

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.

**JUNE
2022**



This Month's Issue:

WESeniors Strathcona County

June Toonie Talks

Try It Days

Events

& 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>	\$20,000	\$35,000
<i>Additional Living Expense</i>	\$4,000	\$14,000
<i>Personal Liability Coverage</i>	\$1,000,000	\$2,000,000
<i>Administration fee</i>	\$25.00	none
<i>Deductible</i>	\$500.00	\$1000.00
<i>Cost per year</i>	\$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 Us - 1-855-475-0959 / 780-475-0959 / Email Us - main@armourinsurance.ca
Visit our office - 5750-75th Street NW Edmonton

CENTRE NEWS



WESENIORS STRATHCONA COUNTY!

On May 28, 2022, Strathcona County officially announced its partnership with the Westend Seniors Activity Centre to provide a hub of programs, services, and support to Strathcona county seniors.

Our Executive Director, Dr. Haidong Liang and his team created a 101-page proposal that took 10 days to complete and is a reflection of his 12 years of academic gerontology training and 11 years of professional experience in serving seniors.

WHAT IS “WESENIORS”

“WE Seniors” is a concept, a mentality, and an open, inclusive and innovative platform that embraces multi-sectoral, win-win, and sustainable partnerships. As a gerontologist, our Executive Director, Haidong Liang’s definition of seniors is that WE ARE ALL SENIORS because seniors’ networks involve families, caregivers, friends, and people they interact with every day.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

“We are extremely proud of this document and hope that the “WE Seniors” platform can help support more seniors in Alberta, in particular those who live in the rural and remote areas.” I would like to send a special “thank you” to WSAC staff members Lorena Smalley and Shaina Bullis for working long hours during evenings and weekends to help create this document and to our Operations Manager, Barbara Jaffray for proofreading.”

“Also, our organization really appreciates the trust and support from the County Family and Community Services staff, in particular:

- *Their Director Bree Claude*
- *Manager of Human Services and Innovation Lori Prediger*
- *Project Coordinator Nicole Wilke*

We look forward to learning from and working with you. Together, we will build a new “WE Seniors Strathcona County Community Hub” for seniors and their families who deserve the best programs, services, and support.”

GREAT NEWS! OUR DECK IS OPEN!

Our volunteers have worked hard to clean and set up the deck furniture and plant some beautiful flowers.

9:00 AM - 4:00 PM Monday - Friday WEATHER PERMITTING

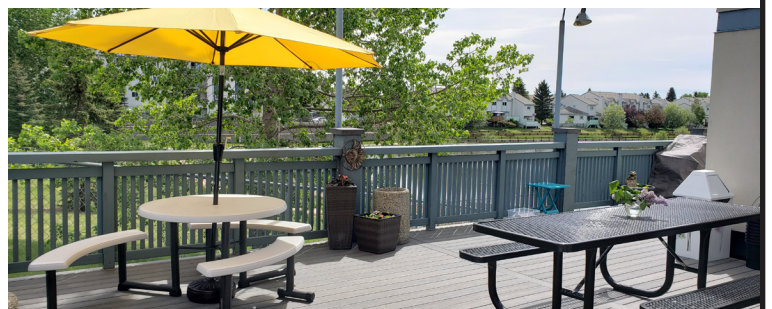
PLEASE KEEP THINGS SAFE – In order to keep our deck open, we ask you to adhere to the following rules:

CHAIRS & UMBRELLAS – our chairs are stacked & covered to keep them clean for your visit. Please stack chairs & cover them when you leave. Also, please lower and secure umbrellas.

TIDY UP – please help keep our space clean and inviting by placing your garbage in the can by the cafe door when you leave.

SMOKING – smoking is permitted only if you are at least 5 metres away from doorways and windows. Please dispose of your butts appropriately.

We hope you come by and enjoy our deck this summer!



JUNE 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!

WSAC HOME & AUTO INSURANCE FOR MEMBERS

**– PRESENTED BY
ARMOUR INSURANCE**

When: Wednesday, June 8th @ 1:30PM
Where: WSAC Cafe
Cost: \$2.00
Register: Email yunxuan@weseniors.ca

Benefits of the WSAC Group Insurance Program include 15% discount on property insurance, 10% discounts on auto insurance, No interest or service charges (an additional 3-4% savings), **& MORE!**

All WSAC members, spouses & financial dependents residing in the same household of the WSAC member also qualify!

SEMI – ANNUAL 2022 GLOBAL FINANCIAL MARKET REVIEW AND OUTLOOK

**– PRESENTED BY
WEI WOO – INVESTMENT
ADVISOR, MACKIE RESEARCH**

When: Friday, June 10th @ 10:00AM
Where: WSAC Cafe
Cost: \$2.00
Register: Email yunxuan@weseniors.ca

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.

JUNE TOONIE TALKS

Pre-registration encouraged - Cost \$2.00

HIRING A PAINTING CONTRACTOR; WHAT TO KNOW AND WHAT TO ASK

– PRESENTED BY
THE BRILLIANT BRUSH

When: Thursday, June 16th @ 1:30PM
Where: WSAC Community Cafe
Cost: \$2.00
Register: Email yunxuan@weseniors.ca

We are often asked “*Is that really a good price for painting from my contractor?*” When hiring a contractor there are many questions that you can, and should, ask so that you and your contractor’s expectations are synchronized. We will go over some of the questions and expectations that will leave you both happy with the completed work.

TALKING CIRCLES

- TREATIES & CANADIAN LEGISLATION

When: Saturday, June 25th @ 2:00PM
Where: Seba Beach Seniors Centre
- 109 1 ST S, SEBA BEACH, AB
Cost: \$5.00 OR FREE ONLINE VIA ZOOM
Register: At the WSAC front desk

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

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

Madalyn Mandziuk from the **University of Alberta Institute of Prairie and Indigenous Archaeology (IPIA)** will discuss 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.

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!

JUNE 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.

JUNE 7TH

FIT MINDS WEEK FIVE:

A CONVERSATION ABOUT SOCIALIZATION AS WE AGE

When: Tuesday, June 7th 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’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.

JUNE 14TH

FIT MINDS WEEK SIX:

SPIRITUALITY, MINDFULNESS, AND STRESS REDUCTION

When: Tuesday, June 14th 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

Learn how prayer, meditation and forgiveness can positively impact your brain health and practical solutions. Participants will also complete exercise across the five areas of cognition; and we will receive a challenge to take home.

JUNE TOONIE TALKS

Pre-registration encouraged - Cost \$2.00

JUNE 21ST

FIT MINDS WEEK SEVEN: A DISCUSSION ABOUT MEANING AND PURPOSE

When: Tuesday, June 21st 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 review how to build a framework where you can thrive and ways to find passion and purpose. We will also complete our weekly exercises across the five areas of cognition; and participants will have an opportunity to take home a Bucket List Challenge

JUNE 28TH

FIT MINDS WEEK EIGHT: GRADUATION AND RECEPTION AT CHARTWELL HAWTHORN

When: Tuesday, June 28th 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

Pending Public Health Restrictions. Reception at Chartwell Hawthorn where we will complete our cognitive exercise as a group while socializing; participants will receive a graduation certificate and gift; and an invitation for a personalized tour of the property (for interested individuals).

Thank you for joining us!

FREE TRY IT DAYS



DYNAMIC MOVEMENT

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

Bring your own:

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

Monday, June 13th

12:00 PM – 12:50 PM

FREE

Monday, July 4th – July 25th (4 Classes)
Cost \$30.00

Monday, August 8th - August 29th (4 Classes)
Cost \$30.00



TOTAL FITNESS FOR THE ACTIVE AGERS

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

Bring your own:

Yoga mat, bender ball, and hand weights.

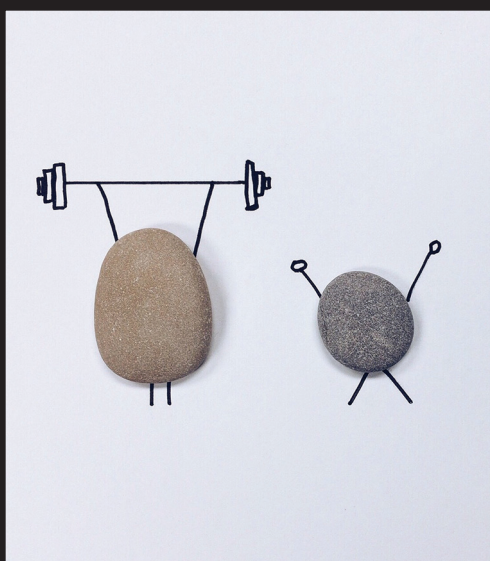
Monday, June 13th

10:15 AM – 11:15 AM

FREE

Tuesday, July 5th – July 26th (4 Classes)
Cost \$32.00

Tuesday, August 9th – August 30th (4 Classes)
Cost \$32.00



TOTAL BODY WORKOUT THROUGH BARRE

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

Bring your own:

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

Tuesday, June 14th

10:15 AM – 11:15 AM

FREE

Tuesday, July 5th – July 26th (4 Classes)
Cost \$32.00

Tuesday, August 9th – August 30th (4 Classes)
Cost \$32.00

FREE TRY IT DAYS



BARRE

The Barre method is a signature power fitness strengthening program that redefines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals & back, while sculpting the arms. Achieve a beautiful, healthy body while improving postural balance, flexibility, coordination, & grace.

Bring your own: Yoga mat.

Wednesday, June 15th

11:45 AM – 12:30 PM

FREE

Wednesday, July 6th – July 27th

(4 Classes) Cost \$36.00

Wednesday, August 3rd - August 24th

(4 Classes) Cost \$36.00



YOGA FOR BALANCE & WELLBEING

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 make steps towards balance and well-being.

Bring your own: Yoga mat.

Thursday, June 16th

11:15 AM – 12:15 PM

FREE

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!

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 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

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.

THE UNIVERSITY OF ALBERTA BOTANIC GARDEN

COME JOIN US!

The University of Alberta Botanic Garden (formerly the Devonian Botanic Garden) is a stunning 97 hectare (240-acre) property located in Parkland County, 15 minutes southwest of Edmonton, with cultivated gardens and plant collections, indoor showhouses, and extensive natural areas.

the Aga Khan Garden, a 4.8 hectare Mughal-inspired garden made possible by a gift from His Highness the Aga Khan, which features secluded forest paths, granite and limestone terraces, still pools that reflect the prairie sky, waterfalls and streams.

The tranquil Kurimoto Japanese Garden

A Tropical Showhouse with Exotic Butterflies

Temperate and Arid Showhouses

Indigenous Peoples' Garden

Extensive Alpine Garden

& Much More!

The Garden's collections include a wide diversity, with an emphasis on plants suitable for a cold northern climate, including ornamentals, fruits, vegetables, trees and shrubs.

U OF A BOTANIC GARDEN

Tuesday, June 21st, 2022

Leave at 9:30 AM

Back at 1:30-ISH PM

There is a cafe for lunch or bring a picnic lunch! (not included in cost)

Cost: **\$37.00** for members

\$40.00 for non-members

Sign up now!

**Please purchase your tickets
at the WSAC Front Desk or by calling
the Programs Department
at 780-483-1209 ex 228**



EVENTS

**DROP IN CLINIC AT WSAC
EVERY TUESDAY
1PM – 4PM**



**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: June 7th, 14th, 21st, & 28th

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

All services provided are covered by Alberta Health Care!

June Birthday Party!

Everyone Welcome!

Wednesday

June 15th

2:00 PM - 3:00 PM

Free for members
celebrating their birthday!
\$2.00 for all guests!



**MONTHLY BIRTHDAY
PARTY**

BIRTHDAY PARTIES ARE BACK!!

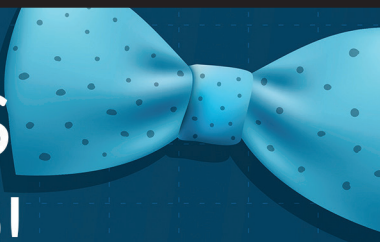
June 15th 2:00 PM - 3:00 PM

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 July 20th!

Pre-registration will be required for you & your guests. Call the centre at 780 483-1209 or stop in at our front desk to register.

**FATHERS
DAY BBQ!**



Friday, June 17

5:00 PM - 7:00 PM

FATHER'S DAY BBQ

TIME TO CELEBRATE ALL THE GREAT MEN 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!

EVENTS

Monthly Potluck Dinner

Join us!

Thursday
June 23rd

5:00 PM - 7:00 PM
in the County Cafe!



MONTHLY POTLUCK DINNER

JOIN OUR MONTHLY POTLUCK & ENJOY AN EVENING WITH FRIENDS

Thursday, June 23rd 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 July 28th.

Canada Turns 155 This Year!

Canada Day
Celebration
June 30th



CANADA DAY

CANADA DAY CELEBRATION

Thursday, June 30th @ 1:00 PM
WSAC Community Cafe
Tickets: \$10.00

Canada turns 155 this year! We're having a party to celebrate our beautiful country! Join us for a hot dog lunch and other activities

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

- **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

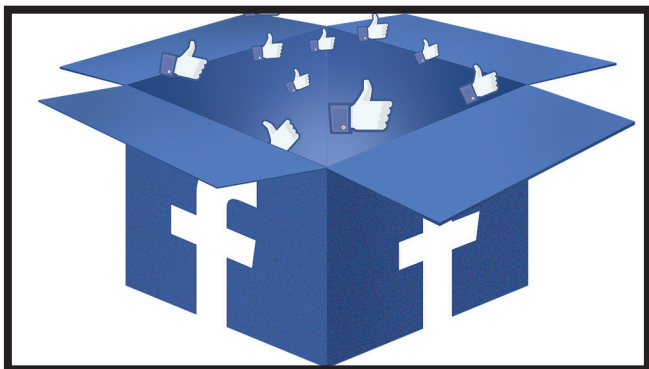


Did you know each week we update our website with the latest WSAC news!

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

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!

2022 Yoga & Meditation Retreat June 23 – 26

When: June 23rd to 26th, 2022

Where: Caroline, Alberta
(Sanctum Retreat Center)

Cost: 650.00+GST

Limited spots available

Relaxed, refocused and recharged

This 3 day retreat will be a weekend of relaxation, wonderful healthy meals, and free time to focus on you. The Yoga practices will allow you to deepen your connection with your body. The teachings and journaling will allow you to reflect inward to find the clarity within your mind that we all seek, and the meditations will allow you to deepen your connection with that inner part of you that awaits to be heard & understood. You will leave the retreat feeling refocused, recharged, and armed with tools to help you feel ready for whatever life throws at you next.



All levels welcome

Whether you are brand new to Yoga and Meditation or an experienced Yogi, you will find benefit in all of these practices. Adaptions will be made for all levels of mobility.

Have you always wanted to try a retreat but the right one has never come along for you? Well, this June 2022 may be just the right one for you!



All-inclusive weekend!

This workshop includes:

- Your room (each attendee will have their own room with a bed, desk, and washroom – bring your own toiletries)
- All your meals, snacks, and beverages from Thursday dinner to Sunday brunch. (Vegan, dairy-free and gluten-free options available)
- All of the yoga, meditation, and group practices scheduled from Thursday evening to Sunday morning.

This weekend is a wonderful way to invest in yourself. Come join me on this amazing journey inward. This Yoga & Meditation Retreat at the beautiful Sanctum Retreat Center in Caroline Alberta is the perfect start on your journey to defining and then achieving your wellness!

To Register

Contact Leslie McKenzie
780 722-3442
leslie@wellnessdefined.ca





Welcome to the Neighborhood

You are invited to...

The Oliver Community Seniors Trade Show

Our Parents' Home is pleased to extend an invitation to you and a guest to enjoy refreshments and delicious appetizers created by our Gold Seal Chef, while you meet and mingle with local businesses in the Oliver area who cater specifically to the needs and interests of seniors.

Join us on the 14th floor for some pretty amazing views, good conversation and great food.

June 17, 1:30 – 4:30pm

Our Parents' Home - 10112 119 Street

Please RSVP to Tracy by June 13th
(as space is limited)

Tracy.Shaw-Ache@reveraliving.com



BUSINESSES IN YOUR COMMUNITY



REVOLUTION CYCLE



Come along for a ride!

One of the best ways to enjoy spring is pedaling with your family and friends or meeting new riders. We're launching into spring with our new focused group rides!

Starting May 16th:

Monday PM

Women's mountain bike ride, beginner to intermediate

Tuesday PM

mountain bike ride, beginner to intermediate

Wednesday PM

road ride OR mountain bike ride, alternates week to week, intermediate to advanced

Thursday PM

Alex Stieda led road group ride, beginner to intermediate

Friday PM MONTHLY

Social road ride we're calling a Fundo, pavement, asphalt, & great local eateries!

Join us by 6:15pm at Revolution Cycle West (15103 Stony Plain Road) back entrance.

We look forward to riding with you!

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.


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!

MEMBERSHIP FEES POLL

We all love coming to the Westend Seniors Activity Centre (WSAC) for the many activities, social events, dinners, life long learning experiences and the opportunities to socialize.

WSAC is recognized as the leading seniors centre in the Edmonton Area and has won many awards for quality service and volunteerism.

During the past two years of the pandemic WSAC continued to operate and serve seniors in Edmonton and the surrounding areas. We were fortunate to obtain grants that allowed us to operate even though our membership numbers were down and our revenues dropped significantly.

While our membership numbers are now increasing and we are able to offer more activities we continue to operate at a loss and have a projected deficit of \$126,000 for 2022. Also, our grants from government are reduced from prior years' levels and we are impacted by inflation for our supplies and services. In order for WSAC to remain financially viable in the long term we are looking at all revenue opportunities and control of expenditures where possible.

As a result, we find it necessary to increase our membership fees as of January 1, 2023. We have not had a membership fee increase for more than 10 years. Our fee has been \$30 per year throughout that time period.

We are asking for your feedback and asking what would be a reasonable membership fee for 2023. We ask you to select from the following options as to what you feel would be a reasonable annual membership fee:

\$40

\$45

\$50

Paper copy available at the WSAC front desk

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



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/*