



Winter 2026 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:



Government
of Canada

Gouvernement
du Canada



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 (<i>Sitting & Standing</i>).....	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.
• Step Forward.....	3:00 p.m. to 4:00 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.
• Mixed Media - <i>Collage Florals</i>	9:30 a.m. to 11:30 a.m.
• Illustrations with Attitude - <i>Introduction to Cartooning</i>	9:30 a.m. to 11:30 a.m.
• Watercolour for Intermediate and Advanced	9:30 a.m. to 12:00 p.m.
• Dance Fit.....	10:15 a.m. to 11:15 a.m.
• Total Body Workout Through Barre	10:15 a.m. to 11:15 a.m.
• Yoga For Arthritis	IN-PERSON & ONLINE 10:45 a.m. to 11:45 a.m.
• Interval Strength Training	11:30 a.m. to 12:30 p.m.
• Essentrics® Age Reversing	TRINITY UNITED CHURCH 11:45 a.m. to 12:45 p.m.
• Pen & Wash	12:30 p.m. to 3:00 p.m.
• Step Forward.....	3:00 p.m. to 4:00 p.m.
• Line Dancing Beginner	3:30 p.m. to 4:30 p.m.
• Nia®.....	4:45 p.m. to 5:45 p.m.
• Everything Spiritual	6:00 p.m. to 7:30 p.m.
• Essentrics® Age Reversing.....	6:30 p.m. to 7:30 p.m.

Wednesday Registered Classes

• Total Fit.....	9:00 a.m. to 10:00 a.m.
• Gentle Yoga (<i>Sitting & Standing</i>).....	IN-PERSON & ONLINE 9:45 a.m. to 10:45 a.m.
• Essentrics® Stretch and Tone.....	LA PERLE 10:00 a.m. to 11:00 a.m.
• Renew and Refresh Flow Yoga	10:15 a.m. to 11:15 a.m.
• Sit Fit.....	10:15 a.m. to 11:15 a.m.
• Barre	IN-PERSON & ONLINE 11:00 a.m. to 11:45 a.m.
• Essentrics® Gentle Stretch	11:30 a.m. to 12:15 p.m.

Registered Classes by Weekday

- Modified Chair Yoga 11:30 a.m. to 12:30 p.m.
- Gentle Yoga (*Sitting & Standing*) **IN-PERSON & ONLINE** 12:00 p.m. to 1:00 p.m.
- Acrylic Painting 12:30 p.m. to 3:00 p.m.
- Step Forward 3:00 p.m. to 4:00 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.
- Scrapbook Dog - Looking for a Home 12:00 p.m. to 4:00 p.m.
- Springtime Gnome 12:00 p.m. to 4:00 p.m.
- Line Dancing | Beginner 12:15 p.m. to 1:15 p.m.
- Bird Houses 1:00 p.m. to 3:00 p.m.
- Rafia Spring/Easter Wreath 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.
- Zentangles with Watercolour 3:00 p.m. to 5:00 p.m.
- Neurographic Art 5:30 p.m. to 7:30 p.m.
- Living Fit Track and Train Program 6:00 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.
- Choir 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
• Neurographic Art	Connie Ewashko	Page 14
• Zentangles with Watercolour	Connie Ewashko	Page 14
• Mixed Media - <i>Collage Florals</i>	Linda Finstad	Page 15
• Illustrations with Attitude - <i>Introduction to Cartooning</i>	Linda Finstad	Page 15
• Bird Houses	Shantel Toma	Page 16
• Rafia Spring/Easter Wreath	Shantel Toma	Page 16
• Scrapbook Dog - Looking for a Home	Maureen Brown	Page 17
• Springtime Gnome	Maureen Brown	Page 17
• Watercolour for Intermediate and Advanced	Thom Podlubny	Page 17

Dance Classes

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

Fitness Classes

• Barre	Freya Giroux	Page 21
• Circuit Fit	Deborah Ravbar	Page 21
• Dance Fit	Kathy Paterson	Page 21
• Dynamic Movement	Freya Giroux	Page 22
• Essentrics® Age Reversing	Lori Griffith	Page 22
• Essentrics® Gentle Stretch	Meg Hipkins	Page 23
• Fit for Life	Deborah Ravbar	Page 23
• Interval Strength Training	Vera Resera	Page 23
• Living Fit Track and Train Program	Etienne Thompson-Legare	Page 24
• M2M - <i>Movement to Music</i>	Elise Millard	Page 24
• Nia®	Kristen Bartel	Page 25
• Seated Stretch Fit	Kathy Paterson	Page 25
• Seniors Stretch Fit	Kathy Paterson	Page 25
• Sit Fit	Kathy Paterson	Page 26
• Step Forward	Primary Care Alberta	Page 26
• Total Body Workout Through Barre	Elise Millard	Page 27
• Total Fit	Kathy Paterson	Page 27
• Total Fitness for Active Agers	Jannine Otto/Karen Meunier	Page 28
• Zumba Gold	Terri Kokotilo	Page 28

Registered Classes by Type

Community Classes

- Essentrics® Stretch and Tone..... **(La Perle)**.....Lori Griffith/Meg Hipkin ... Page 29
- M2M & Barre Fusion **(La Perle)**.....Elise Millard Page 29
- Essentrics® Age Reversing..... **(Trinity United Church)**....Meg Hipkin..... Page 30
- Essentrics® for Seniors..... **(Trinity United Church)**....Lori Griffith Page 30

Music Classes

- Choir..... Tammy Farkes Page 31

Lifelong Learning Classes

- DVD Lecture Series..... Volunteer Facilitators Page 31
- **ONLINE** Spanish Level 2..... Cecilia Hamel Page 32
- **ONLINE** Spanish Level 3..... Cecilia Hamel Page 32
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Taiji (Tai Chi) Classes

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

Wellness Classes

- Everything Spiritual Leslie McKenzie Page 34

Yoga Classes

- Yoga for Arthritis..... Neeru Prashar Page 34
- 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 38
- Pilatoga | Beginner Freya Giroux Page 38
- Renew and Refresh Flow Yoga Carmella Haykowsky Page 39
- Restorative Hatha Yoga..... Audrey Bell-Hiller..... 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:

January 1
New Years Day

February 16
Family Day

April 3
Good Friday

April 6
Easter Monday

Welcome To Our Centre



Winter 2026 Registration Opens

- » Thursday, December 11, 2025 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of April 2026
- » Reciprocal registration opens December 18, 2025 at 9:30 a.m.

Please Note: On registration day, you may register yourself and one other member. If you have more than one other person to register for you will have to return to the back on the line.

Reciprocal Program Registration - Participating Centres

WSAC charges a \$5 fee for reciprocal members who would like a membership fob.

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

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

- | | | | |
|------------------------------|------------------------------|----------------------------------|--------------------------------------|
| » Trivia Afternoon
Jan 28 | » Valentines Bingo
Feb 13 | » St. Patrick's Brunch
Mar 17 | » Volunteer Appreciation
April 29 |
|------------------------------|------------------------------|----------------------------------|--------------------------------------|
-

New Member Welcome

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

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

Upcoming Dates:

- » Wednesday, January 14
 - » Wednesday, February 4
 - » Wednesday, March 4
 - » Wednesday, April 1
-

Birthday Parties

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

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

Upcoming Dates:

- » Wednesday, January 21
 - » Wednesday, February 18
 - » Wednesday, March 18
 - » Wednesday, April 15
-

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, January 29
 - » Thursday, February 26
 - » Thursday, March 26
 - » Thursday, April 30
-

Board of Directors Monthly Meeting

Connect with the organization, learn about our mission and future plans, share your perspective as a member, and gain insight into the Board's vital role in keeping the centre running smoothly.

- » Meets in the WSAC Board Room from 9:30 a.m. to 11:20 a.m.
» **Contact the Front Desk for meeting agendas and specific instructions for attending.**

Upcoming Dates:

- » Thursday, January 29
 - » Thursday, February 26
 - » Thursday, March 26
 - » Thursday, April 30
-

Line Dancing Social

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

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

Upcoming Dates:

- » Friday, February 20
- » Friday, March 20
- » Friday, April 17
- » Friday, May 15

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@weseniors.ca Telephone: (780) 483-1209 Ext. 224

WSAC Ambassador Program

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

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

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

Alberta Seniors Alliance

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

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

The Alliance consists of WE Seniors, Drive Happiness, ICAN Seniors Association, Seba Beach Seniors Centre, Craft for YEG, and Edmonton Chinese Philharmonic Choir Association.



CRAFT FOR YEG



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.

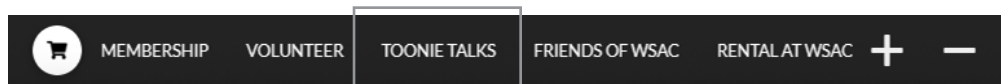
These businesses and organizations have years of experience addressing the needs and challenges older adults face in their daily lives.

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 2026

- » Zentangles with Watercolour with Connie Ewashko (Pg. 14)
 - » Mixed Media - *Collage Florals* with Linda Finstad (Pg. 15)
 - » Illustrations with Attitude - *Introduction to Cartooning* with Linda Finstad (Pg. 15)
 - » Rafia Spring/Easter Wreath with Shantel Toma (Pg. 16)
 - » Scrapbook Dog - Looking for a Home with Maureen Brown (Pg. 17)
 - » Springtime Gnome with Maureen Brown (Pg. 17)
 - » Living Fit Track and Train Program with Etienne Thompson-Legare (Pg. 24)
 - » Everything Spiritual with Leslie McKenzie (Pg. 34)
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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.

Program Information

Drop-In Programs Possibilities: We Want Your Ideas!

Our centre is always exploring the possibility of launching new drop-in programs, and we'd love to hear what interests our members most. Whether you enjoy hands-on creative activities, financial discussions, or media and technology, your feedback helps us shape programs that truly reflect our community.

Some ideas currently being considered include:

» **Quilting Group**

A casual drop-in space for quilters to work on projects together. Participants would need to bring their own sewing machine, but the centre would provide a welcoming space to connect, share tips, and enjoy the craft in good company.

» **Stock & Investment Discussion Group**

A friendly, member-led discussion circle for those interested in chatting about stocks, options, and investing portfolios. This group would focus on conversation and shared learning—not instruction or financial advice.

» **Podcast / Media Club**

A group for anyone who enjoys podcasts, documentaries, or other media. Members could recommend episodes, discuss themes, and explore interesting stories together.

» **Travel Club**

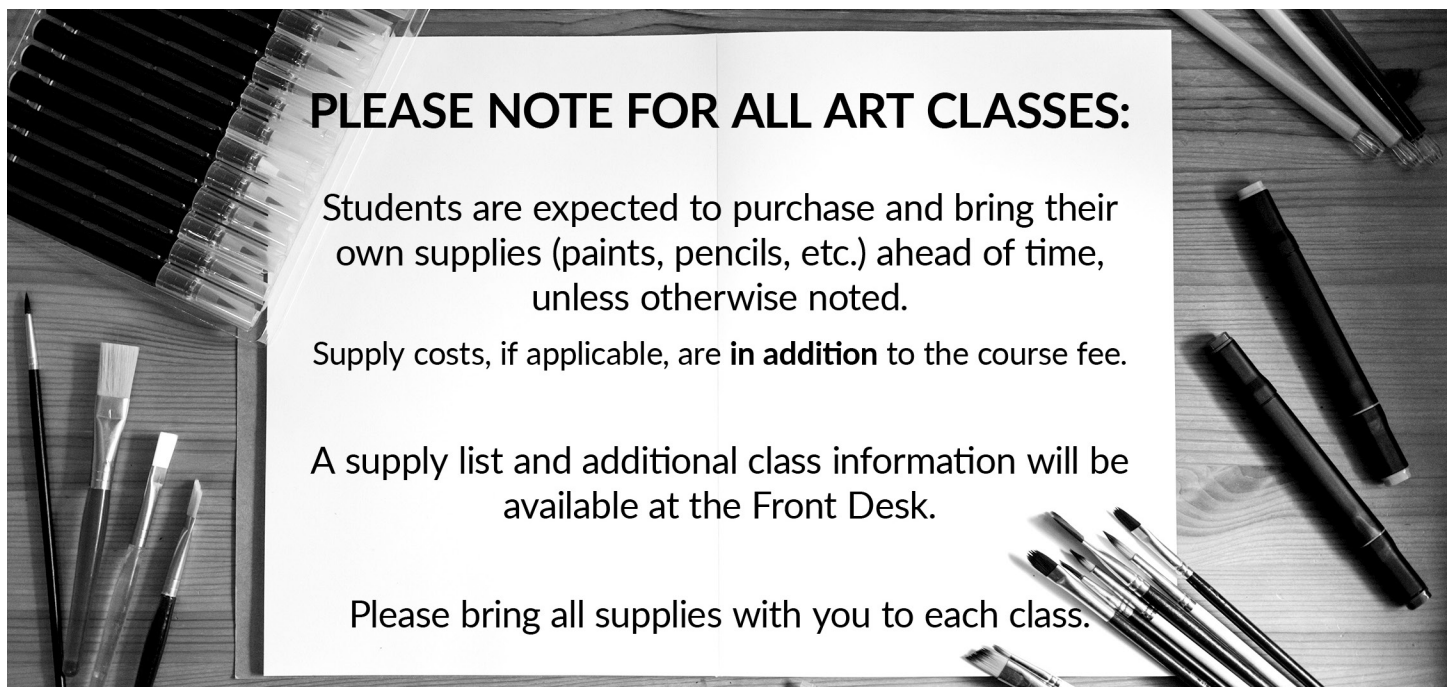
A space to share stories, pictures and details of group members favourite travel destinations and memories. Also a great place for conversations and potential tips about future travel plans.

» **Music Appreciation/History Group**

A group to learn about music history and share knowledge about famous musicians and composers.

We are always looking for new ideas and want to build programs that reflect what you want. If any of these options interest you—or if you have a completely new suggestion—please let us know! Your input helps us continue creating meaningful, engaging experiences for all our members.

Email programs@weseniors.ca to send new ideas or show interest in the above listed ideas.



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, Jan 14 to Mar 4
8 Classes

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

COST \$162

Wednesdays, Mar 11 to Apr 29
8 Classes

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

COST \$162

Acrylic painting class for all levels, from beginners to more advanced levels. Art supplies not included.

Lily will provide a selection of projects for you to choose from and will guide you to complete your painting from start to finish. You're also welcome to bring your own project and Lily will offer guidance and support to help you bring your artwork to completion, offering tips and techniques along the way.



Pen & Wash

Instructor: Lily Jeong

Tuesdays, Jan 13 to Mar 3
8 Classes

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

COST \$162

Tuesdays, Mar 10 to Apr 28
8 Classes

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

COST \$162

Art supplies not included.

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



Art Classes



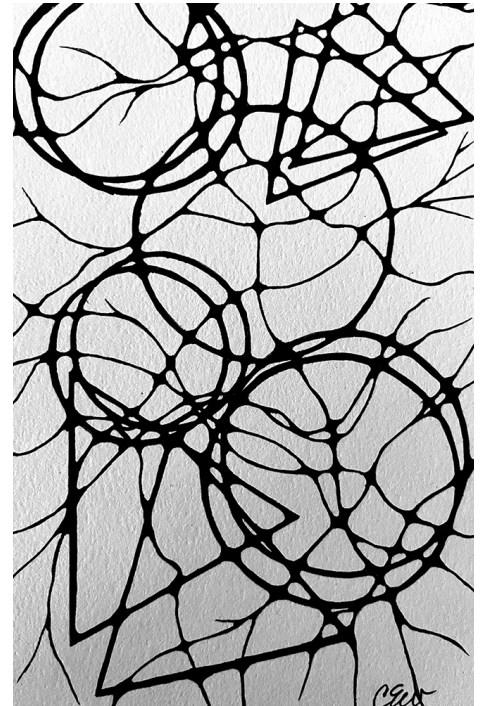
Neurographic Art

Instructor: Connie Ewashko

Thursdays, Jan 22 to Feb 12
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.

Art is a right-brained activity that enhances visual recall. Neurographic art is therapeutic and relaxing, helping to create a meditative state and a sense of inner peace. Start with simple, step-by-step guidance to create your first neurography drawing. As the sessions continue, the instructor will help you explore new designs and experiment with shapes and colours to deepen your practice. No experience required.



Zentangles with Watercolour

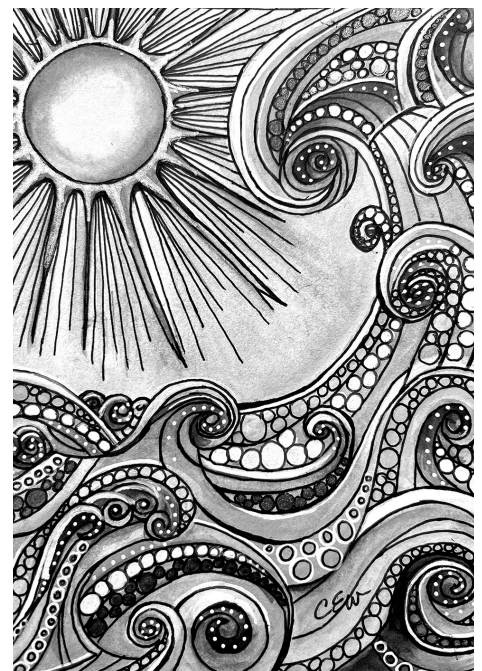
Instructor: Connie Ewashko

Thursdays, Jan 22 to Feb 12
4 Classes
3:00 p.m. to 5:00 p.m.
COST \$72

Please bring:

Pencil, Eraser, Gel pen(s),
Watercolours, Watercolour paper,
and Paint brush

Zentangles are patterned doodles that inspire creativity and promote relaxation. This class guides you step by step through a variety of patterns, helping you create your own unique designs. You'll also explore watercolour techniques to enhance and complement each piece, adding depth and color to your artwork. No experience required. Bring what you have for supplies to first class, instructor will go over options.



Art Classes

NEW



Mixed Media-Collage Florals

Instructor: Linda Finstad

Tuesday, Jan 27

1 Class

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

COST \$55

All art supplies are included.

The board is 11"x14"

Turn old magazines and catalogues into stunning collages! Learn how to re-purpose materials, explore values and composition, seal your collage for watercolour, and use acrylic markers to add highlights.



NEW



Illustrations with Attitude-Introduction to Cartooning

Instructor: Linda Finstad

Tuesdays, Mar 24 to Apr 7

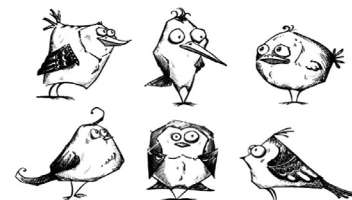
3 Classes

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

COST \$110

All art supplies are included.

In this 3-part workshop, learn to draw expressive faces, dynamic bodies, and charming animals like dogs, cats, and birds. No experience needed! Each week, your instructor will guide you step by step to create your cartoons in a beautiful sketchbook provided. Supplies included but participants may bring their own markers or coloured pencils if they wish.



Unleash Your Creativity Through Art

Art is a wonderful way to express yourself, unwind, and keep your mind active. From painting and drawing to mixed media projects, creating art brings joy, reduces stress, and fosters a sense of accomplishment.

Engaging in art encourages mindfulness, sparks confidence, and can even sharpen focus and memory. It's also a great way to connect with others and explore new ideas in a welcoming, supportive environment.

No experience needed—just bring your curiosity and let your imagination guide you!

Art Classes



Bird Houses

Instructor: Shantel Toma

Thursday, Feb 26

1 Class

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

COST \$60

All art supplies are included.

Birdhouses are 16"x6"

These birdhouses come fully assembled and ready to decorate. Customize your birdhouse using paint and floral fabric cutouts—no experience required! Choose from a wide range of colors to create a one-of-a-kind design.



Rafia Spring/ Easter Wreath

Instructor: Shantel Toma

Wednesday, Mar 18

1 Class

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

COST \$60

All art supplies are included.

Wreaths are 20"

Join us for a refreshing, creative and hands-on wreath building workshop. Learn how to craft your very own Rafia Floral Wreath—the perfect blend of natural textures, soft blooms and your personal touch. An assortment of colourful embellishments to choose from, including decorative eggs.



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!

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

Art Classes

NEW



Scrapbook Dog - Looking for a Home

Instructor: Maureen Brown

Thursdays, January 15 & 22
2 Classes

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

COST \$84

All art supplies are included.

The piece is 12"x14"

Come paint this adorable dog while learning to work with mixed media! Explore how to combine scrapbook paper, stamps, and paint to create a charming, textured art piece. Perfect for all skill levels—just bring your creativity!



NEW



Springtime Gnome

Instructor: Maureen Brown

Thursdays, Feb 12 to 19
2 Classes

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

COST \$84

All art supplies are included.

The piece is 11"x14"

This cheerful little gnome is ready for spring! Learn a variety of techniques to create an eye-catching background, then bring this cute character to life. Add playful hearts or shapes to personalize your piece and make it extra charming. Suitable for all skill levels.



Watercolour for Intermediate and Advanced

Instructor: Thom Podlubny

Tuesdays, Jan 13 to Mar 3
8 Classes

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

COST \$99

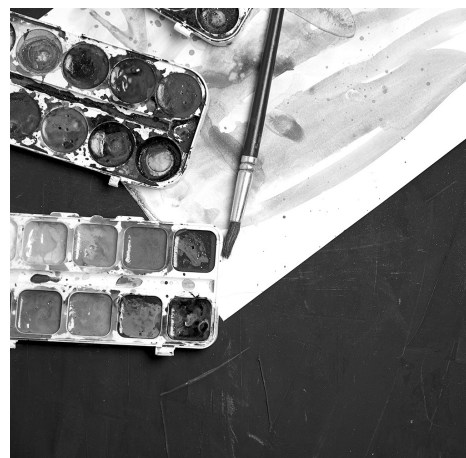
Tuesdays, Mar 10 to Apr 28
8 Classes

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

COST \$99

Art supplies not included.

Paint masterpieces with fellow artists and guidance from an experienced instructor. Bring your own project and reference photos, or select from a variety of sample paintings provided. You'll receive guidance and support throughout the process, helping you develop your skills and complete a beautiful masterpiece.



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, Jan 16 to Mar 6

8 Classes

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

COST \$72

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.

Fridays, Mar 13 to Apr 24

5 Classes (No class Apr 3 & 10)

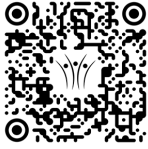
10:15 a.m. to 11:15 a.m.

COST \$45

NOTE:

- Registration with a partner is mandatory.

Dance Classes



Clogging | Beginner

Instructor: Tracy Walters

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

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. **Previous experience required for the winter term.**



Clogging | Intermediate

Instructor: Tracy Walters

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

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, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

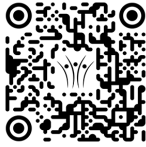
2:30 p.m. to 3:30 p.m.

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

Jan 13 to Mar 3
8 Classes
3:30 p.m. to 4:30 p.m.
COST \$72

Mar 10 to Apr 28
8 Classes
3:30 p.m. to 4:30 p.m.
COST \$72

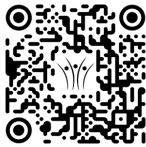
Thursdays

Jan 15 to Mar 5
8 Classes
12:15 p.m. to 1:15 p.m.
COST \$72

Mar 12 to Apr 30
8 Classes
12:15 p.m. to 1:15 p.m.
COST \$72

NOTE:

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



Line Dancing | Intermediate

Instructor: Tracy Walters

Thursdays, Jan 15 to Mar 5
8 Classes
1:30 p.m. to 2:30 p.m.
COST \$72

Thursdays, Mar 12 to Apr 30
8 Classes
1:30 p.m. to 2:30 p.m.
COST \$72

NOTE:

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



Line Dancing | Experienced

Instructor: Tracy Walters

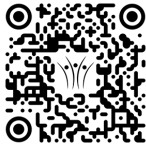
Thursdays, Jan 15 to Mar 5
8 Classes
2:45 p.m. to 3:45 p.m.
COST \$72

Thursdays, Mar 12 to Apr 30
8 Classes
2:45 p.m. to 3:45 p.m.
COST \$72

NOTE:

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

Fitness Classes



Barre

Instructor: Freya Giroux

This class is also
offered online at
the same time

Wednesdays, Jan 14 to Mar 4

8 Classes

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

COST \$72

Wednesdays, Mar 11 to Apr 29

8 Classes

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

COST \$72

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, Jan 16 to Mar 6

8 Classes

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

COST \$64

Fridays, Mar 13 to May 1

7 Classes (No class Apr 3)

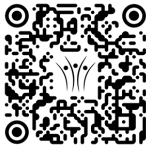
11:30 a.m. to 12:30 p.m.

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

Jan 13 to Mar 3

8 Classes

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

COST \$72

Mar 10 to Apr 28

8 Classes

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

COST \$72

Thursdays

Jan 15 to Mar 5

8 Classes

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

COST \$72

Mar 12 to Apr 30

7 Classes (No class Apr 16)

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

Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$70

Mar 9 to Apr 27

7 Classes (No class Apr 6)

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

COST \$70

Fridays

Jan 16 to Mar 6

8 Classes

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

COST \$80

Mar 13 to May 1

7 Classes (No class Apr 3)

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

Jan 13 to Mar 3

8 Classes

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

COST \$88

Mar 10 to Apr 28

8 Classes

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

COST \$88

Fridays

Jan 16 to Mar 6

8 Classes

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

COST \$88

Mar 13 to May 1

7 Classes (No class Apr 3)

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

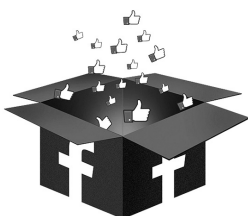
COST \$77

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, Jan 14 to Mar 4

8 Classes

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

COST \$80

Wednesdays, Mar 11 to Apr 22

7 Classes

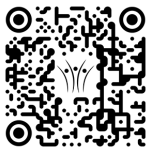
11:30 a.m. to 12:15 p.m.

COST \$70

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

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Fit For Life

Instructor: Deborah Ravbar

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$56

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

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, Jan 13 to Mar 3

8 Classes

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

COST \$64

Tuesdays, Mar 10 to Apr 28

8 Classes

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

COST \$64

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

EQUIPMENT:

- Bender Balls
- Hand weights

Fitness Classes



Living Fit Track and Train Program

Instructor: Etienne Thompson-Legare

Thursdays, Feb 5 to Mar 26

8 Classes

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

COST \$265

EQUIPMENT:

- Hand weights
- Tubing bands/Thera bands
- Bender balls

Work towards your personal health and fitness goals with expert guidance from a certified clinical exercise physiologist. This evidence-based, 8-week program is designed specifically for adults aged 60+ and takes place in an exercise classroom and fitness center.

You'll begin and end the program with two 30-minute phone consultations—one for pre-screening and goal setting, and one to review your progress and results. The first and last weeks include standardized fitness tests to assess key areas such as strength, balance, flexibility, agility, and cardiovascular endurance, along with a condensed workout to complement the assessments.

During the remaining weeks, you will participate in 90-minute small-group training sessions featuring a warm-up, strength and cardiovascular training, and a cool-down. All sessions are completed at your own pace with individualized coaching and guidance on exercises and equipment to ensure safe and effective movement.

All workouts and progress are documented in your personal Living Fit Track & Train binder, helping you track improvements, stay accountable, and celebrate your results week by week.



M2M - Movement To Music

Instructor: Elise Millard

Tuesdays, Jan 13 to Mar 3

8 Classes

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

COST \$72

Tuesdays, Mar 10 to Apr 21

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

Fitness Classes



Nia®

Instructor: Kirsten Bartel

Tuesdays, Jan 13 to Mar 3

8 Classes

4:45 p.m. to 5:45 p.m.

COST \$72

Tuesdays, Mar 10 to Apr 28

8 Classes

4:45 p.m. to 5:45 p.m.

COST \$72

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



Seated Stretch Fit

Instructor: Kathy Paterson

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

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

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



Seniors Stretch Fit

Instructor: Kathy Paterson

Tuesdays

Jan 13 to Mar 3

8 Classes

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

COST \$72

Mar 10 to Apr 28

8 Classes

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

COST \$72

Thursdays

Jan 15 to Mar 5

8 Classes

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

COST \$72

Mar 12 to Apr 30

7 Classes (No class Apr 16)

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

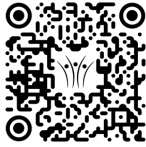
COST \$63

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

Fitness Classes



Sit Fit

Instructor: Kathy Paterson

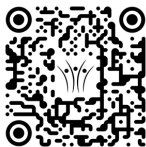
Wednesdays, Jan 14 to Mar 4
8 Classes
10:15 a.m. to 11:15 a.m.
COST \$72

Wednesdays, Mar 11 to Apr 22
7 Classes
10:15 a.m. to 11:15 a.m.
COST \$63

This seated class incorporates cardio, core and strength training, in short intervals of each. This class is a good whole body workout for anyone with injury or mobility concerns, or are beginning to exercise after being inactive.

EQUIPMENT:

- Hand weights
- Stretchy band
- Resistance band loop



Step Forward

Instructor: Primary Care Alberta

Mondays & Wednesdays

Starting Jan 12
8 Weeks
3:00 p.m. to 4:00 p.m.

Tuesdays & Thursdays

Starting Jan 13
8 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



Total Body Workout Through Barre

Instructor: Elise Millard

Tuesdays, Jan 13 to Mar 3

8 Classes

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

COST \$72

Tuesdays, Mar 10 to Apr 21

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

Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mar 9 to Apr 27

7 Classes (No class Apr 6)

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

COST \$63

Wednesdays

Jan 14 to Mar 4

8 Classes

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

COST \$72

Mar 11 to Apr 22

7 Classes

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

COST \$63

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

EQUIPMENT:

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

Why Not Try Something New This Winter?

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!

Fitness Classes



Total Fitness for Active Agers

Instructor: Jannine Otto & Karen Meunier

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$77

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

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

COST \$77

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

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Zumba Gold®

Instructor: Terri Kokotilo

Fridays, Jan 16 to Mar 6

7 Classes (No class Feb 20)

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

COST \$56

Fridays, Mar 13 to May 1

6 Classes (No class Apr 3 & 24)

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

COST \$48

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

WSAC Wallet - *No More Digging for Cash*

We've made payments easier by providing a safe and secure payment option called The Wallet!

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

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

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

Jan 14 to Mar 4
8 Classes
10:00 a.m. to 11:00 a.m.
COST \$88

Mar 11 to Apr 22
7 Classes
10:00 a.m. to 11:00 a.m.
COST \$77

Fridays

Jan 16 to Mar 6
8 Classes
10:45 a.m. to 11:45 a.m.
COST \$88

Mar 13 to May 1
7 Classes (No class Apr 3)
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, Jan 16 to Mar 6
8 Classes
12:00 p.m. to 1:00 p.m.
COST \$72

Fridays, Mar 13 to Apr 24
5 Classes (No class Apr 3 & 10)
12:00 p.m. to 1:00 p.m.
COST \$45

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, Jan 13 to Mar 3

8 Classes

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

COST \$88

Tuesdays, Mar 10 to Apr 28

8 Classes

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

COST \$88

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

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



Essentrics® for Seniors | Trinity United Church

Instructor: Lori Griffith

Thursdays, Jan 15 to Mar 5

8 Classes

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

COST \$80

Thursdays, Mar 12 to Apr 30

8 Classes

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

COST \$80

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

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

Music Classes



Choir

Director Tammy Farkes

Fridays, Jan 16 to Apr 24

14 Classes (No class Apr 3)

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

COST \$40

The Choir welcomes new members to join this dedicated weekly group. Led by a choir director and accompanied by a pianist, the group practices a variety of songs and performs at select events both at the Westend Seniors Activity Centre and within the community. While performance selections are flexible, weekly practices are a commitment to the group. Each rehearsal concludes with a friendly social gathering over coffee in the café.

Lifelong Learning Classes



DVD Lecture - *Understanding Japan: A Cultural History*

Hosted by Volunteer Facilitators

Fridays, Jan 30 to Mar 20

8 Classes

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

COST \$40

Japan's extraordinary culture is like no other in the world, and it remains mysterious to many of us. And that's unfortunate, because to truly understand Japan's influence on the world stage, one needs to understand Japan's culture – on its own terms.

In an exciting relationship with the Smithsonian, The Great Courses presents these 24 lectures that offer an unforgettable tour of Japanese life and culture. Professor Ravina, with the expert collaboration of the Smithsonian's historians, brings you a grand portrait of Japan vibrantly illustrated with stunning images from the Smithsonian's vast collections of Japanese artwork and archival material.



Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursdays, Jan 15 to Mar 5

8 Classes

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

COST \$112

Prior Spanish experience is required.

Thursdays, Mar 12 to Apr 30

8 Classes

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

COST \$112

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, Jan 15 to Mar 5

8 Classes

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

COST \$112

Prior Spanish experience is required.

Thursdays, Mar 12 to Apr 30

8 Classes

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

COST \$112

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, Jan 15 to Mar 5

8 Classes

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

COST \$112

Prior Spanish experience is required.

Thursdays, Mar 12 to Apr 30

8 Classes

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

COST \$112

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, Feb 2 to Apr 27

11 Classes

(No class Feb 16 & Apr 6)

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

COST \$88

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

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



Foundations & Hunyuan Taiji

Instructor: Allan Belsheim

Thursdays, Feb 5 to Apr 30

13 Classes

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

COST \$104

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.

Discover the Flow of Tai Chi: Balance, Strength, and Calm

Tai Chi is an ancient practice from China that blends slow, flowing movements with deep breathing and focused awareness. Today, it's embraced worldwide as a gentle, low-impact way to support both body and mind.

For older adults, Tai Chi helps improve balance, flexibility, and strength while easing tension and promoting relaxation. Its smooth, continuous motions make it accessible for all fitness levels. Whether you want to stay active, reduce stress, or try something new, Tai Chi is a safe and enjoyable way to enhance your well-being.

Wellness Classes



Everything Spiritual

Instructor: Leslie McKenzie

Tuesdays, Jan 13 to Feb 24

6 Classes (No class Jan 27)

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

COST \$90

Everything Spiritual is a welcoming, non-religious exploration of the deeper side of life - where curiosity meets consciousness, and where all beliefs (including none at all!) are respected.

Whether you're new to spirituality or have been walking this path for years, this space offers open dialogue, grounded insight, and gentle self-discovery.

This is not about adopting anyone else's beliefs - it's about discovering your own truth and what beliefs feel right for you.

In this class you will be guided by the instructor with wisdom, knowledge, intuition and heart, but this space is for shared exploration. Every class becomes a conversation where we all learn from one another - because that's how Spirit teaches best.

Yoga Classes



Yoga For Arthritis

Instructor: Neeru Prashar

This class is also
offered online at
the same time

Tuesdays, Jan 13 to Mar 3

8 Classes

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

COST \$64

Tuesdays, Mar 10 to Apr 28

8 Classes

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

COST \$64

Yoga for arthritis includes pranayama (yogic breathing), light yoga exercises and relaxation to loosen the muscles, increase flexibility and improve balance. Over time, Yoga will help relieve stiffness & help you lead a healthier, more relaxed lifestyle.

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended

Yoga Classes



Yoga For Balance & Wellbeing

Instructor: Martha Miller

Thursdays, Jan 15 to Mar 5

8 Classes

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

COST \$64

Thursdays, Mar 19 to Apr 30

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 & Standing*)

Instructor: Neeru Prashar

Fridays, Jan 16 to Mar 6

8 Classes

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

COST \$64

Fridays, Mar 13 to May 1

7 Classes (No class Apr 3)

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

This class is also offered online at the same time

Yoga Classes



Gentle Yoga (*Sitting & Standing*)

Instructor: Freya Giroux

This class is also
offered online at
the same time

Mondays

Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mar 9 to Apr 27

7 Classes (No class Apr 6)

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

COST \$63

Wednesdays

Jan 14 to Mar 4

8 Classes

9:45 a.m. to 10:45 a.m.

COST \$72

Mar 11 to Apr 29

8 Classes

9:45 a.m. to 10:45 a.m.

COST \$72

Wednesdays

Jan 14 to Mar 4

8 Classes

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

COST \$72

Mar 11 to Apr 29

8 Classes

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

COST \$72

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

EQUIPMENT:

- Yoga mat



Hatha Yoga | Beginner

Instructor: Neeru Prashar

This class is also
offered online at
the same time

Tuesdays, Jan 13 to Mar 3

8 Classes

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

COST \$64

Tuesdays, Mar 10 to Apr 28

8 Classes

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

COST \$64

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

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

Yoga Classes



Intermediate/Advanced Yoga

Instructor: Neeru Prashar

This class is also offered online at the same time

Fridays, Jan 16 to Mar 6

8 Classes

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

COST \$64

Fridays, Mar 13 to May 1

7 Classes (No class Apr 3)

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, Jan 14 to Mar 4

8 Classes

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

Cost \$64

Wednesdays, Mar 11 to Apr 29

8 Classes

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

Cost \$64

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 Classes



Yoga for the Mind and Body

Instructor: Martha Miller

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$56

Mondays, Mar 16 to Apr 27

6 Classes (No class Apr 6)

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

COST \$48

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

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



Pilatoga | Beginner

Instructor: Freya Giroux

This class is also offered online at the same time

Mondays, Jan 12 to Mar 2

7 Classes (No class Feb 16)

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

COST \$63

Mondays, Mar 9 to Apr 27

7 Classes (No class Apr 6)

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

Experience Wellness Through Yoga: Move, Breathe, Restore

Yoga blends gentle movement, mindful breathing, and moments of stillness to support both physical and emotional well-being.

For older adults, it's an effective way to improve balance, mobility, and coordination while easing tension and supporting joint health. Every pose can be adapted for your comfort—on a mat, in a chair, or as a beginner.

Beyond the physical benefits, yoga offers a chance to slow down, refocus, and cultivate a sense of calm that carries into everyday life. Each movement and breath helps you feel stronger, steadier, and more at ease.

Yoga Classes



Renew and Refresh Flow Yoga

Instructor: Carmella Haykowsky

Wednesdays, Jan 14 to Mar 4

8 Classes

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

Cost \$64

Wednesdays, Mar 11 to Apr 29

8 Classes

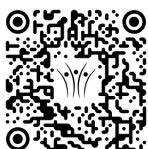
10:15 a.m. to 11:15 a.m.

Cost \$64

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

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps



Restorative Hatha Yoga

Instructor: Audrey Bell-Hiller, B.A.

Thursdays, Jan 15 to Mar 5

8 Classes

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

Cost \$90

Thursdays, Mar 12 to Apr 23

7 Classes

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

Cost \$79

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 breath work, you'll gradually build strength and flexibility—modifications provided for all levels.

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

How To Register Online



www.myactivecenter.com

Registration Steps

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

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

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

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

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



Drop In Classes

Monday Drop-In Classes

• Workshop	9:00 a.m. to 4:00 p.m.
• Games Room	9:00 a.m. to 12:30 p.m.
• Billiards	9:30 a.m. to 12:30 p.m.
• Art	12:30 p.m. to 3:30 p.m.
• Crafts	12:30 p.m. to 3:30 p.m.
• 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.
• Games Room	1:00 p.m. to 7:45 p.m.
• Billiards	2:30 p.m. to 5:30 p.m.
• Conversational Spanish	5:45 p.m. to 7:45 p.m.
• Technology Drop-in	5:45 p.m. to 7:45 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.
• Widows Support Group	3rd Thurs	1:30 p.m. to 3:30 p.m.
• Mahjong		3:00 p.m. to 5:00 p.m.
• Writers Drop-in		3:00 p.m. to 5:00 p.m.
• Games Room		4:30 p.m. to 7:45 p.m.
• Open Jam Evenings		6:00 p.m. to 7:30 p.m.

Friday Drop-In Classes

• Walking Group	9:00 a.m.
• Games Room	9:00 a.m. to 12:30 p.m.
• Workshop	9:00 a.m. to 4:00 p.m.
• Billiards	9:30 a.m. to 12:30 p.m.
• 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.

Starts January 12

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.

Starts January 12

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.

Starts January 12

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 7:45 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.

Starts January 13

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 Winter season (Jan to Apr) 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.

Conversational Spanish

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

Starts January 13

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.

Genealogy

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

January meeting held on January 14

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.

Photo Club

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

January meeting held on January 21 only

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.

Technology Drop-in

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

Starts January 13

Join our Technology group to learn from engaging presentations on a variety of tech-related topics. After each session, stay to get clarification from our knowledgeable volunteer, and chat with fellow members about all things technology.

Writers Drop-in

Thursdays 3:00 p.m. to 5:00 p.m.

Starts January 15

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

Music - Drop In Classes

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

Open Mic Night

Dates to be determined
Call/visit the Centre for updates

Step into the spotlight, whether you're a seasoned performer or your first time. Our stage is 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.

Starts January 15

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.

Starts January 16

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.

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.

Starts January 14

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.

Please bring your instrument, tuner, pencil and eraser.

Wellness - Drop In Classes

The Gathering Place - Widows Support Group

Third Thursday of the Month
1:30 p.m. to 3:30 p.m.

A welcoming space where widows can come together to share encouragement, friendship, hope, and compassion. Whether your loss is recent or years past, you'll find understanding hearts and meaningful connections here.

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

BILLY MORIN **MEMBER OF PARLIAMENT** **EDMONTON NORTHWEST**

Member of Parliament Billy Morin is a Canadian Cree First Nations leader and politician who was the Chief of the Enoch Cree Nation from August 2015 to June 2022.

He was elected to represent the riding of Edmonton Northwest in the 2025 federal election as a member of the Conservative Party of Canada. He has built partnerships among Indigenous and non-Indigenous groups toward economic and social prosperity and reconciliation.



211-551 Mistatim Way Edmonton, T6V 0M9
bmorin@billymorin.ca
www.edmontonnorthwest.conservativeeda.ca

KELLY MCCAULEY **MEMBER OF PARLIAMENT | EDMONTON WEST**

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



f @KELLYMCCAULEYMP



kellymccauley.ca

**Connected.
Community.
Commerce.**

Reed Clarke is the Edmonton city councillor for Ward Nakota Isga and is committed to bringing collaborative, results-oriented leadership to his constituents.

Nakota Isga Councillor

REED CLARKE

Edmonton City Council

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**Brooks
Arcand-Paul**

EDMONTON-WEST HENDAY

10267 - 178 Street, Edmonton, AB T5S 1M3

Phone 780.414.0711

Edmonton.WestHenday@assembly.ab.ca

Connect With Our Centre

Have You Visited Our YouTube Page?

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

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

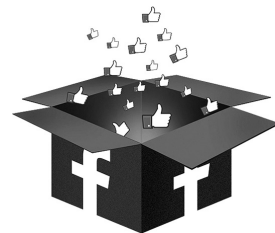
YouTube.com/
WestendSeniorsActivityCentre/videos



Do You Follow Us On Facebook?

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

Make Sure To “Like” Our Page.
Facebook.com/WESeniors



Have You Signed Up For Our E-Newsletter?

Over 4,000 people receive our e-newsletter each month. Stay up to date on the latest news, programs and information from Westend Seniors Activity Centre.

Sign up at our front desk or on our website
www.weseniors.ca

A large, bold, white number '4025' is centered within a solid gray rectangular background.

WSAC's Board Of Directors

Jay Pritchard – President

- jay@weseniors.ca

Lois Thurstan – Vice President

- lois@weseniors.ca

Dave Baxandall – Treasurer

- david@weseniors.ca

Barbara Thompson – Director

- barbara.thompson@weseniors.ca

Dianne Walker – Director

- dianne@weseniors.ca

Dolores Brent – Director

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Lesley Conley – Director

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Lorne Brackenbury – Director

- lorne@weseniors.ca

Rose Bilou – Director

- rose.bilou@weseniors.ca

WSAC's Staff Members

Chief Executive Officer

Haidong Liang Ph.D. – Chief Executive Officer | haidong@weseniors.ca | Ext. 213

Operations & Programs Manager

Barbara Jaffray – Operations & Programs Manager | bjaffray@weseniors.ca | Ext. 222

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Thomas Zheng – Engagement & Communications Manager | yunxuan@weseniors.ca | Ext. 218

Charis Wong – Engagement & Communications Coordinator | charis@weseniors.ca | Ext. 217

Maggie Shenping – Board Secretary & Executive Assistant | maggie@weseniors.ca | Ext. 219

Outreach Support

Shirley Bridges – Outreach Manager | shirley@weseniors.ca | Ext. 214

Gaby Sanchez – Outreach Coordinator | outreach@weseniors.ca | Ext. 232

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

Financial Services

Kathy Dicks – Accounting Services | kathy@weseniors.ca | Ext. 216

Karen Storie – Accounting Assistant | karen@weseniors.ca | Ext. 220

Programs Department

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

Pickleball | pickleball@weseniors.ca | Ext. 228

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)		\$40	910	\$100
Meeting Room (45 row seating or 15 fitness class)		\$40	910	\$100
Games Room - Billiards Table - Sound System		\$80 \$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)		\$70 \$50 for rental time \$25	1250	\$200
Cafe & Kitchen** (use of counter tops, microwave, and sink)		\$122	1250	\$400
Gymnasium (200 row seating or 180 at tables or 25 fitness class)		\$116	3000	\$400
Gymnasium & Kitchen** (use of counter tops, microwave, and sink)		\$168	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

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/