



# Fall 2023 Program & Resource Guide

## **Westend Seniors Activity Centre** *A Community Hub For Older Adults*



## **Come Experience It!**

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# Registered Classes by Weekday

## Monday Registered Classes

|  |                               |                          |
|--|-------------------------------|--------------------------|
| • Total Fit.....                           |                               | 9:00 a.m. to 10:00 a.m.  |
| • Pilatoga – Beginner .....                | <b>IN-PERSON &amp; ONLINE</b> | 9:30 a.m. to 10:30 a.m.  |
| • Ceramics .....                           |                               | 9:30 a.m. to 12:30 p.m.  |
| • Iris in Coloured Pencil - Workshop ..... |                               | 9:30 a.m. to 2:30 p.m.   |
| • Seated Stretch Fit.....                  |                               | 10:15 a.m. to 11:15 a.m. |
| • Total Fitness for Active Agers .....     |                               | 10:15 a.m. to 11:15 a.m. |
| • Gentle Yoga .....                        | <b>IN-PERSON &amp; ONLINE</b> | 10:45 a.m. to 11:45 a.m. |
| • Fit For Life .....                       |                               | 11:30 a.m. to 12:30 p.m. |
| • Dynamic Movement.....                    |                               | 12:00 p.m. to 1:00 p.m.  |
| • Clogging - Beginner.....                 |                               | 12:00 p.m. to 1:00 p.m.  |
| • Clogging - Intermediate .....            |                               | 1:15 p.m. to 2:15 p.m.   |
| • Qigong & Hunyuan Taiji.....              |                               | 1:30 p.m. to 2:30 p.m.   |
| • Conversational French Level 2 .....      | <b>ONLINE</b>                 | 2:00 p.m. to 3:00 p.m.   |
| • Clogging - Experienced .....             |                               | 2:30 p.m. to 3:30 p.m.   |

## Tuesday Registered Classes

|   |                               |                          |
|---|-------------------------------|--------------------------|
| • M2M - Movement To Music .....                       |                               | 9:00 a.m. to 10:00 a.m.  |
| • Seniors Stretch Fit.....                            |                               | 9:00 a.m. to 10:00 a.m.  |
| • Hatha Yoga – Beginner .....                         | <b>IN-PERSON &amp; ONLINE</b> | 9:30 a.m. to 10:30 a.m.  |
| • Watercolour for Intermediate and Advanced .....     |                               | 9:30 a.m. to 12:00 p.m.  |
| • Dance Fit.....                                      |                               | 10:15 a.m. to 11:15 a.m. |
| • Total Body Workout Through Barre .....              |                               | 10:15 a.m. to 11:15 a.m. |
| • Yoga For Arthritis .....                            | <b>IN-PERSON &amp; ONLINE</b> | 10:45 a.m. to 11:45 a.m. |
| • Sit Fit .....                                       |                               | 11:30 a.m. to 12:15 p.m. |
| • Interval Strength Training .....                    |                               | 11:30 a.m. to 12:30 p.m. |
| • Seated SAS .....                                    |                               | 11:45 a.m. to 12:30 p.m. |
| • Essentrics® Age Reversing .....                     | <b>TRINITY UNITED CHURCH</b>  | 11:45 a.m. to 12:45 p.m. |
| • Water Marbling .....                                |                               | 12:00 p.m. to 4:00 p.m.  |
| • Sassy - Strength and Stretch, Stamina For You ..... |                               | 12:45 p.m. to 1:45 p.m.  |
| • Yin Yoga .....                                      | <b>IN-PERSON &amp; ONLINE</b> | 1:00 p.m. to 2:15 p.m.   |
| • Line Dancing - Beginner .....                       |                               | 3:30 p.m. to 4:30 p.m.   |
| • Beginner Watercolour.....                           |                               | 5:30 p.m. to 7:30 p.m.   |
| • Paint Night.....                                    |                               | 5:30 p.m. to 7:30 p.m.   |
| • Armchair Art - Galleries of New York .....          |                               | 5:45 p.m. to 7:45 p.m.   |
| • Essentrics® Age Reversing.....                      |                               | 6:30 p.m. to 7:30 p.m.   |

## Wednesday Registered Classes

|                                  |                               |                          |
|----------------------------------|-------------------------------|--------------------------|
| • Essentrics® Age Reversing..... | <b>ONLINE</b>                 | 9:00 a.m. to 10:00 a.m.  |
| • Total Fit.....                 |                               | 9:00 a.m. to 10:00 a.m.  |
| • Gentle Yoga.....               | <b>IN-PERSON &amp; ONLINE</b> | 9:45 a.m. to 10:45 a.m.  |
| • Sit Fit .....                  |                               | 10:15 a.m. to 11:15 a.m. |

# Registered Classes by Weekday

## Wednesday Registered Classes Continued

- Barre ..... 11:00 a.m. to 11:45 a.m.
- Essentrics® Gentle Stretch ..... 11:30 a.m. to 12:15 p.m.
- Gentle Yoga ..... **IN-PERSON & ONLINE** ..... 12:00 p.m. to 1:00 p.m.
- Beginner Acrylic ..... 1:30 p.m. to 4:00 p.m.

## Thursday Registered Classes

- Seniors Stretch Fit..... 9:00 a.m. to 10:00 a.m.
- Spanish Level 3 ..... **ONLINE** ..... 9:00 a.m. to 10:00 a.m.
- Restorative Hatha Yoga - Intermediate ..... 9:45 a.m. to 11:00 a.m.
- Dance Fit..... 10:15 a.m. to 11:15 a.m.
- Spanish Level 4 ..... **ONLINE** ..... 10:30 a.m. to 11:30 a.m.
- Seated SAS..... **ONLINE** ..... 10:30 a.m. to 11:15 a.m.
- Essentrics® for Seniors ..... **TRINITY UNITED CHURCH** ..... 11:00 a.m. to 11:45 a.m.
- Yoga For Balance & Wellbeing ..... 11:15 a.m. to 12:15 p.m.
- Sassy - Strength and Stretch, Stamina For You ..... 11:30 a.m. to 12:30 p.m.
- Line Dancing - Beginner ..... 12:00 p.m. to 1:00 p.m.
- Line Dancing - Intermediate ..... 1:15 p.m. to 2:15 p.m.
- Spanish Level 1 ..... **ONLINE** ..... 1:30 p.m. to 2:30 p.m.
- Foundations & Hunyuan Taiji ..... 1:30 p.m. to 2:30 p.m.
- Line Dancing - Experienced ..... 2:30 p.m. to 3:30 p.m.
- Yoga Breathing Techniques & Relaxation ..... 4:00 p.m. to 4:45 p.m.
- Creative Evenings - Braided Pumpkins ..... 5:30 p.m. to 7:30 p.m.
- Creative Evenings - Wooden Gnomes ..... 5:30 p.m. to 7:30 p.m.
- Armchair Art - YEG's Public Art (Part 1)..... 5:45 p.m. to 7:45 p.m.
- Bands and Bender Ball – Total Body Strength ..... 6:00 p.m. to 7:00 p.m.

## Friday Registered Classes

- Essentrics® Age Reversing..... 9:00 a.m. to 10:00 a.m.
- Chair Yoga ..... **IN-PERSON & ONLINE** ..... 9:30 a.m. to 10:30 a.m.
- Ballroom & Latin Dancing..... 10:15 a.m. to 11:15 a.m.
- Essentrics® Stretch and Tone..... **LA PERLE** ..... 10:45 a.m. to 11:45 a.m.
- Intermediate/Advanced Yoga ..... **IN-PERSON & ONLINE** ..... 10:45 a.m. to 11:45 a.m.
- Circuit Training..... 11:30 a.m. to 12:30 p.m.
- Ballroom & Latin Dancing - Beginner ..... **LA PERLE** ..... 12:00 p.m. to 1:00 p.m.
- Dynamic Movement..... 1:00 p.m. to 2:00 p.m.
- DVD Lecture - Ancient Mesopotamia: Life in the Cradle of Civilization ..... 1:00 p.m. to 3:00 p.m.
- Zumba Gold®..... 2:15 p.m. to 3:15 p.m.

## Saturday Registered Classes

- GeriActors - Acting: From the Script to the Stage ..... 1:00 p.m. to 3:00 p.m.

# Classes by Type

## Art Classes

|   |                      |         |
|---|----------------------|---------|
| • Beginner Acrylic .....                          | Lily Jeong .....     | Page 19 |
| • Beginner Watercolour .....                      | Willie Wong .....    | Page 19 |
| • Ceramics .....                                  | Jackie Garrant ..... | Page 20 |
| • Iris in Coloured Pencil - Workshop .....        | Susan Casault .....  | Page 20 |
| • Watercolour for Intermediate and Advanced ..... | Thom Podlubny .....  | Page 20 |
| • Paint Night .....                               | Kevin Fischer .....  | Page 21 |
| • Creative Evenings - Braided Pumpkins .....      | Shantel Toma .....   | Page 21 |
| • Creative Evenings - Wooden Gnomes .....         | Shantel Toma .....   | Page 21 |
| • Water Marbling .....                            | Karen Selinger ..... | Page 21 |

## Dance Classes

|                                   |                     |         |
|-----------------------------------|---------------------|---------|
| • Ballroom & Latin Dancing .....  | Elise Millard ..... | Page 23 |
| • Clogging Beginner .....         | Tracy Walters ..... | Page 24 |
| • Clogging Intermediate .....     | Tracy Walters ..... | Page 24 |
| • Clogging Experienced .....      | Tracy Walters ..... | Page 24 |
| • Line Dancing Beginner .....     | Tracy Walters ..... | Page 25 |
| • Line Dancing Intermediate ..... | Tracy Walters ..... | Page 25 |
| • Line Dancing Experienced .....  | Tracy Walters ..... | Page 25 |

## Fitness Classes

|   |                      |         |
|---|----------------------|---------|
| • Bands and Bender Ball – Total Body Strength ..... | Jannine Otto .....   | Page 26 |
| • Barre .....                                       | Freya Giroux .....   | Page 26 |
| • Circuit Training .....                            | Deborah Ravbar ..... | Page 26 |
| • Dance Fit (Tues & Thurs) .....                    | Kathy Paterson ..... | Page 27 |
| • Dynamic Movement (Mon & Fri) .....                | Freya Giroux .....   | Page 27 |
| • Fit for Life .....                                | Deborah Ravbar ..... | Page 27 |
| • Essentrics® Age Reversing (Tues & Fri) .....      | Lori Griffith .....  | Page 28 |
| • <b>ONLINE</b> Essentrics® Age Reversing .....     | Samara Hipkins ..... | Page 28 |
| • Essentrics® Gentle Stretch .....                  | Meg Hipkins .....    | Page 28 |
| • Interval Strength Training .....                  | Vera Resera .....    | Page 29 |
| • M2M <i>Movement to Music</i> .....                | Elise Millard .....  | Page 29 |
| • SASSY (Tues & Thurs) .....                        | Janet Hauca .....    | Page 29 |
| • Seated SAS (Tues & Thurs) .....                   | Janet Hauca .....    | Page 30 |
| • Seated Stretch Fit .....                          | Kathy Paterson ..... | Page 30 |
| • Seniors Stretch Fit (Tues & Thurs) .....          | Kathy Paterson ..... | Page 30 |
| • Sit Fit (Tues & Wed) .....                        | Kathy Paterson ..... | Page 31 |
| • Total Body Workout Through Barre .....            | Elise Millard .....  | Page 31 |
| • Total Fitness for Active Agers .....              | Jannine Otto .....   | Page 31 |
| • Total Fit (Tues & Thurs) .....                    | Kathy Paterson ..... | Page 32 |
| • Zumba Gold .....                                  | Terri Kokotilo ..... | Page 32 |

# Classes by Type

## Community Classes

- Ballroom & Latin Dancing - Beginner (**La Perle**) ..... Elise Millard ..... Page 33
- Essentrics® Stretch and Tone (**La Perle**) ..... Lori Griffith ..... Page 33
- Essentrics® Age Reversing (**Trinity United Church**) ..... Liz Olson ..... Page 34
- Essentrics® for Seniors (**Trinity United Church**) ..... Lori Griffith ..... Page 34

## Lifelong Learning Classes

- Armchair Art - Galleries of New York ..... Kathleen Silverman ..... Page 35
- Armchair Art - YEG's Public Art (Part 1) ..... Kathleen Silverman ..... Page 35
- DVD Lecture Series ..... Volunteer Facilitators ..... Page 36
- GeriActors - Acting: From the Script to the Stage ..... Becca Barrington ..... Page 36
- **ONLINE** Spanish Level 1 ..... Cecilia Hamel ..... Page 37
- **ONLINE** Spanish Level 3 ..... Cecilia Hamel ..... Page 37
- **ONLINE** Spanish Level 4 ..... Cecilia Hamel ..... Page 37
- **ONLINE** Conversational French Level 2 ..... Vera Resera ..... Page 37

## Strength Training

- Strength Training Workshop ..... Leslie McKenzie ..... Page 38

## Wellness Classes

- Chakra Yoga & Meditation ..... Leslie McKenzie ..... Page 38

## Taiji (Tai Chi) Classes

- Qigong & Hunyuan Taiji ..... Allan Belsheim ..... Page 39
- Foundations & Hunyuan Taiji ..... Allan Belsheim ..... Page 39

## Yoga Classes

- Yoga for Arthritis ..... Neeru Prashar ..... Page 40
- Yoga for Balance & Wellbeing ..... Martha Miller ..... Page 40
- Yoga Breathing Techniques & Relaxation ..... Neeru Prashar ..... Page 40
- Chair Yoga ..... Neeru Prashar ..... Page 41
- Gentle Yoga (Mon & Wed) ..... Freya Giroux ..... Page 41
- Hatha Yoga - Beginner ..... Neeru Prashar ..... Page 42
- Intermediate/Advanced Yoga ..... Neeru Prashar ..... Page 42
- Pilatoga Beginner ..... Freya Giroux ..... Page 42
- Restorative Hatha Yoga ..... Audrey Bell-Hiller ..... Page 43
- Yin Yoga ..... Vera Resera ..... Page 43

# Events At Our Centre

## September

- » Friday, September 15 - Line Dance Social
- » Tuesday, September 26 - That's Amore 45th Anniversary Pasta Dinner Fundraiser
- » Friday, September 29 - Ceremony to Recognize National Day for Truth and Reconciliation

## October

- » Wednesday, October 18 - Oktoberfest Dinner
- » Friday, October 20 - Line Dance Social

## November

- » Friday, November 10 - Remembrance Day Ceremony
- » Friday, November 24 - Line Dance Social
- » Saturday, November 18 - Holiday Market

## December

- » Friday, December 1 - Holiday Dinner
- » Wednesday, December 13 - Mavie's Mitten Tree
- » Friday, December 15 - Line Dance Social

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## New Member Tea

New members and anyone looking for more information are welcome to join us on the first Wednesday of the month from 10:00 a.m. in our Community Cafe

- » Please register at the Front Desk

## Upcoming Dates:

- » Wednesday, September 6, 2023
- » Wednesday, October 4, 2023
- » Wednesday, November 1, 2023
- » Wednesday, December 6, 2023

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## Birthday Parties

Celebrate your birthday with a party held on the third Wednesday of the month from 1:00 p.m. to 3:00 p.m. Pre-registration is required for you and your guests

- » Free for all birthday guests, \$2 for guests

## Upcoming Dates:

- » Wednesday, September 20, 2023
- » Wednesday, October 18, 2023
- » Wednesday, November 15, 2023
- » Wednesday, December 20, 2023

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## Potluck Dinners

Enjoy a variety of food and great conversation on the last Thursday of the month from 5:00 p.m. to 7:00 p.m. in our Community Cafe. A \$2 drop-in fee applies

- » Bring a dish for 4-6 people

## Upcoming Dates:

- » Thursday, September 28, 2023
- » Thursday, October 26, 2023
- » Thursday, November 30, 2023

# WSAC Code Of Conduct

## Conduct Of Members

The code of conduct for Westend Seniors Activity Centre (WSAC) outlines the behavioural expectations for members. Members are expected to support, reinforce and implement the concepts outlined below, in a spirit of partnership and common purpose:

- » Behave in a courteous and respectful manner toward others
- » Be tolerant and patient with the limitations and weaknesses of others
- » Be respectful of the individual and cultural differences of others
- » Be considerate of the feelings and opinions of others
- » Respect the personal belongings of others
- » Refrain from behaviour that is abusive, threatening, offensive or disruptive to others
- » Act honestly and ethically in relationships with others
- » Members in violation will be dealt with in accordance with WSAC policies & procedures

## Disclaimers

- » Opinions expressed by program presenters do not necessarily reflect the views of the WSAC administration or WSAC Board of Directors.
- » All participants (member/non-member) must sign a waiver before being permitted to take WSAC programs.
- » WSAC is not responsible for any injuries incurred during program participation.
- » Program dates, times, room allocation, and fees are subject to change.



## The Centre Will Be Closed On The Following Days:

**September 4**  
**Labour Day**

**October 9**  
**Thanksgiving**

**December 23 to Jan 1, 2024**  
**Christmas & New Years**  
We will reopen on Tuesday, January 2, 2024

# Welcome To Our Centre



## Fall 2023 Registration Day

- » Tuesday, August 22 from 1:30 p.m. to 3:30 p.m.
- » Registration available in-person or online for all programs until December 2023

## Mark It On Your Calendar

- » Winter 2024 registration will be December 7, 2023 from 1:30 p.m. to 3:30 p.m.

## Reciprocal Program Registration - Participating Centres

There is a \$5 fee for reciprocal members who require a membership fob.

- » Aboriginal Seniors Centre
- » Central Lions Seniors Association
- » Edmonton Seniors Centre
- » Jewish Seniors Citizens Centre
- » Mill Woods Seniors Association
- » North Edmonton Seniors Association
- » North West Edmonton Seniors Society
- » SAGE (Seniors Association of Greater Edmonton)
- » Strathcona Place +55 Centre
- » Southwest Edmonton Seniors Association

### Please Note:

- » A valid membership from any of the centres listed above allows you to take part in registered classes, drop-in programs, and Toonie Talks at our centre if there are open spots available. However, priority will be given to WSAC members.
- » A valid WSAC membership is required to participate in Pickleball and member tee off at Deer Meadows in the summer.

|                                  | WSAC Membership (55+)                            | Reciprocal Membership   |
|----------------------------------|--|---|
| <b>Annual Membership Fee</b>     | <b>\$50.00</b> Non-Refundable/Non-Transferable   | <b>N/A</b> (one time \$5 fee if I.D. fob is needed)             |
| <b>E-News &amp; Chronicle</b>    | YES  | YES   |
| <b>Vote at AGM</b>               | YES  | NO  |
| <b>Registered Classes</b>        | YES  | YES (available 1 week after WSAC membership registration opens) |
| <b>Drop In Programs</b>          | YES  | YES   |
| <b>Committees</b>                | YES  | NO  |
| <b>Clubs</b>                     | YES  | YES   |
| <b>Pickleball</b>                | YES  | NO  |
| <b>Events</b>                    | Member Pricing                                   | Non-Member Pricing  |
| <b>Facility Rentals</b>          | Member Pricing                                   | Non-Member Pricing  |
| <b>Armour Insurance Discount</b> | 10% Discount on Auto<br>15% Discount on Property | No Discount   |

# Welcome To Our Centre

## Program Registration

- » To register online visit [myactivecenter.com](http://myactivecenter.com).
- » Participants are not considered registered until full payment has been received.
- » Payment can be made with Credit, Debit or Cash at our centre. Contactless methods of payment are preferred. Cheques are not accepted.
- » We apply a 3% convenience fee for all over-the-phone payments.
- » For drop-in activities, please consider using our Wallet system instead of paying cash.
- » If the program you wish to register for is full, please ask our staff about a waiting list OR ask one of the staff to recommend a class that is similar. Many of our classes offer the same types of exercises and benefits so you may be able to find a new class you will enjoy just as much.

## Cancellations & Refunds

- » If it is necessary for WSAC to cancel a registered series due to low enrollment, refunds will be issued.

### Individual Class Cancellation

If an individual class is cancelled within a series, every attempt will be made to schedule a make-up class.

- » If a make-up class is scheduled, WSAC will not issue a refund for the cancelled class.
- » If a make-up class is NOT scheduled, you will be refunded the full amount of the missed class.

#### Please note:

**If you are unable to attend the rescheduled class, we will not issue a refund. This will be no different than you missing a regularly scheduled class.**

### Travel Trips & Special Events

WSAC will not refund the cost of a ticket. In some circumstances we may be able to facilitate a transfer with another interested member to purchase the ticket from you.

## Unable To Attend A Class?

If you are unable to attend a class within a series, WSAC will not provide a refund for the class.

### Need To Cancel Your Class Registration?

If it is necessary for you to cancel your registration for a series or presentation, you will need to:

1. Complete a Refund Request Form.
2. Submit the form to our Program Team for review and approval.

#### Please note:

- » **Refund requests can only be done prior to the start of a class series or presentation.**
- » **Once the class has started, no refunds will be issued without medical documentation.**
- » **If WSAC has to shut down due to unforeseen reasons, we will refund the cost of classes or presentations to the wallet only.**

# WSAC Frozen Meal Program

## Rotating Menu

Our kitchen staff work hard to make sure our freezers are freshly stocked with a variety of options.

## Reheatable

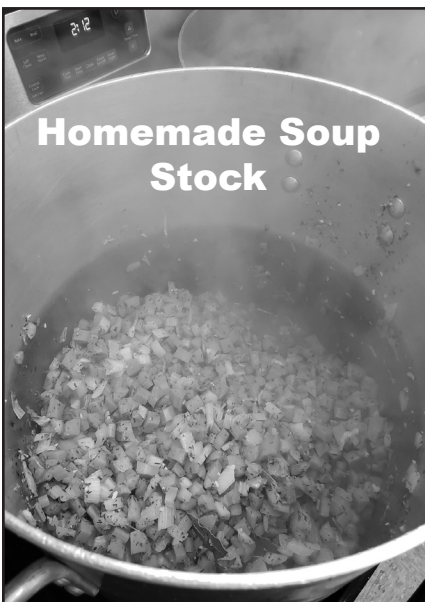
All meals are fully cooked so you simply need to reheat it and serve.

## Free Delivery

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

## Fresh Ingredients

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



# WSAC Frozen Meal Program

## To Order:

Online:

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

Call Our Centre:

780 483 1209 ext 232

Email Us:

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

### Entrees

**\$14.00 to \$16.00**



#### Entrées Include:

- » Beef Stew
- » Chicken Stew
- » Chicken Cacciatore
- » Lasagna
- » Meatloaf
- » Pork Tenderloin
- » Shepherd's Pie
- » Sweet & Sour Meatballs

### Hearty Soup

**\$9.00**



#### Soups Include:

- » Beef Barley
- » Borscht
- » Boston Clam Chowder
- » Chicken Noodle
- » Corn Chowder
- » Cream of Broccoli
- » Cream of Potato
- » Minestrone

### Muffins

**\$7.00**



#### Muffins Include:

- » Apple Spice
- » Blueberry Bran
- » Blueberry
- » Rhubarb Crumble
- » Cranberry Orange
- » Honey-bran
- » Lemon Poppyseed
- » Raisin Bran
- » Rhubarb Crumble



### Eggs-emplary Bowls \$4.00

Our Eggs-emplary Brunch bowls are a perfect choice for breakfast or lunch

# A Package For Every Budget



## The Tote starting at \$64.00

An easy way to try a variety from the Frozen Meal Program. The "Tote" bundle includes:

- » Your choice of 2 entrées
- » Your choice of 2 hearty soups
- » Your choice of 1 package of 6 muffins
- » 1 Package of 6 biscuits
- » Your choice of 2 Egg-Emplary Brunch Bowls



## Five Entree Bundle Starting at \$70.00

Buy 5 entrées and receive your choice of:

- » 1 Hearty soup OR
- » 1 Package of muffins OR
- » 1 Package of savoury biscuits



## Hearty Soup Bundle \$30.00

- » Your choice of 3 hearty soups AND
- » Your choice of:
  - 1 Package of savoury biscuits
  - OR
  - 1 Package of muffins

***"I have tried the lasagna, chicken pot pie, the honey bran muffins, and most of the soups. They have all been fantastic. Good size servings, they reheated up nicely and they kept in the freezer nicely. We felt they were reasonably priced when you consider they are home made AND they were just enough for the 2 of us. Well done Westend Seniors Activity Centre. We will definitely be ordering again".***

# Frequently Asked Questions

## Do We Have To Pre-Order?

No. We have items in stock every day. To see what we have in stock visit our website to see the current menu, call us at 780 483 1209 or visit Monday to Friday from 9:00 a.m. to 3:30 p.m., and Tuesdays & Thursdays until 6:30 p.m. to see our current items.

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## How Does Free Delivery Work?

We have a team of volunteers and have also partnered with Drive Happiness who are ready to deliver your meals to you. This is a free service provided to seniors who are unable to come to our centre.

Let us know if you would like your meals delivered and we will follow up with you to confirm when the delivery will be made.

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## I Am Tired Of Cooking. Is It OK To Use The Meal Program?

Absolutely. Many of our clients have told us they are tired of cooking or find it hard to always cook for one.

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## Fun Facts About Our Meal Program

- Our chef buys groceries almost daily to ensure he uses the freshest ingredients.
  - We don't use hamburger, we take AAA beef and pork loin roasts and hand grind it for our meals like lasagna, shepherd's pie, etc.
  - Our meals are prepared and then immediately put in our freezers but because we change our menu so often, nothing is in our freezer for more than a few weeks.
- 

## For more information contact our centre

|                  |  |
|------------------|--|
| Online:          | <a href="http://www.weseniors.ca">www.weseniors.ca</a>               |
| Call Our Centre: | 780 483 1209 ext 232   |
| Email Us:        | <a href="mailto:foodorders@weseniors.ca">foodorders@weseniors.ca</a> |

# WSAC Outreach

## Did You Know Outreach Workers Support Seniors With:

### Emotional Support

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

### Needs Assessments

If you are finding you have concerns but are not sure how to sort them out or where to go to get help, a conversation with our Outreach team may help you determine what resources are available to address your needs.

### Mental Health and Grief Services

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

### Independent Housing and 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.

### 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 suit your needs.

### Transportation

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

### Seniors Benefits

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

### Financial

If you have a 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.

### Form Completion

Our Outreach Services provides assistance with filling out applications. Appointment can be made by calling our Outreach Department at 780-483-1209.

### Meals and Nutrition

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

## We Are Here To Help

Gaby Sanchez, Outreach Coordinator  
Outreach@weseniors.ca  
780 483 1209 Ext. 232

# Volunteering At Our Centre

## Giving Back Never Grows Old

Volunteers are the heart of our centre.

As a non-profit organization, we rely on the dedication and generosity of volunteers to operate our programs, activities, and seniors support services.

When we collaborate and work collectively, amazing things can happen.

There are many other benefits. You'll learn new skills, make friends, and help us to make our centre a fun and exciting place to be.

Did we mention, studies show that volunteering is good for your health?

## Connecting With Others Never Grows Old

## We Have Lots Of Opportunities To Help

- » Most of our volunteer opportunities are during weekday hours - Monday to Friday 9:00 a.m. to 4:00 p.m.
- » You can also assist our staff on Tuesday and/or Thursdays when we are open until 8:00 p.m.
- » Help out at our special events that are held throughout the year

Whether you're a senior or are simply interested in giving back, volunteering with our centre is a fun way to meet new people and make a meaningful difference in the lives of others.

## Visit Our Website To See How You Can Help

Have a look at the available positions on our website or volunteer board at our centre and see what might be a good fit for you.

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



## Questions?

Please contact:

Heather Riberdy, Volunteer & Event Manager

Email: [Heather@weseniors.ca](mailto:Heather@weseniors.ca)  
Telephone: 780 483 1209 Ext. 224

# Program Information

**NEW**

**Look For This Icon To Find Out What's New At WSAC**

## **New Registered & Drop-In Programs For Fall 2023**

- » Beginner Acrylic with Lily Jeong (page 19)
- » Iris in Coloured Pencil - Workshop with Susan Casault (page 20)
- » Paint Night with Kevin Fischer (page 21)
- » Creative Evenings - Braided Pumpkins with Shantel Toma (page 21)
- » Creative Evenings - Wooden Gnomes with Shantel Toma (page 21)
- » Water Marbling with Karen Selinger (page 21)
- » Bands and Bender Ball – Total Body Strength with Jannine Otto (page 26)
- » Circuit Training with Deborah Ravbar (page 26)
- » Seated SAS with Janet Hauca (page 30)
- » Ballroom & Latin Dancing - Beginner (**La Perle**) with Elise Millard (page 33)
- » Armchair Art - Galleries of New York with Kathleen Silverman (page 35)
- » Armchair Art - YEG's Public Art (Part 1) with Kathleen Silverman (page 35)
- » GeriActors - Acting: From the Script to the Stage with Becca Barrington (page 36)
- » Chakra Yoga & Meditation with Leslie McKenzie (page 38)
- » Yoga Breathing Techniques & Relaxation with Neeru Prashar (page 40)
- » Tracing - Drop-In (page 47)

### **Try Something New!**

Try-It Week will be the week of October 16 and December 4.

During these weeks we will have classes for you to try.

Try-It classes are free | Pre-registration is required

If there is a program you'd like to try please contact our Programs Team

# Try It Days



# Friends Of WSAC - Toonie Talks

## Who Are The Friends Of WSAC?

Friends of WSAC are businesses vetted by the Westend Seniors Activity Centre who are dedicated to providing services to older adults in Edmonton and the surrounding area.

These businesses have years of experience addressing the needs and challenges older adults face in their daily lives.

## Not A Sales Pitch...

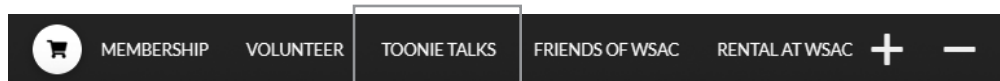
- » These are educational presentations by businesses who serve seniors. Our goal is to provide a wide range of presentations on topics that seniors are dealing with in their everyday lives.
- » The Friends of WSAC guest speakers are not trying to sell you on their services. They are working with us to provide information sharing sessions aimed at increasing your awareness and knowledge on a specific topic.

## Fun Experiences

- » Join our Friends of WSAC partners for new adventures. They have put together activities such as wine tastings, fitness classes, walking tours, and more.

## Upcoming Toonie Talks - [www.weseniors.ca](http://www.weseniors.ca)

- » Please watch for posters at our centre or visit our website and look for the TOONIE TALK button on the top of the page to see the upcoming schedule.



We ask attendees to please pre-register for Toonie Talk presentations in advance, however, drop-in attendance is welcome. Pre-register on MyActiveCentre or call the centre at 780 483 1209.

Pre-registration helps us determine interest in specific topics and provides contact information should a presentation be rescheduled or cancelled.

Toonie Talk Presentations are Funded by the Canadian Red Cross.

# Upcoming Toonie Talks

Pre-register on MyActiveCentre or call 780 483 1209

## Sound Connects Us

Presented by Stanford Hearing



Tuesday, September 5 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Emptying The Nest

Presented by Maxwell Realty - Michael Draper



Monday, September 11 - 1:30 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## HomeCare 101

Presented by Heart 2 Care Home Care



Tuesday, September 12 - 1:30 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Estate Planning from a Financial Perspective

Presented by Wei Woo



Friday, September 15 - 10:00 a.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Snooring and Sleep Apnea

Presented by Infinity Health



Tuesday, September 19 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

# Upcoming Toonie Talks

Pre-register on MyActiveCentre or call 780 483 1209

## Could You be the Next Victim?

Presented by Servus Credit Union



Tuesday, September 26 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Aging In Community - Tips For Staying In Your Home Longer

Presented by Alexis Hlady - EXP Realty



Wednesday, September 27 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Wills Week Presentation

Presented by Edmonton Community Foundation



Monday, October 2 - 10:00 a.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Foot Health 101

Presented by Medi Pedi Edmonton



Tuesday, October 3 - 1:30 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Downsizing in A Holistic Way | Part One: Clutter Is Not A Crime... It's An Inside Job

Presented by Lynn Fraser - Balance Your World



Wednesday, Oct 4 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

# Upcoming Toonie Talks

Pre-register on MyActiveCentre or call 780 483 1209

## Sisterhood of Investing

Presented by Miranda O'Brien of Scotia Bank

**Scotiabank®**

Tuesday, Oct 17 - 6:00 p.m. to 7:30 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Are Your Ducks in A Row

Presented by Connelly-McKinley



Tuesday, Oct 17 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## How To Weather And Prosper In Fragile Markets

Presented by Wei Woo



Friday, October 20 - 10:00 a.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## 59/64/70?

Presented by Miranda O'Brien of Scotia Bank

**Scotiabank®**

Tuesday, October 24 - 1:30 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Aging In Community - Tips For Staying In Your Home Longer

Presented by Alexis Hlady - EXP Realty



Tuesday, October 31 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

# Upcoming Toonie Talks

Pre-register on MyActiveCentre or call 780 483 1209

## Downsizing in A Holistic Way | Part Two: 4 For The Road Presented by Lynn Fraser - Balance Your World



Wednesday, November 1 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Range of Motion Presented by Infinity Health



Tuesday, November 7 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## I Think I Need Hearing Aids, Now What? Presented by Stanford Hearing



Wednesday, November 22 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## Could You be the Next Victim? Presented by Servus Credit Union



Tuesday, November 28 - 1:30 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

## 10 Myths About End Of Life Planning Presented by Connelly-McKinley



Wednesday, November 29 - 1:45 p.m.

WSAC Community Cafe

**Cost: FREE for members \$2 for guests**

Open to the public

# Alberta Seniors Alliance

Have you heard about WSAC's partnership with the Alberta Seniors Alliance? WSAC, in partnership with the Edmonton Seniors Centre and ICAN Seniors Association jointly began offering 100+ online classes/programs to over 3500+ seniors in Alberta during COVID-19. Seniors who had no computer knowledge were given 1-on-1 training to learn ZOOM and use their devices to enable them to remain socially connected.

Since then, we have heard from many seniors and their families that this training was a "lifeline" and the programs offered through the alliance were "invaluable" in bringing joy and reducing their feelings of isolation during the pandemic.



## EDMONTON SENIORS CENTRE

Edmonton Seniors Centre is a non-profit organization dedicated to providing support and opportunities to seniors to further their overall well-being and quality of life.

Website: [www.edmontonseniorscentre.ca](http://www.edmontonseniorscentre.ca)  
Telephone Number: 780 425 8625  
Email: [office@edmontonseniorscentre.ca](mailto:office@edmontonseniorscentre.ca)



## ICAN SENIORS ASSOCIATION

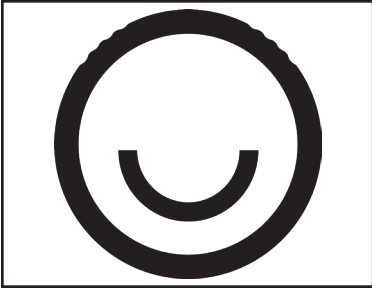
ICAN Seniors Association was established in August 2017 and was registered in December 2019. We aim to prevent isolation of seniors facing multiple cultural barriers through English literacy training, community events, and networking opportunities. We offer:

- » Online and physical English classes
- » Workshops
- » Activities
- » Field trips

Telephone Number:  
780 425 8625  
Email:  
[chengrongmei@hotmail.com](mailto:chengrongmei@hotmail.com)

With support from over 80 volunteers, we are serving more than 700 seniors in Alberta. We encourage an accelerated acculturation process to enhance the overall well-being of immigrant seniors and their family members through collaboration and partnership with various communities and organizations via initiatives, projects and programs.

# Alberta Seniors Alliance



Telephone Number:

780 424 5438

Website:

[drivehappiness.ca](http://drivehappiness.ca)

## DRIVE HAPPINESS

Drive Happiness Seniors Association is a registered, non-profit society whose mission is to assist seniors in remaining independent in their own homes for as long as possible. Seniors lose independence when they can no longer drive or access transportation to go shopping, banking, reach clinics or other required services to stay in their own homes.

Volunteer drivers take riders to medical appointments, shopping, banking, programming, and to visit friends or family. The rider buys tickets for \$10.00 each from the Drive Happiness office.

All volunteer driver candidates are screened for vulnerable security clearance, have a well maintained vehicle, and a clean driving abstract before they are accepted as Volunteers for Drive Happiness.

WSAC has partnered with Drive Happiness on initiatives such as:

- » WEDeliver Happiness - a campaign to provide lower income seniors with masks, sanitizers and our 8 Week Program Fitness Program for Seniors handbook.
- » WSAC Frozen Meal program - Drive Happiness & WSAC volunteers work together to help provide free delivery to seniors here in Edmonton and area.



Reception Desk:

780 459 0433 ext. 0

Website:

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

## ST. ALBERT SENIORS ASSOCIATION

When you walk in the doors of our building, Red Willow Place, you are greeted with a modern setting and a well-lit, open feel.

Our Association has always been a friendly gathering place for older adults, where community and friendship are found. We are a highly utilized information resource/referral Centre and we also host numerous classes, activities, and events throughout the year for people 50+.

Since we opened our doors, a lot has changed for both our Association and the community around us.

What hasn't changed, though, is our dedication to the seniors of St. Albert and surrounding areas, and they continue to be the focus of our mission.

# Art Classes

## PLEASE NOTE FOR ALL ART CLASSES:

- Students are expected to purchase/bring their own supplies (paints, jewellery and greenware) ahead of time
- A supply list and additional class information will be available at the reception desk
- Supply costs, including jewellery, greenware, glaze, and firing costs, if applicable, are in addition to the course fee
- Please bring all supplies with you to each class

NEW

## Beginner Acrylic Instructor: Lily Jeong

**Wednesday, September 6 to October 18  
(7 Classes)**

**1:30 p.m. to 4:00 p.m.**

**Cost \$142**

**Wednesday, November 1 to December 13  
(7 Classes)**

**1:30 p.m. to 4:00 p.m.**

**Cost \$142**

Learn how to paint landscape, floral, still life, and bird paintings in acrylic step by step. Reference photos and sample paintings will be shown in the class.

Guidance for each student from start to finish.

During the process of painting, you will learn about the colours, values, overall design/ composition, and brushwork to achieve expressive and beautiful results.

## Beginner Watercolour Instructor: Willie Wong

**Tuesday, September 5 to October 17  
(6 Classes)** No class September 26

**5:30 p.m. to 7:30 p.m.**

**Cost \$122**

**Tuesday, October 31 to December 12  
(7 Classes)**

**5:30 p.m. to 7:30 p.m.**

**Cost \$142**

Renowned artist, Willie Wong, helps beginner painters to hone their skill in Watercolour painting during this fun and enjoyable class!

Learn the basics, including beginning techniques using simple designs, colour theory, and mixing explained. Brushes, paper, and the kind of watercolours will be discussed as well as terminology, e.g. wet on wet technique, dry brush, etc.

# Art Classes

## Ceramics

Instructor: Jackie Garrant

**Monday, September 11 to October 23**

**(6 Classes)** No class October 9

**9:30 a.m. to 12:30 p.m.**

**Cost \$56**

**Monday, October 30 to December 11**

**(7 Classes)**

**9:30 a.m. to 12:30 p.m.**

**Cost \$66**

Discover the art of creating beautifully crafted ceramic pieces in a relaxed environment with the guidance of a skilled instructor. You will be shown the tools & techniques necessary to create your own masterpiece. Have fun & learn a new craft in a social environment where fellowship is strongly encouraged. All levels welcome.

**NEW**

## Iris in Coloured Pencil - Workshop

Instructor: Susan Casault

**Monday, October 23**

**(1 Class)**

**9:30 a.m. to 2:30 p.m.**

**Cost \$45**

Join us for a one-day workshop and draw a beautiful Siberian Iris on black paper. Rich blues and purples against a dark background make this flower come to life on your paper. Learn, or review, the fundamentals of this versatile medium as you layer colours and work with values. Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor.

## Watercolour for Intermediate and Advanced

Instructor: Thom Podlubny

**Tuesday, September 19 to October 17**

**(5 Classes)**

**9:30 a.m. to 12:00 p.m.**

**Cost \$56**

**Tuesday, October 31 to December 12**

**(7 Classes)**

**9:30 a.m. to 12:00 p.m.**

**Cost \$79**

Thom provides the perfect opportunity for artists to enhance & develop their skills.

Following the first class of the series, you will be encouraged to work on your individual project with assistance provided by the instructor.

This class is designed with the intermediate or advanced artist in mind.

# Art Classes

NEW

## Paint Night

Instructor: Kevin Fischer

**Tuesday, October 24**

**(1 Class)**

**5:30 p.m. to 7:30 p.m.**

**Cost \$40** All art supplies are included.

Kevin will guide you step by step as you paint your own masterpiece to take home.

All levels are welcome. Come individually or come as a group! Meet new people and enjoy the creative process in a relaxed environment.

NEW

## Creative Evenings - Braided Pumpkins

Instructor: Shantel Toma

**Thursday, September 14**

**(1 Class)**

**5:30 p.m. to 7:30 p.m.**

**Cost \$45** All art supplies are included.

Create adorable chic, rustic wooden pumpkins.

All skill levels welcome. Shantel guides you through, step by step, in creating your own pumpkins to take home at the end of the evening.

NEW

## Creative Evenings - Wooden Gnomes

Instructor: Shantel Toma

**Thursday, November 16**

**(1 Class)**

**5:30 p.m. to 7:30 p.m.**

**Cost \$50** All art supplies are included.

You're going to want to make these wood block gnomes! Add whimsy to your holiday décor this holiday season.

All skill levels welcome. Create your own gnomes to take home or share the love and give them as a gift.

NEW

## Water Marbling

Instructor: Karen Selinger

**Tuesday, November 14**

**(1 Class)**

**12:00 p.m. to 4:00 p.m.**

**Cost \$60** All supplies are included (including scarf)

An introduction to this centuries old art form. Learn basic water marbling techniques while creating a unique, one-of-a-kind design.

There are no special skills required, only the willingness to experiment and have fun! You will be guided from start to finish as you explore the art form and create a beautiful 14"x72" silk scarf.

# Fitness Levels Defined

We have recently updated our fitness level system to help you easily decide which courses may be a fit for you. Simply use the new symbols below to find an appropriate class.

Most of the classes at our centre are designed to be inclusive and accommodate different levels of fitness. Our instructors are experienced with teaching older adults and can provide options so that participants can work at their own speed and fitness level.

---

## Gentle



Gentle fitness classes are a good match for individuals who are new to fitness classes, have physical limitations, and/or who are returning to fitness after an injury.

If you are looking to build your coordination and balance, need a seated class or activities with low to no impact, Gentle classes would be a good match

Gentle programs may include a cardio component of 15–25 minutes of aerobic exercises with no/limited floor exercises.

---

## Moderate



Moderate fitness classes are good for individuals who are increasing their activity and are able to get down and up from the floor without assistance. On a scale of 0–10 (with 10 being maximum effort and 0 being at rest), moderate activities are about 5–6.

If you are looking to further increase your coordination and balance and get moving, Moderate classes will get you to sweating and breathing harder.

Moderate programs aim to include a cardio component of 25–35 minutes of aerobic exercise and may include floor exercises.

---

## Vigorous



Advanced fitness classes are a good match for individuals who exercise regularly, and/or are looking for a high intensity workout with little to no physical limitations.

If you are looking to push your body and test your strength, Vigorous classes are for you.

Vigorous programs aim to include a cardio component of 30–40 minutes of aerobic exercise and may include floor exercises. Some programs may include interval training

# Dance Classes



## Ballroom & Latin Dancing

Instructor: Elise Millard

**Friday, September 8 to October 20**  
**(7 Classes)**

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

**Cost \$63**

**Friday, November 3 to December 15**

**(5 Classes)** No Class on November 10 & December 1

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

**Cost \$45**

This course is designed for dancers with some background in Ballroom & Latin dancing.

Enhance your skills in ballroom styles and explore Latin/swing, including rumba, cha-cha, mambo, and east/west coast swing.

### NOTE:

- Registration with a partner is mandatory.

### Equipment List:

- Water Bottle

### What Is Clogging?

- » This type of dance is similar to tap dancing, but it has its own unique style.
- » Incorporates line dancing, Irish dancing with its own unique steps influenced by different types of dance.
- » Our class incorporates a variety of music – country, bluegrass, rock and roll, dance, and Irish.
- » Clogging is a progressive class. Start at beginner before you will move into Intermediate.

### Please Note:

- » Clogging is a progressive class and runs as a continuation throughout the Fall and Winter sessions.
- » Feedback suggests it is too difficult to catch up when participants join after the first session. Because of this, we only accept new cloggers in the winter session.
- » If you have questions or are interested in a Try-It Day class, please see the Front Desk or a Program Team staff member.

### Equipment List:

- » Water Bottle.
- » Shoes with a slipper/leathery type sole (no rubber bottom shoes) as these are easier to dance in.
- » You do not need to buy shoes until you are sure you are going to enjoy and continue with the class.

# Dance Classes



## Clogging - Beginner Instructor: Tracy Walters

**Monday, September 11 to October 23**

**(6 Classes)** No class October 9

**12:00 p.m. to 1:00 p.m.**

**Cost \$54**

**Monday, October 30 to December 11**

**(7 Classes)**

**12:00 p.m. to 1:00 p.m.**

**Cost \$63**

### NOTE:

- Clogging is a progressive class. If you are starting at beginner it will take approximately 1 -2 years or 3 beginner clogging series' before you will move on.



## Clogging - Intermediate Instructor: Tracy Walters

**Monday, September 11 to October 23**

**(6 Classes)** No class October 9

**1:15 p.m. to 2:15 p.m.**

**Cost \$54**

**Monday, October 30 to December 11**

**(7 Classes)**

**1:15 p.m. to 2:15 p.m.**

**Cost \$63**

### NOTE:

- One to two years of clogging experience is recommended as a prerequisite for this course.
- In addition, as clogging is a progressive class, you can expect to take 1-2 years of intermediate clogging sessions before you will move into the experienced classes.



## Clogging - Experienced Instructor: Tracy Walters

**Monday, September 11 to October 23**

**(6 Classes)** No class October 9

**2:30 p.m. to 3:30 p.m.**

**Cost \$54**

**Monday, October 30 to December 11**

**(7 Classes)**

**2:30 p.m. to 3:30 p.m.**

**Cost \$63**

### NOTE:

- 4 years or more of experience is recommended as a prerequisite to this course.

# Dance Classes



## Line Dancing - Beginner Instructor: Tracy Walters

### Tuesdays

September 5 to October 17  
(7 Classes)  
3:30 p.m. to 4:30 p.m.  
**Cost \$63**

October 31 to December 12  
(7 Classes)  
3:30 p.m. to 4:30 p.m.  
**Cost \$63**

### Thursdays

September 7 to October 19  
(7 Classes)  
12:00 p.m. to 1:00 p.m.  
**Cost \$63**

November 2 to December 14  
(7 Classes)  
12:00 p.m. to 1:00 p.m.  
**Cost \$63**

#### NOTE:

- Line Dancing is a progressive class. If you are starting at beginner it will take approximately 1 -2 years or 3 beginner Line Dancing series' before you will move on.



## Line Dancing - Intermediate Instructor: Tracy Walters

Thursday, September 7 to October 19  
(7 Classes)  
1:15 p.m. to 2:15 p.m.  
**Cost \$63**

Thursday, November 2 to December 14  
(7 Classes)  
1:15 p.m. to 2:15 p.m.  
**Cost \$63**

#### NOTE:

- At least 1 year of beginner class experience is recommended as a prerequisite for this course,
- As line dancing is a progressive class, you can expect to take 2 years of intermediate line dancing sessions before you will move into the experienced classes.



## Line Dancing - Experienced Instructor: Tracy Walters

Thursday, September 7 to October 19  
(7 Classes)  
2:30 p.m. to 3:30 p.m.  
**Cost \$63**

Thursday, November 2 to December 14  
(7 Classes)  
2:30 p.m. to 3:30 p.m.  
**Cost \$63**

#### NOTE:

- At least 2 years of intermediate line dancing is recommended as a prerequisite for this course.

# Fitness Classes



NEW

## Bands and Bender Ball – Total Body Strength

Instructor: Jannine Otto

Thursday, October 5 to December 14  
(11 Classes)  
6:00 p.m. to 7:00 p.m.  
**Cost \$121**

Use resistance bands and a bender ball to tone the entire body, strengthen your core, and improve your balance.

### EQUIPMENT:

- Medium to heavy resistance theraband
- Bender Ball (or 6-8 in soft pilates ball).

### NOTE:

- Equipment available for purchase at WSAC



## Barre

Instructor: Freya Giroux

This class is also offered  
online at the same time

Wednesday, September 6 to October 18  
(7 Classes)  
11:00 a.m. to 11:45 a.m.  
**Cost \$47**

A signature power fitness strengthening program that redefines the body, helping you achieve a healthy body while improving postural balance, flexibility, coordination, and gracefulness.

Wednesday, November 1 to December 13  
(7 Classes)  
11:00 a.m. to 11:45 a.m.  
**Cost \$47**

### EQUIPMENT

- Yoga mat
- Yoga band



NEW

## Circuit Training

Instructor: Deborah Ravbar

Friday, September 8 to October 20  
(7 Classes)  
11:30 a.m. to 12:30 p.m.  
**Cost \$56**

A form of body conditioning involving endurance and resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. Target strength building and muscular endurance.

Friday, November 3 to December 15  
(5 Classes) No Class on November 10 & December 1  
11:30 a.m. to 12:30 p.m.  
**Cost \$40**

### EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights

# Fitness Classes



## Dance Fit

Instructor: Kathy Paterson

### Tuesdays

September 5 to October 17  
(7 Classes)

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

**Cost \$63**

October 31 to December 12  
(7 Classes)

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

**Cost \$63**

### Thursdays

September 7 to October 19  
(7 Classes)

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

**Cost \$63**

November 2 to December 14  
(7 Classes)

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

**Cost \$63**

You do not have to be a dancer to take this class, however, this is a standing class so mobility and ability to stand for the duration is a must. Alternative moves provided so you can slow things down to your own pace.



## Dynamic Movement

Instructor: Freya Giroux

### Mondays

September 11 to October 23  
(6 Classes) No class October 9

12:00 p.m. to 1:00 p.m.

**Cost \$60**

October 30 to December 11  
(7 Classes)

12:00 p.m. to 1:00 p.m.

**Cost \$70**

### Fridays

September 8 to October 20  
(7 Classes)

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

**Cost \$70**

November 3 to December 15  
(6 Classes) No class November 10

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

**Cost \$60**

The instructor will be providing detailed instruction on how to use the machines properly, including the proper weight and form.

#### EQUIPMENT:

- Proper footwear
- Power bands
- Small towel



## Fit For Life

Instructor: Deborah Ravbar

Monday, September 11 to October 23  
(6 Classes) No class October 9

11:30 a.m. to 12:30 p.m.

**Cost \$48**

Monday, October 30 to December 11  
(7 Classes)

11:30 a.m. to 12:30 p.m.

**Cost \$56**

This class helps keep your body "fit for life" and can be done from a seated or standing position, making it ideal for all mobility levels.

#### EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights

# Fitness Classes

CERTIFIED INSTRUCTOR  
**ESSENTRICS®**  
• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

ESSENTRICS® is a dynamic, full-body workout, suitable for all fitness levels, created by Canadian, Miranda Esmonde-White, author of the New York Times bestsellers, Aging Backwards and Forever Painless. This fitness program has been around for 20+ years and has been widely seen on PBS.

This is an age reversing workout that will re-balance your body, restore movement in your joints, increase the flexibility in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system.



## Essentrics® Age Reversing

Instructor: Lori Griffith - In-Person | Samara Hipkins - Online

### Tuesday Evenings

**September 5 to October 17**  
(6 Classes) No class September 26  
6:30 p.m. to 7:30 p.m.  
**Cost \$66**

**October 31 to December 12**  
(7 Classes)  
6:30 p.m. to 7:30 p.m.  
**Cost \$77**

### Fridays

**September 8 to October 20**  
(7 Classes)  
9:00 a.m. to 10:00 a.m.  
**Cost \$77**

**November 3 to December 15**  
(5 Classes) No class November 10 & December 1  
9:00 a.m. to 10:00 a.m.  
**Cost \$55**

### Wednesdays ONLINE ONLY



**September 6 to October 18**  
(7 Classes)  
9:00 a.m. to 10:00 a.m.  
**Cost \$70**

**November 1 to December 6**  
(6 Classes)  
9:00 a.m. to 10:00 a.m.  
**Cost \$60**

#### EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

Prepare to be standing through the majority of the class. There is 10 minutes on the floor, if you are unable to get down on the floor, you can do this part of the class from a chair.



## Essentrics® Gentle Stretch

Instructor: Meg Hipkins

**Wednesday, September 6 to October 18**  
(7 Classes)  
11:30 a.m. to 12:15 p.m.  
**Cost \$70**

**Wednesday, November 1 to December 6**  
(6 Classes)  
11:30 a.m. to 12:15 p.m.  
**Cost \$60**

This is a slower paced class designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, or those who are beginning to exercise after being inactive.

#### EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

# Fitness Classes



## Interval Strength Training Instructor: Vera Resera

This class is also offered  
online at the same time

**Tuesday, October 17 to December 12**  
**(9 Classes)**  
**11:30 a.m. to 12:30 p.m.**  
**Cost \$72**

All exercises are done from a standing position, and can be done with the assistance of a chair. This class uses the "interval principle" of combining cardio, strength, and resistance exercises to achieve a new level of fitness.

### EQUIPMENT:

- Bender Balls
- Hand weights



## M2M - *Movement To Music* Instructor: Elise Millard

**Tuesday, September 12 to October 17**  
**(6 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$48**

M2M is a cardio class with upbeat music to keep us moving and having fun as we get stronger, improve our cardio, work on our balance, and develop a better range of motion.

**Tuesday, October 31 to December 12**  
**(7 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$56**

### EQUIPMENT:

- Resistance bands & fitness loop band
- Hand weights



## Sassy - *Strength and Stretch, Stamina For You* Instructor: Janet Hauca

### Tuesdays

**October 31 to December 12**  
**(7 Classes)**  
**12:45 p.m. to 1:45 p.m.**  
**Cost \$56**

### Thursdays

**November 2 to December 14**  
**(7 Classes)**  
**11:30 a.m. to 12:30 p.m.**  
**Cost \$56**

Strength and Stretch, Stamina For You (SASSY) class has more cardio, more strength, and more stretching.

### EQUIPMENT

- Hand weights
- A stretchy band

# Fitness Classes



NEW

## Seated SAS

Instructor: Janet Hauca

Thursdays class is also offered online at the same time

### Tuesdays

October 31 to December 12  
(7 Classes)

11:45 a.m. to 12:30 p.m.

Cost \$42

### Thursdays

November 2 to December 14  
(7 Classes)

10:30 a.m. to 11:15 a.m.

Cost \$42

Strength and Stretch (SAS) is a seated workout that focuses on stretching and building strength in all muscles of the body for a 45 minutes workout.

#### EQUIPMENT

- Hand weights
- A stretchy band



## Seated Stretch Fit

Instructor: Kathy Paterson

This class is also offered online at the same time

Monday, September 11 to October 23

(6 Classes) No class October 9

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

Cost \$54

Monday, October 30 to December 11

(7 Classes)

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

Cost \$63

This class is done as a seated class – no standing or getting down on the floor. An hour of stretching that will leave you feeling awake, limber and ready for the day



## Seniors Stretch Fit

Instructor: Kathy Paterson

### Tuesdays

September 5 to October 17  
(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$63

October 31 to December 12  
(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$63

### Thursdays

September 7 to October 19  
(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$63

November 2 to December 14  
(7 Classes)

9:00 a.m. to 10:00 a.m.

Cost \$63

Stimulate and limber up by decreasing muscle stiffness and back pain, improve digestion, posture, flexibility, and breathing, reducing injury risk and recovery time.

#### EQUIPMENT:

- Yoga mat and head rest
- Stretchy band

# Fitness Classes



## Sit Fit

Instructor: Kathy Paterson

### Tuesdays

September 5 to October 17  
(7 Classes)

11:30 a.m. to 12:15 p.m.

**Cost \$50**

### Wednesdays

September 6 to October 18  
(7 Classes)

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

**Cost \$63**

November 1 to December 6  
(6 Classes)

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

**Cost \$54**

Designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, or are beginning to exercise after being inactive.

#### EQUIPMENT:

- Hand weights
- Stretchy band
- Resistance band loop



## Total Body Workout Through Barre

Instructor: Elise Millard

Tuesday, September 12 to October 17  
(6 Classes)

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

**Cost \$48**

Tuesday, October 31 to December 12  
(7 Classes)

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

**Cost \$56**

Barre may be a ballet-inspired class but don't let that fool you, this is a fantastic class for your overall fitness.

#### EQUIPMENT:

- Hand weights
- Resistance bands & band loop
- Yoga mat
- Chair (supplied by centre)



## Total Fitness for Active Agers

Instructors: Jannine Otto

Monday, October 2 to December 11  
(10 Classes) No class October 9

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

**Cost \$110**

If you loved the STEP AEROBICS CLASSES when you were younger, you will LOVE this class. No step needed, we use low impact stepping to get the heart rate up.

#### EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

# Fitness Classes



## Total Fit

Instructor: Kathy Paterson

### Mondays

**September 11 to October 23**  
(6 Classes) No class October 9

9:00 a.m. to 10:00 a.m.

**Cost \$54**

**October 30 to December 11**  
(7 Classes)

9:00 a.m. to 10:00 a.m.

**Cost \$63**

### Wednesdays

**September 6 to October 18**  
(7 Classes)

9:00 a.m. to 10:00 a.m.

**Cost \$63**

**November 1 to December 6**  
(6 Classes)

9:00 a.m. to 10:00 a.m.

**Cost \$54**

This class uses a variety of cardio exercises to increase strength in the core and upper and lower bodies.

#### EQUIPMENT:

- Hand weights
- Resistance bands & band loop
- Yoga mat



## Zumba Gold®

Instructor: Terri Kokotilo

**Friday, September 8 to October 20**  
(7 Classes)

2:15 p.m. to 3:15 p.m.

**Cost \$56**

**Friday, November 3 to December 15**  
(6 Classes) No class December 1

2:15 p.m. to 3:15 p.m.

**Cost \$48**

Zumba Gold® is a modified Zumba® class focusing on all the elements of fitness, but at a lower intensity.

Easy to follow choreography using Latin and World rhythms stimulate and limber up the entire body in a fun and energetic way.

### What Exactly Is Zumba®?

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol, and boost your good cholesterol.

Zumba® class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. The Zumba® formula is 70% Latin music and 30% of anything else. A typical Zumba® class will feature merengue, salsa, cha-cha, and more.

# Classes at La Perle



NEW

## Ballroom & Latin Dancing - Beginner (La Perle) Instructor: Elise Millard

Friday, September 8 to October 20  
(7 Classes)

12:00 p.m. to 1:00 p.m.

**Cost \$63**

Friday, November 3 to December 15  
(5 Classes) No Class on November 10 & December 1

12:00 p.m. to 1:00 p.m.

**Cost \$45**

This course is designed for **newer or beginner** dancers wishing to learn a new skill. Learn classic ballroom and Latin dances to help you glide, spin, and turn across the dance floor.

### NOTE:

- Registration with a partner is recommended.
- Please let the Programs Team know if you do not have a partner and we will do our best to match you with another participant.



## Essentrics® Stretch and Tone (La Perle) Instructor: Lori Griffith

Friday, September 8 to October 20  
(7 Classes)

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

**Cost \$77**

Friday, November 3 to December 15  
(7 Classes)

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

**Cost \$77**

A full body workout using a dynamic combination of strengthening and stretching, with standing and floor work (back and side only). Develop lean, strong and flexible muscles and improve your posture. Rebalance the body, prevent and treat injuries, unlock tight joints and feel energized, youthful and healthy.

### EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



These classes are offered at  
**La Perle Community League**  
18611 97a Ave. NW

# Classes at Trinity United Church



## Essentrics® Age Reversing (Trinity United Church)

Instructor: Liz Olson

**Tuesday, September 5 to October 17**

**(7 Classes)**

**11:45 a.m. to 12:45 p.m.**

**Cost \$77**

**Tuesday, October 31 to December 12**

**(7 Classes)**

**11:45 a.m. to 12:45 p.m.**

**Cost \$77**

Prepare to be standing through the majority of the class. 10 minutes will be on the floor doing stretching, and the last 15 minutes will be standing with a chair for stretching. If you are unable to get down on the floor, you can do this part of the class from a chair.

### EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



## Essentrics® for Seniors (Trinity United Church)

Instructor: Lori Griffith

**Thursday, September 7 to October 19**

**(7 Classes)**

**11:00 a.m. to 11:45 a.m.**

**Cost \$70**

**Thursday, November 2 to December 14**

**(7 Classes)**

**11:00 a.m. to 11:45 a.m.**

**Cost \$70**

Regain your mobility while slowly building strength and reawakening the power of all 650 muscles.

This class is ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance, and strength.

These classes are offered at  
**Trinity United Church**  
8810 Meadlark Rd. NW



# Lifelong Learning Classes

NEW

## Armchair Art - Galleries of New York Hosted by Kathleen Silverman

**Tuesday, September 12 to October 10**  
**(4 Classes)** No class September 26  
**5:45 p.m. to 7:45 p.m.**  
**Cost \$40**

Are you ready for an art adventure in NYC? The originals are almost 4,000 kilometres away, but we will take a virtual journey to some of New York City's most famous and lesser-known art galleries. We'll engage with the artworks with options like 360-degree tours, high-quality close-ups, and more. Whether you're into contemporary painting or traditional artworks, you're sure to enjoy these virtual museum tours.

NEW

## Armchair Art - YEG's Public Art (*Part 1*) Hosted by Kathleen Silverman

**Thursday, November 2 to November 23**  
**(4 Classes)**  
**5:45 p.m. to 7:45 p.m.**  
**Cost \$40**

Did you know that Edmonton has a large and diverse collection of public art? Integrated into urban design and placed in public spaces, this unique art is for everyone. Not surprisingly, our city's public art has attracted both positive and negative attention. Come learn about the art that surrounds us and listen to some of the stories and controversies behind YEG's public art.

# Lifelong Learning Classes

## DVD Lecture - Ancient Mesopotamia: *Life in the Cradle of Civilization* Hosted by Volunteer Facilitators

**Friday, September 8 to November 24**  
**(11 Classes)** No class November 10  
**1:00 p.m. to 3:00 p.m.**  
**Cost \$55**

Amanda H. Podany,  
Ph.D. Professor,  
California State Polytechnic University,  
Pomona

Welcome to Mesopotamia, the ancient name for the region that is now Iraq and Syria, a remarkably advanced civilization that flourished for two-thirds of the time that civilization has existed on Earth. Mesopotamians mastered irrigation agriculture; built the first complex urban societies; developed writing, literature, and law; and united vast regions through warfare and diplomacy. The rich history of Mesopotamia has only been recently rediscovered, thanks to the decipherment of Mesopotamia's cuneiform writing less than 200 years ago. Fill in the blanks of your historical understanding as you plunge into some of the newest information historians have gathered from hundreds of thousands of ancient cuneiform tablets and other artifacts.

**NEW**

## GeriActors - Acting: From the Script to the Stage Led by Becca Barrington with GeriActors Theatre

**Saturday, October 14 to December 9**  
**(8 Classes)** No class November 11  
**1:00 p.m. to 3:00 p.m.**  
**Cost \$225 | \$168.75 after discount!**

**Use coupon code WSAC25 at checkout for 25% off registration**

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

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

Have you always dreamt of being on the stage? This class is the perfect place to begin. Diving into scripted scenes and monologues, participants will learn how to explore a script, develop unique characters, and collaborate with their fellow actors. On the last day of the class, participants will have the opportunity to share what they've been working on during an acting showcase for family and friends. Jump in and have fun on the stage!

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

# Online - Lifelong Learning



## Online - Spanish

Instructor: Cecilia Hamel

### Spanish Level 1

Thursday, September 7 to October 19

(7 Classes)

1:30 p.m. to 2:30 p.m.

**Cost \$63**

No prior Spanish experience is required.

Thursday, November 2 to December 14

(7 Classes)

1:30 p.m. to 2:30 p.m.

**Cost \$63**

Learn to speak everyday Spanish in the context of basic social interactions. Gain an understanding of the sounds of language, practical basic vocabulary and grammar, exchange of greetings and introduction. The focus is on pronunciation, developing speaking, and listening skills.

### Spanish Level 3

Thursday, September 7 to October 19

(7 Classes)

9:00 a.m. to 10:00 a.m.

**Cost \$63**

Prior Spanish experience is required.

Thursday, November 2 to December 14

(7 Classes)

9:00 a.m. to 10:00 a.m.

**Cost \$63**

Use group work, exercises and activities to practice vocabulary and structures in a conversational context. Review Spanish 1 & 2 before you learn more vocabulary for dining, travel, and health.

### Spanish Level 4

Thursday, September 7 to October 19

(7 Classes)

10:30 a.m. to 11:30 a.m.

**Cost \$63**

Prior Spanish experience is required.

Thursday, November 2 to December 14

(7 Classes)

10:30 a.m. to 11:30 a.m.

**Cost \$63**

Strengthen oral skills and further develop accuracy in pronunciation, understanding spoken Spanish, and correct use of grammar with composition and conversation practice.

## Online - Conversational French

Instructor: Vera Resera

### French Level 2

Monday, October 16 to December 11

(9 Classes)

2:00 p.m. to 3:00 p.m.

**Cost \$72**

Prior French experience is preferred.

This is a continuation of Level 1 and is intended to strengthen your verbal communication abilities by building your vocabulary and grammar skills. Improve your speech and understanding by practicing French in everyday situations.

# Strength Training

## Strength Training Workshop

Instructor: Leslie McKenzie

### Why would I make use of this program?

As we age strength training becomes very important to help with things such as muscle loss, low bone density, and osteoporosis.

During the workshop you will learn the benefits of strength training and how to:

- » Do each movement using the proper technique
- » Choose the proper amount of weight for you
- » Work at your own pace
- » Track your progress and measure your success
- » Keep yourself motivated

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

**These sessions are only \$10.**

Please register in advance for your session.

The introductory session will be followed by a quick education session on how to use a mobile device to access online videos. **Please bring a device (phone, tablet, laptop, etc.) to class if you want assistance accessing YouTube or your email.** The introductory session is a scheduled one-time session. Once completed, you will receive a workbook for you to customize and track your personal goals and keep you motivated. This initiative also includes access to the video *Strength Training Series* (online through YouTube) and live sessions Monday mornings online.

For more information contact the Programs Team

**780 483 1209 ext 228**

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

# Wellness Classes

**NEW**

## Chakra Yoga & Meditation

Instructor: Leslie McKenzie

**Tuesday, September 5 to October 17**

**(7 Classes)**

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

**Cost \$105**

### EQUIPMENT:

- Yoga mat
- Yoga block
- Pillow
- Blanket

Each Tuesday we will learn about one of the 7 Chakra centers within us, incorporate them into our awareness with movement (Yoga), and finish the class with a meditation.

Bring awareness to each chakra through discussion, movement, and meditation. Learn how to feel safe in your body, healthily feel your emotions, hone in on your habits and behaviours, bring awareness to self-acceptance and self-love, find your voice, tune into your intuition, and shift your thoughts when they do not serve you.

# Taiji (Tai Chi) Classes



## Qigong & Hunyuan Taiji Instructor: Allan Belsheim

**Monday, September 11 to December 11**  
**(13 Classes)** No class October 9  
**1:30 p.m. to 2:30 p.m.**  
**Cost \$104**

The first half hour is Qigong - a health exercise that improves circulation and brain function while stretching the body. A form of guided moving meditation and a part of the Taiji System.

The second half hour is learning the Hunyuan Taiji 24 form, which includes Qigong movement.



## Foundations & Hunyuan Taiji Instructor: Allan Belsheim

**Thursday, September 7 to December 14**  
**(15 Classes)**  
**1:30 p.m. to 2:30 p.m.**  
**Cost \$120**

The first half hour, we will work on Foundation exercises that prepare the body to be physically able to move correctly to perform Taiji.

Includes "Silk Reeling", "Circles" and how to move correctly to have the right structure and balance.

The second half of the class is the Hunyuan 24 and is a repeat of what is done for Taiji on Monday.

### A Breif History of Tai Chi

Throughout history, Tai Chi has been used by Chinese scholars, monks, sages, artists, intellectuals, emperors and their imperial guards, princes and commoners, because of its extraordinary versatility and proven effectiveness.

Whilst drawing from all the strands of Chinese spiritual and philosophical thought, Tai Chi is not tied to any religion or dogma, but is available to any interested student.

Practitioners of yoga, dance or other martial arts often find that the internal and flowing approach of Tai Chi perfectly complements their own training.

# Yoga Classes



## Yoga For Arthritis Instructor: Neeru Prashar

This class is also offered  
online at the same time

**Tuesday, September 5 to October 24**  
**(8 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$64**

Yoga for arthritis includes pranayama (yogic breathing), light yoga exercises and relaxation to loosen the muscles, increase flexibility and improve balance. Over time, Yoga will help relieve stiffness & help you lead a healthier, more relaxed lifestyle.

### EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



## Yoga For Balance & Wellbeing Instructor: Martha Miller

**Thursday, September 7 to October 19**  
**(7 Classes)**  
**11:15 a.m. to 12:15 p.m.**  
**Cost \$56**

Explore stretching, strengthening, and balancing your body with standing and on-the-floor yoga poses. This yoga class will allow you to make steps towards balance and well-being.

**Thursday, November 2 to December 14**  
**(7 Classes)**  
**11:15 a.m. to 12:15 p.m.**  
**Cost \$56**

### EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



**NEW**

## Yoga Breathing Techniques & Relaxation Instructor: Neeru Prashar

**Thursday, September 14 to October 26**  
**(7 Classes)**  
**4:00 p.m. to 4:45 p.m.**  
**Cost \$42**

Most of us breathe incorrectly and shallow, using only 1/10th of the lung capacity. Pranayama (yogic breathing) helps improve lung function and capacity, reduces oxidative stress, improves mental strength, focus and awareness

### EQUIPMENT:

- Yoga mat

# Yoga Classes



## Chair Yoga Instructor: Neeru Prashar

This class is also offered  
online at the same time

**Friday, September 8 to October 27**  
**(8 Classes)**  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$64**

A variety of modified yoga poses and breathing techniques designed for those with limited mobility or injuries.

Chair Yoga is a gentle class, with all yoga postures done seated on a chair or standing, using the chair to help with support and balance.

### EQUIPMENT:

- Yoga mat and band
- Yoga block or blanket recommended



## Gentle Yoga Instructor: Freya Giroux

This class is also offered  
online at the same time

### Mondays

**September 11 to October 23**  
**(6 Classes)** No class October 9  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$54**

**October 30 to December 11**  
**(7 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$63**

### Wednesdays

**September 6 to October 18**  
**(7 Classes)**  
**9:45 a.m. to 10:45 a.m.**  
**Cost \$63**

**November 1 to December 6**  
**(6 Classes)**  
**9:45 a.m. to 10:45 a.m.**  
**Cost \$54**

### Wednesdays

**September 6 to October 18**  
**(7 Classes)**  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$63**

**November 1 to December 6**  
**(6 Classes)**  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$54**

Gentle Yoga is an easy, adapted & slower moving style of yoga with repeated poses in a flowing series without straining or forcing. Stretch, tone, and strengthen the whole body while practicing breathing exercises, mindfulness, and relaxation.

### EQUIPMENT:

- Yoga mat

## Not Sure What Yoga Class To Sign Up For?

Contact our Program Team staff and they will help you determine what is the best class for you.

Email: [Programs@Weseniors.ca](mailto:Programs@Weseniors.ca)  
Telephone: 780 483 1209 ext 228

# Yoga Classes



## Hatha Yoga – Beginner

Instructor: Neeru Prashar

This class is also offered  
online at the same time

**Tuesday, September 5 to October 24**  
**(8 Classes)**  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$64**

Designed for those with little knowledge of yoga but are eager to learn and experience the amazing benefits. Learn the basics of yoga, fundamental principles of alignment, breath work, relaxation techniques, and more. Emphasis is placed on student understanding, safety, and stability.

### EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended



## Intermediate/Advanced Yoga

Instructor: Neeru Prashar

This class is also offered  
online at the same time

**Friday, September 8 to October 27**  
**(8 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$64**

This class is not for beginners or people with hip/knee replacements or concerns. Previous knowledge of yoga is required to attend this class. Take your yoga practice to the next level and challenge yourself. Variations are given in a pose to suit individual needs and practices are done slowly with mindfulness.

### EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended



## Pilatoga – Beginner

Instructor: Freya Giroux

This class is also offered  
online at the same time

**Monday, September 11 to October 23**  
**(6 Classes)** No class October 9  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$54**

The strength from Pilates and the balance from Yoga presented in an energizing and encompassing atmosphere. This class encourages and welcomes all levels and experiences. An hour spent but not a minute wasted. Please note, this class includes floor work.

**Monday, October 30 to December 11**  
**(7 Classes)**  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$63**

### EQUIPMENT:

- Yoga mat and band

# Yoga Classes



## Restorative Hatha Yoga - Intermediate

Instructor: Audrey Bell-Hiller, B.A.

**Thursday, September 7 to October 19**  
**(7 Classes)**

**9:45 a.m. to 11:00 a.m.**

**Cost \$79**

**Thursday, November 2 to December 14**  
**(7 Classes)**

**9:45 a.m. to 11:00 a.m.**

**Cost \$79**

Work on a variety of breathing exercises and gradually increase difficulty to deepen awareness of your body and mind.

### EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps



## Yin Yoga

Instructor: Vera Resera

**This class is also offered  
online at the same time**

**Tuesday, October 17 to December 12**  
**(9 Classes)**

**1:00 p.m. to 2:15 p.m.**

**Cost \$90**

Yin yoga poses are meant to stimulate and apply moderate stress to our connective tissues of the body, increasing circulation in our joints and improving overall flexibility.

### EQUIPMENT:

- Yoga mat
- Yoga blocks or pillows
- Blanket
- Eye Pillow

## Types of Yoga

Pilatoga is a combination of Yoga and Pilates practices. Combine strength and stability building from Pilates with the mindful movement and flow of Yoga. Yoga and Pilates both transform the mind, body, and spirit.

Yin Yoga is slow-paced style of yoga as exercise, incorporating principles of traditional Chinese medicine, with asanas that are held for 45 seconds to 2 minutes.

Hatha (a combination of many styles) is one of the most popular styles. It is a more physical type of yoga rather than a still, meditative form. Hatha yoga focuses on pranayamas (breath-controlled exercises) followed by a series of asanas (yoga postures), which end with savasana (a resting period).

Restorative Yoga is a passive, meditative form of yoga that allows you to focus on your breath while releasing tension in your body. Unlike other forms of yoga, restorative yoga requires you to hold asanas or poses for an extended length of time.

# How To Register Online

**[www.myactivecenter.com](http://www.myactivecenter.com)**

## Registration Steps

1. Open the Internet
2. Go to MyActiveCenter.com
3. Click 'Sign In'
4. Type in your email address and password
5. Scroll through course offerings
6. Click on a class name to register
7. Read the class information
8. To register, scroll down to the calendar
9. Click on the date of the first event
10. If you are registering for a series, click continue
11. Scroll up. Click 'Register'
12. Click 'Register' on the Activity Registration window
13. Click 'Checkout' to pay
14. Click 'Pay Now'
15. Click 'Pay with a credit or Visa Debit Card'

***Call WSAC for assistance (780) 483-1209 or email [Programs@weseniors.ca](mailto:Programs@weseniors.ca)***

## Did You Know You May Have A Credit On Your WSAC Account?

Sometimes, when classes or events are canceled, money is refunded as a digital credit to your account. You can use this money to pay for classes.

- Call us before registering to find out if you have any money in your "wallet"
- If you have a credit, we can use it to partially or fully pay for any charges



# Drop In Classes

## Monday Drop-In Classes

- Workshop 9:00 a.m. to 4:00 p.m.
- Games Room 9:00 a.m. to 12:30 p.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Art 12:30 p.m. to 3:30 p.m.
- Crafts 12:30 p.m. to 3:30 p.m.
- Euchre 1:00 p.m. to 3:00 p.m.
- Bike Group 1:00 p.m.
- Knitting Group 1:30 p.m. to 3:30 p.m.

## Tuesday Drop-In Classes

- Walking Group 9:00 a.m.
- Workshop 9:00 a.m. to 7:30 p.m.
- Practice Bridge 9:30 a.m. to 11:30 a.m.
- Woodburning 9:30 a.m. to 12:30 p.m.
- Whist 1:00 p.m. to 3:00 p.m.
- Badminton 2:00 p.m. to 4:00 p.m.
- Billiards 3:30 p.m. to 7:45 p.m.
- Ping Pong 3:45 p.m. to 7:45 p.m.
- Tracing 6:00 p.m. to 7:00 p.m.

## Wednesday Drop-In Classes

- Photo Club 1st & 3rd Wednesday - 9:30 a.m. to 11:30 a.m.
- All Instrument Circle 1st & 3rd Wednesday - 1:00 p.m. to 3:00 p.m.
- Genealogy 1st Wednesday - 1:30 p.m. to 3:30 p.m.
- Book Club 2nd & 4th Wednesday - 10:00 a.m. to 11:30 a.m.
- Ukulele 2nd & 4th Wednesday - 1:00 p.m. to 3:00 p.m.
- Billiards 9:00 a.m. to 4:00 p.m.
- Workshop 9:00 a.m. to 4:00 p.m.
- Woodburning 9:30 a.m. to 12:30 p.m.
- Scrabble 9:30 a.m. to 11:30 a.m.
- Euchre 1:00 p.m. to 3:00 p.m.
- Bike Group 1:00 p.m.

# Drop In Classes

## Thursday Drop-In Classes

- Workshop 9:00 a.m. to 12:00 p.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Contract Bridge 12:30 p.m. to 3:30 p.m.
- Wood Carvers Club 12:30 p.m. to 3:30 p.m.
- Strength Training Workshop 1:00 p.m. to 2:00 p.m.
- Games Room 4:30 p.m. to 7:45 p.m.
- Open Jam Evenings 6:00 p.m. to 7:30 p.m.

## Friday Drop-In Classes

- Walking Group 9:00 a.m.
- Games Room 9:00 a.m. to 12:30 p.m.
- Workshop 9:00 a.m. to 4:00 p.m.
- Spanish Conversation 9:30 a.m. to 11:00 a.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Singing with Strings 10:00 a.m. to 12:00 p.m.
- Chior 1:00 p.m. to 3:00 p.m.
- Paper Quilling 1:00 p.m. to 3:30 p.m.
- Cribbage 1:30 p.m. to 3:30 p.m.
- Bike Group 1:00 p.m.

## Pickleball - Level 2

|           |                         |
|-----------|-------------------------|
| Tuesdays  | 6:10 p.m. to 7:50 p.m.  |
| Thursdays | 4:30 p.m. to 6:10 p.m.  |
| Fridays   | 12:45 p.m. to 2:05 p.m. |

## Pickleball - All Levels

|            |                        |
|------------|------------------------|
| Wednesdays | 2:25 p.m. to 4:05 p.m. |
| Thursdays  | 6:10 p.m. to 7:50 p.m. |

## Pickleball - Level 3

|            |   |
|------------|---|
| Mondays    | 12:45 p.m. to 2:25 p.m.<br>2:25 p.m. to 4:05 p.m. |
| Tuesdays   | 4:30 p.m. to 6:10 p.m.                            |
| Wednesdays | 12:45 p.m. to 2:25 p.m.                           |
| Thursdays  | 12:45 p.m. to 2:25 p.m.<br>2:25 p.m. to 4:05 p.m. |

# The Arts - Drop In Classes

\$2.00 drop-in fee

## Art

**Mondays 12:30 p.m. to 3:30 p.m.**

Have an art project you are working on? Bring your supplies and project to work on with friends at our centre.

## Crafts

**Mondays 12:30 p.m. to 3:30 p.m.**

Love doing crafts? Join us each week. Bring your own supplies and projects to work on in the company of other members.

## Knitting Group

**Mondays 1:30 p.m. to 3:30 p.m.**

Bring your knitting with you and enjoy a coffee or tea while you work on your project in the company of others.

**New members welcome.**

## “Quirky Quillers” Paper Quilling

**Fridays 1:00 p.m. to 3:30 p.m.**

Fold a little paper & chat a lot. Some call it origami; we call it skillful fun. View the quilling projects hung around the centre to see what we create.

**New members welcome.**

**NEW**

## Tracing

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

Spend the evening with others practicing your steady hand and tracing different projects. Tracing can be used for many things, including art or craft projects, and is the first step in wood burning.

## Wood Burning

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

If you are interested in wood burning stop by to ask questions or to find out more.

Please bring a H2 pencil, polymer eraser, tracing paper, and whatever artwork you are interested in tracing.

## Workshop

**Tuesdays, Wednesdays, & Thursdays  
9:30 a.m. to 12:00 p.m.**

WSAC has knowledgeable volunteers in our workshop during these hours.

## Wood Carvers Club

**Thursdays 12:30 p.m. to 3:30 p.m.**

Open space for creative hands at play. A friendly and committed group, carving their way to a wide collection of treasures.

**Note:** Outside of these hours, for safety reasons, a minimum of 2 individuals are required to be in the room when using the workshop.

# Cards & Games - Drop In Classes

\$2.00 drop-in fee

## Billiards

**Mondays, Thursdays, & Fridays**

**9:30 a.m. to 12:30 p.m.**

**Tuesdays 3:30 p.m. to 7:45 p.m.**

**Wednesdays 9:00 a.m. to 4:00 p.m.**

Rack 'em up and chat 'em up.

Enjoy our refurbished billiard tables and join this crew for good conversation and relaxed play.

**New members & all levels welcome.**

---

## Contract Bridge

**Thursdays 12:30 p.m. to 3:30 p.m.**

An active mind is a sharp mind. Bridge enthusiasts are encouraged to join this group.

**Everyone welcome, no partner necessary.**

---

## Cribbage

**Fridays 1:30 p.m. to 3:30 p.m.**

15-2, 15-4... and the rest don't score.

Check out this fun group and see if you have the right combinations to make it all the way.

**New members & all levels welcome.**

---

## Euchre

**Mondays & Wednesdays**

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

A friendly group of fun and play.

This social card game is simple in concept but high in subtlety.

**New members & all levels welcome.**

---

## Games Room

**Mondays 9:00 a.m. to 12:30 p.m.**

**Thursdays 4:30 p.m. to 7:45 p.m.**

**Fridays 9:00 a.m. to 12:30 p.m.**

Our space is available for you to play whether it is card games, darts, board games or billiards.

You and your friends can come together and play the game of your choice.

You may use the available cards and board games at the centre.

# Cards & Games - Drop In Classes

\$2.00 drop-in fee

## Practice Bridge

**Tuesdays 9:30 a.m. to 11:30 a.m.**

When you don't use it, you lose it... so why not practice? Sharpen your skills and play one of the most popular card games worldwide, it's never too late to join the masses.

**Everyone welcome, no partner necessary.**

---

## Ping Pong

**Tuesdays 3:45 p.m. to 7:45 p.m.**

Some may call it Table Tennis but to others it is Ping Pong. Whatever it is to you, come join in the fun.

**New members & all levels welcome.**

---

## Scrabble

**Wednesdays 9:30 a.m. to 11:30 a.m.**

Come dabble and play a little scrabble.

A tile word game of wit and fun.

**No partner necessary, new members & all levels welcome.**

---

## Whist

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

A simple yet skillful game, if you don't know the rules you will in seconds.

A card game ancestral to Bridge where the last card indicates trump.

**New members & all levels welcome.**

# Fitness - Drop In Classes

\$2.00 drop-in fee

## Badminton

**Tuesdays 2:00 p.m. to 4:00 p.m.**

Calling all badminton players who like fun and challenge. Let's play the game with the birdie in the air.

**New members & all levels welcome.**

---

## The Fitness Room

**Daily 9:00 a.m. to close**

Closed for Dynamic Movement  
Mondays 12:00 p.m. to 1:00 p.m.  
& Fridays 1:00 p.m. to 2:00 p.m.

*Note: For your safety, orientations are mandatory for all users of the fitness room.*

**Please pre-book your orientation at the reception desk.**

Multi-use passes are available:

- 10 Visit Pass: \$15
- Monthly Pass: \$25
- Annual Pass: \$250

---

## Bike Group

**Mondays & Wednesdays  
Meet at WSAC at 1:00 p.m.**

**Fridays Meet at WSAC at 10:00 a.m.**

Join this group as they explore our beautiful city and all it has to offer. Helmets encouraged. Weather permitting. The group rides for 2.5 to 3 hours, including a break for coffee. Bike group will continue through the fall until the snow arrives.

Ride times are dependent on weather, please call the centre to confirm start time.

---

## Walking Group

**Tuesdays & Fridays  
Meet at WSAC 9:00 a.m.**

The walking group takes their hikes into the river valley and beyond, enjoying coffee in the WSAC cafe afterwards.

**New members welcome.**

# Lifelong Learning - Drop In Classes

\$2.00 drop-in fee

## Book Club

**2nd & 4th Wednesday of the Month**  
**10:00 a.m. to 11:30 a.m.**

This is a social gathering with a readers appeal. We start a new book every two weeks, with no long term commitment necessary.

**New members welcome.**

---

## Genealogy

**1st Wednesday of the Month**  
**1:30 p.m. to 3:30 p.m.**

Let's pool our resources and help each other untangle the challenges of researching our family histories.

Come prepared with laptops, tablets, pencils, and paper – whatever suits you best.

Don't forget to bring your enthusiasm along!

---

## Photo Club

**1st & 3rd Wednesday of the Month**  
**9:30 a.m. to 11:30 a.m.**

Join in the fun, share pictures with the group, ask questions of any kind and explore before meeting again.

**Beginner photographers welcome.**

---

## Spanish Conversation

**Fridays 9:30 a.m. to 11:00 a.m.**

Come join this interactive and fun group to practice your Spanish skills. This group is open to all levels and all individuals learning Spanish. The learning doesn't stop in the classroom, language learning takes practice. Join this group and "Practica Conmiga".

# Music - Drop In Classes

\$2.00 drop-in fee

## All Instrument Circle

**1st & 3rd Wednesday of the Month,  
1:00 p.m. to 3:00 p.m.**

Please bring your instrument, tuner, pencil and eraser.

The music for this group consists of only lyrics and chords and is suitable for any stringed instrument including uke, guitar, bass, banjo, mandolin, fiddle, and even piano and accordion. **The music is given to you on a USB drive which you may print. Music stands available.**

---

## Choir – Westend Singers

**\$10/Month** This is not a drop-in program.

**Fridays 1:00 p.m. to 3:00 p.m.**  
(Followed by social coffee in the Cafe)

Choir is a registered group and requires a degree of commitment as our choir performs throughout the year.

*Volunteer Instructor Tammy Farkes and  
Accompanist Debbie Godwin.*

---

## Open Jam Sessions

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

Music fills the soul. Slam 'n' jam with the best of 'em. You don't have to be an expert musician, just a love of music required. Drop in with your guitar, banjo or any instrument you fancy.

**New members welcome.**

---

## Singing with Strings

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

Formally known as The Silvertones, this drop in group is composed of musicians who like to play and/or sing and share new material with others. Members predominantly play string instruments and have varying musical backgrounds.

**New members welcome.**

---

## Ukulele Circle

**2nd & 4th Wednesday of the Month,  
1:00 p.m. to 3:00 p.m.**

Please bring your uke, tuner, pencil and eraser as we tend to make changes to the music.

It is recommended that you can move quickly among C, Am, F, and G, G7 as a minimum. It would be more comfortable if you also were familiar with D, D7, A, A7, and E7. The group plays music from The Blue and Yellow Daily Ukulele books by Jim Beloff. We have a copy you may borrow to try before you buy.

# Pickleball

\$4.00 drop-in fee

## All Pickleball Players - Please Note

Participants should sign up a week in advance using the Sign-Up Genius app.

You can only sign up for one session a day. However, on the day that you are playing if there are available slots for the 2nd session you can play both the 1st and 2nd session and vice versa.

Doubles Play - There is a maximum of 16 players per session.

Played by the clock (11 minutes/ game).

Only members of WSAC can sign up for pickleball.

## Pickleball - Level 2

**Tuesdays 6:10 p.m. to 7:50 p.m.**

**Thursdays 4:30 p.m. to 6:10 p.m.**

**Fridays 12:45 p.m. to 2:05 p.m.**

Ready to take your pickleball to the next level?

Come play in our Novice sessions until you get the hang of the game; all while playing against others who are at the same level.

## Pickleball - Level 3

**Mondays 12:45 p.m. to 2:25 p.m.  
2:25 p.m. to 4:05 p.m.**

**Tuesdays 4:30 p.m. to 6:10 p.m.**

**Wednesdays 12:45 p.m. to 2:25 p.m.**

**Thursdays 12:45 p.m. to 2:25 p.m.  
2:25 p.m. to 4:05 p.m.**

If you know the game and are ready to play, bring your paddle and join us for these sessions!

You will be matched with other players – every game is a new game and an opportunity to meet and learn from new people.

## Pickleball - All Levels

**Wednesdays 2:25 p.m. to 4:05 p.m.**

**Thursdays 6:10 p.m. to 7:50 p.m.**

All levels pickleball is a chance to challenge yourself and fellow members. Both novice and experienced players are encouraged to play together, giving you the opportunity to play with and against new opponents.

# WSAC 8 Week Fitness Program

## A Free At Home Program For Seniors

Have You Heard About Our 8 Week Fitness Program For Seniors?

- This is a daily fitness program you can do at home
- Our 20 page booklet has photos and clear instructions that show you HOW to do the exercises
- We also have videos on our YouTube page where you can follow along and do the exercises at your own speed

Want To Learn More? Visit Our Website

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

*Once on our website search “8 week fitness program” to download our FREE 8 week handbook .PDF.*

## Senior Fraud Alert Website

**[www.seniorfraudalert.ca](http://www.seniorfraudalert.ca)**

A Free Resource To Learn How To Identify Fraud And Protect Yourself From It.

Created By Seniors For Seniors.

- Senior-driven focus groups read and gave feedback on every scam, script, and quiz so the information is in plain language and is free of jargon and technical terms.
- The course is in small educational modules that provided simple but effective tips.

The Senior Fraud Alert Website’s Mission Is To:

- Help make you aware of the risks of using technology, and to not be afraid to use it.
- Encourage you to use this free resource to learn how to identify fraud and protect yourself from it.
- Empower you to “suspect, detect, report”. Once you complete the course you will be able to spot the clues left by scammers, and contact the authorities to stop them from causing harm.

The Course Features 5 Sections That Cover The Following Types Of Fraud

- Government Fraud
- Banking Fraud
- Internet Fraud
- Health & Safety Fraud
- Relationship & Lifestyle Fraud

# Business Connectors



SENIORS ASSISTED TRANSPORTATION



## Contact Us

780 424 4238

[info@drivehappiness.ca](mailto:info@drivehappiness.ca)

9916 45 Ave NW,  
Edmonton

## Widow to Widow Edmonton



### Edmonton-West Group Meeting

This W2W group meets the third Thursday of each month  
from 2:00 p.m. to 4:00 p.m. at Saints Church  
6315 199 St NW, Edmonton Alberta T5T 6N2

**For more information please contact Sandy B**  
780 486 7557 | [w2wwested@gmail.com](mailto:w2wwested@gmail.com)

# armour.

INSURANCE

780 475 0959

5750 75 Street NW, Edmonton, AB

**The Official Provider Of Your WSAC Group  
Home And Auto Insurance Program**



Watch for our Toonie Talk presentations at the  
Westend Seniors Activity Centre

[www.armourinsurance.ca/wsac](http://www.armourinsurance.ca/wsac)  
[facebook.com/ArmourInsurance](https://facebook.com/ArmourInsurance)



**ElderCare**  
EDMONTON

780 434 4747

*Join Us  
For Only  
\$10/day!*

## ADULT DAY PROGRAMS

Recreation Programs in Edmonton

Fulton Place | 10310 - 56 St

Central Lions | 11113 - 113 St

Westend Seniors | 9629 - 176 St



Founded in 1980, ElderCare Edmonton (ECE) is a  
non-profit organization that supports adults and their  
caregivers through recreational adult day programs.

[www.eldercareedmonton.ca](http://www.eldercareedmonton.ca)  
[info@eldercareedmonton.ca](mailto:info@eldercareedmonton.ca)

# Our Representatives



## **Brooks Arcand-Paul** MLA for Edmonton-West Henday

#103, 14020 - 128 Avenue  
Edmonton, AB T5L 4M8

Phone 780.414.0711

Fax 780.414.0713

[Edmonton.WestHenday@assembly.ab.ca](mailto:Edmonton.WestHenday@assembly.ab.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
- Service Canada
- Canada Pension Plan
- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Veteran's Affairs

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



**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)

# Connect With Our Centre

## Have You Visited Our YouTube Page?

Winter is right around the corner.

Make sure to visit our YouTube page where you can follow our 8-Week Fitness Program For Seniors.

This is a 16 video series that provides you with the ability to have a daily fitness routine at home.

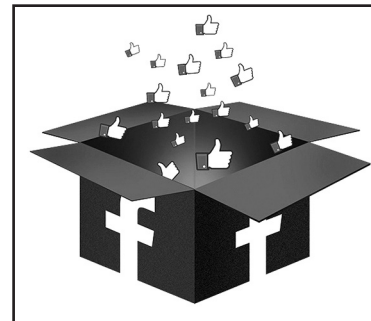
YouTube.com/  
WestendSeniorsActivityCentre/videos



## 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 and communities here in the west end and more.

Make Sure To "Like" Our Page.  
Facebook.com/WESeniors



## Have You Signed Up For Our E-Newsletter?

More than 3300 people receive our e-newsletter each month.

Sign up at our front desk or on our website  
[www.weseniors.ca](http://www.weseniors.ca)

**3307**

# WSAC's Board Of Directors

Barbara Gibson – President

- Barbara@weseniors.ca

Jay Pritchard – Vice President

- Jay@weseniors.ca

Robert Smith - Treasurer

- Bob@weseniors.ca

Dolores Brent – Director

- Dolores@weseniors.ca

Kaye Langager – Director

- Kaye@weseniors.ca

Lois Thurstan – Director

- Lois@weseniors.ca

Lorne Brackenbury – Director

- Lorne@weseniors.ca

Richard Batty – Director

- Rick@weseniors.ca

Sharon Quickfall – Director

- Sharonq@weseniors.ca

Shirley Devlin – Director

- Shirleyd@weseniors.ca

Spurgeon Gammon – Director

- Spurgeon@weseniors.ca

Wendy Jerome – Director

- WJerome@weseniors.ca

## WSAC's Staff Members

### Executive Director

Haidong Liang Ph.D. – Executive Director | Haidong@weseniors.ca | Ext. 227

### Operations & Program Manager

Barbara Jaffray – Office & Program Manager | Bjaffray@weseniors.ca | Ext. 229

### Community Engagement & Communications

Lorena Smalley – Community Engagement Manager | Lorena@weseniors.ca

Thomas Zheng – Engagement & Communications Manager | Yunxuan@weseniors.ca | Ext. 225

### Outreach Support

Shirley Kilsdonk Registered Social Worker – Community Outreach Manager | Shirley@weseniors.ca | Ext. 232

Gaby Sanchez – Community Outreach Coordinator | Outreach@weseniors.ca | Ext. 232

Charis Wong – Multicultural Outreach Coordinator | Charis@weseniors.ca | Ext. 226

### Financial Services

Kathy Dicks – Accounting Services | Kathy@weseniors.ca | Ext. 223

### Programs Department

Mikayla Mailloux – Program Coordinator | Mikayla@weseniors.ca | Ext. 228

Andy Chen – Online Programs & Pickleball | Andy@weseniors.ca | Ext. 231

### Volunteers – Events – Rentals

Heather Riberdy – Volunteer & Event Manager | Heather@weseniors.ca | Ext. 224

# Rental Opportunities

## Rentals At WSAC

WSAC has a bunch of great spaces to rent out for various events like weddings, adult birthday parties, meetings, classes, and more! Lots of parking and the views are great. Minimum rental age is 25. We do not rent for graduation parties, under 25 birthday parties, or private sales events.

| Spaces<br>- Additional items available with space  |                      | Rate \$/Hour   | Square Footage       | Damage Deposit* |
|--|----------------------|--|----------------------|-----------------|
| Harry Farmer Room (HF) (45 row seating or 15 fitness class)  |                      | \$38   | 910                  | \$100           |
| Meeting Room (45 row seating or 15 fitness class)  |                      | \$38   | 910                  | \$100           |
| - Billiards Table  |                      | \$20 for rental time   |                      |                 |
| - Sound System   |                      | \$50 for rental time   |                      |                 |
| Café (60 seated at tables)   |                      | \$66   | 1250                 | \$200           |
| - TV   |                      | \$50 for rental time   |                      |                 |
| - Galley Kitchen Access (use of sink, prep fridge, and small freezer)  |                      | \$25   |                      |                 |
| Cafe & Kitchen** (use of counter tops, microwave, and sink)  |                      | \$116  | 1250                 | \$400           |
| Gymnasium (200 row seating or 180 at tables or 25 fitness class)   |                      | \$110  | 3000                 | \$400           |
| Gymnasium & Kitchen** (use of counter tops, microwave, and sink)   |                      | \$160  | 3000                 | \$600           |
| What Is Included   |                      | What Isn't Included  |                      |                 |
| Round Tables<br>Rectangular Tables<br>Chairs   |                      | Place Settings and Table Cloths,<br>Coffee Urns and AV Equipment (Available for rent)<br>Set Up and Clean Up |                      |                 |
| Portable Items   |                      |  |                      |                 |
| TV (flat screen)   | \$50 for rental time | Large Coffee Urn (100 cups)<br>Small Coffee Urn (25 cups)  | \$40 for rental time |                 |
| Portable Sound System and Mic  | \$50 for rental time |  | \$20 for rental time |                 |
| Projector and Screen   | \$50 for rental time |  |                      |                 |
| Minimum Rental: 2 Hours   Half Day Rate 10% off – min. 4 hours   Full Day Rate 20% off – min. 8 hours<br>10% off any rental for Members of WSAC for at least one year.<br>*Deposit refundable, pending rental conditions are met.   Additional \$100 when alcohol is being served.<br>**The kitchen can only be rented with a gym or cafe rental. Kitchen must only be used by professional caterers. Renters will be required to provide a copy of their rental agreement to WSAC |                      |  |                      |                 |

# Rental Opportunities





# WE Seniors

## Westend Seniors Activity Centre

Alberta's Premiere Community Hub Celebrating  
45 Years Of Excellence In Serving Older Adults

### Connect With Us

Westend Seniors Activity Centre  
9629 176 Street NW  
Edmonton, AB T5T 6B3

Monday, Wednesday, & Friday  
9 a.m. to 4 p.m.

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

Tuesday & Thursday  
9 a.m. to 7:30 p.m.

Facebook:  
[Facebook.com/Weseniors](https://Facebook.com/Weseniors)

Telephone Number:  
780 483 1209

YouTube:  
Westend Seniors Activity Centre

Sign Up For Our E-Newsletter On Our Website:  
[Weseniors.ca/Resources/Newsletter/](http://Weseniors.ca/Resources/Newsletter/)