

THE WSAC CHRONICLE

chron·i·cle

noun

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



WESTEND
SENIORS
ACTIVITY
CENTRE

**JULY
2022**



This Month's Issue:

**Older, Bolder, Better!™ Recap
WSAC Summer Wine Raffle
Travel Trips Message
Ice Cream Social
& More!**



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

9629 176 STREET NW
EDMONTON, AB
T5T 6B3
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
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- 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

" I went to a Toonie talk from Armour Insurance earlier this year. When my insurance came up for renewal in May, I went to see them and they honored their discount that they talked about. They were very nice and helped me sort through what I needed, and saved me some money. "

- Lynda House



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

WSAC Summer Wine Raffle



WSAC SUMMER WINE RAFFLE

Tickets Available June 20 - August 26

August 26, 2022

Sales Close 12:00 PM

Winner Draw 4:00 PM

Tickets

1 for \$5 or 3 for \$10

Purchase your tickets directly at the WSAC Front Desk or through the Rafflebox website (scan the QR Code)



This summer we have three wine buckets to raffle off, thanks to Aligra Wine & Spirits! They have put together a beautiful assortment of summer reds, whites, & rosés for us, and we have created 3 summery buckets for you to try winning!

GRAND PRIZE BUCKET
9 Bottles (\$135 Value)

SECOND PRIZE BUCKET
6 Bottles (\$90 Value)

THIRD PRIZE BUCKET
6 Bottles (\$90 Value)



You could throw an amazing end-of-the-summer backyard party with any of these buckets!

DONATIONS CURRENTLY BEING TAKEN AT WSAC



We have had so many generous donations of books, puzzles, yarn, etc. over the last couple of years that we have been busting at the seams!

We are very thankful to everyone who brought these items in and helped to keep seniors busy and connected during our shutdown.

Until we have the opportunity to find a place for everything, we will only be accepting the following donations:

BOOKS: We can only accept large print books.

PUZZLES: We are not currently accepting puzzles.

YARN: We welcome all **USABLE** donations of yarn balls at least 4" in diameter or 2½" in diameter if there is multiple of the same colour.

We are not accepting:

- Balls of yarn less than 2½" in diameter
- Knitting or crochet needles
- Knitting or crochet patterns & books
- Unfinished projects.
- Food, clothing, or household items
- Magazines & other books
- Puzzles

Please watch the newsletter and our website for updates on donated items. We will let you know when we are in need.

Thank you for your kindness.

SENIOR FRAUD ALERT NEWS

HAVE YOU HEARD ABOUT THE SENIOR FRAUD ALERT WEBSITE?

It's important to know that fraud is a crime and scammers are criminals. Visit the Senior Fraud Alert website to learn about scams and complete our Spot and Stop the Scam course. This course focuses on a different types of scams that have been known to target seniors. **Scan the QR code to visit Seniorfraudalert.ca**



WHAT IS A SCAM?

Here are definitions for some of the common terms we use throughout the Senior Fraud Alert course:

- **SCAM** A dishonest scheme; a fraud. "He scams people out of their savings"
- **FRAUD** Wrongful or criminal deception intended to result in financial or personal gain. "He was convicted of fraud"
- **SCAMMER** A person who commits fraud or participates in a dishonest scheme. "Scammers are preying on people's good intentions"

LATEST SCAMS

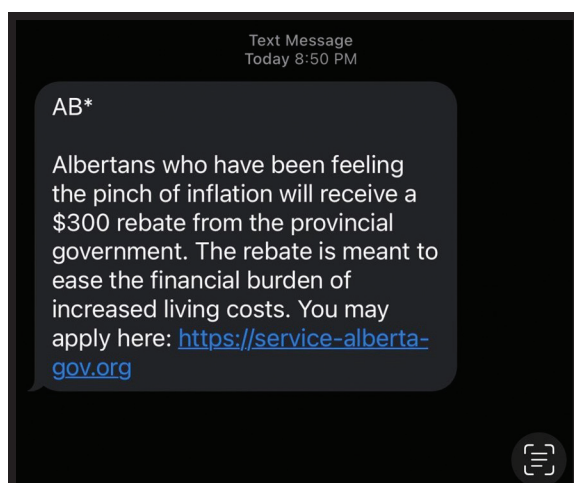


THE PUPPY SCAM

Fraudsters advertise a free, or way below market-value, puppy. When it comes time to retrieve the animal, the "owner" claims they had to unexpectedly relocate to another province to care for a sick child. To continue the "adoption" process, the purchaser is sent a link to a shipping company where they must pay hundreds of dollars to have the puppy sent back to Alberta, and sometimes additional fees for documentation, medical records, & more. The puppy isn't real, but the financial loss is very real.

THE UTILITY REBATE SCAM

Earlier this year, the Alberta government announced a rebate on monthly utility bills, to counteract the rising cost of gas. This rebate will be automatically applied to your bills. However, some Albertans are getting texts from fraudsters—often claiming to be Service Alberta—to say they must apply for the energy rebate by clicking a link. This link directs to a site that looks official but is part of a scam to steal your information.



SENIOR FRAUD ALERT NEWS

ABOUT SENIOR FRAUD ALERT

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.

IDENTIFYING THE PROBLEM

YEG Seniors Alliance Social Workers noticed seniors repeatedly being the victims of internet and phone fraud, even after being educated on scams. It became clear that the current fraud prevention resources were ineffective for seniors.

MAKING THE SOLUTION

Seniors needed a different approach to fraud prevention education. In order to be effective, it needed to be written in plain language that was free of jargon in small educational modules that provided simple but effective solutions in a positive and empowering way.



seniorfraudalert.ca

COMMON SCAMS

COVID-19 VACCINE SCAM

Since the start of the pandemic, fraudsters have been bombarding consumers with pitches for phony remedies, and that's unlikely to abate even with COVID-19 vaccines now widely available. The scammer wants you to believe that you can get a COVID-19 vaccine more easily if you are willing to pay a sum of money. They want you to believe they are working for the Government of Canada or your provincial government.



MIRACLE CURE & MEDICAL SCAM

Have you ever seen a product or service and thought that it was too good to be true? Well, your thoughts were probably correct. A fraudulent products and services scam is any scam where false or misleading claims are being made by an advertiser. Also, if the product or service is being sold as a "miracle cure" when there is no substance to back up that claim.



OLDER, BOLDER, BETTER!™

A Day To Remember!

Thursday, June 9th, 2022, our Centre held its 24th Older, Bolder, Better!™ Tradeshow & Symposium! It was very exciting to be hosting our annual event after 2 years of closures, lock-downs, restrictions, and more!

WSAC staff spent the better part of 2 months working together to create the event and by the end of the day, we were all thrilled with the end result!

BUSINESS MIXER

Our Centre hosted our OBB Business Mixer the night before the tradeshow. Over 40 members of our business community attended, enjoying some yummy appetizers served by our amazing Chef Stu!

GUESTS & FEATURED SPEAKERS

We received wonderful support from our government representatives. Deputy Minister of Seniors & Housing, Lisa Sadownik provided greetings with MLAs Jon Carson and Lorne Dach, City Councillor Andrew Knack, Strathcona County Director of FCSS Bree Claude and WSAC President Barbara Gibson all saying a few words to the attendees at our event.

Dr. Peter Rawlek, the creator of the GoGetFit app gave a fantastic presentation on the importance of us being active and the Alberta Association of Optometrists gave a presentation "Staying Independent: What you should know about your vision and eye health"

ENTERTAINMENT & GOOD ADVICE!

Attendees had the opportunity to watch the wonderful ICAN seniors Mulan Double Fan and a seniors Softball performance. Chartwell Retirement Residence's Jennifer Hillmer provided valuable information on retirement living with her presentation, "Think You Know Retirement Living? Think

Again!" The rest of the day continued with our friends from ICAN seniors doing a Tai Chi demonstration and a Kongfu Fan demonstration, Gold sponsors Qualicare hosting a presentation on Grief and Loss and the dance duo Flamenca Blanca performed classical Spanish Flamenco Dances!

EXHIBITORS FROM THE BUSINESS & NON-PROFIT COMMUNITY

WSAC is very fortunate to have the support of the business community through our Friends of WSAC initiative and our reputation for creating win-win partnerships. This year, over 60 businesses and non-profit organizations participated at OBB and the information they shared with attendees was stellar!

WE GET BY WITH A LITTLE HELP FROM OUR FRIENDS!

We also wanted to send a special thank you to our friends at Seniors Homecare By Angels who once again provided chauffeur services for attendees who parked at Beulah Alliance Church.

FREE E-BIKE RIDES!

Our Friends at Revolution Cycle were on-hand providing free e-bike demos and with the warm weather, lots of people took advantage of going for a short bike ride on our nearby paths!

OLDER, BOLDER, BETTER!™

A Day To Remember!

FREE COOKIES & COFFEE!

Stanford Hearing, another Friend of WSAC partner provided free chocolate cookies (prepared by our amazing kitchen staff) and coffee for everyone so lots of our attendees took the opportunity to enjoy some time in our café and they enjoyed their treats!

WSAC VOLUNTEERS ROCK!

As always, our amazing volunteers stepped up to help us with our event and there is no way that Older, Bolder, Better happens without their help! From greeting attendees, selling 50/50 tickets, helping in our café and cleaning up at the end of the day, we are so thankful that we have the volunteer base that we do!

OBB BUSINESS DIRECTORY & PASSPORT CONTEST

The businesses that participate in OBB specialize in providing services to seniors here in the greater Edmonton area. This year, our centre created a lovely directory that showcases our Gold and Silver sponsors. We also created a fun passport contest where attendees could visit the different businesses named in the passport, collect their business cards and then once they filled their passport, enter to win some fun prizes!

If you were unable to attend OBB and would like a copy of the OBB Business Directory, please visit our centre's front desk for your copy!

OUTDOOR MARKET

This year we held our first-ever outdoor market at Older, Bolder, Better. It was a gorgeous day outside with many of the

market vendors and attendees enjoying the warm weather, live music from the very talented Jack McDonald-Cockrall and of course, our beautiful view!

FREE POPSICLES

NOW! Radio arrived to provide free popsicles for all of our attendees and business owners!

LOTS OF FUN THINGS AT THE MARKET!

WSAC staff were super busy all day long but a couple of us managed to slip over to the market to buy some of the wonderful items! Our online classes guru Andy was super excited with the items he purchased!

PHOTO BOOTH

Our Friends of WSAC partners Revera Retirement Residences sponsored our Photo booth and it was a huge hit!



OLDER, BOLDER, BETTER!™

A Day To Remember!

NONE OF THIS WOULD HAVE BEEN POSSIBLE WITHOUT OUR FRIENDS OF WSAC & THE BUSINESS COMMUNITY!

WSAC has a reputation of creating win-win partnerships with the business sector, and Older, Bolder, Better!™ is a perfect example of what that can mean! We would like to send a massive thank you to all of the businesses and others who sponsored our event!

PLATINUM SPONSORS

CURA Physical Therapies
Armour Insurance

GOLD SPONSORS

Alberta Association of
Optometrists
Chartwell Retirement Residence
Qualicare Edmonton South
Canada Homecare Group

SILVER SPONSORS

Benjamin Moore: The Brilliant Brush
Age in Place Canada (MoJo Designs)
Dignity Memorial Funeral Home
Century 21: Jody Lambertus
Jolyn Hall: Edmonton 55+
EXP Realty: Alexis Hlady
Westlawn Funeral Home
Sparkle & Sheen

COFFEE & COOKIES | PHOTO BOOTH SPONSORS

Revera Retirement Living
Stanford Hearing

BRONZE SPONSORS

The Waterford of Summerlea
Treasured Photo Collections
Marrazzo Law Office
Butterfly Dreams
Elder Care

EXHIBITORS

Care At Home By Exquisicare
Congdons Aids to Daily Living
Senior Homecare By Angels
Wei Woo: Mackie Research
City Furnace Mechanical
Providence Chiropractor
Eazy Peazy Downsizing
Terra Losa Pharmacy
Trinity Funeral Home
Servus Credit Union
Balance Your World
AI Health Coaching
HearCare Canada
Teddy My Bear

MORE OF OUR FRIENDS!

Edm. Life Long Learners Assc.
St. Albert Seniors Association
Seniors Coordinating Council
ICAN Seniors Association
WSAC's Quirky Quillers
Kelly McCauleys office
Andrew Knacks office
Seniors Fraud Alert
Jon Carsons office
Drive Happiness

OUTDOOR MARKET VENDORS

Dandelions & Daisies YEG
Many Chiefs: Amy Lacroix
NORWEX: Terry Kreaker
White Lightning Distillery

The Clean Sheep YEG
Jamaican Chefmon
Ainsly MacPherson
Terry Lynn LaFleur
Bracelet Bliss Etc.
Fred Over Heels
Mama G's Jams
Ruth Ruddock
Art in the Box
Sherry Prince
Dash for Art
Bob Layton
Nihal Alper
Bio Neutra

FREE E-BIKE PROVIDER

Revolution Cycle

We encourage you to take the time to check out the list of businesses & support local!

Scan to visit our online business directory!



Many of these businesses are Friends of WSAC members who will be hosting presentations in the fall of 2022.

EVENTS

Free Event
Registration
Not Required

Saturday July, 16
9629 176 St NW | 12:00PM-3:00PM

COMMUNITY BARBECUE

Hosted by the Westend Seniors Activity
Centre and Councillor Andrew Knack



ANDREW KNACK COMMUNITY BBQ

Saturday, July 16th
12:00 - 3:00 PM

Free Event! Registration
not required

Enjoy free food, live music & connect with your
elected officials.

City Councillor
Andrew Knack,
Along with
Westend Seniors
Activity Centre, is
hosting a **Summer
Community BBQ**
here at our Centre!

Wednesday
July 20th



July Birthday Party!

MONTHLY BIRTHDAY PARTY

Wednesday, July 20th
2:00 - 3:00 PM

Join us to celebrate
your birthday in July!

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

Our next celebration
is August 17th.

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



Ice Cream Social

Wednesday, July 27th
2:00 PM - 4:00 PM

ICE CREAM SOCIAL

Wednesday, July 27th
2:00 - 4:00 PM

Tickets: \$6.00

**The ticket deadline is
Wednesday, July 20th**

We are having an
ice cream social!
Create the ultimate
sundae, visit with
friends and enjoy live
entertainment. We will
be enjoying our deck
this day!

Purchase your tickets at WSAC front desk!

Monthly Potluck Dinner

Thursday, July 28th
5:00 PM - 7:00 PM
in Community Cafe!



MONTHLY POTLUCK DINNER

Thursday, July, 28th
5:00 - 7:00 PM

There is a \$2 drop-in
fee.

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
August 25th.

Bring a dish for 4-6 people to share

PROGRAM NEWS

THE WORKSHOP

Mondays, Tuesdays, Wednesdays & Fridays

12:30 PM – 3:30 PM



WSAC SHOP RULES

For for safety reasons, a minimum of 2 individuals are required when using the shop.
Please ensure someone is in the shop with you at all times.

SUMMER PROGRAMS

WSAC is offering tons of programs over the summer and we have some spots left!

The next series begins July 4, 2022, and you're welcome to come register throughout the week! Check the program guide and our website for registered classes and drop-ins being offered all summer long!

PROGRAM NEWS

WSAC Wallet

DID YOU KNOW? Each individual membership profile has a credit system called the “wallet”



The wallet can be used to pay for anything in the center!

Simply bring cash or card to the front desk, ask the volunteers to load your wallet with the amount you choose, & use it to pay!

Use the wallet to pay for:

Trips

Events

Meal Orders

Drop-in Classes

Class Registrations

& More!

For questions visit the WSAC front desk to speak with our Programs Team.

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!

FALL TERM REGISTRATION DAY

August 23, 2022

1:00 PM – 3:00 PM

If you have any questions, please contact the programs team:

Phone: 780-483-1209 Ext. 228

Email: programs@weseniors.ca

TOONIE TALKS

POSTPONED THE RESCHEDULED TIME WILL BE ANNOUNCED LATER

If you have any questions, email yunxuan@weseniors.ca

TALKING CIRCLES UNDERSTANDING METIS IDENTITY

When: **Postponed due to scheduling conflicts**
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.

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

Talking Circles: Residential Schools, 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.

TRAVEL TRIPS

A MESSAGE FROM THE TRAVEL TRIPS COMMITTEE

We were disappointed to have cancelled the Travel Trip to the University Botanical Gardens that was scheduled for June. We made this decision based on low enrollment. We are finding that you, the members, are filling up your calendars with your own travel trips as travel restrictions have decreased, therefore, have made the decision not to host Travel Trips this summer.

Our next planned outing will be to Jubilations Dinner Theater to see the production of *Back In Time*, featuring the music of **the Beatles!** Look for information coming soon!

The Travel Trip Committee

VOLUNTEER NEWS

Thank you to everyone who stepped up to help with OBB and to those volunteers that will continue to work over the summer to keep things running smoothly at the centre. We have a couple of new positions that we have created to better serve our members and are looking for people with some special skills to help us out. **Have a look at the position descriptions and let us know if you might be interested.**

TECH EDUCATION VOLUNTEER (3 positions available)

Ideally, this volunteer would be available at the same time each week between 9 AM - 3 PM M-F for a 2-3 hour drop-in time.

WORKSHOP ASSISTANT (2 positions available)

1-2 days per week 2-3 hour shifts.

We are looking for at least 2 volunteers for this position for different shifts during the week

WORKSHOP VOLUNTEER INSTRUCTOR (2 positions available)

2-3 hour presentation/class on a specific project every 1-2 months

****This is flexible and we would work together with you.**

QUESTIONS?

For more information and to volunteer visit weseniors.ca or contact the Volunteer Coordinator at 780.483.1209 ext. 224 or email Heather@weseniors.ca

OUTREACH DEPARTMENT NEWS

The objective of outreach is to connect people in need to appropriate community resources.

These resources are specifically targeted to serve seniors who are not connected with the services that would enable him or her to remain living in a healthy environment. **If you are feeling isolated either physically or socially, needing information, needing advocacy, or if you feel you are at risk and approaching imminent crisis please do not hesitate to contact me.**

If you are referring someone, please make sure they are aware of the referral and agree to our services.

Shirley Kilsdonk, RSW
Outreach Manager

780-454-2465 | Shirley@weseniors.ca

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.



KELLY McCAULEY

MP | EDMONTON WEST

104-10471 178 Street
Edmonton, AB T5S 1R5
kelly.mccauley.c1@parl.gc.ca
780-392-2515



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



INTRODUCING OUR STAFF

Brianne Bu - Home Support Coordinator

Introducing Brianne Bu Home Support Coordinator



Brianne has been working in the Outreach Department of the Westend Seniors Activity Centre since January 2022. She used to work as an immigrant settlement counsellor, parenting facilitator, and program administrator for non-profit organizations. She has experience working with multicultural communities and assisting clients in dealing with their difficulties.

She is responsible for providing service referrals for isolated seniors, helping clients from different communities overcome language barriers, and assisting seniors with paperwork to apply for the benefits such as OAS and CPP applications, and immigrant-related needs.

She said she would spend the rest of her life studying English as one of her long-term plans.

Tell us a little bit about yourself, Brianne!

Watching movies on rainy days. Walking trails. Experimenting with new foods for my family. Decorating my house with flowers. Learning new knowledge.

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

I like to help people, and I feel happy when people's problems are solved. When I do the self care to walk the lake to have some fresh air, I see the mother geese with their babies playing in the water, which makes me so touched with the existence of our centre. The seniors distributed their whole life for the country and the community, now they retired, and we should take care of them and help them to live a happy retirement.

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

I felt challenged by learning three different data systems at the same time, The workload really surprised me! Many seniors come to our centre to participate in the programs, and they look healthy and positive. I imagined that WSAC would be a part of my retirement life in the future. On the other hand, many seniors are having financial problems and special needs. Their suffering means a lot to me, and I will try my best to help them solve the problems as soon as I can.

Any advice for someone who has never used our Outreach Services before?

Just ask, no question is silly. You can call to book an appointment or talk directly to me for urgent matters. Sometimes, I can not attend your phone call, but please leave a message and I will reply to you in a timely manner.

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, Ham & 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 is 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!**

- **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's open to everyone!



RENTALS

GYMNASIUM

- 3000 Square Feet
- Capacity - 25 participants for fitness classes
- Capacity - 160 seated at tables or 200 in row seating
- \$110/Hour (1/2 day and daily rates available)
- Round & rectangle-shaped tables with chairs available
- Small PA system available for use



HARRY FARMER ROOM

- 910 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 30 in row seating
- \$38/Hour (1/2 day and daily rates available)
- Chairs and tables available for use
- Piano available for use
- White board in the room



RENTALS

MEETING ROOM

- 900 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 30 in row seating
- \$38/Hour (1/2 day and daily rates available)
- Chairs and tables available for use
- A 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 with a small fridge



INTERESTED IN RENTING AT OUR CENTRE?

Please contact Heather Riberdy
Heather@weseniors.ca | 780 483-1209 ext. 224

CONNECT WITH WSAC

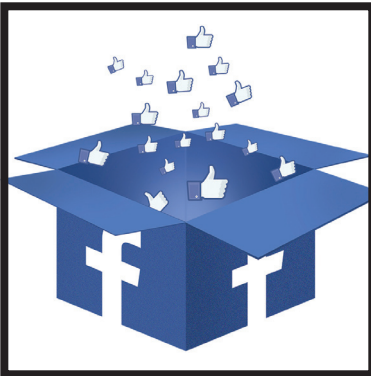


Did you know each week we update our website with the latest WSAC news!

Make sure to visit our “News” section of the website for information on:

- Upcoming events
- New classes
- Latest Meal Program menu
- Registration information & more!

VISIT OUR WEBSITE!
www.weseniors.ca



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
- Information helpful to older adults here in Edmonton!

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

3285

HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

3285 people received our e-newsletter last month.
Sign up at our front desk today!

CONNECT WITH WSAC



8 WEEK HOME FITNESS PROGRAM ON YOUTUBE

Not up to visiting our centre? We've got you covered! Our 8 Week Fitness Program is on our Youtube page!

This program features 16 easy to follow videos that provide you with the ability to have a daily fitness routine at home.

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 fun activities.

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

CURA PHYSICAL THERAPIES

780.443.4473
17032 - 90 Ave NW Edmonton

Experience the Difference at CURA Physical Therapies.

We offer private treatment rooms with one-on-one treatment sessions with your therapist.

We are the leaders in community based pelvic health physiotherapy with several therapists that have over 30 years of experience. We look at you in an integrated way to ensure all parts of your body are included: from bones, joints and viscera to your emotional well-being.

EMAIL - curapatientbookings@gmail.com
WEBSITE - curaphysicaltherapies.com

cura

PHYSICAL THERAPIES

We Offer the Following Services:

Acupuncture

Acupuncture can help treat a wide variety of conditions, from mental to physical well-being.

Female & Male Pelvic Health

This includes bladder, bowel, prolapse or sexual problems for both men and women

Pain

Have you been injured recently? Are you still suffering from pain months to years later?

Let us help you get back to moving and living well.

EDMONTON'S BEST KEPT SECRET!

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

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WEBSITE - www.aligrawineandspirits.com

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Alexis Hlady



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Jody L.

UNSURE IF IT IS TIME TO DOWNSIZE?

You're invited to attend my 3-part series "The Art of Downsizing", hosted by the Westend Seniors Activity Centre in Edmonton!

I offer this workshop throughout the year, please email or call me for details or visit www.weseniors.ca

FACEBOOK - @JodyLambertusRealtor
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Please contact Lorena Smalley,
Community Engagement Manager

Lorena@weseniors.ca
780 483-1209 ext. 225

IN CASE YOU MISSED IT!

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 & his team created a 101-page proposal that took 10 days to complete & 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!



Free Masks

Pick up your box(es) of disposable face masks at the WSAC front desk



WE Seniors

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