

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.

**May
2022**



This Month's Issue:

Older, Bolder, Better™
May Toonie Talks
Mayerthorpe Day Trip
Fathers Day BBQ
Drop-In Clinic
& 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!*

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

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

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:

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

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

CENTRE NEWS



WE Seniors

Westend Seniors Activity Centre

WESeniors.ca • Facebook.com/WESeniors



**OLDER
BOLDER
BETTER™**

SAVE THE DATE!

We are excited to announce that we are hosting the **24th annual Older, Bolder, Better!™** Tradeshow on **Thursday, June 9th 2022**, during **Alberta Seniors Week!**

2019 WAS OUR BEST EVENT EVER!

June 2019 was our biggest event ever – we had over 800 participants and 80 exhibitors & vendors in only 4 hours!

AN OUTDOOR FARMERS MARKET!

In addition to our regular tradeshow, we will be hosting an Outdoor Market. Enjoy shopping at all the jewelry makers, crafters, bakers and other artisans selling their products at the outdoor market!

If you are interested in being a vendor or volunteer at our market, please email our Event Manager, Heather Riberdy: heather@weseniors.ca

SCHEDULE:

9:00 AM - 10:00 AM – Guest speakers
10:00 AM - 2:00 PM – Tradeshow & Symposium

Looking forward to seeing you here!

*Proof of vaccination will be required to enter the building.

MAY TOONIE TALKS

Pre-registration encouraged - Cost \$2.00

**OPEN TO
THE PUBLIC!**

Pre-registration encouraged:

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

Come Join Us!

SOUND CONNECTS US

**– PRESENTED BY RON AND
MARCIA FROM STANFORD
HEARING**

When: Tuesday, May 10th @ 1:30PM
Where: WSAC Cafe
Cost: \$2.00
Register: Email yunxuan@weseniors.ca

Sound Connects Us, to better understand hearing loss we must first learn how the ear allows us to listen in our surroundings. This will cover the division of the ear and their functions. We will review hearing testing and the different types of hearing loss. Followed by the actions one should take to better their lives and being successful with listening.

RISE ABOVE

**– A PRESENTATION ON GRIEF BY
SILVER FERN COUNSELLING**

When: Wednesday, May 11th @ 1:30PM
Where: WSAC Cafe
Cost: \$2.00
Register: Email yunxuan@weseniors.ca

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.

MAY TOONIE TALKS

Pre-registration encouraged - Cost \$2.00

HOW TO SLAM THE SCAM!

– PRESENTED BY SERVUS CREDIT UNION

When: Thursday, May 12th @ 1:30PM
Where: WSAC Community Cafe
Cost: \$2.00
Register: Email yunxuan@weseniors.ca

Come learn about common scams including:

- Internet
- Telephone
- Face to face
- Plastic cards
- Bank accounts

And general ways to keep yourself safe in today's modern environment

TALKING CIRCLES

- UNDERSTANDING METIS IDENTITY

When: Saturday, May 28th @ 2:00PM
Where: Seba Beach Seniors Centre
- 109 1 ST S, SEBA BEACH, AB
Cost: \$5.00 OR FREE ONLINE VIA ZOOM
Register: At our front desk

Light snacks and beverages will be served to those who join us in person.

Join us again on June 25th, July 23rd and August 27th for more *Talking Circles*.

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*.

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.

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!

MAY TOONIE TALKS

Pre-registration encouraged - Cost \$2.00

COME JOIN US!

Did you know: 1 in 3 cases of dementia are preventable through lifestyle changes and cognitive stimulation. During our 8 week “Fit Minds” series we will focus on a different aspect of brain health each week, and we’ll take a deeper dive to understand positive steps that you can take now to keep your brain healthy.

MAY 10TH

FIT MINDS WEEK ONE:

LIVING A BRAIN HEALTHY LIFESTYLE

When: Tuesday, May 10th 2022
11:00AM — 12:00PM

Where: WSAC board room

Cost: \$2.00

Register: Email yunxuan@weseniors.ca
or visit: [WESeniors.ca/whats_new/fit-minds](https://www.weseniors.ca/whats_new/fit-minds)

We’ll review the science behind Brain Health. Participants will receive a takeaway article on brain health; self assessment on the Brain Healthy Lifestyle; we’ll complete exercises across the five area of cognition; and we’ll do a challenge on hydration.

MAY 17TH

FIT MINDS WEEK TWO:

THE IMPORTANCE OF PHYSICAL ACTIVITY

When: Tuesday, May 17th 2022
11:00AM — 12:00PM

Where: WSAC board room

Cost: \$2.00

Register: Email yunxuan@weseniors.ca
or visit: [WESeniors.ca/whats_new/fit-minds](https://www.weseniors.ca/whats_new/fit-minds)

We’ll review the importance of Physical Activity and challenges we face staying active; complete exercises across the five areas of cognition; how to build an ambidextrous brain; and participants will receive a take-home challenge to complete.

MAY TOONIE TALKS

Pre-registration encouraged - Cost \$2.00

MAY 24TH

FIT MINDS WEEK THREE:

THE IMPORTANCE OF COGNITIVE ACTIVITY

When: Tuesday, May 24th 2022
11:00AM — 12:00PM

Where: WSAC board room

Cost: \$2.00

Register: Email yunxuan@weseniors.ca
or visit: WESeniors.ca/whats_new/fit-minds

This week we will complete exercises across the five areas of cognition; how to engage with novel and complex ideas to maintain brain health; and participants will receive a take-home puzzle to complete.

MAY 31ST

FIT MINDS WEEK FOUR:

UNDERSTANDING HOW NUTRITION IMPACTS BRAIN HEALTH

When: Tuesday, May 31st 2022
11:00AM — 12:00PM

Where: WSAC board room

Cost: \$2.00

Register: Email yunxuan@weseniors.ca
or visit: WESeniors.ca/whats_new/fit-minds

We will review brain essential nutrients; participants will work together on puzzles and exercise across the five areas of cognition; and participants will receive some ideas to support themselves when seeking proper nutrition.

Join us again on June 7th, 14th, 21st, & 28th
for the final 4 “*Fit Minds*” Sessions!

PROGRAM NEWS

KNITTING GROUP

Love to knit/crochet? Enjoy chatting?

Bring your knitting to WSAC, and join other knitters in the Community Cafe.

Enjoy a coffee or tea with company!

**Bring your own project with you on
the 1st & 3rd Monday every month
from 1:30 PM - 3:30 PM**

Drop-in fee: \$2.00

ONLINE CLASSES

Don't forget we have online programming available including:
Art, Dance, Fitness, Life Long Learning, and Yoga & Wellness classes.

Visit our website for opportunities to stay active and connected while you're relaxing at home or away at the cottage this summer!

PROGRAM NEWS



DYNAMIC MOVEMENT

Ready to take your fitness to the next level? Increases your cardio & flexibility while building your strength with the one hour class.

Just bring your own:

Yoga mat, small towel, water bottle, power bands, hand weights and proper footwear.

SPRING & SUMMER

Monday, May 9th – June 20th
NO CLASS ON MAY 23rd
(6 classes total)

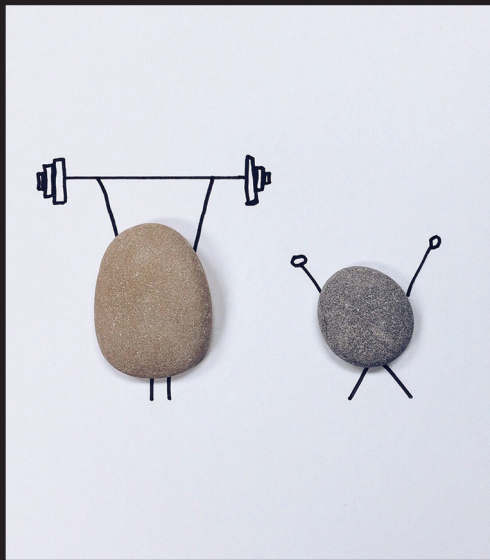
12:00 PM – 12:50 PM

Cost \$45

Monday, July 4th – July 25th (4 Classes)

Monday, August 8th - August 29th (4 Classes)

Cost \$30.00



TOTAL BODY WORKOUT THROUGH BARRE

This challenging class includes exercises in a standing position as well as floor work.

Just bring your own:

Yoga mat, water bottle, resistance bands and band loop, and hand weights.

SPRING & SUMMER

Tuesday, May 10th – June 21st
(7 classes total)

10:15 AM – 11:15 AM

Cost \$56

Tuesday, July 5th – July 26th (4 Classes)

Tuesday, August 9th – August 30th (4 Classes)

Cost \$32.00



TOTAL FITNESS FOR THE ACTIVE AGERS

Don't miss out! Limited spots available for this popular class!

Just bring your own:

Yoga mat, bender ball, and hand weights.

SPRING & SUMMER

Monday, May 9th – June 20th
NO CLASS ON MAY 23rd
(6 classes total)

10:15 AM – 11:15 AM

Cost \$56

Tuesday, July 5th – July 26th (4 Classes)

Tuesday, August 9th – August 30th (4 Classes)

Cost \$32.00

FUNDRAISING NEWS



SAVE THE DATE!

**Tuesday, May 17th
9:00 am to 12:00 pm**

Stop by and grab a few plants to add to your garden and help support the centre.

Available will be:

4" pots of Geraniums \$4.00

4" pots of Wave Petunias \$4.00

4" pots of Marigoldsv \$3.50

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*

OLDER, BOLDER, BETTER™ TRADESHOW VOLUNTEERS NEEDED! JUNE 9TH 2022

Outdoor market vendor check in

7:45 AM - 9:30 AM

Check vendors in as they arrive for the outdoor market - Give directions to their spaces

Info Tables

9:30 AM - 12:00 PM OR 12:00 AM - 2:00 PM

Provide information on WSAC programs, volunteer opportunities, meal program, etc. - Information provided along with a list of FAQs and answers

50/50 & Lunch Ticket Sellers

9:00 - 11:30 AM OR 11:30 - 2:00 PM

Selling 50/50 tickets and pre-selling lunch tickets to avoid line ups. Two locations: the games room & outside the gym - 2 volunteers at each location per shift - Cashier: processing cash & credit card payments - Ticket Handler: fill out purchaser information on tickets

Parking lot attendant

8:30 - 10:30 AM OR 10:30 AM - 12:30 PM

Monitoring the WSAC parking lot or the Beulah Alliance Church overflow lot, ensure proper parking - Directing people to overflow or to the waiting area for shuttle pick up - 2 volunteers per shift

Food Prep

Time to be determined

Assisting with food prep for lunch

Food Service

11:00 AM - 1:30 PM

Taking meal tickets and serving lunch

Greeter

8:30 AM - 11:30 AM OR 11:30 AM - 2:00 PM

Direct vendors to gym - Hand out business directories - Answer questions

Vendor Lunch Delivery

11:30 AM - 1:00 PM

Delivering food to vendors inside & at the outdoor market - 4 volunteers needed

Coffee

8:30 - 10:30 OR 10:30 AM - 12:30 PM OR 12:30 PM - 2:30 PM

Make coffee, ensure all condiments and supplies are kept replenished - Two stations: the cafe & in the games room - 1 volunteer at each station per shift - Clean up of coffee station at end of day for 12:30-2:30 pm shift

Clean Up

2:00 PM - 3:30 PM

Assist with putting away tables & chairs throughout the centre - 6 volunteers needed

Floater

9:30 - 11:00 AM OR 11:00 AM - 12:30 PM OR 12:30 - 2:00 PM

Check in with other volunteers to see if they need change for their floats, bathroom breaks, coffee, etc. - Check in with vendors at outdoor market - 1 volunteer needed per shift

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

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 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.

Jon Carson, MLA

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!

A TRIP TO LEARN ABOUT INDIGENOUS PEOPLES EXPERIENCE

COME JOIN US!

Gather and explore life through the diversity of First Nations' & 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.

FORT EDMONTON PARK

Wednesday, May 25th, 2022

Leave at 9:20 AM Back at 12:45 PM

Light Lunch at Selkirk Hotel (included in cost)

Cost: \$57.00 for members

\$62.00 for non-members

Sign up deadline Friday, May 13th

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

WSAC Travel Trip

Wednesday
May 25th



FORT
EDMONTON
PARK

Indigenous Peoples Experience

FIRST DAY OF SUMMER, TAKE A TRIP!

Join us as we take a day trip to Mayerthorpe, Alberta! We will be stopping at the Rochfort Bridge and the Fallen Four Memorial before lunching at The Trading Post Restaurant (not included in cost).

MAYERTHORPE, ALBERTA

Tuesday, June 21st 2022

Leave at 9:30 AM Back at 3:00(ish) PM

Cost: \$67.00 (Members)

\$72.00 (Non-Members)

Sign up deadline Monday, June 13th

Purchase tickets at the front desk

**MAYERTHORPE,
ALBERTA!**

Tuesday June 21st, 2022

TRAVEL TRIPS AND EVENTS

**DROP IN CLINIC AT WSAC
EVERY TUESDAY
1PM – 8PM**



**WEEKLY CLINIC HERE AT
OUR CENTRE!**

BOOK AN APPOINTMENT

Visit the WSAC front desk
Brienne Bu – WSAC Home Support Coordinator
P: 780 483-1209 Ext. 232
E: Brienne@weseniors.ca

Appointment Dates: May 10th, 17th, 24th, & 31st

Each week, a doctor or nurse practitioner from Canada Homecare Group will be on-site, taking booked and drop-in appointments.

All services provided are covered by Alberta Health Care!

Monthly Birthday Party! Everyone Welcome!

*Join us
Wednesday
May 18th
2pm – 3pm*

You were born closer to the moon landing than to the invention of the Nintendo Wii.

**MONTHLY BIRTHDAY
PARTY**

BIRTHDAY PARTIES ARE BACK!!

May 18th 2:00 PM - 3:00 PM

There is a \$2 drop in fee for guests.

Join us the 3rd Wednesday each month to celebrate your birthday. Our next celebration will be on June 15th!

Pre-registration will be required for you and your guests. You can either call the centre at 780 483-1209 or stop in at our front desk to register.

Monthly Potluck Dinner

**Come Join Us!
Thursday May 26th
@ 5:00 p.m.
in our Community Cafe!**

Please bring a dish for 4 to 6 people

**MONTHLY POTLUCK
DINNER**

JOIN OUR MONTHLY POTLUCK & ENJOY AN EVENING WITH FRIENDS

Thursday, May 26th 5:00 PM to 7:00 PM

WSAC Community Cafe

Bring a dish for 4-6 people to share

There is a \$2 drop in fee

Proof of vaccination will be required

Join us for our monthly potluck held on the last Thursday every month to enjoy an evening with friends. Our next dinner will be held on June 30th.

TRAVEL TRIPS AND EVENTS



Save The Date!
June 9th, 2022
9:30 am to 2:00 pm

GROW OLDER, BOLDER, & BETTER!

We are very excited to announce that we will be hosting the 24th Annual Older, Bolder, Better!TM Tradeshow!

This year, in addition to our regular tradeshow, we will be hosting an Outdoor Market. Be sure to visit our many jewelry makers, crafters, bakers and other artisans selling their products at our market!

OLDER, BOLDER, BETTERTM



JOIN US FOR GINS IN JUNE

Hosted by Aligra Wine & Spirits

Tuesday, June 14th, 2022
6:00 p.m. Community Cafe

Tickets \$20 Limited Spots
available

TRY A NEW GIN COCKTAIL!

Tuesday, June 14th @ 6:00 PM

WSAC Community Cafe

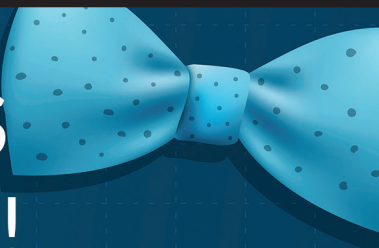
Tickets: \$20.00

Nothing says summer sipping like a refreshing gin cocktail! Whether it's a simple Gin & Tonic or a Singapore Sling, Gin has always been one of the most popular summer spirits. If you're a real Gin Lover or a wannabe, let's have some fun and taste a few different styles of Gin!

Purchase your tickets at WSAC front desk or by phone at 780 483-1209

GINS IN JUNE

FATHERS DAY BBQ!



Friday, June 17
5:00 PM - 7:00 PM

TIME TO CELEBRATE ALL THE GREAT DADS OUT THERE.

Friday, June 17th 5:00 PM - 7:00 PM

Come on out for an evening barbecue with family and friends. Don't miss the cash bar, 50/50 raffle, and your chance to win one of our door prizes!

Tickets: \$14.00 for members
\$16.00 for non-members

The ticket deadline is Friday, June 10th
Purchase your tickets at WSAC front desk!

FATHER'S DAY BBQ

- **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



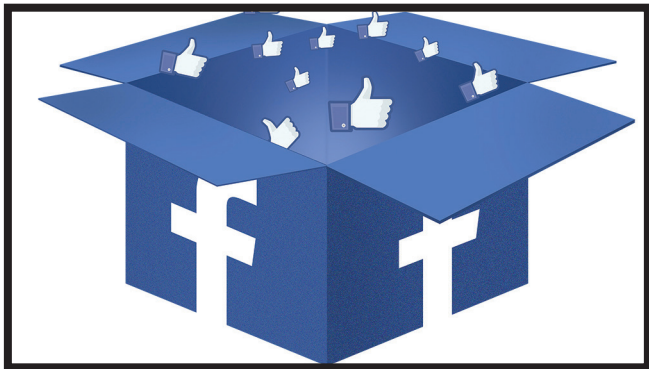
Did you know each week we update our website with the latest WSAC news!

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](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!



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.

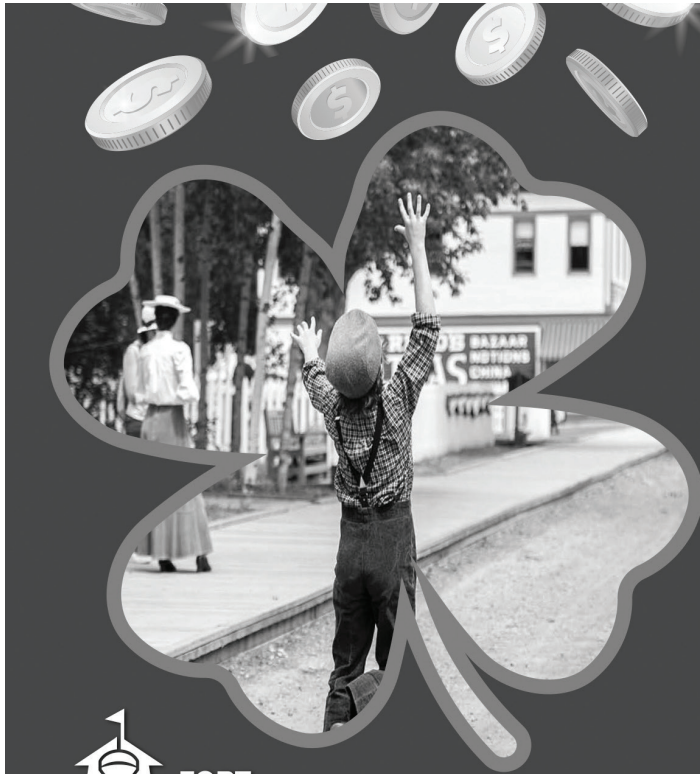
Follow us on Instagram
We promise you won't be disappointed!

3172

HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

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

BUSINESSES IN YOUR COMMUNITY



Lucky JACKPOT

50/50 RAFFLE

**BUY TICKETS ONLINE
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.

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

IN CASE YOU MISSED IT!

SENIORS FRAUD ALERT WEBSITE LAUNCH

On Monday, May 2nd 2022, the YEG Seniors Alliance launched the Seniors Fraud Alert website!

Created by seniors for seniors, this website is a way for older adults to spot and stop seniors scams.

Senior Fraud Alert is an education and prevention initiative led by the YEG Seniors Alliance in partnership with the Edmonton Police Force and funded by the Edmonton Community Foundation.

We were very fortunate to have the Hon. Josephine Pon, Minister of Seniors & Housing welcome everyone and Chief of Police, Dale McFee, reminded everyone that "*criminals are lazy*" and if we **work together we CAN prevent them from taking advantage of us.**

IDENTIFYING THE PROBLEM

YEG Seniors Alliance Social Workers noticed seniors repeatedly being the victims of internet & phone fraud even after being educated about scams. After speaking with seniors who had experienced being defrauded on multiple occasions it became clear that the current fraud prevention resources were ineffective for seniors.

MAKING THE SOLUTION

The Senior Fraud Alert is effective because it takes a different approach. Written in plain language free from jargon and technical terms, given in small educational modules that provided simple solutions. Our senior-focused website was written by seniors for seniors, featuring positive and empowering rather than negative and fear-inducing messages.

Visit the website to learn more! SENIORFRAUDALERT.CA

BASED ON THE RESULTS OF OUR RECENT VACCINATION POLL, OUR COVID POLICIES WILL REMAIN IN EFFECT

INDIVIDUALS NOT FULLY VACCINATED (1 DOSE OR LESS) are not allowed to enter our centre.

NEGATIVE TEST BUT STILL HAVE SYMPTOMS please 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



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

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Edmonton, AB T5T 6B3

Telephone Number: 780 483-1209

Website

www.weseniors.ca

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