



Winter 2024 Program & Resource Guide

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



Come Experience It!

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Thank you to our Funders:



Registered Classes by Weekday

Monday Registered Classes

• Total Fit.....	9:00 a.m. to 10:00 a.m.
• Pilatoga – Beginner	IN-PERSON & ONLINE 9:30 a.m. to 10:30 a.m.
• Ceramics	9:30 a.m. to 12:30 p.m.
• Elk 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	IN-PERSON & ONLINE 10:45 a.m. to 11:45 a.m.
• Fit For Life	11:30 a.m. to 12:30 p.m.
• Yoga Stretch & Strengthen.....	12:00 p.m. to 1:00 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.
• 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	IN-PERSON & ONLINE 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	IN-PERSON & ONLINE 10:45 a.m. to 11:45 a.m.
• Interval Strength Training	11:30 a.m. to 12:30 p.m.
• Essentrics® Age Reversing	TRINITY UNITED CHURCH 11:45 a.m. to 12:45 p.m.
• Water Marbling	12:00 p.m. to 4:00 p.m.
• Yin Yoga.....	IN-PERSON & ONLINE 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.
• Mindfulness & Meditation	6:00 p.m. to 7:30 p.m.
• Ayurveda	6:00 p.m. to 7:30 p.m.
• Essentrics® Age Reversing.....	6:30 p.m. to 7:30 p.m.

Registered Classes by Weekday

Wednesday Registered Classes

- Essentrics® Age Reversing..... **ONLINE** 9:00 a.m. to 10:00 a.m.
- Total Fit..... 9:00 a.m. to 10:00 a.m.
- Gentle Yoga..... **IN-PERSON & ONLINE** 9:45 a.m. to 10:45 a.m.
- Sit Fit..... 10:15 a.m. to 11:15 a.m.
- 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.
- Acrylic Painting..... 1:30 p.m. to 4:00 p.m.
- Essentrics® Age Reversing **TRINITY UNITED CHURCH** 2:00 p.m. to 3:00 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.
- 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.
- 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 2..... **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.
- Creative Evenings 5:30 p.m. to 7:30 p.m.
- Armchair Art 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..... 1:00 p.m. to 3:00 p.m.
- Zumba Gold®..... 2:15 p.m. to 3:15 p.m.

Classes by Type

Art Classes

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• Beginner Watercolour.....	Willie Wong.....	Page 13
• Ceramics	Jackie Garrant	Page 14
• Creative Evenings	Shantel Toma	Page 14
• Elk in Coloured Pencil - Workshop	Susan Casault	Page 15
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• Dance Fit (Tues & Thurs)	Kathy Paterson	Page 22
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• M2M <i>Movement to Music</i>	Elise Millard	Page 24
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Classes by Type

Community Classes

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- Restorative Hatha Yoga.....Audrey Bell-Hiller..... Page 36
- Yoga Stretch & StrengthenVera Resera Page 37
- Yin Yoga.....Vera Resera Page 37

Events At Our Centre

Upcoming Events

» Valentines Bingo:
February 14 @ 2:00 p.m.

» Volunteer Appreciation
April 24 @ 11:30 a.m.

New Member Welcome

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, January 10
» Wednesday, February 7
» Wednesday, March 6
» Wednesday, April 3

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, January 17
» Wednesday, February 21
» Wednesday, March 20
» Wednesday, April 17

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, January 25
» Thursday, February 29
» Thursday, March 28
» Thursday, April 25

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.
- » Participation in programs is used as individual discretion. Members are 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:

January 1
New Years Day

February 19
Family Day

March 29
Good Friday

April 1
Easter Monday

Welcome To Our Centre



Winter 2024 Registration Opens

- » Thursday, December 7 at 1:30 p.m.
- » Registration available in-person or online for all programs until April 2024

Mark It On Your Calendar

- » Spring & Summer 2024 registration will begin Thursday, April 18, 2024 at 1:30 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	Reciprocal Membership
Annual Membership Fee	\$50.00 Non-Refundable/Non-Transferable	N/A (one time \$5 fee if I.D. fob is needed)
E-News & Chronicle	YES	YES
Vote at AGM	YES	NO
Registered Classes	YES	YES (available 1 week after WSAC membership registration opens)
Drop In Programs	YES	YES
Committees	YES	NO
Clubs	YES	YES
Pickleball	YES	NO
Events	Member Pricing	Non-Member Pricing
Facility Rentals	Member Pricing	Non-Member Pricing
Armour Insurance Discount	10% Discount on Auto 15% Discount on Property	No Discount

Welcome To Our Centre

Program Registration

- » To register online visit 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.
- » Please contact the Programs Team for registered programs which may have availability for drop-in registration.

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 keep our freezers freshly stocked with a variety of options.

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.

Reheatable

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

Fresh Ingredients

We purchase fresh ingredients the day before preparing the meals to ensure only the best ingredients go into every meal we make for you.

Entrées

- » Chicken Stew
- » Chicken Cacciatore
- » Lasagna
- » Meatloaf
- » Shepherd's Pie
- » Tuna Casserole
- » & More

Hearty Soup

- » Beef Barley
- » Borscht
- » Chicken Noodle
- » Cream of Potato
- » Minestrone
- » Dill Pickle
- » & More

Muffins

- » Apple Spice
- » Blueberry Bran
- » Blueberry
- » Cranberry Orange
- » Lemon Poppyseed
- » Raisin Bran
- » & More

The Tote

Try a variety of combinations, choose:

- » 2 entrées
- » 2 hearty soups
- » 2 brunch bowls
- » 1 package of muffins
- » 1 package of savoury biscuits

Five Entree Bundle

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

Buy 3 hearty soups and receive your choice of:

- » 1 package of muffins OR
- » 1 package of savoury biscuits

Eggs-emplary Bowls

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

WSAC Frozen Meal Program

Do We Have To Pre-Order?

No. We have items in stock every day. To see what we have in stock and current prices 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.

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.

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.

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.
-

Contact Us For More Information Or To Place An Order

Online:	www.weseniors.ca
Call Our Centre:	780 483 1209 ext 232
Email Us:	foodorders@weseniors.ca

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

Fundraising for WSAC

Why give to WSAC this year?

Membership fees and revenue from programs only go so far – so we invite you to invest in WSAC with a donation of \$45. If each member invests this amount, we'll reach our goal, and then some!

Here's how you can donate:

- » Monthly ongoing donations*
- » A one-time donation*
- » Purchasing products through initiatives like our Holiday Plant fundraiser
- » Purchasing tickets for 50/50 draws and raffles

*Tax receipts are issued for donations over \$10

SAVE ON YOUR 2023 TAXES by making a donation to WSAC by December 31st, 2023.

Giving Back Never Grows Old

Volunteering WSAC

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?

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

Connecting With Others Never Grows Old

Questions? Contact Heather Riberdy, Volunteer & Event Manager

Email: 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 Winter 2024

- » Acrylic Painting (Pg. 13)
- » Creative Evenings - Macramé Wall Hanging (Pg. 14)
- » Creative Evenings - Decorative Wood Porch Rabbit (Pg. 14)
- » Elk in Coloured Pencil Workshop (Pg. 15)
- » Paint with Coffee (Pg. 16)
- » Soapstone Carving - Grizzly Bear (Pg. 16)
- » Age Reversing Essentrics® Wednesdays at Trinity United Church (Pg. 28)
- » Armchair Art: Curated Canadiana (Pg. 29)
- » Armchair Art: The Group of Seven, Eight, Nine... (Pg. 29)
- » DVD Lecture - The World was Never The Same: Events that Changed History (Pg. 30)
- » First Aid-CPR & Choking Workshop (Pg. 30)
- » Mindfulness & Meditation (Pg. 33)
- » Ayurveda (Pg. 33)
- » Yoga Stretch & Strengthen (Pg. 37)
- » Indoor Walking Group (Pg. 44)

Not Sure What Class To Sign Up For?

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

Email: Programs@Weseniors.ca
Telephone: 780 483 1209 ext 228

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...

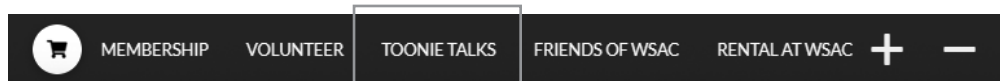
- » These are educational presentations by businesses who serve seniors. Our goal is to provide a wide range of presentations on topics that seniors are dealing with in their everyday lives.
- » The Friends of WSAC guest speakers are not trying to sell you on their services. They are working with us 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

- » 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.



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
Telephone Number: 780 425 8625
Email: office@edmontonseniorscentre.ca



ICAN SENIORS ASSOCIATION

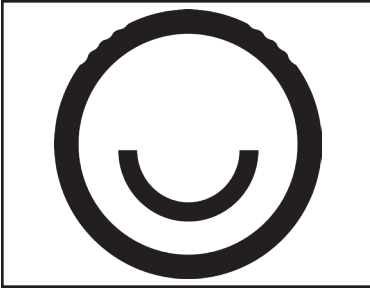
ICAN Seniors Association was established in August 2017 and was registered in December 2019. We aim to prevent isolation of seniors facing multiple cultural barriers through English literacy training, community events, and networking opportunities. We offer:

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

Telephone Number:
780 425 8625
Email:
chengrongmei@hotmail.com

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

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

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 green-ware) ahead of time, unless otherwise noted.
 - A supply list and additional class information will be available at the reception desk.
 - Supply costs, including jewellery, green-ware, glaze, and firing costs, if applicable, are in addition to the course fee.
 - Please bring all supplies with you to each class.
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Acrylic Painting

Instructor: Lily Jeong

Wednesday, January 10 to February 28
(8 Classes)

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

Cost \$162

Wednesday, March 6 to April 24
(8 Classes)

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

Cost \$162

Acrylic painting class for all levels, from beginner to more advanced level.

Lily will have projects for you to choose from and help you finish the paintings from start to end OR students can bring their own projects to work on and Lily will help/guide the student to finish the painting.

Beginner Watercolour

Instructor: Willie Wong

Tuesday, January 9 to February 13
(6 Classes)

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

Cost \$122

Tuesday, March 12 to April 16
(6 Classes)

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

Cost \$122

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, January 8 to February 26

(7 Classes) No class February 19

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

Cost \$66

Monday, March 4 to April 22

(7 Classes) No class April 1

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

Creative Evenings - Macramé Wall Hanging

Instructor: Shantel Toma

Thursday, February 15

(1 Class)

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

Cost \$45 All art supplies are included.

Let's get together and join in the return of macramé. We will create a beautiful, rustic wall hanging with basic macramé techniques. You will choose your colours and beads to coordinate with your creative taste.

NEW

Creative Evenings - Decorative Wood Porch Rabbit

Instructor: Shantel Toma

Thursday, March 14

(1 Class)

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

Cost \$50 All art supplies are included.

Shantel will work through the steps to bring your 36 inch rabbit to life! They will be painted with your choice of colour, lightly sanded and decorated. You will choose from an assortment of accents and fabrics to give them a personalized finish. Your rabbit can be displayed indoors or out.

Art Classes



Elk In Coloured Pencil Workshop

Instructor: Susan Casault

Monday, February 26

(1 Class)

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

Cost \$45

Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor.

Join us for a one-day workshop where we will draw an elk on black paper. Standing in the early morning light, this regal animal will come to life with the addition of shining grass and soft mist. Learn, or review, the fundamentals of this versatile medium as you layer colours and work with values. You are welcome to bring a lunch or use our cafeteria.

Introduction to Art of Redesigning Jewellery

Instructor: Shirley Zago

Monday, January 29

(1 Class)

9:00 a.m. 12:00 p.m.

Cost \$36

Don't have your own supplies? Extra supplies only \$15.
Please bring your personal jewellery from home.

Instructor Shirley customizes jewellery and wants to teach WSAC members how to use tools, chains, claps, and magnets to recreate jewellery into new pieces. **Bring your own jewellery** and recreate pieces into something creatively different. Tools are supplied by the instructor and she will have a small supply of extra chains available if anyone needs.

Paint Night

Instructor: Kevin Fischer

Tuesday, February 27

(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.

Art Classes

NEW

Paint With Coffee: Bookmarks

Instructor: Linda Finstad

Thursday, January 18

(1 Class)

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

Cost \$33 All art supplies are included.

Coffee artist Linda Finstad will show you how to make paint from instant coffee and guide you through step-by-step instructions to create amazing pieces of art. This beginner class will focus on creating a minimum of 2 bookmarks with different artwork on them chosen by the participant.

NEW

Soapstone Carving: Grizzly Bear

Instructor: Kay McCormack

Thursday, February 15 to February 29

(3 Classes)

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

Cost \$144 All art supplies are included.

This is an intro to our North American Brown Bear, the Grizzly. In this 9 hour class, Kay McCormack will guide you to create your own Grizzly in beautiful Brazilian soapstone over a few weeks. Study the distinct characteristics of the grizzly and incorporate them into your work using the hand tools provided. You will learn the basics of stone carving, safety precautions, simple design methods and their implementation

Watercolour for Intermediate and Advanced

Instructor: Thom Podlubny

Tuesday, January 9 to February 20

(7 Classes)

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

Cost \$79

Tuesday, March 5 to April 23

(8 Classes)

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

Cost \$90

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.

Dance Classes



Ballroom & Latin Dancing

Instructor: Elise Millard

Friday, January 19 to February 23

(6 Classes)

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

Cost \$54

Friday, March 8 to April 26

(7 Classes) No Class on March 29

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

Cost \$63

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, January 8 to February 12
(6 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$54

Monday, March 4 to April 22
(7 Classes) No Class on April 1
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. Some experience needed.



Clogging - Intermediate Instructor: Tracy Walters

Monday, January 8 to February 12
(6 Classes)
1:15 p.m. to 2:15 p.m.
Cost \$54

Monday, March 4 to April 22
(7 Classes) No Class on April 1
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, January 8 to February 12
(6 Classes)
2:30 p.m. to 3:30 p.m.
Cost \$54

Monday, March 4 to April 22
(7 Classes) No Class on April 1
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

January 9 to February 20
(7 Classes)

3:30 p.m. to 4:30 p.m.

Cost \$63

March 5 to April 23
(8 Classes)

3:30 p.m. to 4:30 p.m.

Cost \$72

Thursdays

January 11 to February 22
(7 Classes)

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

Cost \$63

March 7 to April 25
(8 Classes)

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

Cost \$72

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, January 11 to February 22
(7 Classes)

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

Cost \$63

Thursday, March 7 to April 25
(8 Classes)

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

Cost \$72

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, January 11 to February 22
(7 Classes)

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

Cost \$63

Thursday, March 7 to April 25
(8 Classes)

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

Cost \$72

NOTE:

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

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

Fitness Classes



Bands and Bender Ball - Total Body Strength Evenings

Instructor: Jannine Otto

Thursday, January 11 to February 29

(8 Classes)

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

Cost \$88

Thursday, March 7 to April 25

(8 Classes)

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

Cost \$88

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, January 10 to February 28

(7 Classes) No Class on February 7

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

Cost \$47

Wednesday, March 6 to April 24

(8 Classes)

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

Cost \$54

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

EQUIPMENT

- Yoga mat
- Yoga band



Circuit Training

Instructor: Deborah Ravbar

Friday, January 12 to March 1

(8 Classes)

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

Cost \$64

Friday, March 8 to April 26

(7 Classes) No Class on March 29

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.

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights

Fitness Classes



Dance Fit

Instructor: Kathy Paterson

Tuesdays

January 9 to February 27
(8 Classes)

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

Cost \$72

March 5 to April 23
(8 Classes)

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

Cost \$72

Thursdays

January 11 to February 29
(8 Classes)

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

Cost \$72

March 7 to April 25
(8 Classes)

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

Cost \$72

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

January 8 to February 26
(6 Classes) No Class February 5 & 19

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

Cost \$60

March 4 to April 22
(7 Classes) No Class on April 1

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

Cost \$70

Fridays

January 12 to March 1
(7 Classes) No Class February 9

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

Cost \$70

March 8 to April 26
(7 Classes) No Class on March 29

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

Cost \$70

Detailed instructions on how to use the machines properly, including the proper weight and form during a circuit workout.

EQUIPMENT:

- Indoor Running or Fitness Shoes
- Power bands
- Small towel



Fit For Life

Instructor: Deborah Ravbar

Monday, January 8 to February 26
(7 Classes) No Class on February 19

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

Cost \$56

Monday, March 4 to April 22
(7 Classes) No Class on April 1

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
ESSEINTRICS®
• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •

ESSEINTRICS® 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

January 9 to February 27
(8 Classes)

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

Cost \$88

March 5 to April 23
(8 Classes)

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

Cost \$88

Fridays

January 12 to March 1
(8 Classes)

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

Cost \$88

March 8 to April 26
(7 Classes) No Class on March 29

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

Cost \$77

Wednesdays

ONLINE ONLY



January 10 to February 28
(8 Classes)

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

Cost \$80

March 6 to April 24
(8 Classes)

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

Cost \$80

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, January 10 to February 28
(8 Classes)

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

Cost \$80

Wednesday, March 6 to April 17
(7 Classes)

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

Cost \$70

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, January 9 to February 27

(8 Classes)

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

Cost \$64

Tuesday, March 5 to March 26

(4 Classes)

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

Cost \$32

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, January 9 to February 20

(7 Classes)

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

Cost \$56

Tuesday, March 5 to April 23

(8 Classes)

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

Cost \$64

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.

EQUIPMENT:

- Resistance bands & fitness loop band
- Hand weights



Seated Stretch Fit

Instructor: Kathy Paterson

This class is also offered
online at the same time

Monday, January 8 to February 26

(7 Classes) No Class on February 19

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

Cost \$63

Monday, March 4 to April 22

(7 Classes) No Class on April 1

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

Fitness Classes



Seniors Stretch Fit

Instructor: Kathy Paterson

Tuesdays

January 9 to February 27
(8 Classes)

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

Cost \$72

March 5 to April 23
(8 Classes)

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

Cost \$72

Thursdays

January 11 to February 29
(8 Classes)

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

Cost \$72

March 7 to April 25
(8 Classes)

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

Cost \$72

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



Sit Fit

Instructor: Kathy Paterson

Wednesday, January 10 to February 28
(8 Classes)

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

Cost \$72

Wednesday, March 6 to April 17
(7 Classes)

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

Cost \$63

Incorporate cardio, core and strength training, in short intervals. This class is a whole body workout for those with injury or mobility concerns, 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, January 9 to February 20
(7 Classes)

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

Cost \$56

Tuesday, March 5 to April 23
(8 Classes)

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

Cost \$64

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)

Fitness Classes



Total Fitness for Active Agers

Instructors: Jannine Otto

Monday, January 8 to February 26

(7 Classes) No Class on February 19

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

Cost \$77

Monday, March 4 to April 22

(7 Classes) No Class on April 1

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

Cost \$88

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



Total Fit

Instructor: Kathy Paterson

Mondays

January 8 to February 26

(7 Classes) No Class February 19

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

Cost \$63

Monday, March 4 to April 22

(7 Classes) No Class on April 1

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

Cost \$63

Wednesdays

January 10 to February 28

(8 Classes)

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

Cost \$72

March 6 to April 17

(7 Classes)

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

Cost \$63

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, January 12 to March 1

(7 Classes) No Class on February 23

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

Cost \$56

Friday, March 8 to April 26

(7 Classes) No Class on March 29

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

Cost \$56

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.

Classes at La Perle



Ballroom & Latin Dancing - Beginner (La Perle)

Instructor: Elise Millard

Friday, January 19 to February 23

(6 Classes)

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

Cost \$54

Friday, March 8 to April 26

(7 Classes) No Class on March 29

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

Cost \$63

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, January 12 to March 1

(8 Classes)

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

Cost \$88

Friday, March 8 to April 26

(7 Classes) No Class on March 29

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. Re-balance 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

Tuesdays

January 9 to February 27
(8 Classes)

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

Cost \$88

March 5 to April 23
(8 Classes)

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

Cost \$88

Wednesdays

January 10 to February 28
(8 Classes)

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

Cost \$88

March 6 to April 24
(8 Classes)

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

Cost \$88

Prepare to be standing through the majority of the class. 10 minutes on the floor 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 from a chair.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Essentrics® for Seniors (Trinity United Church)

Instructor: Lori Griffith

Thursday, January 11 to February 29
(8 Classes)

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

Cost \$80

Thursday, March 7 to April 25
(8 Classes)

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

Cost \$80

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 Meadowlark Rd. NW



Lifelong Learning Classes

NEW

Armchair Art: Curated Canadiana

Hosted by Kathleen Silverman

Tuesday, February 6 to February 27

(4 Classes)

5:45 p.m. to 7:45 p.m.

Cost \$40

Canadian art is as diverse as its people and geography. Join us for an informal, fun exploration of selected works by Canadian artists spanning decades and styles. No art experience is necessary!

NEW

Armchair Art: The Group of Seven, Eight, Nine... Who Got Lost in the Woods? Filling in the Blanks of Early 20th-Century Canadian Art

Hosted by Kathleen Silverman

Tuesday, March 5 to March 26

(4 Classes)

5:45 p.m. to 7:45 p.m.

Cost \$40

The Group of Seven was a cohort of painters who came together to develop distinctly Canadian art to express the nation and its people. But while their pristine, untamed, empty wilderness works were exhibited and marketed to embody a Canadian identity, who and what was missing? Join us for an informal, fun exploration of selected works by some of the group's unheralded contemporaries, including women artists, Indigenous artists, and those from other regions of the country. No art experience is necessary!

Lifelong Learning Classes

DVD Lecture - **The World was Never The Same: *Events that Changed History*** Hosted by Volunteer Facilitators

Friday, January 12 to May 17
(18 Classes) No Class on March 29
1:00 p.m. to 3:00 p.m.
Cost \$90

A captivating course by professor J. Rufus Fears, Ph. D from University of Oklahoma that provides 36 of the most important and definitive events in the history of the world. It's an intriguing and engaging tour of thousands of years of human history, from the creation of the Code of Hammurabi (1750 B.C.) to the Battle of Lexington (April 19, 1775) to Dr. Martin Luther King Jr.'s "I Have a Dream" speech (August 28, 1963), and beyond. It's a chance for you to learn new insights about world history at the hands of an engaging historian.



First Aid - CPR and Choking Workshop Led by Big Hearts First Aid

Tuesday, January 30
(1 Classes)
10:00 a.m. to 12:00 p.m.
Cost \$36

Big Hearts first aid is on a mission to make First Aid, CPR, and safety training accessible to everyone!

Our CPR and Choking Workshop is designed to prepare participants to keep their loved ones safe. You can expect to spend an hour and a half with our experts building confidence and practicing hands-on First Aid and CPR skills.

CPR and First Aid skills should be refreshed and practiced every year. Data supports just 50 minutes of hands-on practice is incredibly effective! This is an educational time spent that you'll never regret.

Topics covered in this course:

- Early recognition – How to identify a medical emergency and when to call 9-1-1 or seek medical attention
- Hands-on practice of Cardiopulmonary resuscitation (CPR) on our CPR mannequins (Adult Skills)
- Demonstration of Automated External Defibrillator (AED) on our CPR mannequins (Adult Skills)
- Hands-on practice of First Aid for Choking (Adult Skills)

Online - Lifelong Learning



Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursday, January 11 to February 29

(8 Classes)

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

Cost \$72

Prior Spanish experience is required.

Thursday, March 7 to April 25

(8 Classes)

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

Cost \$72

Practice speaking Spanish in the context of basic social interactions. Gain a better 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, January 11 to February 29

(8 Classes)

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

Cost \$72

Prior Spanish experience is required.

Thursday, March 7 to April 25

(8 Classes)

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

Cost \$72

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, January 11 to February 29

(8 Classes)

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

Cost \$72

Prior Spanish experience is required.

Thursday, March 7 to April 25

(8 Classes)

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

Cost \$72

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

Taiji (Tai Chi) Classes



Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

Monday, January 8 to April 22
(14 Classes) No Class on February 19 & April 1
1:30 p.m. to 2:30 p.m.
Cost \$112

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, January 11 to April 25
(16 Classes)
1:30 p.m. to 2:30 p.m.
Cost \$128

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 Brief 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.

Strength Training

Strength Training Workshop

Instructor: Leslie McKenzie

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

Learn how to move using the proper technique and amount of weight for you. Work at your own pace, track your progress and measure your success to stay motivated.

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

Classes run on occasional Thursdays depending on demand. Please register in advance for your session.

These sessions are only \$10.

The one-time introductory session will be followed by an education session on how to use a mobile device to access online videos. Bring a device (phone, tablet, laptop, etc.) to class if you want help accessing YouTube or email. Once completed, you will receive a workbook to customize and track your personal goals. Includes access to the video *Strength Training Series* (online through YouTube)

For more information contact the Programs Team
780 483 1209 ext 228 | programs@weseniors.ca

Wellness Classes



Mindfulness & Meditation

Instructor: Leslie McKenzie

Tuesday, January 9 to February 20

(7 Classes)

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

Cost \$105

Chopra Certified Meditation Coach Leslie introduces the benefits of both mindfulness and meditation through these 7 weeks together, where you will learn how both of these powerful practices can help you reduce your stress level and improve your life physically, mentally, and energetically.



Ayurveda

Instructor: Leslie McKenzie

Tuesday, March 5 to April 23

(8 Classes)

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

Cost \$120

Looking to create balance in your life? Join this class and learn about the 6 Pillars of Ayurveda. Understand what your personality (Dosha) type is. Discover why some foods, exercises, sleep tips and even communication styles work for some but not for YOU. You will uncover what will work for you and receive practical tips to incorporate into your life right away!

Yoga Classes



Yoga For Arthritis

Instructor: Neeru Prashar

This class is also offered
online at the same time

Tuesday, January 9 to February 27
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$64

Tuesday, March 5 to April 23
(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, January 11 to February 22
(7 Classes)
11:15 a.m. to 12:15 p.m.
Cost \$56

Thursday, March 7 to April 25
(8 Classes)
11:15 a.m. to 12:15 p.m.
Cost \$64

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.

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



Chair Yoga (Sitting and Standing)

Instructor: Neeru Prashar

This class is also offered
online at the same time

Friday, January 12 to March 1
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Friday, March 8 to April 26
(7 Classes) No Class on March 29
9:30 a.m. to 10:30 a.m.
Cost \$56

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 block or blanket recommended
- Yoga mat and band

Yoga Classes



Gentle Yoga

Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays

January 8 to February 26
(6 Classes) No Class February 5 & 19
10:45 a.m. to 11:45 a.m.
Cost \$54

March 4 to April 22
(7 Classes) No Class on April 1
10:45 a.m. to 11:45 a.m.
Cost \$63

Wednesdays

January 10 to February 28
(7 Classes) No Class February 7
9:45 a.m. to 10:45 a.m.
Cost \$63

March 6 to April 24
(8 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$72

Wednesdays

January 10 to February 28
(7 Classes) No Class February 7
12:00 p.m. to 1:00 p.m.
Cost \$63

March 6 to April 24
(8 Classes)
12:00 p.m. to 1:00 p.m.
Cost 72

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



Hatha Yoga – Beginner

Instructor: Neeru Prashar

This class is also offered
online at the same time

Tuesday, January 9 to February 27
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Tuesday, March 5 to April 23
(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

Yoga Classes



Intermediate/Advanced Yoga

Instructor: Neeru Prashar

This class is also offered
online at the same time

Friday, January 12 to March 1
(8 Classes)

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

Cost \$64

Friday, March 8 to April 26
(7 Classes) No Class on March 29

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

Cost \$56

This class is not for beginners or people with hip/knee replacements or concerns. Previous knowledge of yoga is required. Take your yoga practice to the next level and challenge yourself. Variations are given 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, January 8 to February 26
(6 Classes) No Class on February 5 & 19

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

Cost \$54

Monday, March 4 to April 22
(7 Classes) No Class on April 1

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

Cost \$63

The strength from Pilates and the balance from Yoga presented in an energizing and encompassing atmosphere. Welcome and encouraging for all levels and experiences. An hour spent but not a minute wasted. This class includes floor work.

EQUIPMENT:

- Yoga mat and band



Restorative Hatha Yoga - Intermediate

Instructor: Audrey Bell-Hiller, B.A.

Thursday, January 11 to February 22
(7 Classes)

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

Cost \$79

Thursday, March 7 to April 25
(8 Classes)

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

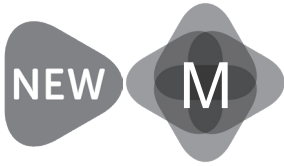
Cost \$90

This Restorative class focuses on all components of yoga and gradually increases difficulty of the poses. There is focus for those who have asthma or COPD issues.

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

Yoga Classes



Yoga Stretch and Strengthen

Instructor: Vera Resera

Monday, January 8 to February 26
(7 Classes) No Class on February 19
12:00 p.m. to 1:00 p.m.
Cost \$63

Monday, March 4 to March 25
(4 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$36

Beginners Welcome

Plenty of modifications will be provided to suit your fitness level.

This class will start with the foundations of yoga and gradually build to explore stretching and strengthening your body, in a variety of poses on your back, seated on the floor, standing, and may include floor work on your stomach.

EQUIPMENT:

- Yoga mat
- Yoga blocks or pillows
- Blanket or shawl
- Water



Yin Yoga

Instructor: Vera Resera

This class is also offered
online at the same time

Tuesday, January 9 to February 27
(8 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$90

Tuesday, March 5 to March 26
(4 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$45

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

How To Register Online

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

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.
- 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 1:00 p.m. to 4:00 p.m.
- Billiards 3:30 p.m. to 5:30 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 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.

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. |
| • Indoor Walking | 11:30 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. |
| • Ping Pong | 4:00 p.m. to 7:45 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. |
| • Choir | 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. |

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. 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.

The Arts - Drop In Classes

New members welcome to all drop-ins! | \$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.

“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.

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

New members welcome to all drop-ins! | \$2.00 drop-in fee

Billiards

Mondays, Thursdays, & Fridays

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

Tuesdays 3:30 p.m. to 5:30 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.

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.

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.

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.

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

New members welcome to all drop-ins! | \$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.

No partner necessary.

Ping Pong

Thursday 4:00 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.

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, 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.

All levels welcome.

Fitness - Drop In Classes

New members welcome to all drop-ins! | \$2.00 drop-in fee

Badminton

Tuesdays 1:00 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.

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: \$195

Indoor Walking

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

All the benefits of an outdoor walk with none of the hazards of Alberta's winter weather. Our Gymnasium will be open for indoor walking so members can safely enjoy a winter walk.

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.

Lifelong Learning - Drop In Classes

New members welcome to all drop-ins! | \$2.00 drop-in fee

Book Club

2nd 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 month, with no long term commitment necessary.

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

New members welcome to all drop-ins! | \$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 Goodwin.*

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.

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.

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 to a maximum of 2 sessions a week. However, on the day 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 Level 2 and 3 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

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

Senior Fraud Alert Website

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

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

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
780-392-2515



KELLY McCAULEY

MP | EDMONTON WEST



**Ward
Nakota Isga**

COUNCILLOR ANDREW KNACK

Phone: 780.496.8122

Email: andrew.knack@edmonton.ca

Twitter: @AndrewKnack

Facebook: @AndrewKnackEdmonton

Website: 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.

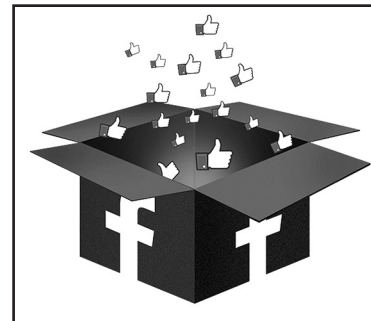
[YouTube.com/
WestendSeniorsActivityCentre/videos](https://www.youtube.com/WestendSeniorsActivityCentre/videos)



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](https://www.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



WSAC's Board Of Directors

Barbara Gibson – President

- Barbara@weseniors.ca

Jay Pritchard – Vice President

- Jay@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

Sharon Quickfall – Director

- Sharonq@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 – Operations & Program Manager | Bjaffray@weseniors.ca | Ext. 229

Community Engagement & Communications

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

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

Outreach Support

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

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 - 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 Rectangular Tables Chairs		Place Settings and Table Cloths, Coffee Urns and AV Equipment (Available for rent) Set Up and Clean Up		
Portable Items				
TV (flat screen)	\$50 for rental time	Large Coffee Urn (100 cups) 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 10% off any rental for Members of WSAC for at least one year. *Deposit refundable, pending rental conditions are met. Additional \$100 when alcohol is being served. **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				



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

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

Facebook:
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/