



Spring & Summer 2026 Program & Resource Guide

WE Seniors
A Community Hub For Older Adults



Come Experience It!

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Thank you to our Funders:



A network of community allies for older adults.



Registered Classes by Weekday

Monday Registered Classes

- Total Fit..... 9:00 a.m. to 10:00 a.m.
- Pilatoga | Beginner **IN-PERSON & ONLINE** 9:30 a.m. to 10:30 a.m.
- Seated Stretch Fit..... **IN-PERSON & ONLINE** 10:15 a.m. to 11:15 a.m.
- Total Fitness for Active Agers..... 10:15 a.m. to 11:15 a.m.
- Gentle Yoga (*Sitting & Standing*) **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 - *Movement To Music* 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 - *The Art of Abundance*..... 9:30 a.m. to 11:30 a.m.
- Watercolour for Intermediate and Advanced 9:30 a.m. to 12:00 p.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.
- 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.
- Neurographics | Advanced 1:00 p.m. to 3:00 p.m.
- Step Forward..... 3:00 p.m. to 4:00 p.m.
- Neurographics | Beginner..... 3:00 p.m. to 5:00 p.m.
- Starry Night Zentangle 3:00 p.m. to 5:00 p.m.
- Line Dancing | Beginner 3:30 p.m. to 4:30 p.m.
- Cake Decorating..... 5:00 p.m. to 7:00 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

- Core Balance and Stretch 9:00 a.m. to 10:00 a.m.
- Renew and Refresh Flow Yoga 9:30 a.m. to 10:30 a.m.
- Gentle Yoga (*Sitting & Standing*) **IN-PERSON & ONLINE** 9:45 a.m. to 10:45 a.m.
- Essentrics® Stretch and Tone **LA PERLE** 10:00 a.m. to 11:00 a.m.
- Sit Fit 10:15 a.m. to 11:15 a.m.

Registered Classes by Weekday

- Modified Chair Yoga 10:45 a.m. to 11:45 a.m.
- Barre **IN-PERSON & ONLINE** 11:00 a.m. to 11:45 a.m.
- Essentrics® Gentle Stretch 11:30 a.m. to 12:15 p.m.
- Gentle Yoga (*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.
- Watercolour Zentangle Collage 2:00 p.m. to 4:00 p.m.
- Step Forward 3:00 p.m. to 4:00 p.m.

Thursday Registered Classes

- Essentrics® Stretch and Tone 9:00 a.m. to 10:00 a.m.
- Spanish Level 3 **ONLINE** 9:00 a.m. to 10:00 a.m.
- Restorative Hatha Yoga | Intermediate 9:45 a.m. to 11:00 a.m.
- Spanish Level 4 **ONLINE** 10:30 a.m. to 11:30 a.m.
- Dance Fit **LA PERLE** 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.
- Beautiful Sunflowers 12:00 p.m. to 4:00 p.m.
- Stunning Sunset 12:00 p.m. to 4:00 p.m.
- Welcome Rooster 12:00 p.m. to 4:00 p.m.
- Birds of a Feather 12:00 p.m. to 4:00 p.m.
- Line Dancing | Beginner 12:15 p.m. to 1:15 p.m.
- Line Dancing | Intermediate 1:30 p.m. to 2:30 p.m.
- Foundations & Hunyuan Taiji 1:30 p.m. to 2:30 p.m.
- Spanish Level 2 **ONLINE** 1:30 p.m. to 2:30 p.m.
- Zentangles with Watercolour | Beginner 2:00 p.m. to 4:00 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 | Advanced 3:00 p.m. to 5:00 p.m.

Friday Registered Classes

- Essentrics® Age Reversing 9:00 a.m. to 10:00 a.m.
- Chair Yoga (*Sitting & Standing*) **IN-PERSON & ONLINE** 9:30 a.m. to 10:30 a.m.
- Ballroom & Latin Dancing 10:15 a.m. to 11:15 a.m.
- Essentrics® Stretch and Tone **LA PERLE** 10:45 a.m. to 11:45 a.m.
- Intermediate/Advanced Yoga **IN-PERSON & ONLINE** 10:45 a.m. to 11:45 a.m.
- Circuit Fit 11:30 a.m. to 12:30 p.m.
- M2M & Barre Fusion **LA PERLE** 12:00 p.m. to 1:00 p.m.
- Dynamic Movement 1:00 p.m. to 2:00 p.m.
- DVD Lecture Series **IN-PERSON & ONLINE** 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
• Mixed Media - <i>The Art of Abundance</i>	Linda Finstad	Page 14
• Cake Decorating.....	Konzy	Page 14
• Watercolour Zentangle Collage	Connie Ewashko.....	Page 15
• Starry Night Zentangle	Connie Ewashko.....	Page 15
• Neurographics.....	Connie Ewashko.....	Page 16
• Zentangles with Watercolour	Connie Ewashko.....	Page 16
• Beautiful Sunflowers.....	Maureen Brown	Page 17
• Stunning Sunset.....	Maureen Brown	Page 17
• Welcome Rooster.....	Maureen Brown	Page 17
• Birds of a Feather.....	Maureen Brown	Page 18
• Watercolour for Intermediate and Advanced	Thom Podlubny	Page 18

Dance Classes

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

Fitness Classes

• Barre	Freya Giroux.....	Page 22
• Circuit Fit	Deborah Ravbar	Page 22
• Core Balance and Stretch	Roshni Narayan.....	Page 23
• Dynamic Movement.....	Freya Giroux.....	Page 23
• Essentrics® Age Reversing.....	Lori Griffith.....	Page 24
• Essentrics® Gentle Stretch	Meg Hipkins.....	Page 24
• Essentrics® Stretch and Tone.....	Meg Hipkins.....	Page 25
• Fit for Life	Deborah Ravbar	Page 25
• M2M - <i>Movement to Music</i>	Elise Millard	Page 26
• Seated Stretch Fit.....	Emmy Okazawa Bortolin	Page 26
• Sit Fit.....	Emmy Okazawa Bortolin	Page 26
• Step Forward.....	Alberta Health Services.....	Page 27
• Total Body Workout Through Barre	Elise Millard	Page 27
• Total Fit.....	Karen Meunier	Page 28
• Total Fitness for Active Agers.....	Karen Meunier.....	Page 28
• Zumba Gold	Terri Kokotilo.....	Page 28

Registered Classes by Type

Community Classes

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

Lifelong Learning Classes

- DVD Lecture Series..... Volunteer Facilitators Page 31
- **ONLINE** Spanish Level 2..... Cecilia Hamel Page 32
- **ONLINE** Spanish Level 3..... Cecilia Hamel Page 32
- **ONLINE** Spanish Level 4..... Cecilia Hamel Page 32

Taiji (Tai Chi) Classes

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

Wellness Classes

- Everything Spiritual Leslie McKenzie Page 34

Yoga Classes

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

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 WE Seniors 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, WE Seniors will not issue a refund for the cancelled class.
- » If a make-up class is NOT scheduled, you will be refunded the full amount of the missed class.

Please note:

If you are unable to attend the rescheduled class, we will not issue a refund. This will be no different than you missing a regularly scheduled class.

Travel Trips & Special Events

WE Seniors will not refund the cost of a ticket. In some circumstances we may be able to facilitate a transfer with another interested member to purchase the ticket from you.

Unable To Attend A Class?

If you unable to attend a class within a series, WE Seniors will not provide a refund for the class.

Need To Cancel/Switch 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/Switch 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 WE Seniors has to shut down due to unforeseen reasons, we will refund the cost of classes or presentations to the wallet only.**

WE Seniors Code Of Conduct

Conduct Of Members

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

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

Disclaimers

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



The Centre Will Be Closed On The Following Days:

May 18
Victoria Day

July 1
Canada Day

August 3
Civic Holiday

Welcome To Our Centre



Spring/Summer 2026 Registration Opens

- » Tuesday, April 21, 2026 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of August 2026
- » Reciprocal registration opens April 28, 2026 at 9:30 a.m.

Reciprocal Program Registration - Participating Centres

There is 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)
- » The Shaama Centre
- » Southeast Edmonton Seniors Association
- » Southwest Edmonton Seniors Association
- » Strathcona Place +55 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 WE Seniors members.
- » A valid WE Seniors membership is required to participate in Pickleball and member tee off at Deer Meadows in the summer.

	WE Seniors 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 WE Seniors membership registration opens)
Drop In Programs	YES	YES
Committees	YES	NO
Clubs	YES	YES
Pickleball/Golf/Bike	YES	NO
Events/Travel Trips	Member Pricing	Price Dependant
Facility Rentals	Member Pricing	Non-Member Pricing
Armour Insurance Discount	10% Discount on Auto 15% Discount on Property	No Discount

Events At Our Centre

Upcoming Events

- » Mother's Day Tea
Friday, May 8
 - » Victorian Settlement Travel Trip
Wednesday, June 24
 - » Community Garden BBQ
Wednesday, July 22
 - » Ice Cream Social
Thursday, August 13
-

New Member Welcome

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

- » Please register at the Front Desk
-

Upcoming Dates:

- » Wednesday, May 6
 - » Wednesday, June 3
 - » Wednesday, July 8
 - » Wednesday, August 5
-

Birthday Parties

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

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

Upcoming Dates:

- » Wednesday, May 20
 - » Wednesday, June 17
 - » Wednesday, July 15
 - » Wednesday, August 19
-

Potluck Dinners

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

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

Upcoming Dates:

- » Thursday, May 28
 - » Thursday, June 25
 - » Thursday, July 30
 - » Thursday, August 27
-

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 Board Room from 9:30 a.m. to 11:30 a.m.
 - » Contact the Front Desk for meeting agendas and instructions for attending.
-

Upcoming Dates:

- » Thursday, May 28
 - » Thursday, June 25
 - » Thursday, July 30
 - » Thursday, August 27
-

Line Dancing Social

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

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

Upcoming Dates:

- » Friday, May 15

WE Seniors 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

WE Seniors 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 vegetable choice.

Ham & Cheese

Nothing can go wrong when these two classic ingredients are put together.

Denver

Loaded with peppers, crunchy onions, juicy mushrooms and savoury sausage, this option is a filling and delicious bowl.

Sausage & Mushroom

A savoury pairing of seasoned sausage and hearty mushrooms.

WE Seniors Outreach

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

WE Seniors Outreach Workers can support you with:

EMOTIONAL & ISOLATION SUPPORT

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

NEEDS ASSESSMENTS

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

MENTAL HEALTH & GRIEF

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

INDEPENDENT HOUSING AND SUPPORTIVE LIVING

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

ELDER ABUSE

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

SENIORS BENEFITS

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

INFORMATION AND REFERRALS

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

MEALS AND NUTRITION

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

HOME SUPPORT SERVICES

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

We're Here To Help

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

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

outreach@weseniors.ca

Volunteering at WE Seniors

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

WE Seniors 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 WE Seniors, 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 Edmonton and WE Seniors Strathcona, Drive Happiness, Edmonton Chinese Philharmonic Choir Association, ICAN Seniors Association, Morinville Sturgeon Men's Shed, Seba Beach Seniors Centre, and South Cooking Lake Seniors Association.



Toonie Talks & Active Aging Series

Who Are The Friends Of WE Seniors?

Friends of WE Seniors are businesses and organizations vetted by WE Seniors 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 WE Seniors 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 CALENDAR button on the top of the page and select PRESENTATIONS from the drop down menu 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 WE Seniors

New Registered & Drop-In Programs For Spring & Summer 2026

- » Mixed Media - The Art of Abundance with Linda Finstad (Pg. 14)
 - » Cake Decorating with Konzy (Pg. 14)
 - » Watercolour Zentangle Collage with Connie Ewashko (Pg. 15)
 - » Starry Night Zentangle with Connie Ewashko (Pg. 15)
 - » Advanced Neurographics with Connie Ewashko (Pg. 16)
 - » Advanced Zentangles with Watercolour with Connie Ewashko (Pg. 16)
 - » Beautiful Sunflowers with Maureen Brown (Pg. 17)
 - » Stunning Sunset with Maureen Brown (Pg. 17)
 - » Welcome Rooster with Maureen Brown (Pg. 17)
 - » Birds of a Feather with Maureen Brown (Pg. 18)
 - » Core Balance and Stretch with Roshni Narayan (Pg. 23)
 - » Essentrics® Stretch and Tone with Meg Hipkin (Pg. 25)
 - » Dance Fit | La Perle with Sherry Matter (Pg. 29)
-

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

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

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

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

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, May 5 to June 30
9 Classes
12:30 p.m. to 3:00 p.m.
COST \$182

Tuesdays, July 7 to July 28
4 Classes
12:30 p.m. to 3:00 p.m.
COST \$81

Tuesdays, Aug 4 to Aug 25
4 Classes
12:30 p.m. to 3:00 p.m.
COST \$81

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

NEW



Mixed Media - *The Art of Abundance*

Instructor: Linda Finstad

Tuesday, May 26

1 Class

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

COST \$55

All art supplies are included.

This workshop blends beauty, symbolism, and intention in a way that feels both grounding and uplifting.

Create a richly layered floral artwork using paper money as your primary collage material.

You'll be guided step by step through composition, layering, and design, creating an elegant piece of art that feels timeless and personal. This workshop is suitable for beginners and experienced creatives alike. The focus is on enjoyment, expression, and creating something beautiful that carries meaning beyond the surface.

This is a calm, satisfying class — perfect for anyone who loves art with a story.



NEW



Cake Decorating

Instructor: Konzy

Tuesday, July 14

1 Class

5:00 p.m. to 7:00 p.m.

COST \$70

All supplies are included.

Cake is 4"

Each participant will be guided step-by-step by an experienced instructor. You'll learn how to stack, fill, and ice a cake, practice basic piping techniques, and add beautiful finishing details to complete your design. Perfect for beginners or anyone looking to build their decorating skills.



Art Classes

NEW



Watercolour Zentangle Collage

Instructor: Connie Ewashko

Wednesday, July 8 to July 29
4 Classes
2:00 p.m. to 4:00 p.m.
COST \$72

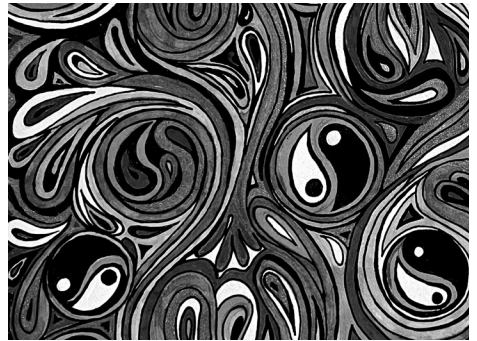
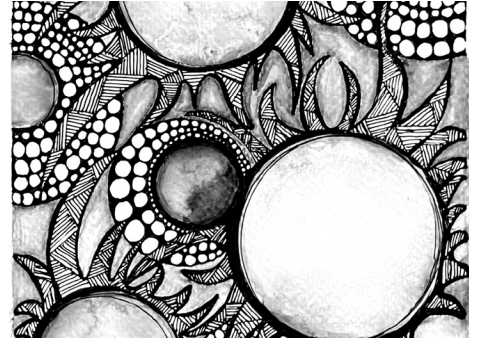
Two watercolour pages, pencil and eraser are included.

Please bring:

Watercolours, markers, pencil
crayons, ruler

Build on your experience in this advanced class. Previous participation in one or both introductory classes is recommended.

Design and complete a Zentangle piece suitable for framing. With guided instruction, you'll create their own unique artwork, exploring advanced patterns and techniques. Suggestions and patterns will be provided, while also encouraging individual creativity and personal design ideas.



NEW



Starry Night Zentangle

Instructor: Connie Ewashko

Tuesdays, Aug 4 to Aug 25
4 Classes
3:00 p.m. to 5:00 p.m.
COST \$72

Two watercolour pages, pencil and eraser are included.

Please bring:

Watercolours, markers, pencil
crayons, ruler

Build on your experience in this advanced class. Previous participation in one or both introductory classes is recommended.

Create one completed Zentangle-inspired piece with a "Starry Night" theme. The class will focus on advanced patterns and techniques, with guided instruction, suggestions, and creative support throughout the process. This class encourages participants to challenge themselves while exploring new mediums and design approaches.



Art Classes



Neurographics

Instructor: Connie Ewashko

Beginner

Tuesdays, May 12 to May 26

3 Classes

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

COST \$54

NEW Advanced

Tuesdays, June 2 to June 30

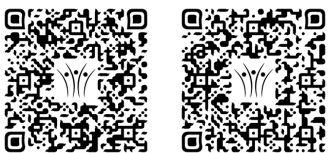
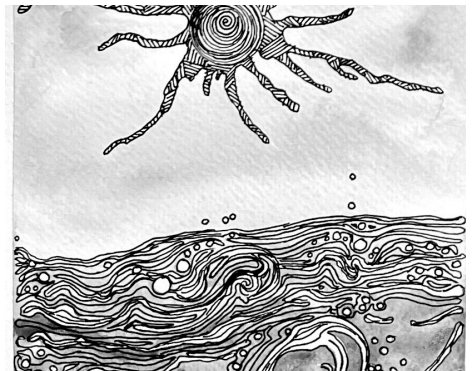
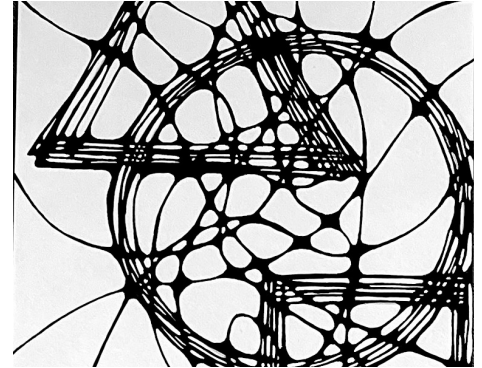
4 Classes (No class June 16)

1:00 p.m. to 3:00 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

Beginner

Thursdays, May 7 to May 28

3 Classes (No class May 14)

2:00 p.m. to 4:00 p.m.

COST \$54

NEW Advanced

Tuesdays, June 2 to June 30

4 Classes (No class June 16)

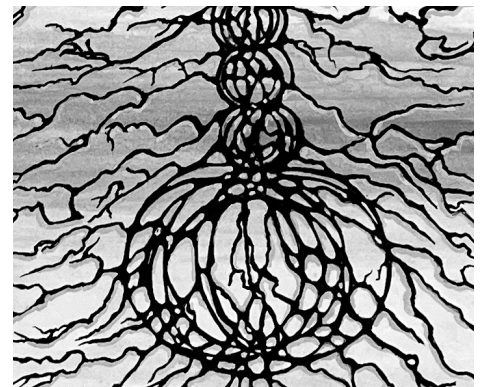
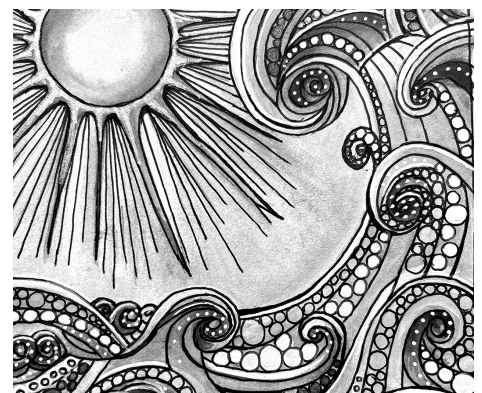
3:00 p.m. to 5:00 p.m.

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



Beautiful Sunflowers

Instructor: Maureen Brown

Thursdays, May 14 to 21

2 Classes

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

COST \$84

All art supplies are included.

The piece is 14"x16"

Come and learn how to paint these beautiful sunflowers and make them come to life. You will learn a technique using pouring medium and work with beads for the pretty centers.



NEW



Stunning Sunset

Instructor: Maureen Brown

Thursdays, June 11 to 18

2 Classes

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

COST \$84

All art supplies are included.

The piece is 14"x16"

Come and learn to paint this sunset. Instructor will show you how to blend these vibrant colors to get this effect.



NEW



Welcome Rooster

Instructor: Maureen Brown

Thursdays, July 16 to 23

2 Classes

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

COST \$84

All art supplies are included.

The piece is 14"x16"

Instructor will give guidance for using acrylic paint and you will learn how to paint an interesting background and make the rooster cute!



Art Classes

NEW



Birds of a Feather

Instructor: Maureen Brown

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

All art supplies are included.
The piece is 14"x16"

You will learn how to use crackle medium to make an interesting background and will be painting using pouring medium. Come and join us and have some fun making this creative piece.



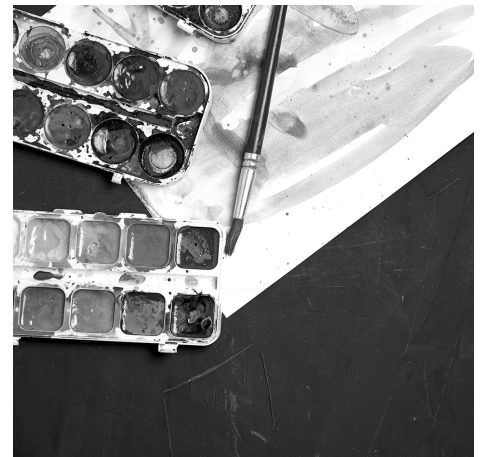
Watercolour for Intermediate and Advanced

Instructor: Thom Podlubny

Tuesdays, May 5 to June 23
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.



Discover the Joy of Creative Expression

Creativity is a powerful way to relax, recharge, and explore new ideas. Whether you enjoy crafting, sketching, or experimenting with colours and textures, creative activities offer a meaningful outlet for self-expression.

Making time to create can boost your mood, improve concentration, and provide a rewarding sense of accomplishment. It's also a wonderful opportunity to meet others, share inspiration, and build confidence in a supportive space.

All skill levels are welcome—just come as you are and enjoy the process of making something uniquely yours!

Fitness Levels Defined

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

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



Gentle

Gentle fitness classes are a good match

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

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

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



Moderate

Moderate fitness classes are good for

individuals who are increasing their activity and able to get down and up from the floor without assistance.

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

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



Vigorous

Advanced fitness classes are a good

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

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

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

Dance Classes



Ballroom & Latin Dancing

Instructor: Elise Millard

Fridays, May 8 to July 3

9 Classes

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

COST \$81

Fridays, July 10 to July 31

4 Classes

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

COST \$36

Fridays, Aug 7 to Aug 28

4 Classes

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

COST \$36

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

NOTE:

- Registration with a partner is mandatory.

EQUIPMENT:

- Water Bottle

Dance Classes



Clogging | Beginner

Instructor: Tracy Walters

Mondays, May 4 to June 29
8 Classes (No class May 18)
12:00 p.m. to 1:00 p.m.
COST \$72

Mondays, July 6 to July 27
4 Classes
12:00 p.m. to 1:00 p.m.
COST \$36

Mondays, Aug 10 to Aug 24
3 Classes
12:00 p.m. to 1:00 p.m.
COST \$27

NOTE:

- Clogging is a progressive class. If you're starting at beginner it will take approximately 1-2 years or 3 beginner clogging series' before you will move on. Previous experience is needed for the summer series.



Clogging | Intermediate

Instructor: Tracy Walters

Mondays, May 4 to June 29
8 Classes (No class May 18)
1:15 p.m. to 2:15 p.m.
COST \$72

Mondays, July 6 to July 27
4 Classes
1:15 p.m. to 2:15 p.m.
COST \$36

Mondays, Aug 10 to Aug 24
3 Classes
1:15 p.m. to 2:15 p.m.
COST \$27

NOTE:

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



Clogging | Experienced

Instructor: Tracy Walters

Mondays, May 4 to June 29
8 Classes (No class May 18)
2:30 p.m. to 3:30 p.m.
COST \$72

Mondays, July 6 to July 27
4 Classes
2:30 p.m. to 3:30 p.m.
COST \$36

Mondays, Aug 10 to Aug 24
3 Classes
2:30 p.m. to 3:30 p.m.
COST \$27

NOTE:

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

Dance Classes



Line Dancing | Beginner

Instructor: Tracy Walters

Tuesdays

May 5 to June 30
9 Classes
3:30 p.m. to 4:30 p.m.
COST \$81

July 7 to July 28
4 Classes
3:30 p.m. to 4:30 p.m.
COST \$36

Aug 4 to Aug 25
4 Classes
3:30 p.m. to 4:30 p.m.
COST \$36

Thursdays

May 7 to July 2
8 Classes (No class June 4)
12:15 p.m. to 1:15 p.m.
COST \$72

July 9 to July 30
4 Classes
12:15 p.m. to 1:15 p.m.
COST \$36

Aug 6 to Aug 27
4 Classes
12:15 p.m. to 1:15 p.m.
COST \$36

NOTE:

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



Line Dancing | Intermediate

Instructor: Tracy Walters

Thursdays, May 7 to July 2
8 Classes (No class June 4)
1:30 p.m. to 2:30 p.m.
COST \$72

Thursdays, July 9 to July 30
4 Classes
1:30 p.m. to 2:30 p.m.
COST \$36

Thursdays, Aug 6 to Aug 27
4 Classes
1:30 p.m. to 2:30 p.m.
COST \$36

NOTE:

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



Line Dancing | Experienced

Instructor: Tracy Walters

Thursdays, May 7 to July 2
8 Classes (No class June 4)
2:45 p.m. to 3:45 p.m.
COST \$72

Thursdays, July 9 to July 30
4 Classes
2:45 p.m. to 3:45 p.m.
COST \$36

Thursdays, Aug 6 to Aug 27
4 Classes
2:45 p.m. to 3:45 p.m.
COST \$36

NOTE:

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

Fitness Classes



Barre

Instructor: Freya Giroux

This class is also offered
online at the same time

Wednesdays, May 6 to June 24

8 Classes

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

COST \$72

Wednesdays, July 8 to July 29

4 Classes

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

COST \$36

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

EQUIPMENT

- Yoga mat
- Yoga band
- Hand weights



Circuit Fit

Instructor: Deborah Ravbar

Fridays, May 8 to July 3

9 Classes

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

COST \$72

Fridays, July 10 to July 31

4 Classes

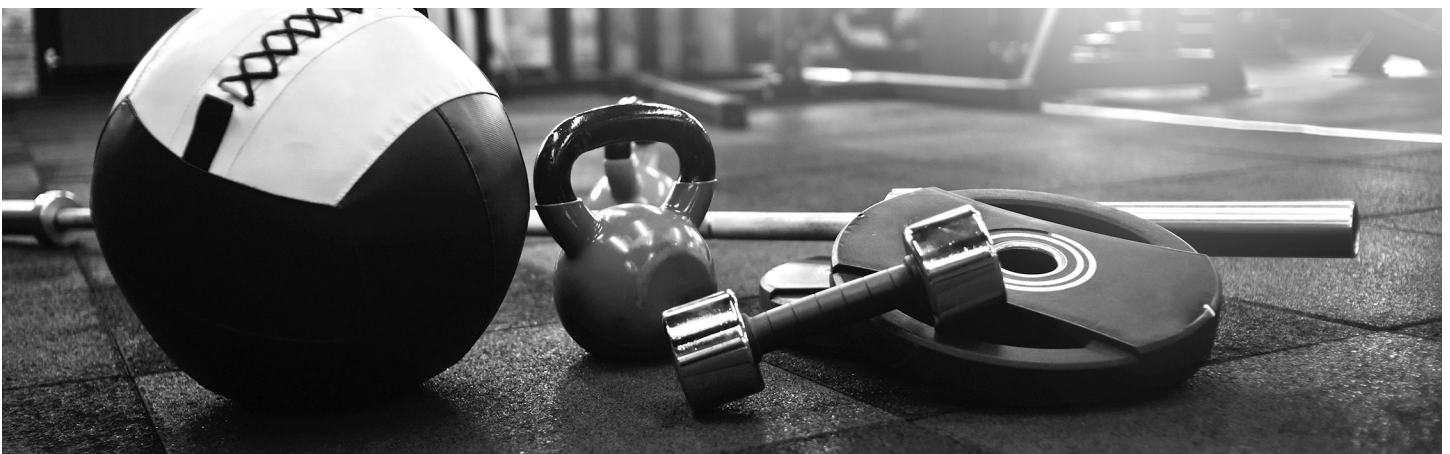
11:30 a.m. to 12:30 p.m.

COST \$32

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

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Ball
- Hand weights



Fitness Classes



Core Balance and Stretch

Instructor: Roshni Narayan

Wednesdays, May 13 to June 24

7 Classes

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

COST \$63

Wednesdays, July 8 to July 29

4 Classes

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

COST \$36

Designed to strengthen the muscles of the torso, abdomen, back, hips, and pelvis while improving stability, coordination, and flexibility. This class focuses on functional deep muscle training to support the spine, prevent injury, and enhance daily mobility. Suitable for all fitness levels.

EQUIPMENT:

- Yoga strap/Theraband
- Yoga mat and block
- Bender ball
- Hand weights



Dynamic Movement

Instructor: Freya Giroux

Mondays

May 4 to June 29

8 Classes (No class May 18)

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

COST \$80

July 6 to July 27

4 Classes

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

COST \$40

Fridays

May 8 to July 3

9 Classes

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

COST \$90

July 10 to July 31

4 Classes

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

COST \$40

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

EQUIPMENT:

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



Fitness Classes



Essentrics® Age Reversing

Instructor: Lori Griffith

Tuesday Evenings

May 5 to June 30
9 Classes
6:30 p.m. to 7:30 p.m.
COST \$99

July 7 to July 28
4 Classes
6:30 p.m. to 7:30 p.m.
COST \$44

Aug 4 to Aug 25
4 Classes
6:30 p.m. to 7:30 p.m.
COST \$44

Fridays

May 15 to July 3
8 Classes
9:00 a.m. to 10:00 a.m.
COST \$88

July 10 to July 31
4 Classes
9:00 a.m. to 10:00 a.m.
COST \$44

Aug 7 to Aug 28
4 Classes
9:00 a.m. to 10:00 a.m.
COST \$44

This age-reversing workout will restore movement, improve flexibility and strength, relieve pain, and stimulate your cells to increase energy and vibrancy to your immune system. Gentle to moderate fitness, this class combines standing and some floor work (back and side only). If unable to go to the floor, it can be modified to do from a chair.

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand



Essentrics® Gentle Stretch

Instructor: Meg Hipkins

Wednesdays, May 6 to June 24
8 Classes
11:30 a.m. to 12:15 p.m.
COST \$80

Wednesdays, July 8 to July 29
4 Classes
11:30 a.m. to 12:15 p.m.
COST \$40

Wednesdays, Aug 5 to Aug 26
4 Classes
11:30 a.m. to 12:15 p.m.
COST \$40

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

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

Fitness Classes



Essentrics® Stretch and Tone

Instructor: Meg Hipkin

Thursdays, May 7 to July 2

8 Classes (No class June 4)

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

COST \$88

Thursdays, July 9 to July 30

4 Classes

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

COST \$44

Thursdays, Aug 6 to Aug 27

4 Classes

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

COST \$44

A full body workout using a dynamic combination of strengthening and stretching, with standing and floor work (back and side only). This program rebalances the body, prevents and treats injuries, and unlocks tight joints.

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



Fit For Life

Instructor: Deborah Ravbar

Mondays, May 4 to June 29

8 Classes (No class May 18)

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

COST \$64

Mondays, July 6 to July 27

4 Classes

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

COST \$32

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

EQUIPMENT:

- Yoga strap/TheraBand
- Bender Balls
- Hand weights



Fitness Classes



M2M - Movement To Music

Instructor: Elise Millard

Tuesdays, May 5 to June 30
9 Classes
9:00 a.m. to 10:00 a.m.
COST \$81

Tuesdays, July 7 to July 28
4 Classes
9:00 a.m. to 10:00 a.m.
COST \$36

Tuesdays, Aug 4 to Aug 25
4 Classes
9:00 a.m. to 10:00 a.m.
COST \$36

M2M is a cardio class with upbeat music to keep us moving and having fun as we get stronger, improve our cardio, work on our balance, and develop a better range of motion.

For the summer sessions, this class will be held in the gymnasium.

EQUIPMENT:

- Resistance bands & fitness loop band
- Hand weights



Seated Stretch Fit

Instructor: Emmy Okazawa Bortolin

This class is also offered online at the same time

Mondays, May 4 to June 29
8 Classes (No class May 18)
10:15 a.m. to 11:15 a.m.
COST \$72

Mondays, July 6 to July 27
4 Classes
10:15 a.m. to 11:15 a.m.
COST \$36

Mondays, Aug 10 to Aug 24
3 Classes
10:15 a.m. to 11:15 a.m.
COST \$27

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

EQUIPMENT:

- Resistance band



Sit Fit

Instructor: Emmy Okazawa Bortolin

Wednesdays, May 6 to June 24
8 Classes
10:15 a.m. to 11:15 a.m.
COST \$72

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

Wednesdays, Aug 5 to Aug 26
4 Classes
10:15 a.m. to 11:15 a.m.
COST \$36

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

EQUIPMENT:

- Hand weights
- Stretchy band
- Resistance band loop

Fitness Classes



Step Forward

Instructor: Primary Care Alberta

Mondays & Wednesdays

Starting April 8

11 Weeks

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

Tuesdays & Thursdays

Starting April 2

11 Weeks (No class June 4)

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.



Total Body Workout Through Barre

Instructor: Elise Millard

Tuesdays, May 5 to June 30

9 Classes

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

COST \$81

Tuesdays, July 7 to July 28

4 Classes

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

COST \$36

Tuesdays, Aug 4 to Aug 25

4 Classes

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

COST \$36

Barre may be a ballet-inspired class but don't let that fool you, this is a fantastic class for your overall fitness.

For the summer sessions, this class will be held in the gymnasium.

EQUIPMENT:

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

Fitness Classes



Total Fit

Instructor: Karen Meunier

Mondays, May 4 to June 29
8 Classes (No class May 18)
9:00 a.m. to 10:00 a.m.
COST \$72

Mondays, July 6 to July 27
4 Classes
9:00 a.m. to 10:00 a.m.
COST \$36

Mondays, Aug 10 to Aug 24
3 Classes
9:00 a.m. to 10:00 a.m.
COST \$27

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



Total Fitness for Active Agers

Instructor: Karen Meunier

Mondays, May 4 to June 29
8 Classes (No class May 18)
10:15 a.m. to 11:15 a.m.
COST \$88

Mondays, July 6 to July 27
4 Classes
10:15 a.m. to 11:15 a.m.
COST \$44

Aug 10 to Aug 24
3 Classes
10:15 a.m. to 11:15 a.m.
COST \$33

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
- Hand weights
- Bender ball



Zumba Gold®

Instructor: Terri Kokotilo

Fridays, May 8 to July 3
8 Classes (No class May 15)
2:30 p.m. to 3:30 p.m.
COST \$64

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.



Classes at La Perle

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



Dance Fit | La Perle

Instructor: Sherry Matter

Thursdays, May 14 to June 25
6 Classes (No class May 28)
10:30 a.m. to 11:30 a.m.
COST \$54

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.



Essentrics® Stretch and Tone | La Perle

Instructors: Meg Hipkin - Wednesdays | Lori Griffith - Fridays

Wednesdays, May 13 to June 24
7 Classes
10:00 a.m. to 11:00 a.m.
COST \$77

Wednesdays, July 8 to July 29
4 Classes
10:00 a.m. to 11:00 a.m.
COST \$44

Wednesdays, Aug 5 to Aug 26
4 Classes
10:00 a.m. to 11:00 a.m.
COST \$44

Fridays, May 15 to July 3
8 Classes
10:45 a.m. to 11:45 a.m.
COST \$88

Fridays, July 10 to July 31
3 Classes (No Class on July 17)
10:45 a.m. to 11:45 a.m.
COST \$33

Fridays, Aug 7 to Aug 28
4 Classes
10:45 a.m. to 11:45 a.m.
COST \$44

A full body workout using a dynamic combination of strengthening and stretching, with standing and floor work (back and side only). This program rebalances the body, prevents and treats injuries, and unlocks tight joints.

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



M2M & Barre Fusion | La Perle

Instructor: Elise Millard

Fridays, May 15 to July 3
8 Classes
12:00 p.m. to 1:00 p.m.
COST \$72

Fridays, July 10 to July 31
3 Classes (No Class on July 17)
12:00 p.m. to 1:00 p.m.
COST \$27

Fridays, Aug 7 to Aug 28
4 Classes
12:00 p.m. to 1:00 p.m.
COST \$36

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

EQUIPMENT:

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

Classes at Trinity United Church



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

TRINITY
UNITED CHURCH



Essentrics® Age Reversing | Trinity United Church

Instructor: Meg Hipkin

Tuesdays, May 5 to June 30

9 Classes

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

COST \$99

Tuesdays, July 7 to July 28

4 Classes

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

COST \$44

Tuesdays, Aug 4 to Aug 25

4 Classes

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

COST \$44

This age-reversing workout will restore movement, improve flexibility and strength, relieve pain, and stimulate your cells to increase energy and vibrancy to your immune system. Gentle to moderate fitness, this class combines standing and some floor work (back and side only). If unable to go to the floor, it can be modified to do from a chair.

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand



Essentrics® for Seniors | Trinity United Church

Instructor: Lori Griffith

Thursdays, May 7 to July 2

9 Classes

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

COST \$90

Thursdays, July 9 to July 30

4 Classes

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

COST \$40

Thursdays, Aug 6 to Aug 27

4 Classes

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

COST \$40

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

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

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand

Lifelong Learning Classes



DVD Lecture - *Understanding Imperial China: Dynasties, Life, & Culture*

Hosted by Volunteer Facilitators

This class is also offered online at the same time

Fridays, Apr 10 to May 29

8 Classes

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

COST \$40

A knowledge of China's imperial history is vital for any understanding of its present, as modern China is linked in many ways to the extraordinary culture of its empire. These 24 lectures take you to the heart of life during China's imperial era, through the lives of individual subjects of all social ranks. Across the arc of the course, you witness what daily life was like for government bureaucrats, for scholars, for women of the court, for soldiers, merchants, craftspeople, courtesans, imperial cooks, and many others - all against the backdrop of the diversity, the genius, and the majesty of imperial China.





Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursdays, May 7 to July 2

(8 Classes) No class June 4

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

COST \$126

Prior Spanish experience is required.

Thursdays, July 9 to July 30

(4 Classes)

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

COST \$56

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

Spanish Level 3

Thursdays, May 7 to July 2

(8 Classes) No class June 4

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

COST \$126

Prior Spanish experience is required.

Thursdays, July 9 to July 30

(4 Classes)

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

COST \$56

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

Spanish Level 4

Thursdays, May 7 to July 2

(8 Classes) No class June 4

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

COST \$126

Prior Spanish experience is required.

Thursdays, July 9 to July 30

(4 Classes)

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

COST \$56

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

Taiji (Tai Chi) Classes



Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

Mondays, May 4 to Aug 24

15 Classes

(No class May 16 & Aug 3)

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

COST \$120

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

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



Foundations & Hunyuan Taiji

Instructor: Allan Belsheim

Thursdays, May 7 to Aug 20

15 Classes

(No class June 4)

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

COST \$120

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

The Legacy and Benefits of Tai Chi

Tai Chi has a rich history, practiced for generations by people from all walks of life—from scholars and artists to leaders and everyday individuals—thanks to its gentle yet powerful approach to movement and well-being.

Rooted in traditional Chinese philosophy, Tai Chi focuses on balance, flow, and mindfulness. While it draws inspiration from these traditions, it is not connected to any specific religion, making it accessible and welcoming to everyone.

Those who practice activities like yoga, dance, or martial arts often find Tai Chi to be a perfect complement, enhancing flexibility, focus, and overall harmony in both body and mind.

Wellness Classes



Everything Spiritual

Instructor: Leslie McKenzie

Tuesdays, May 5 to June 23
8 Classes
6:00 p.m. to 7:30 p.m.
COST \$120

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. 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, May 5 to June 30

8 Classes

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

COST \$72

Tuesdays, July 7 to July 28

4 Classes

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

COST \$32

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

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



Yoga For Balance & Well-being

Instructor: Martha Miller

Thursdays, May 7 to July 2

8 Classes (No class June 4)

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

COST \$64

Thursdays, July 9 to July 23

3 Classes

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

COST \$24

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

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended



Chair Yoga (*Sitting and Standing*)

Instructor: Neeru Prashar

This class is also offered online at the same time

Fridays, May 8 to July 3

9 Classes

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

COST \$72

Fridays, July 10 to July 31

4 Classes

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

COST \$32

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

EQUIPMENT:

- Yoga block or blanket recommended
- Yoga mat and band

Yoga Classes



Gentle Yoga (*Sitting and Standing*)

Instructor: Freya Giroux

This class is also offered online at the same time

Mondays

May 4 to June 29
8 Classes (No class May 18)
10:45 a.m. to 11:45 a.m.
COST \$72

July 6 to July 27
4 Classes
10:45 a.m. to 11:45 a.m.
COST \$36

Wednesdays

May 6 to June 24
8 Classes
9:45 a.m. to 10:45 a.m.
COST \$72

July 8 to July 29
4 Classes
9:45 a.m. to 10:45 a.m.
COST \$36

Wednesdays

May 6 to June 24
8 Classes
12:00 p.m. to 1:00 p.m.
COST \$72

July 8 to July 29
4 Classes
12:00 p.m. to 1:00 p.m.
COST \$36

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

EQUIPMENT:

- Yoga mat



Hatha Yoga | Beginner

Instructor: Neeru Prashar

This class is also offered online at the same time

Tuesdays, May 5 to June 30
9 Classes
9:30 a.m. to 10:30 a.m.
COST \$72

Tuesdays, July 7 to July 28
4 Classes
9:30 a.m. to 10:30 a.m.
COST \$32

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

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

Yoga Classes



Intermediate/Advanced Yoga

Instructor: Neeru Prashar

This class is also offered online at the same time

Fridays, May 8 to July 3

9 Classes

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

COST \$72

Fridays, July 10 to July 31

4 Classes

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

COST \$32

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

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended



Modified Chair Yoga

Instructor: Carmella Haykowsky

Wednesdays, May 6 to June 24

8 Classes

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

Cost \$64

Wednesdays, July 8 to July 29

4 Classes

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

Cost \$32

Wednesdays, Aug 5 to Aug 26

4 Classes

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

Cost \$32

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

EQUIPMENT:

- Yoga mat and band



Yoga for the Mind and Body

Instructor: Martha Miller

Mondays, May 4 to June 29

8 Classes (No class May 18)

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

COST \$64

Mondays, July 6 to July 20

3 Classes

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

COST \$24

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

EQUIPMENT:

- Yoga mat
- Yoga strap and block recommended

Yoga Classes



Pilatoga | Beginner

Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays, May 4 to June 29

8 Classes (No class May 18)

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

COST \$72

Mondays, July 6 to July 27

4 Classes

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

COST \$36

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

EQUIPMENT:

- Yoga mat and band



Renew and Refresh Flow Yoga

Instructor: Carmella Haykowsky

Wednesdays, May 6 to June 24

8 Classes

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

Cost \$64

Wednesdays, July 8 to July 29

4 Classes

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

Cost \$32

Wednesdays, Aug 5 to Aug 26

4 Classes

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

Cost \$32

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

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps



Restorative Hatha Yoga | Intermediate

Instructor: Audrey Bell-Hiller, B.A.

Thursdays, July 9 to July 30

4 Classes

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

Cost \$45

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

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

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 WE Seniors for assistance (780) 483-1209 or email Programs@weseniors.ca

DID YOU KNOW YOU MAY HAVE A CREDIT ON YOUR WE SENIORS 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”
- If you have a credit, you can access it to pay for your programs online



Older, Bolder, Better!™ Seniors Exhibition & Symposium

SAVE THE DATE
THURSDAY, JUNE 4, 2026



Join us for the 29th annual
Older, Bolder, Better!™ Seniors Exhibition & Symposium (OBB)

Happening at River Cree Resort & Casino in Edmonton
300 East Lapotac Boulevard, Enoch, AB T7X 3Y3

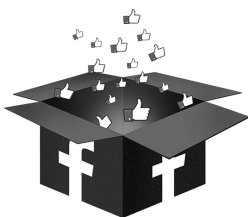
This is a free event for seniors and a registered Alberta Seniors' Week activity.

Event highlights:

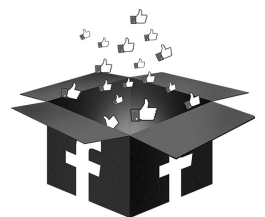
- » 120 Exhibitor Booths;
- » Guest Speakers;
- » Live Entertainment
- » Door Prizes; Raffles; 50/50 Draw;
- » Loot Bags For The First 50 Attendees



Follow Us On Facebook!



We share all of our WE Seniors 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)

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.
 - Golf @ Deer Meadows 9:30 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.
 - Badminton 1:00 p.m. to 4:00 p.m.
 - Billiards 3:00 p.m. to 5:30 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.
- Golf @ Deer Meadows 9:30 a.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.
 - Badminton 10:30 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.
 - Writers Drop-in 1st Thurs 3:00 p.m. to 5:00 p.m.
 - Mahjong 3:30 p.m. to 5:30 p.m.
 - Games Room 4:30 p.m. to 7:45 p.m.
 - Open Jam Evenings 6:00 p.m. to 7:30 p.m.
-

Friday Drop-In Classes

- Walking Group 9:00 a.m.
- Games Room 9:00 a.m. to 12:30 p.m.
- Workshop 9:00 a.m. to 4:00 p.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Silvertones 10:00 a.m. to 12:00 p.m.
- Bike Group 1:00 p.m.
- Cribbage 1:00 p.m. to 3:00 p.m.
- Paper Quilling 1:00 p.m. to 3:30 p.m.

PLEASE NOTE: some drop-in programs may pause later in the summer, please check with the centre for updates

Pickleball - Level 2

Tuesdays 6:10 p.m. to 7:50 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.
4:30 p.m. to 6:10 p.m.

Pickleball - Level 3

Mondays 12:45 p.m. to 2:25 p.m.
2:25 p.m. to 4:05 p.m.

Tuesdays 4:30 p.m. to 6:10 p.m.

Wednesdays 12:45 p.m. to 2:25 p.m.

Thursdays 12:45 p.m. to 2:25 p.m.
2:25 p.m. to 4:05 p.m.

The Arts - Drop In Classes

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

Art

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

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

Crafts

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

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

Knitting Group

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

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

"Quirky Quillers" Paper Quilling

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

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

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

The Arts - Drop In Classes

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

Wood Burning

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

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

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

Wood Carvers Club

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

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

Workshop

Mondays & Wednesdays & Fridays
9:00 a.m. to 4:00 p.m.

Tuesdays
9:00 a.m. to 7:30 p.m.

Note: WE Seniors 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 3:00 p.m. to 5:30 p.m.

Wednesdays 9:00 a.m. to 4:00 p.m.

Rack 'em up and chat 'em up.

Enjoy our refurbished billiard tables and join this crew for good conversation and relaxed play.

All levels welcome.

Contract Bridge

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

An active mind is a sharp mind. Bridge enthusiasts are encouraged to join this group.

No partner necessary.

Cribbage

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

15-2, 15-4... and the rest don't score. Check out this fun group and see if you have the right combinations to make it all the way.

All levels welcome.

Cards & Games - Drop In Classes

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

Euchre

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

A friendly group of fun and play.

This social card game is simple in concept but high in subtlety.

All levels welcome.

Games Room

Mondays 9:00 a.m. to 12:30 p.m.
Thursdays 4:30 p.m. to 7:45 p.m.
Fridays 9:00 a.m. to 12:30 p.m.

Our space is available for you to play whether it is card games, darts, board games or billiards. You and your friends can come together and play the game of your choice.

You may use the available cards and board games at the centre.

Mahjong

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

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

All levels welcome.

Practice Bridge

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

When you don't use it, you lose it... so why not practice? Sharpen your skills and play one of the most popular card games worldwide, it's never too late to join the masses.

No partner necessary.

Scrabble

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

Get together for a fun-filled game of Scrabble! Challenge your friends, show off your word skills, and enjoy the excitement of friendly competition.

**No partner necessary,
all levels welcome.**

Fitness - Drop In Classes

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

Badminton

Tuesdays 1:00 p.m. to 4:00 p.m.
Thursdays 10:30 a.m. to 12:30 p.m.

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

All levels welcome.

Bike Group

Mondays, Wednesdays, & Fridays
Meet at WE Seniors at 1:00 p.m.*

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

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

Golf at Deer Meadows

Tuesdays and Wednesday
9:30 a.m. Tee Off

\$20 /round or 11 rounds for \$200.00* price subject to change. More information is available at the Front Desk.

The 2026 Golf season has started up again. We have booked tee off for Tuesdays and Wednesdays at 9:00 a.m.

The Fitness Room

Daily 9:00 a.m. to Close

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

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

Please pre-book your orientation at the reception desk.

Multi-use passes are available:

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

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

Walking Group

Tuesdays & Fridays Meet at WE Seniors 9:00 a.m.

Venture into the scenic river valley and beyond, exploring beautiful trails together. After the invigorating hike, gather at the WE Seniors 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 12:00 p.m.

This is a social gathering with a readers appeal. We start a new book every month, with no long term commitment necessary.

This group has a new facilitator and is looking for new members.

Genealogy

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

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

Photo Club

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

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

Writers Group

1st Thursday of the Month
3:00 p.m. to 5:00 p.m.

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

Music - Drop In Classes

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

Open Jam Evenings

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

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

Silvertones

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

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

Ukulele/All Instrument Circle

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

Please bring your instrument, tuner, pencil and eraser.

The group rotates between music from The Blue and Yellow Daily Ukulele books by Jim Beloff and music given on a USB drive which you may print. We have a copy you may borrow to try before you buy.

It is recommended that you can move quickly among C, Am, F, and G, G7 as a minimum. It would be more comfortable if you also were familiar with D, D7, A, A7, and E7.

The music for this group consists of only lyrics and chords suitable for any stringed instrument.



Pickleball

\$5.00 drop-in fee

All Pickleball Players - Please Note

Participants should sign up a week in advance using the Sign-Up Genius app.

You can only sign up for one session a day to a maximum of 2 sessions a week. However, on the day you are playing if there are available slots for the 2nd session you can play both the 1st and 2nd session and vice versa.

- » Doubles Play - There is a maximum of 16 players per session.
 - » Played by the clock (11 minutes/ game).
 - » Only members of WE Seniors can sign up for pickleball.
-

Pickleball - Level 2

Tuesdays **6:10 p.m. to 7:50 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 **4:30 p.m. to 6:10 p.m.**
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.

WE Seniors 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

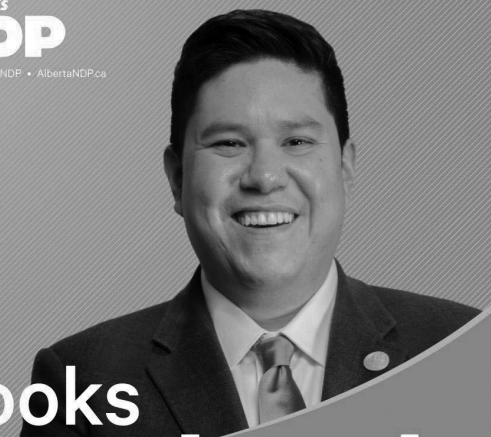
10119 150 St NW, Edmonton, AB T5P 1P2

Phone 780.203.9004

Reed.Clarke@edmonton.ca



Authorized by Alberta's NDP • AlbertaNDP.ca



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.

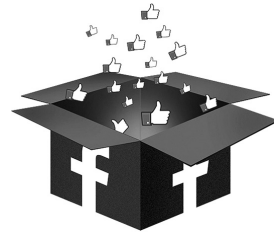
[YouTube.com/
WestendSeniorsActivityCentre/videos](https://www.youtube.com/WestendSeniorsActivityCentre/videos)



Do You Follow Us On Facebook?

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

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



Have You Signed Up For Our E-Newsletter?

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

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

A large, solid grey rectangular box with the number '4025' written in a large, white, sans-serif font in the center.

WE Seniors' Board Of Directors

Jay Pritchard – President

- Jay@weseniors.ca

Lesley Conley – Vice President

- Lesley.Conley@weseniors.ca

Dave Baxandall – Treasurer

- Dave@weseniors.ca

Barbara Gibson – Director

- Barbara@weseniors.ca

Dianne Walker – Director

- Dianne@weseniors.ca

Dolores Brent – Director

- Dolores@weseniors.ca

Kyle Whitfield – Director

- Kyle@weseniors.ca

Lorne Brackenbury – Director

- Lorne@weseniors.ca

Rose Bilou – Director

- Rose.Bilou@weseniors.ca

Maggie Zhao – Board Secretary

- Maggie@weseniors.ca

WE Seniors' Staff Members

Chief Executive Officer

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

Operations & Program Manager

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

Community Engagement & Communications

Lorena Smalley – Community Engagement Manager | Lorena@weseniors.ca

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

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

Outreach Support

Shirley Kildonk – Shirley@weseniors.ca

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

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

Financial Services

Kathy Dicks – Accounting Services | Kathy@weseniors.ca

Karen Storie – Accounting Assistant | Karen@weseniors.ca

Programs Department

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

Pickleball | Pickleball@weseniors.ca

Volunteers – Events – Rentals

Heather Riberdy – Volunteer & Event Manager | Heather@weseniors.ca | Ext. 224

Rental Opportunities

Rentals At WSAC

WSAC has a bunch of great spaces to rent out for various events like weddings, adult birthday parties, meetings, classes, and more! Lots of parking and the views are great. Minimum rental age is 25. We do not rent for graduation parties, under 25 birthday parties, or private sales events.

Spaces - Additional items available with space	Rate \$/Hour	Square Footage	Damage Deposit*
Harry Farmer Room (HF) (45 row seating or 15 fitness class)	\$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

Round Tables
Rectangular Tables
Chairs

What Isn't Included

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>)	\$50 for rental time	Large Coffee Urn (100 cups)	\$40 for rental time
Portable Sound System and Mic	\$50 for rental time	Small Coffee Urn (25 cups)	\$20 for rental time
Projector and Screen	\$50 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



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

Connect With Us

WE Seniors Edmonton
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/