



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER March 2019

Annual General Meeting

Wednesday, March 27
at 9:30 am

In the Community Café

Pick up an Annual Report
at our AGM & be updated on the
progress of our organization.



Please bring your membership
fobs to validate your membership
in order to vote. Thank you.



ALL THE CLASSES YOU LOVE & MORE!



NEW
Spring/Summer
Program Guide
Available
Monday,
March 18

Registration
for classes in the
Spring/Summer
Program Guide
starts Monday,
March 25
at 9:00 am
at the Centre
& Online



Saturday, March 16

from 6:00 – 9:00 pm

Live Musical Entertainment

Provided by Terry Jorden

Billiards & Cash Bar

\$16 member

\$21 non-members

Happy St. Patrick's Day!



9629-176 Street, Edmonton, AB T5T 6B3 / Ph: 780-483-1209



www.weseniors.ca

Executive Director's News Haidong Liang, Ph. D.

Dear WSAC members, over the past few months, Westend Seniors Activity Centre has gone through a lot of positive changes, making us one of the best Senior Centres in Edmonton. In order to make all of these great changes happen, I have assembled a highly qualified and capable team since June 2018. Although you may have met them or known them through day to day interactions or through our website or display board, I would like to acknowledge the contributions of our team members.

Sabine Burgess - Office Manager: Everyone knows Sabine. She has been helping us run the Centre for almost two decades! If you want to know anything – just ask her. She has covered for virtually every position in the Centre throughout the years and is responsible for the Centre's smooth operation of day-to-day business.

Heather Riberdy - Program Manager: Her contribution can be reflected by simply listing how many programs she's responsible for - Recreation Program, Volunteer Program, Rental Program, and Seniors Home Support Program.

Shelley Kulak - Recreation Coordinator: How much do you enjoy the new Winter Program Guide? And you will be impressed again with the new Spring/Summer Program Guide. She is going to be your best "friend" in the Centre.

Lorena Smalley - Marketing & Communications: You may only know her through our daily Facebook posts, but she is a true behind-the-scene star for establishing the Centre's Marketing & Communications platform. Staff and Board Members' Google Suite, Monthly e-Newsletter for members, Community Connectors Program, Facebook, YouTube, Website, the list just goes on.

Kathy Dicks - Accounting Services: We are very fortunate to have Kathy join the team and help us with accounting services by bringing her decades of expertise and experience.

Aniema Joseph - Kitchen Coordinator: Have you noticed the positive changes happening in our Community Cafe, such as food quality, diversity and customer service? Ani listens to you and has been improving our program continuously.

Tracey Treidler - Kitchen Assistant: Tracey enjoys coming to work every day and it shows! She loves working with the volunteers she trains and schedules in the kitchen. Tracey helps Ani place food orders, assists with daily meal preparation and with catering various events.

Samuel Agustin - Kitchen Help: A hard working man who has been serving the Centre over a decade. Doesn't talk much, but gets the job done.

New Team Member:

Shalini Sinha - Community Outreach Coordinator: Our new team member who just joined us in late January. A very talented community builder and communication expert. Please welcome her when you see her in the Centre and support her work with a big hug and smile. **Outreach is one of our Center's Core services, WSAC is always here to support you.**

Two Support Team Members:

Donna Chaffee - Administration Support: I call her a multi-talented "floater". She's been assisting myself in Policy and Procedures and helping other staff in basically everything administrative. You may not see her walking around in the Centre, but her contribution shouldn't be ignored.

Liliana - Janitorial Service: This Centre is a warm, clean, and welcoming place for seniors. Liliana is the person who makes sure you have that beautiful feeling. You will see her all the time in the Centre, please thank her for her great work and the differences she has made for this organization.

SENIOR WOMEN IN EDMONTON

Unless otherwise stated, "Edmonton" refers to Census Metropolitan Area and not solely the City of Edmonton.

Edmonton Vital Signs is an annual check-up conducted by Edmonton Community Foundation, in partnership with Edmonton Social Planning Council, to measure how the community is doing. This year we will also be focusing on individual issues, VITAL TOPICS, that are timely and important to Edmonton. Watch for these in each issue of Legacy in Action, and the full issue of Vital Signs.

EDMONTON
COMMUNITY
FOUNDATION



VitalSigns

edmonton
SOCIAL PLANNING COUNCIL

DEFINITIONS

SENIOR OR "SENIOR CITIZEN" In Canada there is no set age at which a person is considered a senior. Many government benefits begin at 60 or 65 years of age. However, senior discounts often start at 55.

For the purposes of this report, 65+ will denote a **senior**, and an **older adult** will refer to those aged 55 to 64, **octogenarian** will refer to those 80+.

AGEISM is the stereotyping, prejudice, and discrimination against people on the basis of their age.

ELDER ABUSE is any action or inaction by self or others that jeopardizes the health and wellbeing of an older adult.

did you know?

- 55.6% of seniors in Edmonton are women.
- There are more women aged 65+ than there are girls aged 0 to 14 in Canada, but in Edmonton the reverse is true because it has a younger overall demographic.

DEMOGRAPHICS OF SENIORS IN EDMONTON

AS OF 2016
THERE WERE
**160 FEMALE
AND 30 MALE
SENIORS 100 YEARS
OR OLDER IN
EDMONTON**

	MALE	FEMALE
TOTAL, ALL AGES	465,890	466,655
55 - 64 YEARS	54,325	59,615
65 - 74 YEARS	29,475	32,375
75 - 84 YEARS	14,785	19,470
85 - 94 YEARS	5,315	9,615
95+ YEARS	305	1,095

WHY SENIOR WOMEN?

- They live longer than men and may become isolated, especially if their health deteriorates and they lack support networks.
- They have lower levels of income (experience more poverty).
- They are at greater risk of depression and dementia.
- They are more likely to experience elder abuse.

INCOME

PART-TIME WORK IS MORE COMMON AMONG SENIOR WOMEN.

More seniors are working past the age of 65. In 2015, 53.2% of employed women aged 65 and over were working part-time.

ALBERTANS ARE MORE LIKELY TO WORK FULL-TIME IN LATER LIFE THAN THE REST OF CANADIANS.

MEDIAN INCOME OF SENIOR WOMEN HAS INCREASED, BUT REMAINS LOWER THAN THAT OF SENIOR MEN.

Although the median total income from all sources of women aged 65 and over has followed an upward trend since the mid- 1970s, the median income of senior men is approximately 1.5 times higher than that of senior women.

PHILANTHROPY

Fewer seniors volunteer than do people in any other age category, but for those who do, they contribute more hours per person than any other age group

CHARITABLE DONORS

In 2013, more than half of the top 10% of donors were **55 YEARS OF AGE AND OLDER.**

IN EDMONTON,
50%
OF SENIORS VOLUNTEER.

WHERE SENIORS RESIDE

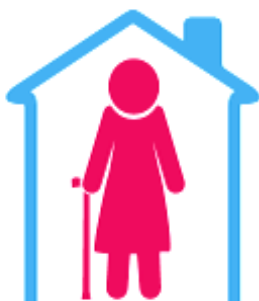
NEIGHBOURHOODS IN EDMONTON WITH THE MOST:

SENIORS (65-79):

1. Oliver 2. Ottewell 3. Twin Brooks

OCTOGENARIANS (80+):

1. Kensington 2. Oliver 3. Downtown



LIVING ARRANGEMENTS

In 2011, 89.9% of women aged 65 and over lived in private households, as did 94.7% of senior men, while the remaining shares (10.1% and 5.3%, respectively) lived in collective households or dwellings.

AGING IN PLACE

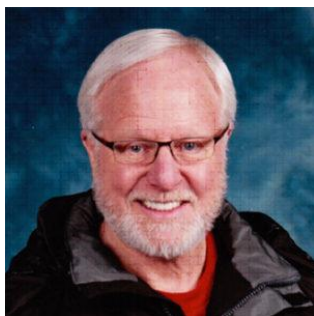
Research shows older people who stay independent and age in place live longer. It's also a more cost-effective choice. In 2004, costs for community-based care per person averaged \$8,900/year while residential care costs averaged \$30,000/year.

Meet The Candidates For Upcoming Board Elections

At Our Annual General Meeting On Wednesday, March 27 @ 9:30 am

Westend Seniors Activity Centre is a non-profit organization that has a Governance Board of Directors, which governs the Organization, sets its overall direction, and establishes, upholds, and where appropriate modifies the Organization's Policies. WSAC's Board is not an Administrative Board and is not responsible for day-to-day operations. A candidate forum was held on Wednesday, February 13 @ 1:30 pm in our Café and members were encouraged to come and meet with the candidates ask questions and share expectations. The candidates that were nominated were:

President

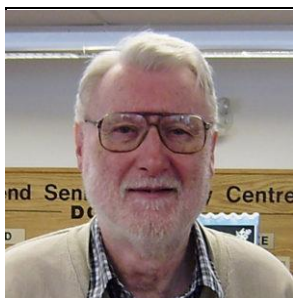


President Jay Pritchard was nominated by member David Coutts.

There is only one position for President.

No nominations will be taken from the floor at The Annual General Meeting March 27th. The position has been filled.

Board of Directors



Board Member John Kennedy
was nominated by lifetime member Ross Lacroix



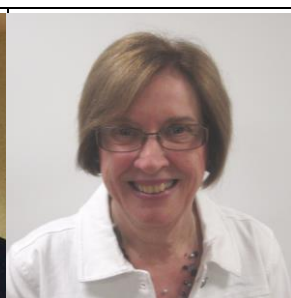
Board Member Donna-Mae Lambert
was nominated by member Gail Bergot



Member Wendy Laws
was nominated by member Geraldine Limoges



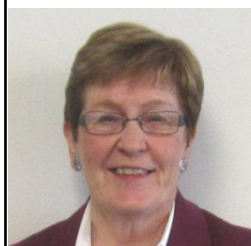
Board Member Brian Quickfall
was nominated by member John Kennedy



Member Sharon Smith
was nominated by member Sandra Gill

We had 6 openings for a position on the Board of Directors and have 5 on the board by acclamation. Everyone that has applied was eligible. We could have one more candidate nominated at our AGM. If two or more candidates are nominated at our Annual General Meeting from the floor a vote will take place. There is only one spot left and that spot does not need to be filled.

Board Members Remaining On The Board of Directors In 2019



Marilyn Tywoniuk



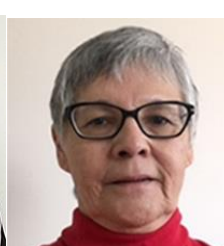
Barbara Gibson



Spurgeon Gammon



Kaye Langager



Ruth Ann Linklater



Burt Krull

PROGRAMS NEWS

??? Question Of The Month For The Program Department ???

Question:

Why is there a gap between each program guide as well as between class sessions?

Answer:

When planning the program guide of over 100 activities, many factors are involved. Breaks are planned to facilitate instructor vacations, make up classes and guide preparation.

Our program guides contain sessions of classes run concurrently by the same instructor. At times, the instructors need a day off for personal reasons. To be proactive, we typically schedule 1 week between class sessions to give the instructor time for a make-up class.

We tend to schedule an extra week between a program guide ending and a new one beginning. It allows for classes that started later in the season to finish before the new guide begins. As well, it gives the Program Team time openings to book special events or one day class sessions. It also allows the instructors to have a much earned break.

Lastly, one reason for the break between the program guides is the guide itself. The guide is created in consultation with over 60 instructors, volunteers, external companies and staff. It takes much time to compile, organize and edit the information to create each program guide. Once one guide is available, the next guide's planning commences. When the paper draft is completely planned, the program guide goes to print and the next phase of the work begins! Staff must input the information from the paper draft into our room booking system, online program guide and till. This work is typically done right up to the first day of registration.

If you have any questions or would like to discuss any program related topics, please contact

Shelley Kulak, Recreation Coordinator (shelley@weseniors.ca)

or Heather Riberdy, Program Manager (heather@weseniors.ca)

Pickleball

As many of you know, we will be increasing the drop in fees for Pickleball to \$4 effective April 29. An email went out to many players on February 6 outlining some of the rationale for this increase. If you did not receive this email or would like to pick up a hard copy of this information, please let us know. Some of the feedback that we have received has included comparisons to city run facilities and what people are able to access with their drop in fees. Many of you may not know that we are not a city run facility. We do not receive direct funding from the city. Most of our funding comes from applying for grants and income from our program fees. These fees go towards covering utilities, repairs and upgrades. These costs exceeded \$200,000 last year.

Tuesday Evening Pickleball Drop-in - Due to a long time ongoing summer rental by the Community Dance – Capital District Association Square Dancers from June 11 to August 20, we will be adjusting our Tuesday evening times for Pickleball drop in to 3-6 pm between these dates. For the rest of the Spring/Summer guide dates, it will remain at 4:30-8:00 pm.

Pickleball Conversation - Join us for an informal idea generating session in the cafe on Friday, March 15 at 9:30 am. We recognise that there have been some concerns brought forth about the number of players dropping in to play on a daily basis. We would like to come up with a solution for this but would like ideas from players on what would work for them. We will then compile these ideas to come up with the one that makes the most sense for players and the centre as a whole. We will then have an online and paper vote available by April 12. Once an option has been chosen, it will be implemented in the Fall Program Guide.

8 Week Seniors Fitness Program – Week 7

Walk 4 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



Visit our website
www.weseniors.ca
for a free download
of this program.

DAY 1 EXERCISE INSTRUCTIONS



Heal-to-toe Walk – 3 sets of 20 steps

- Position the heel of one foot just in front of the toes of the other foot. Your heels and toes should touch or almost touch
- Choose a spot ahead of you to focus on to keep you steady as you walk
- Take a step. Put your heel just in front of the toe of your other foot.



Partial Sit to Stand – 3 sets of 10 reps

- Begin by standing with a chair behind you, your knees just in front of the seat
- Lean forwards as you bend your knees and lower yourself towards the chair as if attempting to sit
- Before you touch the chair, pause for 1-2 seconds and then stand up again



High Chair Stands – 3 sets of 10 steps

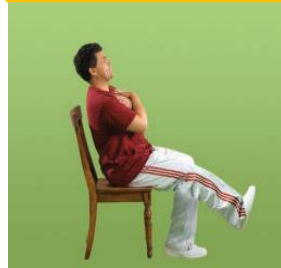
- Start sitting on the chair with feet flat on ground, shoulder-width apart
- Place pillows and/or books on the chair to bring seat higher
- Stand up from seated position with arms cross over chest

Note: If this is too difficult, try extending your arms in front of you. If this is still too difficult, try using your hands on your thighs to help push you up



Step Downs – 3 sets

- Step up onto the bottom step of a flight of stairs
- Turn around and step down onto the landing
- Repeat this 10 times on each leg



Chair Lean Backs with Leg Raise – 3 sets of 10 reps

- Sit near front of chair with arms across chest
- Straighten one leg out in front of you
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position

Toolkit Created by Haidong Liang, Ph.D. & in partnership with

8 Week Seniors Fitness Program – Week 7

DAY 2 EXERCISE INSTRUCTIONS



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

Tips: 1. Don't over-bend your knee joint 2. Place palms on the floor/bed for support



Chair Dips – 3 sets of 10 reps

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Leg Extension with Band – 3 sets of 10 reps, each leg

- Attach one end of the band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg back behind you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Single Calf Leg Raise – 3 sets of 10 reps, each leg

- Stand with feet shoulder width apart using a chair to balance
- Slowly rise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor

Executive Director Dr. Haidong Liang is the author and project lead for this Seniors Helping Seniors Toolkit. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

Haidong devoted all of his three degrees to Physical Activity, Recreation and Gerontology:

- Doctor of Philosophy in Leisure, Recreation and Gerontology - University of Alberta
- Master of Arts in Tourism, Information Technology and Gerontology - University of Manitoba
- Bachelor of Recreation Management & Community Development and Gerontology – University of Manitoba

VOLUNTEER NEWS



We are looking for volunteers in the following areas:

Outdoor plant maintenance

Our long-time volunteer who maintains the plants in the summer and the artificial seasonal plants during the winter is hoping that someone shares her love for plants and would like to take over the job. If you love gardening and like to be creative for holidays, please consider helping out.



Birthday Parties

Our birthday party committee is in need of a few more people to help out with our monthly Birthday parties on the 3rd Wednesday of each month. As part of this wonderful group, you would assist with decorating, making coffee, serving cake and helping to make the occasion festive.

Older, Bolder, Better™

The OBB volunteer sign-up sheet is now available on the bulletin board to the left of the front desk. We will require many volunteers to help make this a successful day. There are slots available for greeters, volunteer/program table hosts, 50/50 sellers, kitchen helpers, BBQ helpers, coffee helpers, traffic directors, lunch ticket sellers, and silent auction attendants. Please sign up early to get the position and time that you would prefer.



Drive Happiness-Seniors Assisted Transportation

Main Office 10740 19 Ave. 780-424-5438, drivehappiness.ca

Volunteer Drivers Needed: If you enjoy visiting and like to drive, Drive Happiness would love to hear from you. Volunteer drivers make their own schedule and select where they will drive.

Drive Happiness offers a small reimbursement towards gas and vehicle wear and tear. Even two hours a week can change a senior's life. Call 780-424-5438, ext. 3 for details.

Covenant Health Volunteer Opportunities Information Session - March 6 @ 10:30 am in the Cafe

The Misericordia Community Hospital and Villa Caritas are currently looking for volunteers in a variety of areas and will be holding an information session at our centre. If you are interested in helping people by volunteering in areas such as the gift shop, visiting patients, greeters/escorts, reception, recreation therapy, home knitting and more, please come out and take part. A

Coordinator from Covenant Health will be here to provide a brief presentation and answer any questions you may have. **(There is no charge for this session; however, we do ask that you add your name to sign up sheet at the front desk so that we know how many people to expect).**

SPECIAL EVENTS & TRAVEL TRIPS

National Pancake Day Lunch

Tuesday, March 5 Price \$10

**Tasty Pancakes, Compote, Sausage, & Egg
with hot and cold beverages of your choice.**



Spring Country Hoedown

Friday, April 12 from 6:00-9:00 pm

Snacks, Cash Car, Country Music

Line Dancing Demo by our own Tracy Walters



Volunteer Appreciation Garden Party

Thank you for helping us grow!

Thursday April 18 from 1:30-3:00 pm

- Save The Date -

Watch for more details coming soon



New Member Welcome Tea

Wednesday, April 24 from 1:30 pm - 3:30 pm

Are you a new member? Join us in the Cafe for some tea and coffee and a chance to meet some other new members as well as some of our staff and board members. A more in-depth introduction to the Centre will be provided and there will be an opportunity to ask questions and take a tour.

Muttart Conservatory Trip

Thursday, March 21 from 10:15 am to 2:00 pm

Cost \$32 for members & \$37 for non-members



Shake off the winter blues with a trip to this oasis in the city. Your ticket includes transportation, admission and a group tour. You will have the opportunity to purchase lunch in the restaurant. This trip is fully wheelchair accessible and we will have two buses with space for 3 wheelchairs. If purchasing a ticket for a wheelchair spot, please let the ladies at the front desk know and we also ask that a ticket for a companion to accompany and assist you on the trip be purchased.

FRIENDS OF WSAC PRESENTATIONS

Arthritis: Symptoms, Management And Treatment - Presented by Terra Losa Pharmacy

Terra Losa Pharmacy



Always There to Care

Tuesday, March 5 from 1:30 pm – 3:00 pm

Cost: \$2

Arthritis is a highly prevalent chronic condition that increases with age. Coping with ongoing pain can be the hardest part of living with arthritis or a related condition. Pain can affect every aspect of your life, and many areas of your life can also affect your pain. Come and learn more about causes, symptoms, management, treatment options and tips to live better with arthritis.

Get More From Your Doctor's Visit - Presented by Navigate Your Health



NAVIGATE
YOUR HEALTH

Wednesday, March 6 from 1:30 pm – 3:00 pm

Cost: \$2

After a doctor's visit, do you ever discover you have forgotten some important information? Or feel like the appointment didn't meet your needs? Or maybe you feel unsure about your next steps? Are you a caregiver who worries that the same happens to your loved one? Learn some simple tips to make the most of your time with your doctor, and questions to ask yourself to know when it's important to bring extra support to your appointments. Also learn about publicly-funded and private services that can support and empower patients and their loved-ones who are managing a difficult health journey.

Optometrists, Ophthalmologists And Opticians- Do You Know The Difference?

Presented by Everywhere Eyecare



Tuesday, March 12 from 1:30 pm – 3:00 pm

Cost: \$2

There are quite a few people with different skills and specialties that you deal with when you have vision issues. We will be defining who does what, and where to go to get the help you need. Know what questions you need to ask and how to get the best care for your particular situation.

When Should I See A Denturist? - Presented by Oliver Denture



Tuesday, March 19 from 1:30 pm – 3:00 pm

Cost: \$2

Many patients feel they only need to visit a denturist when they are feeling pain. In this presentation, we discuss how often a check-up appointment is needed. Patients will learn how to properly care for the dentures and apply for senior's assistance.

Real Estate Law and Selling Your Home - Presented by Masuch Law



Tuesday, March 26 from 1:30 pm – 3:00 pm

Cost: \$2

Thinking about downsizing and selling your home? We will explore a residential real estate sales contract and discuss some important considerations you need to make, whether you are just thinking about selling your home or it is already on the market.

Real Talk On Being a Caregiver - Presented by Revera Retirement Living



Tuesday, April 2 from 1:30 pm – 3:00 pm

Cost: \$2

Whether you chose this role, or this role chose you – you'll learn valuable resources and strategies to assist you in your caregiver role. We're cutting out the fluff and focusing on the nitty gritty details of being a caregiver and maintaining your sanity too. Jolyn Hall is a previous Registered Nurse and is part of the Caregivers Alberta professional network. She works with families every day and often provides assistance to caregivers.

Monthly Birthday Party

March 20 @ 2:00 pm

Join us for cake & ice cream
in the Café



**FREE for Members Celebrating
Their Birthdays! \$2 for guests**

Thank you Ken Wiancko for the ice cream

save on foods

& Rose Boucher for the cake donations



Join Us For Our Potluck

**Thursday,
March 28**

**@ 5 pm
in the Café**

**Please bring
a dish
for 4-6 people**

Policy of the Month - Framework

GOALS

- WSAC is recognized by the community as a hub for seniors.
- WSAC provides programs and services that are responsive to the interests/needs of seniors.
- WSAC actively recruits new members.
- WSAC embraces the diversity of seniors.
- WSAC utilizes effective communication practices.
- WSAC is properly maintained and has sufficient space to meet its needs.
- WSAC uses current technology where appropriate in its operations and programs.
- WSAC has a strong volunteer base and skilled staff to meet needs.
- WSAC is financially sustainable and secure.

OBJECTIVES

- Maximize programming opportunities based on space availability.
- Expand programming into the evening and weekends.
- Implement evidence based seniors programming.
- Continue to increase number of seniors served.
- Address the diversity of seniors.
- Increase self-generating revenue.
- Increase involvement of members in volunteerism opportunities.
- Increase and expand profile, visibility and awareness of Westend Seniors Activity Centre.

Advertising Opportunities for Businesses Serving Seniors

\$25.00 Business card 4"w x 2 1/2"h

\$40.00 1/4 page 4"w x 5"h

\$80.00 1/2 Page 8"w X 5 "h or 4"w X 10"h

\$160.00 Full Page 8"w x 10"h

**If you sign up for one year of advertising
you will receive two months for FREE!**

The deadline for the March issue: February 15
Send submissions to marketing@weseniors.ca

A one-time set up fee of \$30.00 may apply if
your ad is not print ready.

Bike Club Meeting

**Wednesday, March 20 at 2 pm
in the Café**

Meet at the front door & ride times are
Mondays at 1 pm, Wednesdays at 1 pm,
& Fridays at 10 am

Committee Meetings

Fundraising Committee

Tuesday, March 5 @ 9:30 am

Travel Committee

Tuesday, March 12 @ 11:00 am

Special Events

Thursday, March 14 @ 11:30 am

Planning & Maintenance Committee

Thursday, March 14 @ 1:30 pm

Board Meeting

Thursday, March 21 @ 9:30 am

How Do I Register for Programs Online?



IMPORTANT NOTICE:

In order to register for classes online, you need to sign up for an account with My Active Center www.myactivecenter.com which is part of the database we use at our Centre called **My Seniors Center**. You must have a valid current membership, the key tag you were issued by Westend Seniors Activity Centre and an email address.

Please Note: You **CANNOT** purchase or renew your membership online. That has to be done in person at the Centre.

Step by step on how to get started and activate your account:

1. Go to myactivecenter.com
2. Click on **New Users** on the top right hand of the page.
3. Please select center (Westend Seniors Activity Centre).
4. To activate your account you will need to enter your key fob #, email address, name and phone number. You will also need to create a password.
5. Once your account is active, as long as you hold an active membership with our Centre you will be able to register for all registered programs and classes online.

Pick up our NEW Winter Program Guide! Program Levels & Explanations

1	<u>GENTLE FITNESS:</u> This course will be <i>slightly challenging</i> . It will be good for someone just starting back to a fitness routine. A good match for someone with specific limitations or returning after an injury. If you are looking for a seated class that is no/low impact, this class would be a good match!
2	<u>DEVELOPING FITNESS:</u> This course will be <i>slightly more challenging</i> . It is for the novice exerciser and is good for someone wanting a bit more challenge, but not as demanding as some of the other courses that WSAC offers.
3	<u>INTERMEDIATE FITNESS:</u> This course will be <i>challenging</i> . It will meet the needs of a regular exercising member, who possesses little or few limitations, and is looking for a little "extra push" to meet a fitness goal.
4	<u>MODERATE & MORE FITNESS:</u> This course will be <i>more challenging</i> and is for the member who regularly exercises. If you have few or no physical limitations, want to get the heart rate going and muscles moving, Level 4 is for you.
5	<u>ADVANCED FITNESS:</u> This course will be the <i>most challenging</i> that WSAC has to offer. It is for the member who enjoys consistent and ongoing physical fitness activities as part of a regular health regimen. Very few or no physical limitations are recommended for a member to enjoy this workout, that helps you strive to the limit.