

# 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

**OCTOBER  
2022**



**This Month's Issue:**

**National Seniors Safety Week**

**Try It Days**

**Vounteer News**

**A Message From The Program Department**



**WE Seniors.ca**

**WESTEND SENIORS ACTIVITY CENTRE**

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

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

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

## **ARMOUR INSURANCE - Proud To Be A 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](mailto:main@armourinsurance.ca)

Visit our office - 5750-75th Street NW Edmonton

# CENTRE NEWS

A black and white graphic for Thanksgiving. On the left, there are two plates, each with a single pie. Scattered around the plates are several pinecones, a bundle of cinnamon sticks tied with a string, and some dried leaves. The text is centered on the right side of the image.

**Thanksgiving**  
**MONDAY**  
**OCTOBER 10<sup>TH</sup> 2022**  
**WE ARE CLOSED**  
**FOR THE HOLIDAY**

A black and white graphic for Remembrance Day. On the right side, there is a close-up photograph of a hand holding a stem with three poppies. The text is on the left side of the image.

**Remembrance**  
**Day**  
**FRIDAY**  
**NOVEMBER 11<sup>TH</sup>**  
**WE ARE CLOSED**  
**FOR THE HOLIDAY**

Check the Events Page for more information on our Remembrance Day Ceremony on Thursday, November 10th.

# NATIONAL SENIORS SAFETY WEEK

## 2022 NATIONAL SENIORS SAFETY WEEK

**Monday, November 7, 2022**

**10:00 a.m. to 1:30 p.m.**

**Free Event**

**Registration  
Not Required**

**National Seniors Safety Week is dedicated to increasing the awareness of maintaining a healthy and safe environment for older adults.**

Join us for a day of presentations on a variety of topics to keep you informed and prepared.

Our presenters will discuss spotting scams, emergency preparedness, fall prevention, and storing medication safety, along with other important information that will keep you safe in your daily lives. Other organizations will also be on site providing handouts and performing demos throughout the day.

### **Presentation Schedule**

**10:00 a.m. to 10:30 a.m.**

**Guest Speakers**, To be determined

**Dr. Haidong Liang**, Executive Director of WSAC

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

**Jolyn Hall** - Edmonton 55+  
Home Safe Home

**11:15 a.m. to 11:45 a.m.**

**Constable Amanda Trenchard**, Edmonton Police Service  
Spot & Stop The Scam

**11:45 a.m. to 12:15 p.m.**

**CURA Physical Therapies**  
5 Simple Exercises for Fall Prevention

**12:30 p.m. to 1:00 p.m.**

**Terra Losa pharmacy**  
Staying Safe and Healthy - Advice From A Pharmacist



# NATIONAL SENIORS SAFETY WEEK

## SHRED-IT

### National Seniors Safety Week

November 7, 10:00 a.m. to 1:00 p.m.  
**Westend Seniors Activity Centre**

Keep your private and confidential information safe,  
**Shred-It, don't trash it!**

We will be hosting a Shred-It event during our National Seniors Safety Week Presentations. We invite you to bring your shredding to our centre between 10:00 a.m. and 1:00 p.m. on Monday, November 7th to take advantage of this wonderful opportunity to dispose of your private information securely!

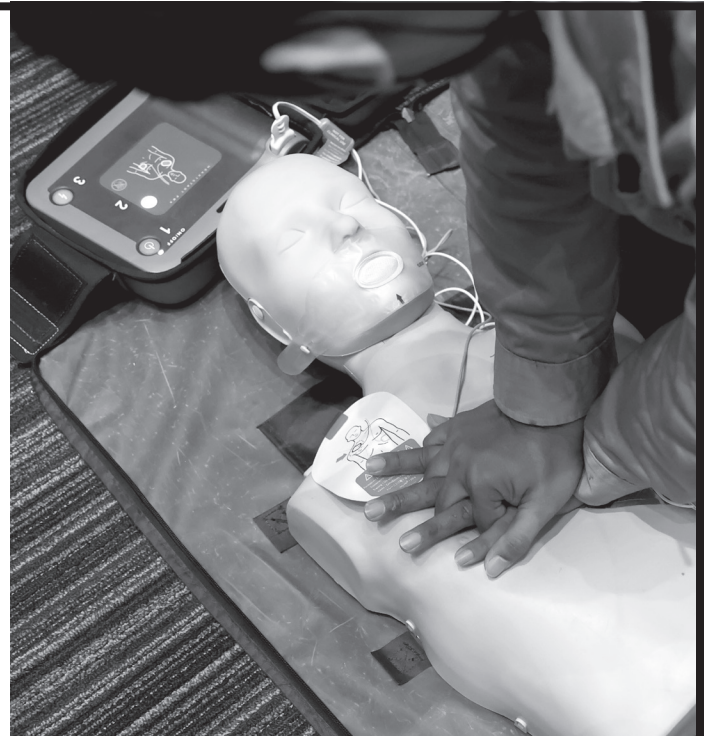
**3 BOXES OF SHREDDING ONLY \$15!**

### **AED MACHINE DEMOS by ST JOHNS AMBULANCE**

St. Johns Ambulance will be on site providing free AED demos. Join us in the WSAC Cafe between 10:00 a.m. and 1:00 p.m. to learn the safe and proper way to use an AED machine in case of emergency.



St. John Ambulance



# 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](http://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"

## CURRENT SCAMS

### SOCIAL MEDIA CRYPTO EXTORTION SCAM

The Canadian Anti-Fraud Centre has received reports of scammers gaining control of Instagram accounts. Suspects blackmail victims to record themselves promoting fake cryptocurrency platforms in order to regain access to their account. Beware of fraudulent cryptocurrency investment advertisements promoted through social media. Prior to investing, ask for information on the investment and research the team behind the offering and analyze the feasibility of the project. Don't reveal personal information over social media and don't be afraid to say no!

### EXTORTION-BASED SCAM

Did you know that extortion-based scams (also called hitman scams) involve a scammer threatening your life unless you give in to their demands and pay thousands of dollars to be spared. Extortion-based scams are any scam where you are threatened with bad things happening to you if you don't do what the scammer wants. Usually what they want is to get your money or information. Often these scams are very effective, as studies show that people are more likely to respond to threats than rewards.



# 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](http://seniorfraudalert.ca)

## COMMON SCAMS

### COMPUTER VIRUS AND TECH SUPPORT SCAM

A tech scammer wants you to think your computer or device has been infected with a virus and they are from Microsoft to help you with it. They instill fear and intimidate you because you don't really know how your computer works. They will want to fix your problem – which doesn't really exist – for a big fee, usually by installing free downloads. Be aware. When you give them your credit card number and remote access to your computer, they can sell your credit card information, charge you huge amounts of money for their services, and access and steal personal and financial information from your computer.

### CANADA REVENUE AGENCY (CRA) /SERVICE CANADA SCAM

Many individuals living in Canada have probably heard of this scam. Here are some tips on how to recognize this scam. A caller claims to be with the Canada Revenue Agency or Service Canada and they claim that you owe money, are in danger of being arrested, or you are going to lose everything because you have to pay the taxes right now, by credit card, bitcoin, gift cards, or by letting them access your bank account.





# EVENTS



## Monthly Potluck Dinner Thursday October 27<sup>th</sup> 5:00 p.m. to 7:00 p.m. Community Cafe

### MONTHLY POTLUCK DINNER

Thursday,  
October 27th  
5:00 p.m. to 7:00 p.m.

\$2 drop-in fee.

Join us for our monthly potluck held on the last Thursday every month to enjoy an evening with friends and yummy food.

Our next potluck dinner will be held on November 24th

**Bring a dish for 4 to 6 people to share.**

## October Birthday Party!

Everyone Welcome

Wednesday  
October 19<sup>th</sup>

2:00 p.m. to  
3:00 p.m.



### MONTHLY BIRTHDAY PARTY

Wednesday,  
October 19th  
2:00 p.m. to 3:00 p.m.

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

Our next celebration is November 16th.

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



## Remembrance Ceremony

Thursday,  
November 10<sup>th</sup>, 2022  
10:30 a.m.

No charge for attendance  
Sign up at the front desk

### REMEMBRANCE DAY CEREMONY

Thursday, November 10th, 2022 10:30 a.m.

Join us in remembering the sacrifice of our fallen soldiers, the contribution of our veterans, and honouring all individuals who continue to serve our country. We invite all veterans who would like to take part in the processional or wreath ceremony to please contact Heather Riberdy.

No charge for attendance, register at the front desk.

## VENDORS WANTED HOLIDAY MARKET



Saturday, November 19, 2022  
10:00 a.m. to 4:00 p.m.

### HOLIDAY MARKET

Saturday, November 19th  
10:00 a.m. to 4:00 p.m.

Visit [weseniors.ca](http://weseniors.ca) or the WSAC front desk for more information and to pick up a vendor application form to reserve your table.

Calling all crafters, artists, bakers, canners, etc. We are holding our 3rd Annual Holiday Market. Book your own table or share with a friend.

**Table registration  
deadline is Friday  
November 4.**



# TRAVEL TRIPS

## DID YOU KNOW

You do not need to be a WSAC Member to attend our Travel Trips. Why not bring a friend who is not a member? What a great way to spend the afternoon together and introduce them to the centre!



## Jingle Bells Dashing Through the Snow

Wednesday,  
November 30th

**Cost: \$25.00**  
includes entrance fee  
& transportation

**Depart WSAC**  
**10:30 a.m.**  
**Return to WSAC**  
**2:30 p.m.**

Join us to kick off The Christmas Season with a visit to the feature pyramid of the Muttart Conservatory, one of Canada's largest indoor botanical collections. The pyramid will be adorned with unique themed displays and fabulous seasonal celebrations that highlight the creativity of the Muttart staff.

The Muttart Conservatory also features the cafe, Culina To Go, should you be interested in stopping for lunch.

Sign up at the front desk by Tuesday, November 15, 2022

# FREE TRY IT DAYS



## TOTAL FITNESS FOR ACTIVE AGERS

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

Bring your own:

Yoga mat, bender ball, and hand weights.

Tuesday, October 18

6:00 p.m. to 7:00 p.m.

**FREE**

Tuesday, November 1 to December 13  
6:00 p.m. to 7:00 p.m. (7 Classes)  
Cost \$77



## CLOGGING BEGINNER

This is a type of dance that is similar to tap dancing but it has its own unique style.

Bring your own:

Water bottle and Shoes with a slipper/leathery type sole.

Monday, October 17

12:00 p.m. to 1:00 p.m.

**FREE**

Monday, October 31 to December 12  
12:00 p.m. to 1:00 p.m. (7 Classes)  
Cost \$63



## FIT FOR LIFE

1 hour class, all exercises are done standing or sitting in a chair.

Bring your own:

Therabands, stretch bands, or rubber tubing, bender balls, light hand weights, and water bottle.

Friday, October 21

11:30 a.m. to 12:30 p.m.

**FREE**

Friday, November 4 to December 16  
11:30 a.m. to 12:00 p.m. (5 Classes)  
Cost \$45 (No class Nov 11 or Dec 2)



## TOTAL BODY WORKOUT THROUGH BARRE

A blend of cardio, strength training, flexibility, balance, and core = a total body workout.

Bring your own:

Light hand weights, resistance bands/loop, yoga mat, and water bottle

Tuesday, October 18

10:15 a.m. to 11:15 a.m.

**FREE**

Tuesday, November 1 to December 13  
10:15 a.m. to 11:15 a.m. (7 Classes)  
Cost \$56

# PROGRAM NEWS

## A MESSAGE FROM THE PROGRAMS TEAM

The staff at WSAC have noticed an increase in participation for our programs, which is wonderful news. We want to remind everyone to slowly ease back into things, especially if you are coming back to our centre after a break, or you are a new member trying out our programs for the first time. Trying new things can be exciting but also tiring, so be patient with yourself and fellow members as you get back into the swing of things or trying new classes.

Please make sure you are prepared for classes and are fueling your body with good nutrition and lots of water before and after the programs (especially for our exercise classes). **If you start to feel unwell during a program please let a staff member or instructor know ASAP and we will assist you and your needs.**

We hope you continue to enjoy your classes. Feel free to reach out to the programs team if you have any questions about the classes offered and how to properly prepare yourself.

Stay safe while staying active!

**Programs Team**

## Fidget Quilting Drop In Survey

WSAC is looking to start a drop in class for fidget quilting and we invite you to join us!

These fidget quilts will be donated to local seniors and those living with dementia to help with concentration and provide practice of fine motor skills.

Quilting experience is not required, however, simple sewing knowledge is needed to operate your sewing machine. You will be required to bring your own sewing machine, thread, pins, scissors, cutting mat (optional), and straight edge/rotary cutter (optional). Volunteer Wendy will supply fabric and fidget materials for your first quilt to help get you started.

**This drop in will be \$2.00 and scheduled every other Tuesday evening 5:00 p.m. to 7:30 p.m.**

Visit or call the front desk 780 483 1209 and provide your name and contact number to let us know you are interested in participating!



# 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 centre.**



# PROGRAM NEWS

## WORKSHOP & WOOD BURNING THE BASICS: TRACING

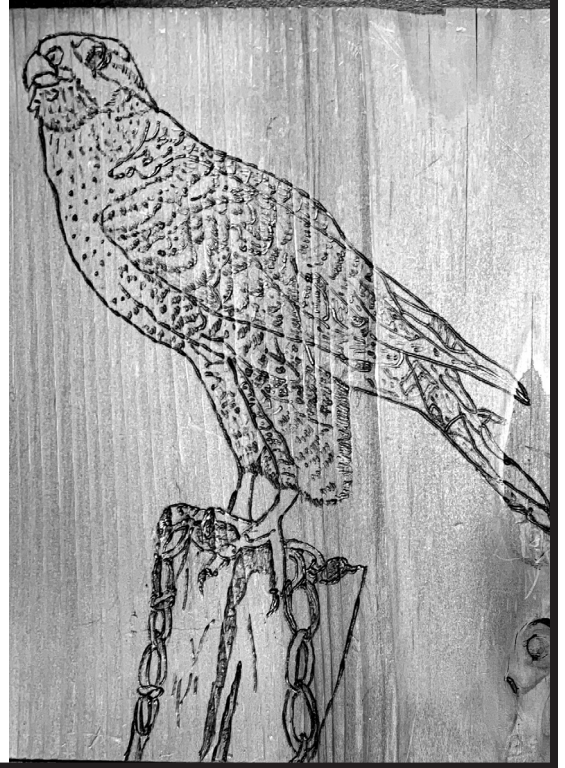
If you are interested in wood burning the first step is to try tracing!

Workshop Volunteer Assistant, David, is available on Tuesday and Wednesday mornings from 9:30 a.m. to 12:00 p.m. While he monitors the shop, David spends his time practicing his tracing and woodburning skills and wants to share his passion with others. Feel free to stop by to ask questions or to find out more about woodburning.

**Basic equipment required: H2 pencil, polymer eraser, tracing paper, and whatever artwork you are interested in tracing.**

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. Feel free to stop by and see what our workshop has to offer!

**For safety reasons, a minimum of 2 individuals are required when using the shop.**



# MEN'S SHED

COMING  
SOON





# PROGRAM NEWS

## Genealogy

ˌjēnē'äləjē, ˌjēnē'aləjē/

noun

“a line of descent traced continuously from an ancestor.”

“the study and tracing of lines of descent or development.”

**1:30 p.m. to  
3:30 p.m.  
1st Wednesday  
of the month**

# GENEALOGY



**Drop in  
fee \$2**

**JOIN US!**

**Next Meetings October 5th , November 2nd, & December 7th**

## We're open late Tuesdays AND Thursdays until 8:00 p.m.

Join us for events, drop in classes, and registered programs.

**Check out our available evening classes below!**



### ZUMBA GOLD EVENINGS

Zumba Gold® is a modified Zumba® class that focuses on all the elements of fitness but at a lower intensity.

September 15 – October 20  
(5 Classes) \$40 (No Class Sept 22)

November 3 – December 15  
(6 Classes) \$48

5:30 p.m. to 6:30 p.m.



### TOTAL FITNESS FOR ACTIVE AGERS EVENINGS

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

September 13 – October 18  
(6 Classes) \$66

November 1 – December 13  
(7 Classes) \$77

6:00 p.m. to 7:00 p.m.



# PROGRAM NEWS

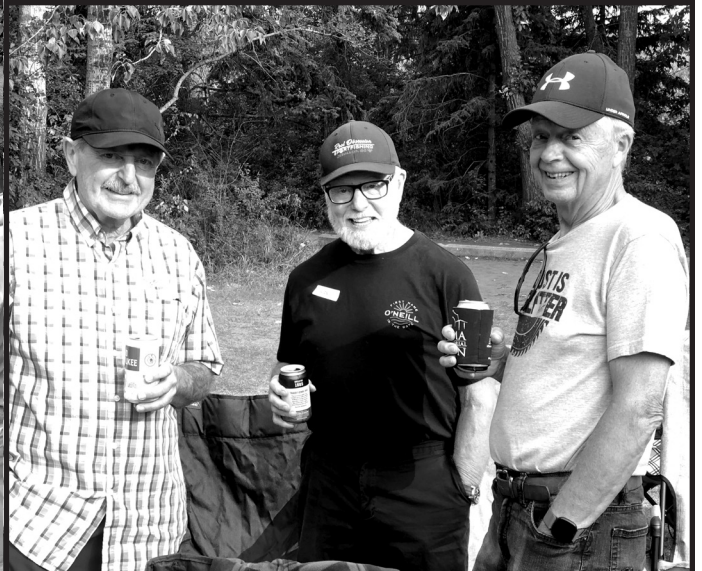


## 1st Annual Pickleball Shin-dig

"We were so delighted with the turnout of all our friends & were able to enjoy a scrumptious bbq.

Mother Nature blessed us with a gorgeous afternoon, but more importantly we got to chat with our Pickleball friends."

Rebecca Coccimiglio



# VOLUNTEER NEWS

## HOW TO APPLY

- Please fill out a volunteer application at our front desk
- If you have any questions, please contact Heather Riberdy – Volunteer & Event Manager
- Email: [Heather@weseniors.ca](mailto:Heather@weseniors.ca) OR Telephone: 780 483 1209 | Ext. 224

## Position: Potluck Host

Our long time Potluck Dinner hosts, Gloria C. and Vicki R. who assisted her for many years, are stepping down as volunteers. We are very thankful for their many years of service. Thank you, from everyone at WSAC.

We are now looking for a new host or hosts to assist us with this monthly event. Currently, we hold our Potluck Dinners on the last Thursday of the month from 5:00 p.m. to 7:00 p.m., but we can be flexible with a new date / time if needed. This can be a fun way to get to know new people and try new foods. Please have a look at the position description on our website and let us know if you would be interested in helping.

Responsibilities:

- Ensure there is coffee, tea, and condiments available for attendees.
- Move one or two tables together for food service.
- Lay out plates, cutlery, and napkins for attendees.
- Ensure everyone signs in and pays their \$2 drop in fee.
- General clean up of dishes, tables, etc. with assistance from attendees.
- Potentially turning off the lights, setting the alarm, and locking the doors when leaving - depending on the day of the week.

**\*duties and hours are subject to change due to operational needs**

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## Position: Fitness Room Volunteer

As the centre gets busier, we have lots of new members joining and lots of interest in our fitness room. We are in need of another fitness room volunteer to go through the orientations to ensure everyone is using the space safely. You can pick the day that works best for you and help to get our members started on their fitness journey. Check out the position description on our website for more details and let us know if you can help.

Responsibilities:

- Providing information and demonstrating the proper way to use each piece of equipment in our fitness room to new members.
- You would **not be providing advice on workout routines** only use of the equipment.
- You pick a regular day and time that you are able to commit to and members will sign up for time slots with you.
- You will do a wipe down of all fitness equipment in the room at the end of the day.
- A commitment to **at least one** regular 2-3 hour shift per week is appreciated, but you are also welcome to do more than one if you would like to.

**\*duties and hours are subject to change due to operational needs**



# OUTREACH DEPARTMENT NEWS

## WSAC MEDICAL CLINIC TUESDAYS 1:15PM – 3PM

- ➔ Bookings and Walk-in appts available
- ➔ Nurse Practitioners On-Site
- ➔ Service covered by AHS

### TO BOOK AN APPOINTMENT (Preferred):

- Visit the WSAC front desk to speak to Gabriela
- Call and speak to Gabriela Sanchez – 780 483-1209
- Email Gabriela Sanchez – Gaby@weseniors.ca

**MORE QUESTIONS?  
VISIT THE WSAC FRONT DESK!**



Canada  
Homecare  
Group



WE Seniors.ca  
Westend Seniors  
Activity Centre

## 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, or you simply need a prescription refill. We also help if you have hurt yourself, or you have a wound that you think needs looking at. Perhaps you are diabetic or have high blood pressure and you are or concerned about your levels. If you have been recently discharged from the hospital, you have some concerns and you can't reach your doctor, we can answer your questions and provide assistance. **And don't hesitate to call for a high fever!**

### We can also assist with things like:

After we assess you we can order tests and initiate referrals to specialists as needed, and further assist you to find a family physician or update your doctor as to your recent visit with us.

**780.340.0910**

**AFTER HOURS  
MOBILE CLINIC**

Our Services  
Are Covered By  
Alberta Health!

**Monday to Friday**

4:00 pm To Midnight

**Saturday & Sunday**

8:00 am To Midnight

**Public Holidays**

8:00 am To Midnight



# 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:

Crisabel 780 483-1209 ext. 242

(In person or phone appointments)

Shirley 780 454-2465

(Phone Appointments Only)

# OCTOBER TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome  
Free For Members - Guests \$2.00

## **OCTOBER 4<sup>TH</sup>** **CANNABIS - BREAKING** **THROUGH THE** **MYSTERY**

**KALA SANMARTIN**  
**THE CANNABIS NURSE**

When: Tuesday, October 4<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

Join us for a presentation on the:

- History of cannabis and stigma with it.
- Endocannabinoid system - the master regulator of the body.
- Cannabinoids - CBD & THC and their medicinal uses.
- Different ways to consume cannabis.
- How to access cannabis.
- Special considerations for seniors.
- Q&A period any of your cannabis questions.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/  
cannabis-breaking-through-the-mystery/](https://weseniors.ca/whats_new/cannabis-breaking-through-the-mystery/)

## **OCTOBER 5<sup>TH</sup>** **ESTATE PLANNING** **EDMONTON COMMUNITY** **FOUDATION**

When: Wednesday, October 13<sup>th</sup> 2022  
5:30 p.m. to 7:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

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; and Why a properly prepared Will, with the assistance and expertise of a professional lawyer, accountant, financial and estate planner, is so important.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [https://weseniors.ca/whats\\_new/  
estate-planning/](https://weseniors.ca/whats_new/estate-planning/)

# OCTOBER TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome  
Free For Members - Guests \$2.00

## **OCTOBER 11<sup>TH</sup>** **STRETCH YOUR MONEY** **MONEY MENTORS**

When: Tuesday, October 11<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

Money is a big part of our lives. How we earn money and how we spend money has changed a lot over the past decade. How can you deal with these changes? Would you like to get as much as possible from each dollar you have?

Come connect and learn information that can keep you moving forward financially.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/stretch-your-money/](https://www.weseniors.ca/whats_new/stretch-your-money/)

## **OCTOBER 12<sup>TH</sup>** **PICKING THE RIGHT** **PAINT AND HOW BEST** **TO APPLY**

### **BEJAMIN MOORE** **THE BRILLIANT BRUSH**

When: Wednesday, October 12<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

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. This understanding will help you pick the right product for your project. We will then give an overview of the industry standard application sequence and give you some tips and tricks when applying.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/picking-the-right-paint-and-how-best-to-apply/](https://www.weseniors.ca/whats_new/picking-the-right-paint-and-how-best-to-apply/)

# OCTOBER TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome  
Free For Members - Guests \$2.00

## OCTOBER 13<sup>TH</sup>

### INVESTOR EDUCATION MONTH: STARTING YOUR INVESTING JOURNEY

#### ALBERTA SECURITIES COMMISSION

When: Thursday, October 13<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe  
Online via Zoom

Cost: FREE

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. Join James from Alberta Securities Commission as we explore the benefits of starting your investment journey and how to avoid common investing mistakes and fraud.

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [https://weseniors.ca/whats\\_new/investor-education-month-starting-your-investing-journey/](https://weseniors.ca/whats_new/investor-education-month-starting-your-investing-journey/)

## OCTOBER 20<sup>TH</sup>

### WSAC HOME & AUTO INSURANCE

#### ARMOUR INSURANCE

When: Thursday, October 20<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

pension managers such as the BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM

Come Learn More At Our Toonie Talk Presentation and Q&A session with our new partners and Friends of WSAC member Armour Insurance!

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/wsac-home-auto-insurance-for-members/](https://weseniors.ca/whats_new/wsac-home-auto-insurance-for-members/)

There is a third asset class that many large



# OCTOBER TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome  
Free For Members - Guests \$2.00

## OCTOBER 27<sup>TH</sup>

### THE ART OF DOWNSIZING

JODY LAMBERTUS

When: Thursday, October 27<sup>th</sup> 2022  
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members  
\$2.00 for Guests

The 2nd session informs you 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. Enjoy this interactive learning experience through worksheets, checklists and navigate your decision to downsize with more confidence and clarity!

Register: Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca)  
or visit: [weseniors.ca/whats\\_new/the-act-of-downsizing/](https://www.weseniors.ca/whats_new/the-act-of-downsizing/)

## OCTOBER 22<sup>ND</sup>

### TALKING CIRCLES RESIDENTIAL SCHOOLS

When: **Saturday, October 22 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.

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

Join us as we host our Talking Circles series: Residential Schools on Saturday, October 22, at 2:00 p.m. and learn about residential schools and how they continue to have lasting effects on individuals and communities.

The purpose of our series Talking Circles: Towards Truth And Reconciliation is to learn, understand our biases, and build better relationships between cultural groups.

# GUEST BLOG POST

This article was originally published on the Alberta Securities Commission's (ASC) investor education website CheckFirst.ca. The ASC is the regulatory agency responsible for administering the province's securities laws. It is entrusted with fostering a fair and efficient capital market in Alberta and protecting investors. As a member of the Canadian Securities Administrators, the ASC works to improve, coordinate and harmonize the regulation of Canada's capital markets.

## **Overcoming Your Behavioural Biases When Investing**

Investing is rife with choices, and sometimes to avoid the uncomfortable feeling of being overwhelmed, we choose the path of least resistance or go with our gut feeling; we rely on biases or mental shortcuts to guide our decision-making. Further, human behaviour is often influenced by our unconscious emotional and cognitive biases. These biases help our brains avoid becoming overwhelmed by the decisions we make each day. While these mental shortcuts may help us in some aspects of our lives, it's important to recognize that investing wisely requires you to go beyond a "gut check", to use sound investing principles and do thorough research.

To avoid falling for your own behavioural biases, let's examine some common types you may recognize.

### **Status Quo Bias:**

The status quo bias is the tendency to keep things as they are or "stick with what you know." With respect to investing, this bias might not seem like a problem. However, avoiding risks associated with change or perhaps favouring what you've always done might also mean that you fail to take advantage of investment opportunities or examine and track your investments in relation to your financial goals, risk tolerance and time horizon.

### **Confirmation Bias:**

One factor that reinforces the status quo bias is confirmation bias. Confirmation bias means that you seek out information that only confirms your beliefs. In investing, this might show up as having difficulty changing your view of a particular stock, even in the face of data supporting the opposite view.

### **Availability Bias:**

Availability bias implies that people believe that an event that has occurred recently will occur again soon, regardless of the probability that it actually will. When something has occurred recently or has significantly impacted us, our brains are even less likely to correctly weigh the risk or probability that it will happen again. In investing, this may show up as making a rash investment decision based on a recent headline, advertisement, or story you heard from a friend causing you inadvertently to deviate from your financial plan.

### **Present Focus Bias:**

It's natural for people to focus on immediate and tangible things – when compared to planning your next vacation or saving for a new car, saving for your retirement or your child's post-secondary education may feel abstract and out of reach. For example, you may not know how much money those things will cost in the future or you may feel uncertain about how your investment portfolio will perform over such a long time horizon. As a result, you might focus on putting money towards more immediate wants and needs to avoid the discomfort of the perceived unknown.

Investing with your instincts might be tempting or feel natural, but grounding your investment decisions on fundamental research and a long-term view of your investment goals can help you invest wisely. In addition to accessing the free and unbiased resources available through the Alberta Securities

Commission's CheckFirst.ca website, consider other ways you might reduce the impact of unconscious biases on your investment strategy, such as enlisting the services of a financial advisor or robo-advisor.



# INTRODUCING OUR STAFF

## Heather Riberdy - Volunteer & Event Manager

### Introducing Heather Volunteer & Event Manager

Hi all! I'm Heather Riberdy, the Volunteer and Event Manager. It's amazing the different directions in which life takes you. Who would have thought at the start of my career that I would end up in this wonderful place? I trained in the Developmental Services Worker Diploma Program in Ontario and spent the first 15 years of my career working with children and adults with special needs. It was a very engaging and rewarding part of my life but once my own kids came along, it was time for a change. I wanted to be home with them and started a day home offering before and after school care to children with special needs as well as managing the office and events at the Belmead Community League.



### Tell us about yourself

I have been at WSAC since February 2016 and have been in a variety of roles but mostly focused on volunteers, special events and facility rentals. I have spent time working in the programs department, the Senior Home Supports program, and a variety of other "job related duties" depending on what was going on at the time. Interesting the new skills you learn when a pandemic comes along! I now know how to run Zoom fitness classes, set up a friendly phone call program and sell frozen meals. I've gotten to learn right along with our members.

### What do you like most about working here?

What I like most about working at WSAC is the people that I have been able to meet, the stories that I've heard and the laughs - mostly the laughs. There is always someone to chat with and hear about something interesting from their lives. I used to be surprised by the "I'm retired - I have no one to impress - I'll do what I want" attitude of many of our members but now I embrace it. What better way to live than being true to yourself.

### What do you fill your time with outside of work?

Outside of the centre - or maybe inside depending on the day - I love to sing, read, watercolour paint, create stained glass, garden, travel, and hike with my family. I have volunteered in some way for most of my life with the Special Olympics, my kids school councils and Scouts Canada. I'm taking a break from volunteering for a while but plan to find new experiences to give back down the road. My dream is to retire on Vancouver Island and spend my time roaming the ocean, mountains, forests and waterfalls.



# OUR REPRESENTATIVES



Ward  
Nakota Isga

## COUNCILLOR ANDREW KNACK

Phone: 780.496.8122  
Email: [andrew.knack@edmonton.ca](mailto:andrew.knack@edmonton.ca)  
Twitter: @AndrewKnack  
Facebook: @AndrewKnackEdmonton  
Website: [www.andrewknack.ca](http://www.andrewknack.ca)

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

Member of Parliament Kelly McCauley and his staff are here for you for any help needed with Government of Canada federal programs and departments. Our Edmonton office is here to help with anything relating to:

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

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.



KELLY McCAULEY

MP | EDMONTON WEST

104-10471 178 Street  
Edmonton, AB T5S 1R5  
[kelly.mccauley.cl@parl.gc.ca](mailto:kelly.mccauley.cl@parl.gc.ca)  
780-392-2515



## Constituent Services

Contact my office to:

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**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

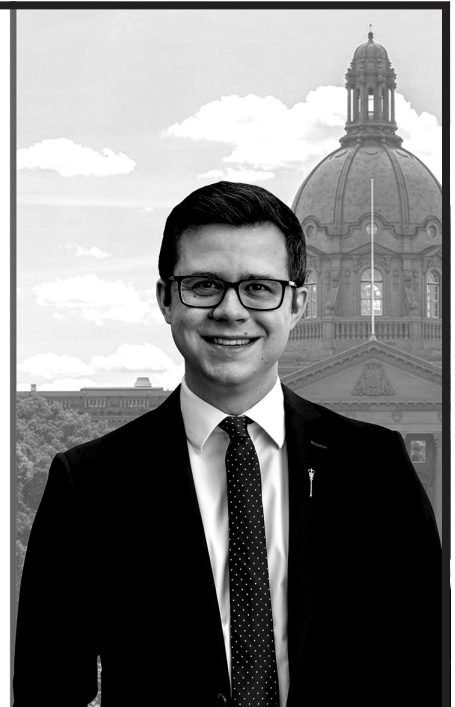


**Constituency Office**  
**#103, 14020 - 128 Avenue**



[Edmonton.WestHenday@assembly.ab.ca](mailto:Edmonton.WestHenday@assembly.ab.ca)

To view or provide feedback on proposals  
from the Alberta NDP Official Opposition visit:  
[Albertasfuture.ca](http://Albertasfuture.ca)



# RENTALS

# Holiday Rentals AT WSAC

**It's time to start thinking about the upcoming winter holidays, and with it, PARTIES!**

**Do you have a large family, lots of friends, or loads of co-workers? Are you looking forward to spending the holidays visiting with everyone but not sure where to fit them all?**

WSAC has some great spaces for hosting both large, extravagant parties and small, casual get togethers. Perfect for organizations who need a place for staff or volunteer dinners and also ideal for large family and friend gatherings.

**View our rental spaces and equipment available to see what works best for you and host your holiday party at the Westend Seniors Activity Centre!**





# EQUIPMENT RENTALS

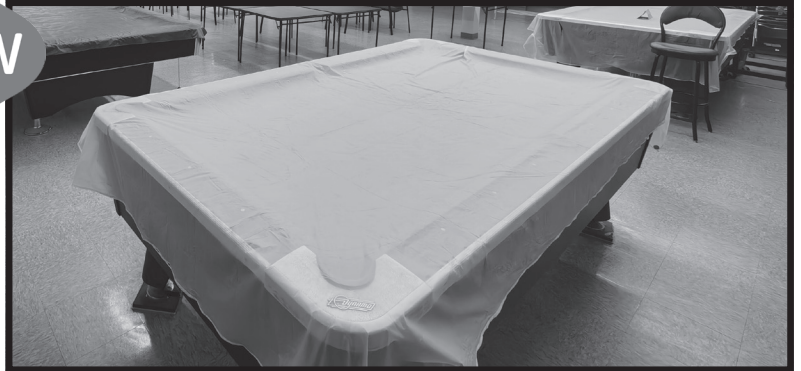
We have additional equipment available that you can rent to separately to make your event perfect. Please contact us for rates.

## ENTERTAINMENT

Available with Games Room rentals

- Billiards Tables

NEW



## FOOD SERVICE

Available for additional charge

- 100 Cup Coffee Urn
- Larger fridge
- Freezer
- Sink

NEW



## AV EQUIPMENT

Available for additional charge

- Portable PA system with microphone
- Large screen TV
- Projector and screen
- Sound system

NEW

- \*Minimum 2 hours booking for all rentals
- \*\*Damage deposit required for all rentals - amount dependent on space/equipment rented
- \*\*\*Member discounts may be available

## INTERESTED IN RENTING AT OUR CENTRE?

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



# EVENT RENTALS

NEW

## WEDDING PACKAGE

- Includes access to our Gymnasium, Cloak Room, Café, Deck, Kitchen (kitchen access for professional caterers - countertops, sink and microwave only)
- Approximately 5300 square feet
- Rental Fee: \$1400
- Damage Deposit: \$800 (additional \$200 when alcohol is being served)



## PICKLEBALL OR BADMINTON PACKAGE

Pickleball and Badminton are both excellent ways to stay active and healthy into the fall and winter. WSAC now has packages set up for everyone to be able to use our space to play with friends or family evenings and weekends.

- Gym - 3000 square feet - 2 courts available
- \$50/hour per court - minimum 2 hour rental
- \$400 damage deposit
- Package includes portable net, Pickleball paddles/balls or Badminton rackets and birdies.

NEW



# 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



## CAFE

- 1250 Square Feet
- Capacity: 50 to 60 seated participants
- \$66/Hour
- Beverage area with a microwave and a small fridge
- Access to our beautiful wrap around deck and view of the pond



## MEETING ROOM

- 900 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 45 in row seating
- \$38/Hour (1/2 day and daily rates available)
- Chairs and tables available for your use
- A dimmer light switch makes this room perfect for yoga and other classes!





# RENTALS

## HARRY FARMER ROOM

- 910 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 45 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



## GAMES ROOM

- 1680 Square Feet
- Capacity - 75 for row seating
- \$76/Hour
- Beverage area with a microwave and a full sized fridge
- Access to our beautiful wrap around deck and view of the pond

NEW



## KITCHEN ADD ON

- Kitchen can only be rented with the gym or cafe rental - not available to rent individually
- Must only be used by professional caterers - renter will be required to provide a copy of their rental agreement to WSAC
- \$50/Hour
- Use of counter tops, microwave, and sink only for prepping for food service, no cooking allowed

NEW





# 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!

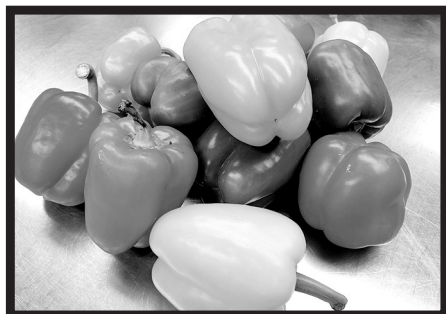
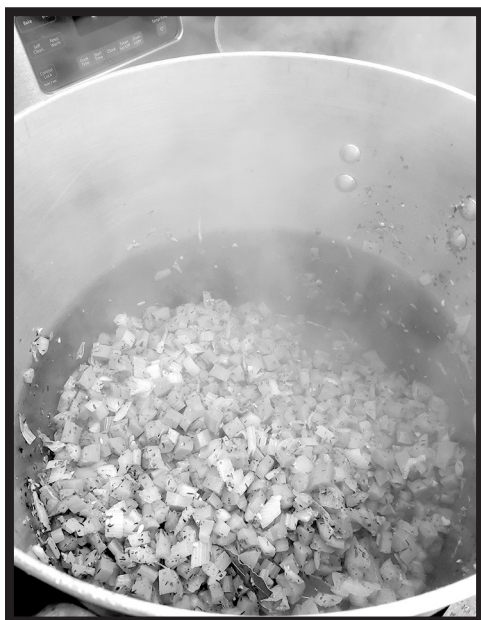
**Visit our front desk to see what is  
on this week's menu!**

- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious and Affordable!**

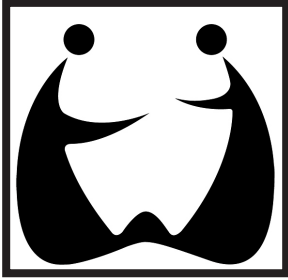


## **NEW MENU EVERY 2 WEEKS!**

- **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!



# CONNECT WITH WSAC

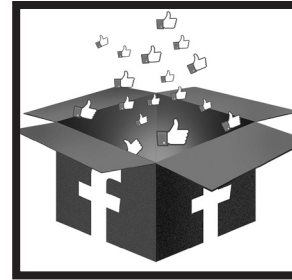


## **DID YOU KNOW? We update our website daily!**

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](http://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://Facebook.com/WESeniors)**

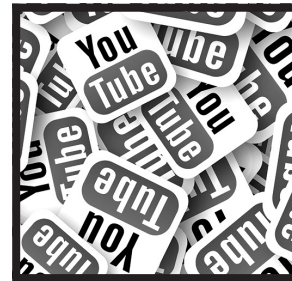


## **FOLLOW OUR INSTAGRAM PAGE**

Want to see what is happening at our centre on a daily basis?

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

**[Instagram.com/westendseniorsactivitycentre/](https://Instagram.com/westendseniorsactivitycentre/)**



## **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 providing you with a daily fitness routine at home.

**[Youtube.com/WestendSeniorsActivityCentre/videos](https://Youtube.com/WestendSeniorsActivityCentre/videos)**

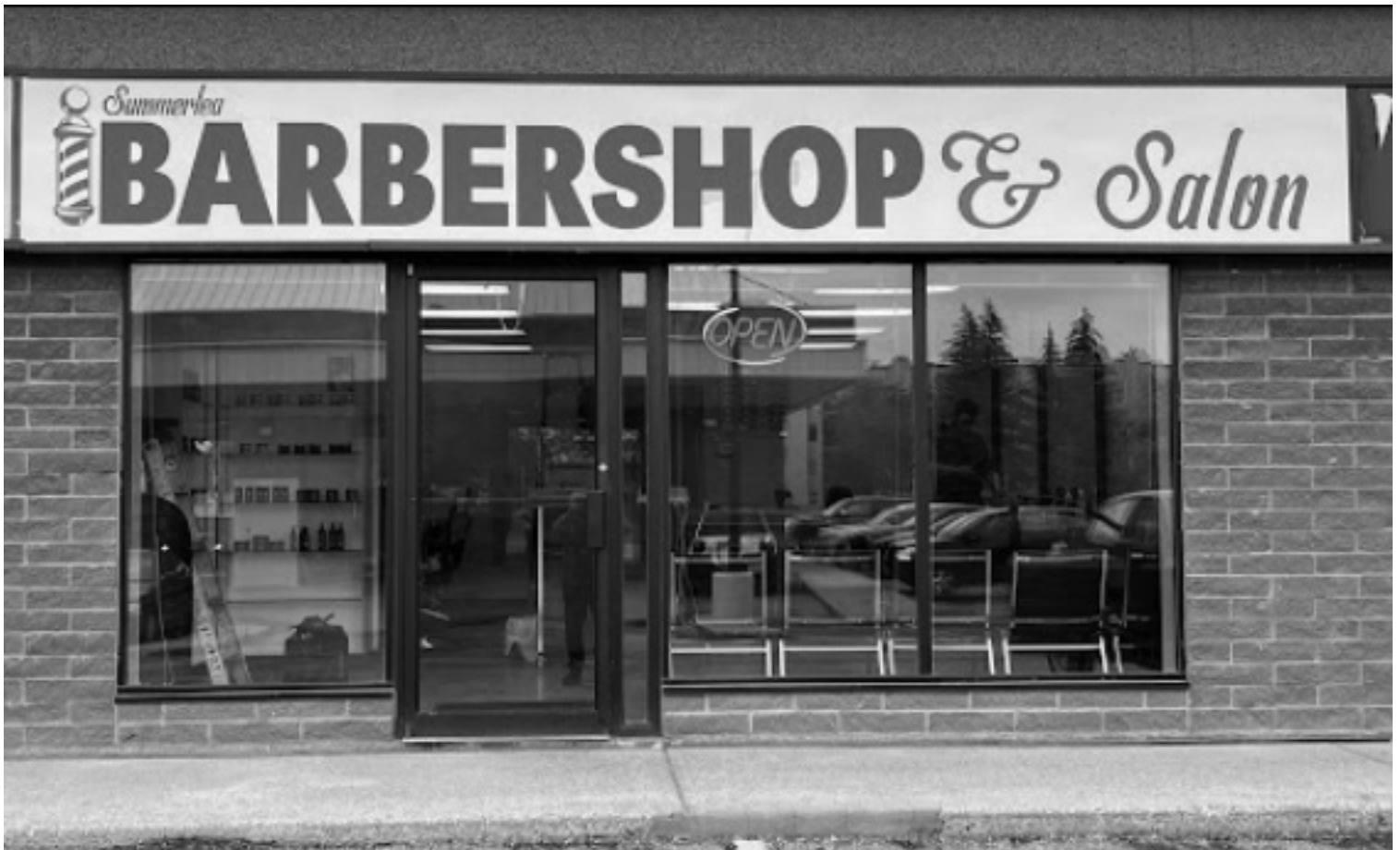
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## **HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?**

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



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- Your optometrist is also looking for medical conditions, such as high blood pressure, diabetes, and cardiovascular disease during and eye exam.
- 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](http://www.optometrists.ab.ca)

Alberta  
Association  
of Optometrists 



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AFTER HOURS MOBILE CLINIC



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- 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.

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WEBSITE - [www.canadahomecaregroup.ca/](http://www.canadahomecaregroup.ca/)

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WEBSITE - [qualicare.com/edmonton-ab](http://qualicare.com/edmonton-ab)



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*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

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WEBSITE - [www.alexishomes.info](http://www.alexishomes.info)

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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**

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a division of MoJo Design Inc 

**Would you like to live longer in the comfort of your own home?**

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**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.***



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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.

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WEBSITE - [www.sparkleandsheen.ca](http://www.sparkleandsheen.ca)

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## **JODY LAMBERTUS**

780.399.5114  
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](http://www.weseniors.ca)*

FACEBOOK - @JodyLambertusRealtor  
WEBSITE - [www.jody-lambertus.c21.ca/](http://www.jody-lambertus.c21.ca/)



***Serving Edmonton and area clients since 2015!***

## **MEMORIES FUNERAL HOME**

780.454.9111  
13403 St Albert Trail NW, Edmonton



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.

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- 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](http://www.dignitymemorial.com/Edmonton)

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 **ALIGRA**  
WINE & SPIRITS



**Look for our Free parking spots  
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We are very happy to provide a 10% discount for members of the Westend Seniors Activity Centre!

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# ARMOUR INSURANCE

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## REVERA

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Edmonton & Area Locations

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10015 103 Ave NW  
780 420 1222

### Our Parents' Home

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780 732 0412

### Glenora Park

10150 Clifton Place  
780 670 6957

### McConachie Gardens

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\$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

# WESENIORS AMAZING RACE & CHALLENGE

## AN AMAZING RACE AND AN AMAZING 2 DAYS OF FUN!

**Thank you to everyone who participated in our 2nd Annual WESeniors Amazing Race & Challenge!**

### THE NORTH LEG OF THE MAP

The north leg included stops in St. Albert, starting with Chartwell St. Albert who played a fun game of beanbag toss, and Revera River Ridge gave us washers to toss. Butterfly Dreams Respite Care team had a spectacular spread of treats to enjoy while playing their brain games, and Chartwell Griesbach gave us a real challenge with a standing bean bag toss! The north leg also included our friends at Sparkle & Sheen Cleaning and Organizing Services who also stuffed us with their wonderful spread of goodies. Raquel even had other games for everyone to enjoy while waiting for their round of giant Connect Four. MLA Jon Carson's Office gave participants the chance to meet the Edmonton-West Henday Member of Legislative Assembly, Jon Carson, and play a game of beanbag toss.

### THE CENTRAL & EAST LEG OF THE MAP

Downtown at Revera Our Parents' Home they showed us the spectacular view they have of down town and the river valley while we took turns sinking balls on the pool table located in their fabulous lounge and game area. Thursday we had so much fun with Revera Churchill's Flamingo Fishing! Robert and his staff set up the deck with tables and chairs to relax at while participants got the chance to enjoy the goodies and drinks available, and everyone walked away with a gift.

This year our race included so many businesses it extended all the way to Sherwood Park!

We joined our friends over at Revolution Cycle who recently opened a new location in Sherwood Park, where participants had the opportunity to try a ride on an e-bike and test their e-bike knowledge with a quiz. On Thursday we enjoyed a game of curling nearby at Chartwell Emerald Hills.

### THE SOUTH LEG OF THE AMAZING RACE

Our friends and partners, Drive Happiness, had a fun game of darts set up, and just across the street we visited Providence Chiropractic who hosted a poker style trivia game.

Revera Riverbend gave participants the chance to place tiles on a collective game of scrabble while they enjoyed some goodies. Not far was Qualicare Edmonton South where Indy and Hannah set up a whole tent for the event in a nearby park, giving some much needed shade from

the hot sun. Chartwell Wescott gave us the opportunity to live our Michael Jordan fantasy with a basketball toss on the first day, and on the second day Chartwell Heritage Valley hosted a fun game of beanbag toss.

Marcia at Stanford Hearing had some yummy goodies ready to go and an amazing door prize for people to enter to win while they waited to try a game of ring toss. On the second day Chartwell Hawthorn gave us the chance to play bocce ball as we made our way back to the west side.

### THE RACE AROUND THE WEST END

Louis at Wild Rose Seniors Residence here in Terra Losa was so excited to play horseshoes with all the participants. Cura Physical Therapies had people take a balance test and then played a game of "pin the tail on the donkey" with the chance to win a gift card to the Italian Centre.

Our good friends and WSAC wine tasting event sponsors Aligra Wine & Spirits had a fun game of beer pong going on in their gorgeous store in West Edmonton Mall. They even have 2 parking spots outside their store so that made it super easy for everyone to visit them along the race route. Benjamin Moore's The Brilliant Brush had a great fishing game for everyone to try AND had snacks and beverages for everyone too.

Terra Losa Pharmacy welcomed participants to pick up a copy of their brain games to complete as they made their way around the race. Len at Westlawn Funeral Home & Cemetery gave us the opportunity to tour around the grounds and stretch our legs. Local Member of Parliament Kelly McCauley's office handed out their own trivia, testing our knowledge of Canada! The Westgate branch of Servus Credit Union didn't go easy on us with their trivia challenge, but they did offer an enticing door prize for participants to sign up to win. On Wednesday we had Armour Insurance along for the ride with a game of Plinko for members to try their luck at.

We celebrated the end of the day with a free BBQ for all of our participants. City Councillor, Andrew Knack's office hosted their Edmonton trivia game in our WSAC parking lot along side the Senior Fraud Alert table with a scam quiz to test participants ability to Spot and Stop the scam.

### THE AMAZING RACE WINNERS!

**First place winner: Susan Sanders**  
**Second place winner: Corrine Timmer**  
**Third place winner: Alistair Aikman**





# WE Seniors

Westend Seniors Activity Centre

*Edmonton's Premiere Seniors Centre  
Celebrating over 40 years of serving seniors here in  
Edmonton!*

## **CONNECT WITH US!**

### **Westend Seniors Activity Centre**

9629 176 Street NW  
Edmonton, AB T5T 6B3

Telephone Number: 780 483-1209

#### **Website**

[www.weseniors.ca](http://www.weseniors.ca)

#### **Facebook**

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#### **Youtube**

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