

THE WSAC CHRONICLE

chron·i·cle

noun

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



WESTEND
SENIORS
ACTIVITY
CENTRE

**DECEMBER
2022**



This Month's Issue:

Registration Day

Mavie's Mitten Tree

Holiday Closures

Staff Introduction - Alexa Warawa



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

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

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

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

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

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

BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM

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

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

- Lynda House



CONTACT ARMOUR FOR MORE INFORMATION!

Call Us - 1 855 475 0959 / 780 475 0959 / Email Us - main@armourinsurance.ca
Visit our office - 5750-75th Street NW Edmonton

CENTRE NEWS

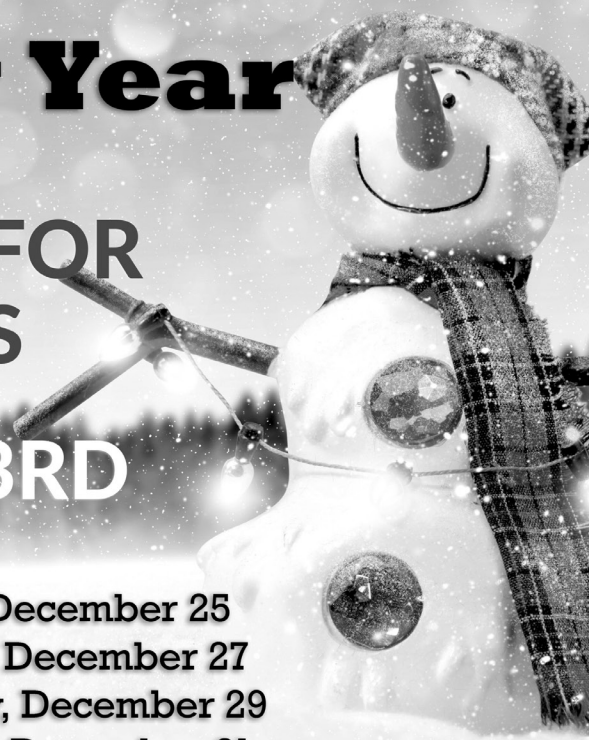
Merry Christmas & Happy New Year

**WE ARE CLOSED FOR
THE HOLIDAYS**

OPEN JANUARY 3RD

CLOSED

Saturday, December 24 Sunday, December 25
Monday, December 26 Tuesday, December 27
Wednesday, December 28 Thursday, December 29
Friday, December 30 Saturday, December 31
Sunday, January 1 Monday, January 2



Lost & Found

Please take a look through the lost & found bin located in the front lobby for any items you may be missing.

**All items left in the lost & found after
Friday, December 23, 2022 will be donated
to local charities.**



SENIOR FRAUD ALERT NEWS

HAVE YOU HEARD ABOUT THE SENIOR FRAUD ALERT WEBSITE?

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



WHAT IS A SCAM?

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

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

COMMON SCAMS

PRESCRIPTION RENEWAL SCAM

A scammer takes your prescription bottle out of the trash. It has your name, phone number, prescription, pharmacy, and doctor's name. With this information they call you, tell you your prescription is no longer covered by your insurance company but your doctor has said they can send you a new prescription if you give them your credit card. It is not true. Your pharmacy isn't going to call you, that information is sent to you by your insurance provider. The scammer wants you to think you are in danger of not getting your life-saving medication. They are counting on you being afraid and on you believing their lie.



FAKE WEBSITE SCAM

Have you ever received an email or website pop-up that stated that you have won a prize for a giveaway you never entered? Don't be fooled by this and other similar scams and tempting prizes. Scam websites are any illegitimate internet websites used to deceive users into fraud or malicious attacks. Scammers abuse the anonymity of the internet to mask their true identity and intentions behind various disguises. These can include false security alerts, giveaways, and other deceptive formats to give the impression of legitimacy.



SENIOR FRAUD ALERT NEWS

ABOUT SENIOR FRAUD ALERT

Senior Fraud Alert is an education and prevention initiative led by the YEG Seniors Alliance in partnership with the Edmonton Police Force and funded by the Edmonton Community Foundation.

IDENTIFYING THE PROBLEM

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

MAKING THE SOLUTION

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



seniorfraudalert.ca

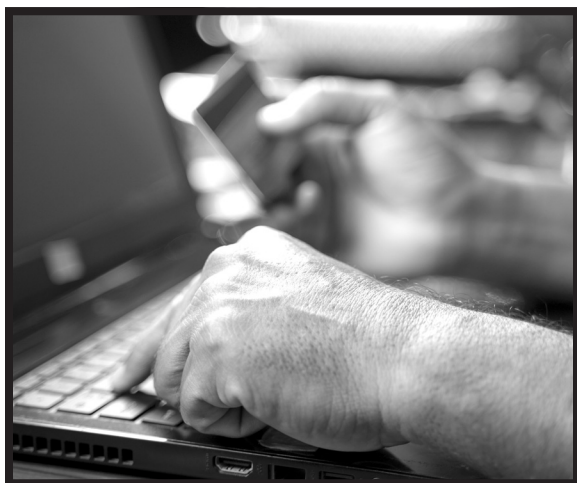
COMMON SCAMS

GRANDPARENT OR EMERGENCY SCAM

Emergency Assistance scams are a broad category of scams where the scammer, pretending to be a family member, requests money as there has been an "emergency". Oftentimes these scams take the form of e-mails sent out to members of associations, faith groups, and other membership-based groups. These e-mails are often appeals from those in senior leadership positions to donate to a project or cause that is supposedly being done by the organization, but are in fact scams where any money generated goes into the pockets of scammers.

UPDATE YOUR INFORMATION SCAM

Have you ever received an email asking you to update your information? These emails often come from fake companies attempting to appear legitimate. Emails are sent to victims claiming they must update their accounts. A link is provided to a fake website where scammers ask for updated information such as credit card number, social insurance number, passwords, bank account number, etc. Don't ever respond to links in emails like these. If you think you need to update information with a business go to their website through an internet search.



EVENTS

December Birthday Party!

Everyone Welcome

Wednesday
December 21st
2:00 p.m. to
3:00 p.m.



MONTHLY BIRTHDAY PARTY

Wednesday,
December 21st
2:00 p.m. to 3:00 p.m.

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

Join us to celebrate your birthday this December!

Our next celebration is January 18, 2023

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

Monthly Potluck Dinner

Thursday
December 22nd

5:00 p.m. to 7:00 p.m.
Community Cafe



MONTHLY POTLUCK DINNER

Thursday,
December, 22nd
5:00 p.m. to 7:00 p.m.

\$2 drop-in fee.

Join us for our monthly potluck held on the last Thursday every month

Enjoy an evening with good company and delicious food.

Our next potluck dinner will be held on January 26, 2023.

Bring a dish for 4-6 people to share

MAVIE'S MITTEN TREE

WEDNESDAY,
DECEMBER 14
11:30 a.m. to 1:30 p.m.

TICKET PRICES

Members \$20
Invited Guests \$22

DEADLINE
December 7, 2022



PROGRAM NEWS

A Message From The Programs Department

Winter is here, and with it we enter a dangerous time of the year, slipping and sliding time! We do our very best to minimize slipping and maintain the parking lot, however, we know that ice will form at any time, anywhere. Personal safety is all of our responsibility. We must always wear proper footwear and use grippers if conditions require them. We want to make sure everyone is safe this winter and these precautions will help you everywhere you go!

The Winter Program Guide will be available the week of December 5th.

Winter Member Registration takes place December 13th at 2:30 p.m.

Reciprocal Registration starts on January 3, 2023.

You must have your 2023 membership to register for classes. You **MUST** purchase your 2023 membership **prior to registration day** if you would like to do online registration.

The Programs Team will host an Online Registration Training Session on Thursday, December 8th from 10:00 a.m. to 12:00 p.m. in the Board Room.

Drop by if you need a refresher on online registration or if you have any questions.

The Programs Team wishes you a happy holiday season and thanks you for your patience in 2022!

DECEMBER TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome

DECEMBER 8TH

INVESTING IN CRYPTOCURRENCIES: UNDERSTANDING THE FUNDAMENTALS & THE RISKS

ALBERTA SECURITIES COMMISSION

When: Thursday, December 8th 2022
1:30 p.m.

Where: Online via Zoom & WSAC Cafe

Cost: FREE

Cryptocurrencies have grown in popularity in the news, online, and in our social circles. James from Alberta Securities Commission will walk through what cryptocurrencies are, what they do, and the major considerations and risks you should understand before investing.

This is an online presentation hosted in the cafe and available online via zoom. To watch from home request the Zoom access link at time of registration.

Register: Email yunxuan@weseniors.ca
or visit weseniors.ca

SENIOR SUPPORT DEPARTMENT NEWS

OUTREACH GENERAL INFORMATION

Form Completion

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

Emotional Support

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

Needs Assessments

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

Independent Housing & Supportive Living

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

Seniors Benefits

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

Financial

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

Elder Abuse

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

Meals & Nutrition

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

Mental health & Grief Services

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

Transportation

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

Isolation

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

To book an appointment call:

Ruth 780 483 1209 ext. 232

(In person or phone appointments)

Shirley 780 454 2465

(Phone appointments only)

INTRODUCING OUR STAFF

Alexa Warawa - Outreach Coordinator

Introducing Alexa Strathcona Outreach Coordinator

Hello, my name is Alexa and I am a university student. I enjoy physical activities like dancing and snowboarding, and good company with good food. I have completed my studies in psychology at the University of Alberta and I plan on continuing my studies in social work in the future.

I started at the Centre as a summer student in 2021 and came back for 2022. This summer I helped with the Communications and Programs Teams to launch our Seba Beach initiative which has since brought programs and resources to older adults in the Seba Beach community. At the end of the summer I started as an Outreach Coordinator, helping to build our partnership and compile resources in and around Strathcona County. I have also been gathering information and supporting the Seniors Fraud Alert website while promoting it at different events in and around Edmonton and the County.



What do you like most about working here?

My favorite thing about working with WESeniors is how charismatic and kind the members, volunteers, and staff are at Westend Seniors Activity Centre.

What has surprised you the most working at Westend Seniors Activity Centre?

What has surprised me most about working at WSAC is how busy it is during the day and the variety of programs and activities that people participate in.

What do you do at Westend Seniors Activity Centre?

I started as a summer student, filling in many roles to help around the centre. This summer I worked on the Seba Beach initiative, helping to plan their new programs and launch party while creating connections with resources in the area. Since then I have become a part of the communications team as an Outreach Coordinator. I work mainly in Strathcona County, building connections and compiling resources for older adults in the County. I also work on the Senior Fraud Alert website, gathering information and resources and promoting the website at different events in and around Edmonton and Strathcona County.

OUR REPRESENTATIVES



Ward
Nakota Isga

COUNCILLOR ANDREW KNACK

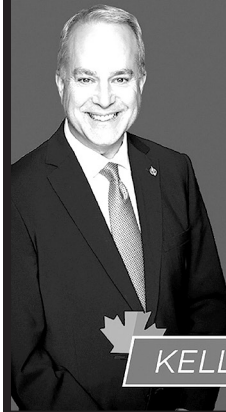
Phone: 780.496.8122
Email: andrew.knack@edmonton.ca
Twitter: @AndrewKnack
Facebook: @AndrewKnackEdmonton
Website: www.andrewknack.ca

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

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



KELLY McCAULEY

MP | EDMONTON WEST

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



Constituent Services

Contact my office to:

Get help navigating government programs and services.

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

Have your important documents commissioned or notarized, free of charge.

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

Jon Carson, MLA

Edmonton-West Henday

Contact us



780-414-0711

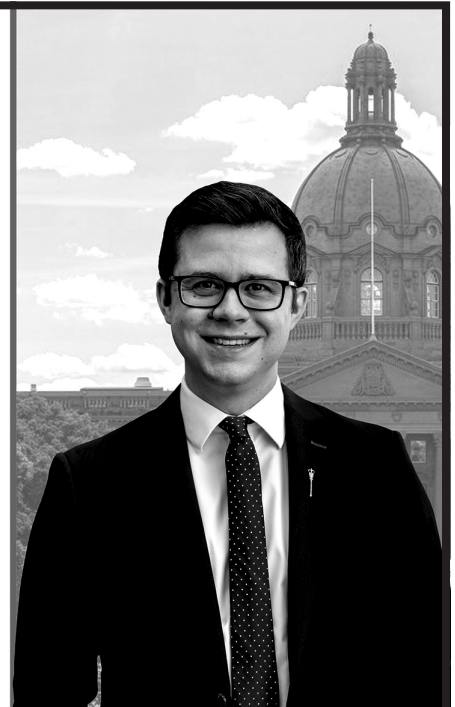


Constituency Office
#103, 14020 - 128 Avenue



Edmonton.WestHenday@assembly.ab.ca

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



RENTALS

Holiday Rentals AT WSAC

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

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

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

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



EQUIPMENT RENTALS

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

ENTERTAINMENT

Available with Games Room rentals

- Billiards Tables



FOOD SERVICE

Available for additional charge

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



AV EQUIPMENT

Available for additional charge

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

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

INTERESTED IN RENTING AT OUR CENTRE?

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

EVENT RENTALS

PICKLEBALL OR BADMINTON PACKAGE

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

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



WEDDING PACKAGE

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



RENTALS

GYMNASIUM

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



CAFE

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



MEETING ROOM

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



RENTALS

HARRY FARMER ROOM

- 910 Square Feet
- Capacity - 15 participants for fitness classes
- Capacity - 45 in row seating
- \$38/Hour (1/2 day and daily rates available)
- Chairs and tables available for use
- Piano available for use
- White board in the room



GAMES ROOM

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



KITCHEN ADD ON

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



WSAC FROZEN MEAL PROGRAM

Entrees

\$12.00 - \$14.00



Hearty Soup

\$8.00



Muffins

\$6.00



Eggs-emplary Brunch Bowls

\$4.00

Our Eggs-emplary Brunch bowls are a perfect choice for breakfast or lunch!

- 4 inches in size
- Choose from Denver, Ham & Cheese, or Spinach & Feta.
- Pick up at our centre or pre-order via our website!

QUESTIONS?

**Call our centre 780 483 1209 ext 222
or visit our front desk!**

**Our staff is available Monday to
Friday 9:00 a.m. to 3:30 p.m.**

PICK UP TODAY!

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

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

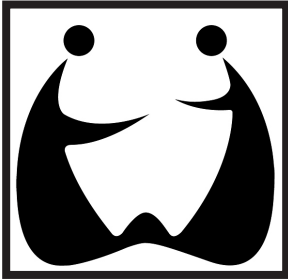


NEW MENU EVERY 2 WEEKS!

- **REHEATABLE** - All meals are fully cooked so you simply need to reheat and serve!
- **SERVING SIZE** - Most seniors tell us they get 2 to 3 servings with our entrees and our Hearty soup!
- **FREE DELIVERY** - Available to seniors who do not drive... Our team of volunteer drivers and our friends at Drive Happiness will deliver your food orders to you!
- **FRESH INGREDIENTS** - Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal we prepare for you!
- **OPEN TO PUBLIC** - You do not have to be a member to use our meal program.... It's open to everyone!



CONNECT WITH WSAC



DID YOU KNOW?

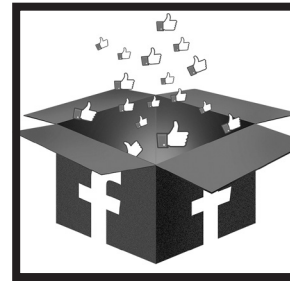
We update our website daily!

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

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

VISIT OUR WEBSITE

www.weseniors.ca



DO YOU FOLLOW US ON FACEBOOK?

We share all of our WSAC news on Facebook but we also share:

- Interesting videos and articles
- Updates from the City of Edmonton, Government of Alberta and Government of Canada
- Communities here in the west end
- Information helpful to older adults here in Edmonton!

Facebook.com/WESeniors

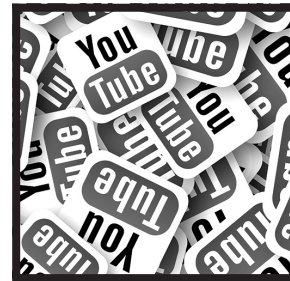


FOLLOW OUR INSTAGRAM PAGE

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

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

Instagram.com/westendseniorsactivitycentre/



8 WEEK HOME FITNESS PROGRAM ON YOUTUBE

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

This program features 16 easy to follow videos providing you with a daily fitness routine at home.

Youtube.com/WestendSeniorsActivityCentre/videos

3307

HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

More than 3,300 people received our e-newsletter last month. Sign up at our front desk today!

CANADA HOMECARE GROUP

780.340.0910

AFTER HOURS MOBILE CLINIC



Canada Homecare Group

You Can Call Us When:

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

We can also assist with things like:

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

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

**Do You Remember
When Doctors Made
House Calls?**

Our Services
Are Covered By
Alberta Health!

Monday to Friday
4:00 pm To Midnight
Saturday & Sunday
8:00 am To Midnight
Public Holidays
8:00 am To Midnight

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Hourly or Live-in Care • Alzheimer's & Dementia Care • Post-Op & Rehab • Palliative Care • Respite Care



**Book a free in-home
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WEBSITE - qualicare.com/edmonton-ab

ALEXIS HLADY

780.233.5399

From CASTLES to CONDOS

...and everything in between

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

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

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

Alexis Hlady

FACEBOOK - @AlexisHomes
WEBSITE - www.alexishomes.info

exp[®]
REALTY



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

WESTLAWN FUNERAL HOME & CEMETERY

16310 Stony Plain Rd, Edmonton, AB

780.983.3581

ASK FOR LEN GIERACH

Family Services Director since 2011

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

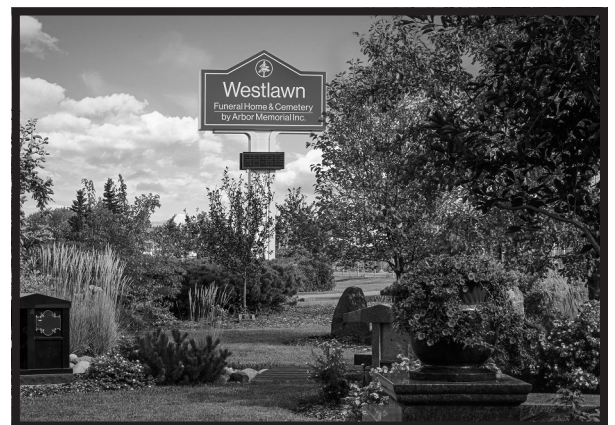
Our 40 acres are dotted with mature trees, benches and colourful flower gardens creating a peaceful natural atmosphere for loved ones to gather and reminisce. Indoor niches create the ideal setting for visitation in any season.

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



Westlawn

Funeral Home & Cemetery
by Arbor Memorial



**Free Executor Handbook
& Family Registry Available!**

JOLYN HALL
BScN, CPCA®, SRES®, CRTS™
780.909.5377
55+ Housing Navigator



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

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

One-On-One Consultations

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

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

FACEBOOK - @Edmonton55
WEBSITE - www.edmonton55.com



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

**Jolyn Hall,
55+ Housing Navigator**

AGE IN PLACE CANADA

780.455.5229
#201, 17920 - 105 Ave Edmonton, Alberta



AGE IN PLACE CANADA
a division of MoJo Design Inc 

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

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

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

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

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

CONSULTATIONS We offer in-home assessments and customized solutions.

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

FACEBOOK - @AgeInPlaceCanada
WEBSITE - www.ageinplacecanada.ca



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



Sparkle & Sheen

Organize And Cleaning Services Ltd.

(A SHINE ABOVE THE REST)

825.512.1277

14452 118 Avenue
Edmonton, Alberta

*Sparkle & Sheen is home to
cleaning professionals who
love and respect what we do
as a team.*

For each of us, cleaning is not a job — **it is our passion.**

We take pride in everything we provide for our clients in Edmonton, Alberta, from housekeeping solutions to personal concierge services.

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

However, our team does more than tidy up.

We can also handle a wide variety of tasks such as **laundry & light housekeeping, light snow removal & lawn maintenance and companionship service for the elderly.**

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

EMAIL - info@sparkleandsheen.ca

WEBSITE - www.sparkleandsheen.ca

BENJAMIN MOORE THE BRILLIANT BRUSH

780.540.2090

17203 107 Ave NW, Edmonton, AB

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FACEBOOK - @JodyLambertusRealtor
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- Following the service, families may wish to have a time of fellowship with relatives and friends in our reception area, where guests can enjoy a customized, catered luncheon with a variety of options. Our reception area can also be used for overflow seating for the chapel.
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www.dignitymemorial.com/Edmonton

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