

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

**AUGUST
2022**



This Month's Issue:

2ND Annual WESeniors Amazing Race & Challenge

WSAC Summer Wine Raffle

Membership Fee Increase

^{NEW} Fall Program Guide

Fall Registration Day

& More!



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

9629 176 STREET NW
EDMONTON, AB
T5T 6B3
780 483-1209

A MESSAGE FROM THE BOARD OF DIRECTORS

Dear Members,

The Board, after considerable discussion and debate, passed a motion at the June 30, 2022 meeting to increase the 2023 annual membership fees to \$50.00.

The arrival of COVID-19 has had a significant impact on our organization. And while we are all tired of hearing that covid is the cause of everything from the rise in inflation, to supply chain issues and more, the fact is the pandemic has caused a variety of issues for our organization.

The pandemic changed things dramatically

When the pandemic arrived in the spring of 2020, and Alberta Health restrictions forced us to close our doors, our centre was one of the few here in Edmonton that remained open behind the scenes to support our members.

As a WSAC member, I had no idea the amount of work our Executive Director and the team had to do in those first few weeks to re-invent the way WSAC could provide the programs and services to our members. As our Board President, I am very proud of the work they did to quickly transition to an online platform. From training over 800 seniors on how to use zoom so they could continue their programs at home, to providing instructors with the resources they needed, they did what they could to keep our centre running smoothly.

We reopened but many did not return to the centre

Later that fall, when the Centre re-opened under COVID restrictions, WSAC staff were in a position of providing both on-line and in-person programming and services. Unfortunately, many of our members did not feel comfortable returning to the centre and renewing their membership. In addition, many members told us they were not interested in doing classes online. As a result, revenue did not return to pre-COVID levels and we are currently experiencing a significant deficit.

Something to consider

We realize that no one likes the idea of increasing fees. However, for the Centre to continue to provide the exceptional programs and services you enjoy, we feel it is necessary to implement this increase.



A MESSAGE FROM THE BOARD OF DIRECTORS

Please consider:

- WSAC is an independent Seniors Centre and is not owned & run by the City of Edmonton as many members believe.
- Our program's revenue is down by almost 50% from 2019.
- Almost 2.5 years since the arrival of COVID-19, membership numbers have still not returned to pre-COVID levels.
- We have had to cancel a number of our events and classes due to low enrollment.
- WSAC has been unable to host larger events that would normally generate revenue for our organization.

All of this has resulted in a significant deficit.

I would also like to point out that we have not had a membership fee increase in 10 years. Also, while membership fees will be increased, our centre will continue to provide programs and events without significantly increasing prices.

Here is some food for thought:

For your annual fee, you can participate in a number of events & receive services that are cost-free such as:

- The weekly Toonie Talk presentations (will be free as of September 2022)
- The WESeniors Amazing Race and Challenge
- Older, Bolder, Better! Seniors Exhibition and Symposium
- The monthly Birthday Party - free for you to attend the month of your birthday
- Our biking groups
- One-to-one computer training
- Access to our library, puzzles, and wool

In addition, Pickleball, which is really popular, has one of the lowest fee structure in the Edmonton area.

Where else can you go for camaraderie, enjoy special events, participate in quality classes and programs, have access to other services and free events for an annual membership fee that amounts to \$4.17 a month?

The Board wishes to thank the members who have supported our Centre over the years. We hope that you know we have not made this decision lightly and we hope the information gives you some insight into why we feel the increase is necessary.

Barbara Gibson,
Board President

A MESSAGE FROM THE EXECUTIVE DIRECTOR



I would like to thank our Board for having the courage to make this difficult decision. They realized it may not be a popular decision, but understand it is a necessary one.

I would like to take this time to outline our membership changes:

Membership Fees For Fall 2022 and 2023

If you are a new or past WSAC member and you want to register for our Fall 2022 programs:

- You must have a valid 2022 membership.
- **Effective immediately, if you purchase your 2023 membership (\$50.00), your 2022 membership will be only \$10.00.**

If you are a current member who has a valid 2022 membership and you want to purchase your 2023 membership:

- the 2023 membership will cost \$50.00.
- To celebrate our upcoming 45th Anniversary in 2023, **all current 2022 members who purchase their 2023 membership will receive a \$5.00 credit** that can be used for any of the programs, events, drop-in classes, our meal program, lunch in our cafe, etc.

Free Strength Training Program For WSAC Members

We are very excited to announce that effective January 2023, all WSAC members will have access to a free Strength and Training program!

As a Gerontologist, I know the importance of older adults having a strength training program; however, my experience is that strength training is something most seniors have little or no experience with. As we age, strength training becomes very important to help us with things such as muscle loss, low bone density, or osteoporosis. Benefits of strength training include:

A MESSAGE FROM THE EXECUTIVE DIRECTOR

- Reducing resting blood pressure
- Revitalizing muscle cells
- Reversing physical frailty
- Reducing falls
- Decreasing physical discomfort such as back pain

We are finalizing the details of this exciting new initiative. Please watch our newsletter for more information.

Celebrating our 45th Anniversary!

As I stated above, we will be celebrating our 45th anniversary in 2023! To celebrate, we will have a number of events and initiatives throughout 2023 to recognize this amazing achievement. Please watch our newsletter for some fun events, contests, and more that we have planned. We promise you are going to love it!

10 Year members - we have a gift for you!

Our first initiative is to recognize all of the individuals who have been WSAC members for the last 10 consecutive years. We will be reaching out to all of you to give you a surprise!

And finally, I too would like to give you something fun to consider:

2023 WSAC membership fee = \$4.17 per month

- Tim Horton's XL Double Double and a muffin = \$3.68
- A Medium sized Dairy Queen blizzard treat = \$4.09
- 4 litre of milk at Walmart = \$5.29

In closing, I would like to share a comment that a colleague recently said to me. "*If the pandemic has shown us anything it is that older adults here in Edmonton need centres like yours more than ever.*" She also remarked that each time she visits our centre, she is always "*impressed with the feeling of it being a vibrant, happy place to be.*" I couldn't agree more.

I look forward to seeing all of you in the fall!

Thank you,

Haidong Liang

WSAC MEMBERS SAVE 10% ON CAR AND 15% ON HOME INSURANCE

Armour Insurance is the official supplier of the Westend Seniors Activity Centre group insurance. Receive additional discounted rates on home & car insurance just because you're a WSAC member!

ARMOUR INSURANCE - Proud To Be A New Member Of The Friends Of WSAC!

- We're local Alberta owned, operated, and staffed
- We work with Canada's top insurance providers
- Automatic annual policy review
- Doing business with us is easy

BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM

- 15% discount on property insurance
- We insure houses, condos, rented properties, cottages/vacation trailers, and watercraft
- 10% discounts on auto insurance
- We insure personal vehicles, antique vehicles, campers, trailers and motorhomes
- No interest or service charges (an additional 3-4% savings)
- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- Fast and courteous 24 hours claim service

" 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 p.m.
Winner Draw 4:00 p.m.

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!

NEW FALL PROGRAM GUIDE

Watch for the arrival of the new Fall Program Guide available for pick up at the WSAC front desk

Monday, August 15, 2022 at 9 a.m.

It has been a very busy summer for the Team at WSAC preparing the guide! We are excited for you to have it in hand and for you to plan your fall.

FALL TERM REGISTRATION DAY

August 23, 2022 1:00 p.m. to 3:00 p.m.

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

Phone: 780-483-1209 Ext. 228

Email: programs@weseniors.ca



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 VIOLENT EXTORTION TEXT MESSAGE

The Canadian Anti-Fraud Centre (CAFC) is receiving reports of a violent extortion text message. The message threatens that if a payment is not sent, you and your family may be targeted and harmed. Some of the reports show that the messages may also include photos of weapons as an added attempt to intimidate victims. Similar to other extortion scams, fraudsters are attempting to scare victims into sending funds. Extortion scams are defined as "when someone unlawfully obtains money, property, or services from a person, entity, or institution through coercion".



THE UTILITY REBATE SCAM

St. Albert, RCMP are warning citizens about distraction fraud scams. Fraudsters use a social method of distraction to steal debit cards, purses and/or money from individuals, more often seniors. Police say it usually involves two to four people who will target individuals/seniors, using a variety of methods to distract the victim. Often, another accomplice(s) will show up while the victim has been distracted and remove the credit/debit card/money from the victims wallet or steal their purse.



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

FUNERAL SCAM

An all-inclusive funeral for a very low price? Scammers target elderly with “special deals” via a phone call or email. They promise full funerals for very little money. The scammer wants to convince you or your family that they have a great funeral deal for you or someone who has recently passed. The scammer pretends to represent a legitimate funeral home or cemetery. They try to make you feel guilty about not pre-planning or caring enough about a loved one.



HOME SECURITY SCAM

Have you heard that some scammers either call or come to your door to tell you your security company has gone out of business and they are taking over. The scammer wants you to think your old security system has been bought out by their company and they are there to update your system. Or they try to convince you that you are living in a high crime area and are at risk for being a victim of crime. The scammer wants you to believe you are in danger if you don't buy their security product.



EVENTS

Monthly Potluck Dinner



Thursday
August 25th
5:00 to 7:00 p.m.
Community Cafe

MONTHLY POTLUCK DINNER

Thursday,
August 25th
5:00 to 7:00 p.m.

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
September 29th.

Bring a dish for 4-6 people to share

August Birthday Party!

Wednesday
August 17th
2:00 to 3:00 p.m.



MONTHLY BIRTHDAY PARTY

Wednesday,
August 17th
2:00 to 3:00 p.m.

Join us to celebrate
your August birthday.
There is a \$2 drop-in
fee for guests.

Our next celebration
is September 21st.

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

Join Us For The 2nd Annual WESeniors Amazing Race & Challenge

The Westend Seniors Activity Centre has
partnered with Edmonton & area businesses and
organizations to create two days of fun!

Start at our centre where you will receive your
Amazing Race & Challenge Passport that will
showcase all of the locations you can visit!

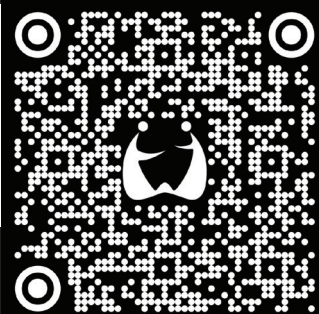
**Choose a day OR participate BOTH days,
its up to you!**

- Day 1 - Wednesday, August 24th, 2022 9:00 a.m.
- Day 2 - Thursday, August 25th, 2022 9:00 a.m.

- The WESeniors Challenge is open to everyone aged 55+
- You do not need to be a member of the Westend Seniors Activity Centre to participate
- Tell a friend, enter alone, or make a team and help us spread the word!

- **Participation is FREE!**
- Scan the QR Code or visit www.weseniors.ca to register

REGISTRATION DEADLINE
Wednesday, August 17th at 4:30 p.m.



AMAZING RACE & CHALLENGE

**It Is Not About Who Finishes The Fastest
...It Is All About Earning Points & Having Fun!**

STEP 1 - VISIT OUR SPONSORS

- » **EARN POINTS FOR PARTICIPATION -**
Play games like: darts, bean bag toss, fishing, & more! Each business will have an easy, fun game for you to play!
- » **GO FOR A DRIVE -** Travel points are given for visiting locations outside the westend.
- » **EARN EVEN MORE -** Complete the challenge to earn bonus points!

STEP 2 - MORE PHOTOS, MORE POINTS

- » Your Amazing Race Passport will feature some of our favorite attractions here in Edmonton & area, like our Legislature, the Muttart Conservatory, the Telus World of Science, & more!
- » Visit the attractions as you make your way through the Amazing Race. Take a quick photo along the way, or include yourself in the photo for even MORE points, its as easy as that!

STEP 3 - COME JOIN US FOR A FREE BBQ

- » Once you are done your Amazing Race, come by our centre to drop off your Amazing Race Passport so we can count up your points!
- » We will be hosting a **FREE BBQ** for all participants both days from 1:00 to 4:00 p.m.!

*** PRIZES ***

The top 3 point earners will win some fantastic prizes!

- 1ST PLACE = A gift basket valued at \$200
- 2ND PLACE = A gift basket valued at \$100
- 3RD PLACE = A gift basket valued at \$50

PLUS

All 3 winners will receive a 2023 WSAC membership & a \$50 WSAC gift card!

*** DOOR PRIZES - GOODIES & MORE ***

Each of the businesses you visit will have door prizes up for grabs.

Each stop will have a little something for you. Treats, beverages, bling, & more!

This means you have lots of chances to win!

PROGRAM NEWS

DID YOU KNOW THAT WSAC HAS A WORKSHOP?

Tucked into the far southwest corner of our building is a handyman's dream with a wide assortment of hand and power tools for our members to use.

Do you have a woodworking project you've always wanted to do but no space at home to work on it?

Have a small appliance that needs a minor fix but you don't have the tools?

For safety reasons, a minimum of 2 individuals are required when using the shop. Thankfully, as of Tuesday, August 9th, our new Workshop Assistant Volunteer, David, will now be available to monitor the shop on Tuesday and Wednesday mornings from 9:30 a.m. to 12:00 p.m.

He may even be able to answer some questions on whatever you may be working on. Feel free to stop by and see what our workshop has to offer!

THE WORKSHOP

Mondays, Tuesdays, Wednesdays, & Fridays

12:30 to 3:30 p.m.



WSAC SHOP RULES

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.

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.

MY SENIOR CENTRE CHECK IN

As we prepare for Fall 2022, please remember to scan into My Senior Centre for each visit to the Centre.

Make sure to include all activities or volunteer hours you will be doing for the day.

DROP IN PROGRAMS

Please make sure you are filling out the sheets provided from the front desk for each program and the bucket is returned to the front desk volunteers for processing.

The statistics from these sheets are important for us to track reporting and to ensure accurate depiction of what is going on at WSAC.

TOONIE TALKS

TALKING CIRCLES

TRUTH AND RECONCILIATION

When: **August 27th at 2:00 p.m.**
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.

Exploring the meaning of “truth” and how all of us can move forward through “reconciliation.”

The purpose of our Talking Circles series has been to learn, understand our biases, and build better relationships between cultural groups. The Seba Beach Seniors Club believes that as Canadians, we are learning every day about our past and about the mistakes made. The Canadian Truth and Reconciliation Report pointed to how we can move past our history.

To do so, it's important to understand the background of where we are today in Canada, and in our neighborhood, to see how we can move forward to become stronger together.

TECH PRESENTATIONS AND Q&A

Everything you do and everywhere you go these days, there is some kind of technology involved and sometimes navigating these devices can be trying.

Our new youth volunteer, Joseph, welcomes you to bring your devices with you - smartphones, tablets, iPads, etc. and he will help you out by answering questions you may have.

THE BASICS OF SPOTIFY

Spotify is one of the most popular apps available and is an excellent app for saving and playing all your favorite music. Come learn how it works!

WSAC Art Room
Tuesday, August 9th
10:00 a.m. to 12:00 p.m.
Cost: \$2.00

SKYPE ESSENTIALS

Come join us as we learn how to stay connected with your family and friends around the world through our phone, tablet, laptop, or computer using SKYPE!

WSAC Art Room
Tuesday, August 16th
10:00 a.m. until 12:00 p.m.
Cost: \$2.00

Please sign up at the front desk and make sure to stay tuned for more presentations through August and into the fall.

OUTREACH DEPARTMENT NEWS

OUTREACH GENERAL INFORMATION

Form Completion

Outreach provides help with filling out applications (eg; CPP, OAS, Alberta Seniors Benefits and housing applications).

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 & 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 seniors benefits, we can go over what you are currently receiving and if you are missing a benefit (eg: 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 & Nutrition

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

Mental health & Grief Services

Whether you are suffering from Mental Health issues (eg: 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.

To book an appointment call:

Brianne 780 483-1209 ext. 242

(In person or phone appointments)

Shirley 780 454-2465

(Phone Appointments Only)

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

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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

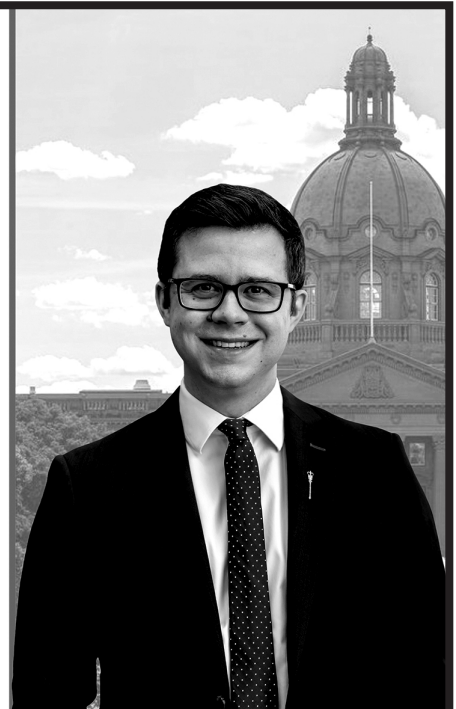


Constituency Office
#103, 14020 - 128 Avenue



Edmonton.WestHenday@assembly.ab.ca

To view or provide feedback on proposals
from the Alberta NDP Official Opposition visit:
Albertasfuture.ca



INTRODUCING OUR STAFF

Mikayla Mallouix - Program Coordinator

Introducing Mikayla Mallouix Program Coordinator

We have hired a new Program Coordinator to start with us here at WSAC. Her name is Mikayla Mallouix. Mikayla has recently completed her Recreation Therapist Diploma through Norquest College and she is excited to be starting with us. Here is a little bit about Mikayla:

Mikayla is starting her position as a recreation program coordinator in July 2022 and is excited about working for a non profit organization with so many members. She grew up in a small town and is excited about getting to work in an urban location that can offer a variety of opportunities for its members.



Tell us about yourself

I grew up in the small town of St. Paul (home of the UFO landing pad) and recently moved back to Edmonton where I am enjoying exploring the city. I'm a recent graduate of a therapeutic recreation program and have a degree in Kinesiology with a minor in Psychology. I enjoy playing and participating in all sports but my favourites are volleyball and baseball. I love sharing my passion for sports so in my spare time I coach club volleyball for the Nait Nooks Club. I am a huge animal lover, and have a bulldog named Tank who really lives up to his name.

What do you like most about working here?

I really enjoy being able to have a chance to meet members and connect with them while hearing their life stories and learning about their interests and hobbies.

Having just started with us, what has surprised you the most?

I was most surprised about how many members are a part of this centre, and how many different types of activities and rooms the building has to offer.

What does a Program Coordinator do?

Program coordinator is in charge of designing and organizing new and old programs. I work with the staff of the centre to make sure that programs are running smoothly and take into consideration feedback from members. I also communicate with instructors and once information is confirmed for classes I enter it into spreadsheets, and use that information for the program guide.

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!

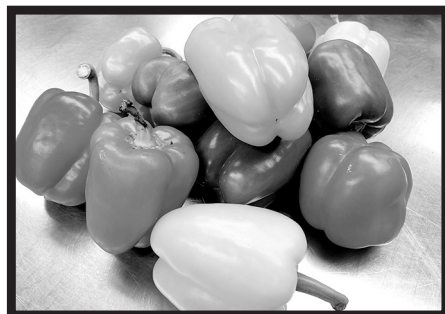
**Visit our front desk to see what is
on this week's menu!**

- **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

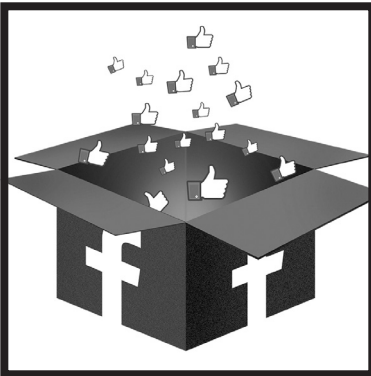


Did you know each week we update our website with the latest WSAC news!

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!

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cura

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

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Offering a fine selection of international wines and spirits, Alison & Grant and their knowledgeable staff provide personalized, helpful service in a warm, inviting atmosphere.

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FACEBOOK - [@AligraWine&Spirits](https://www.facebook.com/AligraWine&Spirits)
WEBSITE - www.aligrawineandspirits.com

 **ALIGRA**
WINE & SPIRITS



**Look for our Free parking spots
at Entrance 58!**

We are very happy to provide a 10% discount for members of the Westend Seniors Activity Centre!

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- Official provider of the WSAC Member Home and Auto Insurance Program
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- 10% discount on auto insurance
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FACEBOOK - @ArmourInsurance
WEBSITE - armourinsurance.ca/wsac



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FACEBOOK - @StanfordHearing
WEBSITE - www.stanfordhearing.ca

STANFORD HEARING CENTRE



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retirement residences

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WEBSITE - www.chartwell.com


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- There is Alberta Health coverage towards your annual eye exam. It's not just whether you might need an eye glass prescription update, it's about your eye health and protecting your vision.
- If you require urgent care, due to eye and eyelid inflammation, eye injuries, dry eye, or sudden changes in vision, there is Alberta Health coverage towards these appointments.

FACEBOOK - @AlbertaAssociationOfOptometrists
WEBSITE - www.optometrists.ab.ca

Alberta
Association
of Optometrists 



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Book your eye exam today!*

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780.340.0910

AFTER HOURS MOBILE CLINIC



Canada Homecare Group

You Can Call Us When:

- You are really not feeling well, it is after hours and you don't want to go to Emergency.
- You need a prescription refill.
- You have hurt yourself or you have a wound that you think needs looking at.
- You are diabetic or have high blood pressure and you are or concerned about your levels.
- You have a high fever and you are not sure what to do.
- You have been recently discharged from the hospital, you have some concerns and you can't reach your doctor.

We can also assist with things like:

- After we assess you we can order tests and initiate referrals to specialists as needed.
- Assist clients to find a family physician.
- Update your doctor as to your recent visit with us.

FACEBOOK - @CanadaHomeCareGroup
WEBSITE - www.canadahomecaregroup.ca/

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House Calls?**

Our Services
Are Covered By
Alberta Health!

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4:00 pm To Midnight
Saturday & Sunday
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ALEXIS HLADY

780.233.5399

From CASTLES to CONDOS

...and everything in between

With 19 years of experience in the Edmonton area, Alexis Hlady is a household name in local real estate.

"I understand your needs, the market and the neighborhoods in the area, and possess extensive listings of houses, condos and properties for sale in the Edmonton area to suit every budget, family size and taste.

I will find the homes for sale or condos on the market that are perfect for you! Why don't we meet for coffee and you can tell me what you are looking for!"

Alexis Hlady

FACEBOOK - @AlexisHomes
WEBSITE - www.alexishomes.info



**Questions About Mortgage Pre-Approval
My Team And I Can Help!**

WESTLAWN FUNERAL HOME & CEMETERY

780.484.5500

16310 Stony Plain Rd, Edmonton, AB

Proudly serving the Edmonton area since 1947, Westlawn Funeral Home & Cemetery will help you customize your arrangements, while respecting your faith, taste and budget. You can feel confident putting your trust in our compassionate professionals.

Our 40 acres are dotted with mature trees, benches and colourful flower gardens creating a peaceful natural atmosphere for loved ones to gather and reminisce. Indoor niches create the ideal setting for visitation in any season.

Our Funeral Home, built in 1985, adds the convenience of making all your arrangements at one location.

ASK FOR LEN GIERACH 780.983.3581
Family Services Director since 2011



Westlawn
Funeral Home & Cemetery
by Arbor Memorial



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& Family Registry Available!**

JOLYN HALL
BScN, CPCA®, SRES®, CRTS™
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55+ Housing Navigator



Are You Or Your Parents Determined To Age In Place? Is It Time To Downsize Where You Live?

Where you live sets the tone for your health & your ability to remain independent. Do you know how to plan to age well at home or how to plan your next housing choice? You aren't alone... figuring out the resources & options can be overwhelming!

One-On-One Consultations

Jolyn offers one-on-one consultations for older adults & their families to either create a plan to age well at home OR help you make decisions about your next housing options.

As a past nurse, a past homecare case manager and past senior housing manager, Jolyn has the most comprehensive experience to help you confidently navigate aging in place and housing choices that best meet your changing needs.

FACEBOOK - @Edmonton55
WEBSITE - www.edmonton55.com



"You don't have to figure this out on your own. I'm here to help you navigate the options!"

**Jolyn Hall,
55+ Housing Navigator**

AGE IN PLACE CANADA

780.455.5229
#201, 17920 - 105 Ave Edmonton, Alberta



AGE IN PLACE CANADA
a division of MoJo Design Inc 

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Our team consists of certified consultants, designers, contractors, electricians, plumbers, and occupational therapists.

We have access to whoever and whatever it takes to help you stay in your home longer and safer.

Mo & Jo along with their trusted fabricators, contractors, and social support workers will be happy to discuss your project, answer any questions you may have, and provide you with a quote.

HOME CARE Our goal is to modify/remodel your home so you can live safely in it for many more years.

CONSULTATIONS We offer in-home assessments and customized solutions.

HOME MODIFICATIONS We have assembled a team of professionals that are ready to assist you with your home modifications.

FACEBOOK - @AgeInPlaceCanada
WEBSITE - www.ageinplacecanada.ca



No matter what dilemma a client has, they can feel safe in trusting Age In Place to give their home the personal touch it deserves.

SPARKLE & SHEEN ORGANIZE & CLEANING SERVICES LTD.

825.512.1277

14452 118 Avenue Edmonton, Alberta



Sparkle & Sheen
Organize And Cleaning Services Ltd.
(A SHINE ABOVE THE REST)

For each of us, cleaning is not a job — **it is our passion.** We take pride in everything we provide for our clients in Edmonton, Alberta, from housekeeping solutions to personal concierge services.

Sparkle & Sheen is fully bonded, insured and carries WCB for all our clients safety. By hiring us, you can rest easy knowing that you are working with some of the best in the industry.

However, our team does more than tidy up.

We can also handle a wide variety of tasks such as **food preparation, light snow removal, and even companionship services for the elderly.**

Browse our website for further information, and don't hesitate to get in touch with us to request our services. We can design a package to fit your budget and complete the services tailored to meet your needs.

EMAIL - info@sparkleandsheen.ca
WEBSITE - www.sparkleandsheen.ca



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we do as a team.*

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Gil and Sabrina Antunes opened The Brilliant Brush in the Spring of 2019. Between them, they have 30 years of experience in the commercial painting and interior design industry.

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Seniors always receive 15% off their entire purchase at The Brilliant Brush!!! Come in and see us for expert advise on selecting the perfect paint colour and how-to-paint tips and tricks.

FACEBOOK - [@MyBrilliantBrush](https://www.facebook.com/MyBrilliantBrush)
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JODY LAMBERTUS

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CENTURY 21 Masters



My objective is to give each client a world class experience and help my clients plan their real estate goals around the market conditions.

Since 2014, I have specialized in physician relocations, real estate investing, first time home purchases and helping clients to downsize. Real estate is my passion and I love helping the communities I work in and my clients reach their real estate goals.

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
WEBSITE - www.jody-lambertus.c21.ca/



Serving Edmonton and area clients since 2015!

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Since 1994, Memories Funeral Home has served Edmonton and its surrounding communities. It is our commitment to provide funeral services that honour memories and celebrate lives. We take pride in responding to the changing needs of individual families, while maintaining the customs and traditions of funeral services.

- Our full-service funeral home is decorated to convey a warm, comfortable, home-like experience. Our selection room provides a quiet, private room for families to arrange the memorialization of their loved one.
- We also offer a wide variety of products and services to fit most requests or needs, including our limousine service. Our chapel can accommodate 200 guests and features a sound system and DVD video technology. In addition, our large foyer provides a greeting area and is equipped with television monitors for live video from the chapel, allowing overflow for larger services.
- Following the service, families may wish to have a time of fellowship with relatives and friends in our reception area, where guests can enjoy a customized, catered luncheon with a variety of options. Our reception area can also be used for overflow seating for the chapel.
- As a common practice in many religions and cultures, more and more people are choosing cremation over more traditional options. We also have an in-house crematorium designed with a waiting and witness area for families, allowing families to observe personal or religious customs.

www.dignitymemorial.com/Edmonton

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780 420 1222

Our Parents' Home

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780 732 0412

Glenora Park

10150 Clifton Place
780 670 6957

McConachie Gardens

6503 170 Ave NW
780 244 8969

Riverbend

103 Rabbit Hill Ct NW
780 438 2777

River Ridge

78 McKenney Ave St. Albert
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how you can
live your way,
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apply and can be made
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\$40.00 - 1/2 Page 8"w X 5"h or 4"w X 10"h

\$20.00 - 1/4 page 4"w x 5"h

\$10.00 - Business card 4"w x 2 1/2"h

- A one-time set up fee of \$30.00 may apply if your ad is not print ready.
- Deadline is the 15th of each month.

INTERESTED IN ADVERTISING WITH US?

Please contact Lorena Smalley,
Community Engagement Manager

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

IN CASE YOU MISSED IT!



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.

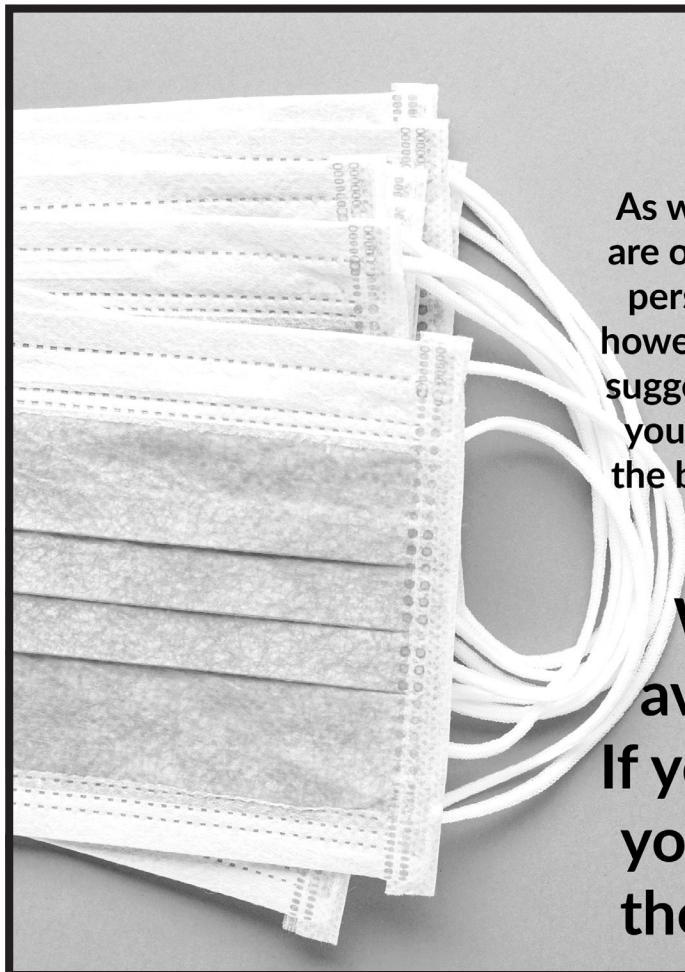
YARN: We welcome all **USABLE** donations of yarn balls at least 4" in diameter or 2½" in diameter if there is multiple of the same colour.

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.



Free Masks

As we are all aware, the cases of COVID are on the rise. Masking is still up to your personal preference and comfort level, however, the WSAC organization strongly suggests that when coming to the centre, you wear a mask. Masks are still one of the best ways to prevent getting COVID.

We have free masks available at the centre. If you want or need them, you can pick up a box at the WSAC's Front Desk!

IN CASE YOU MISSED IT!

OLDER, BOLDER, BETTER!™

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!

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!

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!

IN CASE YOU MISSED IT!

OLDER, BOLDER, BETTER!™

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!

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!

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.



WE Seniors

Westend Seniors Activity Centre

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Celebrating over 40 years of serving seniors here in
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CONNECT WITH US!

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Telephone Number: 780 483-1209

Website

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Youtube

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Sign up for our E-Newsletter on our website:

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