



Fall 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

• Essentrics Gentle Stretch.....	9:00 a.m. to 9:45 a.m.
• 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.

Tuesday Registered Classes

• Seniors Stretch Fit.....	9:00 a.m. - 10:00 a.m.
• M2M - Movement To Music.....	LA PERLE 9:15 a.m. to 10:15 a.m.
• Hatha Yoga Beginner	IN-PERSON & ONLINE 9:30 a.m. - 10:30 a.m.
• Irredescent Dragonflies	9:30 a.m. - 11:30 a.m.
• Watercolour for Beginner.....	9:30 a.m. - 12:00 a.m.
• Majestic Waterfall	9:30 a.m. - 12:30 a.m.
• Kinusaiga Sunrise	9:30 a.m. - 12:30 a.m.
• Dance Fit.....	10:15 a.m. - 11:15 a.m.
• Total Body Workout Through Barre.....	LA PERLE 10:30 a.m. to 11:30 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.
• Laughter Yoga	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.
• Music Lessons.....	1:00 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.
• Fresh Cedar Gnome.....	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.

Registered Classes by Weekday

Wednesday Registered Classes

- Core Balance and Stretch 9:00 a.m. to 10:00 a.m.
- Intro to Japanese..... 9:00 a.m. to 10:00 a.m.
- Renew and Refresh Flow Yoga 9:30 a.m. to 10:30 a.m.
- Pumpkin Porch Stack Decor 9:30 a.m. to 11:30 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.
- Chair Flow 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.
- Sea Glass Christmas Tree..... 2:00 p.m. to 4:00 p.m.
- A (Zen)tangle A Day 2:00 p.m. to 4:00 p.m.
- p.m.More Zentangles 2:00 p.m. to 4:00 p.m.
- Feather Christmas Tree 2:00 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.
- Gnome Porch Decor 9:30 a.m. to 11:30 a.m.
- Restorative Hatha Yoga | Intermediate 9:45 a.m. to 11:00 a.m.
- Sit Fit Cardio..... 10:15 a.m. to 11:15 a.m.
- Dance Through The Decades 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 12:00 p.m.
- Yoga For Balance & Wellbeing 11:15 a.m. to 12:15 p.m.
- Strength, Stretch & Stability 11:30 a.m. to 12:30 p.m.
- Beautiful Hydrangea 12:00 p.m. to 4:00 p.m.
- Fall Trees..... 12:00 p.m. to 4:00 p.m.
- Winter Cardinals..... 12:00 p.m. to 4:00 p.m.
- Christmas Gnome 12:00 p.m. to 4:00 p.m.
- Line Dancing | Beginner 12:15 p.m. to 1:15 p.m.
- Line Dancing | Intermediate..... 1:30 p.m. to 2:30 p.m.
- Foundations & Hunyuan Taiji..... 1:30 p.m. to 2:30 p.m.
- Spanish Level 2..... **ONLINE** 1:30 p.m. to 2:30 p.m.
- Line Dancing | Experienced 2:45 p.m. to 3:45 p.m.
- Step Forward..... 3:00 p.m. to 4:00 p.m.
- Encaustic Card Printing 5:30 p.m. to 7:30 p.m.

Registered Classes By Weekday

Friday Registered Classes

- M2M & Barre Fusion **LA PERLE** 9:00 a.m. to 9:45 a.m.
- 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.
- Choir 1:00 p.m. to 3:00 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.

Community Registered Classes

Community Classes

- M2M & Barre Fusion **LA PERLE** 9:00 a.m. to 9:45 a.m.
- M2M **LA PERLE** 9:15 a.m. to 10:15 a.m.
- Essentrics® Stretch and Tone **LA PERLE** 10:00 a.m. to 11:00 a.m.
- Total Body Workout Through Barre **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.
- Essentrics® Age Reversing **TRINITY UNITED CHURCH** 11:45 a.m. to 12:45 a.m.

Try Something New This Fall!

Try Something New...It is Good For You!

Learning something new keeps our brains active, our bodies moving, and our spirits lifted as we age. It doesn't have to be complicated — small, enjoyable activities make a real difference.

Why lifelong learning matters

Keeps the brain sharp — New skills strengthen neural pathways and support memory.

Boosts mood and confidence — Achieving something new creates a sense of purpose.

Supports independence — Learning helps us adapt to changing technology and daily challenges.

Builds social connection — Group programs reduce isolation and create community.

Adds joy and curiosity — Trying new things brings energy into everyday life.

Examples of programs that help us thrive

Yoga — Improves balance, flexibility, and joint health; reduces stress; supports fall prevention.

Art classes — Strengthen fine motor skills, encourage self-expression, and stimulate creativity; helpful for people living with grief or cognitive change.

Music circles — Enhance memory, coordination, and emotional well-being; group singing and rhythm activities build connection and reduce loneliness.

Education programs — Technology lessons, guest speakers, and skill-building workshops keep minds active and help seniors stay confident navigating the world.



Registered Classes by Type

Art Classes

• Acrylic Painting	Lily Jeong	Page 15
• Pen & Wash	Lily Jeong	Page 15
• Iridescent Dragonflies.....	Linda Finstad	Page 16
• Majestic Waterfall	Linda Finstad	Page 16
• Kinusaig Sunrise	Linda Finstad	Page 17
• Beautiful Hydrangea	Maureen Brown	Page 17
• Fall Trees.....	Maureen Brown	Page 18
• Winter Cardinals	Maureen Brown	Page 18
• Christmas Gnome	Maureen Brown	Page 19
• Pumpkin Porch Stack Decor	Shantel Toma	Page 19
• Fresh Cedar Wreath	Shantel Toma	Page 19
• Gnome Porch Decor	Shantel Toma	Page 20
• A (zen)Tangle a Day	Connie Ewashko.....	Page 20
• More (zen)Tangles.....	Connie Ewashko.....	Page 20
• Feather Christmas Tree.....	Connie Ewashko.....	Page 21
• Sea Glass Christmas Tree.....	Connie Ewashko.....	Page 21
• Encaustic Card Painting	Serina Boffey	Page 22
• Watercolour for Beginners.....	Lily Jeong	Page 22

Music

• Music Lesson	Emmy Okazawa Bortolin	Page 23
• Choir.....	Tammy Farkes	Page 23

Dance Classes

• Ballroom & Latin Dancing.....	Elise Millard	Page 25
• Clogging Beginner.....	Tracy Walters.....	Page 26
• Clogging Intermediate	Tracy Walters.....	Page 26
• Clogging Experienced	Tracy Walters.....	Page 26
• Line Dancing Beginner	Tracy Walters.....	Page 27
• Line Dancing Intermediate.....	Tracy Walters.....	Page 27
• Line Dancing Advanced.....	Tracy Walters.....	Page 27

Fitness Classes

• Barre	Freya Giroux	Page 28
• Core Balance and Stretch	Roshni Narayan	Page 29
• Dance Fit.....	Kathy Paterson	Page 29
• Dance Through The Decades	Sherry Matter	Page 29
• Dynamic Movement.....	Freya Giroux	Page 30
• Essentrics® Age Reversing.....	Lori Griffith	Page 31

Registered Classes by Type

• Essentrics® Gentle Stretch	Meg Hipkins.....	Page 31
• Essentrics® Stretch and Tone.....	Meg Hipkins.....	Page 32
• Fit for Life	Deborah Ravbar	Page 32
• Interval Strength Training	Vera Resera	Page 32
• Seated Stretch Fit.....	Kathy Paterson	Page 33
• Sit Fit	Emmy Okazawa Bortolin	Page 33
• Seniors Stretch Fit.....	Kathy Paterson	Page 34
• Sit Fit Cardio.....	Kathy Paterson	Page 34
• Step Forward.....	Primary Care Alberta.....	Page 34
• Strength, Stretch and Stability	Sherry Matter	Page 35
• Total Fit.....	Kathy Paterson	Page 35
• Total Fitness for Active Agers.....	Karen Meunier	Page 36
• Zumba Gold	Terri Kokotilo.....	Page 36

Lifelong Learning Classes

• Intro To Japanese.....	Emmy Okazawa Bortolin	Page 41
• DVD Lecture Series.....	Volunteer Facilitators	Page 41
• ONLINE Spanish - all levels	Cecilia Hamel	Page 42

Taiji (Tai Chi) Classes

• Qigong & Hunyuan Taiji.....	Allan Belsheim.....	Page 43
• Foundations & Hunyuan Taiji.....	Allan Belsheim.....	Page 43

Wellness Classes

• Everything Spiritual	Leslie McKenzie	Page 44
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Yoga Classes

• Chair Flow Yoga	Carmella Haykowsky	Page 45
• Yoga for Arthritis.....	Neeru Prashar	Page 45
• Chair Yoga (<i>Sitting & Standing</i>).....	Neeru Prashar	Page 45
• Gentle Yoga (<i>Sitting & Standing</i>).....	Freya Giroux.....	Page 46
• Hatha Yoga Beginner	Neeru Prashar	Page 46
• Intermediate/Advanced Yoga.....	Neeru Prashar	Page 47
• Pilatoga Beginner	Freya Giroux.....	Page 47
• Laughter Yoga	Carmella Haykowsky	Page 47
• Renew and Refresh Flow Yoga	Carmella Haykowsky	Page 48
• Restorative Hatha Yoga Intermediate.....	Audrey Bell-Hiller.....	Page 48
• Yoga for the Mind and Body	Martha Miller.....	Page 49
• Yoga for Balance & Wellbeing	Martha Miller.....	Page 49

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 at 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



Welcome To Our Centre



Registration Day

- » Thursday, August 20, 2026 at 1:30 p.m.
- » Registration available in-person or online for all programs until the end of December 2026
- » Reciprocal registration opens August 27, 2026 at 9:30 a.m.

Reciprocal Program Registration - Participating Centres

- » 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

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 are 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:

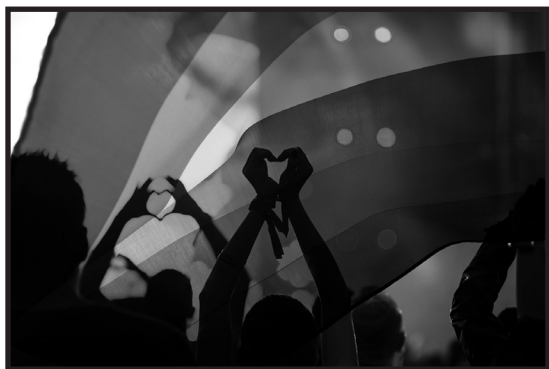
September 7, 2026
Labour Day

October 2, 2026
Silver Tech
Summit

October 12, 2026
Thanksgiving

December 24, 2026 to
January 1, 2027
Christmas Break

Events At Our Centre



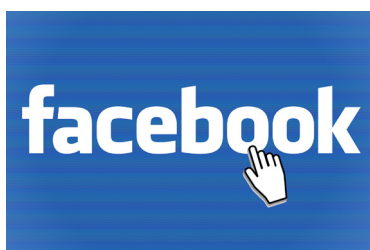
- » September 4, 2026 - Stony Plain Museum
- » September 25, 2026 - East Coast Kitchen Party
- » October 1, 2026 - AGE-WELL AgeTech Discovery Day
- » October 2, 2026 - Highlevel Street Car Travel Trip
- » October 2, 2026 - Silvertech Summit 2.0
- » October 8, 2026 - Fashion Show
- » November 11, 2026 - Remembrance Day Service
- » November 14, 2026 - Holiday Market
- » November 27, 2026 - Holiday Dinner
- » December 1, 2026 - Jubilations - Elvis & Friends Travel Trip
- » December 9, 2026 - Mavies Mitten Tree Luncheon
- » December 15, 2026 - Holiday Light Tour

Stay Connected With WE Seniors



WE Seniors E-newsletter

Did you know that WE Seniors has a bi-monthly e-newsletter?
Visit our website or our front desk and sign up today!



Are you on Facebook?

WE Seniors has a very busy Facebook page. We update our social media almost daily with information about our programs, events, resources for seniors and more!

Make sure to visit our Facebook page and hit "Follow"



Love Instagram?

We do too!

Make sure to check out our Instagram page for news, fun behind the scenes videos and more!

Events At Our Centre

New Member Welcome

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

» Please register at the Front Desk

Upcoming Dates:

» Wednesday, September 2
» Wednesday, October 7
» Wednesday, November 4
» Wednesday, December 2

Birthday Parties

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

» Free for all birthday guests, \$3 for guests

» Please register at the Front Desk

Upcoming Dates:

» Wednesday, September 16
» Wednesday, October 21
» Wednesday, November 18
» Wednesday, December 16

Potluck Dinners

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

» Bring a dish for 6-10 people

» Please register at the Front Desk

Upcoming Dates:

» Thursday, September 24
» Thursday, October 29
» Thursday, November 26
» Thursday, December 17

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 agendas and instructions for attending.

Upcoming Dates:

» Thursday, September 24
» Thursday, October 29
» Thursday, November 26
» Thursday, December 17

Line Dancing Social

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

» Bring a snack to share

» Please register at the Front Desk

Upcoming Dates:

» Friday, October 16
» Friday, November 20
» Friday, December 18

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?

- Visit our centre to see what we have in stock.
 - » Monday to Friday, 9:00 a.m. to 4:00 p.m.
 - » Tuesday and Thursday 9:00 a.m. to 7:00 p.m.
 - Order online: <https://weseniors.ca/meal-program/>
 - Call and place your order. 780 483 1209 ext. 232
 - Email us: foodorders@weseniors.ca
-

Did you know...

- Our frozen meal program is open to the public.
- You do not have to be a senior or a member of our centre to order!

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)

- » 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 Seniors Outreach Workers can support you with:

Emotional 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 Navigator
(780) 483-1209 Ext. 223

Gaby Sanchez, Outreach Navigator
(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? Please 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.

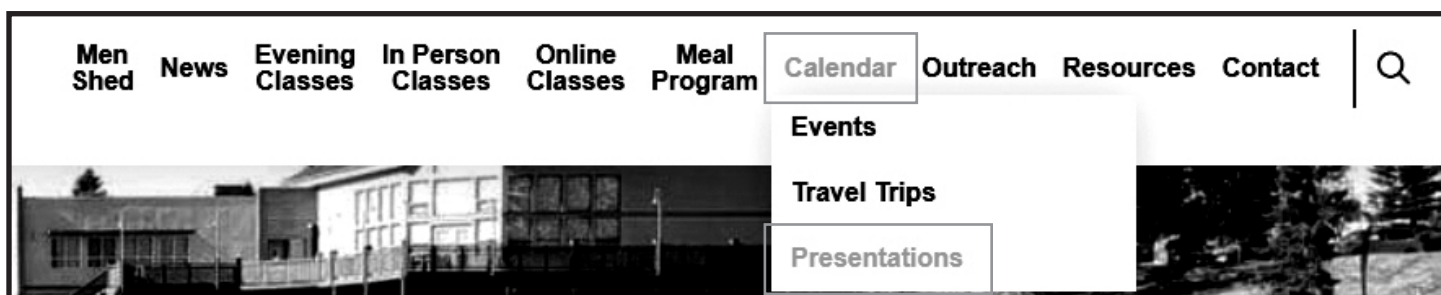
These businesses and organizations have years of experience addressing the needs and challenges older adults face in their daily lives.

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.



Please Pre-register

- On-line via MyActiveCentre
- Call our centre at 780 483-1209
- Visit the front desk at our centre

Why We Need You To Pre-register:

- Pre-registration confirms your spot
- It provides us with your contact information so we can contact you if a presentation is cancelled or rescheduled
- Confirms we have enough interest to run the presentation

New Classes This Fall



Look For This Icon To Find Our New Classes!

New Art Classes This Fall

Iridescent Dragonflies - Instructor: Linda Finstad.....	16
Majestic Waterfall - Instructor: Linda Finstad.....	16
Kinusaiga Sunrise - Instructor: Linda Finstad.....	17
Beautiful Hydrangea - Instructor: Maureen Brown.....	17
Fall Trees - Instructor: Maureen Brown.....	18
Winter Cardinals - Instructor: Maureen Brown.....	18
Christmas Gnome - Instructor: Maureen Brown.....	19
Pumpkin Porch Stack Decor - Instructor: Shantel Toma.....	19
Fresh Cedar Wreath - Instructor: Shantel Toma.....	19
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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

New Classes This Fall

NEW

Look For This Icon To Find Our New Classes!

New Art Classes This Fall

Sit Fit Cardio - Instructor: Kathy Paterson.....	34
Strength, Stretch and Stability - Instructor: Sherry Matter.....	35
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Laughter Yoga - Instructor: Carmella Haykowsky.....	47

New Lifelong Learning Classes This Fall

Intro to Japanese - Instructor Emmy Okazawa Bortolin.....	41
The Story of Human Language - Hosted by Volunteer facilitators.....	41

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

September 02 - October 28

9 Classes

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

Cost \$182

Wednesdays

November 04 - December 16

6 Classes

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

No Class on November 11

Cost \$122

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



Pen & Wash

Instructor: Lily Jeong

Tuesdays

September 1 - October 27

9 Classes

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

Cost \$182

Tuesdays

November 03 - December 15

7 Classes

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

Cost \$142

- Supplies not included
- Supply list available at front desk

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

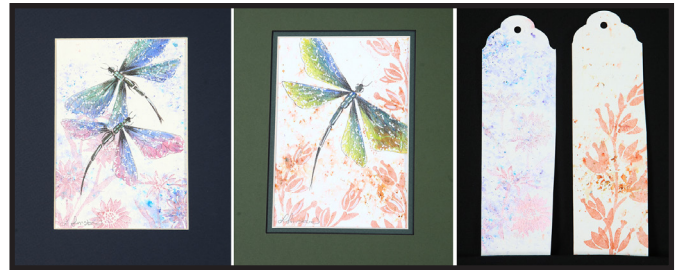


Irridescent Dragonflies

Instructor: Linda Finstad

Tuesday, September 29
9:30 a.m. - 11:30 a.m.

Cost \$55



In this class, participants will learn how to create a colourful abstract background using stencils, explore simple techniques for drawing dragonflies, and work with two types of iridescent paint to add shimmer and sparkle to their designs.

- **All supplies are included**

NEW



Majestic Waterfall

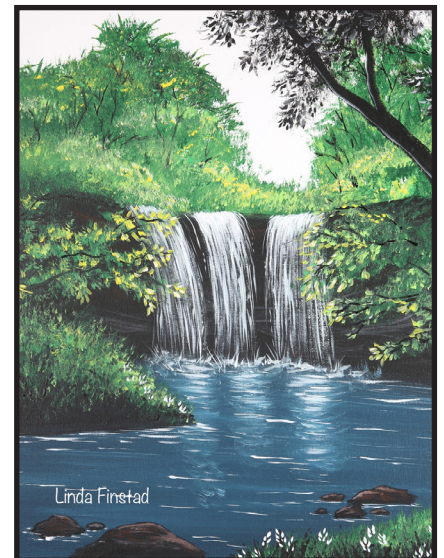
Instructor: Linda Finstad

Tuesday, October 06
9:30 a.m. - 12:30 p.m.

Cost \$60

In this class, participants will learn how to paint a waterfall while exploring key artistic concepts such as value, composition, depth, reflections in water, and colour harmony.

The instructor will guide participants step-by-step to build skills that elevate artwork from simple to striking. By the end of the class, participants will complete a 16 × 12 inch canvas to take home.



- **All supplies are included; however, participants are encouraged to bring an apron.**

Art Classes



Kinusaiga Sunrise

Instructor: Linda Finstad

Tuesday, November 03

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

Cost \$60

In this class, participants will learn about Kinusaiga, including the unique history behind this traditional art form. The instructor will guide participants through designing and preparing a foam board, selecting fabrics for colour contrast and texture, and using no-sew techniques to secure the fabric in place.

Tips and techniques will be shared to help achieve crisp lines and a polished, professional finish. Participants will complete a project on an 8 × 10 inch foam board.

- **All supplies are included, however, participants are welcome to bring additional cotton quilting fabric scraps if they wish**



Beautiful Hydrangea

Instructor: Maureen Brown

Thursdays

September 10 - September 17

2 Classes

12:00 p.m. - 4:00 p.m.

Cost \$84

Join us to create a beautiful hydrangea painting using acrylics. In this guided session, the instructor will walk you through techniques to bring these flowers to life on canvas. Participants will complete an 11 × 14 inch piece to take home.

- **All supplies are included**



Art Classes

NEW



Fall Trees

Instructor: Maureen Brown

Thursdays
October 15 - October 22
2 Classes
12:00 p.m. - 4:00 p.m.
Cost \$84

Explore the use of texture paste in this hands-on class, where you'll learn how to create depth and dimension in your artwork. The instructor will guide you in using texture techniques to enhance backgrounds and bring trees to life. Participants will complete an 11 × 14 inch piece to take home.

- **All supplies are included**



NEW



Winter Cardinals

Instructor: Maureen Brown

Thursdays
November 12 - November 19
2 Classes
12:00 p.m. - 4:00 p.m.
Cost \$84

Create a beautiful textured birch tree scene in this guided class. Participants will learn techniques to add dimension to the trees, then enhance the piece with vibrant cardinals for a striking pop of colour. Participants will receive a 16 × 20 inch painting to take home.

- **All supplies are included**



Art Classes

NEW



Christmas Gnome

Instructor: Maureen Brown

Thursdays

December 03 - December 10

2 Classes

12:00 p.m. - 4:00 p.m.

Cost \$84

- All supplies are included

Create an adorable character painting in this fun, hands-on class! Using acrylic paint and stamping techniques, the instructor will guide participants step-by-step to bring this charming gnome design to life. Participants will receive a 11 × 14 inch piece to take home



NEW



Pumpkin Porch Stack Decor

Instructor: Shantel Toma

Wednesday, September 23

9:30 a.m. - 11:30 a.m.

Cost \$65

Create your own beautiful 3ft pre-cut stacked wood pumpkins- perfect for adding a warm, welcoming touch to your fall decor! Paint colour and embellishment choices for customization.

- All supplies are included



NEW



Fresh Cedar Wreath

Instructor: Shantel Toma

Tuesday, November 24

5:00 p.m. - 7:00 p.m.

Cost \$80

Celebrate the season by creating a lush and beautiful fresh holiday wreath that is both fragrant and welcoming. While attaching bundles of fresh cedar and soft needle pine, added ribbon and embellishments, you'll take home a wreath uniquely yours.

- All supplies are included



Art Classes



Gnome Porch Decor

Instructor: Shantel Toma

Thursday, November 5
9:30 a.m. - 11:30 a.m.

Cost \$60

- **All supplies are included**

Join in to make your own 4ft pre-cut Holiday Gnome Porch Leaner.

Choice of paint colours and ribbon to add a personal touch and to welcome your guests over the holiday season.



A (zen)Tangle a Day

Instructor: Connie Ewashko

Wednesdays
September 9 - September 30

4 Classes

2:00 p.m. - 4:00 p.m.

Cost \$72



This class is suitable for all skill levels and welcomes anyone interested in exploring Zentangle. Each week, the instructor will introduce a new Zentangle pattern and provide step-by-step guidance to complete a full-page design. Participants will receive a supply kit to use throughout the four-week course, along with access to a variety of additional materials such as markers, pencil crayons, and stencils to experiment with. Returning participants can expect to learn new patterns, and everyone is welcome to bring their own supplies if preferred.



More (zen)Tangles

Instructor: Connie Ewashko

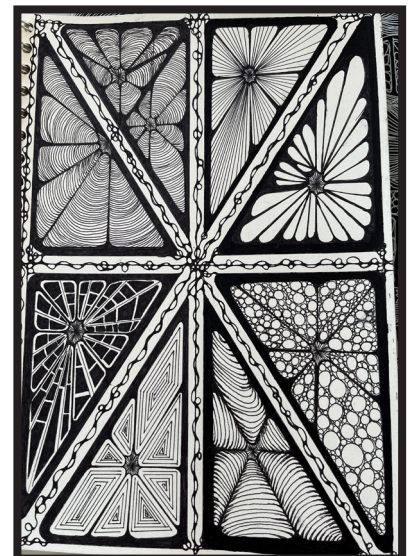
Wednesdays
October 7 - October 28

4 Classes

2:00 p.m. - 4:00 p.m.

Cost \$72

This class is a continuation for those who wish to further develop their Zentangle skills. Each session will introduce new patterns, with step-by-step guidance and instruction to help participants continue building their practice. Supplies will remain the same as those used in the September classes.



Art Classes

NEW



Feather Christmas Tree

Instructor: Connie Ewashko

Wednesday, November 18

2:00 p.m. - 4:00 p.m.

Cost \$45

Create a festive feather Christmas tree in this hands-on class! The instructor will guide participants step-by-step to complete a unique holiday decoration to take home.

The finished tree stands approximately one foot tall.

- **Please bring a mini glue gun and glue sticks.**
- **All other supplies will be available from the instructor.**



NEW



Sea Glass Christmas Tree

Instructor: Connie Ewashko

Wednesday, December 9

2:00 p.m. - 4:00 p.m.

Cost \$105

Create a beautiful seaglass Christmas tree, complete with lights, in this festive hands-on class. The instructor will guide participants step-by-step to complete a unique holiday decoration to take home. Create a beautiful seaglass Christmas tree, complete with lights, in this festive hands-on class. The instructor will guide participants step-by-step to complete a unique holiday decoration to take home. The finished tree stands approximately one foot tall.



- **Please bring your own mini glue gun and glue sticks.**
- **All other supplies will be available from the instructor on the day of the class.**

Art Classes



Encaustic Card Painting

Instructor: Serina Boffey

Thursday, October 22

5:30 p.m. - 7:30 p.m.

Cost \$50

Explore the fascinating process of encaustic painting, a technique that combines melted beeswax and colored pigments to create rich, textured artwork. In this class, you will learn how layer, and move the wax to produce your own unique designs. By the end of the session, you will have 5–7 finished art cards to take home.

- **All supplies are included**



Watercolour for Beginners

Instructor: Lily Jeong

Tuesdays

September 01 to October 27

9 Classes

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

Cost \$182

Tuesdays

November 3 to December 15

7 Classes

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

Cost \$142

In this course, participants will learn the fundamentals of watercolor painting, including colour theory, colour mixing, and essential techniques.

Classes will feature guided, beginner-friendly projects completed from start to finish, along with a weekly handout for reference. The instructor will provide demonstrations and offer individualized guidance throughout the session. Participants are also welcome to bring their own projects, and the instructor will provide support as needed.

- **A supply list is available at the front desk.**

Music



Music Lessons

Instructor: Emmy Okazawa Bortolin

Tuesdays

September 8 - October 27

8 Classes for each time slot

4 Time slots available:

1:00 p.m. - 1:30 p.m. Cost \$40

1:30 p.m. - 2:00 p.m. Cost \$40

2:00 p.m. - 2:30 p.m. Cost \$40

2:30 p.m. - 3:00 p.m. Cost \$40



Join the instructor for individualized music lessons tailored to your interests and goals. Half-hour time slots are available and are suitable for beginners or those looking to refresh their skills. Participants may bring their own instrument, use the piano on site, or focus on music theory and book work. Lessons are flexible and personalized, with guidance from a knowledgeable instructor to support each individual's learning experience.

If you are a beginner, please contact the program department for beginner friendly material suggested by the instructor that can be purchased before the first session. If you have previously taken lessons and have materials you would like to continue with or use, please bring them to your first lesson. A small notebook is required as well.



Choir

Instructor: Tammy Farkes

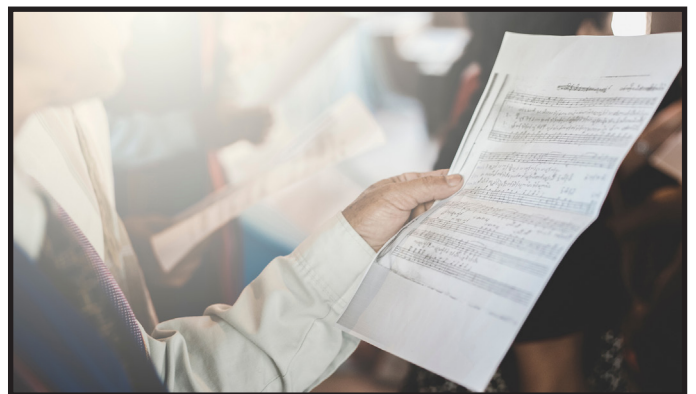
Fridays

September 11 – December 11

No class September 18 or October 2

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

Cost \$48



The WE Seniors Edmonton Choir, affectionately known as the Westend Singers, is looking for new members for the 2026/2027 Season. Directed by Tammy Farkes, the choir meets weekly. In addition to weekly rehearsals, the choir performs several "sing outs" throughout the season, with the highlight being the annual Night of Music in May. We ask for a high level of commitment throughout the season to ensure a successful and rewarding experience for all members.

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 G 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. V

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
September 04 - September 11
2 Classes
10:15 a.m. - 11:15 a.m.
Cost \$18

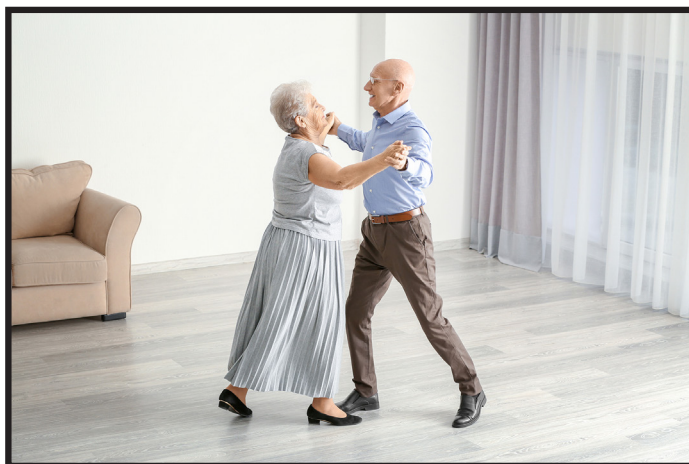
Fridays
October 16 - October 30
3 Classes
10:15 a.m. - 11:15 a.m.
Cost \$27

Fridays
November 06 - December 18
7 Classes
10:15 a.m. - 11:15 a.m.
Cost \$63

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

NOTE:

Registration with a partner is mandatory.



Did you know...

Dancing improves balance, strength, heart health, cognition, mood and social connection and it reduces fall risk, loneliness and stress.

Studies show dance can be as effective or more effective than other forms of exercise for mental and cognitive health.

Dance Classes



Clogging | Beginner

Instructor: Tracy Walters

Mondays

August 31 - October 26

7 Classes

12:00 p.m. - 1:00 p.m.

No Class on September 7 & October 12

Cost \$63

Mondays

November 02 - December 14

7 Classes

12:00 p.m. - 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 is needed for the summer series.



Clogging | Intermediate

Instructor: Tracy Walters

Mondays

August 31 - October 26

7 Classes

1:15 p.m. - 2:15 p.m.

No Class on September 7 & October 12

Cost \$63

Mondays

November 02 - December 14

7 Classes

1:15 p.m. - 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

August 31 - October 26

7 Classes

1:15 p.m. - 2:15 p.m.

No Class on September 7 & October 12

Cost \$63

Mondays

November 02 - December 1

7 Classes

1:15 p.m. - 2:15 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
September 01 - October 27
9 Classes
3:30 p.m. - 4:30 p.m.
Cost \$81

Thursdays
September 03 - October 29
9 Classes
12:15 p.m. - 1:15 p.m.
Cost \$81

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.

Tuesdays
November 03 - December 15
7 Classes
3:30 p.m. - 4:30 p.m.
Cost \$63

Thursdays
November 05 - December 17
7 Classes
12:15 p.m. - 1:15 p.m.
Cost \$63



Line Dancing | Intermediate

Instructor: Tracy Walters

Thursdays
September 03 - October 29
9 Classes
1:30 p.m. - 2:30 p.m.
Cost \$81

Thursdays
November 05 - December 17
7 Classes
1:30 p.m. - 2:30 p.m.
Cost \$63

NOTE:

At least 1 year of beginner class experience is recommended as a prerequisite for this course.

Line dancing is a progressive class, you can expect to take 2 years of intermediate line dancing sessions before you will move into the experienced classes.



Line Dancing | Experienced

Instructor: Tracy Walters

Thursdays
September 03 - October 29
9 Classes
2:45 p.m. - 3:45 p.m.
Cost \$81

Thursdays
November 05 - December 17
7 Classes
2:45 p.m. - 3:45 p.m.
Cost \$63

NOTE:

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

Fitness Classes



Barre

Instructor: Freya Giroux

This class is also offered
online at the same time

Wednesdays

September 02 - October 28

9 Classes

11:00 a.m. - 11:45 a.m.

Cost \$72

Wednesdays

November 04 - December 16

6 Classes

11:00 a.m. - 11:45 a.m.

No Class on November 11

Cost \$36

EQUIPMENT

- Yoga mat
- Yoga band
- Hand weights

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



Core Balance and Stretch

Instructor: Roshni Narayan

Wednesdays

September 02 - October 28

9 Classes

9:00 a.m. - 10:00 a.m.

Cost \$81

Wednesdays

November 04 - December 16

5 Classes

9:00 a.m. - 10:00 a.m.

No Class on November 11 & December 9

Cost \$45

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/Thera-band
- Yoga mat and block
- Bender ball
- Hand weights

Fitness Classes



Dance Fit

Instructor: Kathy Paterson

Tuesdays
September 01 - October 27
9 Classes
10:15 a.m. - 11:15 a.m.
Cost \$81

Tuesdays
November 3 - December 15
7 Classes
10:15 a.m. - 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.



Dance Through the Decades

Instructor: Sherry Matter

Thursdays
September 03 - October 29
8 Classes
10:15 a.m. - 11:15 a.m.
No class October 8
Cost \$72

Thursdays
November 05 - December 17
7 Classes
10:15 a.m. - 11:15 a.m.
Cost \$63

Step back in time and move to the music in this fun, upbeat “Dancing Through the Decades” class! Each session features music and dance styles from different eras, giving participants the chance to enjoy familiar favourites while staying active. The instructor will guide easy-to-follow movements inspired by each decade, focusing on cardio, coordination, and overall fitness.

Fitness Classes



Dynamic Movement

Instructor: Freya Giroux

Mondays

August 31 - October 26

7 Classes

12:00 p.m. - 1:00 p.m.

No Class on September 7 & October 12

Cost \$70

Fridays

September 04 - October 30

8 Classes

1:00 p.m. - 2:00 p.m.

No class on October 2

Cost \$80

Mondays

November 02 - December 14

7 Classes

12:00 p.m. - 1:00 p.m.

Cost \$70

Fridays

November 06 - December 18

7 Classes

1:00 p.m. - 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



Fitness Classes



Essentrics® Age Reversing

Instructor: Lori Griffith

Tuesdays - Evenings

September 01 - October 27

9 Classes

6:30 p.m. - 7:30 p.m.

Cost \$99

Fridays

September 04 - October 30

8 Classes

9:00 a.m. - 10:00 a.m.

No class October 2

Cost \$88

Tuesdays - Evenings

November 03 - December 15

7 Classes

6:30 p.m. - 7:30 p.m.

Cost \$77

Fridays

November 06 - December 18

7 Classes

9:00 a.m. - 10:00 a.m.

Cost \$77

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

Mondays - Karen

November 02 - December 14

7 Classes

9:00 a.m. - 9:45 a.m.

Cost \$70

Wednesdays - Meg

September 2 - October 28

9 Classes

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

Cost \$90

EQUIPMENT:

- Yoga mat
- Yoga strap/TheraBand

Wednesdays - Meg

November 4 - December 16

5 Classes

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

No classes November 11 or December 9

Cost \$50

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.

Fitness Classes



Essentrics® Stretch and Tone

Instructor: Meg Hipkin

Thursdays
September 03 - October 29
9 Classes
9:00 a.m. - 10:00 a.m.
Cost \$99

Thursdays
November 05 - December 17
7 Classes
9:00 a.m. - 10:00 a.m.
Cost \$77

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand

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.



Fit For Life

Instructor: Deborah Ravbar

Mondays
August 31 - October 26
7 Classes
11:30 a.m. - 12:30 p.m.
No Class on September 7 & October 12
Cost \$56

Mondays
November 02 - December 14
7 Classes
11:30 a.m. - 12:30 p.m.
Cost \$56

EQUIPMENT:

- Yoga strap/ TheraBand
- Bender Balls
- Hand weights

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.



Interval Strength Training

Instructor: Vera Resera

Tuesdays
September 22 - October 27
6 Classes
11:30 a.m. - 12:30 p.m.
Cost \$48

Tuesdays
November 03 - December 15
5 Classes
11:30 a.m. - 12:30 p.m.
No Class on November 24 & December 1
Cost \$40

EQUIPMENT:

- Bender Balls
- Hand weights

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

Fitness Classes



Seated Stretch Fit

Instructor: Kathy Paterson

This class is also offered
online at the same time

Mondays
August 31 - October 26
7 Classes
10:15 a.m. - 11:15 a.m.
No Class September 7 & October 12
Cost \$63

Mondays
November 02 - December 14
7 Classes
10:15 a.m. - 11:15 a.m.
Cost \$63

EQUIPMENT:
• Resistance band

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



Sit Fit

Instructor: Emmy Okazawa Bortolin

Wednesdays
September 02 - October 28
9 Classes
10:15 a.m. - 11:15 a.m.
Cost \$81

Wednesdays
November 04 - December 16
5 Classes
10:15 a.m. - 11:15 a.m.
No Class November 11 & December 9
Cost \$45

EQUIPMENT:
• Hand weights
• Stretchy band
• Resistance band loop

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.



Seniors Stretch Fit

Instructor: Kathy Paterson

Tuesdays
September 01 - October 27
9 Classes
9:00 a.m. - 10:00 a.m.
Cost \$81

Tuesdays
November 03 - December 15
7 Classes
9:00 a.m. - 10:00 a.m.
Cost \$63

EQUIPMENT:
• Hand weights
• Stretchy band
• Resistance band loop

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.

Fitness Classes



Sit Fit Cardio

Instructor: Kathy Paterson

Thursdays
September 03 - October 29
9 Classes
10:15 a.m. - 11:15 a.m.
Cost \$81

Thursdays
November 05 - December 17
7 Classes
10:15 a.m. - 11:15 a.m.
Cost \$63

EQUIPMENT:

- Resistance bands & fitness loop band
- Hand weights

This seated fitness class adds a cardio boost to our traditional Sit Fit format. All exercises are performed with a chair (either seated or using the chair for stability), making it a safe and accessible option while still improving cardiovascular endurance, strength, and core.

The instructor will guide participants through continuous, easy-to-follow movements designed to elevate the heart rate using light equipment such as resistance bands or hand weights. This class is ideal for those looking to stay active and energized in a supportive, low-impact setting



Step Forward

Instructor: Primary Care Alberta

- Tuesdays & Thursdays, Starting September 22 / 3:00 p.m. - 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 to cover cost of exercise bands and a workbook for clients to keep.**

Fitness Classes



Strength, Stretch and Stability

Instructor: Sherry Matter

Thursdays

September 03 - October 29

8 Classes

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

No class October 8

Cost \$72

Thursdays

November 05 - December 17

7 Classes

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

Cost \$63

EQUIPMENT:

- Hand weights
- Resistance bands
- Yoga mat
- Yoga strap

This class is designed to build strength, improve stability, and enhance flexibility through a balanced combination of exercises. Participants will use weights and resistance bands for strength training, followed by core and balance-focused movements, and finish with stretching and mobility work. The majority of the class is performed standing, with the session concluding on the mat for floor-based stretching and mobility. For the summer sessions, this class will be held in the gymnasium.



Total Fit

Instructor: Kathy Paterson

Mondays

August 31 - October 26

7 Classes

9:00 a.m. - 10:00 a.m.

No Class on September 7 & October 12

Cost \$63

Mondays

November 02 - December 14

7 Classes

9:00 a.m. - 10:00 a.m.

Cost \$63

EQUIPMENT:

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

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

Fitness Classes



Total Fitness for Active Agers

Instructor: Karen Meunier

Mondays

August 31 - October 26

7 Classes

10:15 a.m. - 11:15 a.m.

No Class on September 7 & October 12

Cost \$77

Mondays

November 02 - December 14

7 Classes

10:15 a.m. - 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
- Hand weights
- Bender ball



Zumba Gold®

Instructor: Terri Kokotilo

Fridays

September 04 - October 30

7 Classes

2:30 p.m. - 3:30 p.m.

No Class on September 11 or October 2

Cost \$56

Fridays

November 06 - December 18

6 Classes

2:30 p.m. - 3:30 p.m.

No Class on November 27

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.



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

September 02 - October 28

9 Classes

10:00 a.m. - 11:00 a.m.

Cost \$99

Fridays

September 04 - October 30

9 Classes

10:45 a.m. - 11:45 a.m.

Cost \$99

Wednesdays

November 04 - December 16

5 Classes

No Class on November 11 & December 9

10:00 a.m. - 11:00 a.m.

Cost \$55

Fridays

November 06 - December 18

7 Classes

10:45 a.m. - 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). 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

September 04 - September 11

2 Classes

9:00 a.m. - 9:45 a.m.

Cost \$16

Fridays

October 16 - October 30

3 Classes

9:00 a.m. - 9:45 a.m.

Cost \$24

Fridays

November 06 - December 18

7 Classes

9:00 a.m. - 9:45 a.m.

Cost \$56

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 La Perle

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



Movement To Music | La Perle

Instructor: Elise Millard

Tuesdays

September 01 - October 27

7 Classes

9:15 a.m. - 10:15 a.m.

No Class on September 29 and October 6

Cost \$63

Tuesdays

November 03 - December 15 7

Classes

9:15 a.m. - 10:15 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
- Bender ball



Total Body Workout Through Barre | La Perle

Instructor: Elise Millard

Tuesdays

September 01 - October 27

7 Classes

10:30 a.m. - 11:30 a.m.

No Class on September 29 and October 6

Cost \$63

Tuesdays

November 03 - December 15

7 Classes

10:30 a.m. - 11:30 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:

- Yoga mat
- Hand weights
- Resistance bands and loop
- Bender ball



Classes at Trinity United Church

TRINITY
UNITED CHURCH

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



Essentrics® Age Reversing | Trinity United Church

Instructor: Meg Hipkin

Tuesdays

September 01 - October 27

9 Classes

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

Cost \$99

Tuesdays

November 03 - December 15

7 Classes

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

Cost \$77

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand

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.



Essentrics® for Seniors | Trinity United Church

Instructor: Lori Griffith

Thursdays

September 03 - October 29

9 Classes

11:00 a.m. - 11:45 a.m.

Cost \$90

Thursdays

November 05 - December 17

7 Classes

11:00 a.m. - 11:45 a.m.

Cost \$70

EQUIPMENT:

- Yoga mat
- Yoga strap or TheraBand

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.

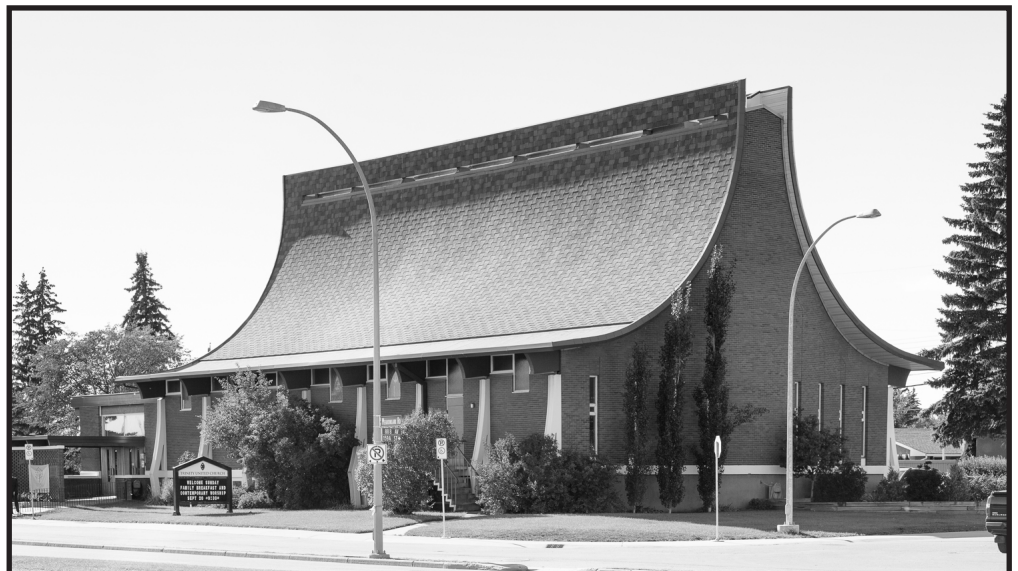
Classes at La Perle & Trinity United



La Perle Community League
18611 97 A Ave NW
Edmonton



Trinity United Church
8810 Meadowlark Rd. NW
Edmonton



Lifelong Learning Classes



Intro to Japanese

Hosted by Emmy Okazawa Bortolin

Wednesday
September 09 - October 28
8 Classes
9:00 a.m. - 10:00 a.m.
Cost \$88

This introductory Japanese class is perfect for beginners or those looking to refresh their skills. Participants will learn common words and everyday phrases, along with basic pronunciation and conversational basics.

This class is especially helpful for those planning to travel, providing practical language skills to navigate simple interactions with confidence. No prior experience is required.



DVD Lecture - The Story of Human Language

Hosted by Volunteer Facilitators

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

Fridays
September 11 - November 6
No class October 2
8 Classes
1:00 p.m. - 3:00 p.m.
Cost \$40

Discover the fascinating history of human language - from its beginning as a single tongue spoken some 300,000 years ago to the estimated 7,000 languages spoken today.



Online - Lifelong Learning



Online - Spanish

Instructor: Cecilia Hamel

Spanish Level 2

Thursdays

September 03 - October 29 9

Classes

1:30 PM-2:30 PM

Cost \$126

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.

» Prior Spanish experience is required.

Thursdays

November 05 - December 17

7 Classes

1:30 p.m. - 2:30 p.m.

Cost \$98

Spanish Level 3

Thursdays

September 03 - October 29

9 Classes

9:00 a.m. - 10:00 a.m.

Cost \$126

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.

» Prior Spanish experience is required.

Thursdays

November 05 - December 17

7 Classes

9:00 a.m. - 10:00 a.m.

Cost \$98

Spanish Level 4

Thursdays

September 03 - October 29

9 Classes

10:30 a.m. - 11:30 a.m.

Cost \$126

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

» Prior Spanish experience is required.

Thursdays

November 05 - December 17

7 Classes

10:30 a.m. - 11:30 a.m.

Cost \$98

Taiji (Tai Chi) Classes



Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

Mondays

August 31 - December 07

12 Classes

1:30 p.m. - 2:30 p.m.

No Classes September 7 & October 12

& October 19

Cost \$96

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

September 03 - December 10

14 Classes

1:30 p.m. - 2:30 p.m.

No Class on October 15

Cost \$112

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

September 08 - October 27

8 Classes

6:00 p.m. - 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
October 06 - October 27
4 Classes
10:45 a.m. - 11:45 a.m.
Cost \$32

Tuesdays
November 03 - December 15
7 Classes
10:45 a.m. - 11:45 a.m.
Cost \$56

EQUIPMENT:
• Yoga mat
• Yoga strap
and block
recommended

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.



Chair Yoga (*Sitting and Standing*)

Instructor: Neeru Prashar

This class is also offered
online at the same time

Fridays
October 9 - October 30
9:30 a.m. - 10:30 a.m.
4 Classes
Cost \$32

Fridays
November 06 - December 18
7 Classes
9:30 a.m. - 10:30 a.m.
Cost \$56

EQUIPMENT:
• Yoga block
or blanket
recommended
• Yoga mat and
band

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.



Chair Flow Yoga

Instructor: Carmella Haykowsky

Wednesdays
September 9 - October 28
8 Classes
10:45 a.m. - 11:45 a.m.
Cost \$64

Wednesdays
November 04 - December 16
6 Classes
10:45 a.m. - 11:45 a.m.
Cost \$48

EQUIPMENT:
• Yoga mat
• Yoga band

Chair Flow Yoga is a gentle, accessible class that links breath with movement in a supportive seated format. Using a chair, participants will move through a series of flowing poses designed to improve flexibility, mobility, and relaxation. The instructor will guide smooth transitions between movements, helping to build strength, reduce stiffness, and promote overall well-being.

Yoga Classes



Gentle Yoga (*Sitting and Standing*)

Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays

August 31 - October 26

7 Classes

10:45 a.m. - 11:45 a.m.

No Classes September 7 & October 12

Cost \$63

Wednesdays

September 02 - October 28

9 Classes

9:45 a.m. - 10:45 a.m.

Cost \$81

Wednesdays

September 02 - October 28

9 Classes

12:00 p.m. - 1:00 p.m.

Cost \$81

Mondays

November 02 - December 14

7 Classes

10:45 a.m. - 11:45 a.m.

Cost \$63

Wednesdays

November 04 - December 16

6 Classes

9:45 a.m. - 10:45 a.m.

No Class on Nov 11

Cost \$54

Wednesdays

November 04 - December 16

6 Classes

12:00 p.m. - 1:00 p.m.

No Class on Nov 11

Cost \$54

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.

EQUIPMENT:

- Yoga mat

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.



Hatha Yoga | Beginner

Instructor: Neeru Prashar

This class is also offered
online at the same time

Tuesdays

October 06 - October 27

4 Classes

9:30 a.m. - 10:30 a.m.

Cost \$32

Tuesdays

November 03 - December 15

7 Classes

9:30 a.m. - 10:30 a.m.

Cost \$56

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

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

Yoga Classes



Intermediate/Advanced Yoga

Instructor: Neeru Prashar

This class is also offered
online at the same time

Fridays
October 09 - October 30
4 Classes
10:45 a.m. - 11:45 a.m.
Cost \$32

Fridays
November 06 - December 18
7 Classes
10:45 a.m. - 11:45 a.m.
Cost \$56

EQUIPMENT:
• Yoga mat
• Yoga block
or blanket
recommended

This class is not for beginners or for 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.



Laughter Yoga

Instructor: Carmella Haykowsky

Tuesdays
September 08 - October 27
8 Classes
11:30 a.m. - 12:30 p.m.
Cost \$64

Tuesdays
November 03 - December 15
7 Classes
11:30 a.m. - 12:30 p.m.
Cost \$56

EQUIPMENT:
• Yoga mat

Laughter Yoga combines yoga poses, breathing exercises and laughter to promote joy, relaxation and gently stretch the body. Join us for a fun filled class and get ready to laugh, class can be done from the floor, standing or seated in a chair.



Pilatoga | Beginner

Instructor: Freya Giroux

This class is also offered
online at the same time

Mondays
August 31 - October 26
7 Classes
9:30 a.m. - 10:30 a.m.
No Class on Sept 7 & Oct 12
Cost \$63

Mondays
November 02 - December 14
7 Classes
9:30 a.m. - 10:30 AM
Cost \$63

EQUIPMENT:
• Yoga mat and
band

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.

Yoga Classes



Renew and Refresh Flow Yoga

Instructor: Carmella Haykowsky

Wednesdays
September 9 - October 28
8 Classes
9:30 a.m. - 10:30 a.m.
Cost \$64

Wednesdays
November 04 - December 16
6 Classes
9:30 a.m. - 10:30 a.m.
No Class on November 11
Cost \$48

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

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.



Restorative Hatha Yoga | Intermediate

Instructor: Audrey Bell-Hiller, B.A.

Thursdays
September 17 - October 29
7 Classes
9:45 a.m. - 11:00 a.m.
Cost \$79

Thursdays
November 05 - December 17
7 Classes
9:45 a.m. - 11:00 a.m.
Cost \$79

EQUIPMENT:

- Yoga mat
- Yoga blocks
- Yoga straps

Focus on improving flexibility to move more freely, keeping joints and bones healthy with movement to provide better balance, stronger muscles and promote relaxation.

Concentration is given to shoulders, neck, spine, and hips to allow muscles and joints to become more flexible.

Each person will be encouraged to practice within the limits of their body by learning modifications using equipment. The class has a clear emphasis on the importance of taking full breaths to change the way we inhale and exhale to improve our respiratory system and promote relaxation.

The class offers unique benefits that improve focus and overall well-being.

Yoga Classes



Yoga For Balance & Well-being

Instructor: Martha Miller

Thursdays
September 03 - October 29
9 Classes
11:15 a.m. - 12:15 p.m.
Cost \$72

Thursdays
November 05 - December 17
7 Classes
11:15 a.m. - 12:15 p.m.
Cost \$56

EQUIPMENT:

- Yoga mat
- Yoga block or blanket recommended

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.



Yoga for the Mind and Body

Instructor: Martha Miller

Mondays
August 31 - October 26
7 Classes
12:00 p.m. - 1:00 p.m.
No Class on September 7 & October 12
Cost \$56

Mondays
November 02 - December 14
7 Classes
12:00 p.m. - 1:00 p.m.
Cost \$56

EQUIPMENT:

- Yoga mat and band

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.

WE Seniors 8 Week Fitness Program

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 8-week handbook 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

Visit Our Website - www.weseniors.ca/8-week-fitness-program-for-seniors/

- » View all of the videos for the entire 8 week program
- » Download our FREE 8-week handbook .PDF
- » Scan the QR Code for the YouTube Playlist



Scan the QR Code for
the YouTube Playlist



Drop In Classes

Monday Drop-In Classes

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

Tuesday Drop-In Classes

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

Drop In Classes

Thursday Drop-In Classes

• Billiards		9:30 a.m. to 12:30 p.m.
• Conversational Spanish		10:30 a.m. to 11:30 a.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		5:30 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.
• Indoor Walking	11:30 a.m. to 12:30 p.m.
• Bike Group	1:00 p.m.
• Cribbage	1:00 p.m. to 3:00 p.m.
• Paper Quilling	1:00 p.m. to 3:30 p.m.

Pickleball - Level 2

Tuesdays	6:10 p.m. to 7:50 p.m.
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.
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Tuesdays	4:30 p.m. to 6:10 p.m.
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Wednesdays	12:45 p.m. to 2:25 p.m.
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Thursdays	12:45 p.m. to 2:25 p.m. 2:25 p.m. to 4:05 p.m.
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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.

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.

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 to 8 decks. Great for 2 to 4 players per table.

No experience needed.

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

Fitness - Drop In Classes

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

Badminton

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

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

All levels welcome.

Bike Group

Mondays, Wednesdays & 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

The Fitness Room

Daily 9:00 a.m. to Close

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

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

Please pre-book your orientation at the reception desk.

Multi-use passes are available:

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

Seasonal passes offer unlimited visits through the Fall season (September to December) and are non-transferable.

Walking Group

Tuesdays & Fridays

Meet at WE Seniors at 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.

Pickleball

\$5.00 Fee

All Pickleball Players - Please Note

Participants should sign up a week in advance using the MyActiveCenter website.

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.

Music - Drop In Classes

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

Open Jam Evenings

Thursdays 5:30 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 essential that you can move quickly among C, Am, F, and G, G7 as a minimum. It is recommended 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.

Open Mic Afternoons

**2nd Wednesdays of the month
2:00 p.m. to 4:00 p.m.**

Ready to share your music? Our low-key Open Mic is the perfect safe space to practice your skills, gain stage experience, and network with local musicians. Not performing? Come hang out, grab a drink from the cafe, and enjoy an afternoon of live tunes.

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.

Conversational Spanish

Thursdays 10:30 a.m. to 11:30 a.m.
Excluding the last Thursday of the month

Want to speak Spanish more naturally?

Drop in for a chat! Build your confidence, practice with an experienced volunteer, and meet new friends in a fun, laid-back setting.

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.



You're Invited To
The Gathering Place
A compassionate community for widows of all ages



Widows Monthly Gathering
3rd Thursdays, 1:30 p.m. to 3:30 p.m.
September 17 | October 15 | November 19 | December TBA

Westend Seniors Activity Centre – Community Cafe
9629 176 St. NW, Edmonton

Join us for conversation, connection, and community. There is a place for
you at *The Gathering Place*.



Questions?
Call 780 483 1209 | Email info@weseniors.ca

WE SENIORS MEN'S SHED



Discover the Men's Shed
at WESeniors!

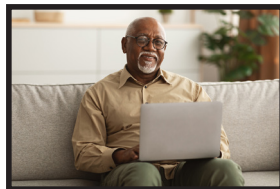
Join us Wednesdays
6:30 p.m. to 8:30 p.m.
Everyone is welcome!
9629 176 Street
Edmonton

What Is A Men's Shed

A Men's Shed is a place where men meet in their local area to learn new skills, try new hobbies, and make friends. It's like a friendly workshop where people work side by side on projects such as woodworking, fixing things, gardening, hiking, or cooking.

Many men feel lonely or lose a sense of purpose after they retire. Men's Sheds help by giving men a relaxed, welcoming space to talk, share stories, and support each other without pressure to "ask for help." Members come from different ages and backgrounds, and each Shed is a little different.

Sheds often work with local groups on community projects. Above all, they offer a safe place where men can connect, celebrate what they do, and feel part of a community.



QUESTIONS?

Feel free to call our Men's Shed Coordinators!

Mark at 780 937-9440 or Grant at 780 952-2673

No Membership required



Resource
Roadmap

Finding Resources



A GUIDE TO GET YOU STARTED

Finding support as a caregiver can feel overwhelming. There are many services across Alberta—but knowing where to begin is key. There are hundreds of programs and services that can support caregivers in Alberta. The Resource Roadmap assists caregivers and care providers in identifying and navigating specific resources and services across Alberta.

WHERE TO START YOUR SEARCH

This guide won't list every option but will help you connect with the right organizations and give you an idea of the kinds of support available.

Caregivers Alberta

Offers personalized guidance, emotional support, and referrals. We can connect you to senior, disability and service organizations throughout Alberta.

Health & Disability Organizations

Groups focused on specific conditions (e.g., Alzheimer Society, MS Canada, CMHA, Autism Society Alberta, Children's Link) offer education, advocacy, peer support, and access to services.

Seniors Organizations

Local senior centres often provide referrals, outreach programs, and social activities for both caregivers and older adults.

Family & Community Support Services (FCSS)

In smaller or rural communities, your local FCSS office can connect you with community support workers, home support, or counseling services.

Alberta Health Services (AHS)

Call 811 for general health info or 211 for community services. AHS social workers and case managers can coordinate home care, respite services, long-term care options, and supports for Indigenous families through the Indigenous Health Program.

Crisis & Distress Lines

Alberta is home to several crisis and distress lines that offer 24/7 support for individuals experiencing distress or going through a crisis. Some of the key resources are 988 Suicide Crisis, Addiction Helpline 1-866-332-2322, Mental Health Helpline 1-877-303-2642, Kids Help Phone 1-800-668-6868.

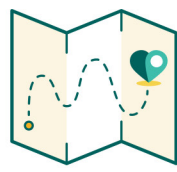
Alberta Supports

Call 1.877.644.9992 for help accessing government programs related to income support, disability, training, and workplace training.



Caregivers Alberta is here to support you.
Visit our searchable Resource Roadmap online.





Resource Roadmap

TYPES OF RESOURCES AVAILABLE

Understanding the kinds of support available can help you decide what's right for you and your care recipient.

Caregiver Education & Support

Programs that help you develop caregiving skills, manage stress, connect with other caregivers, and better understand your loved one's condition. Offered by Caregivers Alberta and other organizations.

Counselling Services

Professional counselling—individual or family—is available from many agencies. Fees may be low-cost or sliding scale based on income.

Financial Assistance

Federal and provincial programs offer some financial support (i.e., disability tax credit, family caregiver tax credit, benefits and compassionate-care leave). Some programs also assist with costs for home adaptations or medical equipment.

Health Services

Specialized clinics (e.g., Geriatric Medicine, Pain Clinics, Mental Health Services) provide assessments, care plans, and referrals to other support services.

Housing & Home Modifications

Options range from independent seniors' housing to group homes and continuing care. Programs also offer home modifications—such as ramps, grab bars, or equipment—to make homes safer and more accessible.

Legal & Financial Planning

Help with writing legal documents such as personal directives, enduring powers of attorney, and wills. Non-profits, lawyers, and government agencies can also advise on future planning and financial matters.

Community Living Support

Services that help you or your care recipient stay at home longer, such as meal delivery, housekeeping or maintenance, transportation, home care and nursing, and equipment and mobility aids.

Respite Services

Respite care gives you time to rest or recharge. Options include in-home respite, day programs, overnight stays, and camps for children with disabilities. To access respite, contact Health Link at 811 or a private provider.

Social Prescribing and System Navigation

Social prescribing is a holistic approach to healthcare that provides a formal referral pathway for healthcare providers to connect patients to community-based services. This provides much-needed assistance – to doctors and patients alike – and bridges the gap between medical and social care services. Caregivers Alberta System Navigator can help you explore options and connect you to social supports across Alberta.



Caregivers Alberta is here to support you.
Visit our searchable Resource Roadmap online.



Nutrition & Aging Resources

To find out more about nutrition and aging, check out the resources listed below. To use the QR code on the right-hand side of the page, open your phone's camera app, aim at the QR code, and tap the notification that pops up on the screen.

Nutrition Information for Older Adults Webpage

The webpage has information handouts, links to videos, and links to free Alberta Health Services (AHS) nutrition classes

Visit: www.ahs.ca/OlderAdultNutrition



AHS Nutrition Check-Up

Are you at risk of malnutrition? Take the online survey to find out.

Visit: www.redcap.link/SCREEN-14



Boosting Your Brain Health Videos

Interested in learning more about the Mediterranean style of eating? Check out these short videos for more information.

Visit: www.bit.ly/nutrvideos



Nutrition Classes

Alberta Health Services hosts free nutrition classes. Visit the Workshops & Classes Webpage for a list of options.

Visit: www.ahs.ca/NutritionWorkshops



Wellness Kitchen Online Classes

Join dietitians from AHS for virtual cooking classes. Check out the Wellness Centre Program Guide on the webpage for class information and how to register.

Visit: www.albertahealthservices.ca/shc/Page14846.aspx



Nutrition & Aging Resources

Nutrition Information Handout

Older Adults Nutrition and Hydration
Visit: www.bit.ly/HydrationNutrition



Information on Free Food in Alberta

Help connecting with emergency food programs like food banks, food hampers, and free meals

Visit: www.ahs.ca/nutrition/Page16163.aspx



Diabetes Information and Advice Line (DIAL)

Questions about Diabetes Management? Call DIAL to be connected to a healthcare provider for telephone consultation.

Visit: www.ahs.ca/findhealth/service.aspx?id=1061705



Recipe Ideas

Canada's Food Guide Recipes:

Visit: www.food-guide.canada.ca/recipes



Cookspiration Recipes:

Visit: www.cookspiration.com



Nutrition Questions?

Call 811 Health Link and ask to speak to a dietitian.



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.conservative.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

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

WE Seniors' Board Of Directors

Jay Pritchard – President

- Jay@weseniors.ca

Lesley Conley – Vice President

- Lesley.Conley@weseniors.ca

David Baxandall – Treasurer

- David@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

WE Seniors Edmonton Telephone# 780 483-1209

Chief Executive Officer

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Operations & Program Manager

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

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

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

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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		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				



Alberta's Premier 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
9:00 a.m. to 4:00 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:
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