



Winter 2025 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.
- 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.
- Relaxation Through Yoga..... 12:15 p.m. to 1:15 p.m.
- Yang & Yin Yoga **IN-PERSON & ONLINE** 1:00 p.m. to 2:15 p.m.
- Drawing Trees 1:00 p.m. to 4:00 p.m.
- Griefwalk for Widows 1:00 p.m. to 2:15 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.
- Introduction to "A Course In Miracles" 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.
- Watercolour for Beginners..... 9:30 a.m. to 12:00 p.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.

Registered Classes by Weekday

- 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.
- Intensive Creative Writing..... 2:00 p.m. to 4:00 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.
- Learn to Paint | Aurora Borealis 9:30 a.m. to 11:30 a.m.
- Introduction to Multimedia Art | Birch Trees..... 9:30 a.m. to 11:30 a.m.
- Paint with Coffee | Bookmarks 9:30 a.m. to 11:30 a.m.
- Restorative Hatha Yoga | Intermediate 9:45 a.m. to 11:00 a.m.
- Dance Fit..... 10:15 a.m. to 11:15 a.m.
- Spanish Level 4..... **ONLINE** 10:30 a.m. to 11:30 a.m.
- Essentrics® for Seniors **TRINITY UNITED CHURCH** 11:00 a.m. to 11:45 a.m.
- Yoga For Balance & Wellbeing 11:15 a.m. to 12:15 p.m.
- Spring Poppies 12:00 p.m. to 4:00 p.m.
- Rooster Welcome Sign..... 12:00 p.m. to 4:00 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.
- Bands and Bender Ball – Total Body Strength 6:00 p.m. to 7:00 p.m.

Friday Registered Classes

- Essentrics® Age Reversing..... 9:00 a.m. to 10:00 a.m.
- Chair Yoga (Sitting & Standing) **IN-PERSON & ONLINE** 9:30 a.m. to 10:30 a.m.
- Ballroom & Latin Dancing..... 10:15 a.m. to 11:15 a.m.
- Essentrics® Stretch and Tone **LA PERLE** 10:45 a.m. to 11:45 a.m.
- Intermediate/Advanced Yoga **IN-PERSON & ONLINE** 10:45 a.m. to 11:45 a.m.
- Circuit Fit 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®..... 2:30 p.m. to 3:30 p.m.

Registered Classes by Type

Art Classes

• Acrylic Painting.....	Lily Jeong	Page 13
• Drawing Trees	Muhammed Salayi.....	Page 14
• Hand-building Pottery Workshop.....	Molly Lim	Page 14
• Introduction to Multimedia Art Birch Trees.....	Linda Finstad	Page 15
• Learn to Paint Aurora Borealis	Linda Finstad	Page 15
• Paint with Coffee Bookmarks	Linda Finstad	Page 15
• Rooster Welcome Sign.....	Maureen Brown	Page 15
• Spring Poppies.....	Maureen Brown	Page 16
• Watercolour for Beginners.....	Lily Jeong	Page 16
• Watercolour for Intermediate & Advanced.....	Thom Podlubny	Page 16

Dance Classes

• Ballroom & Latin Dancing.....	Elise Millard	Page 18
• Clogging Beginner.....	Tracy Walters.....	Page 18
• Clogging Intermediate	Tracy Walters.....	Page 19
• Clogging Experienced	Tracy Walters.....	Page 19
• Line Dancing Beginner	Tracy Walters.....	Page 19
• Line Dancing Intermediate.....	Tracy Walters.....	Page 20
• Line Dancing Experienced	Tracy Walters.....	Page 20

Fitness Classes

• Bands and Bender Ball - <i>Total Body Strength</i>	Karen Meunier (nee Haugen)	Page 21
• Barre	Freya Giroux.....	Page 21
• Circuit Fit	Deborah Ravbar	Page 21
• Dance Fit.....	Kathy Paterson.....	Page 22
• Dynamic Movement.....	Freya Giroux.....	Page 22
• Essentrics® Age Reversing.....	Lori Griffith.....	Page 23
• ONLINE Essentrics® Age Reversing	Samara Hipkins/Carol Smith.....	Page 23
• Essentrics® Gentle Stretch	Meg Hipkins.....	Page 23
• Essentrics® for Seniors Mobility.....	Lori Griffith.....	Page 24
• Fit for Life	Deborah Ravbar	Page 24
• Interval Strength Training	Vera Resera	Page 24
• M2M - <i>Movement to Music</i>	Elise Millard	Page 25
• Nia®	Kristen Bartel.....	Page 25
• Seniors Stretch Fit.....	Kathy Paterson	Page 25
• Seated Stretch Fit.....	Kathy Paterson	Page 26
• Step Forward.....	Alberta Health Services.....	Page 26
• Sit Fit	Kathy Paterson	Page 27
• Total Body Workout Through Barre	Elise Millard	Page 27
• Total Fit.....	Kathy Paterson	Page 27
• Total Fitness for Active Agers.....	Jannine Otto	Page 28
• Zumba Gold	Terri Kokotilo.....	Page 28

Registered Classes by Type

Community Classes

• Ballroom & Latin Dancing Beginner. (La Perle).....	Elise Millard	Page 29
• Essentrics® Stretch and Tone..... (La Perle).....	Lori Griffith/Meg Hipkin ...	Page 29
• Essentrics® Age Reversing..... (Trinity United Church)....	Meg Hipkin.....	Page 30
• Essentrics® for Seniors..... (Trinity United Church)....	Lori Griffith	Page 30

Lifelong Learning Classes

• DVD Lecture Series.....	Volunteer Facilitators	Page 31
• Creative Writing.....	Dale Rutherford	Page 31
• Intensive Creative Writing.....	Dale Rutherford	Page 31
• ONLINE Spanish Level 2	Cecilia Hamel	Page 32
• ONLINE Spanish Level 3	Cecilia Hamel	Page 32
• ONLINE Spanish Level 4	Cecilia Hamel	Page 32

Taiji (Tai Chi) Classes

• Qigong & Hunyuan Taiji.....	Allan Belsheim.....	Page 33
• Foundations & Hunyuan Taiji.....	Allan Belsheim.....	Page 33

Wellness Classes

• Introduction to "A Course In Miracles"	Leslie McKenzie	Page 34
• Griefwalk for Widows	Laura & Elaine	Page 34

Yoga Classes

• Yoga for Arthritis.....	Neeru Prashar	Page 35
• Yoga for Balance & Wellbeing	Martha Miller.....	Page 35
• Chair Yoga (<i>Sitting & Standing</i>)	Neeru Prashar	Page 35
• Gentle Yoga (<i>Sitting & Standing</i>).....	Freya Giroux.....	Page 36
• Hatha Yoga Beginner	Neeru Prashar	Page 36
• Intermediate/Advanced Yoga.....	Neeru Prashar	Page 37
• Yoga for the Mind and Body	Martha Miller.....	Page 37
• Pilatoga Beginner	Freya Giroux.....	Page 37
• Relaxation Through Yoga	Neeru Prashar	Page 38
• Renew and Refresh Flow Yoga	Carmella Haykowsky	Page 38
• Restorative Hatha Yoga Intermediate	Audrey Bell-Hiller.....	Page 38
• Yang & Yin Yoga	Martha Miller.....	Page 39

Cancellation & Refund Policy

WSAC Code Of Conduct

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 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.**

Conduct Of Members

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

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

Disclaimers

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



The Centre Will Be Closed On The Following Days:

December 23 to 31	January 1	February 17	April 18	April 21
Christmas	New Years Day	Family Day	Good Friday	Easter Monday

Welcome To Our Centre



Winter 2025 Registration Opens

- » Thursday, December 12, 2024 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of April 2025
- » Reciprocal registration opens December 19, 2024 at 9:30 a.m.

Reciprocal Program Registration - Participating Centres

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

- | | |
|---|--|
| <ul style="list-style-type: none"> » Aboriginal Seniors Centre » Central Lions Seniors Association » Edmonton Seniors Centre » Jewish Seniors Citizens Centre » Mill Woods Seniors Association | <ul style="list-style-type: none"> » North Edmonton Seniors Association » North West Edmonton Seniors Society » SAGE (Seniors Association of Greater Edmonton) » Strathcona Place +55 Centre » Southeast Edmonton Seniors Association » Southwest Edmonton Seniors Association |
|---|--|

Please Note:

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

	WSAC Membership	Reciprocal Membership
Annual Membership Fee	\$55.00 Non-Refundable/Non-Transferable	N/A (one time \$5 fee if I.D. fob is needed)
E-News & Chronicle	YES	YES
Vote at AGM	YES	NO
Registered Classes	YES	YES (available 1 week after WSAC membership registration opens)
Drop In Programs	YES	YES
Committees	YES	NO
Clubs	YES	YES
Pickleball/Golf/Bike	YES	NO
Events	Member Pricing	Non-Member Pricing
Facility Rentals	Member Pricing	Non-Member Pricing
Armour Insurance Discount	10% Discount on Auto 15% Discount on Property	No Discount

Events At Our Centre

Upcoming Events

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> » Valentines Bingo
Friday, February 14 | <ul style="list-style-type: none"> » St. Patrick's Pancake Brunch
Monday, March 17 | <ul style="list-style-type: none"> » Volunteer Appreciation
Wednesday, April 30 |
|--|---|--|

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, January 8
- » Wednesday, February 5
- » Wednesday, March 5
- » Wednesday, April 2

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, January 15
- » Wednesday, February 19
- » Wednesday, March 19
- » Wednesday, April 16

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, January 30
- » Thursday, February 27
- » Thursday, March 27
- » Thursday, April 24

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, February 21
- » Friday, March 14
- » Friday, April 11
- » Friday, May 9

WSAC Frozen Meal Program

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.

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.

Fresh Ingredients

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

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

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.

Contact Us For More Information Or To Place An Order

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

WSAC Frozen Meal Program

Entrées

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

Hearty Soup

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

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

Muffins

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

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

We are here to listen and provide you with resources and information for living life to the fullest.

WSAC Outreach Workers can support you with:

EMOTIONAL & ISOLATION SUPPORT

Feelings of anxiety and isolation are common for many. Connecting can be as easy as a phone call to our Outreach Team. Beyond that, we are here to connect you with the right resources, professionals and community programs geared toward ongoing support.

NEEDS ASSESSMENTS

If you have concerns but aren't sure where to start, a conversation with our Outreach Team may help you determine what resources are available to address your needs so that you can successfully navigate community supports.

MENTAL HEALTH & GRIEF

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

INDEPENDENT HOUSING AND SUPPORTIVE LIVING

Call our Outreach Team if you require information on housing. Whether it's independent or supportive living, we can provide resources and information to get you started on a path to finding a home where you can thrive.

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 connect you with 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.

INFORMATION AND REFERRALS

The Westend Seniors Activity Centre Outreach Team can provide information and referrals pertaining to:

MEALS AND NUTRITION

Whether you are looking for assistance from the Food Bank, considering grocery delivery options or seeking other nutritional support services, we've got the details you need.

HOME SUPPORT SERVICES

Access information on screened service providers for snow removal and lawn maintenance, home repair and maintenance, housekeeping and personal services, transportation, and companionship.

We're Here To Help

Gaby Sanchez, Outreach Coordinator
780 483 1209 Ext. 232

Shelley Kuny, Outreach Support Worker
780 483 1209 Ext. 223

outreach@weseniors.ca

Volunteering at WSAC

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

Questions? Contact Heather Riberdy, Volunteer & Event Manager

Email: Heather@weseniors.ca Telephone: 780 483 1209 Ext. 224

WSAC Ambassador Program

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

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

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

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



EDMONTON SENIORS CENTRE

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

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



DRIVE HAPPINESS

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

Telephone Number: 780 424 5438
Website: drivehappiness.ca

Alberta Seniors Alliance



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



ST. ALBERT SENIORS ASSOCIATION

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

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



WESENIORS STRATHCONA COUNTY

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



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

New Registered & Drop-In Programs For Winter 2025

- » Drawing Trees with Muhammed Salayi (Pg. 14)
- » Hand-building Pottery Workshop | Sculpting with Molly Lim (Pg. 14)
- » Introduction to Multimedia Art | Birch Trees with Linda Finstad (Pg. 15)
- » Learn to Paint | Aurora Borealis with Linda Finstad (Pg. 15)
- » Rooster Welcome Sign with Maureen Brown (Pg. 15)
- » Spring Poppies with Maureen Brown (Pg. 16)
- » Circuit Fit with Deborah Ravbar (Pg. 21)
- » Intensive Creative Writing with Dale Rutherford (Pg. 31)
- » Introduction to "A Course In Miracles" with Leslie McKenzie (Pg. 34)
- » Relaxation Through Yoga with Neeru Prashar (Pg. 38)
- » Mahjong Rummy (Pg. 46)

Not Sure What Class To Sign Up For?

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

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

Who Are The Friends Of WSAC?

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

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

Not A Sales Pitch...

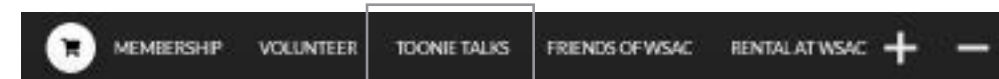
- » These are educational presentations by businesses and organizations who serve older adults. Our goal is to provide a wide range of presentations on topics that older adults are dealing with in their everyday lives.
- » The Friends of WSAC guest speakers are not trying to sell you on their services. 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 & Active Aging Series

- » Watch for posters on the bulletin boards at our centre.
- » 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 and Active Aging 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



PLEASE NOTE FOR ALL ART CLASSES:

Students are expected to purchase and bring their own supplies (paints, pencils, etc.) ahead of time, unless otherwise noted.

Supply costs, if applicable, are in addition to the course fee.

A supply list and additional class information will be available at the Front Desk.

Please bring all supplies with you to each class.

Acrylic Painting

Instructor: Lily Jeong

Wednesdays,
January 8 to February 26
(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.

Wednesdays,
March 5 to April 2
(5 Classes)
12:30 p.m. to 3:00 p.m.
Cost \$101



Art Classes



Drawing Trees

Instructor: Muhammed Salayi

Tuesdays,
January 7 to February 25
(8 Classes)
1:00 p.m. to 4:00 p.m.
Cost \$160

Join this class for an opportunity to draw different kinds of trees and learn/ work on your skills of shapes and shading. Regardless of your skills or drawing abilities, this class offers guidance from an artist to enhance everyone's skills.

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

Hand-building Pottery Workshop | Beginner

Instructor: Molly Lim

Wednesdays,
February 19 to March 12
(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.



Hand-building Pottery Workshop | Sculpting

Instructor: Molly Lim

Sculptures in Clay

Wednesdays, January 15 to February 5
(4 Classes)
9:00 a.m. to 12:00 p.m.
Cost \$136

Capture movement in clay! This workshop will guide you through the process of sculpting expressive human forms. Learn to shape hands, heads, and figurines that convey emotion and action. No prior experience needed. Up to three finished projects. The instructor provides tools and materials, but additional clay purchases might be necessary depending on your project.

Open Studio

Wednesdays, March 26 to April 16
(4 Classes)
9:00 a.m. to 12:00 p.m.
Cost \$136

An open studio is a creative space where you can explore your pottery skills and techniques. It's a place for both beginners and experienced potters to gather, learn, and create. While some pottery experience is beneficial, it's not strictly required. The instructor provides tools and materials, but additional clay purchases might be necessary depending on your project.

Art Classes



Introduction to Multimedia Art | Birch Trees

Instructor: Linda Finstad

Thursday, March 6
(1 Class)
9:30 a.m. to 11:30 a.m.
Cost \$55

Discover how to paint a beautiful textured birch forest with easy-to-follow, step-by-step instructions. In this class, you'll learn how to create textured backgrounds with tissue paper and paint birch trees on top. You'll also explore techniques for adding depth to your forest, using directional lighting, and working with a fan brush.

All art supplies are included.



Learn to Paint | Aurora Borealis

Instructor: Linda Finstad

Thursday, February 6
(1 Class)
9:30 a.m. to 11:30 a.m.
Cost \$55

Learn how to create a breathtaking Northern Lights winter scene with detailed, step-by-step instructions. This class will guide you through techniques like blending backgrounds, using multiple tones, and incorporating fan brushes and palette knives. You'll also have the opportunity to experiment with rich textures.

All art supplies are included.

Paint with Coffee | Bookmarks

Instructor: Linda Finstad

Thursday, April 17
(1 Class)
9:30 a.m. to 11:30 a.m.
Cost \$33

Join coffee artist Linda as she teaches you how to create paint from instant coffee and guides you through step-by-step instructions to craft stunning artwork. In this beginner-friendly class, you'll create at least two unique bookmarks with designs chosen by you.

All art supplies are included.



Rooster Welcome Sign

Instructor: Maureen Brown

Thursdays, April 17 & 24
(2 Classes)
12:00 p.m. to 4:00 p.m.
Cost \$75

Embrace spring with a charming rooster welcome sign. Learn acrylic shading and highlighting techniques in a fun 2-day, 8-hour class. Create a piece that's sure to make everyone smile!

All art supplies are included.

Art Classes



Spring Poppies

Instructor: Maureen Brown

Thursdays, January 23 & 30
(2 Classes)
12:00 p.m. to 4:00 p.m.
Cost \$88

Join us for a fun and vibrant acrylic painting class! Learn to create stunning poppies with a pouring medium—perfect for all skill levels. The class runs over two days, giving you 8 hours of expert instruction. Don't miss out—let's paint!

All art supplies are included.

Watercolour for Beginners

Instructor: Lily Jeong

Wednesdays,
January 8 to February 26
(8 Classes)
9:30 a.m. to 12:00 p.m.
Cost \$162

Wednesdays,
March 5 to April 2
(5 Classes)
9:30 a.m. to 12:00 p.m.
Cost \$101

Learn key watercolor techniques and create paintings that showcase the beauty of the medium. The instructor will provide demos, one-on-one guidance, and support for your own projects as you progress.

Watercolour for Intermediate & Advance

Instructor: Thom Podlubny

Tuesdays,
February 4 to March 11
(6 Classes)
9:30 a.m. to 12:00 p.m.
Cost \$74

Tuesdays,
March 25 to April 29
(6 Classes)
9:30 a.m. to 12:00 p.m.
Cost \$74

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

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.

Gentle

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



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

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

Moderate

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



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

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

Vigorous

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



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

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

Dance Classes



Ballroom & Latin Dancing Instructor: Elise Millard

**Fridays, January 10 to February 28
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72**

**Fridays, March 7 to April 25
(7 Classes) No class April 18
10:15 a.m. to 11:15 a.m.
Cost \$63**

This course is designed for dancers with some background in Ballroom & Latin dancing. Enhance your skills in ballroom styles and explore Latin/swing, including rumba, cha-cha, mambo, and east/west coast swing.

NOTE:

- Registration with a partner is mandatory.

EQUIPMENT:

- 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, January 6 to February 24
(7 Classes) No class February 17
12:00 p.m. to 1:00 p.m.
Cost \$63**

**Mondays, March 3 to April 14
(7 Classes)
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, January 6 to February 24
(7 Classes) No class February 17
 1:15 p.m. to 2:15 p.m.
Cost \$63

Mondays, March 3 to April 14
(7 Classes)
 1:15 p.m. to 2:15 p.m.
Cost \$63

NOTE:

- One to two years of clogging experience is recommended as a prerequisite for this course.
- 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, January 6 to February 24
(7 Classes) No class February 17
 2:30 p.m. to 3:30 p.m.
Cost \$63

Mondays, March 3 to April 14
(7 Classes)
 2:30 p.m. to 3:30 p.m.
Cost \$63

NOTE:

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



Line Dancing | Beginner

Instructor: Tracy Walters

Tuesdays

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

March 4 to April 22
(8 Classes)
 3:30 p.m. to 4:30 p.m.
Cost \$72

Thursdays

January 9 to February 27
(8 Classes)
 12:15 p.m. to 1:15 p.m.
Cost \$72

March 6 to April 24
(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, January 9 to February 27
(8 Classes)
 1:30 p.m. to 2:30 p.m.
Cost \$72

Thursday, March 6 to April 24
(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, January 9 to February 27
(8 Classes)
 2:45 p.m. to 3:45 p.m.
Cost \$72

Thursday, March 6 to April 24
(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.

February 21, March 14, April 11, May 9

\$10.00 per person

Bring a snack to share!

Fitness Classes



Bands and Bender Ball - Total Body Strength Evenings

Instructor: Karen Meunier (Nee Haugen)

Thursdays, January 9 to February 27
(8 Classes)
6:00 p.m. to 7:00 p.m.
Cost \$88

Thursdays, March 6 to April 24
(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).

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



Barre

Instructor: Freya Giroux

This class is also offered online at the same time

Wednesdays, January 8 to February 26
(8 Classes)
11:00 a.m. to 11:45 a.m.
Cost \$54

Wednesdays, March 5 to April 23
(8 Classes)
11:00 a.m. to 11:45 a.m.
Cost \$54

EQUIPMENT

- Yoga mat
- Yoga band

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



Circuit Fit

Instructor: Deborah Ravbar

Fridays, January 10 to February 28
(8 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$64

Fridays, March 7 to April 25
(7 Classes) No class April 18
11:30 a.m. to 12:30 p.m.
Cost \$56

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights

This high-energy class targets all major muscle groups through a series of strength, cardio, and bodyweight exercises. The fast-paced workout incorporates a variety of exercises, utilizing circuit training, high-intensity interval training (HIIT), and others to keep you challenged and engaged.

Fitness Classes



Dance Fit

Instructor: Kathy Paterson

Tuesdays

January 7 to February 25
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

March 4 to April 22
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

Thursdays

January 9 to February 27
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

March 6 to April 24
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

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



Dynamic Movement

Instructor: Freya Giroux

Mondays

January 6 to February 24
(7 Classes) No class February 17
12:00 p.m. to 1:00 p.m.
Cost \$70

March 3 to April 14
(7 Classes)
12:00 p.m. to 1:00 p.m.
Cost \$70

Fridays

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

March 7 to April 25
(7 Classes) No class April 18
1:00 p.m. to 2:00 p.m.
Cost \$70

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

EQUIPMENT:

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

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



Fitness Classes



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

Instructor: Lori Griffith

Tuesday Evenings

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

March 4 to April 22
(8 Classes)
6:30 p.m. to 7:30 p.m.
Cost \$88

Fridays

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

March 7 to April 25
(7 Classes) No class April 18
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



Wednesdays, January 8 to February 26
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$80

Wednesdays, March 5 to April 23
(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, January 8 to February 26
(8 Classes)
11:30 a.m. to 12:15 p.m.
Cost \$80

Wednesdays, March 5 to April 23
(8 Classes)
11:30 a.m. to 12:15 p.m.
Cost \$80

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



Essentrics® for Seniors Mobility

Instructor: Lori Griffith

Wednesdays, April 2 to April 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, January 6 to February 24
(7 Classes) No class February 17
11:30 a.m. to 12:30 p.m.
Cost \$56

Mondays, March 3 to April 14
(7 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$56

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

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights



Interval Strength Training

Instructor: Vera Resera

Tuesdays, January 7 to February 25
(8 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$64

Tuesdays, March 4 to April 22
(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

Tuesdays, January 7 to February 25
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$64

Tuesdays, March 4 to April 22
(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,
January 8 to February 26
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

Wednesdays,
March 5 to April 23
(6 Classes)
No class March 26 & April 2
9:00 a.m. to 10:00 a.m.
Cost \$54

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
January 7 to February 25
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

Thursdays
January 9 to February 27
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

March 4 to April 22
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

March 6 to April 24
(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,
January 6 to February 24
(7 Classes) No class February 17
10:15 a.m. to 11:15 a.m.
Cost \$63

Mondays,
March 3 to April 14
(7 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$63

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



Step Forward

Instructor: Alberta Health Services

Mondays & Wednesdays
3:00 p.m. to 4:00 p.m.

Tuesdays & Thursdays
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, **choose from Mondays & Wednesdays or Tuesdays & Thursdays.**
- 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, January 8 to February 26
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

Wednesdays, March 5 to April 23
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$72

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, January 7 to February 25
(8 Classes)
10:15 a.m. to 11:15 a.m.
Cost \$64

Tuesdays, March 4 to April 22
(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

January 6 to February 24
(7 Classes) No class February 17
9:00 a.m. to 10:00 a.m.
Cost \$63

March 3 to April 14
(7 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$63

Wednesdays

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

March 5 to April 23
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72

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, January 6 to February 24
(7 Classes) No class February 17
10:15 a.m. to 11:15 a.m.
Cost \$77

Mondays, March 3 to April 14
(7 Classes)
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, January 10 to February 28
(7 Classes) No class February 21
2:30 p.m. to 3:30 p.m.
Cost \$56

Fridays, March 7 to April 25
(7 Classes) No class April 18
2:30 p.m. to 3:30 p.m.
Cost \$56

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

Classes at Trinity United Church

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



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

M **Ballroom & Latin Dancing | Beginner (La Perle)**
 Instructor: Elise Millard

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

Fridays, March 7 to April 25
(7 Classes) No class April 18
 12:00 p.m. to 1:00 p.m.
Cost \$63

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

NOTE:

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

V **Essentrics® Stretch and Tone (La Perle)**
 Instructors: Meg Hipkin - Wednesdays | Lori Griffith - Fridays

Wednesdays
January 8 to February 26
(8 Classes)
 10:00 a.m. to 11:00 a.m.
Cost \$88

Fridays
January 10 to February 28
(8 Classes)
 10:45 a.m. to 11:45 a.m.
Cost \$88

March 5 to April 23
(8 Classes)
 10:00 a.m. to 11:00 a.m.
Cost \$88

March 7 to April 25
(7 Classes) No class April 18
 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

M **Essentrics® Age Reversing (Trinity United Church)**
 Instructor: Meg Hipkin

Tuesdays, January 7 to February 25
(8 Classes)
 11:45 a.m. to 12:45 p.m.
Cost \$88

Tuesdays, March 4 to April 22
(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

G **Essentrics® for Seniors (Trinity United Church)**
 Instructor: Lori Griffith

Thursdays, January 9 to February 27
(8 Classes)
 11:00 a.m. to 11:45 a.m.
Cost \$80

Thursdays, March 6 to April 24
(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

Online - Lifelong Learning



DVD Lecture - *Lost Worlds of South America*

Hosted by Volunteer Facilitators

**Fridays,
January 10 to February 28
(8 Classes)
1:00 p.m. to 3:00 p.m.
Cost \$40**

Discover South America as one of the world's cradles of civilization, where unique cultures flourished independently of ancient Greece or Egypt. In **Lost Worlds of South America**, Professor Edwin Barnhart takes you on an exciting journey through the archaeological wonders of 12 groundbreaking civilizations, revealing their creativity, complexity, and monumental achievements.

Creative Writing 101

Hosted by Dale Rutherford

**Thursdays,
January 9 to February 27
(8 Classes)
3:00 p.m. to 5:00 p.m.
Cost \$116**

Dive into the world of writing with this beginner-friendly program designed for anyone curious about crafting their memoirs, short stories, or even a novel. Together, we'll explore the core elements of storytelling—theme, plot, characters, conflict, point of view, tense, tone, and pacing—and learn how to bring them to life in your writing. No prior experience is needed, just a passion for storytelling and a willingness to explore what makes a great story.

Intensive Creative Writing

Hosted by Dale Rutherford

**Wednesdays,
January 15 to March 5
(8 Classes)
2:00 p.m. to 4:00 p.m.
Cost \$116**

Explore the art of storytelling through an in-depth analysis of story elements, focusing on your own writing and favorite authors. Participants should understand key concepts like theme, plot, character, conflict, point of view, tense, tone, and pacing, and be working on a creative project (short stories, memoirs, creative non-fiction, or novels). While critiquing experience is helpful, it's not required. Weekly sessions will combine group critiques and knowledge sharing, with first submissions starting in week two.

Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

**Thursdays, January 9 to February 27
(8 Classes)
1:30 p.m. to 2:30 p.m.
Cost \$72**

Prior Spanish experience is required.

**Thursdays, March 6 to April 24
(8 Classes)
1:30 p.m. to 2:30 p.m.
Cost \$72**

Practice speaking Spanish in the context of basic social interactions. Gain a better understanding of the sounds of language, practical basic vocabulary and grammar, exchange of greetings and introduction. The focus is on pronunciation, developing speaking, and listening skills.

Spanish Level 3

**Thursdays, January 9 to February 27
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72**

Prior Spanish experience is required.

**Thursdays, March 6 to April 24
(8 Classes)
9:00 a.m. to 10:00 a.m.
Cost \$72**

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

Spanish Level 4

**Thursdays, January 9 to February 27
(8 Classes)
10:30 a.m. to 11:30 a.m.
Cost \$72**

Prior Spanish experience is required.

**Thursdays, March 6 to April 24
(8 Classes)
10:30 a.m. to 11:30 a.m.
Cost \$72**

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

Taiji (Tai Chi) Classes



Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

Mondays,
February 3 to April 28
(11 Classes)

No class February 17 & April 21
1:30 p.m. to 2:30 p.m.
Cost \$88

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

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



Foundations & Hunyuan Taiji

Instructor: Allan Belsheim

Thursdays,
February 6 to April 24
(12 Classes)

1:30 p.m. to 2:30 p.m.
Cost \$96

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

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

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

A Brief History of Tai Chi

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

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

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

Wellness Classes



Introduction to "A Course In Miracles"

Instructor: Leslie McKenzie

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

"A Course in Miracles" is a timeless guide to inner peace, offering exercises to replace fear-based thoughts with a love-centered perspective. Open to all, it teaches that a miracle is simply a shift in perspective toward happiness, peace, and joy.

These classes feature enlightening discussions with Q&A, spiritual practices to enhance personal power, meditations, and a safe space to explore thoughts, beliefs, and spirituality.

Griefwalk for Widows

Facilitated by Laura & Elaine

Tuesdays,
January 14 to March 4
(8 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$40

Widowhood can feel overwhelming, bringing with it fear, anxiety, and stress—but it can also be a time for healing and growth. This eight-week course is designed to gently guide widows through their grief journey with meaningful conversations, reflective writing, and supportive sharing. Together, we'll explore the process of grief and mourning while learning practical ways to navigate life after loss.

You'll discover the common stages of widowhood, gain insights into productive habits, and develop strategies to help you move forward with hope and purpose. This course offers a compassionate space to begin creating a fulfilling and meaningful life after loss.



Yoga Classes



Yoga For Arthritis Instructor: Neeru Prashar

This class is also offered online at the same time

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

Tuesdays, March 4 to April 22
(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, January 9 to February 27
(8 Classes)
11:15 a.m. to 12:15 p.m.
Cost \$64

Thursdays, March 6 to April 24
(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, January 10 to February 28
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Fridays, March 7 to April 25
(7 Classes) No class April 18
9:30 a.m. to 10:30 a.m.
Cost \$56

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

EQUIPMENT:

- Yoga block or blanket recommended
- Yoga mat and band

Yoga Classes



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

This class is also offered online at the same time

Mondays

January 6 to February 24
(7 Classes) No class February 17
10:45 a.m. to 11:45 a.m.
Cost \$63

March 3 to April 14
(7 Classes)
10:45 a.m. to 11:45 a.m.
Cost \$63

Wednesdays

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

March 5 to April 23
(8 Classes)
9:45 a.m. to 10:45 a.m.
Cost \$72

Wednesdays

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

March 5 to April 23
(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, January 7 to February 25
(8 Classes)
9:30 a.m. to 10:30 a.m.
Cost \$64

Tuesdays, March 4 to April 22
(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, January 10 to February 28
(8 Classes)**
10:45 a.m. to 11:45 a.m.
Cost \$64

**Fridays, March 7 to April 25
(7 Classes)** No class April 18
10:45 a.m. to 11:45 a.m.
Cost \$56

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

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended



Yoga for the Mind and Body Instructor: Martha Miller

**Mondays, January 6 to February 24
(7 Classes)** No class February 17
12:00 p.m. to 1:00 p.m.
Cost \$56

**Mondays, March 3 to April 14
(7 Classes)**
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, January 6 to February 24
(7 Classes)** No class February 17
9:30 a.m. to 10:30 a.m.
Cost \$63

**Mondays, March 3 to April 14
(7 Classes)**
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



Relaxation Through Yoga Instructor: Neeru Prashar

**Tuesdays, January 7 to February 25
(8 Classes)**
12:15 p.m. to 1:15 p.m.
Cost \$64

**Tuesdays, March 4 to April 22
(8 Classes)**
12:15 p.m. to 1:15 p.m.
Cost \$64

This class combines gentle, breath-coordinated movements and relaxation techniques to calm the mind and body. Floor or chair options are available. Suitable for all levels.

EQUIPMENT:

- Yoga mat and band



Renew and Refresh Flow Yoga Instructor: Carmella Haykowsky

**Wednesdays, January 8 to February 26
(8 Classes)**
10:15 a.m. to 11:15 a.m.
Cost \$64

**Wednesdays, March 5 to April 23
(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, January 9 to February 27
(8 Classes)**
9:45 a.m. to 11:00 a.m.
Cost \$90

**Thursdays, March 6 to April 24
(8 Classes)**
9:45 a.m. to 11:00 a.m.
Cost \$90

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

Yoga Classes



Yang & Yin Yoga Instructor: Vera Resera

This class is also offered
online at the same time

**Tuesdays, January 7 to February 25
(8 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$90**

**Tuesdays, March 4 to April 15
(7 Classes)
1:00 p.m. to 2:15 p.m.
Cost \$79**

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

EQUIPMENT:

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

How To Register Online



www.myactivecenter.com

The Benefits of Yoga for Seniors

Yoga is an excellent practice for seniors, offering physical, mental, and emotional benefits that promote overall well-being. As we age, maintaining flexibility and strength becomes essential, and yoga provides gentle yet effective ways to enhance both. Regular practice can improve balance, which reduces the risk of falls, a common concern among older adults. Additionally, yoga's emphasis on mindful breathing and stretching can alleviate joint pain, improve posture, and enhance mobility. Poses can be modified or done using props like chairs, making yoga accessible even for those with limited mobility or chronic conditions.

Beyond physical health, yoga supports mental and emotional well-being. Studies show that yoga can reduce stress, anxiety, and symptoms of depression, fostering a greater sense of calm and clarity. For seniors, yoga also provides an opportunity to connect with others in a supportive community, reducing feelings of loneliness.

The mindful practices in yoga improve focus, memory, and sleep quality, contributing to a more vibrant and balanced life. With its adaptable nature and holistic benefits, yoga is a valuable tool for seniors to age gracefully and healthily.



****UPDATED****

Registration Steps

1. Open your Internet browser
2. Go to MyActiveCenter.com
3. Click 'Sign In'
4. Type in your email address and password
5. Scroll through the class offerings listed
6. Click on a class name to view and read the class information
7. To register, scroll down to the upcoming events
8. Click 'Add To Cart'
9. Click 'Checkout' to view your cart
10. Click 'Pay For Selected Items' to pay
11. Enter your contact information and a credit card or visa debit card

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

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

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

- Call us or check your online profile before registering to find out if you have any money in your "wallet"
- ***NEW*** If you have a credit, you can access it to pay for your programs online



Drop In Classes

Monday Drop-In Classes

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

Tuesday Drop-In Classes

- Walking Group 9:00 a.m.
- Workshop 9:00 a.m. to 7:30 p.m.
- Practice Bridge 9:30 a.m. to 11:30 a.m.
- Woodburning 9:30 a.m. to 12:30 p.m.
- Games Room 1:00 p.m. to 4:00 p.m.
- Badminton 1:00 p.m. to 4:00 p.m.
- Billiards 2:30 p.m. to 5:30 p.m.

Wednesday Drop-In Classes

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

Drop In Classes

Thursday Drop-In Classes

- Writers Group 1st Thursday - 5:30 p.m. to 7:30 p.m.
- Workshop 9:00 a.m. to 12:00 p.m.
- Billiards 9:30 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.
- Mahjong Rummy 4:30 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.
- Billiards 9:30 a.m. to 12:30 p.m.
- Silvertones 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 2:20 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

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.

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.

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.

“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.

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



Billiards

Mondays, Thursdays, & Fridays
9:30 a.m. to 12:30 p.m.
Tuesdays 2:30 p.m. to 5:30 p.m.
Wednesdays 9:00 a.m. to 4:00 p.m.

Rack 'em up and chat 'em up.
Enjoy our refurbished billiard tables and join this crew for good conversation and relaxed play.
All levels welcome.

Contract Bridge

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

An active mind is a sharp mind. Bridge enthusiasts are encouraged to join this group.
No partner necessary.

Cribbage

Fridays 1:00 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.

Games Room

Mondays 9:00 a.m. to 12:30 p.m.
Tuesdays 1:00 p.m. to 4:00 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.

Mahjong Rummy

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

Gather your friends and dive into the excitement of Mahjong Rummy! It's the perfect game for laughter, strategy, and shared fun. Enjoy this tile based games with fellow members.
All levels welcome.

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.

Get together for a fun-filled game of Scrabble! Challenge your friends, show off your word skills, and enjoy the excitement of friendly competition.
No partner necessary, all levels welcome.

Fitness - Drop In Classes

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

Badminton

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

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

All levels welcome.

Bike Group

Mondays, Wednesdays, & Fridays

The Bike Group will resume in the spring. Watch for the Bike Meeting announcement for details on the first ride and ride times for the season.

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 Winter season (January to April) and are non-transferable.

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.

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

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.

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!

Photo Club

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

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.

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

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 or Margaret Daly.

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.

Silvertones

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

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

Ukulele/All Instrument Circle

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

Please bring your instrument, tuner, pencil and eraser.

The group rotates between 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

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 2:20 p.m.

Ready to take your pickleball to the next level? Come play in our Novice sessions until you get the hang of the game; all while playing against others who are at the same level.

Pickleball - Level 3

Mondays 12:45 p.m. to 2:25 p.m.
2:25 p.m. to 4:05 p.m.
Tuesdays 4:30 p.m. to 6:10 p.m.
Wednesdays 12:45 p.m. to 2:25 p.m.
Thursdays 12:45 p.m. to 2:25 p.m.
2:25 p.m. to 4:05 p.m.

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

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

Pickleball - All Levels

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

All levels pickleball is a chance to challenge yourself and fellow members. Both Level 2 and 3 players are encouraged to play together, giving you the opportunity to play with and against new opponents.

WSAC 8 Week Fitness Program

Senior Fraud Alert Website

A Free At Home Fitness Program For Seniors

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

This is a daily fitness program you can do from the comfort of your own home.

Our 20 page booklet has photos with clear instructions showing HOW to do each exercise

We also have videos on our YouTube page where you can follow along and do the exercises at your own speed

Want To Learn More? Visit Our Website

www.weseniors.ca

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



Scan the QR Code for a Printable PDF



Scan the QR Code for the YouTube Playlist



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 Course Features 5 Sections That Cover The Following Types Of Fraud

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

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.

Our Representatives



Ward
Nakota Isga

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ANDREW
KNACK**

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Email: andrew.knack@edmonton.ca
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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 ~ 780-392-2515

Please call or email to schedule an appointment



Lori
Sigurdson

EDMONTON-RIVERVIEW

9202B 149 Street, Edmonton, AB T5R 1C3
Phone 780.414.0719
Edmonton.Riverview@assembly.ab.ca

Connect With Our Centre

Have You Visited Our YouTube Page?

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

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

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



Do You Follow Us On Facebook?

We share all of our WSAC news on Facebook but we also share interesting videos and articles, updates from the City of Edmonton and communities here in the west end and more.

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



Have You Signed Up For Our E-Newsletter?

More than 3,800 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

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WSAC's Board Of Directors

Jay Pritchard – President
- Jay@weseniors.ca

Barbara Gibson – Past President
- Barbara@weseniors.ca

Michael Leathwood – Vice President
- Michael@weseniors.ca

Dave Baxandall – Treasurer
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Barbara Thompson – Director
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Dianne Walker – Director
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Lorne Brackenbury – Director
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Wendy Jerome – Director
- WJerome@weseniors.ca

WSAC's Staff Members

Executive Director

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

Operations & Program Manager

Barbara Jaffray – Operations & Program Manager | Bjaffray@weseniors.ca | Ext. 222

Community Engagement & Communications

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Thomas Zheng – Engagement & Communications Manager | Yunxuan@weseniors.ca | Ext. 226

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

Outreach Support

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

Shelley Kuny – Seniors Outreach Support Worker | Shelleyk@weseniors.ca | Ext 223

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



WE Seniors.ca
Westend Seniors Activity Centre

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

Connect With Us

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

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

Website:
www.weseniors.ca

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

Facebook:
Facebook.com/Weseniors

Telephone Number:
780 483 1209

YouTube:
Westend Seniors Activity Centre

Sign Up For Our E-Newsletter On Our Website:
Weseniors.ca/Resources/Newsletter/