

THE WSAC CHRONICLE



WESTEND
SENIORS
ACTIVITY
CENTRE

chron·i·cle

noun

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

**April
2022**



This Month's Issue:

**WSAC Drop-In Clinic Launch
April Toonie Talks
WSAC Group Insurance Program
Fort Edmonton Travel Trip
And More!**



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

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

WSAC MEMBERS SAVE 10% ON CAR AND 15% ON HOME INSURANCE

*Armour Insurance is the official supplier of the Westend Seniors Activity Centre group insurance.
Receive additional discounted rates on home & 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/vacation trailers, 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
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- 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
- Automatic annual policy review
- Doing business with us is easy

TESTIMONIAL FROM A WSAC MEMBER

As a WSAC member, it is well worth your while to check out what saving you might achieve by choosing to use ARMOUR Insurance. I was looking for renters insurance and checked out a recommended insurance company and Armour Insurance. Armour Insurance was a hundred dollars cheaper, and had superior coverage, plus no administration fees. Here was the comparison as an example:

	A Competitor Insurance Company	ARMOUR Insurance
Personal Property	\$20,000	\$35,000
Additional Living Expense	\$4,000	\$14,000
Personal Liability Coverage	\$1,000,000	\$2,000,000
Administration fee	\$25.00	none
Deductible	\$500.00	\$1000.00
Cost per year	\$305	\$198.00

Thanks to the WSAC administration for arranging with ARMOUR Insurance a discount fee for members.
Signed by a satisfied WSAC member.

CONTACT ARMOUR FOR MORE INFORMATION!

Call - 1-855-475-0959 / 780-475-0959 / Email Us - main@armourinsurance.ca
Visit our office - 5750-75th Street NW Edmonton

CENTRE NEWS

WSAC PROOF OF VACCINATION POLL RESULT

We recently conducted a poll asking if we should continue to request proof of vaccination to everyone entering our centre. We received 479 responses. Below are the results:

- 402 (84%) people support that we continue asking for proof of vaccination.
- 77 (16%) people do not support proof of vaccine requirement

BASED ON THIS RESULT, HERE ARE OUR COVID POLICIES EFFECTIVE ON MONDAY, MARCH 21, 2022

INDIVIDUALS WHO ARE NOT FULLY VACCINATED (1 DOSE OR LESS)

- You are not allowed to enter our centre.

NEGATIVE TEST BUT STILL HAVE SYMPTOMS

- Do not enter our building.
- You are legally required to stay home and isolate for at least 5 days from when you first started having symptoms of COVID-19
- You must keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.

IF YOU TEST POSITIVE FOR COVID-19

- You are legally required to stay home and isolate for at least 5 days from when you first started having symptoms of COVID-19 or had your positive test (if you never had symptoms).
- You must keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.
- When returning to our centre, you must wear a mask in public places when unable to maintain a two meter distance from others, until 10 days have passed from when your symptoms began or you tested positive.

Anyone caught violating the above requirements will have their membership suspended

OUR NEIGHBOURS ARE HOSTING FREE DRIVE THROUGH TAX CLINICS!

If you have a modest income and a simple tax situation, volunteers can do your tax return for you!

Where: Beulah Alliance Church West Campus - 17504 98a Ave NW, Edmonton, AB T5T 5T8

When: Saturdays ONLY - March 5th to May 7th, 2022 (except holidays)

Time: 10:00 am – 3:00 pm

If you have a mobility issue, please make an appointment by contacting 780-966 8353

APRIL TOONIE TALKS

Pre-registration required - Cost \$2.00

**OPEN TO
THE PUBLIC!**

Pre-registration required:

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

Come Join Us!

TAX SAVING STRATEGIES FOR RETIREES

– PRESENTED BY MIRANDA O'BRIEN & DOMINIC LI AT SCOTIABANK

When: Tuesday, April 12th, 2022 – 1:30 p.m.

Where: WSAC Cafe

Register: Send an email to yunxuan@weseniors.ca OR CLICK THE BUTTON BELOW.

Cost: \$2.00

It is tax season. Come learn about:

- What is income splitting? RRSP at the age of 71?
- TFSAs?
- CPP pension sharing,
- Pension income tax credit.

These and other strategies available to you and the potential impacts of getting it wrong.

DO YOU HAVE AN IDEA FOR A TOONIE TALK?

Tell us what it is!

We have a number of contacts and partners who are able to co-host educational presentations for our members!

Send your Toonie Talk suggestions to Thomas Zheng at yunxuan@weseniors.ca!

APRIL TOONIE TALKS

Pre-registration required - Cost \$2.00

TALKING CIRCLES: TOWARDS TRUTH AND RECONCILIATION

JOIN IN TO LEARN AND UNDERSTAND

Starting on Saturday, April 23, 2022, the Seba Beach Seniors will be hosting monthly presentations featuring indigenous speakers. The purpose of the series called Talking Circles: Towards Truth and Reconciliation is to learn, understand our biases, and build better relationships between cultural groups. We are very happy to be co-hosts and help Seba Beach Seniors bring these presentations to our members and seniors here in Edmonton.

WHY THIS IS IMPORTANT

Cathie Duchesne, of the Seba Beach Seniors, said, "As Canadians, we are learning every day about our past and about the mistakes made. The Canadian Truth and Reconciliation Report pointed to how we can move past our history. To do so, it's important to understand the background to where we are today in Canada, and in our neighborhood, to see how we can move forward to become stronger together."

TALKING CIRCLES: KNOWLEDGE KEEPERS SHARE THEIR STORIES

April 23, 2022, at 2:00 PM.

Did you know that for indigenous peoples in Canada — comprised of First Nations, Inuit, and Métis peoples — oral histories play an integral role in their respective cultures? Sometimes also referred to as "oral traditions," oral histories have been the vital method of passing down stories, histories, spiritual lessons or teachings, songs, poems, prayers, and ways of survival for thousands of years.

Join us Saturday, April 23, 2022, at 2:00 PM. as we host the 1st session of our Talking Circles series... **TALKING CIRCLES: KNOWLEDGE KEEPERS SHARE THEIR STORIES.** Jade Brown-Tootoosis, Carrie Armstrong, and Carolyn Wagner share their personal stories focusing on Plains culture. They will discuss the use of environmental resources, indigenous ways of knowing, cultural identity, and traditional government structures.

Come Join Us:

- \$5.00 – In-person at the Seba Beach Seniors Centre - 109 1 St S, Seba Beach, AB
- Light snacks and beverages will be served to those who join us in person or
- FREE – online via ZOOM
- Register at our front desk!

FUTURE TOONIE TALKS

Pre-registration required - Cost \$2.00

TALKING CIRCLES: - UNDERSTANDING METIS IDENTITY

May 28, 2022, at 2:00 PM.

We have all heard how we are living on Treaty 6 land but do you know what that means? Come join us as we host Talking Circles: Understanding The Metis Identity.

Join us Saturday, May 28, 2022, at 2:00 p.m. as Dr. Chris Andersen, Dean, and Professor, the University of Alberta Faculty of Native Studies presents THE CANADIAN STORY OF THE MÉTIS PEOPLE. During these presentations, we will learn about the Metis People. The conversation will explain identity, scrip, resistance against oppressive government policies, hunting and fishing rights, Road Allowance People, Métis Settlements, and aspects of culture.

Come Join Us:

- \$5.00 – In-person at the Seba Beach Seniors Centre - 109 1 St S, Seba Beach, AB
- Light snacks and beverages will be served to those who join us in person or
- FREE – online via ZOOM
- Register at our front desk!

TALKING CIRCLES: - TREATIES AND CANADIAN LEGISLATION

June 25, at 2:00 PM.

Join us Saturday, June 25, at 2:00 p.m. as Madalyn Mandziuk from the University of Alberta Institute of Prairie and Indigenous Archaeology(IPIA) discusses the impact of government practices such as the banning of Indigenous ceremonies, loss of language, non-existent citizenship rights, and how the colonial system continues to impact indigenous peoples today.

The purpose of our series Talking Circles: Towards Truth And Reconciliation is to learn, understand our biases, and build better relationships between cultural groups. We hope you will join us!

Come Join Us:

- \$5.00 – In-person at the Seba Beach Seniors Centre - 109 1 St S, Seba Beach, AB
- Light snacks and beverages will be served to those who join us in person or
- FREE – online via ZOOM
- Register at our front desk!

FUTURE TOONIE TALKS

Pre-registration required - Cost \$2.00

TALKING CIRCLES: - RESIDENTIAL SCHOOLS

July 23, at 2:00 PM.

As Canadians, many of us were appalled to hear the findings and stories about the residential schools here in Canada.

Join us as we host our Talking Circles series: Residential Schools on Saturday, July 23, at 2:00 p.m. and learn about residential schools and how they continue to have lasting effects on individuals and communities. The purpose of our series Talking Circles: Towards Truth And Reconciliation is to learn, understand our biases, and build better relationships between cultural groups.

Come Join Us:

- \$5.00 – In-person at the Seba Beach Seniors Centre - 109 1 St S, Seba Beach, AB
- Light snacks and beverages will be served to those who join us in person or
- FREE – online via ZOOM
- Register at our front desk!

TALKING CIRCLES: - TRUTH AND RECONCILIATION

August 27, at 2:00 PM.

Definition: truth

Noun – /trōōTH/

a fact or belief that is accepted as true.

Definition: rec·on·cil·i·a·tion

Noun – /,rekən,silē'āSH(ə)n/

the restoration of friendly relations.

Come join us for the last of our Talking Circles series! TRUTH AND RECONCILIATION: Exploring the meaning of “truth” and how all of us can move forward through “reconciliation.”

The purpose of our Talking Circles series has been to learn, understand our biases, and build better relationships between cultural groups. The Seba Beach Seniors Club believes that as Canadians, we are learning every day about our past and about the mistakes made. The Canadian Truth and Reconciliation Report pointed to how we can move past our history. To do so, it's important to understand the background of where we are today in Canada, and in our neighborhood, to see how we can move forward to become stronger together.

Come Join Us:

- \$5.00 – In-person at the Seba Beach Seniors Centre - 109 1 St S, Seba Beach, AB
- Light snacks and beverages will be served to those who join us in person or
- FREE – online via ZOOM
- Register at our front desk!

PROGRAM NEWS

WSAC Golf Group Information Meeting

WSAC's Golf Group will be in full swing again for Spring and Summer 2022

Come join us to learn about the upcoming golf season.

When: Monday, April 11th, @ 1:00 pm

Where: WSAC Games Room

Course Information

When: Tuesdays morning
Wednesdays morning

Where:

Deer Meadows Golf Course
53303A AB-44, Spruce Grove

COST:

The cost is \$18 + GST per round.

A 10 round pass is available for \$180 + GST.

For the pass option, the 11th game will be free!

All fees are payable to the golf course.



COME TRY CARPET BOWLING!

Tuesdays, 12:30 p.m. to 2:30 p.m.

Thursdays, 9:00 a.m. to 11:00 a.m.

\$ 2.00 Drop in



*A fun time to throw a weighted ball
and hope you are closer than them all.*

PROGRAM NEWS

LOVE TO BIKE? COME JOIN US!



IN OUR
BOARD ROOM

BIKE CLUB MEETING
Tuesday April 12th @ 1:00 p.m.

Please Note:

The Bike Group will be meeting on Tuesday, April 12th at 1:00 pm in the Board Room for their annual information meeting

SPRING & SUMMER PROGRAM GUIDE



**2022
PROGRAM GUIDE
NOW
AVAILABLE**

**REGISTRATION
OPENS
WEDNESDAY
APRIL 20TH
AT 1:00 PM**

Please Note:

Pick up the hard copy at our front desk.

FUNDRAISING NEWS



**Any plan for your garden?
Get start from here!**

We are again working with Growing Smiles to bring you a beautiful assortment of bedding plants, hanging baskets and planters.

We have had many outstanding reviews from past customers who have purchased through our Growing Smiles fundraisers and expect the same this spring.

Plants and items available:

- 12" Premium Hanging Basket
- 12" Outdoor Patio Planter
- 12" Rose Patio Planter
- 11" Strawberry Hanging Basket
- 10-pack 4" Assorted Succulents
- 10-pack 4" Assorted Herbs
- 10-pack 4" Assorted Veggies
- 10-pack 4" Zonal Geraniums - Red
- 10-pack 4" Zonal Geraniums - White
- 10-pack 4" Zonal Geraniums - Pink
- 10-pack 4" Wave Petunias - Purple
- 10-pack 4" Wave Petunias - White
- 10-pack 4" Wave Petunias - Pink
- 10-pack 4" Marigolds - Orange
- 30L Premium Organic Potting Soil
- 1.8kg Fertilizer Shaker - Veggie & Flower 10-15-19

**Order and payment deadline is April 28/22 at 4:00 pm
Plants pick up on May 17/22 from 9:00 am to 12:00 pm.**

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 OR Telephone: 780 483 1209 | Ext. 224*

VOLUNTEERS NEEDED

We still have a few key positions that we are looking to fill at our centre. We have been very fortunate to have so many volunteers step forward to help out at our front desk reception but we are still looking to fill shifts on Wednesday and Friday afternoons from 12:30 pm - 4:00 pm. This is a great position if you are a task oriented people person. You would work alongside another volunteer and have staff assistance whenever needed. Here are some other opportunities that we are looking to fill:

CAFE HOST

- Ensure coffee, tea and supplies are regularly available throughout your shift.
- 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
- And more...

TIME COMMITMENT & SHIFTS THAT ARE AVAILABLE

- Thursdays from 11:30 to 1:30 pm.
- Friday from 11:30 to 1:30 pm.

BIRTHDAY PARTY VOLUNTEERS

- Birthday hosting volunteers & Birthday phoning volunteers
- Come to help us to prepare and host the monthly birthday party on the 3rd Wednesday of the month at 2:00 pm and usually runs for about 1 ½ hour.

***NEW VOLUNTEER OPPORTUNITY!

PLANT MAINTENANCE VOLUNTEER

Do you have a love for plants? Volunteer needed!

We have many beautiful plants around our centre and we are looking for one volunteer to look after them on a weekly basis. Please have a look at the position description for more information and send us an application today.

RESPONSIBILITIES

- Weekly watering and care of indoor centre plants
- removing dead leaves
- fertilize and add soil as needed
- approximately one hour once a week

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



Get help navigating government programs and services.

Become an official guest of the Legislature and watch the proceedings of the Legislature in-person.

Have your important documents commissioned or notarized, free of charge.

Request a commemorative scroll, for your anniversary, birthday, or any other milestone.

Edmonton-West Henday

Contact us



780-414-0711



Constituency Office
#103, 14020 - 128 Avenue



Edmonton.WestHenday@assembly.ab.ca

To view or provide feedback on proposals from the Alberta NDP Official Opposition visit: Albertasfuture.ca



TRAVEL TRIPS AND EVENTS

Did you know...you do not need to be a WSAC Member to attend our Travel Trips? Why not bring a friend who is not a member! What a great way to spend the afternoon together and introduce them to the centre!



EASTER IS COMING! COME JOIN US FOR A TURKEY LUNCH

Wednesday, April 13th at 11:30 am
Thursday, April 14th at 11:30 am
Cost: \$15.00

The lunch includes hot turkey sandwich with gravy, house salad, pumpkin pie with whipped cream and beverage.

- Limited tickets available.
- Book your seats at front desk now!

WSAC Travel Trip

Wednesday
May 25th



**FORT
EDMONTON
PARK**

Indigenous Peoples Experience

A TRIP TO LEARN ABOUT Indigenous PEOPLES EXPERIENCE - COME JOIN US!

Gather and explore life through the diversity of First Nations' and Métis peoples' histories, cultures, experiences, and perspectives, local to indigenous life in the Beaver Hills, or Edmonton region.

Deep conversations with over fifty indigenous elders, historians, educators, and community members informed the content. The stories, music, artwork, and text in the experience come from local Indigenous perspectives and voices, gathered through engagement with local Indigenous communities, historical documents, and research.

These stories, teachings, and memories have been passed through millennia. They reflect a rich and resilient history and deep connection to the land and seasons. Whether in Cree, Dene, Anishinaabe, Nakota, Blackfoot, or Michif, this shared knowledge is timeless. It does not just exist in the past. It is here today.

Wednesday, May 25th, 2022

- Leave Centre at 9:20 am
- Arrive Back to Centre at 12:45 pm
- Light Lunch at Selkirk Hotel

Where:

**Fort Edmonton Park
Cost (includes Lunch):**

**\$57.00 for members
\$62.00 for non-members
Sign up deadline – May 13th**

**Please purchase your
tickets at the
WSAC Front Desk.**

TRAVEL TRIPS AND EVENTS



Cost: \$9.00
Purchase tickets at the front desk

SOUTH EDMONTON'S BOUNTIFUL FARMERS' MARKET

See what's happening at Bountiful Farmers' Market, a mini-vacation all year long! Check out the best local producers and makers that Southside Edmonton has to offer. This is your one-stop-shop, everything from fresh local vegetables and meat, local coffee roasters, to Albertan beer and wine...

- Friday, April 8th, 2022
- Bus pick up at WSAC: 10:30 am
- Bus pick up at the market: 1:00 pm
- Return to WSAC by 1:30 pm



LOOKING FOR SOMETHING FUN TO DO TO CELEBRATE EASTER? COME JOIN US!

Our Special Events Committee will be hosting an afternoon of games, activities and a scavenger hunt for you to take part in. Complete an entry form to win a prize.

Thursday, April 14th
2:00 to 4:00 pm.
Cost: \$2 per person
Please register by Monday, April 11th at our front desk.



MONTHLY BIRTHDAY PARTY

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.

There is a \$2 drop in fee for guests.
Upcoming Birthday Party Dates: April 20 and May 18

TRAVEL TRIPS AND EVENTS



2022 VOLUNTEER APPRECIATION EVENT

We are excited to invite you back to our annual Volunteer Appreciation event. Dig out your daisy dukes and cowboy boots and join us for what's sure to be a boot stompin good time.

Lunch will be served and entertainment will be provided by the Wild Rose Old Tyme Fiddlers Association.

We will have games, dancing and door prizes to thank you for being our most valuable "Pardners" at WSAC. This event will be open to both current, 2021 and 2022 volunteers to attend.

April 21st 11:30 am to 1:45 pm.

Cost: Free

Please register
at the WSAC front desk

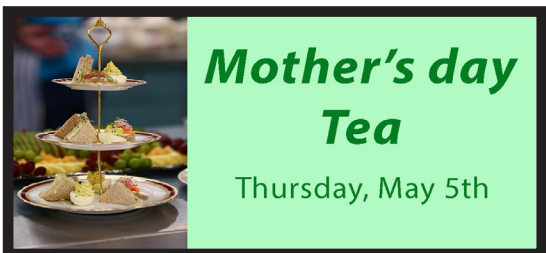


MONTHLY POTLUCK DINNER

Join us for our monthly potluck and enjoy an evening with friends.

Upcoming potluck dates are April 28 and May 26.

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



A DAY TO CELEBRATE ALL THE "MOMS" IN OUR LIVES. COME JOIN US!

Join us for a lovely afternoon of delicious tea, sweets and savouries. Family welcome.

Fascinators, gloves and pearls encouraged but not required.

Thursday, May 5 from 2:00 to 4:00 pm

\$11 members,

\$13 non members.

Ticket Deadline April 29, 2022

Please purchase your tickets at WSAC front desk!

- **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

\$12.00 - \$14.00



Hearty Soup

\$8.00



Muffins

\$6.00



Eggs-emplary Brunch Bowls

\$4.00

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 221
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!**

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



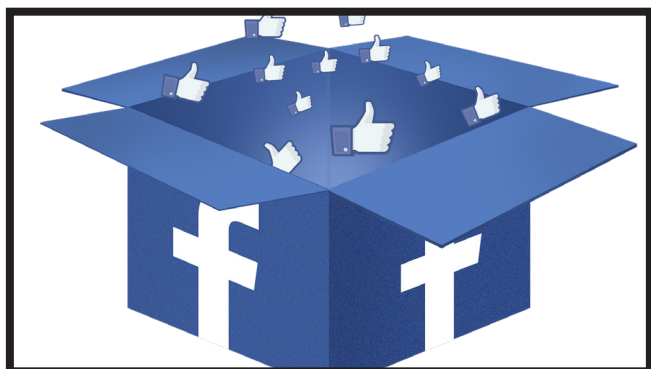
Westend Seniors Activity Centre
www.weseniors.ca

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



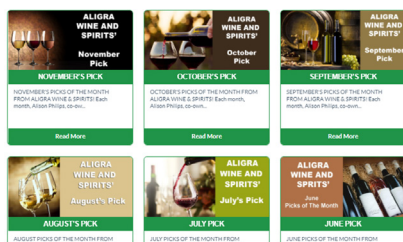
Facebook.com/WESeniors

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!

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!



HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

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

3172

BUSINESSES IN YOUR COMMUNITY



Lucky JACKPOT

50/50 RAFFLE

BUY TICKETS ONLINE
FORTED5050.COM

Proceeds support the Fort Edmonton Foundation's fundraising for capital projects and initiatives at Fort Edmonton Park. Ticket sales end on Mar. 17 at 11:59 p.m. License #593026. See website for complete rules.



FORT EDMONTON FOUNDATION



simply music piano

Come Learn To Play Piano!

- Learning to play piano is faster and easier with the Simply Music method!
- Anyone at any age can do it...even if you think you are "not musical:" or if you struggled with piano lessons when you were young!
- Learn to play great-sounding contemporary, classical, gospel, blues and accompaniment pieces from your very first lessons!

Want To See If This Is A Fit For You?

Come for a free introductory session where we will demonstrate some of the songs and tools we use to make playing the piano easy and fun!

Individual & Group Lessons Available!

- Lessons are 4x each month
- Individuals pay \$130/month
- Bring a Friend and save! 2 or more participants - \$110 each/month

Curious? Please Give Me A Call!

Sandra L. Marcus - Licensed Simply Music Instructor

Call: 780 271-9904 Email: creativekeys99@gmail.com

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.



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.

INTERESTED IN ADVERTISING WITH US?

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