

WESeniors.ca Community Connector Partnership

*Westend Seniors Activity Centre & Community Leagues
Working Together To Provide*

Recreational Programs, Fun Activities & Helpful Resources

To Seniors In Their Own Communities!

ARE YOU 55+? COME JOIN OUR COMMUNITY!



TRINITY
UNITED CHURCH



WESTEND
SENIORS
ACTIVITY
CENTRE



Callingwood/Lyburn
Community League



Aldergrove Community League



Aldergrove Community League
8535 - 182 Street NW
Edmonton, AB T5T 1X1

Hours:

Monday to Tuesday - 9:00 a.m. - 5:00 p.m.

Wednesday 9:00 a.m. - 11:00 a.m.

Thursday to Sunday - CLOSED

Office Phone: (780) 481-1588

Email: aldergrove@telusplanet.net

Membership Information

- Memberships are valid from September 1 through to August 31 the following year
- Memberships are only \$35.00 per year for a family (any size)

Purchasing Memberships

You can purchase your Aldergrove membership a variety of ways:

- Through our community app
- At our community league during office hours indicated above
- At the Primrose I.D.A. Pharmacy located at 8462-182 Street NW Edmonton. Please note you must have \$35.00 cash to purchase the membership at IDA**

Free Swimming

- Jaime Platz YMCA on Sundays 5:00 p.m. to 7:00 p.m. from September 1st to June 30th
- Outdoor Summer Pools from 7:00 p.m. to 9:00 p.m. on Sunday thru Thursday starting the middle of May
- Some dates will be excluded, please call ahead and check
- You will require your membership card

League Highlights

- We have lower rates for Community League sports programs and hall rentals
- Free skating at other Community League's outdoor rinks with your Aldergrove skate tags
- Aldergrove organizes sports programs such as indoor and outdoor soccer and recruits volunteers to assist in these programs
- We also provide Children's Assistance Program "CAP", assisting children financially in sports programs
- We provide two annual \$500.00 Scholarships to youth entering their post secondary education

Willowby Community League



Willowby Community League
6315 184 Street NW
Edmonton, AB

Mailing Address: PO Box 83004, RPO Webber Greens,
Edmonton, AB, T5T 6S1

Office Phone: (780) 481-1456

Hall Cell Phone: (780) 975-2141

Administrative Assistant: Debbie Plant

Email: admin@willowbycommunityleague.com

Membership Information

Willowby Community sells 2 types of memberships:

- Single Person/Senior for \$20.00
- Family for \$35.00
- Our membership year is from September 1st to Aug 31st

Purchasing Memberships

- Through our new community app willowby.communibee.ca - Once purchased on the app you can share that digital card with other members on your account
- Online at EFCL - EFCL will charge an administration cost and then your membership card will be sent to you via email
- In person please contact Debbie Plant at: admin@willowbycommunityleague.com or call 780-975-2141 to make arrangements to purchase your new membership
- Through the mail please print off a membership form and mail to the address listed on the form.

Membership Benefits

- Free Family Swim at the Jasper Place leisure Centre 9200 163 Street SUNDAYS 4 to 6 p.m.
- Discount on Community Hall Rentals
- Free skating at any outdoor Community League Rink
- Muggn'z Family Restaurant Discount
- Access to participate in Willowby community league soccer program
- Free Ice Skating at the City of Edmonton Facilities
- The Edmonton Tool Library is a registered not-for-profit society in Edmonton, which provides affordable access to hand, power and garden tools for Willowby members
- Discount at Sherlock's Auto Repair - 10% off parts and labour with a current Willowby membership
- Card for Happy Camel - Collect 10 stamps to receive a FREE 4 pack Pita and 8 oz Hummus.
- Community League Wellness Program:
 - 20% discount on Adult, Family, Child, and Youth/Senior Annual Membership
 - 15% discount on our already discounted multi admission pass (5+ visits)
 - 20% discount off an on-going monthly membership
- Acclaimed! offers Willowby members a 10% discount on furnace and duct cleaning services
- University of Alberta Bookstore - receive 10% discount on clothing and giftware (code EFCL10)
- Receive wholesale pricing at any Cloverdale Paint location (code 057EFCL)
- Urban Poling - Receive up to a 35% discount when you purchase Urban Poles through our annual membership supplies order.
- University of Alberta Technology Training Center - received a 25% discount off Microsoft and Adobe courses.
- Orbis Sports - Bubble Sports, Archery Tag and Laser Tag. Promo code EFCL18
- House of Wheels is Alberta's largest indoor skatepark - 10% discount on pass prices
- Jubilations Dinner Theater - 25% discount off of a Dinner Theater
- University of Alberta Campus Designs and Print Sol. - 10% discount on the large format printing.

La Perle Community League



La Perle

**Cathy at 780 486-4426 or
via email: rentals@lpcl.ca.**

Membership Information

- \$20 for an individual over 18
- \$35 for a family
- \$20 for a senior (single or couple)
- Memberships are valid September 1st through August 31st of the following year.

Membership Benefits

- Vote at our Town Hall Meetings
- Indoor and Outdoor Soccer, Basketball, and La Perle Playschool
- La Perle Member Prices on Hall Rentals
- Reduced rates for La Perle Sponsored Community League Events / Classes
- Green Shack at the La Perle Playground during the months of July and August
- Yearly Community League Day, Big Bin Event, Fireworks presentation, and more!

Purchasing Memberships

- In person on Community League Day
- Download the membership application, scan and send to membership@lpcl.ca, and e-transfer the membership fee to laperle@laperle-community.ca
- Visit efcl.org/membership-purchase/ fill out the form to purchase online (\$5 transaction fee applies)

Business Discounts with Membership

A & J Driving School, Bird's-Eye Tutoring, Jam's Pizza, Jasper Place Leisure Centre, Jubilations Dinner Theatre, Today's Dental, House of Wheels, Orbis Sports, Acclaimed!, Cloverdale Paint, Community League Wellness Program, EFCL, Yardly, and the University of Alberta.

Trinity United Church



Contact Us

Email: trinityuc@shaw.ca

Phone: 780 489 0860

Office Hours 10:00 a.m to 2:00 p.m. Tuesday to Friday

Trinity is a diverse community journeying together to explore and understand what it means to be a Christian in today's world. Located at 8810 Meadowlark Road, right across from Meadowlark Mall. We offer more than Sunday Service, join us for:

TRINITY
UNITED CHURCH

- Trinity Band (Tuesdays, 7:30 - 9:30 p.m; September to May)
- Trinity Choir (Wednesdays 7:30 - 9:00 p.m.; September to May)
- Occasional Choir (All Ages)(Sundays 12:15 to 1:00 p.m.; Oct 16, 23, 30 & Nov 6)
- Purchase Farm Fresh Eggs
- Food4Good (formerly Westend Food Hub Alliance)

Callingwood/Lymburn Community



Callingwood/Lymburn Community League
18740 – 72 Avenue
Edmonton, AB T5T 5E9

League General Phone
780-481-1495

League General Email
Kathy Kammermayer admin@callingwoodlymburn.com

Membership Information

- Adult Individual Membership \$20.00
- Family Membership \$35.00
- Memberships are valid for 1 year from September 1st (current year) to August 31st (following year).

Purchasing Memberships

- Memberships can be purchased online or,
- Arrange to meet our membership director as found on our contact page
- Payments accepted are cash and cheque.
- Payment by debit or credit card (Visa and MasterCard only) can be arranged. There is a \$2 administration fee for use of credit card

Membership Benefits

- Free outdoor skating at the outdoor rinks by Lymburn School (18710-72 Ave) during the winter season, weather permitting. Wear the coloured skate tags provided with your membership
- Free playgroup Tuesday mornings at the Callingwood Recreation Centre
- 25% discount off the rental of the meeting room or hall at the Callingwood Recreation Centre or the Callingwood-Lymburn Community Hall
- Up to 20% discount off annual passes or multi admission passes at City of Edmonton recreation facilities

Business Discounts with Membership

The following businesses are offering specials when you show your valid CLCL membership. Discounts subject to change.

- 25% discount off Microsoft and Adobe courses at the University of Alberta Technology

Training Centre

- 10% off large format printing at the University of Alberta Campus Design & Print Solutions
- 10% discount on clothing and giftware at the University of Alberta Bookstore (Code EFCL10)
- 10% discount off FOOD purchase at Muggn'z Family Restaurant (6655 – 178 Street)
- 15% discount off programs by Mommy Connections West Edmonton
- \$5 off a \$50 purchase at M&M Meat Shops Callingwood (6655 – 178 Street)
- 25% discount off tickets at Jubilations Theatre
- 70% discount on enrollment fees (\$69 savings) at Curves Edmonton West (17228 – 95 Ave)
- Free tool rental from the Edmonton Tool Library (edmontontoollibrary.ca)
- Whole sale pricing at Cloverdale Paint. (Mention code 057EFCL)
- Various discounts on security products through Fluent Home (fluenthome.com)
- 10% discount on furnace and duct cleaning services (Material & Waste Handling fee not included) with Acclaimed! Heating, Cooling and Furnace Cleaning
- Special offers with Orbis Sports. (Promo code EFCL18)
- 15% off bills of service at Duncan's Mechanical when you book and show your membership card (phone: 825-512-5101)
 - Plumbing
 - Heating
 - HVAC
 - Home Renovations
 - Drain Cleaning
 - Maintenance & More

Welcome to WESeniors.ca

A Community Connector Partnership

55+ WESTEND SENIORS ACTIVITY CENTRE MEMBERSHIP

- Membership: Available to Adults 55 Years & Older
- Fee: \$50 annually
- Valid: January 1, 2023 – December 31, 2023
- Membership fees are due in January regardless of what month you originally paid and are non-refundable, non-transferable and will not be pro-rated.

MEMBERS

- WSAC Memberships carry full voting privileges.
- WSAC Membership cards must be picked up in person at Westend Seniors Activity Centre.

RECIPROCAL PROGRAM REGISTRATION

A valid membership from any of our Community Connector partners in this program guide allows you to take part in registered instructional classes:

- Aldergrove Community league
- Callingwood/Lymburn Community Leagues
- La Perle Community League - 18611 97a Ave NW, Edmonton
- Trinity United Church - 8810 Meadowlark Rd NW, Edmonton (Located in Meadowlark)
- Willowby Community League

FITNESS WAIVER FORM

- All participants must sign a waiver before being permitted to attend any of the classes or drop-in activities available at all of our locations.
- The WESeniors.ca partnership is not responsible for any injuries incurred during any program.



Welcome to WESeniors.ca

A Community Connector Partnership

PROGRAM REGISTRATION FOR CLASSES

In-Person Registration:

- Visit WSAC - 9629 176 Street NW, Edmonton - Monday to Friday, 9:00 a.m. to 4:00 p.m.
- Payment at the centre can be made with Credit, Debit or Cash - **Cheques are not accepted.**
- Participants are not considered registered until full payment has been received.
- If the program you wish to register for is full, you may be put on a wait list on a first come first serve basis. If there is a cancellation, we will contact you and let you know.

Over the Phone Registration:

1. Call WSAC - 780 483 1209, Monday to Friday, 9:00 a.m. to 4:00 p.m.
ask to speak to Andy or Mikayla.
2. Payments over the phone can be made by **credit card only.**

Online Registration:

1. Visit *myactivecenter.com/* and create an account
2. Once you have a myseniors account, visit our website:
www.weseniors.ca/community-league-programs/ (scan the QR Code)
3. Find the class you would like to attend and click on the link to register.



CLASS CANCELLATIONS & REFUNDS

- If it is necessary for WSAC to cancel a program, participants will be notified prior to the start date and, under these circumstances, refunds will be issued.
- Refunds/credits for registered programs and presentations initiated by the member can only be issued for medical reasons and only in advance of the class start date. Concerns may be submitted, in writing, along with a doctor's note to the Program Department prior to the class start date. Concerns will be reviewed on a case by case basis.

QUESTIONS? CONTACT THE WESTEND SENIORS ACTIVITY CENTRE:

- Program dates, times, room allocation and fees are subject to change. While we will do our best to notify all participants, please ensure you visit the www.weseniors.ca website for any information about classes, programs, etc.
- All program administration is handled by the Westend Seniors Activity Centre. If you have any questions about programs, payments, instructors, etc., please contact our centre:
 - Email - Programs@weseniors.ca
 - Telephone - 780 483 1209 ext. 228

Homemade Meals, Fresh Ingredients, Nutritious & Affordable



- **NEW MENU EVERY 2 WEEKS.**
- **REHEATABLE** - All meals are fully cooked so you simply need to reheat it and serve.
- **SERVING SIZE** - Most seniors tell us they get 2 to 3 servings with our entrees and 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.

Entrees
\$12.00 to \$14.00

Hearty Soup
\$8.00

Muffins
\$6.00

HEARTY SOUP PACKAGE \$27.00

- Your Choice of 3 Hearty Soup and
- Your Choice of 1 of the Following:

1 Package Of
Savory Biscuits
OR
1 Package Of
Muffins

THE TOTE STARTING AT \$56.00

The "Tote" bundle includes:

- Your choice of 2 entrees
- Your choice of 2 of our hearty soups
- 1 package of 6 biscuits
- Your choice of 1 package of 6 muffins
- Your choice of 2 Egg-Emplary Brunch Bowls

**Eggs-
Emplary
Bowls
\$4.00**

SPECIAL OFFER STARTING AT \$60.00

Buy 5 Entrees And Receive Your Choice Of 1 Of The Following:

- 1 Hearty Soup
- 1 Package of Muffins or
- 1 Package of Savory Biscuits

Visit our website weseniors.ca

Call us at 780 483 1209 or

Visit Monday to Friday 9:00 a.m. to 3:30 p.m

WSAC Code Of Conduct

Conduct Of Members

The code of conduct for Westend Seniors Activity Centre (WSAC) outlines the behavioral expectations for members. Members are expected to support, reinforce and implement the concepts outlined below, in a spirit of partnership and common purpose:

- Behave in a courteous and respectful manner toward others,
- Be tolerant and patient with the limitations and weaknesses of others,
- Be respectful of the individual and cultural differences of others,
- Be considerate of the feelings and opinions of others,
- Respect the personal belongings of others,
- Refrain from behavior that is abusive, threatening, offensive or disruptive to others,
- Act honestly and ethically in relationships with others,
- Members in violation will be dealt with in accordance with WSAC policies & procedures.

Disclaimers

- Opinions expressed by program presenters do not necessarily reflect the views of the WSAC program administration or WSAC board of directors.
- All participants (member/non-member) must sign a waiver before being permitted to take WSAC programs.
- WSAC is not responsible for any injuries incurred during any program.
- Program dates, times, room allocation, and fees are subject to change.



The Centre Will Be Closed On The Following Days:

Monday, September 5, 2022

Monday, October 10, 2022

Friday, November 11, 2022

Monday, December 26 to Friday, December 30, 2022

TRY IT DAY CLASSES

- Because Trying Something New Never Grows Old!

**Come Try
Something New And
Bring A Friend!**

**To Register Please
Contact The Westend Seniors
Activity Centre**

Join us on the first day of each Community League Class as we host "Try It Days"!

If you are uncertain if this is the right class for you, we invited you to join the class for a drop in fee of \$8.00. If you love the class, we will register you at that time at the Community League.

You could spend the week trying all we have to offer and pick after you've tried them all.

Tabata Fitness - La Perle Community League

- Monday, October 24th
- 10:00 am - 11:00 am
- Drop In Fee \$8.00

Aging Strong Boot Camp - Aldergrove Community League

- Tuesday, October 25th
- 9:30 am - 10:30 am
- Drop In Fee \$8.00

Yoga Flow - Aldergrove Community League

- Tuesday, October 25th
- 10:45 am - 11:45 am
- Drop In Fee \$8.00

Age Reversing Essentrics - Callingwood/Lyburn Community League

- Wednesday, October 26th
- 12:30 pm - 1:30 pm
- Drop In Fee \$8.00

Movement 2 Movement (M2M) - Callingwood/Lyburn Community League

- Thursday, October 27th
- 12:30 pm - 1:30 pm
- Drop In Fee \$8.00

Pancha Yoga - Willowby Community League

- Thursday, October 27th
- 3:30 pm - 4:30 pm
- Drop In Fee \$8.00

QUESTIONS?

Contact the Westend Seniors Activity Centre

Email: programs@weseniors.ca
Telephone: 780 483 1209 Ext. 228
In-person: Westend Seniors Activity Centre,
9629 176 Street NW Edmonton,
Monday to Friday
9:00 a.m. to 4:00 p.m.



Fitness Levels Defined

We have designed a fitness level system to help you easily decide which courses will may be a fit for you. Simply use the symbols below to find an appropriate class.

Most of the classes at our centre are designed to be inclusive and accommodate different levels of fitness. Our instructors are experienced with teaching older adults and can provide options so that their participants can work at their own speed and fitness level.

Gentle Fitness Level 1



- Gentle fitness classes are a good match for individuals who are new to fitness classes, have physical limitations, or who are returning to fitness after an injury
- If you are looking for a seated class that is low to no impact, this class would be a good match

Developing Fitness Level 2



- Developing fitness classes are a good match for individuals who have some experience with fitness classes, but are looking for a class that is slightly more challenging than Level 1 fitness classes
- Not as strenuous or intense as Levels 3, 4, and 5 fitness classes
- Participants in Level 2 fitness classes can expect low impact activities but more movement than Level 1 fitness classes

Intermediate Fitness Level 3



- Intermediate fitness classes are a good match for individuals who are comfortable with fitness activities and have few to no physical limitations
- Participants in Level 3 fitness classes are able to modify fitness activities to fit their needs
- Some classes will require participants to be able to go down to floor level while other classes do not require this

Upper Intermediate Fitness Level 4



- Upper intermediate fitness classes are a good match for individuals who exercise regularly and who want a full body workout
- Participants in Level 4 fitness classes can expect to be standing for the majority of the class

Advanced Fitness Level 5



- Advanced fitness classes are a good match for individuals who exercise regularly, are looking for a high intensity workout, and have little to no physical limitations
- Advanced fitness classes are the most challenging classes that WSAC has to offer
- Participants in Level 5 fitness classes must be comfortable with high intensity cardiovascular exercise and muscular endurance

Fitness - In Person Classes

CERTIFIED INSTRUCTOR

ESSEINTRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

ESSEINTRICS®– Is a dynamic, full-body workout, suitable for all fitness levels created by Canadian, Miranda Esmonde-White, the author of the New York Times bestsellers, Aging Backwards and Forever Painless.

This fitness program has been around for 20+ years and has been widely seen on PBS where Miranda has developed a strong following of students.

This is an age reversing workout that will re-balance your body, restore movement in your joints, increase the flexibility in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system.



Fitness - In Person Classes

1

Essentrics for Seniors Instructor: Lori Griffith

Trinity United Church
Thursdays
October 27 - December 15
(8 Classes)
2:30 p.m. to 3:15 p.m.
Cost \$60.00

Scan the QR Code to visit our
Community League Programs
webpage for more info & to register



This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles.

This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work.



Come join us for a fun day of exercise and connection with others!

Trying something new never grows old!

Fitness - In Person Classes



Age Reversing Essentrics®

Instructor: Liz Olson (TUC) / Sam Hipkin (LCH)

Trinity United Church

Tuesdays

October 25 - December 13

(8 Classes)

11:45 a.m. to 12:45 p.m.

Cost \$88.00

Lymburn Community Hall

Wednesdays

October 26 - December 14

(8 Classes)

12:30 p.m. to 1:30 p.m.

Cost \$88.00

Scan the QR Code to visit our
Community League Programs
webpage for more info & to register



Age Reversing ESSETRICS® (60 minutes)

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Bring yoga mat and water.

*We are standing through the majority of the class, with 10 minutes on the floor doing stretching exercises. Don't worry if you are unable to get down on the floor!
We adapt the movements so you can do them from a chair.*

UPPER BODY

We root our body and get into a nice full back stretch. We then move into big movements to free up the spine and work through the arms, shoulders and back, focusing on rotation, lateral and forward and backward movement of the spine.

LOWER BODY

After that we do a series of movements working on the legs and lower body, lunges, stretching and toning the lower body, calf stretches, getting into the Achilles and our whole leg. We continue with light kicks and lengthening our legs as we work on our balance and toning. We also work on different movements, as we work to improve our balance in our lower body. We continue these transitions between our upper and lower body movements until we are ready to get down on the ground.

FLOOR/CHAIR MODIFICATIONS

We start with a fitness strap to help us as we work on our range of motion and create a bit of resistance. We do a series of lower body stretching on our backs. We also do some core strengthening with some gentle movements to balance our bodies. The instructor will remind you to work within your own range of motion. We work towards the end of the class with some stretching from a sitting position (either on the floor or in a chair), doing hip flexor stretches, hamstrings, and other lower body exercise

Fitness - In Person Classes

4

M2M - Movement To Music Instructor: Elise Millard

Lymburn Community Hall
Fridays

October 28 - December 16

(7 Classes) - No Class on November 11

12:30 p.m. to 1:30 p.m.

Cost \$56.00

Scan the QR Code to visit our
Community League Programs
webpage for more info & to register



- 1 hour class,
- If you are looking for an all around workout incorporating movement to music, this class is for you,
- This is a more challenging class as the majority of the exercises are cardio and the majority of the class is done from a standing position.

Looking for something fun to do?

This is a cardio class with upbeat music that keeps us moving and having fun!

Come join us as we work on getting stronger, improving our cardio, working on our balance and developing a better range of motion. We promise you will love it!

LOWER BODY

As the music plays we are doing traditional lower body exercises like lunges, squats, knee lifts, and other movement all to the beat of the music and with easy to follow instructions.

UPPER BODY

We also work on our upper body and our strength as we bring in our fitness equipment and have fun with a variety of movements meant to keep our heart rates up.

WE KEEP MOVING.

This class has a nice flow as our students really enjoy the strength components where they can work on their strength but keep moving and keep that heart rate up, no standing pat here.

COOL DOWN

We end the class with a nice cool down, still to music, some nice flowing stretching that incorporates the whole body.

EQUIPMENT NEEDED:

- Resistance Bands & fitness loop band
- Light hand weights
- Water bottle

Fitness - In Person Classes

3

NEW

Tabata

Instructor: Deborah Ravbar

La Perle Community League

Mondays

October 24 - December 12

(8 Classes)

10:00 a.m. to 11:00 a.m.

Cost \$56.00

Scan the QR Code to visit our
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webpage for more info & to register



Wondering what a Tabata fitness class is?

Founder Dr. Izumi Tabata created the cycled workout to yield the most benefits in a short amount of time. In it's pure form you do eight rounds of 20 seconds of strenuous exercise followed by 10 seconds of rest however our instructor has adapted this class for older adults.

The cycles will include cardio, strength and core exercises still maintaining the eight rounds and 20 seconds of work and 10 seconds of rest. Work out at your own pace for an effective and fun fitness class!

The History of Tabata

Tabata training was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo.

Tabata and his team conducted research on two groups of athletes. The first group trained at a moderate intensity level while the second group trained at a high-intensity level. The moderate intensity group worked out five days a week for a total of six weeks; each workout lasted one hour. The high-intensity group worked out four days a week for six weeks; each workout lasted four minutes and 20 seconds (with 10 seconds of rest in between each set).

The results; Group 1 had increased their aerobic system (cardiovascular), but showed little or no results for their anaerobic system (muscle). Group 2 showed much more increase in their aerobic system than Group 1, and increased their anaerobic system by 28 percent.

In conclusion, high-intensity interval training has more impact on both the aerobic and anaerobic systems.

(Source: <https://www.active.com/fitness/articles/what-is-tabata-training>)

Fitness - In Person Classes

3

Beginner Bootcamp - Aging Strong Instructor: Deanne Keller

Aldergrove Community League
Tuesdays
October 25 - December 13
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$72.00

Equipment:
• 3 or 5 lb dumbbells

Scan the QR Code to visit our
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webpage for more info & to register



This class is a 1 hour full body workout class that energizes and strengthens the body and gets you on your way to achieving your fitness and health goals.

You will be able to do this class at any intensity you would like, with or without weights, but the key is to try your best. No muscle will be left unused during this class.

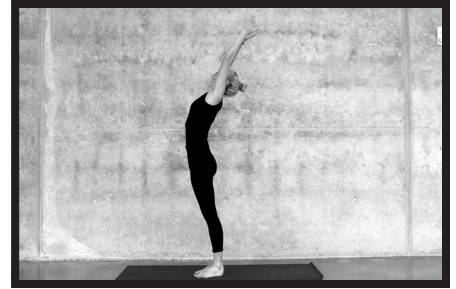
This class is great for building strength, working your heart and muscles and strengthening your bones as well! Sarcopenia is age related muscle loss, joining this class weekly will help you maintain muscle mass and maintain your mobility and improve your posture to stay upright and strong!



Why Yoga Is Good For Us

INCREASES YOUR BLOOD FLOW

- Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet.
- Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.
- Inverted poses, such as headstand, handstand and shoulder stand, encourage venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. This can help if you have swelling in your legs from heart or kidney problems.
- Yoga also boosts levels of hemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the level of clot-promoting proteins in the blood. This can lead to a decrease in heart attacks and strokes since blood clots are often the cause of these killers.



DRAINS YOUR LYMPHS AND BOOST IMMUNITY

When you come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells).

This helps the lymphatic system fight infection, and dispose of the toxic waste products of cellular functioning.

LOWERS BLOOD SUGAR & BLOOD PRESSURE

Yoga lowers blood sugar and LDL (“bad”) cholesterol and boosts HDL (“good”) cholesterol. In people with diabetes, yoga has been found to lower blood sugar in several ways:

- By lowering cortisol and adrenaline levels,
- Encouraging weight loss, and improving sensitivity to the effects of insulin.

Two studies of people with hypertension, published in the British medical journal *The Lancet*, compared the effects of Savasana (Corpse Pose) with simply lying on a couch. After 3 months, Savasana was associated with a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number—and the higher the initial blood pressure, the bigger the drop).

Yoga - In Person Classes

3

NEW

Yoga Flow

Instructor: Deanne Keller

Aldergrove Community League
Tuesday October 25 - December 13
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$72.00

Equipment:

- 3 or 5 lb dumbbells

Scan the QR Code to visit our
Community League Programs
webpage for more info & to register



Designed to move and stretch your whole body, keeping your joints moving freely and helping to prevent injuries; a great stretch after a fitness class or just joining this class will help ease your mind and stretch your muscles.

This class is suitable for all levels, even if you are new to yoga. If you need extra cushioning for your knees you may want to bring a kneeling pad or towel. This class will be complimented with relaxing music, a variety of breathing techniques and a mini meditation at the end to get you ready for the day!

Chairs will be available for those who need a bit more stability. With over 12 years of experience teaching yoga, Deanne is happy to share her time with you and is looking forward to getting to know you in the 8 weeks you will be together.

Pancha: 5 Ways To Create Balance In Your Life Through Yoga

Instructor: Neeru Prashar

Willowby Community League
Thursday October 27 - December 15
(8 Classes)
3:30 p.m. to 4:30 p.m.
Cost \$64.00

Equipment:

- Yoga mat and band

Scan the QR Code to visit our
Community League Programs
webpage for more info & to register



During this 1 hour class, we will work our way through the 5 different areas of yoga - postures, breathing, stretching, mindfulness, and reflection. This is a gentle yoga class where the teacher will give clear instructions and show a variety of options as we work through the poses.

We start with a gentle warm-up with basic yoga poses that will help bring proper tone, flexibility, and balance to the functions of our body.

Breath is so important for our overall health. During this class, we will learn breathing practices that will improve our lung function and our breathing capacity. Breath awareness practices will help us bring balance to the functions of our nervous system, calming the mind and enhancing energy in our body.

You will leave the class with a positive mindset, feeling ready to enjoy your day.

The Arts - In Person Classes

Introduction to Pen and Ink

Instructor: Susan Casault

Trinity United Church

Fridays

October 21 & October 28

(2 Classes)

12:30 p.m. to 3:30 p.m.

Cost \$48.00

Scan the QR Code to visit our
Community League Programs
webpage for more info & to register



If you've never worked with pen & ink, now is the time to try it!

No drawing experience is necessary.

Come join us as we explore a variety of techniques and learn how to show different textures and shades of grey in our drawings. In this two-week workshop, you will complete small drawings using lines, patterns, layers and more!

Our instructor will provide demonstrations and individual guidance as needed. She will also provide a photo for reference.

Whether you are an experienced artist or always wanted to learn, we hope you will join us!



Free 1-On-1 Zoom Training

- ARE YOU INTERESTED IN TRYING OUR ONLINE CLASSES?
- DID YOU KNOW WE PROVIDE FREE 1-ON-1 TRAINING TO TEACH YOU HOW TO USE ZOOM?

800+ Seniors!

We have helped over 800 seniors learn Zoom
Want to learn? It is as easy as 1, 2, 3!

STEP ONE:

Contact our centre and book an appointment:

- Telephone - 780 483-1209
- Email - programs@weseniors.ca

STEP TWO:

- One of our staff will call you to find out what you need assistance with.
- We will help you install ZOOM and answer any questions you have about taking our online classes

STEP THREE:

- Our staff will then help you to sign up for the classes you would like to take.
- The day of your first class, our staff will make sure that you are able to sign in and participate in the class without any issues.

Drop In Classes

The Westend Seniors Activity Centre!

Monday Drop-In Classes

- Games Room 9:00 a.m. to 12:30 p.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Biking Group 10:30 a.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Art and Craft 12:30 p.m. to 3:30 p.m.
- Euchre 1:00 p.m. to 3:00 p.m.
- Knitting Group 1st & 3rd Monday - 1:30 p.m. to 3:30 p.m.

Tuesday Drop-In Classes

- Walking Group 9:00 a.m.
- Practice Bridge 9:30 a.m. to 11:30 a.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Whist 1:00 p.m. to 3:00 p.m.
- Badminton 2:00 p.m. to 4:00 p.m.
- Billiards 3:30 p.m. to 7:45 p.m.
- Ping Pong 3:45 p.m. to 7:45 p.m.
- Open Jam 5:00 p.m. to 7:00 p.m.

Wednesday Drop-In Classes

- Photo Club 1st & 3rd Wednesday - 9:30 a.m. to 11:30 a.m.
- Open Jam 1st & 3rd Wednesday - 1:00 p.m. to 3:00 p.m.
- Book Club 2nd & 4th Wednesday - 10:00 a.m. to 11:30 a.m.
- Ukulele 2nd & 4th Wednesday - 1:00 p.m. to 3:00 p.m.
- Billiards 9:00 a.m. to 4:00 p.m.
- Scrabble 9:30 a.m. to 11:30 a.m.
- Biking Group 10:30 a.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Euchre 1:00 p.m. to 3:00 p.m.

Drop In Classes

The Westend Seniors Activity Centre!

Thursday Drop-In Classes

- Carpet Bowling 9:00 a.m. to 11:00 a.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Contract Bridge 12:30 p.m. to 3:30 p.m.
- Wood Carvers Club 12:30 p.m. to 3:30 p.m.
- Games Room 4:30 p.m. to 7:45 p.m.

Friday Drop-In Classes

- Walking Group 9:00 a.m.
- Games Room 9:00 a.m. to 12:30 p.m.
- Spanish Conversation 9:30 a.m. to 11:00 a.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Silver Tones 10:00 a.m. to 12:00 p.m.
- Biking Group 10:30 a.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Choir 1:00 p.m. to 3:00 p.m.
- Paper Quilling 1:00 p.m. to 3:30 p.m.
- Cribbage 1:30 p.m. to 3:30 p.m.

Paper Quilling

Fridays
1:00 p.m. to
3:30 p.m.
Drop in fee \$2

The Quirky Quillers are welcoming new members.
Drop in Fridays for conversations & coiling, when we
fold a little and chat a lot!

Social Groups - Drop In Classes

The Westend Seniors Activity Centre!

Birthday Party

\$2 Drop-in Fee

**The 3rd Wednesday of each month
2:00 p.m. to 3:00 p.m.**



Join us in the Café to celebrate the birthdays being celebrated during the current month.

Enjoy a slice of cake accompanied by a nice cup of coffee while visiting with friends.

FREE for all members celebrating their birthday during the month of the party.

Monthly Potluck Dinner

\$2 Drop-in Fee

**The last Thursday of each month
6:00 p.m. to 8:00 p.m.**



Each month, our centre likes to host a monthly potluck group. This is an opportunity to meet other members, connect with friends all while sharing some tasty food.

- Everyone who attends is asked to bring their favorite dish to share
- Each dish should serve 4 to 6 people
- Watch our website and posters at the centre for details

Social Groups - Drop In Classes

The Westend Seniors Activity Centre!

Circle Of Support

\$2 Drop-in Fee

Fridays 10:00 a.m. to 11:30 a.m.



This warm and welcoming group is facilitated by a member of our Community Outreach staff.

- Our mission is “outstanding conversation”.
- People who attend this group find it a great connection to stronger friendships and a consistent support structure, as well as gaining insight from each other and our conversations.
- Everything is confidential, and
- New attendees are always welcome.

Social Circle Of Friends

\$2 Drop-in Fee

Mondays 9:30 a.m. to 11:00 a.m.



This welcoming and friendly peer support group is a great place to listen and share your stories in a supportive atmosphere.

- People attending this group find strong friendships have developed, and their support and contact circles have increased.
- Everyone is offered the opportunity to speak and share as little or as much as you like.
- Your stories are kept confidential.
- Each week could be different, so try this group a couple of times and then decide.

Community Outreach

The Westend Seniors Activity Centre!

Did You Know, Outreach Workers Support Seniors By:

Form Completion

Outreach provides help with filling out applications (e.g.; CPP, OAS, Alberta Seniors Benefits, and housing applications) Appointments can be made by calling Brianne at 780 483-1209 ext. 242 for in person or by phone by calling Shirley at 780 454-2465.

Emotional Support

If you feel you would benefit from someone to talk to you can call our Outreach Department and we can provide resources to a support group or counsellor to speak with.

Needs Assessments

If you are finding that you have concerns but are not sure how to sort them out or where to go to get help, through a conversation with our Outreach team we can gather information from you to determine what resources are available to address your needs.

Independent Housing and Supportive Living

Please call our Outreach Department if you require information on housing, whether it's independent or supportive living we can provide resources and information.

Seniors Benefits

If you feel you are not receiving all of your senior's benefits, we can go over what you are currently receiving and if you are missing a benefit (e.g.: CPP, OAS, GIS (if applicable), and Alberta Seniors Benefits), we can provide information and resources for you to follow-up with.

Financial

If you are low-income there are benefits that you may be able to receive through Alberta Special Needs Benefits. Call our Outreach Department for further information.

Elder Abuse

If you feel you are in an abusive situation, whether it's physical, emotional, financial, sexual, medical, please call our Outreach Department. We can provide you with resources to an Elder Abuse team or a Safe House.

Meals and Nutrition

Please call our Outreach Department for resources to prepared meals and Nutritional Support Workers, Food Bank, Grocery Deliveries and more.

Mental Health and Grief Services

Whether you are suffering from Mental Health issues (e.g.: anxiety, depression) or you require grief and loss support, please call our Outreach Department for the appropriate information and resources.

Transportation

If you are in need of transportation and not sure who to call, we can provide you with information and resources to transportation agencies or DATS if applicable.

Isolation

If you are feeling isolated please call our Outreach Team, we can provide you with resources to a full range of programs that will suite your needs.

Community Outreach

The Westend Seniors Activity Centre!

Seniors Home Supports Program

We also understand that many seniors may require assistance from time to time to remain in their own home.

The Seniors Home Supports Program will refer you to approved service providers who offer services in the following areas:

- Snow Removal
- Yard Work
- House Keeping
- Minor Repairs

When you call our office, we will provide you with a list of 3 service providers to contact. This will allow you to get quotes on costs BEFORE you choose which business to hire.

This program is an initiative of the City of Edmonton.



Providing Resources To Seniors And Their Families

Many seniors are unaware of the numerous resources and support services that exist to help them. The goal of Westend Seniors Activity Centre's Outreach Program is to aid and support seniors by connecting them with necessary resources within the community – and helping to reduce isolation.



We Are Here To Help

Shirley Kilsdonk
Community Outreach Manager
Shirley@weseniors.ca
780 483 1209 Ext. 226

Brianne Bu
Home Support Coordinator
Brianne@weseniors.ca
780 483 1209 Ext. 232

Senior Fraud Alert Website

www.seniorfraudalert.ca

A Free Resource To Learn How To Identify Fraud And Protect Yourself From It.

Created By Seniors For Seniors.

- Senior-driven focus groups read and gave feedback on every scam, script, and quiz so the information is in plain language and is free of jargon and technical terms.
- The course is in small educational modules that provided simple but effective tips.

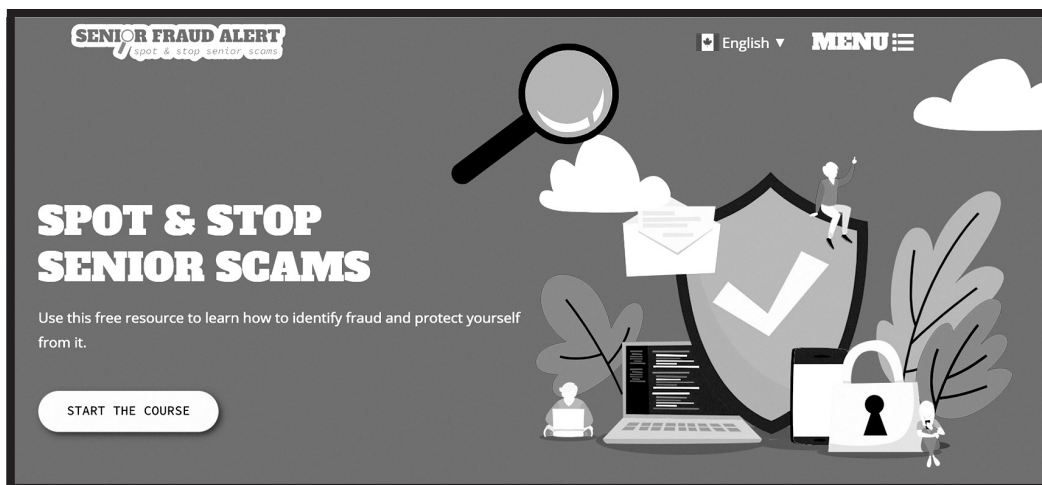


The Senior Fraud Alert Website's Mission Is To:

- Help make you aware of the risks of using technology, and not be afraid to use it.
- Encourage you to use this free resource to learn how to identify fraud and protect yourself from it.
- Empower you to “suspect, detect, report”. Once you complete the course you will be able to spot the clues left by scammers and stop them from causing harm by contacting the authorities.

The Course Features 5 Sections That Cover The Following Types Of Frauds

- Government Frauds
- Banking Frauds
- Internet Frauds
- Health & Safety Frauds
- Relationship & Lifestyle Frauds



The Men's Shed

Starting in November at The Westend Seniors Activity Centre

Wednesdays at 6:30 p.m.
WSAC members - Free

Westend Seniors Activity Centre
Non-members \$5.00 drop in fee

Looking for a way to connect with others? Join us at the WSAC Men's Shed.

WHAT'S A SHED?

In a shed, men get together for activities like woodworking projects, cooking, bike repairs, music, and yelling at the television during the playoffs.

WHY SHEDS?

It is recognized that many men in communities have both time on their hands and a tendency to suffer from isolation, loneliness, and depression. This is especially true after they retired as many men tie big parts of their identities to careers. After joining a Men's Shed, men find they stay productive and contribute to the community—all of which are keys to good overall health.

WHAT TO EXPECT

Sheds are:

- A gathering place for men of purpose, and others.
- Usually involves a work space, for those who don't have one or have had to give theirs up.
- Productive.
- A place to change community, a helping hand.

Sheds aim to be:

- Independent. We welcome help from others as long as there are no strings attached.
- A benefit to the community. We will give more than we get.
- Inclusive. All are welcome.

Sheds are not:

- A formal training program. But you may gain some knowledge and skills.
- A sports club. But you may play sports.
- A health program. But your health and well-being may improve.
- An information service. But you may ask questions.
- A service for men. But you might be of service to others or get advice and support from time to time.

Qualifications needed:

- Respect.



Friends Of WSAC - Toonie Talks

The Westend Seniors Activity Centre!

Who Are The Friends Of WSAC?

- The Friends of WSAC are businesses vetted by the Westend Seniors Activity Centre that are dedicated to providing services to older adults in Edmonton and area.
- They have years of experience addressing the needs and challenges older adults face in their daily lives.

Not A Sales Pitch...

- These are educational presentations by businesses that serve seniors.
- The Friends of WSAC guest speakers are not trying to sell you on their services. They are working with us to provide information sharing sessions aimed at increasing the your awareness and knowledge on a specific topic.
- Our goal is to provide a wide range of presentations on topics that seniors are dealing with in their everyday lives.

Fun Experiences

- Join our Friends of WSAC partners for some fun adventures. They have put together some fun activities such as wine tasting, fitness classes, walking tours and more.

We Are Very Proud To Announce Our Fall 2022 Toonie Talk Schedule

Strategies to Reduce Risk & Enhance Retirement Portfolio Returns -- Presented by Wei Woo

September 23, 2022 - 10:00 a.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

Beyond the traditional retirement savings portfolio of stocks and bonds that many retirees have, there is a third asset class that many large pension managers such as the Canadian Pension Plan, use to reduce risk in the markets, it is alternative assets.

During 2022 volatile and emotional roller coaster markets, this asset class has done relatively well to traditional stocks and bonds. Recently made available to individual investors, alternative assets provides access to a diversified portfolio of non-traditional investments, designed to compliment the traditional balanced retirement portfolio. Come join longtime WSAC presenter Wei Woo as we discuss the possibilities given the uncertain stock markets and economy we are currently in.

Friends Of WSAC - Toonie Talks

The Westend Seniors Activity Centre!

The Art of Downsizing – Presented by Jody Lambertus

September 27, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

Thinking of downsizing? Not sure where to start? Downsizing can be an overwhelming process that can take longer than expected at every turn. Want help? Here is the number one trick to downsizing successfully: start before you think you need to and develop a plan. After all, clarity yields action and action means more space, freedom, money and most of all more peace of mind.

In this session, we'll cover the financial, emotional, and health proven benefits of downsizing, as well as the concerns to address BEFORE you decide to downsize. We will also discuss the necessary, but often difficult conversations to have with loved ones and what questions to ask BEFORE hiring an advisor, realtor, lawyer, and mortgage expert.

Fall Prevention - Presented by Cura Physical Therapies

September 28, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

Did you know that up to 55% of older adults have concerns of falling? Come join us for an interactive discussion on:

- What does it actually mean when we talk about falls?
- What physical skills are required for good balance and to prevent falls?
- How much does fear of falling affect your risk of a fall?
- Fall hazards, how to get up from a fall, and where can I find help?

Cannabis - Breaking Through the Mystery – Presented by Kala Sanmartin

October 4, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

We outline the history of cannabis and address some of the stigmas.

- Come learn about the endocannabinoid system - the master regulator of the body.
- We explain Cannabinoids - CBD & THC and their medicinal uses.
- What are the different ways to consume cannabis and how to access cannabis.
- Special considerations for seniors.

There will also be a Q&A period to answer any of your cannabis questions.

Friends Of WSAC - Toonie Talks

The Westend Seniors Activity Centre!

Estate Planning – Presented by Edmonton Community Foundation

October 5, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

This session outlines the importance of having valid, up-to-date estate documents and is presented by a Wills & Estates lawyer who volunteers his/her/their time with the Edmonton Community Foundation. Some of the information provided will include:

- The difference between Personal Directives and Enduring Power of Attorney and why you need them.
- What a Will can and cannot do.
- How a Will can help save taxes for both you and your estate.
- Why a properly prepared Will, with the assistance and expertise of a professional lawyer, accountant, financial and estate planner, is so important.

Tapping Into The Power of Your Pharmacist – Presented by Terra Losa Pharmacy

October 6, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

Pharmacists are not just there to dispense medications. Come learn how to start tapping into this under-utilized health resource and learn how your pharmacist can:

- Review your entire medication record for potential interactions,
- See if you are taking drugs with duplicate effects,
- Check on prescription refills and renew your existing medications,
- Prescribe medication in certain conditions.
- From how to better manage your health to how to better manage the drug cost, come see how your pharmacist can give you the right advice.

Picking the Right Paint and How Best to Apply - Presented by The Brilliant Brush

October 12, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

- Did you know that the paint product you pick is as important as the colour?
- Learn a little science about paint to help understand why there are so many paint product choices,
- Learn how to pick the right product for your project,

The presenters will also give you an overview of the industry standard application sequence and give you some tips and tricks when applying your paint.

Friends Of WSAC - Toonie Talks

The Westend Seniors Activity Centre!

Starting Your Investing Journey - Presented by Alberta Securities Commission

October 13, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

This course is being offered through Zoom.

You may join us in the WSAC Community Cafe, or at home through a zoom link we will provide to you.

- Are you new to investing? It is never to late to start!.
- Investing can be part of a healthy financial future, providing you with greater personal freedom, a sense of security and the ability to afford the things you want in life.

Come join James from the Alberta Securities Commission as we explore the benefits of starting your investment journey and how to avoid common investing mistakes. He will also outline how to avoid the various frauds/scams that can occur when investing.

WSAC's Home & Auto Insurance - Presented by Armour Insurance

October 20, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

- This Is Not A Sales Pitch - Come Learn About The Group Insurance Program We Have Created For All WSAC Members, Spouses, And Financial Dependents Residing In The Same Household
- 15% discount on property insurance & 10% discounts on auto insurance
- No interest or service charges (an additional 3-4% savings)
- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available and fast and courteous 24 hours claim service
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options

The Act of Downsizing – Presented by Jody Lambertus

October 27, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

Curious about downsizing?

Join longtime Friends of WSAC presenter Jody Lambertus as she outlines what to do after you have made the decision to downsize. During the presentation, Jody will also cover:

- How to get your home ready for sale
- How to find your next home
- Who should be involved

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

Friends Of WSAC - Toonie Talks

The Westend Seniors Activity Centre!

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This Is Not A Sales Pitch - Come Learn About The Group Insurance Program We Have Created For All WSAC Members, Spouses, And Financial Dependents Residing In The Same Household

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- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available and fast and courteous 24 hours claim service
- Discounts are available for a variety of multiple account and multi-vehicle policies
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Enjoy this interactive learning experience through worksheets, checklists and navigate your decision to downsize with more confidence and clarity.

DIY Investing: Understanding the Fundamentals of Investing on Your Own

– Presented by Alberta Securities Commission

November 3, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

You may join us in the WSAC Community Cafe, or at home through a zoom link we will provide to you.

Self-directed investing is becoming increasingly popular with new and long-time investors. Join James from the Alberta Securities Commission as he walk you through assessing if an investing approach is right for you. During his presentation he will also cover the fundamentals to opening a trading account, researching and trading investments and avoiding common DIY investing mistakes.

The Joy of Downsizing – Presented by Jody Lambertus

November 22, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

This session we summarize part 1 and 2 of our downsizing presentations. Review how to start before you think you need to move and develop a plan, the financial, emotional, and health proven benefits of downsizing, as well as the concerns to address BEFORE you decide to downsize, what to do next, after you've made the decision to downsize, how to get your home ready for sale, how to find your next home and who should be involved.

Memory: Is Yours In Need of a Check-up? – Presented by Providence Chiropractic

November 23, 2022 - 1:30 p.m. - WSAC Community Cafe

Cost: Free to WSAC members - \$2.00 non-members

Join Dr. Raj Dhaliwal from Providence Chiropractic to learn more about how memory works, how it can maintained, and how you can enhance it.

WSAC's Business Connectors



Widow 2 Widow Edmonton

Has your husband passed away?
Are you experiencing grief and loneliness?
Do you long for connection, companionship,
and community?
Would you like to connect with widows
experiencing similar circumstances?

Join a W2W group to:

- Meet others on a similar journey · Realize you are not alone · Be understood · Make new friends · Try new activities · Have companions for activities · Learn something new · Have activities to look forward to · Redefine yourself · Support others who are on this journey · Explore your faith · Enrich your life · Experience hope · Laugh again ·

Edmonton-West Group Meeting

Third Thursday of each month
7:00 p.m.

at Saints Church
6315 199 St NW
Edmonton Alberta T5T 6N2

For more information please contact Sandy B
780-486-7557
w2wwested@gmail.com

Wild Rose

An OPTIMA LIVING Community

Live your best life.

Let us welcome you home to a warm and friendly community. Come join us to try new things like art classes and see how we encourage new friendships.



**IDLE
INSPIRED**



780.293.3526

wildroseseniors.ca
9612 172 St NW, Edmonton, AB
People | Place | Community

WSAC's Business Connectors



BUTTERFLY
— DREAMS —
RESPIRE CARE

780 242-2373

Our secure, full-time, 24/7 supervision includes respite care, personal care, medication assistance, group or one-one companionship, cognitive therapeutic therapy, meal services and transportation services available. All that's necessary to pack are personal items, medications, and clothes. We take care of ALL the rest!

info@butterflydreamsrespitcare.ca
www.butterflydreamsrespitcare.ca



THE **BUTTERFLY DREAMS RESPITE CARE DIFFERENCE**

At **Butterfly Dreams Respite Care**, our experienced caregivers are eager and ready to step in to provide compassionate assistance and necessary short-term support.

We offer temporary respite services for older adults, including those with limited physical abilities and mild conditions like dementia, as well as individuals in need of post-operative recovery or hospital discharge care.

WSAC HOME & AUTO GROUP INSURANCE PROGRAM

armour.
INSURANCE

CALL US 1-855-475-0959

Westend Seniors' Members Benefit

15% discount on property insurance

Includes houses, condos, rented properties, cottages or vacation trailers, income properties, & watercraft

10% discount on auto insurance

Includes personal vehicles, antique vehicles, campers, trailers, & motorhomes

Plus, quote and be entered for a chance to win \$5,000

Armour Insurance is the official supplier of your Westend Seniors Activity Centre group insurance program. You can get discounted rates on home and car insurance just because you're a WSAC member. Get started by giving us a call to let us know you are a WSAC group member and would like to get set up!

www.armourinsurance.ca/wsac

WSAC's Business Connectors

RIVERBEND

103 Rabbit Hill Ct NW Edmonton

780.438.2777

Your Kind of Retirement Living



Retirement Living

With its perfect south west location, extensive landscaping, and colourful gardens, Riverbend retirement

residence is warm and inviting inside and out. Offering a wide range of independent, supportive, and assisted-living options for seniors, Riverbend is designed for your lifestyle. Our spacious suites include the option of having your own private balcony, or walk out patio to our gardens.

Have questions about what retirement living is all about? What care options will be available when you need them?

FACEBOOK @ReveraInc

WEBSITE

reveraliving.com/en/live-with-us/alberta/edmonton/riverbend

Come visit us, we have answers



COME SEE US FOR ALL YOUR HEARING NEEDS

WINDERMERE

780.424.8433

Currents of Windermere Shopping Centre
#209 - 6103 Currents Drive NW
Edmonton, AB T6W 2Z4

HERITAGE

780.705.4327

Heritage Professional Building
#110 2841 109 Street
Edmonton, AB T6J 6B7

New Location

We are a private, locally owned Edmonton business. Working with industry leading hearing aid manufacturers allows us to pass along amazing products and prices to our clients. Visit us for hearing aids that meet your hearing needs.

We offer a 2 week hearing aids trial for you to take home and experience what hearing aids can do for you.

What our clients are saying about us...

"I was very impressed with Ron, he performed my hearing test and discussed it in details with me, he was very professional. I strongly recommend Stanford Hearing center."

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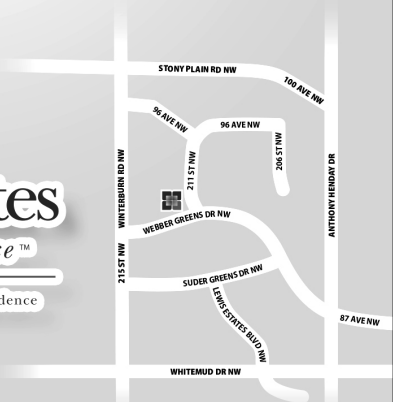
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