour Insurance is the official supplier of your Westend Seniors Activity Centre group insurance program. You can get discounted rates on home and car insurance just because you're a WSAC member.

## **BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM**

- 15% discount on property insurance
- We insure houses, condos, rented properties, cottages or vacation trailers, income properties and watercraft
- 10% discounts on auto insurance
- We insure personal vehicles, antique vehicles, campers, trailers and motorhomes
- No interest or service charges (an additional 3-4% savings)
- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available
- Expert advice and caring service from our licensed insurance brokers
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- All WSAC members, spouses and financial dependents residing in the same household of group member also qualify
- Fast and courteous 24 hours claim service

### **ARMOUR INSURANCE** *Proud To Be A New Member Of The Friends Of WSAC!*

- We're local Alberta owned, operated, and staffed.
- We work with Canada's top insurance providers.
- We focus on building strong client relationships, having effective claim processes, and dedicated personal customer service.
- Automatic annual policy review.
- Doing business with us is easy.

Call - 1-855-475-0959 / 780-475-0959

Email Us - [main@armourinsurance.ca](mailto:main@armourinsurance.ca)

Stop by - 5750-75th Street NW Edmonton

### **WHY CHOOSE ARMOUR?**

1. No wait times! Our team of Personal and Commercial Lines Account Managers are able to assist you, should your own broker ever be unavailable.
2. Know all your options. Our brokers have the experience and expert knowledge to find you the best coverage and price options.
3. Our brokers will advocate for their clients if there's an issue with a claim or policy.
4. Automatic policy review every year. If we notice a large increase when your renewal comes due, we automatically look for a better option.
5. We care.

# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

## **A MESSAGE FROM OUR EXECUTIVE DIRECTOR**

For many of us, the start of a new year means the opportunity to we set intentions or goals for ourselves. As the Executive Director of our organization, my goal is that my team continues to provide our programs and services to our members with the same hard work and dedication that they have shown these last few years as we worked our way through these unprecedented times. I feel very fortunate to have a team in place that shows day in and day out that they are here to help our members.

## **GOOD WISHES**

My team and I would like to wish our staff members Cherisse Macayan and Lynn Maiko good luck as they leave our organization for a new opportunities. Cherisse was recently headhunted by a business here in Edmonton and has told us she is very excited to be returning to a sector she worked in previously. Lynn Maiko has accepted an opportunity to take the next step in her career as a registered Social Worker.

One of the challenges our centre faces as a non profit organization is we are somewhat limited in what we can compensate staff. However, as the ED of our centre, I feel proud knowing that the opportunities we have given staff and the skills they develop working in the non profit sector makes them very hireable.

## **INTRODUCING OUR NEW STAFF**

As a leader in our sector, known for our development of partnerships, initiatives, and working outside the box, we are able to attract new staff that are excited to join our organization. I would like to take this opportunity to introduce our two new staff members. Barbara Jaffray is a long time friend of our centre, having spent the last 2 years helping at our outdoor events as part of the Revera Retirement Residence team. Barbara brings over 20 years of experience in the seniors sector! New staff member Brianne Bu comes to our organization from ASSIST, a non profit organization here in Edmonton where she helped with Outreach, multi-cultural and multi-generational programs, and customer engagement. Both will be working with our Programs and Outreach departments

Haidong Liang, PhD  
Executive Director

# INTRODUCING OUR STAFF

## **Gaby Sanchez -**

Gaby has been with our centre for 8 months now but from day one, she has made an impression with our members! From coordinating our Frozen Meal Program orders to helping members register for programs and activities, her positive attitude and ability to remember faces has made her a much welcome addition to our team!

Tell us a little bit about yourself

What do you like most about working here at the centre?

You have a fantastic attitude, any tips for how you manage to stay positive as we deal with all the challenges of living during a pandemic?

Do you have any great memories or stories you can share with us about working at our centre yet?

# CENTRE NEWS

## PICKLEBALL UPDATE

### **CHANGES TO WEDNESDAY BEGINNER CLASS 12:45 PM – 2:25 PM**

Beginner Pickleball is open to everyone who would like to learn the basics of Pickleball. You will be introduced to:

- equipment
- court
- rules and regulations
- learn to play!

These sessions will run for 4 weeks, three times a year (January, May and September)

Please note:

- The end date for the current January 2022 session will be January 26, 2022.
- Starting on February 2nd the 12:45 – 2:25 session will be open to Experienced Pickleball sign up.

### **REMINDER FOR ALL PICKLEBALL PLAYERS**

If you have a time slot booked and can not make the session, please remove yourself from the session as it opens the space for someone else to have the opportunity to book a session.

# CENTRE NEWS



As you know the rain this winter has been challenging. We have a small staff here at our centre, however they have been trying their best to keep ahead of the rain and snow by sanding the sidewalks and our parking lot several times this last week.

For example, 5 of our staff sanded the entire parking lot one day only for it to snow and rain the next day and ruin their hard work and effort.

## **SNOW REMOVAL IS EXPENSIVE**

Snow and ice removal is very expensive (approximately \$300 each cleaning) and we cannot afford to call contractors to clean the parking lot each time it gets icy. The loss of revenue as a result of our closure during the pandemic was significant. In addition, we are currently only at 50% capacity in our classes and programs which is an additional major loss of revenue. As a result, the organization is currently facing financial challenges. We will be bringing in private contractors to help us with the ice when we can, however, we do have to consider the cost to do so.

## **WHAT HAPPENS IF WE CLOSE OUR CENTRE**

### **ROBOCALLS WILL BE MADE**

We will robocall everyone who is scheduled to attend a class that day advising of the cancellation. If you have a class, please check your voicemail for a message BEFORE coming to the centre.

### **WEBSITE WILL BE UPDATED**

The main page of our website will have a message confirming the centre is closed for the day. Please check our website's main page for updates BEFORE you come to the centre. [www.weseniors.ca](http://www.weseniors.ca)

### **PHONE MESSAGE**

We will have a recorded message letting you know if we have closed the centre. You can call our centre at 780 483-1209.

### **WE WANT TO KEEP YOU SAFE - ARRIVING AT THE CENTRE**

Call our front desk at 780 483 1209 and one of our staff would be happy to escort you into our centre.

### **LEAVING THE CENTRE**

Visit our front desk and one of our staff will also walk you out to your vehicle.

# FEBRUARY TOONIE TALKS

Pre-registration required - Cost \$2.00

**OPEN TO  
THE PUBLIC!**

**Cost: \$2.00**

**Pre-registration required:**

- **Call our centre - 780 483-1209 ext. 232**
- **Email: [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)**
- **Visit our centre - 9629 176 Street NW**

## **THESE POLES ARE MADE FOR WALKING**

*- Presented By Cura Physical Therapies*

*Wednesday, February 2nd, 2022 @ 1:30 pm*

*Are you wondering what all the hype is about pole walking? Do you want to give it a try but not sure where to begin? Pole walking is not for just for "old" people, it helps prevent young people from getting old!*

*In this 90 min presentation, you will learn:*

- *what the difference is between different styles of poles*
- *how to determine what the correct height is*
- *how to properly use the poles to improve your walking stride*
- *how to improve muscle engagement and stability while walking*
- *You will also have a chance to practice using walking poles.*

## **HOW TO SLAM THE SCAM!**

*- Presented by Servus Credit Union Westgate*

*Tuesday, February 8th, 2022 @ 1:30 pm*

*Come learn about common scams including*

- *Internet*
- *Telephone*
- *Face to face*
- *Plastic cards and bank accounts*
- *And general ways to keep yourself safe in today's modern environment*



# FEBRUARY TOONIE TALKS

Pre-registration required - Cost \$2.00

## **PART 2 – THE ACT OF DOWNSIZING**

*– Presented By Jody Lambertus – Century 21 Realty  
Tuesday, February 15, 2022 @ 1:30 pm*

*In Session 2, the Act of Downsizing, you will learn how to get your home ready for sale, evaluate your sale price and how to budget for your next purchase or move.*

*Mortgage expert Stefan Chewaniak will speak about your mortgaging option including; reverse mortgages, home equity lines of credit, porting mortgage balances to avoid penalties and other mortgage advice.*

*Everyone in attendance will receive “The 10 step process to downsizing”...a checklist that cover where and how to start the downsizing process.*

## **SO, YOU HAVE HAD A HEARING TEST, NOW WHAT?**

*- Presented By Ron And Marcia From Stanford Hearing  
Thursday, February 17th, 2022 @ 1:30 pm*

*Understanding your audiogram results. An audiogram is a graph or chart that displays the results of your hearing test. Initially, it might look like a bunch of indecipherable lines and symbols. But once you learn how to read and interpret your audiogram, you will better understand your hearing loss. Even more important, your hearing care professional will use the results to help determine the best type of hearing aid for you.*

*Join us and find out what your audiogram means.*

## **GREAT TIPS TO PREVENT SLIPS AND TRIPS**

*- Presented By Cura Physical Therapies  
Tuesday, March 1st, 2022 @ 1:30 pm*

*Up to 55% of older adults have concerns of falling. Come join us for an interactive discussion on...*

- *What is balance and what does it actually mean when we talk about falls*
- *What physical skills are required for good balance*
- *How much does fear of falling affect your risk of a fall*
- *Fall hazards*
- *How to get up from a Fall*
- *and more!*

# A WEEK OF TRY IT DAY CLASSES!

Come Try Something New!

- *Limited spots available*
- *Please pre-register at the front desk or*
- *Call our Programs Team - 780 483 1209 Ext 228*

**Are You Aged 55+**  
**Come See What Our Centre Is All About**  
**& How We Are Redefining The Word “Seniors”**

**ARE YOU A MEMBER?**

**BRING A FRIEND  
AND HELP US  
SHOW THEM  
HOW GREAT  
OUR CENTRE IS!**

**ARE YOU A MEMBER?**

**BRING A FRIEND  
AND HELP US  
SHOW THEM  
HOW GREAT  
OUR CENTRE IS!**

**COME TRY SOMETHING NEW AND BRING A FRIEND!**

*Because Trying Something New, Never Grows Old!*

# A WEEK OF TRY IT DAY CLASSES!

Come Try Something New!

- *Limited spots available*
- *Please pre-register at the front desk or*
- *Call our Programs Team - 780 483 1209 Ext 228*

**Our Try It Classes Are Open To The Public  
Come See What Our Centre Is All About!**



# TRAVEL TRIPS & EVENTS



## THE TRIP TO RIVER CREE CASINO IS BACK! COME JOIN US!

Upon arrival everyone will receive \$5.00 in free play to get them started as well as a voucher for lunch at their Tap 25 restaurant, beverage and gratuity are not included with lunch.

Thursday, February 10, 2022  
Pick up from WSAC at 11:00 am  
Depart from River Cree at 3:30 pm  
Members – \$10  
Non-members – \$15



## VALENTINES DAY BINGO! FEBRUARY 14TH

Join us for a fun afternoon of bingo with your friends. Fabulous prizes to be won.

February 14, 2022 at 2:00 pm.

\$6 per person - extra cards \$2.

Please purchase your ticket at the front desk.

Ticket Deadline - Wednesday February 9/22



## COME JOIN US FOR A TRIP TO JUBILATIONS DINNER THEATER Edmonton's most exciting dinner theatre!

Tuesday, March 22, 2022 from 11:00 am—2:30 pm  
3-course meal included:

Salad  
Chicken Entrée  
Chocolate Dessert  
Cost: \$60.00

Please book your tickets at WSAC front desk.

# EVENTS AT OUR CENTRE



## **MONTHLY BIRTHDAY PARTY POSTPONED**

Due to the recent increase in covid-19 cases, we have postponed our monthly birthday party until further notice.

Please watch our website for updates.



## **MONTHLY POTLUCK DINNER POSTPONED**

Due to the recent increase in covid-19 cases, we have postponed our monthly potluck dinner until further notice.

Please watch our website for updates.

# CANADIAN MEN'S HEALTH FOUNDATION

- Information provided from the CMHF website - [menshealthfoundation.ca](http://menshealthfoundation.ca)

With pandemic stress and anxiety challenging families across Canada, the Canadian Men's Health Foundation recently launched a new MindFit Toolkit. It's a free, online resource with sound advice and tools to help men and their families manage mild to moderate stress and anxiety.

The MindFit Toolkit is a collection of online resources and services created with the help of psychologists and elite athletes. It's been designed to help men cope with stress and anxiety and build mental wellness. Features of the MindFit Toolkit include audio exercises guided by CMHF Champions Jim Hughson, Trevor Linden, Shea Emry and Simon Whitfield. It also includes Soundscapes, a 7-day mental fitness routine, an anxiety screening tool, 1-on-1 video counselling opportunities, and other health and wellness tips for men.

## **IT'S TIME TO TACKLE STRESS AND ANXIETY**

Stress and anxiety are on the rise in Canada, and the COVID-19 pandemic sure isn't helping. To make matters worse, many men think seeking help is a sign of weakness. The truth is, ongoing stressors in our life can add up and become a more serious problem. That's where the MindFit Toolkit comes in. You are never going to be immune to stress and anxiety, but you can equip yourself with tools and tips to help you handle whatever life throws at you.

## **WHY IS MENTAL FITNESS IMPORTANT?**

Mental fitness is like a muscle — the more you work it, the stronger it gets. When it's in good shape, mental fitness helps us think and act in positive ways that benefit our families, friends and communities. When it's out of shape, however, even day-to-day molehills can feel like mountains.

# ONLINE RESOURCES

- [www.menshealthfoundation.ca/mindfit-toolkit/](http://www.menshealthfoundation.ca/mindfit-toolkit/)

## **MINDFIT SOUNDSCAPES**

Sit back and send stress packing with relaxing ambient sounds you won't hear at a spa. From the hum of a distant lawnmower and the popping of pickle jars to the swoosh of a perfect golf swing, who knew that the sound of enjoyable activities could be so soothing?

## **MINDFIT MINUTES**

Make MindFit Minutes Your Secret Weapon

Take a few minutes each day and learn how to take power over the present moment with our "7 days to Mental Fitness" audio routine. Our free audio exercises guided by CMHF Champions are as easy as taking deep breaths, or being grateful for the people in your life. No incense or yoga pants required!

## **ANXIETY SCREENING TOOL**

Answer five simple questions to get an idea of where you stand when it comes to anxiety. Just remember that this validated self screening tool covers the most common symptoms of anxiety, and isn't designed to make a full diagnosis.

# OUR REPRESENTATIVES



**Ward  
Nakota Isga**

**COUNCILLOR  
ANDREW  
KNACK**

Phone: 780.496.8122  
Email: [andrew.knack@edmonton.ca](mailto:andrew.knack@edmonton.ca)  
Twitter: @AndrewKnack  
Facebook: @AndrewKnackEdmonton  
Website: [www.andrewknack.ca](http://www.andrewknack.ca)

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

Member of Parliament Kelly McCauley and his staff are here for you for any help needed with Government of Canada federal programs and departments. Our Edmonton office is here to help with anything relating to:

- Citizenship and Immigration
- Service Canada
- Canada Pension Plan
- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Veteran's Affairs

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.

104-10471 178 Street  
Edmonton, AB T5S 1R5  
[kelly.mccauley.c1@parl.gc.ca](mailto:kelly.mccauley.c1@parl.gc.ca)  
780-392-2515



**KELLY McCAULEY**  
MP | EDMONTON WEST



## Constituent Services

Contact my office to:

- Get help navigating government programs and services.
- Become an official guest of the Legislature and watch the proceedings of the Assembly in-person.
- Have your important documents commissioned or notarized, free of charge, on the last Friday of each month (please call us to make an appointment).
- Request a commemorative scroll for your anniversary, birthday, or other important milestone.
- Correspond with the MLA about political concerns and get in-depth information about government policies.



**JON CARSON  
MLA**

Edmonton-West Henday

## Contact us



780-414-0711



Constituency Office  
Suite #103  
4020 128 Ave NW



[Edmonton.WestHenday@assembly.ab.ca](mailto:Edmonton.WestHenday@assembly.ab.ca)



# VOLUNTEERS NEEDED

*Connecting with others never grows old!*

## HOW TO APPLY

- *Please fill out a volunteer application at our front desk*
- *If you have any questions, please contact Heather Riberdy – Volunteer & Event Manager*
- *Email: [Heather@weseniors.ca](mailto:Heather@weseniors.ca)*
- *Telephone: 780 483 1209 | Ext. 224*

## SPECIAL EVENTS COMMITTEE VOLUNTEER

### RESPONSIBILITIES

- Assist in the planning, coordinating, and of organizing of events for the centre.
- Research and plan new event opportunities.
- Establish ticket price for members and non members.
- Determine a budget for the event.
- Members are to take turns hosting the event.
- Attend monthly committee meetings and participate in a positive manner. Respect each other's opinions.
- All members if possible, are to participate in the setting up and taking down of the events. This may include decorating, washing dishes, table clothes etc. The host of the event is to determine the amount of help that is needed.
- Evaluate the event and make recommendations for improvement as need be.
- You may be partnering with the Fundraising Committee on some events throughout the year.
- WSAC holds approximately one event per month – these may be a daytime, evening or weekend event.

## BIRTHDAY PARTY CALLER

### RESPONSIBILITIES

- Retrieve list of members with birthday for specified month from Birthday Party Coordinator
- By following a prepared script, call each member on the list to invite them to the party. Ensure you give them the date and time.
- Follow up with coordinator once all members are called



# VOLUNTEERS NEEDED

*Connecting with others never grows old!*

## FRONT DESK RECEPTION VOLUNTEER

### RESPONSIBILITIES:

- New volunteers should have some prior experience with customer service and administrative duties.
- Checking in members and visitors on our MySeniors database (training will be provided).
- Answering the telephone and assisting with inquiries, if unable to help transfer the call to the appropriate staff.
- Greet people at the counter and look after their requests.
- Assist with taking frozen meal orders either in person or over the phone.
- Assist in photocopying, sending faxes and shredding.
- Assist new members in completing their membership applications.
- Take new members or visitors on tours of the centre.
- Other related administrative duties as needed.
- Additional future duties may include program registration and payment processing. Training will be provided for these tasks once organization needs are established.

### TRAINING

- Training provided on use of MySeniors, telephone system and other administrative duties.

### TIME COMMITMENT & SHIFTS THAT ARE AVAILABLE

- Monday to Friday
- 9:00 a.m. – 12:30 p.m. or
- 12:30 p.m. – 4:00 p.m.

### PLEASE NOTE:

This position will require the volunteer to complete a Police Information Check through the Westend Seniors Activity Centre.



Volunteering is the ultimate exercise in democracy.

You vote in elections every few years, but when you volunteer, you vote every day about the kind of community you want to live in.

# VOLUNTEERS NEEDED

*Connecting with others never grows old!*

## **BIRTHDAY PARTY HOSTESS**

### **RESPONSIBILITIES**

- Assist the Birthday Party Coordinator by setting up the room for the event
- Ensure coffee and tea is available for the guests
- Assist in serving the cake to the guests.
- Ensure the room is left tidy and the dishes have been washed and put away
- Follow the guidance of the Birthday Party Coordinator.

### **TIME COMMITMENT & SHIFTS THAT ARE AVAILABLE**

- Our birthday party takes place on the 3rd Wednesday of the month at 2:00 pm and usually runs for about 1 ½ hour.

## **CAFE HOST**

### **RESPONSIBILITIES**

- Ensure coffee, tea and supplies are regularly available throughout your shift. You will be responsible for making both regular and decaf coffee as needed and replenishing sugar, sweeteners and cream.
- Ensure that the cold water jug is kept full and hot water is available for tea.
- Keep a sufficient supply of coffee cups on hand.
- Gather used cups and load them into the dishwasher.
- Taking meals to customers in the cafe as they are prepared by volunteers/staff in the small kitchen
- Keeping workspace clean and tidy, replenishing supplies as needed.
- Wiping down cafe tables as needed

### **TRAINING**

Training will be provided on how our meals are sorted and tracking inventory

### **TIME COMMITMENT & SHIFTS AVAILABLE**

- Shifts will be from 11:15 am to 2:00 pm.
- A commitment to at least one regular shift per week is appreciated but you are also welcome to do more than one if you would like to.

# VOLUNTEERS NEEDED

*Connecting with others never grows old!*

## **VOLUNTEER KEY HOLDER**

### **RESPONSIBILITIES**

This volunteer will be responsible for opening and closing the building for individuals or organizations who are renting our spaces.

- opening front doors
- turning off the alarm
- opening specific rooms for renters
- ensuring that renters have tables and chairs that they need in their space (volunteer would not be responsible for setting these up; they would just be taking the renters to where they are located and ensuring that they return them there at the end of their rental time)
- monitoring the building during the rental time, then setting the alarm and locking the building at the end of the rental time.

### **TIME COMMITMENT & SHIFTS THAT ARE AVAILABLE**

- This could involve 1 or 2 evenings a week and occasional weekends.
- Some weeks there may be no rentals and others there could be 2-3.
- Rental times do not start before 10:00 am or go beyond 10:00 pm.
- Most of these bookings would be for area condo board meetings with occasional anniversaries, weddings, or senior birthday parties.

### **PLEASE NOTE:**

This position will require the volunteer to complete a Police Information Check through the Westend Seniors Activity Centre.

## **SPECIAL EVENT VOLUNTEER**

### **RESPONSIBILITIES**

- This position may include assisting in the setup, decorating and clean up of an event or may involve volunteering during the event to assist with preparing or serving food or hosting activities.
- You would not be required to attend monthly committee meetings though you would be welcome to join if you have ideas for upcoming events.
- During events, you will receive instruction from the event host for that day – this will be one of the members of the Special Events committee.

### **TIME COMMITMENT & SHIFTS AVAILABLE**

- WSAC holds approximately one event per month

- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious and Affordable!**



- **NEW MENU EVERY 2 WEEKS!**
- **REHEATABLE** - All meals are fully cooked so you simply need to reheat and serve!
- **SERVING SIZE** - Most seniors tell us they get 2 to 3 servings with our entrees and our Hearty soup!
- **FREE DELIVERY** - Available to seniors who do not drive...our team of volunteer drivers and our friends at Drive Happiness will deliver your food orders to you!
- **FRESH INGREDIENTS** - Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal we prepare for you!
- **OPEN TO PUBLIC** - You do not have to be a member to use our meal program...it is open to everyone!



# WSAC FROZEN MEAL PROGRAM

**Entrees**  
**\$10.00 - \$12.00**



**Hearty Soup**  
**\$7.00**



**Muffins**  
**\$6.00**



**Eggs-emplary Brunch Bowls**  
**\$3.50**



Our Eggs-emplary Brunch bowls are a perfect choice for breakfast or lunch!

- 4 inches in size
- Choose from Denver, Ha.m. & Cheese or Spinach & Feta.
- Pick up at our centre or pre-order via our website!

## **QUESTIONS?**

**Call our centre 780 483 1209 ext 244  
or visit our front desk!**

**Our staff are available Monday to  
Friday 9:00 a.m. to 3:30 p.m.**

## **PICK UP TODAY!**

**Visit our front desk to see what is on  
this week's menu!**

# BUSINESSES IN YOUR COMMUNITY

## ADVERTISING RATES

\$60.00 - Full Page 8"w x 10"h

\$40.00 - 1/2 Page 8"w X 5"h or 4"w X 10"h

\$20.00 - 1/4 page 4"w x 5"h

\$10.00 - Business card 4"w x 2 1/2"h

- A one-time set up fee of \$30.00 may apply if your ad is not print ready.
- Deadline is the 15th of each month.

**Pay for 12 months of advertising in The Chronicle and receive YOUR CHOICE of:**

**TWO FREE additional months of advertising in The Chronicle**

**OR**

**Have your ad featured in ALL THREE of our 2022 Program & Resource Guides**

**Ask for details!**

## INTERESTED IN ADVERTISING WITH US?

Please contact Lorena Smalley, Community Engagement Manager

lorena@weseniors.ca / 780 483-1209 ext. 225

## Why do we need/use Liquid Biocell Collagen?

- Promotes healthy skin
- Helps support bone strength.
- Hyaluronic Acid helps relieve joint, hip and knee pain in osteoarthritis.
- Helps to relieve dry eyes.
- Clinically shown to reduce fine lines and wrinkles and reduces facial skin dryness/scaling.
- Provides moisture content to our skin.
- Increases skin elasticity.
- Maintains joint mobility and flexibility.
- Collagen decreases in our body after the age of 25 and drops as we age, to as little as only 20% in our 60's. That's why we see the physical signs of aging as we grow older.

Should you want to order yourself through the Modere website, please visit [www.modere.ca](http://www.modere.ca)

1. Put in my referral code: 2817789
2. Put in my name as the person who referred you: Lois Leverton
3. You will receive \$10.00 off your total purchase at checkout.



# BUSINESSES IN YOUR COMMUNITY

**Experience retirement living to the Fullest.**



**Explore our exclusive move-in offers today\***

Call  
1-855-929-9333  
to book a tour today and see how you can live your way, every day.

**revera**  
Retirement Living  
*Your kind of place*

\* Terms and Conditions apply and can be made available upon request.

## **ARE YOU A SMALL BUSINESS OWNER?**

Our centre is always interested in partnering with local businesses who are experts in helping seniors! We have a number of opportunities to partner with our centre:

1. "Toonie Talk" presentations at our centre. These are educational sessions where you can host a presentation to our members on topics that seniors are interested in!
2. Events at our centre - We have a number of events throughout the year. Connect with our community by co-hosting one of our events!

Want more information?

Please contact Lorena Smalley, Community Engagement Manager

lorena@weseniors.ca / 780 483-1209 ext. 225

*We will all die. The goal isn't to live forever.  
The goal is to create a legacy of love that will.*

## **Estate Connection Law Firm**

*Helping you leave your loved ones with solutions,  
not problems.*

780 458 8228

info@estateconnection.com

*Estate Law...it is what we do!*



# RENTALS

## GYMNASIUM

- 3000 Square Feet
- Capacity - 25 participants for fitness classes
- Capacity - 100 seated at tables
- \$110/Hour
- Chairs and tables available for use
- Small PA system available for use



## HARRY FARMER ROOM

- 910 Square Feet
- Capacity - 14 participants for fitness classes
- \$38/Hour
- Chairs and tables available for use
- Piano available for use
- White board in room





# RENTALS

## MEETING ROOM

- 900 Square Feet
- Capacity - 14 participants for fitness classes
- \$38/Hour
- Chairs and tables available for use
- Dimmer light switch makes this room perfect for yoga and other classes!



## CAFE

- 1250 Square Feet
- Capacity - 50 to 60 seated participants
- \$66/Hour
- Beverage area - small fridge, coffee machines, microwave
- Large TV in room
- PA system available for use



## INTERESTED IN RENTING AT OUR CENTRE?

Please contact Heather Riberdy  
heather@weseniors.ca / 780 483-1209 ext. 224

# CONNECT WITH WSAC



## 8 WEEK HOME FITNESS PROGRAM ON YOUTUBE

Did you know our 8 Week Fitness Program is on our youtube page?

This program features 16 easy to follow videos that provides you with the ability to have a daily fitness routine at home.

Not up to visiting our centre? We've got you covered!  
[youtube.com/ WestendSeniorsActivityCentre/videos](https://youtube.com/WestendSeniorsActivityCentre/videos)



## DO YOU LOVE INSTAGRAM? FOLLOW OUR PAGE

Want to see what is happening at our centre on a daily basis? We share fun behind-the-scenes photos from our Frozen Meal Program and other activities.

Follow us on Instagram  
We promise you won't be disappointed!

**3172**

## HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

3172 people received our e-newsletter last month.  
Sign up at our front desk today!

# CONNECT WITH WSAC



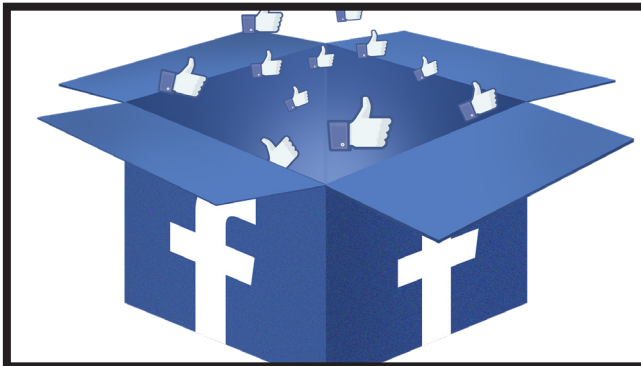
Westend Seniors Activity Centre  
[www.weseniors.ca](http://www.weseniors.ca)

## Did you know each week we update our website with the latest WSAC news!

Make sure to visit our “News” section of the website for information on:

- upcoming events,
- new classes,
- the latest Meal Program menu,
- registration information and more!

**VISIT OUR WEBSITE!**  
[www.weseniors.ca](http://www.weseniors.ca)



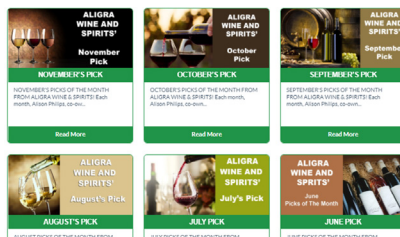
[Facebook.com/WESeniors](https://Facebook.com/WESeniors)

## DO YOU FOLLOW US ON FACEBOOK?

We share all of our WSAC news on Facebook but we also share:

- interesting videos and articles.
- updates from the City of Edmonton, Government of Alberta and Government of Canada.
- communities here in the west end.
- and other information helpful to older adults here in Edmonton!

## INTERESTING READING



## LOOKING FOR SOMETHING GREAT TO READ ONLINE? WE HAVE GOT YOU COVERED!

We have some great articles, e-books and more on topics such as

Fitness  
Food & Beverage  
Garden & Home

Health & Wellness  
History  
Sports and more!



# WE Seniors

Westend Seniors Activity Centre

*Edmonton's Premiere Seniors Centre  
Celebrating over 40 years of serving seniors here in  
Edmonton!*

## **CONNECT WITH US!**

### **Westend Seniors Activity Centre**

9629 176 Street NW  
Edmonton, AB T5T 6B3

Telephone Number: 780 483-1209

#### **Website**

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

#### **Facebook**

[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)

#### **Youtube**

[youtube.com/Westend Seniors Activity Centre](https://www.youtube.com/WestendSeniorsActivityCentre)

*Sign up for our E-Newsletter on our website:  
[www.weseniors.ca/resources/newsletter/](http://www.weseniors.ca/resources/newsletter/)*