

# THE WSAC CHRONICLE

*chron·i·cle*

*noun*

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



**APRIL  
2023**



**This Month's Issue:**

**Spring Plant Fundraiser**

**Line Dancing Social**

**Enjoy Centre Travel Trip**

**Forward & Upward - A Night of Music  
& More!**



**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

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## **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

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

- Lynda House



## **CONTACT ARMOUR FOR MORE INFORMATION!**

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



# CENTRE NEWS



**KELLY McCAULEY**

**MP | EDMONTON WEST**



Presents a

**FREE**

## Shredding Event & Food Drive

**Saturday, April 15**

1:00 p.m. to 4:00 p.m.

Westend Seniors Activity Centre

9629 - 176 Street, Edmonton

**PLEASE NOTE:** Shred-It trucks fit apprx. 250 banker boxes.  
There is a limit of 2 boxes per person.

# PROGRAM NEWS

## April Update

The Spring/Summer 2023 Program Guide will be available to pick up and online on **Tuesday, April 11.**

Spring/Summer 2023 Program Registration will open on **Thursday, April 20, 2023 at 1:30 p.m.**

Please be aware the Spring & Summer Session will run as three sessions:

Session 1 - week of May 8th thru week of Jun 19, 2023

Session 2 - Week of July 3rd thru week of July 24, 2023

Session 3 - week of July 31 thru week of Aug 21, 2023

REGISTER EARLY! Registration for all Spring/Summer Classes will be open on April 20th. At this time, you are able to register for all your classes through the end of August.

*If minimum requirements are not met a week prior to the start of a program the activity may be canceled.*

Summer is coming! Our instructors do have planned vacation time through the summer months, which will change demand for classes. We have aligned our **April Try it Days** with classes that will be available through summer months, giving you options to replace a class which may not be available.

**A list of Try It Days is available in this edition of the Chronicle.**

Earlier this year, we received a request for Bridge Lessons at WSAC. We are pleased to share we will have Bridge lessons starting on Tuesday, April 11, 2023 at 9:30 a.m. in the Games Room.

Please call Mikayla at 780-483-1209 ext 228 for further information

**May your April be full of sunshine and joy!**

**The Programs Team**



## LINE DANCING SOCIAL

Boot Scootin & Boogie with Tracy Walters

Friday, April 21 6:30 p.m. to 9:30 p.m. in the Gym  
\$10 per person | Bring a snack to share

So you've taken Line Dancing, but are you ready to get together in a more informal setting and enjoy an evening of dancing with other Line Dancing enthusiasts?



# PROGRAM NEWS



## GOLF AT DEER MEADOWS

Tuesdays & Wednesdays 9:30 a.m. Tee Off

The Golf registration form is available at the WSAC front desk. 11 Rounds for \$189.00



## BIKING GROUP

Mondays, Wednesdays, & Fridays  
Meet at WSAC 1:00 p.m. Weather Permitting

Ride for 2.5 to 3 hours with a coffee break. Helmets encouraged. \$2 drop-in fee.

Annual Information Meeting in the Board Room on Wednesday, April 12 at 1:00 p.m.



## LEARN & PRACTICE BRIDGE

Tuesdays 9:30 a.m. to 11:30 a.m. \$2 drop-in fee

Learn to play Bridge! If you would like to learn how to play bridge we invite you to join our volunteer instructor who will be available to help teach you. No partner needed.



## DVD LECTURE SERIES:

Timothy Snyder: The Making of Modern Ukraine

Fridays, April 14 to June 23 1:00 p.m. to 3:00 p.m.  
Course cost: \$55

"We will begin with brief reflections on ancient history and geography, and cover the middle ages and the early modern period, but will concentrate upon the nineteenth and the twentieth centuries, and will conclude with the current war." - Timothy Snyder

# TRY IT DAYS

# Try It Days

## April 17 to 21

### Monday April 17

Dance Fit with Kathy  
**9:00 a.m. to 10:00 a.m.**

Fit for Life with Deborah  
**11:30 a.m. to 12:30 p.m.**

#### Online

Gentle Yoga with Freya  
**10:45 a.m. to 11:45 a.m.**

### Tuesday April 18

Total Fit with Kathy  
**9:00 a.m. to 10:00 a.m.**

Hatha Yoga with Neeru  
**9:30 a.m. to 10:30 a.m.**

Also available online

Total Body Workout  
Through Barre with Elise  
**10:15 a.m. to 11:15 a.m.**

### Wednesday April 19

#### Online

Age Reversing Essentrics® with Sam  
**9:00 a.m. to 10:00 a.m.**

Barre with Freya  
**11:00 a.m. to 11:45 a.m.**

Essentrics® Gentle Stretch with Meg  
**11:30 a.m. to 12:15 p.m.**

### Thursday April 20

Sit Fit with Kathy  
**10:15 a.m. to 11:15 a.m.**

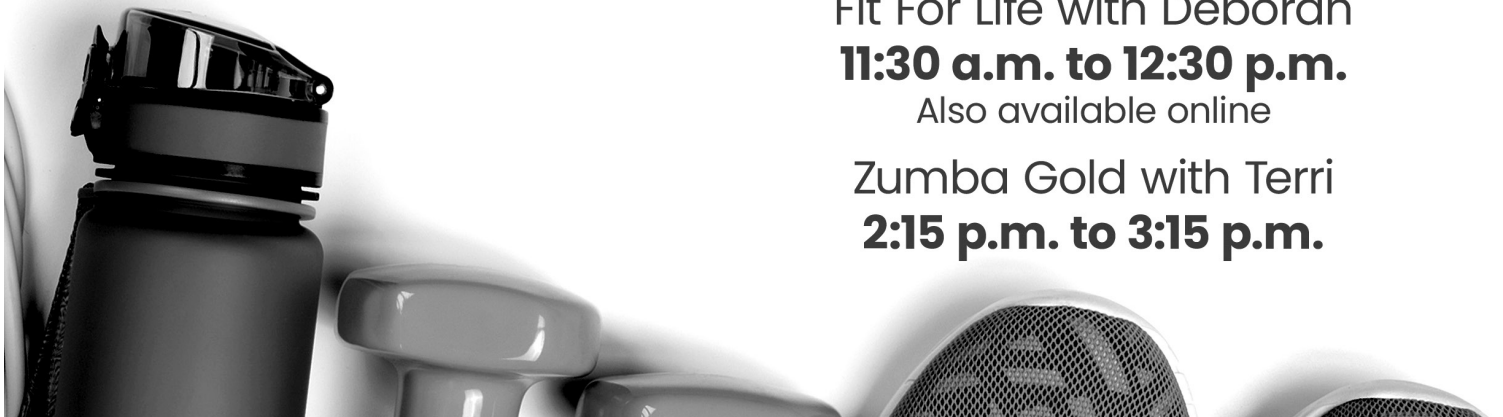
Line Dancing Beginner with Tracy  
**12:00 p.m. to 1:00 p.m.**

### Friday April 21

Fit For Life with Deborah  
**11:30 a.m. to 12:30 p.m.**

Also available online

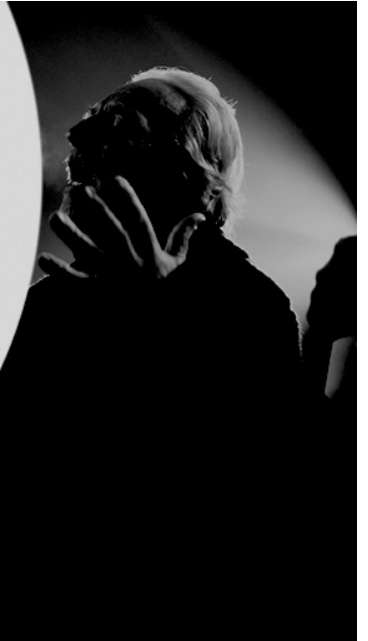
Zumba Gold with Terri  
**2:15 p.m. to 3:15 p.m.**



# PROGRAM NEWS

## Acting, Improv, & Storytelling with GeriActors

Register for unique & fun  
theatre classes this spring



GeriActors' workshops and classes are a great way to get creative, meet new people, share stories, and laugh! Whether you have a history in the theatre, have always dreamt of performing, or just want to try something new, these classes are the perfect place to start.

**These classes are held at WSAC and facilitated by local theatre artists and educators thru GeriActors.**

### **Improv: Intermediate Level**

Led by Rapid Fire Theatre's Quinn Contini

**Saturdays | 1:00 p.m. to 3:00 p.m.**

May 6, 13, 27, June 3 (no class on May 20)

Continue to hone your skills and take your improvisation to the next level in this intermediate class. Perfect for anyone who has previous improv experience.

### **Performance Storytelling**

Led by Becca Barrington

**Wednesdays | 10:30 a.m. to 12:30 p.m.**

May 10, 17, 24, 31

We all have stories to tell – some true and some completely made up. Learn how to take your stories from the telling to the stage, developing a short performance complete with narration and characters.

Register through the GeriActors website:  
[geriactors.ca/event/workshops-classes](http://geriactors.ca/event/workshops-classes)

**Use coupon code WESAC25 at checkout for 25% off registration (that's \$25 off each class)**

Contact GeriActors  
780-248-1556 | [geriactors.friends@gmail.com](mailto:geriactors.friends@gmail.com)

Contact Mikayla, WSAC Program Coordinator  
780-483-1209 ext 228 | [mikayla@weseniors.ca](mailto:mikayla@weseniors.ca)



# EVENTS



## April Birthday Party

Everyone Welcome



## Monthly Potluck Dinner

Thursday  
April 27th

### MONTHLY BIRTHDAY PARTY

Wednesday, April 19  
2:00 p.m. to 3:00 p.m.

Join us to celebrate  
your March birthday.

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

Our next celebrations  
are May 17 & June 21

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, April 27  
5:00 p.m. to 7:00 p.m.


It was wonderful to  
see some new people  
join us at our February  
potluck.

\$2 drop-in fee.

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

Our next potluck dinner  
will be held on May 25.

Bring a dish for 4-6 people to share



1st Wednesday  
of the Month  
10:00 a.m.

## New Member Tea

### NEW MEMBER TEA

Wednesday, May 3  
10:00 a.m.

Our next New Member Tea  
is June 7.

A opportunity to welcome new members to  
the centre who would like to know more. Ask  
questions, hear about our programs and services  
and have the chance to meet some of our staff.

Please register at the Front Desk.



## Forward & Upward

A Night of Music

### FORWARD & UPWARD

A Night of Music

Friday, May 5  
7:00 p.m. to 8:00 p.m.

Tickets \$15

Purchase your tickets  
at the Front Desk.

Westend Choir and  
Guests invite you  
to celebrate moving  
Forward & Upward from  
pandemic restrictions!

Ticket deadline Friday, April 28  
Tickets are limited so get them while you can.

# FUNDRAISING NEWS

## Spring Plant Fundraiser with Growing Smiles

Spring is here, and before we know it the summer sun will be shining bright.

Start your garden with a beautiful assortment of bedding plants, hanging baskets, and planters.

**Order & Payment Deadline**  
**April 28 at 12:00 p.m.**  
**No exceptions**

We have received many outstanding reviews from past customers who have purchased through our Growing Smiles plant fundraisers and expect the same amazing response this spring.

**Order and payment deadline is**  
**April 28 at 12:00 p.m.**

Plants will be ready for pick up on May 16 from 9:00 a.m. to 12:00 p.m.

We will also have extra plants for sale.

Visit our Front Desk to pick up an order form or order online at Growing Smiles

<https://westendsenior.growingsmilesfundraising.com/home>

Scan the QR code to visit the WSAC Growing Smiles fundraiser information and



# TRAVEL TRIPS

# Enjoy Centre Travel Trip



## **The Enjoy Centre**

**Tuesday, May 2**

Depart WSAC 10:30 a.m.  
Return to WSAC 2:00 p.m.

**Tickets \$8**

The Enjoy Centre is somewhere between a lush garden and a spacious conference hall, with its perfect mix of sunlit ceilings and functional event space.

The Salisbury Greenhouse on the second level will be open with planters & bedding plants available to purchase.

Purchase your tickets at the Front Desk. **Ticket Deadline Tuesday, April 18.**

# MAMA MIO

## At Jubilations Dinner Theatre



## **Mama Mio**

### **Jubilations Dinner Theater**

West Edmonton Mall Entrance 31  
Transportation NOT Provided

**Tuesday, June 6**

11:00 a.m. to 2:30 p.m. | \$60.00

Of all the great bands of the disco era, none has had the enduring popularity of ABBA. With many musicals and movies celebrating their music, it was time, once again, for Jubilations Dinner Theatre to have some ABBA fun.

Please purchase your tickets at the Front Desk.  
Please advise us of any dietary restrictions.

**Ticket Deadline Tuesday, May 9.**



# VOLUNTEER NEWS



## **2023 Volunteer Appreciation**

**Wednesday, April 26**

11:30 a.m. to 1:45 p.m.

**Register at the Front Desk**

**Put an egg in your shoe and beat it down the the WSAC Diner for our annual Volunteer Appreciation event.**

It's sure to be a kick with a delicious lunch, milkshake bar, and entertainment by barbershop quartet - 4 In A Chord.

Anyone who gave us their time in 2022 as well as current volunteers are invited to join us for a fun filled afternoon. We love it when you dress up with us for this event, so come on out in your poodle skirts, bobby socks and leather jackets.

**A big thank you to Rockin' Robyn's Diner for their sponsorship and support in recognition of our volunteers.**

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## **New Volunteer Positions Open**

Visit [www.weseniors.ca/volunteer](http://www.weseniors.ca/volunteer) for all open positions and full descriptions.

## **Reading Volunteers Needed**



**Our neighbours at LaPerle Elementary are looking for help.**

They have many students who are eager to excel in their reading and would love to have some of our members join them in their quest.

Spend 30 minutes once a week with a small group of 2 students from grades 1 to 6 (ages 6-12) to read and discuss the book with them.

Ideal times would be 9:30 a.m. to 10:00 a.m. or 12:30 p.m. to 1:00 p.m. so as not to disrupt their learning time, however, the school may be able to accommodate alternate times.

Volunteers who speak a second language would be a huge benefit but not a requirement.

Volunteers must fill out an application with WSAC and Edmonton Public Schools.

# APRIL TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome

Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca) or visit [weseniors.ca/wsac/toonie-talks](http://weseniors.ca/wsac/toonie-talks)

## APRIL 4<sup>TH</sup>

### INSURANCE Q&A WORKSHOP

#### ARMOUR INSURANCE

When: Tuesday, April 6 **1:30 p.m.**

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Don't hesitate, bring your questions and get the real answers you're looking for.

Why do they ask if I have potted plants for home/tenant insurance?

What can I do to lower my insurance premium?

Do tickets effect the cost of your insurance?

Do I have to "shop around" with different brokers to get the best insurance?

Does my car insurance cover the items inside my vehicle?

## APRIL 6<sup>TH</sup>

### OPTIMIZING RETIREMENT & ESTATE PLANNING - BENEFITS OF A TAX FREE SAVINGS ACCOUNT

#### WEI WOO FROM RESEARCH CAPITAL CORP.

When: Thursday, April 6 **10:00 a.m.**

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

The Tax Free Savings Account has been out since 2009, it is now 2023 and many retired Canadians are still confused about how to best use this tax saving investment shelter. What complicate matters further, is that depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice.

## APRIL 6<sup>TH</sup>

### TIPS FOR A HEALTHY SPRING SEASON FOR SENIORS; HOW TO BE WELL-PREPARED

#### WEAL SOLIMAN OF TERA LOSA PHARMACY

When: Thursday, April 6 **1:30 p.m.**

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Spring season is approaching, how do we get prepared and have full advantage of a healthy and energetic spring?

Tips for some health issues such as blood sugar control, skin nourishment and protection, and seasonal allergies will be discussed in the talk presented by our staff pharmacist Dr. Rania Soudy at Terra Losa pharmacy to ensure you and your loved ones are feeling their best this spring season.

# APRIL TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome

Email [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca) or visit [weseniors.ca/wsac/toonie-talks](http://weseniors.ca/wsac/toonie-talks)

## APRIL 11<sup>TH</sup>

### **ALL ABOUT PAINT, HIRING PAINTING CONTRACTORS, & PICKING AND USING COLOUR BENJAMIN MOORE'S THE BRILLIANT BRUSH**

When: Tuesday, April 11 1:45 p.m.

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Did you know that the paint product you pick is as important as the colour! Come and talk with The Brilliant Brush, your Benjamin Moore Retailer, about products, tips on hiring a painting contractor, and selecting and using colour in your space.

## APRIL 18<sup>TH</sup>

### **FIRE SAFETY WORKSHOP FIRE SECURE EDMONTON**

When: Tuesday, April 18 1:30 p.m.

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Ever wonder what that beeping sound means? Unsure of what to do in an emergency situation? Want to impress your friends and family with fire safety facts that could save their lives?

If this sounds like YOU! Then, join us for an informative fire safety presentation by Edmonton Fire Rescue Service. Get all the facts you need to protect yourself, and your home from the dangers associated with an emergency.

## APRIL 25<sup>TH</sup>

### **EMPTYING THE NEST MICHAEL DRAPER & BRAD RICHARDSON WITH EDMONTON HQ**

When: Tuesday, April 25 1:30 p.m.

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Discuss steps you can take to thin out all the "stuff" we accumulate over time, as well as evaluating our living situations to establish whether or not it still serves our needs and allows us to live the life we want to live. Options for living and what supports are available will also be discussed.



# 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"

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## slam the scam!

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**PROTECT YOURSELF AGAINST FRAUD BY REGISTERING FOR THE CANADA REVENUE AGENCY'S MY ACCOUNT AT CANADA.CA/MY-CRA-ACCOUNT**

With My Account you can:

- Check if you owe money
- Sign up for email notifications to know when changes are made on your account
- Keep your personal profile up to date

For more information, go to [canada.ca/taxes-fraud-prevention](https://canada.ca/taxes-fraud-prevention)

## THE NUMBERS DON'T LIE, FRAUD CAN HAPPEN TO ANYONE

### Fraud In Canada By The Numbers



*"IT WON'T HAPPEN TO ME!"*

None of us want to think we will be a victim of fraud but the numbers tell us a different story.

**As of January 31, 2023**

Reports of fraud: **6,610**

Victims of fraud: **3,923**

Lost to fraud: **\$43.6 M**

# SENIOR FRAUD ALERT NEWS

## STAYING AHEAD OF INVESTMENT SCAMS IN 2023

By Alberta Securities Commission

One of the most prevalent types of fraud is investment scams, which impact experienced and new investors alike. In a recent study conducted by the ASC, 54% of Albertans aged 45-64 believed they had been approached with a potentially fraudulent investment opportunity. When looking at Albertans aged 65+ this number jumps to a shocking 60%.

By understanding the tell-tale signs of fraud and remembering the fundamental principles of making suitable investment decisions, Albertans can recognize, avoid and report investment fraud and financial abuse. Remember the following red flags to safeguard your savings or those of someone you care about from an insidious investment scam.

**Leveraging fears or anxieties:** A go-to tactic for scam artists is tapping into the financial stressors you (their target) may have. Include the anxiety of not having enough for retirement, leaving a legacy for loved ones, or the fear of missing out on great investments. Regardless, be mindful of anyone trying to tap into your fears or anxieties when offering an investment. It is important to pause and do your research before making any investment decisions. Do an online search to see if there are any news articles, social media posts or disciplinary actions taken against the individual or company. Even if the offer isn't fraudulent, it may not be right for you so it's important to understand it and its risks.

**Investment offers from unregistered individuals:** By law, anyone selling investments in Alberta should generally be registered with the ASC. Check to see if the firm or individual pitching the investment opportunity is registered by checking the Canadian Securities Administrators (CSA) National Registration Search on [CheckFirst.ca/check-reg](https://www.checkfirst.ca/check-reg). If the investment offer comes to you from a friend, ask where it originated from and ensure the individual or firm that offered it to your friend is registered. Contact the ASC if you suspect it may be a fraudulent investment or need assistance in confirming registration.

**New friends or love interests taking an interest in your financial well-being:** As we connect with friends and family and make new friendships, be wary of any new person in your life who takes an immediate interest in your finances. Fraudsters often work hard to establish trust, learn the fears or anxieties you may have, and understand how much they can steal and how to manipulate you. Be sure to create boundaries and do not share your personal financial information or anything about your private matters. Also, be mindful of the personal information you share about yourself online – adjust your Facebook, or other social media account settings to “private”, and carefully consider any friend requests. Don't share personal or financial information with anyone you've just met online or in person unless you can verify their identity and have thoroughly researched any financial offers they've given you.

**Exclusive offers:** Investments promoted as exclusive offers just to you is a clear red flag of fraud. Scam artists often try to take advantage of those interested in investing by promoting opportunities to “get in early,” or claiming that unless you move fast, you are going to miss out on the latest trend or great “opportunity” to make money. Exclusive or time-sensitive offers drive false urgency and prevent you from researching and talking to others about the investment. Investments will always be available, and no credible financial advisor should ever rush you into a decision.

Growing your investor knowledge can help you recognize, avoid and report investment fraud. If you are interested in learning more about how to stay safe and protect yourself from fraud, consider attending a virtual or in-person Fraud Prevention Month event. If you are interested in attending a free event this month, please visit [CheckFirst.ca/events](https://www.checkfirst.ca/events).

**If you feel you or someone you care for may be involved in an investment scam, do not let the embarrassment or fear keep you from speaking up. You can contact or file a complaint with the ASC at [www.asc.com](https://www.asc.com) or call us toll-free at 1-877-355-4488.**

# SENIOR SUPPORT DEPARTMENT

## OUTREACH GENERAL INFORMATION

### Form Completion

Outreach provides help with filling out applications (e.g.; Canadian Pension Plan, Old Age Security, 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.

### 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 (e.g. Canadian Pension Plan, Old Age Security, Guaranteed Income Supplement (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.

### 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.

### 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 (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 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)



# OUR REPRESENTATIVES



**Ward  
Nakota Isga**

**COUNCILLOR  
ANDREW  
KNACK**


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

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

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


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

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



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

**KELLY McCAULEY**  
MP | EDMONTON WEST



## 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

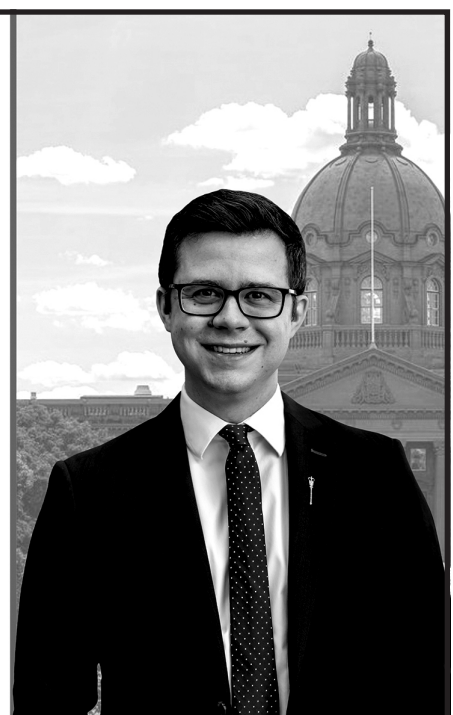


**Constituency Office**  
#103, 14020 - 128 Avenue



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

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



# RENTALS

## 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



## 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





# 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
- Piano available for use
- White board in the room



## 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!



## WEDDING PACKAGE

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





# EQUIPMENT RENTALS

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

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## FOOD SERVICE

Available for additional charge

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



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## AV EQUIPMENT

Available for additional charge

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

## INTERESTED IN RENTING AT OUR CENTRE?

Please contact Heather Riberdy

[Heather@weseniors.ca](mailto:Heather@weseniors.ca)

780 483 1209 ext. 224

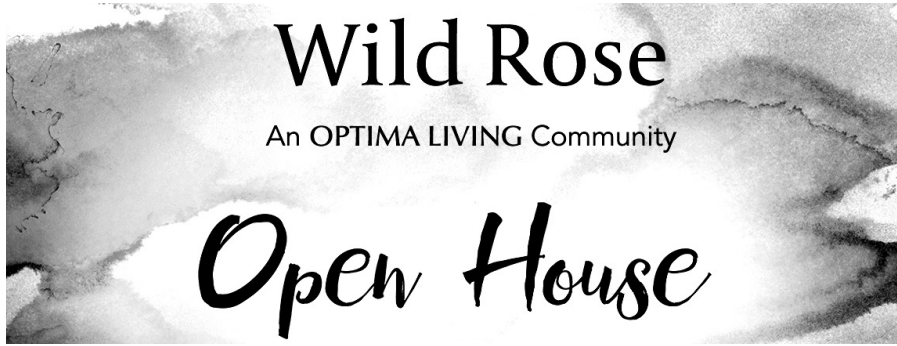
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\*Minimum 2 hours booking for all rentals

\*\*Damage deposit required for all rentals - amount dependent on space/equipment rented

\*\*\*Member discounts available

# COMMUNITY NEWS



**Saturday, April 22**

1 p.m. to 4 p.m.

Hope to see you there!

**Open House at Wild Rose Retirement Residence – An Optima Living Community.**

Drop by to see our cozy atmosphere and characteristic friendliness!

We will have some providers on-site to talk about the services they offer to seniors in our community. Tour our facility and check out our beautiful show suite then try some fun activities and meet the staff and residents that call Wild Rose home.

A large graphic for a free tax filing event. The words "Free Tax Filing" are written in a large, bold, sans-serif font at the top. Below this, the word "TAXES" is written in a very large, bold, serif font, with each letter appearing to be a separate block. To the right of "TAXES", there are three logos: a circular logo with a stylized 'B' for "Bissell", the word "sage" in a lowercase, cursive font with "Sage Seniors Association" written below it, and a stylized leaf logo for "e4c".

# Free Tax Filing

**TAXES**

 **Bissell**

**sage**  
Sage Seniors Association

 **e4c**

Filing your taxes every year is important to ensure you are receiving all the government benefits and subsidies you are eligible for. Even if you are not employed or do not have income, you still need to file your taxes.

**The Bissell Centre** offers a free and confidential drop-off tax clinic opening again in March. Call 780 423 2285 or visit [www.bissellcentre.org/programs/individual/taxes](http://www.bissellcentre.org/programs/individual/taxes)

**e4c's Make Tax Time Pay** program offers free, safe and confidential tax filing services to help you get your taxes done. Call 780 722 9409 or visit [tax.e4calberta.org](http://tax.e4calberta.org)

**Sage** is continuing to offer free income tax services for seniors with low-income. Start booking February 14, appointments start March 1. For more information call 780 809 9424 or visit [www.mysage.ca/help/income-tax-preparation](http://www.mysage.ca/help/income-tax-preparation)

# WSAC FROZEN MEAL PROGRAM

## *Entrees*

**\$14.00 - \$16.00**

## *Hearty Soup*

**\$9.00**

## *Muffins*

**\$7.00**



## *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!**



# WSAC FROZEN MEAL PROGRAM

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



- **REHEATABLE**

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

- **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.



# GOGETFIT GUEST BLOG

## GOAL SETTING FOR YOUR HEALTH

By Kerri DeZutter

You've made and chased goals before. If you were really motivated to achieve a specific goal you likely set some steps in place in order to achieve that goal. We achieve many goals daily, but we don't even realize it. Consider a quick clean of the kitchen. You know all the steps (dishes, clean the counter, quick sweep, dishes in cupboards- done!), and you have a process in place to get it done. We also know what it takes to get a deep "spring" clean done, there is a lot more planning and steps that happen compared to a light clean, but the basics are the same. Whether you do the light clean or deep clean, when you finish you have a great sense of accomplishment and a feeling of pride that you got it done.

Goal setting for your health is very, very similar. Like cleaning your kitchen, getting a workout done feels great. You feel accomplished and proud of yourself (maybe a bit of a swagger, "I did it.") for completing a workout.

Now, taking a look at your week (like I sometimes do), it might feel super busy. When this realization of "busy" is your week, is when it's time to schedule your workouts. When you set a goal for 15-20 minutes of exercise per weekday and maybe schedule a longer workout on the weekend, you're setting yourself up for success.

Let's take this deeper. Here are a few realistic steps for incorporating exercise into your daily life.

Schedule all of your workouts in advance. (On the previous weekend)

Layout your exercise clothes (where they are waiting in anticipation to be used) or get them in your gym bag in advance. (make it a daily ritual)

Leave your running shoes or gym bag where it interferes with your day, for example, some people leave their running shoes in the middle of the entrance for when they return home to "greet them"... OR Other people leave their gym bag on their driver's seat to give them a nudge. (WE WANT to hear about your little tricks to get you out personally, so please message me at [kerri@goget.fit](mailto:kerri@goget.fit))

Tell someone. Support keeps you accountable.

Once you're done exercising, take a few seconds to log the workout and reflect on how you're feeling.

The path to better health may feel like a mountain. We want you to look at this journey one step at a time. When you do, exercise doesn't feel so daunting. Being realistic is key. Even if you can only fit in a 10-minute walk at lunch that's "exercise for your heart!". You will feel better getting in some movement.

So, if you haven't scheduled your workouts for this week, go to [goget.fit](http://goget.fit) and get them scheduled. It will feel good to know you've made a plan and it will feel even better when you've marked them as complete!

# GOGETFIT GUEST BLOG

## BENEFITS OF PHYSICAL ACTIVITY

Those most active people have a 30% lower risk of all-cause mortality than the least active. Every 10 minutes of physical activity reduces your risk.

Up to 40% lower risk of type 2 diabetes & metabolic syndrome

Up to 30% lower risk of dementia & depression

Risk of breast cancer reduced by 20%

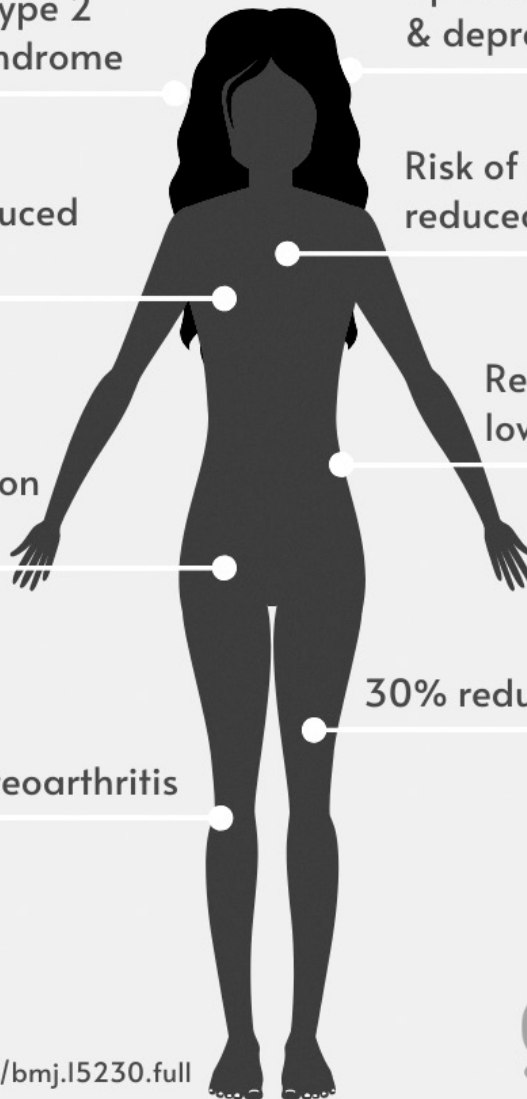
Risk of cardiovascular disease reduced by up to 35%

30% less likely to get colon cancer

Relief from back pain and lower overall body fat.

Huge reduction in osteoarthritis

30% reduction in falls



Source:  
<https://www.bmj.com/content/366/bmj.l5230.full>



Scan the QR  
Code to visit our  
website for more  
Guest Blogs



# CONNECT WITH WSAC



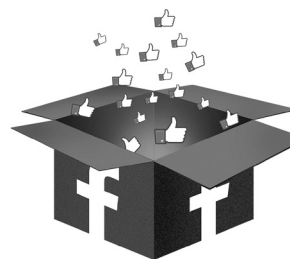
## DID YOU KNOW?

**We update our website daily!**

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

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

**VISIT OUR WEBSITE**  
**[www.weseniors.ca](http://www.weseniors.ca)**



## DO YOU FOLLOW US ON FACEBOOK?

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

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

**[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)**



## FOLLOW OUR INSTAGRAM PAGE

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

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

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



## 8 WEEK HOME FITNESS PROGRAM ON YOUTUBE

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

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

**[YouTube.com/WestendSeniorsActivityCentre/videos](https://www.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!

# IN CASE YOU MISSED IT

## Essentials Gift Card Raffle

Everything is expensive right now and we want to give you a chance to cover some of those expenses.



Thank you to everyone who has purchased tickets for our Essentials Gift Card Raffle.

**With your generosity, we raised a total of \$1032 dollars after expenses!**

Congratulations to our winner,  
Catherine Johnson

# ADVERTISE WITH US

## ADVERTISING RATES

\$60.00 - Full Page 8"w x 10"h

\$40.00 - 1/2 Page 8"w X 5"h or 4"w X 10"h

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

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

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

## INTERESTED IN ADVERTISING WITH US?

Please contact Lorena Smalley,  
Community Engagement Manager  
Lorena@weseniors.ca  
780 483-1209



# WE Seniors

Westend Seniors Activity Centre

## **Westend Seniors Activity Centre**

9629 176 Street NW

Edmonton, AB T5T 6B3

Telephone Number: 780 483 1209

### **Website**

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

### **Facebook**

[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)

### **Youtube**

[youtube.com/Westend Seniors Activity Centre](https://www.youtube.com/Westend%20Seniors%20Activity%20Centre)



***Edmonton's Premiere Seniors Centre  
Celebrating 45 years of serving seniors in Edmonton***

***Sign up for our E-Newsletter on our website:  
[www.weseniors.ca/resources/newsletter](http://www.weseniors.ca/resources/newsletter)***