



Spring & Summer 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:



A network of community allies for older adults.



**CANADIAN
RED CROSS**

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.
- Crocuses in Coloured Pencil - Workshop..... 9:30 a.m. to 2:30 p.m.
- Seated Stretch Fit..... **IN-PERSON & ONLINE** 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.
- Dynamic Movement..... 12:00 p.m. to 1:00 p.m.
- Yin Yoga..... **IN-PERSON & ONLINE** 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.
- 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.
- Essentrics® Age Reversing **TRINITY UNITED CHURCH** 11:45 a.m. to 12:45 p.m.
- Drawing Fundamentals..... 1:00 p.m. to 4:00 p.m.
- Journey to Self Discovery..... 1:30 p.m. to 3:30 p.m.
- Handbells **TRINITY UNITED CHURCH** 2:00 p.m. to 3:30 p.m.
- Line Dancing - Beginner..... 3:30 p.m. to 4:30 p.m.
- 7 Spiritual Laws of Success 6:00 p.m. to 7:30 p.m.
- Essentrics® Age Reversing..... 6:30 p.m. to 7:30 p.m.

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 **IN-PERSON & ONLINE** 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.

Registered Classes by Weekday

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.
- Hand-building Pottery Workshop..... 9:30 a.m. to 11:30 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.
- Foundations & Hunyuan Taiji..... 1:30 p.m. to 2:30 p.m.
- Spanish Level 2..... **ONLINE**..... 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.
- 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 (Sitting & Standing) **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.

Registered Classes by Type

Art Classes

• Acrylic Painting.....	Lily Jeong	Page 13
• Ceramics.....	Jackie Garrant.....	Page 14
• Creative Evenings: Heart Wreath	Shantel Toma	Page 14
• Crocuses in Coloured Pencil - Workshop.....	Susan Casault	Page 15
• Drawing Fundamentals.....	Muhammed Salayi.....	Page 15
• Hand-building Pottery Workshop.....	Molly Lim	Page 15

Dance Classes

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• Clogging Beginner.....	Tracy Walters.....	Page 18
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Fitness Classes

• Bands and Bender Ball – Total Body Strength	Karen Meunier (nee Haugen)	Page 20
• Barre	Freya Giroux	Page 20
• Circuit Training.....	Deborah Ravbar	Page 21
• Fit for Life	Deborah Ravbar	Page 21
• M2M - <i>Movement to Music</i>	Elise Millard	Page 21
• Dance Fit.....	Kathy Paterson	Page 22
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• Essentrics® Age Reversing.....	Lori Griffith.....	Page 23
• ONLINE Essentrics® Age Reversing	Samara Hipkins	Page 23
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• Seniors Stretch Fit.....	Kathy Paterson	Page 24
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• Total Fitness for Active Agers.....	Jannine Otto	Page 25
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• Total Fit.....	Kathy Paterson	Page 26

Registered Classes by Type

Community Classes

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- Essentrics® Stretch and Tone **(La Perle)**..... Lori Griffith..... Page 27
- Essentrics® Age Reversing..... **(Trinity United Church)**..... Meg Hipkin Page 28
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Lifelong Learning Classes

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Taiji (Tai Chi) Classes

- Qigong & Hunyuan Taiji..... Allan Belsheim..... Page 31
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Wellness Classes

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- Journey to Self Discovery..... Betty Wedman..... Page 32

Yoga Classes

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- Yoga for Balance & Wellbeing Martha Miller..... Page 34
- Gentle Yoga..... Freya Giroux Page 34
- Chair Yoga (Sitting & Standing) Neeru Prashar Page 35
- Hatha Yoga - Beginner Neeru Prashar Page 35
- Intermediate/Advanced Yoga..... Neeru Prashar Page 35
- Pilatoga Beginner Freya Giroux Page 36
- Restorative Hatha Yoga..... Audrey Bell-Hiller..... Page 36
- Yin Yoga..... Martha Miller..... Page 36

Events At Our Centre

Upcoming Events

» Night of Music
Friday, May 3 @ 7:00 p.m.

» Mother's Day Tea
Friday, May 10 @ 2:00 p.m.

» Older, Bolder, Better!™
Thursday, June 6 @ 9:30 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, May 1
 - » Wednesday, June 5
 - » Wednesday, July 3
 - » Wednesday, August 7
-

Birthday Parties

Celebrate your birthday with a party held on the third Wednesday of the month from 2:00 p.m. to 3:00 p.m.

- » Free for all birthday guests, \$2 for guests
- » **Please register at the Front Desk**

Upcoming Dates:

- » Wednesday, May 15
 - » Wednesday, June 19
 - » Wednesday, July 17
 - » Wednesday, August 21
-

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
- » **Please register at the Front Desk**

Upcoming Dates:

- » Thursday, May 30
 - » Thursday, June 27
 - » Thursday, July 25
 - » Thursday, August 29
-

Line Dancing Social

An evening of "boot scootin' & boogie'ing" hosted by Tracy Walters. \$10.00 per person, 6:30 p.m. to 9:30 p.m. in the gym,

- » Bring a snack to share
- » **Please register at the Front Desk**

Upcoming Dates:

- » Friday, May 24
- » Friday, June 21

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:

May 20
Victoria Day

July 1
Canada Day

August 5
Civic Holiday

September 2
Labour Day

Welcome To Our Centre



Spring & Summer 2024 Registration Opens

- » Thursday, April 18, 2024 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of August 2024
- » Reciprocal registration opens April 25 at 9:30 a.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
- » Southeast Edmonton Seniors Association
- » 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/Golf/Bike	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

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. Whether you crave something savoury, cheesy, or veggie-packed, we have bowl for you. Take your pick!

Spinach & Feta

Delicious combination of fresh spinach and creamy feta cheese, perfect when looking for a nutritious and flavourful vegetable choice.

Ham & Cheese

Nothing can go wrong when these two classic ingredients are put together. This option is a customer's choice, as it offers a heart and cheesy bite.

Denver

Loaded with colourful peppers, crunchy onions, juicy mushrooms and savoury sausage, this option is a filling and delicious bowl that will keep you energized for the day.

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 use only fresh ingredients to ensure the best goes into every meal we make for you.

AAA beef is used to prepare healthy and delicious options. Ground or roasted in-house, the freshness and quality of the meat can be tasted in every bite.

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.

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, 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.

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

Laura Wong, RSW, Outreach Worker
Laura@weseniors.ca
780 483 1209 Ext. 223

Fundraising for WSAC

Fundraising for WSAC

We continue to reach for our goal of raising \$45,000 by our 46th anniversary on August 1, 2024. We invite you to invest in WSAC with a donation of \$45. If each member invests this amount, we will go above and beyond that goal!

Here's how you can donate:

» Monthly ongoing donations*

» A one-time donation*

*Tax receipts are issued for donations over \$25

» Purchasing products through initiatives like our plant fundraisers

» Purchasing tickets for 50/50 draws and raffles

Save on your 2024 taxes by making a donation to WSAC by December 31, 2024

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

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Program Information

NEW

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

New Registered & Drop-In Programs For Spring & Summer 2024

- » Creative Evenings: Heart Wreath with Shantel Toma (Pg. 14)
- » Crocuses in Coloured Pencils Workshop with Susan Casault (Pg. 15)
- » Drawing Fundamentals with Muhammed Salayi (Pg. 15)
- » Hand-building Pottery Workshop with Molly Lim (Pg. 15)
- » Handbell Ensemble with Beth MacIntosh (Pg. 28)
- » 7 Spiritual Laws to Success with Leslie McKenzie (Pg. 32)
- » Journey to Self Discovery with Betty Wedman (Pg. 32)
- » Commonwealth Lawn Bowling (Pg. 43)
- » Golf at Deer Meadows (Pg. 44)
- » **Drop-in** Bike Group (Pg. 44)
- » **Drop-in** Writers Group (Pg. 45)

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...

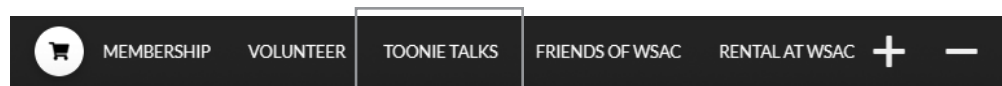
- » These are educational presentations by businesses who serve seniors. Our goal is to provide a wide range of presentations on topics that seniors are dealing with in their everyday lives.
- » The Friends of WSAC guest speakers are not trying to sell you on their services. They are working with us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

The Alberta Seniors Alliance began with WSAC, in partnership with the Edmonton Seniors Centre and ICAN Seniors Association to jointly offer 100+ online classes/programs to over 3500+ seniors in Alberta during COVID-19.

Since then, the Alberta Seniors Alliance has welcomed more organizations into the alliance to help serve even more seniors in Alberta.

The Alliance consists of WSAC and WESeniors Strathcona, the Edmonton Seniors Centre, Drive Happiness, ICAN Seniors Association, Seba Beach Seniors Centre, St. Albert Seniors Association, and the Taiwan University Alumni Association.



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



DRIVE HAPPINESS

Drive Happiness Seniors Association's mission is to assist seniors in remaining independent in their own homes for as long as possible. Volunteer drivers take riders to medical appointments, shopping, banking, programming, and to visit friends or family.

Telephone Number: 780 424 5438

Website: drivehappiness.ca



ICAN Seniors
Association

ICAN SENIORS ASSOCIATION

The purpose of ICANSA is to encourage 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.

Telephone Number: 780 425 8625

Email: chengrongmei@hotmail.com

Alberta Seniors Alliance



SEBA BEACH SENIORS CENTRE

A safe, welcoming, and positive gathering place with fun, activities, the chance to learn new skills, make friends, and enjoy new experiences. Our Thrift Shop supports the organization and a number of community-wide initiatives and charities.

Telephone: 780 797 3087
Website: www.sebaseniors.ca



ST. ALBERT SENIORS ASSOCIATION

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+.

Reception Desk: 780 459 0433 ext. 0
Website: www.stalbertseniors.ca



WESENIORS STRATHCONA COUNTY

WE Seniors Strathcona's goal is to connect all the dots and be a one-stop shop where older adults can easily see what types of classes, programs, events, and services are available to them across the county.

Telephone: 780 400 2111
Email: questions@weseniors.ca

Art Classes



Acrylic Painting

Instructor: Lily Jeong

Wednesdays, May 8 to June 26
(8 Classes)

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

Cost \$162

Wednesdays, July 3 to July 24
(4 Classes)

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

Cost \$81

Wednesdays, July 31 to
August 21 (4 Classes)

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

Cost \$81

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

Choose from one of projects Lily has available or bring your own and she will help you through the paintings from start to end.

Art Classes

Ceramics

Instructor: Jackie Garrant

Mondays, May 6 to June 24
(7 Classes) No class May 20
9:30 a.m. to 12:30 p.m.
Cost \$66

Discover the art of creating beautiful ceramic pieces with the guidance of a skilled instructor. Learn the tools & techniques necessary to create your own masterpiece. Have fun with a new craft in a social environment where fellowship is strongly encouraged. All levels welcome.

NEW

Creative Evenings - Heart Wreath

Instructor: Shantel Toma

Thursday, May 9
(1 Class)
5:30 p.m. to 7:30 p.m.
Cost \$45

All art supplies are included.

These heart wreaths are hand woven with willow and dogwood branches.

A selection of embellishments will be available to choose from.

NEW

Crocuses In Coloured Pencil Workshop

Instructor: Susan Casault

Monday, June 17
(1 Class)
9:30 a.m. to 2:30 p.m.
Cost \$45

Learn how to draw purple petals and furry stems and explore background options. 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. Bring a lunch or use our cafeteria.

Art Classes

NEW

Drawing Fundamentals

Instructor: Muhammed Salayi

**Tuesdays, May 7 to June 25
(8 Classes)**

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

Cost \$160

Please bring these supplies to all classes: drawing pencils, drawing book, eraser, pencil sandpaper.

Recognizing the pivotal role that drawing plays in academic painting, Muhammed is enthusiastic about sharing his drawing expertise in this course. Tailored to individuals with diverse skill levels, the curriculum spans a variety of subjects, fostering active engagement with each art learner through personalized feedback. Our central objective remains the enhancement of your drawing abilities.

NEW

Hand-building Pottery Workshop

Instructor: Molly Lim

Beginner

**Thursdays, May 9 to May 30
(4 Classes)**

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

Cost \$136

All art supplies are included.

This is an all inclusive 4-week pottery workshop in hand-building.

Students will learn the basic techniques of creating finished functional projects with pottery clay, such as; a bowl, a soap dish, a small mug or a lidded jar. **Participants will attend all sessions and use the tools and supplies provided by instructor.**



Dance Classes



Ballroom & Latin Dancing

Instructor: Elise Millard

Fridays, May 10 to June 28
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

Fridays, July 5 to July 26
(4 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$36

Fridays, August 2 to August 23
(4 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$36

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:

- Water Bottle



Line Dancing - Beginner

Instructor: Tracy Walters

Tuesdays

May 7 to June 25
(8 Classes)
3:30 p.m. to 4:30 p.m.
Cost \$72

July 2 to July 23
(4 Classes)
3:30 p.m. to 4:30 p.m.
Cost \$36

July 30 to August 20
(4 Classes)
3:30 p.m. to 4:30 p.m.
Cost \$36

Thursdays

May 9 to June 27
(7 Classes) No class June 6
12:00 p.m. to 1:00 p.m.
Cost \$63

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

August 1 to August 22
(4 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$36

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.

Dance Classes



Line Dancing - Intermediate Instructor: Tracy Walters

Thursdays, May 9 to June 27
(7 Classes) No class June 6
1:15 p.m. to 2:15 p.m.
Cost \$63

Thursdays, July 4 to July 25
(4 Classes)
1:15 p.m. to 2:15 p.m.
Cost \$36

Thursdays, August 1 to August 22 (4 Classes)
1:15 p.m. to 2:15 p.m.
Cost \$36

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

Thursdays, May 9 to June 27
(7 Classes) No class June 6
2:30 p.m. to 3:30 p.m.
Cost \$63

Thursdays, July 4 to July 25
(4 Classes)
2:30 p.m. to 3:30 p.m.
Cost \$36

Thursdays, August 1 to August 22 (4 Classes)
2:30 p.m. to 3:30 p.m.
Cost \$36

NOTE:

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

What Is Clogging?

- » Clogging is similar to tap dancing, with its own style.
- » We incorporate a variety of music – country, bluegrass, rock'n'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 program sessions.
- » Feedback suggests it is too difficult to catch up after the first session. Because of this, we only accept new cloggers in the first session.

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

Mondays, May 6 to June 24
(7 Classes) No class May 20
12:00 p.m. to 1:00 p.m.
Cost \$63

Mondays, July 8 to July 22
(3 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$27

Mondays, July 29 to August 19
(3 Classes) No class August 5
12:00 p.m. to 1:00 p.m.
Cost \$27

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

Mondays, May 6 to June 24
(7 Classes) No class May 20
1:15 p.m. to 2:15 p.m.
Cost \$63

Mondays, July 8 to July 22
(3 Classes)
1:15 p.m. to 2:15 p.m.
Cost \$27

Mondays, July 29 to August 19
(3 Classes) No class August 5
1:15 p.m. to 2:15 p.m.
Cost \$27

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 2 years of intermediate clogging sessions before you will move into the advanced classes.
-



Clogging - Experienced

Instructor: Tracy Walters

Mondays, May 6 to June 24
(7 Classes) No class May 20
2:30 p.m. to 3:30 p.m.
Cost \$63

Mondays, July 8 to July 22
(3 Classes)
2:30 p.m. to 3:30 p.m.
Cost \$27

Mondays, July 29 to August 19
(3 Classes) No class August 5
2:30 p.m. to 3:30 p.m.
Cost \$27

NOTE:

- 4 years or more of experience is recommended as a prerequisite to 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: Karen Meunier (Nee Haugen)

Thursdays, May 9 to June 27
(7 Classes) No class June 6
6:00 p.m. to 7:00 p.m.
Cost \$77

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).

Thursdays, July 4 to July 25
(4 Classes)
6:00 p.m. to 7:00 p.m.
Cost \$44



Barre Instructor: Freya Giroux

This class is also offered
online at the same time

Wednesdays, May 8 to June 26
(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.

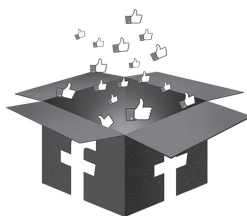
EQUIPMENT

- Yoga mat
- Yoga band

Wednesdays, July 3 to July 24
(4 Classes)
11:00 a.m. to 11:45 a.m.
Cost \$27

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)



Fitness Classes



Circuit Training

Instructor: Deborah Ravbar

Fridays, May 10 to June 28
(8 Classes)

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

Cost \$64

Fridays, July 5 to July 26
(4 Classes)

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

Cost \$32

Fridays, August 2 to August 23
(4 Classes)

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

Cost \$32

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
-



Fit For Life

Instructor: Deborah Ravbar

Mondays, May 6 to June 24
(7 Classes) No class May 20

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

Cost \$56

Mondays, July 8 to July 22
(3 Classes)

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

Cost \$24

Mondays, July 29 to August 19
(3 Classes) No class August 5

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

Cost \$24

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
-



M2M - *Movement To Music*

Instructor: Elise Millard

Tuesdays, May 7 to June 25
(8 Classes)

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

Cost \$64

Tuesdays, July 2 to July 23
(4 Classes)

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

Cost \$32

Tuesdays, July 30 to August 20
(4 Classes)

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

Cost \$32

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

Fitness Classes



Dance Fit

Instructor: Kathy Paterson

Tuesdays

May 7 to June 25
(7 Classes) No class May 14
10:15 a.m. to 11:15 a.m.
Cost \$63

July 2 to July 23
(4 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$36

Thursdays

May 9 to June 27
(7 Classes) No class June 6
10:15 a.m. to 11:15 a.m.
Cost \$63

July 4 to July 25
(4 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$36

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

May 6 to June 24
(7 Classes) No class May 20
12:00 p.m. to 1:00 p.m.
Cost \$70

July 8 to July 29
(4 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$40

Fridays

May 10 to June 28
(8 Classes)
1:00 p.m. to 2:00 p.m.
Cost \$80

July 5 to July 26
(4 Classes)
1:00 p.m. to 2:00 p.m.
Cost \$40

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



Seated Stretch Fit

Instructor: Kathy Paterson

Mondays, May 6 to June 24
(7 Classes) No class May 20
10:15 a.m. to 11:15 a.m.
Cost \$63

Mondays, July 8 to July 29
(4 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$36

This class is also offered online at the same time

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

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

May 7 to June 25
(8 Classes)
6:30 p.m. to 7:30 p.m.
Cost \$88

July 2 to July 23
(4 Classes)
6:30 p.m. to 7:30 p.m.
Cost \$44

July 30 to August 20
(4 Classes)
6:30 p.m. to 7:30 p.m.
Cost \$44

Fridays

May 10 to June 28
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$88

July 5 to July 26
(4 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$44

August 2 to August 23
(4 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$44

Wednesdays

ONLINE ONLY

May 8 to June 26
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$80

July 3 to July 24
(4 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$40

July 31 to August 21
(4 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$40



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.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

Fitness Classes



Essentrics® Gentle Stretch

Instructor: Meg Hipkins

Wednesdays, May 8 to June 26
(8 Classes)

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

Cost \$80

Wednesdays, July 3 to July 24
(4 Classes)

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

Cost \$40

Wednesdays, July 31 to
August 21 (4 Classes)

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

Cost \$40

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



Seniors Stretch Fit

Instructor: Kathy Paterson

Tuesdays

May 7 to June 25
(7 Classes) No class May 14

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

Cost \$63

July 2 to July 23
(4 Classes)

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

Cost \$36

Thursdays

May 9 to June 27
(7 Classes) No class June 6

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

Cost \$63

July 4 to July 25
(4 Classes)

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

Cost \$36

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

Wednesdays, May 8 to June 26
(8 Classes)

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

Cost \$72

Wednesdays, July 3 to July 24
(4 Classes)

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

Cost \$36

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

Fitness Classes



Total Body Workout Through Barre

Instructor: Elise Millard

Tuesdays, May 7 to June 25
(8 Classes)

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

Cost \$64

Tuesdays, July 2 to July 23
(4 Classes)

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

Cost \$32

Tuesdays, July 30 to August 20
(4 Classes)

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

Cost \$32

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



Total Fitness for Active Agers

Instructors: Jannine Otto

Mondays, May 6 to June 24
(7 Classes) No class May 20

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

Cost \$77

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



Zumba Gold®

Instructor: Terri Kokotilo

Fridays, May 10 to June 28
(7 Classes) No class May 17

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

Cost \$56

Fridays, July 5 to July 26
(3 Classes) No class July 12

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

Cost \$24

Fridays, August 2 to August 23
(4 Classes)

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

Cost \$32

Zumba Gold® is a modified Zumba® class focusing on all the elements of fitness 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.

Fitness Classes



Total Fit

Instructor: Kathy Paterson

Mondays

May 6 to June 24
(7 Classes) No class May 20
9:00 a.m. to 10:00 a.m.
Cost \$63

Monday, July 8 to July 29
(4 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$36

Wednesdays

May 8 to June 26
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

July 3 to July 24
(4 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$36

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

WSAC Wallet

No More Digging For Cash

DID YOU KNOW?

We have made payments easier for you by providing a safe and secure payment option called THE WALLET!



Visit the Front Desk to load your wallet with an amount you choose and use the wallet to pay for anything WSAC offers including:

**Drop-in Programs | Class Registrations
Events | Meal Orders | Trips
& More!**

**Looking for the perfect gift idea?
Add some money to a friends wallet this spring!**

Classes at La Perle

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



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

Fridays, May 10 to June 28
(8 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$72

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

Fridays, May 10 to June 28
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$88

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

Classes at Trinity United Church



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



Essentrics® Age Reversing (Trinity United Church)

Instructor: Meg Hipkin

Tuesdays, May 7 to June 25
(8 Classes)

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

Cost \$88

Tuesdays, July 2 to July 23
(4 Classes)

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

Cost \$44

Tuesdays, July 30 to August 20
(4 Classes)

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

Cost \$44

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

Thursdays, May 9 to June 27
(8 Classes)

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

Cost \$80

Thursdays, July 4 to July 25
(4 Classes)

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

Cost \$40

Thursdays, August 1 to August 22 (4 Classes)

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

Cost \$40

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.



Handbell Ensemble (Trinity United Church)

Instructor: Beth MacIntosh

Tuesdays, May 7 to June 25
(8 Classes)

2:00 p.m. to 3:30 p.m.

Cost \$96

If you enjoy making joyful music and want to be part of something new, you need to join this group! All levels, especially beginners, are welcome and encouraged!

Lifelong Learning Classes

DVD Lecture - *Turning Point: The Bomb and the Cold War* Hosted by Volunteer Facilitators

Fridays, May 24 to June 28
(6 Classes)
1:00 p.m. to 3:00 p.m.
Cost \$30

From Luminant Media and director Brian Knappenberger comes the definitive documentary series on the Cold War. Beginning with the development of the atomic bomb and the dramatic proliferation of nuclear weapons in the decades after, the series traces Cold War history past the collapse of the Soviet Union to the rise of Vladimir Putin and into the Russian invasion of Ukraine.



Why is it important to be a lifelong learner?

By taking new classes, exploring new interests, and acquiring practical skills, you can broaden your horizons and connect with like-minded individuals while having fun along the way.

The more you learn, the more you grow, and the better you become at adapting to changes and challenges. Lifelong learning is not just about classroom learning, it means learning throughout your life, whether it's mastering new technologies or cooking techniques, or simply learning something new for the joy of it.

Learning promotes the development of your brain, increases cognitive function, and can even help prevent cognitive decline later in life. It's a proven fact that learning stimulates the brain and reduces stress.

Lifelong learning benefits your brain, your well-being, and your self-esteem, and can help you become the best version of yourself. Get ready to embark on an exciting journey of self-discovery and growth!

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

—Henry Ford.



Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursdays, May 9 to June 27

(7 Classes) No class June 6

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

Cost \$63

Prior Spanish experience is required.

Thursdays, July 4 to July 25

(4 Classes)

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

Cost \$36

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

Thursdays, May 9 to June 27

(7 Classes) No class June 6

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

Cost \$63

Prior Spanish experience is required.

Thursdays, July 4 to July 25

(4 Classes)

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

Cost \$36

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

Thursdays, May 9 to June 27

(7 Classes) No class June 6

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

Cost \$63

Prior Spanish experience is required.

Thursdays, July 4 to July 25

(4 Classes)

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

Cost \$36

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

Taiji (Tai Chi) Classes



Qigong & Hunyuan Taiji Instructor: Allan Belsheim

**Mondays, May 6 to August 19
(13 Classes)**

No class May 20, July 1, or August 5

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

**Thursdays, May 9 to August 22
(15 Classes)**

No class June 6

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

Cost \$120

The first half hour, we 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.

Wellness Classes

NEW

7 Spiritual Laws of Success by Deepak Chopra

Instructor: Leslie McKenzie, Chopra Certified Teacher

Tuesdays, May 7 to June 25
(8 Classes)
6:00 p.m. to 7:30 p.m.
Cost \$120

Life can be difficult at times and we all face stress and challenging situations. But how we respond to these situations is within our control. Join Leslie McKenzie's to learn how to navigate through life's challenges and find comfort and joy even in difficult times.

Leslie is a Chopra Certified meditation coach who can teach you the 7 natural laws that can help you lead a successful life. Through mindfulness, meditation, and group discussion, you will learn how to incorporate these laws into your life and find peace in any situation. These 7 simple yet powerful principles can benefit anyone, regardless of age or life stage.

The program is based on Deepak Chopra's best-selling book "The 7 Spiritual Laws of Success". However, reading the book is optional and not required to attend the program.

NEW

Journey to Self-Discovery: Exploring Forgiveness, Transformation, and Empowerment

Instructor: Betty Wedman

Tuesdays, May 7 to June 18
(7 Classes)
1:30 p.m. to 3:30 p.m.
Cost \$119

There is no one more important than yourself! Learn to become more aware of your thoughts and feelings to increase your overall well-being with guidance from a passionate and trained instructor Betty.

Topics covered in this session include:

- » The Act of Change & Transformation
- » Feelings & Emotions
- » Forgiveness
- » Affirmations & Belief Systems
- » Going Within – Know Thyself
- » Self-Love
- » Creating Your Own Destiny

Yoga Classes



Yoga For Arthritis Instructor: Neeru Prashar

This class is also offered
online at the same time

Tuesdays, May 7 to June 25
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$64

Tuesdays, July 2 to July 23
(4 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$32

Tuesdays, August 6 to
August 20 (3 Classes)
11:45 a.m. to 12:45 p.m.
Cost \$24

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

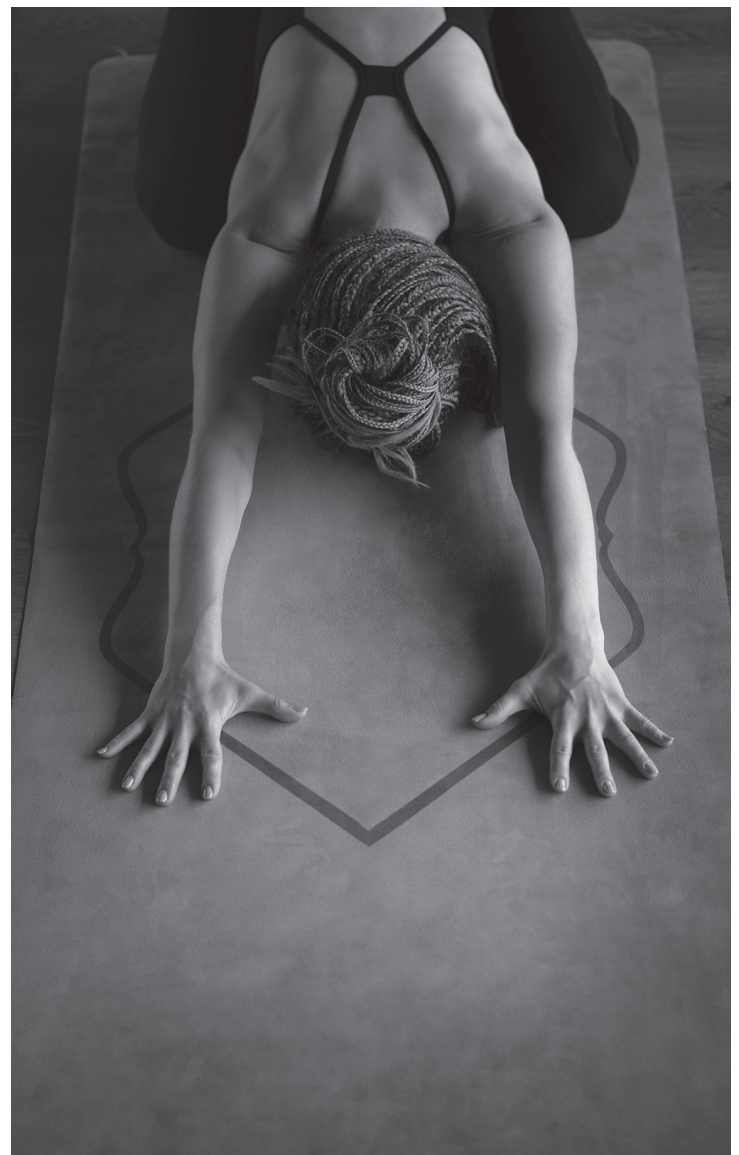
Types of Yoga

Pilatoga is a combination of Yoga and Pilates practices. Combining the strength and stability building from Pilates with the mindful movement and flow of Yoga to 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 Yoga is a more physical type of yoga, focusing on pranayamas (breath-controlled exercises) followed by a series of asanas (yoga postures), which end with a savasana (a resting period).

Restorative Yoga is a passive, meditative form of yoga that focuses on breathing while releasing tension in the body. Restorative yoga requires holding asanas (poses) for an extended length of time.



Yoga Classes



Yoga For Balance & Wellbeing Instructor: Martha Miller

Thursdays, May 9 to June 27
(7 Classes) No class June 6
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.

Thursdays, July 4 to July 25
(4 Classes)
11:15 a.m. to 12:15 p.m.
Cost \$32

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



Gentle Yoga Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays

May 6 to June 24
(7 Classes) No class May 20
10:45 a.m. to 11:45 a.m.
Cost \$63

July 8 to July 29
(4 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$36

Wednesdays

May 8 to June 26
(8 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$72

July 3 to July 24
(4 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$36

Wednesdays

May 8 to June 26
(8 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$72

July 3 to July 24
(4 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$36

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

Follow Us On Instagram!

We share videos and photos highlighting exciting events and programs happening at the Centre.

Make Sure To "Follow" Our Page.
[Instagram.com/WestendSeniorsActivityCentre](https://www.instagram.com/WestendSeniorsActivityCentre)

Yoga Classes



Chair Yoga (*Sitting and Standing*) Instructor: Neeru Prashar

This class is also offered
online at the same time

Fridays, May 10 to June 28
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Fridays, July 5 to July 26
(4 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$32

Fridays, August 9 to August 23
(3 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$24

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



Hatha Yoga – Beginner Instructor: Neeru Prashar

This class is also offered
online at the same time

Tuesdays, May 7 to June 25
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Tuesdays, July 2 to July 23
(4 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$32

Tuesdays, August 6 to August 20
(3 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$24

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

Fridays, May 10 to June 28
(8 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$64

Fridays, July 5 to July 26
(4 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$32

Fridays, August 9 to August 23
(3 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$24

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.

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

Yoga Classes



Pilatoga – Beginner

Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays, May 6 to June 24
(7 Classes) No class May 20
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.

Mondays, July 8 to July 29
(4 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$36

EQUIPMENT:

- Yoga mat and band



Restorative Hatha Yoga - Intermediate

Instructor: Audrey Bell-Hiller, B.A.

Thursdays, July 4 to July 25
(4 Classes)
9:45 a.m. to 11:00 a.m.
Cost \$45

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



Yin Yoga

Instructor: Martha Miller

This class is also offered
online at the same time

Mondays, May 6 to June 24
(7 Classes) No class May 20
12:00 p.m. to 1:00 p.m.
Cost \$56

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.

Mondays, July 8 to July 29
(4 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$32

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



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.



WESTEND SENIORS ACTIVITY CENTRE

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8 Week
Senior's
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Program

Stretch
Routine



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Subscribe to our **YouTube** Channel  Follow us on Facebook

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 9:00 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.
- Golf @ Deer Meadows 9:30 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 3:00 p.m. to 5:15 p.m.
- Ping Pong 3:45 p.m. to 7:45 p.m.

Wednesday Drop-In Classes

- Photo Club 1st & 3rd Wednesday - 9:30 a.m. to 11:30 a.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.
- Golf @ Deer Meadows 9:30 a.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.
- Ukulele/All Instrument Circle 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. | 4:00 p.m. to 7:30 p.m.
- Billiards 9:00 a.m. to 12:30 p.m.
- Lawn Bowling @ Commonwealth 11:00 a.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.
- Games Room 4:30 p.m. to 7:45 p.m.
- Writers Group 1st & 3rd Thursday - 5:30 p.m. to 7:30 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 9:00 a.m. to 12:30 p.m.
- Singing with Strings 10:00 a.m. to 12:00 p.m.
- Cribbage 12:30 p.m. to 2:30 p.m.
- Paper Quilling 1:00 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.
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.

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.

Workshop

**Mondays & Wednesdays & Fridays
9:00 a.m. to 4:00 p.m.**

**Tuesdays, & Thursdays
9:00 a.m. to 7:30 p.m.**

Note: WSAC has knowledgeable volunteers in our workshop from *9:30 a.m. to 12:00 p.m. on Tuesdays and Wednesdays*. Outside of the specific volunteer 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

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

Tuesdays 3:00 p.m. to 5:15 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 12:30 p.m. to 2:30 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.



Commonwealth Lawn Bowling Club

Thursdays 11:00 a.m.

Visit or call the Front Desk for more information and pricing.

Lawn Bowling is a fun and challenging way to stay active, socialize with others, and improve your hand-eye coordination. Play a modified lawn bowling game called Jack on the Mat, perfect for new players trying the sport for the first time, and experienced players to practicing new skills.

All levels welcome.

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.

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.

NEW Bike Group

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

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

NEW Golf at Deer Meadows

**Tuesdays & Wednesdays
9:30 a.m. Tee Off**

\$18 /round or 11 rounds for \$189.00* price subject to change

The 2024 Golf season has started up again. We have booked tee off for Tuesdays and Wednesdays at 9:30 a.m.

More information is available at the Front Desk.

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 the hot summer. Our Gymnasium will be open for indoor walking so members can safely enjoy a sun free summer 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.

This group has a new facilitator and is looking for new members

Genealogy

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

Program will pause for July & August

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".

NEW

Writers Group

**1st & 3rd Thursday of the Month
5:30 p.m. to 7:30 p.m.**

A writing group is any group of writers who get together for a shared purpose! Your purpose might be to get feedback on other's works-in-progress, to keep others or yourself accountable, to bounce ideas off each other, or any combination of the above!

Music - Drop In Classes

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

Open Jam Evenings

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.

Program will pause for July & August

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/All Instrument Circle

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

Please bring your instrument, tuner, pencil and eraser.

The group rotates between playing music from The Blue and Yellow Daily Ukulele books by Jim Beloff and music given to you on a USB drive which you may print. We have a copy you may borrow to try before you buy.

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 music for this group consists of only lyrics and chords suitable for any stringed instrument.



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.

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

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

104-10471 178 Street
Edmonton, AB T5S 1R5
kelly.mccauley.cl@parl.gc.ca
780-392-2515



COUNCILLOR ANDREW KNACK

Phone: 780.496.8122
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Twitter: @AndrewKnack
Facebook: @AndrewKnackEdmonton
Website: www.andrewknack.ca

Connect With Our Centre

Have You Visited Our YouTube Page?

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.

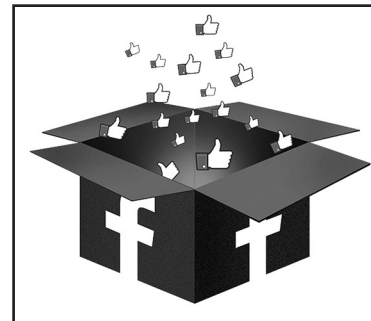
[YouTube.com/
WestendSeniorsActivityCentre/videos](https://www.youtube.com/WestendSeniorsActivityCentre/videos)



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

Jay Pritchard – President

- Jay@weseniors.ca

Barbara Gibson – Past President

- Barbara@weseniors.ca

Michael Leathwood – Vice President

- Michael@weseniors.ca

Dave Baxandall – Treasurer

- Dave@weseniors.ca

Barbara Thompson – Director

- BarbT@weseniors.ca

Dianne Walker – Director

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Dolores Brent – Director

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Lorne Brackenbury – Director

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Sharon Smith – Director

- Sharons@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

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Community Engagement & Communications

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Charis Wong – Engagement & Communications Coordinator | Charis@weseniors.ca | Ext. 226

Outreach Support

Gaby Sanchez – Board Secretary and Outreach Coordinator | Outreach@weseniors.ca | Ext. 232

Laura Wong, RSW – Outreach Worker | Laura@weseniors.ca | Ext. 223

Financial Services

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Karen Storie – Accounting Assistant | Karen@weseniors.ca

Programs Department

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

Andy Chen – Online Programs & Pickleball | Andy@weseniors.ca | Ext. 222

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) - Billiards Table - Sound System	\$38 \$20 for rental time \$50 for rental time	910	\$100
Café (60 seated at tables) - TV - Galley Kitchen Access (use of sink, prep fridge, and small freezer)	\$66 \$50 for rental time \$25	1250	\$200
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 (<i>flat screen</i>) Portable Sound System and Mic Projector and Screen	\$50 for rental time \$50 for rental time \$50 for rental time	Large Coffee Urn (100 cups) Small Coffee Urn (25 cups)	\$40 for rental time \$20 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.ca

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/