

THE WSAC CHRONICLE

chron·i·cle

noun

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



**MARCH
2023**



This Month's Issue:

**2023 AGM Announcement
Program News
Classes with GeriActors
Travel Trips
Volunteer News
& More!**



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

**9629 176 STREET NW
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780 483 1209**

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- Lynda House



CONTACT ARMOUR FOR MORE INFORMATION!

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

CENTRE NEWS

2023 WSAC Annual General Meeting

Thursday, March 23 at 10:00 a.m. in the Games Room

With this announcement, the following items are for your consideration:

- Special Resolution
- Bylaws
- 2022 AGM minutes
- 2023 AGM agenda
- Financial Statement

Please visit our website to view or download these documents, www.weseniors.ca/whats_new/wsac-2023-annual-general-meeting

Refreshments and light lunch provided.

Please bring your membership fob to validate your membership in order to vote.

2023 WSAC Board of Directors and Presidential candidates

Presidential Candidate: Barbara Gibson

Board of Directors Candidates:

Three incumbent Board of Director members:

- Dolores Brent (second term)
- Richard Batty (second term)
- Shirley Devlin (second term)

Four New nominees for Board of Director positions:

- Jay Pritchard
- Robert Smith
- Spurgeon Gammon
- Wendy Jerome

Thank you to everyone who has purchased tickets for our Essentials Gift Card Raffle.
With your generosity, we have reached \$880 in sales.

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

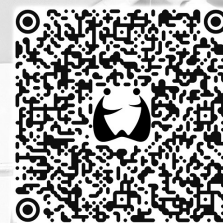
3 for \$10

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 | Sobeys / Safeway | Walmart | Petro Canada | Shell

PROGRAM NEWS

Goodbye Winter, Hello Spring!

Fresh air, warmer weather, and blooming flowers (well thoughts of blooming flowers, it is Alberta after all and we are still knee-deep in the snow!), what's not to love about spring?

Here are a few thoughts to keep in mind as we head toward the spring season.

We are continuing registration for classes running from March 6 to April 28! There are three ways to register:

1. In Person with our Front Desk Volunteers
2. Phone Registration by calling 780-483-1209 ext 228
3. Online through My Active Centre

In this issue, you will find the registration information for the drama classes presented by The GeriActors. These classes will run from March through to the end of May. Please see the article for registration information or contact Mikayla.

Email Mikayla@weseniors.ca | Call 780 483 1209 ext 228

Spring also means our thoughts return to the Golf Season! We are pleased to say WSAC Members have Tuesday and Wednesday morning time slots reserved at Deer Meadows for the 2023 season. In this issue of the Chronicle you will find information about registering for Golf and for the Golf Information Meeting.

Bike Season is also quickly approaching. Details about the upcoming Bike season will be shared during the meeting on April 12th at 1:00 p.m. in the boardroom. Please feel free to attend if you are interested or have any questions.

Our Walking Group, which continues to walk all year long, has an open invitation for new members to join. March would be a great time to join them and start on your own walking journey.

We are always planning new programs for the Centre and we appreciate all suggestions. If there is an idea you'd like to share, please reach out to the Programs Team at programs@weseniors or stop in to see us!

The Programs Team

Singing With Strings (SWS)

Formally known as The Silvertones, this Friday morning musical group has changed its name to reflect the new group and to welcome new participants. This drop in group is composed of musicians who like to play and/or sing and share new material with fellow members. The members predominantly play string instruments and have varying musical backgrounds. Other instruments, such as harmonica & keyboards, are welcome. New members and singers are welcome.

PROGRAM NEWS

2023 GOLF SEASON



2023 Golf Season at Deer Meadows

Tuesdays & Wednesdays | 9:30 a.m. Tee Off 11 Rounds for \$189.00
The Golf registration form is available at the WSAC front desk.

An Informational Meeting will be held on Monday, April 3 at 1:00 p.m. in the Board Room.

BIKING GROUP

Meet at WSAC

Mondays, Wednesdays, & Fridays 1:00 p.m.

Weather permitting, we ride for 2.5 to 3 hours with a coffee break. Helmets are encouraged. \$2 drop-in fee.

The Bike Group will be hosting their annual information meeting in the Board Room on Wednesday, April 12 at 1:00 p.m.

WALKING GROUP



Heave ho even in the snow, this group walks! This group takes their hikes into the river valley and beyond, enjoying social time afterwards.

Meet at the Centre Tuesdays and Fridays at 9:30 a.m. | \$2 drop-in fee

PROGRAM NEWS



Intro to Ayurveda Workshop

Would you like to gain some knowledge on how to eat and move your body for better health? Or how to get a better nights sleep based on the natural rythms of your body, mind, and nature?

Join instructor Leslie McKenzie for this wonderful workshop where she will introduce you to a program that has been around for thousands of years and has always stood the test of time.

Ayurveda, "The Knowledge of Life", peers into the nature of life through the wisdom of Mother Nature.

Saturday, April 1 | 10:00 a.m. to 1:00 p.m.

Register in person or online

Westend Seniors Activity Centre | \$30.00

Questions? Call Mikayla 780 483 1209 ext 228



A Delightful Afternoon

On Tuesday, February 28th, Members of WSAC enjoyed High Tea at NV Restaurant in Edgemont.

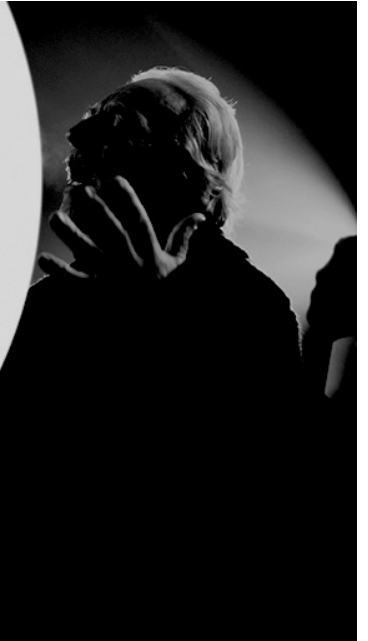
Our Hosts at the restaurant treated us to a delightful menu of savory and sweet treats!



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.

Acting: Scripted Scenes

Led by Carmelita Pater

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

March 25, April 1, 15, 22 (no class on April 8)

Diving into short theatrical scenes, participants will learn how to explore a script, develop a character, and collaborate with their fellow actors. Jump in and have fun on the stage!

Improv: Beginner Level

Led by Rapid Fire Theatre's Kelly Turner

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

April 5, 12, 19, 26

Improv is all about spontaneity, collaboration and, most importantly, FUN! Learn how to create characters and make up stories on the spot in this introductory class. "No scripts and no plans – all you need is YOU!"

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

**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

Contact Mikayla, WSAC Program Coordinator
780-483-1209 ext 228 | mikayla@weseniors.ca

EVENTS

March Birthday Party!

Wednesday
March 15th



MONTHLY BIRTHDAY PARTY

Wednesday, March 15
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 celebration is April 19, 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.

March Potluck Dinner

Thursday,
March 30th



MONTHLY POTLUCK DINNER

Thursday, March 30
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 April 27.

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, April 5
10:00 a.m.

Our next New Member Tea is May 3, 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.

Easter Eggstravaganza



EASTER EGGSTRAVAGANZA

Wednesday, April 5
2:00 p.m. to 4:00 p.m.

Our Special Events committee is hosting an afternoon scavenger hunt with games and activities. Complete the activities to be entered to win a prize.

\$4 per person

Purchase your tickets at the Front Desk.

Ticket deadline Thursday, March 31

EVENTS

ST. PATRICK'S DAY BRUNCH



St. Patricks Day Brunch

Friday, March 17

10:00 a.m. to 12:00 p.m.

**Tickets \$17 for members
\$20 for invited guests**

Treat yourself to a tasty brunch of pancakes, sausages, fruit, and beverages while you enjoy entertainment by the talented Terry Jordan who will play piano and sing some of your favourite songs.

Don't forget to try your luck with our 50/50 draw or just cross your fingers in hopes of winning a door prize. A great time will be had by all.

Please purchase your tickets at the Front Desk or call 780 483 1209
Ticket Deadline Tuesday, March 10

TRAVEL TRIPS



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

TRAVEL TRIPS



Celebrate Spring At The Enjoy Centre

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

Volunteer Survey

2022 was a fantastic year of volunteering at our centre!

We are so thankful to have had so many volunteers step up and fill our available positions.

In order to continue growing and improving our program, we need your feedback and are asking any one who volunteered with us in 2022 to please complete the Volunteer Survey.

Scan the QR Code
to complete the
survey online.



Contact Heather Riberdy for a printed copy
heather@weseniors.ca | 780 483 1209 Ext. 224



New Volunteer Positions Open

Cafe Assistant

Great news! Our cafe is getting busier and we are now ready to start bringing more volunteers back. We are looking for people who enjoy preparing food to become Cafe Assistants at our centre.

Practice Bridge Volunteer

Are you someone who enjoys playing bridge and would like to share your knowledge and skills with others. We have had requests from members who are interested in learning the game and are in need of someone to get them started.

Visit www.weseniors.ca/volunteer for all open positions and full descriptions.

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.

MARCH TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome

Email yunxuan@weseniors.ca or visit weseniors.ca/wsac/toonie-talks

MARCH 3RD

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.

MARCH 14TH

RECOGNIZING AND AVOIDING INVESTMENT SCAMS

ALBERTA SECURITIES COMMISSION

When: Tuesday, March 14 **1:30 p.m.**

Where: Online via Zoom & WSAC Cafe

Cost: FREE

Investing comes with inherent risks, but don't let fraud be one of them. Join us as we uncover the prominent forms of investment fraud, how to recognize them and ultimately protect yourself and others.

MARCH 22ND

DIZZINESS AND VERTIGO

DR. RAJ FROM PROVIDENCE CHIROPRACTIC

When: Wednesday, March 22 **1:30 p.m.**

Where: WSAC Cafe

Cost: FREE for WSAC members
\$2 for guests

Are you suffering from dizziness and vertigo? Join Dr. Raj Dhaliwal from Providence Chiropractic to talk about the causes and treatment available to you.

APRIL TOONIE TALKS

Pre-registration Preferred - Drop Ins Welcome

Email yunxuan@weseniors.ca or visit weseniors.ca/wsac/toonie-talks

APRIL 6TH

**OPTIMIZING RETIREMENT &
ESTATE PLANNING**

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.

Tips For a Healthy Spring Season for Seniors; How to be Well-Prepared

The spring season is quickly approaching, so how do we get prepared and take full advantage of a healthy and energetic spring?

Ensure you and your loved ones are at their best this spring season with a presentation by our staff pharmacist Dr. Rania Soudy from Terra Losa Pharmacy as she gives tips for your health, such as blood sugar control, skin nourishment and protection, and seasonal allergies.

Thursday, April 6th

1:30 p.m.

Terra Losa Pharmacy



Always There to Care

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)

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"



Don't fall for a **disappearing act** - learn how to **identify** and avoid "**ghost**" consultants.

canada.ca/immigration-representative



If something seems too good to be true, **it probably is.**

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**

WEI WOO GUEST BLOG

Retirement Crisis

By Wei Woo

THERE IS AN ONGOING RETIREMENT CRISIS

This article speaks a lot about the ongoing retirement crisis which has only deepened since this article's studies were conducted, with anxiety continuing to grow regarding the stability of their long-term retirement finances. No surprise given the volatile markets and economy we experienced within a short period of a few years. It started with the fastest market plunge we have seen during the 2020 Covid Recession, with many people selling their retirement investments at exactly the wrong time - before the fastest market recovery in history took hold. In 2021 it swung to greed and speculation, with even my own retired clients asking if they should own cryptocurrency and meme stocks, and in 2022 most of them crashed hard.

Finally, in 2022 with the teeth of the bear market, including the worst bond market since 1788, some retirees are again selling their portfolio at exactly the wrong time just like in 2020. The worst days and best days in the markets are often neighbours to each other. This comes down to risk management - knowing there will be fluctuations in the portfolio as part of the ride to achieve your long-term retirement income and estate goals, while still having a strategy to meet short-term cash needs, and knowing what portion of your money you are willing to invest to achieve the outcome you want. What we know is that the financial behaviour of retired investors is often more impactful on their own financial health than the markets themselves, during both times of fear and times of greed. This is why behavioural coaching is important, especially when trying to make sense of the barrage of daily information about the markets and economy thrown at us.

WE HAVE TO ADAPT TO FINANCIAL REALITY

People are living longer which means money needs to last much longer, personal health care costs are going up while hospital wait times are going up, and inflation is now at a 40-year high making it go way beyond what most retirees' long-term financial plan assumptions have calculated. A financial plan is only as good as the assumptions and variables, and inflation potentially derails the outcome of a retiree's financial goals. Although inflation slowly is moderating overall, items like food prices will likely continue to go up long term, causing food banks to be extremely stretched thin, even now.

Moreover, my own experience is that some of my retired clients had to sacrifice some of their own retirement investment assets with more than they anticipated, due to unforeseen events in helping out family members.

This all comes down to a few major questions, such as, how long is my money going to last with inflation at these levels? Will I outlive my money? Do I need to make major lifestyle adjustments to make sure my retirement income is more sustainable? What amount will be left for my children or grandchildren? Especially given that 55% or more of Millennials need a significant inheritance to meet their own financial goals.

FORTUNATELY, THERE ARE NOW NEW STRATEGIES TO ENHANCE AND INCREASE INVESTMENT INCOME

While Guaranteed Investment Certificates may seem tempting to hide in, especially given this particular painful year, unfortunately, GICs are unlikely to keep up with inflation, as historical returns usually fall behind the rising cost of living.

The last thing to keep in mind is a sequence of returns risk. During the decumulation phase of retirement (taking money out of investments), when you retire really does matter. Somebody who retired and then have their first 5 years with bad annual returns, even if later years' returns were great, will end up a lot worse and may run out of money, than the same person who had the first 5 years of retirement with decent investment returns, even if later years returns were bad, resulting in having a much higher final year amount with less chance of outliving their money. This means retirement lifestyle may need to adjust according to the environment we are in. The retirees of 1939 to 1979 generally had a more frugal standard of retirement living compared to those who retired between 1980 to 2021 for example, due to the economic reality.

Have questions about this article?

Contact Wei Woo , Investment Advisor, CIM, EPC
Research Capital Corporation, Private Client Division

Office 780 – 460 – 6628 | Cell 780 – 299 – 0760

3481 Allan Dr. SW Edmonton, AB T6W 1A4

OUR REPRESENTATIVES



**Ward
Nakota Isga**

**COUNCILLOR
ANDREW
KNACK**

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


HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

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


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

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

104-10471 178 Street
Edmonton, AB T5S 1R5
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

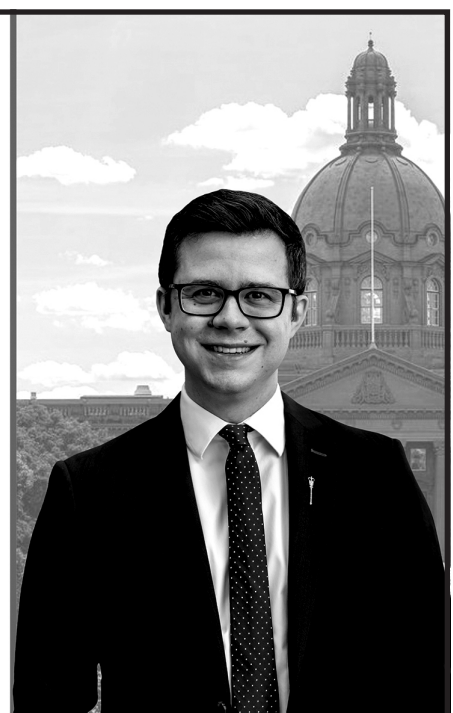


Constituency Office
#103, 14020 - 128 Avenue



Edmonton.WestHenday@assembly.ab.ca

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

FOOD SERVICE

Available for additional charge

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



AV EQUIPMENT

Available for additional charge

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

INTERESTED IN RENTING AT OUR CENTRE?

Please contact Heather Riberdy

Heather@weseniors.ca

780 483 1209 ext. 224

*Minimum 2 hours booking for all rentals

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

***Member discounts available

COMMUNITY NEWS



Celebrate Women in Wine with Aligra

Wednesday, March 15

5:30 p.m. to 8:30 p.m.

We will be celebrating Women Winemakers while we sample wines crafted by women from Australia, France, Chile, and Italy, along with a few surprises. Hear all about these enterprising women who in the last 25 years have stepped into what was a very male dominated business.

Free Tax Filing



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

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

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

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.

- **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

WHAT IS NEGATIVE SELF-TALK & HOW DO WE COMBAT IT

By Kerri DeZutter

Negative self-talk is when we speak or think poorly of ourselves. Using *"I can't"* phrases or *"I'm not good enough"* phrases. Even comparing ourselves to others is another form of negative self-thinking. Statements like *"look what they can do"* or, *"I will NEVER be able to do anything like that"*, often stops us from giving a true effort.

Some people suffer from wanting to be perfect or the best at something before even starting a sport or activity. We often see this in children, and we as adults take the time to talk to them, and remind them that they are just learning and everything takes time and practice before they will be able to master it. I'm not sure when we as adults forget this.

Negative self-talk is very prevalent when it comes to exercise and physical activity. The *"I can't"* phrases are still there; they're just said differently. *"I'm not athletic"*, *"I've never been very good at sports"* or *"I'm not very coordinated"*.

These statements may seem harmless, but when you take a hard look at them, the *"I can't"* statement often stops people from going any further, especially with physical activity.

As children, our parents would often say, *"there's no such thing as I can't"*, but as adults our past experiences tell a different story. A negative attitude or perception towards you doing an activity, limits the possibilities of success. Taking a step back and checking in with yourself to try and understand why you feel a certain way is the first step towards changing negative self-talk.

Wanting to be healthy, but being intimidated by the idea of going to a "gym" or facility with a bunch of strangers, makes it easy to talk yourself right out of going to the gym. *"I'll make a fool out of myself"*, is very limiting thinking. But when you change your thought process to *"I've never been before, but I'm going to have a friend to go with, makes me excited to try"*. This statement is positive and keeps the opportunity open to try. Recognizing your insecurity is great and finding a solution to the insecurity is even better. You're breaking down the barriers before you and puts you one step closer to achieving your goals.

Other comments like, *"I'm not athletic"*, or *"I've never been an athlete"*, closes a great deal of opportunities for yourself. We have an image of what an "athlete" looks like, people like hockey player Sydney Crosby or soccer player Christine Sinclair.

My opinion: an athlete is one who is dedicated to their effort of improving themselves in whatever sport/activity they're focused on. Whether it's walking for heart health or playing a sport professionally, both make you an athlete.

Creating positive self-talk is no easy feat. We've spent many years developing this negative attitude or self-perception and falling back into old habits is easy. When you hear yourself saying negative words, try to catch yourself and interrupt what you're saying immediately. For example, if you're talking about swimming and you say that you aren't very good at it. STOP, change your phrase to, *"I'm improving"* or *"I'm getting better"*.

GOGETFIT GUEST BLOG

WHAT IS NEGATIVE SELF-TALK & HOW DO WE COMBAT IT Cont

Work on a positive mantra while you're doing the activity, especially if you're starting something new. For example, if your goal is to walk up a set of stairs at your favourite park without stopping, every time you go, have your mantra, "*I'm getting stronger and healthier, every stair I climb is a stair closer to my goal*".

A favourite of mine is for every negative comment you say or think about yourself; you have to say 7 positives about yourself. This may seem very challenging, but trust me, there are more good, great, amazing things about you than there are negative.

A challenge for the week, try to catch yourself saying something negative and change it to a positive affirmation.

You've got this; the inner athlete is in there and is ready to shine.



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

FIXED MINDSET

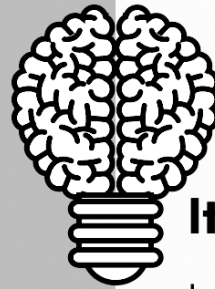
It's not . . .

I give up!

It's too hard.

I can't do this.

I can't do any better.



GROWTH MINDSET

It's . . .

I will try it another way.

I can train my brain.

I can't do this - yet!

Is this my best effort?



goget fit®

CONNECT WITH WSAC



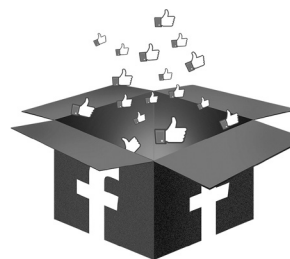
DID YOU KNOW?

We update our website daily!

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

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

VISIT OUR WEBSITE
www.weseniors.ca



DO YOU FOLLOW US ON FACEBOOK?

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

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

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
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

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***

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www.weseniors.ca/resources/newsletter***