



WESTEND SENIORS ACTIVITY CENTRE

A Charitable Non-profit Organization for Seniors

OBSERVER February 2020



ROCK 'N' ROLL



Hall of Fame



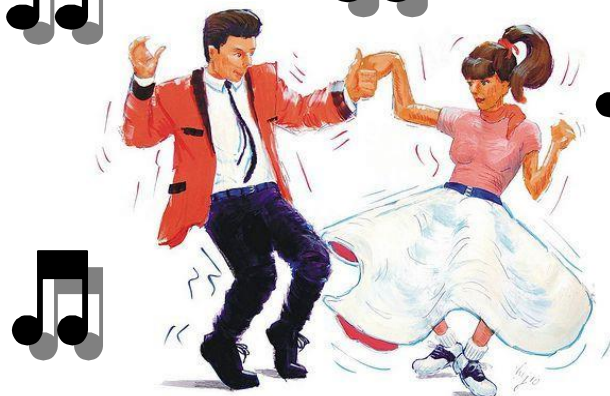
Dinner & Dance Fundraiser

Saturday, February 29 5:00 to 11:00 pm

Doors open at 5 pm, Dinner at 6 pm

Tickets \$40 per person

TICKET DEADLINE FEBRUARY 21



Dress in your favorite 50's, 60's or 70's style.

MENU choice of:

One quarter baked spring chicken
with roast potato & honey glazed carrots OR
vegetarian pasta primavera
Both options include house salad & sliced
French bread & lemon chiffon for dessert.

(Tables of 8 can be reserved)

PHOTO BOOTH

50/50

CASH BAR

PRIZES

Grand Door Prize: Value: \$500

Jasper Adventure Package
4 tickets for Maligne Lake Boat Ride
with one night hotel accommodation

BRIDGE MOTEL



7 Piece Rock n' Roll Band!

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



www.weseniors.ca

ANNUAL GENERAL MEETING

WEDNESDAY, MARCH 25 @ 10 AM

Pick up an Annual Report at our AGM and be updated on the progress of our organization. Please bring your membership fob in order to vote.

Coffee, tea and refreshments will be provided.

Executive Director's News

Haidong Liang, Ph. D.

Dear Members,

As usual, I would like to start with some exciting news. For the first time ever, Westend Seniors Activity Centre (WSAC) is hosting a Dinner and Dance Fundraiser, featuring a 7 piece Rock n' Roll Band! Joining our WSAC family is like being back in senior high school. You will not only learn new things every day, but more importantly, have fun every day. I would like to invite you and your friends to come and join us for this amazing event; also, since this event is open to the public, I ask you to help us spread the word among your social networks. This event is one of our major fundraising events for the Centre; therefore, on behalf of the WSAC Team (i.e., Board, Staff, & the Fundraising Committee), I thank you for your generosity and kindness. See you on Saturday, Feb 29 at 5 pm.

Other exciting news is about our Community Cafe Program. We will be launching our "Food For Fit" program in Mid-February, which features pre-and post-exercise food combos that will be available all day long. These combos focus on providing the "nutrient-dense" foods, which contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. As you know, we have a very capable Community Cafe Program team, which includes Tracey (Manager), Desirae (Chef) and Thomas (Nutritionist). They will design the healthy and sugar smart combos that will keep you hydrated, energetic and alert.

After sharing these exciting new initiatives with you, I regret to inform you that we have to cancel the February 22 Chinese New Year Celebration due to the concern of the coronavirus spread. Since this event will involve ICAN Seniors Association that has many Chinese seniors attending and will provide the entertainment, both WSAC and ICAN have decided to cancel the event to minimize the odds of the virus being spread. Both organizations thank you for your understanding and we will offer joint programs and events in the near future.

The year of 2020 has not brought us a lot of positive news. However, Westend Seniors Activity Centre is here to provide program and service to enrich and brighten your life. We believe Connecting with Others Never Grows Old, Keeping Active Never Grows Old, and Happiness Never Grows Old!

Haidong's Research Corner

According to Alberta Health Services, in Alberta, nearly 50% of adults admitted to hospital are identified as malnourished. Most remain malnourished at discharge. The majority are also elderly and thus may be frail or at risk of becoming frail, and face additional challenges such as social isolation, cognitive impairment, poor appetite, barriers to access to health and social services.

Our President, Jay Pritchard submitted this piece in hopes that you enjoy reading it.

AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think.

So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!!

Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver." Your kids are becoming you.....but your grandchildren are perfect! Going out is good. Coming home is even better! You forget names... but it's OK, because other people forgot they even knew you!!! You realize you're never going to be really good at anything.... especially golf.

The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore. You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

You miss the days when everything worked with just an "ON" and "OFF" switch. You tend to use more 4 letter words ... "what?"..."when?"...??? Now that you can afford expensive jewellery, it's not safe to wear it anywhere.

You notice everything they sell in stores is "sleeveless?!" What used to be freckles are now liver spots. Everybody whispers. You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

But "Old" is good in some things: Old Songs, Old movies ... and best of all, our dear ...OLD FRIENDS!! Stay well, "OLD FRIEND!" Share this with other "Old Friends" and let them laugh in agreement!

A MESSAGE FROM OUR PRESIDENT JAY PRITCHARD

It has come to my attention that a number of our members have not yet paid their annual dues. This is especially true for a number of individuals who regularly attend drop-in activities.

Please be reminded that the \$30 annual fee was due in full on January 1, 2020.

In addition, please remember to sign in on the computer each time you come to the Centre. Your attention to these matters is appreciated.

PROGRAM NEWS

TRY IT DAYS

Have you signed up for the Try It Day Newsletter?

It is a great way to stay informed of what free classes are coming to you, to try something new!



UNIVERSITY OF ALBERTA FITNESS TRAINING PROGRAM

Members who were matched for the program were contacted in January 2020. Only a handful of students will be working with WSAC for the January to April term - much less than we'd hoped, but we are grateful for their assistance, nonetheless. The registrations for members who could not be matched for this term will be carried forward to the Fall term of 2020. Thanks to all for your interest in the program!

Important Dates:

Week of February 3 - The program begins!

Week of February 17 - Reading Week (Students may opt to take this week off for their studies.)

Week of March 30 - Final week of the program

All meetings will take place at WSAC in the fitness room. The cost is \$2 per session. Please check in at our front desk and scan into the "Fitness Room" on the computer.

Thank you to Mark, Colleen, Sharon, Geraldine, Val, Jean, Hazel, Sherry, Kathy, Rodger and Donna for your participation in the Conversation Cafe at the University of Alberta of January 9! We couldn't have done it without you! Special thanks also to Driverseat and Drive Happiness, two of our terrific business partners who provided the transportation!

PROGRAM NEWS, EVENTS & TRIPS

Yoga Team – Staffing Change

On December 20, 2019, we were notified that Pramila Sinha has made the choice to resign as an instructor at WSAC. Though her skills will certainly be missed, we recognize that she's had a difficult past year and support her decision to take care of herself at this time.

Pramila's classes will still run, with alternate instructors. We recognize that changing instructors may be difficult for some members and do hope that you will try something new, as you feel comfortable.

Looking forward to Spring, the Programs Team will be recruiting instructors to bring new programming to the centre. If you are looking for a particular course or know of a great instructor, please let us know. We would love to hear your ideas!



Program Equipment

During the month of December, we began a cleaning bee for the program equipment. We are still avidly searching for volunteers to assist us in doing deep cleanings to keep the equipment sparkling! We've added cleaning wipes to the Gym and Meeting Room and ask that members clean the equipment that they use each day to assist us in maintaining a healthy environment. Thank you for your help!



New Member Tea

Wednesday, February 5 from 1:30-2:30 pm

This is an opportunity for any new members, current members who are looking to learn more about the centre and potential members to come for an informal info session about our programs and services, staffing, events or anything else you might be curious about. We welcome you to enjoy a free cup of coffee, get to know some of our staff and volunteers and if you wish, enjoy a tour of the centre.

Valentine's Bingo				
13	9	20	23	22
3	8	12	24	2
1	10	♥	18	19
16	5	14	7	21
17	11	6	15	4

Valentine's Bingo on Friday, February 14

2:00 pm in the Café Cost: \$5

Prizes will be awarded to the lucky winners and there will be a door prize up for grabs! \$5 includes your ticket, refreshments and your first card. Additional cards will be available for purchase at the front desk for \$2/card. Bingo chips will be provided.



St. Patrick's Pub Night
Tuesday, March 17 from 6-9 pm
Live Musical Entertainment
Provided by Terry Jorden
Billiards, Snacks & Cash Bar
Members \$16 & Non-members \$18



TRAVEL TRIPS

The Royal Alberta Museum on Wednesday, February 12

Bus Pick up at WSAC at 9:30 am

Bus Pick up at the museum at 1:30 pm
& return to WSAC at 2:00 pm

Prices: \$14 members
& \$34 for non-members



A Night At The Theatre on Tuesday, March 31

Bus Pick up at WSAC: 6:15 pm

Bus Pick up at Theatre: 9:45 pm & return to WSAC by 10:30 pm

Cost: \$26 for members & \$31 for non-members

Theatre only – a meal will not be provided.

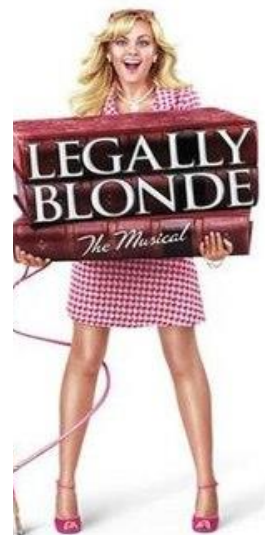
A WSAC multi-generational event!

Bring your children, grandchildren, friends and neighbours to a fun night
at the theatre! The McEwan University will be performing,

“Legally Blonde – The Musical”

for your enjoyment at Triffo Theatre in Allard Hall.

The ticket deadline of February 21.



South Edmonton's Bountiful Farmers' Market on Friday, April 24

Bus pick up at WSAC at 10:00 am

Bus pick up from the market at 12:30 pm & return to WSAC by 1:30 pm

Cost: \$9 for members & \$14 for non-members



Join your peers to explore the Bountiful Farmers' Market, located in Edmonton's south side! Browse the many vendors, who sell everything from your favorite fruits and vegetables, to crafts, art, jewellery and more! Snack vendors are also onsite, for an additional fee. **The ticket deadline is March 27.**

ADVERTISING OPPORTUNITIES FOR BUSINESSES SERVING SENIORS



\$25.00 - Business card 4"w x 2 1/2"h

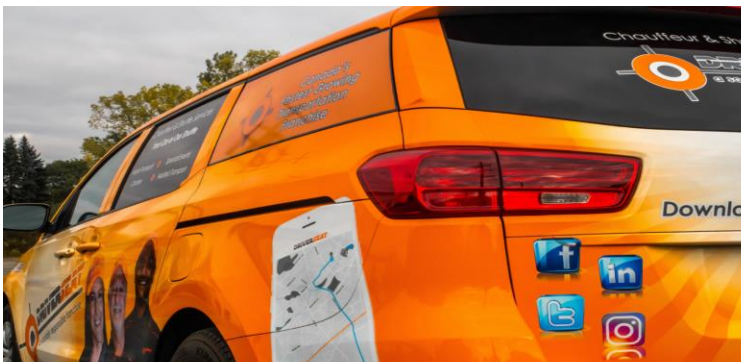
\$40.00 - 1/4 page 4"w x 5"h

\$80.00 - 1/2 Page 8"w X 5"h or 4"w X 10"h

\$160.00 - Full Page 8"w x 10"h

**If you sign up for one year of advertising
you will receive two months for FREE!**

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



Private Shuttle Service

We will get you where you need to go, safely! Hourly Rate!

Chauffeur Service

Have a Chauffeur drive you and your car where you need to go! Hourly Rate!

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Up to 6-passenger! Flat Rates!



North Edmonton \$65
Central Edmonton \$55
South Edmonton \$45

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**Your Car or Our Car!
Contact us for more
details!**



DRIVERSEAT
a socially responsible franchise



Drive Happiness-Seniors Assisted Transportation

Volunteer Drivers Needed: If you enjoy visiting and like to drive, Drive Happiness would love to hear from you. Volunteer drivers make their own schedule and select where they will drive. Drive Happiness offers a small reimbursement towards gas and vehicle wear and tear. Even two hours a week can change a senior's life. Call 780-424-5438, ext. 3 for details or drivehappiness.ca

Heart to Home Meals delivers healthy meals made for seniors.



Made for Seniors

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

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

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

*Some conditions may apply.

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

1-800-704-4779

780-666-2336

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

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


**HEART TO
HOME MEALS**
DELICIOUS MEALS MADE FOR SENIORS™

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

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



VOLUNTEER OPPORTUNITIES

Casino Volunteers

We have one last position to fill for our Casino. We are in need of one more volunteer chip runner on Wednesday March 11 from 6:15 pm until 3:15 am. If you were hoping to help out with the Casino but weren't able to get a position, please let us know and we can add you to our back up list in case of a cancellation. Thank you to everyone who is giving their time towards this important fundraiser for our centre.

Volunteer Equipment Cleaner

We are looking for 3-4 individuals who would be able to come in once a month to clean the fitness equipment throughout the centre and maintain a healthy fitness environment. This could include balls, weights, bands and wiping down the equipment in the fitness room. Time commitment would be approximately 1 1/2 to 2 hours a month.

Birthday Party Volunteers

We are again in need of a few new volunteers to help out with our monthly Birthday parties. On the 3rd Wednesday of every month, we celebrate anyone who may have a birthday that month with cake, coffee and entertainment. Our Birthday party volunteers decorate the tables, serve coffee and cake, socialize with guests and assist with clean up after the event. Time commitment would be approximately 2 hours per month.

Fitness Room Orientation Volunteers

Are you passionate about fitness and helping people learn how to properly use equipment for an optimal workout. We are looking for 1 or 2 volunteers to do orientations in our fitness room once a week. You would be going through and showing members how to use each piece of equipment properly as well as going over safety rules and guidelines with them. Time commitment would be 2 hours a week.

Event Bartending

WSAC holds several events throughout the year where we serve alcohol and are looking for someone to help out at these events as a bartender. You would work with another volunteer who would look after the cash, you would just be serving the drinks. Our events are always a good time and you would get to enjoy music, entertainment and the good company of others while helping out. Previous bartending experience or Pro-Serve certification would be an asset but not mandatory.

RENTALS

Did you know that WSAC offers rentals of several of our spaces on evenings and weekends for meetings, memorials, anniversaries, adult birthdays, and weddings. On January 1, 2020 we will be implementing a new rate structure including discounts for 1/2 and full day rentals as well as a discount for WSAC members. The new rates are:

Harry Farmer Room or Meeting Room - \$38/hour

Cafe with Galley Kitchen - \$66/hour

Gymnasium - \$110/hour

1/2 day rate - 10% of reg price (minimum 4 hours)

full day rate - 20% of reg price (minimum 8 hours)

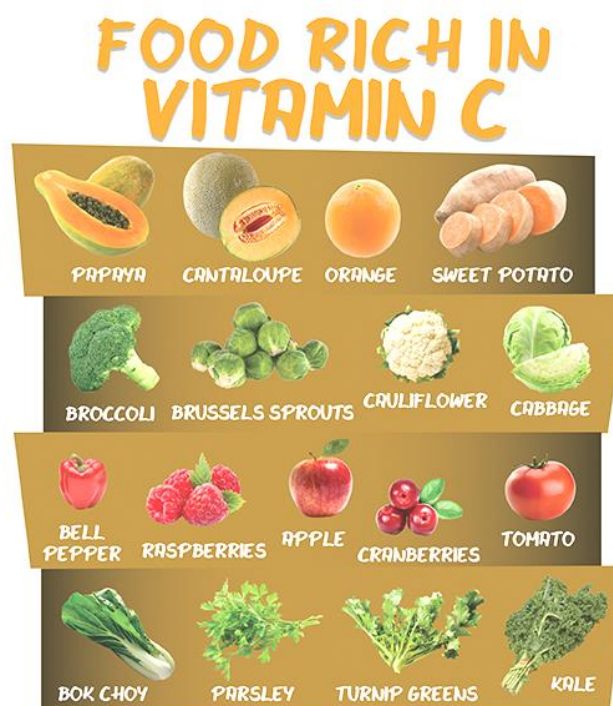
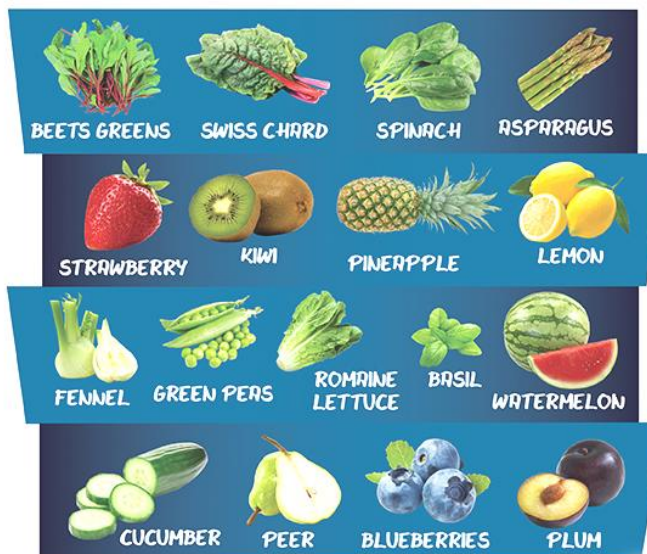
WSAC Member - 10% of reg price

A two hour minimum booking is required for all rentals.

Please contact Heather Riberdy, if you are looking for an affordable, accessible and attractive space to rent for an upcoming event.



NUTRITION



Vitamin C: Facts & Rumors

Dietary source of vitamin C

Vitamin C is a common nutrient in our daily life. The common sources of vitamin C are fresh fruits and vegetables.

Citrus fruits like oranges, lemons and limes are excellent sources of vitamin C. Fruits like strawberries and cantaloupe are also high in vitamin C. Vegetables in cabbage family, green leafy vegetables, peppers and potatoes are also good sources of vitamin C.

Vitamin C facts

Vitamin C is a water-soluble vitamin which is easy to absorb into our bodies. The vitamin C recommended dietary intakes are 90mg for male and 75mg for female per day. You can get this amount of vitamin C by drinking one cup (250ml) of orange juice.

Vitamin C has different roles in our body:

- Vitamin C serves as coenzymes to ensure our bodies are working properly. For example, vitamin C is needed for the formation of collagen which is essential for your skin health.
- Vitamin C increases the absorption rate of iron in our bodies. This is important because vitamin C is the most common antioxidants. Antioxidants protect our bodies from reactive oxygen molecules before they cause excessive cellular damage.
- Vitamin C is an essential nutrient in your diet. If you are concerned that you might not be able to get enough vitamin C in your diet, remember you can get enough daily vitamin C from a supplement. However, you need to watch the amount you take from supplements to ensure you **do not** exceed the 2000 mg per day.

Vitamin C Rumor

One common rumor is that vitamin C can help prevent and cure the common cold. There is no evidence to show that it will prevent colds, however, taking a vitamin C supplementation on a daily basis can help you recover faster.

To sum things up, getting enough vitamin C is good for you, whether it is from your diet or a supplement.



Join Us For Potluck

The next Potluck
will be
Thursday, February 27
@ 5 pm in the Cafe

Please bring a dish
for 4-6 people!

Monthly Birthday Party

February 19 @ 2:00 pm



Join us for cake
& ice cream in the Café

**FREE for Members Celebrating
Their Birthdays! \$2 for guests**

Thank you Ken Wiancko for the ice cream

save on foods

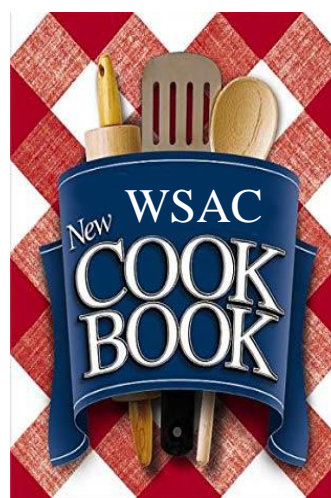
& Rose Boucher for the cake donations

Thank You



A big thank you to
everyone who
donated to our food
bank boxes at the
centre throughout
December.

Together, we were
able to collect 211
kilograms of food to
help out those who
needed it this holiday
season.



SAVE THE DATE!

WSAC Cookbook Initiative

Book Launch & Dinner
Friday April 3
from
5:00 pm to 7:30 pm

This new initiative will be highlighting favourite recipes of our kitchen volunteers and will raise funds towards a new BBQ for lunches and special events.

The event on April 3 will be an evening spent with friends trying out the recipes and getting a first look at the cookbook.

Ticket prices to be announced.

Committee Meetings



Fundraising Committee

Tuesday, February 25 @ 9:30 am

Travel Committee

Tuesday, February 11 @ 11:00 am

Special Events

Thursday, February 13 @ 9:30 am

Planning & Maintenance Committee

Thursday, February 13 @ 1:30 am

Finance Committee

Thursday, February 20 @ 8:30 am

Board Meeting

Thursday, February 20 @ 9:30 am

QUILLERS

Please note that on the following dates, the Art Room will be utilized for one day programming. For that reason, the craft room will be the only room available on the dates for the Quilling Drop In Program: **February 21, March 20 & April 17**
Thank you for your understanding as we endeavour to bring new arts and crafts at WSAC!

HAVE YOU BOUGHT YOUR WSAC T-SHIRT YET?

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



3 Colors to Choose From!

T-shirts are \$20.00 each

Fundraising Special Offer!

**Buy 3 t-shirts
and receive 1 FREE**

Limited Quantity In Stock - Order at Front Desk