

# 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.*

**March  
2022**



### **This Month's Issue:**

**March Toonie Talks  
Wvac Group Insurance Program  
Introducing Our Staff Members  
WSAC Annual General Meeting  
Volunteer News & Appreciation Day  
St. Patrick's Day Pancake Brunch  
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](mailto:main@armourinsurance.ca)  
Visit our office - 5750-75th Street NW Edmonton

# CENTRE NEWS

## **WSAC ANNUAL GENERAL MEETING**

Our Annual General Meeting will be held on Thursday, March 24 at 10:00 am in WSAC Community Cafe.

### **DOCUMENTS:**

With this announcement, the following items are for your consideration. Please visit our website if you would like to view or download the following documents prior to the meeting. You can also ask for a copy at our front desk

- Special Resolution
- 2021 AGM minutes
- 2022 AGM agenda
- Draft Audited Financial Statement

### **NOMINEES:**

We have 5 candidates for our 2022 WSAC Board of Directors and 1 candidate for the President position

### **PRESIDENT CANDIDATE**

- Barbara Gibson

### **BOARD OF DIRECTORS CANDIDATES**

- Kaye Langager
- Lois Thurston
- Lorne Brackenbury
- Ryan Park
- Sharon Quickfall

### **CANDIDATE FORUM**

- Friday, March 11th at 10 am

## **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

# CENTRE NEWS

## **ANNOUNCEMENT OF NEW OPERATIONS MANAGER - BARBARA JAFFRAY**

Staff and Board Members,

After 4 weeks of interviews and careful consideration, I would like to announce that effective March 1st, 2022, Barbara Jaffray will be offered the new position of Operations Manager.

Since joining us in early January, Barbara has demonstrated that she is a good fit for this organization, not only from her HARD professional skills, but also her SOFT interpersonal skills. With her 30 years of experience working with seniors, I'm confident that Barbara will elevate the organization to a whole new level.

Also to clarify, Barbara will also fulfill her program manager position at this point until we recruit another program staff.

Please join me to congratulate Ms. Barbara Jaffray.



## **CITY OF EDMONTON MASK BYLAW SURVEY**

On March 1st, the provincial order requiring Albertans to wear face masks in indoor public spaces ends except while on public transit, at AHS facilities, and in all continuing care settings. The City of Edmonton's Temporary Face Coverings Bylaw (Mask Bylaw C19408) will still be in effect. That means Edmontonians 2 years of age and older will be required to wear a face mask in indoor public spaces like malls, retail stores, recreation centres, transit and transit centres and taxis. There are some exemptions that apply.

Your answers to the following questions will be used to inform Council members as they make decisions about the bylaw.

### **VISIT THE WEBSITE AND COMPLETE THE SURVEY**

1. Visit their website - <https://www.edmontoninsightcommunity.ca/>
2. Create a user name and password
3. Click on the link to complete the survey





# TRAVEL TRIP SURVEY

## WE WOULD LIKE TO HEAR FROM YOU!

Would you be willing to participate in an activity scheduled for the weekend ?(Required)

Yes

No

Would you be willing to participate in an activity scheduled in the evening?(Required)

Yes

No

What cost range would you like most activities to be in?

Under \$50.00

\$50.00 to \$100.00

over \$100.00

What type of activities would you like the Travel Committee to plan? Please check all that apply.

- Cultural Tours (eg RAM, Rutherford House, Art Gallery)
- Live Theatre or Concerts (eg Jubilations)
- Dinners
- Sporting Events (eg Oilers, Elks, Baseball , Soccer games)
- Rural Community Tours
- Outdoor Activities (eg Heritage Festival, Symphony in the Park, Fringe Festival)
- Casinos (eg River Cree)
- Craft Shows (eg Butterdome)
- Food Markets (eg Bountiful)
- Garden Centres (eg Greenland)

Would you feel comfortable traveling in a bus to an activity?(Required)

Bus at full capacity

Bus at half capacity

What is your preferred length of time from the centre traveling to an activity? Please check all that apply.

- Up to one hour
- One to two hours
- Over two hours

Please list activities, places, tours, etc that you would like the Travel Committee to look into as a possible activity.

**PLEASE DROP YOUR COMPLETED FORMS OFF AT OUR FRONT DESK**

# MARCH 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](mailto:yunxuan@weseniors.ca)**
- **Visit our centre - 9629 176 Street NW**

**Come Join Us!**

## **GREAT TIPS TO PREVENT SLIPS AND TRIPS - PRESENTED BY CURA PHYSICAL THERAPIES**

When: Tuesday, March 1st, 2022 @ 1:30 p.m.

Where: WSAC Community Cafe

Cost: \$2.00

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

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
- Where can I find help?

## **SENIOR CARE FUNDING - PRESENTED BY EXQUISICARE**

When: Thursday, March 3rd, 2022 @ 1:30 p.m.

Where: WSAC Community Cafe

Cost: \$2.00

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

**CANCELLED**

It can be confusing and overwhelming to know where to turn when you need help. Wendy Hoover with Care at Home will outline some of the many resources available to seniors, and how to access them.

# MARCH TOONIE TALKS

Pre-registration required - Cost \$2.00

## **AGING WELL IN YOUR NEIGHBOURHOOD -PRESENTED ABUNDANT COMMUNITY EDMONTON**

When: Tuesday, March 8th, 2022 @ 1:30 p.m.

Where: WSAC Community Cafe

Cost:\$2.00

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

Whether you have lived in your neighbourhood for a long time or whether you are new to the area you call home, the importance of connecting with your neighbours is the same.

This talk will explore how our neighbourhoods are an important source of our health. Discover the health-giving power that exists where you live. Neighbourhoods are “the villages” that can reasonably and responsibly offer care by looking out for one another. Learn more about how citizens of all ages are contributing to a culture of care and connection through Abundant Community Edmonton.

Participants will be invited to share neighbourhood stories and interests to identify the gifts found in the room so that together we can create a healthy and neighbourly city!

## **PART 03 – THE JOY OF DOWNSIZING - PRESENTED BY JODY LAMBERTUS – CENTURY 21 REALTY**

When: Tuesday, March 15th, 2022 @ 1:30 p.m.

Where: WSAC Community Cafe

Cost: \$2.00

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

We summarize parts 1 and 2 of our downsizing presentations:

- how to start before you think you need to move and develop a plan
- the financial, emotional, and health proved benefits of downsizing, as well as the concerns to address BEFORE you decide to downsize
- what to do next, after you've made the decision to downsize
- how to get your home ready for sale, how to find your next home and who should be involved.

Enjoy this interactive learning experience through worksheets, checklists and navigate your decision to downsize with more confidence and clarity!

# MARCH TOONIE TALKS

Pre-registration required - Cost \$2.00

## **HEART DISEASE AND DIABETES: GUIDE TO SELF-MANAGEMENT - PRESENTED BY TERRA LOSA PHARMACY**

When: Thursday, March 17th, 2022 @ 1:30 p.m.

Where: WSAC Community Cafe

Cost:\$2.00

How To Register: email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

Getting older can bring senior health challenges. By being aware of these common chronic conditions, you can take steps to stave off disease as you age. Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease.

***About 80% of people over 65 have at least one chronic condition, and nearly 70% have two or more.***

Heart disease and diabetes are two common chronic conditions can bring serious health risks for seniors if remained uncontrolled. Luckily, there's a lot you can do to lower your risk for and improve your overall long-term health outlook Self-management represents a key-role in managing these two chronic conditions. Learn some strategies and health tips to give you control over your health concerns.

## **BALANCE AND YOU**

**- PRESENTED BY DR. RAJ DHALIWAL FROM PROVIDENCE CHIROPRACTIC**

When: Wednesday, March 23rd, 2022 @ 1:30 p.m.

Where: WSAC Community Cafe

Cost: \$2.00

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

Join Dr. Raj Dhaliwal from Providence Chiropractic to talk about how the balance will affect you, which will include:

- What is Balance?
- Components of Balance
- Age related info about Balance
- How does balance change: trauma, toxins, time.
- How to maintain and enhance your balance?

# MARCH TOONIE TALKS

Pre-registration required - Cost \$2.00

## **HISTORY OF FORT EDMONTON PARK – PRESENTED BY FORT EDMONTON PARK FOUNDATION**

When: Tuesday, March 29th – 1:30 p.m.

Where: WSAC Community Cafe

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

Opening with a brief overview of Fort Edmonton Foundation's history, Marc Quinn, Manager of Corporate Sponsorship at the Foundation, will walk us through the process of engaging the greater community in the development of Fort Edmonton Park.

Since 2017, Marc has learned much about the concept for Fort Edmonton Park as Canada's largest living history museum and shared that message with many groups and businesses as a means of seeking financial support for it's biggest single expansion since the Park first opened to Edmontonians in 1974.

So far, that support has led to the reopening of the Park after nearly three years of construction, with a new Midway, a new front entry plaza and the new Indigenous People's Experience, but the campaign to support this and other projects coming in the future is far from over.

Join us and learn more about how this amazing community legacy project has come to life and continues to grow into the future.

## **PICKING THE RIGHT PAINT AND HOW BEST TO APPLY PRESENTED BY THE BRILLIANT BRUSH**

When: Wednesday, April 6th, 2022 @ 1:30 pm

Where: WSAC Cafe

Cost:\$2.00

Register: Send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)

Spring is here and for many of us that means it is time to spruce up our homes!

***Did you know that the paint product you pick is as important as the colour?***

Learn a little science about paint to help understand why there are so many paint product choices. This understanding will help you pick the right product for your project. We will then give an overview of the industry standard application sequence and give you some tips and tricks when applying.

# 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  
14020 128 Ave NW



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





# INTRODUCING OUR STAFF

## Introducing Andy Chen - Program Coordinator

### INTRODUCING ANDY CHEN - PROGRAM COORDINATOR

Andy joined our organization in May 2021. If you take one of our online classes then you have met Andy Chen!

From hosting the online classes, to providing free zoom training, Andy has become the online guru here at our centre and has become a valuable member of our Program Team



#### **Andy, tell us a little bit about yourself**

Hello everyone, my name is Andy. I moved to Canada when I was 19 years old. I finished my undergraduate degree at the University of Alberta, majoring in Chemistry and Mathematics.

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

I worked in an analytical lab for 2 years, I then decided to change my career path by accepting the offer of the Online Administrator position from Westend Seniors Activity Centre. It was a huge change for me because I used to work in an environment with chemicals and analytical instruments. The administration job is totally different for me as I need to engage with people!! I realized I really enjoy working in this environment because I am meeting new people all the time and I really enjoy getting to know everyone! I especially love to help members with the technical problems they have as I always feel really happy and content after I help our members solve the technical difficulties!

#### **When you first started working here, what was one of the things that surprised you the most?**

I was really surprised the centre offers so many different classes to the members. There are fitness classes with different focus and intensities, there are so many yoga classes, and they are all very popular. The art classes and lifelong learning classes are interesting as well. We have so many talented members who can do acrylics, paint and speak French or Spanish. I'm impressed by the members because they keep doing exercises and learning new things.

#### **Any advice for someone who has never tried one of our online classes?**

-Online classes are great and flexible. Just imagine, you can still do exercise and yoga at home with our awesome instructors and no need to worry about the bad weather, icy roads and terrible traffic. Meanwhile, ZOOM, which is the software we used for virtual classes, is quite easy to use. We have prepared the guide and video for showing you how to use ZOOM step by step. You can also book the free ZOOM training session with us. You will love the online classes once you try them.

***Make sure to watch our upcoming issues of The Chronicle as we will continue to feature our staff members here at the centre!***

***And remember to say "Hi" and introduce yourselves to them too!***

# 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!*

*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

Registration via WSAC is closed. However, if you are still interested in attending – you can go right to Jubilations at West Edmonton Mall and purchase tickets for the production and if you mention to Jubilations you are members of WSAC, they will sit you close to the WSAC group.



**VOLUNTEER APPRECIATION  
SAVE THE DATE!**

**THURSDAY, APRIL 21ST**

We are excited to invite you back to our annual Volunteer Appreciation event.

Our western themed shindig will be on April 21 from 11:30 am to 1:45 pm.

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.

Please register at our front desk - tickets are limited. This event will be open to both current, 2021 and 2022 volunteers to attend.

# EVENTS AT OUR CENTRE

## Monthly Birthday Party

everyone welcome



### 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. Since we had to cancel our parties in December and January, attendance will be free for those with birthdays those months. There is a \$2 drop in fee for guests.

Upcoming Birthday Party Dates  
March 16, 2022

## Monthly Potluck Dinner

everyone welcome



### MONTHLY POTLUCK DINNER

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

March 31, 2022 and April 28, 2022  
5:00 pm to 7:00 pm.  
Please bring a dish to share.

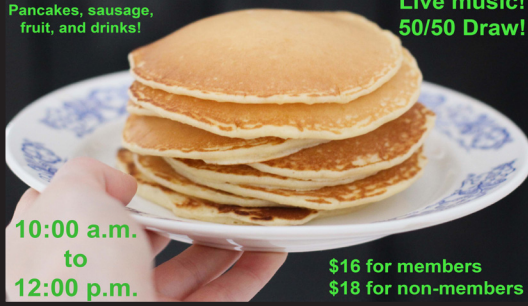
\$2 drop in fee.  
Proof of vaccination will be required.

## ST. PATRICK'S DAY PANCAKE BRUNCH

Thursday, March 17

Pancakes, sausage,  
fruit, and drinks!

Live music!  
50/50 Draw!



10:00 a.m.  
to  
12:00 p.m.

\$16 for members  
\$18 for non-members

### ST. PATRICK'S DAY PANCAKE BRUNCH

Treat yourself to a tasty brunch of pancakes, sausages, fruit and beverages at WSAC's St. Patrick's Day Brunch

Thursday March 17 10:00 am to 12:00 pm

Enjoy entertainment by the talented Terry Jorden who will play piano and sing some of your favourites. Try your luck with our 50/50 draw or cross your fingers in hopes of winning a door prize. A great time will be had by all.

Tickets are \$16 for members or \$19 for non-members.  
Ticket purchase deadline is Friday March 11.

# VOLUNTEERS NEWS

*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*

## FRONT DESK RECEPTIONIST

We have been very fortunate to have so many volunteers step forward to help out at our front desk reception. This is a great position if you are a task-oriented person. You would work alongside another volunteer and have staff assistance whenever needed.

### TIME COMMITMENT & SHIFTS THAT ARE AVAILABLE

- Wednesday afternoons from 12:30 pm – 4:00 pm.
- Friday afternoons from 12:30 pm – 4:00 pm.

## 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.

## VOLUNTEER FEEDBACK SURVEY

We have only received a handful of volunteer surveys back and are really hoping to get more feedback on what you enjoy about volunteering at WSAC and what suggestions you have for us to improve. You will be able to access the survey until March 11 on our website or you can pick up a paper copy at our front desk. We hope to hear from you soon!

Email: [Heather@weseniors.ca](mailto:Heather@weseniors.ca)  
Telephone#: 780 483-1209 Ext. 224

# VOLUNTEERS NEWS

*Connecting with others never grows old!*

## **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

## **TRINITY UNITED CHURCH - ONSITE VOLUNTEER**

WSAC has joined up with the LaPerle Community League and Trinity United Church to bring seniors recreational activities in their own communities. In March of 2022, we will start offering both registered classes and drop in programs at these two locations and we are in need of volunteers to assist us in making them run smoothly. This could be people who are already planning to participate in these activities or just someone who is looking to help out a few hours a week. It is also an option to just do one day a week or multiple days if you prefer.

### **RESPONSIBILITIES**

- Checking for proof of vaccination
- Documenting who is attending and collecting the drop in fees.

### **TRAINING**

- Training provided on the use of MySeniors and other administrative duties.

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

- Practice Bridge & Scrabble – Mondays, 9:20 AM – 11:30 AM
- Contract Bridge & Euchre- Tuesdays, 9:20 AM – 11:30 AM
- Cribbage & Whist- Wednesdays, 9:20 AM – 11:30 AM

**TRINITY UNITED CHURCH- 8810 Meadowlark Rd (West/Across from Meadowlark mall!)**



- **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



## Lucky JACKPOT

50/50 RAFFLE

BUY TICKETS ONLINE  
[FORTED5050.COM](http://FORTED5050.COM)



FORT  
EDMONTON  
FOUNDATION

*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.*



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](mailto: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?

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



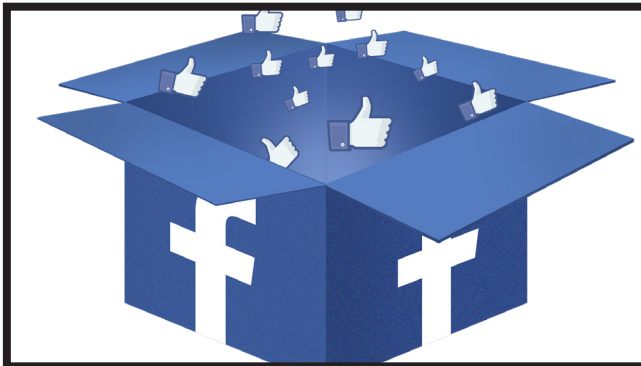
Westend Seniors Activity Centre  
[www.weseniors.ca](http://www.weseniors.ca)

## 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)



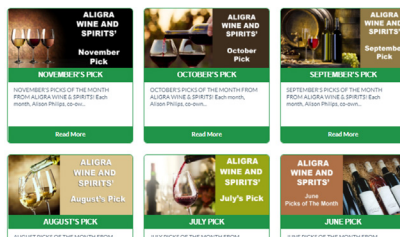
[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)

## 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!

**3172**

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

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



# 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/)*