

Fall 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 - <i>Movement To Music</i>	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.
• Dot by Dot: Q-tip Tree Art	9:30 a.m. to 11:30 a.m.
• Animal Affirmation Drawings	9:30 a.m. to 11:30 a.m.
• Watercolour for Intermediate and Advanced	9:30 a.m. to 12:00 p.m.
• Scarf Marbling.....	9:30 a.m. to 12:30 p.m.
• Dance Fit.....	10:15 a.m. to 11:15 a.m.
• Total Body Workout Through Barre	10:15 a.m. to 11:15 a.m.
• Yoga For Arthritis	IN-PERSON & ONLINE 10:45 a.m. to 11:45 a.m.
• Interval Strength Training	11:30 a.m. to 12:30 p.m.
• Essentrics® Age Reversing	TRINITY UNITED CHURCH 11:45 a.m. to 12:45 p.m.
• Pen & Wash	12:30 p.m. to 3:00 p.m.
• Yang & Yin Yoga	1:00 p.m. to 2:15 p.m.
• Drawing Fundamentals.....	1:00 p.m. to 4:00 p.m.
• Scarf Marbling.....	1:30 p.m. to 4:30 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.
• Fresh 3 Foot Cedar Gnomes.....	5:30 p.m. to 7:30 p.m.
• Root to Crown - <i>A Journey Through the Chakra System</i>	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.

Registered Classes by Weekday

• 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.
• 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.
• Deck the Balls	1:00 p.m. to 3:00 p.m.
• Improv For All.....	1:30 p.m. to 3:00 p.m.

Thursday Registered Classes

• Seniors Stretch Fit.....	9:00 a.m. to 10:00 a.m.
• Spanish Level 3..... ONLINE	9:00 a.m. to 10:00 a.m.
• Restorative Hatha Yoga.....	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.
• Summertime In Amsterdam.....	12:00 p.m. to 4:00 p.m.
• Reversible Holiday Decoration	12:00 p.m. to 4:00 p.m.
• Brilliant Textured Sun	12:00 p.m. to 4:00 p.m.
• Frosty The Snowman	12:00 p.m. to 3:00 p.m.
• Line Dancing Beginner	12:15 p.m. to 1:15 p.m.
• Chunky Hand Knitted Pumpkins.....	1:00 p.m. to 3:00 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 - <i>The Elements of Story</i>	3:00 p.m. to 5:00 p.m.
• Neurographic Art.....	5:30 p.m. to 7:30 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
• Pen & Wash	Lily Jeong	Page 13
• Drawing Fundamentals.....	Muhammed Salayi.....	Page 14
• Neurographic Art.....	Connie Ewashko.....	Page 14
• Dot by Dot: Q-tip Tree Art.....	Linda Finstad	Page 15
• Animal Affirmation Drawings	Linda Finstad	Page 15
• Chunky Hand Knitted Pumpkins.....	Shantel Toma	Page 16
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• Fresh 3 Foot Cedar Gnomes.....	Shantel Toma	Page 16
• Summertime In Amsterdam.....	Maureen Brown	Page 17
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• Brilliant Textured Sun	Maureen Brown	Page 17
• Frosty The Snowman	Maureen Brown	Page 18
• Scarf Marbling.....	Karen Selinger.....	Page 18
• Watercolour for Intermediate and Advanced	Thom Podlubny	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
• Seated Stretch Fit.....	Kathy Paterson	Page 25
• Seniors Stretch Fit.....	Kathy Paterson	Page 26
• Step Forward.....	Alberta Health Services.....	Page 26
• Sit Fit.....	Kathy Paterson	Page 27
• Total Body Workout Through Barre	Elise Millard	Page 27
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Registered Classes by Type

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- Zumba Gold Terri Kokotilo Page 28

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- 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
- Improv For All Jane Hurly Page 31
- **ONLINE** Spanish Level 2 Cecilia Hamel Page 32
- **ONLINE** Spanish Level 3 Cecilia Hamel Page 32
- **ONLINE** Spanish Level 4 Cecilia Hamel Page 32

Taiji (Tai Chi) Classes

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

Wellness Classes

- Root to Crown - *A Journey Through the Chakra System* 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
- Renew and Refresh Flow Yoga Carmella Haykowsky Page 38
- Restorative Hatha Yoga Audrey Bell-Hiller Page 38
- 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 into your WSAC wallet.

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 abilities 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:

September 1
Labour Day

October 13
Thanksgiving

December 24 to January 1
Christmas & New Years

Welcome To Our Centre



Fall 2025 Registration Opens

- » Thursday, August 21, 2025 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of December 2025
- » Reciprocal registration opens August 28, 2025 at 9:30 a.m.

Reciprocal Program Registration - Participating Centres

WSAC charges 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

- | | | |
|--|---|--|
| » East Coast Kitchen Party
September 19 | » Remembrance Day Ceremony
November 11 | » Holiday Dinner
November 28 |
| » Truth & Reconciliation Event
September 30 | » Holiday Market
November 15 | » Mavie's Mitten Tree Event
December 10 |
-

New Member Welcome

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

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

Upcoming Dates:

- » Wednesday, September 3
 - » Wednesday, October 1
 - » Wednesday, November 5
 - » Wednesday, December 3
-

Birthday Parties

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

- » Free for all birthday guests, \$3 for guests
- » **Please register at the Front Desk**

Upcoming Dates:

- » Wednesday, September 17
 - » Wednesday, October 15
 - » Wednesday, November 19
 - » Wednesday, December 17
-

Potluck Dinners

Enjoy a variety of food and great conversation on the last Thursday of the month from 5:00 p.m. to 7:00 p.m. in our Community Cafe. A \$3 drop-in fee applies.

- » Bring a dish for 6-10 people
- » **Please register at the Front Desk**

Upcoming Dates:

- » Thursday, September 25
 - » Thursday, October 30
 - » Thursday, November 27
 - » Thursday, December TBD
-

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, October 17
- » Friday, November 21
- » Friday, December 19

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 (\$10)

- » 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 \$67)

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 (\$33)

Buy 3 hearty soups and receive your choice of:

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

Eggs-emplary Bowls (\$5)

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, private or subsidized, 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@wseniors.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, Drive Happiness, ICAN Seniors Association, Seba Beach Seniors Centre, and the Taiwan University Alumni Association.



ICAN SENIORS ASSOCIATION

The purpose of ICANSA is to encourage accelerated acculturation process to enhance the overall well being of immigrant seniors and their family members through collaboration and partnership with various communities and organizations via initiatives, projects and programs.

Telephone Number: (825) 983-4153

Email: info@icanseniors.com

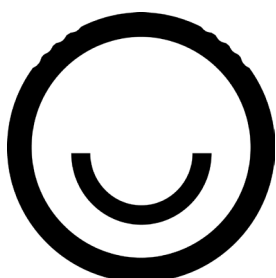


WESENIORS STRATHCONA COUNTY

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

Telephone: (780) 400-2111

Email: questions@weseniors.ca



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

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.

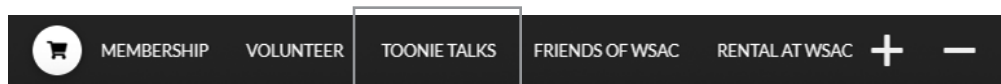
These businesses and organizations have years of experience addressing the needs and challenges older adults face in their daily lives.

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.

Program Information

NEW

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

New Registered & Drop-In Programs For Winter 2025

- » Neurographic Art with Connie Ewashko (Pg. 14)
 - » Dot by Dot: Q-tip Tree Art with Linda Finstad (Pg. 15)
 - » Animal Affirmation Drawings with Linda Finstad (Pg. 15)
 - » Chunky Hand Knit Pumpkins with Shantel Toma (Pg. 16)
 - » Deck the Balls with Shantel Toma (Pg. 16)
 - » Fresh 3 Foot Cedar Gnomes with Shantel Toma (Pg. 16)
 - » Summertime In Amsterdam with Maureen Brown (Pg. 17)
 - » Reversible Holiday Decoration with Maureen Brown (Pg. 17)
 - » Brilliant Textured Sun with Maureen Brown (Pg. 17)
 - » Frosty The Snowman with Maureen Brown (Pg. 18)
 - » Scarf Marbling with Karen Selinger (Pg. 18)
 - » Watercolour for Intermediate and Advanced with Thom Pudlubny (Pg. 18)
 - » Improv For All with Jane Hurly (Pg. 31)
 - » Root to Crown - A Journey Through the Chakra System with Leslie McKenzie (Pg. 34)
 - » Samba Canasta **Drop In** (Pg. 46)
 - » Open Mic Night **Drop In** (Pg. 49)
-

Why Not Try Something New This Fall?

Discover a new hobby, skill, or passion with our exciting lineup of new classes! Whether you're looking to get creative, stay active, or simply explore something different, there's something for everyone.

Step outside your routine—you might just find your new favourite thing!

Program Information

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.
-



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.

Art Classes



Acrylic Painting

Instructor: Lily Jeong

Wednesdays, Sept 3 to Oct 29

9 Classes

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

COST \$182

Wednesdays, Nov 5 to Dec 17

7 Classes

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

COST \$142

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.



Pen & Wash

Instructor: Lily Jeong

Tuesdays, Sept 2 to Oct 28

9 Classes

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

COST \$182

Tuesdays, Nov 4 to Dec 16

7 Classes

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

COST \$142

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.



Not Sure What Class To Sign Up For?

Contact our Programs Team staff and they will help you determine the best class for you. There's something for everyone!

Art Classes



Drawing Fundamentals

Instructor: Muhammed Salayi

Tuesdays, Sept 9 to Oct 21

6 Classes (No class Oct 7)

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

COST \$120

Tuesdays, Nov 4 to Dec 9

6 Classes

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

COST \$120

Please bring drawing pencils, drawing book, eraser, and pencil sandpaper to all classes.

Tailored to individuals with diverse skill levels, the curriculum spans a variety of subjects. Fostering active engagement with each art learner through personalized feedback, our objective is the enhancement of your drawing abilities.



Neurographic Art

Instructor: Connie Ewashko

Thursday, Sept 11 to Oct 2

4 Classes

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

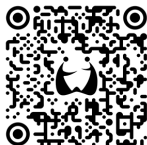
COST \$72

Price includes workbook and pen, instructor will discuss options for purchasing additional supplies.

Discover a relaxing art technique that helps reduce stress and anxiety while promoting mindfulness. This beginner-friendly class requires no drawing experience and includes step-by-step guidance from the instructor. You'll start by creating your first piece of neurographic art, then explore how to enhance it with zendoodles and color for added creativity and depth.



Art Classes



Dot by Dot: Q-tip Tree Art

Instructor: Linda Finstad

Tuesday, Oct 7

1 Class

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

COST \$55

All art supplies are included.

Create a striking work of art on a black canvas. Choose to paint a vibrant tree or a colourful forest using bold acrylics. The instructor will guide you through the process, showing you how to add texture and blend colours in a fun, creative twist: by swapping out your paintbrush for Q-tips

The piece is 16"x20".



Animal Affirmation Drawings

Instructor: Linda Finstad

Tuesday, Nov 18

1 Class

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

COST \$55

All art supplies are included.

Let your creativity shine in this uplifting art class where animals and affirmations come together! Choose your favourite animal to draw and pair it with inspiring words, quotes, or positive messages. With guidance from the instructor, you'll turn your artwork into unique prints or cards to share or keep.



Nurture Your Creativity Through Art

Art is more than just a hobby, it's a powerful way to express yourself, relax, and stay mentally engaged. Whether it's painting, drawing, or crafting, creativity can bring joy, reduce stress, and spark a sense of accomplishment.

Making art encourages mindfulness, boosts confidence, and can even improve focus and memory. It's also a wonderful way to connect with others and explore new ideas in a supportive environment.

No experience? No problem. All you need is a little curiosity, let your imagination do the rest!

Art Classes

NEW



Chunky Hand Knitted Pumpkins

Instructor: Shantel Toma

Thursday, Sept 11

1 Class

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

COST \$45

All art supplies are included.

Craft a cozy set of decorative pumpkins—no needles required! Using just your hands, you'll knit your own unique pumpkins in warm autumn tones of orange, rust, and cream. Perfect for adding a charming touch to any space.



NEW



Deck the Balls

Instructor: Shantel Toma

Wednesday, Nov 26

1 Class

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

COST \$50

All art supplies are included.

Create a festive set of jumbo decorative Christmas balls—great as gifts or home décor! You'll make two size balls and choose your own colours and embellishments to customize them.

The balls are 16"×11" & 9"×6".



NEW



Fresh 3 Foot Cedar Gnomes

Instructor: Shantel Toma

Tuesday, Dec 2

1 Class

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

COST \$70

All art supplies are included.

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

The piece is 3'.



Art Classes

NEW



Summertime In Amsterdam

Instructor: Maureen Brown

Thursdays, Sept 18 to 25
2 Classes
12:00 p.m. to 4:00 p.m.
COST \$84

All art supplies are included.

Learn how to paint on glass and make this pretty scene of houses along a channel. You will learn different techniques to make everything look 3D.

The piece is 11"×14".



NEW



Reversible Holiday Decoration

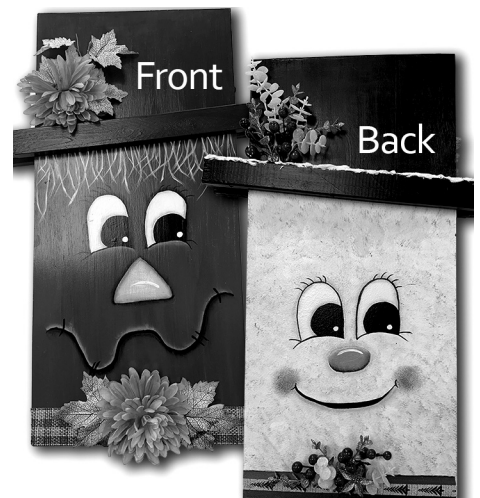
Instructor: Maureen Brown

Thursdays, Oct 16 to 23
2 Classes
12:00 p.m. to 4:00 p.m.
COST \$84

All art supplies are included.

Create a charming two-in-one wooden decoration that celebrates both fall and winter! One side features a smiling scarecrow, while the other side reveals a cheerful snowman.

The piece stands 2'×1"—perfect for greeting guests at your door.



NEW



Brilliant Textured Sun

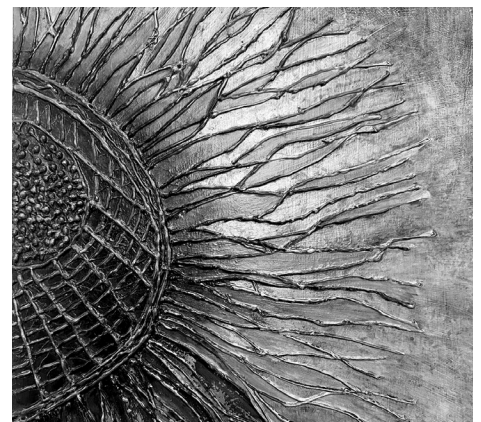
Instructor: Maureen Brown

Thursdays, Nov 6 to 13
2 Classes
12:00 p.m. to 4:00 p.m.
COST \$84

All art supplies are included.

Come and paint this fun and vibrant abstract sun with me. Learn about different ways to add in some unique texture and work with metallic colors.

This piece is 16"×20".



Art Classes

NEW



Frosty The Snowman

Instructor: Maureen Brown

Thursdays, Dec 4 to 11
2 Classes
12:00 p.m. to 3:00 p.m.
COST \$72

All art supplies are included.

Paint this adorable snowman who's taken a cheerful tumble into the snow. You will learn different techniques and how to use different brushes to get the effect that you want.

This piece is 12"x16".



NEW



Scarf Marbling

Instructor: Karen Selinger

Tuesday, Oct 28
1 Class
9:30 a.m. to 12:30 p.m.
OR
1:30 p.m. to 4:30 p.m.
COST \$78

All art supplies are included.

Unleash your creativity in this hands-on introduction to the art of water marbling. Learn how to float paint and use simple tools to create beautiful patterns. Practice on paper before designing your own beautiful silk scarf.

The scarf is 14"x72"



NEW



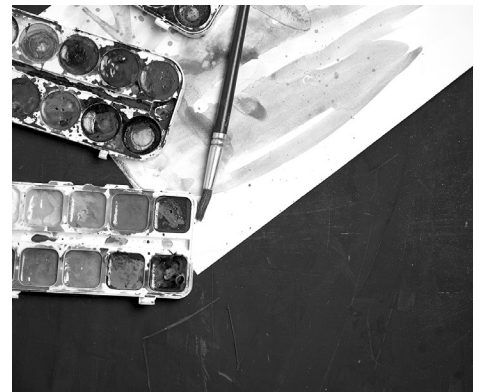
Watercolour for Intermediate and Advanced

Instructor: Thom Podlubny

Tuesdays, Sept 2 to Oct 21
8 Classes
9:30 a.m. to 12:00 p.m.
COST \$99

Tuesdays, Nov 4 to Dec 16
7 Classes
9:30 a.m. to 12:00 p.m.
COST \$87

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



Fitness Levels Defined

Review our fitness level system to help you easily decide which courses may be a fit for you. Simply use the symbols below to find an appropriate class.

Most of the classes at our centre are designed to be inclusive and accommodate different levels of fitness. Our instructors are experienced with teaching older adults and can provide options so that participants can work at their own speed and fitness level.



Gentle

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

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

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



Moderate

Moderate fitness classes are good for individuals who are increasing their activity and 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, Sept 12 to Oct 31

7 Classes

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

COST \$63

Fridays, Nov 7 to Dec 19

7 Classes

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

COST \$63

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

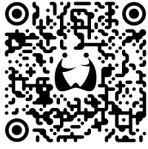
NOTE:

- Registration with a partner is mandatory.

EQUIPMENT:

- Water Bottle

Dance Classes



Clogging | Beginner

Instructor: Tracy Walters

Mondays, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$63

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$63

NOTE:

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



Clogging | Intermediate

Instructor: Tracy Walters

Mondays, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$63

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$63

NOTE:

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



Clogging | Experienced

Instructor: Tracy Walters

Mondays, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$63

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$63

NOTE:

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

Dance Classes



Line Dancing | Beginner

Instructor: Tracy Walters

Tuesdays

Sept 2 to Oct 28
9 Classes
3:30 p.m. to 4:30 p.m.
COST \$81

Nov 4 to Dec 16
7 Classes
3:30 p.m. to 4:30 p.m.
COST \$63

Thursdays

Sept 4 to Oct 30
9 Classes
12:15 p.m. to 1:15 p.m.
COST \$81

Nov 6 to Dec 18
7 Classes
12:15 p.m. to 1:15 p.m.
COST \$63

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, Sept 4 to Oct 30
9 Classes
1:30 p.m. to 2:30 p.m.
COST \$81

Thursdays, Nov 6 to Dec 18
7 Classes
1:30 p.m. to 2:30 p.m.
COST \$63

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, Sept 4 to Oct 30
9 Classes
2:45 p.m. to 3:45 p.m.
COST \$81

Thursdays, Nov 6 to Dec 18
7 Classes
2:45 p.m. to 3:45 p.m.
COST \$63

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, Sept 3 to Oct 29

9 Classes

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

COST \$81

Wednesdays, Nov 5 to Dec 17

7 Classes

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

COST \$63

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, Sept 12 to Oct 31

7 Classes (No class Oct 10)

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

COST \$56

Fridays, Nov 7 to Dec 19

7 Classes

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

COST \$56

This 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) to keep you challenged and engaged.

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights



Dance Fit

Instructor: Kathy Paterson

Tuesdays

Sept 2 to Oct 28

8 Classes (No class Oct 7)

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

COST \$72

Nov 4 to Dec 16

6 Classes (No class Nov 11)

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

COST \$56

Thursdays

Sept 4 to Oct 30

8 Classes (No class Oct 9)

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

COST \$72

Nov 6 to Dec 18

7 Classes

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

COST \$63

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

Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$70

Nov 3 to Dec 15

7 Classes

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

COST \$70

Fridays

Sept 12 to Oct 31

7 Classes (No class Oct 10)

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

COST \$70

Nov 7 to Dec 19

7 Classes

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

COST \$70

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

EQUIPMENT:

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



Essentrics® Age Reversing

Instructor: Lori Griffith

Tuesday Evenings

Sept 2 to Oct 28

9 Classes

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

COST \$99

Nov 4 to Dec 16

7 Classes

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

COST \$77

Fridays

Sept 12 to Oct 31

7 Classes (No class Oct 10)

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

COST \$77

Nov 7 to Dec 19

7 Classes

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

COST \$77

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.

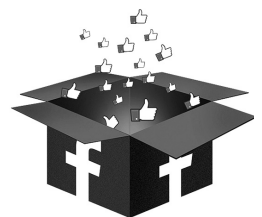
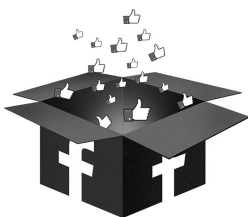
EQUIPMENT:

- 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, Sept 3 to Oct 29

8 Classes (No class Oct 8)

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

COST \$80

Wednesdays, Nov 5 to Dec 17

6 Classes (No class Dec 10)

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

COST \$60

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, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$56

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$56

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

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights



Interval Strength Training

Instructor: Vera Resera

Tuesdays, Sept 2 to Oct 28

7 Classes (No class Sept 30 & Oct 7)

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

COST \$56

Tuesdays, Nov 4 to Dec 16

6 Classes (No class Nov 11)

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

COST \$48

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, Sept 9 to Oct 28

8 Classes

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

COST \$72

Tuesdays, Nov 4 to Dec 16

7 Classes

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

COST \$63

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, Sept 3 to Oct 29

6 Classes (No class Oct 1, 8, & 15)

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

COST \$54

Wednesdays, Nov 5 to Dec 17

7 Classes

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

COST \$63

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.



Seated Stretch Fit

Instructor: Kathy Paterson

**This class is also
offered online at
the same time**

Mondays, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$63

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$63

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

Fitness Classes



Seniors Stretch Fit

Instructor: Kathy Paterson

Tuesdays

Sept 2 to Oct 28
8 Classes (No class Oct 7)
9:00 a.m. to 10:00 a.m.
COST \$72

Nov 4 to Dec 16
6 Classes (No class Nov 11)
9:00 a.m. to 10:00 a.m.
COST \$54

Thursdays

Sept 4 to Oct 30
8 Classes (No class Oct 9)
9:00 a.m. to 10:00 a.m.
COST \$72

Nov 6 to Dec 18
7 Classes
9:00 a.m. to 10:00 a.m.
COST \$63

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



Step Forward

Instructor: Alberta Health Services

Tuesdays & Thursdays

Sept 2 to Oct 28
9 Weeks
3:00 p.m. to 4:00 p.m.

Nov 4 to Dec 16
7 Weeks
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, Sept 3 to Oct 29

8 Classes (No class Oct 8)

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

COST \$72

Wednesdays, Nov 5 to Dec 17

6 Classes (No class Dec 10)

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

COST \$54

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, Sept 9 to Oct 28

8 Classes

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

COST \$72

Tuesdays, Nov 4 to Dec 16

7 Classes

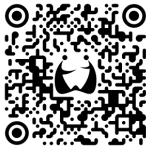
10:15 a.m. to 11:15 a.m.

COST \$63

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

Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$63

Nov 3 to Dec 15

7 Classes

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

COST \$63

Wednesdays

Sept 3 to Oct 29

8 Classes (No class Oct 8)

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

COST \$72

Nov 5 to Dec 17

6 Classes (No class Dec 10)

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

COST \$54

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, Oct 20 to Dec 15

9 Classes

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

COST \$99

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, Sept 12 to Oct 17

5 Classes (No class Oct 10)

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

COST \$40

Fridays, Nov 14 to Dec 19

5 Classes (No class Nov 28)

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

COST \$40

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

Sept 3 to Oct 29

9 Classes

10:00 a.m. to 11:00 a.m.

COST \$99

Nov 5 to Dec 17

7 Classes

10:00 a.m. to 11:00 a.m.

COST \$77

Fridays

Sept 12 to Oct 31

7 Classes (No class Oct 10)

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

COST \$77

Nov 7 to Dec 19

7 Classes

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

COST \$77

A full body workout using a dynamic combination of strengthening and stretching, with standing and floor work (back and side only). Develop lean, strong, and flexible muscles and improve your posture.

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



M2M & Barre Fusion | La Perle

Instructor: Elise Millard

Fridays, Sept 12 to Oct 31

7 Classes (No class Oct 10)

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

COST \$63

Fridays, Nov 7 to Dec 19

7 Classes

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

COST \$63

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, Sept 2 to Oct 28

9 Classes

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

COST \$99

Tuesdays, Nov 4 to Dec 16

7 Classes

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

COST \$77

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, Sept 4 to Oct 30

9 Classes

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

COST \$90

Thursdays, Nov 6 to Dec 18

7 Classes

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

COST \$70

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 - *The Foundations of Western Civilization*

Hosted by Volunteer Facilitators

Fridays, Sept 12 to Jan 16

16 Classes

(No class Dec 19 & 26, Jan 2)

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

COST \$80

Discover the essential nature, evolution, and perceptions of Western civilization from its humble beginnings in the great river valleys of Iraq and Egypt to the dawn of the modern world. These 48 lectures on the people, places, ideas, and events that make up the foundations of Western civilization invite you to explore a vast and rich territory. From the late stages of the Agricultural Revolution to the doorstep of the Scientific Revolution, these lectures cover roughly 3000 B.C. to A.D. 1600, when the "foundations" of the modern West come into view.



Creative Writing - *The Elements of Story*

Hosted by Dale Rutherford

Thursdays, Oct 16 to Dec 4

8 Classes

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.



Improv For All

Hosted by Jane Hurly

Wednesdays, Sept 3 to Oct 22

8 Classes

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

COST \$40

Come and join us for a rollicking improvisational theatre session, where you'll learn the fundamentals of building characters, weaving stories, and creating scenes. We'll play theatre sports to kick our imaginations into high gear and create improv magic and fantastical mayhem. No stage experience needed. All you need is the willingness and confidence to say YES, and be open to a class where anything can happen. Dress comfortably as there will be plenty of movement. People of all abilities are welcome.

Wednesdays, Oct 29 to Dec 17

8 Classes

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

COST \$40



Online - Lifelong Learning



Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursdays, Sept 4 to Oct 30

9 Classes

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

COST \$126

Prior Spanish experience is required.

Thursdays, Nov 6 to Dec 18

7 Classes

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

COST \$98

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, Sept 4 to Oct 30

9 Classes

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

COST \$126

Prior Spanish experience is required.

Thursdays, Nov 6 to Dec 18

7 Classes

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

COST \$98

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, Sept 4 to Oct 30

9 Classes

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

COST \$126

Prior Spanish experience is required.

Thursdays, Nov 6 to Dec 18

7 Classes

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

COST \$98

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, Sept 2 to Dec 9

15 Classes

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, Sept 4 to Dec 11

15 Classes

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

COST \$120

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

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

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

Experience the Gentle Power of Tai Chi

Rooted in ancient Chinese tradition, Tai Chi began as a martial art over 300 years ago. Today, it's widely practiced around the world as a gentle form of exercise that promotes both physical and mental well-being.

Tai Chi combines slow, flowing movements with deep breathing and focused awareness. It's especially beneficial for older adults, helping to improve balance, flexibility, and strength while also reducing stress and promoting a sense of calm.

With its smooth, continuous motions and low-impact approach, Tai Chi is ideal for all fitness levels. Whether you're looking to stay active, relieve tension, or simply try something new, Tai Chi offers a safe and enjoyable way to support your health.

Wellness Classes

NEW



Root to Crown - A Journey Through the Chakra System

Instructor: Leslie McKenzie

Tuesdays, Sept 9 to Oct 28

8 Classes

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

COST \$120

Join Leslie for an 8-week journey through the Chakra Energy System - a powerful inner map that connects mind, body, and spirit. Moving from Root to Crown, this transformative series explores the seven main chakras and how they influence the way we live, feel, and love.

Each week, you'll focus on one chakra and uncover how it relates to your emotions, relationships, communication, intuition, beliefs, behaviors, and sense of safety.

Each class offers deep insight, tools for healing, space for discussion, and a guided meditation to help you integrate the learning. Whether you're new to chakra work or returning to it, this series will help you reconnect with the wisdom already within you.



Understanding the Chakra System

The Chakra System is an ancient framework for understanding the body's energy centers. Originating in India over 2,000 years ago through early Hindu and yogic traditions, chakras are believed to be spinning wheels of energy that influence our physical, emotional, and spiritual well-being.

There are seven main chakras, each connected to different aspects of our body and life—from grounding and stability to communication and self-awareness. When our chakras are in balance, we may feel more energized, focused, and at peace. When they're blocked or unbalanced, we might feel stuck, tired, or off-center.

Learning about the chakras can help you tune into your body's signals, better understand your emotions, and support overall wellness through simple practices like breathing, movement, and meditation.

Whether you're new to energy work or simply curious, exploring the chakra system is a gentle, empowering way to reconnect with yourself.

Yoga Classes



Yoga For Arthritis

Instructor: Neeru Prashar

This class is also
offered online at
the same time

Tuesdays, Sept 2 to Oct 28

9 Classes

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

COST \$72

Tuesdays, Nov 4 to Dec 16

7 Classes

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

COST \$56

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, Sept 4 to Oct 30

9 Classes

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

COST \$72

Thursdays, Nov 6 to Dec 18

7 Classes

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

COST \$56

Explore stretching, strengthening, and balancing your body with standing and on-the-floor yoga poses. This yoga class will allow you to make steps towards balance and well-being.

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, Sept 12 to Oct 31

8 Classes

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

COST \$64

Fridays, Nov 7 to Dec 19

7 Classes

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

COST \$56

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

EQUIPMENT:

- Yoga block or blanket recommended
- Yoga mat and band

Yoga Classes



Gentle Yoga (*Sitting and Standing*)

Instructor: Freya Giroux

This class is also
offered online at
the same time

Mondays

Sept 8 to Oct 27
7 Classes (No class Oct 13)
10:45 a.m. to 11:45 a.m.
COST \$63

Nov 3 to Dec 15
7 Classes
10:45 a.m. to 11:45 a.m.
COST \$63

Wednesdays

Sept 3 to Oct 29
9 Classes
9:45 a.m. to 10:45 a.m.
COST \$81

Nov 5 to Dec 17
7 Classes
9:45 a.m. to 10:45 a.m.
COST \$63

Wednesdays

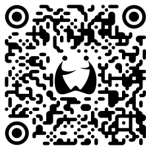
Sept 3 to Oct 29
9 Classes
12:00 p.m. to 1:00 p.m.
COST \$81

Nov 5 to Dec 17
7 Classes
12:00 p.m. to 1:00 p.m.
COST \$63

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, Sept 2 to Oct 28
9 Classes
9:30 a.m. to 10:30 a.m.
COST \$72

Tuesdays, Nov 4 to Dec 16
7 Classes
9:30 a.m. to 10:30 a.m.
COST \$56

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, Sept 12 to Oct 31

8 Classes

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

COST \$64

Fridays, Nov 7 to Dec 19

7 Classes

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

COST \$56

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

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended



Modified Chair Yoga

Instructor: Carmella Haykowsky

Wednesdays, Sept 3 to Oct 29

9 Classes

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

Cost \$72

Wednesdays, Nov 5 to Dec 17

7 Classes

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

Cost \$56

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, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$56

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$56

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

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended

Yoga Classes



Pilatoga | Beginner

Instructor: Freya Giroux

This class is also
offered online at
the same time

Mondays, Sept 8 to Oct 27

7 Classes (No class Oct 13)

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

COST \$63

Mondays, Nov 3 to Dec 15

7 Classes

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

COST \$63

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

EQUIPMENT:

- Yoga mat and band



Renew and Refresh Flow Yoga

Instructor: Carmella Haykowsky

Wednesdays, Sept 3 to Oct 29

9 Classes

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

Cost \$72

Wednesdays, Nov 5 to Dec 17

7 Classes

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

Cost \$56

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

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps



Restorative Hatha Yoga

Instructor: Audrey Bell-Hiller, B.A.

Thursdays, Sept 11 to Oct 23

7 Classes

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

Cost \$79

Thursdays, Nov 6 to Dec 4

5 Classes

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

Cost \$54

Experience gentle movement, deep relaxation, and renewed well-being in this yoga class that blends Hatha postures with restorative poses. Using supportive props and guided breathwork, you'll gradually build strength and flexibility—modifications provided for all levels.

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

Yoga Classes



Yang & Yin Yoga

Instructor: Vera Resera

Tuesdays, Sept 2 to Oct 28

9 Classes

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

COST \$102

Tuesdays, Nov 4 to Dec 16

7 Classes

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

COST \$79

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

EQUIPMENT:

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



Discover the Benefits of Yoga: Strength, Flexibility, and Inner Calm

Yoga is an ancient practice that began in India over 2,500 years ago. Originally developed as a path to spiritual and physical well-being, it has evolved into a widely embraced form of gentle movement, breath work, and mindfulness.

For older adults, yoga offers a safe and effective way to improve balance, mobility, and strength—while also reducing stress and promoting relaxation. The practice can be easily adapted to suit all abilities, whether you're on a mat, in a chair, or just starting out.

More than just exercise, yoga helps you connect with your body, calm the mind, and find a sense of ease in everyday life. It's never too late to begin—and every breath and stretch brings a step toward better well-being.

How To Register Online



REGISTRATION

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. |
| • Bike Group | 1:00 p.m. |
| • Euchre | 1:00 p.m. to 3:00 p.m. |
| • Knitting Group | 1:30 p.m. to 3:30 p.m. |
-

Tuesday Drop-In Classes

- | | |
|--------------------------------------|-------------------------|
| • Walking Group | 9:00 a.m. |
| • Workshop | 9:00 a.m. to 7:30 p.m. |
| • Practice Bridge | 9:30 a.m. to 11:30 a.m. |
| • Woodburning | 9:30 a.m. to 12:30 p.m. |
| • Samba Canasta | 12:30 p.m. to 3:30 p.m. |
| • Badminton | 1:00 p.m. to 4:00 p.m. |
| • Billiards | 2:30 p.m. to 5:30 p.m. |
| • Open Mic Night 2nd & 4th Tues | 5:00 p.m. to 7:00 p.m. |
-

Wednesday Drop-In Classes

- | | |
|---------------------------------|--------------------------|
| • Billiards | 9:00 a.m. to 4:00 p.m. |
| • Workshop | 9:00 a.m. to 4:00 p.m. |
| • Photo Club 1st & 3rd Wed | 9:30 a.m. to 11:30 a.m. |
| • Scrabble | 9:30 a.m. to 11:30 a.m. |
| • Woodburning | 9:30 a.m. to 12:30 p.m. |
| • Book Club 2nd Wed | 10:30 a.m. to 12:00 p.m. |
| • Bike Group | 1:00 p.m. |
| • Genealogy 1st Wed | 1:00 p.m. to 3:00 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

• 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.
• Writers Group 1st Thurs	5:30 p.m. to 7:30 p.m.
• Conversational Spanish	5:45 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.
• Bike Group	10:00 a.m.
• Silvertones	10:00 a.m. to 12:00 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.

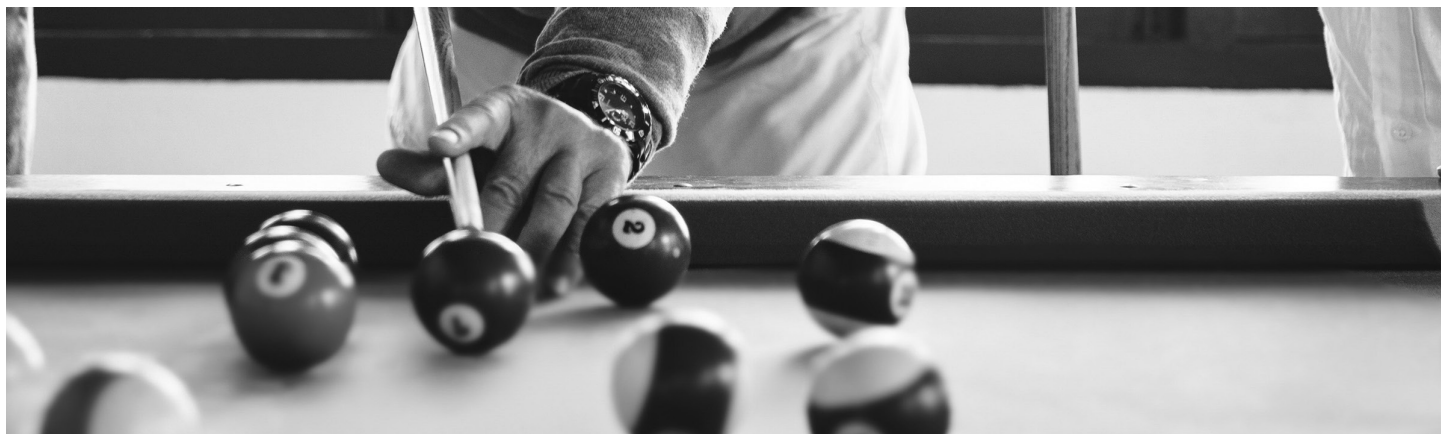
Tuesdays, & Thursdays
9:00 a.m. to 7:30 p.m.

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.

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.

Cards & Games - Drop In Classes

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

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.**

Samba Canasta

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

Samba is a fun variation of Canasta played with 6–8 decks. Great for 2 to 4 players per table—no experience needed!

Come out, learn the rules, and enjoy a great time with friends.

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
Meet at WSAC at 1:00 p.m.***

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

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

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

The Fitness Room

Daily 9:00 a.m. to Close

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

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

Please pre-book your orientation at the reception desk.

Multi-use passes are available:

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

Seasonal passes offer unlimited visits through the Fall season (Sept to Dec) 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 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.

Conversational Spanish



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

NEW Open Mic Night

**2nd & 4th Tuesday of the Month
5:30 p.m. to 7:30 p.m.**

Your chance to step into the spotlight, whether you're a seasoned performer or it's your very first time. Our stage is wide open for anyone eager to share their talents.

Bring your voice, your instrument, your wit, or your words – we welcome it all!

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



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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



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Phone 780.414.0719
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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.

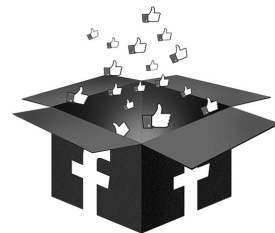
YouTube.com/
WestendSeniorsActivityCentre/videos



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 grey rectangle containing the number 3922 in white, representing the number of newsletter subscribers.

WSAC's Board Of Directors

Jay Pritchard – President

- Jay@weseniors.ca

Lois Thurstan – Vice President

- Lois@weseniors.ca

Dave Baxandall – Treasurer

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Barbara Thompson – Director

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Dianne Walker – Director

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Dolores Brent – Director

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Lesley Conley – Director

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Lorena Iceton – Director

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Lorne Brackenbury – Director

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Rose Bilou – Director

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WSAC's Staff Members

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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

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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
47 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/