

# THE WSAC CHRONICLE

*chron·i·cle*

*noun*

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



**FEBRUARY  
2023**



**This Month's Issue:**

**Essentials Gift Card Raffle**

**Program News**

**Try It Days**

**Travel Trips**

**& 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

## **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
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- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- Fast and courteous 24 hours claim service

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

- Lynda House



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

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



# CENTRE NEWS

## Essentials Gift Card Raffle

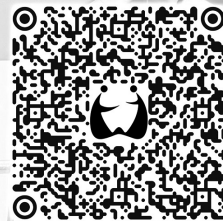
Everything is expensive right now and we want to give you a chance to cover some of those expenses.

Tickets  
1 for \$5 or  
3 for \$10

Ticket deadline is  
Friday, March 17 at  
2:00 p.m.  
Draw at 4:00 p. m.

**\$300 Value!**

Purchase tickets at the  
WSAC Front Desk or  
Scan the QR Code to  
purchase online



Dollarama | Shoppers Drug Mart | Sobey's / Safeway | Walmart | Petro Canada | Shell



# Family Day

## MONDAY FEBRUARY 20

### WE ARE CLOSED FOR THE HOLIDAY

# PROGRAM NEWS

## A Message From The Programs Department

“All you need is love...” John Lennon sang it and he may have been spot on!

With Valentine’s Day just around the corner, it’s the perfect time to think about and talk about love and how it relates to living a longer, healthier, and happier life. Research suggests that love may be an important predictor of longevity. It is not just the strength of our relationships that predict longevity, however, but rather the attitude with which we engage in those relationships that predicts a longer and healthier life. While many think they need to find someone to love them, research shows that the greatest benefits for longevity and well-being come not from receiving love but rather from giving love to others. Connecting with others in a meaningful way helps us enjoy better mental and physical health. One way in which love may boost our health is by buffering us from the negative effects of stress and by helping promote positive feelings. Whereas negative emotions, such as anger and stress, have been linked to physical problems such as cardiovascular disease, social connection is linked to positive emotions and many health benefits including better immune function.

With this being said, to encourage the love, why not join us on our Try It Days!?!

Try something new, meet new people and form relationships by signing up for our late Winter sessions, which will begin the week of March 6th and run until the end of April.

We are beginning to plan for Spring/Summer 2023. We have received valuable feedback from Members of WSAC regarding our Arts Programs. In response, we are excited to announce “stay tuned for exciting information about The GeriActors, who will provide workshops with us in early Spring!” Please know we are actively recruiting for instructors or volunteer leaders for other Arts Programs. Don’t forget to register for your March & April Classes!

See you soon at the Centre!

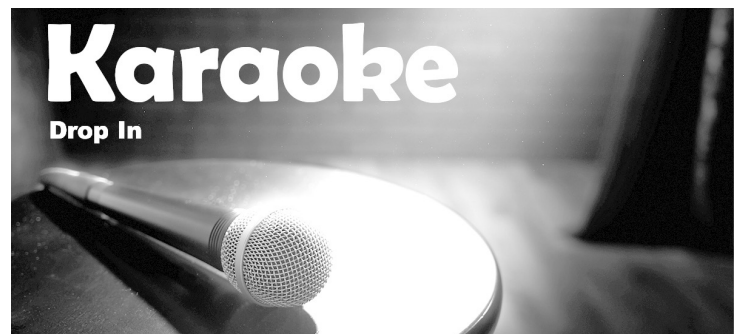
**The Programs Team**



### Thursday Evening Open Jam Session

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

Drop-in with your guitar, banjo or any instrument you fancy.



### Tuesday Karaoke

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

Join in the fun and share your passion for song with over 1500 songs for you to choose from.

**Drop in when you wish – no commitment necessary**



# PROGRAM NEWS

## Thrum Knitting Workshop



Enhance your knitting by learning about Thrum Knitting!

Thrumming is a technique in which small pieces of wool or yarn (thrum) are pulled through the fabric to create a woolly layer. We are pleased to welcome Trudy to WSAC who will teach us all about this technique.

**Monday, February 6 1:00 p.m. to 3:30 p.m.** Trudy will discuss the appropriate materials to use and show samples of thrummed items.

**Monday, February 13 1:00 p.m. to 3:30 p.m.** Trudy will demonstrate the thrumming technique and make a headband. Patterns for headbands and mittens provided.

No Registration Required

Third Eye

Throat

Heart



## Intro to Chakra Balancing

Feeling out of balance?

Whether you want to be introduced to these amazing energy centers or simply reminded of their powerful significance on how we live, respond, and create – you will benefit from this workshop. Join instructor Leslie McKenzie at Westend Seniors Activity Centre for a wonderful workshop where she walks you through the Chakras and answers any questions you have!

**Saturday, February 11, 2023 10:00 a.m. to 1:00 p.m.**

**\$25.00**

Register in person or online

Questions? Call Mikayla 780 483 1209 ext 228

# TRY IT DAYS

Free & Open to the Public

## MONDAY FEBRUARY 13

**DANCE FIT with Kathy**  
9:00 a.m. to 10:00 a.m.

**PILATOGA BEGINNER  
with Freya**  
9:30 a.m. to 10:30 a.m.  
Also available online

**TOTAL FITNESS FOR  
ACTIVE AGERS with Jannie**  
10:15 a.m. to 11:15 a.m.

**GENTLE YOGA with Freya**  
10:45 a.m. to 11:45 a.m.  
Also available online

**FIT FOR LIFE with Deborah**  
11:30 a.m. to 12:30 p.m.

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## WEDNESDAY FEBRUARY 15

**SENIORS STRETCH FIT  
with Kathy**  
9:00 a.m. to 10:00 a.m.

**ONLINE AGE REVERSING  
ESSENTIALS with Sam**  
9:00 a.m. to 10:00 a.m.

**GENTLE YOGA with Freya**  
9:45 a.m. to 10:45 a.m.  
Also available online

**BARRE with Freya**  
11:00 a.m. to 11:45 p.m.  
Also available online

## TUESDAY FEBRUARY 14

**TOTAL FIT with Kathy**  
9:00 a.m. to 10:00 a.m.

**HATHA YOGA BEGINNER  
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.

**ONLINE AT HOME FITNESS  
BASICS with Janet**  
10:30 a.m. to 11:15 a.m.

**INTERVAL STRENGTH  
TRAINING with Vera**  
11:30 a.m. to 12:30 p.m.  
Also available online

**ONLINE SEATED FITNESS  
BASICS with Janet**  
11:30 a.m. to 12:00 p.m.

**INTERESTING &  
CHALLENGING INTERVALS  
with Janet**  
12:45 p.m. to 1:45 p.m.

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## THURSDAY FEBRUARY 16

**SIT FIT with Kathy**  
10:15 a.m. to 11:15 p.m.

**LINE DANCING BEGINNER  
with Tracy**  
12:00 p.m. to 1:00 p.m.

**TOTAL FITNESS  
FOR ACTIVE AGERS  
EVENINGS with Karen**  
6:00 p.m. to 7:00 p.m.

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## FRIDAY FEBRUARY 17

**ONLINE TOTAL FITNESS  
FOR ACTIVE AGERS  
with Rachel**  
9:00 a.m. to 10:00 a.m.

**ONLINE AT HOME FITNESS  
BASICS with Janet**  
10:30 a.m. to 11:15 a.m.

**INTERMEDIATE YOGA  
with Neeru**  
10:45 a.m. to 11:45 a.m.

**FIT FOR LIFE with Deborah**  
11:30 a.m. to 12:30 p.m.

**ONLINE SEATED FITNESS  
BASICS with Janet**  
11:30 a.m. to 12:00 p.m.

# TRAVEL TRIPS



## Afternoon High Tea

At NV Restaurant  
20015 Lessard Road

### Afternoon High Tea

#### NV Restaurant

20015 Lessard Road  
Transportation NOT Provided

**Tuesday, February 28**

2:00 p.m. | \$35.00

Delight in simple, flavourful hand-crafted dainties, including scones, macaroons, and finger sandwiches. Your choice of tea or coffee.

Please purchase your tickets at the Front Desk.

**Ticket Deadline Tuesday, February 14.**



Experience the Rush

## River Cree Casino

### River Cree Casino

**Tuesday, March 21**

Depart WSAC 11:00 a.m.  
Arrive WSAC 4:00 p.m.

**Tickets \$10**

Price includes \$5.00 in free play  
& lunch at the Tap 25 Restaurant

Join us as we are transported by bus to River Cree for lunch and time in the smoke-free casino.

The bus is walker friendly, however, it is not equipped to transport wheelchairs.

Please purchase your tickets at the Front Desk.  
Beverages & Gratuity are NOT included.

**Ticket Deadline Tuesday, March 7**



# VOLUNTEER NEWS



We are very thankful to those who have offered to help, our list of volunteers is filling up, but we still have some shifts open and need your help. Funds raised from the casino will go towards supporting the centre in many ways. All volunteers will be trained by an experienced Cash Cage advisor and Count Room Advisor.

**Sunday, May 7 and Monday, May 8**

If you have questions, please contact Heather Riberdy | 780 483 1209 ext 224 | [heather@weseniors.ca](mailto:heather@weseniors.ca)

## Volunteer Positions

### **Cashier | 7:00 p.m. to 3:30 a.m. - Sunday & Monday**

The cashier receives chips from players and pays out the value to the players

### **Chip Runner | 6:45 p.m. to 3:30 a.m. - Sunday**

The chip runner (escorted by security) brings the chips from the banker to the dealer

### **Count Room Supervisor | 11:00 p.m. to 3:30 a.m. - Monday**

The count room supervisor records and supervises the counting of the cash

### **Count Room Staff | 11:00 p.m. to 3:30 a.m. - Sunday 1 & Monday 6**

The count room staff sorts and counts cash received via the table "drop boxes"

**Sign up through our website or on the bulletin board by the front desk**

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# THE WORKSHOP

## Drop In

### Good news!

We have a 2nd volunteer who will be in the workshop on a weekly basis. Join us Tuesdays, Wednesdays, and now Thursdays from 9:30 a.m. to 12:30 p.m. to access the workshop with a volunteer present.

As always, the workshop can be used at anytime during our regular business hours, however, you **must have a 2nd person with you** for safety.

# EVENTS



## February Birthday Party!

Wednesday  
February 15<sup>th</sup>

### MONTHLY BIRTHDAY PARTY


Wednesday,  
February 15  
2:00 p.m. to 3:00 p.m.

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

Join us to celebrate  
your January birthday.

Our next celebration is  
February 15, 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.



## February Potluck Dinner

Thursday, February 23<sup>rd</sup>

### MONTHLY POTLUCK DINNER

Thursday, February 23  
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 March 23.

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, March 1  
10:00 a.m.

Our next New Member Tea  
is April 5, 2023

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.



## Valentine's Bingo

Tuesday,  
February 14, 2023  
at 2:00 pm.

Cost: \$6 per person

### VALENTINES DAY BINGO

Tuesday, February 14  
2:00 p.m.

\$6 per person, -  
extra cards only \$2.

Purchase your tickets  
at the Front Desk.

A fun afternoon of  
bingo with friends.  
Enjoy refreshments and  
sweets while you play.  
Don't miss the chance  
to win fabulous prizes.

Ticket deadline Thursday, February 9.

# 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)

## FEBRUARY 3<sup>RD</sup>

### **ANNUAL 2022 GLOBAL FINANCIAL MARKET REVIEW AND 2023 OUTLOOK WEI WOO FROM RESEARCH CAPITAL CORP.**

When: Friday, February 3 **10:00 a.m.**  
Where: WSAC Cafe  
Cost: FREE for WSAC members  
\$2 for guests

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

## FEBRUARY 7<sup>TH</sup>

### **WHEN I'M 64 SERVICE CANADA**

When: Tuesday, February 7 **5:30 p.m.**  
Where: Online via Zoom & WSAC Cafe  
Cost: FREE

Increase your awareness of benefits you may not know about that could help you or your family. Feel free to ask questions during the presentation or you have an opportunity to talk after the session.

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.

## FEBRUARY 9<sup>TH</sup>

### **AGING AND THE PELVIC FLOOR CURA PHYSICAL THERAPIES**

When: Thursday, February 9 1:30 p.m.  
Where: WSAC Cafe  
Cost: FREE for WSAC members  
\$2 for guests

No topic is going to be off the table when the experts at CURA Physical Therapies talk about the realities of aging and how it affects pelvic health. From changes in urinary frequency or leakage, dealing with constipation or changes affecting the pleasure of intimacy, your pelvic floor plays a role in all of it.

## FEBRUARY 16<sup>TH</sup>

### **WHAT YOU SHOULD KNOW ABOUT YOUR VISION AND EYE HEALTH CURA PHYSICAL THERAPIES**

When: Thursday, February 16 1:30 p.m.  
Where: WSAC Cafe  
Cost: FREE for WSAC members  
\$2 for guests

Think of your eye exam as a physical for your eyes. 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. Don't forget those super-foods that help to maintain eye health, the role of exercise, and protecting your eyes from the sun. There is so much you can do to keep your eyes healthy!



# 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)

## FEBRUARY 21<sup>ST</sup>

### POSTURE AND BALANCE

#### DR. RAJ DHALIWAL FROM PROVIDENCE CHIROPRACTIC

When: Tuesday, February 21 1:30 p.m.

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Join Dr. Raj Dhaliwal from Providence Chiropractic to talk about the postures and balance. Movement is life!! Movement and an active lifestyle adds life to your years!! Come and learn why it is so important and how you can tap into this fact to improve your life.

## FEBRUARY 22<sup>ND</sup>

### INVESTING IN CRYPTOCURRENCIES

#### ALBERTA SECURITIES COMMISSION

When: Wednesday, February 22 1:30 p.m.

Where: Online via Zoom & WSAC Cafe

Cost: FREE

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

## FEBRUARY 28<sup>TH</sup>

### PLANNING FOR A SUCCESSFUL RETIREMENT

#### MIRANDA O'BRIEN FROM SCOTIABANK

When: Tuesday, February 28 1:30 p.m.

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

Let's take a look at the 3 stages of retirement and how we should plan for the future. What should I consider in the early, mid, and late stages of retirement?

## MARCH 3<sup>RD</sup>

### DIVIDEND INVESTING IN RETIREMENT PORTFOLIOS FOR INFLATIONARY TIMES

#### WEI WOO FROM RESEARCH CAPITAL CORP.

When: Friday, March 3 10:00 a.m.

Where: WSAC Cafe

Cost: FREE for WSAC members  
\$2 for guests

The past 2 years has been tough for current retirees and their traditional retirement portfolios, with many wondering if they are positioned right for the structurally changing financial and investment landscape. Come join Wei Woo to discuss this changing landscape for retirement portfolios, and the modern dividend investment options now available to current retirees in a higher inflation economy.

# SHINGLES AWARENESS

## What is Shingles?

Shingles is a painful rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7 to 10 days and fully clears up within 2 to 4 weeks.

Before the rash appears, people often have pain, itching, or tingling in the area where it will develop. This may happen several days before the rash appears.

## Shingles Symptoms

Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. Shingles on the face can affect the eye and cause vision loss. In rare cases (usually in people with weakened immune systems), the rash may be more widespread on the body and look similar to a chickenpox rash.

Other symptoms of shingles can include fever, headache, chills, and upset stomach.

## What Causes Shingles?

People get shingles when the varicella zoster virus, which causes chickenpox, reactivates in their bodies after they have already had chickenpox.

## Did You Know?

You cannot get shingles from someone who has shingles.

You can get chickenpox from someone who has shingles if you have never had chickenpox or never received the chickenpox vaccine.

## Complications of Shingles

The most common complication of shingles is long-term nerve pain called postherpetic neuralgia (PHN).

## Treatment for Shingles

Several antiviral medicines—acyclovir, valacyclovir, and famciclovir—are available to treat shingles and shorten the length and severity of the illness. These medicines are most effective if you start taking them as soon as possible after the rash appears. If you think you have shingles, contact your healthcare provider as soon as possible to discuss treatment.

## Shingles Vaccine

CDC recommends two doses of recombinant zoster vaccine (RZV, Shingrix) to prevent shingles and related complications in adults 50 years and older. Shingrix is also recommended for adults 19 years and older who have weakened immune systems because of disease or therapy.

## Know your risk of getting shingles and complications



About 1 out of every 3 people in the United States will develop shingles during their lifetime.



If you've had chickenpox, you are at risk for shingles. More than 99% of Americans born before 1980 have had chickenpox, even if they don't remember it.



Your risk of getting shingles and having serious complications increases as you get older.



About 1 in 10 people who get shingles develop nerve pain that lasts for months or years after the rash goes away. This is called postherpetic neuralgia and is the most common complication of shingles.



Shingles may lead to other serious complications involving the eye, including blindness. Very rarely, it can also lead to pneumonia, hearing problems, brain inflammation (encephalitis) or death.

# 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.

### Meals & Nutrition

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

### 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.

### 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.

### 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)



# 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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**SCAMMERS CAN FAKE THEIR CALLER ID. IF YOU RECEIVE A CALL SAYING YOU OWE MONEY TO THE CANADA REVENUE AGENCY:**

- Check your account balance in My Account at [canada.ca/my-cra-account](https://canada.ca/my-cra-account) **OR**
- Call us at 1-888-863-8657 to speak with a CRA agent

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



*"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 December 31, 2022**

Reports of fraud: **90,137**

Victims of fraud: **56,352**

Lost to fraud: **\$530 M**

# 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

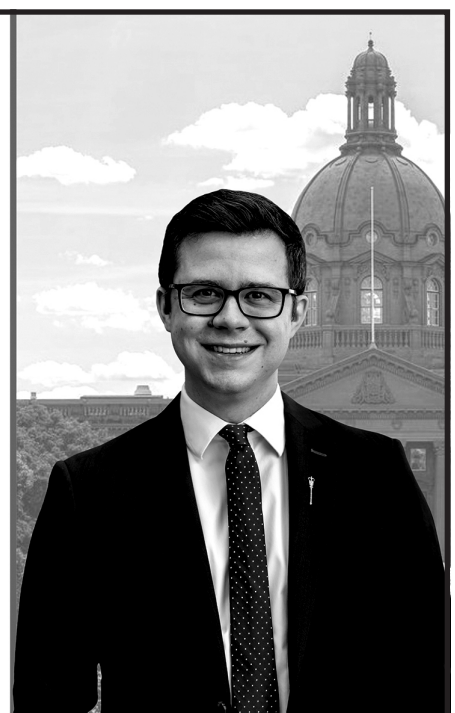


**Constituency Office**  
#103, 14020 - 128 Avenue



[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)



# COMMUNITY NEWS

# Free Tax Filing

 **Bissell** **sage**  
Sage Seniors Association

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)

## Required Documentation

Government Issued I.D

Social Insurance Number (SIN)

Bank Number (Direct Deposit)

Tax Slips (T4, T4E, T5, T5007, T4A, T4A(P), T4A, T2202A)

Receipts (Charitable donations, Medical/dental, Child Care, RRSP Contributions, Last Year's Notice of Assessment)





# **Edmonton Seniors**

*Are Invited To Discover  
The Flavors Of Our Neighborhood At Our...*

**FIRST ANNUAL**

# **Taste of Oliver!**

Join us on the fabulous 14<sup>th</sup> floor of Our Parents Home for an afternoon of free samples from a selection of local restaurants in the Oliver area.

Come and learn more about the dining options around the area and discover our own Chef's creations as well!

**February 23**  
**2 pm – 4 pm**

Amazing views and amazing tastes.

**Our Parents' Home - 10112 119 Street**

**Please RSVP to Tracy  
by February 20, 2023**  
*(as space is limited)*

**Tracy.Shaw-Ache@reveraliving.com**  
**780-935-5922**

# 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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## ENTERTAINMENT

Available with Games Room rentals

- Billiards Tables



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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

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

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## 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.

- 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 - counter tops, 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
- 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 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!**



# 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.

- **SERVING SIZE**

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

- **FREE DELIVERY**

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

- **FRESH INGREDIENTS**

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

- **OPEN TO PUBLIC**

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



# GOGETFIT GUEST BLOG

## LAYERING FOR EXERCISING OUTSIDE IN THE WINTER

By Krista Cook

As in the summer, spring, and fall, there are innumerable reasons for you to get outside and exercise all winter. There are even a few bonus reasons in the winter. Working out in the cold means your body works a little harder to stay warm, burning extra calories. If you find working out in the summer uncomfortably warm, you might actually prefer the winter.

With the cooler temps, there are a few things to think about that may not have occurred to you if you've always been a fair weather runner. The goal is to stay warm, but not so warm that you're sweating hard. Sweat will make you cold, so we're aiming for that happy middle ground, which will take some trial and error. There are three key differences to dressing for cold weather exercise: layers and clothing material and more layers.

### Material

This can get complicated, but it doesn't need to be. A rule of thumb is to stay away from cotton. Cotton is a poor insulator and holds moisture (sweat) and keeps it close to your body, keeping you cold and chilled. The science is to use materials that allow moisture to travel as readily as heat, wicking away from the skin. Instead, wear clothes that are made from synthetic material blends, or wool if it's comfortable. For most exercise, synthetics are fine. Synthetic materials will wick sweat away from your skin, keeping you dry, and thus warmer. If they do get wet, synthetics will still maintain their insulating properties, keeping you warm. Same for wool. This is more important for layers next to your skin, like socks, pants/leggings/underwear, sports bra, top and gloves.

### Layers

You're going to need a few more of these, but likely not as many as you think. The layers that work best vary from person to person, as everyone has a different tolerance for cooler temperatures. There is also no need to wear leggings or tights if you prefer loose clothes. One rule of thumb for inner layers and mid layers is "Thin is in." Keep them thin!

### Lots of layers

When you're learning, it's better to err on the side of caution. A freezing, miserable experience will leave you skipping your next workout. It's annoying to have to remove layers, but you can always tie them around your waist and make a mental note to go lighter next time. Build your insulating layers intelligently-- Useful layers include:

1. The inner layer- Something fairly snug and thinner next to the skin. (thinner whisks the moisture to the outer side of that layer travelling with the heat loss, thereby keeping the inner layer next to your skin dry- remember "Near the skin keep it Thin").
2. The mid-layer- Next, a looser long sleeve on top (or two). If cooler, add more layers here.
3. Outer layer- A light jacket to break the wind yet breathes or a light insulating jacket (pick and choose, depending on the temperature). If you don't have these, start with what you have, as long as it's NOT cotton.

# GOGETFIT GUEST BLOG

## LAYERING FOR EXERCISING OUTSIDE IN THE WINTER Cont

### Go bold, start cold

This will take some experience. As you exercise, your body will warm up and keep you warm, even when it's cold outside. A good rule of thumb is to wear enough layers so that you feel cool (not freezing!) standing still before you begin.

### Don't "lose" your head!

We lose lots of heat through our heads and the back of our necks, so as the air cools down, remember to bring a hat (Canadian Toque) or a headband! Thin headbands are great if you sweat a lot and need to release some heat, yet still keep your ears warm. Bring a pair of gloves or mittens for your hands too – nothing is more miserable than cold, chapped hands that never warm up. For your feet – wool or synthetic socks (layers of socks... thin next to the skin) will make a big difference in avoiding blisters and keeping your toes warm, even if your shoes aren't water proof. These materials insulate, even after they get wet, unlike cotton.

It may feel like a lot to think about at first, but like all things exercise, the best way to learn is just to start. Pick a day that's not too cold, to get started, layer up and head out to enjoy the many activities winter has to offer! You can run, walk, hike, cross country ski, skate, bike/fat bike (be careful on roads!), and snowshoe! Plan on rewarding yourself with a hot tea or coffee afterwards – one of the best parts about getting out in the winter is getting cozy afterwards!



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

## The 11-Minute Stretch Routine

1 Calf Stretch

Hip-Flexor Stretch

2

3 Hamstring Stretch

Seated Twist

4

5 Side Stretch

Quadriceps Stretch

6

One Minute Stretch on Each Side





# CONNECT WITH WSAC



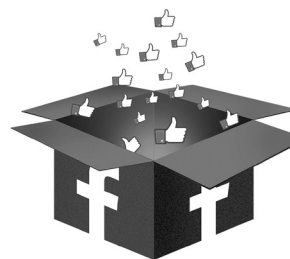
## DID YOU KNOW?

**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

**WSAC Members have access to a FREE Strength Training Video Series, created by Edmonton fitness instructor Leslie McKenzie of Wellness Defined.**

## **FREE STRENGTH TRAINING VIDEO SERIES FOR WSAC MEMBERS**

This video series consists of a variety of exercises available for level 1 (beginner), level 2 (intermediate), or level 3 (advanced) fitness levels.

The free strength training series is hosted on the Westend Seniors Activity Centre's YouTube page and is available FREE to all WSAC members.

**WSAC members must complete the 1-hour workshop with Leslie prior to receiving their free Strength Training Workbook and access to the Free Strength Training Videos.**

### **Pre-registration is required**

Call: 780 483 1209 ext 228 or  
Email: [programs@weseniors.ca](mailto:programs@weseniors.ca)

**Bring a device (phone, tablet, laptop, etc.) with you so our Programs Team can show you how to access the free strength training series on the WSAC YouTube channel.**

## **1-HOUR STRENGTH TRAINING WORKSHOP**

Leslie will walk you through the video series and give you tips on how to do all of the strength training exercises properly. She will guide you on how to work at your own pace, provide tips on how to avoid injury, and teach you how to choose the proper amount of weight.

You will receive a Strength Training Handbook that can be used each time you do your strength training workout to help you record your success.

**After the workshop, WSAC staff will help you access our FREE STRENGTH TRAINING VIDEO SERIES on your phone or tablet.**

**Thursdays 1:00 p.m. to 2:00 p.m.**

**With Leslie McKenzie**

**Cost: \$10.00**

Scan the QR Code to visit our website for more information about our Strength Training Workshop & Free Strength Training Video Series.



# 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](mailto:Lorena@weseniors.ca)  
780 483-1209 ext. 225



# 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)***