

WE Seniors.ca

Westend Seniors Activity Centre

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weseniors.ca/resources/newsletter/*

2020 Winter Program Guide



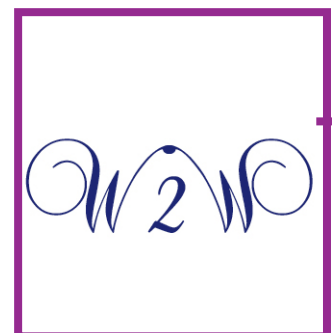
Arts & Crafts
Education
Fitness
Music
Yoga
& More!



WSAC Community Connectors



ASSIST Community Services Centre



A MESSAGE FROM YOUR WSAC TEAM

The Westend Seniors Activity Centre's mission is to be a community based hub for seniors – providing services, programs, information and activities that support the healthy and active living for seniors.

To that end, we are proud to offer the 2020 Winter Program Guide, which contains a myriad of registered and drop-in programs to enrich the lives of seniors in the community.

NEW PROGRAM IDEAS

We are always looking for new programs to bring to WSAC! Currently, we are exploring a variety of new courses, games and programs to serve you better. The Programs Team always welcomes your suggestions. We are looking at options for new program spaces as we look to expand beyond our walls! For this term, look for the following new or improved programs:

- **Interval Strength Training** with Vera Resera – Back by popular demand, Interval Strength Training is returning to WSAC!
- **Essentrics Stretch and Tone** with Samara Hipkin and Carol Smith – The class will be offered throughout the winter term to keep you at your best!
- **Pickleball Drop-In** – We've heard the voices of the members and are taking the program back to a true drop-in style and adding a sign up system.
- **Conversational French** – Beginners will learn from a new bilingual instructor, Vera Resera!
- **Technology Series with the YMCA** – We've partnered with the YMCA to bring you new and improved technology courses. Please refer to the Lifelong Learning section in the guide for further details.
- **Advancing Yoga with Freya Giroux** – Freya is excited to offer a new level of yoga this term, for those wanting to challenge themselves!
- New courses in the area of mindful wellness are being offered by Jeri Tourand this term – **Mindfulness and Wellbeing** as well as **Tools for a Happy and Fulfilling Life**. Please refer to the Mindful Wellness section for further details.
- **New Art classes** – Look for new classes, including **greeting cards, oil pastels and silk scarf marbling!**
- **Learn to advocate for your own health** with the new Lifelong Learning course, instructed by Kirstin Veugelers

If you have been a patron of the yoga classes in the past, you may notice a change to the classroom space. In August of 2019, we unfortunately lost a key instructor and long term friend of WSAC, Shall Sinha. Many members of the community shared in our grief and made donations to Westend Seniors Activity Centre. In return, WSAC has enhanced the lighting in the yoga department. Thank you for helping us to honor a wonderful man with a tenacious spirit.

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MAKE SURE TO VISIT OUR WEBSITE FOR MORE INFORMATION
WWW.WESENIORS.CA

- Trips and events
- Messages from our Executive Director
- Kitchen news - menus & events
- Community Outreach information
- Classes & Drop-in Activities
- Messages from Program Staff
- Messages from our Board Members
- Interesting articles, free downloads and tip sheets with information for seniors

Welcome to Westend Seniors Activity Centre (WSAC)

55+ WSAC MEMBERSHIP

Membership: Available to Adults 55 Years & Older

Fee: \$30 annually

Valid: January 1, 2020 – December 31, 2020

NOTE: Membership fees are due in January regardless of what month you originally paid and are non-refundable, non-transferable and will not be pro-rated.

Members:

- Memberships carry full voting privileges.
 - Memberships must be purchased in person at Westend Seniors Activity Centre.
-

RECIPROCAL PROGRAM REGISTRATION

- Reciprocal registration is in-person only and starts Monday, December 23, 2019.
- A valid membership from any of the participating Centres allows you to take part in registered instructional classes if there is space (priority given to WSAC members).

Participating Centres:

Westend Seniors Activity Centre	Mill Woods Seniors Association
North Edmonton Seniors Association	Strathcona Place +55 Centre
North West Edmonton Seniors Society	South East Edmonton Seniors Association
Seniors Association of Greater Edmonton	Aboriginal Seniors Centre
Jewish Seniors Citizens Centre	Edmonton Seniors Centre
Southwest Edmonton Seniors Association	

1. Non-WSAC members may only register for instructional classes at member rates.
 2. A valid WSAC membership is required to participate in Pickleball and TLC Bridge drop-in programs.
 3. Reciprocal members may register for all other drop-in programs and Toonie Talks, as space allows.
-

CLASS CANCELLATIONS & REFUNDS

- 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 may 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.
-

PROGRAM REGISTRATION

In-person:

Register at the front desk of WSAC between the hours of 9:00 am - 4:00 pm (Monday to Friday). Registration begins Monday, December 9, 2019.

Online:

Effective Monday, December 9, 2019 at 9:00 am, you will be able to register online. Go to myactivecenter.com and follow the instructions to register online.

- Registration deadline is 1 week prior to the course start date.
- Program fees will be confirmed at the time of registration and must be paid in full.
- Participants are not considered registered until full payment has been received.
- Payment can be made with Cheque, Cash, Credit or Debit (tap only).
- Post-dated cheques are not accepted.
- If the program you wish to register for is full, you may be put on a wait list on a first come first serve basis. If there is a cancellation, we will contact you and let you know.

DISCLAIMERS

- Opinions expressed by program presenters do not necessarily reflect the views of the WSAC Program Administration or WSAC Board of Directors.
- All participants (member/non-member) must sign a waiver before being permitted to take WSAC programs.
- WSAC is not responsible for any injuries incurred during any program.
- Program dates, times, room allocation and fees are subject to change.

THE CENTRE WILL BE CLOSED ON THE FOLLOWING DAYS:

- Monday, February 17, 2020 (Family Day)
- Friday, April 10, 2020 (Good Friday)
- Monday, April 13, 2020 (Easter Monday)

The centre will also be canceling drop-in and regular programming for special events, as advertised in the monthly newsletter.

CONDUCT OF MEMBERS

The Code of Conduct for Westend Seniors Activity Centre (WSAC) outlines the behavioral expectations for members. Members are expected to support, reinforce and implement the concepts outlined below, in a spirit of partnership and common purpose.

- Behave in a courteous and respectful manner toward others.
- Be tolerant and patient with the limitations and weaknesses of others.
- Be respectful of the individual and cultural differences of others.
- Be considerate of the feelings and opinions of others.
- Respect the personal belongings of others.
- Refrain from behavior that is abusive, threatening, offensive or disruptive to others.
- Act honestly and ethically in relationships with others.

Members in violation will be dealt with in accordance with WSAC policies & procedures.

COURSE LEVELS DEFINED

Westend Seniors Activity Centre strives to offer courses to meet the needs of every member. To that end, we have designed a level system for many of our classes to help members more easily decide which courses will fit their own needs and lifestyle. Members can use the symbols below to assist them to find appropriate fitness, Taiji, dance or yoga classes.

Most classes at WSAC are designed to be all inclusive and are designed to accommodate different levels of fitness. All WSAC instructors strive to incorporate options and considerations so that every class can function at many levels. The following is therefore a guide only.

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

THE ARTS

CREATIVITY NEVER GROWS OLD

Registered
Programs

Acrylics with Lori

Instructor: Lori Frank

Thursday, March 12 – April 30 (6 classes) from 12:30 pm – 3:00 pm

Cost: \$122

(No class March 26)

Artists with some experience are welcome to this lighthearted acrylics art class! The first class will consist of a suggested painting for all students to work on simultaneously. Moving forward, create anything you like!

Learn to use your brushes and mix paint, add more details and explore different techniques. Along the way, we will create a collaborative painting together as a group.

You will gain skills, confidence and knowledge while having some laughs and making friends along the way!

*Note: A supply list is available at the reception desk upon registration.
Please bring all supplies to your first class.*



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

THE ARTS

CREATIVITY NEVER GROWS OLD

Registered
Programs

Art of Redesigning Jewellery

Instructor: Shirley Zago

Monday, February 3 from 1:00 pm – 4:00 pm (1 class)

Cost: \$32

Monday, April 6 from 1:00 pm – 4:00 pm (1 class)

Cost: \$32

Redesigning jewellery – an inexpensive way to create new fashion pieces! The options are endless! Using simple tools provided by the instructor, have fun taking apart your old jewellery to create something new. With instructor-led tips and techniques, you will learn how to incorporate a chain, clasps, posts and string beads to your existing pieces. Be amazed how the old becomes new – and how you can save money too!



Note: Please bring your old costume jewelry.

Card Making Magic

Instructor: Kathleen Silverman

Wednesday, February 5 (1 class) from 9:30 am – 11:30 am

Cost: \$28

Wednesday, April 8 (1 class) from 9:30 am – 11:30 am

Cost: \$28

Have you noticed how expensive store-bought greeting cards are these days? Why not make your own?

Join us to learn just how easy it can be! Spend a fun morning making a collection of 7-10 gorgeous cards for all occasions. Participants will receive a card making kit and step-by-step instructions for each card. Different cards will be made in each class.



All supply costs are included in the price.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

THE ARTS

CREATIVITY NEVER GROWS OLD

Registered
Programs

Ceramics

Instructor: Jackie Garrant

Monday, January 6 – February 24 (7 classes) from 9:30 am – 12:30 pm

Cost: \$58 + supplies

(No class on February 17)

Monday, March 9 – April 27 (7 classes) from 9:30 am – 12:30 pm

Cost: \$58 + supplies

(No class on April 13)

Discover the art of creating beautifully crafted ceramic pieces in a relaxed environment with the guidance of a skilled instructor. You will be shown the tools & techniques necessary to create your own masterpiece!

Have fun & learn a new craft in a social environment where fellowship is strongly encouraged. All levels welcome. Students are expected to purchase their own green ware ahead of time.

Note:

A supply list will be available at our reception desk at the time of registration. Green ware, glaze & firing costs are in addition to the course fee.

Please bring all supplies with you to the class.



THE ARTS

CREATIVITY NEVER GROWS OLD

Registered
Programs

Coloured Pencil Workshop – Jungle Cat

Instructor: Susan Casault

Friday, February 21 from 9:30 am - 2:30 pm (1 class)

Cost: \$33 + supplies

Our subject for the day will be a drawing of a margay (a type of jungle cat) on black paper. Learn to use different colours and values to show form and create the texture of fur and shining eyes. Experience with coloured pencil would be helpful. Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor. You are welcome to bring a lunch or use of our cafeteria.

Note: A supply list will be available at our reception desk at the time of registration. Please bring all supplies with you to the class.

NEW Dragonfly Suncatcher

Instructor: Laura Ouimet

Monday, January 20 (1 class)

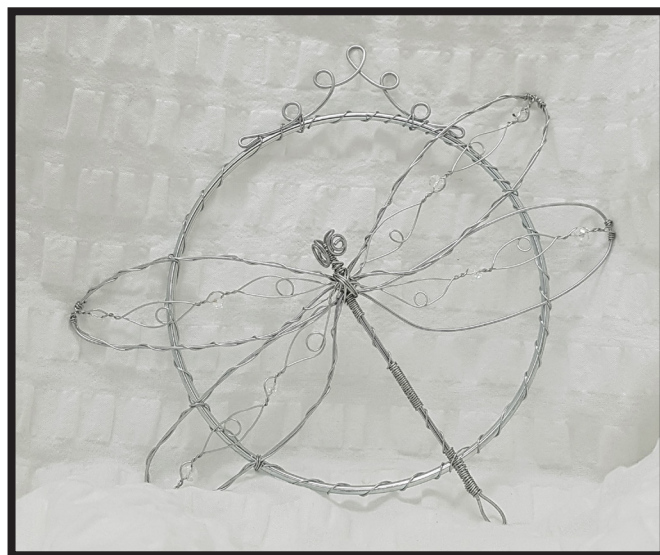
1:00 pm - 4:00 pm

Cost: \$15 (+ \$48 supply fee)

Join Laura from We-met Wire Works as she guides you through the process of creating the dragonfly wire project.

The photos simply cannot do the actual project justice! No experience is required and the project would make a wonderful gift. Laura will supply everything you need for you to make your own one of a kind project.

Note: A supply cost of \$48 is payable to the instructor on the day of the course.



THE ARTS

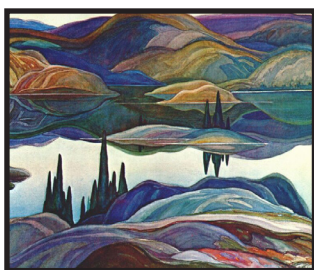
CREATIVITY NEVER GROWS OLD

Registered
Programs

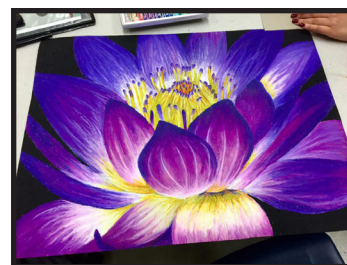
NEW Introduction to Oil Pastels

Instructor: Kathleen Silverman

Wednesday, January 22 (1 class)
9:30 am – 11:30 am Cost: \$13 + supplies
Topic: Group of Seven Landscapes



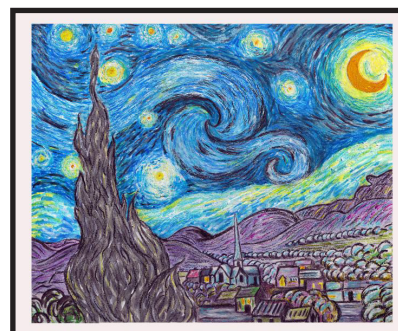
Wednesday, February 19 (1 class)
9:30 am – 11:30 am Cost: \$13 + supplies
Topic: Georgia O'Keeffe Flowers



Wednesday, March 18 (1 class)
9:30 am – 11:30 am Cost: \$13 + supplies
Topic: Paul Cezanne Fruit



Wednesday, April 22 (1 class)
9:30 am – 11:30 am Cost: \$13 + supplies
Topic: Vincent Van Gogh Landscapes



They're not crayons, but you can colour with them. They're not paints, but you can paint with them. Oil pastels are fun, easy and it's medium anyone can fall in love with no matter your skill level.

Using just a few supplies and some good tips, you'll be on your way to create beautiful work in each class. NO previous experience is needed, just a willingness to enjoy and play with colours and shapes.

Each class you'll receive step-by-step guidance as you create your own copy of a famous artist's masterpiece.

Note:

A supply list will be available at our reception desk at the time of registration.

Please bring all supplies with you to the class.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

THE ARTS

CREATIVITY NEVER GROWS OLD

Registered
Programs

NEW

Silk Scarf Marbling

Instructor: Karen Selinger

Friday, March 20 (1 class)

1 hour time slot, to be booked between 9:30 am & 2:30 pm

Cost: \$40

Friday, April 17 (1 class)

1 hour time slot, to be booked between 9:30 am & 2:30 pm

Cost: \$40

Join Karen as she assists you to create a one of a kind wearable piece of art! In the one hour session, you will observe the process and then create a silk scarf of your own to keep, using a very unique art medium. The art technique, Ebru, has been used for hundreds of years. Using the marbling method is often considered therapeutic. You will find it easy to create a wonderful work of art with no experience required! All of the supplies will be provided by the instructor.

Note: Please sign up for the class and register for your time slot at our reception desk. One scarf will be created per time slot.



Tree of Life Suncatcher

Instructor: Laura Ouimet

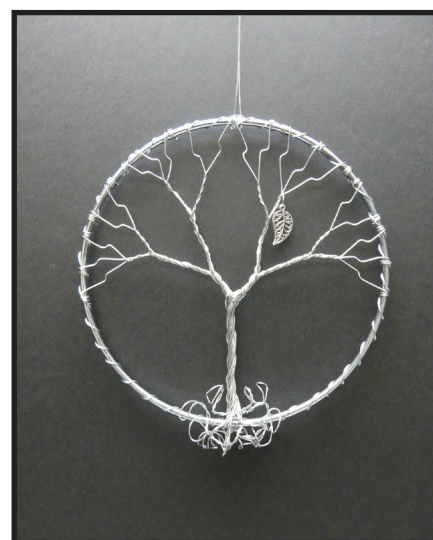
Monday, February 24 (1 class) from 1:00 pm – 4:00 pm

Cost: \$15 + supplies

Join Laura from We-met Wire Work as she guides you through the process of creating this beautiful tree of life wire project. The photos simply cannot do the actual project justice! No experience is required and the project would make a wonderful gift. Laura will supply everything you need for you to make your own one of a kind project.

Note:

Supply of \$40 is payable to the instructor on the day of the course.



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

THE ARTS

CREATIVITY NEVER GROWS OLD

Registered
Programs

Watercolour for the Beginner

Instructor: Linda Vaudan

Wednesday, January 15 – February 26 (7 classes) from 1:00 pm– 2:30 pm

Cost: \$79 + supplies

Wednesday, March 11 – April 29 (7 classes) from 1:00 pm – 2:30 pm

Cost: \$79 + supplies

No class on April 8

Would you like to begin painting in watercolour? In this beginner watercolour course you will explore the basics of watercolour techniques. Techniques such as flat wash, graded wash, glazing, wet into dry and wet into wet will be emphasized. Additional explorations will include line, value, and shape. The aim of this course is to lay a foundation for watercolour painting.

Note:

The supply list will be available at our front desk at the time of registration. Please bring the supplies with you to the first class.

Watercolour for the Intermediate & Advanced Artist

Instructor: Thom Podlubny

Tuesday, January 21 – March 3 (7 classes) from 9:30 am – 12:00 pm

Cost: \$69 + supplies

Tuesday, March 17 – April 28 (7 classes) from 9:30 am – 12:00 pm

Cost: \$69 + supplies

This class is designed with the intermediate or advanced artist in mind. Our veteran instructor, Thomas Podlubny, provides the perfect opportunity for artists to enhance & develop their skills.

Following the introduction, all artists are encouraged to work on their individual projects, with assistance provided along the way by the instructor.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

THE ARTS

CREATIVITY NEVER GROWS OLD

Drop-In Programs

Art Sessions

\$2 drop-in fee

Mondays from 12:30 pm – 3:30 pm

Picasso's in motion, chatter alive & well!

These sessions are for anyone and everyone looking to enjoy their hobby, whether it is acrylic, stencil or watercolour, to name a few. Bring your project and work alongside peers and enjoy a visit too! All levels welcome.



Crafters Corner

\$2 drop-in fee

Wednesdays from 9:30 am – 12:30 pm

Bring a craft or share an idea!

Calling all crafters to join in the fun! Enjoy open space to learn something new, inspire creativity and share ideas among peers.



Paper Quilling – “Quirky Quillers”

\$2 drop-in fee

Fridays from 1:00 pm – 3:30 pm

Fold a little paper & chat a lot!

Patience and perfection - this group is all about having fun!

Some call it origami; we call it skillful and fun. Fondly referred to as the, “Quirky Quillers”, this group welcomes new members.

View the quilling projects hung throughout the centre for a preview of the great projects that you can create!



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

THE ARTS

CREATIVITY NEVER GROWS OLD

Drop-In Programs

Wood Carvers Club – “Wonderful Woodpeckers”

\$2 drop-in fee

Thursdays from 12:30 pm – 3:30 pm

Open space for creative hands at play!

Join in the fun and enjoy the talent at play. A friendly and committed group, carving their way to a wide collection of treasures.

Note: A minimum of 2 individuals are required when using the shop, for safety reasons. Please ensure someone is in the shop with you when operating machinery.

Woodworking

\$2 drop-in fee

Mondays, Tuesdays, Wednesdays & Fridays from 12:30 pm – 3:30 pm

No workshop at home, no problem! Join ours!

Our well-equipped workshop is an ideal spot to work on your individual projects. Bring your “to do list” or start a new hobby. Bring your own supplies to the shop and use our machinery to get the job done.

Note: A minimum of 2 individuals are required when using the shop, for safety reasons. Please ensure someone is in the shop with you when operating machinery.



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

MUSIC

CREATIVITY NEVER GROWS OLD

Drop-In Programs

Choir – Westend Singers

Fridays from 1:00 pm – 3:00pm (followed by social coffee in the café)
“The Westend Singers” – Where singing comes from the HEART!

The Westend Singers welcomes new registrations in the fall of each year. Registration is closed for the winter term. The group practices weekly and also volunteers their time to sing at events, both at Westend Seniors Activity Centre and at external locations. Following weekly practice, there us a social coffee in the café.

Open Jam Sessions

\$2 drop-in fee

1st & 3rd Monday of the month from 1:00 pm – 3:00 pm
Tuesday 6:00 pm – 8:00 pm

Music fills the soul! Slam ‘n’ jam with the best of ‘em! You don’t have to be an expert musician, just a love of music required! Drop in with your guitar, banjo or any instrument you fancy. New members are welcome!

The Silver Tones

\$2 drop-in fee

The group is comprised of committed musicians who like to play, sing and share new material with band members. They perform from time to time at WSAC and various other seniors’ centres. The program is closed to new drop-in participants for the Winter 2020 term due to space capacity; however, we invite you to watch their performances on the following dates at 11:45 am - 12:45 pm in our Community Cafe: January 8, 2020, March 11, 2020 and May 13, 2020.

Ukulele Circle

\$2 drop-in fee

2nd & 4th Monday of the month from 1:00 pm – 3:00 pm
Strum along and make sweet music! Back by popular demand, this favoured pastime has made a serious comeback! Please bring your own ukulele to the group. New members are always welcome.
All experience levels are welcome and encouraged.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

NEW

Art History Series: YEG Art

Instructor: Kathleen Silverman

Tuesday, February 4 – March 10 (6 classes) from 9:30 am – 11:00 am

Cost: \$57

Did you know we have a large and diverse collection of public art in Edmonton? In this class, we'll take a virtual tour of the city and learn about the art, the artists and the stories behind the art. We'll also learn about the process of choosing which art goes where. Come learn about the art in your community!

NEW

Be Your Own Health Advocate

Facilitated by:
Kirstin Veugeler - Navigate Your Health

Tuesday April 7 (1 class) from 9:00 a.m. - 12:00 p.m.

Cost: \$19

Within our stressed healthcare system, it's not unusual for patients to feel rushed and dismissed and to wait a long time for treatment. Improve your overall wellbeing by learning what to say, and how to say it!

At this workshop you will learn strategies and gain tools to:

- increase your efficiency and promote overall well-being, instead of wasting time with piecemeal symptom management
- promote your concerns and priorities when they have been dismissed

Keep important details from falling between the cracks in this interactive workshop, be prepared to share your challenges and successes in managing your health, and to explore general information about our healthcare system and how to navigate it.

NEW Conversational French

Instructor: Vera Resera

Tuesday, January 7 – January 28 (4 classes) from 2:00 pm – 2:55 pm
Cost: \$43

Tuesday, February 4 – February 25 (4 classes) from 2:00 pm – 2:55 pm
Cost: \$43

Tuesday, March 3 – March 24 (4 classes) from 2:00 pm – 2:55 pm
Cost: \$43

Learn to speak everyday French in the context of basic social interactions. You will gain an understanding of the sounds of language, practical basic vocabulary and grammar, exchanging greetings and introductions. The focus is on pronunciation as well as developing speaking and listening skills. You will be practicing French in a conversational context and no experience is necessary!

WSAC MEMBERS...

Do you have a class or Toonie Talk you would like to see us bring to the centre?

We would love to hear your suggestions!

Please contact:
Lorena Smalley at lorena@weseniors.ca with Toonie Talk suggestions

Shelley Kulak at shelley@weseniors.ca for Program/class suggestions!



LIFE LONG LEARNING

LEARNING NEVER GROWS OLD

Registered
Programs

DVD Lecture Series:
Understanding Russia: A Cultural History

Facilitated by
David Bai

Friday, January 17 – April 3 (12 classes) 1:00 pm – 3:00 pm
Cost: \$60

These lectures blend history with cultural studies. Focusing not only on authoritarian rulers, but on everyday men and women. The course covers hundreds of years of poetry, art, film, music and more.

Memoirs Writing
Your Story, Your Way - Phase 1

Instructor: Lea Storry

Tuesday, January 21 –February 25 (6 classes) from 12:30 pm – 2:30 pm
Cost: \$70

Learn how to tell your life story through instruction, writing exercises and thought provoking questions. We will talk about how to use outlines, when to edit and how to publish. You'll leave this six-week class with stories to share with your families and friends.

Note: Please bring pencils/pens, notepad, paper or laptop/tablet device to write with.

NEW

Memoirs Writing
Your Story, Your Way - Phase 2

Instructor: Lea Storry

Tuesday, March 3 –March 31 (5 classes) from 12:30 pm – 2:30 pm
Cost: \$59

Now you have the memoir writing bug? Keep going with Phase II! There will be more prompts, exercises and class critiquing. During two classes, we will be using computers to look at publishers and publishing platforms so please bring your own laptop. Get ready to share your stories.

Note: Please bring pencils/pens, notepad, paper or laptop/tablet device to write with.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

Spanish – Beginner (Level 1)

Instructor: Cecilia Hamel

Thursday, January 9 – February 27 (8 classes) from 10:30 am – 11:50 am
Cost: \$94

Thursday, March 12 – April 30 (8 classes) from 10:30 am – 11:50 am
Cost: \$94

Learn to speak everyday Spanish in the context of basic social interactions. You will gain an understanding of the sounds of language, practical basic vocabulary and grammar, exchanging greetings and introductions. The focus is on pronunciation as well as developing speaking and listening skills. You will be practicing Spanish in a conversational context and no experience is necessary!



Spanish – Beginner (Level 2)

Instructor: Cecilia Hamel

Thursday, January 9 – February 27 (8 classes) from 12:00 pm – 1:20 pm
Cost: \$94

Thursday, March 12 – April 30 (8 classes) from 12:00 pm – 1:20 pm
Cost: \$94

Spanish Level 2 is a continuation of Level 1 and is intended to strengthen your verbal communication abilities by building your vocabulary and grammar skills. Practice Spanish in several basic everyday situations. Some previous experience with Spanish is preferred, including Spanish Level 1 with Cecilia Hamel.

Spanish – Intermediate (Level 3)

Instructor: Cecilia Hamel

Thursday, January 9 – February 27 (8 classes) from 1:30 pm – 3:00 pm
Cost: \$94

Thursday, March 12 – April 30 (8 classes) from 1:30 pm – 3:00 pm
Cost: \$94

You've taken the beginner course as a warm-up and have your sights set on more of a challenge! This course acts as a continuation of learning from Spanish - Beginner, reviewing the basics of the Latin language and beyond. You will be well on your way to being an experienced Spanish speaker.



Spanish – Experienced (Level 4)

Instructor: Cecilia Hamel

Thursday, January 9 – February 27 (8 classes) from 9:00 am – 10:20 am
Cost: \$94

Thursday, March 12 – April 30 (8 classes) from 9:00 am – 10:20 am
Cost: \$94

This class is for the more experienced Spanish linguist. This course takes it a step further as you begin to dive deeper into the Spanish language. Our experienced instructor will go beyond the basics and really help you fine tune and continue to improve your Spanish. The learning never stops!

NEW

Technology Series with YMCA

Facilitated by: YMCA (Chereena Baber, Digital Literacy Facilitator)

Friday, January 10 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: iPhone & iPad Basics**

In this program, participants who haven't had much (if any) hands-on experience with iPhones and iPads will learn how to set them up, begin navigating, adjust settings and get experience on their own devices with gestures and resources for support. **Please Bring Your Own Devices or Listen In! Please Bring Your Apple ID Password**

Friday, January 24 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: Android Basics**

In this program, participants who haven't had much (if any) hands-on experience with Android phones and tablets will learn how to set them up, begin navigating, adjust settings and get experience on their own devices with gestures and resources. **Please Bring Your Own Devices or Listen In!**

Friday, February 7 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: All Devices - Setting up and Using e-mail Accounts**

Setting up and using email can be a challenge with so many choices. In this program, we will discuss some popular email accounts and software applications and how to use them on mobile devices and computers.

Friday, February 21 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: All Devices - Web Browsing Basics and Searching**

Search Engines and online resources can give you an entire world to explore. In this program, we will discuss some safety precautions while web browsing, and learn how to leverage search engines and video sites to learn new information, find an address and many more!

NEW Technology Series with YMCA

Facilitated by: YMCA (Chereena Baber, Digital Literacy Facilitator)

Friday, March 6(1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: Malware & Scam Protection**

When exploring online and downloading there is always a risk of infecting your computer with a virus or malicious software. In this program, we will explore methods to avoid malware, how to recognize it and resources on who can help you remove it. We will also look at how to identify scams to avoid compromising your personal information.

Friday, March 20 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: Keeping in Contact Digitally**

One of the greatest advantages of the digital age is the ability to connect with people all over the world. Our mobile devices & computers are excellent tools that can allow us to keep in contact with our families over vast distances. In this program, participants will explore how to add contacts to their devices and learn how to download and use video chat or text chat software with their families. *Please Bring Your Own Devices or Listen In!*

Friday, April 3 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: Using Games on Devices**

The gaming community is aging and today over 29% of gamers are seniors! With many cognitive, social and physical benefits, more and more seniors are taking up gaming as a fun hobby that contributes to their overall health. Seniors will be guided through the benefits & risks of gaming, learn how to get started and stay safe online. Bring your own device for help downloading games on your devices!

Friday, April 17 (1 class) from 10:00 am – 12:00 pm

Cost: \$2

***Topic: Digital Citizenship for Seniors**

During the modern digital age, it can be difficult to understand how companies use your data, how to deal with privacy online and how to identify scams to minimize your risk online. In this program we will explore this & more as we help you learn what being a smart digital citizen means for you.

LIFE LONG LEARNING

LEARNING NEVER GROWS OLD

Drop-In Programs

Book Club

\$2 drop-in fee

2nd & 4th Wednesday of the month from 10:00 am – 11:00 am

All bookworms welcome! From fantasy to romance and non-fiction, this group covers it all. This is a social gathering with a reader's appeal. They start a new book every two weeks! New members welcome. No long term commitment necessary.

Genealogy

\$2 drop-in fee

Meet the 1st Thursday of the month from 9:30 am – 11:00 am

Let's pool our resources and help each other untangle the challenges of researching our Family Histories. This drop-in session will be suitable for everyone from those just starting to build a Family Tree, to folks who have been working on their Family History since Adam and Eve were kids. Come prepared, bring your questions, laptops, tablets, pencils and paper - whatever suits you best. Don't forget to bring your enthusiasm along, too!



NEW
TIME

Photo Club

\$2 drop-in fee

1st & 3rd Wednesday of the month
9:30 am – 11:30 am

Steady, smile and say cheese, or share your photos with the group please!

Join in the fun, share pictures with the group, ask questions of any kind and explore, before meeting again.



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

LIFE LONG LEARNING

LEARNING NEVER GROWS OLD

Drop-In Programs

Spanish Conversation

\$2 drop-in fee

Meet Fridays from 9:30 am – 11:00 am

Come join this interactive and fun group to practice your Spanish skills! This group is open to all levels and all individuals trying to learn their Spanish. They work together and speak in Spanish to continue learning! The learning doesn't stop in the classroom and language learning takes practice so come join this group and "Practica Conmiga"!

NEW
TIME

Writing Circle

\$2 drop-in fee

Meet the 3rd Wednesday of the month from 1:00 pm – 3:30 pm

Join local writers as we share stories based on our life's experiences. Some of us are writing to leave a written legacy of memoirs for our families, while others are writing to get published. As we write, we relive all the wonderful experiences of days gone by, so we are writing for ourselves too! At our meetings, reading is voluntary. Sometimes, we just want to listen and provide feedback to the author. Participation is always optional. We always get inspired as we enjoy a social afternoon of shared memories!



MINDFULL WELLNESS Registered Programs

HAPPINESS NEVER GROWS OLD

Tools for a Happy And Fulfilling Life

Instructor: Jeri Tourand

Monday, January 13 - February 10 (5 classes) from 12:30 pm - 3:00 pm
Cost: \$79

Join Jeri for five weeks as she will take you on a journey to learn the keys to a more fulfilling life.

You will learn highly effective practices for moving through life challenges and acquire tools to reduce your suffering. You will also learn to trust and love yourself, even in the face of adversity. Finally, you will learn how to be of service to those you love by learning the best way to share your wisdom and experience.



Mindfulness for Wellbeing

Instructor: Jeri Tourand

Monday, February 24 - March 9 (3 classes) from 12:30 pm - 3:00 pm
Cost: \$47

Mindfulness is about cultivating deep self-awareness and a state of wellbeing.

Beginning a regular practice of mindfulness and meditation has been shown to improve health, emotional regulation, focus and performance in all areas of life.

Join Jeri for three powerful sessions where you will learn the fundamentals of mindfulness and explore various tools and techniques to help balance your mind and emotion and awaken to the joy and vitality of the present moment!



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

DANCE

BEING ACTIVE NEVER GROWS OLD

Registered
Programs

Ballroom & Latin Beyond Basics

Instructor: Elise Seehagel



Tuesday, January 7 – February 25 (8 classes) from 1:30 pm – 2:30 pm

Cost: \$75

Tuesday, March 10 – April 28 (7 classes) from 1:30 pm – 2:30 pm

Cost: \$66

No class April 21

This course is designed for dancers with some background in Ballroom & Latin dancing. You will enhance your skills in a variety of ballroom styles such as waltz, foxtrot and tango. As well, we will explore Latin/swing style dancing, including rumba, cha cha, mambo, and east/west coast swing. Exercising has never been so fun!

*Registration in partners is preferred but is not mandatory.

Choreographed Ballroom (New Dancers)

Instructor: Joan Tharme



Thursday, January 16 – April 9 (12 classes) from 9:30 am – 10:30 am

Cost: \$63

This class is for new dancers. We will be learning the basic waltz.

No experience is required.

This class is for partners so please plan to register with your spouse, friend or neighbour.

Note: There will be one week off some time during the session, yet to be determined. The day off will be announced during the class time.

Choreographed Ballroom (Experienced)

Instructor: Joan Tharme



Thursday, January 16 – April 9 (12 classes) from 10:45 am – 12:00 pm

Cost: \$79

This class is for dancers with phase two/three waltz and two step experience, as well as rumba, cha cha, foxtrot and some mambo. You will add to your skill level with more phase three figures and dances.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.



Keep dancing... turns out it is good for the brain!

In 2003, research published in the New England Journal of Medicine found that dancing can reduce the onset of dementia.

The 21-year study of senior citizens, aged 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging. They measured each participant's mental alertness as a means of monitoring the rates of dementia, including Alzheimer's disease.

The researchers studied a range of cognitive and physical activities, such as reading; writing; doing crossword puzzles; playing cards; playing musical instruments; dancing; walking; tennis; swimming and golf.

Surprisingly, dance was the one activity that was good for the mind, significantly reducing dementia risk. Regular dancing reduced the risk of dementia by 76%, twice as much as reading.

DANCE

BEING ACTIVE NEVER GROWS OLD

Registered
Programs

Clogging - Beginner

Instructor: Tracy Walters



Tuesday, January 7 – February 25 (8 classes) from 3:45 pm – 4:40 pm

Cost: \$60

Tuesday, March 10 – April 28 (8 classes) from 3:45 pm – 4:40 pm

Cost: \$60

Clogging is Appalachian mountain tap dancing in which dancer's shoes are used to create audible rhythms. The special taps on the shoes give clogging its own unique sound. You will learn some basic steps and terms associated with clogging and dance to different type of music. For the first few classes, wear comfortable shoes (shoes with rubber soles recommended). No experience is necessary!

Clogging – Intermediate

Instructor: Tracy Walters



Tuesday, January 7 – February 25 (8 classes) from 2:45 pm – 3:40 pm

Cost: \$60

Tuesday, March 10 – April 28 (8 classes) from 2:45 pm – 3:40 pm

Cost: \$60

Let's move beyond the beginner level and get rhythm going for clogging at the intermediate level! Join Tracy as she continues to fine tune your basic steps and increase your understanding of terms associated with this form of dance. You will expand on your knowledge while dancing to a variety of music.

Note: One to two years of clogging experience is recommended as a prerequisite for this course.

Clogging – Experienced

Instructor: Tracy Walters



Tuesday, January 7 – February 25 (8 classes) from 11:15 am – 12:10 pm

Cost: \$60

Tuesday, March 10 – April 28 (8 classes) from 11:15 am – 12:10 pm

Cost: \$60

Clogging at the experienced level is for those members who have been participating in the form of dance for a minimum of four years. You will work to hone your skills in this terrific, low-medium impact program for the body and mind.

Note: Four years or more of experience is recommended as a prerequisite to this course.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

DANCE

BEING ACTIVE NEVER GROWS OLD

Registered Programs

Line Dancing – Beginner

Instructor: Tracy Walters



Tuesday, January 7 – February 25 (8 classes) from 4:45 pm – 5:40 pm

Cost: \$60

Tuesday, March 10 – April 28 (8 classes) from 4:45 pm – 5:40 pm

Cost: \$60

Wednesday, January 8 – February 26 (8 classes) from 12:30 pm – 1:25 pm

Cost: \$60

Wednesday, March 11 – April 29 (8 classes) from 12:30 pm – 1:25 pm

Cost: \$60

Heel toe, heel toe, round shuffle & here we go! Another exciting session of line dancing for country and other folk. It will be a class where the fun never stops and you won't realize you've exercised until the class is over. The class is open to anyone and certainly welcoming everyone!

Line Dancing – Intermediate

Instructor: Tracy Walters



Wednesday, January 8 – February 26 (8 classes) from 1:30 pm – 2:25 pm

Cost: \$60

Wednesday, March 11 – April 29 (8 classes) from 1:30 pm – 2:25 pm

Cost: \$60

If you have taken the Line Dancing Beginner series or if you have been practicing your moves on the dance floor for a while, kick it up a notch by taking Line Dancing Intermediate! The class will continue to expand on your knowledge of steps to country music – it is great exercise while having fun.

Line Dancing – Experienced

Instructor: Tracy Walters



Wednesday, January 8 – February 26 (8 classes) from 2:30 pm – 3:25 pm

Cost: \$60

Wednesday, March 11 – April 29 (8 classes) from 2:30 pm – 3:25 pm

Cost: \$60

If you have fairly solid line dancing skills and want to continue to shuffle to the beat, this class is for you! The class will have honing the steps and increasing the pace to country music – it is great exercise while having fun!

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

FITNESS

BEING ACTIVE NEVER GROWS OLD

Registered
Programs

Age Reversing Essentrics

Instructor: Samara Hipkin/Carol Smith



TRY IT DAY! Wednesday, January 8 from 10:00 am - 10:55 am

Cost \$4.00

TRY IT DAY! Friday, January 10 from 9:00 am - 9:55 am

Cost \$4.00

Wednesday, January 15 – February 12 (5 classes) from 10:00 am – 10:55 am

Cost: \$63

Wednesday, February 19 – March 18 (5 classes) from 10:00 am – 10:55 am

Cost \$63

Wednesday, April 1 – April 29 (5 classes) from 10:00 am – 10:55 am

Cost: \$63

Friday, January 17 – February 14 (5 classes) from 9:00 am – 9:55 am

Cost: \$63

Friday, February 21 – March 20 (5 classes) from 9:00 am – 9:55 am

Cost: \$63

Friday, March 27 – May 1 (5 classes) from 9:00 am – 9:55 am

Cost: \$63

No Class April 10

During this course, you will get to experience the age reversing workout that will restore movement in your joints while increasing flexibility and strength in your muscles. You will also relieve pain while stimulating your cells to increase energy, vibrancy and your immune system. This is a slow-paced, full body workout created by the author of the New York Times Best Seller, “Aging Backwards”.

Note: Yoga mat required.



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

Barre

Instructor: Freya Giroux

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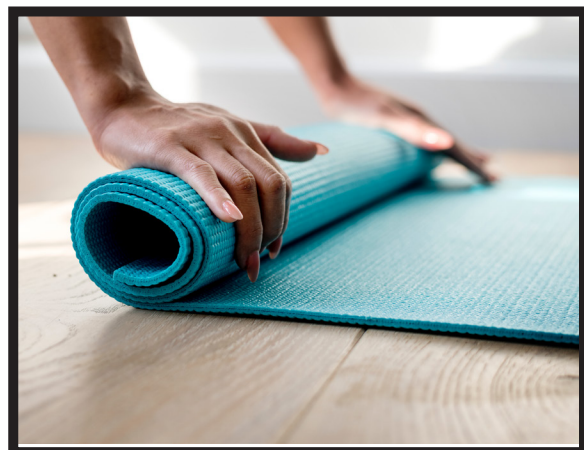
Wednesday, January 8 – February 26 (8 classes) from 11:45 am – 12:30 pm
Cost: \$66

Wednesday, March 4 – April 29 (9 classes) from 11:45 am – 12:30 pm
Cost: \$75

The Barre method is a signature power fitness strengthening program that redefines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals & back, while sculpting the arms.

Achieve a beautiful, healthy body while improving postural balance, flexibility, coordination, & grace.

Note: Yoga mat required.



**Come for lunch in our Community Cafe
and stay for one of our
Toonie Talk presentations!**



Barre Fusion

Instructor: Elise Seehagel



Monday, January 6 – February 24 (7 classes) from 12:00 pm – 12:55 p.m.

Cost: \$42

No class February 17

Monday, March 9 – April 27 (7 classes) from 12:00 pm – 12:55 pm

Cost: \$42

No class April 13

Barre Fusion is a program that will continue the benefits of a barre class and a cardio class. We will use Barre components to help with balance, posture, strength, control and body connection. As well, we will give you a cardio punch for the first half of class to ensure you get a well-rounded, impactful workout! There will also be occasional mat work involved, with the use of a variety of tools to help you reach your fitness goals.

Note: Yoga mat required.

Cardio Rhythm

Instructor: Elise Seehagel



Monday, January 6 – February 24 (7 classes) from 3:00 pm – 3:55 pm

Cost: \$42

No class February 17

Monday, March 9 – April 27 (7 classes) from 3:00 pm – 3:55 pm

Cost: \$42

No class April 13

If you are looking for a workout that has it all, then this is for you! This program is designed to keep your heart rate up, get you moving and grooving, have fun learning different dance styles, while merging the benefits of various aerobic exercises throughout the program.

Dance Fit

Instructor: Kathy Paterson



Monday, January 6 – February 24 (7 classes) from 10:00 am – 10:55 am

Cost: \$44

No class February 17

Monday, March 2 – April 27 (8 classes) from 10:00 am – 10:55 am

Cost: \$50

No class April 13

Wednesday, January 8 – February 26 (8 classes) from 10:00 am – 10:55 am

Cost: \$50

Wednesday, March 4 – April 29 (9 classes) from 10:00 am – 10:55 am

Cost: \$57

Get fit, lose weight, wiggle & jiggle to music from the roaring 20's to the techie-2000's with easy to follow dances from Latin America (Zumba), 20's Big Band, Hawaii, Greece, Mexico, Caribbean, 50's-60's Rock'n Roll, and 70's Disco.

*No experience necessary. Non-competitive (go at your own pace).

Essentrics Stretch and Tone

Instructor: Samara Hinkin/Carol Smith



TRY IT DAY! Wednesday, January 8 from 9:00 am - 9:55 am

Cost: \$4

Wednesday, January 15 – February 12 (5 classes) from 9:00 am – 9:55 am

Cost: \$63

Wednesday, February 19 – March 18 (5 classes) from 9:00 am – 9:55 am

Cost: \$63

Wednesday, April 1 – April 29 (5 classes) from 9:00 am – 9:55 am

Cost: \$63

This is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles, with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.

Note: Yoga mat required.

Fit For Life

Instructor: Ilonka Wormsbecker



Monday, January 6 – February 24 (7 classes) from 11:05 am – 12:05 pm

Cost: \$48

No class February 17

Monday, March 9 – April 27 (7 classes) from 11:05 am – 12:05 pm

Cost: \$48

No class April 13

Tuesday, January 7 – February 25 (8 classes) from 11:05 am – 12:05 pm

Cost: \$55

Tuesday, March 10 – April 28 (7 classes) from 11:05 am – 12:05 pm

Cost: \$48

No class April 21

Wednesday, January 8 – February 26 (8 classes) from 11:05 am – 12:05 pm

Cost: \$55

Wednesday, March 11 – April 29 (8 classes) from 11:05 am – 12:05 pm

Cost: \$55

Friday, January 10 – February 28 (8 classes) from 11:05 am – 12:05 pm

Cost: \$55

Friday, March 13 – May 1 (7 classes) from 11:05 am – 12:05 pm

Cost: \$48

No class April 10

Fit for Life is a progressive weight-training program that will enhance functional independence, mobility, balance, muscle strength, & bone density.

These exercises are introduced in gradual stages and monitored to assure progress & safety.

The course content is proven beneficial for the older adult. From the comfort of a chair, you will exercise core muscles, increasing overall strength & endurance.

NEW

ICI (Interesting and Challenging Intervals)

Tuesday, January 7 – February 11 (6 classes) from 2:45 pm - 3:45 pm

Cost: \$57

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Tuesday, March 10 – April 14 (6 classes) from 2:45 pm - 3:45 pm

Cost: \$57

This class uses interval principle of alternative cardio activity with strength and resistance sets to achieve a new level of fitness. Also included in the class are elements of core exercises, balance work and stretching.



NEW

Interval Strength Training

Instructor: Vera Resera

Tuesday, Jan. 7 – Jan. 28 (4 classes) from 12:15 pm - 1:10 pm

Cost: \$38

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Tuesday, Feb. 4 - Feb. 25 (4 classes) from 12:15 pm - 1:10 pm

Cost: \$38

Tuesday, March 3 - March 24 (4 classes) 12:15 pm - 1:10 pm

Cost: \$38

Back by popular demand! We are pleased to bring Interval Strength Training back to WSAC! Mixing music & fun with highly aerobic dance sequences broken up with strength, core and flexibility exercises. Adding music from around the world makes for a motivating and invigorating work!

On Pace With Parkinsons

Instructor: Janet Hauca



Thursday, January 9 – February 13 (6 classes) from 2:45 pm – 3:45 pm

Cost: \$57

Thursday, March 12 – April 16 (6 classes) from 2:45 pm – 3:45 pm

Cost: \$57

Have you been diagnosed with Parkinsons and unsure what one can do? Exercise is one of the top prescriptions to help keep people motivated and provide the strength needed to continue enjoying hobbies and opportunities in life. An instructor-led workout that delivers exercises best suited to abilities in a progressive manner to keep members moving!

NEW One-on-One Fitness Training

Instructor: Janet Hauca

Cost: \$45/hour session



Are you interested in one-on-one workouts? Janet is a very skilled and welcoming instructor who will meet with you individually to help meet your fitness goals.

She is committed to increasing fitness in seniors, will provide you with free consultation in order to determine your personal fitness goals. She will then work with you, one on one, to design a personalized program.

Whether you are starting fresh or wanting to hone your skills, please sign up at the front desk! Once you register, Janet will contact you to set up a time to meet at the centre. The sessions are suitable for all levels of fitness.

Seated Stretch Fit

Instructor: Kathy Paterson

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Monday, January 6 – February 24 (7 classes) from 11:00 am – 11:55 am

Cost: \$44

No class February 17

Monday, March 2 – April 27 (8 classes) from 11:00 am – 11:55 am

Cost: \$50

No class April 13

Tuesday, January 7 – February 25 (8 classes) from 10:00 am – 10:55 am

Cost: \$50

Tuesday, March 3 – April 28 (8 classes) from 10:00 am – 10:55 am

Cost: \$50

No class April 21

Wednesday, January 8 – February 26 (8 classes) from 11:15 am – 12:10 pm

Cost: \$50

Wednesday, March 4 – April 29 (9 classes) from 11:15 am – 12:10 pm

Cost: \$57

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, & digestion in addition to overall feelings of wellness. Studies stress the vital importance of stretching – so join us & feel better!



***Make sure to watch
for our “Try It Day”
classes!***

***At WSAC, trying
something NEW never
grows old!***

Seniors Stretch Fit

Instructor: Kathy Paterson

3

Monday, January 6 – February 24 (7 classes) from 9:00 am – 9:55 am

Cost: \$44

No class February 17

Monday, March 2 – April 27 (8 classes) from 9:00 am – 9:55 am

Cost: \$50

No class April 13

Wednesday, January 8 – February 26 (8 classes) from 9:00am – 9:55 am

Cost: \$50

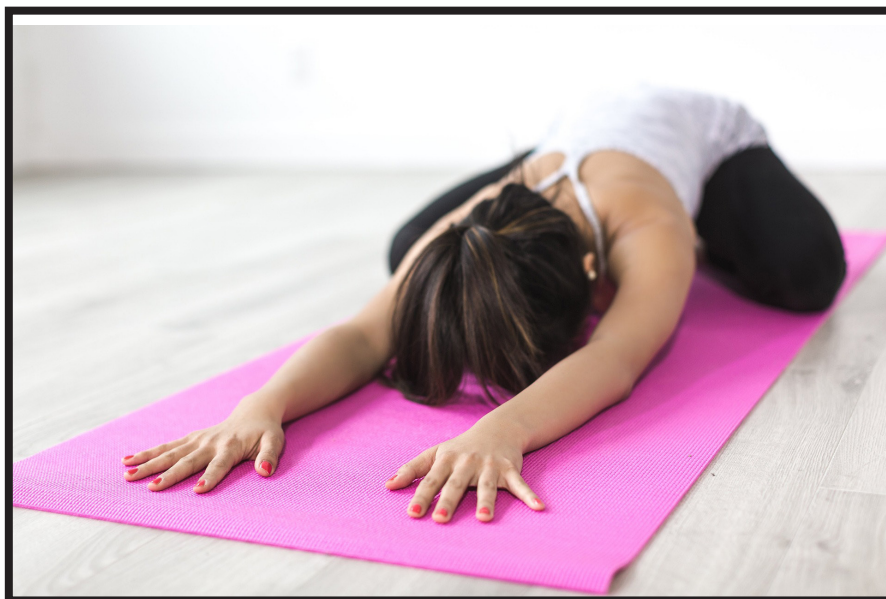
Wednesday, March 4 – April 29 (9 classes) from 9:00am – 9:55 am

Cost: \$57

The perfect way to start the day! 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 & muscles, which frequently causes pain and poor balance, circulation, digestion, posture, & flexibility. The easy remedy is stretching!

This relaxing class is for everyone; it will involve standing & prone stretching; however, it can be done with modifications while seated.

Note: Yoga mat required.



Sit Fit

Instructor: Kathy Paterson



Friday, January 10 – February 28 (8 classes) from 10:00 am – 10:55 am
Cost: \$50

Friday, March 6 – May 1 (8 classes) from 10:00 am – 10:55 am
Cost: \$50
No Class April 10

Based on the popular class, “Total Fit”, this seated class 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.

Stretch & Strength - Tuesday

Instructor: Janet Hauca



Tuesday, January 7 – February 11 (6 classes) from 1:30 pm – 2:30 pm
Cost: \$57
Tuesday, March 10 – April 14 (6 classes) from 1:30 pm – 2:30 pm
Cost: \$57

Thursday, January 9 – February 13 (6 classes) from 1:30 pm – 2:30 pm
Cost: \$57
Thursday, March 12 – April 16 (6 classes) from 1:30 pm – 2:30 pm
Cost: \$57

The benefits of resistance training & stretching are second to none - this class caters to both! No matter your age, now is the time to begin a no-impact program to help enhance muscular strength & endurance; meanwhile you flex your aches & pains aside with a well-rounded stretching routine.

STRETCH your mind beyond the regular routine & make this class part of the week!

FITNESS

BEING ACTIVE NEVER GROWS OLD

Registered
Programs

Total Fit

Instructor: Kathy Paterson



Tuesday, January 7 – February 25 (8 classes) from 9:00 am – 9:55 am
Cost: \$50

Tuesday, March 3 – April 28 (8 classes) from 9:00 am – 9:55 am
Cost: \$50
No Class April 21

Thursday, January 9 – February 27 (8 classes) from 9:00 am – 9:55 am
Cost: \$50

Thursday, March 5 – April 30 (9 classes) from 9:00 am – 9:55 am
Cost: \$57

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 & functional agility, with a focus on balance & core strength. The warm-up will get you engaged & the cool-down will leave you feeling tension release. The fun never stops!



***Keeping active never
grows old!***

***With over 100 drop-
in and registered
classes, we have
something for
everyone!***

Zumba Gold

Instructor: Terri Kokotilo



Monday, January 6 – March 2 (8 classes) from 9:00 am – 9:55 am

Cost: \$56

No class February 17

Monday, March 9 – April 27 (7 classes) from 9:00 am – 9:55 am

Cost: \$49

No class April 13

Monday, January 6 – March 2 (8 classes) from 10:00 am – 10:55 am

Cost: \$56

No class February 17

Monday, March 9 – April 27 (7 classes) from 10:00 am – 10:55 am

Cost: \$49

No class April 13

Friday, January 10 – February 28 (8 classes) from 2:30 pm – 3:25 pm

Cost: \$56

Friday, March 6 – May 1 (8 classes) from 2:30 pm – 3:25 pm

Cost: \$56

No class April 10

Join the party! Terri has a passion for Zumba®! Zumba Gold® is a modified Zumba® class that focuses on all the elements of fitness (cardiovascular, muscle conditioning, flexibility and balance), but at a lower intensity.

Easy to follow choreography using Latin and World rhythms equals dance fitness classes that are fun, energetic & make you feel amazing!

FITNESS

BEING ACTIVE NEVER GROWS OLD

Drop-In
Programs

NEW
TIME

Badminton

\$2 drop-in fee

Wednesdays from 1:00 pm – 3:00 pm

The game with the birdie in the air! Calling all badminton players who like fun and challenge! This group enjoys fun exercise for everyone. All levels welcomed and new members encouraged.



Bike Group

\$2 drop-in fee

Mondays & Wednesdays

– meet at WSAC at 1:00 pm

Fridays – meet at WSAC at 10:00 am

Lace up, hop on...let's go for a ride! Dust off your bike and join this independent group as they explore our beautiful city and all it has to offer. Helmets encouraged. Weather permitting.



Carpet Bowling

\$2 drop-in fee

Tuesdays from 9:30 am – 11:00 am & Thursdays from 12:30 pm – 2:30 pm

Steady as a rock, only with a ball, wins the game! A fun time to throw a weighted ball and hope you are closer than them all. This group enjoys friendly competition and encourages a fun and supportive atmosphere. All levels welcomed and new members encouraged.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

Beginner Pickleball Drop-In

\$2 drop-in fee

Tuesdays from 4:30 pm – 6:10 pm (No instruction provided)

Friday from 12:30 pm – 2:10 pm (Instruction provided by volunteers)

Are you new to the sport of pickleball and looking for a place to start?

Join skilled and welcoming volunteers on Fridays to learn about the sport and the system that we use to play at WSAC.

From there, play on Tuesdays until you get the hang of the game with others at the same level! Once you feel ready to move on, please join your peers to play during the regular Pickleball Drop-In times.

The game is fun and you will get a great work out, but the company is even better!

A limited number of paddles are available for use and pickleballs will be provided. There is a maximum of 16 spots per session.

Please note that you may reserve your time, up to a week in advance, in person at the centre. As well, one of the two courts will be used for the volunteers to instruct new members on the Friday time slot.

The pickleball drop in programs are available only for members of WSAC.



FITNESS

BEING ACTIVE NEVER GROWS OLD

Drop-In
Programs

Drop-In Pickleball

\$2 drop-in fee

MONDAY

Drop In Session #1: 12:30 pm - 2:10 pm

Drop In Session #2: 2:10 pm - 3:50 pm

TUESDAY

Drop In Session: 6:10 pm - 7:50 pm

THURSDAY

Drop In Session #1: 12:30 pm - 2:10 pm

Drop In Session #2: 2:10 pm - 3:50 pm

Join us to play one of the fastest growing sports in Canada!

If you know the game and are ready to play, please bring your paddle and join us on Mondays, Tuesday evenings and Thursdays.

To learn the WSAC system of play, you may speak with our skilled and welcoming volunteers.

There is no level of play – all members are welcome and encouraged to attend in true “drop-in style”.

You will be matched with other players of varying abilities – every game is a new game and an opportunity to meet and learn from new people!

Please plan to bring a pickleball paddle to play as a limited number of paddles are available. Balls will be provided.

There is a maximum of 16 spots per session.

The pickleball drop in programs are available only for members of WSAC.

FITNESS

BEING ACTIVE NEVER GROWS OLD

Drop-In
Programs

The Fitness Room

\$2 drop-in fee

Mon, Wed, Thurs & Fri: 9:00 am to 4:00 pm

Tues : 9:00 am to 8:00 pm

Note: For your safety, orientations are mandatory for all users of the fitness room.

Please pre-book your orientation at the reception desk. Led by trained volunteer peer mentors, our orientations cover information needed to use the fitness room safely.

Multi-use passes are available:

10 Visit Pass: \$15

Monthly Pass: \$25

Annual Pass: \$250



Walking Group

\$2 drop-in fee

Tuesdays & Fridays

Meet at the Centre @ 9:00 am

Heave ho and even in the snow, this group walks!

This group takes their hikes into the river valley and beyond, enjoying social time afterwards.

All levels welcomed and new members encouraged!



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

TAIJI (tai chi)

BEING ACTIVE NEVER GROWS OLD

Registered
Programs

Foundations & Hunyuan Taiji

Instructor: Allan Belsheim



Thursday, February 6 – April 30 (13 classes) from 2:30 pm – 3:30 pm
Cost: \$82

The first half hour, we will work on Foundation exercises that prepare the body to be physically able to move correctly to perform Taiji. Included are “Silk Reeling”, “Circles” and how to move correctly to have correct structure and balance. The second half of the class is the Hunyuan 24 and is a repeat of what is done for Taiji on Monday.

Qigong & Hunyuan Taiji

Instructor: Allan Belsheim



Monday, February 3 – April 27 (11 classes) from 1:30 pm – 2:30 pm
Cost: \$69
No class February 17 & April 13

The first half hour is qigong, which is a health exercise that improves circulation, brain function and stretches the body. It is a form of guided moving meditation and a part of the Taiji System taught here. The second half hour is learning the Hunyuan Taiji 24 form, which includes qigong movement.



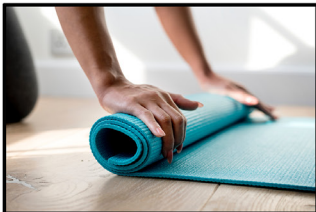
Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

YOGA

BEING ACTIVE NEVER GROWS OLD

Registered
Programs

*We have all heard that Yoga is good for us
Here are some reasons you may not know!*



PERFECT YOUR POSTURE

Poor posture can cause back, neck, and other muscle and joint problems. As you slump, your body may compensate by flattening the normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

DRAINS YOUR LYMPHS AND BOOST IMMUNITY

When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.

PREVENTS CARTILAGE AND JOINT BREAKDOWN

Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.



INCREASES YOUR BLOOD FLOW



Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released. Inverted poses, such as Headstand, Handstand, and Shoulderstand, encourage venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. This can help if you have swelling in your legs

from heart or kidney problems. Yoga also boosts levels of hemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the level of clot-promoting proteins in the blood. This can lead to a decrease in heart attacks and strokes since blood clots are often the cause of these killers.

LOWERS BLOOD SUGAR & BLOOD PRESSURE

Yoga lowers blood sugar and LDL ("bad") cholesterol and boosts HDL ("good") cholesterol. In people with diabetes, yoga has been found to lower blood sugar in several ways: by lowering cortisol and adrenaline levels, encouraging weight loss, and improving sensitivity to the effects of insulin. Get your blood sugar levels down, and you decrease your risk of diabetic complications such as heart attack, kidney failure, and blindness. Two studies of people with hypertension, published in the British medical journal The Lancet, compared the effects of Savasana (Corpse Pose) with simply lying on a couch. After 3 months, Savasana was associated with a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number)—and the higher the initial blood pressure, the bigger the drop.



NEW
TIME

Advancing Yoga

Instructor: Freya Giroux

4

Wednesday, January 8 – February 26 (8 classes) from 1:50 pm – 2:50 pm

Cost: \$66

Wednesday, March 4 – April 29 (9 classes) from 1:50 pm – 2:50 pm

Cost: \$74

Are you ready for the next step in your Yoga practice – to get stronger and more flexible while learning to manage daily pains and ailments?

Come try Advancing Yoga, instructed by a 1500 hour yoga certified master. In this class we will expand your yoga practice through many forms of yoga, utilizing a multitude of modifications that will suit the needs from beginners to the most advanced yoga student.

Note: A yoga mat and the ability to get on the floor independently is required for this course.

Chair Yoga

Instructor: Neeru Prashar

3

Friday, January 10 – February 28 (8 classes) from 11:35 am – 12:35 pm

Cost: \$63

Friday, March 13 – May 1 (7 classes) from 11:35 am – 12:35 pm

Cost: \$55

No class April 10

If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this class a try! Chair Yoga is a gentle class, especially suited for those who prefer not to be down on the floor. All yoga postures will be done seated on a chair or standing, using the chair to help with support and balance. This class offers a well-rounded variety of modified yoga poses, breathing techniques and relaxation designed to leave you feeling stronger, more flexible, calm and energized.

Deep Relaxation With Tune Up Balls

Instructor: Vera Resera



Tuesday, January 7 – January 28 (4 classes) from 10:00 am – 10:55 am

Cost: \$43

Tuesday, February 4 – February 25 (4 classes) from 10:00 am – 10:55 am

Cost: \$43

Tuesday, March 3 – March 24 (4 classes) from 10:00 am – 10:55 am

Cost: \$43

Enjoy this class of gentle guided movement and self myofascial release. We will use tune up balls to relax and stimulate tense muscles while improving circulation. This class will also incorporate some gentle yoga poses and guided relaxation to leave you feeling balanced and relaxed.

Note: A yoga mat and the ability to get down and up from the floor is required.

Develop Flexibility through Yin Yoga

Pramila Sinha, E-RYT 200, RYT 500



Tuesday, January 7 – February 25 (8 classes) from 11:30 am – 12:30 pm

Cost: \$59

Tuesday, March 10 – April 28 (8 classes) from 11:30 am – 12:30 pm

Cost: \$59

Tuesday, January 7 – February 25 (8 classes) from 12:45 pm – 1:45 pm

Cost: \$59

Tuesday, March 10 – April 28 (8 classes) from 12:45 pm – 1:45 pm

Cost: \$59

Do you feel that your joints are very stiff? Do you wish to gain some flexibility in your hips, shoulders, knees, ankles, etc. without risking injury? This is the right program for you. Yin Yoga is designed for developing flexibility in rigid joints through moderate stretch applied to specific joints sustained for a duration of 1 to 3 minutes. As you relax in a pose, the gravity will slowly develop flexibility. Week by week you will be amazed to discover the flexibility you achieve.

Note: Members must be able to get down on the floor onto the mat.

NEW
TIME

Gentle Yoga – Beginner

Instructor: Freya Giroux

2

Monday, January 6 – February 24 (7 classes) from 10:40 am – 11:40 am

Cost: \$58

No class February 17

Monday, March 2 – April 27 (8 classes) from 10:40 am – 11:40 am

Cost: \$66

No class April 13

Wednesday, January 8 – February 26 (8 classes) from 10:40 am – 11:40 am

Cost: \$66

Wednesday, March 4 – April 29 (9 classes) from 10:40 am – 11:40 am

Cost: \$74

Wednesday, January 8 – February 26 (8 classes) from 12:40 pm – 1:40 pm

Cost: \$66

Wednesday, March 4 – April 29 (9 classes) from 12:40 pm – 1:40 pm

Cost: \$74

Friday, January 10 – February 28 (8 classes) from 2:00 pm – 3:00 pm

Cost: \$66

Friday, March 6 – May 1 (8 classes) from 2:00 pm – 3:00 pm

Cost: \$66

No class April 10

Gentle Yoga is an easy, adapted & slower moving style of yoga. The poses are repeated several times in a flowing series to get the full benefit without straining or forcing. No long holds or straining to touch your toes in this class. You will stretch, tone & strengthen the whole body as well as practice breathing exercises, mindfulness & relaxation. Great for everybody but amazing for the older adult.

Note: Yoga mat required.

NEW
TIME

Intermediate Yoga

Instructor: Pramila Sinha E-RYT 200

2

Friday, January 10 – February 28 (8 classes) from 10:25 am – 11:25 am
Cost: \$59

Friday, March 13 – May 1 (7 classes) from 10:25 am – 11:25 am
Cost: \$52
No class April 10

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 awhile and are ready to take the next level of yogic breathing, asanas, relaxation and meditation, then this class is ideal for you.

Note: Yoga mat required.

Next Level Yoga

Instructor: Neeru Prashar

3

Tuesday, January 7 – February 25 (8 classes) from 2:00 pm – 3:15 pm
Cost: \$63
Tuesday, March 10 – April 28 (8 classes) from 2:00 pm – 3:15 pm
Cost: \$63

This class is at the intermediate and beyond level. The class will begin with warm ups and Sun salutations, followed by postures, to bring strength, flexibility and balance to both the body and the mind. This class is good for anyone who wants to take their practice to be next level, not just physically but also mentally, progressing from effortless practice.

Note: Yoga mat required. This class is for members well beyond beginner level who can get down to and up from the floor independently.

Pilatoga – Beginner

Instructor: Freya Giroux



Monday, January 6 – February 24 (7 classes) from 9:30 am – 10:30 am
Cost: \$58
No class February 17

Monday, March 2 – April 27 (8 classes) from 9:30 am – 10:30 am
Cost: \$66
No class April 13

The strength from Pilates & the balance from Yoga presented in an energizing & encompassing atmosphere!
This class encourages & welcomes all levels & experiences. An hour spent but not a minute wasted.

Note: Yoga mat required.



NEW
TIME

Pilatoga – Intermediate

Instructor: Freya Giroux



Monday, January 6 – February 24 (7 classes) from 11:50 am – 12:50 pm
Cost: \$58
No class February 17

Monday, March 2 – April 27 (8 classes) from 11:50 am – 12:50 pm
Cost: \$66
No class April 13

The strength from Pilates & the balance from Yoga were introduced to you in Pilatoga Beginner and now we take it to the next level! Join us for an energizing hour that will leave you feeling invigorated.
Yoga mat required.

Restorative Hatha Yoga – Intermediate Instructor: Audrey Bell-Hiller, B.A.



Thursday, January 9 – February 6 (5 classes) from 9:45 am – 11:00 am
Cost: \$40

Thursday, February 27 – March 26 (5 classes) from 9:45 am – 11:00 am
Cost: \$40

Restorative yoga postures promote deep renewal for tight muscles and stress. This intermediate hatha yoga class promotes improved flexibility while improving circulation.

Some postures will be modified if needed by the individual. These modified postures allow each person to practice within the limits of their bodies. All postures will have a beneficial impact on the entire body and deepen your practice of yoga. There will be concentration on breath and conscious relaxation.

Note: Participants must be able to get down and up from the floor without assistance. Admission to this class without this skill will not be permitted.

NEW
TIME

Structural Yoga Therapy for All

Instructor: Marthe Murphy



Friday, January 3 – January 24 (4 classes) from 9:00 am – 10:15 am
Cost: \$29

Friday, February 21 – March 20 (5 classes) from 9:00 am – 10:15 am
Cost: \$36

Friday, March 27 – April 24 (4 classes) from 9:00 am – 10:15 am
Cost: \$29
No class April 10

Experience the part of you that is straight, strong, healthy, whole, loving, & clear as you gently unravel stress, strain, & pain from the body & mind. Structural Yoga is very specific in what muscles, groups of muscles, & joints are stretched & strengthened & in what sequence. Note: Members must be able to get down on the floor (with or without assistance) and a yoga mat is required.

Yoga for Arthritis

Instructor: Pramila Sinha, ERYT 500, RYT 500



Thursday, January 9 – February 27 (8 classes) from 11:15 am – 12:15 pm

Cost: \$59

Thursday, March 12 – April 30 (8 classes) from 11:15 am – 12:15 pm

Cost: \$59

Yoga is one of the best exercises for seniors with arthritis. Since arthritis restricts movement and yoga increases range of motion, yoga is a natural antidote to arthritis. Yoga loosens the muscles, while increasing flexibility and balance, which helps prevent falls and increases blood circulation. Yoga strengthens the joints, reduces pain, improves joint flexibility and helps them to function normally. Each session will include some pranayama (yogic breathing), light yoga exercises and relaxation. The program starts with simple stretches and gradually advances to more difficult poses.

Note: Yoga mat required.

Yoga for Balance & Wellbeing

Instructor: Linda Vaudan



Friday, January 10 – Feb 28 (8 classes) from 12:45 pm – 1:45 pm

Cost: \$60

Friday, March 13 – May 1 (7 classes) from 12:45 pm – 1:45 pm

Cost: \$53

No class April 10

Yoga invites you to Balance and Wellbeing in this series of yoga classes.

Yoga has so many benefits, and nurturing balance is a pivotal one: balance not just for fall prevention but balance in overall health. Some of the benefits of yoga include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being, and increased well-being.

Note: Yoga mat required.

NEW
TIME

Yoga for Parkinsons

Instructor: Neeru Prashar

1

Monday, January 6 – February 24 (7 classes) from 2:40 pm – 3:40 pm
Cost: \$55
No class February 17

Monday, March 9 – April 27 (7 classes) from 2:40 pm – 3:40 pm
Cost: \$55
No class April 13

Did you know that yoga is extremely beneficial for Parkinson's disease (PD)? It helps to increase flexibility, improve posture, loosen tight, painful muscles and enhance the quality of life.

The scientific studies support hatha yoga for persons with PD, improves the functional mobility and how a person with PD walks. Yoga improves balance, thus may also reduce the fear of falling, which can also help keep people with PD active in the community. The calming effect of yoga (by enhancing parasympathetic output) may lessen perceived stress, enhance relaxation, and benefit sleep.

In this class we will use chairs for seated and standing postures, but it is open for people who can get down on to the floor as well. The instructor will give variations and options.

Yoga for Stress and Anxiety

Instructor: Neeru Prashar

2

Wednesday, January 8 – February 26 (8 classes) from 9:00 am – 10:15 am
Cost: \$63

Wednesday, March 11 – April 29 (8 classes) from 9:00 am – 10:15 am
Cost: \$63

Movements of yoga improve the strength, flexibility and balance of the body while the breathing, meditation and relaxation techniques calm the mind.

The uncomfortable symptoms of panic and anxiety, such as feelings of tension tightness and pain sensitivity are eased by yoga postures by stretching, lengthening and balancing the muscles. Meditation, visualization and breathe awareness can help with letting go of unwanted thought patterns and bring tranquility to the entire being. Join Neeru to help make a difference in your world – you will work on reducing stress and anxiety symptoms, leaving you feeling much more balanced and refreshed.

CARDS & GAMES

SOCIALIZING WITH OTHERS NEVER GROWS OLD

Drop-In
Programs

Billiards

\$2 drop-in fee

Mondays from 2:00 pm – 4:00 pm
Tuesdays from 4:30 pm - 7:45 pm
Wednesdays from 10:00 am – 4:00 pm
Thursdays from 9:00 am – 12:00 pm

Rack 'em up and chat 'em up!

Enjoy our newly-refurbished billiard tables and join this crew for good conversation and relaxed play. All levels welcomed and new members encouraged. Drop in any time during the time slots listed to play.



Contract Bridge

\$2 drop-in fee

Thursdays from 12:30 pm – 3:30 pm

An active mind is a sharp mind!
Bridge enthusiasts encouraged to join this group.
*No partner necessary.

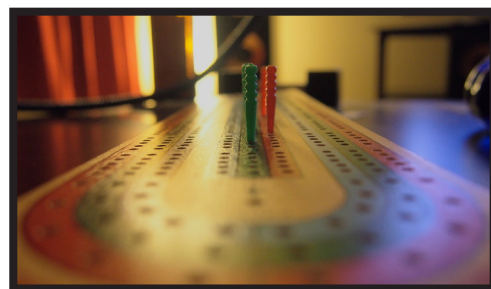
Cribbage

\$2 drop-in fee

Fridays from 1:30 pm – 3:30 pm

15-2, 15-4... and the rest don't score!

Check out this fun group and see if you have the right combinations to make it all the way! All levels welcomed and new members encouraged to join the fun!



CARDS & GAMES

SOCIALIZING WITH OTHERS NEVER GROWS OLD

Drop-In
Programs

Euchre

\$2 drop-in fee

Mondays from 9:30 am – 11:30 am & Wednesdays from 12:30 pm – 2:30 pm

A friendly group of fun and play!

This social card game is simple in concept but high in subtlety! All levels welcomed and new members encouraged to join the fun!

Ping Pong

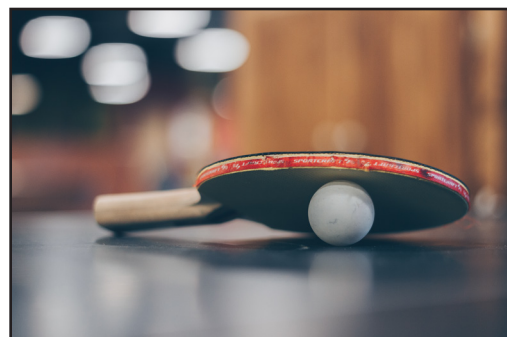
\$2 drop-in fee

Tuesdays from 5:30 pm – 7:45 pm

To some it is Table Tennis & others Ping Pong.

Whatever it is to you, come join in the fun!

All levels are welcome and encouraged to play.



Practice Bridge

\$2 drop-in fee

Tuesdays from 9:30 am – 11:30 am

When you don't use it, you lose it...
so why not practice!

Join this group to sharpen your
skills and play one of the most
popular card games worldwide.

Gaining momentum since the
1920's, it's never too late to join the
masses. No partner needed.



Please sign up a minimum of one week prior to the class start date
to help us avoid cancelling the class due to low enrolment.

CARDS & GAMES

SOCIALIZING WITH OTHERS NEVER GROWS OLD

Drop-In
Programs

Scrabble

\$2 drop-in fee

Wednesdays from 9:30 am – 11:30 am

Come and dabble, and play a little scrabble!

A tile word game of wit and fun!

No partner needed.

All levels welcomed and new players encouraged.



TLC Bridge – ABCL Sanctioned Club

\$2 drop-in fee

Mondays from 10:30 am – 2:30 pm & Fridays from 10:00 am – 1:00 pm

A \$2 drop-in fee is payable to the coordinator & a \$3 club fee payable to the coordinator.

A game of intelligence, strategy and wit! Registered bridge playing group that accumulates and tracks points online. No partner needed.

This group requires a valid WSAC membership to participate.

Whist

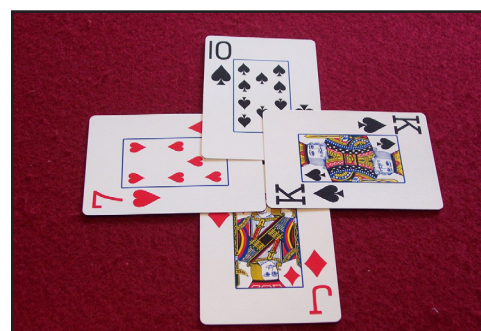
\$2 drop-in fee

Tuesdays from 1:00 pm – 3:00 pm

A simple yet skillful game, if you don't know the rules you will in seconds!

A card game ancestral to Bridge where the last card indicates trump!

Join this social experience, encouraging all levels at play. New members encouraged to join the fun!



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

CARDS & GAMES

SOCIALIZING WITH OTHERS NEVER GROWS OLD

Drop-In
Programs

Birthday Party

\$2 drop-in fee

Join us in the Café to celebrate the birthdays being celebrated during the current month. Enjoy a slice of cake accompanied by a nice cup of coffee while visiting with friends.

This group meets on the third Wednesday of each month from 2:00 – 3:00 pm.

The dates for the 2020 winter sessions are:

January 15

February 19

March 18

April 15



The event is FREE for all members celebrating their birthday during the month of the party!

Monthly Potluck Dinner

\$2 drop-in fee

The monthly potluck group meets once a month for a dinner. Bring your favourite dish to share!

The group meets on the last Thursday of each month from 5:00 pm – 7:00 pm.

The dates for the 2020 winter sessions are:

January 30

February 27

March 26

April 30

New Member Welcome Tea

\$2 drop-in fee

Stay tuned for details in our monthly newsletter regarding dates and times!

Are you a new member? Join us in the Café for some tea & coffee and a chance to meet some other new members and staff. A more in-depth introduction to the Centre will be provided and an opportunity to ask questions.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

SOCIAL GROUPS

SOCIALIZING WITH OTHERS NEVER

Drop-In Programs

Board Games in the Morning

\$2 drop-in fee

Thursdays from 10:30 am – 11:30 am

Our board games in the morning is a fun and silly way to create nostalgia and connect attendees to their inner child. We play simple, fun games. Bring a game or try one of ours. Donations of board games always accepted

Gentle Walking Group

\$2 drop-in fee

Thursdays from 11:30 am – 12:15 pm

Walkers, canes, dodgy hips and tired people all welcome! This program is designed for seniors with limited mobility or stamina to get back walking in a reliable and safe environment. Located in our gym, we play your favorite music and there are always walkers to chat with. This is a warm and welcoming group open to both non-members and members of WSAC and new attendees are always welcome!

Circle of Support

\$2 drop-in fee

Thursdays from 1:00 pm – 2:30 pm

This warm and welcoming group is facilitated by a member of our Community Outreach staff. Our mission is “outstanding conversation.” People who attend this group find it a great connection to stronger friendships and a consistent support structure, as well as gaining insight from each other and our conversations. Everything is confidential. New attendees are always welcome!

THURSDAY DROP-IN PROGRAM - Thursdays from 10:30 am – 2:30 pm \$10.00

Our Thursday Day Program is a four part program intended to create a fun, welcoming, and safe environment for seniors from all walks of life. From games in the morning, to the gentle walking group, a home cooked meal in our community cafe, and an afternoon circle of support, we welcome you. It is our biggest hope attendees will leave our centre feeling refreshed, uplifted, fed, and with a sense of connection to community.

SOCIAL GROUPS

SOCIALIZING WITH OTHERS NEVER

Drop-In Programs

Social Circle of Friends

\$2 drop-in fee

Mondays from 9:30 am – 11:00 am

This welcoming and friendly peer support group is a great place to listen and share your stories in a supportive atmosphere. People attending this group find strong friendships have developed, and their support and contact circles have increased. Everyone is offered the opportunity to speak and share as little or as much as you like. Your stories are kept confidential. Each week could be different, so try this group a couple times and then decide!

Outreach Services

Our Outreach Program aims to support you by reducing isolation and increasing empowerment. You don't have to be a WSAC member to be an Outreach client with us.

We support individuals 55+ by providing knowledge of the resources, benefits and supports available to seniors; creating connections in the community and to other agencies; advocating on your behalf when necessary; and brainstorming ideas for solutions to situations of crisis or change you may be facing.

WSAC Outreach provides a supportive, caring environment to sustainably help increase your empowerment no matter what changes have come your way.



FRIENDS OF WSAC

TOONIE TALKS

**Pre-Registration
Encouraged**

Who Are The Friends Of WSAC? Friends of WSAC are businesses vetted by the Westend Seniors Activity Centre that are dedicated to providing services to Edmonton and area seniors. They belong to an elite networking group focused on addressing the needs and challenges seniors face in their daily lives.

The Friends of WSAC “Toonie Talks” are not of a sales nature, but rather an information sharing session aimed at increasing the awareness and knowledge of our attendees. Our goal is to provide a wide range of presentations on topics that seniors are dealing with in their everyday life.



Have You Attended A Toonie Talk Presentation Yet?

We had 48 Toonie Talk presentations in 2019 here at our centre with over 700 people attending!

Look At What People Said About Our Toonie Talk Presentations

***“Fantastic speaker.” “Thanks so much for coming to our centre!”
“Such valuable information.” “Please come back to our centre.”***

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

Diabetes

- Presented by Central Point Pharmacy



Monday, January 13, 2020 – 1:30 pm to 3:00 pm

Cost: \$2.00

“We will discuss diabetes ABCESS and what these numbers mean for you. The effect of different diet plans and certain food intakes on your blood glucose reading. Learn about different strategies that can help you maintain your blood glucose within the normal range”. We will also discuss the role of a certified diabetes educator; a pharmacist who specializes in diabetes care can help manage your condition”.

59/64/70: What Do These Ages Mean To YOU?

- Presented by Miranda OBrien and Dominic Li

Tuesday, January 14th – 1:30 pm to 3:00 pm

Cost: \$2.00



So you're 59 years old, is it time to apply for CPP? So you're 64 years old, how about now? So you're 70, What do I do about my RRSPs? I'm 55, what about me? I'm over 70, don't forget about us! A frank discussion about CPP/OAS/RRSP/LIRAs and Pensions, and what to do with each or all of them.

Annual 2019 Global Financial Markets Review and 2020 Outlook

Presented by Wei Woo

Friday January 24th at 10:00 a.m.

Cost: \$2.00



Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2019, and look at forward guidance on what to expect for 2020.”

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

The Art of Downsizing- When less equals more
- Presented by Lody Lambertus



Friday January 27th – 1:30 pm to 3:00 pm
Cost: \$2.00

Are you thinking of downsizing or moving but not sure where to start or when? Do you need help navigating your next move or purchase?

Downsizing can be an overwhelming process and is a task that can take longer than expected at every turn. The number one trick to downsizing successfully is to start before you think you need to and, to develop a plan. Clarity helps create action, and taking action now means more space, more freedom, and more money.

Please note:

All attendees will receive a Workbook called “When less equals more”

This workbook covers the When and How of downsizing and the factors to consider when deciding where to live next?

This three-step the course will provide you with clarity on where to start, who should be involved and what to do at each step from getting your home ready for sale and finding and securing your next home moving forward.

The course outlines the necessary but sometimes difficult conversations to have with friends and family and what questions to when hiring an advisor, realtor, lawyer, and mortgage expert.

In this session, we will cover the Art of Downsizing and the financial, emotional, and health benefits of planning your move in advance. You will enjoy interactive learning through workbooks and checklists designed to help you navigate through the downsizing process so you can move forward with confidence and a plan.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

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



Monday February 3rd – 1:30 pm to 3:00 pm
Cost: \$2.00

Downsizing? Selling Your Home?
What you need to consider before listing.
We will explore a residential real estate sales contract and discuss some important considerations you need to make whether you are just thinking about selling your home or it is already on the market.

Heart Disease and Diabetes: Guide to Self-management - Terra Losa Pharmacy

Terra Losa Pharmacy



Always There to Care

Thursday, February 6th – 1:30 pm to 3:00 pm
Cost: \$2.00

Getting older can bring senior health challenges. By being aware of these common chronic conditions, you can take steps to stave off disease as you age.

Older adults are disproportionately affected by chronic conditions, such as diabetes, arthritis, and heart disease. About 80% of people over 65 have at least one chronic condition, and nearly 70% have two or more.

Heart disease and diabetes are two common chronic conditions can bring serious health risks for seniors if remained uncontrolled. Luckily, there's a lot you can do to lower your risk for and improve your overall long-term health outlook. Self-management represents a key-role in managing these two chronic conditions. Learn some strategies and health tips to give you control over your health concerns

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

Reverse Mortgages - Presented by Alexis Hlady

Tuesday February 11th – 1:30 pm to 3:00 pm
Cost: \$2.00



You don't always have to sell your home. A Reverse Chip Mortgage could be one product that may work for you.

A Reverse Chip Mortgage allows you to access up to 55% of the equity in your home. Come join realtor Alexis Hlady and mortgage broker Sandra Forscutt as they outline key points about Reverse Chip Mortgages

Reducing Fall Risks & How to Get Up from a Fall In-Service Presented by Philips Lifeline



Attendees will receive information on the topic as well as freebies to take home.

Tuesday February 18th – 1:30 pm to 3:00 pm
Cost: \$2.00

Missteps, slips and falls. What is the nastiest of them all? Staying active, should not be this scary. Please join us for a discussion on Fall Safety for our everyday living so we can stay active and independent while staying safe. There is also a very helpful demonstration from an invited Healthcare Professional on How To Get Up from a Fall as well as brief discussion on what available subsidies are there for Alberta Seniors Benefit members.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

The Act of Downsizing - Presented by Jodi Lambertus



Monday February 24th – 1:30 pm to 3:00 pm
Cost: \$2.00

Are you thinking of downsizing or moving but not sure where to start or when? Do you need help navigating your next move or purchase? Downsizing can be an overwhelming process and is a task that can take longer than expected at every turn. The number one trick to downsizing successfully is to start before you think you need to and, to develop a plan.

Everyone in attendance will receive “The 10 step process to downsizing”

Checklist and Handouts that cover where and how to start the downsizing process.

In this session, The Act Of Downsizing, You will learn how to get your home ready for sale, evaluate your sale price and how to budget for your next purchase or move. Mortgage expert Stefan Chewaniak will speak about your mortgaging option including; reverse mortgages, home equity lines of credit, porting mortgage balances to avoid penalties and other applicable mortgage advice.



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

NOT Your Grandfather's Hearing Aids!! - Presented by Stanford Hearing Centre

Tuesday February 25th – 1:30 pm to 3:00 pm
Cost: \$2.00

Are you nervous about paying too much for hearing aids or not paying enough to get the right technology you need?



We frequently hear about people's perceptions of hearing aids from their Grandparents or Aunt and Uncles devices that were big, bulky and squealed. Gone are the days of those hearing aids.

Over the past 20 years, we have seen incredible improvements in hearing aid technology. To help decide which hearing aids are best for you, we offer free complimentary trial hearing aids that you can use in your own environment.

Join us to learn more about how you can Try Before You Buy!

Elder Abuse Awareness and Prevention – Presented by Children, Family and Community Services

**Children,
Family &
Community
Services
Edmonton**

Tuesday March 3rd – 1:30 pm to 3:00 pm
Cost: \$2.00

What is Elder Abuse? Elder Abuse in our community, The types of elder abuse, and the resources available here in Edmonton

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

Picking The Right Paint & How Best To Apply - Presented by The Brilliant Brush



Tues March 10th – 1:30 pm to 3:00 pm
Cost: \$2.00

Did you know that the paint product you pick is as important as the colour! Learn a little science about paint to help understand why there are so many paint product choices. This understanding will help you pick the right product for your project. We will then give an overview of the industry standard application sequence and give you some tips and tricks when applying.

Doing Your Taxes. Seniors What's In It For You? Presented by Canada Revenue Agency



Tuesday March 17th – 1:30 pm to 3:00 pm
Cost: \$2.00

The role of Canada Revenue Agency's (CRA) Outreach Officers is to meet with community organizations, to build relationships and to promote CRA's resources and services. Our goal is to ensure that seniors don't miss out on benefits and credits they are entitled to, and are made aware of the various online tools and resources available to them. Come to an information session to find out about GST/HST credit, Medical Expenses, Pension income splitting, Disability tax credit, and more. Don't get scammed and get all your benefits on time!

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

3 Things You Need To Know Before You Buy Your Next Set Of Glasses Presented by Everywhere Eyecare



Tuesday March 24th – 1:30 pm to 3:00 pm
Cost: \$2.00

Remember when life was easier and your vision was perfect and you didn't need to wear glasses? (I was not that lucky but many of you were). There are so many styles of lenses you can have but if you don't do these 3 things you may get something you don't want and miss out of the very things you need to get the vision that you deserve from your glasses. We have big expectations from the glasses we wear, make sure you know what to look for and what to ask about for the next time you are ready to replace your existing pair or pairs of glasses

The Joy of Downsizing and Moving Forward Presented by Jody Lambertus



Monday March 30th – 1:30 pm to 3:00 pm
Cost: \$2.00

Are you thinking of downsizing or moving but not sure where to start or when? Do you need help navigating your next move or purchase? Downsizing can be an overwhelming process and is a task that can take longer than expected at every turn. The number one trick to downsizing successfully is to start before you think you need to and, to develop a plan.

Everyone will receive a Workbook to make your next move count and a look at all the options available: This talk will cover the pros and cons of; Independent living, assisted living and aging in place

In this session, The Joy Of Downsizing And Moving Forward, you will learn the pros and cons of purchasing vs renting and aging in place and how to evaluate and determine the best options available for your lifestyle, budget, and peace of mind. moving forward.

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

Tax Saving Strategies for Retirees - Presented by Miranda OBrien and Dominic Li

Monday April 6th – 1:30 pm to 3:00 pm
Cost: \$2.00

Scotiabank®

What is income splitting? RRSP at the age of 71? TFSAs? CPP pension sharing, Pension income tax credit. These and other strategies available to you and the potential impacts of getting it wrong.

The Big Eight - Presented by Mary Lou Ng

Tuesday April 7th – 1:30 pm to 3:00 pm
Cost: \$2.00



The BIG EIGHT

If you were to list eight crucial behaviors for individual and community well-being, what would they be? What behaviors and attitudes can you adopt to support your health and foster positive connections with other people?

Join Mary Lou Ng the leader of Widow to Widow as she looks at eight behaviors that, based on research, we can embrace to improve the quality of our lives. Learn practical ideas and practice them within our time together. The BIG Eight

Altruism	Empathy
Awe	Forgiveness
Bridging Differences	Gratitude
Compassion	Social Connection

Mary Lou will share her personal stories of seeing these traits in action. Join us for some fun and interaction while we try these out together.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

Healthy Aging
- Presented by Children, Family and Community Services

**Children,
Family &
Community
Services
Edmonton**

Tuesday April 14th – 1:30 pm to 3:00 pm
Cost: \$2.00

Healthy Aging. We have all heard that term but what does it mean? What is “active aging”? Why is it important? Come learn the different areas of aging and what can be expected. This presentation will also cover how to prepare for transitional aging and provide you with resources on these topics.

Part One - “Dementia/Alzheimer’s – Having The Conversation”
- Presented by Home Care Assistance Edmonton



Tuesday April 21st – 2:00 pm to 3:30 pm
Cost: \$2.00

How to recognize if a loved one may have Dementia/Alzheimer’s

Your loved one just heard three difficult words: “You have dementia.” Then your head starts swirling with a million questions:

- “Why did this happen to my mom/dad?”
- “What could we have done to stop it?”
- “What should I do, What should I say — or not say — to my loved one?”

Suddenly you’re a caregiver. Now what? We will discuss navigation through the ups and downs:

- Getting prepared and having a plan to introduce the idea of getting supports
- Listening for the meaning behind words, body language, and tone of voice
- Next, we will provide you with tips on Interacting with a person who has Alzheimer’s disease and other Dementias in all phases.

FRIENDS OF WSAC

TOONIE TALKS

Pre-Registration Encouraged

Part Two - "Dementia/Alzheimer's – Having The Conversation"
- Presented by Home Care Assistance Edmonton



Tuesday April 28th – 2:00 pm to 3:30 pm
Cost: \$2.00

Financial Assistance Programs for Seniors needing support for home care services or home maintenance services.

Overview

- How the process works
- Navigating for home care, supplies, and personal support care
- Alberta Seniors Benefits

Private Home Care Assistance for high caliber, quality care services

- Overview
- Process
- Services that can be provided
- Navigation through home care agencies and what to look for regarding caring for your loved one.

Did you know...

- ***You do not have to be a member of our centre to attend these Toonie Talk presentations!***
- ***Come join us in our Community Cafe – Cost \$2.00***
- ***Please pre-register at our Front Desk***
- ***Remember to invite a friend or family member to join you!***

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

Westend Seniors Activity Centre

Did you know...

*Our music groups accept all levels? Don't be afraid to give it a try!
Feel free to sit in, sing along or just drop in to listen and enjoy the music!*



***Love music?
Come Join
Us!***

Love to read?

Come visit our library, join our Book Club and meet some new friends!

We have a wide range of books, puzzles and audio books too!

Join our Book Club,

***Borrow a book or
just spend some time
relaxing in our library!***



Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.

MONDAYS AT A GLANCE

9:00 am	<ul style="list-style-type: none"> Seniors Stretch Fit Zumba Gold
9:30 am	<ul style="list-style-type: none"> Pilatoga Beginner Social Circle of Friends Euchre Ceramics
10:00 am	<ul style="list-style-type: none"> Dance Fit Zumba Gold
10:30 am	<ul style="list-style-type: none"> TLC Bridge
10:40 am	<ul style="list-style-type: none"> Gentle Yoga – Beginner
11:00 am	<ul style="list-style-type: none"> Seated Stretch Fit
11:05 am	<ul style="list-style-type: none"> Fit For Life
11:50 am	<ul style="list-style-type: none"> Pilatoga – Intermediate
12:00 pm	<ul style="list-style-type: none"> Barre Fusion
12:30 pm	<ul style="list-style-type: none"> Pickleball Drop In - Session #1 Art Drop In Mindfulness for Wellbeing Tools for Happy; Fulfilling Life Woodworking
1:00 pm	<ul style="list-style-type: none"> Open Jam /Ukulele Groups on alternating Mondays Dragonfly Suncatcher - Jan. 20 The Art of Redesigning Jewellery - Feb. 3 The Tree of Life Suncatcher - Feb. 24 Bike Group (Meet at WSAC)
1:30 pm	<ul style="list-style-type: none"> Qigong & Hunyuan Taiji
2:00 pm	<ul style="list-style-type: none"> Billiards Drop-in
2:10 pm	<ul style="list-style-type: none"> Pickleball Drop In - Session #2
2:40 pm	<ul style="list-style-type: none"> Yoga for Parkinson's
3:00 pm	<ul style="list-style-type: none"> Cardio Rhythm

TUESDAYS AT A GLANCE

9:00 am	<ul style="list-style-type: none"> • Total Fit
9:30 am	<ul style="list-style-type: none"> • Art History Series - YEG Art • Fundraising Committee (1st Tuesday of the Month) • Watercolour for the Intermediate/Advanced Artist • Practice Bridge • Carpet Bowling
10:00 am	<ul style="list-style-type: none"> • Seated Stretch Fit • Deep Relaxation With Tune Up Balls
11:00 am	<ul style="list-style-type: none"> • Travel Committee (2nd Tuesday of the month)
11:05 am	<ul style="list-style-type: none"> • Fit for Life
11:15 am	<ul style="list-style-type: none"> • Clogging Experienced
11:30 am	<ul style="list-style-type: none"> • Develop Flexibility Through Yin Yoga
12:15 pm	<ul style="list-style-type: none"> • Interval Strength Training
12:30 pm	<ul style="list-style-type: none"> • Memoirs Writing – Phase 1 & Phase 2 • Woodworking
12:45 pm	<ul style="list-style-type: none"> • Develop Flexibility Through Yin Yoga
1:00 pm	<ul style="list-style-type: none"> • Whist – Drop In
1:30 pm	<ul style="list-style-type: none"> • Ballroom & Latin Beyond Basics • Stretch & Strength
2:00 pm	<ul style="list-style-type: none"> • Next Level Yoga • Conversational French
2:45 pm	<ul style="list-style-type: none"> • ICI (Interesting and Challenging Intervals) • Clogging Intermediate
3:45 pm	<ul style="list-style-type: none"> • Clogging Beginner
4:30 pm	<ul style="list-style-type: none"> • Beginner Pickleball Drop-In (Without Instruction) • Billiards
4:45 pm	<ul style="list-style-type: none"> • Line Dancing Beginner
5:30 pm	<ul style="list-style-type: none"> • Ping Pong
6:00 pm	<ul style="list-style-type: none"> • Evening Open Jam Drop In
6:15 pm	<ul style="list-style-type: none"> • Pickleball Drop In

WEDNESDAYS AT A GLANCE

9:00 am	<ul style="list-style-type: none"> • Seniors Stretch Fit • Yoga for Stress & Anxiety • Essentrics Stretch and Tone
9:30 am	<ul style="list-style-type: none"> • Card Card Magic - Feb. 5, April 8 • Crafter's Corner • Introduction to Oil Pastels - Jan. 22, Feb. 19, Mar. 18, April 22 • Photo Club – Drop In (1st & 3rd Wednesday of the Month) • Scrabble Drop In
10:00 am	<ul style="list-style-type: none"> • Dance Fit • Age Reversing Essentrics • Billiards - Drop In • Book Club Drop-in (2nd & 4th Wednesday of the Month)
10:40 am	<ul style="list-style-type: none"> • Gentle Yoga Beginner
11:05 am	<ul style="list-style-type: none"> • Fit For Life
11:15 pm	<ul style="list-style-type: none"> • Seated Stretch Fit
11:45 am	<ul style="list-style-type: none"> • Barre
12:30 pm	<ul style="list-style-type: none"> • Euchre Drop In • Line Dancing Beginner • Woodworking
12:40 pm	<ul style="list-style-type: none"> • Gentle Yoga Beginner
1:00 pm	<ul style="list-style-type: none"> • Badminton • Bike Group (Meet at WSAC) • Watercolour for the Beginner • Writing Circle – Drop In (3rd Wednesday of the month)
1:30 pm	<ul style="list-style-type: none"> • Line Dancing Intermediate • Writing Circle – Drop In (3rd Wednesday of the month)
1:50 pm	<ul style="list-style-type: none"> • Advancing Yoga
2:00 pm	<ul style="list-style-type: none"> • Birthday Party (once per month)
2:30 pm	<ul style="list-style-type: none"> • Line Dancing Experienced

THURSDAYS AT A GLANCE

8:30 pm	<ul style="list-style-type: none"> • Finance Committee (3rd Thursday of the month)
9:00 am	<ul style="list-style-type: none"> • Total Fit • Executive Board Meeting (3rd Thursday of the month) • Spanish – Level 4 (Advanced) • Billiards Drop In
9:30 am	<ul style="list-style-type: none"> • Choreographed Ballroom for New Dancers • Genealogy Drop In (1st Thursday of the month) • Special Events Committee (2nd Thursday)
9:45 am	<ul style="list-style-type: none"> • Restorative Hatha Yoga - Intermediate
10:30 am	<ul style="list-style-type: none"> • Spanish - Beginner (Level 1) • Board Games in the Morning
10:45 am	<ul style="list-style-type: none"> • Choreographed Ballroom for Experienced Dancers
11:15 am	<ul style="list-style-type: none"> • Yoga for Arthritis
11:30 am	<ul style="list-style-type: none"> • Gentle Walking Group
12:00 pm	<ul style="list-style-type: none"> • Spanish - Beginner (Level 2)
12:30 pm	<ul style="list-style-type: none"> • Pickleball Drop In - Session #1 • Carpet Bowling – Drop In • Acrylics with Lori • Contract Bridge Drop in • Wood Carvers Club - “Wonderful Woodpeckers”
1:00 pm	<ul style="list-style-type: none"> • Circle of Support
1:30 pm	<ul style="list-style-type: none"> • Stretch & Strength • Spanish Level 3 (Intermediate)
2:15 pm	<ul style="list-style-type: none"> • Pickleball Drop In - Session #2
2:30 pm	<ul style="list-style-type: none"> • Foundations & Hunyuan Taiji
2:45 pm	<ul style="list-style-type: none"> • On Pace With Parkinsons
5:00 pm	<ul style="list-style-type: none"> • Monthly Potluck Dinner (Last Thursday of the month)

FRIDAYS AT A GLANCE

9:00 am	<ul style="list-style-type: none"> ● Age Reversing Essentrics ● Structural Yoga Therapy for All
9:30 am	<ul style="list-style-type: none"> ● Spanish Conversation Drop in ● Coloured Pencil Workshop - Feb. 21 ● Silk Scarf Marbling - March 20 and April 17
10:00 am	<ul style="list-style-type: none"> ● Sit Fit ● Silver Tones ● TLC Bridge ● Technology Series with YMCA ● Bike Group (Meet at WSAC)
10:25 am	<ul style="list-style-type: none"> ● Intermediate Yoga
11:05 am	<ul style="list-style-type: none"> ● Fit for Life
11:35 am	<ul style="list-style-type: none"> ● Chair Yoga
12:30 am	<ul style="list-style-type: none"> ● Beginner Pickleball (With Instruction)
12:45 pm	<ul style="list-style-type: none"> ● Yoga for Balance & Wellbeing
1:00 pm	<ul style="list-style-type: none"> ● Choir ● DVD Lecture Series ● Paper Quilling Drop In
1:30 pm	<ul style="list-style-type: none"> ● Cribbage Drop In
2:00 pm	<ul style="list-style-type: none"> ● Gentle Yoga – Beginner
2:30 pm	<ul style="list-style-type: none"> ● Zumba Gold

DO YOU...

- ▶ attend medical appointments with a loved one?
- ▶ prepare meals for a family member or friend?
- ▶ help someone with finances, personal or medical care?
- ▶ help provide transportation or home living support?



Then you are a **CAREGIVER**

“ A caregiver assists a family member or friend with challenges resulting from illness, disability or aging. ”

You are not alone.

There are close to **1 MILLION** caregivers in Alberta.

Need Support? Call us at
1.877.453.5088 or visit
www.caregiversalberta.ca



Programs & Services

For Caregivers

COMPASS for the Caregiver

COMPASS is 9-module workshop that promotes self-care attitudes and practices among caregivers. The program helps address common stressors- difficult emotions, guilt, grief, resentment, conflicting family relations and social isolation. COMPASS is offered in communities across Alberta through local partnerships.

For more information on COMPASS call 1-877-453-5088 or
email office@caregiversalberta.ca

Caregiver Advisor

The Caregiver Advisor is a professional who provides one-on-one support and information for caregivers across the province. They can help you navigate the healthcare and home care system, find resources, and teach you how to advocate for yourself and your care recipient.

Contact the Caregiver Advisor:
Phone: 1-877-453-5088
Email: advisor@caregiversalberta.ca

Caregiver Resource Library

The Resource Library offers books and magazines on a wide variety of subjects that are of interest to caregivers. This includes resources on self-care and wellness, mental health, future planning and many more.

The library is located in our Edmonton office, please call ahead to ensure availability:
1-877-453-5088

Caregiver Events

We offer a mix of educational and respite focused events every month. This includes workshops, movie nights, guest speakers, and self-care events.

Please call 1-877-453-5088 or visit our website for a list of upcoming events.



@ CaregiversAB



SENIORS ASSISTED TRANSPORTATION



Getting Seniors Where They Need To Go

ABOUT US

Drive Happiness is a non-profit organization offering assisted transportation to low-income and mobility-challenged seniors.

Our volunteer drivers provide over 1500 rides each month, taking seniors wherever they need to go!

CONTACT US

(780) 424-5438

info@DriveHappiness.ca

9916 45 Ave NW, Edmonton

OUR DRIVERS

- Have vulnerable security clearance.
- Own a well-maintained vehicle.
- Have a clean driving abstract.

ELIGIBILITY

- Aged 65 or older.
- Reside in the Edmonton Area.
- Require transportation due to limited income & mobility challenges.

HOW IT WORKS

- 1 ticket (\$10) gives 1.5 hours of driving or 40 km of distance.
- Book a ride by calling our office at least 3 business days in advance.



SENIORS ASSISTED TRANSPORTATION



We're Looking For Volunteers!

Drive Happiness is a non-profit organization seeking compassionate individuals to volunteer their time giving rides to seniors. Own a car? Drive some happiness; give a senior a ride!

HOW TO APPLY

Becoming a volunteer is easy. Give us a call or send us an email to get started!

CONTACT US

(780) 424-5438

info@DriveHappiness.ca

9916 45 Ave NW, Edmonton

FLEXIBLE HOURS

You choose when, where, and how often you drive. There is no minimum requirement!

COST-FREE

We provide gas reimbursements, and cover the cost of your security clearance & driving abstract.

CONNECTION

Volunteering with us gives you the opportunity to meet grateful seniors and build lasting friendships!

Widow 2 Widow Edmonton



- *Has your husband passed away?*
- *Are you experiencing grief and loneliness?*
- *Do you long for connection, companionship, and community?*
- *Would you like to connect with widows experiencing similar circumstances?*

Join a W2W group to:

- *Meet others on a similar journey* • **Realize you are not alone** • *Be understood* • **Make new friends** • *Try new activities* • **Have companions for activities** •
- *Learn something new* • **Have activities to look forward to** • *Redefine yourself* •
- **Support others who are on this journey** • *Explore your faith* • **Enrich your life** •
- *Experience hope* • *Laugh again* •

***Come and experience connection, companionship,
and community in the company of caring friends***

Edmonton-West Group Meeting

**This W2W group meets the first Thursday of each month
from 1:00 to 3:00 p.m.**

at West Edmonton Christian Assembly.

6315 199 St NW

Edmonton Alberta T5T 6N2

For more information please contact Sandy B

780-486-7557

w2wwested@gmail.com

Free Activities for Seniors

For more information or to register,
please contact: **780-429-3111**

*ACTIVITIES:

Tai Chi

Line-dance, Fan dance

Calligraphy

Craft

Pencil sketch

iPad/computer

English class/songs

Cooking class

Mahjong

Guitar, Karaoke

Ping Pong

Afternoon tea

And more



Free activities for those who are over 60 years old with
ASSIST membership.

Annual membership fees: individual—\$10, family—\$15

January 7—June 30, 2020

(Tuesday only)

Time: 12:30 — 15:30



ASSIST Community Services Centre

9649 105A Ave. NW, Edmonton, T5H 0M3

* different activities on Tue & Thur

Downtown Office

9649 105 A Ave. NW
Edmonton, AB, T5H 0M3
780-429-3111

Southwest Office

Unit 2, 810 Saddleback Rd. NW
Edmonton, AB, T6J 4W4
780-429-3119

LINC Office

820 Saddleback Rd. NW
Edmonton, AB, T6J 4W4
780-429-3112

Funded by:

Government of Canada's New Horizons
for Seniors Program



OUR DRIVERS HOLD:

- Edmonton Police Services Security Clearance (Including the Vulnerable Sector Portion)
- Professional Driver Designation
- Clean Driver Abstract
- First Aid and CPR Certificate

DRIVING MISS DAISY IS A CAREGIVER THAT COMES WITH A CAR

We treat our clients with respect, compassion, and dignity as though they were family.

We work in partnership with our clients, their family and caregivers.



OUR WHEELCHAIR ACCESSIBLE VAN

Our Wheelchair Accessible Van ensures a quiet, air conditioned, comfortable ride. The back seat also accommodates 2 able-bodied people.

The Power Kneel system lowers the van to make it easier to get in and out on a wide, low-angled ramp.

Our Services:

We offer friendly, courteous transportation and accompaniment services to:

- Medical appointments
- Grocery and personal shopping
- Banking and hair appointments
- Seniors Activity Programs



**TO BOOK AN
APPOINTMENT
CALL US AT
780-777-8813**

WHAT IS ELDERCARE EDMONTON?

We are a non-profit organization providing Therapeutic Recreational Day Programs to seniors and adults at 3 locations across Edmonton, as well as a free of cost Caregiver Support Program available to all Edmontonians.



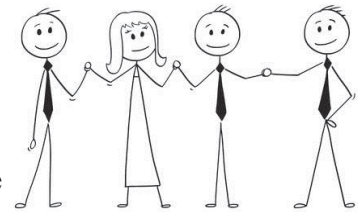
HOW CAN ELDERCARE EDMONTON HELP ME?

Our Day Programs strive to decrease social isolation, improve cognitive function and enhance mobility.

If you are a caregiver - our Caregiver Support Program provides social supports, access to resources, one-to-one support and a weekly group facilitated by a Registered Social Worker.

WHAT IS A DAY PROGRAM?

A Day Program provides support and respite for adults, living in the community who are affected by social isolation, reduced cognition and or mobility. ElderCare Day Programs provide Therapeutic Recreation activities in a safe, fun and supportive environment.



WHAT IS THE CAREGIVER SUPPORT GROUP?

Our Caregiver Support Program provides access to a Registered Social Worker who advocates, guides and informs caregivers through their caregiver journey.

Our program consists of:

- online & telephone accessible 'Ask a Social Worker',
- one-to one support,
- weekly support group

All of our caregiver support services are free of cost to those in the Edmonton area.

INTERESTED? HERE IS HOW TO GET MORE INFORMATION?

Adult Day Program & Caregiver Support Program Inquiries: 780-434-4747

Ask a Social Worker: 780-434-4747 ext. 101

Website: www.eldercareedmonton.ca

E-mail: info@eldercareedmonton.ca

BOARD OF DIRECTORS

- Jay Pritchard - President
- Barbara Gibson - Vice President
- Spurgeon Gammon - Treasurer
- Marilyn Tywoniuk - Director
- John Kennedy - Director
- Brian Quickfall - Director
- Donna-Mae Lambert - Director
- Ruth Ann Linklater - Director
- Kaye Langager - Director
- Burt Krull - Director
- Sharon Smith - Director
- Wendy Laws - Director

Westend Seniors Activity Centre is a tremendous place for seniors to gather to enjoy activity and fellowship.

We are very fortunate to have a committed Board of Directors that conscientiously provides “governance” leadership for the organization.

This volunteer Board cares deeply about member experiences at the Centre and is open to hearing member ideas about improvement.

WSAC STAFF MEMBERS

Haidong Liang Ph.D. - Executive Director | Haidong@weseniors.ca

Donna Chaffee - Administrative Assistant | Donna@weseniors.ca

Sabine Burgess – Office Manager | Sabine@weseniors.ca

Heather Riberdy - Special Events, Rental & Volunteer Manager | Heather@weseniors.ca

Tracey Treidler – Kitchen Manager | Tracey@weseniors.ca

Desirae Parker - Community Cafe Chef | Desirae@weseniors.ca

Samuel Agustin - Kitchen Support

Kathy Dicks - Accounting Services | Kathy@weseniors.ca

Lorena Smalley - Community Engagement | Lorena@weseniors.ca

Thomas Zheng - Project Assistant | Yunxuan@weseniors.ca

Shalini Sinha - Outreach Coordinator | Shalini@weseniors.ca

Randi Monkman - Seniors Home Support Coordinator | Randi@weseniors.ca

Shelley Kulak - Recreation Coordinator | Shelley@weseniors.ca

Cherisse Macayan - Recreation Assistant | Cherisse@weseniors.ca



HAVE YOU VISITED OUR WEBSITE LATELY?

***Visit our website - www.weseniors.ca
and look for the “What’s New” button!***

News about trips and events!

**Messages from our Executive Director,
Programs Department, Front desk & staff**

Kitchen news - menus & events!

**Interesting articles, free downloads, and
tip sheets with information for seniors**

Community Outreach information

Trivia, surveys, and contests (coming soon!)

and so much more!

HOW TO REGISTER



IMPORTANT NOTICE:

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



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

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

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

Please sign up a minimum of one week prior to the class start date to help us avoid cancelling the class due to low enrolment.



WESTEND SENIORS ACTIVITY CENTRE

**Website: www.weseniors.ca
Facebook: [Facebook.com/WESeniors](https://www.facebook.com/WESeniors)
Youtube: Westend Seniors Activity Centre**

**Where To Find Us:
Westend Seniors Activity Centre
9629 – 176 St, Edmonton, Alberta T5T 6B3**

**General Inquiries:
Ph: 780.483.1209 | F: 780.484.7738**

**Hours of Operation:
Monday to Wednesday, 9:00 am – 4:00 pm
Tuesday, 9:00 am – 8:00pm
Friday, 9:00 am – 4:00 pm**

***Come Join Us!
Connecting With Others Never Grows Old!***