



WESTEND SENIORS ACTIVITY CENTRE

OBSERVER July 2019

**SAVE
THE DATE!**

PATIO PARTY

Join us FOR ALL THE
FUN! 

**Monday, August 12
from 4:30-7:30 pm**

\$12 member

\$14 non members

**Join us on the deck for a relaxing
evening with friends, food & fun!**

Music, refreshments & a cash bar.



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



www.weseniors.ca

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

23rd Older Bolder Better!™

Seniors Symposium & Exhibition



OBB was a great success!

A record high amount was raised from 70 exhibitors and vendors, 262 lunches, donations, raffles, the silent auction, 50/50, book and puzzle sale, and memberships.

The silent auction at OBB was well attended. We had 42 items donated by local businesses and members, with a total estimated value of \$5,225. A sum of \$2,027 was raised, surpassing amounts raised over the past 2 silent auctions at OBB.

We also had record high attendance with over 600 programs given out. If we add the vendors, exhibitors, all the volunteers and staff, we had at least 750-800 people)! Every room was bustling.

A huge thank you to our volunteers, Board of Directors and of course, our wonderful staff that made OBB one of the best Alberta Seniors Week events!



PROGRAM NEWS

Requests From The Program Department

Over the past few months, we have noticed a decrease in the inventory of several pieces of fitness equipment. Particularly, we are missing:

- Pickleball racquets
- Therapy Bands
- Weights



If you have discarded broken equipment or mistakenly taken the items to new locations or home, please tell the staff. As well, **please return all items borrowed as soon as possible**. All equipment at WSAC is to stay in the room where it is regularly kept as it is used by many members across a variety of programs. All programs at WSAC are run on a cost recovery basis; thus, we have a very limited budget for purchasing new equipment and supplies. Replacing missing equipment cannot and will not take first priority. We appreciate your support to keep our centre running at its best by keeping our equipment in the learning spaces.

As our centre continues to grow, we have received communication regarding noise carrying from one space to another. Though we recognize that external sounds can be bothersome to some programs - we are a thriving, bustling activity centre and activities, by their nature, can be loud. As such, we need your patience and understanding for the extra sounds in the environment. If you have a particular issue that you would like addressed, we suggest the following course of action:

1. Speak with the group or individual that you believe is creating the increased noise, **with a mutually respectful attitude**. Kindness goes a long way! Perhaps they are unaware of the noise carrying through the building and a simple conversation will help all involved.
2. If the situation remains bothersome to you, please contact Shelley Kulak, Recreation Coordinator, for assistance to resolve the issue.

As per our Member Code of Conduct, we would like to remind all members to approach such situations with a positive attitude so that a resolution that best meets everyone's needs can be found. Thank you!



A reminder for all Pickleball Players:

The play time on Tuesdays has changed for the summer months.






The new schedule is 3:00 pm to 6:00 pm until August 20, inclusive.

The schedule for August 27 – September 9 will be 4:30 pm – 8:00 pm.
As well, please note that the current fee is \$4 per session.

Thank you!




PROGRAM NEWS

Additions To The Spring/Summer Guide

Seated Stretch Fit – Tuesday		Instructor Kathy Paterson
	<p>Tuesday, Aug. 6 – 27 (4 classes) from 11:00 am – 11:55 am Cost: \$25</p> <p>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>	
Seniors Stretch Fit – Tuesday		Instructor Kathy Paterson
	<p>Tuesday, August 6 – 27 (4 classes) from 10:00 am – 10:55 am Cost: \$25</p> <p>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. *Note: Yoga mat required.</p>	
Total Fit – Tuesday		Instructor Elise Seehagel
	<p>Tuesday, July 23 – August 27 (6 classes) from 9:00 am – 9:55 am Cost: \$47</p> <p>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!</p>	
Total Fit - Thursday		Instructor Elise Seehagel
	<p>Thursday, July 25 – August 29 (6 classes) from 9:00 am – 9:55 am Cost: \$47</p> <p>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!</p>	
Intermediate Yoga With Pat Wong		Instructor Pat Wong
	<p>Friday, July 19 – Aug 30 (7 classes) from 10:45 am – 11:45 am Cost: \$59</p> <p>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.</p>	

PROGRAM NEWS

Additions To The Spring/Summer Guide

Yin Yoga		Instructor Linda Vaudan
	<p>Thursday, July 25 - Aug 22 (5 classes) from 11:15 am-12:15 pm Cost: \$42</p> <p>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.</p> <p>*Note: Yoga mat required.</p>	
Yoga For Arthritis & Parkinsons		Instructor Freya Sean Giroux
	<p>Monday, July 8 – 29 (4 classes) from 2:45 pm – 3:45 pm Cost: \$28</p> <p>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.</p> <p>*Note: Yoga mat required.</p>	
Back & Body Care Yoga		Instructor Freya Sean Giroux
	<p>Wednesday, July 3 – July 31 (5 classes) from 2:30 pm – 3:30 pm Cost: \$35</p> <p>If you have suffered a chronic injury or live with severe pain, you owe it to yourself to meet Freya. This 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!</p> <p>*Note: Yoga mat required.</p>	

RENTALS



Did you know that WSAC rents out space for weddings, anniversary parties, meetings and other adult social gatherings?

We offer affordable rates and great location and amenities.

Please contact Heather, if you are looking for a space for an upcoming event.

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
Monday, August 12 from 4:30-7:30 pm
\$12 member, \$14 non members



Join us on the deck for a relaxing evening with friends, food & fun!
Music, refreshments & a cash bar.



Fall Harvest High Tea

September 19
from 2:00 pm to 4:00 pm
\$10 member & \$12 non members

Enjoy a lovely fall afternoon of tea, savouries & dainties.

Fascinators, gloves & pearls encouraged but not required.



TRAVEL TRIPS



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.**



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 our members.



River Cree Resort & Casino Trip Thursday, September 12 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.

THANK YOU TO OUR OBB SPONSORS

Platinum Sponsors



Gold Sponsors



Bronze Sponsors



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 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.

Volunteer Equipment Cleaner

Job duties:

Cleaning the fitness equipment throughout the centre, including the yoga room, gymnasium and fitness room. Equipment includes 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

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.

Community Outreach and Social Wellness at WSAC

Our Outreach and Social Wellness program is here to support you have a more fulfilled life, even when unexpected changes come your way. We do this by **sharing knowledge**, **creating connections** and working with you to **generate ideas** for solutions.

Senior Financial Benefits *1 in 4 enquiries in Outreach are because of financial concerns.*

This article gives a brief overview of the provincial and federal senior's financial benefits available. For more information and to ask your questions, come to our **"When I'm 64" workshop on Tuesday 30 July at 6pm**, delivered by presenters from Service Canada and Alberta Government together! Call 780-483-1209 to register.

Sharing Knowledge

3 programs from Service Canada:

- **Canadian Pension Plan (CPP)** is a benefit you receive based on contributions you made to the program during your working life. How much you receive depends on your contributions, when you apply, and special circumstances such as disability, surviving a spouse, raising children, or agreements after divorce. You can apply anytime between age 60-70 years, but will receive more the longer you wait.
- **Old Age Security (OAS)** is a monthly benefit that is not connected to making contributions. It is provided to Canadian citizens and legal residents. You apply when you are 64 to begin when you are 65 years old.
- **Guaranteed Income Supplement (GIS)** is an additional supplement for individuals whose overall income is below a minimum threshold (e.g. \$18,240 for a single person). ***This benefit is now applied for with the OAS, and will be given automatically when someone's CRA tax assessment shows that their income is below the threshold. It was previously a separate application and may need to be applied for now.***

6 programs from Alberta Government:

- **Alberta Seniors Benefit** is provided to those receiving the OAS, resident in Alberta for at least 3 months, and whose income is less than \$27,690 for an individual and \$44,965 for a couple. You apply when you are 64 years for it to begin when you are 65 years.
- **Special Needs Assistance** provides support to those 65 years+ whose income is less than \$23,290 for a single person and \$36,765 for a couple. Support is provided up to \$5,100 in the areas of appliance/furniture, health support, personal support, conditions apply.
- **Seniors Health Benefit** is provided to those 65 years+, and covers co-payment on prescriptions, some diabetic supplies, ambulance services, some clinical psychology services, some minimal home nursing care, and some chiropractic services. You may have to provide proof of age to the AHCIP office to activate the benefit.
- **Seniors Optical and Dental Assistance** is a limited benefit for those 65 years + and can include up to \$230 of Optical assistance every 3yrs and up to \$5000 of Dental assistance every 5 years.
- **Seniors Home Adaptation and Repair Program** aims to help seniors stay in their home safely for longer. This is a low interest loan for which there are no repayments until the home is sold or ownership is changed. Under a few special circumstances, a grant may be provided.
- **Seniors Property Tax Deferral Program** provides for individuals 65 years+ to apply to voluntarily defer their property tax payments in exchange for a low interest loan that is paid when the home is sold or owner of the home is transferred.

Creating Connections at WSAC

- Find more information on federal seniors benefits at <https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>, and provincial seniors benefits and programs at <https://www.alberta.ca/seniors-and-housing.aspx>
- Call 780-483-1209 to register for our **"When I'm 64" workshop on Tuesday 30 July at 6pm**, ask questions and learn more!
- Talk to us about our WSAC Subsidy program which aims to remove barriers and promote equal access for our members on a limited income to the physical, mental and social wellness benefits which come from participating in our programs.

Generating Ideas: Connecting at WSAC

- If you want to talk to someone about your individual situation in relation to this topic, call WSAC Outreach and Social Wellness at 780-483-1209. You don't have to be a member to speak with us.

Monthly Birthday Party

July 17 @ 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**



Summer is here! If you are in need of help with yard maintenance or minor home repairs this summer, 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 Potluck

**There is no Potluck
in July or August
the next Potluck will be
Thursday, September 26
@ 5 pm in the Cafe**

Please bring a dish for 4-6 people



**Kaye Langager
lucky winner
of the
Father's Day
Raffle.**



Committee Meetings



Fundraising Committee

Tuesday, July 2 @ 9:30 am

Travel Committee

Tuesday, July 9 @ 11:00 am

Special Events

There will be no meetings in July or August.

Planning & Maintenance Committee

Thursday, July 11 @ 1:30 pm

Finance Committee

There will be no meetings in July or August.

Board Meeting

There will be no meetings in July or August.



A Visit With Councillor Andrew Knack

Monday, July 22
1:00-2:30 pm in our Cafe

Everyone Welcome!

As the City Councillor responsible for the Seniors Initiative, Andrew Knack will be visiting Westend Seniors Activity Centre.

He will be pleased to update you on current City issues as well as answer questions on any concerns or issues.

Haidong's Research Corner

BENEFITS OF NORDIC POLE WALKING

You'll use **90% of muscles** pole walking,
versus 40% walking or running



NORDIC POLE WALKING TECHNIQUE

..... Tips For Beginners

1.

**Carry
your poles.**

Walk with the poles
alongside you, letting
your arms swing in
natural opposition to
your legs.

Work on form.

Walk heel to toe,
and lengthen your
stride using a fuller
arm swing.

2.

**Drag
your poles.**

Strap in and let your
poles drag behind
you as you continue
the same pace.

3.

**Plant
your poles.**

Grip your poles and
plant them at the
same angle as you
dragged them.

**Push with
your poles.**

Add pressure to
each pole plant to
push yourself off.