



WESTEND  
SENIORS  
ACTIVITY  
CENTRE

# Fall 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.



# 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.
- 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 1:15 p.m.
- Clogging | Beginner..... 12:00 p.m. to 1:00 p.m.
- Yoga for the Mind & Body..... 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 & 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.
- Seated Chair Yoga ..... 12:15 p.m. to 1:15 p.m.
- Yin Yoga..... 1:00 p.m. to 2:15 p.m.
- Drawing Birds..... 1:00 p.m. to 4:00 p.m.
- Drawing Flowers..... 1:00 p.m. to 4:00 p.m.
- Step Forward..... 3:00 p.m. to 4:00 p.m.
- Line Dancing | Beginner ..... 3:30 p.m. to 4:30 p.m.
- Holiday Creative Evenings - Fresh 3 Foot Cedar Porch Gnomes..... 5:30 p.m. to 7:30 p.m.
- Achieving Freedom and Happiness in Our Lives..... 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.
- Nia® ..... 9:00 a.m. to 10:00 a.m.
- Hand-building Pottery Workshop..... 9:00 a.m. to 12:00 p.m.
- Learn to Paint Poppies ..... 9:30 a.m. to 11:30 a.m.

# Registered Classes by Weekday

- Painted Wine Glass Workshop..... 9:30 a.m. to 11:30 a.m.
- Gentle Yoga..... **IN-PERSON & ONLINE** ..... 9:45 a.m. to 10:45 a.m.
- Essentrics® Stretch and Tone ..... **LA PERLE** ..... 10:00 a.m. to 11:00 a.m.
- Sit Fit ..... 10:15 a.m. to 11:15 a.m.
- Renew and Refresh Flow Yoga ..... 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..... 12:30 p.m. to 3:00 p.m.
- Creative Event - Festive Wooden Gnome Trio..... 1:00 p.m. to 3:00 p.m.
- Essentrics® for Seniors Mobility ..... 2:30 p.m. to 3:30 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 ..... 12:15 p.m. to 1:15 p.m.
- Line Dancing | Intermediate..... 1:30 p.m. to 2:30 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 ..... 2:45 p.m. to 3:45 p.m.
- Step Forward..... 3:00 p.m. to 4:00 p.m.
- Creative Writing..... 3:00 p.m. to 5:00 p.m.
- Creative Evenings - Chunky Hand Knit Pumpkin ..... 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.
- Griefwalk ..... 10:00 a.m. to 11:15 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 Series..... 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

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• Painted Wine Glass Workshop.....	Linda Finstad .....	Page 16
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## Dance Classes

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## Fitness Classes

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# Registered Classes by Type

## Community Classes

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- Essentrics® Stretch and Tone ..... **(La Perle)**.....Lori Griffith/Meg Hipkin ... Page 29
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## Lifelong Learning Classes

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## Taiji (Tai Chi) Classes

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## Wellness Classes

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- Yin Yoga.....Martha Miller..... Page 39

# Cancellation & Refund Policy

## 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 Code Of Conduct

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## 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.



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

September 2	October 14	November 11	December 23 to 31	January 1
<b>Labour Day</b>	<b>Thanksgiving</b>	<b>Remembrance</b>	<b>Christmas</b>	<b>New Years Day</b>

# Welcome To Our Centre



## Fall 2024 Registration Opens

- » Thursday, August 22, 2024 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of December 2024
- » Reciprocal registration opens August 29 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
<b>Annual Membership Fee</b>	<b>\$50.00</b> Non-Refundable/Non-Transferable	<b>N/A</b> (one time \$5 fee if I.D. fob is needed)
<b>E-News &amp; Chronicle</b>	YES	YES
<b>Vote at AGM</b>	YES	NO
<b>Registered Classes</b>	YES	YES (available 1 week after WSAC membership registration opens)
<b>Drop In Programs</b>	YES	YES
<b>Committees</b>	YES	NO
<b>Clubs</b>	YES	YES
<b>Pickleball/Golf/Bike</b>	YES	NO
<b>Events</b>	Member Pricing	Non-Member Pricing
<b>Facility Rentals</b>	Member Pricing	Non-Member Pricing
<b>Armour Insurance Discount</b>	10% Discount on Auto 15% Discount on Property	No Discount

# Events At Our Centre

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## Upcoming Events

- » National Day for Truth and Reconciliation  
September 30, 2024
  - » Remembrance Day Ceremony  
November 8, 2024
  - » Holiday Dinner  
November 29, 2024
  - » Oktoberfest  
October 2, 2024
  - » Holiday Market  
November 16, 2024
  - » Mavie's Mitten Tree Lunch  
December 11, 2024
- 

## New Member Welcome

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

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

## Upcoming Dates:

- » Wednesday, September 4
  - » Wednesday, October 2
  - » Wednesday, November 6
  - » Wednesday, December 4
- 

## 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, \$3 for guests
- » **Please register at the Front Desk**

## Upcoming Dates:

- » Wednesday, September 18
  - » Wednesday, October 16
  - » Wednesday, November 20
  - » Wednesday, December 18
- 

## 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 \$3 drop-in fee applies.

- » Bring a dish for 4-6 people
- » **Please register at the Front Desk**

## Upcoming Dates:

- » Thursday, September 26
  - » Thursday, October 31
  - » Thursday, November 28
  - » Thursday, December 19
- 

## 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, September 20
- » Friday, October 11
- » Friday, November 8
- » Friday, December 13

# WSAC Frozen Meal Program

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The Frozen Meal Program is a convenient and affordable option if you struggle to find time to cook nutritious meals. Whether you are a senior, a busy family, or a professional, we offer full-of-flavour choices for anyone who wants to try.

## Rotating Menu

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

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## 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.

Let us know if you would like meals delivered, we will follow up to confirm delivery date/time.

## Reheatable

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

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## 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 meet can be tasted in every bite.

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## How Can I Start Trying Your Meals?

Come in person during operation hours and take what we have on the menu. Friendly volunteers or staff will assist you.

Use our website and order online. A convenient option for busy moments. Choose if you want to pick up your meals or need delivery.

Call and place your order. Friendly staff will assist you with your order.

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## Contact Us For More Information Or To Place An Order

Online:

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

Call Our Centre:

780 483 1209 ext 232

Email Us:

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

# 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 Outreach

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## Did You Know Outreach Workers Support Seniors With:

### EMOTIONAL & ISOLATION SUPPORT

If you feel overwhelmed or isolated, or if you think you might benefit from more specialized support, we can connect you with support groups or counselling services that can help.

### NEEDS ASSESSMENTS

If you have concerns but aren't sure how to sort them out or how to navigate community supports, a conversation with our Outreach team may help you determine what resources are available to address your needs.

### MENTAL HEALTH & GRIEF SERVICES

Life has its ups and downs, and sometimes we all need a little extra support to get through the tougher moments. We're here to connect you with the right resources, professionals, and community programs that can help.

### INDEPENDENT HOUSING AND SUPPORTIVE LIVING

Please call our Outreach team if you require information on housing, whether it's independent or supportive living, we can provide resources and information.

### 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.

### 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 team for further information.

### ELDER ABUSE

If you feel you're in an abusive situation, whether it's physical, emotional, financial, sexual, or medical, please call our Outreach team. We can provide you with resources to an Elder Abuse team or a Safe House.

### SENIORS BENEFITS

Understanding the ins and outs of senior's benefits can be tricky. We can go over what you're receiving and if you're missing a benefit we can provide the information and resources to help you get what you deserve.

### FORM COMPLETION

Drowning in paperwork? Government forms and official documents don't have to be a tidal wave! If you ever find yourself feeling overwhelmed or unsure about filling out forms, we're here to help.

### MEALS AND NUTRITION

Whether you need assistance from the Food Bank, are looking into Grocery Deliveries, or seeking other nutritional support services, we've got the details you need.

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## We're 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

# Volunteering WSAC

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## Connecting With Others Never Grows Old

Volunteers are the heart of our centre.

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

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

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

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

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

### Visit Our Website To See How You Can Help

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

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

### Questions? *Contact Heather Riberdy, Volunteer & Event Manager*

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

## WSAC Ambassador Program

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Coming into a new space can be daunting and we want to make sure you feel welcome and prepared for your new adventures at our centre. Our ambassador program has trained volunteers and staff that can assist you with the following:

- » Meet up with you in our community café to answer questions you may have about registration, events and trips, drop-in programs etc. Perhaps you'll even meet some of our regulars who gather frequently for coffee and be invited to pull up a chair and join them.
- » Give you a guided tour through our beautiful centre
- » Introduce you to the instructor or coordinator at your first class or program so that you know a little more about what to expect
- » Show you how to log in on our MySeniors for your classes
- » Connect you with our outreach program that can provide information to you on things like seniors benefits and financial supports, mental health and emotional supports, transportation, meals and nutrition

Please contact us today if you would like assistance in any of these areas and we would be happy to help.

# Alberta Seniors Alliance

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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.



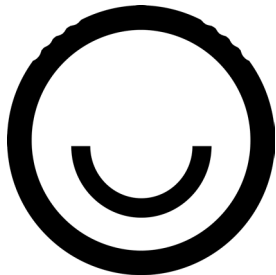
## EDMONTON SENIORS CENTRE

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](http://www.edmontonseniorscentre.ca)

Telephone Number: 780 425 8625

Email: [office@edmontonseniorscentre.ca](mailto: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](http://drivehappiness.ca)



# Alberta Seniors Alliance

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**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](mailto:chengrongmei@hotmail.com)

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**St. Albert 50+ Centre**  
Activities | Resources | Services

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

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## WESENIORS STRATHCONA COUNTY

WESeniors 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](mailto:questions@weseniors.ca)

# Program Information

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

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## **New Registered & Drop-In Programs For Fall 2024**

- » Creative Evenings - Chunky Hand Knit Pumpkin with Shantel Toma (Pg. 14)
- » Holiday Creative Evenings - Fresh 3 Foot Cedar Porch Gnomes with Shantel Toma (pg. 15)
- » Drawing Birds with Muhammed Salayi (Pg. 15)
- » Drawing Flowers with Muhammed Salayi (Pg. 15)
- » Hand-building Pottery Workshop | Beginner with Molly Lim (Pg. 16)
- » Learn to Paint Poppies with Linda Finstad (Pg. 16)
- » Painted Wine Glass Workshop with Linda Finstad (Pg. 16)
- » Essentrics® for Seniors Mobility with Lori Griffith (Pg. 24)
- » Nia® with Kirsten Bartel (Pg. 25)
- » Step Forward with Alberta Health Services (Pg. 26)
- » Creative Writing with Dale Rutherford (Pg. 31)
- » Achieving Freedom and Happiness in Our Lives with Leslie McKenzie (Pg. 34)
- » Griefwalk with Laura & Elaine (Pg. 34)
- » GeriActors - Monologue to Stage with Nikki Hulowski (Pg. 34)
- » Yoga for the Mind and Body with Martha Miller (Pg. 37)
- » Renew and Refresh Flow Yoga with Carmella Haykowsky (Pg. 38)
- » Seated Chair Yoga with Neeru Prashar (Pg. 38)

## **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](mailto: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...

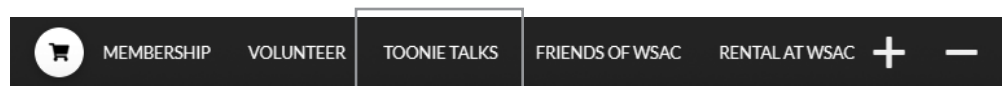
- » These are educational presentations by businesses who serve seniors. Our goal is to provide a wide range of presentations on topics that seniors are dealing with in their everyday lives.
- » The Friends of WSAC guest speakers are not trying to sell you on their services. They are working with us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

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



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

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

# Art Classes



## Acrylic Painting

Instructor: Lily Jeong

**Wednesdays,**  
**September 4 to October 23**  
**(8 Classes)**  
**12:30 p.m. to 3:00 p.m.**  
**Cost \$162**

**Wednesdays,**  
**October 30 to December 18**  
**(8 Classes)**  
**12:30 p.m. to 3:00 p.m.**  
**Cost \$162**

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

Lily will have projects to choose from and help you finish the paintings from start to finish. Or bring your own projects to and Lily will help and guide you to finish the painting.



# Art Classes

**NEW**

## **Creative Evenings - *Chunky Hand Knit Pumpkin***

Instructor: Shantel Toma

**Thursday, September 19**

**(1 Class)**

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

**Cost \$45**

Leave your knitting needles at home. Create a set of decorative pumpkins, knitted with your hands! A pretty display for anywhere and uniquely created by you.

All art supplies are included.



## **Creative Event - *Festive Wooden Gnome Trio***

Instructor: Shantel Toma

**Wednesday, November 6**

**(1 Class)**

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

**Cost \$50**

Back by popular demand! We will paint, laugh, and embellish your gnomes, bringing them to life. Choose from a large variety of colours and add-ons to make these gnomes your own.

All art supplies are included.



# Art Classes

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**NEW**

## Holiday Creative Evenings - *Fresh 3 Foot Cedar Porch Gnomes*

Instructor: Shantel Toma

**Tuesday, November 26**  
**(1 Class)**  
**5:30 p.m. to 7:30 p.m.**  
**Cost \$70**

Welcome the festive season with the creation of a fresh cedar porch gnome! We'll use fresh cedar to give him that plump gnome look we all love. It'll welcome your guests all through the holidays and requires no care at all.

All art supplies are included.



**NEW**

## Drawing Birds

Instructor: Muhammed Salayi

**Tuesdays,**  
**September 3 to October 22**  
**(8 Classes)**  
**1:00 p.m. to 4:00 p.m.**  
**Cost \$160**

Attention all artists! Join us for a unique opportunity to learn how to draw a variety of birds effortlessly under the guidance of a professional art teacher. You'll master drawing birds in different positions and environments. This course welcomes artists of all skill levels. **Please bring these supplies to all classes:** drawing pencils, drawing book, eraser, pencil sandpaper.

**NEW**

## Drawing Flowers

Instructor: Muhammed Salayi

**Tuesdays,**  
**October 29 to December 17**  
**(8 Classes)**  
**1:00 p.m. to 4:00 p.m.**  
**Cost \$160**

If you're eager to learn how to draw flowers, this course is for you. Our professional art teacher will guide you in drawing stunning types of flowers using a convenient method. Regardless of your current skills or drawing abilities, you'll learn how to enhance your abilities in a friendly and supportive environment. **Please bring these supplies to all classes:** drawing pencils, drawing book, eraser, pencil sandpaper.

# Art Classes

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## Hand-building Pottery Workshop | Beginner

Instructor: Molly Lim

Wednesdays,  
September 11 to October 2  
(4 Classes)  
9:00 a.m. to 12:00 p.m.  
**Cost \$136**

Unleash your creativity! Craft stunning pottery in a relaxed environment. One-on-one guidance to bring your individual ideas to life in a friendly and social space. Discover the joy of pottery. Project details will be discussed in class. All art supplies are included.

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## Learn to Paint Poppies

Instructor: Linda Finstad

Wednesday, October 30  
(1 Class)  
9:30 a.m. to 11:30 a.m.  
**Cost \$55**

Discover the secret of how to blend colours to create stunning poppies. Guidance from the instructor makes this class suitable for all skill levels. All art supplies are included.

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## Painted Wine Glass Workshop

Instructor: Linda Finstad

Wednesday, September 25  
(1 Class)  
9:30 a.m. to 11:30 a.m.  
**Cost \$55**

Step by step instructions from Linda will help you transform a simple wine glass into a work of art. All supplies are included and you get to take home two Mandala dotted cups created with special paint. All art supplies are included.

---

## Watercolour for Intermediate & Advance

Instructor: Lily Jeong

Tuesdays,  
September 3 to October 22  
(8 Classes)  
9:30 a.m. to 12:00 p.m.  
**Cost \$162**

Tuesdays,  
October 29 to December 17  
(8 Classes)  
9:30 a.m. to 12:00 p.m.  
**Cost \$162**

Paint masterpieces with fellow artists and guidance from an experienced instructor. Bring your own project and reference photos or choose from one of the sample paintings available.

# Fitness Levels Defined

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Review our fitness level system to help you easily decide which courses may be a fit for you. Simply use the 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.

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## 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.

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## 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.

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## Vigorous



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

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

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



# Dance Classes



## Ballroom & Latin Dancing Instructor: Elise Millard

**Fridays, September 6 to October 25**  
**(5 Classes)** No class September 20, 27 & October 4  
**10:15 a.m. to 11:15 a.m.**  
**Cost \$45**

**Fridays, November 1 to December 20**  
**(6 Classes)** No class November 8 & December 6  
**10:15 a.m. to 11:15 a.m.**  
**Cost \$54**

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

### 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.



## Clogging | Beginner Instructor: Tracy Walters

**Mondays, September 9 to October 21**  
**(6 Classes)** No class October 14  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$54**

**Mondays, October 28 to December 16**  
**(7 Classes)** No class November 11  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$63**

### NOTE:

- Clogging is a progressive class. If you're starting at beginner it will take approximately 1-2 years or 3 beginner clogging series' before you will move on. No experience needed for the first series in September.

# Dance Classes



## Clogging | Intermediate Instructor: Tracy Walters

**Mondays, September 9 to October 21**  
(6 Classes) No class October 14  
1:15 p.m. to 2:15 p.m.  
**Cost \$54**

**Mondays, October 28 to December 16**  
(7 Classes) No class November 11  
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.
- 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, September 9 to October 21**  
(6 Classes) No class October 14  
2:30 p.m. to 3:30 p.m.  
**Cost \$54**

**Mondays, October 28 to December 16**  
(7 Classes) No class November 11  
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.



## Line Dancing | Beginner Instructor: Tracy Walters

### Tuesdays

**September 3 to October 22**  
(8 Classes)  
3:30 p.m. to 4:30 p.m.  
**Cost \$72**

**October 29 to December 17**  
(8 Classes)  
3:30 p.m. to 4:30 p.m.  
**Cost \$72**

### Thursdays

**September 5 to October 24**  
(8 Classes)  
12:15 p.m. to 1:15 p.m.  
**Cost \$72**

**October 31 to December 19**  
(8 Classes)  
12:15 p.m. to 1:15 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.

# Dance Classes



## Line Dancing | Intermediate Instructor: Tracy Walters

Thursday, September 5 to October 24  
(8 Classes)  
1:30 p.m. to 2:30 p.m.  
**Cost \$72**

Thursday, October 31 to December 19  
(8 Classes)  
1:30 p.m. to 2:30 p.m.  
**Cost \$72**

### NOTE:

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



## Line Dancing | Experienced Instructor: Tracy Walters

Thursday, September 5 to October 24  
(8 Classes)  
2:45 p.m. to 3:45 p.m.  
**Cost \$72**

Thursday, October 31 to December 19  
(8 Classes)  
2:45 p.m. to 3:45 p.m.  
**Cost \$72**

### NOTE:

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



## Line Dancing Social at WSAC with Tracy Walters

You've taken Line Dancing, but are you ready for this?  
Enjoy an evening of "boot scootin boogie"-ing with other  
Line Dancing enthusiasts.

**Fridays | 6:30 p.m. to 9:30 p.m.**

**September 20, October 11, November 8, December 13**

**\$10.00 per person**

Bring a snack to share!

**Page 20**

# Fitness Classes



## **Bands and Bender Ball - Total Body Strength Evenings** Instructor: Karen Meunier (Nee Haugen)

**Thursdays, September 5 to October 24**  
**(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.

**Thursdays, October 31 to December 19**  
**(8 Classes)**

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

**Cost \$88**

### EQUIPMENT:

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



## **Barre** Instructor: Freya Giroux

This class is also offered  
online at the same time

**Wednesdays, September 4 to October 23**  
**(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 physique while improving postural balance, flexibility, coordination, and gracefulness.

**Wednesdays, October 30 to December 18**  
**(8 Classes)**

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

**Cost \$54**

### EQUIPMENT

- Yoga mat
- Yoga band



## **Circuit Training** Instructor: Deborah Ravbar

**Fridays, September 6 to October 25**  
**(8 Classes)**

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

**Cost \$64**

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.

**Fridays, November 1 to December 20**  
**(7 Classes)** No class November 8

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

**Cost \$56**

### EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights

# Fitness Classes



## Dance Fit

Instructor: Kathy Paterson

### Tuesdays

September 3 to October 22  
(8 Classes)

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

**Cost \$72**

October 29 to December 17  
(8 Classes)

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

**Cost \$72**

### Thursdays

September 5 to October 24  
(8 Classes)

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

**Cost \$72**

October 31 to December 19  
(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

September 9 to October 21  
(6 Classes) No class October 14

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

**Cost \$60**

October 28 to December 16  
(7 Classes) No class November 11

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

**Cost \$70**

### Fridays

September 6 to October 25  
(8 Classes)

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

**Cost \$80**

November 1 to December 20  
(8 Classes)

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

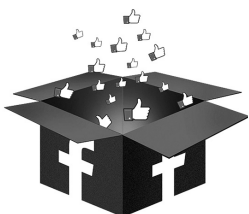
**Cost \$80**

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

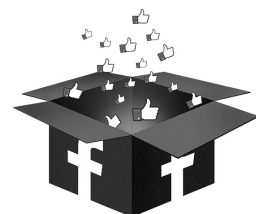
#### EQUIPMENT:

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

## 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 in the west end, and more.



Make Sure To "Like" Our Page.  
[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)

# Fitness Classes



## Essentrics® Age Reversing | **IN-PERSON**

Instructor: Lori Griffith

### Tuesday Evenings

September 3 to October 22  
(8 Classes)

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

**Cost \$88**

October 29 to December 17  
(8 Classes)

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

**Cost \$88**

### Fridays

September 6 to October 25  
(8 Classes)

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

**Cost \$88**

November 1 to December 20  
(7 Classes)

No class November 8

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

**Cost \$77**

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



## Essentrics® Age Reversing | **ONLINE**

Instructors: Samara Hipkins & Carol Smith



Wednesdays, September 4 to October 23  
(8 Classes)

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

**Cost \$80**

Wednesdays, October 30 to December 18  
(8 Classes)

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

**Cost \$80**

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



## Essentrics® Gentle Stretch

Instructor: Meg Hipkins

Wednesdays, September 4 to October 23  
(8 Classes)

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

**Cost \$80**

Wednesdays, October 30 to December 18  
(7 Classes) No class December 11

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

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## Essentrics® for Seniors Mobility

Instructor: Lori Griffith

Wednesdays,  
October 2 to October 23  
(4 Classes)

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

Cost \$44

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. Participants will be standing and sitting in this class and it is adapted for people with mobility devices (canes and walkers).

---



## Fit For Life

Instructor: Deborah Ravbar

Mondays, September 9 to October 21

(6 Classes) No class October 14

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

Cost \$48

Mondays, October 28 to December 16

(7 Classes) No class November 11

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
- 



## Interval Strength Training

Instructor: Vera Resera

Tuesdays,  
October 29 to December 17  
(8 Classes)

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

Cost \$64

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

### EQUIPMENT:

- Bender Balls
- Hand weights

# Fitness Classes



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

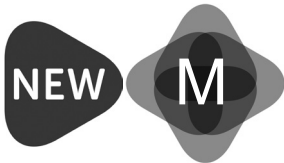
**Tuesday, September 3 to October 22**  
**(5 Classes)** No class September 17, 24 & October 1  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$40**

**Tuesdays, October 29 to December 17**  
**(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



## **Nia®** Instructor: Kirsten Bartel

**Wednesdays,**  
**September 4 to September 25**  
**(4 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$36**

**Wednesdays,**  
**October 30 to December 18**  
**(8 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$72**

A dance based, mind-body movement practice that helps people of all fitness levels to improve flexibility, agility, mobility, strength, and stability. This class uses a blend of 52 moves and 9 movement forms choreographed to diverse music typically done without shoes.



## **Seniors Stretch Fit** Instructor: Kathy Paterson

### **Tuesdays**

**September 3 to October 22**  
**(8 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$72**

**October 29 to December 17**  
**(8 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$72**

### **Thursdays**

**September 5 to October 24**  
**(8 Classes)**  
**9:00 a.m. to 10:00 a.m.**  
**Cost \$72**

**October 31 to December 19**  
**(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



# Fitness Classes



## Seated Stretch Fit Instructor: Kathy Paterson

This class is also offered  
online at the same time

**Mondays,  
September 9 to October 21  
(6 Classes)** No class October 14  
**10:15 a.m. to 11:15 a.m.**  
**Cost \$54**

**Mondays,  
October 28 to December 16  
(7 Classes)** No class November 11  
**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



## Step Forward Instructor: Alberta Health Services

### Tuesdays

**October 8 to December 10 &**

### Thursdays

**October 10 to December 12**

**(20 Classes)**

**3:00 p.m. to 4:00 p.m.**

A beginner to intermediate level functional physical activity program, suitable for people with chronic health conditions limiting their ability to move.

**Does not require a WSAC membership to participate, please call the intake phone number 780-735-3483.**

### SERVICE OFFERS:

- Individual intake assessment with a healthcare provider to determine eligibility for the STEP Forward program
- 8-10 weeks of exercise and education, **held Tuesdays & Thursdays**, 1 hour in duration
- Progressive exercise, working up to between 45-60 minutes of activity
- Kinesiologist-led education sessions about learning to move safely and self monitoring (ongoing)
- Occupational Therapist-led education sessions on benefits of exercise, goal setting, community resources (x3)
- Individual exit assessment and review of personal physical activity goals
- One, three, and six month follow-up and intervention, as needed
- Occupational therapy consultation, if required, during programming

### FEES:

- There is no instructional fee.
- A cost of \$15.00 to cover cost of exercise bands and a workbook for clients to keep.

# Fitness Classes



## Sit Fit

Instructor: Kathy Paterson

**Wednesdays, September 4 to October 23**  
**(8 Classes)**

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

**Cost \$72**

**Wednesdays, October 30 to December 18**  
**(7 Classes)** No class December 11

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

**Cost \$63**

This seated class incorporates cardio, core and strength training, in short intervals of each. This class is a good whole body workout for anyone 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

**Tuesdays, September 3 to October 22**  
**(5 Classes)** No class September 17, 24 & October 1

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

**Cost \$40**

**Tuesdays, October 29 to December 17**  
**(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



## Total Fit

Instructor: Kathy Paterson

### Mondays

**September 9 to October 21**  
**(6 Classes)** No class October 14

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

**Cost \$54**

**October 28 to December 16**  
**(7 Classes)** No class November 11

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

**Cost \$63**

### Wednesdays

**September 4 to October 23**  
**(8 Classes)**

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

**Cost \$72**

**October 30 to December 18**  
**(7 Classes)** No class December 11

**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

# Fitness Classes



## Total Fitness for Active Agers Instructor: Jannine Otto

**Mondays, September 9 to October 21**  
**(6 Classes)** No class October 14  
**10:15 a.m. to 11:15 a.m.**  
**Cost \$66**

**Mondays, October 28 to December 16**  
**(7 Classes)** No class November 11  
**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, September 6 to October 25**  
**(8 Classes)**  
**2:15 p.m. to 3:15 p.m.**  
**Cost \$64**

**Fridays, November 1 to December 20**  
**(6 Classes)** No class November 15 & 29  
**2:15 p.m. to 3:15 p.m.**  
**Cost \$48**

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

# WSAC Wallet

## No More Digging For Cash

### DID YOU KNOW?

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



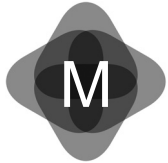
Visit the Front Desk to load your wallet with an amount you choose and use the wallet to pay for anything WSAC offers including:

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

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

# 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, October 4 to October 25**  
**(4 Classes)**  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$36**

**Fridays, November 1 to December 20**  
**(6 Classes)** No class November 8 & December 6  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$54**

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)

Instructors: Meg Hipkin - Wednesdays | Lori Griffith - Fridays

### Wednesdays

**September 4 to October 23**  
**(8 Classes)**  
**10:00 a.m. to 11:00 a.m.**  
**Cost \$88**

**October 30 to December 18**  
**(8 Classes)**  
**10:00 a.m. to 11:00 a.m.**  
**Cost \$88**

### Fridays

**September 6 to October 25**  
**(8 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$88**

**November 1 to December 20**  
**(7 Classes)** No class November 8  
**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 and youthful.

### 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, September 3 to October 22**  
**(8 Classes)**  
**11:45 a.m. to 12:45 p.m.**  
**Cost \$88**

**Tuesdays, October 29 to December 17**  
**(8 Classes)**  
**11:45 a.m. to 12:45 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

**Thursdays, September 5 to October 24**  
**(8 Classes)**  
**11:00 a.m. to 11:45 a.m.**  
**Cost \$80**

**Thursdays, October 31 to December 19**  
**(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.

# Lifelong Learning Classes

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## **DVD Lecture - *Daily Life in the Ancient World***

Hosted by Volunteer Facilitators

**Fridays,  
September 6 to December 20  
(16 Classes)  
1:00 p.m. to 3:00 p.m.  
Cost \$80**

The Other Side of History: Daily Life in the Ancient World is your chance to get beyond the abstract dates and figures, kings and queens, and battles and wars that make up so many historical accounts. Professor Robert Garland of Colgate University covers the breadth and depth of human history from the perspective of the so called ordinary people, from its earliest beginnings through the Middle Ages. You'll gain new insights into what daily life was like—what the world actually looked, smelled, and felt like in Neanderthal caves, ancient Egypt, Persia, Greece, Rome, and medieval Britain.

The past truly comes alive in this ambitious course, as the professor takes a series of imaginative leaps to put you inside the world of history's anonymous citizens, providing you with a fuller understanding of the distant past. You'll see what daily life was like for workers, the poor, the elderly, the sick, the disabled, refugees, women, children, slaves, and soldiers.

Through the professor's engaging stories and with the aid of dazzling graphics, you'll experience the texture of daily life in these civilizations like never before— and you'll be delighted by the ways you'll identify and empathize with people from another world.



## **Creative Writing**

Hosted by Dale Rutherford

**Thursdays,  
September 26 to November 14  
(8 Classes)  
3:00 p.m. to 5:00 p.m.  
Cost \$115**

Both fiction and non fiction writing start with the basics, and this course is a chance to learn the basics from a published author and practice in your own writing.

We will discuss everything from the structure of story writing to the finer points of effective dialogue, how to create relevant and descriptive narrative, and how to establish compelling characters your readers will love.

Participants from beginner to aspiring authors — and anywhere in between — who write memoirs, short stories, novellas, or full-length manuscripts could benefit from the course.

## Online - Spanish

Instructor: Cecilia Hamel

### Spanish Level 2

Thursdays, September 5 to October 24

(8 Classes)

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

**Cost \$72**

Prior Spanish experience is required.

Thursdays, October 31 to December 19

(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.

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### Spanish Level 3

Thursdays, September 5 to October 24

(8 Classes)

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

**Cost \$72**

Prior Spanish experience is required.

Thursdays, October 31 to December 19

(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.

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### Spanish Level 4

Thursdays, September 5 to October 24

(8 Classes)

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

**Cost \$72**

Prior Spanish experience is required.

Thursdays, October 31 to December 19

(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 conversation practice.

# Taiji (Tai Chi) Classes

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## Qigong & Hunyuan Taiji Instructor: Allan Belsheim

**Mondays,  
September 9 to December 9  
(12 Classes)**

No class October 14 & November 11

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

**Cost \$96**

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.

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## Foundations & Hunyuan Taiji Instructor: Allan Belsheim

**Thursdays,  
September 5 to December 12  
(15 Classes)**

**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.

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## 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

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**NEW**

## Achieving Freedom and Happiness in Our Lives

Instructor: Leslie McKenzie

**Tuesdays,  
September 10 to October 29  
(8 Classes)  
6:00 p.m. to 7:30 p.m.  
Cost \$120**

Explained and presented by Leslie McKenzie through meditation, awareness, and weekly transformational discussions using the powerful tool of the book "*The Four Agreements: A Practical Guide to Personal Freedom*" by Don Miguel Ruiz.

In *The Four Agreements*, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

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**NEW**

## Griefwalk

Facilitated by Laura & Elaine

**Fridays,  
September 13 to November 1  
(8 Classes)  
10:00 a.m. to 11:15 a.m.  
Cost \$64**

Widowhood. For some women, widowhood is a transition that brings fear, anxiety, and stress, but it can be manageable and an opportunity for growth. This is an eight-week course to support widows in their grief journey through interactive conversations and opportunities to write, share, and reflect on several aspects of life after the loss of their husbands. Explore the process of grief and mourning and learn approaches to help you move successfully through the process. Discover common stages of widowhood and identify productive habits and behaviours to navigate this challenging journey. If you are a widow, or are supporting a widow, this may be the jump-start to a fulfilling and satisfying life after loss.

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**NEW**

## GeriActors - Monologue to Stage

Facilitated by Nikki Hulowski

**Saturdays,  
September 14 to October 26  
(6 Classes)  
1:00 p.m. to 3:00 p.m.  
Cost \$200**

Do you like to perform? Maybe you are hoping to prepare a monologue for an upcoming audition? This 6-week class will teach you to unpack, rehearse, and perform an amazing monologue. Bring a monologue of your choosing or select one from those provided. Jump in and have fun on the stage!

This is not a WSAC program,  
register online at [geriactors.ca](http://geriactors.ca)

# Yoga Classes



## Yoga For Arthritis Instructor: Neeru Prashar

This class is also offered  
online at the same time

**Tuesdays, September 3 to October 22**  
**(8 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$64**

**Tuesdays, October 29 to December 17**  
**(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

**Thursdays, September 5 to October 24**  
**(8 Classes)**  
**11:15 a.m. to 12:15 p.m.**  
**Cost \$64**

**Thursdays, October 31 to December 19**  
**(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

**Fridays, September 6 to October 25**  
**(8 Classes)**  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$64**

**Fridays, November 1 to December 20**  
**(8 Classes)**  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$64**

A variety of modified yoga poses and breathing techniques designed for those with limited mobility or injuries. Chair Yoga is a gentle class, with all yoga postures done seated on a chair or standing, using the chair to help with support and balance.

### EQUIPMENT:

- Yoga block or blanket recommended
- Yoga mat and band

# Yoga Classes



## Gentle Yoga (*Sitting and Standing*) Instructor: Freya Giroux

This class is also offered  
online at the same time

### Mondays

September 9 to October 21  
(6 Classes) No class October 14  
10:45 a.m. to 11:45 a.m.  
**Cost \$54**

October 28 to December 16  
(7 Classes) No class November 11  
10:45 a.m. to 11:45 a.m.  
**Cost \$63**

### Wednesdays

September 4 to October 23  
(8 Classes)  
9:45 a.m. to 10:45 a.m.  
**Cost \$72**

October 30 to December 18  
(8 Classes)  
9:45 a.m. to 10:45 a.m.  
**Cost \$72**

### Wednesdays

September 4 to October 23  
(8 Classes)  
12:00 p.m. to 1:00 p.m.  
**Cost \$72**

October 30 to December 18  
(8 Classes)  
12:00 p.m. to 1:00 p.m.  
**Cost \$72**

Join our unique 2-chair seated and standing yoga class, designed specifically to improve your overall health without the need to lay on the floor. Discover exercises that help relieve arthritis symptoms, and alleviate back, hip, knee pain, and many other ailments. Our classes teach you how to manage stress, improve your balance, and increase overall strength.

#### EQUIPMENT:

- Yoga mat



## Hatha Yoga | Beginner Instructor: Neeru Prashar

This class is also offered  
online at the same time

Tuesdays, September 3 to October 22  
(8 Classes)  
9:30 a.m. to 10:30 a.m.  
**Cost \$64**

Tuesdays, October 29 to December 17  
(8 Classes)  
9:30 a.m. to 10:30 a.m.  
**Cost \$64**

For those with little knowledge of yoga but eager to experience the amazing benefits. Learn the basics of yoga, fundamental principles of alignment, breath work, relaxation techniques, and more. Emphasis 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

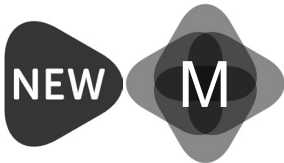
**Fridays, September 6 to October 25**  
**(8 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$64**

**Fridays, November 1 to December 20**  
**(8 Classes)**  
**10:45 a.m. to 11:45 a.m.**  
**Cost \$64**

This class is not for beginners or people with hip/knee replacements or concerns. Previous knowledge of yoga is required. 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 for the Mind and Body Instructor: Martha Miller

**Mondays,**  
**October 28 to December 16**  
**(7 Classes)** No class November 11  
**12:00 p.m. to 1:00 p.m.**  
**Cost \$56**

This class offers a variety of poses that you can choose to do on the floor, against the wall, or with the use of a chair. Develop, maintain, and enhance your flexibility and range of motion while building core strength and balance in your body.

### EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



## Pilatoga | Beginner Instructor: Freya Giroux

This class is also offered  
online at the same time

**Mondays, September 9 to October 21**  
**(6 Classes)** No class October 14  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$54**

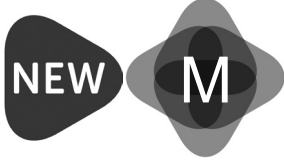
**Mondays, October 28 to December 16**  
**(7 Classes)** No class November 11  
**9:30 a.m. to 10:30 a.m.**  
**Cost \$63**

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

# Yoga Classes



## Renew and Refresh Flow Yoga

Instructor: Carmella Haykowsky

**Wednesdays, September 4 to October 23**  
**(8 Classes)**  
**10:15 a.m. to 11:15 a.m.**  
**Cost \$64**

**Wednesdays, October 30 to December 18**  
**(8 Classes)**  
**10:15 a.m. to 11:15 a.m.**  
**Cost \$64**

Focus on moving with awareness and moving with your breath. Instruction will include modifications and alternate poses to suit all abilities and bodies. Flow yoga is grounded in the traditional yoga practice of Krishnamacharya. This class is for beginner to advanced yoga students.

### EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps



## Restorative Hatha Yoga | Intermediate

Instructor: Audrey Bell-Hiller, B.A.

**Thursdays, September 5 to October 24**  
**(8 Classes)**  
**9:45 a.m. to 11:00 a.m.**  
**Cost \$90**

**Thursdays, October 31 to December 5**  
**(6 Classes)**  
**9:45 a.m. to 11:00 a.m.**  
**Cost \$68**

Helpful for those with asthma or Chronic Obstructive Pulmonary Disease (COPD) as we work on a variety of breathing exercises. Focus on all components of yoga and gradually increase difficulty to deepen your awareness of yoga.

### EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps



## Seated Chair Yoga

Instructor: Neeru Prashar

**Tuesdays, September 3 to October 22**  
**(8 Classes)**  
**12:15 p.m. to 1:15 p.m.**  
**Cost \$64**

**Tuesdays, October 29 to December 17**  
**(8 Classes)**  
**12:15 p.m. to 1:15 p.m.**  
**Cost \$64**

This entire class is done from a seated position. A variety of modified yoga poses and breathing techniques designed for those with limited mobility or injuries.

### EQUIPMENT:

- Yoga mat and band

# Yoga Classes



## Yin Yoga

Instructor: Vera Resera & Martha Miller

This class is also offered online at the same time

**Mondays, September 9 to October 21**

**(6 Classes)** No class October 14

**12:00 p.m. to 1:15 p.m.**

**Cost \$68**

**Tuesdays, October 29 to December 17**

**(8 Classes)**

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

**Cost \$90**

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

### EQUIPMENT:

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

### NOTE:

- Series 1 will be instructed by Vera and Martha
- Series 2 will be instructed by Vera on Tuesdays.

## Types of Yoga

**Pilatooga** 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.



# How To Register Online



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

## Registration Steps

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

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

## DID YOU KNOW YOU MAY HAVE A CREDIT ON YOUR WSAC ACCOUNT?

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

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



WESTEND  
SENIORS  
ACTIVITY  
CENTRE

# Drop In Classes

Please be aware as of September 1, 2024, WSAC's Drop-In Fees will increase.

**Drop-In programs will increase to \$3.00/session**

**Pickleball will increase to \$5.00/session**

With the increase in Drop-In Fees, you may find using the WSAC Wallet System is useful.  
Ask about the Wallet System at the front desk!

## 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.
- 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.

## Wednesday Drop-In Classes

- Photo Club 1st & 3rd Wednesday - 9:30 a.m. to 11:30 a.m.
- Genealogy 1st Wednesday - 1:00 p.m. to 3:00 p.m.
- Book Club 2nd Wednesday - 10:30 a.m. to 11:30 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

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## Thursday Drop-In Classes

- Workshop 9:00 a.m. to 12:00 p.m.
- Billiards 9:00 a.m. to 12:30 p.m.
- Indoor Walking (in the Gymnasium) 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.
- Games Room 4:30 p.m. to 7:45 p.m.
- Writers Group 1st 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.
- Bike Group 10:00 a.m.
- Singing with Strings 10:00 a.m. to 12:00 p.m.
- Choir 1:00 p.m. to 3:00 p.m.
- Cribbage 1:00 p.m. to 3:00 p.m.
- Paper Quilling 1:00 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! | \$3.00 drop-in fee

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## Art

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

Are you working on an art project and looking for a creative space to bring your vision to life? Bring your supplies and join us in our art room to work alongside others. It's a great space to focus, create, and share inspiration with fellow artists.

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## Crafts

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

Do you have a passion for crafting and enjoy spending time creating with your hands? Join us each week for a dedicated crafting session and immerse yourself in your favorite projects. Bring your own supplies and personal projects, and work in the company of other crafters.

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## Knitting Group

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

Bring your knitting project and unwind while enjoying a cup of coffee or tea. As you work on your project, you'll be surrounded by others who share your love for crafting, providing a great opportunity to socialize, share tips, and exchange ideas. Come for the knitting, stay for the camaraderie.

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## *"Quirky Quillers"* Paper Quilling

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

Whether you're a seasoned quiller or new to the art, this is the perfect opportunity to dive into the intricate world of paper quilling. Fold, twist, and shape beautiful strips of paper into intricate designs while enjoying engaging conversations with fellow Quirky Quillers.

View the quilling projects hung around the centre to see what we create.

# The Arts - Drop In Classes

New members welcome to all drop-ins! | \$3.00 drop-in fee

---

## Wood Burning

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

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

Explore the art of pyrography. Bring your own wood and tools, or use ours, and learn to create beautiful designs with heat. Whether you're a beginner or experienced, it's a great opportunity to refine your skills and connect with fellow wood burning enthusiasts in a relaxed, supportive environment.

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## Wood Carvers Club

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

Immerse yourself in the art of carving. This friendly and committed group offers a welcoming space to refine your skills, share techniques, and collaborate on projects. Bring your own tools or use ours, and enjoy the camaraderie of friends in a supportive and creative environment.

---

## 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, Wednesdays and Thursdays\*. 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! | \$3.00 drop-in fee

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

# Cards & Games - Drop In Classes

New members welcome to all drop-ins! | \$3.00 drop-in fee

---

## 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.**

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## 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.

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## 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.**

---

## 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! | \$3.00 drop-in fee

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## 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.**

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## Bike Group

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

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

Join this group as they explore our beautiful city and all it has to offer. Helmets encouraged. Weather permitting. The group rides for 2.5 to 3 hours, including a break for coffee.

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

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## 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: \$25
- Seasonal Pass: \$85

Seasonal passes offer unlimited visits through the Fall season (September to December) and are non-transferable.

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## Indoor Walking (in the Gymnasium)

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

All the benefits of an outdoor walk with none of the hazards of the ever-changing Alberta Weather. Our Gymnasium will be open for indoor walking so members can safely enjoy a comfortable walk.

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## Walking Group

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

Venture into the scenic river valley and beyond, exploring beautiful trails together. After the invigorating hike, gather at the WSAC café to enjoy a relaxing coffee and unwind. Join us for a blend of outdoor adventure and socializing in a welcoming community setting.

# Lifelong Learning - Drop In Classes

New members welcome to all drop-ins! | \$3.00 drop-in fee

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## Book Club

**2nd Wednesday of the Month**  
**10:30 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.

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## Genealogy

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

Come together to tackle the challenges of researching family histories by pooling resources and supporting one another. Bring your laptops, tablets, pencils, and paper—whatever tools you prefer. Don't forget to bring your enthusiasm and curiosity as we dive into the fascinating world of genealogy together!

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## Photo Club

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

Resumes October 2

Explore and enhance your photography skills. Connect with fellow enthusiasts, share your work, and get inspired. Whether you're a beginner or a pro, you'll find a supportive community eager to celebrate and elevate your passion for photography.

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## Spanish Conversation

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

Come join this interactive and fun group to practice your Spanish skills. Open to all levels and individuals learning Spanish. Learning doesn't stop in the classroom, it takes practice. Join this group and "Practica Conmiga".

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## Writers Group

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

A gathering of writers who come together to support each other and achieve shared goals. Join us to exchange constructive critiques, motivate one another, and spark new creative insights in a supportive and engaging environment.

# Music - Drop In Classes

New members welcome to all drop-ins! | \$3.00 drop-in fee

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## 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.*

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## 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.

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## 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.

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## 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 music from The Blue and Yellow Daily Ukulele books by Jim Beloff and music given 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

\$5.00 drop-in fee

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## 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.

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## 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.

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

Once on our website search "*8 Week Fitness Program*" to download our FREE 8-week handbook .PDF.



# Senior Fraud Alert Website

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



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

Created By Seniors For Seniors.

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

## The Senior Fraud Alert Website's Mission Is To:

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

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

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

# Our Representatives



## COUNCILLOR ANDREW KNACK

Phone: 780.496.8122  
Email: [andrew.knack@edmonton.ca](mailto:andrew.knack@edmonton.ca)  
Twitter: @AndrewKnack  
Facebook: @AndrewKnackEdmonton  
Website: [www.andrewknack.ca](http://www.andrewknack.ca)



10267 - 178 Street, Edmonton, AB T5S 1M3  
Phone 780.414.0711  
[Edmonton.WestHenday@assembly.ab.ca](mailto:Edmonton.WestHenday@assembly.ab.ca)

## KELLY MCCAULEY

MEMBER OF PARLIAMENT | EDMONTON WEST

*Here To 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
- 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.c1@parl.gc.ca](mailto:kelly.mccauley.c1@parl.gc.ca) ~ 780-392-2515

**Please call or email to schedule an appointment**



**KELLY MCCAULEY**

MP | EDMONTON WEST



@KELLYMCCAULEYMP



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



9202B 149 Street, Edmonton, AB T5R 1C3  
Phone 780.414.0719  
[Edmonton.Riverview@assembly.ab.ca](mailto:Edmonton.Riverview@assembly.ab.ca)

# Connect With Our Centre

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## 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)

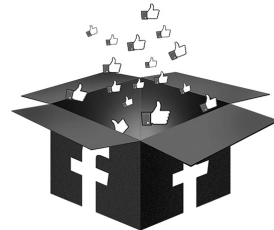


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## Do You Follow Us On Facebook?

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)



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

More than 3600 people receive our e-newsletter each month. Stay up to date on the latest news, programs and information from Westend Seniors Activity Centre.

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

A large, solid grey rectangular box with the number '3690' written inside in a large, white, sans-serif font.

# WSAC's Board Of Directors

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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

- Dianne@weseniors.ca

Dolores Brent – Director

- Dolores@weseniors.ca

Lois Thurstan – Director

- Lois@weseniors.ca

Lorne Brackenbury – Director

- Lorne@weseniors.ca

Wendy Jerome – Director

- WJerome@weseniors.ca

## WSAC's Staff Members

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### 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

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

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

### Outreach Support

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

### Financial Services

Kathy Dicks – Accounting Services | Kathy@weseniors.ca

Karen Storie – Accounting Assistant | Karen@weseniors.ca

### Programs Department

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

Pickleball | Pickleball@weseniors.ca

### 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
<p>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</p>			



# **WE Seniors.ca**

## **Westend Seniors Activity Centre**

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

### **Connect With Us**

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

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

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

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

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

Telephone Number:  
780 483 1209

YouTube:  
Westend Seniors Activity Centre

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