

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**

**January
2022**



This Month's Issue:

**Board Nominations
2022 Friends of WSAC
January Toonie Talks
Spots Still Available
Travel Trips & Events
And More!**



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

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

CENTRE NEWS

POOR WEATHER CONDITIONS

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.

HELP OUT TO YOUR VEHICLE

We ask that our members be patient with staff and volunteers and understand we are doing our best. For our Christmas lunch and dinner, staff were on hand to escort our members to help them walk safely to their car. We would like to encourage members who need assistance to get to their cars to visit our front desk. One of our team members would be happy to assist you.

CHECK OUR WEBSITE BEFORE COMING TO THE CENTRE

1. If we have heavy snow, rain, icy road conditions and/or a weather alert, we may cancel classes and close our centre.
2. Please check our website's main page for updates BEFORE you come to the centre.

CLOSURE OF CENTRE & CANCELLATION OF CLASSES

- If the centre is closed and classes are cancelled, we will make a robocall to our entire membership.
- Attendees will also receive an email to let them know their class is cancelled

REFUNDS WILL NOT BE ISSUED

- All cancelled classes will be rescheduled to the end of the current term.
- You will receive an email confirming the cancellation and date of your rescheduled class.
- Refunds will not be issued.

CENTRE NEWS

BOARD OF DIRECTORS AND PRESIDENT NOMINATIONS



HAVE YOU CONSIDERED RUNNING FOR THE WESTEND SENIORS ACTIVITY CENTRE BOARD OF DIRECTORS?

To become a Director, you need to do the following:

1. Visit our website to print the Board Member Nomination Form or President Nomination Form.
2. Fill out the form with your Nominator.
3. Drop off your completed form at our front desk.

NOMINATION DEADLINE

Nominations forms must be received by January 28th.

JANUARY 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**
- **Visit our centre - 9629 176 Street NW**

ARE YOU 59/64/70?

– Presented by Miranda Lambert & Dominic Li

Wednesday, January 12th, 2022 @ 1:30 p.m. in the WSAC Community Cafe

- *So you're 59 years old, is it time to apply for CPP?*
- *So you're 64 years old, how about now?*
- *So you're 70, What do I do about my RRSPs?*
- *I'm 55, what about me?*
- *I'm over 70, don't forget about us!*

A frank discussion about CPP/OAS/RRSP/LIRAs and Pensions, and what to do with each or all of them.

BENEFITS, PROGRAMS, & SERVICES 101

– Presented by The Waterford of Summerlea

Tuesday, January 18th, 2022 @ 1:30 p.m. in the WSAC Community Cafe

- *Are you aged 65? Do you know someone who is? There are so many benefits, programs and services available for seniors and yet many older adults are unaware them.*
- *Come learn about the benefits, programs and services available to you! We will also review cost comparisons for living in your own home vs. independent retirement living.*
- *Everyone in attendance will receive a comprehensive seniors programs and services guide and a quick reference information guide.*

JANUARY TOONIE TALKS

Pre-registration required - Cost \$2.00

THESE POLES ARE MADE FOR WALKING

- Presented by Cura Physical Therapies

Wednesday, January 19th, 2022 @ 1:30 p.m.

- *Are you wondering what all the 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.*

THE ART OF DOWNSIZING – WHEN LESS EQUALS MORE

– Presented By Jody Lambertus – Century 21 Realty

Tuesday, January 25th, 2021 @ 1:30 p.m.

- *Thinking of downsizing? Not sure where to start? Downsizing can be an overwhelming process that can take longer than expected at every turn. Want help?*
- *Here is the number one trick to downsizing successfully: start before you think you need to and develop a plan. After all, clarity yields action and action means more space, freedom, money and most of all more peace of mind!*
- *In session 1, we’ll cover the financial, emotional, and health proven benefits of downsizing, as well as the concerns to address before you decide to downsize.*
- *We will also discuss: – the necessary, but often difficult conversations to have with loved ones, and – what questions to ask when hiring an advisor, realtor, lawyer, and mortgage expert.*

JANUARY TOONIE TALKS

Pre-registration required - Cost \$2.00

EXCELLENT EXECUTORS

*- Presented by Stacy Maurier, Founding lawyer of Estate Connection Law Firm
Wednesday, January 26th, 2022 @ 1:30 pm*

Being named as an Executor is an honor 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 will outline:

- the steps needed to close an estate and give a breakdown of the timeframe of when duties should be completed.*
- Issues that can arise when dealing with beneficiaries and closing an estate.*
- The legal role and liabilities of the Executor.*

Everyone in attendance will also receive:

- 1. a Will Review Checklist to help attendees determine if they need to update their will.*
- 2. The “Where Everything is Checklist” that will help attendees collect all the information needed to assist your Executor when it is time to perform their duties.*

ANNUAL 2021 GLOBAL FINANCIAL MARKET REVIEW AND 2022 OUTLOOK

*Presented By Wei Woo – Investment Advisor, Mackie Research
Friday, January 28th, 2022 @ 10:00 am*

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 in 2021, and look at forwarding guidance on what to expect for 2022.

FEBRUARY TOONIE TALKS

Pre-registration required - Cost \$2.00

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*

RISE ABOVE – A PRESENTATION ON GRIEF

*- Presented by Silverfern Counselling
Wednesday, February 9th, 2022 @ 1:30 pm*

There are moments of joy in our lives, but there are also moments of sorrow. You may anticipate the passing of loved ones due to chronic illness, but sometimes death comes unexpectedly. Perhaps, the relationship you had with the person who passed away was a difficult one.

Let's explore myths about grief, feelings and thoughts while grieving, and healthy coping strategies. Come join us for this presentation on grief and Rise Above your loss.

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.

IN-PERSON CLASSES

Spots Still Available

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

WATERCOLOR FOR INTERMEDIATE & ADVANCED

- **Tuesday, January 11 – February 22, 2022 (7 Classes)**
- **9:30 a.m. to 12:00 p.m.**
- **Cost \$66**

This class is designed with the intermediate or advanced artist in mind.

Our veteran instructor, Thomas Podlubny, provides the perfect opportunity for artists to enhance & develop their skills.

Following the introduction, all artists are encouraged to work on their individual projects, with assistance provided along the way by the instructor.

COME TRY SOMETHING NEW AND BRING A FRIEND!

Because Trying Something New, Never Grows Old!

IN-PERSON CLASSES

Spots Still Available

YOGA FOR BALANCE AND WELLBEING

- **Tuesday, January 11 – February 22, 2022 (7 Classes)**
- **9:00 a.m. to 10:00 a.m.**
- **Cost \$56**

IF YOU ARE LOOKING FOR AN ALL AROUND WORKOUT INCORPORATING MOVEMENT TO MUSIC, THIS CLASS IS FOR YOU!

A cardio class with upbeat music that keeps us moving and having fun as we work on getting stronger, improving our cardio, working on our balance and developing a better range of motion.

As the music plays we are doing traditional lower body exercises like lunges, squats, knee lifts, and other movement all to the beat of the music and with easy to follow instructions.

We also work on our upper body and our strength as we bring in our fitness equipment and have fun with a variety of movements meant to keep our heart rates up.

This class has a nice flow as our students really enjoy the strength components where they can work on their strength but keep moving and keep that heart rate up...no standing pat here.

We end the class with a nice cool down...still to music...but some nice flowing stretching that incorporates the whole body.

IN-PERSON CLASSES

Spots Still Available

TOTAL BODY WORKOUT THROUGH BARRE

- Tuesday, January 11 – February 22, 2022 (7 Classes)
- 10:15 a.m. to 11:15 a.m.
- Cost \$56

BARRE MAY BE A BALLET-INSPIRED CLASS BUT DON'T LET THAT FOOL YOU!

This class uses bender balls, resistance bands, and hand weights throughout the class. We also focus on proper alignment throughout the exercises to ensure we are:

- building our overall strength,
- improving our balance,
- increasing our flexibility, and
- improving our core strength

The best part...as you get more stronger, you can increase your barre workout by adding weights and challenging your self.

A BLEND OF CARDIO, STRENGTH TRAINING, FLEXIBILITY, BALANCE AND CORE = A TOTAL BODY WORKOUT.

A Barre class may move a bit slower than you are used to...the focus on proper alignment means the classes move at a slower pace but don't think you are not getting a good workout.

You will leave our centre feeling invigorated and looking forward to your day!

**Did you know our youtube page features
video of some of our classes?**

visit [youtube.com/westendseniorsactivitycentre](https://www.youtube.com/westendseniorsactivitycentre)

IN-PERSON CLASSES

Spots Still Available

HATHA YOGA BEGINNER

- **Tuesday, January 11 – February 22, 2022 (7 Classes)**
- **9:30 a.m. to 10:30 a.m.**
- **Cost \$56**

This class is designed for those who have had little exposure to yoga, but are eager to learn and start experiencing the amazing benefits of a yoga practice.

- We will introduce the basics of yoga, fundamental principles of alignment in yoga postures, breath work, relaxation techniques and much more in a step-by-step approach.
- Students will be instructed to move mindfully to increase the awareness of the body in each posture. Emphasis is placed on student understanding, safety, and stability within each practice.
- This will make you comfortable with the names and techniques of various postures and make you feel comfortable in any yoga class.
- Students must be able to get down on to the floor for this class.

YOGA FOR BALANCE & WELLBEING

- **Thursday, January 13 – February 24, 2022 (7 Classes)**
- **11:15 a.m. to 12:15 p.m.**
- **Cost \$56**

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.

Explore stretching, strengthening and balancing your body, in a variety of standing and on the floor yoga poses, while nurturing what you are as relaxed awareness. These yoga classes will allow you to take steps towards balance and well-being.



ZOOM CLASSES

Spots Still Available

ONLINE - At Home Fitness Basics

Tuesday, January 11 – February 22
(7 Classes)
10:30 am – 11:15 am
\$42.00



Friday, January 14 – February 25 (7
Classes)
10:30 am – 11:15 am
\$42.00

WHO SAYS A SEATED FITNESS CLASS ISN'T A GOOD WORKOUT!

In this 30 minute class, Janet helps us work on building our overall strength, all while we do our movements from a chair or seated position! Following Janet's easy to follow instructions and positive, fun approach:

- We start our class with a warm up, doing a variety of movement exercises to get us ready for our class.
- Next we work on range of motion exercises, moving our arms and legs to get our muscles and joints working.
- Building our strength is next as we use hand held weights (or whatever you have at home!) to work on our major muscle groups.
- And finally, we are ready to do some stretching to cool down. The stretching exercises are all done from a chair.

You will be surprised at how great you feel after this workout and it won't be long before you will see some improvements on your overall strength!

ONLINE – STRUCTURAL YOGA

Friday, January 14 – February 25,
2022 (7 Classes)
11:00 a.m. to 12:00 p.m.
Cost \$56



Friday, March 11 – April 29, 2022 (7
Classes)
11:00 a.m. to 12:00 p.m.
No Class on April 15
Cost \$56

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.

Note: Members must be able to get down on the floor (with or without assistance) and Yoga mat is required.



ZOOM CLASSES

Spots Still Available

ONLINE - HATHA YOGA BEGINNER

- **Tuesday, January 11 – February 22, 2022 (7 Classes)**
- **9:30 a.m. to 10:30 a.m.**
- **Cost \$56**



This class is designed for those who have had little exposure to yoga, but are eager to learn and start experiencing the amazing benefits of a yoga practice.

- We will introduce the basics of yoga, fundamental principles of alignment in yoga postures, breath work, relaxation techniques and much more in a step-by-step approach.
- Students will be instructed to move mindfully to increase the awareness of the body in each posture. Emphasis is placed on student understanding, safety, and stability within each practice.
- This will make you comfortable with the names and techniques of various postures and make you feel comfortable in any yoga class.
- Students must be able to get down on to the floor for this class.

**Is there a class you would like to see offered
at our centre?**

We would love to hear your suggestions!

**Email our Programs Team!
programs@weseniors.ca**



ZOOM CLASSES

Spots Still Available

ONLINE – SPANISH CLASS - LEVEL 3

Thursday, January 13 – February 24, 2022
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$63



ONLINE SPANISH LEVEL 3

Spanish Level 3 is designed for those students that have taken Spanish previously and/or have completed Levels 1 and 2.

This course uses group work, exercises, and activities to practice vocabulary and structures in a conversational context.

Beginning with a review of Spanish 1 and 2, you will learn more vocabulary for dining, travel, and health. Prior Spanish experience is required.

ONLINE – SPANISH CLASS - LEVEL 4

Thursday, January 13 – February 24, 2022
(7 Classes)
10:30 a.m. to 11:30 a.m.
Cost \$63



ONLINE SPANISH LEVEL 4

- This class is for the more experienced Spanish linguist.
- This course takes it a step further as you will 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.



ZOOM CLASSES

Spots Still Available

ONLINE CONVERSATIONAL FRENCH

Monday, January 10 – February 28, 2022
(7 Classes)
3:00 p.m. to 4:00 p.m.
No Class on February 21
Cost: \$56



ONLINE CONVERSATIONAL FRENCH LEVEL 2

Conversational French Level 2 is a continuation of Level 1 and is intended to strengthen your verbal communication abilities by building your vocabulary and grammar skills.

Practice French in several everyday situations.

Some previous experience with French is preferred, including French Level 1 with Vera Resera.

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

Purchase your tickets at WSAC front desk!

Jubilations
positively entertaining dinner theatre

WSAC TRAVEL TRIP
Tuesday, March 22, 2022
11:00 am—2:30 pm
Cost: \$ 60.00

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.

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



EVENTS AT OUR CENTRE



MONTHLY BIRTHDAY PARTY POSTPONED

Our Birthday Parties are back!!
Join us on the 3rd Wednesday of each month to celebrate your birthday.

Pre-registration will be required for you and your guests as we will have a limited capacity of 50 people.

You can either call or stop in at our front desk to register. \$2 drop in fee for guests.

Upcoming Birthday Party Dates:
January 19 and February 16



MONTHLY POTLUCK DINNER

Join us in the new year for our monthly potluck.

January 27 and February 24
5:00 pm to 7:00 pm.

Please bring a dish to share.
\$2 drop in fee.
Proof of vaccination will be required.



**WSAC Trivia afternoon
January 27, 2022**

WSAC TRIVIA AFTERNOON

Do you have a knack for remembering random song lyrics, movie actors or specific events from the past? WSAC will be hosting a Trivia afternoon on January 27/22 at 2:00 pm. Put together a team of up to 4 people and test your knowledge for some prizes and bragging rights as Trivia champions at the centre.

\$7 per person.
Please purchase your tickets at the front desk.
Ticket Deadline Monday January 24, 2022

OUR REPRESENTATIVES



**Ward
Nakota Isga**

**COUNCILLOR
ANDREW
KNACK**

Phone: 780.496.8122
Email: andrew.knack@edmonton.ca
Twitter: @AndrewKnack
Facebook: @AndrewKnackEdmonton
Website: 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
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



INTRODUCING OUR 2022 FRIENDS OF WSAC

*Local
Businesses
Providing Services
To Edmonton and
area older adults!*

We are very excited to announce our Friends of WSAC partners for 2022!

Make sure to watch our website for upcoming Toonie Talks, events and other initiatives that we will be co-hosting with these partners



ALIGRA
WINE & SPIRITS

8882 170 St NW #1423, Edmonton, AB
Entrance 58 West Edmonton Mall

Look for our 2 parking spots reserved
for our customers!

Telephone: (780) 483-1083
www.aligrawineandspirits.com



Benjamin Moore®

THE BRILLIANT BRUSH

17203 107 Ave NW,
Edmonton, AB T5S 1E5

Telephone: (780) 540-2090
<https://www.thebrilliantbrush.ca>

cura
PHYSICAL THERAPIES

17032 90 Ave NW,
Edmonton, AB T5T 1L6

Telephone: (780) 443-4473
www.curaphysicaltherapies.com

INTRODUCING OUR 2022 FRIENDS OF WSAC



Telephone: (780) 777-8813
www.drivingmissdaisyedmonton.com

Dependable and Caring Senior Transportation
Serving west and downtown Edmonton



ESTATE CONNECTIONTM
Law Firm

Suite #3, 44 St Thomas St
St. Albert, AB T8N 6N8

Telephone: (780) 458-8228
www.estateconnection.com/

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



Telephone: (780) 707-6509

www.careathomebyexquisicare.com

**Reliable and Compassionate Care
at Home for Seniors**



#201, 6650 177 St NW
Edmonton, AB T5T 4J5

Telephone: (780) 233-5399
www.alexishomes.info

The trusted home care choice

INTRODUCING OUR 2022 FRIENDS OF WSAC



Wei Woo, CIM, EPC
780 299 0760

wwoo@mackieresearch.com

Certified Elder Planning Counselor and
Chartered Investment Manager



#201, 10555 172 St NW
Edmonton, AB T5S 1P1

Telephone: (780) 399-5114
www.jody-lambertus.c21.ca

Jody Lambertus
Senior Real Estate Specialist (SRES®)



Riverbend - 103 Rabbit Hill Ct NW, Edmonton,
Telephone: (780) 438-2777

Churchill - 10015 103 Ave NW, Edmonton,
Telephone: (780) 420-1222

McConachie Gardens - 6503 170 Ave NW, Edm.
Telephone: (780) 244-8969



15103 Stony Plain Rd,
Edmonton, AB T5P 3Y2

Telephone: (780) 486-3634
www.revolutioncycle.com

Come visit North America's biggest bike store
only minutes from
the Westend Seniors Activity Centre!

INTRODUCING OUR 2022 FRIENDS OF WSAC

Scotiabank[®]

Dominic Li - Investment Specialist
9740 170th Street NW, Edmonton
Telephone: 780.720.3288

Miranda O'Brien - Investment Specialist
14103 23 Ave NW, Edmonton, Alberta,
Telephone (780) 289-1975



Westgate Branch
148, 17010 - 90 Avenue NW
Edmonton

Telephone: (780) 638-7944

www.servus.ca/branches/westgate



6103 Currents Dr NW #209, Edmonton
Telephone: (780) 424-8433

www.stanfordhearing.ca

Family-owned hearing centre that focuses on
solutions for your hearing

Terra Losa Pharmacy



Address: 17314 99 Ave NW,
Edmonton, AB T5T 5L5

Telephone: (587) 462-1500

www.terra-losa-pharmacy.business.site/

INTRODUCING OUR 2022 FRIENDS OF WSAC



The Waterford of Summerlea Retirement Residence

9395 172 St NW
Edmonton, AB T5T 5S6

Telephone: (780) 444-4545
Elegant and carefree living!



Westlawn
Funeral Home & Cemetery
by Arbor Memorial

16310 Stony Plain Rd,
Edmonton, AB T5P 4A6

Telephone: (780) 484-5500

www.arbormemorial.ca/en/westlawn

HERE IS WHAT ATTENDEES SAID ABOUT THE TOONIE TALKS THEY ATTENDED!

“Exceptional. A well-educated facilitator with excellent presentation skills”

“Very informative approachable, clear, knowledgeable, inviting and motivating”

“Excellent session. Thank you very much”

“Excellent info. I would never have considered such situations. Very enlightening”

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*
- *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

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://www.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!



HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

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

3172

CONNECT WITH WSAC



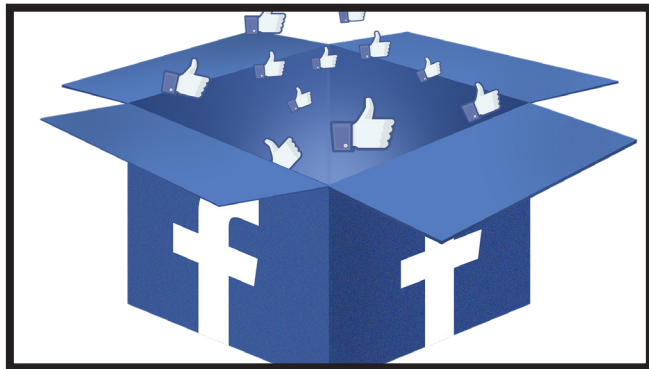
Westend Seniors Activity Centre
www.weseniors.ca

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



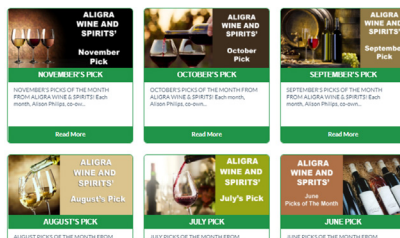
Facebook.com/WESeniors

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

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/*