

# THE WSAC CHRONICLE

*chron·i·cle*

*noun*

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



WESTEND  
SENIORS  
ACTIVITY  
CENTRE

**JANUARY  
2023**



**This Month's Issue:**

**Board of Directors & President Nominations**

**Town Hall Meeting**

**Free Strength Training**

**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
- 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](mailto:main@armourinsurance.ca)  
Visit our office - 5750-75th Street NW Edmonton

# CENTRE NEWS

## Board Of Directors & President Nominations

Nominations open  
Tuesday, January 3, 2023

Town Hall Meeting held  
Wednesday, January 18, 2023  
10:00 a.m. to 11:00 a.m.  
Discussion of Board of Directors Responsibilities

Board Member and President Nomination forms  
will be available at WSAC front desk and online starting  
Tuesday, January 3, 2023.

Nominations forms must be received by  
Friday, January 27, 2023



## Family Day

**MONDAY**  
**FEBRUARY 20**

**WE ARE CLOSED**  
**FOR THE HOLIDAY**

# CENTRE NEWS

**WSAC is very excited to announce effective January 2023, WSAC Members will have access to a FREE Strength Training Video Series, created by Edmonton fitness instructor Leslie McKenzie of Wellness Defined. With over 25 years of experience, Leslie McKenzie is one of Edmonton's longest-serving fitness instructors.**

**To help our members learn about strength training, Leslie will also be hosting 1-hour in-person workshops here at our centre!**

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

### **CREATED FOR ALL LEVELS OF FITNESS**

This video series consists of a variety of exercises and are available for

- level 1 (beginner)
- level 2 (intermediate) or
- level 3 (advanced) fitness levels

Each level starts with a demo of each exercise where Leslie gives tips on proper movement and how to avoid injuries.

Then you will follow along with a series of videos based on your own fitness level, where Leslie gives more tips and instructions.

### **HOW YOU CAN ACCESS THE VIDEOS**

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

We are very excited to offer this to our members while also ensuring everyone doing the strength training video series has been given proper training before using the WSAC fitness room.

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

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

### **WHAT YOU WILL LEARN**

During this in-person workshop that will take place in our centre's fitness room, Leslie will:

1. Walk you through the video series
2. Give tips on how to do all of the strength training exercises properly
3. Outline how you will choose the proper amount of weight for yourself
4. Guide you on how to work at your own pace
5. Provide tips on how to ensure you avoid injury, and more

### **WHAT YOU WILL RECEIVE**

A Strength Training Handbook to record your notes from the session, what weights you will use for each of the exercises, and more.

The handbook can then 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. This will allow you to easily follow along with each of the videos and work out at your own pace!

# CENTRE NEWS

## THE FREE STRENGTH TRAINING VIDEO SERIES FOR WSAC MEMBERS

### HOW TO REGISTER

Pre-registration is required

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

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

### DETAILS

Thursdays: 1:00 p.m. to 2:00 p.m.  
Cost: \$10.00  
Instructor: Leslie McKenzie

### STILL HAVE QUESTIONS ABOUT STRENGTH TRAINING?

Leslie gives a brief explanation of what she will be teaching you and how the WSAC team will help you add strength training to your workout regime so you can do this at your own pace and when time allows!

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



## Roll Out the Barrels of Whiskey!

Presented by  
Aligra Wine & Spirits

Wednesday, January 18th  
6:00 p.m.  
Community Cafe

Tickets \$23.00  
Purchase at our front desk  
Limited to 20 attendees



# 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"

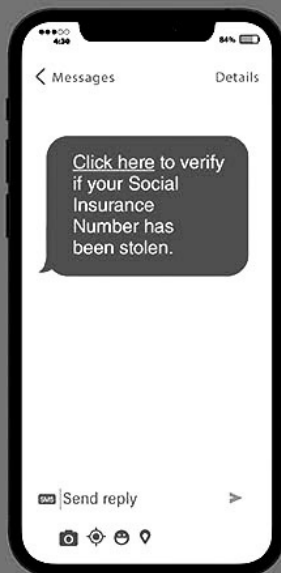
LISTEN TO YOUR VOICE OF REASON BEFORE YOU ACT.

### Did the Government of Canada *really* text or email you?

The government does contact Canadians. But scammers can imitate us to get your personal information.

Here's what you can do to be scam smart:

- Take a minute and question why they need your personal information.
- Learn what to expect if the Government of Canada contacts you.
- When in doubt: Delete, delete, delete!



Visit [Canada.ca/be-scam-smart](https://Canada.ca/be-scam-smart) to learn more.

## 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 November 30, 2022**

Reports of fraud: **83,697**

Victims of fraud: **52,597**

Lost to fraud: **\$490 M**

# SENIOR FRAUD ALERT NEWS

## ASC HIGHLIGHTS TOP INVESTMENT RISKS FOR 2023

By Annemarie Marshall, Senior Advisor, Investor & Industry Education, Alberta Securities Commission

The Alberta Securities Commission (ASC) has compiled a list of the top investment risks and potential scams to watch out for in 2023, based on investor complaints, ongoing investigations, and current enforcement trends.

### 1. Advice from fraudulent “finfluencers”

Many people look to social media for “how-to” information, and that includes finding information about investing. There is an increasing trend of “finfluencers” on social media. These financial influencers use their large social media followings to discuss trends and share advice on topics related to finance and investing. Some fraudsters act as finfluencers to purposefully promote deceitful investment information through schemes like “touting” (promoting an investment without disclosing compensation) and “scalping” (promoting a stock to quickly drive up the price and then selling at the inflated price). Be cautious of any investment that is being promoted as a sure thing and do thorough research on the company, offer, and all parties involved before investing in anything promoted on social media. Where can you go for information? Start with a Google search about the company and offer. Even if the offer isn’t fraudulent, it may not be right for you. It’s important to fully understand anything you’re investing in.

### 2. New (fake) friend alert

Any investor should be cautious of new friends offering investment opportunities, particularly related to cryptocurrency or forex trading. Fraudsters often use apps and social networking sites to build relationships and establish trust with strangers, before tailoring an investment scam to their needs and encouraging them to invest increasing amounts of money through professional-looking websites. Victims may see early returns, but these are designed to create a false sense of credibility. Eventually, the victim can no longer access the website or withdraw their money and the fraudster gives excuses or stops communication altogether. Always be cautious about sharing any personal information online or in person, and always take time to consider the source of the information and research the opportunity on your own or in consultation with a registered investment advisor.

### 3. Impersonating a regulatory agent

Investors are advised to be aware of fraudsters impersonating regulatory agents. These fraudsters may pretend to be staff from the ASC or another regulatory agency, using the agency’s logo, name, picture, credentials and social media accounts. When impersonating a legitimate staff member they pressure investors into providing personal information

or transferring money. It’s important to always verify the identity of the source and remember that the ASC will never request that an individual transfer money to the organization or to any staff member. To verify the legitimacy of a request, investors can check verified ASC social media accounts on CheckFirst.ca and contact the ASC’s public inquiries office to confirm the legitimacy of any request they receive allegedly from the ASC.

### 4. Spoofed Websites

There is a growing trend of spoofed websites that imitate legitimate investment firms. Often these sites offer unrealistic rates of return. These sites can appear in internet searches alongside legitimate firms and often claim to be “registered with the CSA” or authorized to sell investments in Canada. To protect yourself, always check the registration of any adviser or organization by visiting [CheckFirst.ca/check-reg](https://www.checkfirst.ca/check-reg). To learn how to spot the red flags of fake websites, visit the interactive [SpotTheSpoof.ca](https://www.spotthespoof.ca) website brought to you by the ASC.

### 5. Celebrity endorsements

Be cautious of celebrity endorsements for investment opportunities. While it’s common for legitimate businesses to use celebrities to endorse their products, fraudsters do as well. When you see a celebrity promoting an investment, it’s important to remember that they may be being paid to do so with little to no understanding of the investment they are promoting or their image might be being used without their knowledge or consent. Fraudsters will often mimic celebrity personas, adopt similar social media handles, create cloned websites, and manipulate quotes and images to make the endorsement appear genuine. Investors are advised to be cautious of any investment opportunity that is promoted by a celebrity.

**As the new year gets underway, it’s a good time to review your investing goals and brush up on your knowledge to protect yourself from scams. Always be vigilant for red flags of fraud and thoroughly research any investment before making a decision. If you suspect any suspicious investment offers, report them immediately to the ASC’s public inquiries office. To keep up to date throughout the year, consider signing up for the ASC’s Investor Newsletter by visiting [CheckFirst.ca/subscribe](https://www.checkfirst.ca/subscribe).**

# EVENTS

## January Birthday Party!

Wednesday, January 18<sup>th</sup>



### MONTHLY BIRTHDAY PARTY

**Wednesday, January 18** Join us to celebrate  
**2:00 p.m. to 3:00 p.m.** your January birthday.

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

## January Potluck Dinner

Thursday  
January 26<sup>th</sup>



### MONTHLY POTLUCK DINNER

**Thursday, January, 26** Enjoy an evening with  
**5:00 p.m. to 7:00 p.m.** good company and  
delicious food.  
\$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 February 23, 2023.**

**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, February 1** Our next New Member Tea  
**10:00 a.m.** is March 1, 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** A fun afternoon of  
**2:00 p.m.** bingo with friends.  
\$6 per person, - Enjoy refreshments and  
extra cards only \$2. sweets while you play.  
Don't miss the chance  
to win fabulous prizes.

Purchase your tickets  
at the Front Desk.

**Ticket deadline Thursday, February 9.**



# PROGRAM NEWS

## A Message From The Programs Department

Welcome to 2023! A new year, new beginnings, and an opportunity to write your next chapters which focus on YOU!

Our Centre is filled with lots of vibrant opportunities for you to challenge yourself with new programs, new games, or a new hobby.

There is still time to enroll in a program that you feel may be outside your comfort zone.

**A reminder that we are open on Tuesday & Thursday evenings, which means our Fitness Room is also open in the evening.**

Some of the upcoming programs at the Centre include:

- Whiskey Tasting - Wednesday, January 18th
- Travel Trip - High Tea - Tuesday, February 28th

Registration through the Front Desk.

The Programs Team

## EVENING DROP INS



**Thursday Evening Open Jam Session**

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



**Tuesday Afternoon Ping Pong**

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

# PROGRAM NEWS

## TOTAL BODY WORKOUT THROUGH BARRE with Elise Millard

This challenging class includes exercises in a standing position as well as floor work.

Just bring your own:

- Yoga mat
- Water bottle
- Resistance bands and band loop
- Hand weights.

### Tuesdays

January 10 to February 21

(7 classes)

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

Cost \$56.00



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## GENTLE YOGA Mondays with Freya Giroux

You will stretch, tone & strengthen the whole body as well as practice breathing exercises, mindfulness & relaxation.

Just bring your own:

- Yoga mat
- Water bottle

### Mondays

January 9 to February 27

(7 classes) No Class February 20

10:45 a.m. to 11:45 a.m.

Cost \$63.00



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## TOTAL FITNESS FOR ACTIVE AGERS Evenings with Karen Haugen

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

Just bring your own:

- Yoga mat
- Bender Ball
- Hand weights
- Water bottle

### Thursdays

January 12 to February 23

(7 classes)

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

Cost \$77.00



# PROGRAM NEWS

## **\*\*NEW\*\* AYURVEDA THE 6 PILLARS OF HEALTH with Leslie McKenzie**

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

**MUST TAKE "INTRODUCTION TO AYURVEDA"**

**Tuesdays**

**January 17 to February 28**

**(7 classes)**

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

**Cost \$105.00**



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## **HATHA YOGA BEGINNER with Neeru Prashar**

**\*\*ONLY 2 SPOTS LEFT\*\***

This class is designed for those who have little exposure to yoga but are eager to learn and start experiencing the amazing benefits of yoga.

Just bring your own:

- Yoga mat
- Yoga block or blanket
- Water bottle

**Tuesdays**

**January 10 to February 21**

**(7 classes)**

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

**Cost \$56.00**



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## **EVENING TRY IT CLASS**



### **ACTIVE RELAXATION & YOGA with Neeru Prashar**

Tuesday, February 21

4:30 p.m. to 5:30 p.m.

Designed with gentle yoga poses and unique active relaxation practices. Remove stiffness and tension from the body with breathwork to slow down mental activity and tune into the nervous system's healing capacity.

# 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



## Casino Volunteers Needed

The AGLC has scheduled our next Casino Night at the Starlight Casino in West Edmonton Mall  
**Sunday, May 7 and Monday, May 8**

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.

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

### Volunteer Positions

**General Manager** | 10:00 a.m. to 7:30 p.m. | 6:45 p.m. to 4:00 a.m.

The General Manager supervises all aspects of the casino ensuring it is conducted according to Casino Terms Conditions and Operating Guidelines

**Banker** | 10:00 a.m. to 7:30 p.m. | 6:45 p.m. to 4:00 a.m.

The banker controls the cash and chips in the cashier's cage

**Cashier** | 10:30 a.m. to 7:45 p.m. | 7:00 p.m. to 3:30 a.m.

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

**Chip Runner** | 10:30 a.m. to 7:30 p.m. | 6:45 p.m. to 3:30 a.m.

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

**Count Room Supervisor** | 1:00 p.m. to 3:30 a.m.

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

**Count Room Staff** | 1:00 p.m. to 3:30 a.m.

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

# 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)

## JANUARY 17<sup>TH</sup>

### **STARTING YOUR INVESTING JOURNEY** **ALBERTA SECURITIES COMMISSION**

When: Tuesday, January 17 1:30 p.m.  
Where: Online via Zoom & WSAC Cafe  
Cost: FREE

Investing can be part of a healthy financial future, providing you with greater personal freedom, a sense of security, and the ability to afford the things you want in life.

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.

## JANUARY 19<sup>TH</sup>

### **MIGRAINES AND HEADACHES** **DR. RAJ DHALIWAL FROM PROVIDENCE** **CHIROPRACTIC**

When: Thursday, January 19 1:30 p.m.  
Where: WSAC Cafe  
Cost: FREE for WSAC members  
\$2 for guests

Do you suffer from headaches and migraines? Join Dr. Raj Dhaliwal from Providence Chiropractic to learn more about the causes and treatments available to you.

## JANUARY 24<sup>TH</sup>

### **NAVIGATING MARKET VOLATILITY** **MIRANDA O'BRIEN FROM SCOTIABANK**

When: Tuesday, January 24 1:30 p.m.  
Where: WSAC Cafe  
Cost: FREE for WSAC members  
\$2 for guests

Are you concerned about your investments?

Come join us to have a discussion on market volatility and what to consider with Miranda from Scotiabank!

## JANUARY 26<sup>TH</sup>

### **HOW TO CHOOSE YOUR** **HEALTHCARE TEAM** **CURA PHYSICAL THERAPIES**

When: Thursday, January 26 1:30 p.m.  
Where: WSAC Cafe  
Cost: FREE for WSAC members  
\$2 for guests

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

# 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, 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!

# SENIOR SUPPORT DEPARTMENT NEWS

## 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)



# 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

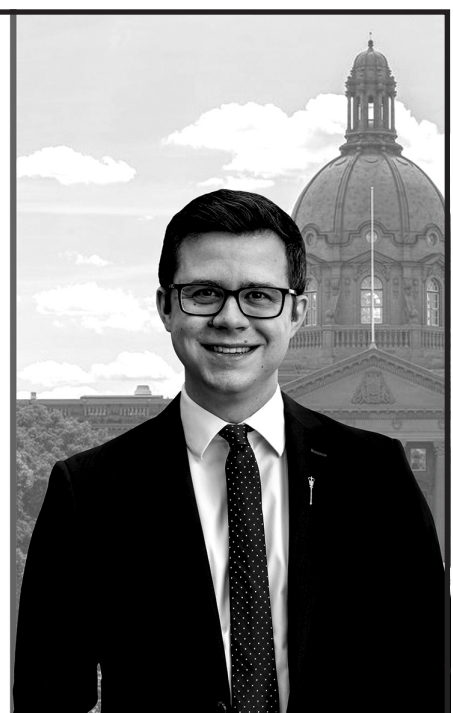


**Constituency Office**  
#103, 14020 - 128 Avenue



[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)



# 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?

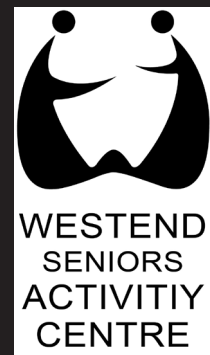
**Call our centre 780 483 1209 ext 222 or visit our front desk!**

**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!**

- **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.



# GUEST BLOG POST

## **MAKE THAT NEW YEARS RESOLUTION (OR ANY OTHER COMMITMENT) STICK**

By Peter Rawlek

### **SUCCESS WITH A NEW COMMITMENT TAKES MUCH MORE THAN WILLPOWER**

Well, first congratulations on your well-placed intentions, a New Year's Resolution or a new health commitment, you have opened the door. How to help you make it stick? Previously the foundation for "sticking with it" has always been all about "willpower" but there is a problem here, the data is clear that only 8% of resolutions relying on willpower alone will be successful. That means a huge 92% of resolutions fail, and by week three 1/4 to 1/3 will have failed.

#### **Only 8% of resolutions relying on willpower alone will be successful.**

Only using willpower requires a lot of concentrated mental energy. Since willpower is a finite mental resource, it has its limitations, especially on those days you arrive home exhausted.

#### **There is a solution; Use three powerful emotions that are more likely to take your commitment to the side of success.**

The "Social Emotions" – Pride, Gratitude, and Compassion - are the Three Musketeers that simply make willpower and intent successful. David DeSteno of Northwestern University College of Sciences coined the term Social Emotions in his book Emotional Success: The Power of Gratitude, Compassion, and Pride.

We know from the research that we fail 1 out of every 6 times we attempt to resist temptation. When we use willpower we are fighting the desire to do something more pleasurable at the moment (sitting on the couch after a tiring day) in contrast to something better for us in the future. You can guess what eventually wins if you are tempted enough times... What really moves and motivates people is not willpower, but rather it is what we feel.

#### **3 Social Emotions that complement willpower in pursuing goals:**

**The Power of Pride:** This is the well-placed pride that is authentic to your abilities – not to be confused with what DeSteno calls "arrogant hubris pride," the obnoxious bragging kind. According to DeSteno, increased personal investment is directly related to the pride from the social acclaim of friends and respected professionals. Authentic pride is at the foundation of personal pressure to stick with it, and is independent of willpower, yet assists it. In the lab, participants taking pride in a task became increasingly diligent in the pursuit of that challenging task, even when that task is of little personal value. Professor DeSteno demonstrates that adopting pride in conjunction with willpower can magnify the results over and above using willpower alone.



# GUEST BLOG POST

## MAKE THAT NEW YEARS RESOLUTION (OR ANY OTHER COMMITMENT) STICK Cont

**The Power of Gratitude:** This one is simple. It is based on one's attitude. Experiencing gratitude and satisfaction minimizes the lure of instant gratification (that inner voice saying sleep in or I am too tired today) at the expense of the long-term goal. To demonstrate this DeSteno describes an experiment: "Take \$17 now or delay taking it and in a year get \$100." Impatience and immediate gratification win out, and participants choose to take the \$17 dollars. However, if participants took only 5 minutes and recalled something they were grateful for, making themselves feel grateful, their self-control more than doubled. Similarly in a smoking study, feeling and recalling an emotion made their goal of not smoking easier to accomplish than just enlisting willpower to fight the urge. The take-home message: Contemplate and express gratitude for parts of your life, even gratitude that you can exercise. Gratitude for your opportunities. **People who feel grateful, value their future goals more dearly**

**The Power of Compassion:** Go easy on yourself! By exercising compassion we become more tolerant when an "oops" occurs. With this new-found tolerance, we can direct our energy into improving next time, rather than beating ourselves down. Let's face it, life happens and as long as we are committed, we will persist toward the positive outcomes that we desire.

To summarize: The employment of the above Three Musketeers of social emotions in supporting your goals cannot be overstated. At the start explore these three emotions while starting to pursue your goal:

Pride: Make it personal. Internalize it.

Gratitude: Just taking time to be grateful results in placing increased value on future goals.

Compassion: Helps you get right back to it after hitting a bump in the road. Forgiveness!



Acknowledgments: a 2018 CBC interview with Dr. DeSteno, and his book, Emotional Success: The Power of Gratitude, Compassion and Pride, Edited by Steve Payne.

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

# CONNECT WITH WSAC



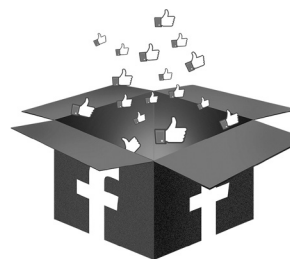
## DID YOU KNOW?

**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)**

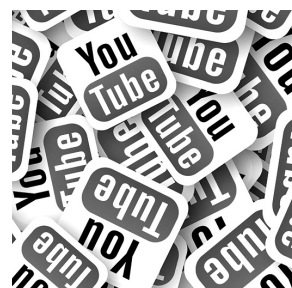


## FOLLOW OUR INSTAGRAM PAGE

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!

# COMMUNITY CONNECTION

## Widow to Widow Invitation

Widow to Widow invites you to their February meeting. The speaker for the February meeting will be Sandra Paul, from Canadian Revenue Agency, who will share information regarding CRA-related benefits for people 65+ to manage finances more effectively, particularly in these times of high inflation. She'll be able to answer questions about eligibility for federal benefits. In addition, she'll speak about up-to-the-minute CRA scams and how we can recognize and avoid them.

All WSAC Members who feel they would benefit from the Widow to Widow Organization, or even just from this important presentation are welcome to attend. Please contact Elaine by phone at 780 487 9034 or email at [alton034@telus.net](mailto:alton034@telus.net) to register by Wednesday, February 15, 2023.

**Thursday, February 16, 2023**  
**2 p.m. to 4 p.m.**  
**Saints Church**  
**6315 - 199 Street NW**  
**Main Floor Meeting Room**  
**Edmonton Alberta T5T 6N2**



## 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

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

## **CONNECT WITH US!**

### **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/WestendSeniorsActivityCentre)

***Sign up for our E-Newsletter on our website:***

***[weseniors.ca/resources/newsletter/](http://www.weseniors.ca/resources/newsletter/)***