



WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

OBSERVER November 2019



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



Christmas Dinner

**Friday, December 6
at 11:30 am
Price \$12**

Turkey with all the trimmings



Members Only
more details inside

Mavie's Mitten Tree

Members & Non-members Welcome

**Wednesday,
December 18
at 11:30 am**

**21st
Anniversary**

Turkey with all
the trimmings

Price \$12

more details inside



Christmas Wine Basket Raffle

**Tickets \$2 each
or 3 for \$5**



**ON SALE
November 18
to December 18**

Draw date December 18

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



www.weseniors.ca

Executive Director's News

Haidong Liang, Ph. D.



On October 1st, Westend Seniors Activity Centre (WSAC) was recognized with the 2019 Minister's Seniors Service Award. It's important to note that WSAC is one of only 2 organizations among over 50 nominations province wide that received this prestigious award. On October 23, our MLA Mr. Jon Carson stood in the legislature and highly praised our Centre's contribution to Edmonton saying in part: "West Edmonton is incredibly lucky to have such an important community hub like WSAC. I would like to thank this organization for making West Edmonton the best place to live for seniors and families alike." As the Executive Director, I am so proud to be a part of this great organization's progress and successes and hope you feel the same.

In line with our Centre's branding and fundraising strategies, WSAC is now selling t-shirts that come in three beautiful colors and also have a very unique, active and positive message "Keeping active never grows old" (see the poster on the back cover). You may notice that we encourage our members and their families to "buy 3 and receive 1 free", as I heard people saying they don't really need four t-shirts. The intention behind that message is to encourage you to call three of your friends/families and get the t-shirts together. Not only will you get an instant discount (\$5), but also imagine when you and three of your friends/families are wearing the t-shirts together, how fun, how cool, how amazing is that!

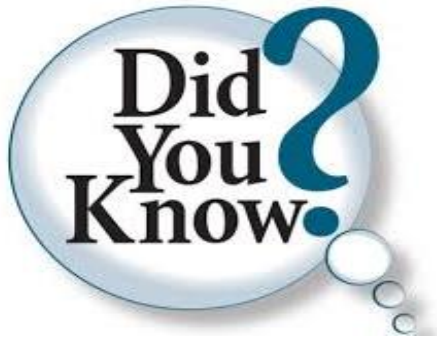


Many of you have attended and very much enjoyed the September Korean Tasty Travel event and the October Drive Happiness event that featured Chinese culture, now it is time to celebrate our Christmas dinners. One of the traditional dinners is Mavie's Mitten Tree, which started in 1998 and is our annual intergenerational celebration where heartfelt knitted items are given to children, the Cross Cancer, wards at hospitals and the Armed Forces. Our amazing event founder Mavie just celebrated her 97th birthday and is continuously making knitted items for the Centre. For this year's event, we want to celebrate this amazing event with multicultural and intergenerational entertainment, so make sure to secure your tickets as early as possible.

During our September informal meeting among the Board, members and staff, some great ideas were raised and one of them was to utilize a numeric system for identifying programs in our guide. I am happy to report the idea has been in the works behind the scenes in our Program Department! Our Recreation Coordinator, Shelley Kulak, has met with our accountant, Kathy Dicks, to determine the best course of action to numerically identify the courses to be consistent with the codes for finance. The new system will be in place for the Spring and Summer Program Guide. With the system, you will be better able to find the exact course you are looking for when registering online and in person. We hope that the system will increase accuracy and efficiency with the registration process. As always, we look forward to hearing more of your great ideas in the future - thanks for sharing!

We also heard your concerns and frustrations about the on-line registration system, our staff team has been working diligently with the marketing company to develop a new system to address this issue. However, this process involves consulting, designing, developing, and testing. Therefore, we anticipate that this new system will also be in place for the Spring and Summer Program Guide. Thank you for your patience and understanding.

PROGRAM NEWS



DID YOU KNOW?

Have you noticed how busy our centre has been over the past several months? We are definitely growing! We are ever expanding, bringing new courses to the WSAC members. As such, many classes run back to back with each other. ***For that reason, we want our valued members to know that the time assigned to each program is to be used for the set-up, the program itself and clean-up of the space.***

Class times can be found in our program guide. We have asked the instructors to adhere to their schedule to allow the next class to start on time.

Thank you for helping us to keep things running smoothly!

PICKLEBALL

On October 16, our pickleball volunteers, Dolores, Lorne and Ryan, met with the Recreation Co-ordinator, Shelley Kulak, to discuss how best to meet the drop-in program's needs for the upcoming winter term. The following ideas were developed as a consensus between the players and WSAC staff and we are happy to implement them:

1. Effective November 1, payment for the drop in pickleball program will be made at the gymnasium, utilizing the current WSAC drop-in program payment method. (Members will sign in on paper and pay the fee into the basket.) Staff will count the funds after each session daily in order to reconcile it. There will continue to be a maximum of 16 members per session. We encourage you to also sign in on My Seniors Center daily as that is how we monitor the numbers of players for funding and program planning purposes.
2. Effective December 1, there will be a sign up system posted outside of the gym where members can reserve their play time, up to a week in advance. This will be done on a first come, first served basis. The rationale for this system is to allow for busy seniors to plan their week, including their pickleball play time, without being disappointed when they arrive to WSAC and are met with a full court. Please Note: We encourage members to be courteous and sign up for a second session on any given day only on that day and, only if there are spots available at play time. As such, everyone will have a fair chance to play.
3. For the winter term, beginning in January 2020, there will be two beginner time slots during the week on Tuesday and Friday. One of the beginner time slots will be facilitated by our volunteers for those needing to learn the rules of play. The current time devoted to the intermediate and experienced players will be designated as, "drop-in pickleball" where any level of player can play. The time will continue to be divided into two slots, consisting of approximately 100 minutes of play time. The time slots will vary slightly from the current schedule to eliminate the 15 minute gap between sessions. We encourage members to end their play time at the appropriate time to allow the second session players to begin on time.
4. The cost will remain the same at \$2 per session per day. Please see the winter guide due out in December for specific times of play.

SPECIAL EVENTS



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



PROGRAM CANCELLATION

Please note that all drop-in programs will be cancelled on November 8 as the centre will be hosting our annual Remembrance Day Service. Thank you for your understanding. We do hope that you will join us in remembering those who have served so that we may enjoy our freedom today.



Exciting News!

Christmas Craft & Bake Sale

Saturday, November 23 from 10:00 AM to 4:00 pm



Get your Christmas shopping started. Pick up unique gifts for friends and family or treats to share at your holiday gatherings. All Homemade and Handcrafted Items!
Cash Lunch Concession, Silent Auction and FREE Admission.

VENDORS WANTED! Why not book a table at the craft sale to share your talents with others and perhaps make a little extra \$ for Christmas. Book your own or share with a friend.

This sale is for hand crafted items ONLY please.

Pick up a vendor application at the front desk or print one from our website to reserve your table now. Prices are as follows:

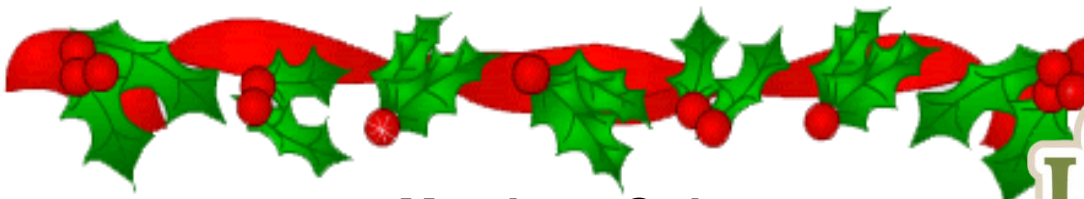


\$25 WSAC Current Membership Holder – 6” table provided

\$35 Non-member – 6” table provided

\$35 WSAC Current Membership Holder – 6” table with access to power

\$45 Non-member – 6” table provided with access to power



Happy Holidays

Members Only

Traditional Christmas Dinner

Turkey & All The Trimmings Price \$12

Friday, December 6 from 11:30 am - 1:30 pm

Join us for a delicious lunch prepared by the Students from JP High School

Entertainment by the Westend Singers

50/50

Door Prizes

Ticket deadline November 29



Seasons Greetings



We ask that you consider purchasing tickets for only one of these events so that others have the opportunity to enjoy a fabulous, festive dinner as well.

Mavie's Mitten Tree Multi-generational Event

Wednesday, December 18 at 11:30 am – 1:30 pm Price \$12

21st Anniversary

Members & Non-members Welcome

Turkey with all the trimmings prepared by our Café.
Multi-cultural Entertainment
Special guests will receive mittens from Mavie's Mitten Tree & a visit from Santa



Ticket deadline December 11



TRAVEL TRIPS

St. Albert Dinner Theatre - Homecoming by Leeann Minogue



Thursday, November 14 from 5:15 pm to 8:00 pm

Tickets \$74 members or \$84 non-members

includes bus, dinner, coffee & show

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

When Jerry's brother Leg spots the farm and his wife Marlene to retire sooner than expected, Leg moves to a new home in nearby Stony Valley and his brother Greg comes home from the city to take over the farm.

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

SOLD OUT

The Singing Christmas Tree

Saturday, December 21 at the Jubilee Auditorium

Members price: \$64

& Non-member price: \$74

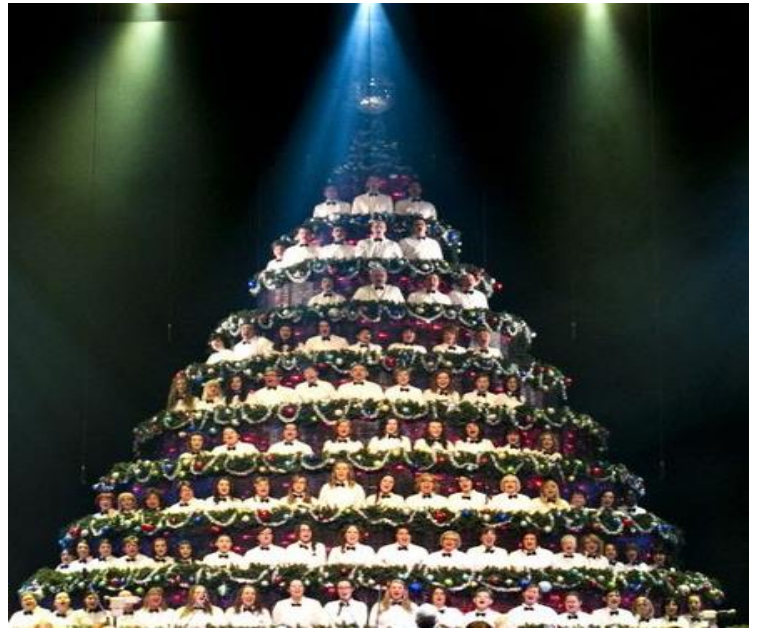
Pick up at WSAC: 1:00 pm

Show at 2:00 pm

(Show approximately 2 hours)

The bus will return to WSAC between 4:30 pm and 5:00 pm.

Ticket deadline November 27



River Cree Resort & Casino Trip

Thursday, January 30

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

Bus Departs WSAC at 10:00 am

& Departs River Cree at 2:30 pm

to return to WSAC

Tickets cover transportation,

lunch, a gift and \$5 voucher.

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

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.

WILLS, ESTATES & NOTARY.

**MARRAZZO
LAW OFFICE**

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

Fax: (780) 757-5505 | 9535 - 135 Avenue Edmonton, AB. T5E 1N8

Email: mlo@marrazzolawoffice.com

Edmonton's Best Kept Secret!



**West Edmonton Mall
www.aligrawineandspirits.com**

10% Discount for WSAC Members!

Convenient location!

- West Edmonton Mall's entrance 58 - below Scotiabank Theatre
- Reserved parking for Aligra clients!

**Come join Aligra for their
"Roll Out The Barrels - Of Whisky!"
event here at our centre on
Wednesday Oct 30th @ 6:30 p.m.
Tickets at WSAC front desk!**



**A BOOKSHOP
ON WHEELS?**

YUP.

780-977-4210
daisychainbook.co



**Daisy Chain
Book Co.**

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

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.





**ANDREW
KNACK**

Edmonton Ward 1 City Councillor

Phone:
780-496-8122

Email:
andrew.knack@edmonton.ca

@AndrewKnack
AndrewKnack.com

For updates on a variety of City issues,
please go to andrewknack.com
to subscribe to my newsletter.



**A Visit with Andrew Knack
Friday, November 8
3:00 pm - 4:30 pm**

As the City Councillor responsible for the Seniors initiative, Andrew Knack will be visiting WSAC and would be pleased to update you on current City issues and to answer your questions on any concerns and issues that are important to you.

Everyone Welcome!

WE WOULD REALLY APPRECIATE YOUR FEEDBACK

The Board has recently approved 24 Policies dealing with various governance, membership, financial, and other issues. Despite this the Board still wants Member input regarding these new Policies over the coming months. We are now requesting written comments from our Members regarding the following eight Board Policies:

- C 1 - MEMBERSHIP FEES**
- C 2 - DISCRIMINATION, HARASSMENT, BULLYING, AND OTHER MISCONDUCT**
- C 3 - TREATY SIX ACKNOWLEDGMENT**
- D 1 - FINANCIAL AUTHORITY**
- D 2 - FUNDRAISING**
- D 3 - CONTRACTS**
- D 4 - PURCHASES**
- D 5 - RESERVE FUNDS**



All of these Policies can be found in the “BOARD POLICIES” section of the WSAC website or you can request a written copy of these policies at the front desk.

We would particularly appreciate hearing your views and questions regarding Policy C 1 - MEMBERSHIP FEES and Policy C 2 - DISCRIMINATION, HARASSMENT, BULLYING, AND OTHER MISCONDUCT.

As well we would like to hear if any Members have comments regarding the repeal of all of WSAC’s Policies which were approved prior to September 19, 2019.

Your written comments or questions (indicating which Policy or Policies the comments or questions apply to) should be put in the “COMMENTS” box near the front desk or they could be e-mailed to haidong@weseniors.ca. Please provide your contact information along with your comments or questions.

Please submit your comments or questions on any of these Policies on or before Friday, November 29th.

VOLUNTEER OPPORTUNITIES



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. 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.



Raffle Ticket Sellers

We are looking for a few volunteers to help us sell Raffle Tickets to help raise money for the Centre.

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



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.

VOLUNTEER OPPORTUNITIES



Christmas Craft & Bake Sale

Our Christmas Craft and Bake Sale on Saturday November 23 from 10:00 am to 4:00 pm is filling up for vendors and we are still looking for some volunteers to help out that day. Please contact Heather, if you are interested or sign up at front desk.

The following positions are available:

Silent Auction / Raffle Volunteers – 2 volunteers–2 hour shifts 10 am -12 pm, 12 pm-2 pm

Kitchen Concession - 9:30 am - 11:30 am – 2 volunteers for coffee/muffins

11:30 am – 1:30 pm – 3 volunteers for lunch service

1:30 pm – 3:00 pm – 2 volunteers for coffee/cookies and kitchen clean up

Take down – 2 volunteers – 4:00 pm-4:30 pm – put away chairs and tables, sweep floors



Volunteer Key Holder

Our long-time volunteer who opened and closed our centre for evening and weekend rentals is stepping down and we are looking for 1-2 volunteers to take his place. Duties would involve opening front doors, turning off alarm, opening specific rooms for rentals, monitoring the building during the rental time, then lock up and setting the alarm at the end of the rental time.

This could involve 1 or 2 evenings a week and occasional weekends. Some weeks there may be no rentals and others there could be 2-3. Rental times do not start before 10:00 am or beyond 10:00 pm. Most of these bookings would be for area condo board meetings with occasional anniversary, weddings, or senior birthday parties. Please let us know if you are able to help out with this important duty.



Income Tax Clinic Volunteers

We are hoping to hold Income Tax Clinics in our centre for the 2020 tax season and are looking for 1-2 people who might be interested in helping out. Please read through the requirements and contact Heather, if you are interested.

You would have to be able to make a commitment to attend the clinic for a 2 1/2 to 3 hour time slot one day per week for 9 weeks (March and April), have very good software and computer skills, have the ability to uphold confidentiality when dealing with clients and clear a Police Records check (you will be reimbursed for the cost of this)

**YOUR OPINION
MATTERS**

WSAC's Volunteer Survey will be available on our website weseniors.ca and will also be available in hard copy at the front desk on November 1.

We would appreciate feedback from all current volunteers on their volunteer experiences at the centre.

NUTRITION

Diet and dementia – Part 2

In the last two months, we have introduced you to the DASH and Mediterranean diets. According to the latest studies, those two diet patterns and the MIND diet have a preventive role in developing dementia. So with that in mind this month, let's talk about the MIND diet!

The full name of the MIND diet is "*The Mediterranean-DASH diet intervention for neurodegenerative delay diet*".

Based on the name, you know that the MIND diet is a combination of Mediterranean and DASH diet, and it is designed specifically for preventing neurodegeneration.

Compared to the DASH and Mediterranean, the MIND diet is easier to follow because it only emphasizes the food groups. Portion size is not an important factor.

The MIND diet lists 10 healthy food groups and 5 kinds of food which we should try to limit in our diets for avoiding dementia.

Common points among these diet patterns:
Plant-based diet with rich in unsaturated fatty acid and reduced consumption of processed foods.

Want to learn more?

Here are some website links you can read at your leisure!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4532650/pdf/nihms-670659.pdf>

<https://www.dirt-to-dinner.com/the-mind-diet-healthy-eating-for-a-healthy-brain/>

THE MIND DIET

LOWER YOUR RISK OF ALZHEIMERS

Studies out of Rush University Medical Center have shown that the MIND diet can reduce the risk of Alzheimer's by as much...

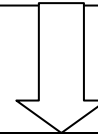
53%



The MIND diet specifies how often to eat the 10 "healthy" food groups, as well as the 5 food groups to limit:

5 FOOD GROUPS TO LIMIT

- RED MEATS** – less than 4x per week
- BUTTER** – less than 1 ½ tbsp per week
- SWEETS** – less than 1 serving per week
- CHEESE** – less than 1 serving per week
- FRIED FOOD** – less than 1 serving per week



Limit these food groups, don't eliminate. This study shows that even when moderately followed, the diet plan can reduce your risk of Alzheimer's development by up to 35%!

BERRIES
2 X A WEEK



OLIVE OIL
PRIMARY COOKING OIL



NUTS
SNACK ON MOST DAYS



**LEAFY GREENS
& OTHER VEGGIES**
1 X A DAY



BEANS
EVERY OTHER DAY



FISH
1 X PER WEEK



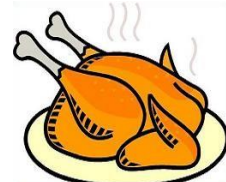
WHOLE GRAINS
3 X A DAY



WINE
1 GLASS A DAY



POULTRY
2 X PER WEEK



OUTREACH NEWS

To Drive or Not to Drive, that is the Question?

Winter is here, and as the snow hits the ground, many people choose not to drive. For others, it is a slower, more steady road to the realization that driving is or has come to an end.

I'm hungry!

The moment you stop driving, a new form of isolation can set in. There are questions about how you can reliably get your groceries in. Maybe the plan is that a family member will help. That is helpful, and it's in these times that we need to draw on our family support systems. However, we all know that people can get busy and caught up in their own lives, or go away from time to time. Then what? In Outreach, we hear stories of isolated seniors paying a neighbour \$100 or more to bring them their shopping. At that cost, that doesn't seem very neighbourly! Here are our best resources when it comes to food security:

- Store-to-Door with Meals on Wheels. This service is for moderate to low income housebound and disabled individuals. The cost is just \$7 per shop (which needs to be at least \$40). The added benefit is that the security checked volunteer will bring the groceries into your home and put it away for you! Call 780-429-2020.

Of course, always remember our frozen soups from the Cafe and the frozen dinners in the freezer at receptions available for purchase at low cost; and that you don't need to be a member to enjoy lunch in our Cafe!

Getting Around

If you're not driving, here are some options to help you stay as independent as possible:

- If you're willing to take the bus, you can always call 311 and ask the City to plan your trip for you. The Seniors Bus pass costs only \$15.50 a month, or \$136.50 for the annual pass. If you're a lower income senior, you may qualify for the \$59.25 annual pass.
- There are 2 organizations who offer a membership-based 'ride-ticket' service for seniors with volunteer drivers. You become a member, and then buy ride tickets. Each ride ticket is good for a period of time (e.g. 90 minutes). Call Drive Happiness at 780-424-5438 or call the Society of Seniors Caring About Seniors at (780) 465-0311.

You may have decided to continue to drive. If so, the Alberta Motor Association (AMA) has a number of very helpful resources, which you can find here <https://ama.ab.ca/2015/09/07/alberta-driving-resources-senior-drivers>. Their Seniors Driver In-vehicle Evaluation is a completely confidential and voluntary one-on-one assessment of your driving skills with an AMA driving instructor. No family members or doctors will ever be notified. **It is for you and you alone.** This is an excellent resource for you to check where your current driving skill is at, fine-tune and update your skill, and gain some positive and helpful tips! Call the Edmonton West Branch Driver Education section at (780) 474-8620.

Finally, pick up the **Guide to Mobility and Independence** at the '*Seniors Transportation Hub*' - the tall, black, rotating stand at our front reception area - for a lot more information on staying independent if you're mobility reduces. Of course, you're always welcome to make an appointment with our Community Outreach and Social Wellness department.

OUTREACH NEWS

First There Were Two, Now There is One... **Widow to Widow Support Group Offers a Lifeline**

Widow to Widow (W2W) is part of a national organization who provide a place for women who have lost their spouse - either recently or some time ago - to find a care, compassion, connections and new friendships. The Edmonton-West group meets on the 1st Thursday of every month (excluding July and August) from 7-9pm in the West Edmonton Christian Assembly at 6315 199 St NW, Edmonton. This is a group for women of all cultures and faiths (or none). In addition to meeting and connecting, this group organizes a wide variety of guest speakers to enlighten and inform their members. Their next meeting is **November 7 from 7-9pm**. You can find more information at <https://www.widowtowidow.ca/>. Call Sandy Brunner at (780) 483-7557 for more information.

One member said, "Widow to Widow and Westend Seniors saved my life!"

New Thursday Day Program Serves A Powerful Need for Seniors Re-Building Their Lives

It only takes a minute - a fall, a call, a loss - and your life changes from what you knew to something new. Something you don't recognize. In the hurricane of all this change, you can get lost. It's for you that we created the Thursday Outreach Day Program. Every Thursday, you have a choice of 3 diverse programs, each with a \$2 drop in fee. Or, **you can do them all and add lunch for just \$10!**

Board Games in the Morning at 10:30 am

Re-kindle your childhood by joining us to play your favourite game. Connect with others and start your day with a good laugh! (\$2)

Gentle Walking Group at 11:30 am

Walk on an even surface, as fast or as slowly as you need, with friends to chat and your favourite music playing. You don't need to be a member to join us for this program! (\$2)

Circle of Support at 1:00 pm

We aim for stimulating conversation, inspiration and opportunities for connection. This group is a nice, uplifting diversion for life, and is facilitated by a member of our Outreach staff. Drop in any time, but do try the group a couple times as every time is different! (\$2)

Come for the whole day, and add lunch for just \$10! This Day Program is for individuals 55+.



**SENIORS HOME
SUPPORTS PROGRAM**

Seniors Home Supports Program (SHSP)

The Edmonton Seniors Home Supports Program (SHSP) is a referral service that gives seniors referrals to screened service providers which offer snow removal, yard help, housekeeping, home repair and maintenance, personal services, and moving help.

Please contact Randi at Westend Seniors Activity Centre by phone: 780-483-1209, email: randi@weseniors.ca or the home supports website for more info

www.seniorshomesupports.com

Monthly Birthday Party November 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



& Rose Boucher for the cake donations

Golf Program

WSAC would like to thank the following sponsors
for their generosity in providing donations for the
golf wind up celebration:



Honey Springs Farm

Cathy Nolin

Box 295
Cremona, Alberta
TOM ORO

780-399-6966
403-478-4260

www.honeyspringsfarm.com



Dave McBride
Store Manager

T 780 486 4242
F 780 486 4185
E dave.mcbride@sobeys.com

9710 170 Street
Edmonton, AB T5T 5L5
safeway.ca



Join Us For Potluck

The next Potluck
will be

**Thursday, November 28
@ 5 pm in the Cafe**

Please bring a dish
for 4-6 people

Committee Meetings



Fundraising Committee

Tuesday, November 5 @ 9:30 am

Travel Committee

Tuesday, November 12 @ 11:00 am

Special Events

Tuesday, November 19 @ 9:30 am

Planning & Maintenance Committee

Tuesday, November 14 @ 1:30 am

Finance Committee

Thursday, November 21 @ 8:30 am

Board Meeting

Thursday, November 21 @ 9:30 am

E·NERGIE
HAIR STUDIO

Antoneta Dehari

OWNER / HAIR DESIGNER

As well, we would love to hear your feedback on
the golf program!

Please share your thoughts by completing our
survey on our website at

https://www.weseniors.ca/whats_new/2019-golf-program-survey

PLEASE NOTE

**WSAC will be closed on Monday, November
11 for Remembrance Day. (Our
Remembrance Day Celebration
is on Friday, November 8**

**WSAC will be closed for Christmas Holidays
on Wednesday, December 25, Thursday,
December 26**

**& Friday, December 27 & closed Wednesday,
January 1 for New Year's Day**

HAVE YOU BOUGHT YOUR WSAC T-SHIRT YET?

Our mission is to be a community based hub for seniors providing services, programs, information and activities that support the healthy and active aging of seniors.



3 Colors to Choose From!

T-shirts are \$20.00 each

Fundraising Special Offer!
Buy 3 t-shirts
and receive 1 FREE

Limited Quantity In Stock - Order at Front Desk