



Winter 2023 Program & Resource Guide

Westend Seniors Activity Centre *A Community Hub For Older Adults*



Are You 55+ Or Know Someone Who Is?
Join Our Community.

A Message From the Board of Directors

Message to the Membership

By Barbara Gibson

President, WSAC Board of Directors

Dear Members,

WOW, the Westend Seniors Activity Centre (WSAC) is celebrating our 45th Anniversary. It is time to party all year! Lets party like it is 1978!

Did you know, our organization started out being known as the Edmonton Self Starters Organization in 1978 and was located in the space between the Jasper Place Pool and the arena. In 1996 our organization moved to the Meadowlark Shopping Centre and hosted our first-ever Older, Bolder, Better event! In 2002 as our organization grew, we expanded, moved to our current location, and became known as the Westend Seniors Activity Centre!

Connecting with others never grows old!

In 2019, just prior to the arrival of Covid-19, our membership had grown to over 2000 members. Then COVID arrived.

Over these last 3 years, our organization and members have survived several years of COVID restrictions, we lost members and friends, but we came through the process stronger than ever.

COVID forced the WSAC Board & Administration to be creative, adapt, learn something new, and do things differently. Within days, while other organizations struggled with the “new normal”; our organization created a free online 8-week fitness program for older adults. Then, we created initiatives such as our Frozen Meal Program with free delivery for seniors, expanded our Outreach Program to include providing Christmas dinners to low-income seniors, and more.

To respond to the unprecedented challenges of the global pandemic, our Executive Director, Dr. Haidong Liang, created the “YEG Seniors Alliance” to facilitate the sharing of resources, expertise, and experiences with other organizations. This alliance has now evolved into the “Alberta Seniors Alliance” and includes partnerships between WSAC, the Edmonton Seniors Centre (ESC), ICAN Seniors Association, St. Albert Seniors Association, Seba Beach Seniors Golden Age Club, and Strathcona County. Our Centre has been recognized by the province for its excellence – in 2019 WSAC won the Minister’s Seniors Service Award, one of the only two organizations in Alberta, and then in 2021, Dr. Haidong Liang won the individual Ministers Seniors Service Award for his tireless work during the pandemic.

Now, as we slowly move towards normal, we are looking forward to moving ahead. It has been wonderful seeing members returning to our centre. Please continue to support our centre.

A Message From the Board of Directors

How you can support our centre

Purchase a membership! We are now selling 2023 memberships, if you have not done so, I hope you will renew your current membership or purchase a new one. Help us to grow by introducing a friend to our centre.

Volunteer! As our membership grows I hope you will consider volunteering. You can reach out to Volunteer Coordinator, Heather Riberdy, by email at Heather@weseniors.ca, call the centre, or complete the form on our website. Tell her about your interests and the amount of time you would like to give and I am sure she will find a spot for you on her team of volunteers.

Try something new! We have so many amazing classes and instructors. Talk to our Program Team about trying a class you have never taken before. If you enjoy it, register to take the class.

Connecting with others never grows old! Attend events and travel trips, come for the birthday party, try our potluck dinners, and come to our Community Cafe to enjoy a meal while socializing with others.

2023 ~ A year to celebrate!

To celebrate our 45th Anniversary, our Chef is introducing a special “**7 Layer Carrot Cake**”. An advance ‘tasting’ of this delicious cake will be introduced at our Christmas dinner celebrations and the cake will be available for sale during our 2023 Anniversary year.

We also hope to have a number of fun activities, including the 25th anniversary of our Older, Bolder, Better!™ Tradeshaw & Symposium. Next summer we will host our 45th-anniversary gala! We hope you will join us as we celebrate.

Organizations who reach the milestone of 45 years do so because of the loyalty of their members and the hard work of their board members, volunteers, and staff. I would like to recognize and thank all who have been part of the growth of our wonderful organization. As a board member and current President, I would like to send a special “thank you” to the current Board Members who have made tough decisions these last few years while maintaining a “Vision for the Future”.

Now, let’s celebrate like it’s 1978!



WSAC Member Benefits

	WSAC Membership (55+)	Reciprocal Membership
Annual Membership Fee	\$50.00 Non-Refundable/Non-Transferable	N/A
E-News & Chronicle	YES	YES
Vote at AGM	YES	NO
Registered In Person Classes	YES	YES (available 1 week after WSAC membership registration opens)
Registered Online Classes	YES	YES (available 1 week after WSAC membership registration opens)
Drop In Programs	YES	YES
Committees	YES	NO
Clubs	YES	YES
Pickleball	YES	NO
Events	Member Pricing	Non Member Pricing
Facility Rentals	Member Pricing	Non Member Pricing
Armour Insurance Discount	10% Discount on Auto 15% Discount on Property	No Discount



Westend Seniors Activity Centre



WESeniors.ca
Hub for people 55+

1978 Centre Opens



Harry Farmer
Founder & President
1978-1985



Edmonton Self Starters Organization is formed as a Drop-in and activity centre for people 55+ to make friends and become engaged and active

1983 Sod Turning

Membership continues to grow

1991 Flu Clinic Opens

1996 Drop-In Centre

The drop-in centre is established at Meadowlark Shopping Centre

AND...

Older Bolder Better!™



This Learning and Living Symposium is an annual event created to address senior isolation and provide resources, entertainment and information to seniors and their families

1998 Mavie's Mitten Tree



Annual intergenerational celebration where knitted items are given to children, Cross Cancer, wards at hospitals and Armed Forces

2001 Older Bolder Better!™

Expands and moves to Westmount Mall



Westend Seniors Activity Centre

The name changes from the Edmonton Self Starters Organization and membership continues to the point where the centre has outgrown its location and discussions begin with The Terra Losa Community Association



Expansion

Sod turning and construction begins

New Home

2005



Westend Seniors moves to its new location at 9629 - 176 Street and **Older Bolder Better!™** is held at the new centre



Community Café Opens



Walk-Out Basement Added

myseiorcenter™

Added to help manage membership data

Programs Double!



Fitness Room Added

2013-16 More Programs & Members!



Website Launches weseniors.ca



Anniversary 2018

Promoting healthy aging and reducing isolation for 40 years

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In Person Registered Classes

Art Classes

• Ceramics	Jackie Garrant	Page 21
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• Paint 'n Sip Night Event	Lori Frank	Page 22
• Watercolour for Intermediate & Advanced Artists	Thoma Podlubny	Page 22

Dance Classes

• Clogging Beginner	Tracy Walters	Page 25
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• Line Dancing Beginner	Tracy Walters	Page 27
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• Line Dancing Experienced	Tracy Walters	Page 28
• Ballroom & Latin Dancing	Elise Millard	Page 28

Fitness Classes

• Barre	Freya Giroux	Page 29
• Dance Fit (Mon & Wed)	Kathy Paterson	Page 30
• Dynamic Movement (Mon & Fri)	Freya Giroux	Page 31
• Essentrics® Age Reversing	Lori Griffith	Page 33
• Essentrics® Gentle Stretch	Meg Hipkins	Page 34
• Fit for Life (Mon & Wed & Fri)	Ilonka Wormsbecker	Page 35
• ICI Interesting and Challenging Intervals	Janet Hauca	Page 36
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• M2M	Elise Millard	Page 38
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• Seated Stretch Fit	Kathy Paterson	Page 40
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• Sit Fit (Tues & Thurs)	Kathy Paterson	Page 42
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Community Classes

• Essentrics® Age Reversing (Trinity United Church)	Liz Olson	Page 47
• Essentrics® for Seniors (Trinity United Church)	Lori Griffith	Page 47
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Lifelong Learning Classes

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• Art History: The Innovation of Art Nouveau	Kathleen Silverman	Page 50

In Person Registered Classes

Wellness Classes

- | | | |
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- | | | |
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- | | | |
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| • Hatha Yoga-Beginner | Neeru Prashar | Page 59 |
| • Intermediate/Advanced Yoga | Neeru Prashar | Page 59 |
| • Restorative Hatha Yoga | Audrey Bell-Hiller | Page 60 |
| • Yin Yoga | Vera Resera | Page 62 |

WSAC Wallet

No More Digging For Cash

DID YOU KNOW?

We have made payments easier for you by providing a safe and secure payment option called THE WALLET!



Visit the Front Desk to load your wallet with an amount you choose and use the wallet to pay for anything WSAC offers including:

Drop-in Programs
Class Registrations
Events
Meal Orders
Trips
& More!

As we start moving towards being a cashless organization, we encourage you to participate in using this convenient payment option.

Winter 2023 Events At Our Centre



February

Valentines Bingo,
February 14, 2023

March

St. Patricks Day Brunch,
March 17, 2023

April

Volunteer Appreciation,
April 26, 2023

Monthly Potluck Dinners

- The last Thursday of the month
- 5:00 p.m. to 7:00 p.m. in our community cafe
- Bring a dish to share for 4-6 people
- \$2.00 Drop in fee

Winter 2023 Dates:

- Thursday, January 26, 2023
- Thursday, February 23, 2023
- Thursday, March 30, 2023
- Thursday, April 27, 2023

Monthly Birthday Parties

- The 3rd Wednesday of each month
- Pre-registration will be required for you and your guests as we have a limited capacity of 50 people
- Free to all birthday guests
- \$2 drop in fee for your guests

Winter 2023 Dates:

- Wednesday, January 18, 2023
- Wednesday, February 15, 2023
- Wednesday, March 15, 2023
- Wednesday, April 19, 2023

WSAC Code Of Conduct

Conduct Of Members

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

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

Disclaimers

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



The Centre Will Be Closed On The Following Days:

January 2, 2023

February 20, 2023

April 7 & 10, 2023

Welcome To Our Centre



Registration Day

- Join us on Tuesday, December 13th from 2:30 p.m. to 4:30 p.m. to register for your Winter 2023 programs
- Registration available in-person or online

Mark It On Your Calendar

- Spring/Summer 2023 registration will be on April 20, 2023 at 1:30 p.m.

Reciprocal Program Registration - Participating Centres

- Westend Seniors Activity Centre
- Aboriginal Seniors Centre
- Central Lions Seniors Association
- Edmonton Seniors Centre
- Jewish Seniors Citizens Centre
- Mill Woods Seniors Association
- North Edmonton Seniors Association
- North West Edmonton Seniors Society
- Seniors Association of Greater Edmonton
- Strathcona Place +55 Centre
- Southwest Edmonton Seniors Association

Please Note:

- A valid membership from any of the centres indicated above allows you to take part in registered classes here at our centre if there are open spots available. However, priority will be given to WSAC members.
- Reciprocal members may also register for all other drop-in programs and Toonie Talks, as space allows.
- A valid WSAC membership is required to participate in Pickleball.

Welcome To Our Centre

Program Registration

- To register online visit myactivecenter.com.
- Participants are not considered registered until full payment has been received.
- Payment can be made with Credit, Debit or Cash at our centre. Contactless methods of payment are preferred. Cheques are not accepted.
- For drop-in activities, please consider using our Wallet system instead of paying cash.
- If the program you wish to register for is full, please ask our staff about a waiting list OR ask one of the staff to recommend a class that is similar. Many of our classes offer the same types of exercises and benefits so you may be able to find a new class you will enjoy just as much.

Cancellations & Refunds

- If it is necessary for WSAC to cancel a registered series due to low enrollment, refunds will be issued.

Individual Class Cancellation

If an individual class is cancelled within a series, every attempt will be made to schedule a make-up class.

- If a make-up class is scheduled, WSAC will not issue a refund for the cancelled class.
- If a make-up class is NOT scheduled, you will be refunded the full amount of the missed class.

Please note:

If you are unable to attend the rescheduled class, we will not issue a refund. This will be no different than you missing a regularly scheduled class.

Travel Trips & Special Events

WSAC will not refund the cost of a ticket. In some circumstances we may be able to facilitate a transfer with another interested member to purchase the ticket from you.

Unable To Attend A Class?

If you are unable to attend a class within a series, WSAC will not provide a refund for the class.

Need To Cancel Your Class Registration?

If it is necessary for you to cancel your registration for a series or presentation, you will need to:

1. Complete a Refund Request Form.
2. Submit the form to our Program Team for review and approval.

Please note:

- **Refund requests can only be done prior to the start of a class series or presentation.**
- **Once the class has started, no refunds will be issued without medical documentation.**
- **If WSAC has to shut down due to unforeseen reasons, we will refund the cost of classes or presentations to the wallet only.**

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



- **NEW MENU EVERY REGULARLY**

- **REHEATABLE**

All meals are fully cooked so you simply need to reheat it and serve.

- **SERVING SIZE**

Most seniors tell us they get 2 or 3 servings with our entrees and soup.

- **FREE DELIVERY**

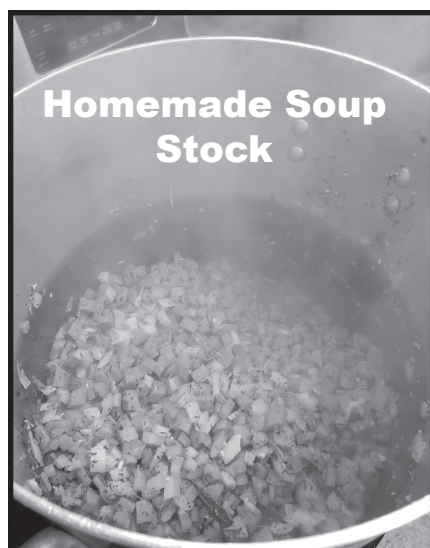
Available to seniors who do not drive, our team of volunteer drivers and our friends at Drive Happiness will deliver your food orders to you.

- **FRESH INGREDIENTS**

Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal we prepare for you.

- **OPEN TO PUBLIC**

You do not have to be a member to use our meal program, it is open to everyone.



A New Menu Every 2 Weeks

To Order:

Online:

www.weseniors.ca

Call Our Centre:

780 483 1209 ext 244

Email Us:

food.orders@weseniors.ca

Entrees

\$12.00 to \$14.00

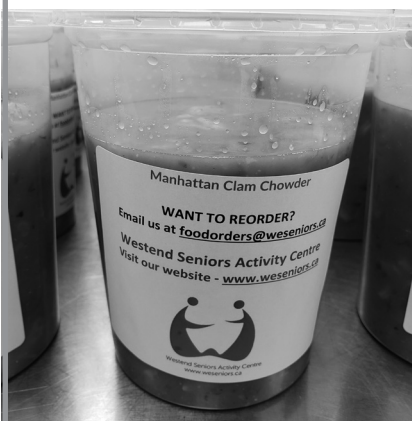


Entrees Include:

- Asian Chicken
- Beef Stew
- Chicken Stew
- Chicken Cacciatore
- Lasagna
- Meatloaf
- Pork Tenderloin
- Shepherd's Pie
- Sweet & Sour Meatballs
- And more

Hearty Soup

\$8.00



Soups Include:

- Beef Barley
- Borscht
- Boston Clam Chowder
- Cabbage Roll
- Chicken Noodle
- Corn Chowder
- Cream of Broccoli
- Cream of Potato
- Minestrone
- And more

Muffins

\$6.00



Muffins Include:

- Apple Spice
- Blueberry Bran
- Blueberry
- Rhubarb Crumble
- Cranberry Orange
- Honey-bran
- Lemon Poppyseed
- Raisin Bran
- Rhubarb Crumble
- And more



Eggs-emplary Bowls \$4.00

Our Eggs-emplary Brunch bowls are a perfect choice for breakfast or lunch at 4 inches in size.

A Package For Every Budget



THE TOTE STARTING AT \$56.00

An easy way to try a variety from the Frozen Meal Program. The "Tote" bundle includes:

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



FIVE ENTREE BUNDLE STARTING AT \$60.00

Buy 5 entrees and receive your choice of:

- 1 Hearty soup
- 1 Package of muffins OR
- 1 Package of savory biscuits



HEARTY SOUP PACKAGE \$27.00

- Your choice of 3 hearty soups AND
- Your choice of:
 - 1 Package of savory biscuits
 - OR
 - 1 Package of muffins

TESTIMONIAL

"I have tried the lasagna, chicken pot pie, the honey bran muffins and most of the soups. They have all been fantastic. Good size servings, they reheated up nicely and they kept in the freezer nicely. We felt they were reasonably priced when you consider they are home made AND they were just enough for the 2 of us. Well done Westend Seniors Activity Centre. We will definitely be ordering again".

Frequently Asked Questions

Do We Have To Pre-Order?

No. We have items in stock every day. To see what we have in stock visit our website to see the current menu, call us at 780 483 1209 or visit Monday to Friday from 9:00 a.m. to 3:30 p.m., and Tuesdays & Thursdays until 6:30 p.m. to see our current items.

Can I Place An Order For Someone Else?

Yes. We have many clients who are placing orders for family or friends.

- You do not have to be a member of our centre to use our meal program.
 - The meal program is open to the public. You do not have to be a senior.
 - If you would like to make arrangements for regular delivery of meals to someone you know, please call our centre. We would be happy to set this up for you.
-

How Does Free Delivery Work?

We have a team of volunteers and have also partnered with Drive Happiness who are ready to deliver your meals to you. This is a free service provided to seniors who are unable to come to our centre.

Let us know if you would like your meals delivered and we will follow up with you to confirm when the delivery will be made.

I Am Tired Of Cooking. Is It OK To Use The Meal Program?

Absolutely. Many of our clients have told us they are tired of cooking or find it hard to always cook for one.

Fun Facts About Our Meal Program

- Our chef buys groceries almost daily to ensure he uses the freshest ingredients.
- We don't use hamburger, we take AAA beef and pork loin roasts and hand grind it for our meals like lasagna, shepherd's pie, etc.
- Our meals are prepared and then immediately put in our freezers but because we change our menu so often, nothing is in our freezer for more than a few weeks.

WSAC's Senior Supports

Did You Know, Outreach Workers Support Seniors By:

Form Completion

Outreach provides help with filling out applications (e.g.; CPP, OAS, Alberta Seniors Benefits, and housing applications) Appointments can be made by calling Home Supports at 780 483 1209 ext. 232 for in person or by phone by calling Shirley at 780 454 2465.

Emotional Support

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

Needs Assessments

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

Independent Housing and Supportive Living

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

Seniors Benefits

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

Financial

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

Elder Abuse

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

Meals and Nutrition

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

Mental Health and Grief Services

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

Transportation

If you are in need of transportation and not sure who to call, we can provide you with information and resources for 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 suit your needs.

WSAC's Senior Supports

Seniors Home Supports Program

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

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

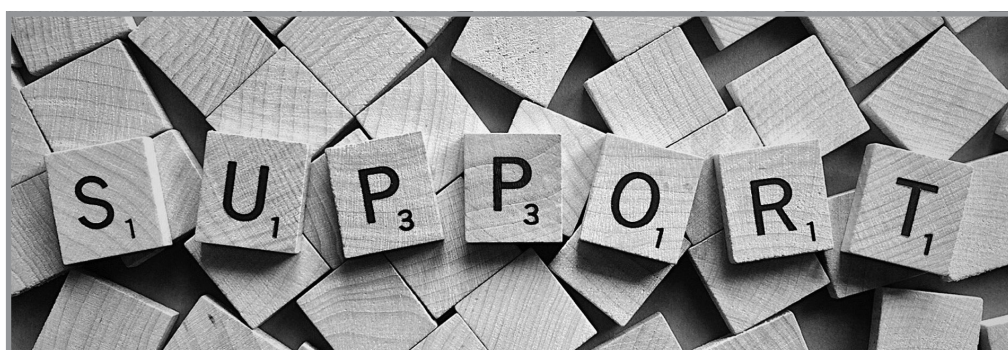
- Snow Removal
- Yard Work
- House Keeping
- Minor Repairs

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

This program is an initiative of the City of Edmonton.

Providing Resources To Seniors And Their Families

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



We Are Here To Help

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

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

Volunteering At Our Centre

Giving Back Never Grows Old

Volunteers are the heart of our centre.

As a non-profit organization, we rely on the dedication and generosity of volunteers to operate our programs, activities, and seniors support services.

When we collaborate and work collectively, amazing things can happen.

There are many other benefits. You'll learn new skills, make friends, and help us to make our centre a fun and exciting place to be.

Did we mention, studies show that volunteering is good for your health?

Whether you're a senior or are simply interested in giving back, volunteering with our centre is a fun way to meet new people and make a meaningful difference in the lives of others.

Visit Our Website To See How You Can Help

Have a look at the available positions on our website or volunteer board at our centre and see what might be a good fit for you.

www.weseniors.ca/volunteer

Connecting With Others Never Grows Old

We Have Lots Of Opportunities To Help

- Most of our volunteer opportunities are during weekday hours - Monday to Friday 9:00 a.m. to 4:00 p.m.
- You can also assist our staff on Tuesday and/or Thursdays when we are open until 8:00 p.m.
- Help out at our special events that are held throughout the year



Questions?

Please contact:

Heather Riberdy, Volunteer & Event Manager

Email: Heather@weseniors.ca

Telephone: 780 483 1209 Ext. 224

Program Information

NEW

Look For This Icon To Find Out What's New At WSAC

New Registered And Drop-In Programs For Winter 2023

- Waterlily in Coloured Pencils With Susan Casault (Page 21)
- Tuesday Evenings: Age Reversing Eccentrics® With Lori Griffith (Page 33)
- Essentrics® Stretch and Tone With Lori Griffith at La Perle (Page 48)
- Active Relaxation and Yoga With Neeru Prashar (Page 55)
- Ayurveda With Leslie McKenzie (Page 51)
- Mindfulness and Meditation With Leslie McKenzie (Page 52)

Try Something New!

Try-It Week will be the week of February 13. During this week we will have a number of classes for you to try.

- Try-It classes are free
- Pre-registration is required

Free Try It Days

Trying Something New Never Grows Old!

**Our power lies in our small daily choices,
to create eternal ripples of a life well lived**

Friends Of WSAC - Toonie Talks

Who Are The Friends Of WSAC?

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

Not A Sales Pitch...

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

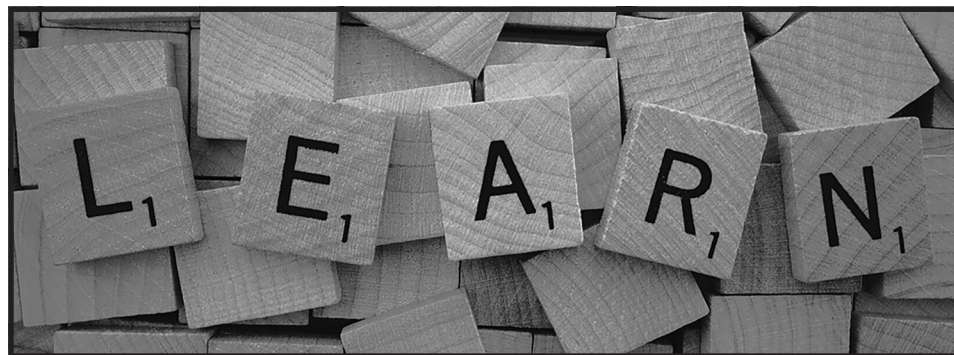
Fun Experiences

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

Upcoming Toonie Talks - www.weseniors.ca

- Please watch for posters here at our centre or visit our website and look for the TOONIE TALK button to see the Winter 2023 schedule.

Please register for Toonie Talk presentations in advance, however, drop in attendance is welcome. (Registration helps us determine interest in specific topics and provides contact information should a presentation be rescheduled or cancelled.)



Friends Of WSAC - Toonie Talks

Starting Your Investment Journey

Presented by Alberta Securities Commission



Tuesday, January 17, 1:30 p.m.

Zoom Presentation in WSAC Community Cafe

Cost: FREE

Open to the public

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 us as we explore the benefits of starting your investment journey and how to avoid common investing mistakes and fraud

Roll Out the Barrels of Whiskey!

Presented by Aligra Wine & Spirits



Wednesday, January 18, 6:00 p.m.

WSAC Community Cafe

Cost: \$23

Members and invited guests only

Please Note:
Start time is 6:00 p.m.

Attention Scotch Lovers! Join us for some Scottish lore and interesting discussion about different styles of whisky. We'll sample four distinct types from four regions of Scotland. You can even wear your Tartan!

Migraines and Headaches

Presented by Providence Chiropractic



Thursday, January 19, 1:30 p.m.

WSAC Community Cafe

Cost: FREE for member \$2 for non members

Open to the public

Do you suffer from headaches and migraines? Come and join us as we learn more about the causes and treatments available to you.

Friends Of WSAC - Toonie Talks

Rub It, Stick It, Move It: *How to Choose Your Healthcare Team* Presented by Cura Physical Therapies



Thursday, January 26, 1:30 p.m.

WSAC Community Cafe

Cost: FREE for member \$2 for non members

Open to the public

We are all trying to live a more healthy lifestyle and manage the changes our body goes through as we age. With so many healthcare options out there, it can be hard to know who to see and when to see them. Let the experts from CURA Physical Therapies go over the benefits of having a collaborative team of healthcare experts on your side.

Attend the session and get started with a self assessment tool to identify ways in which CURA Physical Therapies can help you.

Annual 2022 Global Financial Market Review and 2023 Outlook Presented by Wei Woo



Friday, February 3, 10:00 a.m.

WSAC Community Cafe

Cost: FREE for member \$2 for non members

Open to the public

Please Note:
Start time is 10:00 a.m.

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and providing investment strategies for now and into the future. We will review what has happened in 2022, and look at forward guidance on what to expect for 2023.

Friends Of WSAC - Toonie Talks

“When I’m 64” *Canada Pension Plan/Old Age Security* Presented by Service Canada



Tuesday, February 7, 5:30 p.m.
Zoom Presentation in WSAC Community Cafe
Cost: FREE
Open to the public

Please Note:
Start time is 5:30 p.m.

A Service Canada representative will deliver a general information session on the Canada Pension and Old Age Security benefits. This session will give you the opportunity to increase awareness of benefits you may not know about that could help you or your family. Feel free to ask questions during the presentation and you will also have an opportunity to talk with the Service Canada representative after the session.

Aging and the Pelvic Floor; *Let’s Talk About Pee, Poop, and Sex* Presented by Cura Physical Therapies

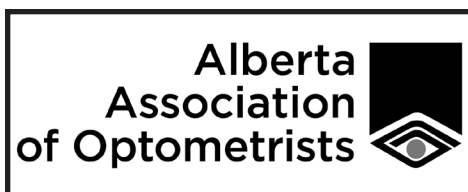


Thursday, February 9, 1:30 p.m.
WSAC Community Cafe
Cost: FREE for member \$2 for non members
Open to the public

No topic is going to be off the table when the experts at CURA Physical Therapies talk about the realities of aging and how it affects pelvic health. From changes in urinary frequency or leakage, dealing with constipation or changes affecting the pleasure of intimacy, your pelvic floor plays a role in all of it. Go beyond Kegels and learn how to properly engage and relax your pelvic floor. Discover how breathing can change the way you feel. Learn about the different moisturizers and lubricants available to make sex a more positive experience.

Friends Of WSAC - Toonie Talks

Staying Independent: *What You Should Know About Your Vision & Eye Health* Presented by Alberta Association of Optometrists



Thursday, February 16, 1:30 p.m.
WSAC Community Cafe
Cost: FREE for member \$2 for non members
Open to the public

Think of an eye exam as a physical for your eyes. It's about maintaining your eye health. Find out what your optometrist is looking for during your eye exam, what you can do about dry eyes, simple fall prevention tips, and digital eye strain prevention. Learn how superfoods help maintain eye health, the role of exercise, and the importance of protecting your eyes from the sun.

Posture and Balance Presented by Providence Chiropractic



Tuesday, February 21, 1:30 p.m.
WSAC Community Cafe
Cost: FREE for member \$2 for non members
Open to the public

Movement is life! Movement and an active lifestyle may add life to your years! Come and learn why it is so important and how you can tap into this fact to improve your life.

Investing in Cryptocurrencies: *Understanding the Fundamentals & Risks* Presented by Alberta Securities Commission



Wednesday, February 22, 1:30 p.m.
Zoom Presentation in WSAC Community Cafe
Cost: FREE
Open to the public

Cryptocurrencies have grown in popularity in the news, online and even in our social circles. Join us as we walk through what cryptocurrencies are, what they do and the major considerations and risks you should understand before investing.

Friends Of WSAC - Toonie Talks

Fraud Prevention Month: *Recognizing and Avoiding Investment Scams* Presented by Alberta Securities Commission



Tuesday, March 14, 1:30 p.m.
Zoom Presentation in WSAC Community Cafe
Cost: FREE
Open to the public

Investing comes with inherent risks, but don't let fraud be one of them. Join us as we uncover the prominent forms of investment fraud, how to recognize them and ultimately protect yourself and others.

Dizziness and Vertigo Presented by Providence Chiropractic



Wednesday, March 22, 1:30 p.m.
WSAC Community Cafe
Cost: FREE for member \$2 for non members
Open to the public

Are you suffering from dizziness and vertigo? Come and join us as we learn more about the causes and treatment available to you.

The Silent Thief: *Living with Osteoporosis* Presented by Cura Physical Therapies



Thursday, March 30, 1:30 p.m.
WSAC Community Cafe
Cost: FREE for member \$2 for non members
Open to the public

Did you know that over 2.3 million Canadians are living with osteoporosis? Or that 80% of fractures in people over the age of 50 are caused by osteoporosis? These statistics may seem scary but you can still live a healthy and active life with osteoporosis. Let the experts at CURA Physical Therapies teach you about safe activities and the importance of maintaining physical activity as you age.

Alberta Seniors Alliance

Have you heard about WSAC's partnership with the Alberta Seniors Alliance? WSAC, in partnership with the Edmonton Seniors Centre and ICAN Seniors Association jointly began offering 100+ online classes/programs to over 3500+ seniors in Alberta weeks after our centre's shut down due to COVID-19. Seniors who had no computer knowledge were given 1-on-1 training to learn ZOOM and use their devices to enable them to remain socially connected.

Since then, we have heard from many seniors and their families that this training was a "lifeline" and the programs offered through the alliance were "invaluable" in bringing joy and reducing their feelings of isolation during the pandemic.



EDMONTON SENIORS CENTRE

Edmonton Seniors Centre is a non-profit organization dedicated to providing support and opportunities to seniors to further their overall well-being and quality of life.

Website: www.edmontonseniorscentre.ca
Telephone Number: 780 425 8625
Email: office@edmontonseniorscentre.ca



ICAN SENIORS ASSOCIATION

ICAN Seniors Association was established in August 2017 and was registered in December 2019. We aim to prevent isolation of seniors facing multiple cultural barriers through English literacy training, community events, and networking opportunities. We offer:

- Online and physical English classes
- Workshops
- Activities
- Field trips

With support from over 80 volunteers, we are serving more than 700 seniors in Alberta. We encourage an accelerated acculturation process to enhance the overall well-being of immigrant seniors and their family members through collaboration and partnership with various communities and organizations via initiatives, projects and programs.

Telephone Number:
780 425 8625
Email:
chengrongmei@hotmail.com

Alberta Seniors Alliance



DRIVE HAPPINESS

Drive Happiness Seniors Association is a registered, non-profit society whose mission is to assist seniors in remaining independent in their own homes for as long as possible. Seniors lose independence when they can no longer drive or access transportation to go shopping, banking, reach clinics or other required services to stay in their own homes.

Volunteer drivers take riders to medical appointments, shopping, banking, programming, and to visit friends or family. The rider buys tickets for \$10.00 each from the Drive Happiness office.

All volunteer driver candidates are screened for vulnerable security clearance, have a well maintained vehicle, and a clean driving abstract before they are accepted as Volunteers for Drive Happiness.

WSAC has partnered with Drive Happiness on initiatives such as:

- WEDeliver Happiness - a campaign to provide lower income seniors with masks, sanitizers and our 8 Week Program Fitness Program for Seniors handbook.
- WSAC Frozen Meal program - Drive Happiness & WSAC volunteers work together to help provide free delivery to seniors here in Edmonton and area.

Telephone Number:

780 424 5438

Website:

drivehappiness.ca



ST. ALBERT SENIORS ASSOCIATION

When you walk in the doors of our building, Red Willow Place, you are greeted with a modern setting and a well-lit, open feel.

Our Association has always been a friendly gathering place for older adults, where community and friendship are found. We are a highly utilized information resource/referral Centre and we also host numerous classes, activities, and events throughout the year for people 50+.

Since we opened our doors, a lot has changed for both our Association and the community around us.

What hasn't changed, though, is our dedication to the seniors of St. Albert and surrounding areas, and they continue to be the focus of our mission.

Reception Desk:

780 459 0433 ext. 0

Website:

www.stalbertseniors.ca

The Arts - In Person Classes

Ceramics

Instructor: Jackie Garrant

Monday, January 9 to February 27

(7 Classes) No Class February 20

9:30 a.m. to 12:30 p.m.

Cost \$66

Monday, March 6 to April 24

(7 Classes) No Class April 10

9:30 a.m. to 12:30 p.m.

Cost \$66

Discover the art of creating beautifully crafted ceramic pieces in a relaxed environment with the guidance of a skilled instructor. You will be shown the tools & techniques necessary to create your own masterpiece. Have fun & learn a new craft in a social environment where fellowship is strongly encouraged. All levels welcome.

NOTE:

- Students are expected to purchase their own greenware ahead of time
- A supply list and additional class information will be available at the reception desk
- Greenware, glaze, and firing costs are in addition to the course fee
- Please bring all supplies with you to the class

Waterlily in Coloured Pencil

Instructor: Susan Casault

NEW

Friday, March 10 and 17

(2 Classes)

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

Cost \$48

Join us for this 2 week workshop where we will draw a vibrant waterlily on black paper. Glowing colours against a dark background give a sense of drama to the flower emerging from the surface of the water.

Learn (or review) the fundamentals of this versatile medium as you layer and blend colours to bring your drawing to life. Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor.

NOTE:

- Students are expected to purchase their own supplies ahead of time
- A supply list and additional class information will be available at the reception desk
- Supply costs are in addition to the course fee
- Please bring all supplies with you to the class

The Arts - In Person Classes

Paint n Sip Night Event

Instructor: Lori Frank

Thursday, January 26

(1 Class)

5:30 p.m. to 8:00 p.m.

Cost \$40

Release your inner Picasso!

Enjoy a drink and socialize while you paint your own masterpiece to take home.

Lori Griffith will guide you step by step to create your own custom work of art.

All levels are welcome, no previous experience needed. Come individually or come as a group! This evening is about meeting new people and enjoying the creative process in a relaxed environment.

All art supplies and a glass of wine are included.

Watercolour for Intermediate and Advanced Artists

Instructor: Thom Podlubny

Tuesday, January 10 to February 21

(7 Classes)

9:30 a.m. to 12:00 p.m.

Cost \$66

Tuesday, March 7 to April 25

(8 Classes)

9:30 a.m. to 12:00 p.m.

Cost \$75

This class is designed with the intermediate or advanced artist in mind.

Our veteran instructor, Thomas Podlubny, provides the perfect opportunity for artists to enhance & develop their skills.

Following the first class of the series, you will be encouraged to work on your individual project with assistance provided by the instructor.

Please purchase prior to your first class:

- Watercolour brushes
- Watercolour paint of choice
- Watercolour paper pads or blocks 140 lb. weight (paper thickness) minimum
- Mixing pallet
- Water container
- A sketchpad would be useful

A Message From The Programs Team

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 if 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). It is recommended to bring a bottle of water with you to all fitness 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

Classes Beginning/Ending

With our membership numbers and class registration numbers increasing, we would like to remind all members that the time between classes is very limited. Please be respectful of the space and time in which you are taking programs. We ask that all members leave the room the way they found it so it is ready for the next program. There is a 15 minute transition period between classes. Ensure you are exiting the program space in a timely manner so all programs can run on schedule. The Cafe is open & fresh coffee is available for visiting after programs. We need to remind everyone that rushing into the program room before the current program is cleared out is unacceptable and creates a safety concern.

Fitness Levels Defined

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

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

Gentle Fitness Level 1



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

Developing Fitness Level 2



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

Intermediate Fitness Level 3



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

Upper Intermediate Fitness Level 4



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

Advanced Fitness Level 5



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

Dance - In Person Classes

What Is Clogging?

- This is a type of dance that is similar to tap dancing but it has its own unique style.
- It incorporates line dancing, Irish dancing and more with its own unique steps influenced by different types of dance.
- Our class incorporates a variety of music – country, bluegrass, rock and roll, dance, and Irish.
- Clogging is a progressive class. If you are starting at beginner it will take approximately 1 -2 years or 3 beginner clogging series' before you will move into the Intermediate classes.

Equipment List:

- Water Bottle.
- Shoes with a slipper/ leathery type sole (no rubber bottom shoes) as these are easier to dance in.
- You do not need to buy shoes until you are sure you are going to enjoy and continue with the class.

Please Note:

- Clogging is a progressive class and runs as a continuation throughout the Fall and Winter sessions.
- Due to recent feedback, we have found that it is too difficult to catch up with the rest of the class when participants join after the January session. Because of this, we will only be accepting new cloggers in the January to February session.
- If you have any questions or are interested in a taking a Try-It Day class, please see the Front Desk or a Program Team staff member.



Clogging - Beginner Instructor: Tracy Walters

Monday, January 9 to February 27
(7 Classes) No Class February 20
12:00 p.m. to 1:00 p.m.
Cost \$63

Monday, March 6 to April 24
(7 Classes) No Class April 10
12:00 p.m. to 1:00 p.m.
Cost \$63

Looking for a new low-medium impact program for the body and mind? Give clogging a try.

- We start off learning a couple of basic steps, practicing these steps as we work our way to learn the steps for an entire dance. Normally, the group will have the first basic steps learned and ready to do an entire dance after the first class.
- We spend the rest of the 6 weeks learning more steps and dances as we progress as a group through the various steps. Don't worry about falling behind, we don't move forward into new steps until we all as a group have the steps nailed down.

Dance - In Person Classes



Clogging - Intermediate Instructor: Tracy Walters

Monday, January 9 to February 27
(7 Classes) No Class February 20
1:15 p.m. to 2:15 p.m.
Cost \$63

Monday, March 6 to April 24
(7 Classes) No Class April 10
1:15 p.m. to 2:15 p.m.
Cost \$63

-
- Let's move beyond the beginner level and get our rhythm going for clogging at the intermediate level.
 - We continue to fine-tune your basic steps and increase your understanding of terms associated with clogging. The steps get more complex and we learn new dances as we progress through an intermediate level of clogging.

PLEASE NOTE:

- One to two years of clogging experience is recommended as a prerequisite for this course.
- In addition, as clogging is a progressive class, you can expect to take 1-2 years of intermediate clogging sessions before you will move into the experienced classes.



Clogging - Experienced Instructor: Tracy Walters

Monday, January 9 to February 27
(7 Classes) No Class February 20
2:30 p.m. to 3:30 p.m.
Cost \$63

Monday, March 6 to April 24
(7 Classes) No Class April 10
2:30 p.m. to 3:30 p.m.
Cost \$63

-
- Clogging at the experienced level is for those members who have been participating in the form of dance for a minimum of four years.
 - You will work to hone your skills in this terrific, low-medium impact program for the body and mind.

PLEASE NOTE:

- 4 years or more of experience is recommended as a prerequisite to this course.

Dance - In Person Classes



Line Dancing - Beginner Instructor: Tracy Walters

Tuesdays

January 10 to February 21

(7 Classes)

3:30 p.m. to 4:30 p.m.

Cost \$63

March 7 to April 25

(8 Classes)

3:30 p.m. to 4:30 p.m.

Cost \$72

Thursdays

January 12 to February 23

(7 Classes)

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

Cost \$63

March 9 to April 27

(8 Classes)

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

Cost \$72

Line dancing is a low impact form of dancing that was made famous by the country music of the early 1990s. You may not have done line dancing before, but you have definitely seen it.

We start our class by learning a few steps and 1 or 2 dance patterns as we work our way to learning 2 different dances. We continue the rest of the upcoming weeks, learning 4 to 6 dances in total.

We end each class with some stretching exercises to ensure we do a proper cool down for our muscles.



Line Dancing - Intermediate Instructor: Tracy Walters

Thursday, January 12 to February 23

(7 Classes)

1:15 p.m. to 2:15 p.m.

Cost \$63

Thursday, March 9 to April 27

(8 Classes)

1:15 p.m. to 2:15 p.m.

Cost \$72

We continue to fine-tune your basic steps and the steps get more complex as we learn even more line dances. "Help Me Rhonda," the "Tush Push", "Let Your Love Flow" are just some of the new dances we will learn.

PLEASE NOTE:

- At least 1 year of beginner class experience is recommended as a prerequisite for this course,
- As line dancing is a progressive class, you can expect to take 2 years of intermediate line dancing sessions before you will move into the experienced classes.

Dance - In Person Classes



Line Dancing - Experienced Instructor: Tracy Walters

Thursday, January 12 to February 23
(7 Classes)
2:30 p.m. to 3:30 p.m.
Cost \$63

Thursday, March 9 to April 27
(8 Classes)
2:30 p.m. to 3:30 p.m.
Cost \$72

Looking for a fun way to spend an hour and get some great exercise while having fun?

If you have fairly solid line dancing skills and want to continue to shuffle to the beat, this class is for you. The class will be honing your steps and increasing the pace to a wider spectrum of music, not just country music.

PLEASE NOTE:

- At least 2 years of intermediate line dancing is recommended as a prerequisite for this course.



Ballroom & Latin Dancing Instructor: Elise Millard

Friday, January 13 to February 24
(7 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$63

Friday, March 10 to April 28
(7 Classes) No Class April 7
10:15 a.m. to 11:15 a.m.
Cost \$63

This course is designed for dancers with some background in Ballroom & Latin dancing. You will enhance your skills in a variety of ballroom styles such as waltz, foxtrot and tango. As well, we will explore Latin/swing style dancing, including rumba, cha-cha, mambo, and east/west coast swing. Exercising has never been so fun.

PLEASE NOTE:

- Registration with a partner is mandatory.

Fitness - In Person Classes



Barre

Instructor: Freya Giroux

Wednesday, January 11 to February 22

(7 Classes)

11:00 a.m. to 11:45 a.m.

Cost \$63

Wednesday, March 8 to April 26

(8 Classes)

11:00 a.m. to 11:45 a.m.

Cost \$72

The Barre method is a signature power fitness strengthening program that redefines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals and back, while sculpting the arms.

Achieve a beautiful, healthy body while improving postural balance, flexibility, coordination, and gracefulness.

EQUIPMENT:

- Yoga mat
- Yoga band

This class is also being offered
online at the same time



Fitness - In Person Classes



Dance Fit

Instructor: Kathy Paterson

Mondays

January 9 to February 27
(7 Classes) No class February 20
9:00 a.m. to 10:00 a.m.
Cost \$63

March 6 to April 24
(7 Classes) No class April 10
9:00 a.m. to 10:00 a.m.
Cost \$63

Wednesdays

January 11 to February 22
(7 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$63

March 8 to April 19
(7 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$63

The entire class is standing; We do not get down on the floor for this class. You do not have to be a dancer to take this class. The instructor will give alternatives so you can slow things down to move at your own pace.

You can easily workout within a small space while we do salsa dancing type movements, moving side to side, front and back while moving to the music.

WARM UP

We start with simple movements like marching in place to the music to get a nice slow warm up.

LETS GET MOVING.

The upbeat music kicks in as we get moving. We increase our pace with some fun line dancing moves that slowly increase our heart rate.

FLEXIBILITY & BALANCE

We slow things down with slower range of motion movements to work on our flexibility and balance.

CARDIO, FLEXIBILITY, BALANCE & CORE

We spend the rest of the class doing a cycle of upbeat, more upbeat, and slower music. Our goal is to increase our cardio, reach our target heart rate, build our stamina, before we slow things down to work on our flexibility, balance, and core strength.

COOL DOWN

Slower large and gentle movements help bring our heart rate back down and cool down our muscles. We do a final stretch to release any tension from our muscles and relax our bodies.

Fitness - In Person Classes



Dynamic Movement Instructor: Freya Giroux

Mondays

January 9 to February 27
(7 Classes) No Class February 20
12:00 p.m. to 1:00 p.m.
Cost \$70

March 6 to April 24
(7 Classes) No Class April 10
12:00 p.m. to 1:00 p.m.
Cost \$70

Fridays

January 13 to February 24
(7 Classes)
1:00 p.m. to 2:00 p.m.
Cost \$70

March 10 to April 28
(7 Classes) No Class April 7
1:00 p.m. to 2:00 p.m.
Cost \$70

Why You Should Try This Class

This is a fun, dynamic class that will take your fitness to the next level by giving you a good hard workout.

In the WSAC fitness room we do a power circuit using the variety of machines available to increase our strength. **The instructor will be providing detailed instruction on how to use the machines properly, including the proper weight and form.**

WARM UP

We start on the floor doing ankle, knee, and hip exercises to warm up our main joints. Then we move to standing movements getting our upper body and back warmed.

CARDIO & STRENGTH

We do a variety of exercises over 50 minutes to increase our heart rate & maintain it for a prolonged period of time. By the end of the cardio you are energized and ready to tackle building up your strength with band work, lunges, squats, and weights in a variety of dynamic movements.

COOL DOWN

Cool down and stretching helps us to relieve our muscles leaving you full of energy, dynamic, and ready for the rest of your day. This class will allow you to bring strength training into your overall fitness schedule.

EQUIPMENT:

- Proper footwear
- Power bands
- Small towel

Fitness - In Person Classes

CERTIFIED INSTRUCTOR

ESSENTRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

WHAT IS ESSENTRICS®?

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

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

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



Fitness - In Person Classes



Essentrics® Age Reversing Instructor: Lori Griffith

NEW

Tuesday Evenings

January 10 to February 21
(7 Classes)

6:30 p.m. to 7:30 p.m.

Cost \$77

March 7 to April 25
(8 Classes)

6:30 p.m. to 7:30 p.m.

Cost \$88

Fridays

January 13 to February 24
(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$77

March 10 to April 28
(7 Classes) No Class April 7

9:00 a.m. to 10:00 a.m.

Cost \$77

Prepare to be standing through the majority of the class. 10 minutes will be on the floor doing stretching, and the last 15 minutes will be standing with a chair for stretching. If you are unable to get down on the floor, you can do this part of the class from a chair.

UPPER BODY

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

LOWER BODY

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

FLOOR/CHAIR MODIFICATIONS

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

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

This class is also being offered
online at the same time



Fitness - In Person Classes



Essentrics® Gentle Stretch Instructor: Meg Hipkins

Wednesday, January 11 to February 22
(7 Classes)
11:30 a.m. to 12:15 p.m.
Cost \$70

Wednesday, March 8 to April 19
(7 Classes)
11:30 a.m. to 12:15 p.m.
Cost \$70

Why You Should Try This Class

Regain your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a gentle, slow tempo class that focuses on improving mobility, balance, and strength.

This is a slower paced class designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive.

UPPER BODY

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

LOWER BODY

After that we do a series of movements working on the legs and lower body, lunging, stretching and toning the lower body, calf stretching (getting into the Achilles and our whole leg.) We continue with light kicks and lengthening our legs as we work on our balance and toning. We also work on different movements, as we work to improve the balance in our lower body.

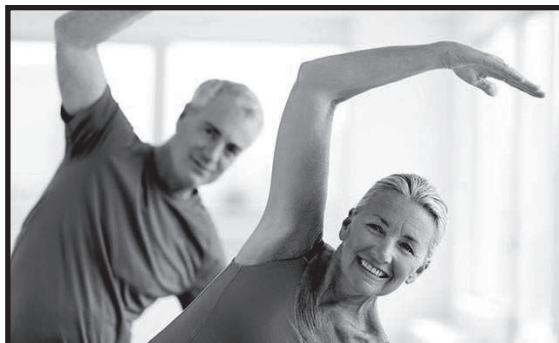
We continue these transitions between our upper and lower body movements until we are ready to get down on the floor.

CHAIR MODIFICATIONS

We work towards the end of the class with some stretching from a sitting position on a chair, doing hip flexor stretches, hamstrings and other lower body exercises. Now you are ready for the rest of your day.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Fitness - In Person Classes



Fit For Life

Instructor: Ilonka Wormsbecker

Mondays

January 9 to February 27
(7 Classes) No Class February 20
11:30 a.m. to 12:30 p.m.
Cost \$63

March 6 to April 24
(7 Classes) No Class April 10
11:30 a.m. to 12:30 p.m.
Cost \$63

Fridays

January 13 to February 24
(7 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$63

March 10 to April 28
(7 Classes) No Class April 7
11:30 a.m. to 12:30 p.m.
Cost \$63

Why You Should Try This Class

This class helps keep your body "fit for life" and can be done from a seated or standing position, making it ideal for all mobility levels.

WARM UP

We begin with a warm up doing range of motion movements to get our bodies nice and warm. These movements can be done either by standing or sitting in a chair.

LOWER & UPPER BODY

We work on our lower and upper body strength using ankle weights, gliders, Bender Balls, and stretch bands. We start with a variety of exercises meant to strengthen our lower body for balance and mobility before we slowly make our way through all of the upper body areas.

COOL DOWN

Slow stretching, deep breathing, and relaxation exercises help us release any tension we may still have and cool down.

EQUIPMENT:

- TheraBands, stretch bands, or rubber tubing
- Bender Balls
- Hand weights

**This class is also being offered
online at the same time on Fridays**

Fitness - In Person Classes



ICI (Interesting and Challenging Intervals) Instructor: Janet Hauca

Tuesday, January 10 to February 14
(6 Classes)
12:45 p.m. to 1:45 p.m.
Cost \$48

Tuesday, March 7 to April 4
(5 Classes)
12:45 p.m. to 1:45 p.m.
Cost \$40

Why You Should Try This Class

Our ICI class uses the “interval principle” of combining cardio, strength, and resistance exercises to help you achieve a new level of fitness.

This is a class for all fitness levels because you can work at your own pace. Janet will also give you the opportunity to challenge yourself as you work your way to increasing your strength, balance, and overall fitness level. This class does not involve getting down on the floor.

WARM UP

We start the class with a standard range of motion warm-up – getting our muscles and joints working and ready to work out. Now we work the "interval principle" doing movement exercises for approximately 3 minutes to get our heart rate up.

UPPER & LOWER BODY WORKOUT

Next strength and resistance exercises have us working our upper and lower body muscle groups. We use slow, steady, traditional movements that work our chest, back, shoulders, biceps, triceps, and core. We alternate these upper body exercises with lower body exercises that target our calves, quads, hamstrings and glutes. We continue to alternate between upper body exercises, cardio movements, and lower body exercises until we hit all of our muscle groups.

COOL DOWN

For our cool down, we bring balance exercises into our workout. This is all about doing balance exercises for your own ability but also slowly challenging ourselves to get better balance. We start from a standing position and then slowly move to a seated position as we finish our workout.

EQUIPMENT:

- Hand weights
- A stretchy band

Fitness - In Person Classes



Interval Strength Training Instructor: Vera Resera

Tuesday, January 10 to February 21
(7 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$56

Tuesday, March 7 to March 28
(4 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$32

This class is more challenging as all exercises are done from a standing position. However, they can be done with or without the assistance of a chair for balance. This class uses the "interval principle" of combining cardio, strength, and resistance exercises to help you achieve a new level of fitness.

WARM UP

We do a sequence of 3 exercises using our movements to get our heart rate up and blood pumping by stretching from side to side, marching in place, and moving our arms to get us ready for our class.

UPPER BODY

We move into working on our strength, doing a sequence of 3 exercises to work on our upper body. The purpose of these exercises is to help us keep our upper body limber and strong.

LOWER BODY

Squats, side steps, lunges (all with or without weights) make up the 3 sets of exercises we use to help us build our lower body strength which will help us with our stamina and balance.

UPPER BODY

We return to our upper body, doing wall or floor push ups from our knees with stretch sequences in between each set to make sure we increase our overall strength.

COOL DOWN

We cool down sitting in our chairs with some light seated stretching and flexing to end our workout. Gentle, light movements with our shoulders and neck paired with deep breathing help to release any left over tension.

EQUIPMENT:

- Bender Balls
- Hand weights

**This class is also being offered
online at the same time**

Fitness - In Person Classes



M2M - Movement To Music Instructor: Elise Millard

Tuesday, January 10 to February 21
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$64

Why You Should Try This Class

M2M is a cardio class with upbeat music that keeps us moving and having fun as we work on getting stronger, improving our cardio, working on our balance, and developing a better range of motion.

This is a more challenging class as the majority of exercises are cardio based and done from a standing position.

LOWER BODY

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

UPPER BODY

We also work on our upper body and our strength as we bring in our fitness equipment and have fun with a variety of movements.

WE KEEP MOVING.

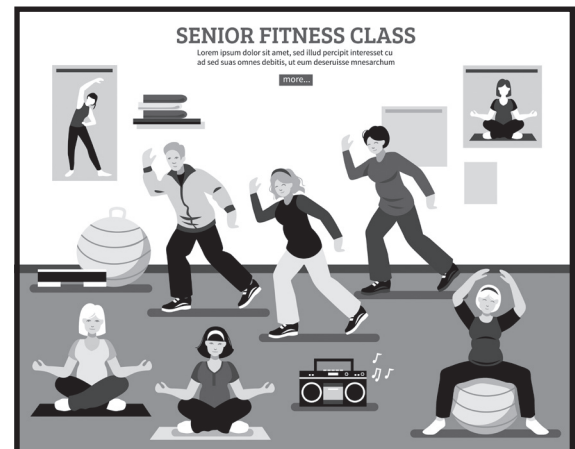
This class has a nice flow as our students really enjoy the strength components while moving to keep that heart rate up. No standing pat here.

COOL DOWN

We end the class with a nice cool down, with music and nice flowing stretches to incorporate the whole body.

EQUIPMENT:

- Resistance bands & fitness loop band
- Hand weights



Fitness - In Person Classes



Sassy - Strength and Stretch, Stamina For You Instructor: Janet Hauca

Thursday, January 12 to February 16
(6 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$48

Thursday, March 9 to April 6
(5 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$40

Why You Should Try This Class

Looking for a “harder” class? Our Strength and Stretch, Stamina For You (SASSY) class is the perfect choice. More cardio, more strength, and more stretching. Come show us how Sassy you are.

All exercises are done standing or sitting in a chair. We do not go down to the floor making this class good for all fitness levels. Standing exercises can be done with or without the assistance of a chair for balance. The instructor provides modifications to accommodate all fitness levels and abilities.

WARM UP

We start our class with a warm up, doing a variety of movement exercises to get us ready for our workout. Range of motion exercises get our muscles and joints working in both our arms and legs.

LET'S GET MOVING

We get moving by doing low impact movements meant to get our heart rate up and our bodies ready for some strength exercises.

STRENGTH & BALANCE

Building our strength is next as we use handheld weights to work on our upper body muscle groups, and our lower body to target our calves, quads, hamstrings and glutes. Balance is so important for our overall fitness. We round out our workout doing exercises to help us strengthen our core and overall balance.

COOL DOWN

We end our class with some stretching, making sure we have cooled down our hard worked muscles. What a great way to work hard and feel great. This workout is going to help you improve your overall fitness and balance and help you feel stronger.

EQUIPMENT

- Hand weights
- A stretchy band

Fitness - In Person Classes



Seated Stretch Fit Instructor: Kathy Paterson

Monday, January 9 to February 27
(7 Classes) No Class February 20
10:15 a.m. to 11:15 a.m.
Cost \$63

Monday, March 6 to April 24
(7 Classes) No Class April 10
10:15 a.m. to 11:15 a.m.
Cost \$63

Why You Should Try This Class

This class is done as a seated class – no standing or getting down on the floor. An hour of stretching that will leave you feeling awake, limber and ready for the day

WARM UP

We start with a warm up consisting of rhymical marching, clapping, toe tapping, ankle rotations, and arm movements.

STRETCHING UPPER BODY

We start with the upper body muscles of the arms and shoulders and gently move them through range of motion using both dynamic and static stretches. These reduce tension/pain in the neck, upper back, shoulders, and increase range of motion in the shoulders and neck.

STRETCHING LOWER BODY

We gradually moved down the body stretching core, hips and legs with larger stretches such as side leans, straight leg leans, and rag-doll slouches. These moves strengthen the core, relieve tension/pain and stiffness in the lower back, hips, legs, and promote functional movement. Using a stretchy band or scarf we lift one leg at a time and follow gentle movements designed to stretch tight hamstrings, calves, inner/outer thighs and glutes while at the same time providing some strength training for the arms.

WRAPPING UP

We finish with hand and neck stretches to relieve stiffness and pain and limber up the hands and wrists. Finally, we sit quietly for deep breathing intended to lower blood pressure and promote a feeling of wellness and calm.

**This class is also being offered
online at the same time**

Fitness - In Person Classes

4

Seniors Stretch Fit Instructor: Kathy Paterson

Wednesday, January 11 to February 22
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$63

Wednesday, March 8 to April 19
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$63

Why You Should Try This Class

- Stimulate and limber up the entire body by:
- Decreasing muscle stiffness and back pain
 - Improving digestion, posture, flexibility, and breathing
 - Reducing injury risk and recovery time
-

The first half of this class is done standing and the second half is done on the floor.

STANDING COMPONENT

We warm up with rhythmic moving such as marching, toe tapping, side stepping, arm movements and more. We gradually move into full range of motion movements for the upper body, including full arm circles, trunk rotations, toe touches (or attempts), and overhead reaches.

FLOOR COMPONENT

We begin on the floor in a sitting position where we stretch our legs to increase flexibility and reduce leg pain. We then sit with legs out, doing a variety of leaning moves, reaching for our toes, etc. On our abdomen/knees we stretch out our chest, upper back, and shoulders. We then roll over to be on our backs as we do some hip stretching (designed to relieve hip pain and improve our walking technique with moves such as rotating one bent leg across the body, pulling knees to chest, etc.) We then do pelvic lifts (pushing the pelvis to the ceiling) to strengthen core and reduce lumbar pain.

COOL DOWN

Finally we return to a seated position for neck and inner arms stretches, and cool down breathing techniques designed to lower blood pressure and promote a feeling of wellness.

EQUIPMENT:

- Yoga mat and head rest
- Stretchy band



Fitness - In Person Classes



Sit Fit

Instructor: Kathy Paterson

Tuesdays

January 10 to February 21

(7 Classes)

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

Cost \$63

March 7 to April 25

(8 Classes)

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

Cost \$72

Thursdays

January 12 to February 23

(7 Classes)

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

Cost \$63

March 9 to April 27

(8 Classes)

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

Cost \$72

Why You Should Try This Class

Stimulate and limber up the entire body by decreasing muscle stiffness and back pain, improving digestion, posture, flexibility, and breathing, and possibly reducing injury risk.

WARM UP

We start the class with simple movements as we listen to some upbeat music. Marching, toe tapping, and clapping gets all of our muscles warmed up. We move into some deep breathing with arm movements to get our lungs full of air and our bodies ready for stretching. With the upper body, moving side to side and turning in our chairs, we stretch out our arms, shoulders, and back.

UPPER & LOWER BODY

We start by strengthening our core using our abdomen and back muscles to bend and twist before we work on our arms and shoulders to get them strong. We then return to stretching those muscles to work on our flexibility. Now we move to strengthen our lower body; stretching to work on our lower back, hips, and legs with gentle movements and resistance bands.

COOL DOWN

We cool down by stretching out the muscles in our shoulders and neck to help us relieve tension, increase our range of motion, and loosen up overall. Finally, we finish the class with deep breathing exercises to cool our body down as we relax and leave feeling fantastic.

EQUIPMENT:

- Hand weights
- Stretchy band
- Resistance band loop

Fitness - In Person Classes

3

Total Body Workout Through Barre Instructor: Elise Millard

Tuesday, January 10 to February 21
(7 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$64



Barre may be a ballet-inspired class but don't let that fool you, this is a FANTASTIC class for your overall fitness.

Visit our YouTube page a watch some demo videos of this class.
<https://www.YouTube.com/westendseniorsactivitycentre>

This class is more challenging as most exercises are done from a standing position, however, you will also need to be able to get down on the floor for some of the exercises. The instructor provides modifications to accommodate all fitness levels and abilities.

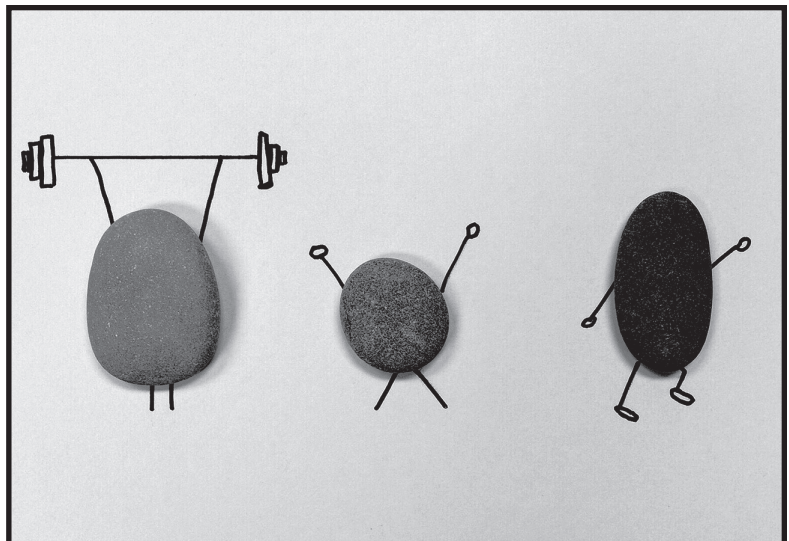
This class uses bender balls, resistance bands, chair work and hand weights throughout the class. We also focus on proper alignment throughout the exercises to ensure we are:

- Building our overall strength
- Improving our balance
- Increasing our flexibility
- Improving our core strength

The best part, as you get stronger, you can increase your barre workout by adding weights and challenging yourself.

EQUIPMENT:

- Hand weights
- Resistance bands & band loop
- Yoga mat
- Chair (supplied by centre)



Fitness - In Person Classes



Total Fit
Instructor: Kathy Paterson

Tuesdays

January 10 to February 21
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$63

March 7 to April 25
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

Thursdays

January 12 to February 23
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$63

March 9 to April 27
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

CARDIO, CORE & STRENGTH

We start this class with a mixture of range of motion exercises, marching and stretching to warm up before moving into a variety of cardio exercises. Once our bodies have warmed up we focus on core exercises like elbow to knees, twisting, knee lifting, and kicking. Next we use weights to build our upper body strength, doing a variety of weight movements while keeping our cardio up.

CARDIO & LOWER BODY

No weights here. This is all about us continuing to move as we do side kicks, front kicks, squats, and skippin to build our lower body strength. Using the loop we work on our arms, shoulders, and chest as we walk in place to keep our cardio up.

CARDIO – WHOLE BODY WORKOUT

Higher kicks and bigger arm movements, we bring our heart rate higher as we work to build our cardio and challenge our muscles. Standing in place we focus on our shoulders, back, and hips while working with a resistance band to challenge ourselves as we build our strength throughout our upper body.

COOL DOWN CARDIO, CORE & STRETCHING

Slowly we work towards cooling down and slowing the heart rate. On the floor, we do side leg lifts, modified planks, and crunches to work our core muscles. We then do a variety of stretches to help cool down while increasing our flexibility. We finish our class with deep breathing exercises to relax.

EQUIPMENT:

- Hand weights
- Resistance bands & band loop
- Yoga mat

Fitness - In Person Classes



Total Fitness for Active Agers

Instructors: Janine Otto (days) & Karen Haugen (evenings)

Mondays

January 9 to February 27
(7 Classes) No Class February 20
10:15 a.m. to 11:15 a.m.
Cost \$77

March 6 to April 24
(7 Classes) No Class April 10
10:15 a.m. to 11:15 a.m.
Cost \$77

Thursday Evenings

January 12 to February 23
(7 Classes)
6:00 p.m. to 7:00 p.m.
Cost \$77

March 9 to April 27
(8 Classes)
6:00 p.m. to 7:00 p.m.
Cost \$88



If you loved the STEP AEROBICS CLASSES when you were younger, you will LOVE this class.

Visit our YouTube page and watch a demo video!
[YouTube/WestendSeniorsActivityCentre](#)

We don't use a step but instead do low impact stepping to get your heart rate up while having fun.

WARM UP

We start with setting our posture, standing tall, shoulders back and core set. Fitness comes from the core. By rooting and setting our posture we will feel energized and strong as we start our workout.

LETS GET MOVING.

We use the "interval style" format with a variety of low impact cardio exercises combined with strength building resistance intervals using handheld weights. This class is meant to get you moving, improve cardio, and gives you the chance to HAVE FUN while getting in your workout.

EXPERIENCE + A VARIETY OF MOVEMENT = LOTS OF FUN.

Janine Otto is a certified group fitness instructor. She has years of experience teaching all fitness levels and working with Active Agers (55+). Plenty of modifications will be provided so that everyone can work at their own fitness level. Whether you are new to fitness or want something that will get you sweating, this class is for you. Having the ability to get down and up from the floor is encouraged.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

Fitness - In Person Classes



Zumba Gold® Instructor: Terri Kokotilo

Friday, January 13 to February 24
(7 Classes)
2:15 p.m. to 3:15 p.m.
Cost \$56

Friday, March 10 to April 28
(7 Classes) No Class April 7
2:15 p.m. to 3:15 p.m.
Cost \$56

Why You Should Try This Class

Stimulate and limber up the entire body by decreasing muscle stiffness and back pain, improving digestion, posture, flexibility, and breathing, and possibly reducing injury risk.

Join the party. Our instructor Terri Kokotilo has a passion for teaching Zumba® and we know you are going to love this class!

- Our Zumba Gold® class is a modified Zumba® class that focuses on all the elements of fitness (cardiovascular, muscle conditioning, flexibility and balance), but at a lower intensity.
- Easy to follow choreography using Latin and World rhythms equals dance fitness classes that are fun, energetic & make you feel amazing.

What Exactly Is Zumba®?

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol, and boost your good cholesterol.

Zumba® class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. The Zumba® formula is 70% Latin music and 30% of anything else. A typical Zumba® class will feature merengue, salsa, cha-cha, and more.

Classes at Trinity United Church



Essentrics® Age Reversing (Trinity United Church) Instructor: Liz Olson

Tuesdays, January 10 to February 21

(7 Classes)

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

Cost \$77

Prepare to be standing through the majority of the class. 10 minutes will be on the floor doing stretching, and the last 15 minutes will be standing with a chair for stretching. If you are unable to get down on the floor, you can do this part of the class from a chair.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Essentrics® for Seniors (Trinity United Church) Instructor: Lori Griffith

Thursdays, January 12 to February 23

(7 Classes)

11:00 a.m. to 11:45 a.m.

Cost \$53

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

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



These classes are offered at
Trinity United Church
8810 Meadlark Rd. NW

Classes at La Perle

4

Essentrics® Stretch and Tone (La Perle) Instructor: Lori Griffith

NEW

Friday, January 13 to February 24
(7 Classes)
11:00 a.m. to 12:00 p.m.
Cost \$77

Friday, March 10 to April 28
(7 Classes) No Class April 7
11:00 a.m. to 12:00 p.m.
Cost \$77

A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. A natural next step from Essentrics® Age Reversing, this class develops lean, strong and flexible muscles with improved changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries, unlocks tight joints and leaves you feeling energized, youthful and healthy.

Moderate/Intermediate fitness, includes standing and floor work (back and side only).

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand.



This class is offered at
La Perle Community League
18611 97a Ave. NW



Lifelong Learning - In Person Classes

DVD Lecture Series Hosted by Volunteer Facilitators

Friday, January 13 to March 31

(12 Classes)

1:00 p.m. to 3:00 p.m.

Cost \$60

Each session includes an informative and interesting lecture video on the series' chosen topic. This is followed by a discussion about the lecture and sharing our thoughts, knowledge, and what we learned about the topic. Come for the video and stay for the great conversation

Foundations of Western Civilization II: A History of the Modern Western World

This course will explore the ideas, events, and characters that molded Western political, social, religious, intellectual, cultural, scientific, technological, and economic history during the tumultuous period between the 16th and 20th centuries.

Frequent references to contemporary philosophy, literature, the arts, and biography will help us define these explosive centuries and understand how we are their heirs.



Lifelong Learning - In Person Classes

Art History: *Whimsy and Wonder In Art Nouveau: Gaudi & Toulouse-Lautrec* Instructor: Kathleen Silverman

Tuesday, January 10 to February 14

(6 Classes)

5:45 p.m. to 7:45 p.m.

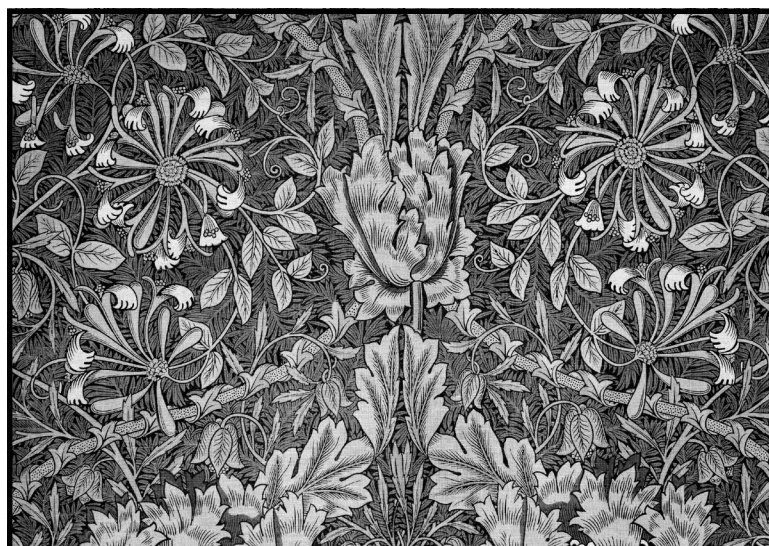
Cost \$54

As a gardener, Kathleen works to cultivate learning in diverse environments. As a teacher Kathleen also has a background in Arts and Cultural Management and her art history series is a means for her to combine her love of teaching with her passion for the arts.

Kathleen shares her knowledge and enthusiasm for art, presenting stories behind the works you won't find on gallery panels. When she's not teaching, Kathleen can be found hanging out with her family or lost in her garden.

Art Nouveau ('new art') was a dynamic art movement, considered a "total art style", penetrating the disciplines of art, design, architecture, and advertising. Beginning in the late 1800s there was a radical, global, and completely swift change in what people were thinking about - the world was changing quickly and the art world was no exception. Breaking artistic tradition, artists and designers made a collective and conscious effort to reject the industrial society of the day, and instead opted to embrace the beauty of nature.

Join us as we continue our exploration of Art Nouveau with an in-depth look at two masters of the movement, Antoni Gaudí and Henri Toulouse-Lautrec. We'll enjoy a broad range of works by these whimsical and talented artists and discuss the men behind the art, their influences, and their legacies. Each artist had his own distinctive style within the Art Nouveau movement and their clever use of curves, asymmetrical forms, textures, and intense colours will fascinate and inspire you!



Wellness - In Person Classes

Introduction To Ayurveda Instructor: Leslie McKenzie

Tuesday, January 10
(1 Class)
6:00 p.m. to 7:30 p.m.
Cost \$15

Looking to create balance in your life? Join us for this introductory class into the practice of Ayurveda. During this 90-minute intro class, you will work your way through a short quiz to identify your personality traits and how they help or hinder your ability to find balance in your life. Leslie will touch on the history of Ayurveda, why we should incorporate its principles into our lives, and how it can help us find balance in our lives. To wrap up, we will learn a breath-work technique to calm the mind. We will end the class with a Q&A. You will walk away not only feeling relaxed, fresh, and full of energy but with an interest in learning more about this ancient practice.

Ayurveda *The 6 Pillars of Health* Instructor: Leslie McKenzie

Tuesday, January 17 to February 21
(6 Classes)
6:00 p.m. to 7:30 p.m.
Cost \$90

Ayurveda is one of the world's most ancient and comprehensive practices. It is known as "the science of life," which simply means that we need to find the right balance in every area of our life, including our physical, emotional, and spiritual well-being. It is also important to cultivate meaningful relationships and take care of our overall health.

Each week we will dive into this 4000+ year old practice and learn tips and tools that we can all incorporate into our life to bring balance into whatever is out of balance in our life. Ayurveda is an experiential practice and is not a "one size fits all" program.

We will discover over the weeks what works for us individually. All 6 pillars of health will be addressed over these 6 weeks - nutrition, movement, sleep, emotional wellness, self-care, and mindfulness. As each class builds upon the knowledge of the previous class the information will fall into place and each participant will discover how they want to adapt the information and suggestions into their life. Ayurveda is a program that is practical for all as it places great emphasis on prevention and is personalized to each individual.

Wellness - In Person Classes

Introduction to Mindfulness and Meditation

Instructor: Leslie McKenzie

Tuesday, February 28

(1 Class)

6:00 p.m. to 7:30 p.m.

Cost \$15

Have you heard about meditation or mindfulness but are not sure what it is all about? Join instructor Leslie McKenzie as she introduces you to the practice of meditation, how having a daily mindfulness practice can help you deal with stress and ultimately find balance in your life.

You will leave this class feeling calm, balanced, and with a clear sense of the value of mindfulness practice in your life.

All levels are welcome. This class caters to every level of participants. Whether you are brand new to meditation, a beginner, or experienced practitioner you will find benefits in learning more.

Mindfulness and Meditation

Instructor: Leslie McKenzie

Tuesday, March 7 to April 25

(8 Classes)

6:00 p.m. to 7:30 p.m.

Cost \$120

Throughout eight sessions, instructor Leslie McKenzie of Wellness Defined will explain what mindfulness is and how meditation can help to:

- Reduce your stress or anxiety
- Create a feeling of balance and calm in your life
- Soothe negative thoughts that can often creep into our daily lives
- Live a more mindful life where you feel alive and full of positive energy

Each class will have a theme where Leslie will guide a meditation so you can experience the benefits of having a relaxed and calm mind. There will also be time to ask questions.

With over 20 years of studying, teaching, and advocating the benefits of mindfulness, Leslie will teach you how to add a simple, easy mindfulness practice into your daily life. Meditation will deepen your connection with the inner part of you waiting to be heard and understood.

Feel free to participate from a chair if getting on the floor is uncomfortable.

Taiji (Tai Chi) - In Person Classes

3

Qigong & Hunyuan Taiji Instructor: Allan Belsheim

Monday, January 9 to April 24

(14 Classes) No Class February 20 & April 10

1:30 p.m. to 2:30 p.m.

Cost \$112

The first half hour is Qigong, which is a health exercise that improves circulation and brain function while stretching the body. It is a form of guided moving meditation and a part of the Taiji System taught here.

The second half hour is learning the Hunyuan Taiji 24 form, which includes Qigong movement.

4

Foundations & Hunyuan Taiji Instructor: Allan Belsheim

Thursday, January 12 to April 27

(16 Classes)

1:30 p.m. to 2:30 p.m.

Cost \$128

The first half hour, we will work on Foundation exercises that prepare the body to be physically able to move correctly to perform Taiji.

Included are "Silk Reeling", "Circles" and how to move correctly to have correct structure and balance.

The second half of the class is the Hunyuan 24 and is a repeat of what is done for Taiji on Monday.



What is Yoga & Why it is Good For Us

Types of Yoga

There are many types of yoga classes available at WSAC, including:

Hatha (a combination of many styles) is one of the most popular styles. It is a more physical type of yoga rather than a still, meditative form. Hatha yoga focuses on pranayamas (breath-controlled exercises) followed by a series of asanas (yoga postures), which end with savasana (a resting period).

Yin Yoga is slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas that are held for 45 seconds to 2 minutes.

Restorative Yoga is a passive, meditative form of yoga that allows you to focus on your breath while releasing tension in your body. Unlike other forms of yoga, restorative yoga requires you to hold asanas or poses for an extended length of time.

Pilatatoga is a combination of Yoga and Pilates practices. When combined, the practices offer a perfect balance between building strength and stability and mindful movement and flow. Yoga and Pilates are both transformational methods that focus on the mind, body, and spirit.



Increases Your Blood Flow

- Yoga gets your blood flowing. The relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet.
- Yoga gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.
- Inverted poses encourage venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. This can reduce swelling in your legs from heart or kidney problems.
- Yoga boosts levels of hemoglobin (an iron-rich protein) in red blood cells enabling them to carry oxygen from your lungs to all parts of your body. This thins the blood by reducing the level of clot-promoting proteins in the blood which can lead to a decrease in heart attacks and strokes.

Lowers Blood Sugar & Blood Pressure

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

- Lowering cortisol and adrenaline levels
- Encouraging weight loss
- Improving sensitivity to the effects of insulin

Drains Your Lymphs And Boosts Immunity

- When you come in and out of yoga poses, you increase the drainage of lymph which is a viscous fluid rich in immune cells.
- Increasing drainage of lymph helps the lymphatic system fight infection and dispose of the toxic waste products of cellular functioning.

Yoga - In Person Classes



Active Relaxation And Yoga Instructor: Neeru Prashar

Tuesday, January 10 to February 21
(7 Classes)
4:30 p.m. to 5:30 p.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
4:30 p.m. to 5:30 p.m.
Cost \$64

This class is suitable for all fitness levels. Participants should be able to get down onto the floor. Designed with gentle yoga poses and unique active relaxation practices. Remove stiffness and tension from the body with breath work to slow down mental activity and tune into the nervous system's healing capacity. Reset the natural rhythm and rejuvenate the whole body with our very unique active relaxation practices.

Active Relaxation is going to be the main focus of this class.

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended



Yoga For Arthritis Instructor: Neeru Prashar

Tuesday, January 10 to February 21
(7 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$64

Each session will include pranayama (yogic breathing), light yoga exercises, and relaxation. The program starts with simple stretches and gradually advances to more difficult poses. Yoga is one of the best exercises for seniors with arthritis, as it loosens the muscles & increases flexibility & balance. Yoga strengthens the joints, reduces pain, improves joint flexibility & helps them to function normally. Over time, Yoga will help relieve stiffness & help you lead a healthier, more relaxed lifestyle.

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

**This class is also being offered
online at the same time**

Yoga - In Person Classes



Yoga For Balance & Wellbeing Instructor: Martha Miller

Thursday, January 12 to February 23
(7 Classes)
11:15 a.m. to 12:15 p.m.
Cost \$56

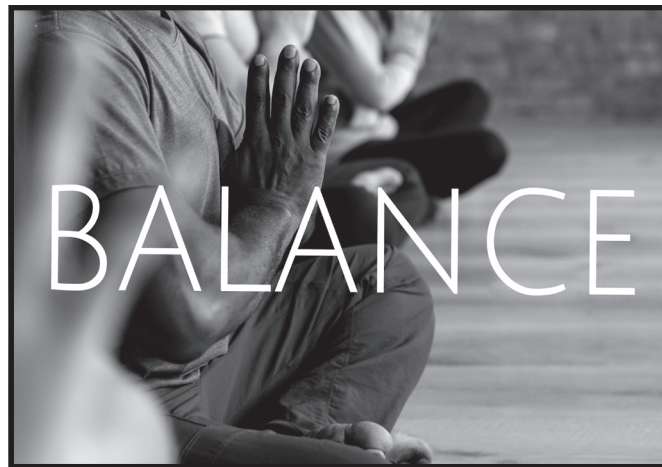
Thursday, March 9 to April 27
(8 Classes)
11:15 a.m. to 12:15 p.m.
Cost \$64

Yoga has many benefits, and nurturing balance is a pivotal one. Not just for fall prevention but for the balance of your overall health. Some benefits of yoga include improved flexibility, muscle tone and strength, and an improved range of motion of the joints.

Explore stretching, strengthening, and balancing your body with standing and on-the-floor yoga poses. This yoga class will allow you to make steps towards balance and well-being.

EQUIPMENT:

- Yoga mat is required
- Yoga strap and block recommended



Not Sure What Yoga Class To Sign Up For?

Contact our Program Team staff and they will help you determine what is the best class for you.

Email: Programs@Weseniors.ca
Telephone: 780 483 1209 ext 228

Yoga - In Person Classes

3

Chair Yoga

Instructor: Neeru Prashar

Friday, January 13 to February 24

(7 Classes)

9:30 a.m. to 10:30 a.m.

Cost \$56

Friday, March 10 to April 28

(7 Classes) No Class April 7

9:30 a.m. to 10:30 a.m.

Cost \$56

If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this class a try. This class offers a variety of modified yoga poses, breathing techniques, and relaxation designed to leave you feeling stronger, more flexible, calm and energized.

Chair Yoga is a gentle class, especially suited for those who prefer not to get on the floor. All yoga postures will be done seated on a chair and standing, using the chair to help with support and balance.

EQUIPMENT:

- Yoga mat and band
- Yoga block or blanket recommended

**This class is also being offered
online at the same time**

3

Pilatoga – Beginner

Instructor: Freya Giroux

Monday, January 9 to February 27

(7 Classes) No Class February 20

9:30 a.m. to 10:30 a.m.

Cost \$63

Monday, March 6 to April 24

(7 Classes) No Class April 10

9:30 a.m. to 10:30 a.m.

Cost \$63

The strength from Pilates & the balance from Yoga presented in an energizing & encompassing atmosphere. This class encourages & welcomes all levels & experiences. An hour spent but not a minute wasted.

EQUIPMENT:

- Yoga mat and band

**This class is also being offered
online at the same time**

Yoga - In Person Classes



Gentle Yoga Instructor: Freya Giroux

Mondays

January 9 to February 27
(7 Classes) No Class February 20
10:45 a.m. to 11:45 a.m.
Cost \$63

March 6 to April 24
(7 Classes) No Class April 10
10:45 a.m. to 11:45 a.m.
Cost \$63

Wednesdays

January 11 to February 22
(7 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$63

March 8 to April 26
(8 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$72

Wednesdays

January 11 to February 22
(7 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$63

March 8 to April 26
(8 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$72

Gentle Yoga is an easy, adapted & slower moving style of yoga. The poses are repeated several times in a flowing series to get the full benefit without straining or forcing. You will stretch, tone, and strengthen the whole body as well as practice breathing exercises, mindfulness, and relaxation.

- No long holds or straining to touch your toes
- Great for everybody, especially for the older adults

EQUIPMENT:

- Yoga mat

This class is also being offered
online at the same time



Yoga - In Person Classes



Hatha Yoga – Beginner Instructor: Neeru Prashar

Tuesday, January 10 to February 21
(7 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Students must be able to get down on to the floor for this class. This class is designed for those who have had little exposure to yoga but are eager to learn and experience the amazing benefits of yoga.

We will introduce the basics of yoga, fundamental principles of alignment in yoga postures, breath work, relaxation techniques, and more in a step-by-step approach. Emphasis is placed on student understanding, safety, and stability within each practice.

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

**This class is also being offered
online at the same time**



Intermediate/Advanced Yoga Instructor: Neeru Prashar

Friday, January 13 to February 24
(7 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$56

Friday, March 10 to April 28
(7 Classes) No Class april 7
10:45 a.m. to 11:45 a.m.
Cost \$56

If you want to take your yoga practice to the next level and challenge yourself then this class is for you. We start the class with body and breath awareness followed by cleansing practices to get the body ready for the physical practices. Sun salutations and other warm-up practices prepare the body for static intermediate to advanced-level postures. Variations are given in a pose to suit individual needs and practices are done slowly with mindfulness. A typical class would include cleansing practices, Sun Salutations, warm-ups, asanas/postures, and more. This class is not for beginners or people with hip/knee replacements or concerns, previous knowledge of yoga is required to attend this class.

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

**This class is also being offered
online at the same time**

Yoga - In Person Classes



Restorative Hatha Yoga

Instructor: Audrey Bell-Hiller, B.A.

Thursday, January 12 to February 23

(7 Classes)

9:30 a.m. to 10:45 a.m.

Cost \$79

Thursday, March 9 to March 30

(4 Classes)

9:30 a.m. to 10:45 a.m.

Cost \$45

Why You Should Try This Class

This class is a wonderful class for those who have asthma, Chronic Obstructive Pulmonary Disease (COPD), or other breathing issues as we work on a variety of breathing exercises throughout the class

The class will focus on all components of yoga practice and will be characterized by gradually increasing difficulty. All the below practices will be completed mindfully so that you deepen your awareness regarding your own body and mind.

WARM UP

Restorative yoga postures requires muscles to be warm to promote renewal for tight muscles.

LOWER BODY/UPPER BODY

Both lower and upper body postures are needed to provide range-of-motion for the entire body. Concentration is given to the shoulders and neck, chest, and spine to allow the muscles to become more flexible. Attention is given to the lymphatic system helping to boost our immunity by moving in and out of yoga postures. You will learn to modify yoga postures using blocks, belts and other props to allow each person to practice within the limits of their body.

COOL DOWN

When seated we continue with more relaxed postures doing more concentrated movements.

BREATHING EXERCISES

This class has a clear emphasis throughout to teach the importance of taking deep full breaths to send oxygen to our muscles. Changing the way we inhale and exhale helps improve respiratory problems. We end the class lying on our mats while concentrating on breathing. Many students say this is their favourite posture that allows them to relax and re-energize.

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

Yoga - In Person Classes



Yin Yoga Instructor: Vera Resera

Tuesday, January 10 to February 21
(7 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$70

Tuesday, March 7 to March 28
(4 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$40

Why You Should Try This Class

The sequences of poses used in yin yoga are meant to stimulate and apply moderate stress to our connective tissues of the body — the tendons, fascia, and ligaments — with the aim of increasing circulation in our joints and improving our overall flexibility.

WARM UP

We start the class, lying on our yoga mat taking deep breaths, focusing on just relaxing in the moment. Focusing on our breathing, we identify areas where we are tense or tight, letting go and release any tension we are feeling.

GENTLE MOVEMENTS

We continue on the floor using yoga blocks or pillows to rest our legs and open up our hip area. Gentle arm movements open up our upper body and release tension. Lying in a fetal position we take deep breaths to relax before coming up into a seated position. Relaxing comfortably we breathe into our lower backs. Still seated, we do more gentle movements to stretch our backs and sides to massage our internal organs.

UPPER & LOWER BACK

On our knees, we do traditional cat & cow, barrel, and child's pose movements to work our spine, upper, and lower back. We continue working our lower back using a variety of poses that we hold for a few minutes before releasing.

COOL DOWN

Ready for our cool down, we grab our blankets and eye pillows to get comfortable as we lay on our mats and enjoy the moment. Honour your body with care and leave this class relaxed and happy.

EQUIPMENT:

- Yoga mat
- Yoga blocks or pillows
- Blanket
- Eye Pillow

**This class is also being offered
online at the same time**

Fitness & Strength Training

1-to-1 Fitness Training

Are you interested in one-to-one training workouts? Do you have goals for yourself but are unsure on how to meet them? Are you new or returning to the fitness world and don't know where to start?

One-to-One Training with our instructor, Janet.

Janet is not a certified person trainer but she is AFLCA certified (Alberta Fitness Leadership Certification Association) as an Older Adult Leader and Group Specialist (Choreography, Cycle, Resistance Equipment, and Mind Body Designations).

Instructor: Janet Hauca

Janet's 1 to 1 classes/sessions are conducted in the Fitness Room at WSAC. The goals and program will vary client to client, depending on current level of fitness or mobility, exercise experience/knowledge and overall health. Janet works on basic fitness and exercise techniques (resistance/weight training, cardio, and mobility/flexibility) with the available equipment.

The first conversation is a brief interview (phone call) about your goals, at which time a 45 minute session is scheduled (no charge), to discuss further what can be accomplished together along with an orientation.

Strength Training Initiative

Instructor: Leslie McKenzie

WSAC is very excited to announce effective January 2023, WSAC Members will have access to a Strength Training Workshops.

Why would I make use of this Initiative?

As we age strength training becomes very important to help with things such as muscle loss, low bone density, and osteoporosis.

During the workshop you will learn the benefits of strength training and how to:

- Do each of the movements using the proper technique
- Choose the proper amount of weight for you
- Work at your own pace
- Track your progress and measure your success
- Keep yourself motivated

**Introductory sessions start January 12
1:00 p.m. to 2:00 p.m. in the fitnessroom.
These sessions are only \$10.**

Please register in advance for your session.

The introductory session will be followed by a quick education session on how to use a mobile device to access online videos. **Please bring a device (phone, tablet, laptop, etc.) with you.** The introductory session is a scheduled one-time session. Once completed, you will receive a workbook for you to customize and track your personal goals and keep you motivated. This initiative also includes access to the video *Strength Training Series* (online through YouTube) and live sessions Monday mornings online.

For more information contact the Programs Team
780 483 1209 ext 228
programs@weseniors.ca

Drop In Classes

Monday Drop-In Classes

- Workshop 9:00 a.m. to 4:00 p.m.
- Games Room 9:00 a.m. to 12:30 p.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Art 12:30 p.m. to 3:30 p.m.
- Crafts 12:30 p.m. to 3:30 p.m.
- Euchre 1:00 p.m. to 3:00 p.m.
- Knitting Group 1:30 p.m. to 3:30 p.m.

Tuesday Drop-In Classes

- Walking Group 9:00 a.m.
- Practice Bridge 9:30 a.m. to 11:30 a.m.
- Workshop 9:00 a.m. to 7:30 p.m.
- Woodburning 9:30 a.m. to 12:30 p.m.
- Whist 1:00 p.m. to 3:00 p.m.
- Karaoke 1:00 p.m. to 3:00 p.m.
- Badminton 2:00 p.m. to 4:00 p.m.
- Billiards 3:30 p.m. to 7:45 p.m.
- Ping Pong 3:45 p.m. to 7:45 p.m.

Wednesday Drop-In Classes

- Photo Club 1st & 3rd Wednesday - 9:30 a.m. to 11:30 a.m.
- All Instrument Circle 1st & 3rd Wednesday - 1:00 p.m. to 3:00 p.m.
- Genealogy 1st Wednesday - 1:30 p.m. to 3:30 p.m.
- Book Club 2nd & 4th Wednesday - 10:00 a.m. to 11:30 a.m.
- Ukulele 2nd & 4th Wednesday - 1:00 p.m. to 3:00 p.m.
- Billiards 9:00 a.m. to 4:00 p.m.
- Workshop 9:00 a.m. to 4:00 p.m.
- Woodburning 9:30 a.m. to 12:30 p.m.
- Scrabble 9:30 a.m. to 11:30 a.m.
- Euchre 1:00 p.m. to 3:00 p.m.

Thursday Drop-In Classes

- Billiards 9:30 a.m. to 12:30 p.m.
- Contract Bridge 12:30 p.m. to 3:30 p.m.
- Wood Carvers Club 12:30 p.m. to 3:30 p.m.
- Strength Training Workshop 1:00 p.m. to 2:00 p.m.
- Games Room 4:30 p.m. to 7:45 p.m.
- Open Jam 6:00 p.m. to 7:30 p.m.

Drop In Classes

Friday Drop-In Classes

- | | |
|------------------------|--------------------------|
| • Walking Group | 9:00 a.m. |
| • Games Room | 9:00 a.m. to 12:30 p.m. |
| • Workshop | 9:00 a.m. to 4:00 p.m. |
| • Spanish Conversation | 9:30 a.m. to 11:00 a.m. |
| • Billiards | 9:30 a.m. to 12:30 p.m. |
| • Silver Tones | 10:00 a.m. to 12:00 p.m. |
| • Paper Quilling | 1:00 p.m. to 3:30 p.m. |
| • Cribbage | 1:30 p.m. to 3:30 p.m. |



Pickleball - Beginner

January 11 to February 1

Wednesdays 12:45 p.m. to 2:25 p.m.

Pickleball - Novice

Tuesdays 6:10 p.m. to 7:50 p.m.

Thursdays 4:30 p.m. to 6:10 p.m.

Fridays 12:45 p.m. to 2:05 p.m.

Pickleball - Mixed

Thursdays 6:10 p.m. to 7:50 p.m.

Pickleball - Experienced

Mondays 12:45 p.m. to 2:25 p.m.
2:25 p.m. to 4:05 p.m.

Tuesdays 4:30 p.m. to 6:10 p.m.

Wednesdays 12:45 p.m. to 2:25 p.m.
(Starting February 8th)
2:25 p.m. to 4:05 p.m.

Thursdays 12:45 p.m. to 2:25 p.m.
2:25 p.m. to 4:05 p.m.

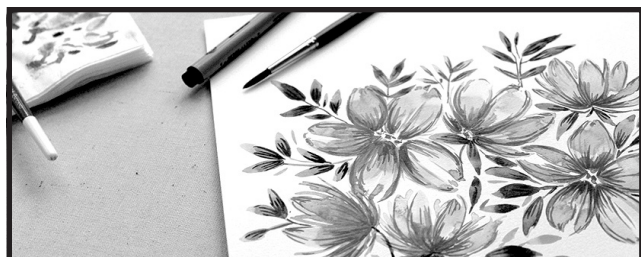
The Arts - Drop In Classes

Art

\$2 Drop-in Fee

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

Have an art project you are working on? Bring your own supplies and projects to work on while you enjoy being with friends during the winter months at our centre.

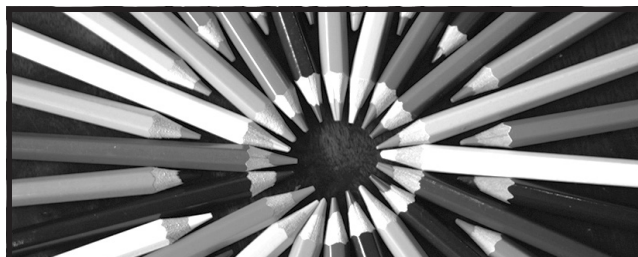


Crafts

\$2 Drop-in Fee

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

Love doing crafts? Join us each week. Bring your own supplies and projects to work on in the company of other members.



Knitting Group

\$2 Drop-in Fee

Mondays 1:30 p.m. to 3:30 p.m.



Love to knit/crochet and chat? Then we need you. Bring your knitting with you on a Mondays and join other knitters in the Community Cafe.

Enjoy a coffee or tea and work on your project in the company of others.

“Quirky Quillers” Paper Quilling

\$2 Drop-in Fee

Fridays 1:00 p.m. to 3:30 p.m.



Fold a little paper & chat a lot.

Patience and perfection - this group is all about having fun.

Some call it origami; we call it skillful and fun. Fondly referred to as the, “Quirky Quillers”, this group welcomes new members.

View the quilling projects hung throughout the centre for a preview of the great projects that you can create.

The Arts - Drop In Classes

NEW

Wood Burning

**Tuesdays & Wednesdays
9:30 a.m. to 12:30 p.m.**



\$2 Drop-in Fee

The Basics: Tracing; If you are interested in wood burning the first step is to try tracing! Feel free to stop by to ask questions or to find out more about woodburning.

Note:

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

Wood Carvers Club

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



\$2 Drop-in Fee

Open space for creative hands at play. Join in the fun and enjoy the talents of others. A friendly and committed group, carving their way to a wide collection of treasures.

Note:

For safety reasons a minimum of 2 individuals are required when using the shop. Please ensure someone is in the shop with you when operating machinery.

Workshop

**Mondays, Wednesdays, & Fridays
9:30 a.m. to 4:00 p.m.
Tuesdays 9:30 a.m. to 7:30 p.m.**



\$2 Drop-in Fee

No workshop at home, no problem. Join ours. Our well-equipped workshop is an ideal spot to work on your individual projects. Start a new hobby or finish your "to do list". Bring your own supplies to the shop and use our machinery to get the job done.

Note:

For safety reasons a minimum of 2 individuals are required when using the shop. Please ensure someone is in the shop with you when operating machinery.

Cards & Games - Drop In Classes

Billiards

\$2 Drop-in Fee

**Mondays, Thursdays, & Fridays
9:30 a.m. to 12:30 p.m.**

Tuesdays 3:30 p.m. to 7:45 p.m.

Wednesdays 9:00 a.m. to 4:00 p.m.



Rack 'em up and chat 'em up.

Enjoy our refurbished billiard tables and join this crew for good conversation and relaxed play.

- All levels welcomed
- New members encouraged
- Drop in any time during the time slots listed to play

Contract Bridge

\$2 Drop-in Fee

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



An active mind is a sharp mind.

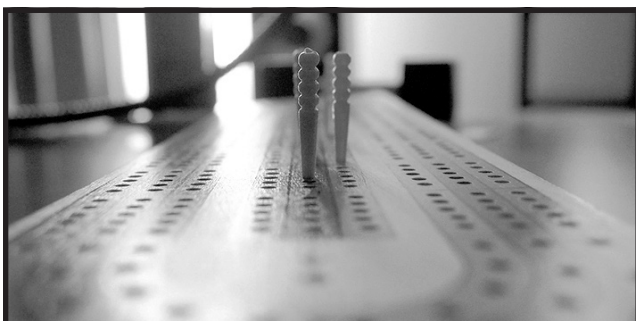
Bridge enthusiasts are encouraged to join this group.

- Everyone welcome
- No partner necessary

Cribbage

\$2 Drop-in Fee

Fridays 1:30 p.m. to 3:30 p.m.



15-2, 15-4... and the rest don't score.

Check out this fun group and see if you have the right combinations to make it all the way.

- All levels welcome
- New members encouraged to join the fun

Cards & Games - Drop In Classes

Euchre

**Mondays & Wednesdays
1:00 p.m. to 3:00 p.m.**



\$2 Drop-in Fee

A friendly group of fun and play.

This social card game is simple in concept but high in subtlety.

- All levels welcomed
- New members encouraged to join the fun

Ping Pong

Tuesdays 3:45 p.m. to 7:45 p.m.



\$2 Drop-in Fee

Some may call it Table Tennis but to others it is Ping Pong.

Whatever it is to you, come join in the fun.

- All levels are welcome
- New members encouraged to join the fun

Practice Bridge

Tuesdays 9:30 a.m. to 11:30 a.m.



\$2 Drop-in Fee

When you don't use it, you lose it...so why not practice.

Join this group to sharpen your skills and play one of the most popular card games worldwide. Gaining momentum since the 1920's, it's never too late to join the masses.

- New members encouraged to join
- No partner needed

Cards & Games - Drop In Classes

Games Room

\$2 Drop-in Fee

Mondays 9:00 a.m. to 12:30 p.m.

Thursdays 4:30 p.m. to 7:45 p.m.

Fridays 9:00 a.m. to 12:30 a.m.



Our space is available for you to play whether it is card games, darts, board games or billiards. You and your friends can come together and play the game of your choice.

You may use the available cards and board games at the centre.

Scrabble

\$2 Drop-in Fee

Wednesdays 9:30 a.m. to 11:30 a.m.

Come dabble and play a little scrabble.

A tile word game of wit and fun.

- No partner needed
- All levels welcome
- New players encouraged



Whist

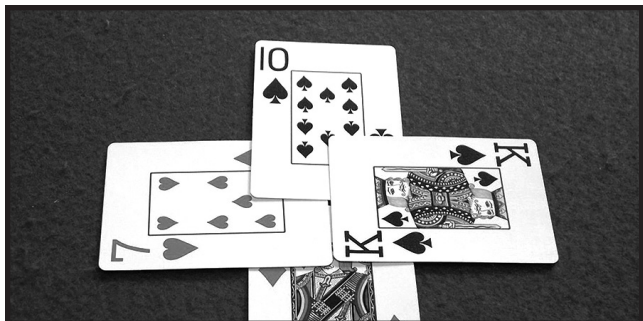
\$2 Drop-in Fee

Tuesdays 1:00 p.m. to 3:00 p.m.

A simple yet skillful game, if you don't know the rules you will in seconds.

A card game ancestral to Bridge where the last card indicates trump.

- All levels welcome
- New members encouraged to join the fun



Fitness - Drop In Classes

Badminton

\$2 Drop-in Fee

Tuesdays 2:00 p.m. to 4:00 p.m.



The game with the birdie in the air.

Calling all badminton players who like fun and challenge.

This group enjoys fun exercise for everyone.

- All levels welcome
- New members encouraged

The Fitness Room

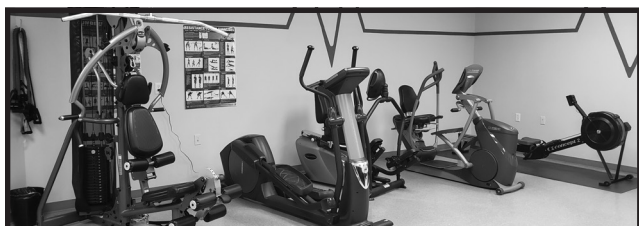
\$2 Drop-in Fee

Daily 9:00 a.m. to close

Closed for Dynamic Movement

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

Fridays 1:00 p.m. to 2:00 p.m.



Note: For your safety, orientations are mandatory for all users of the fitness room.

- Please pre-book your orientation at the reception desk.

Multi-use passes are available:

- 10 Visit Pass: \$15
- Monthly Pass: \$25
- Annual Pass: \$250

Walking Group

\$2 Drop-in Fee

Tuesdays & Fridays

Meet at WSAC 9:00 a.m.



Heave ho and even in the snow, this group walks.

This group takes their hikes into the river valley and beyond, enjoying social time afterwards.

- All levels welcome
- New members encouraged

Drop in when you wish - no commitment necessary

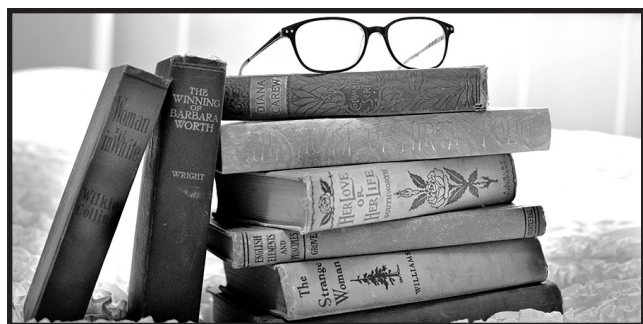
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Lifelong Learning - Drop In Classes

Book Club

\$2 Drop-in Fee

**2nd & 4th Wednesday of the Month
10:00 a.m. to 11:30 a.m.**



- This is a social gathering with a readers appeal
- We start a new book every two weeks
- New members welcome
- No long term commitment necessary

Genealogy

\$2 Drop-in Fee

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



Let's pool our resources and help each other untangle the challenges of researching our family histories.

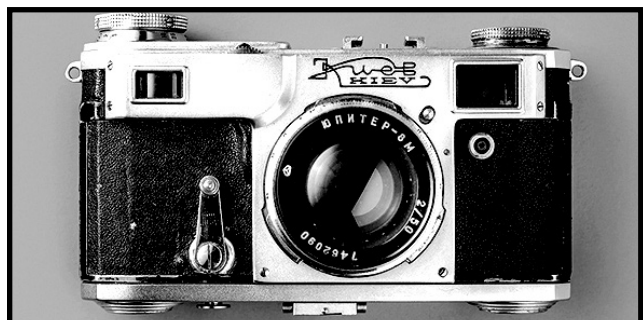
This drop-in session is suitable for anyone building a Family Tree. Come prepared with your questions, laptops, tablets, pencils, and paper – whatever suits you best.

Don't forget to bring your enthusiasm along!

Photo Club

\$2 Drop-in Fee

**1st & 3rd Wednesday of the Month
9:30 a.m. to 11:30 a.m.**



Join in the fun, share pictures with the group, ask questions of any kind and explore before meeting again.

- Beginner photographers welcome

Lifelong Learning - Drop In Classes

Spanish Conversation

\$2 Drop-in Fee

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

Come join this interactive and fun group to practice your Spanish skills. This group is open to all levels and all individuals trying to learn Spanish. Work together and speak in Spanish to continue learning. The learning doesn't stop in the classroom, language learning takes practice. Join this group and "Practica Conmiga".

3 Reasons To Learn A New Language

1. Improve your memory:

The more you use your brain to learn new skills, the more your brain works.

2. Enhance your ability to multitask:

Having the ability to think in different languages and be able to communicate in more than one language helps with multitasking.

3. Learning something new never grows old.



Music - Drop In Classes

All Instrument Circle

\$2 Drop-in Fee

**1st & 3rd Wednesday of the Month,
1:00 p.m. to 3:00 p.m.**

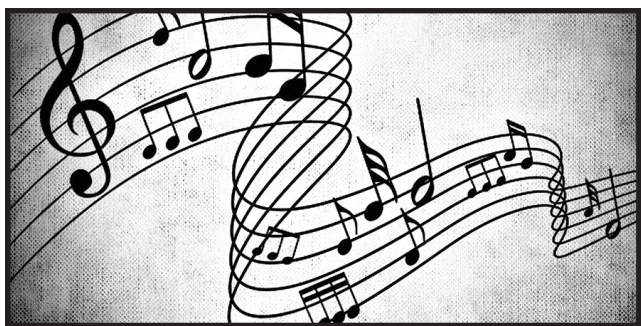


The music collection for this group consists of only lyrics and chords. All levels are welcome. The music is suitable for any stringed instrument including uke, guitar, bass, banjo, mandolin, fiddle, and even piano and accordion. The music will be given to you on a USB drive which you may print. Please bring your instrument, tuner, pencil and eraser. Stands are available for use.

Choir – Westend Singers

\$20/Month

Fridays 1:00 p.m. to 3:00 p.m.
(Followed by social coffee in the Cafe)



“The Westend Singers”
Where singing comes from the HEART.

This is not a drop-in program. Choir is a registered group and requires a degree of commitment as our choir performs throughout the year.

Karaoke

\$2 Drop-in Fee

Tuesdays 1:00 p.m. to 3:00 p.m.



Come sing your heart out!

Join in the fun and share your passion for song. There are over 1500 song for you to choose from each week.

Music - Drop In Classes

Open Jam Sessions

Thursdays 6:00 p.m. to 7:30 p.m.



\$2 Drop-in Fee

Music fills the soul. Slam 'n' jam with the best of 'em. You don't have to be an expert musician, just a love of music required.

- Drop in with your guitar, banjo or any instrument you fancy
- New members are welcome

The Silver Tones

Fridays, 10:00 a.m. to 12:00 p.m.



\$2 Drop-in Fee

The group is comprised of committed musicians who like to play, sing and share new material with band members. They perform from time to time at WSAC and various other seniors centres.

If you have mastered the basics on your instrument, enjoy singing and are willing to share new material with others, you might find this session of interest.

NEW MEMBERS WELCOME.

Ukulele Circle

**2nd & 4th Wednesday of the Month,
1:00 p.m. to 3:00 p.m.**



\$2 Drop-in Fee

The group plays music from The Blue and Yellow Daily Ukulele books by Jim Beloff. There is a copy that you may borrow so you can try before you buy it. It is recommended that you can move quickly among C, Am, F, and G, G7 as a minimum. It would be more comfortable if you also were familiar with D, D7, A, A7, and E7. Please bring your uke, tuner, pencil and eraser as we tend to make changes to the music.

Drop in when you wish - no commitment necessary

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Pickleball

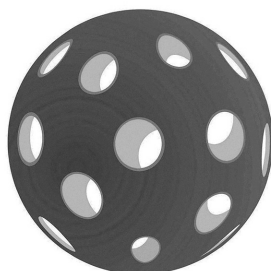
Beginner Pickleball

**Wednesdays, January 11 to February 1
12:45 p.m. to 2:25 p.m.**

(Instruction provided by volunteers)

Note:

- A limited number of pickleball paddles are available for use
- Pickleballs are provided.
- 16 spots available per session
- Played by the clock (11 minutes/ game)



\$4 Drop-in Fee

Are you new to the sport of pickleball and looking for a place to start?

Beginner sessions will run for 4 weeks in September so you can learn the game, practice, and get comfortable enough to move up to Novice.

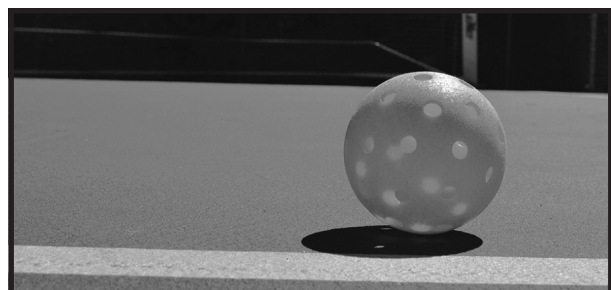
- Join our skilled and welcoming pickleball volunteers to learn about the sport and the system that we use to play pickleball at the Westend Seniors Activity Centre.
- Play during our Beginner sessions until you get the hang of the game while playing against others who are at the same level.
- Once you feel ready to move on, you can join your peers to play during our Novice or Experienced Pickleball drop-in times.
- The game is fun and you will get a great work out, but the company is even better.

Novice Pickleball

Tuesdays 6:10 p.m. to 7:50 p.m.

Thursdays 4:30 p.m. to 6:10 p.m.

Fridays 12:45 p.m. to 2:05 p.m.



\$4 Drop-in Fee

Ready to take your pickleball game to the next level?

Come play in our Novice sessions until you get the hang of the game; all while playing against others who are at the same level.

- Pickleballs are provided
- Played by the clock (11 minutes/game)

Pickleball

Experienced Pickleball

\$4 Drop-in Fee

Mondays

12:45 p.m. to 2:25 p.m.

2:25 p.m. to 4:05 p.m.

Tuesdays

4:30 p.m. to 6:10 p.m.

Wednesdays

12:45 p.m. to 2:25 p.m.

(Starting February 8)

2:25 p.m. to 4:05 p.m.

Thursdays

12:45 p.m. to 2:25 p.m.

2:25 p.m. to 4:05 p.m.

Join us to play one of the fastest growing sports in Canada.

If you know the game and are ready to play, please bring your paddle and join us these sessions.

You will be matched with other players – every game is a new game and an opportunity to meet and learn from new people.

Mixed Pickleball

\$4 Drop-in Fee

Thursdays 6:10 p.m. - 7:50 p.m.



Evening mixed pickleball is a chance to challenge yourself and fellow members while learning about the sport of pickleball. Both novice and experienced players are encouraged to play together, giving you the opportunity to play with and against new opponents.

You do not need to bring a partner for mixed pickleball, you will be matched with other players.

All Pickleball Players - Please Note:

- Participants should sign up a week in advance using the Sign-Up Genius app.
- You can only sign up for one session a day. However, on the day that you are playing if there are available slots for the 2nd session you can play both the 1st and 2nd session and vice versa.
- Doubles Play - There is a maximum of 16 players per session.
- Played by the clock (11 minutes/ game).

Social Groups - Drop In Classes

Birthday Party

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



\$2 Drop-in Fee

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

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

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

Monthly Potluck Dinner

**The last Thursday of each month
5:00 p.m. to 7:00 p.m.**



\$2 Drop-in Fee

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

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

Social Groups - Drop In Classes

Circle Of Support

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



\$2 Drop-in Fee

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

People who attend this group find it a great connection to stronger friendships and a consistent support structure, as well as gaining insight from each other and our conversations.

- Our mission is “outstanding conversation”
- Everything is confidential
- New attendees are always welcome

Social Circle Of Friends

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



\$2 Drop-in Fee

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

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



Online Fitness Classes



Online - Age Reversing Essentrics®

Instructor: Lori Griffith / Sam Hipkin

Mondays with Lori Griffith

Monday, January 9 to February 27

(7 Classes) No Class February 20

9:00 a.m. to 10:00 a.m.

Cost \$67

Monday, March 6 to April 24

(7 Classes) No Class April 10

9:00 a.m. to 10:00 a.m.

Cost \$67

Wednesdays with Sam Hipkin

Wednesday, January 11 to February 22

(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$67

Wednesday, March 8 to April 26

(8 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$76

Prepare to be standing through the majority of the class, with only 10 minutes spent on the floor doing stretching. If you are unable to get down on the floor, you can do this part of the class from a chair.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Age Reversing Essentrics® is one of many classes we are excited to offer in person and online. Please visit Pages 32 & 33 to read the full class description.

CERTIFIED INSTRUCTOR

ESSETRICS®

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •



Online Fitness Classes



Online - At Home Fitness Basics

Instructor: Janet Hauca

Tuesdays

Tuesday, January 10 to February 14

(6 Classes)

10:30 a.m. to 11:15 a.m.

Cost \$36

Tuesday, March 7 to April 4

(5 Classes)

10:30 a.m. to 11:15 a.m.

Cost \$30

Fridays

Friday, January 13 to February 17

(6 Classes)

10:30 a.m. to 11:15 a.m.

Cost \$36

Friday, March 10 to March 31

(4 Classes)

10:30 a.m. to 11:15 a.m.

Cost \$24

One of our long-time instructors, Janet, has the experience to make this class fun, engaging, and a great way to stay fit and strong. Give it a try you won't regret it.

- All exercises are done standing or sitting in a chair.
- Standing exercises can be done with or without the assistance of a chair.
- The teacher provides modifications to accommodate all fitness levels and abilities.
- Good for all fitness levels and abilities.

Come join us for 45 minutes of home fitness basics.

We start our class with a warm-up to get ready for range-of-motion exercises. Moving our arms and legs gets our muscles and joints working. We get moving by doing low-impact movements to get our heart rate up. Building strength using handheld weights (or whatever you have at home) to work on our major muscle groups. Our workout winds down with balance work. Working with or without assistance, we do standing exercises to help us strengthen our balance. Lastly, we do stretching to cool down, starting with standing and then moving to a chair to do some seated stretching.

EQUIPMENT:

- Hand weights (or substitute)
- A stretchy band



Online Fitness Classes



Online - Barre Instructor: Freya Giroux

Wednesday, January 11 to February 22
(7 Classes)
11:00 a.m. to 11:45 a.m.
Cost \$56

Wednesday, March 8 to April 26
(8 Classes)
11:00 a.m. to 11:45 a.m.
Cost \$64

The Barre method is a signature power fitness strengthening program that redefines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals and back, while sculpting the arms.

Achieve a beautiful, healthy body while improving postural balance, flexibility, coordination, and grace.

EQUIPMENT:

- Yoga mat
- Yoga band

This class is also being offered
in person at the same time





Online Fitness Classes



Online - Fit For Life Instructor: Ilonka Wormsbecker

Friday, January 13 to February 24
(7 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$63

Friday, March 10 to April 28
(7 Classes) No Class April 7
11:30 a.m. to 12:30 p.m.
Cost \$63

Why You Should Try This Class

This class helps keep your body "fit for life" and can be done from a seated or standing position, making it ideal for all mobility levels.

WARM UP

We begin with a warm up doing range of motion movements to get our bodies nice and warm. These movements can be done either by standing or sitting in a chair.

LOWER & UPPER BODY

We work on our lower and upper body strength using ankle weights, gliders, Bender Balls, and stretch bands. We start with a variety of exercises meant to strengthen our lower body for balance and mobility before we slowly make our way through all of the upper body areas.

COOL DOWN

Slow stretching, deep breathing, and relaxation exercises help us release any tension we may still have while we cool down.

EQUIPMENT:

- TheraBands, stretch bands, or rubber tubing
- Bender Balls
- Hand weights

**This class is also being offered
in person at the same time**



Online Fitness Classes



Online - Interval Strength Training Instructor: Vera Resera

Tuesday, January 10 to February 21
(7 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$56

Tuesday, March 7 to March 28
(4 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$32

This class is more challenging as all exercises are done from a standing position, however, they can be done with or without the assistance of a chair for balance. This class uses the "interval principle" of combining cardio, strength, and resistance exercises to help you achieve a new level of fitness.

WARM UP

We do a sequence of 3 exercises using movement to get our heart rate up and blood pumping by stretching from side to side, marching in place, and moving our arms to get us ready for class.

UPPER BODY

We begin working on our strength, doing a sequence of 3 exercises to work on our upper body. The purpose of these exercises is to help us keep our upper body limber and strong.

LOWER BODY

Squats, side steps, lunges (all with or without weights) make up the 3 sets of exercises we use to help build our lower body strength which will help with stamina and balance.

UPPER BODY

We return to our upper body, doing wall or floor push ups from our knees with stretch sequences in between each set to make sure we increase overall strength.

COOL DOWN

We cool down sitting in chairs with light seated stretching and flexing to end the workout. Gentle, light movements with our shoulders and neck paired with deep breathing help to release any left over tension.

EQUIPMENT:

- Bender balls
- Hand weights

**This class is also being offered
in person at the same time**



Online Fitness Classes



Online - Seated Fitness Basics

Instructor: Janet Hauca

Tuesdays

Tuesday, January 10 to February 14

(6 Classes)

11:30 a.m. to 12:00 p.m.

Cost \$24

Tuesday, March 7 to April 4

(5 Classes)

11:30 a.m. to 12:00 p.m.

Cost \$20

Fridays

Friday, January 13 to February 17

(6 Classes)

11:30 a.m. to 12:00 p.m.

Cost \$24

Friday, March 10 to March 31

(4 Classes)

11:30 a.m. to 12:00 p.m.

Cost \$16

We do not go on the floor as all exercises are done seated in a chair, good for all fitness levels and abilities.

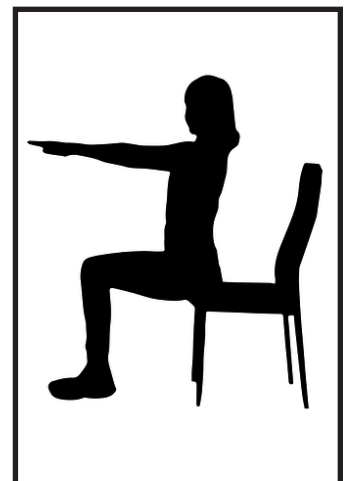
New to fitness or worried about starting a fitness class? This class is a great start. In this 30-minute class, Janet helps us build overall strength, all while we do the movements from a seated position. Following Janet's easy-to-follow instructions and positive, fun approach:

- Start with a warm up, doing a variety of movement exercises to get us ready for our class
- Range-of-motion exercises, moving arms and legs to get the muscles and joints working
- Build strength using hand held weights (or whatever you have at home) to work on major muscle groups
- Stretching while seated to cool down

You will be surprised at how great you feel after this workout and it will not be long before you will see improvements on your overall strength.

EQUIPMENT:

- Hand weights (or substitute)
- A stretchy band





Online Fitness Classes



Online - Seated Stretch Fit Instructor: Kathy Paterson

Monday, January 9 to February 27
(7 Classes) No Class February 20
10:15 a.m. to 11:15 a.m.
Cost \$63

Monday, March 6 to April 24
(7 Classes) No Class April 10
10:15 a.m. to 11:15 a.m.
Cost \$63

Why You Should Try This Class

This class is done as a seated class – no standing or getting down on the floor. An hour of stretching that will leave you feeling awake, limber and ready for the day

WARM UP

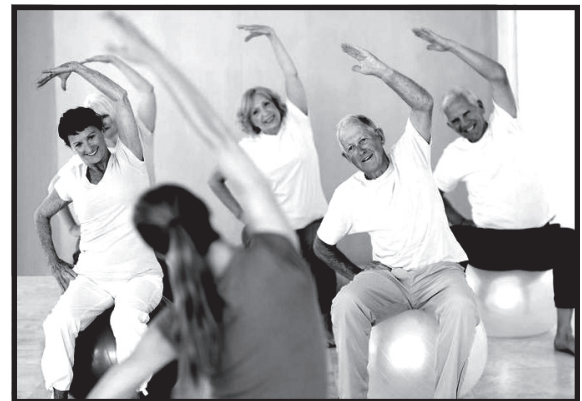
We start with a warm-up consisting of rhymical marching, clapping, toe-tapping, ankle rotations, and arm movements.

STRETCHING UPPER BODY

We gently move the upper muscles of the arms and shoulders through a range of motions using both dynamic and static stretches. These reduce tension/pain in the neck, upper back, and shoulders increasing the range of motion in the shoulders and neck.

STRETCHING LOWER BODY

We gradually move down the body stretching the core, hips and legs with larger stretches such as side leans, straight leg leans, and rag-doll slouches. These moves strengthen the core and relieve tension, pain, and stiffness in the lower back, hips, and legs to promote functional movement. Using a stretchy band or scarf we lift one leg at a time and follow gentle movements designed to stretch tight hamstrings, calves, inner/outer thighs and glutes while at the same time providing some strength training for the arms.



WRAPPING UP

We finish with hand and neck stretches to relieve stiffness and pain and limber up the hands and wrists. Finally, we sit quietly for deep breathing intended to lower blood pressure and promote a feeling of wellness and calm.

EQUIPMENT:

- A stretchy band or scarf

**This class is also being offered
in person at the same time**



Online Fitness Classes



Online - Total Fitness For Active Agers Instructors: Rachel Hallet

Friday, January 13 to February 24
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$67

Friday, March 10 to April 28
(7 Classes) No Class April 7
9:00 a.m. to 10:00 a.m.
Cost \$67



If you loved the STEP AEROBICS CLASSES when you were younger, you will LOVE this class.
Visit our YouTube page and watch a demo video!
[YouTube/WestendSeniorsActivityCentre](#)

We don't use a step, instead we do low impact steps that get your heart rate up and you having fun.

WARM UP

We start with setting our posture; standing tall, shoulders back and core set. Fitness comes from the core. By rooting and setting our posture we will feel energized and strong as we start our workout.

LETS GET MOVING.

An "interval style" format will be used combining low impact cardio exercises and strength building resistance intervals using handheld weights. This class is meant to get you moving, improve cardio, but most of all, give you the chance to HAVE FUN while getting in your workout.

EXPERIENCE + A VARIETY OF MOVEMENT = LOTS OF FUN.

Janine Otto is a certified group fitness instructor. She has years of experience teach all fitness levels and working with Active Agers (55+). Plenty of modifications will be provided so that everyone can work at their own fitness level. Whether you are new to fitness or want something that will get you sweating, this class is for you. Having the ability to get down to and up from the floor is encouraged.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Online Lifelong Learning



Online - Conversational French

Instructor: Vera Resera

French Level 1

Monday, January 9 to February 20

(7 Classes)

1:30 p.m. to 2:30 p.m.

Cost \$56

Monday, March 6 to March 27

(4 Classes)

1:30 p.m. to 2:30 p.m.

Cost \$32

Learn to speak every day French in the context of basic social interactions. You will gain an understanding of the sounds of language, practical basic vocabulary and grammar, exchanging greetings and introductions.

- The focus is on pronunciation as well as developing speaking and listening skills
- You will be practicing French in a conversational context and little to no experience is required

French Level 2

Monday, January 9 to February 20

(7 Classes)

3:00 p.m. to 4:00 p.m.

Cost \$56

Monday, March 6 to March 27

(4 Classes)

3:00 p.m. to 4:00 p.m.

Cost \$32

Conversational French Level 2 is a continuation of Level 1 and is intended to strengthen your verbal communication abilities by building your vocabulary and grammar skills.

- Practice French in several everyday situations
- Some previous experience with French is preferred, including French Level 1 with Vera Resera





Online Lifelong Learning



Online - Spanish Instructor: Cecilia Hamel

Spanish Level 1

Thursday, January 12 to February 23
(7 Classes)

1:30 p.m. to 2:30 p.m.

Cost \$63

Thursday, March 9 to April 27
(8 Classes)

1:30 p.m. 2:30 p.m.

Cost \$72

Learn to speak everyday Spanish in the context of basic social interactions. You will gain an understanding of the sounds of language, practical basic vocabulary and grammar, exchange of greetings and introduction. The focus is on pronunciation as well as developing speaking and listening skills.

You will be practicing Spanish in a conversational context during Spanish Level 1 and no experience is necessary.

Spanish Level 3

Thursday, January 12 to February 23
(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$63

Thursday, March 9 to April 27
(8 Classes)

9:00 a.m. 10:00 a.m.

Cost \$72

Spanish Level 3 is designed for those students who have taken Spanish previously and/or have completed Level 1 and 2. This course uses group work, exercises and activities to practice vocabulary and structures in a conversational context. Beginning with a review of Spanish 1 and 2, you will learn more vocabulary for dining, travel and health.

Prior Spanish experience is required.

Online - Spanish Level 4

Thursday, January 12 to February 23
(7 Classes)

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

Cost \$63

Thursday, March 9 to April 27
(8 Classes)

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

Cost \$72

This course is for students to further strengthen oral skills.

The course focuses on further developing accuracy in pronunciation, understanding spoken Spanish and correct use of grammar with composition and conservation practice.

Prior experience with Spanish is required.



Online Yoga Classes



Online - Chair Yoga Instructor: Neeru Prashar

Friday, January 13 to February 24
(7 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$56

Friday, March 10 to April 28
(7 Classes) No Class April 7
9:30 a.m. to 10:30 a.m.
Cost \$56

If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this class a try. This class offers a variety of modified yoga poses, breathing techniques, and relaxation designed to leave you feeling stronger, more flexible, calm and energized.

Chair Yoga is a gentle class, especially suited for those who prefer not to be down on the floor. All yoga postures will be done seated on a chair and standing, using the chair to help with support and balance.

EQUIPMENT:

- Yoga mat and band

This class is also being offered
in person at the same time



Online - Gentle Yoga Instructor: Freya Giroux

Monday

January 9 to February 27
(7 Classes) No Class February 20
10:45 a.m. to 11:45 a.m.
Cost \$63

March 6 to April 24
(7 Classes) No Class April 10
10:45 a.m. to 11:45 a.m.
Cost \$63

Wednesday

January 11 to February 22
(7 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$63

March 8 to April 26
(8 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$72

Wednesday

January 11 to February 22
(7 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$63

March 8 to April 26
(8 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$72

Gentle Yoga is an easy, adapted & slower moving style of yoga. The poses are repeated several times in a flowing series to get the full benefit without straining or forcing. You will stretch, tone, and strengthen the whole body as well as practice breathing exercises, mindfulness, and relaxation. No long holds or straining to touch your toes making it great for everybody especially for the older adults.

EQUIPMENT:

- Yoga mat

This class is also being offered
in person at the same time



Online Yoga Classes



Online - Pilatoga – Beginner Instructor: Freya Giroux

Monday, January 9 to February 27
(7 Classes) No Class February 20
9:30 a.m. to 10:30 a.m.
Cost \$63

Monday, March 6 to April 24
(7 Classes) No Class April 10
9:30 a.m. to 10:30 a.m.
Cost \$63

The strength from Pilates & the balance from Yoga presented in an energizing & encompassing manner. This class encourages & welcomes all levels & experiences. An hour spent but not a minute wasted.

EQUIPMENT:

- Yoga mat and band

This class is also being offered
in person at the same time



Online - Hatha Yoga – Beginner Instructor: Neeru Prashar

Tuesday, January 10 to February 21
(7 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Students must be able to get down on to the floor for this class. This class is designed for those who have had little exposure to yoga, but are eager to learn and experience the amazing benefits of yoga.

We will introduce the basics of yoga, fundamental principles of alignment in yoga postures, breath work, relaxation techniques, and more in a step-by-step approach. Emphasis is placed on student understanding, safety, and stability within each practice.

EQUIPMENT:

- Yoga mat

This class is also being offered
in person at the same time



Online Yoga Classes



Online - Intermediate Yoga Instructor: Neeru Prashar

Friday, January 13 to February 24
(7 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$56

Friday, March 10 to April 28
(7 Classes) No Class April 7
10:45 a.m. to 11:45 a.m.
Cost \$56

If you want to take your yoga practice to the next level and challenge yourself then this class is for you. We start the class with body and breath awareness followed by cleansing practices to get the body ready for the physical practices. Sun salutations and other warm up practices prepare the body for static intermediate to advanced level postures. Variations are given in a pose to suit individual needs and practices are done slowly with mindfulness. This class is not for beginners and previous knowledge of yoga is required to attend this class. A typical class would include:

- Cleansing Practices
- Sun Salutations/Warm-Ups
- Asanas/Postures
- And more

EQUIPMENT:

- Yoga mat

This class is also being offered
in person at the same time



Online - Yoga For Arthritis Instructor: Neeru Prashar

Tuesday, January 10 to February 21
(7 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$56

Tuesday, March 7 to April 25
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$64

Each session will include pranayama (yogic breathing), light yoga exercises, and relaxation. The program starts with simple stretches and gradually advances to more difficult poses. Yoga is one of the best exercises for seniors with arthritis, as it loosens the muscles & increases flexibility & balance. Yoga strengthens the joints, reduces pain, improves joint flexibility & helps them to function normally. Over time, Yoga will help relieve stiffness & help you lead a healthier, more relaxed lifestyle.

EQUIPMENT:

- Yoga mat and band

This class is also being offered
in person at the same time



Online Yoga Classes



Online - Yin Yoga Instructor: Vera Resera

Tuesday, January 10 to February 21
(7 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$70

Tuesday, March 7 to March 28
(4 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$40

Yin yoga is a slow-paced style of yoga as exercise. The sequences of poses used in yin yoga are meant to stimulate and apply moderate stress to the connective tissues of the body — the tendons, fasciae, and ligaments—with the aim of increasing circulation in our joints and improving our overall flexibility.

Yin yoga is PERFECT for all levels of fitness. Vera's class is amazing, come give it a try!

EQUIPMENT:

- Yoga mat
- Yoga blocks or pillows

**This class is also being offered
in person at the same time**



How To Register Online

www.myactivecenter.com

Registration Steps

1. Open the Internet
2. Go to MyActiveCenter.com
3. Click 'Sign In'
4. Type in your email address and password
5. Scroll through course offerings
6. Click on a class name to register
7. Read the class information
8. To register, scroll down to the calendar
9. Click on the date of the first event
10. If you are registering for a series, click continue
11. Scroll up. Click 'Register'
12. Click 'Register' on the Activity Registration window
13. Click 'Checkout' to pay
14. Click 'Pay Now'
15. Click 'Pay with a credit or Visa Debit Card'

Call WSAC for assistance (780) 483-1209 or email Programs@weseniors.ca

Did You Know You May Have A Credit On Your WSAC Account?

Sometimes, when classes or events are canceled, money is refunded as a digital credit to your account. You can use this money to pay for classes.

- Call us before registering to find out if you have any money in your "wallet"
- If you have a credit, we can use it to partially or fully pay for any charges



WSAC 8 Week Fitness Program

A Free At Home Program For Seniors

Have You Heard About Our 8 Week Fitness Program For Seniors?

- This is a daily fitness program you can do at home
- Our 20 page booklet has photos and clear instructions that show you HOW to do the exercises
- We also have videos on our YouTube page where you can follow along and do the exercises at your own speed

Want To Learn More?
Visit Our Website

www.weseniors.ca

Once on our website search "8 week fitness program" to download our FREE 8 week handbook .PDF.

WESTEND SENIORS ACTIVITY CENTRE
9629 – 176 Street Edmonton, AB T5T 6B3 Ph: 780-483-1209

8 Week Senior's Fitness Program

Stretch Routine

WESeniors.ca Sign up for our E-newsletter on our website
Subscribe to our **YouTube** Channel **f** Follow us on Facebook

Our Representatives



**Ward
Nakota Isga**

COUNCILLOR ANDREW KNACK

Phone: 780.496.8122
Email: andrew.knack@edmonton.ca
Twitter: @AndrewKnack
Facebook: @AndrewKnackEdmonton
Website: www.andrewknack.ca

HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

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

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

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



KELLY McCaULEY

MP | EDMONTON WEST

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



Constituent Services

Contact my office to:

Get help navigating government programs and services.

Become an official guest of the Legislature and watch the proceedings of the Assembly in-person.

Have your important documents commissioned or notarized, free of charge, on the last Friday of each month (please call us to make an appointment).

Request a commemorative scroll for your anniversary, birthday, or other important milestone.

Correspond with the MLA about political concerns and get in-depth information about government policies.



JON CARSON MLA

Edmonton-West Henday

Contact us



780-414-0711



Constituency Office

Suite #103
4020 128 Ave NW



Edmonton.WestHenday@assembly.ab.ca



WSAC's Business Connectors

**Experience
retirement
living to
the Fullest.**



**Explore our
exclusive
move-in offers
today***

**Call
1-855-929-9333
to book a tour
today and see
how you can
live your way,
every day.**

revera®
Retirement Living
Your kind of place

* Terms and Conditions
apply and can be made
available upon request.

WSAC's Business Connectors

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



How to reach us

1-855-475-0959 | 780-475-0959
Main@armourinsurance.ca

Visit our office
5750 - 75th Street NW Edmonton

armour
INSURANCE

WSAC's Business Connectors

Widow to Widow Edmonton



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

Join a W2W group to:

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

*Come and experience connection, companionship,
and community in the company of caring friends*

Edmonton-West Group Meeting

This W2W group meets the third Thursday of each month
2:00 p.m. to 4:00 p.m.
at Saints Church
6315 199 St NW
Edmonton Alberta T5T 6N2

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

WSAC's Business Connectors



We're Looking For Volunteers!

Drive Happiness is a non-profit organization seeking compassionate individuals to volunteer their time giving rides to seniors. Own a car? Drive some happiness; give a senior a ride!

HOW TO APPLY

Becoming a volunteer is easy. Give us a call or send us an email to get started!

CONTACT US

(780) 424-5438
info@DriveHappiness.ca
9916 45 Ave NW, Edmonton

FLEXIBLE HOURS

You choose when, where, and how often you drive. There is no minimum requirement!

COST-FREE

We provide gas reimbursements, and cover the cost of your security clearance & driving abstract.

CONNECTION

Volunteering with us gives you the opportunity to meet grateful seniors and build lasting friendships!

WSAC's Business Connectors

	
<h2>Getting Seniors Where They Need To Go</h2>	
<h3><u>ABOUT US</u></h3> <p>Drive Happiness is a non-profit organization offering assisted transportation to low-income and mobility-challenged seniors.</p> <p>Our volunteer drivers provide over 1500 rides each month, taking seniors wherever they need to go!</p>	<h3><u>OUR DRIVERS</u></h3> <ul style="list-style-type: none">• Have vulnerable security clearance.• Own a well-maintained vehicle.• Have a clean driving abstract. <h3><u>ELIGIBILITY</u></h3> <ul style="list-style-type: none">• Aged 65 or older.• Reside in the Edmonton Area.• Require transportation due to limited income & mobility challenges.
<h3><u>CONTACT US</u></h3> <p>(780) 424-5438 info@DriveHappiness.ca 9916 45 Ave NW, Edmonton</p>	<h3><u>HOW IT WORKS</u></h3> <ul style="list-style-type: none">• 1 ticket (\$10) gives 1.5 hours of driving or 40 km of distance.• Book a ride by calling our office at least 3 business days in advance.

WSAC's Business Connectors



WHAT IS ELDERCARE EDMONTON?

We are a non-profit organization providing Therapeutic Recreational Day Programs to seniors and adults at 3 locations across Edmonton, as well as a free of cost Caregiver Support Program available to all Edmontonians.



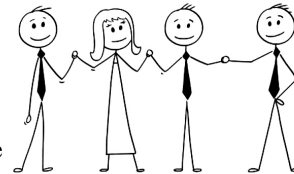
HOW CAN ELDERCARE EDMONTON HELP ME?

Our Day Programs strive to decrease social isolation, improve cognitive function and enhance mobility.

If you are a caregiver - our Caregiver Support Program provides social supports, access to resources, one-to-one support and a weekly group facilitated by a Registered Social Worker.

WHAT IS A DAY PROGRAM?

A Day Program provides support and respite for adults, living in the community who are affected by social isolation, reduced cognition and or mobility. ElderCare Day Programs provide Therapeutic Recreation activities in a safe, fun and supportive environment.



WHAT IS THE CAREGIVER SUPPORT GROUP?

Our Caregiver Support Program provides access to a Registered Social Worker who advocates, guides and informs caregivers through their caregiver journey.

Our program consists of:

- online & telephone accessible 'Ask a Social Worker',
- one-to one support,
- weekly support group

All of our caregiver support services are free of cost to those in the Edmonton area.

INTERESTED? HERE IS HOW TO GET MORE INFORMATION?

Adult Day Program & Caregiver Support Program Inquiries: 780-434-4747
Ask a Social Worker: 780-434-4747 ext. 101

Website: www.eldercareedmonton.ca

E-mail: info@eldercareedmonton.ca

SENIOR FRAUD ALERT WEBSITE

www.seniorfraudalert.ca

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

Created By Seniors For Seniors.

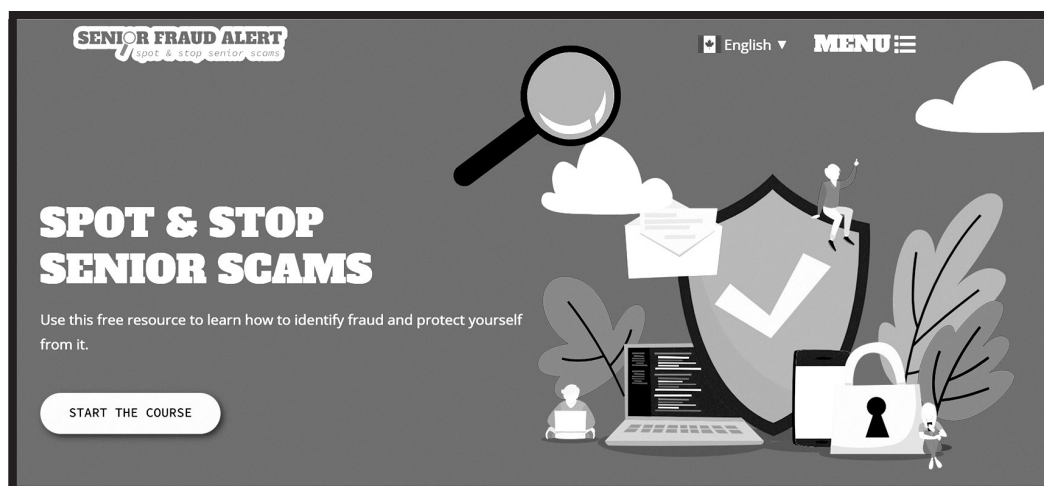
- Senior-driven focus groups read and gave feedback on every scam, script, and quiz so the information is in plain language and is free of jargon and technical terms.
- The course is in small educational modules that provided simple but effective tips.

The Senior Fraud Alert Website's Mission Is To:

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

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

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



WSAC's Board Of Directors

Barbara Gibson – President

- Barb@weseniors.ca

Kaye Langager – Vice President

- Kaye@weseniors.ca

Wendy Jerome – Treasurer

- WJerome@weseniors.ca

Jay Pritchard – Past President

- Jay@weseniors.ca

Dolores Brent – Director

- Dolores@weseniors.ca

Kay Rother – Director

- Kay@weseniors.ca

Richard Batty – Director

- Rick@weseniors.ca

Lois Thurstan – Director

- Lois@weseniors.ca

Sharon Quickfall – Director

- Sharonq@weseniors.ca

Shirley Devlin – Director

- Shirleyd@weseniors.ca

Lorne Brackenbury – Director

- Lorne@weseniors.ca

WSAC's Staff Members

Executive Director

Haidong Liang Ph.D.. – Executive Director | Haidong@weseniors.ca | Ext. 227

Operations & Program Manager

Barbara Jaffray – Office & Program Manager | Bjaffray@weseniors.ca | Ext. 229

Community Cafe & WSAC Meal Program

Gaby Sanchez – Administrative Assistant | Gaby@weseniors.ca | Ext. 244

Community Engagement & Communications

Lorena Smalley – Community Engagement Manager | Lorena@weseniors.ca

Thomas Zheng – Engagement & Communications Coordinator | Yunxuan@weseniors.ca | Ext. 225

Shaina Bullis – Programs Coordinator | Shaina@weseniors.ca | Ext. 225

Senior Support Office

Shirley Kilsdonk Registered Social Worker – Community Outreach Manager | Shirley@weseniors.ca | Ext. 226

Home Support Coordinator

Home Support – Home Support Coordinator | HomeSupport@weseniors.ca | Ext. 232

Office Staff

Kathy Dicks – Accounting Services | Kathy@weseniors.ca | Ext. 223

Programs Department

Mikayla Mailloux - Program Coordinator | Mikayla@weseniors.ca | Ext. 228

Andy Chen – Online Programs Administrator | Andy@weseniors.ca | Ext. 231

Volunteers – Events – Rentals

Heather Riberdy – Volunteer & Event Manager | Heather@weseniors.ca | Ext. 224

Rental Opportunities

Rentals At WSAC

WSAC has some great spaces to rent out for various events such as weddings, adult birthday parties, meetings, classes, and even pickleball! Lots of parking and the views are great. Minimum rental age is 25. We do not rent for graduation parties, under 25 birthday parties, or private sales events.

Spaces		Rate \$/Hour	Square Footage	Damage Deposit*
- Additional items available with space				
Harry Farmer Room (HF) (45 row seating or 15 fitness class)		\$38	910	\$100
Meeting Room (45 row seating or 15 fitness class)		\$38	910	\$100
Games Room (75 row seating or 70 at tables)		\$76	1680	\$200
- Billiards Table		\$20 for rental time		
- Sound System		\$50 for rental time		
Café (60 seated at tables)		\$66	1250	\$200
- TV		\$50 for rental time		
- Galley Kitchen Access (use of sink, prep fridge, and small freezer)		\$25		
Cafe & Kitchen** (use of counter tops, microwave, and sink)		\$116	1250	\$400
Gymnasium (200 row seating or 180 at tables or 25 fitness class)		\$110	3000	\$400
Gymnasium & Kitchen** (use of counter tops, microwave, and sink)		\$160	3000	\$600
What Is Included		What Isn't Included		
Round Tables Rectangular Tables Chairs		Place Settings and Table Cloths, Coffee Urns and AV Equipment (Available for rent) Set Up and Clean Up		
Portable Items				
TV (flat screen)	\$50 for rental time	Large Coffee Urn (100 cups)	\$40 for rental time	
Portable Sound System and Mic	\$50 for rental time	Small Coffee Urn (25 cups)	\$20 for rental time	
Projector and Screen	\$50 for rental time			
Minimum Rental: 2 Hours Half Day Rate 10% off – min. 4 hours Full Day Rate 20% off – min. 8 hours 10% off any rental for Members of WSAC for at least one year. *Deposit refundable, pending rental conditions are met. Additional \$100 when alcohol is being served. **The kitchen can only be rented with a gym or cafe rental. Kitchen must only be used by professional caterers. Renters will be required to provide a copy of their rental agreement to WSAC				

Pickleball/Badminton Package Monday, Wednesday, and Friday evening, all day Saturday and Sunday (depending on availability)

Spaces	Rate
Gymnasium	Rental Fee: \$50/hr (Min. 2 hrs) Damage Deposit: \$400
What Is Included	What Isn't Included
1 Portable Net AND 2 Pickleball Paddles & ball OR 2 Badminton Rackets & birdie	Set Up or Clean Up

Connect With Our Centre

Have You Visited Our YouTube Page?

Winter is right around the corner.

Make sure to visit our YouTube page where you can follow our 8-Week Fitness Program For Seniors.

This is a 16 video series that provides you with the ability to have a daily fitness routine at home.

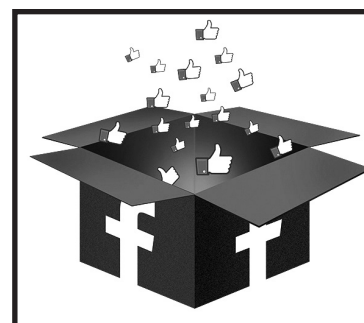
YouTube.com/
WestendSeniorsActivityCentre/videos



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 and communities here in the west end and more.

Make Sure To "Like" Our Page.
Facebook.com/WESeniors



Have You Signed Up For Our E-Newsletter?

More than 3300 people receive our e-newsletter each month.

Sign up at our front desk or on our website
www.weseniors.ca





WE Seniors

Westend Seniors Activity Centre

Edmonton's Premiere Seniors Centre
Celebrating 45 Years Of Serving Seniors Here
In Edmonton.

Connect With Us

Westend Seniors Activity Centre
9629 176 Street NW
Edmonton, AB T5T 6B3

Monday, Wednesday, & Friday
9 a.m. to 4 p.m.

Website:
www.weseniors.ca

Tuesday & Thursday
9 a.m. to 8 p.m.

Facebook:
Facebook.com/Weseniors

Telephone Number:
780 483 1209

YouTube:
Westend Seniors Activity Centre

Sign Up For Our E-Newsletter On Our Website:
Weseniors.ca/Resources/Newsletter/