



Spring & Summer 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.



The Tegler Foundation

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.
- Clogging | Beginner 12:00 p.m. to 1:00 p.m.
- Dynamic Movement..... 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.
- 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.
- Pen & Wash 12:30 p.m. to 3:00 p.m.
- Yang & Yin Yoga 1:00 p.m. to 2:15 p.m.
- Drawing Natures Beauty 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.
- Finding Peace, Healing, & Forgiveness with the 4 Agreements 6:00 p.m. to 7:30 p.m.
- Essentrics® Age Reversing..... 6:30 p.m. to 7:30 p.m.

Wednesday Registered Classes

- Nia® 9:00 a.m. to 10:00 a.m.
- Total Fit..... 9:00 a.m. to 10:00 a.m.
- Gentle Yoga..... **IN-PERSON & ONLINE** 9:45 a.m. to 10:45 a.m.
- Essentrics® Stretch and Tone..... **LA PERLE**..... 10:00 a.m. to 11:00 a.m.
- Renew and Refresh Flow Yoga 10:15 a.m. to 11:15 a.m.
- Sit Fit 10:15 a.m. to 11:15 a.m.
- Barre **IN-PERSON & ONLINE** 11:00 a.m. to 11:45 a.m.
- Essentrics® Gentle Stretch 11:30 a.m. to 12:15 p.m.

Registered Classes by Weekday

- Modified Chair Yoga 11:30 a.m. to 12:30 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.
- Wall Flowers 1:00 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.
- Hand Painted Tote and Pouch 9:30 a.m. to 11:30 a.m.
- Inquisitive Emu Painting 9:30 a.m. to 11:30 a.m.
- Spring Flowers Painting 9:30 a.m. to 12:30 p.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.
- Bike Ride in Paris 12:00 p.m. to 4:00 p.m.
- Summer Sparkly Sunflowers 12:00 p.m. to 4:00 p.m.
- Rocky Raccoon 12:00 p.m. to 4:00 p.m.
- Fall Birch Trees 12:00 p.m. to 4:00 p.m.
- Line Dancing | Beginner 12:15 p.m. to 1:15 p.m.
- Bird House 1:00 p.m. to 3:30 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 | The Elements of Story 3:00 p.m. to 5:00 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.
- M2M & Barre Fusion **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
• Bike Ride in Paris	Maureen Brown	Page 14
• Bird House	Shantel Toma	Page 14
• Drawing Natures Beauty	Muhammed Salayi.....	Page 14
• Fall Birch Trees.....	Maureen Brown	Page 15
• Hand Painted Tote and Pouch.....	Linda Finstad	Page 15
• Inquisitive Emu Painting	Linda Finstad	Page 16
• Pen & Wash	Lily Jeong	Page 16
• Rocky Raccoon.....	Maureen Brown	Page 17
• Spring Flowers Painting.....	Linda Finstad	Page 17
• Summer Sparkly Sunflowers	Maureen Brown	Page 18
• Wall Flowers.....	Shantel Toma	Page 18

Dance Classes

• Ballroom & Latin Dancing.....	Elise Millard	Page 19
• Clogging Beginner.....	Tracy Walters.....	Page 20
• Clogging Intermediate	Tracy Walters.....	Page 20
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• Line Dancing Beginner	Tracy Walters.....	Page 21
• Line Dancing Intermediate.....	Tracy Walters.....	Page 21
• Line Dancing Experienced	Tracy Walters.....	Page 21

Fitness Classes

• Barre	Freya Giroux	Page 22
• Circuit Fit	Deborah Ravbar	Page 22
• Dance Fit.....	Kathy Paterson	Page 22
• Dynamic Movement.....	Freya Giroux	Page 23
• Essentrics® Age Reversing.....	Lori Griffith.....	Page 23
• Essentrics® Gentle Stretch	Meg Hipkins.....	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
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• 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

- Essentrics® Stretch and Tone..... (La Perle).....Lori Griffith/Meg Hipkin ... Page 29
- M2M & Barre Fusion (La Perle).....Elise Millard 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 | The Elements of Story..... Dale Rutherford Page 31
- **ONLINE** Spanish Level 2..... Cecilia Hamel Page 32
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Taiji (Tai Chi) Classes

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

Wellness Classes

- Finding Peace, Healing, & Forgiveness with the 4 Agreements Leslie McKenzie Page 34

Yoga Classes

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

Conduct Of Members

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

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

Disclaimers

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



The Centre Will Be Closed On The Following Days:

May 19
Victoria Day

July 1
Canada Day

August 4
Civic Holiday

Welcome To Our Centre



Spring/Summer 2025 Registration Opens

- » Thursday, April 24, 2025 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of August 2025
- » Reciprocal registration opens May 1, 2025 at 9:30 a.m.

Reciprocal Program Registration - Participating Centres

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

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

Please Note:

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

	WSAC Membership	Reciprocal Membership
Annual Membership Fee	\$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

» Mother's Day Tea
Friday, May 9

» Older, Bolder, Better!™
Thursday, June 5

» Ice Cream Social
Wednesday, July 9

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, May 7
» Wednesday, June 4
» Wednesday, July 2
» Wednesday, August 6

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, May 21
» Wednesday, June 18
» Wednesday, July 16
» Wednesday, August 20

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 6-10 people

» **Please register at the Front Desk**

Upcoming Dates:

» Thursday, May 29
» Thursday, June 26
» Thursday, July 31
» Thursday, August 28

Line Dancing Social

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

» Bring a snack to share

» **Please register at the Front Desk**

Upcoming Dates:

» Friday, May 9
» Friday, June 20

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 (\$14-\$16)

- » Chicken Teriyaki
- » Sweet & Sour Meatballs
- » Lasagna
- » Beef Brisket
- » Shepherd's Pie
- » Tuna Casserole
- » & More

Hearty Soup (\$9)

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

Muffins (\$7.00)

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

"The Tote" (Starting at \$64)

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 (Starting at \$70)

Buy 5 entrées and receive your choice of:

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

Hearty Soup Bundle (\$30)

Buy 3 hearty soups and receive your choice of:

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

Eggs-emplary Bowls (\$4)

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

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

Gaby Sanchez, Outreach Coordinator
(780) 483-1209 Ext. 232

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.



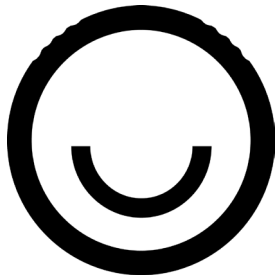
EDMONTON SENIORS CENTRE

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

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

Telephone: (780) 400-2111

Email: questions@weseniors.ca

Program Information

NEW

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

New Registered & Drop-In Programs For Winter 2025

- » Bike Ride in Paris with Maureen Brown (Pg. 14)
 - » Bird House with Shantel Toma (Pg. 14)
 - » Fall Birch Trees with Maureen Brown (Pg. 15)
 - » Hand Painted Tote & Pouch with Linda Finstad (Pg. 15)
 - » Inquisitive Emu Painting with Linda Finstad (Pg. 16)
 - » Pen & Wash with Lily Jeong (Pg. 16)
 - » Rocky Raccoon with Maureen Brown (Pg. 17)
 - » Spring Flowers Painting with Linda Finstad (Pg. 17)
 - » Summer Sparkly Sunflowers with Maureen Brown (Pg. 18)
 - » Wall Flowers with Shantel Toma (Pg. 18)
 - » Finding Peace, Healing, & Forgiveness with the 4 Agreements with Leslie McKenzie (Pg. 34)
 - » Modified Chair Yoga with Carmella Haykowsky (Pg. 37)
 - » Creative Writing | Elements of Story with Dale Rutherford (Pg. 31)
 - » Conversational Spanish Drop-in (Pg. 48)
-

NEW! QR CODES IN THE PROGRAM GUIDE

We're making it easier than ever to register for classes! Our program guide now includes QR codes to help you go directly to the right webpage for each class — no more searching or navigating through the website. If you need assistance, feel free to ask a staff member—we are happy to help!

HOW TO USE A QR CODE

QR codes are special barcodes that can be scanned with your smartphone or tablet to take you straight to a website. Follow these simple steps to use them:

1. **Open Your Camera App** — On most smartphones and tablets, simply open the camera app. If your phone does not scan QR codes automatically, you may need to download a free QR code reader from the app store.
2. **Point Your Camera at the QR Code** — Hold your phone steady and make sure the QR code is within the camera's view. You do not need to take a picture.
3. **Tap the Link That Appears** — After a moment, a link should pop up on your screen. Tap it, and it will take you directly to the class registration page.

Toonie Talks & Active Aging Series

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.

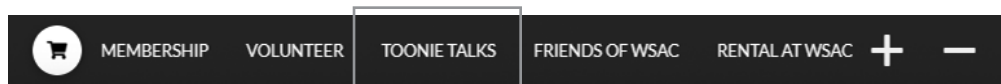
These businesses and organizations have years of experience addressing the needs and challenges older adults face in their daily lives.

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.

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, May 7 to July 2
(9 Classes)

12:30 p.m. to 3:00 p.m.

COST \$182

Wednesdays, July 9 to July 30
(4 Classes)

12:30 p.m. to 3:00 p.m.

COST \$81

Wednesdays, Aug 6 to Aug 27
(4 Classes)

12:30 p.m. to 3:00 p.m.

COST \$81

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.

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

Art Classes

NEW



Bike Ride in Paris

Instructor: Maureen Brown

Thursday, May 22 to May 29
(2 Classes)
12:00 p.m. to 4:00 p.m.
COST \$84

Come and learn to paint this mixed media piece. We will be working with different types of backgrounds, stamps, texture paste, and different kinds of paint all to create this striking picture. This will be a fun 2 day class. Picture is 11"x14".

All art supplies are included.



NEW



Bird House

Instructor: Shantel Toma

Thursday, June 12
(1 Class)
1:00 p.m. to 3:30 p.m.
COST \$60

These 16x6 inch birdhouses will be fully constructed and ready for paint and floral cutouts for modge podge application. Lots of colour options to choose from to make them unique.

All art supplies are included.



NEW



Drawing Natures Beauty

Instructor: Muhammed Salayi

Tuesdays, May 6 to June 24
(8 Classes)
1:00 p.m. to 4:00 p.m.
COST \$160

Join this class for an opportunity to draw subjects from nature, including trees and flowers, 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.

Art Classes

NEW



Fall Birch Trees

Instructor: Maureen Brown

Thursday, Aug 14 to Aug 21
(2 Classes)

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

COST \$84

This vibrant fall picture is painted with acrylic paint and texture paste for the trees to make them look realistic. You will learn how to mix color and blend them together to make a beautiful background. Come and paint a piece of nature. Piece is 16"x20".

All art supplies are included.



NEW



Hand Painted Tote and Pouch

Instructor: Linda Finstad

Thursday, July 10
(1 Class)

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

COST \$55

Join Linda for a creative and hands-on art class where she will guide you step by step to create your own hand-painted canvas tote and pouch! In this class, you'll learn the techniques of painting on fabric, using stencils to add inspiring quotes that will brighten your day, and creating simple yet beautiful flowers with bold brush strokes.

All art supplies are included.



Art Classes

NEW



Inquisitive Emu Painting

Instructor: Linda Finstad

Thursday, Aug 14
(1 Class)
9:30 a.m. to 11:30 a.m.
COST \$55

Join us for a fun and interactive art class where Linda will guide you step by step through the process of creating a unique painting! In this class, you'll learn how to express a variety of emotions through your artwork, create stunning illusions of texture, and get an exciting introduction to cartooning.

All art supplies are included.



NEW



Pen & Wash

Instructor: Lily Jeong

Tuesdays, May 6 to June 24
(8 Classes)
12:30 p.m. to 3:00 p.m.
COST \$162

Tuesdays, July 8 to July 29
(4 Classes)
12:30 p.m. to 3:00 p.m.
COST \$81

Tuesdays, Aug 5 to Aug 26
(4 Classes)
12:30 p.m. to 3:00 p.m.
COST \$81

Create a sketchbook of quick, charming pen and wash drawings. Use a fountain pen with water-soluble ink and add expressive washes with watercolour brushes. The instructor will provide demonstrations and projects, and you're welcome to bring your own for personalized guidance.

Art Classes

NEW



Rocky Raccoon

Instructor: Maureen Brown

Thursday, July 17 to July 24
(2 Classes)

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

COST \$84

This guy is so cute! You will learn how to paint this piece by using mixed media and having fun creating the background with paper and stamps. We will make him come to life with shading and highlights. Piece is 11"×14".

All art supplies are included.



NEW



Spring Flowers Painting

Instructor: Linda Finstad

Thursday, May 15
(1 Class)

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

COST \$60

Join Linda for a fun and engaging art class where she will guide you step by step to create a beautiful painting! In this class, you'll learn how to blend colors seamlessly, master the technique of creating highlights and shadows, and paint stunning flowers using bold brush strokes.

All art supplies are included.



Art Classes

NEW



Summer Sparkly Sunflowers

Instructor: Maureen Brown

Thursday, June 19 to June 26
(2 Classes)

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

COST \$84

Bring some summer into your home by learning how to paint these vibrant sunflowers. I will teach you a different technique using acrylic paint and pouring medium. This a fun and relaxing class and we get to use lots of beads and sparkles! You will be amazed at what you can create. The piece is 11"×14".

All art supplies are included.



NEW



Wall Flowers

Instructor: Shantel Toma

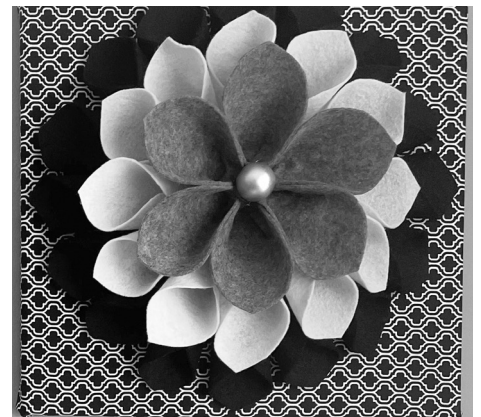
Wednesday, May 7
(1 Class)

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

COST \$50

Come make your own set of two 12x12 Felt Wall Flowers. Precut felt flower petals are folded and attached to a fabric covered backboard. Super cool and springy with 6 different felts and 4 different fabrics to choose from to customize.

All art supplies are included.



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 able to get down and up from the floor without assistance.

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, May 16 to July 4
(8 Classes)**

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

COST \$72

**Fridays, July 11 to Aug 1
(4 Classes)**

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

COST \$36

**Fridays, Aug 8 to Aug 29
(4 Classes)**

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

COST \$36

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

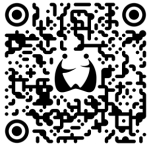
NOTE:

- Registration with a partner is mandatory.

EQUIPMENT:

- Water Bottle

Dance Classes



Clogging | Beginner

Instructor: Tracy Walters

Mondays, May 5 to June 30
(8 Classes) No class May 19
12:00 p.m. to 1:00 p.m.
COST \$72

Mondays, July 7 to July 28
(4 Classes)
12:00 p.m. to 1:00 p.m.
COST \$36

Mondays, Aug 11 to Aug 25
(3 Classes)
12:00 p.m. to 1:00 p.m.
COST \$27

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.



Clogging | Intermediate

Instructor: Tracy Walters

Mondays, May 5 to June 30
(8 Classes) No class May 19
1:15 p.m. to 2:15 p.m.
COST \$72

Mondays, July 7 to July 28
(4 Classes)
1:15 p.m. to 2:15 p.m.
COST \$36

Mondays, Aug 11 to Aug 25
(3 Classes)
1:15 p.m. to 2:15 p.m.
COST \$27

NOTE:

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



Clogging | Experienced

Instructor: Tracy Walters

Mondays, May 5 to June 30
(8 Classes) No class May 19
2:30 p.m. to 3:30 p.m.
COST \$72

Mondays, July 7 to July 28
(4 Classes)
2:30 p.m. to 3:30 p.m.
COST \$36

Mondays, Aug 11 to Aug 25
(3 Classes)
2:30 p.m. to 3:30 p.m.
COST \$27

NOTE:

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

Dance Classes



Line Dancing | Beginner

Instructor: Tracy Walters

Tuesdays

May 6 to June 24

(8 Classes)

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

COST \$72

July 8 to July 29

(4 Classes)

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

COST \$36

Aug 5 to Aug 26

(4 Classes)

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

COST \$36

Thursdays

May 8 to July 3

(8 Classes) No class June 5

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

COST \$72

July 10 to July 31

(4 Classes)

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

COST \$36

Aug 7 to Aug 28

(4 Classes)

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

COST \$36

NOTE:

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



Line Dancing | Intermediate

Instructor: Tracy Walters

Thursdays, May 8 to July 3

(8 Classes) No class June 5

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

COST \$72

Thursdays, July 10 to July 31

(4 Classes)

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

COST \$36

Thursdays, Aug 7 to Aug 28

(4 Classes)

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

COST \$36

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

Thursdays, May 8 to July 3

(8 Classes) No class June 5

2:45 p.m. to 3:45 p.m.

COST \$72

Thursdays, July 10 to July 31

(4 Classes)

2:45 p.m. to 3:45 p.m.

COST \$36

Thursdays, Aug 7 to Aug 28

(4 Classes)

2:45 p.m. to 3:45 p.m.

COST \$36

NOTE:

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

Fitness Classes



Barre

Instructor: Freya Giroux

This class is also offered
online at the same time

Wednesdays, May 7 to July 2
(9 Classes)
11:00 a.m. to 11:45 a.m.
COST \$81

Wednesdays, July 9 to July 30
(4 Classes)
11:00 a.m. to 11:45 a.m.
COST \$36

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

EQUIPMENT

- Yoga mat
- Yoga band



Circuit Fit

Instructor: Deborah Ravbar

Fridays, May 9 to July 4
(8 Classes)
11:30 a.m. to 12:30 p.m.
COST \$72

Fridays, July 11 to Aug 1
(4 Classes)
11:30 a.m. to 12:30 p.m.
COST \$32

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.

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights



Dance Fit

Instructor: Kathy Paterson

Tuesdays

May 6 to June 24
(7 Classes) No class May 13
10:15 a.m. to 11:15 a.m.
COST \$63

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

Thursdays

May 8 to July 3
(8 Classes) No class June 5
10:15 a.m. to 11:15 a.m.
COST \$72

July 10 to July 31
(4 Classes)
10:15 a.m. to 11:15 a.m.
COST \$36

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

Fitness Classes



Dynamic Movement

Instructor: Freya Giroux

Mondays

May 5 to June 30
(8 Classes) No class May 19
12:00 p.m. to 1:00 p.m.
COST \$80

July 7 to July 28
(4 Classes)
12:00 p.m. to 1:00 p.m.
COST \$40

Fridays

May 9 to July 4
(9 Classes)
1:00 p.m. to 2:00 p.m.
COST \$90

July 11 to Aug 1
(4 Classes)
1:00 p.m. to 2:00 p.m.
COST \$40

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

EQUIPMENT:

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



Essentrics® Age Reversing

Instructor: Lori Griffith

Tuesday Evenings

May 6 to June 24 (8 Classes)
6:30 p.m. to 7:30 p.m.
COST \$88

July 8 to July 29 (4 Classes)
6:30 p.m. to 7:30 p.m.
COST \$44

Aug 5 to Aug 26 (4 Classes)
6:30 p.m. to 7:30 p.m.
COST \$44

Fridays

May 9 to July 4 (9 Classes)
9:00 a.m. to 10:00 a.m.
COST \$99

July 11 to Aug 1 (4 Classes)
9:00 a.m. to 10:00 a.m.
COST \$44

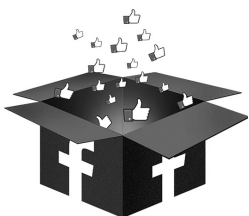
Aug 8 to Aug 29 (4 Classes)
9:00 a.m. to 10:00 a.m.
COST \$44

Prepare to stand 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.

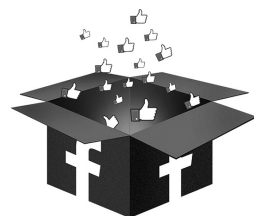
EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

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® Gentle Stretch

Instructor: Meg Hipkins

Wednesdays, May 7 to July 2
(9 Classes)

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

COST \$90

Wednesdays, July 9 to July 30
(4 Classes)

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

COST \$40

Wednesdays, Aug 6 to Aug 27
(4 Classes)

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

COST \$40

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

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Fit For Life

Instructor: Deborah Ravbar

Mondays, May 5 to June 30
(8 Classes) No class May 19

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

COST \$64

Mondays, July 7 to July 28
(4 Classes)

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

COST \$32

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, May 6 to June 24
(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, May 13 to June 24
(7 Classes)

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

COST \$63

Tuesdays, July 8 to July 29
(4 Classes)

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

COST \$36

Tuesdays, Aug 5 to Aug 26
(4 Classes)

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

COST \$36

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, May 7 to July 2
(9 Classes)

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

COST \$81

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

May 6 to June 24
(7 Classes) No class May 13

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

COST \$63

July 8 to July 29
(4 Classes)

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

COST \$36

Thursdays

May 8 to July 3
(8 Classes) No class June 5

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

COST \$72

July 10 to July 31
(4 Classes)

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

COST \$36

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

EQUIPMENT:

- Yoga mat and head rest
- Stretchy band

Fitness Classes



Seated Stretch Fit

Instructor: Kathy Paterson

This class is also offered
online at the same time

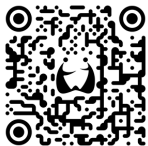
Mondays, May 5 to June 30
(7 Classes) No class May 12 & 19
10:15 a.m. to 11:15 a.m.
COST \$63

Please Note:

There is no online class May 5

Mondays, July 7 to July 28
(4 Classes)
10:15 a.m. to 11:15 a.m.
COST \$36

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 & Thursdays

Apr 1 to June 12
(11 Weeks) No class June 5
3:00 p.m. to 4:00 p.m.

June 17 to Sept 2
(11 Weeks) No class July 1
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.

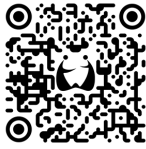
SERVICE OFFERS:

- 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, May 7 to July 2

(9 Classes)

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

COST \$81

Wednesdays, July 9 to July 30

(4 Classes)

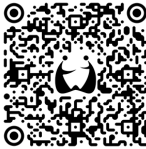
10:15 a.m. to 11:15 a.m.

COST \$36

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, May 13 to June 24

(7 Classes)

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

COST \$63

Tuesdays, July 8 to July 29

(4 Classes)

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

COST \$36

Tuesdays, Aug 5 to Aug 26

(4 Classes)

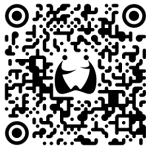
10:15 a.m. to 11:15 a.m.

COST \$36

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

May 5 to June 30

(7 Classes) No class May 12 & 19

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

COST \$63

July 7 to July 28

(4 Classes)

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

COST \$36

Wednesdays

May 7 to July 2

(9 Classes)

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

COST \$81

July 9 to July 30

(4 Classes)

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

COST \$36

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

EQUIPMENT:

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

Fitness Classes



Total Fitness for Active Agers

Instructor: Jannine Otto

Mondays, May 5 to June 30

(8 Classes) No class May 19

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

COST \$88

Mondays, July 7 to July 28

(4 Classes)

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

COST \$44

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

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Zumba Gold®

Instructor: Terri Kokotilo

Fridays, May 9 to July 4

(9 Classes)

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

COST \$72

Fridays, July 18 to Aug 1

(3 Classes)

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

COST \$24

Fridays, Aug 8 to Aug 29

(4 Classes)

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

COST \$32

Zumba Gold® is a modified Zumba® class focusing on all the elements of fitness at a lower intensity. Easy to follow choreography using Latin and World rhythms stimulate and limber up the entire body in a fun and energetic way.

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



Essentrics® Stretch and Tone | La Perle

Instructors: Meg Hipkin - Wednesdays | Lori Griffith - Fridays

Wednesdays, May 7 to July 2
(9 Classes)
10:00 a.m. to 11:00 a.m.
COST \$99

Wednesdays, July 9 to July 30
(4 Classes)
10:00 a.m. to 11:00 a.m.
COST \$44

Wednesdays, Aug 6 to Aug 27
(4 Classes)
10:00 a.m. to 11:00 a.m.
COST \$44

Fridays, May 9 to July 4
(9 Classes)
10:45 a.m. to 11:45 a.m.
COST \$99

Fridays, July 11 to Aug 1
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$44

Fridays, Aug 8 to Aug 29
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$44

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.

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



M2M & Barre Fusion | La Perle

Instructor: Elise Millard

Fridays, May 16 to July 4
(8 Classes)
12:00 p.m. to 1:00 p.m.
COST \$72

Fridays, July 11 to Aug 1
(4 Classes)
12:00 p.m. to 1:00 p.m.
COST \$36

Fridays, Aug 8 to Aug 29
(4 Classes)
12:00 p.m. to 1:00 p.m.
COST \$36

This dynamic program blends the fun, and dynamic movement of M2M (Movement to Music) with the precision and strength-building elements of Total Body Workout Through Barre, creating a powerful, fun, and full-body workout. If these styles of classes are new to you, don't worry-there is something for everyone, and modifications are always encouraged based on your particular needs.

EQUIPMENT:

- Small weights (1-3 lbs)
- Bender ball/small Pilates ball (7-11 inches)
- Band (that can easily be tied)
- Yoga mat

Classes at Trinity United Church



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

TRINITY
UNITED CHURCH



Essentrics® Age Reversing | Trinity United Church

Instructor: Meg Hipkin

Tuesdays, May 6 to June 24
(8 Classes)

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

COST \$88

Tuesdays, July 8 to July 29
(4 Classes)

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

COST \$44

Tuesdays, Aug 5 to Aug 26
(4 Classes)

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

COST \$44

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

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



Essentrics® for Seniors | Trinity United Church

Instructor: Lori Griffith

Thursdays, May 8 to July 3
(9 Classes)

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

COST \$90

Thursdays, July 10 to July 31
(4 Classes)

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

COST \$40

Thursdays, Aug 7 to Aug 28
(4 Classes)

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

COST \$40

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

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

Lifelong Learning Classes



DVD Lecture - *Vikings*

Hosted by Volunteer Facilitators

Fridays, Mar 14 to June 6
(12 Classes) No class April 18
1:00 p.m. to 3:00 p.m.
COST \$60

As explorers and traders, the Vikings played a decisive role in the formation of Latin Christendom, and particularly of Western Europe. In this course, you will study the Vikings not only as warriors, but also in other roles for which they were equally extraordinary: merchants, artists, kings, raiders, seafarers, shipbuilders, and creators of remarkable literature of myths and sagas.



Creative Writing | The Elements of Story

Hosted by Dale Rutherford

Thursdays, May 8 to July 3
(8 Classes) No class June 5
3:00 p.m. to 5:00 p.m.
COST \$116

If you're interested in writing fiction or creative non-fiction but unsure where to start, whether you've written short stories, tried your hand at a novel, or aspire to be the next great Canadian novelist, it's time to get your ideas on paper. Our focus will be on the creating memorable stories and characters by learning the art of constructive critiquing and, using the elements of good storytelling. Whether you're a novice or you've dabbled, this program will help you dive deeper into the craft of storytelling and inspire you to explore the stories you want to tell.

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



Online - Lifelong Learning



Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursdays, May 8 to July 3

(8 Classes) No class June 5

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

COST \$72

Prior Spanish experience is required.

Thursdays, July 10 to July 31

(4 Classes)

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

COST \$36

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

Spanish Level 3

Thursdays, May 8 to July 3

(8 Classes) No class June 5

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

COST \$72

Prior Spanish experience is required.

Thursdays, July 10 to July 31

(4 Classes)

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

COST \$36

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

Spanish Level 4

Thursdays, May 8 to July 3

(8 Classes) No class June 5

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

COST \$72

Prior Spanish experience is required.

Thursdays, July 10 to July 31

(4 Classes)

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

COST \$736

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, May 5 to Aug 25
(15 Classes)

No class May 19 & Aug 4

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

COST \$120

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

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



Foundations & Hunyuan Taiji

Instructor: Allan Belsheim

Thursdays,
May 8 to Aug 28

(17 Classes)

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

COST \$136

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

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

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

A Brief History of Tai Chi

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

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

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

Wellness Classes

NEW



Finding Peace, Healing, & Forgiveness with the 4 Agreements

Instructor: Leslie McKenzie

**Tuesdays, May 6 to June 24
(8 Classes)**

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

COST \$120

Are you ready to break free from limiting beliefs, find inner peace, and step into a life of healing and forgiveness? Join us for an 8-week transformative journey where we blend the wisdom of Don Miguel Ruiz's *The Four Agreements* with the profound teachings of *A Course in Miracles*.

In this course, you'll learn how to: Release self-judgment and cultivate self-love, let go of old wounds and embrace true forgiveness, shift your mindset to create peace and freedom, align with your highest self for healing and transformation, secure your spot and begin your journey to lasting peace and healing.



Yoga Classes



Yoga For Arthritis

Instructor: Neeru Prashar

This class is also offered
online at the same time

Tuesdays, May 6 to June 24
(8 Classes)
10:45 a.m. to 11:45 a.m.
COST \$64

Tuesdays, July 8 to July 29
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$32

Tuesdays, Aug 5 to Aug 26
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$32

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, May 8 to July 3
(8 Classes) No class June 5
11:15 a.m. to 12:15 p.m.
COST \$64

Thursdays, July 10 to July 31
(4 Classes)
11:15 a.m. to 12:15 p.m.
COST \$32

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, May 9 to July 4
(9 Classes)
9:30 a.m. to 10:30 a.m.
COST \$72

Fridays, July 11 to Aug 1
(4 Classes)
9:30 a.m. to 10:30 a.m.
COST \$32

Fridays, Aug 8 to Aug 29
(4 Classes)
9:30 a.m. to 10:30 a.m.
COST \$32

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

May 5 to June 30
(8 Classes) No class May 19
10:45 a.m. to 11:45 a.m.
COST \$72

July 7 to July 28
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$36

Wednesdays

May 7 to July 2
(9 Classes)
9:45 a.m. to 10:45 a.m.
COST \$81

July 9 to July 30
(4 Classes)
9:45 a.m. to 10:45 a.m.
COST \$36

Wednesdays

May 7 to July 2
(9 Classes)
12:00 p.m. to 1:00 p.m.
COST \$81

July 9 to July 30
(4 Classes)
12:00 p.m. to 1:00 p.m.
COST \$36

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, May 6 to June 24
(8 Classes)
9:30 a.m. to 10:30 a.m.
COST \$64

Tuesdays, July 8 to July 29
(4 Classes)
9:30 a.m. to 10:30 a.m.
COST \$32

Tuesdays, Aug 5 to Aug 26
(4 Classes)
9:30 a.m. to 10:30 a.m.
COST \$32

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, May 9 to July 4
(9 Classes)
10:45 a.m. to 11:45 a.m.
COST \$72

Fridays, July 11 to Aug 1
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$32

Fridays, Aug 8 to Aug 29
(4 Classes)
10:45 a.m. to 11:45 a.m.
COST \$32

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



Modified Chair Yoga

Instructor: Carmella Haykowsky

Wednesdays, May 7 to July 2
(9 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$72

Wednesdays, July 9 to July 30
(4 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$32

Wednesdays, Aug 6 to Aug 27
(4 Classes)
11:30 a.m. to 12:30 p.m.
Cost \$32

Seated yoga adapts poses for a chair, offering a gentle, accessible practice. Includes breathing exercises, warm-ups, full-body stretches, and a cool-down. Ideal for those with mobility or balance challenges.

EQUIPMENT:

- Yoga mat and band



Yoga for the Mind and Body

Instructor: Martha Miller

Mondays, May 5 to June 30
(8 Classes) No class May 19
12:00 p.m. to 1:00 p.m.
COST \$64

Mondays, July 7 to July 28
(4 Classes)
12:00 p.m. to 1:00 p.m.
COST \$32

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

Yoga Classes



Pilatoga | Beginner

Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays, May 5 to June 30

(8 Classes) No class May 19

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

COST \$72

Mondays, July 7 to July 28

(4 Classes)

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

COST \$36

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



Relaxation Through Yoga

Instructor: Neeru Prashar

Tuesdays, May 6 to June 24

(8 Classes)

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

COST \$64

Tuesdays, July 8 to July 29

(4 Classes)

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

COST \$32

Tuesdays, Aug 5 to Aug 26

(4 Classes)

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

COST \$32

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, May 7 to July 2

(9 Classes)

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

Cost \$72

Wednesdays, July 9 to July 30

(4 Classes)

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

Cost \$32

Wednesdays, Aug 6 to Aug 27

(4 Classes)

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

Cost \$32

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

Yoga Classes



Restorative Hatha Yoga | Intermediate

Instructor: Audrey Bell-Hiller, B.A.

Thursdays, July 10 to July 31
(4 Classes)
9:45 a.m. to 11:00 a.m.
Cost \$45

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



Yang & Yin Yoga

Instructor: Vera Resera

Tuesdays, May 6 to June 24
(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

The Many Types of Yoga & How Seniors Benefit

Yoga is a fantastic way for seniors to stay active, flexible, and mentally sharp. With various styles available, there is an option for everyone, regardless of fitness level. Whether it's chair yoga, gentle yoga, or restorative yoga for relaxation, or more dynamic styles like Hatha, Yin, or Piliyoga, each form provides unique benefits to support overall well-being. Yoga offers a host of benefits for seniors, including:

- » Improved Flexibility And Mobility – Keeps joints healthy and reduces stiffness.
- » Better Balance And Coordination – Helps prevent falls and injuries.
- » Reduced Stress And Anxiety – Calms the mind and promotes relaxation.
- » Stronger Muscles And Bones – Supports healthy aging and mobility.
- » Enhanced Mental Clarity – Boosts focus, memory, and emotional well-being.

How To Register Online



www.myactivecenter.com

Registration Steps

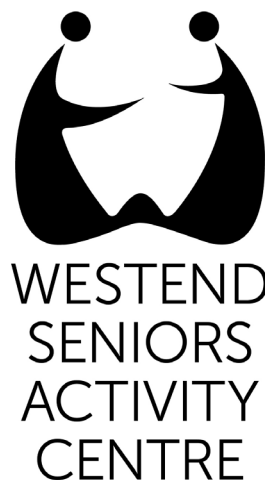
1. Open your Internet browser
2. Go to MyActiveCenter.com
3. Click 'Sign In'
4. Type in your email address and password
5. Scroll through the class offerings listed
6. Click on a class name to view and read the class information
7. To register, scroll down to the upcoming events
8. Click 'Add To Cart'
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. |
| • 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. |
| • Golf @ Deer Meadows | 9:30 a.m. |
| • Badminton | 1:00 p.m. to 4:00 p.m. |
| • Billiards | 3:00 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. |
| • Golf @ Deer Meadows | 9:30 a.m. |
| • Bike Group | 1:00 p.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. |
| • 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. |
| • Mahjong | 3:30 p.m. to 5:30 p.m. |
| • Games Room | 4:30 p.m. to 7:45 p.m. |
| • Open Jam Evenings | 6:00 p.m. to 7:30 p.m. |

Friday Drop-In Classes

- | | |
|--------------------------|--------------------------|
| • Walking Group | 9:00 a.m. |
| • Games Room | 9:00 a.m. to 12:30 p.m. |
| • Workshop | 9:00 a.m. to 4:00 p.m. |
| • Billiards | 9:30 a.m. to 12:30 p.m. |
| • Conversational Spanish | 10:00 a.m. to 12:00 p.m. |
| • Silvertones | 10:00 a.m. to 12:00 p.m. |
| • Bike Group | 1:00 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.

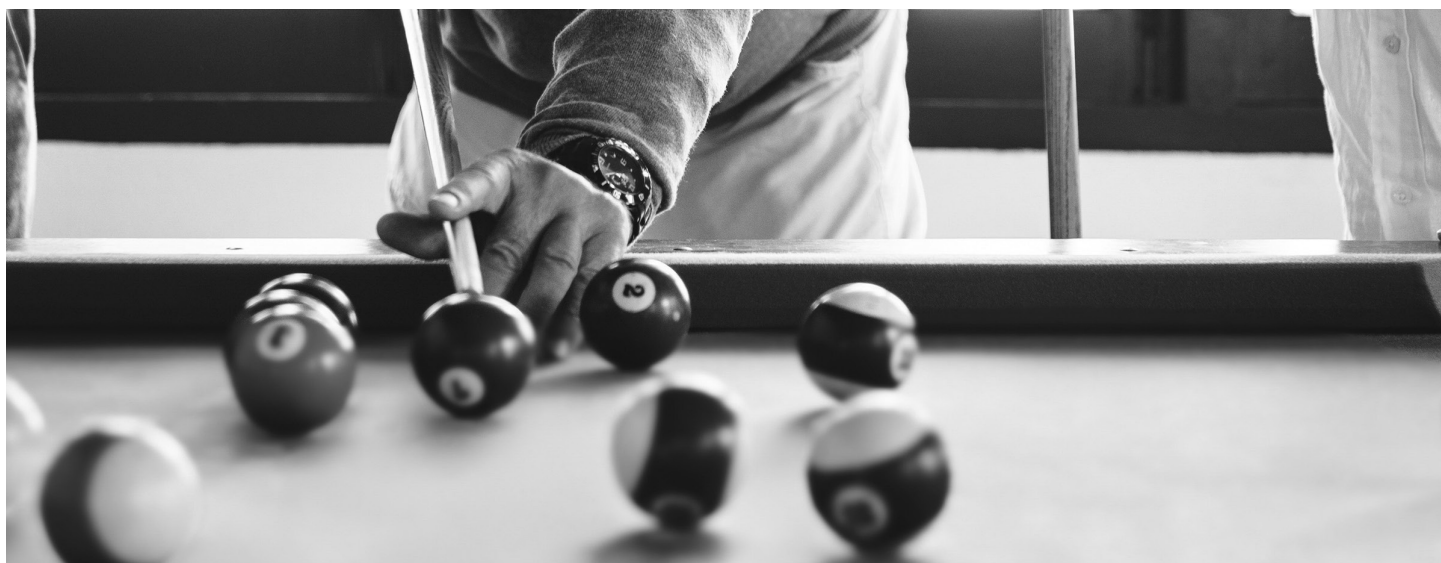
Tuesdays, & Thursdays
9:00 a.m. to 7:30 p.m.

Note: WSAC has knowledgeable volunteers in our workshop from 9:00 a.m. to 12:00 p.m. on Tuesdays, and 9:00 a.m. to 4:00 p.m. on Wednesdays. Outside of the specific volunteer hours, for safety reasons, a minimum of 2 individuals are required to be in the room when using the workshop.



Cards & Games - Drop In Classes

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

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

Gather your friends and dive into the excitement of Mahjong! 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
Meet at WSAC at 1:00 p.m.***

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

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

Golf at Deer Meadows

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

\$19 /round or 11 rounds for \$190.00* price subject to change

The 2025 Golf season has started up again. We have booked tee off for Tuesdays and Wednesdays at 9:30 a.m.

More information is available at the Front Desk.

The Fitness Room

Daily 9:00 a.m. to Close

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

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

Please pre-book your orientation at the reception desk.

Multi-use passes are available:

- 10 Visit Pass: \$25
- Seasonal Pass: \$85

Seasonal passes offer unlimited visits through the Summer season (May to August) and are non-transferable.

Indoor Walking

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

All the benefits of an outdoor walk with none of the hazards of the 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.

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.

NEW

Conversational Spanish

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

This drop-in will help you build confidence while speaking with others in a friendly and fun environment. Practice your Spanish with an experienced volunteer and improve your Spanish with fellow members through casual conversation.

Music - Drop In Classes

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

Open Jam Evenings

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

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

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

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



Senior Fraud Alert Website

www.seniorfraudalert.ca



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

Created By Seniors For Seniors.

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

The Senior Fraud Alert Website's Mission Is To:

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

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

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

Our Representatives



COUNCILLOR ANDREW KNACK

Phone: 780.496.8122
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Phone 780.414.0711
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 ~ 780-392-2515

Please call or email to schedule an appointment



KELLY MCCAULEY

MP | EDMONTON WEST



@KELLYMCCAULEYMP



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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.

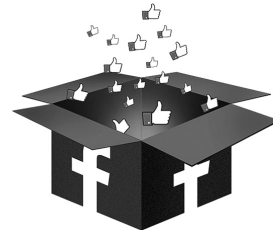
YouTube.com/
WestendSeniorsActivityCentre/videos



Do You Follow Us On Facebook?

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

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



Have You Signed Up For Our E-Newsletter?

Nearly 4,000 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

A large, bold, white number '3922' is centered within a solid gray rectangular background.

WSAC's Board Of Directors

Jay Pritchard – President

- Jay@weseniors.ca

Lois Thurstan – Vice President

- Lois@weseniors.ca

Dave Baxandall – Treasurer

- Dave@weseniors.ca

Barbara Thompson – Director

- BarbT@weseniors.ca

Dianne Walker – Director

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Dolores Brent – Director

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Lorena Icton – Director

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Lorne Brackenbury – Director

- Lorne@weseniors.ca

Rose Bilou – Director

- Rose.Bilou@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

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

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

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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
Games Room - Billiards Table - Sound System		\$76 \$20 for rental time \$50 for rental time	1680	\$200
Café (60 seated at tables) - TV - Galley Kitchen Access (use of sink, prep fridge, and small freezer)		\$66 \$50 for rental time \$25	1250	\$200
Cafe & Kitchen** (use of counter tops, microwave, and sink)		\$116	1250	\$400
Gymnasium (200 row seating or 180 at tables or 25 fitness class)		\$110	3000	\$400
Gymnasium & Kitchen** (use of counter tops, microwave, and sink)		\$160	3000	\$600
What Is Included		What Isn't Included		
Round Tables Rectangular Tables Chairs		Place Settings and Table Cloths, Coffee Urns and AV Equipment (Available for rent) Set Up and Clean Up		
Portable Items				
TV (<i>flat screen</i>) Portable Sound System and Mic Projector and Screen	\$50 for rental time \$50 for rental time \$50 for rental time	Large Coffee Urn (100 cups) Small Coffee Urn (25 cups)	\$40 for rental time \$20 for rental time	
Minimum Rental: 2 Hours Half Day Rate 10% off – min. 4 hours Full Day Rate 20% off – min. 8 hours 10% off any rental for Members of WSAC for at least one year. *Deposit refundable, pending rental conditions are met. Additional \$100 when alcohol is being served. **The kitchen can only be rented with a gym or cafe rental. Kitchen must only be used by professional caterers. Renters will be required to provide a copy of their rental agreement to WSAC				



WE Seniors.ca

Westend Seniors Activity Centre

Alberta's Premiere Community Hub Celebrating
46 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/