



WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

OBSERVER September 2019



Sawridge Inn Stay-cation Raffle

Raffle will start August 6

Tickets \$2 each or 3 for \$5

Draw date: September 19th at the High Tea

COFFEE AND CONVERSATION



Tuesday, September 24 10:30 am

The purpose of this informal meeting is for members to participate in open dialogue with the Board of Directors and Staff. We want to hear your ideas and views and hope to be able to share some of ours too.



Fall Harvest High Tea Thursday, 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.

Ticket deadline Friday, September 13



**SAVE
THE DATE!**



Murder Mystery - Murder Among the Mateys

Thursday, October 24 from 3:00 pm to 5:30 pm

Snacks & a Cash Bar

Tickets \$10 members, \$12 non-members

Tickets must be purchased ahead of time

Ticket deadline October 10



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



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.

Dear Members,

Hope you have a great SUMMER! Well, let's forget about our so-called Edmonton SUMMER, and FALL in love with the upcoming program season. As one of the leading edge senior centres in Edmonton, I'm so proud to say Westend Seniors Activity Centre offers the most diverse, vibrant and engaging programs to seniors and their families in the greater Edmonton area. I encourage you to try different classes and drop in activities. You may not realize you have the talents or interests, if you don't try something new or challenge yourself.

Since Summer has been so depressing (I just can't believe we didn't really have a Summer this year), I would like to cheer you up by sharing some positive testimonials from our members who have enjoyed our Centre's program and services so much.

"I'm new here and I've been coming here for a couple of months. I've been made to feel very welcome, right from the front office, to the people in the card game that I play in, to the people in the lunch room. It's been a very, very pleasant experience!"

- A new member

"This Senior Centre in particular has that warm feeling. When you come in, if you happen to be sitting down at the table on your own, someone will say to you: 'come and join us!' I've never heard any nastiness, I think that is important because seniors are not separate from what happens with young people. We don't see that here! The little event, such as the BBQ, some things like that give you something to do in the evening. Many seniors don't have somewhere else to go or someone to connect with, but I see more connections here!"

- A member who has been to different senior centres

"They now have the parking for disabled people. They [the staff] listened to that [the suggestion]! The other thing they listened to is the toilet. When you have a disabled person, you need proper toilet area for them to use. And they listened to that too. So I have been listened to twice, two things that were important to me!"

- A long term member who has joined the Centre for 12 years

I hope you also have the same positive, warm feelings about our great Centre!

Westend Seniors Activity Centre is known for our amazing events. This year, as you can see from the poster on this page, WSAC will start hosting joint events with our community partners. Through these win-win partnerships, our Centre will bring more great programs and events to you. If you don't want to miss all the exciting opportunities, in our Observer, you can also follow us on Facebook, sign up for the e-newsletter, watch the YouTube Channel and always check out our informative website. We look forward to connecting with you in every possible way.

Update on WSAC's Board Policies

The Board's Policy Committee has continued its work through the Summer and WSAC members should expect to hear more about this work later this fall.



**DRIVE
HAPPINESS** *invites you to*

A FREE SCREENING OF THE CBC DOCUMENTARY
#BREAKINGLONELINESS
BY EDMONTON FILMMAKER
BRANDY YANCHYK

Real stories of people in Edmonton and Calgary
who are finding ways to escape loneliness and
social isolation by creating communities.

DATE: Saturday, October 5th

TIME: 6 pm to 8 pm

LOCATION: Westend Seniors Activity Centre
9629 176 St NW, Edmonton

Call the **Drive Happiness** office at **780-424-5248** to reserve your spot!

PROGRAM NEWS



Program Guide & Registration

**The program guide is available now!
Registration is open now!**

We recommend having your 2019 WSAC membership in place prior to the registration. Please ensure that we have your current information on file to make the registration process more efficient. Memberships can be purchased in person at the Centre.

Printing Costs

WSAC needs your help! In an effort to keep our expenses down so that we can continue to offer competitively priced programs, we would appreciate members taking **one** copy of our program guide per household per session. Doing so, will help the environment by reducing waste. Please note that you can always see a listing of our programs on MyActiveCenter.com as well. Thank you for your assistance!

Reciprocal Members

Beginning in the fall of 2019, seniors who own a yearly membership at a participating senior facility in the Edmonton region will be eligible to participate in some of our drop-in programming, at member pricing. The policy change reflects our desire to expand services to seniors, at an affordable rate. We recognize that some drop-ins such as Pickleball and Bridge are anticipated to be at capacity while serving our current membership. Such programs will continue to be offered exclusively to WSAC members. For more information, please consult the 2019 Fall Program Guide.

Refund Policy

Over the past several months, we have had several requests for program refunds from our valued members. As outlined on page 4 of WSAC's Fall Program Guide, please note that our policy for refunds states the following:

"If it is necessary for WSAC to cancel a program, students will be notified prior to the start date and, under these circumstances, refunds will be issued."

Refunds for registered programs and presentations initiated by the member can only be issued for medical reasons and only in advance of the class start date. Concerns must be submitted, in writing, along with a doctor's note to the Program Department, prior to the class start date. Concerns will be reviewed on a case by case basis."

If you need a course refund, please submit your request in writing prior to the class start date and we would be happy to review the request. Refund requests submitted after your course has started can not be accepted. Thank you for your understanding.

Drop-in Program Changes

Please note that, effective Tuesday, September 3, the ping pong drop in program time will be changing to Tuesday evenings from 5:30 pm - 7:45 pm.

Please note that badminton will be cancelled Wednesday, September 4 due to the Korean Tasty Travel Day.

PROGRAM NEWS



Pickleball Changes

After hearing feedback from pickleball players and the membership as a whole, some changes are coming to the pickleball drop in program. Please note the following new policies, effective September 1, 2019:

There will be a maximum of 16 members per time slot. To reserve your spot, please scan your card at our reception desk computer up to a ½ hour prior to the time slot on the day you wish to play.

The time slots have been separated into more differentiated levels. The slots will be run as follows:

Monday: 12:30pm - 2:00 pm: Intermediate Level & 2:15 pm - 3:45 pm: Experienced Level

Tuesday: 4:30 pm - 6:00 pm: Beginner Level & 6:15 pm - 7:45 pm: Experienced Level

Thursday: 12:30 pm - 2:00 pm: Experienced Level & 2:15 pm - 3:45 pm: Intermediate Level

Friday: 12:30 pm - 2:00 pm: Beginner Level

There will also be a fee change from \$4 per time slot to \$2 per time slot, effective September 1.

Golf Wind Up – A Gathering To Celebrate Our Golf Season



Lots of fun to be had with entertainment and great prizes!

Tuesday, September 17 at 10:00 am at Deer Meadows Golf Course

Please arrive 40 minutes early so teams can walk to their designated home for a 10:00 am start.

Lunch 1:00 pm (\$15 includes tip and GST must be paid by September 3 to Marg at Deer Meadows). Menu: Hamburger and fries with fixings, veggie platter and dessert (all drinks are extra)

If you have any questions or concerns please contact
Connie Nolin cbnolin@mtelogistix.com or Joyce Nolin 58600dez@telus.net

Library



Welcome back and Welcome to the WSAC's Library. Our Library has books, audiobooks and puzzles, all donated and is run by volunteers. We have special monthly new donated book, information and puzzle displays, so stop by and have a visit. You might walk out with a (new to you) book or puzzle. *If you are planning on donating any books this fall, we thank you and ask that they not be published before 2015.*

The Library is heavily used by readers, puzzlers, various activity groups and people who just want to close their eyes in one of our comfy chairs. It is a shared space and we ask that whether you are browsing for a book, adding a piece or two at the puzzle table, having a meeting or waiting for your activity to begin, that you RESPECT other Library users. For example, put your garbage in the Library's garbage cans rather than leaving it on the tables, book shelves or floors, not moving other users' belongings, or talking loudly enough to disrupt meetings or disturb other patrons.

We also want to remind you that all food plus beverages in open containers ARE NOT allowed in the Library. Beverages in water bottle type containers are welcomed.

SPECIAL EVENTS



Korean Tasty Travel Lunch
Musical Entertainment by Samulnori & an
Exhibition of Folk Paint Art
Wednesday, September 4 from 11:30-1:30 pm
Price: \$12 Everyone Welcome!
Ticket deadline August 28



Murder Mystery - Murder Among the Mateys (Pirate Themed)

Thursday, October 24 from 3:00 pm to 5:30 pm
Snacks & a Cash Bar

Tickets \$10 members, \$12 non member

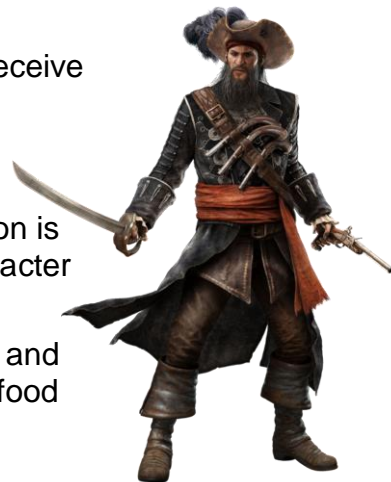
Tickets must be purchased ahead of time - Ticket deadline October 10

There are no spectators on the ship only participants!

Each guest is involved in the investigation as their own character and will receive a detailed character description 2 weeks before the event along with some background information on the party. This will give you time to familiarise yourself with the theme and come up with a costume.

Upon arrival, the host will read an introduction and explain how the afternoon is to proceed. You will spend the afternoon chatting with other guests in character until the unthinkable occurs – A MURDER!

You will now need to find out more information from the other mateys to try and find out who the murderer is. This will be a fun filled afternoon of mystery, food and great company. Tickets include your murder mystery package, pirate themed food and non-alcoholic beverages.



Remembrance Day Ceremony

Friday November 8 at 10:30 am - 11:30 am

Join us in remembering the sacrifice of our fallen soldiers,
the contribution of our veterans, and honouring the men
and women who continue to serve our country.



Remembrance Day Lunch

Friday, November 8 at 11:30 am

Stuffed Pork Loin, Roasted Potatoes,
Seasoned Vegetables, Dessert, Tea and Coffee

Tickets - \$10

***Tickets must be purchased ahead of time
- Ticket Deadline November 1**



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!

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

Heart to
Home Meals
delivers healthy
meals made
for seniors.



Made for Seniors

We are delighted to announce our 12th Franchise in Canada and Edmonton being the 2nd in Alberta. We deliver delicious and nutritionally balanced frozen meals to seniors. They can be cooked from frozen in the microwave or oven, providing you with the convenience of a delicious meal in minutes.

We're pleased to feature our full range of over 200 meals, soups and desserts for you to choose from.

- **No contracts or commitments** - order whenever it suits you!
- Approved provider through Veteran Affairs of Canada **access to Nutrition Program**
- **Free delivery*** - we can even unpack them into your freezer!

*Some conditions may apply.

We deliver to most postal codes on a weekly or bi-weekly basis - ask us about delivery in your area. Just give us a call at:

1-800-704-4779

780-666-2336

when you're ready to place your order or if you have any questions about the service.

Our offices are open Monday to Friday, 9am - 5pm. If you'd prefer, you can order online at www.HeartToHomeMeals.ca

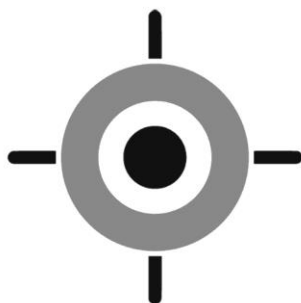

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

Fall Favourites 8 dishes for \$70!
*and receive a **FREE** Carrot Cake!*

- | | | |
|---------------------------|--------------------------------------|-----------------------------------|
| • Turkey Pot Pie | • Roast Beef with Gravy | • Slow Cooked Beer Flavoured Beef |
| • Chicken Stew | • Turkey with Cranberry Orange Sauce | • Tomato Vegetable Lasagna |
| • Hash Brown Breakfast | | |
| • Swedish-Style Meatballs | | |

Quote code **FALL19** to take advantage of this offer.
The special offer is available by phone only until **November 30th, 2019**.
One redemption per customer.





DRIVERSEAT

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Our Car (Shuttle)

Use our shuttle services for all your transportation needs

airport runs, medical appointments, shopping trips, special events or other occasions when you don't want to deal with rush hour traffic, night time driving, snowy roads or going to places where it is hard to find parking

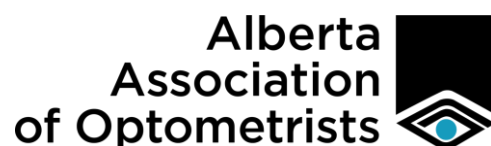
www.driverseatinc.com/locations/driverseat-edmonton/

THANK YOU TO OUR OBB SPONSORS

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TRAVEL TRIPS



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.
Tickets must be **pre-purchase** at the front desk.



Vegreville & Mundare Thursday, October 3, 2019 Cost: \$60 members, \$65 non-members

Board the bus @ 10:00 am and travel to Mundare where you will have lunch provided at Baba's Attic & Coffee House. You will also tour the Basilian Fathers Museum and Stawnichy Sausage. From there, the group will travel on to Mundare to see the large pysanka and then travel back to WSAC by approximately 5:00 pm.



St. Albert Dinner Theatre - Homecoming by Leeann Minogue

Thursday, November 14 from 5:15 pm to 11:00 pm

**Tickets \$74 members or \$84 non-members
includes bus, dinner buffet & show**



Jerry Wilson has always planned to pass his family farm on to the next generation.

When Jerry's broken leg spurs he and his wife Marlene to retire sooner than expected, the couple moves to a new home in nearby Stony Valley and their son Greg comes home from the city to take over the farm.

Hilarious results follow a series of gaffs as everyone tries to fulfil a role they aren't ready for!

Ticket Deadline – Monday, October 21

VOLUNTEER NEWS



Floral and Centre Decorators

Do you have an interest in gardening or a knack for decorating. We are putting together a crew of volunteers who can work together throughout the year to decorate the centre for holidays/seasons including our flower planters outside.



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

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.

NEW! Outreach Volunteer Opportunities

Our Outreach department has grown dramatically this year and we are looking for some volunteers to help out by connecting with seniors and assisting them in a variety of ways. We will be holding an information session in September. The following volunteers positions are now open to anyone interested in making a big difference to seniors, who may need assistance navigating our centre or who may be socially isolated. Job descriptions can be found on the Outreach bulletin board

1. Peer Support - Board Game Host - 2 positions available
2. Peer Support - Gentle Walking Group - 2 positions available
3. Peer Support - Friendly Phone Calls - 3 positions available
4. Peer Support - Follow Up Phone Calls - 2 positions available
5. Peer Support - Friendly Face - 3 positions available
6. Peer Support - Class Assistant - 2 positions available



New volunteers in our kitchen are always welcome - see our community cafe update to read a testimonial from one of our current volunteers.

**If you are interested in any of these volunteer opportunities
please contact Heather @ Heather@weseniors.ca or 780-483-1209.**



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.

NUTRITION

High Blood Pressure & Diet (Introducing Dash Diet)

In the August Observer, we talked about the current consumption of sodium and potassium in Canada and the relationship between high blood pressure and sodium. Now, we want to share some information about high blood pressure with you.

According to Public Health Agency of Canada, 60% of seniors aged from 65 to 79 had high blood pressure in 2015. High blood pressure is highly related to heart diseases like strokes. Although age is a risk factor that is beyond your control, there are still some risk factors you can control in your daily life: • **Diet pattern** • **Body weight** • **Fat & alcohol consumption** • **Sodium consumption** • **Smoking** • **Physical activity level**


One of the most effective ways to prevent the increase of blood pressure over time is to reduce your sodium intake.




This can be done by consuming less commercially prepared foods, choosing foods with a low sodium content and asking for less salt to be added to your meals in restaurants.

Low sodium diets are most effective when they are combined with other healthy eating diets such as the DASH (Dietary Approaches to Stop Hypertension) diet.

DASH Diet

What To Eat?



GRAINS <ul style="list-style-type: none">• Granola• Popping Corn• Whole Wheat Pasta• Brown Rice• Quinoa• Multigrain Bread• Corn Tortillas• Hot Rolled Oats 	VEGETABLES <ul style="list-style-type: none">• Cucumber• Orange Bell Pepper• Red Cabbage• Brussel Sprouts• Sweet Potatoes• Broccoli• Mixed Greens• Carrots• Celery 
FRUITS <ul style="list-style-type: none">• Pomegranate Seeds• Clementines• Honeycrisp Apples• Bananas• Strawberries• Raspberries• Pears• Avocados 	NUTS (unsalted) <ul style="list-style-type: none">• Almonds• Pistachios• Walnuts• Pumpkin Seeds• Sunflower Seeds 
ORGANIC DRIED FRUIT	<ul style="list-style-type: none">• Apricots• Raisins• Mango• Cranberries 
LEAN MEATS <ul style="list-style-type: none">• Skinless Chicken Breasts• Center Cut Pork Loin Chops• Monkfish• Salmon• Shrimp 	DAIRIES <ul style="list-style-type: none">• Low-fat Greek Plain Yogurt• Manchego Cheese• Romano Cheese 

The **DASH Diet** outlines what food we should be eating to reduce our sodium intake and help with us lower our blood pressure.

We have also included the old Canada Food Guide information to show you the serving sizes as the new Canada Food Guide does not include serving sizes and numbers.

The DASH Diet and old Canada Food Guide are very similar diets.

Serving numbers

Grains (mainly whole grain): 7-8/day

Fruits: 4-5/day

Vegetables: 4-5/day

Lean meat: 2 or less/day

Dairies: 2-3/day

Fat and oil: 2-3/day

Nuts: 4-5/week

Serving size examples can be found in Canada's Food Guide 2007

References:

<https://health-infobase.canada.ca/ccdss/data-tool/?HRs=00&DDLv=1&DDLm=ASPR&CBVS=on&1=M&2=F&DDLFr=2000&DDLTo=2015&=10&VIEW=2>

<https://www.heartandstroke.ca/get-healthy/healthy-eating/dash-diet>

<https://www.canada.ca/en/public-health/services/chronic-diseases/cardiovascular-disease/effective-ways-reducing-high-blood-pressure.html>

Monthly Birthday Party September 18 @ 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**



Fall 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

The next Potluck
will be

**Thursday, September 26
@ 5 pm in the Cafe**

Please bring a dish
for 4-6 people

Committee Meetings



Fundraising Committee

Tuesday, September 3 @ 9:30 am

Special Events

Thursday, September 12 @ 9:30 am

Travel Committee

Tuesday, September 10 @ 11:00 am

Planning & Maintenance Committee

Friday, September 13 @ 9:00 am

Finance Committee

Thursday, September 19 @ 8:30 am

Board Meeting

Thursday, September 19 @ 9:30 am

Our Fall Harvest Tea is coming up September 19. The Special Events committee would like your help to make the event as authentic as possible.

If you have tea pots, or lace, or fall floral tablecloths to fit our 34" square cafe tables that you would lend us for the day, we would greatly appreciate it.

If you have some of these items, please contact Heather Riberdy @ heather@weseniors.ca or 780-483-1209

Gentle Walking Group (In Our Gym)

Thursdays from 11:30 am to 12:15 pm

\$2 drop-in fee for just the walk

or \$10 fee for the walk, lunch & joining the
Circle of Support Group.



Love to walk but have mobility issues?

Do you like the idea of slowly building up your strength so you can join one of our programs?

Or, at 10:30 am Reconnect With a Childhood
Game (\$2 Drop-in fee).

Also included in the \$10 fee



Alberta's Seniors Advocate will be giving a presentation to the community in the Edmonton area



Dr. Sheree Kwong See is serving as the province's Seniors Advocate for a term spanning September 2016 to December 2019. At the start of her appointment she visited several Alberta communities to outline the roles and responsibilities of the Office of the Seniors Advocate (OSA).

The OSA's role is to provide resolution support to senior Albertans and their families (individual advocacy); and through this work to identify and analyse issues; and to make recommendations to government for improvements to programs and services (issues advocacy).

With Dr. Kwong See's current term almost complete, she is speaking in Edmonton to provide a report to the community about the OSA's advocacy work and to seek input from the community on the future directions of the OSA. Input received will inform recommendations to the Minister about the OSA. Everyone is invited to come and hear what the OSA has done to help Albertans and to give input on future directions.

For more information

Phone 1-844-644-0682 (Toll Free)
Email seniors.advocate@gov.ab.ca
Visit www.seniorsadvocate.alberta.ca

Date: Tuesday October 1, 2019
Time: 9:30 AM - 11:00 AM

Location: Westend Seniors Activity Centre (in the Café)
9629 - 176 Street, Edmonton
T5T 6B3

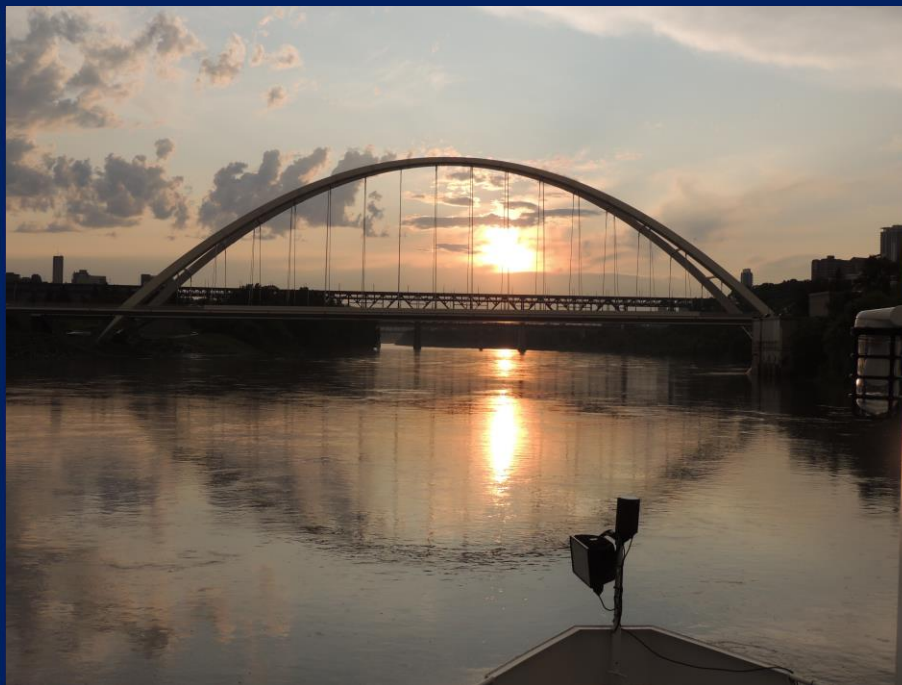


Photo Club Drop-in

**The first and third
Wednesday
of the month
from 10 am to 12 pm**

Steady, smile and say cheese, or share you photos with the group please! Join in the fun, share pictures with the group, ask questions of any kind and explore before meeting again.