

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

**NOVEMBER
2022**



This Month's Issue:

**National Seniors Safety Week
Program Department News
2022/2023 Board of Directors Town Hall
Holiday Market**



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

Remembrance Day

FRIDAY NOVEMBER 11TH

**WE ARE CLOSED
FOR THE HOLIDAY**



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

**2022/2023 Board of Directors
Townhall Meeting
Thursday, November 17th
1:30 p.m. to 2:30 p.m.**

CENTRE NEWS

MAVIE'S MITTEN TREE

Wednesday, December 14
11:30 a.m. to 1:30 p.m.

Mavie's Mitten Tree returns to the centre this year, and we hope that you will celebrate with us!

Mavie, one of our long time volunteers who turned 100 this year, started this initiative over 20 years ago with a small group of knitters donating hats and mitts to people in need. Now we send out donations each year to more than 15 schools along with other organizations like the Edmonton Garrison Family Centre and the Jasper Place Wellness Centre.

We will celebrate this season of giving with a turkey meal catered by the Jasper Place High School Culinary Arts Program.

After lunch we welcome Kindergarten and Grade 2 students from LaPerle Elementary to join us. Entertainment will be provided by local singer Jackie Murray, followed by a reading of Mavie's Mitten Tree story, and possibly a special guest. The children will then all get to choose a pair of mittens from Mavie's tree.

TICKET PRICES

Members \$20
Invited Guests \$22

PURCHASE BY
December 7, 2022

PURCHASE AT
WSAC front desk

Door Prizes
50/50 Draw



NATIONAL SENIORS SAFETY WEEK

2022 NATIONAL SENIORS SAFETY WEEK

**Monday, November 7, 2022
10:00 a.m. to 1:30 p.m.**

Free Event

Registration
Not Required

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

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

SHRED-IT

November 7, 10:00 a.m. to 1:00 p.m.

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

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

AED MACHINE DEMOS by ST JOHNS AMBULANCE

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



St. John Ambulance

SENIOR FRAUD ALERT NEWS

HAVE YOU HEARD ABOUT THE SENIOR FRAUD ALERT WEBSITE?

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



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"

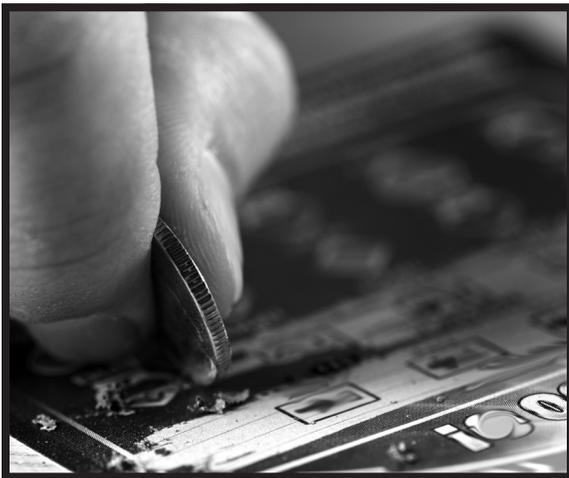
COMMON SCAMS

LOTTERY SCAM

Have you ever visited a website or received an email that claimed that you have won a prize for a lottery or giveaway that you never entered? This is called a lottery scam. The scammer wants you to believe you were specially selected to receive something too good to be true. They want you to give them money upfront in exchange for a "promise" that you'll get something wonderful for free. They want to appeal to greed and the hope that it's your lucky day. In Canada, if you win a lottery, the winnings are free – there are no taxes, and no administration fees.

JOB AND EMPLOYMENT SCAM

An easy job for exceptionally good pay? Be careful, it is likely a scam in disguise! You will end up paying them or find yourself involved in illegal money transfers. Scammers use advanced tactics to appear legitimate. Employment scammers often contact you with a job offer and initiate an online interview through email, video chat, or text message. After the interview, these scammers often claim you are 'hired' and while you are 'working' for them, they are cleaning out your bank account, selling your information on the dark web, and possibly committing crimes in your name



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

DELIVERY CHARGE SCAM

Watch out for parcel delivery scams! Criminals send an email that appears to be from a parcel delivery company saying to expect a delivery today. They will tell you that they need to confirm your contact information and that there is a delivery charge or import charge and ask for your credit card. They are scammers looking to get your information to sell and to access your credit card and clean you out.

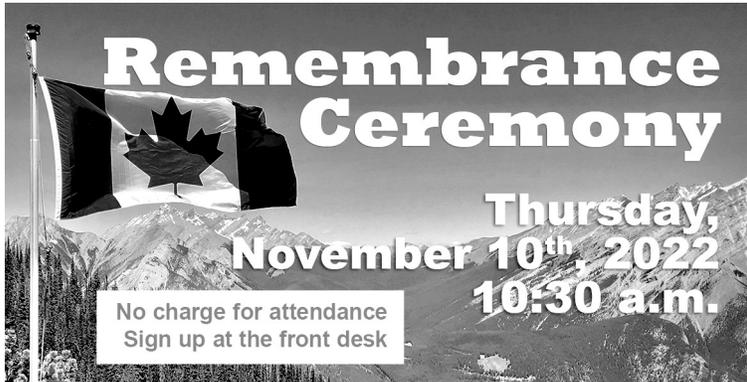


MONEY TRANSFER SCAM

With e-transfer becoming an increasingly popular way of sending and receiving money, it is important to be aware of money transfer scams. Wire transfer fraud refers to a scenario in which a fraudster defrauds or obtains money based on false representations. In today's technical world, fraudsters are attempting to infiltrate organizations through electronic communications such as email, text messaging or social media messaging, among others.



EVENTS



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

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

No charge for attendance, register at the front desk.

REMEMBRANCE DAY CEREMONY



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

Get your Christmas shopping started at our 3rd Annual Holiday Market.

Vendors will be selling their homemade and handcrafted items such as jewellery, holiday decor, candles, and more. Our cafe will be open all day to purchase muffins and coffee, and a hot lunch available from 11:30 a.m. to 1:30 p.m.

There is no cost to attend.

Accepting donations for the Edmonton Foodbank.

HOLIDAY MARKET



HAPPY BIRTHDAY, LET'S CELEBRATE

**Wednesday, November 16
2:00 p.m. to 3:00 p.m.**

Join us to celebrate your November birthday.

Free for members celebrating their birthday, \$2 drop-in fee for guests.

Our next celebration is December 21.

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

MONTHLY BIRTHDAY PARTY

EVENTS



MONTHLY POTLUCK DINNER

JOIN OUR MONTHLY POTLUCK AND ENJOY AN EVENING WITH FRIENDS

**Thursday, November 24
5:00 p.m. to 7:00 p.m.**

\$2 drop-in fee. Join us for our monthly potluck held on the last Thursday every month to enjoy an evening with friends and yummy food.

Our next potluck dinner will be held on December 22

Bring a dish for 4 to 6 people to share.



FESTIVE LUNCH

Friday, December 2 11:30 a.m. to 1:30 p.m.

Get together with friends and family to celebrate the season while you enjoy a hot turkey sandwich lunch prepared by our talented kitchen. Our WSAC Choir will finally have a chance to perform, with possible additional entertainment.

There will be door prizes and a 50/50 draw.

Bring a food bank donation to receive an extra door prize entry.

Ticket Prices: Members \$18 | Invited Guests \$20
Deadline: November 25, 2022



HOLIDAY DINNER

Saturday, December 3 5:00 p.m. to 7:30 p.m.

Attend our Holiday Dinner for a delicious turkey dinner with all the fixings alongside dancing and music provided by Kay DaSilva and the Tinsel Duo, who sang beautifully for us at last year's dinner. This is sure to be a magical evening.

There will be a CASH BAR, door prizes, & a 50/50 draw.

Bring a food bank donation to receive an extra door prize entry.

Ticket Prices: Members \$25 | Invited Guests \$30
Deadline: November 25, 2022

PROGRAM NEWS

A Message From the Programs Team

We can hardly believe that it is November already and the last Program Sessions of 2022 are underway! There are still spots available for you in a variety of classes. If you are uncertain as to what classes are available or what may suit your fitness or life long learning goals, please do not hesitate to contact the Program Department.

New Members

Since August, we have welcomed over 130 new members to WSAC! The Program Team is available to answer any questions you may have and guide you through understanding who we are and all we have available to offer. Please do not hesitate to contact us. You are welcome to ask for us at the front desk or through:

Mikayla Phone: 780-483-1209 ext 228
Barbara Phone: 780-483-1209 ext 228

Email: mikayla@weseniors.ca
Email: barbara@weseniors.ca

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 ready for the next program. There is a 15 minute grace period between classes. Ensure you are exiting the program space in a timely manner so all programs will 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.

Change in Registration Date

Registration Day for Winter 2023 will be held on Tuesday, December 13, 2022 starting at 2:30 p.m.

We will host in person registration in the Gym and online registration through My Senior Centre. Both will be open at 2:30 p.m. sharp. Interest in programs has increased so please mark this date on your calendar to avoid disappointment! We apologize for the change in date, we encountered an unavoidable conflict. Thank you everyone and have a great November!

Something to Think About

We know many of our members travel south to escape our cold Edmonton winter weather! To keep connected with your favourite class & fellow participants, remember we have a variety of online classes available for you to choose from. Andy, our online program coordinator, manages all our online classes and will keep you connected to WSAC & the class. You will find all the classes and descriptions in the Winter 2023 Program Guide which will be available the week of Dec 5, 2022.

Programs Team

PROGRAM NEWS

Evening Classes - Tuesday & Thursdays

We are not just open in the evenings for Pickleball! You asked for evening programming to provide you with Fitness and LifeLong Learning choices, look at the great choices we have for you.

Check out our available evening classes below!



ART HISTORY: THE INNOVATION OF ART NEAVEAU

With Kathleen Silverman

November 1 – December 6
(6 Classes) \$54

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



ZUMBA GOLD EVENINGS

With Terri Kokotilo

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

No Class November 10 for Remembrance Day Celebration.

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



TOTAL FITNESS FOR ACTIVE AGERS EVENINGS

With Karen Haugen

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

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

Drop In Available



FITNESS ROOM

Multi-Visit Passes Available
10 Visit Pass - \$15.00
Monthly Pass - \$25.00
Annual Pass - \$250.00

Open until 7:45 pm on
Tuesday & Thursday Evenings.

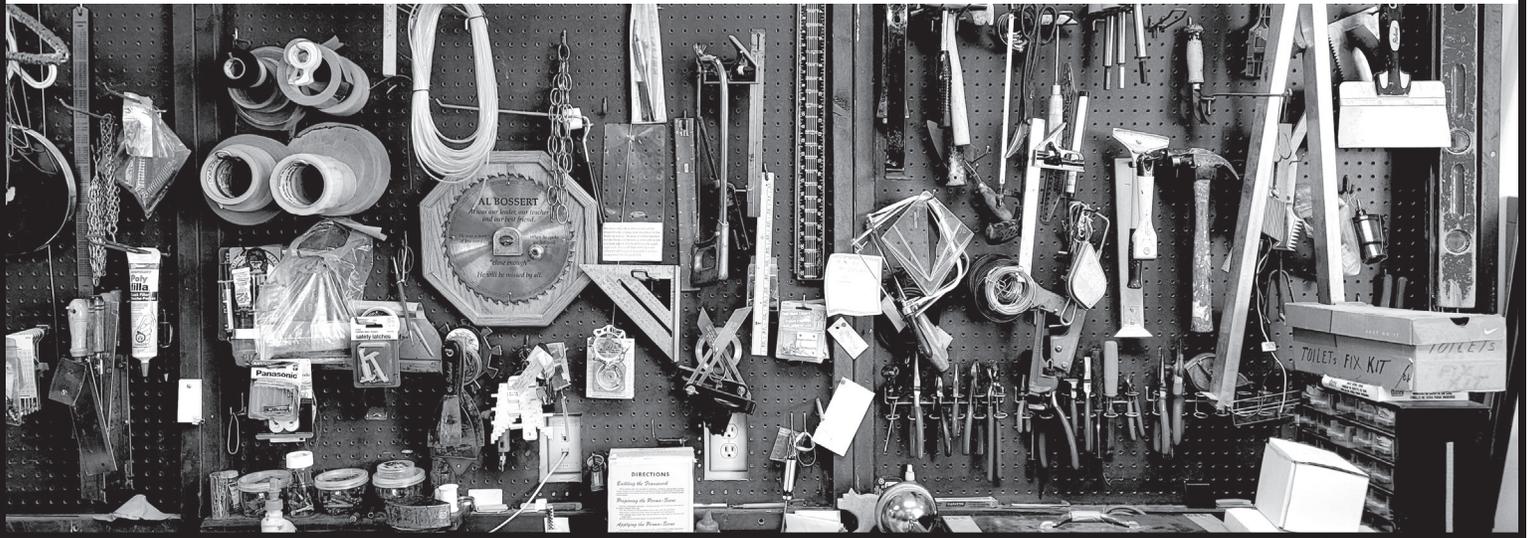
Drop In \$2.00

PROGRAM NEWS

WORKSHOP

Tucked into the far southwest corner of our building is a handyman's dream with a wide assortment of hand and power tools for our members to use. Feel free to stop by and see what our workshop has to offer!

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



NEW DROP IN

Wood Burning

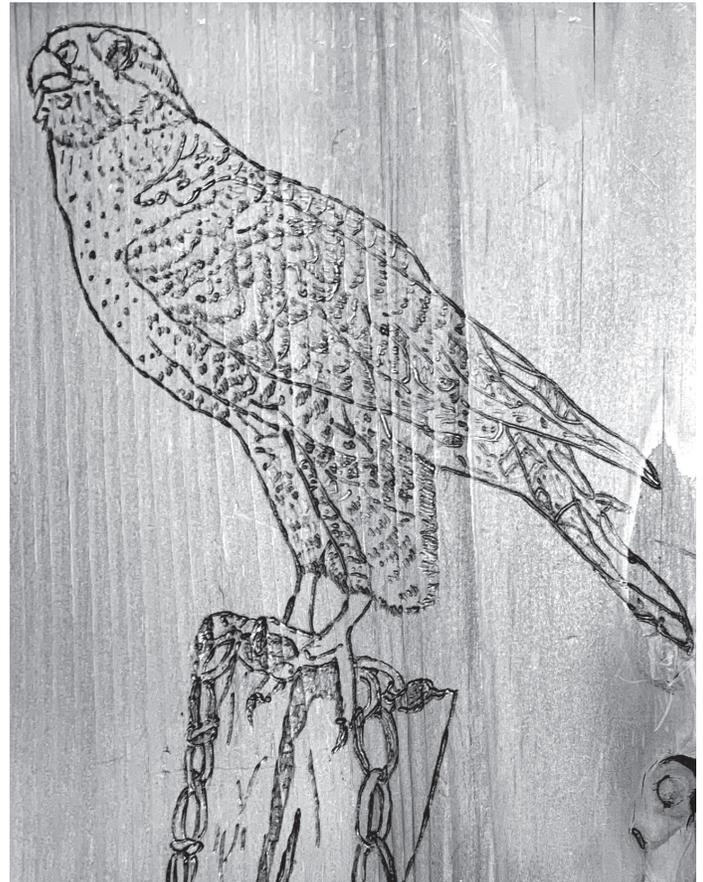
**Tuesdays & Wednesdays
9:30 a.m. to 12:30 p.m.**

The Basics: Tracing

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

Workshop Volunteer Assistant, David, is available on Tuesday and Wednesday mornings from 9:30 a.m. to 12:00 p.m. While he monitors the shop, David spends his time practicing his tracing and woodburning skills and wants to share his passion with others. Feel free to stop by to ask questions or to find out more about woodburning. Drop in fee \$2.

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



VOLUNTEER NEWS

HOW TO APPLY

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

Position: Cafe Cashier

We have a new opening for one of our Cafe Cashier positions on Thursdays. This shift would run from 11:30 a.m. to 1:30 p.m. weekly and would involve taking customer orders and processing their cash, debit, or credit card payments. The Cafe Cashier position would be ideal for someone with great customer service skills as well as cash handling and payment processing experience. It also gives you a chance to meet new people and enjoy the hustle and bustle of the centre. Please have a look at the position description and fill out a volunteer application if you are interested.

duties and hours are subject to change due to operational needs

FUNDRAISING NEWS

Growing Smiles Holiday Plant Fundraiser

Add Some Holiday Cheer To Your Home

Order & Payment Deadline
November 7 at 12:00 p.m. No exceptions



The holiday season will be here before we know it and we want to help you make it a beautiful one. Purchase premium poinsettias, holiday wreaths, and beautiful planters while at the same time, you will be helping to support programs and services at Westend Seniors Activity Centre. Approximately 30% of all sales come directly back to our organization.

All plants will be delivered to WSAC Pick up November 25 between 9:00 a.m. to 12:00 p.m.

To make delivery arrangements email Heather@weseniors.ca

Visit our Front Desk to pick up an order form or Order online at westendsenior.growingsmilesfundraising.com/home



Scan Here to Visit
Growing Smiles

NOVEMBER TOONIE TALKS

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

NOVEMBER 3RD

FINANCIAL LITERACY MONTH: DIY INVESTING: UNDERSTANDING THE FUNDAMENTALS OF INVESTING ON YOUR OWN

ALBERTA SECURITIES COMMISSION

When: Wednesday, November 3rd 2022
1:30 p.m.

Where: WSAC Cafe

Cost: FREE

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

Register: Email yunxuan@weseniors.ca
or visit: [weseniors.ca/whats_new/diy-investing-understanding-the-fundamentals-of-investing-on-your-own/](https://www.weseniors.ca/whats_new/diy-investing-understanding-the-fundamentals-of-investing-on-your-own/)

NOVEMBER 8TH

STAYING INDEPENDENT. WHAT YOU SHOULD KNOW ABOUT YOUR VISION AND EYE HEALTH

ALBERTA ASSOCIATION OF OPTOMETRISTS

When: Tuesday, November 8th 2022
1:30 p.m.

Where: WSAC Cafe

Cost: FREE for Members
\$2.00 for Guests

Think of your eye exam as a physical for your eyes. It's all 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 everyone can incorporate, and digital eye strain prevention. Learn about those superfoods that help to maintain eye health, the role of exercise, and protecting your eyes from the sun.

Register: Email yunxuan@weseniors.ca
or visit: [weseniors.ca/whats_new/staying-independent-what-you-should-know-about-your-vision-and-eye-health/](https://www.weseniors.ca/whats_new/staying-independent-what-you-should-know-about-your-vision-and-eye-health/)

NOVEMBER TOONIE TALKS

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

NOVEMBER 15TH

RISE ABOVE - A PRESENTATION ON GRIEF

SILVER FERN COUNCELLING

When: Tuesday, November 15th 2022
1:30 p.m.
Where: WSAC Cafe
Cost: FREE for Members
\$2.00 for Guests

There are moments of joy in our lives, but there are also moments of sorrow. You may anticipate the passing of loved ones due to chronic illness, but sometimes death comes unexpectedly. Perhaps, the relationship you had with the person who passed away was a difficult one. Let's explore myths about grief, feelings and thoughts while grieving, and healthy coping strategies. Come join us for this presentation on grief and Rise Above your loss.

Register: Email yunxuan@weseniors.ca
or visit: weseniors.ca/whats_new/rise-above-a-presentation-on-grief/

NOVEMBER 22ND

THE JOY OF DOWNSIZING

JODY LAMBERTUS

When: Tuesday, November 22nd 2022
1:30 p.m.
Where: WSAC Cafe
Cost: FREE for Members
\$2.00 for Guests

We summarize part 1 and 2 of our downsizing presentations: - how to start before you think you need to move and develop a plan - the financial, emotional, and health proven benefits of downsizing, as well as the concerns to address BEFORE you decide to downsize, and more. Enjoy this interactive learning experience through worksheets, checklists and navigate your decision to downsize with more confidence and clarity!

Register: Email yunxuan@weseniors.ca
or visit: weseniors.ca/whats_new/the-joy-of-downsizing/

NOVEMBER TOONIE TALKS

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

NOVEMBER 23RD

MEMORY: IS YOURS IN NEED OF A CHECK-UP?

PROVIDENCE CHIROPRACTOR

When: Wednesday, November 23rd 2022
1:30 p.m.
Where: WSAC Cafe
Cost: FREE for Members
\$2.00 for Guests

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

Register: Email yunxuan@weseniors.ca
or visit: [weseniors.ca/whats_new/memory-is-yours-in-need-of-a-check-up/](https://www.weseniors.ca/whats_new/memory-is-yours-in-need-of-a-check-up/)

NOVEMBER 30TH

TAPPING INTO THE POWER OF YOUR PHARMACIST

TERRA LOSA

When: Tuesday, November 30th 2022
1:30 p.m.
Where: WSAC Cafe
Cost: FREE for Members
\$2.00 for Guests

Pharmacists are not just there to dispense medications, your pharmacist knows all kinds of secrets that could help you. So perhaps it's time to start tapping into this under-utilized health resource. Your pharmacist can review your entire medication record for potential interactions, see if you're taking drugs with duplicate effects, and check on prescription refills.

Register: Email yunxuan@weseniors.ca
or visit: [weseniors.ca/whats_new/tapping-into-the-power-of-your-pharmacist/](https://www.weseniors.ca/whats_new/tapping-into-the-power-of-your-pharmacist/)

TECH PRESENTATION & Q&A

Pre-registration Required - \$2.00

Tech Presentations & Q&A



NOVEMBER 15 10:00 A.M. TO 12:00 P.M.

CYBER SECURITY

We have all heard the term “cyber security” but what exactly does it mean? Join us as our presenter outlines what it is and how we can protect ourselves.

GETTING TO KNOW INSTAGRAM

Instagram is a free photo and video-sharing app available on iPhone and Android. People can upload photos or videos to our service and share them with their followers or with a select group of friends. They can also view, comment, and like posts shared by their friends on Instagram. Join us to learn about this popular platform!

This presentation was rescheduled from November 1st and will be included in the presentation on November 15th.

Our Tech Education presentations will continue with a slight adjustment to the schedule. They will now be every 2 weeks from 10:00 am to 12:00 pm in order to work with our volunteer’s schedule.

Our Volunteer will take you through the basics for different apps and websites as well as answering questions that you might have about your different devices (smartphones, tablets, laptops, etc)

After his presentations, you are welcomed to bring any specific devices with you that you might have some basic questions about – smartphones, tablets, i-pads etc.

OUTREACH DEPARTMENT NEWS

OUTREACH GENERAL INFORMATION

Form Completion

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

Emotional Support

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

Needs Assessments

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

Independent Housing & Supportive Living

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

Seniors Benefits

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

Financial

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

Elder Abuse

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

Meals & Nutrition

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

Mental health & Grief Services

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

Transportation

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

Isolation

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

To book an appointment call:

Ruth 780 483-1209 ext. 242

(In person or phone appointments)

Shirley 780 454-2465

(Phone Appointments Only)

INTRODUCING OUR STAFF

Nathan Reeves - Communications

Introducing Nathan Communications

Hello; My name is Nathan Reeves, and I am with the communications department and will be part of the team that is transitioning to Strathcona County. I started my career as a social worker in 1997 when I began to work with youth and their families throughout the community. In 2004 I trained and worked in Emergency and Disaster Services, responding to emergencies and disasters locally in Alberta, throughout Canada, and North America in a variety of capacities. As my children began to grow up, I wanted to spend more time at home and began to work for the provincial government working with families. After twenty years of working as a social worker, I changed careers and worked with a promotions company. I helped with their marketing, updating and maintaining the internet sales, and website design work.



What do you like most about working here?

Working at WSAC has been a great opportunity for me, this job has combined my passions for working with people and being able to be creative. Working with the communications team has been rewarding as projects are completed, but the greatest reward is talking to the members and hearing their life stories and hearing them talk about how WSAC has been part of their life.

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

I was asked what surprised me about working here. I think the surprise for me is how wrong the societal stereotype is when I see how active the community is and the energy everyone has, from the fitness classes to attending the events at the centre. Watching the community of people at the centre has shown me the compassion and care that older adults have. See the energy and community it makes me hope that I will have the energy and take the time to share life lessons with other generations.

What do you do at Westend Seniors Activity Centre?

I work in the communications team. There are multiple communication platforms that we work on including the website and the Facebook page. I use these platforms to communicate information about the centre, activities in the west end, and available resources to our members and community. Once my training is complete I will move to Strathcona County where I will be working with the county and surrounding areas to create a network and activities locally for rural communities.

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

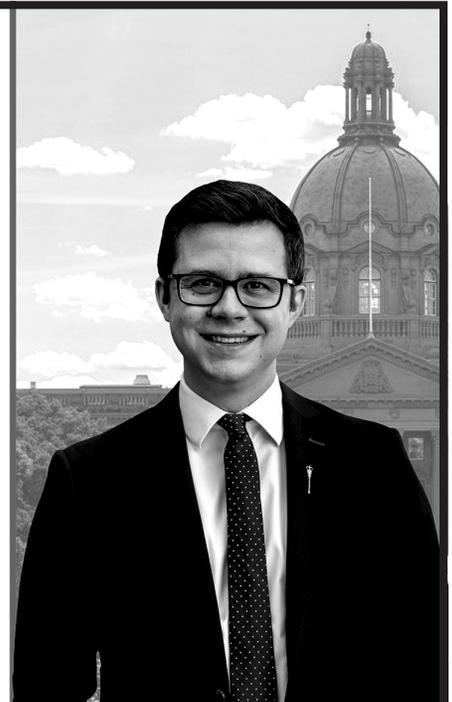


Constituency Office
#103, 14020 - 128 Avenue



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 to 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

WEDDING PACKAGE

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



PICKLEBALL OR BADMINTON PACKAGE

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

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



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 221
or visit our front desk!**

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

PICK UP TODAY!

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

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



NEW MENU EVERY 2 WEEKS!

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



COMMUNITY EVENTS

Widow to Widow Invitation!

Widow to Widow Invites you to their November meeting. The speaker for the November meeting will be a representative from the Canada Pension Plan, focusing on programs or upcoming changes to the plan that might benefit widows as you continue to march bravely through this time of, what seems to be, runaway inflation.

All WSAC Members who feel they would benefit from the Widow to Widow Organization, or even just from this important presentation are very welcome to attend. You may simply drop in or, preferably, you may contact Elaine at 780 487 9034 or email Elaine at alton034@telus.net to let them know you will attend. There is always a seat for everyone and the table and refreshments are served.

Friday, November 18th
2:00 pm to 4:00 Pm
at Saints Church
6315 199 St NW
Edmonton Alberta T5T 6N2



Terra Losa Community Association Annual General Meeting (AGM)

Tuesday, November 22nd, 2022, 7:00 pm
West End Seniors Activity Centre (9629 – 176 St)

- AGENDA:** Adoption of Agenda
Adoption of Minutes of 2021 AGM
President's Report
Financial Report & Audit
 Motion to appoint Auditors for 2023 Financial Report.
 Motion to approve Board spending over \$10,000 in 2023 fiscal year due to legal costs for Bylaw changes and Artist costs for Mural.
Nominations of Board Members
Adjournment

TOPIC: POVERTY and HOMELESSNESS

Guest Speakers:

Andrew Knack, Councillor Nakota Isga
Brad Lafortune, Executive Director Public Interest Alberta



COMMUNITY EVENTS

BUDGET TOWNHALL

Thursday, November 10, 2022, 7:00 p.m. to 8:00 p.m.
West End Seniors Activity Centre (9629 – 176 St)

This will cover the topic of our 2023-2026 Capital and Operating Budgets for the City of Edmonton. Here you will be able to ask questions and voice any concerns you may have regarding budget priorities for the next 3 years.

If you have any questions in the meantime feel free to reach out to my office at andrew.knack@edmonton.ca, find me on social media, or call our office at (780) 496-8122.

Hope to see you there,
Andrew Knack



GUEST BLOG POST

Emergency Preparedness Alert

Do you know what to do when your cell phone sends out an emergency alert from the Government of Alberta?

On Nov 16, 2022 at 1:55 p.m. The Government of Alberta will be testing the wireless public system. All compatible phones will receive an alert sound with a message saying that this is a test. If this was a real emergency or disaster do you know what to do?

The first thing is to understand the hazards in your area so that you can plan. Then you need to make an emergency plan click here to learn how to make a plan. Make sure you have an emergency kit for your vehicle and home. Learn to build an emergency kit by visiting this link: www.alberta.ca/make-an-emergency-plan.aspx. During this test, it is a good time to examine your finances in an emergency, and check your insurance and cash flow. Get to know your neighbours, in a time of emergency you will depend on each other. The provincial government has resources to prepare for emergencies by visiting this link: www.alberta.ca/resources-for-your-community.aspx#checklists-and-translations.

This blog post was created by the Government of Alberta



CONNECT WITH WSAC



DID YOU KNOW?

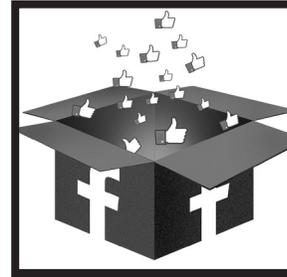
We update our website daily!

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

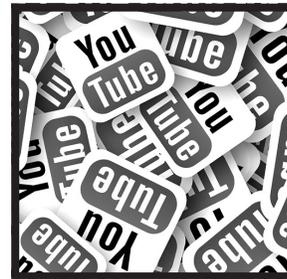


FOLLOW OUR INSTAGRAM PAGE

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

3285

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Canada Homecare Group

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- 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.

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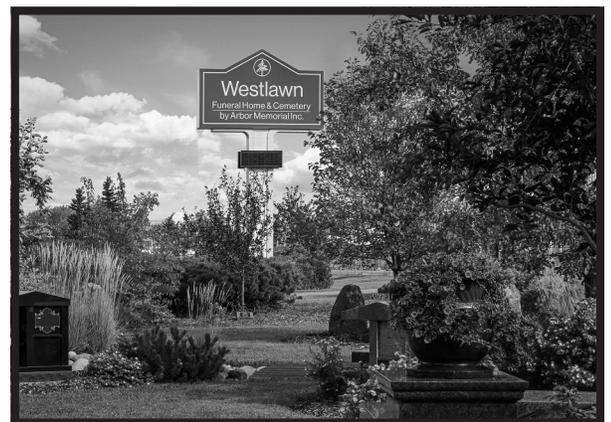
Our 40 acres are dotted with mature trees, benches and colourful flower gardens creating a peaceful natural atmosphere for loved ones to gather and reminisce. Indoor niches create the ideal setting for visitation in any season.

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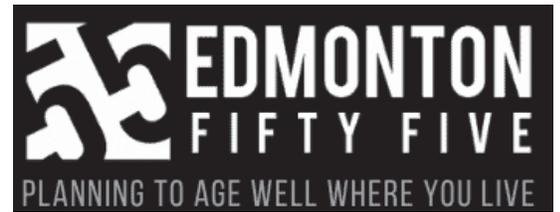
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Jolyn offers one-on-one consultations for older adults & their families to either create a plan to age well at home OR help you make decisions about your next housing options.

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.

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CONSULTATIONS We offer in-home assessments and customized solutions.

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

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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.**

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

Jody L.

UNSURE IF IT IS TIME TO DOWNSIZE?

You're invited to attend my 3-part series "The Art of Downsizing", hosted by the Westend Seniors Activity Centre in Edmonton!

I offer this workshop throughout the year, please email or call me for details or visit www.weseniors.ca

FACEBOOK - @JodyLambertusRealtor
WEBSITE - www.jody-lambertus.c21.ca/



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- We also offer a wide variety of products and services to fit most requests or needs, including our limousine service. Our chapel can accommodate 200 guests and features a sound system and DVD video technology. In addition, our large foyer provides a greeting area and is equipped with television monitors for live video from the chapel, allowing overflow for larger services.
- Following the service, families may wish to have a time of fellowship with relatives and friends in our reception area, where guests can enjoy a customized, catered luncheon with a variety of options. Our reception area can also be used for overflow seating for the chapel.
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Alberta
Association
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