



# WESTEND SENIORS ACTIVITY CENTRE

## OBSERVER June 2019

# SAVE THE DATE!

## Older Bolder Better!™

**Symposium & Exhibition**  
**Thursday, June 6**  
**from 9:30 am to 2:30 pm**

**\*Minister of Seniors & Housing**  
**\*Key Note Speaker Bruce Bowie**

**\*Special Guests**

**\*Presentations**

**\*Entertainment**

**\*Delicious Lunch**

**\*Silent Auction**

**\*Door Prizes**

**\*Vendors Market**

**\*Basket Raffle**

**\*Book & Puzzle Sale**

**\*Bake Sale**

**and much more...**

**See more details inside**



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[www.weseniors.ca](http://www.weseniors.ca)

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

# Older Bolder Better!<sup>TM</sup>

On Thursday June 6th, we will be hosting our 23rd annual "Older, Bolder, Better!<sup>TM</sup>" Seniors Symposium and Exhibition.

My staff and I have been working tirelessly to make this year's event our best yet! We have put together some great guest speakers, including Bruce Bowie as our keynote speaker!

### **You are invited!**

I would like to invite our long time members who have attended OBB in the past to join us for another year of fun. I promise you will find that this year's event lives up to its name and that it will be **"BOLDER and BETTER!"**. This year, I hope you will also bring a friend and show them all the things you enjoy about being part of our centre and its community!

To our newer members, I hope you will plan to spend your day with us. With guest speakers throughout the day, exhibitors, a silent auction, great food, prizes and more you will see why our event is the most popular seniors event of Alberta Seniors Week!

This is a major fundraising event for WSAC. Your participation will help our centre receive more support from our various levels of government.

- This event is one of the largest senior events during Alberta Seniors Week!
- OBB is a trademark event that has been attracting seniors and businesses for the past 22 years here in Edmonton.
- As a previous Alberta Seniors Week launch site, our event is known to deliver the most informative symposium that week; with great keynote speakers and a trade show that featuring over 60 seniors-focused organizations from public, private and non-profit sectors.
- Our event traditionally draws an average of 600 seniors and their families, where they enjoy engaging information sessions, multicultural entertainment, a silent auction, basket raffles, door prizes, a vendors market, bake sale, delicious lunch and much more.
- And the best part...admission is FREE!

### History of Older, Bolder, Better!<sup>TM</sup>

In 1996, when Edna Jolly, our Centre's former President and long-time Board member, started the first "Older, Bolder, Better" event, she never expected that this event would become not only a great fundraising event for our centre but also an event that brings our volunteers together to help us host one of Edmonton's most successful events created for seniors.

In 1996, our first ever Older, Bolder, Better event was hosted at the Meadowlark Shopping Centre.

In June 2003, it was time for a change and our centre staged its 7th annual Older, Bolder, Better day at the Westmount Shopping Centre.

In 2005, our Centre moved to its new location in the Terra Rosa Community Hall. That fall, we hosted our 9th OBB event - our first here!

In 2013, our annual event incorporated a symposium component and changed its name to "Older, Bolder, Better!<sup>TM</sup>" Seniors Symposium and Exhibition.

In 2014, as a launch site of the Alberta Seniors Week, our Centre co-hosted our Older, Bolder, Better Seniors Symposium and Exhibition with the Government of Alberta. It was a huge success, setting a record high attendance for our event, with over 800 people coming to our centre.

On June 6, 2019, our Centre is hosting our 23rd annual "Older, Bolder, Better!<sup>TM</sup>" Seniors Symposium and Exhibition. This year, in recognition of this signature event, the City of Edmonton's High Level Bridge will be lit in our Centre's featured colors – Green, Orange and Purple on June 4, 2019.



# PROGRAM NEWS



## Question of the Month:

Can you please tell me about the Yoga Try It Days and Yoga Pass you are offering?

### Answer:

As you may know, we put together a supplemental guide for the Spring and Summer due to the leaves of prominent fitness and yoga instructors. Some of those classes still have space available, so we thought we would offer two things to our members to try something new! For a limited time only, we are offering one free class per session per member as well as two styles of yoga passes, with three classes to choose from for each. The free classes are offered, subject to availability, on:

**Yoga for Arthritis & Parkinsons - Monday, June 3 at 2:45 pm - 3:45 pm**

**Intermediate Yoga with Pat Wong Friday, June 7 at 10:45 am - 11:45 am**

**Yin Yoga - Thursday, June 13 at 11:15 am - 12:15 pm**

You can also purchase a 5 or 10 class pass for the three yoga courses mentioned, and mix and match the classes to try them all! Please ask to speak with Shelley Kulak, the Recreation Coordinator at the centre, to purchase your pass. No online pass purchases will be available. At the time of the pass purchase, you will need to register for the individual classes to be used. A limited number of passes are available and in order to have your choice of classes, we recommend purchasing your pass early to avoid disappointment.

## PROGRAM CHANGES

**Thursday, June 6 – ALL DROP-INS are CANCELLED** due to Older, Bolder, Better™.



### Pickleball Program Changes:

As noted in the Spring and Summer Program Guide,  
Pickleball on Tuesdays from:

March 19 - June 4 inclusive, will be from 4:30 pm to 8:00 pm.

June 11 to August 20, inclusive, will be from 3:00 pm to 6:00 pm.

August 27 to September 9, inclusive, will be from 4:30 pm to 8:00 pm.

**Please note that the fee for Drop-In Pickleball has increase to \$4.**

## NEW PROGRAMS

Kathy Patterson is able to teach some of her classes and they generally fill very quickly so register early to avoid disappointment!

If you have already registered for these particular series, there is no need to register again. Your spot is still held. If you want to clarify whether or not you are in the class, please contact Shelley Kulak, Recreation Coordinator, at [shelley@weseniors.ca](mailto:shelley@weseniors.ca) or (780) 483-1209.

Westend Seniors Activity Centre has created or continued to run new fitness and yoga classes to serve members, starting May 28 listed on the following pages.

# PROGRAM NEWS

## Additions To The Spring/Summer Guide

Seated Stretch Fit – Monday		Instructor Kathy Paterson
	<p><b>As in the Spring &amp; Summer Program Guide – MONDAY SERIES #2</b> <b>Monday, June 17 – July 22 (5 classes) from 11:00 am – 11:55 am Cost: \$32</b> Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching will be done completely in a chair, at your own pace, and will promote improved circulation, flexibility, movement and digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!</p>	
Seated Stretch Fit – Tuesday		Instructor Kathy Paterson
	<p><b>As in the Spring &amp; Summer Program Guide - SERIES # 2 &amp; # 3</b> <b>Tuesday, June 18 – July 23 (6 classes) from 10:00 am – 10:55 am Cost: \$38</b> <b>Tuesday, Aug. 6 – 27 (4 classes) from 11:00 am – 11:55 am Cost: \$25</b> Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching will be done completely in a chair, at your own pace, and will promote improved circulation, flexibility, movement and digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!</p>	
Seated Stretch Fit - Wednesday		Instructor Kathy Paterson
	<p><b>As in the Spring &amp; Summer Program Guide – WEDNESDAY SERIES #2</b> <b>Tuesday, June 19 – July 24 (6 classes) from 11:15 am – 12:10 pm Cost: \$38</b> Want to feel better with gentle stretching, but unable to use a floor mat? This class is for you! Total body stretching done completely in a chair, at your own pace, will promote improved circulation, flexibility, movement &amp; digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us and feel better!</p>	
Sit Fit – Thursday		Instructor Kathy Paterson
	<p><b>As in the Spring &amp; Summer Program Guide –SERIES #2</b> <b>Thursday, July 4 – Aug. 1 (5 classes) from 10:00 am – 10:55 am Cost: \$32</b> Based on the popular class, “Total Fit”, this <b>seated class</b> will get you moving, at your pace. Sit Fit incorporates cardio, core and strength training, in short intervals of each. This class will be a great way to build your physical fitness for those wanting to develop a newer fitness regime in a non-competitive way! All members welcome!</p>	
Seniors Stretch Fit – Tuesday		Instructor Kathy Paterson
	<p><b>As in the Spring &amp; Summer Program Guide – Tuesday SERIES</b> <b>Tuesday, August 6 – 27 (4 classes) from 10:00 am – 10:55 am Cost: \$25</b> The perfect way to start the day! The class consists of gentle flexibility inducing stretches, done with easy progression, to soothing music. Studies prove that seniors benefit tremendously from stretching activities. Aging causes stiffness of joints and muscles, which frequently causes pain and poor balance, circulation, digestion, posture and flexibility. The easy remedy is stretching! This relaxing class is for everyone; it will involve standing and prone stretching with mats; however, it can be done with modifications while seated. <b>*Note: Yoga mat required.</b></p>	

# PROGRAM NEWS

## Total Fit – Tuesday

Instructor Elise Seehagel



**SERIES #1** Tuesday, May 28 – July 9 (7 classes) from 9:00 am – 9:55 am **Cost: \$55**  
**SERIES #2** Tuesday, July 23 – August 27 (6 classes) from 9:00 am – 9:55 am **Cost: \$47**  
 It's time to turn it up a notch - an hour spent but not a minute wasted as this class will cover it all! Low impact cardio, resistance for strength, flexibility & functional agility, with a focus on balance and core strength. The warm-up will get you engaged and the cool down will leave you feeling tension release. The fun never stops!

## Total Fit - Thursday

Instructor Elise Seehagel



**SERIES #1** Thursday, June 13 – July 11 (5 classes) from 9:00 am – 9:55 am **Cost: \$39**  
**SERIES #2** Thursday, July 25 – August 29 (6 classes) from 9:00 am – 9:55 am **Cost: \$47**  
 It's time to turn it up a notch - an hour spent but not a minute wasted as this class will cover it all! Low impact cardio, resistance for strength, flexibility & functional agility, with a focus on balance and core strength. The warm-up will get you engaged and the cool down will leave you feeling tension release. The fun never stops!

## Intermediate Yoga With Pat Wong

Instructor Pat Wong



**SERIES #1** Friday, May 31 – July 5 (6 classes) from 10:45 am – 11:45 am **Cost: \$50**  
**SERIES #2** Friday, July 19 – Aug 30 (7 classes) from 10:45 am – 11:45 am **Cost: \$59**  
 Yoga has proven benefits for improving overall well-being as it directly relates to the mind, body and soul. If you have been practicing yoga for a while and are ready to take the next level of yogic breathing, relaxation and meditation, then this class is ideal for you.  
**\*Note: Yoga mat required.**

## Yin Yoga

Instructor Linda Vaudan



**SERIES #1** Thursday, June 13 - July 11 (5 classes) from 11:15 am -12:15 pm **Cost: \$42**  
**SERIES #2** Thursday, July 25 - Aug 22 (5 classes) from 11:15 am-12:15 pm **Cost: \$42**  
 Yin Yoga is such a good complement to active lifestyles. This balancing and calming practice consists of sustained, passive seated lying down yoga pose holds. Yin Yoga is designed to target deeper, connective tissues around the joints, allowing release, and increasing the range of mobility. Relaxing in the Yin Yoga poses provides an increased sense of calm and balance, a more relaxed body and a centred mind. **\*Note: Yoga mat required.**

## Yoga For Arthritis & Parkinsons

Instructor Freya Sean Giroux



**SERIES #1** Monday, May 27 – June 24 (5 classes) from 2:45 pm – 3:45 pm **Cost: \$35**  
**SERIES #2** Monday, July 8 – 29 (4 classes) from 2:45 pm – 3:45 pm **Cost: \$28**  
 Yoga is one of the best exercises for seniors – especially so for those with Arthritis and Parkinsons. Join this class to increase range of motion, loosen muscles and increase flexibility. You will also focus on improving balance to enhance your quality of life. **\*Note: Yoga mat required.**

## Back & Body Care Yoga

Instructor Freya Sean Giroux



**Wednesday, July 3 – July 31 (5 classes) from 2:30 pm – 3:30 pm Cost: \$35**  
 If you have suffered a chronic injury or live with severe pain, you owe it to yourself to meet Freya. The course will focus on care for the body through yoga, with a primary focus on your back. It will help you to improve posture, reduce pain, rebuild your confidence and improve your quality of life. The body is meant to move – this course will help you get back to it! **\*Note: Yoga mat required.**

# TRY SOMETHING NEW!

The following classes still have space available!

Please refer to our Spring and Summer Program Guide for more information.

## Art

### WEDNESDAY

Art of Redesigning Jewellery – Level 1 & 2

### WEDNESDAY

Watercolor for the Beginner – Series 2 & 3

### THURSDAY

Acrylics With Lori – Series 2 & 3

## Life Long Learning

### MONDAY

Computer 101: Basics

### WEDNESDAY

Kijiji Basics

Learning French

### THURSDAY

Spanish

– Beginner, Intermediate & Experienced

### FRIDAY

DVD Lecture Series –Middle Eastern History  
iPad for the Beginner

## Dance

### TUESDAY

Ballroom & Latin Beyond Basics – Series 2

### TUESDAY

Clogging – Beginner, Intermediate & Experienced  
Levels – Series 2

### WEDNESDAY

Line Dancing - Beginner, Intermediate &  
Experienced Levels – Series 2

### THURSDAY

BeMoved – Series 2

## Fitness

### MONDAY

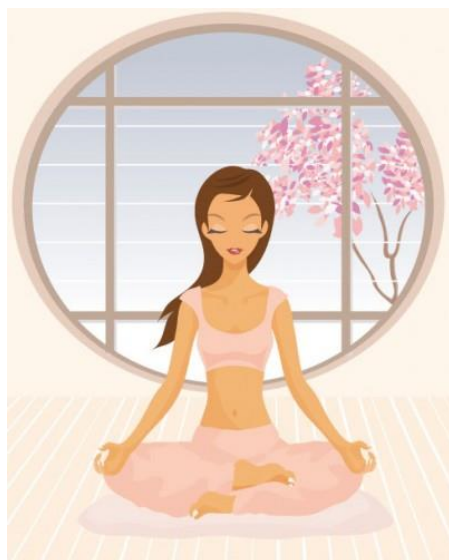
Zumba Gold – Series 2 & 3 @ 9:00 am  
– moved to the gym to accommodate more  
members!

Zumba Gold – Series 2 & 3 @ 10:00 am  
– moved to the gym to accommodate more  
members!

### WEDNESDAY

Essentrics Stretch & Tone – Series 2 & 3  
Age Reversing Essentrics – Series 2 & 3  
Barre – Series 2

## Yoga



### MONDAY

Gentle Yoga - Beginner – Series 2 & 3

Pilatoga - Beginner – Series 2 & 3

Pilatoga – Intermediate – Series 2 & 3

### TUESDAY EVENING

Gentle Yoga & Breathwork (Pranayama) – Series 2 & 3

### WEDNESDAY

Gentle Yoga - Beginner – Series 2 & 3

### THURSDAY

Chair Yoga – Series 2

Restorative Hatha Yoga

### FRIDAY

Gentle Yoga - Beginner – Series 2 & 3

Yoga for Balance and Wellbeing – Series 2 & 3



# COMMUNITY CAFE NEWS

## Community Café News

The Cafe will be introducing new cool items on our menu for you to purchase such as cool homemade treats made by our volunteer Lorraine as well as ice treats and fresh garden, fruit and Greek salads.

The last Wednesday of each month  
The Silvertones play for us in the Cafe  
and we serve a pub style lunch.

**Join us June 26** for fish and chips  
with fries, carrot and celery sticks and  
coleslaw, with excellent  
entertainment!

The kitchen Team looks forward to  
seeing you in our Café for lunch.



## SPECIAL EVENTS



**Monday, July 1**  
**from 11:30 am to 1:30 pm**  
**Play some outdoor games**  
**& enjoy a Summer BBQ on our deck.**  
**Price: \$8 members, \$10 non members**



**Patio Party**  
**BBQ & Entertainment**  
**Monday, August 12 from 4:30 pm to 7:30 pm**



# Older Bolder Better!™

## Symposium & Exhibition

Thursday, June 6 from 9:30 am to 2:30 pm

\*Entertainment

\*Delicious Lunch

\*Silent Auction

\*Door Prizes

\*Vendors Market

\*Basket Raffle

\*Book & Puzzle Sale

\*Bake Sale



### Lunch Menu:

Beef & Cheddar Melt or Ham & Swiss Melt  
on a potato scallion bun with carrot  
& celery sticks & a large cookie & drink

**Price: \$7**

## Games Room Schedule

9:25 am	Greeting from The Executive Director	Executive Director, Haidong Liang
9:30 am	Message from the Minister of Seniors & Housing	Minister Josephine Pon
9:45 am	Greetings from the President	President, Jay Pritchard
10:00 am	Bruce Bowie	Key Note Speaker
10:30 am	Frauds and Scams	Presented by Eric Storey Sponsored by Seniors Home Care by Angels
11:00 am	Wish of a Lifetime	April Williamson - Chartwell Canada
11:30 am	50 Conversations You Didn't Know You Should Have	Jolyn Hall - Revera
12:00 pm	Kyrgyzstan Dancers	Kyrgyzstan Dancers
12:30 pm	7 Tips for Wills - Excellent Executors	Stacy Maurier Estate Connection Law
1:00 pm	Doing Your Taxes – What's In It For You	Caroline De Grave - CRA
1:30 pm	Travelling Solo, But Not Alone	Alison Phillips – The Travel Agent Next Door

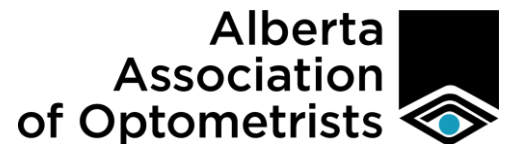


# THANK YOU TO OUR OBB SPONSORS

## Platinum Sponsors



## Gold Sponsors



## Bronze Sponsors



# FRIENDS OF WSAC PRESENTATIONS

## Tapping Into The Power of Your Pharmacist: What Pharmacists Can Do Beyond the Pharmacy Counter! – Presented by: Terra Losa Pharmacy

Terra Losa Pharmacy



Always There to Care

**Monday, June 3 from 1:30 pm – 3:00 pm**

**Cost: \$2**

Pharmacists are not just there to dispense medications, your pharmacist knows all kinds of secrets that could help you. So perhaps it's time to start tapping into this under-utilized health resource. Your pharmacist can review your entire medication record for potential interactions, see if you're taking drugs with duplicate effects, and check on prescription refills. There are so many ways your pharmacist can help you, from renewing your existing medications to prescribing in certain conditions. From flu vaccinations to various types of immunizations and injections. From how to better manage your health to how to better manage the drug cost, your pharmacist can give you the right advice. Join us to explore all these opportunities and much more.

## Enjoy Eating More Veg! – Presented by: Navigate Your Health



NAVIGATE  
YOUR HEALTH

**Tuesday, June 4 from 1:30 pm – 3:00 pm**

**Cost: \$2**

Do you want to eat more vegetables for health benefit, but don't enjoy eating them? Or do you feel like it takes too much work to prepare vegetables? Maybe you have some other challenge around vegetables? Come for some conversation about the challenges you face in relationship with vegetables. Go away with some tools and unusual ideas that can help you get more vegetables every day, while feeling satisfied.

## Top 5 Industry Secrets – Presented by: Everywhere Eyecare



**Monday, June 10 from 1:30 pm – 3:00 pm**

**Cost: \$2**

Join Everywhere Eyecare to discuss the top 5 industry secrets for buying glasses, both in stores and online. We've heard a lot about how corrupt the spectacle industry is and how cheap it is to buy glasses online. Is it all true or is it buyer beware? You'll hear at least 5 things you'll be glad you know before your next purchase of eyewear, no matter where you get them.

## Garden Suites: An Introduction – Session 1- Presented by: YEGarden Suites






**Monday, June 10 at 6:30 pm**

**Cost: \$2**

Garden suites, Aging in Place, Downsizing...YEGarden Suites will discuss all 3 topics that seniors are talking about. Come learn the rules and regulations that you must be aware of when building a Garage/Garden Suite, as well as the permitting process. You will learn how the city can support you in building a Garage/Garden Suite and about what the process to build actually looks like. You will also hear from current owners of Garage/Garden Suites about their experiences, challenges, and successes with their suites during a Q&A-style panel discussion. Session 1 will include opening by Councillor Andrew Knack, an overview of Garden Suite, ageing in place, and downsizing. There will be an owner panel discussion and the City of Edmonton will present regarding rules and regulations. Join YEGarden Suites again on June 17 for the second session in the series.

# FRIENDS OF WSAC PRESENTATIONS

The Importance of Proper Mastication – Presented by: Oliver Denture		
	<b>Tuesday, June 11 from 1:30 pm – 3:00 pm</b>	<b>Cost: \$2</b> Chewing is your body's greatest resource in nutrient absorption. Poorly fitted dentures or worn down teeth can create a number of issues. In this presentation we will discuss the importance of mastication and the direct correlation it can have to overall health.
Semi-Annual 2019 Global Financial Market Review & Outlook – Presented by: Mackie Research		
	<b>Friday, June 14 from 1:30 pm – 3:00 pm</b>	<b>Cost: \$2</b> Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that are currently affecting your retirement savings, now and into the future. We will review what has happened so far in 2019, and look at forward guidance on what to expect for the remainder of 2019.
Personal Directives and Powers of Attorney – Presented by: Masuch Law		
	<b>Monday, June 17 from 1:30 pm – 3:00 pm</b>	<b>Cost: \$2</b> Personal Directives and Powers of Attorney – what are they? Why do I need one? We will explore what each of these documents do for you as well as discuss some commonly held misconceptions around health care and finances when considering whether or not you should have a personal directive and a power of attorney.
Name of Presentation – Session 2 - Presented by: YEGarden Suites		
	<b>Monday, June 17 at 6:30 pm</b>	<b>Cost: \$2</b> Come join us for a builder/designer panel discussion where you will have the opportunity to see what options are available to you. You will also learn from CPA and Garden Suite owner, Linda Hayes and Jillian Little from CIBC regarding budgeting and financing for Garden Suites. After the presentation a question and answer period will follow. <u>Session 2 will include:</u> Builder/Designer Panel Discussion. Jillian Little (CIBC) on financing a garden suite. Linda Hayes on budgeting for garden suites.
Could You Be The Next Victim? – Presented by: Servus Credit Union		
	<b>Monday, June 24 from 1:30 pm - 3:00 pm</b>	<b>Cost: \$2</b> Could you be the next victim? Come learn about common scams including internet, phone face to face, plastic cards and bank accounts and general ways to keep yourself safe in today's modern environment.



# TRAVEL TRIPS



## River Cree Resort & Casino Trip Thursday, June 20

**Cost: \$10 for members  
& \$15 non-members**

Bus *Departs* at 11:00 am & *Returns* at 3:30 pm  
Tickets cover transportation,  
lunch, a gift and \$5 voucher.  
Please pre-purchase tickets at the front desk.  
**Ticket deadline June 17.**



## Edmonton Prospects Baseball Game Friday, July 12, Tickets \$29

Your ticket includes your ride  
to & from the game, your ticket  
to the game & a hot dog & pop



**Game Time 7:00 pm Bus pick up at 6:00 pm at WSAC  
and return from RE/MAX field at approximately 10:00 pm  
immediately following the game. Ticket Deadline is June 28.**



## Battle River Train Excursion Camrose, Alberta

**Wednesday, August 7**

**Cost: \$175 members, \$180 non-members**

Board the bus @ 8:30 am  
at WSAC & Travel to Camrose  
Depart Camrose at 11:15 am by train  
Return from Heisler, AB @ 3:30 pm by train  
Board the bus in Camrose @ 4:00 pm  
Arrive back at WSAC @ approximately 5:30 pm

Get out of the city! Travel by passenger train to small town Alberta, where you will dine in a vintage hotel, visit and hear stories at the historic St. Martin's Catholic Church and purchase the world's best sausage at the Heisler General Store. Local entertainment will be sure to please. The perfect outing for retirees. **Ticket Deadline is June 12.**

# VOLUNTEER NEWS

## A Special Thank You to our Volunteer Appreciation Event Sponsors

The following businesses generously donated towards our decor, gifts and door prizes to our Volunteer Appreciation Event and helped to make it a very special day.

Costco West Edmonton, Mayfield Flowers, Bunches Riverbend, ARCH Greenhouses, Creekside Home and Garden, Panda Flowers Terra Losa and Canadian Tire West Edmonton. Westend Seniors Activity Centre would like to extend a huge thank you for their generosity.



**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 of 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 fun and festive.

### **Older, Bolder, Better™**

The OBB volunteer sign-up sheet is now on the bulletin board to the left of the front desk. We require many volunteers to help make this another successful day. We are looking 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 see Heather Riberdy to see where we still need some help.

### **Volunteer Equipment Cleaner**

Job duties: Cleaning the fitness equipment throughout the centre, including the yoga room, gymnasium and fitness room. Equipment would include balls, weights and bands. Ideally, the cleaning would occur on a weekly basis. The time would need to be coordinated with the Program Team to ensure that classes would not be running during the same timeframe.



### **Drive Happiness-Seniors Assisted Transportation**

Main Office 10740 19 Ave. 780-424-5438, [drivehappiness.ca](http://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.



**WESTEND  
SENIORS  
ACTIVITY  
CENTRE**

# **COMMUNITY OUTREACH & SOCIAL WELLNESS**



## **Community Outreach and Social Wellness at WSAC**

Our Community Outreach program is here to support you to have a more fulfilled life even with any changes that may come your way.

In WSAC Outreach, we **share knowledge, create connections** and **generate ideas** with you for solutions to experiences of change and crisis.

This month's theme is what you didn't know and need to know about **Decluttering!**

### ***Sharing Knowledge - Top 5 Things You Need to Know about Reducing Your Possessions:***

1. Having items around that are not serving a 'present-time' purpose can affect our physical and mental health.
2. A cluttered environment can affect our ability to concentrate, and drain our energy during the day.
3. Sleeping in cluttered rooms can affect the quality of our sleep, as well as our access to a fresh and moving oxygen supply. After people have reduced the items in their homes, they often say they feel like they can breathe again!
4. The attachment we have to the things we keep is often less about the physical objects and their practical use, and is much more about the *meaning* they represent to us. They remind us of family, heritage, lineage and cherished memories.
5. Keeping too many things in our environment can prevent us from feeling hopeful about bringing new things into our life in the future.

### ***Creating Connections at WSAC***

- Our Circle of Support group in the Centre on Thursdays at 1pm is a great place to make connections and talk about the things in our life that are important, where we want our life to go, and also about strategies to reduce things in our life that are not serving us.
- One of our Friends of WSAC, 'Your Organized Friend', is a great source of information and ideas about decluttering. (Check our website and program guide for details.)
- If you want to talk to someone about your individual situation in relation to this topic, call our WSAC Outreach at 780-483-1209.

### ***Generating Ideas: Connecting at WSAC***

Here are some ideas we came up with for solutions to the struggles of decluttering:

- Many people say decluttering is about letting go of the past, and this can make us feel we will lose something when we let go. We can see our past in a new way by thinking of how we can make it come alive in our current life that doesn't need to be attached to a physical item.
- You could create a memory book of stories and photos of the items you've had and the meaning they have held.
- You could focus on the wisdom and characteristics you gained from a person, rather than the thing you got from them. Keep their memory alive through stories and photos.
- Each item is only useful as long as it is serving a purpose. It may be trapped in your environment. However, if you donate it, it might find its way to someone else who needs it right now. In this way, it can have a whole new life.



## Monthly Birthday Party

June 19 @ 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



## Seniors Home Support Services

**SNOW  
REMOVAL**



**YARD  
WORK**



**HOUSE  
KEEPING**



**MINOR  
REPAIRS**



Spring is here! If you are in need of help with yard maintenance or minor home repairs this spring, please give us a call. We have several vetted service providers in these areas. We will provide you with referrals to some of these service providers and you can then contact them to discuss costs and what projects you need done.



**Join Us For  
Our Potluck  
Thursday,  
June 27  
@ 5 pm  
in the Cafe**

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

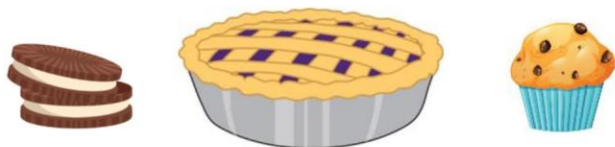
## Bake Sale Fundraiser

A big thank you to everyone involved in helping to make our Bake Sale Fundraiser on a huge success!

We had cookies, muffins, cakes, loaves pies and more for sale from May 14<sup>th</sup> to 18<sup>th</sup>.

This fundraiser was to help two of our very dear long time instructors Kathy Paterson and Shall Sinha a little in a time of need and show them that WSAC cares.

A special thank you to our wonderful kitchen volunteers Lorraine and Dave for all the extra baking and to everyone who helped and also everyone who donated. We raised over \$700!



## Committee Meetings



### Fundraising Committee

Tuesday, June 4 @ 9:30 am

### Travel Committee

Tuesday, June 11 @ 11:00 am

### Special Events

Thursday, June 13 @ 9:30 am

### Planning & Maintenance Committee

Thursday, June 13 @ 1:30 pm

### Finance Committee

Thursday, June 20 @ 8:30 am

### Board Meeting

Thursday, June 20 @ 9:30 am

# Older Bolder Better!™

**Symposium & Exhibition**

**Thursday, June 6 from 9:30 am to 2:30 pm**

**Keynote Speaker Bruce Bowie**

**\*Special Guests**

**\*Presentations**

**\*Entertainment**

**\*Delicious Lunch**

**\*Silent Auction**

**\*Door Prizes**

**\*Vendors Market**

**\*Basket Raffle**

**\*Book & Puzzle Sale**

**And much more!!!**

## **“Light The Bridge” Photo Contest**

Submit your photos by Friday June 7th to [marketing@weseniors.ca](mailto:marketing@weseniors.ca)



The Westend Seniors Activity Centre's colors will be featured on the High Level Bridge June 4th to celebrate our 23rd Annual “Older, Bolder, Better”™ Tradeshow!

Take your best photo and enter for a chance to win a 2020 Membership and a VIP pass to our 2020 Toonie Talk series (Value of \$180)