

WE Seniors.ca

Westend Seniors Activity Centre

Fall Edition 01

Classes starting in

September & October 2020



WESTEND
SENIORS
ACTIVITY
CENTRE



CLASSES

- Art
- Dance
- Fitness
- Yoga & Tai Chi
- Lifelong Learning
- and more!

MEAL PROGRAM

- Entrees
- Hearty Soups
- Muffins
- and more!

ONLINE CLASSES

FUN EVENTS

RESOURCES FOR SENIORS

OUTREACH

SOCIAL WORK

HOME HELP SUPPORT

Are you 55+? JOIN OUR COMMUNITY!
Sign up for our E-Newsletter on our website:
weseniors.ca/resources/newsletter/

Table of Contents

We Remained Open To Serve Our Members.....	Page 1
The “New Normal” Defined.....	Page 2
Our Policies As We Reopen.....	Page 3
What Happens If We Have To Close Our Centre.....	Page 4
Welcome to Westend Seniors Activity Centre.....	Page 5
WSAC Meal Program.....	Page 7
Come Volunteer With Us.....	Page 9
Community Outreach.....	Page 10
WESeniors.ca - A Hub For Seniors.....	Page 11
A Message From The Programs Team.....	Page 13
Course Level Defined.....	Page 15
The Arts	Page 16
Music	Page 17
Lifelong Learning	Page 18
Dance Classes.....	Page 19
Fitness Classes.....	Page 22
Pickleball.....	Page 26
Taiji Classes.....	Page 27
Information About Returning To Classes.....	Page 28
Yoga Classes.....	Page 29
ZOOM - Online Classes.....	Page 31
ZOOM - Clogging Dance Classes.....	Page 32
ZOOM - Line Dancing Classes.....	Page 33
ZOOM - Essentrics.....	Page 34
ZOOM - At Home Fitness Basics.....	Page 35
ZOOM - Interval Strength, Total Fitness, Fit For Life.....	Page 36
ZOOM - Cardio Dance Fit, Total Body Fit, Cardio Barre.....	Page 37
ZOOM - Yoga Classes.....	Page 38
ZOOM - Spanish Classes.....	Page 41
ZOOM - French Classes	Page 42
ZOOM - YMCA Technology Classes.....	Page 42
Toonie Talks – Presented By The Friends of WSAC.....	Page 44
How to Register.....	Page 45
Community Connectors.....	Page 46
YEG Seniors Alliance.....	Page 51
WSAC Staff Members.....	Page 52

Our Doors May Have Been Closed But We Remained Open To Serve Our Members

FRIENDLY PHONE CALLS

The week after our centre closed, our amazing army of volunteers and staff started our Friendly Phone Calls, reaching out to WSAC members.

To date, we have made over 6000+ phone calls!

1 ON 1 TRAINING

Over 300 seniors have received 1 on 1 training on how to participate in our zoom classes, use facebook, iphone & ipad and other tech training!

MASK AND SANITIZERS

500+ seniors here in Edmonton were able to purchase masks and hand sanitizers from our centre.

40+ ONLINE CLASSES

2 weeks after our closure, our centre had on-line classes available for seniors.

To date, we have had over 600 participants, with registrations as far as Grande Prairie.

8 WEEK FITNESS PROGRAM

1 week after closing our Executive Director created an 8 week fitness handbook and video series for seniors to do at home.

ENEWSLETTER

Our YEG Seniors Alliance newsletter was created reaching out to 2706 subscribers immediately after our closure. The WSAC website was completely revamped to provide seniors with fun, positive, engaging activities as well as resources to help them through the pandemic.

Our website was recorded 55,000 unique page views an increase of over 114% from the same time last year!

OUTREACH

- our Outreach staff have helped over 200 of the most vulnerable seniors across Edmonton.
- through our We Deliver Happiness campaign with Drive Happiness over 1000 seniors received resources such as our 8 Week Fitness Program handbooks.
- Our free Puzzle & Wool days have reached 200+ seniors.
- Over 100 seniors have purchased meals through our new WSAC meal program.

QUESTIONS?

Please visit our front desk and one of our staff members can answer any questions you may have.

The “New Normal” As We Reopen Our Centre

We realize that our members are excited to be returning to our centre.

We ask that you will help us to keep each other safe as we follow the City of Edmonton bylaws and regulations established by Alberta Health Services and practise physical distancing and wearing masks.

Our team has worked hard to get our centre ready for reopening.

Please take the time to read some information we would like to share with you.

Thank you
Dr. Haidong Liang
Executive Director

WE NEED TO ASK YOU SOME QUESTIONS

Everyone who enters our centre will be asked to answer screening questions.

If you feel unwell, we ask that you please stay at home.

PLEASE WEAR YOUR MASK

Effective August 1, 2020, the City of Edmonton declared that wearing a mask or face covering will be mandatory in all indoor public places and public vehicles.

The bylaw is in effect until December 31, 2020.



SMALLER CLASSES

To meet the government's requirement for physical distancing, we will be holding all of our fitness & yoga classes in our gym.

Our Meeting Room has been set up as a room where you can sit and wait for your class to start.

Physical distancing rules will apply.

TAKE OUT MEALS

Our Cafe will not reopen at this time.

We will be using the Cafe as a space where members can:

- pick up a puzzle or library book to borrow
- pick up some wool
- purchase masks & hand sanitizers, and
- purchase home made meals, hearty soups and muffins that you can take home!

QUESTIONS?

Please visit our front desk and one of our staff members can answer any questions you may have.

OUR POLICIES AS WE REOPEN

WE NEED TO BE ABLE TO PROPERLY SCREEN EVERYONE

We realize you have been asked these questions everywhere you go, however, in order for us to ensure we are protecting our members, we need you to help us by:

1. listening to each of the questions before answering or telling us that they don't apply to you.
2. We expect line ups for the screening so we need you to be patient and consider arriving a bit early to allow for the delay.
3. Please CHECK OUT with a staff member when leaving the building.

WE ALL HAVE TO FOLLOW THE RULES

It's not about us individually. If we don't all follow the rules we have set up, we run the risk of a Covid-19 incident.

HAND WASHING

- Members will be asked to use hand sanitizer as they enter the building.
- Please wash your hands or use hand sanitizer BEFORE you enter the class area.

CLEANING AFTER CLASSES

- Participants will help with cleaning after their class for example, please use the cleaner & paper towels supplied to clean tables and chairs.

WEARING MASKS

All attendees will wear a mask or face covering when inside of our building.

Exceptions will be allowed for attendees that provide a City of Edmonton Exemption Card and/or will be reviewed on a case by case basis.

Masks are available for purchase. The cost:

- \$1 per mask or
- \$30 for a box of 50.

Masks or face coverings must be worn to cover both the nose and mouth.

If an attendee is not exempt and refuses to wear a mask or face covering, he/she will be asked to leave the premises.

The procedure is to sanitize hands and then put the mask on. The procedure to take a mask off is to sanitize hands, take the mask off and sanitize again. Wash reusable masks after each use.

Disposable masks must be put into the garbage after each use.

QUESTIONS?

Please visit our front desk and one of our staff members can answer any questions you may have.

WHAT HAPPENS IF WE HAVE TO CLOSE OUR CENTRE

SOME THINGS WE ALL NEED TO CONSIDER:

- Our funding is based on us being open and serving seniors. If we close due to a Covid-19 incident, will we continue to receive our funding or do we run a risk of causing long-term problems for us as a centre?
- Our instructors, many of them who are long-time partners with us, will be out of work. We cannot expect them to wait for us to reopen. Do we run a risk of losing some of your favorite instructors?

WE WILL CLOSE OUR CENTRE FOR A MINIMUM OF 14 DAYS

WSAC will adhere to all guidelines as set by the Alberta government and Public Health regarding re-opening the building.



REFUNDS

- We will not be issuing refunds.
- Credits will be issued and members will be allowed to use those credits for our Winter Programs starting in January 2021.

If we are ordered to close our centre because of a case of Covid-19, all members and staff will not be returning to the centre. As a result, we will not have the resources to issue refunds and cannot anticipate when classes will restart. Therefore, credits will be issued as stated above.

IF YOU COME INTO CONTACT WITH SOMEONE WHO HAS COVID-19

- You will need to inform WSAC immediately.
- If you are showing symptoms, you are legally required to self isolate for 10 days from when the symptoms started and until symptoms are gone (whichever is longer).
- If you do not have symptoms, you are legally required to self-isolate for 10 days from the date you were tested; this date will change if you develop symptoms during this 10 day period.

IF YOU TEST POSITIVE FOR COVID-19

- You will need to inform WSAC immediately and self isolate from our centre for 14 days.

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 Tuesday September 8, 2020.
- 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

North Edmonton Seniors Association

North West Edmonton Seniors Society

Seniors Association of Greater Edmonton

Jewish Seniors Citizens Centre

Southwest Edmonton Seniors Association

Mill Woods Seniors Association

Strathcona Place +55 Centre

South East Edmonton Seniors Association

Aboriginal Seniors Centre

Edmonton Seniors Centre

1. Non-WSAC members may only register for instructional classes at member rates.
 2. A valid WSAC membership is required to participate in Pickleball.
 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 if the centre remains open.
- 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.
- Please see page 4 regarding refunds in the event of a centre closure.

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.

PROGRAM REGISTRATION FOR CLASSES AT OUR CENTRE

In-person:

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

August 31 at 9:00 am - Fitness Programs

September 3 at 9:00 am - Dance, Art and Lifelong Learning Programs

September 4 at 9:00 am - Yoga and Taiji Programs

- Online: Go to myactivecenter.com and follow the instructions to register online at the dates listed above
- 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 at the centre can be made with Credit, Debit or Cash. (Contactless methods of payment preferred.)
- 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, October 12, 2020 (Thanksgiving Day)

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.

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'S MEAL PROGRAM

- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious & Affordable**



- Looking for something that is nutritious and easy to prepare?
- Do you know someone who could benefit from a meal program?

We can help!
Visit our website to see photos and pricing
www.weseniors.ca

HOME MADE MEALS

- Each week our Cafe team prepares home made meals, hearty soups and fresh muffins that are then frozen and ready for purchase!
- Large servings and affordable pricing make our Food Program an easy option for everyone!
- Reheatable - All meals are cooked so you simply need to reheat in the microwave!
- Don't drive? - our team of volunteer drivers can deliver your food orders to you!

FRESH INGREDIENTS

Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal we prepare for 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.

HOW TO ORDER

OPTION 01 - Place your order for pick up/delivery:

- Use our online ordering system
- Email our centre - foodorders@weseniors.ca
- Call our centre - 780 483-1209 ext. #225

OPTION 02 - Visit our centre and pick up your meals!

Entrees \$10.00

- Lasagna
- Swedish Meatballs & Rice
- Chicken Pot Pie
- Meatloaf with Seasonal Vegetables
- and more!

Homemade Muffins (package of 6 for \$6.00)

- Rhubarb Crumble
- Raisin Bran
- Cranberry Orange
- Blueberry
- and more!

Hearty Soups \$7.00

- Beef Barley
- Chicken Vegetable
- Borscht
- Minestrone
- and even more of your favorites!

Visit our website to
see our different menu
options

www.weseniors.ca

WE CARE!

Care goes into everything we prepare and we go that extra mile to ensure our meals are nutritious and delicious! For example, our Chicken Pot Pie is topped with a home made biscuit!



COME AND VOLUNTEER WITH US!

Helping others
never grows old!



Are you looking for ways to give back to our centre? We are looking for assistance in the following areas:

Greeters - you will be the welcoming face at our centre and will direct people to the proper entrances and answer questions about what is going on at the centre.

Member Screening Assistant - you would be checking in and out anyone who is entering or exiting our building and asking them a few health related questions to ensure everyone's safety. This position requires using a simple spreadsheet on a laptop. You may also be asked to assist with various duties at the front desk.

Cafe Assistant - this position requires assisting staff with payments for our food orders by cash or credit card and you would be using a laptop to process payments. You would also be helping to keep our puzzles, yarn and book pick up areas in the cafe organized.

Please fill out a volunteer application at the front desk or through our website www.weseniors.ca and look for **VOLUNTEERS** if you are interested in any of these positions. Training will be provided to volunteers for all positions.

LOVE TO DRIVE?

Our friends at **DRIVE HAPPINESS** are looking for looking for generous, compassionate individuals to volunteer their time driving seniors here in Edmonton.

- Create your own volunteer schedule
- You choose when, where, and how often you drive
- Meet friendly and appreciative seniors
- Make a difference in your community

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.

COMMUNITY OUTREACH

RESOURCES WE PROVIDE TO SENIORS AND THEIR FAMILIES



OUTREACH & SOCIAL WORK Helping others never grows old

Many seniors are unaware of the numerous resources and support services that exist to help them.

The goal of Westend Seniors Activity Centre's Outreach Program is to aid and support seniors by connecting them with necessary resources within the community – and helping to reduce isolation.

This is being achieved by offering direct support to our members (in-reach) or by going into the community (outreach). This can take place face-to-face at our facility on an appointment or walk-in basis, or over the phone/ email. In other cases, it will involve a home visit.

Outreach workers support seniors on a number of levels by offering referrals, advocacy, assistance with form completion, emotional support, needs assessments and consultations.

We provide information and assistance that includes (but is not limited to) the following areas:

- Independent housing and supportive living
- Navigating the health care system
- Seniors benefits
- Finance and banking
- Elder abuse
- Meals and nutrition
- Mental health and grief services
- Transportation
- Isolation
- And more

HOME HELP Seniors Home Supports Program

Many seniors require assistance to remain in their own home. The Seniors Home Supports Program refers seniors to approved service providers who offer services in the following areas:

- Snow Removal
- Yard Work
- House Keeping
- Minor Repairs

When clients call our office, we provide them with a list of 3 service providers to contact. This will allow the senior to get quotes on costs BEFORE they choose which business to hire. This program is an initiative of the City of Edmonton. The City is divided into six districts. Westend Seniors Activity Centre acts as a community hub, responsible for providing home supports services within West Edmonton. By providing a streamlined referral system, we make it easier for seniors to access required supports.

WESeniors.ca

A website hub created to provide seniors with resources, interesting reading, fun on-line activities, access to the Westend Seniors Activity Centre's programs and more! Visit our website!

www.weseniors.ca

FUN ONLINE ACTIVITIES

Looking for something fun and engaging to do online? We've got you covered!

BRAIN GAMES

- Fun themed crossword puzzles
- Mystery Scrambles
- Printable puzzles
- Printable brain game activity books
- Adult coloring books

FUN FILMS TO WATCH

Each week we feature free movies from the National Film Board of Canada... fantastic movies about Canada's history, fun independant films, and films from years past. We pick some of our favorites and share them with you!

FREE E-BOOKS

Many of us have read the books when we were in school or we have seen the movies.

We have assembled a list of some of the best books ever written for you!

- War Of The Worlds
- Don Quixote
- All of Jane Austen's books
- The Adventure of Sherlock Holmes
- Tom Sawyer & Huckleberry Finn
- Moby Dick, and more!

We are adding books EACH WEEK so make sure to check back often!

OTHER FUN ON-LINE ACTIVITIES

- Live music performances to watch
- Mancave! - A series for men
- Writing Your Family History - a 5 part series
- Fun websites to visit
- and more added each month!

NO DOWNLOADS, SIGN UPS OR GIVING YOUR CREDIT CARD!

The free ebooks are provided by Project Gutenberg, an free book service that requires no special apps to read, just the regular Web browsers or eBook readers that are included with all computers and mobile devices. Just click on the link and you can start reading! Enjoy!

WESeniors.ca - INTERESTING ARTICLES TO READ!

Looking for something interesting to read?
Each week we share our favorite articles on the topics below!

FITNESS

- ParticipACTION – Benefits, Guidelines and Tools for Seniors
- Walking - A 4 Part Series
- An on-going series on the benefits of Exercise and Health and more articles added each week!

GARDENING & HOME

- A 4 part series on painting your home
- Tomatoes: A Crash Course for Beginners
- Plants! – 6 Hot New Annuals for 2020
- Tips For Winterizing Your Perennials and more!

NUTRITION

- How to Make Your Food Last Longer
- 10 Smoothies For Beginners!
- How to Support Immunity Holistically with Foods and Herbs
- What to Look For When Buying Nut Milk AND...lots of fun, easy recipes!

HISTORY

- A 5 part series “Oh Canada - the history of our songs, symbols and flag
- Edmonton - The History Behind The Names & Neighborhoods
- A 4 part series “The Naval History of Canada - 1867 - 1945” and more!

WELLNESS & YOGA

- 6 Breathing Techniques That Calm Your Brain and Body Instantly
- Practicing Positivity!
- Beginner Yoga Workout For Men
- How To Start An At-Home Yoga Practice and more articles added each week!

SPORT STORIES!

- The History of the CFL
- Golf Canada – Top Moments in Golf 2019
- The Hockey Hall Of Fame - a tour!
- Oiler Stories - our favorite stories from the Oiler archives!

We also have articles on topics such as

- Photography,
- Music Trivia,
- NASA and the space program,
- Science, and more!

Want to be notified when we share new articles or activities?

Email us at info@weseniors.ca and we will add you to our monthly enews

A Message From Your Programs 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 Fall Programs, which contains a variety of classes as we return to our centre!

Over the past several months, the entire WSAC team has loved serving you via our multitude of events and online programs. We also loved chatting with you when you have stopped by the centre to pick up food, masks and sanitizers, puzzles, books or wool. Since COVID-19 made its way to our wonderful country, you have embraced our service beyond the walls of WSAC and we couldn't be more thankful for all of your support. You kept our centre thriving during a very difficult time. It is still YOUR centre – albeit a little different. That's the thing about change – it is always there. Just like taxes....BUT...we will move onward and upward!

We are happy to bring you many of your favorite registered programs in the first phase of our relaunch and thank you, in advance, for wearing your mask and adhering to the government regulations. We will build the programs over time, and eventually hope to bring you more variety in your program choices. We will continue to run classes online as well as at the centre. We will have classes within a variety of areas. As well, we will look at relaunching drop in programming in the second phase of our relaunch, later in the autumn months. For now, cards, billiards, the beloved choir, carpet bowling, the ukulele and writing groups and more will be on hold until we know that we can bring them to you in a safe way. That includes having adequate space to run the programs as well as ensuring the cleaning methods and resources will be in place to serve you.

What will it take? It will take time – both from the staff and our wonderful volunteers – to make this work. **WE NEED YOUR SUPPORT!** Please contact Heather Riberdy, our Volunteer and Events Manager, to ask how you can assist the centre to get back to the level that we all enjoyed just a few short months ago.

It will also take your support by participation. Please do try something new! This has always been our key message in the Programs Department – trying something new keeps us young at heart! We hope you will try what we have to offer, even if it isn't what you are used to. Afterall, life is never dull when you get out there and try!

It will also take a positive attitude from everyone. We know that everyone is tired and wants their life to return to normal. We too want that for you. The staff have been working very long hours to bring you back what we can and we hope to work together to make WSAC the joy filled place it was before. We want it to be your home away from home. **Let's all remember – it isn't the building, but rather the people in it that make it the special place that it is.** Let's continue to be kind to one another as we forge on! Get active. Stay strong. Try something new. Most of all – please remember – we are smiling at you, even if you can't see it under the mask, and are happy to give you a big “air hug” when next we see you!

- Shelley Kulak, Recreation Programs Manager

On-Line Classes? Classes At Our Center? We've Got You Covered!

Course Level Defined.....	Page 15
The Arts.....	Page 16
Music.....	Page 17
Lifelong Learning.....	Page 18
Dance Classes.....	Page 19
Fitness Classes.....	Page 22
Pickleball.....	Page 26
Taiji Classes.....	Page 27
Information About Returning To Classes.....	Page 28
Yoga Classes.....	Page 29

ZOOM - Online Classes.....	Page 31
ZOOM - Clogging Dance Classes.....	Page 32
ZOOM - Line Dancing Classes.....	Page 33
ZOOM - Essentrics.....	Page 34
ZOOM - At Home Fitness Basics.....	Page 35
ZOOM - Interval Strength, Total Fitness, Fit For Life.....	Page 36
ZOOM - Cardio Dance Fit, Total Body Fit, Cardio Barre.....	Page 37
ZOOM - Yoga Classes.....	Page 38
ZOOM - Spanish Classes.....	Page 41
ZOOM - French Classes	Page 42
ZOOM - YMCA Technology Classes.....	Page 42
Toonie Talks - Presented By The Friends of WSAC.....	Page 44
How to Register.....	Page 45

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.

<u>Level 1 – GENTLE FITNESS</u>	
	This course will be slightly challenging . 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 slightly more challenging . 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 challenging . 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 more challenging 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 most challenging 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

IN PERSON
CLASSES

Acrylics with Lori

Instructor: Lori Frank

Thursday, September 17 – October 29
12:30 pm – 3:00 pm

Cost \$143.00

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.

Watercolour for the Intermediate & Advanced Artist

Instructor: Thom Podlubny

Tuesday, September 22 – October 27
9:30 am - 12:00 pm

Cost \$48.00

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.

MUSIC

CREATIVITY NEVER GROWS OLD

IN PERSON
CLASSES

The Silver Tones

\$2 drop-in fee

Fridays from 1:00 pm - 3:30 pm

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. If you have mastered the basics on your instrument, enjoy singing and are willing to share new material with others, you might find this session of interest. At this time we are especially interested in finding a harmonica player, a mandolin player and a fiddle player to join our group. There are a limited number of spaces available due to social distancing regulations. To apply, please email Donna Pritchard at dmpritchard@me.com.

Choir - Westend Singers

“The Westend Singers” - Where singing comes from the HEART!

During the initial phases of relaunch, The Westend Singers Choir will be taking a break. WSAC thanks the group of dedicated volunteers for their tremendous service in past years and hope to welcome them back to the centre soon!



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

IN PERSON
CLASSES

DVD Lecture Series:
THE IRISH IDENTITY -Independence, History, and Literature

Facilitated by
David Bai

Friday, September 18 - December 11
1:00 pm - 3:00 pm

Cost \$65.00

In these 36 lectures, Professor Marc C. Conner reveals the complex story of the Irish Renaissance through an exploration of its complex history and remarkable literature. Guided by the works of Yeats, Joyce, Lady Gregory and others these lectures delve into the story of Irish independence from Parnell's Home Rule Movement to the Easter Rising to the Irish Civil War.



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

IN PERSON
CLASSES

BEING ACTIVE NEVER GROWS OLD

Clogging - Beginner

Instructor: Tracy Walters



Monday, October 5 – November 16
No class October 12
10:30 am - 11:30 am

Cost \$54.00

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). One session of prior clogging required.

Clogging – Intermediate

Instructor: Tracy Walters



Monday, October 5 – November 16
No class October 12
12:00 pm - 1:00 pm

Cost \$54.00

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



Monday, October 5 – November 16
No class October 12
1:30 pm - 2:30 pm

Cost \$54.00

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

IN PERSON
CLASSES

Line Dancing – Beginner

Instructor: Tracy Walters



Thursday, October 8 – November 19
12:00 pm - 1:00 pm

Cost \$63.00

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



Thursday, October 8 – November 19
1:30 pm - 2:30 pm

Cost \$63.00

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



Thursday, October 8 – November 19
3:00 pm - 4:00 pm

Cost \$63.00

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

IN PERSON CLASSES

Age Reversing Essentrics

Instructor: Lori Griffith



Friday, September 18 – October 30
9:15 am - 10:15 am

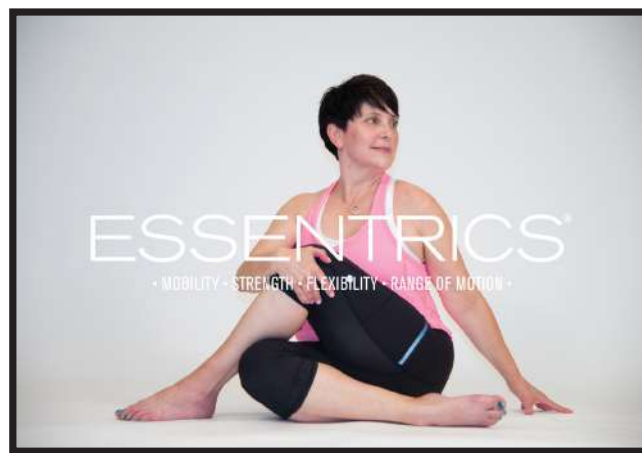
Cost \$84.00

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.



Dance Fit

Instructor: Kathy Paterson



Tuesday, September 15 - October 27
9:15 am - 10:15 am

Cost \$56.00

Thursday, September 17 - October 29
9:15 am - 10:15 am

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).

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

IN PERSON
CLASSES

ICI (Interesting and Challenging Intervals)

Instructor: Janet Hauca



Tuesday, September 15 – October 27
1:15 pm - 2:15 pm

Cost \$56.00

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.



Seated Stretch Fit

Instructor: Kathy Paterson



Monday, September 14 - October 26
No Class October 12
11:15 am - 12:15 pm

Cost \$48.00

Wednesday, September 16 - October 28
11:15 am - 12:15 pm

Cost \$56.00

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!

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.

Page 23

FITNESS

BEING ACTIVE NEVER GROWS OLD

IN PERSON
CLASSES

Stretch & Strength

Instructor: Janet Hauca



Thursday, September 17 – October 29
1:15 pm - 2:15 pm

Cost \$56.00

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!

Total Fitness for Active Agers

Instructor: Lisa Doyle



Monday, September 14 – October 26
No class on October 12
9:15 am - 10:15 am

Cost \$72.00

Maintain your health and cardiovascular fitness in this whole body class suitable for all levels.

Have fun and move to music in a 60 minute class that will enhance cardiovascular health, increase strength, mobility, flexibility and balance.

Using an interval style format the hour includes a variety of low impact cardio exercises combined with strength building resistance intervals using hand held weights (students can use soup cans or plastic water bottles instead of hand weights).

The instructor is certified in active aging and has years of experience teaching all fitness levels. Plenty of modifications will be provided so that everyone is welcome.

Having the ability to get down to and up from the floor is 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.

FITNESS

BEING ACTIVE NEVER GROWS OLD

IN PERSON
CLASSES

Total Fit

Instructor: Kathy Paterson



Wednesday, September 16 - October 28
9:15 am - 10:15 am

Cost \$56.00

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!



At WSAC, trying
something NEW never
grows old!

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

IN PERSON
CLASSES

Pickleball SINGLES Drop-In

\$3.00 drop-in fee

Monday, Tuesday, Wednesday, Thursday
2:45 pm - 4:15 pm

Welcome to WSAC's Pickleball Singles Program, where you can play against all levels to improve your skill!

In order to adhere to physical distancing guidelines, players will be permitted to play singles only at this time. A current WSAC membership and pre-registration are required. Visit www.MyActiveCenter.com to register online for your time to play or contact the centre for more information. There will be a maximum of 8 players per day in the 2 courts. All players must provide their own paddle. Balls will be provided by the centre. Balls will be in play for one game and then a fresh ball is to be used. Members are asked to sanitize hands prior to entering the gym as well as before and after each game. Masks are mandatory when players are off the court and all personal items must be kept with each player's assigned chair. Please come dressed to play. *Things to bring: Paddle, indoor shoes, water bottle.

Start date to be determined. Please contact the front desk or read our monthly newsletter for more information.

This drop in program is subject to room availability.

It may be cancelled for additional cleaning or special events



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

IN PERSON
CLASSES

Hunyuan Tai Chi 24/ Qigong/ Foundations

Instructor: Allan Belsheim



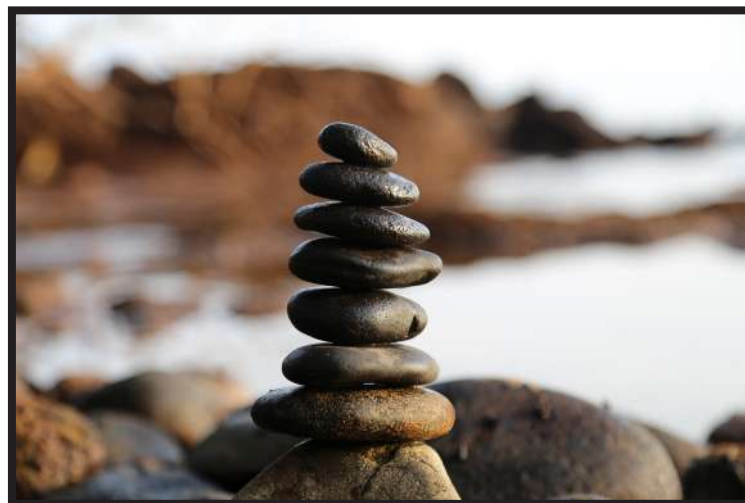
Monday, September 14 – October 26
No class on October 12
1:15 pm – 2:15 pm

Cost: \$48.00

Join Allan to learn a healing and Martial form of Tai Chi that rebuilds the body, tunes up the immune system and provides you with a great form of exercise as well!

As a third generation practitioner, Allan learned directly from a Master, who in turn learned from the originator, Grandmaster Feng Zhiqiang. You will be learning authentic Tai Chi for life while you equally exercise the body and mind. You will learn:

- **Qigong** - a standing form of meditation that guides energy through your body for positive health results. It is considered an aerobic activity using gentle movements instead of high impact ones. It aids in preparing the body for the Tai Chi form.
- **Foundations** - a series of standing or moving exercises used to prepare the body so that the Tai Chi movements will more easily be understood and accomplished.
- **Hunyuan Tai Chi 24 form** - Tai Chi to promote health for your body and mind. This form is an offshoot of ChenTaiji, which is the original Tai Chi all others are derived from, and has a historical lineage of the famous Masters.



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.

INFORMATION ABOUT RETURNING TO CLASSES

WSAC equipment will no longer be available during fitness and yoga programming at the centre. Please bring your personal equipment for each class.

The following items can be used in place of standard fitness equipment, should you require it:

- Hand weights - water bottles, socks filled with beans, soup cans
- Therabands - Cut off panty hose
- Wands - Yard sticks, broom sticks
- Bender Balls - Small cushions

WSAC will also be selling stock in the Fall of 2020, while quantities last.

STEPS FOR ATTENDING A CLASS

STEP 1 - ARRIVE A BIT EARLY

- We expect line ups for the screening so please consider arriving a bit early to allow for the delay.

STEP 2 - PLEASE BE PATIENT

- listen to each of the questions before answering or telling us that they don't apply to you.

STEP 3 - GO DIRECTLY TO YOUR CLASS

- We are limited as to the number of people allowed in each area. This means you must go directly to the room your class is in.

PLEASE NOTE:

Only people registered for a class may enter. Again, this is because we are limited to the number of people allowed in a specific room.

STEP 4 - HAVE FUN

- Our team has worked hard to get to this point where we can reopen our centre. We are all excited to be back and we hope you are too!

STEP 5 - HELP US CLEAN AFTER YOUR CLASSES

- Use the LARGE spray bottles to spray down your chairs.
- Ensure the surface stays wet for 5 minutes.

STEP 6 - GO DIRECTLY TO YOUR NEXT CLASS, BATHROOM OR THE EXIT

- Please help us to move traffic through our building by going to your area as soon as possible.

STEP 7 - CHECK OUT WHEN YOU LEAVE

- Please swipe your membership card and check out of the centre. This is to help us ensure we are meeting AHS guidelines

YOGA

IN PERSON
CLASSES

BEING ACTIVE NEVER GROWS OLD

Chair Yoga

Instructor: Neeru Prashar



Tuesday, September 15 – October 27
11:15 am - 12:15 pm

Cost \$56.00

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.

Restorative Hatha Yoga – Intermediate

Instructor: Audrey Bell-Hiller, B.A.



Thursday, September 17 – October 29
11:15 am - 12:15 pm

Cost \$56.00

This class focuses on bringing the body out of discomfort in our spine, hips, knees and ankles.

The exercises/asana taught will strengthen our muscles to help correct misalignment of the body. This realignment helps our body to function normally and without pain.

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.

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

IN PERSON
CLASSES

Structural Yoga Therapy for All

Instructor: Marthe Murphy



Friday, September 18 – October 30
No Class October 16
11:15 am - 12:15 pm

Cost \$48.00

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
- yoga mat is required.

Yin Yoga

Instructor: Vera Resera



Wednesday, September 16 – October 28
1:15 am - 2:15 pm

Cost \$56.00

Enjoy a class of gentle guided movements and deep stretching. Yin yoga is a slow paced style of yoga and is designed for developing flexibility in rigid joints. Through long holds in various poses for a duration of 1 to 3 minutes and moderate stretching we will release tension and tightness. You will leave feeling totally balanced and relaxed!

Note: Yoga mat required.

ONLINE CLASSES

Steps to Register Online at www.myactivecenter.com

1. Open the internet.
2. Go to MyActiveCenter.com
3. Click 'Sign In'
4. Type in your email address and password.
5. Scroll through course offerings.
6. Click on a class name to register.
7. Read the class information.
8. To register, scroll down to the calendar.
9. Click on the date of the first event.
10. If you are registering for a series, click continue.
11. Scroll up. Click 'Register'
12. Click 'Register' on the Activity Registration window.
13. Click 'Checkout' to pay.
14. Click 'Pay Now'
15. Click 'Pay with a credit or Visa Debit Card'

Call WSAC at (780) 483-1209 for assistance.

Email - Programs@weseniors.ca



ON-LINE CLOGGING CLASSES- hosted on ZOOM Instructor - Tracy Walters

Clogging - Beginner - Instructor: Tracy Walters Cost \$54.00

Monday, October 5 – November 16
No class October 12
10:30 am - 11:30 am

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).

One session of prior clogging required.

Clogging – Intermediate - Instructor: Tracy Walters Cost \$54.00

Monday, October 5 – November 16
No class October 12
12:00 pm - 1:00 pm

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 Cost \$54.00

Mondays
October 5 – November 16
No class October 12
1:30 pm - 2:30 pm

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:

4 years or more of experience is recommended as a prerequisite to this course.



ON-LINE LINE DANCING CLASSES- hosted on ZOOM Instructor - Tracy Walters

Line Dancing - Beginner - Instructor: Tracy Walters Cost \$63.00

Thursday, October 8 - November 19
12:00 pm - 1:00 pm

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 Cost \$63.00

Thursday, October 8 - November 19
1:30 pm - 2:30 pm

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 Cost \$63.00

Thursdays
October 8 - November 19
3:00 pm - 4:00 pm

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!





ON-LINE ESSEINTRICS CLASSES- hosted on ZOOM

Online Age Reversing Essentrics

Instructor - e-One Fitness (Samara Hipkin)

PLEASE NOTE: Both Sessions 9:00 am - 10:00 am

Wednesday, September 2 – September 30 Cost: \$47.00

Wednesday, October 7 – October 28 Cost: \$38.00

One of your favorite WSAC courses - now online and in the privacy of your own home!

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.

Come Join Us...you won't be disappointed!

Online ESSEINTRICS® Gentle Stretch for Seniors

Instructor - e-One Fitness (Samara Hipkin)

Wednesday, September 2-September 30 12:00pm-12:45pm

Cost: \$47.00

Wednesday, October 7 - October 28 12:00pm - 12:45pm

Cost: \$38.00

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

Level 1 Fitness

Gentle Fitness, standing and chair work.

This class can be adapted for people using a cane/walker.

Participants will need a yoga mat, yoga strap or theraband and a sturdy chair.

WHAT IS ESSEINTRICS?

ESSEINTRICS® – Is a dynamic, full body workout, suitable for all fitness levels created by Canadian, Miranda Esmonde-White, the author of the New York Times bestsellers, Aging Backwards and Forever Painless.

This fitness program has been around for 20+ years and has been widely seen on PBS where Miranda has developed a strong following of students.

This is an age reversing workout that will rebalance your body, restore movement in your joints, increase the flexibility in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system.

COME JOIN ONE OF
OUR CENTRES MOST
POPULAR FITNESS
SERIES!



ON-LINE FITNESS CLASSES- hosted on ZOOM Instructor - Janet Hauca

Online At Home Fitness Basics - Tuesdays \$32.00

Tuesday, Sept 8 – Sept 29 - 10:30 a.m. - 11:15 a.m.

Tuesday, Oct 6 – Oct 27 - 10:30 a.m. - 11:15 a.m.

Online At Home Fitness Basics - Fridays \$32.00

Friday Sept 11 – Oct 2 - 10:30 -11:15 a.m.

Friday, Oct 9 – Oct 30 - 10:30 -11:15 a.m.

Join long time WSAC instructor, Janet Hauca as she instructs At Home Fitness Basics - a program aimed at strength training and stretching to improve your functional fitness! This will help you to move in your every day life. She will help you maintain and improve your muscle growth, work on range of motion and add in some elements of balance. This is a small class so that Janet can focus on assisting you to correct your form to help you be the best that you can be. To participate in this class, please have available some sort of weights as well as a space where you can freely move

No fitness weights? Not a problem! You can use items from your own home, such as water bottles, soup cans or socks filled with beans!

Online Seated Fitness Basics - Tuesdays \$32.00

Tuesday, Sept 8 – Sept 29 - 11:30 a.m. - 12:00 p.m.

Tuesday, Oct 6 – Oct 27 - 11:30 a.m. - 12:00 p.m.

Online Seated Fitness Basics - Fridays \$32.00

Friday, Sept 11 – Oct 2 - 11:30 a.m. - 12:00 p.m.

Friday, Oct 9 – Oct 30 - 11:30 a.m. - 12:00 p.m.

Join instructor, Janet Hauca, for this 1/2 hour class as she teaches Seated Fitness Basics - a program aimed at strength training and stretching to improve your functional fitness!

This class has the same goals as her Home Fitness Basics class... she will help you maintain and improve your muscle growth, work on range of motion and add in some elements of balance. We have also kept the class size small so Janet can focus on assisting you to correct your form and help you as needed.

Fitness weights or items from home welcome! All exercises are done from a chair.



DID YOU KNOW...

- We have over 500 registrations for our on-line classes?
- On-line classes are safe & secure. We only provide access to people who are registered AND one of the WSAC staff attends all of our classes to make sure everyone is safe and enjoying their class!
- Many of our on-line class attendees asked us to continue providing the on-line classes when we open because they enjoy them so much!





ON-LINE FITNESS CLASSES- hosted on ZOOM

Online Interval Strength Training - Instructor Vera Resera Cost: \$32.00

Thursday, September 3 – September 24 - 10:30 am - 11:30 am

Join us as we mix music & fun with highly aerobic dance sequences, broken up with strength, core flexibility exercises, to stay healthy and active! We will add music from around the world to make for a motivating and invigorating workout! 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! Mixing music & fun with highly aerobic dance sequences broken up with strength, core and flexibility exercises.

Online Total Fitness for Active Agers

- Instructor - e-One Fitness (Lisa Doyle)

Please note: All sessions - 9:00 am - 10:00 am

Tuesday, September 1 – September 29 Cost: \$47

Tuesday, October 6 – October 27 Cost: \$38

Friday, September 4 – September 25 Cost: \$38

Friday, October 2 – October 30 Cost: \$47

Maintain your health and cardiovascular fitness in this whole body class suitable for all levels. Have fun and move to music in a 60 minute class that will enhance cardiovascular health, increase strength, mobility, flexibility and balance. Using an interval style format the hour includes a variety of low impact cardio exercises combined with strength building resistance intervals using hand held weights (students can use soup cans or plastic water bottles instead of hand weights).

The instructor is certified in active aging and has years of experience teaching all fitness levels. Plenty of modifications will be provided so that everyone is welcome.

Having the ability to get down to and up from the floor is encouraged.

Online Fit For Life

- Instructor
Ilonka Wormsbecker

All sessions-9:00 am-10:00 am

Monday, Sep 14 – Oct 26

(No class October 12)

Cost: \$54

Friday, Sep 18 – Oct 30

Cost: \$63

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.



ON-LINE FITNESS CLASSES- hosted on ZOOM

ZOOM TRAINING

Did you know we provide 1-on-1 training to teach you:

1. How to register for a class
2. How to sign in to a class
3. How to participate in the class

IT'S AS EASY AS 1, 2, 3!

ONLINE CARDIO DANCE FIT by Elise Seehagel

Tuesday, October 6 - October 27 - 12:30 pm - 1:30 pm
 Tuesday, November 3 - November 24 - 12:30 pm - 1:30 pm
 Cost: \$28.00

This is a full-body workout, that combines various exercises and tools. Dancing is a great way to stay fit and healthy, and with the added benefit of various traditional fitness movements, you will be sure to receive a well-rounded workout. If you do not have the following equipment at home alternate at-home tools can also be used.

- yoga mat or carpet (occasionally used)
- weights or soup cans

Modifications will also be given for this class to ensure you get the most out of this program!

ONLINE TOTAL BODY FIT & STRETCH - Instructed by Elise Seehagel

Thursday, October 1 - October 29 - 9:00 am - 10:00 am Cost: \$35.00
 Thursday, November 5 - November 26 - 9:00 am - 10:00 am Cost: \$28.00

This program will consist of various full body movements, to ensure you get a well rounded workout.

Along with a cardio element, other tools such weights, resistance bands, a mini Pilates ball and a mat for comfort can be used to help engage the whole body. A stretching and/or myofascial component at the end of each class will also be utilized.

ONLINE CARDIO BARRE - Instructed by Elise Seehagel

Friday, October 2 - October 30 - 12:30 pm - 1:30 pm Cost: \$35
 Friday, November 6 - November 27 - 12:30 pm - 1:30 pm Cost: \$28

Cardio Barre is a fusion-based class designed to help with endurance, balance, posture, and strength. This class will utilize various cardio exercises to get the body, lungs and heart working, while also incorporating Barre, Pilates, and stretch exercises to give you a full, well - rounded workout. For this class you will need:

- chair or table top
- small weights/soup cans
- mat or carpet
- safe place to move

WHY IS YOGA SO GOOD FOR US?

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 Shoulder stand, 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.



DRAINS YOUR LYMPHS AND BOOST IMMUNITY

When you 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, and dispose of the toxic waste products of cellular functioning.

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.

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).



ON-LINE YOGA CLASSES- hosted on ZOOM

Online Chair Yoga - Neeru Prashar

Tuesday, September 15 – October 27 - 11:15 am - 12:15 pm

Cost: \$56

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.

Online Gentle Yoga - Instructor Neeru Prashar

Wednesday, September 2 – September 30 - 10:00 am - 11:00 am

Cost: \$40

Wednesday, October 7 – October 28 - 10:00 am - 11:00 am

Cost: \$32

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. No experience is required and beginners are welcome! If you are brand new to yoga, we encourage you to talk to your doctor before starting any new activity.

Online Yoga for Stress & Anxiety - Instructor Neeru Prashar

Wednesday, September 2 – September 30 - 11:30 am - 12:30 pm

Cost: \$40

Wednesday, October 7 – October 28 - 11:30 am - 12:30 pm

Cost: \$32

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.



ON-LINE YOGA CLASSES- hosted on ZOOM

**NOT SURE WHAT
YOGA CLASS TO SIGN
UP FOR?**

**CONTACT OUR
PROGRAMS TEAM
AND THEY WILL
HELP YOU TO DECIDE
WHAT IS THE BEST
CLASS FOR YOU!**

programs@weseniors.ca
780 483-1209

Online Sleeping Yoga for Stress Relief - Instructor Marthe Murphy

Tuesday, September 1 – September 29 - 1:30 pm - 2:30 pm
Cost: \$40.00

Tuesday, October 6 – November 3 - 1:30 pm - 2:30 pm
No Class October 20
Cost: \$32.00

Tired of being tired? These days getting you down?

This ancient yogic education is a great tool to learn how to rest, even when your thoughts and emotions are keeping you on guard and uncomfortable. A secular 10 step process that quiets the mind and allows you to find that deep ability to be at peace.

Online Yin Yoga - Instructor Vera Resera

Cost \$56.00

Wednesday, September 16 – October 28
1:15 pm - 2:15 pm

Did you know that yoga helps you to perfect your posture, maintain joint health, increase your blood flow, boost immunity while lowering blood sugar and blood pressure? Gaining flexibility while you gain and maintain health is the goal for this class, to keep you moving and feeling great! An ability to get down to and up from the floor is necessary for class participation.



ON-LINE LIFELONG LEARNING CLASSES- hosted on ZOOM

Online Spanish Level 1 - Instructor, Cecilia Hamel

Thursday, Sept 3 - 24 - 12:00 pm - 1:00 pm Cost: \$38.00

Thursday, Oct 1 - 29 - 12:00 pm - 1:00 pm Cost: \$47.00

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 introduction. The focus is on pronunciation as well as developing speaking and listening skills.

You will be practicing Spanish in a conversational context during Spanish Level 1 and no experience is necessary!



Online Spanish Level 4 Instructor, Cecilia Hamel

Thursday, Sept 3 - 24

10:30 am - 11:30 am

Cost: \$38.00

Thursday, Oct 1 - 29

10:30 am - 11:30 am

Cost: \$47.00

This course is for students to further strengthen oral skills. The course focuses on further developing accuracy in pronunciation, understanding spoken Spanish and correct use of grammar with composition and conversation practice.

Prior experience with Spanish is required.

Online Spanish Level 2 - Instructor, Cecilia Hamel

Thursday, Sept 3 - 24 - 1:30 pm - 2:30 pm Cost: \$38.00

Thursday, Oct 1 - 29 - 1:30 pm - 2:30 pm Cost: \$47.00

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 everyday situations.

Some previous experience with Spanish is preferred, including Spanish Level 1 with Cecilia Hamel.

Online Spanish Level 3 - Instructor, Cecilia Hamel

Thursday, Sept 3 - 24 - 9:00 am - 10:00 am Cost: \$38.00

Thursday, Oct 1 - 29 - 9:00 am - 10:00 am Cost: \$47.00

Spanish Level 3 is designed for those students that have taken Spanish previously and/or have completed Level 1 and 2. This course uses group work, exercises and activities to practice vocabulary and structures in a conversational context.

Beginning with a review of Spanish 1 and 2, you will learn more vocabulary for dining, travel and health. Prior Spanish experience is required.



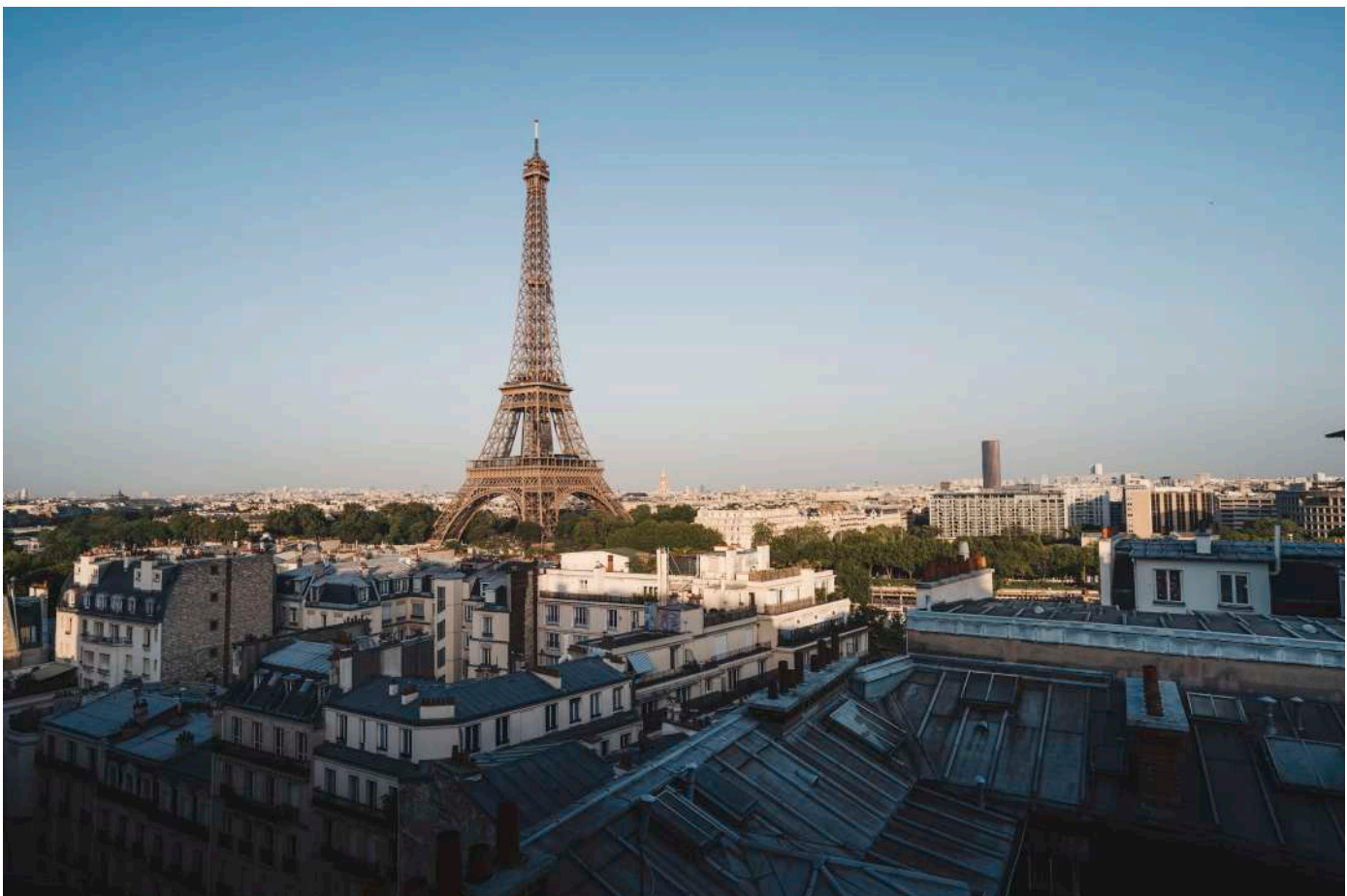
ON-LINE LIFELONG LEARNING CLASSES- hosted on ZOOM

Online Conversational French - Instructor Vera Resera

Cost \$32.00

Monday, September 14 - October 5 - 3:00 pm - 4:00 pm

Learn to speak every day 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!





ON-LINE TECH CLASSES- hosted on ZOOM

Online Tech Series - How to Buy a Computer

Cost: Free

Friday, Sept. 4 - 1:30 pm - 2:30 pm

Have you ever wondered about what computer to buy? Should you get a laptop, a desktop, tablet or a chrome book? What is a chrome book? What is the difference between a SSD and a hybrid drive? How many gigs of RAM is do you need? Scott and Cam from the YMCA Digital Literacy Team will be answering these questions and more in this presentation.

Online Tech Series - How to buy a Cellphone

Cost: Free

Friday, Sept 11 - 1:30 pm - 2:30 pm

Are you tired of feeling overwhelmed at the cell phone store? Are there too many choices between Android and Apple? What kind of plan do you need? Should you buy your phone outright or go on a 2-year plan? Scott and Cam from the YMCA Digital Literacy Team will be answering these questions and more in this presentation.

Online Tech Series - iPhone and iPad Basics

Cost:Free

Friday, Sept 18 - 1:30 pm - 2:30 pm

While Apple devices are designed to be user friendly, navigating the operating system can be a challenge for a new user. We are here to help! Learn the basics of Apple devices, such as phones and iPads, and even some tips and tricks about how to navigate them better. We'll go in depth about why you need an Apple ID and how to use your settings to keep you safe and secure. You will also learn all about Siri and Spotlight to find exactly what you need on your device!

Online Tech Series - Android Basics

Cost: Free

Friday, Sept 25 - 1:30 p.m. - 2:30 p.m.

Android phones can be difficult to understand. Let us help you! With a wide variety of manufacturers and versions of Android products, it can be hard to tell if you are up to date on your device. We will talk all about the basics of the Android devices, help you set up a Google account and explain why you need one and show you settings to ensure that you are safe online. You will also get started with exploring apps on your device.

FRIENDS OF WSAC

TOONIE TALKS

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.

We will be scheduling Toonie Talks throughout the months of September and October.

Please watch for our posters here at our centre or visit our website and look for our TOONIE TALK button to see the presentation schedule!

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.



DRIVE HAPPINESS

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!

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.

CONTACT US

(780) 424-5438

info@DriveHappiness.ca

9916 45 Ave NW, Edmonton

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.



DRIVE HAPPINESS

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!



16953 127 St NW,
Edmonton, AB
T6V 1B1

(780) 490-7337

COGNITIVE THERAPEUTICS METHOD

The Cognitive Therapeutics Method is Home Care Assistance's proprietary program designed to promote brain health and quality of life through cognitively stimulating activities in the familiar home environment. The Cognitive Therapeutics Method offers:

- Non-pharmacological approaches consistent with scientific research
- One-on-one mental stimulation and basic care support in the home
- Activities that focus on more than just memory
- A routine to look forward to that keeps aging minds active

Looking for resources on Dementia?

Questions about caring for a senior loved one with Alzheimer's?

Home Care Assistance has a number of resources available to you!

Website:

<https://www.homecareassistancedmonton.ca/>

Facebook:

<https://www.facebook.com/HCAEdmonton/>

Make sure to watch our Toonie Talk schedule for presentations hosted by our Friends of WSAC partners, Home Care Assistance Edmonton!

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



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.



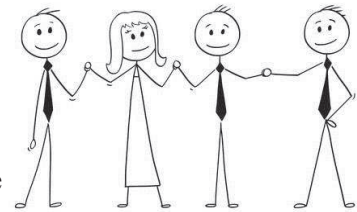
HOW CAN ELDERCARE EDMONTON HELP ME?

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

WSAC STAFF MEMBERS

EXECUTIVE DIRECTOR

Haidong Liang Ph.D. – Executive Director | Haidong@weseniors.ca | Ext. 227

PROGRAMS DEPARTMENT

Shelley Kulak – Recreation Programs Manager | Shelley@weseniors.ca | Ext. 222

Cherisse Macayan – Recreation Programs Coordinator | Cherisse@weseniors.ca | Ext. 228

Donna Chaffee – Programs Administrator | Donna@weseniors.ca | Ext. 229

COMMUNITY ENGAGEMENT & COMMUNICATIONS

Lorena Smalley – Community Engagement | Lorena@weseniors.ca

Thomas Zheng – Engagement & Communications Coordinator (Multicultural Outreach) |

Yunxuan@weseniors.ca | Ext. 225

VOLUNTEERS – EVENTS – RENTALS

Heather Riberdy – Volunteer & Event Manager | Heather@weseniors.ca | Ext. 224

COMMUNITY CAFE & WSAC MEAL PROGRAM

Tracey Treidler – Community Cafe Program Manager | Tracey@weseniors.ca | Ext. 243

OUTREACH & HOME HELP SUPPORT

Shirley Kilsdonk – Community Outreach Manager | Shirley@weseniors.ca | Ext. 226


Lynn Maiko – Home support coordinator | Lynn@weseniors.ca | Ext. 232

OFFICE STAFF

Kathy Dicks – Accounting Services | Kathy@weseniors.ca | Ext. 223

HAVE YOU HEARD ABOUT OUR 8 WEEK FITNESS PROGRAM FOR SENIORS?

- This is a daily fitness program you can do at home.
- Our 20 page booklet has photos and clear instructions that show you HOW to do the exercises.
- We also have videos on our youtube page where you can follow along and do the exercises at your own speed.



WESTEND SENIORS ACTIVITY CENTRE
9629 – 176 Street Edmonton, AB T5T 6B3 Ph: 780-483-1209

8 Week Senior's Fitness Program

Stretch Routine

WESeniors.ca Sign up for our E-newsletter on our website
Subscribe to our YouTube Channel Follow us on Facebook

WANT TO LEARN MORE?

- **VISIT OUR WEBSITE**
www.weseniors.ca
- Search “8 week fitness program” to download the **FREE 8 week handbook pdf**

WATCH OUR VIDEOS ON OUR YOUTUBE PAGE

- [youtube.com/ Westend Seniors Activity Centre](https://www.youtube.com/WestendSeniorsActivityCentre)

CONTACT OUR CENTRE

- Email us for a copy of our handbook - info@weseniors.ca
- Pick up a copy from our centre - 9629-176 St. NW Edmonton, AB

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.

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WE Seniors

Westend Seniors Activity Centre

**Edmonton's Premiere Seniors Centre
Celebrating 42 years of serving seniors here in Edmonton!**

CONNECT WITH US!

**Westend Seniors Activity Centre
9629 176 Street NW
Edmonton, AB T5T 6B3**

Telephone Number: 780 483-1209

**Website:
www.weseniors.ca**

**Facebook:
[Facebook.com/WESeniors](https://www.facebook.com/WESeniors)**

**Youtube:
Westend Seniors Activity Centre**

**Are you 55+? JOIN OUR COMMUNITY!
Sign up for our E-Newsletter on our website:
weseniors.ca/resources/newsletter/**