

# WESeniors.ca

Westend Seniors Activity Centre  
- A Community Hub For Older Adults



WESTEND  
SENIORS  
ACTIVITY  
CENTRE

## Spring 2022 Program & Resource Guide



### IN PERSON & ONLINE CLASSES

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

### DAILY DROP-IN ACTIVITIES

- Arts & Crafts
- Badminton
- Billiards
- Book Club
- Carpet Bowling
- Contract Bridge
- Cribbage
- Euchre
- Games Room
- Open Music Jam
- Paper Quilling
- Photo Club
- Ping Pong
- Practice Bridge
- Scrabble
- Spanish Conversation
- Ukulele
- Whist
- Woodworking
- and more!

### MONTHLY EVENTS

#### TRAVEL TRIPS

#### SOCIAL WORK & HOME HELP SUPPORT

#### FROZEN MEAL PROGRAM WITH FREE DELIVERY

#### AND MORE!

Are you 55+? JOIN OUR COMMUNITY!

# Table of Contents

## **ABOUT WSAC**

Covid 19 Information.....	Page 1
Covid 19 Policy.....	Page 2
<b>General Information.....</b>	<b>Page 3</b>
<b>WSAC Frozen Meal Program.....</b>	<b>Page 5</b>
<b>Volunteer With WSAC.....</b>	<b>Page 9</b>
<b>Outreach.....</b>	<b>Page 10</b>
<b>WESeniors.ca - a Community Hub! .....</b>	<b>Page 11</b>

## **FRIENDS OF WSAC & TOONIE TALKS**

Friends of WSAC.....	Page 13
Toonie Talks.....	Page 14
YEG Seniors Alliance.....	Page 24

## **IN-PERSON CLASSES**

The Arts.....	Page 27
Dance.....	Page 29
Fitness.....	Page 34
Lifelong Learning.....	Page 51
Tai Chi.....	Page 52
Yoga.....	Page 54

## **DROP-IN CLASSES**

Drop-in Classes Schedule.....	Page 59
The Arts.....	Page 60
Cards & Games.....	Page 62
Fitness.....	Page 65
Pickleball.....	Page 67
1-on-1 Fitness Training.....	Page 69
Lifelong Learning.....	Page 70
Music.....	Page 72
Social.....	Page 74

# Table of Contents

## **ONLINE CLASSES**

How To Register For Online Classes.....	Page 76
Online Classes - Fitness.....	Page 77
Online Classes - Lifelong Learning.....	Page 86
Online Classes - Yoga.....	Page 88
WSAC 8 Week Fitness Program.....	Page 92

## **COMMUNITY CONNECTORS**

Our Government Representatives.....	Page 93
Revera.....	Page 94
WSAC Home & Auto Insurance For Members.....	Page 95
Estate Connection Law Firm.....	Page 96
Drive Happiness.....	Page 97
Home Care Assistance .....	Page 99
Widow 2 Widow .....	Page 100
Driving Miss Daisy .....	Page 101
Eldercare .....	Page 102

## **CONTACT US**

Board Members.....	Page 103
WSAC Staff Members.....	Page 104
WSAC Social Media.....	Page 105
Rentals.....	Page 106
WSAC Code of Conduct.....	Page 107
Senior Fraud Alert Website.....	Page 108

# COVID-19 INFORMATION

## **ACCEPTABLE PROOF OF VACCINATION**

There are three types of verification that will be accepted as proof of your vaccination status:

1. The paperwork provided at the time of your second vaccination;
2. A status record from your pharmacy or doctor; with your name and vaccination dates.
3. A display of your Alberta Health Services – MyHealth Records on your phone. You will be required to provide us with a screen shot or print out of the information.

## **WHAT TO DO IF YOU DO NOT HAVE PROOF OF VACCINATION**

If you do not have proof of your vaccination or have lost your paperwork, visit the Alberta Health Services (AHS), MyHealth Records website (<https://myhealth.alberta.ca/myhealthrecords>).

Not registered with MyHealth Records? Visit our centre and one of our staff will be happy to help you get registered with AHS MyHealth Records. Please bring your identification and your Alberta Personal Health Care Card with you.

## **HOW TO PROVIDE PROOF OF VACCINATION**

### **VISIT OUR CENTRE**

Monday to Friday – 9:00 a.m. to 4:00 p.m.

### **STEP 1**

Bring your proof of vaccination. Please remember you must be wearing a mask before you enter our building.

### **STEP 2**

Visit our front desk or visit our workstation set up in our front lobby where staff will be accepting documentation.

### **STEP 3**

Provide your proof of vaccination documentation.

# COVID-19 POLICY

## **EFFECTIVE MONDAY, MARCH 21, 2022**

### **NOT FULLY VACCINATED (1 DOSE OR LESS)**

You are not allowed to enter our centre.

### **NEGATIVE TEST BUT STILL HAVE SYMPTOMS**

1. Do not enter our building.
2. You are legally required to stay home and isolate for at least 5 days from when you first started having symptoms of COVID-19
3. You must keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.

### **IF YOU TEST POSITIVE FOR COVID-19**

1. You are legally required to stay home and isolate for at least 5 days from when you first started having symptoms of COVID-19 or had your positive test (if you never had symptoms).
2. You must keep isolating until your symptoms have improved and you have been fever-free for 24 hours without the use of fever-reducing medication.
3. When returning to our centre, you must wear a mask in public places when unable to maintain a two meter distance from others, until 10 days have passed from when your symptoms began or you tested positive.

## **PLEASE BE KIND**

We realize that our members may have very different feelings about the COVID-19 virus, mask requirements, vaccines, etc.

We ask that you please be kind to our staff and volunteers as well as to your fellow members.

If you have questions or concerns about our policy, please contact:

- our Board President, Barbara Gibson at [barbara@weseniors.ca](mailto:barbara@weseniors.ca) or
- our Executive Director, Dr. Haidong Liang at [haidong@weseniors.ca](mailto:haidong@weseniors.ca)

# Welcome to Westend Seniors Activity Centre (WSAC)

## **55+ WSAC MEMBERSHIP**

- Membership: Available to Adults 55 Years & Older
- Fee: \$30 annually
- Valid: January 1, 2022 – December 31, 2022

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.
- Membership cards must be picked up in person at Westend Seniors Activity Centre.

## **REGISTRATION DAY**

- *Join us Wednesday, April 20 from 1:00 p.m. - 3:00 p.m. to register for your Spring/Summer 2022 classes!*
- *Mark it on your calendar!*
- *Fall 2022 registration will start Tuesday, August 23rd from 1:00 p.m. - 3:00 p.m.*

---

## **RECIPROCAL PROGRAM REGISTRATION**

- 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
- Aboriginal Seniors Centre
- Central Lions
- Edmonton Seniors Centre
- Jewish Seniors Citizens Centre
- Mill Woods Seniors Association
- North Edmonton Seniors Association
- North West Edmonton Seniors Society
- Seniors Association of Greater Edmonton
- Strathcona Place +55 Centre
- Southwest Edmonton Seniors Association

## **PLEASE NOTE:**

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.

---

## PROGRAM REGISTRATION FOR CLASSES AT OUR CENTRE

- Online Registration: 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.
- 

## CLASS CANCELLATIONS & REFUNDS

- 1. LOW ENROLLMENT** - If it is necessary for WSAC to cancel a Registered Series due to low enrollment, participants will be contacted and refunds issued
  - 2. INDIVIDUAL CLASS CANCELLED** - If a Class is canceled within a series:
    - a Every attempt will be made to schedule a Make Up class and you will be notified of date as soon as class is scheduled
    - b Should a make up class not be provided - you will be refunded amount of the class
    - c If a Make Up Class is provided, WSAC will not issue a refund for canceled class
  - 3. UNABLE TO ATTEND A CLASS** - If you unable to attend a class within a series, WSAC will not provide a refund for the class
  - 4. NEED TO CANCEL YOUR REGISTRATION** - If it is necessary for a participant to cancel their registration for a series or presentation, prior to the series/presentation commencing, the participant will:
    - a Complete Refund Request Form
    - b Provide medical documentation for reason for refund
    - c Submit to Programs Department for review and approval
  5. If the WSAC has to shut down due to unforeseen reasons, such as COVID, WSAC will refund cost of classes or presentations to the wallet only
- 

## THE CENTRE WILL BE CLOSED ON THE FOLLOWING DAYS:

- Monday, May 23rd      Friday, July 1st
- Thursday, June 9th      Monday, August 1st

- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious and Affordable!**



- **NEW MENU EVERY 2 WEEKS!**
- **REHEATABLE** - All meals are fully cooked so you simply need to reheat it and serve!
- **SERVING SIZE** - Most seniors tell us they get 2 to 3 servings with our entrees and soup!
- **FREE DELIVERY** - Available to seniors who do not drive...our team of volunteer drivers and our friends at Drive Happiness will 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!
- **OPEN TO PUBLIC** - You do not have to be a member to use our meal program...it is open to everyone!





# Our Menu Changes Every 2 weeks!

## How To Order

Online: [www.weseniors.ca](http://www.weseniors.ca)  
Call Our Centre: 780 483-1209 ext #244  
Email Us: [foodorders@weseniors.ca](mailto:foodorders@weseniors.ca)

**Entrees**  
**\$12.00 to \$14.00**



**Hearty Soup**  
**\$8.00**



**Muffins**  
**\$6.00**



### Past Entrees Include:

- Asian Chicken
- Beef Stew
- Chicken Stew
- Chicken Cacciatore
- Lasagna
- Meatloaf
- Pork Tenderloin
- Shepherd's Pie
- Sweet & Sour Meatballs and more!

### Past Soup Include:

- Beef Barley
- Borscht
- Boston Clam Chowder
- Cabbage Roll
- Chicken Noodle
- Corn Chowder
- Cream of Broccoli
- Cream of Potato
- Minestrone
- and more!

### Past Muffins Include:

- Apple Spice
- Blueberry Bran
- Blueberry
- Rhubarb Crumble,
- Cranberry Orange,
- Honeybran
- Lemon Poppyseed,
- Raisin Bran,
- Rhubarb Crumble
- and more!



### **Eggs-emplary Bowls \$4.00**

Our Eggs-emplary Brunch bowls are a perfect choice for breakfast or lunch!

- 4 inches in size
- Choose from Denver, Ham & Cheese or Spinach & Feta.
- Pick up at our centre or pre-order via our website!

# Meal Packages To Suit Every Budget

## THE TOTE \$56.00



An easy way to try a variety from our Frozen Meal Program!  
The "Tote" bundle includes

- your choice of 2 entrees
- your choice of 2 of our hearty soups,
- your choice of 1 package of 6 muffins
- 1 package of 6 biscuits
- your choice of 2 Egg-Emplary Brunch Bowls

## SPECIAL OFFER! \$60.00

*Buy 5 Entrees And Receive Your Choice Of  
1 Of The Following:*

- 1 Hearty Soup
- 1 Package of Muffins or
- 1 Package of Savory Biscuits



## LOVE SOUP?

*You HAVE to try our soup package!*

## HEARTY SOUP PACKAGE \$27.00

- Your Choice of 3 Hearty Soup &
- Your Choice of 1 Of The Following

1 Package Of Savory Biscuits

OR

1 Package Of Muffins



## TESTIMONIAL

*I have tried the lasagna, chicken pot pie, the honey bran muffins and most of the soups. They have all been fantastic! Good size servings, they reheated up nicely and they kept in the freezer nicely! We felt they were reasonably priced when you consider they are home made AND they were just enough for the 2 of us. Well done Westend Seniors Activity Centre! We will definitely be ordering again!*

~ Mark S

Page 7

# Frequently Asked Questions

## **DO WE HAVE TO PRE-ORDER OUR MEALS?**

No. We have items in stock every day. To see what we have in stock you can:

1. Visit our website and see our current menu
2. Call our centre at 780 483 1209 ext 244
3. Visit our centre Monday to Friday - 9:00 am to 3:30 p.m. to see our current items

## **CAN I PLACE AN ORDER FOR SOMEONE ELSE?**

Yes! We have many clients who are placing orders for family or friends.

- You do not have to be a member of our centre to use our meal program
- The meal program is open to the public. You do not have to be a senior
- If you would like to make arrangements for regular delivery of meals to someone you know, please call our centre. We would be happy to set this up for you!

## **HOW DOES YOUR FREE DELIVERY WORK?**

We have a team of volunteers and we have also partnered with Drive Happiness who are ready to deliver your meals to you! This is a free service we provide to seniors who are unable to come to our centre!

- You can place your order over the phone or via our website
- You will then pre-pay over the phone or by paying online via our website.
- You let us know that you would like your meals delivered and we will follow up with you to confirm when the delivery will be made.

## **I AM TIRED OF COOKING! IS IT OK TO USE THE MEAL PROGRAM?**

Absolutely! Many of our clients have told us they are tired of cooking or find it hard to always cook for one.

## **FUN FACTS ABOUT OUR MEAL PROGRAM**

- Our chef buys groceries almost daily to ensure he uses the freshest ingredients!
- We don't use hamburger...we take AAA beef and pork loin roasts and hand grind it for our meals like lasagna, shepherd's pie, etc.
- Our meals are prepared and then immediately put in our freezers but because we change our menu so often, nothing is in our freezer for more than approximately 2 weeks!

## COME AND VOLUNTEER WITH US!

*Giving back never grows old!*



We are so fortunate to have had many new volunteers join us and many previous volunteers return to the centre. As things slowly get busier, we will continue to open up more volunteer opportunities. Maybe you want to try something new or you know a friend, family member or neighbour who is wanting to give some time to their community.

For more information, please visit our website for position descriptions and feel free to share with anyone you know. We are currently recruiting for the following volunteer positions:

### CAFÉ HOST

Our café is the social hub of our centre where people gather for a coffee with friends or stop by for a wholesome lunch.

Our café hosts assist with serving customers meals at their tables, making sure there's always lots of coffee on hand and keeping the café clean by wiping down tables as needed.

### SPECIAL EVENTS COMMITTEE MEMBERS, BIRTHDAY PARTY VOLUNTEERS

Do you enjoy planning and hosting fun events or helping celebrate birthdays and holidays? Perhaps one of these positions would interest you.

### FUNDRAISING COMMITTEE CHAIR

As our centre grows, fundraising continues to be more and more important. We need an organized, take-charge kind of person to act as chair and work with our fundraising committee to come up with and implement new ideas to help support the centre. If this is you, apply today!

### FRONT DESK RECEPTION

Are you a people person who has a knack for customer service, using computers or administrative duties? This might be a great fit for you

## COMMUNITY OUTREACH

*Providing Resources  
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). This can take place face-to-face at our facility on an appointment or walk-in basis, or over the phone/ email.

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
- 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.

By providing a streamlined referral system, we make it easier for seniors to access required supports.

# WESENIORS.CA

- A Community Hub For Older Adults

**Updated daily with our latest news, classes and more!**

## **NEWS - CURRENT INFORMATION ABOUT:**

- Upcoming Events At Our Centre
- Messages From Our Executive Director & Board Members
- News From Our Programs Team
- Volunteer Information
- and more!

## **FROZEN MEAL PROGRAM - UPDATE DAILY TO SHOW:**

- Our Latest Menu - It Changes Every 2 Weeks!
- Our Meal Program Packages
- NEW menu items - Chef Stu is always creating something new!
- Special Meals For The Holidays
- and more!

## **OUTREACH - RESOURCES FOR SENIORS & THEIR FAMILIES**

- News from our Outreach Worker
- Home Support Program Information
- Friendly Phone Call program
- Circle of Friends classes
- and more!

## **RESOURCES - EVERYTHING YOU NEED AS A MEMBER OF OUR CENTRE!**

- Board of Director information, including Annual Reports, Bylaws, Strategic Plan, etc.
- WSAC forms
- WSAC Resource and Program Guides
- "How to" videos
- and more!

# WESENIORS.CA

- A Community Hub For Older Adults

## Looking For Some Fun Activities To Do Online?

### FUN FILMS TO WATCH

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!

### BRAIN GAMES

- Crossword puzzles
- Mystery Scrambles
- Downloadable activity books
- On-line jigsaw puzzles
- and more!

### FREE E-BOOKS

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!

### NO DOWNLOADS, SIGN UPS OR GIVING YOUR CREDIT CARD!

The free ebooks are provided by Project Gutenberg, a 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!

### INTERESTING READING

We share articles on topics such as:

- Fitness & Wellness
- Home & Garden
- Canada's History
- Nutrition
- Sport's Greatest Stories
- and more!

### OTHER FUN ONLINE ACTIVITIES

- Live Music
- Fun websites to visit
- Virtual travel trips

and more added each month!

# FRIENDS OF WSAC

## - TOONIE TALKS

### **Not A Sales Pitch...**

### **Educational presentations by businesses that serve seniors!**

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.

### **Fun experiences!**

Join our Friends of WSAC partners for some fun adventures...wine tasting, “paint & sip”, fitness classes, walking tours and more!



### **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.

### **Watch For Our Upcoming Toonie Talks!**

We are currently finalizing our Toonie Talk schedule.

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

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! [www.wesenior.ca/toonietalks](http://www.wesenior.ca/toonietalks)



# FRIENDS OF WSAC

## - TOONIE TALKS

### **Hiring a Painting Contractor; What to Know and What to Ask** - Presented by The Brilliant Brush



Wednesday, May 4, 2022 - 1:30 p.m.  
WSAC Community Cafe  
Cost: \$2.00  
Open to the public

We are often asked “Is that really a good price for painting from my contractor?” When hiring a contractor there are many questions that you can, and should, ask so that you and your contractor’s expectations are synchronized. We will go over some of the questions and expectations that will leave you both happy with the completed work.

### **Sound Connects Us** - Presented Stanford Hearing



Tuesday, May 10th, 2022 - 1:30 p.m.  
WSAC Community Cafe  
Cost: \$2.00  
Open to the public

Sound Connects Us, to better understand hearing loss we must first learn who the ear allows us to listen in our surroundings. This will cover the division of the ear and there functions.

We will review hearing testing and the different types of hearing loss. Followed by the actions one should take to better their lives and being successful with listening.

# FRIENDS OF WSAC

## - TOONIE TALKS

### **Rise Above** - Presented by Silver Fern



Wednesday, May 11, 2022 - 1:30 p.m.  
WSAC Community Cafe  
Cost: \$2.00  
Open to the public

There are moments of joy in our lives, but there are also moments of sorrow. You may anticipate the passing of loved ones due to chronic illness, but sometimes death comes unexpectedly.

Perhaps, the relationship you had with the person who passed away was a difficult one.

Let's explore myths about grief, feelings and thoughts while grieving, and healthy coping strategies. Come join us for this presentation on grief and Rise Above your loss.

### **Slam The Spam - Could You Be The Next Victim?** - Presented by Servus Credit Union



Thursday, May 12, 2022 - 1:30 p.m.  
WSAC Community Cafe  
Cost: \$2.00  
Open to the public

Come learn about common scams including – internet – telephone - face to face - plastic cards and bank accounts and general ways to keep yourself safe in today's modern environment.

# FRIENDS OF WSAC

## - TOONIE TALKS

### Spring Wine Appreciation - Presented by Aligra Wine and Spirits



Tuesday, May 17, 2022 - 6:00 p.m.  
WSAC Community Cafe  
Cost: \$15.00  
Open to the public

Store away the heavy reds and taste some lighter, refreshing style Whites and Rosé wines. We'll start with a fun Bubbly followed by 3 white wines and 3 Rosés. We'll discuss where they are from, how they are made and what food pairings to choose for entertaining. We guarantee you will discover some new favourites to enjoy with your friends! It's fun, it's educational and it's wine!

NOTE: No food provided Please have a meal before class Also, do not use mints, gum or mouth wash before the class.

### Why Is Saving Money So Hard These Days? - Presented by Dominic Li and Miranda O'Brien of Scotia Bank



Tuesday, May 24, 2022 - 1:30 p.m.  
WSAC Community Cafe  
Cost: \$2.00  
Open to the public

- Are you finding your investment options overwhelming?
- Do you constantly feel like you're in a fight with your bank over a less than helpful interest rate?
- Are you having trouble interpreting your investment statements?

A back to basics discussion about saving toward your goals. Learn how to navigate your wealth in a modern banking world. A simplified approach to current investment products, inflation, and other factors that affect your financial success.

We will also be teaching you how to read an investment statement, and encourage you to bring along your own. Ask us about our \$100 gift card WESAC member offer.

# FRIENDS OF WSAC

## - TOONIE TALKS

### Art Gallery Of Alberta Travel Trip - Presented by Revera Churchill



Thursday, May 26th, 2022 at 3:00 p.m.

Meet at WSAC

Cost: \$10.00

Open to the public

Come join us for a fun trip. Our friends of WSAC at Revera Churchill will bring you to the Art Gallery of Alberta. There will be music, appetizers, champagne and mimosas to enjoy before venturing out to the Art Gallery. This is an evening to celebrate making friends, enjoying the arts, and culture that we get to enjoy here at The Churchill.

- Bus leaves the center at 3:00 pm,
- Bus leaves the Art Gallery at 7:00 pm and returning to WSAC

### These Poles Are Made For Walking - Presented by Cura Physio



Tuesday, May 31, 2022 - 1:30 p.m.

WSAC Community Cafe

Cost: \$2.00

Open to the public

Are you wondering what all the hype is about pole walking? Do you want to give it a try but not sure where to begin? Pole walking is not just for "old" people, it helps prevent young people from getting old! In this 90 min presentation you will learn:

- what the difference is between different styles of poles
- how to determine what the correct height is
- how to properly use the poles to improve your walking stride
- how to improve muscle engagement and stability while walking

You will also have a chance to practice using walking poles.

# FRIENDS OF WSAC

## - TOONIE TALKS

### Senior Care Funding

- Presented by Wendy Hoover of Care at Home by Exquisicare



Thursday, June 2, 2022 - 1:30 p.m.

WSAC Community Cafe

Cost: \$2.00

Open to the public

It can be confusing and overwhelming to know where to turn when you need help. Wendy Hoover with Care at Home by Exquisicare will outline some of the many resources available to seniors, and how to access them.

### Westend Seniors Activity Centre's Home & Auto Insurance

- Presented by Armour Insurance



Wednesday, June 8, 2022 - 1:30 p.m.

WSAC Community Cafe

Cost: \$2.00 - Open to the public

#### COME LEARN ABOUT THE BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM!

- 15% discount on property insurance & 10% discounts on auto insurance
- No interest or service charges (an additional 3-4% savings)
- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available and fast and courteous 24 hours claim service
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- All WSAC members, spouses and financial dependents residing in the same household of the WSAC member also qualify!

# FRIENDS OF WSAC

## - TOONIE TALKS

### **Semi – Annual 2022 Global Financial Market Review & Outlook** **- Presented by Wei Woo**



**Friday, June 10th, 2022 - 10:00 a.m.**  
**WSAC Community Cafe**  
**Cost: \$2.00**  
**Open to the public**

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future.

We will review what has happened so far 6 months into 2022, and look at forward guidance on what to expect for the remaining coming year.

### **Gins In June** **- Presented by Aligra Wine & Spirits**



**Tuesday, June 14, 2022 - 6:00 p.m.**  
**WSAC Community Cafe**  
**Cost: \$20.00**  
**Open to the public**

Nothing says summer sipping like a refreshing gin cocktail! Whether it's a simple Gin & Tonic or a Singapore Sling, Gin has quickly become one of the most popular spirits out there.

With pink gins, oaked gins, spicy gins and good old London Dry there's a gin to suit all palates. Local Alberta gin distilleries are popping up too!

So whether you're a Gin Lover or a wannabe, let's have some fun and taste a few different styles of Gin, talk about its racy past, and some of the best summer cocktails to enjoy this season!

# FRIENDS OF WSAC

## - TOONIE TALKS

### **7 Things You Need To Know Before You Write Your Will** **- Presented by Stacy Maurier of Estate Connection Law Firm**



Wednesday, June 22, 2022 - 1:30 p.m.

WSAC Community Cafe

Cost: \$2.00

Open to the public

Come join founding lawyer, Stacy Maurier of Estate Connection Law Firm as she outlines the steps needed to be prepared and how to leave your family with solutions, not problems.

This presentation will outline:

- Why we need a Will
- What happens when we don't have a Will or our Will is outdated.
- How to determine if we should update our existing Will
- How to choose an Executor
- What information should be in your Will
- What is Probate, and
- Rules for leaving gifts

**Stacy will provide everyone in attendance with:**

- 1. A Will Review Checklist to help attendees determine if they need to update their will.**
- 2. Attendees will also receive document called "Where Everything is Checklist" that will help them collect all the information needed to start the process of creating a Will.**

# FRIENDS OF WSAC

- Chartwell 8 WEEK SERIES "FIT MINDS"

## **WEEK ONE** Chartwell 8 Week Series "Fit Minds" - Living A Brain Healthy Lifestyle

**Tuesday, May 10, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

We'll review the science behind Brain Health. Participants will receive a takeaway article on brain health; self assessment on the Brain Healthy Lifestyle; we'll complete exercises across the five area of cognition; and we'll do a challenge on hydration.

## **WEEK TWO** Chartwell 8 Week Series "Fit Minds" - The Importance Of Physical Activity

**Tuesday, May 17, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

We'll review the importance of physical activity and challenges we face staying active; complete exercises across the five areas of cognition; how to build an ambidextrous brain; and participants will receive a take-home challenge to complete.

## **WEEK THREE** Chartwell 8 Week Series "Fit Minds" - The Importance Of Cognitive Activity

**Tuesday, May 24, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

This week we will complete exercises across the five areas of cognition; how to engage with novel and complex ideas to maintain brain health; and participants will receive a take-home puzzle to complete.



# FRIENDS OF WSAC

- Chartwell 8 WEEK SERIES "FIT MINDS"

**WEEK**    **Chartwell 8 Week Series "Fit Minds"**  
**FOUR**    - Understand How Nutrition Impacts Brain Health

**Tuesday, May 31, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

We will review brain essential nutrients; participants will work together on puzzles and exercise across the five areas of cognition; and participants will receive some ideas to support themselves when seeking proper nutrition.

**WEEK**    **Chartwell 8 Week Series "Fit Minds"**  
**FIVE**     - A Conversation About Socialization As We Age

**Tuesday, June 7, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

This week, participants are invited to have a conversation about the importance of social connectedness as we age and challenges around that. Together, we will complete exercises across the five areas of cognition; and participants will receive a self-assessment on Social Networks.

**WEEK**    **Chartwell 8 Week Series "Fit Minds"**  
**SIX**     - Spirituality, Mindfulness And Stress Reduction

**Tuesday, June 14, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

Learn how prayer, meditation and forgiveness can positively impact your brain health and practical solutions. Participants will also complete exercise across the five areas of cognition; and we will receive a challenge to take home.

# FRIENDS OF WSAC

- Chartwell 8 WEEK SERIES "FIT MINDS"

**WEEK SEVEN**    **Chartwell 8 Week Series "Fit Minds"**  
**- A Discussion About Meaning And Purpose**

**Tuesday, June 21, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

This week we will review how to build a framework where you can thrive and ways to find passion and purpose. We will also complete our weekly exercises across the five areas of cognition; and participants will an opportunity to take home a Bucket List Challenge.

**WEEK EIGHT**    **Chartwell 8 Week Series "Fit Minds"**  
**- Graduation And Reception At Chartwell Hawthorn**

**Tuesday, June 28, 2022 - 11:00 a.m. - 12:00 p.m.**

**Cost: \$2.00 - Open To The Public**

- Pending Public Health Restrictions.

Reception at Chartwell Hawthorn where we will complete our cognitive exercise as a group while socializing; participants will receive a graduation certificate and gift; and an invitation for a personalized tour of the property (for interested individuals)

# YEG SENIORS ALLIANCE

## *Have you heard about WSAC's partnership with the YEG Seniors Alliance?*

WSAC, in partnership with the Edmonton Seniors Centre and ICAN Seniors Association jointly began offering 100+ online classes/programs to over 3500+ seniors in Alberta weeks after our centre's shut down due to Covid-19. Seniors who had no computer knowledge were given 1-on-1 training to learn ZOOM and use their devices to enable them to remain socially connected.

Since then, we have heard from many seniors and their families that this training was a "lifeline" and the programs offered through the alliance were a "invaluable" bringing joy and reducing their feelings of isolation during the pandemic.



### **EDMONTON SENIORS CENTRE**

Edmonton Seniors Centre is a non-profit organization dedicated to providing support and opportunities to seniors to further their overall well-being and quality of life.

Website: [www.edmontonseniorscentre.ca](http://www.edmontonseniorscentre.ca)

Telephone Number: 780-425-8625

Email: [office@edmontonseniorscentre.ca](mailto:office@edmontonseniorscentre.ca)



### **ICAN SENIORS ASSOCIATION**

ICAN Seniors Association was established in August 2017 and was registered in December 2019. We aim to prevent isolation of seniors facing multiple cultural barriers through English literacy training, community events, and networking opportunities. We offer:

- online and physical English classes,
- workshops,
- activities, and
- field trips.

Telephone Number:  
780-425-8625

Email:  
[chengrongmei@hotmail.com](mailto:chengrongmei@hotmail.com)

With support from over 80 volunteers, we are serving more than 700 seniors in Alberta. We encourage accelerated acculturation process and to enhance the overall well-being of immigrant seniors and their family members through collaboration and partnership with various communities and organizations via initiatives, projects and programs.

# YEG SENIORS ALLIANCE



## DRIVE HAPPINESS

Drive Happiness Seniors Association is a registered, non-profit society whose mission is to assist seniors in remaining independent in their own homes for as long as possible. Seniors value their independence, but lose that independence when they can no longer drive or access transportation to go shopping, banking, reach clinics or the many other required services to stay in their own homes.

Volunteer drivers take riders to various appointments like medical appointments, shopping, banking, programming, and to visit friends or family. The rider requiring the ride buys tickets for \$10.00 each from the Drive Happiness office.

Website:  
[drivehappiness.ca](http://drivehappiness.ca)

(780) 424-5438

All volunteer driver candidates are screened for vulnerable security clearance, a well maintained vehicle, and a clean driving abstract before they are accepted as Volunteers for Drive Happiness.

WSAC has partnered with Drive Happiness on initiatives such as:

- WEDeliver Happiness - a campaign to provide lower income seniors with masks, sanitizers and our 8 Week Program Fitness Program for seniors handbook.
- WSAC Frozen Meal program - Drive Happiness & WSAC volunteers work together to help us provide free delivery to seniors here in Edmonton and area.



# FITNESS 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 find appropriate fitness, Tai Chi, dance or yoga classes.

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



**Level 1 – GENTLE FITNESS:** 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!



**Level 2 – DEVELOPING FITNESS:** 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.



**Level 3 – INTERMEDIATE FITNESS:** 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.



**Level 4 – MODERATE & MORE FITNESS:** 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.



**Level 5 – ADVANCED FITNESS:** 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 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

## - IN PERSON CLASSES

### Ceramics

Instructor: Jackie Garrant

**Monday, May 09 - June 20 (6 Classes)**

**9:30 a.m. - 12:30 p.m.**

**No Class on May 23rd**

**Cost \$56**

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

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

**Note:**

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

Green ware, glaze & firing costs are in addition to the course fee.

Please bring all supplies with you to the class.



# THE ARTS

## - IN PERSON CLASSES

### Penguins in Pen and Ink - Workshop

Instructor: Susan Casault

Thursday, August 04 (1 Class)  
9:30 a.m. - 2:30 p.m.  
Cost \$23

Be amazed at what you can achieve with the simple medium of pen and ink. Whether you are new to pen & ink, or already have some experience, join us for this 5-hour workshop. You will complete a drawing of a group of young penguins using line, patterns and layers. Photo reference will be provided by the instructor. You are welcome to bring a lunch or use the cafeteria.

NOTE: Supply list is available at the front desk

### Looking For Something New To Try?

*Come Join Our "Quirky Quillers"  
On Fridays, 1:00 p.m. - 3:30 p.m.  
And Learn How To Do Paper Quilling!  
\$2.00 Drop-In Fee*



# DANCE

## - IN PERSON CLASSES

### *What is clogging?*

*This is a type of dance that is similar to tap dancing but it has its own unique style. It incorporates line dancing, Irish dancing and more and its own unique steps as it is influenced by different types of dance. Our class therefore incorporates a variety of music – country, bluegrass, rock and roll, dance and Irish.*

#### **EQUIPMENT**

- *bottled water,*
- *shoes with a slipper/leathery type sole (no rubber bottom shoes) as these are easier to dance with. You do not need to buy shoes until you are sure you are going to enjoy and continue with the class.*



### **Clogging - Beginner**

**Instructor: Tracy Walters**

**Monday, May 09 - June 20  
(6 Classes)**

**12:00 p.m. - 1:00 p.m.**

**No Class on May 23**

**Cost \$54**

**Monday, July 04 - July 25  
(4 Classes)**

**12:00 p.m.-1:00 p.m.**

**Cost \$36**

**Monday, August 08 - August 29  
(4 Classes)**

**12:00 p.m. - 1:00 p.m.**

**Cost \$36**

---

Looking for a new low-medium impact program for the body and mind? Give clogging a try!

- We start off learning a couple of basic steps, practicing these steps as we work our way to learn the steps for an entire dance. Normally, the group will have the first basic steps learned and ready to do an entire dance after the first class!
- We spend the rest of the 6 weeks learning more steps and dances as we progress as a group through the various steps. Don't worry about falling behind, we don't move forward into new steps until we all as a group have the steps nailed down.

---

#### **Please note:**

**Clogging is a progressive class. If you are starting at the beginner class, it will take approximately 1 year or 3 beginner clogging sessions before you will move into the Intermediate classes. Some previous experience would be helpful.**



# DANCE

## - IN PERSON CLASSES



### Clogging – Intermediate

**Instructor: Tracy Walters**

**Monday, May 09 - June 20**  
**(6 Classes)**  
**No Class on May 23**  
**1:15 p.m. - 2:15 p.m.**  
**Cost \$54**

**Monday, July 04 - July 25**  
**(4 Classes)**  
**From: 1:15 p.m. - 2:15 p.m.**  
**Cost \$36**

**Monday, August 08 - August 29**  
**(4 Classes)**  
**1:15 p.m. - 2:15 p.m.**  
**Cost \$36**

- 
- Let's move beyond the beginner level and get our rhythm going for clogging at the intermediate level!
  - We continue to fine-tune your basic steps and increase your understanding of terms associated with clogging. The steps get more complex and we learn new dances as we progress through an intermediate level of clogging.
- 

**Please note:**

**One to two years of clogging experience is recommended as a prerequisite for this course. In addition, as clogging is a progressive class, you can expect to take 1 year of intermediate clogging sessions before you will move into the advanced classes.**



### Clogging – Experienced

**Instructor: Tracy Walters**

**Monday, May 09 - June 20**  
**(6 Classes)**  
**2:30 p.m. - 3:30 p.m.**  
**No Class on May 23**  
**Cost \$54**

**Monday, July 04 - July 25**  
**(4 Classes)**  
**2:30 p.m. - 3:30 p.m.**  
**Cost \$36**

**Monday, August 08 - August 29**  
**(4 Classes)**  
**2:30 p.m. - 3:30 p.m.**  
**Cost \$36**

- 
- 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.
- 

**Please note: 4 years or more of experience is recommended as a prerequisite to this course.**

# DANCE

## - IN PERSON CLASSES



### Line Dancing – Beginner

Instructor: Tracy Walters

#### TUESDAYS

Tuesday, May 10 - June 21

(7 Classes)

3:15 p.m. - 4:15 p.m.

Cost \$63

Tuesday, July 05 - July 26

(4 Classes)

3:15 p.m. - 4:15 p.m.

Cost \$36

Tuesday, August 09 - August 30

(4 Classes)

3:15 p.m. - 4:15 p.m.

Cost \$36

#### THURSDAYS

Thursday, May 12 - June 23

(6 Classes)

12:00 p.m. - 1:00 p.m.

No Class on June 9

Cost \$54

Thursday, July 07 - July 28

(4 Classes)

12:00 p.m. - 1:00 p.m.

Cost \$36

Thursday, August 04 - August 25

(4 Classes)

12:00 p.m. - 1:00 p.m.

Cost \$36

---

Line dancing is a low impact form of dancing that is danced with everyone in lines, following a dance pattern. Made famous by the country music of the early 1990s, you may not have done line dancing before, but you have definitely seen it!

- We start our class by learning a few steps and 1 or 2 dance patterns as we work our way to learning 2 different dances. We continue the rest of the upcoming weeks, learning 4 to 6 dances in total.
- We end each class with some stretching exercises to ensure we do a proper cool down for our muscles

Line dancing is more than just country music! If you love music and love to dance, come join us as we work our way to learning dances like the cupid shuffle, electric slide, college hustle and more!

# DANCE

## - IN PERSON CLASSES



### Line Dancing – Intermediate

Instructor: Tracy Walters

Thursday, May 12 - June 23  
(6 Classes)

1:15 p.m. - 2:15 p.m.

No Class on June 9

Cost \$54

Thursday, July 07 - July 28  
(4 Classes)

From: 1:15 p.m. - 2:15 p.m.

Cost \$36

Thursday, August 04 - August 25  
(4 Classes)

1:15 p.m. - 2:15 p.m.

Cost \$36

---

We continue to fine-tune your basic steps and the steps get more complex as we learn even more line dances. “Help Me Rhonda,” the “tush push”, “Let your love flow” are just some of the new dances we will learn.

---

**Please Note:**

At least 1 year of beginner class experience is recommended as a prerequisite for this course. In addition, as line dancing is a progressive class, you can expect to take 1 year of intermediate line dancing sessions before you will move into the advanced classes.



### Line Dancing – Experienced

Instructor: Tracy Walters

Thursday, May 12 - June 23  
(6 Classes)

2:30 p.m. - 3:30 p.m.

No Class on June 9

Cost \$54

Thursday, July 07 - July 28  
(4 Classes)

2:30 p.m. - 3:30 p.m.

Cost \$36

Thursday, August 04 - August 25  
(4 Classes)

2:30 p.m. - 3:30 p.m.

Cost \$36

---

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 be honing your steps and increasing the pace to a wider spectrum of music... its not just country we are dancing to! Looking for a fun way to spend an hour and get some great exercise while having fun! Come join us!

---

**Please Note:**

At least 2 years of intermediate line dancing is recommended as a prerequisite for this course. In addition, as line dancing is a progressive class, you can expect to take 1 year of intermediate line dancing.

# DANCE

## - IN PERSON CLASSES



### Ballroom & Latin Dancing

Instructor: Elise Seehagel

Friday, May 13 - June 24  
(7 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$63

Friday, July 08 - July 29  
(4 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$36

Friday, August 05 - August 26  
(4 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$36

---

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

**Please Note:**

**\*Registration in partners is mandatory.**

---



At WSAC, trying  
something NEW never  
grows old!

# FITNESS

## - IN PERSON CLASSES



### Age Reversing Essentrics

Instructor: Lori Griffith

Friday, May 13 - June 24 (7 Classes)  
9:00 a.m. - 10:00 a.m. Cost \$77

Friday, July 08 - July 29 (4 Classes)  
9:00 a.m. - 10:00 a.m. Cost \$44

Friday, August 05 - August 26 (4 Classes)  
9:00 a.m. - 10:00 a.m. Cost \$44

- 1 hour class
- We are standing through the majority of the class, with 10 minutes on the floor doing stretching and the last 15 minutes standing using a chair to do stretching.
- If you are unable to get down on the floor you can do this part of the class from a chair

This class has a slower pace than our general Essentrics class. It is designed for those who have atrophy related stiffness, frozen shoulder, chronic aches and pains or who are beginning to exercise after a long sedentary period. For men and women of all ages who are looking for a gentle, slow tempo class.

#### UPPER BODY

We root our body and get into a nice full backstretch. We then move into big movements to free up the spine and work through the arms, shoulders and back, focusing on rotation, lateral and forward and backward movement of the spine.

#### LOWER BODY

After that we do a series of movements working on the legs and lower body...lunges, stretching and toning the lower body, calf stretches, getting into the Achilles and our whole leg. We continue with light kicks and lengthening our legs as we work on our balance and toning. We also work on different movements, as we work to improve our balance in our lower body.

We continue these transitions between our upper and lower body movements until we are ready to get down on the ground.

#### ON THE FLOOR AND CHAIR MODIFICATIONS

We start with a fitness strap to help us as we work on our range of motion and create a bit of resistance. We do a series of lower body stretching on our backs. We also do some core strengthening with some gentle movements to balance our bodies. The instructor will remind you to work within your own range of motion.

We work towards the end of the class with some stretching from a sitting position (either on the floor or in a chair), doing hip flexor stretches, hamstrings and other lower body exercises. Now you are ready for the rest of your day!

This class is also  
being offered  
online on  
Mondays  
and  
Wednesdays!

# FITNESS

## - IN PERSON CLASSES

4

Barre

Instructor: Freya Giroux

Wednesdays  
May 11 - June 22  
(7 Classes)  
11:45 a.m. - 12:30 p.m.  
Cost \$63

Wednesdays  
July 06 - July 27  
(4 Classes)  
11:45 a.m. - 12:30 p.m.  
Cost \$36

Wednesdays  
August 03 - August 24  
(4 Classes)  
11:45 a.m. - 12:30 p.m.  
Cost \$36

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

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

**Please Note:**  
Yoga mat required.

Online class  
is also available  
at the same time!



# FITNESS

## - IN PERSON CLASSES



### Dance Fit

Instructor: Kathy Paterson

#### **MONDAYS**

Monday, May 09 - June 20

(6 Classes)

9:00 a.m. - 10:00 a.m.

No Class on May 23

Cost \$54

#### **WEDNESDAYS**

Wednesday, May 11 - June 22

(7 Classes)

10:15 a.m. - 11:15 a.m.

Cost \$63

- 
- 1 hour class
  - The entire class is standing - We do not get down on the ground for this class
  - You do not have to be a dancer to take this class.
  - Worried you can't keep up? The instructor will give alternatives so you can slow things down to move at your own pace.
- 

#### **WARM UP**

Like all fitness classes, a warm up is so important! We start the class with simple movement exercises like marching in place to the music to get a nice slow warm up. The warm up continues into a second song as we follow some simple dance steps to get our heart pumping and ready for the rest of the class. We continue our warm up doing some nice stretching to loosen things up and work out any stiffness in our bodies. Now we are ready for the next part of our class!

#### **LETS GET MOVING!**

The upbeat music kicks in as we get moving. You can easily workout within a small space while we do salsa dancing types movements...moving side to side, front and back as we listen to the music.

We increase our pass with some fun line dancing type moves that slowly increase our heart rate and ready for an hour long class of fun!

#### **FLEXIBILITY & BALANCE**

Then, we slow things down as we do slower range of motion movements that help us to work on our flexibility and balance.

#### **CARDIO, FLEXIBILITY, BALANCE & CORE**

We spend the rest of the class doing this cycle of upbeat, then more upbeat and back to a slower song. Our goals...to work our cardio, reach our target heart rate, build our stamina and then slow things down to work on our flexibility, balance and core.

#### **COOL DOWN**

We end the class with a very slow cool down. Slow larger and gentle movements help us bring our heart rate back down and slowly cool down our muscles. And finally, we go into our final stretching to release any tension from our muscles and relax our bodies as we get ready for the rest of our day.

# FITNESS

## - IN PERSON CLASSES

4

### Dynamic Movement

Instructor: Freya Giroux

**Monday, May 09 - June 20 (6 Classes)**  
12:00 p.m. - 12:50 p.m. No Class on May 23  
Cost \$45

**Monday, July 04 - July 25 (4 Classes)**  
12:00 p.m. - 12:50 p.m.  
Cost \$30

**Monday, August 08 - August 29 (4 Classes)**  
12:00 p.m. - 12:50 p.m.  
Cost \$30

- 1 hour class
- Yoga mats
- Water bottle
- Proper footwear
- Power bands
- 5 or 10 lb hand weights
- Small towel

---

If you are looking for a fun, dynamic class that you know will give you a good hard workout OR something that will take your fitness to the next level this is the class for you! This is a full body workout that covers, cardio, strength and ends with a nice cool down and stretching.

#### **WARM UP**

The warm up is all about opening up the body and deep breathing so we are setting ourselves up for a proper warm up to avoid injuries. We start on the floor doing ankle, knee and hip exercises to warm up our main joints. Then we move to standing movements getting our upper body and back warmed up and ready for the next phase of the class

#### **CARDIO & STRENGTH**

Cardio is up next. We do a variety of exercises over about 15 minutes with our goal being to increase our heart rate, maintain it for a prolonged period of time. By the end of the cardio you are energized and ready to tackle building up your strength.

Dynamic strength - band work, lunges, squats, and weights are done in a variety of dynamic movement.

( we will be using the WSAC fitness room, we do a power circuit using the variety of machines to increase our strength)

#### **COOL DOWN**

We end this class ready for our cool down and stretching. Helping us to relieve some of the muscles that got a good workout today.

You will leave this class feeling full of energy, dynamic and ready for the rest of your day! The best part of this class is it will allow you to bring strength training into your overall fitness schedule.

Note: the instructor will be providing detailed instruction on how to use the machines properly and have the proper weight and form.



# FITNESS

## - IN PERSON CLASSES



### Essentrics® Gentle Stretch

Instructor: Meg Hipkins

**Wednesdays**  
**May 11 - June 22**  
**(7 Classes)**  
**11:00 a.m. - 11:45 a.m.**  
**Cost \$63**

**Wednesdays**  
**July 06 - July 27**  
**(4 Classes)**  
**11:00 a.m. - 11:45 a.m.**  
**Cost \$36**

**Wednesdays**  
**August 03 - August 24**  
**(4 Classes)**  
**11:00 a.m. - 11:45 a.m.**  
**Cost \$36**

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.
- Can be adapted for people using a cane/walker.

#### **EQUIPMENT**

- Participants will need a yoga mat, yoga strap or theraband.



# FITNESS

## - IN PERSON CLASSES



### Fit for Life

Instructor: Ilonka Wormsbecker

#### MONDAYS

Monday, May 09 - May 30

(3 Classes)

11:30 a.m. - 12:30 p.m.

No Class on May 23

Cost \$27

#### WEDNESDAYS

Wednesday, May 11 - June 01

(4 Classes)

11:30 a.m. - 12:30 p.m.

Cost \$36

#### FRIDAYS

Friday, May 13 - June 03

(4 Classes)

11:30 a.m. - 12:30 p.m.

Cost \$36

- 1 hour classes
- All exercises are done standing or sitting in a chair
- We do not go down to the floor
- Good for all fitness levels and abilities
- Don't let restrictions like a bad shoulder or knee prevent you from taking this class. The instructor will provide clear instructions and demonstrations on how to move within your own ability

#### EQUIPMENT LIST

- Bender balls
- Light hand weights
- Water bottle

Online class  
is also available  
Wednesday & Friday

---

**WARM UP** – We begin with a warm up using our wands (or anything like a broom handle) and doing range of motion movements to get our bodies nice and warm. These movements can be done either by standing or sitting in a chair.

**LOWER BODY** – Next we work on our lower body strength. Working on our lower body we use ankle weights (or no weight), gliders, bender balls and stretch bands as we do a variety of exercises. These exercises can be done either standing or in a chair. These lower body exercises are meant to strengthen our lower body so we have better balance and mobility.

**STRETCHING** – We then do some static stretches to help prevent soreness after our workout.

**UPPER BODY** – Then, we work on our upper body! Using light hand weights, bender balls, stretch bands etc. we do a variety of exercises to slowly make our way through all of the upper body areas. We then do some more static stretching.

**COOL DOWN** – Time for some gentle music, nice slow stretching and deep breathing exercises as we do our cool down. Cool down is so important as it gives our bodies a chance to cool down properly as we come out of our workout. We may even spend some time doing some relaxation exercises to help us release any tension we may still have. This is a really nice way to wind down our workout.

# FITNESS

## - IN PERSON CLASSES

4

ICI (Interesting and Challenging Intervals)

Instructor: Janet Hauca

Tuesday, May 03 - May 31  
(5 Classes)  
12:45 p.m. - 1:45 p.m.  
Cost \$40

- 1 hour class
- Standing and seated exercises.
- We do not go down to the floor
- Good for all fitness levels and abilities.
- Looking for something a bit more challenging. Janet will also give modifications to help challenge yourself!

### Why You Should Try These Classes!

Our ICI and Interval Strength Training classes use the “interval principle” of combining cardio, strength and resistance exercises to help you achieve a new level of fitness.

### ALL LEVELS WELCOME

This is a class for all fitness levels because you can work at your own pace but Janet will also give you the opportunity to challenge yourself as you work your way to increasing your strength, balance and overall fitness level.

- We start the class with a standard range of motion warm-up – getting our muscles and joints working and ready to work out
- Now we work the interval principle doing movement exercises for approximately 3 minutes to get our heart rate up.
- Next; strength and resistance exercises have us working for our upper and lower body muscle groups.
  - \* We use slow steady traditional movements that work our chests, back, shoulders, biceps and triceps and core.
  - \* We alternate these upper body exercises with lower body exercises that target our calves, quads, hamstrings and glutes.
- We continue to alternate between upper body exercises, cardio movements and then lower body exercises until we hit all of our muscle groups.
- For our cool down, we bring balance exercises into our workout. This is all about doing balance exercises for your own ability but also slowly challenging ourselves to get better balance. We start from a standing position and then slowly move to a seated position as we finish our workout.

# FITNESS

## - IN PERSON CLASSES

4

### Interval Strength Training

Instructor: Vera Resera

Tuesday, May 10 - June 21  
(7 Classes)  
11:30 a.m. - 12:30 p.m.  
Cost \$56

- 1 hour
- This class is a more challenging class as all exercises are done from a standing position
- Standing exercises can be done with or without the assistance of a chair for balance.

Online class  
is also available  
at the same time!

#### EQUIPMENT LIST

- Bender balls,
- Light hand weights ,
- Water bottle

#### WARM UP

We start our class warming up by stretching from side to side, marching in place, arms moving to get us ready for our class. We might do some side stepping, knee lifts and arm movements as we get our muscles loose and warm. We do a sequence of 3 exercises using our movements to get our heart rate up and blood pumping.

#### UPPER BODY SEQUENCE

We move into working on our strength, doing a sequence of 3 exercises to work on our upper body.

We continue on our upper body doing another sequence of 3 that can be done with or without hand weights. You can also decide if you would like to do these exercises from a standing or seated position. The purpose of these exercises is to help us keep our upper body limber and strong.

#### LOWER BODY SEQUENCE

Now we move to our lower body exercises. Squats, side steps, lunges (all with or without weights) make up the 3 sets of exercises used to help us build our lower body strength which will help us with our stamina and balance.

#### UPPER BODY SEQUENCE

We return to our upper body, doing wall or floor push ups from our knees with stretch sequences in between each set to make sure we increase our overall strength.

#### COOL DOWN

The class makes its way to the end as we start our cool down. We incorporate some slow standing movement, stretches and balance exercises with the use of a chair if needed for that little bit of help to keep our balance.

Now we move into our full cool down as we sit in our chairs with some light seated stretching and flexing to make sure we end our workout with some gentle movements. And finally we do some light movements with our shoulders and neck, some nice deep breathing to release any left over tension. Now we are ready for the rest of our day!

# FITNESS

## - IN PERSON CLASSES

4

**M2M - *Movement To Music***

**Instructor: Elise Seehagel**

Tuesday, May 10 - June 21  
(7 Classes)  
9:00 a.m. - 10:00 a.m.  
Cost \$56

Tuesday, July 05 - July 26  
(4 Classes)  
9:00 a.m. - 10:00 a.m.  
Cost \$32

Tuesday, August 09 - August 30  
(4 Classes)  
9:00 a.m. - 10:00 a.m.  
Cost \$32

- 1 hour class
- This class is a more challenging class as the majority of the exercises are cardio and the majority of the class is done from a standing position.

### EQUIPMENT LIST

- Light hand weights
- Resistance Bands & fitness loop band
- Water bottle

**If you are looking for an all around workout incorporating movement to music, this class is for you!**

A cardio class with upbeat music that keeps us moving and having fun as we work on getting stronger, improving our cardio, working on our balance and developing a better range of motion.

### LOWER BODY

As the music plays we are doing traditional lower body exercises like lunges, squats, knee lifts, and other movement all to the beat of the music and with easy to follow instructions.

### UPPER BODY

We also work on our upper body and our strength as we bring in our fitness equipment and have fun with a variety of movements meant to keep our heart rates up.

### WE KEEP MOVING!

This class has a nice flow as our students really enjoy the strength components where they can work on their strength but keep moving and keep that heart rate up...no standing pat here.

### COOL DOWN

We end the class with a nice cool down...still to music...but some nice flowing stretching that incorporates the whole body.

# FITNESS

## - IN PERSON CLASSES



### Seated Stretch Fit

Instructor: Kathy Paterson

#### MONDAYS

Monday, May 09 - June 20

(6 Classes)

10:15 a.m. - 11:15 a.m.

No Class on May 23

Cost \$54

#### THURSDAYS

Thursday, May 12 - June 23

(6 Classes)

10:15 a.m. - 11:15 a.m.

No Class on June 9

Cost \$54

Note: stretchy band required

#### Why You Should Try This Class!

*If you are looking for a beginner class or have any kind of mobility concerns, this is a fantastic class for you! This class is done as a seated class – no standing or getting down on the floor. An hour of stretching that will leave you feeling awake, limber and ready for the day!*

#### WARM UP

Warm up consisting of rhymlal marching, clapping, toe tapping, ankle rotations, and arm movements

#### STRETCHING UPPER BODY

We start with the upper body muscles of the arms and shoulders and gently move them through range of motion using both dynamic and static stretches. These reduce tension/pain in the neck, upper back, shoulders, and increase range of motion in the shoulders and neck.

#### STRETCHING LOWER BODY

We gradually moved down the body stretching core, hips and legs with larger stretches such as side leans, straight leg leans, and rag-doll slouches. These moves strengthen the core, relieve tension/pain and stiffness in the lower back, hips, legs, and promote functional movement.

#### NEXT COMPONENT

Using a stretchy band or scarf we lift one leg at a time and follow gentle movements designed to stretch tight hamstrings, calves, inner/outer thighs and glutes while at the same time providing some strength training for the arms.

#### WRAPPING UP

We finish off with hand and neck stretches to relieve stiffness and pain and limber up the hands and wrists. Finally we sit quietly for deep breathing intended to lower blood pressure and promote a feeling of wellness and calm.

Online class  
is also available  
at the same time  
for our  
MONDAY classes!

# FITNESS

## - IN PERSON CLASSES

4

### Seniors Stretch Fit

Instructor: Kathy Paterson

Wednesday, May 11 - June 22  
(7 Classes)  
9:00 a.m. - 10:00 a.m.  
Cost \$63

- 1 hour class
- The first half of this class is done standing.
- The second half is done on the floor.
- Yoga mat, head rest and stretchy band needed for class

#### Why You Should Try This Class!

This is an hour of overall stretching that stimulates and limbers up the entire body by:

1. Decreasing muscle stiffness and back pain,
2. Improving digestion, posture, flexibility and breathing, and
3. Possibly reducing injury risk.

#### STANDING COMPONENT

- We warm up with rhythmic moving such as marching, toe tapping, side stepping, arm movements and wiggles.
- We gradually move into full range of motion movements for the upper body, including full arm circles, trunk rotations, toe touches (or attempts) and overhead reaches.

#### FLOOR COMPONENT

- We get down on the floor and begin in a sitting position where we stretch our legs to increase flexibility and reduce leg pain.
- We then sit with legs out, doing a variety of leaning moves, reaching for our toes, etc.
- On our bellies/knees we stretch out our chest, upper back and shoulders.
- We then roll over to be on our backs as we do some hip stretching - designed to relieve hip pain and improve our walking technique – with moves such as rotating one bent leg across the body, pulling knees to chest, etc.
- We then do pelvic lifts (pushing the pelvis to the ceiling) to strengthen core and reduce lumbar pain.

#### COOL DOWN

Finally we return to a seated position for neck and inner arms stretches, and cool down breathing techniques designed to lower blood pressure and promote a feeling of wellness.

# FITNESS

## - IN PERSON CLASSES



### Sit Fit

Instructor: Kathy Paterson

Tuesday, May 10 - June 21  
(7 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$63

#### Equipment needed:

- hand weights,
- stretchy band, and
- resistance band loop required

### Why You Should Try This Class!

*We may be working out from a chair but that doesn't mean we are not getting our hearts pumping! Popular and long time instructor Kathy Paterson has created a fun, energetic class for you!*

#### **WARM UP**

Warming up from our seated position we start the class by simple movements as we listen to some upbeat music! Marching, toe tapping, clapping gets all of our muscles warmed up and ready for our class.

#### **STRETCHING**

We move into some deep breathing with arm movements to get our lungs full of air and our bodies ready for some stretching. The stretches start with upper body stretching moving side to side and turning in our chairs as we stretch out your arms, shoulders and back.

#### **CORE**

A strong core is so important for our overall health and balance so we make sure to include some core movement, using our belly and back muscles to bend and twist.

#### **UPPER BODY**

Next up we work on our overall strength, using hand weights as we work on our arms and shoulders to get them strong. We then return to stretching those muscles to work on our flexibility.

#### **LOWER BODY**

Now we move to our lower body, stretching to work on our lower back, hips and legs with gentle movements and resistance bands allow us to work on our lower body strength.

#### **COOL DOWN**

As we near the end of the class, we stretch out the muscles in our shoulder and neck to help us relieve tension, increase our range of motion and loosen up overall.

And finally, we finish the class with deep breathing exercises to cool our body down as we relax and feel fantastic on an hour well spent!



# FITNESS

## - IN PERSON CLASSES



### Strength & Stretch, Stamina For You (SASSY) Janet Hauca

Thursday, May 05 - June 02  
(5 Classes)  
11:30 a.m. - 12:30 p.m.  
Cost \$40

- 1 hour class
- All exercises are done standing or sitting in a chair.
- We do not go down to the floor
- Good for all fitness levels.
- Standing exercises can be done with or without the assistance of a chair for balance.
- The teacher provides modifications to accommodate all fitness levels and abilities.

#### Why You Should Try This Class!

*Ready to challenge yourself? Looking for a "harder" class? Our Stretch & Stretch, Stamina For You (SASSY) class is the perfect choice! More cardio, more strength and more stretching...come show us how Sassy you are!*

#### WARM UP

We start our class with a warm up, doing a variety of movement exercises to get us ready for this 1 hour workout! Range of motion exercises get our muscles and joints working in both our arms and legs.

#### GET MOVING!

We get moving by doing low impact movements meant to get our heart rate up and our bodies ready for some strength exercises.

#### STRENGTH

Building our strength is next as we use handheld weights (or whatever you have at home!) to work on our upper body muscle groups...chest, back, shoulders, biceps and triceps and core AND our lower body to target our calves, quads, hamstrings and glutes.

#### BALANCE

Balance is so important for our overall fitness! We round out our workout doing exercises to help us strengthen our core and overall balance.

#### COOL DOWN

We end our class with some stretching, making sure we have cooled down our hard worked muscles. What a great way to work hard and feel great! This workout is going to help you improve your overall fitness and balance and help you feel stronger.

#### EQUIPMENT

A set of hand weights, or something such as filled water bottles or soup cans.

# FITNESS

## - IN PERSON CLASSES



### Total Body Workout Through Barre

Elise Seehagel

Tuesday, May 10 - June 21  
(7 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$56

Tuesday, July 05 - July 26  
(4 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$32

Tuesday, August 09 - August 30  
(4 Classes)  
10:15 a.m. - 11:15 a.m.  
Cost \$32

- 1 hour class
- This class is a more challenging class as all exercises are done from a standing position
- You will also need to be able to get down on the floor for some of the exercise.

#### EQUIPMENT LIST

- Light hand weights
- Resistance Bands & Band Loop
- Yoga Mat & Water bottle



Barre may be a ballet-inspired class but don't let that fool you...this is a FANTASTIC class for your overall fitness!

**Visit our youtube page a watch some demo videos of this class! [youtube/Westend Seniors Activity Centre](https://www.youtube.com/channel/UC...)**

This class uses bender balls, resistance bands, and hand weights throughout the class. We also focus on proper alignment throughout the exercises to ensure we are:

- building our overall strength,
- improving our balance,
- increasing our flexibility, and
- improving our core strength

The best part...as you get stronger, you can increase your barre workout by adding weights and challenging your self.



# FITNESS

## - IN PERSON CLASSES



**Total Fit**

**Instructor: Kathy Paterson**

### **TUESDAYS**

**Tuesday, May 10 - June 21**  
**(7 Classes)**  
**9:00 a.m. - 10:00 a.m.**  
**Cost \$63**

### **THURSDAYS**

**Thursday, May 12 - June 23**  
**(6 Classes)**  
**9:00 a.m. - 10:00 a.m.**  
**No Class on June 9**  
**Cost \$54**

- 
- This class is more challenging as all exercises are done from a standing position.
  - You will also need to be able to get down on the floor for some of the exercises.
  - Bring your light hand weights, resistance bands, resistance band loop, yoga mat, water bottle.

---

### **WARM UP**

We start our class marching with range of motion movements while marching and stretching to get our bodies ready for a challenging workout.

### **CARDIO, CORE & STRENGTH**

We are working our core, cardio and strength together...moving the entire time as we do core exercises like elbow to knees, twisting, knee lifting and kicking. We then do a brief core stretch from a standing position. Then we go right into weights to build our upper body strength. We work all of our upper body muscle groups – shoulders, arms, back – doing a variety of weight movement all while keeping our cardio up too.

### **CARDIO & LOWER BODY**

No weights here. This is all about us continuing to keep moving as we do side kicks, front kicks, squats, skipping.... building our lower body strength to help with our overall strength, flexibility and balance. Using the loop we work on our arms, shoulders and chest as we walk in place to keep our cardio up.

### **CARDIO – WHOLE BODY WORKOUT**

Higher kicks, bigger arm movements, we bring our heart rate higher as we work on building our cardio AND challenge our muscles. Standing in place we focus on our shoulders, back and hips we work in the resistance band as it allows you to challenge yourself as you work towards building your strength throughout your upper body.

### **COOL DOWN CARDIO, CORE & STRETCHING**

Slowly doing forward and backward movements and keeping your arms below your heart, we work towards cooling down by slowing the heart rate so we can go down to the floor. Next, we are on the floor mats, doing side leg lifts, modified planks and crunches to work our core muscles. Sitting on the floor we do a variety of stretching to help us cool down but also increase our flexibility. We finish our class with some deep breathing exercises to help us relax.

# FITNESS

## - IN PERSON CLASSES



### Total Fitness for Active Agers

Instructor: Janine Otto

Monday, May 09 - June 20  
(6 Classes) No Class on May 23  
Cost \$66

Monday, July 04 - July 25  
(4 Classes) Cost \$44

Monday, August 08 - August 29  
(4 Classes)  
Cost \$44

- 10:15 a.m. - 11:15 a.m.
- Every level is welcome
- The instructor starts at level 1 for each movement but provides more intensive options; “try this for level 2 and if you want more, go here for level 3” for those at a higher level of fitness or who want a challenge!

This class is also being offered online on Tuesdays and Fridays!



If you loved the STEP AEROBICS CLASSES from when you were younger, you will LOVE this class!

**Visit our youtube page a watch some demo videos of this class!  
[youtube/Westend Seniors Activity Centre](https://www.youtube.com/channel/UC...)**

We don't use a step, we are doing low impact steps that get your heart rate up and gets you having fun. The music is fun and if you remember fitness classes that followed patterns paired to music you will love this class!

### **WARMING UP**

We start with setting our posture...standing tall, shoulders back and core set. Fitness comes from the core...By rooting and setting our posture we will feel energized youth and strong as we start our workout!

### **LETS GET MOVING!**

Using an interval style format with a variety of low impact cardio exercises (do you remember words like “Double step” “Grapevine step” and “Grapevine heel and knee up” ?) combined with strength building resistance intervals using handheld weights, this class is meant to get you moving, improve cardio but most of all, give you the chance to HAVE FUN while getting in your workout!

### **EXPERIENCE + A VARIETY OF MOVEMENT = LOTS OF FUN!**

Our instructor Lisa Doyle is certified in active aging and has years of experience teaching all fitness levels. Plenty of modifications will be provided so that everyone can work at their own fitness level. Whether you are new to fitness or want something that will get you sweating, this class is for you!

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

# FITNESS

## - IN PERSON CLASSES



### Zumba Gold

Instructor: Terri Kokotilo

Friday, May 13 - June 24  
(6 Classes)  
2:15 p.m. - 3:15 p.m.  
No Class on May 20  
Cost \$48

Friday, July 15 - July 29  
(3 Classes)  
2:15 p.m. - 3:15 p.m.  
Cost \$24

Friday, August 05 - August 19  
(3 Classes)  
2:15 p.m. - 3:15 p.m.  
Cost \$24

---

Join the party! Terri has a passion for Zumba®!

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

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

---

### What exactly is Zumba® ?

*Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Besides losing weight, Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol, and boost your good cholesterol.*

*Zumba® class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. The Zumba® formula is 70% Latin music and 30% of anything else. A typical Zumba® class will feature merengue, salsa, cha-cha, and more!*

*Want to try one of our classes? Talk to our Program Team members!*

# LIFE LONG LEARNING

## - IN PERSON CLASSES

### DVD Lecture Series A History of British India

Facilitated by David Bai

Friday, April 8 - June 24 (12 Classes)  
1:00 - 3:00 p.m.  
Cost \$60

This course is a modern history of India and the colonial experience of British rule. It is a careful examination of the broader impact of British colonial rule upon India's cultural, religious, political, and social traditions and its economic relationship with the world.

Follow lecturer Hayden J Bellenoit, an Associate Professor of History at the U.S. Naval Academy and discuss with your peers.



# TAIJI (tai chi)

## - IN PERSON CLASSES



### Qigong & Hunyuan Taiji

Instructor: Allan Belsheim

**Monday, May 09 - August 29 (15 Classes)**

**1:30 p.m. - 2:30 p.m.**

**No Class on May 23 & August 1**

**Cost \$120**

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



### Foundations & Hunyuan Taiji

Instructor: Allan Belsheim

**Thursday, May 12 - August 25 (15 Classes)**

**1:30 p.m. - 2:30 p.m.**

**No Class on June 9**

**Cost \$120**

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



# 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 BOOSTS 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).



# YOGA

## - IN PERSON CLASSES



### Gentle Yoga

Instructor: Freya Giroux

#### **MONDAYS 10:45 a.m. - 11:45 a.m.**

Monday, May 09 - June 20 (6 Classes)  
No Class on May 23  
Cost \$54

Monday, July 04 - July 25 (4 Classes)  
Cost \$36

Monday, August 08 - August 29 (4 Classes)  
Cost \$36

#### **WEDNESDAYS 10:30 a.m. - 11:30 a.m.**

Wednesday, May 11 - June 22 (7 Classes)  
Cost \$63

Wednesday, July 06 - July 27 (4 Classes)  
Cost \$36

Wednesday, August 03 - August 24 (4 Classes)  
Cost \$36

#### **WEDNESDAYS 12:45 p.m. - 1:45 p.m.**

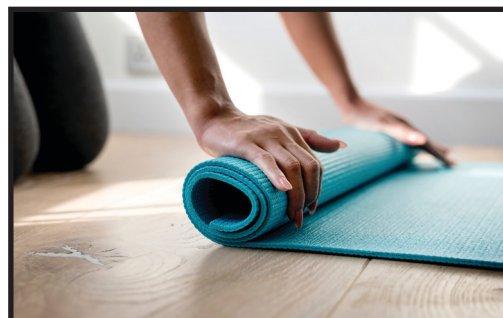
Wednesday, May 11 - June 22 (7 Classes)  
Cost \$63

Wednesday, July 06 - July 27 (4 Classes)  
Cost \$36

Wednesday, August 03 - August 24 (4 Classes)  
Cost \$36

Online class is also available  
at the same time!

- **Yoga mat required.**
- 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.



# YOGA

## - IN PERSON CLASSES



### Pilatoga – Beginner

Instructor: Freya Giroux

Monday, May 09 - June 20  
(6 Classes)  
9:30 a.m. - 10:30 a.m.  
No Class on May 23  
Cost \$54

Monday, August 08 - August 29  
(4 Classes)  
9:30 a.m. - 10:30 a.m.  
Cost \$36

Online class  
is also available  
at the same time!

Monday, July 04 - July 25  
(4 Classes)  
9:30 a.m. - 10:30 a.m.  
Cost \$36

**Note:**  
**Yoga mat required.**

---

The strength from Pilates & the balance from Yoga presented in an energizing & encompassing atmosphere!

This class encourages & welcomes all levels & experiences. An hour spent but not a minute wasted.

# YOGA

## - IN PERSON CLASSES



### Restorative Hatha Yoga - Intermediate

Audrey Bell-Hiller, B.A.

Thursday, June 02 - June 30  
(4 Classes)  
9:30 a.m. - 10:45 a.m.  
No class June 9  
Cost \$36

- 1 hour 15 minute class
- This class is a wonderful class for those who have asthma, Chronic obstructive pulmonary disease (COPD) or other breathing issues as we work on a variety of breathing exercises throughout the class.

Thursday, July 07 - July 28  
(4 Classes)  
9:30 a.m. - 10:45 a.m.  
Cost \$36

#### EQUIPMENT LIST:

- Yoga Mat
- Yoga Blocks
- Yoga Straps

- This is an intermediate class.
- Ability to get on the floor and previous yoga experience is required

The class will focus on all components of a yoga practice and will be characterized by gradually increasing in difficulty.

All the above practices will be completed in a mindful way so that you deepen your awareness regarding your own body and mind.

#### WARM UP

Restorative yoga postures require muscles to be warmed to promote renewal for tight muscles.

#### LOWER BODY/UPPER BODY

Both lower and upper body postures are needed to provide range of motion for the entire body. Concentration is given to shoulders and neck, chest, spine to allow the muscles to become more flexible. You will learn to modify yoga postures using blocks, belts and other props to allow each person to practice within the limits of their body.

#### COOL DOWN

When seated we continue with more relaxed postures doing more concentrated movements.

#### BREATHING EXERCISES

This class has a clear emphasis throughout to teach the importance of taking deep full breaths to send oxygen to our muscles. We end the class laying on our mats while concentrating on breath. Many of our students say this is their favorite posture to allow them to be fully relaxed and energized.

# YOGA

## - IN PERSON CLASSES



### Yin Yoga

Instructor: Vera Resera

Tuesday, May 10 - June 21  
(7 Classes)  
1:00 p.m. - 2:00 p.m.  
Cost \$56

#### EQUIPMENT LIST:

- yoga mat,
- yoga blocks or pillows,
- Water bottle

Online class  
is also available  
at the same time!

#### DID YOU KNOW...

- *Yin yoga is a slow-paced style of yoga as exercise.*
- *The sequences of poses used in yin yoga are meant to stimulate and apply moderate stress to our connective tissues of the body—the tendons, fasciae, and ligaments—with the aim of increasing circulation in our joints and improving our overall flexibility.*
- *Yin yoga is PERFECT for all levels of fitness...Vera's class is amazing...come give it a try!*

#### WARM UP

- We start the class, lying on our yoga mat, taking deep breaths, focusing on just relaxing and enjoying the moment. We continue to focus on our breathing but identify areas where we are tense or tight. By focusing on these areas we are able to use our breathing to simply let go and release any tension we are feeling.

#### GENTLE MOVEMENTS

- We continue on the floor, using yoga blocks or pillows to rest our legs as we open up our hip area. Gentle arm movements help us to open up our upper body and release any tension we are feeling there.
- We move on to our sides, lying in a fetal position as we take nice deep breaths to relax. We then come up into a seated position, relaxing however feels comfortable; as we breathe into our lower backs. Still seated, we do some more gentle movements to stretch our back, our sides and to massage our internal organs.

#### UPPER & LOWER BACK

- Now we are down on our knees doing traditional cat & cow, barrel pose and child's pose movements to work our spine, upper and lower back.
- We continue working our lower back doing a variety of poses that we hold for a few minutes and then move into release.

#### COOL DOWN

- Now we are ready for our cool down. We grab our blankets, eye pillows and get comfortable as we lay on our mats and just enjoy the moment. Leave our class feeling completely relaxed and happy that we have honored our bodies with care.

# YOGA

## - IN PERSON CLASSES



### Yoga for Balance & Wellbeing

Instructor: Martha Miller

Thursday, May 12 - July 28  
(11 Classes)  
11:15 a.m. - 12:15 p.m.  
No Class on June 9th  
Cost \$88

**Note: Yoga mat is required**

**Free Try It Day Class**

Thur, April 7th,  
11:15 a.m. to 12:15 p.m.

Yoga has so many benefits and nurturing balance is a pivotal one: balance not just for fall prevention but balance in overall health. Some of the benefits of yoga include:

- improved flexibility,
- muscle tone and strength,
- greater range of motion of the joints,
- more body awareness,
- greater calm and ease of being, and increased well-being.

Explore stretching, strengthening and balancing your body, in a variety of standing and on the floor yoga poses, while nurturing what you are as relaxed awareness. These yoga classes will allow you to make steps towards balance and well-being.



# DROP-IN CLASSES

## - DAILY SCHEDULE

### MONDAY DROP-IN CLASSES

- Games Room 9:00 a.m. to 12:30 p.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Arts & Crafts 12:30 p.m. to 3:30 p.m.
- Euchre 1:00 p.m. to 3:00 p.m.

### TUESDAY DROP-IN CLASSES

- Practice Bridge 9:30 a.m. to 11:30 a.m.
- Carpet Bowling 12:30 p.m. to 2:30 p.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Whist 1:00 p.m. to 3:00 p.m.
- Badminton 2:00 p.m. to 4:00 p.m.
- Billiards 3:30 p.m. to 7:45 p.m.
- Ping Pong 3:45 p.m. to 7:45 p.m.
- Open Jam 5:00 p.m. to 7:00 p.m.

### WEDNESDAY DROP-IN CLASSES

- Photo Club 1st & 3rd Wednesday - 9:30 a.m. to 11:30 a.m.
- Open Jam 1st & 3rd Wednesday from 1:00 p.m. to 3:00 p.m.
- Book Club 2nd & 4th Wednesday from 10:00 a.m. to 11:30 a.m.
- Ukulele 2nd & 4th Wednesday from 1:00 p.m. to 3:00 p.m.
- Billiards 9:00 a.m. to 4:00 p.m.
- Scrabble 9:30 a.m. to 11:30 a.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Euchre 1:00 p.m. to 3:00 p.m.

### THURSDAY DROP-IN CLASSES

- Carpet Bowling 9:00 a.m. to 11:00 a.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Contract Bridge 12:30 p.m. to 3:30 p.m.
- Wood Carvers Club 12:30 p.m. to 3:30 p.m.

### FRIDAY DROP-IN CLASSES

- Games Room 9:00 a.m. to 12:30 p.m.
- Spanish Conversation 9:30 a.m. to 11:00 a.m.
- Billiards 9:30 a.m. to 12:30 p.m.
- Silver Tones 10:00 a.m. to 12:00 p.m.
- Woodworking 12:30 p.m. to 3:30 p.m.
- Choir - Friday 1:00 p.m. to 3:00 p.m.
- Paper Quilling 1:00 p.m. to 3:30 p.m.
- Cribbage 1:30 p.m. to 3:30 p.m.

### BIKE GROUP

#### - Meet at WSAC

- Mondays @ 1:00 p.m.
- Wednesday @ 1:00 p.m.
- Friday @ 10:00 a.m.

### WALKING GROUP

#### - Meet at WSAC

- Tuesday @ 9:00 a.m.
- Friday @ 9:00 a.m.

### PICKLEBALL

#### Beginner

May 1st to May 25th  
Wednesday 12:45 p.m.

#### Novice

Fridays 12:45 p.m.  
Tuesdays 6:10 p.m.

#### Experienced

See page 74 for schedule

# THE ARTS

## - DROP-IN CLASSES

### Arts & Crafts Drop-In

\$2 drop-in fee

**Mondays, 12:30 p.m. - 3:30 p.m.**

These schedules are additional sessions for “Art Sessions” and “Crafters Corner” Drop-In.

Please bring your own supplies and enjoy working with friends during the spring & summer months at WSAC!



### Paper Quilling – “Quirky Quillers”

\$2 drop-in fee

**Fridays, 1:00 p.m. - 3:30 p.m.**

Fold a little paper & chat a lot!  
Patience and perfection - this group is all about having fun!

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

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



# THE ARTS

## - DROP-IN CLASSES

### Wood Carvers Club

**\$2 drop-in fee**

**Thursdays, 12:30 p.m. - 3:30 p.m.**

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

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

### Woodworking

**\$2 drop-in fee**

**Mondays, Tuesdays, Wednesdays, & Fridays - 12:30 p.m. - 3:30 p.m.**

No workshop at home, no problem! Join ours!  
Our well-equipped workshop is an ideal spot to work on your individual projects.

- Bring your "to do list" or start a new hobby.
- Bring your own supplies to the shop and use our machinery to get the job done.

**Note:**

A minimum of 2 individuals are required when using the shop, for safety reasons.

Please ensure someone is in the shop with you when operating machinery.



**Drop in when you wish - no commitment necessary.**



# CARDS & GAMES

## - DROP-IN CLASSES

### Billiards

\$2 drop-in fee

**Tuesdays, 3:30 p.m. - 7:45 p.m.**

**Wednesdays, 9:00 a.m. - 4:00 p.m.**

**Thursdays, 9:30 a.m. - 12:00 p.m.**

Rack 'em up and chat 'em up!

Enjoy our newly-refurbished billiard tables and join this crew for good conversation and relaxed play.

- **All levels welcomed**
- **New members encouraged.**
- **Drop in any time during the time slots listed to play.**



### Contract Bridge

\$2 drop-in fee

**Thursdays, 12:30 p.m. - 3:30 p.m.**

An active mind is a sharp mind!  
Bridge enthusiasts encouraged to join this group.

- **Everyone welcome**
- **No partner necessary.**



### Cribbage

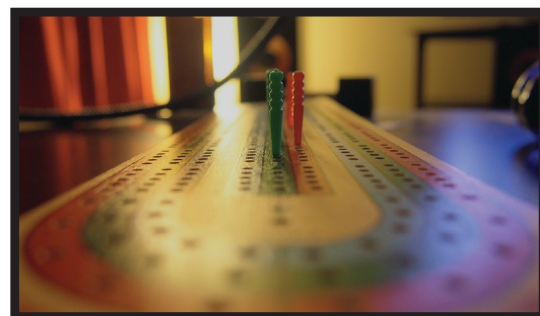
\$2 drop-in fee

**Fridays, 1:30 p.m. - 3:30 p.m.**

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

Check out this fun group and see if you have the right combinations to make it all the way!

- **All levels welcomed**
- **New members encouraged to join the fun!**



# CARDS & GAMES

## - DROP-IN CLASSES

### Euchre

\$2 drop-in fee

**Mondays & Wednesdays, 1:00 p.m. - 3:00 p.m.**

A friendly group of fun and play!

This social card game is simple in concept but high in subtlety!

- **All levels welcomed**
- **New members encouraged to join the fun!**



### Ping Pong

\$2 drop-in fee

**Tuesdays, 3:45 p.m. - 7:45 p.m.**

To some it is Table Tennis & others Ping Pong.  
Whatever it is to you, come join in the fun!

- **All levels are welcome**
- **New members encouraged to join the fun!**



### Practice Bridge

\$2 drop-in fee

**Tuesdays, 9:30 a.m. - 11:30 a.m.**

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

Join this group to sharpen your skills and play one of the most popular card games worldwide. Gaining momentum since the 1920's, it's never too late to join the masses.

- **New members encouraged to join!**
- **No partner needed.**



# CARDS & GAMES

## - DROP-IN CLASSES

### Scrabble

\$2 drop-in fee

**Wednesdays, 9:30 a.m. - 11:30 a.m.**

Come and dabble, and play a little scrabble!

A tile word game of wit and fun!

- **No partner needed.**
- **All levels welcomed**
- **New players encouraged.**



### Whist

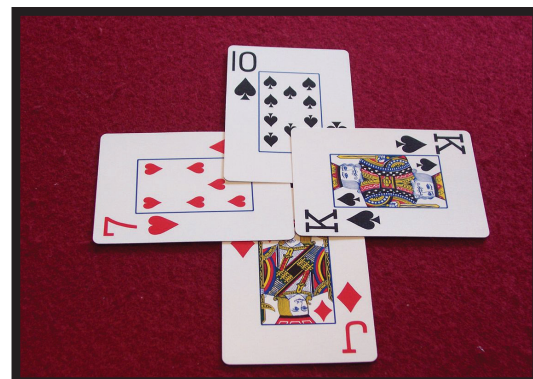
\$2 drop-in fee

**Tuesdays, 1:00 p.m. - 3:00 p.m.**

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

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

- **Join Us! All levels at play.**
- **New members encouraged to join the fun!**



### Games Room

\$2 drop-in fee

**Mondays, 9:00 a.m. - 12:30 p.m.**

**Fridays, 9:00 a.m. - 12:30 a.m.**

Our space is available for you to play whether it is card games, board games or billiards. You and your friends can come together and play the game of your choice.

You may use the available card and board games at the centre.

# FITNESS

## - DROP-IN CLASSES

### Badminton

**\$2 drop-in fee**

**Tuesdays, 2:00 p.m. - 4:00 p.m..**

The game with the birdie in the air!  
Calling all badminton players who like fun and challenge!

This group enjoys fun exercise for everyone.

- **All levels welcomed**
- **New members encouraged.**



### Bike Group

**\$2 drop-in fee**

**Mondays, Meet at WSAC at 1:00 p.m.**

**Wednesdays, Meet at WSAC at 1:00 p.m.**

**Fridays, Meet as WSAC at 1:00 p.m.**

Lace up, hop on...let's go for a ride! Dust off your bike and join this independent group as they explore our beautiful city and all it has to offer. Helmets encouraged. Weather permitting. The group rides for 2.5 - 3 hours, including a break for coffee and socializing.

**The Bike Group will be meeting on Tuesday, April 12 at 1:00 p.m. in the Board Room for their annual information meeting.**

### Carpet Bowling

**\$2 drop-in fee**

**Tuesdays, 12:30 p.m. - 2:30 p.m.**

**Thursdays, 9:00 a.m. - 11:00 a.m.**

A fun time to throw a weighted ball and hope you are closer than them all. This group enjoys friendly competition and encourages a fun and supportive atmosphere.

- **All levels welcomed and**
- **New members encouraged.**

**Drop in when you wish - no commitment necessary.**

**Page 65**

# FITNESS

## - DROP-IN CLASSES

### The Fitness Room

**\$2 drop-in fee**

**Mondays, Wednesdays, Thursdays, Fridays, 9:00 a.m. - 4:00 p.m.**

**Tuesdays, 9:00 a.m. - 7:45 p.m.**

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

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

Multi-use passes are available:

- 10 Visit Pass: \$15
- Monthly Pass: \$25
- Annual Pass: \$250



### Walking Group

**\$2 drop-in fee**

**Tuesdays & Fridays,  
Meet at WSAC 9:00 a.m.**

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

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

- **All levels welcomed**
- **New members encouraged**



**Drop in when you wish - no commitment necessary.**

**Page 66**

# FITNESS

## - DROP-IN CLASSES

### Beginner Pickleball

**\$3 drop-in fee**

**Wednesdays, May 4 - May 25, 12:45 p.m. - 2:25 p.m.**  
**(Instruction provided by volunteers)**

- Are you new to the sport of pickleball and looking for a place to start?
  - Beginner sessions will run for 4 weeks in May so you can learn the game, practice, and get comfortable enough to move up to Novice!
1. Join our skilled and welcoming pickleball volunteers to learn about the sport and the system that we use to play pickleball at the Westend Seniors Activity Centre!
  2. Next, play during our Novice sessions until you get the hang of the game all while playing against others who are at the same level!
  3. Once you feel ready to move on, you can join your peers to play during our Novice or Experienced Pickleball drop-In times.
  4. The game is fun and you will get a great work out, but the company is even better!

**Note:**

- *A limited number of pickleball paddles are available for use*
- *Pickleballs will be provided.*
- *There are a maximum of 16 spots available per session.*
- *Played by the clock (11 minutes/ game).*

### Novice Pickleball

**\$3 drop-in fee**

**Fridays, 12:45 p.m. - 2:05 p.m.**  
**Tuesdays, 6:10 p.m. - 7:50 p.m.**

Ready to take your pickleball game to the next level?

Come play in our Novice sessions until you get the hang of the game; all while playing against others who are at the same level!

- Pickleballs will be provided.
- Played by the clock (11 minutes/ game)

# FITNESS

## - DROP-IN CLASSES

### Experienced Pickleball

**\$3 drop-in fee**

#### **Mondays,**

12:45 p.m. - 2:25 p.m.

2:25 p.m. - 4:05 p.m.

#### **Wednesdays**

12:25 p.m. to 2:25 p.m. (Starting June 1st)

2:25 p.m. to 4:05 p.m.

#### **Tuesdays,**

4:30 p.m. - 6:10 p.m.

#### **Thursdays,**

12:45 p.m. - 2:25 p.m.

2:25 p.m. - 4:05 p.m.

---

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

If you know the game and are ready to play, please bring your paddle and join us these sessions.

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

---

### **All Pickleball Players - Please Note:**

- Participants should sign up a week in advance.
- You can only sign up for one session a day. However, on the day that you are playing if there are available slots for the 2nd session you can play both the 1st and 2nd session and vice versa.
- Doubles Play - There is a maximum of 16 players per session.
- Played by the clock (11 minutes/ game).



# FITNESS

## - 1-ON-1 FITNESS TRAINING

One-on-One Fitness Training

Instructor: Janet Hauca

### **Are you interested in one-on-one training workouts?**

Janet is a very skilled and welcoming instructor who will meet with you individually to help you meet your fitness goals.

She is committed to increasing seniors' fitness abilities and will work with you, one on one, to design a personalized program.

Whether you are starting fresh or wanting to hone your skills, please sign up at the front desk!



Drop in when you wish - no commitment necessary.

Page 69



# LIFE LONG LEARNING

## - DROP-IN CLASSES

### Book Club

\$2 drop-in fee

**2nd & 4th Wednesday of the Month, 10:00 a.m. - 11:30 a.m.**

This is a social gathering with a reader's appeal.

- **We start a new book every two weeks!**
- **New members welcome.**
- **No long term commitment necessary.**

### Photo Club

\$2 drop-in fee

**1st & 3rd Wednesday of the Month,  
9:30 a.m. - 11:30 a.m.**

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

- **Beginner photographers welcome!**



# LIFE LONG LEARNING

## - DROP-IN CLASSES

**Spanish Conversation**

**\$2 drop-in fee**

**Fridays, 9:30 a.m. - 11:00 a.m.**

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



### **3 Reasons To Learn A New Language**

**1. It improves your memory**

*The more you use your brain to learn new skills, the more your brain's functions work.*

**2. Enhances your ability to multitask**

*Having the ability to think in different languages and be able to communicate in more than one language helps with multitasking.*

**3. Learning something new never grows old!**

**Drop in when you wish - no commitment necessary.**

**Page 71**

# MUSIC

## - DROP-IN CLASSES

### Choir - Westend Singers

**Fridays, 1:00 p.m. - 3:00 p.m. (followed by social coffee in the Cafe)**

**Cost: \$7/month**

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

- Choir has resumed for the months of April and May, ending May 27.
- After this date, we will take a break for the summer and meet again in the Fall!
- If you are interested in joining the choir, call Geraldine 780-983-5988 or leave your name and phone # at the centre and you will be contacted!

### Open Jam Sessions

**\$2 drop-in fee**

**1st & 3rd Wednesday of the Month, 1:00 p.m. - 3:00 p.m.**

**Tuesdays, 5:00 p.m. - 7:00 p.m.**

Music fills the soul! Slam ‘n’ jam with the best of ‘em! You don’t have to be an expert musician, just a love of music required!

- **Drop in with your guitar, banjo or any instrument you fancy.**
- **New members are welcome!**



**Drop in when you wish - no commitment necessary.**

**Page 72**

# MUSIC

## - DROP-IN CLASSES

### The Silver Tones

\$2 drop-in fee

**Fridays, 10:00 a.m. - 12:00 p.m.**

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.

**NEW MEMBERS WELCOME!  
COME JOIN US!**



### Ukulele Circle

\$2 drop-in fee

**2nd & 4th Wednesday of the Month, 1:00 p.m. - 3:00 p.m.**

Strum along and make sweet music!  
Back by popular demand, this favoured pastime has made a serious comeback!

- **Please bring your own ukulele to the group.**
- **New members are always welcome.**
- **All experience levels are welcome and encouraged.**



# SOCIAL GROUPS

## - DROP IN CLASSES

### Birthday Party

\$2 drop-in fee

**FREE for all members celebrating their birthday during the month of the party!**

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

**The 3rd Wednesday  
of each month  
2:00 p.m. to 3:00 p.m.**

- Watch our website and in-centre posters for details!



### Monthly Potluck Dinner

\$2 drop-in fee

Each month, our centre likes to host a monthly potluck group. This is an opportunity to meet other members, connect with friends all while sharing some tasty food!

**The last Thursday  
of each month  
6:00 p.m. to 8:00 p.m.**

- Everyone who attends is asked to bring their favourite dish to share
- Each dish should serve 4 to 6 people
- Watch our website and in-centre posters for details!



Drop in when you wish - no commitment necessary.

Page 74

# SOCIAL GROUPS

## - DROP IN CLASSES

### Circle of Support

\$2 drop-in fee

#### **Fridays, 10:00 a.m. - 11:30 a.m.**

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

### Social Circle of Friends

\$2 drop-in fee

#### **Mondays, 9:30 a.m. - 11:00 a.m.**

This welcoming and friendly peer support group is a great place to listen and share your stories in a supportive atmosphere.

- People attending this group find strong friendships have developed, and their support and contact circles have increased.
- Everyone is offered the opportunity to speak and share as little or as much as you like.
- Your stories are kept confidential.
- Each week could be different, so try this group a couple of times and then decide!



**Drop in when you wish - no commitment necessary.**

**Page 75**

# HOW TO REGISTER ONLINE

[www.myactivecenter.com](http://www.myactivecenter.com)

## **DID YOU KNOW...YOU MAY HAVE A CREDIT ON YOUR MYACTIVSENIOR ACCOUNT!**

Sometimes, when classes or events are canceled, money is refunded as a digital credit to your account. You can use this money to pay for classes!

- Call us before registering to find out if you have any money in your “wallet”
- If you have a credit, we can use it to partially or fully pay for any charges!

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](mailto:Programs@weseniors.ca)**



# ONLINE FITNESS CLASSES

## Why You Should Try Essentrics?

*This is an age reversing workout that will:*

- *restore movement in your joints,*
- *improve flexibility and strength in your muscles,*
- *relieve pain and*
- *stimulate your cells to increase energy, vibrancy and your immune system.*

*This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles!*

Online - Age Reversing Essentrics

Instructor: e-One Fitness

### **MONDAYS**

Monday, May 09 - June 20  
 (6 Classes) - No Class on May 23  
 9:00 a.m. - 10:00 a.m.  
 Cost \$57

Monday, July 04 - July 25  
 (4 Classes)  
 9:00 a.m. - 10:00 a.m.  
 Cost \$38

Monday, August 08 - August 29  
 (4 Classes)  
 9:00 a.m. - 10:00 a.m.  
 Cost \$38

### **WEDNESDAYS**

Wednesday, May 11 - June 22  
 (7 Classes)  
 9:00 a.m. - 10:00 a.m.  
 Cost \$67

Wednesday, July 06 - July 27  
 (4 Classes)  
 9:00 a.m. - 10:00 a.m.  
 Cost \$38

Wednesday, August 03 - August 24  
 (4 Classes)  
 9:00 a.m. - 10:00 a.m.  
 Cost \$38

- 
- 1 hour class
  - This class has a slower pace than our general Essentrics class.
  - It is designed for those who have atrophy related stiffness, frozen shoulder, chronic aches and pains or who are beginning to exercise after a long sedentary period.
  - For men and women of all ages who are looking for a gentle, slow tempo class.
  - We are standing through the majority of the class, with 10 minutes on the floor doing stretching and the last 15 minutes standing using a chair to do stretching.
  - If you are unable to get down on the floor you can do this part of the class from a chair





# ONLINE FITNESS CLASSES

*This class is all about movement as we work on range of motion, mobility, strength, flexibility and toning.*

## **UPPER BODY**

- We root our body and get into a nice full backstretch.
- We then move into big movements to free up the spine and work through the arms, shoulders and back, focusing on rotation, lateral and forward and backward movement of the spine.

## **LOWER BODY MOVEMENT**

- After that we do a series of movements working on the legs and lower body...lunges, stretching and toning the lower body, calf stretches, getting into the Achilles and our whole leg.
- We continue with light kicks and lengthening our legs as we work on our balance and toning.
- We also work on different movements, as we work to improve our balance in our lower body.

## **UPPER BODY MOVEMENT**

- Next we move back into working on our arms, moving our fingers, wrists and more.
- Then we go back to our spine work, doing windmills, strengthening our backs as we add in lower body movements as well...nice big circular movements as we work on strengthening our functional movements.

We continue these transitions between our upper and lower body movements until we are ready to get down on the ground.

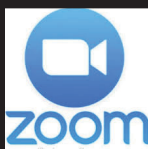
We do find participants often start using a chair to help with balance but as they progress through the series of classes, their balance and strength often improves enough to no longer need the chair for assistance.

## **ON THE FLOOR AND CHAIR MODIFICATIONS**

- We start with a fitness strap to help us as we work on our range of motion and create a bit of resistance.
- We do a series of lower body stretching on our backs and some core strengthening with gentle movements to balance our body.
- We work towards the end of the class with some stretching from a sitting position (either on the floor or in a chair), doing hip flexor stretches, hamstrings and other lower body exercises

## **COOL DOWN**

- Now it's time to cool down with gentle spine movements, stretching and movement to cool down the rest of our bodies. Now you are ready for the rest of your day!



# ONLINE FITNESS CLASSES

Online - At Home Fitness Basics

Instructor: Janet Hauca

## TUESDAYS

Tuesday, May 03 - May 31

(5 Classes)

10:30 a.m. - 11:15 a.m.

Cost \$30

## FRIDAYS

Friday, May 06 - June 03

(5 Classes)

10:30 a.m. - 11:15 a.m.

Cost \$30

### Free Try It Day Classes

Fri, April 8th, 10:30 – 11:15 am

- 
- 45 minute class
  - All exercises are done standing or sitting in a chair.
  - We do not go down to the floor
  - Good for all fitness levels and abilities.
  - Standing exercises can be done with or without the assistance of a chair for balance.
  - The teacher provides modifications to accommodate all fitness levels and abilities.
- 

## Come join us for 45 minutes of home fitness basics!

- We start our class with a warm up, doing a variety of movement exercises to get us ready for our class.
- Next we work on range of motion exercises, moving our arms and legs to get our muscles and joints working
- Now its time to get or heart pumping. We get moving by doing low impact movements meant to get our heart rate up.
- Building our strength is next as we use handheld weights (or whatever you have at home!) to work on our major muscle groups
- We round out our workout by doing some balance work. Working with our without assistance, we do standing exercises to help us strengthen our balance.
- And finally, we are ready to do some stretching to cool down. The stretching exercises start with us standing and then continue as we move to a chair to do some seated stretching.

As one of our long time instructors, Janet has the experience to make this class fun, engaging and a great way for you to stay fit and strong! Come give it a try...you won't regret it!



# ONLINE FITNESS CLASSES

## Online - Barre

**Instructor: Freya Giroux**

**Wednesdays**  
**May 11 - June 22**  
**(7 Classes)**  
**11:45 a.m. - 12:30 p.m.**  
**Cost \$56**

**Wednesdays**  
**July 06 - July 27**  
**(4 Classes)**  
**11:45 a.m. - 12:30 p.m.**  
**Cost \$32**

**Wednesdays**  
**August 03 - August 24**  
**(4 Classes)**  
**11:45 a.m. - 12:30 p.m.**  
**Cost \$32**

- 
- The Barre method is a signature power fitness strengthening program that redefines the body by focusing on the gluteal muscles, leaning out the thighs, carving the abdominals & back, while sculpting the arms.
  - Achieve a beautiful, healthy body while improving postural balance, flexibility, coordination, & grace.
  - Note: Yoga mat required.
- 





# ONLINE FITNESS CLASSES

Online - Fit For Life

Instructor: Ilonka Wormsbecker

## WEDNESDAYS

Wednesday, May 11 - June 01

(4 Classes)

11:30 a.m. - 12:30 PM

Cost \$36

## FRIDAYS

Friday, May 13 - June 03

(4 Classes)

11:30 a.m.-12:30 PM

Cost \$36

- 
- 1 hour classes
  - All exercises are done standing or sitting in a chair.
  - We do not go down to the floor
  - Good for all fitness levels and abilities.

## EQUIPMENT LIST

- Bender balls
- Light hand weights
- Water bottle

---

**WARM UP** – We begin with a warm up using our wands (or anything like a broom handle) and doing range of motion movements to get our bodies nice and warm. These movements can be done either standing or sitting in a chair.

**LOWER BODY** – Next we work on our lower body strength. Working on our lower body we use ankle weights (or no weight), gliders, bender balls and stretch bands as we do a variety of exercises. These exercises can be done either standing or in a chair. These lower body exercises are meant to strengthen our lower body so we have better balance and mobility.

**STRETCHING** – We then do some static stretches to help prevent soreness after our workout.

**UPPER BODY** – Then, we work on our upper body! Using light hand weights, bender balls, stretch bands etc. we do a variety of exercises to slowly make our way through all of the upper body areas. We then do some more static stretching.

**COOL DOWN** – Time for some gentle music, nice slow stretching and deep breathing exercises as we do our cool down. Cool down is so important as it gives our bodies a chance to cool down properly as we come out of our workout. We may even spend some time doing some relaxation exercises to help us release any tension we may still have. This is a really nice way to wind down our workout.



# ONLINE FITNESS CLASSES

## Online - Interval Strength Training

Instructor: Vera Resera

Tuesday, May 10 - June 21  
(7 Classes)  
11:30 a.m. - 12:30 PM  
Cost \$56

- 1 hour
- This class is a more challenging class as all exercises are done from a standing position
- Standing exercises can be done with or without the assistance of a chair for balance.

### EQUIPMENT LIST

- Bender balls,
- Light hand weights ,
- Water bottle

---

### WARM UP

We start our class warming up by stretching from side to side, marching in place, arms moving to get us ready for our class. We might do some side stepping, knee lifts and arm movements as we get our muscles loose and warm. We do a sequence of 3 exercises using our movements to get our heart rate up and blood pumping.

### UPPER BODY SEQUENCE

We move into working on our strength, doing a sequence of 3 exercises to work on our upper body.

We continue on our upper body doing another sequence of 3 that can be done with or without hand weights. You can also decide if you would like to do these exercises from a standing or seated position. The purpose of these exercises is to help us keep our upper body limber and strong.

### LOWER BODY SEQUENCE

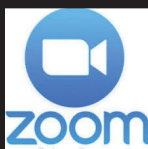
Now we move to our lower body exercises. Squats, side steps, lunges (all with or without weights) make up the 3 sets of exercises used to help us build our lower body strength which will help us with our stamina and balance.

We return to our upper body, doing wall or floor push-ups from our knees with stretch sequences in between each set to make sure we increase our overall strength.

### COOL DOWN

The class makes its way to the end as we start our cool down. We incorporate some slow standing movement, stretches and balance exercises with the use of a chair if needed for that little bit of help to keep our balance.

Now we move into our full cool down as we sit in our chairs with some light seated stretching and flexing to make sure we end our workout with some gentle movements. And finally, we do some light movements with our shoulders and neck, some nice deep breathing to release any left over tension. Now we are ready for the rest of our day!



# ONLINE FITNESS CLASSES

Online - Seated Fitness Basics

Instructor: Janet Hauca

## TUESDAYS

Tuesday, May 03 - May 31

(5 Classes)

11:30 a.m. - 12:00 p.m.

Cost \$20

## FRIDAYS

Friday, May 06 - June 03

(5 Classes)

11:30 a.m. - 12:00 p.m.

Cost \$20

- 
- 30 minute class
  - All exercises are done sitting in a chair. We do not go down to the floor
  - Good for all fitness levels and abilities.
  - New to fitness or worried about starting a fitness class? This class is a great start!
- 

## Who says a seated fitness class isn't a good workout!

In this 30 minute class, Janet helps us work on building our overall strength, all while we do our movements from a seated position!

Following Janet's easy to follow instructions and positive, fun approach:

- We start our class with a warm up, doing a variety of movement exercises to get us ready for our class.
- Next we work on range of motion exercises, moving our arms and legs to get our muscles and joints working
- Building our strength is next as we use hand held weights (or whatever you have at home!) to work on our major muscle groups
- And finally, we are ready to do some stretching to cool down. The stretching exercises are all done from a chair.

You will be surprised at how great you feel after this workout and it won't be long before you will see some improvements on your overall strength



# ONLINE FITNESS CLASSES

Online - Seated Stretch Fit

Instructor: Kathy Paterson

Monday, May 09 - June 20

(6 Classes)

10:15 a.m. - 11:15 a.m.

No Class on May 23

Cost \$54

## Why You Should Try This Class!

*If you are looking for a beginner class or have any kind of mobility concerns, this is a fantastic class for you! This class is done as a seated class – no standing or getting down on the floor. An hour of stretching that will leave you feeling awake, limber and ready for the day!*

### WARM UP

Warming up from our seated position we start the class by simple movements as we listen to some upbeat music! Marching, toe tapping, clapping gets all of our muscles warmed up and ready for our class.

### STRETCHING

We move into some deep breathing with arm movements to get our lungs full of air and our bodies ready for some stretching. The stretches start with upper body stretching moving side to side and turning in our chairs as we stretch out your arms, shoulders and back.

### CORE

A strong core is so important for our overall health and balance so we make sure to include some core movement, using our belly and back muscles to bend and twist.

### UPPER BODY

Next up we work on our overall strength, using hand weights as we work on our arms and shoulders to get them strong. We then return to stretching those muscles to work on our flexibility.

### LOWER BODY

Now we move to our lower body, stretching to work on our lower back, hips and legs with gentle movements and resistance bands allow us to work on our lower body strength.

### COOL DOWN

As we near the end of the class, we stretch out the muscles in our shoulder and neck to help us relieve tension, increase our range of motion and loosen up overall. And finally, we finish the class with deep breathing exercises to cool our body down as we relax and feel fantastic on an hour well spent!



# ONLINE FITNESS CLASSES

Online - Total Fitness For Active Agers

Instructor: E-One Fitness

## TUESDAYS

Tuesday, May 10 - June 21 (6 Classes)

9:00 a.m. - 10:00 a.m.

No Class on June 7

Cost \$57

Tuesday, July 05 - July 26 (4 Classes)

9:00 a.m. - 10:00 a.m.

Cost \$38

Tuesday, August 09 - August 30 (4 Classes)

9:00 a.m. - 10:00 a.m.

Cost \$38

## FRIDAYS

Friday, May 13 - June 24 (7 Classes)

9:00 a.m. - 10:00 a.m.

Cost \$67

Friday, July 08 - July 29 (4 Classes)

9:00 a.m. - 10:00 a.m.

Cost \$38

Friday, August 05 - August 26 (4 Classes)

9:00 a.m. - 10:00 a.m.

Cost \$38

### Why You Should Try This Class!

If you loved the STEP AEROBICS CLASSES from when you were younger, you will LOVE this class!

**Visit our youtube page a watch some demo videos of this class! [youtube/Westend Seniors Activity Centre](https://www.youtube.com/channel/UCvWt10000000000000000000)**

We don't use a step, we are doing low impact steps that gets your heart rate up and gets you having fun. The music is fun and if you remember fitness classes that followed patterns paired to music you will love this class! **Having the ability to get down to and up from the floor is encouraged.**

### WARMING UP

We start with setting our posture...standing tall, shoulders back and core set. Fitness comes from the core...By rooting and setting our posture we will feel energized youth and strong as we start our workout!

### LETS GET MOVING!

Using an interval style format with variety of low impact cardio exercises (do you remember words like "Double step" "Grapevine step" and "Grapevine heel and knee up" ?) combined with strength building resistance intervals using hand held weights, this class is meant to get you moving, improve cardio but most of all, give you the chance to HAVE FUN, while getting in your workout!

### EXPERIENCE + A VARIETY OF MOVEMENT = LOTS OF FUN!

Our instructor is certified in active aging and has years of experience teaching all fitness levels. Plenty of modifications will be provided so that everyone can work at their own fitness level. Whether you are new to fitness or want something that will get you sweating, this class is for you!





# ONLINE LIFELONG LEARNING

Online - Conversational French - Level 2

Instructor: Vera Resera

**Monday, May 09 - June 20**

**(6 Classes)**

**3:00 p.m.-4:00 p.m.**

**No Class on May 23**

**Cost \$48**

---

Conversational French 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 French in several everyday situations.

Some previous experience with French is preferred, including French Level 1 with Vera Resera. Level 1 classes will be offered in the Fall.





# ONLINE LIFELONG LEARNING

## Online - Spanish Level 1

Thursday, May 12 - June 23 (6 Classes)

1:30 p.m. - 2:30 p.m.

No Class on June 9

Cost \$54

Thursday, July 07 - July 28 (4 Classes)

1:30 p.m. - 2:30 p.m.

Cost \$36

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

Thursday, May 12 - June 23 (6 Classes)

10:30 a.m. - 11:30 a.m.

No Class on June 9

Cost \$54

Thursday, July 07 - July 28 (4 Classes)

10:30 a.m. - 11:30 a.m.

Cost \$36

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 3

Thursday, May 12 - June 23 (6 Classes)

9:00 a.m. - 10:00 a.m.

No Class on June 9

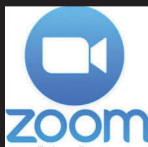
Cost \$54

Thursday, July 07 - July 28 (4 Classes)

9:00 a.m. - 10:00 a.m.

Cost \$36

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.**



# ONLINE YOGA CLASSES

Online - Gentle Yoga

Instructor: Freya Giroux

## MONDAYS

Monday, May 09 - June 20  
(6 Classes)  
10:45 a.m. - 11:45 a.m.  
No Class on May 23  
Cost \$54

## MONDAYS

Monday, July 04 - July 25  
(4 Classes)  
10:45 a.m. - 11:45 a.m.  
Cost \$36

## MONDAYS

Monday, August 08 - August 29  
(4 Classes)  
10:45 a.m. - 11:45 a.m.  
Cost \$36

## WEDNESDAYS 10:30 a.m. - 11:30 a.m.

Wednesday, May 11 - June 22  
(7 Classes)  
Cost \$63

Wednesday, July 06 - July 27  
(4 Classes)  
Cost \$36

Wednesday, August 03 - August 24  
(4 Classes)  
Cost \$36

## WEDNESDAYS 12:45 p.m. - 1:45 p.m.

Wednesday, May 11 - June 22  
(7 Classes)  
Cost \$63

Wednesday, July 06 - July 27  
(4 Classes)  
Cost \$36

Wednesday, August 03 - August 24  
(4 Classes)  
Cost \$36

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.

## 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!**

*Email: [programs@weseniors.ca](mailto:programs@weseniors.ca) OR Telephone: 780 483-1209*



# ONLINE YOGA CLASSES

## Online - Pilatoga - Beginner

Instructor: Freya Giroux

**Monday, May 09 - June 20**  
**(6 Classes)**  
**9:30 a.m. - 10:30 a.m.**  
**No Class on May 23**  
**Cost \$54**

**Monday, July 04 - July 25**  
**(4 Classes)**  
**9:30 a.m.-10:30 a.m.**  
**Cost \$36**

**Monday, August 08 - August 29**  
**(4 Classes)**  
**9:30 a.m. - 10:30 a.m.**  
**Cost \$36**

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.





# ONLINE YOGA CLASSES

Online - Structural Yoga

Instructor: Marthe Murphy

Friday, May 13 - June 24  
(7 Classes)  
11:00 a.m. - 12:00 p.m.  
Cost \$56

**Note:**  
Members must be able to get down on the floor  
(with or without assistance) and Yoga mat is  
required.

---

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.





# ONLINE YOGA CLASSES

Online - Yin Yoga

Instructor: Vera Resera

Tuesday, May 10 - June 21 (7 Classes)  
1:00 p.m. - 2:00 p.m.  
Cost \$56

*Yin yoga is PERFECT for all levels of fitness...  
Vera's class is amazing...come give it a try!*

## **DID YOU KNOW...**

- *Yin yoga is a slow-paced style of yoga as exercise.*
- *Poses are held for longer periods of time than in other yoga styles. For beginners, poses may be held from 45 seconds to two minutes.*
- *The sequences of poses used in yin yoga are meant to stimulate and apply moderate stress to our connective tissues —the tendons, fasciae, and ligaments to increase circulation in our joints and improving our overall flexibility.*

## **WARM UP**

- We start the class, lying on our yoga mat, taking deep breaths, focusing on just relaxing and enjoying the moment.
- We continue to focus on our breathing but identify areas where we are tense or tight. By focusing on these areas we are able to use our breathing to simply let go and release any tension we are feeling.

## **GENTLE MOVEMENTS**

- We continue on the floor, using yoga blocks or pillows to rest our legs as we open up our hip area. Gentle arm movements help us to open up our upper body and release any tension we are feeling there.
- We move on to our sides, lying in a fetal position as we take nice deep breaths to relax. We then come up into a seated position, relaxing however feels comfortable; as we breathe into our lower backs. Still seated, we do some more gentle movements to stretch our back, our sides and to massage our internal organs.

## **UPPER & LOWER BACK**

- Now we are down on our knees doing traditional cat & cow, barrel pose and child's pose movements to work our spine, upper and lower back.
- We continue working our lower back doing a variety of poses that we hold for a few minutes and then move into release.

## **COOL DOWN**

- Now we are ready for our cool down. We grab our blankets, eye pillows and get comfortable as we lay on our mats and just enjoy the moment. Leave our class feeling completely relaxed and happy that we have honored our bodies with care

# 8 WEEK FITNESS PROGRAM

## - A FREE AT-HOME PROGRAM FOR SENIORS



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



8 Week Senior's Fitness Program



Stretch Routine



WE Seniors.ca Sign up for our E-newsletter on our website

Subscribe to our YouTube Channel Follow us on Facebook

### 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.

### WANT TO LEARN MORE? VISIT OUR WEBSITE

[www.weseniors.ca](http://www.weseniors.ca)

Search “8 week fitness program” to download our FREE 8 week handbook pdf

### WATCH OUR VIDEOS ON OUR YOUTUBE PAGE

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

- **16 videos with clear instructions, showing each of the exercises!**

# OUR REPRESENTATIVES



**Ward  
Nakota Isga**

**COUNCILLOR  
ANDREW  
KNACK**

Phone: 780.496.8122  
Email: [andrew.knack@edmonton.ca](mailto:andrew.knack@edmonton.ca)  
Twitter: @AndrewKnack  
Facebook: @AndrewKnackEdmonton  
Website: [www.andrewknack.ca](http://www.andrewknack.ca)

## HOW CAN YOUR MEMBER OF PARLIAMENT HELP?

Member of Parliament Kelly McCauley and his staff are here for you for any help needed with Government of Canada federal programs and departments. Our Edmonton office is here to help with anything relating to:


- Citizenship and Immigration
- Service Canada
- Canada Pension Plan
- Disability Pension Plan
- Old Age Security
- Employment Insurance
- Passports
- Canada Revenue Agency
- Veteran's Affairs

We always look forward to hearing from you. If you have any feedback to share, please get in touch with the office either by phone, through email, or a letter to the office postage-free.



104-10471 178 Street  
Edmonton, AB T5S 1R5  
[kelly.mccauley.c1@parl.gc.ca](mailto:kelly.mccauley.c1@parl.gc.ca)  
780-392-2515

**KELLY MCCAULEY**  
MP | EDMONTON WEST



## Constituent Services

Contact my office to:

- Get help navigating government programs and services.
- Become an official guest of the Legislature and watch the proceedings of the Assembly in-person.
- Have your important documents commissioned or notarized, free of charge, on the last Friday of each month (please call us to make an appointment).
- Request a commemorative scroll for your anniversary, birthday, or other important milestone.
- Correspond with the MLA about political concerns and get in-depth information about government policies.



**JON CARSON  
MLA**

Edmonton-West Henday

### Contact us



780-414-0711



Constituency Office  
Suite #103  
4020 128 Ave NW



[Edmonton.WestHenday@assembly.ab.ca](mailto:Edmonton.WestHenday@assembly.ab.ca)





# BUSINESS CONNECTORS

- Local businesses who serve seniors

**Experience  
retirement  
living to  
the Fullest.**



**Explore our  
exclusive  
move-in offers  
today\***

**Call  
1-855-929-9333  
to book a tour  
today and see  
how you can  
live your way,  
every day.**

**revera**<sup>®</sup>  
Retirement Living  
*Your kind of place*

\* Terms and Conditions apply and can be made available upon request.

# BUSINESS CONNECTORS

- Local businesses who serve seniors



**WESTEND  
SENIORS  
ACTIVITY  
CENTRE**

Westend Seniors Activity Centre's  
Home And Auto Insurance For Older Adults  
– A Partnership With Armour Insurance

*Are You A Current Member Of The Westend Seniors Activity Centre?*

*Wvac Members Get Additional Discounted Rates  
On Home And Car Insurance  
Just Because You're A Wvac Member!*

## **BENEFITS OF THE WSAC GROUP INSURANCE PROGRAM**

- 15% Discount on property insurance
- We insure houses, condos, rented properties, cottages or vacation trailers, income properties and watercraft
- 10% Discounts on auto insurance
- We insure personal vehicles, antique vehicles, campers, trailers and motorhomes
- No interest or service charges (an additional 3-4% savings)
- Additional discounts can reduce premiums up to 60% before group discounts
- Accident forgiveness available
- Expert advice and caring service from our licensed insurance brokers
- Discounts are available for a variety of multiple account and multi-vehicle policies
- Convenient payment plans with a variety of payment options
- All wsac members, spouses and financial dependents residing in the same household of group member also qualify
- Fast and courteous 24 hours claim service



### **Armour insurance**

**– proud to be a new member of the Friends of Wvac! How to reach us**

- We're local alberta owned, operated, and staffed.
- We work with canada's top insurance providers.
- We offer an automatic annual policy review.
- Doing business with us is easy.

1-855-475-0959 / 780-475-0959  
main@armourinsurance.ca

Visit our office  
5750 - 75th Street NW Edmonton

# BUSINESS CONNECTORS

- Local businesses who serve seniors

## Not just another cookie cutter

### Law Firm



ESTATE CONNECTION  
LAW FIRM



When it comes to choosing a wills and estates law firm it's what's inside that counts. At **Estate Connection Law Office**, for over 20 years we have focused on providing wills and estates legal services to our valued clients.

Our experienced lawyers have refined the wills and estates process, so we not only provide you with the results your family needs, but we also provide valuable guidance and information to help you and your loved ones now and in the future.

We call this the recipe for leaving a  
**Legacy of Love.**

Make sure the law firm you choose has the right recipe for you and your family's success.

**Contact our office** for a consultation to leave a legacy of love, not a family fighting.

However if you do end up forgetting the recipe and leave a mess, we handle that too!

Wills. Probate. Administration. Estate Litigation. Professional Executors – **Estate Law** ...Its what we do!

[estateconnection.com](http://estateconnection.com)

Office 780-458-8228 | Toll Free 1-877-947-4131

Suite 3-44 St. Thomas Street, St. Albert, AB T8N 6N8

# BUSINESS CONNECTORS

- Local partners who serve seniors



SENIORS ASSISTED TRANSPORTATION



## Getting Seniors Where They Need To Go

### ABOUT US

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

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

### CONTACT US

(780) 424-5438

info@DriveHappiness.ca

9916 45 Ave NW, Edmonton

### OUR DRIVERS

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

### ELIGIBILITY

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

### HOW IT WORKS

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

# BUSINESS CONNECTORS

- Local partners who serve seniors



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!

# BUSINESS CONNECTORS

- Local business partners who serve seniors



## Home Care Assistance

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!

# BUSINESS CONNECTORS

- Non-profit organizations who serve

## 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 third Thursday of each month  
7:00 p.m.  
at Saints Church  
6315 199 St NW  
Edmonton Alberta T5T 6N2

For more information please contact Sandy B  
780-486-7557  
w2wwested@gmail.com

# BUSINESS CONNECTORS

- Local business partners who serve seniors



## 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**



# BUSINESS CONNECTORS

- Local business partners who serve seniors



## 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.



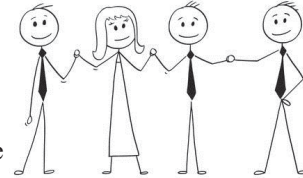
## HOW CAN ELDERCARE EDMONTON HELP ME?

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](http://www.eldercareedmonton.ca)

**E-mail:** [info@eldercareedmonton.ca](mailto:info@eldercareedmonton.ca)

# BOARD OF DIRECTORS

**BARBARA GIBSON – PRESIDENT**

- barb@weseniors.ca

**KAYE LANGAGER – VICE PRESIDENT**

- kaye@weseniors.ca

**ROBERT SMITH – TREASURER**

- bob@weseniors.ca

**JAY PRITCHARD – PAST PRESIDENT**

- jay@weseniors.ca

**DOLORES BRENT – DIRECTOR**

- dolores@weseniors.ca

**JOHN KENNEDY – DIRECTOR**

- john@weseniors.ca

**KAY ROTHER – DIRECTOR**

- kay@weseniors.ca

**RICHARD BATTY – DIRECTOR**

- rick@weseniors.ca

**RUTH ANN LINKLATER – DIRECTOR**

- ruthann@weseniors.ca

**SHARON QUICKFALL – DIRECTOR**

- sharonq@weseniors.ca

**SHIRLEY DEVLIN – DIRECTOR**

- shirleyd@weseniors.ca

# WSAC STAFF MEMBERS

## **EXECUTIVE DIRECTOR**

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

## **OFFICE AND PROGRAM MANAGER**

Barbara Jaffray - Office & Program Manager | bjaffray@weseniors.ca

## **COMMUNITY CAFE & WSAC MEAL PROGRAM**

Gaby Sanchez – ED Administrative Assistant | gaby@weseniors.ca | Ext. 244

## **COMMUNITY ENGAGEMENT & COMMUNICATIONS**

Lorena Smalley – Community Engagement Manager | Lorena@weseniors.ca

Thomas Zheng – Engagement & Communications Coordinator

Yunxuan@weseniors.ca | Ext. 225

## **OUTREACH & HOME HELP SUPPORT**

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

Brianne Bu – Home support coordinator | Brianne@weseniors.ca | Ext. 232

## **OFFICE STAFF**

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

## **PROGRAMS DEPARTMENT**

Andy

Haley – Programs Coordinator | @weseniors.ca | Ext. 228

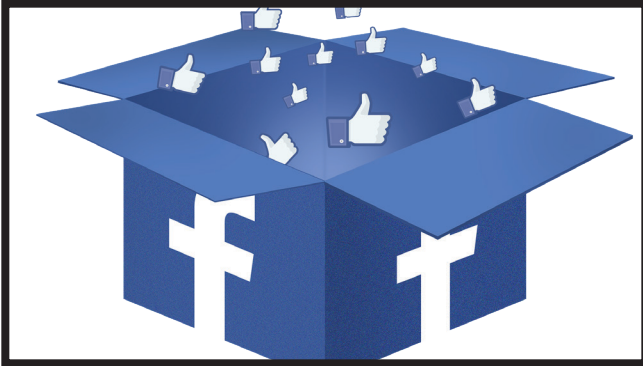
Donna Chaffee – Programs Administrator | Donna@weseniors.ca | Ext. 229

## **VOLUNTEERS – EVENTS – RENTALS**

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

# CONNECT WITH US

- Via Facebook, YouTube, E-News, & Our Website



## DO YOU FOLLOW US ON FACEBOOK?

We share all of our WSAC news on Facebook but we also share

- interesting videos and articles,
- updates from the City of Edmonton and communities here in the west end
- and more!

**MAKE SURE TO “LIKE”  
OUR PAGE!**

*Facebook.com/WESeniors*



## HAVE YOU VISITED OUR YOUTUBE PAGE?

Winter is right around the corner!

Make sure to visit our Youtube page where you can follow our 8-Week Fitness Program For Seniors.

This is a 16 video series that provides you with the ability to have a daily fitness routine at home.

**youtube.com/  
WestendSeniorsActivityCentre/  
videos**



## VISIT OUR WEBSITE!

Did you know each week we update our website with the latest WSAC news!

Make sure to visit our “News” section of the website where you can find information about upcoming events, new classes, the latest Meal Program menu, registration information and more!

**www.weseniors.ca**

**3172**

## HAVE YOU SIGNED UP FOR OUR E-NEWSLETTER?

3172 people received our e-newsletter last month.  
Sign up at our front desk today!

# RENTAL OPPORTUNITIES

## RENTALS AT WSAC

WSAC has some great spaces to rent out for various events such as weddings, anniversaries, adult birthday parties, meetings and classes. Lots of parking and the views are great. Minimum rental age is 25. We do not rent for graduation parties, under 25 birthday parties or private sales events.

### 2021 REGULAR RENTAL RATES:

Room	Rate	Square Footage
Harry Farmer Room (capacity of 45 seated)	\$38/Hour	910 square feet
Meeting Room (capacity of 45 seated)	\$38/Hour	900 square feet
Café with deck access (capacity of 65 seated)	\$66/Hour	1250 square feet
Gymnasium with deck access (capacity of 220 seated)	\$110/Hour	3000 square feet

#### Please Note: Minimum Rental: 2 Hours

- Half Day Rate at 10% off – minimum 4 hours
- Full Day Rate at 20% off – minimum 8 hours
- WSAC Membership discount of 10% off any rental

- \$100 damage deposit HF and MR, \$200 for Café, \$400 for gym.
- Additional \$100 when alcohol is being served. Deposit refundable, pending rental conditions are met.
- Long term regular rentals can be booked with a discounted price after 3 months.
- There is no access to kitchen facilities however outside food can be brought in.

#### WE SUPPLY:

Tables and Chairs – we have both rectangular and round tables – rectangular seat 6 and round seat 8. There are also rectangular tables in various sizes for head tables, side tables, etc. Cleaning supplies are located in the janitorial room.

#### WE DO NOT SUPPLY:

Dishes, cutlery, water or wine glasses, linens, AV equipment such as speakers, microphone, projectors or podiums.

# CODE OF CONDUCT

## 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.

## 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.

# SENIOR FRAUD ALERT

- [www.seniorfraudalert.ca](http://www.seniorfraudalert.ca)

## A FREE RESOURCE TO LEARN HOW TO IDENTIFY FRAUD AND PROTECT YOURSELF FROM IT

This Prevention Education Tool was created because seniors were brave enough to sit down with us and explain why they were continuing to get defrauded on the internet even after attending information sessions on how to protect themselves. They wanted to feel empowered to be their own detectives!

We soon understood what we had done wrong that was keeping them from learning what they needed to keep themselves from becoming the victims of financial elder abuse. They told us they needed a jargon-free site, written in small learning “bites,” plain language, and in several languages. We listened and the result was that the YEG Senior Alliance came together to write a grant.

With ESC at the lead, we engaged over 100 seniors to read and give feedback on the scams, the video presentations and the quizzes. They worked in small focus groups of 5 seniors each. They represented 7 languages, were multi-cultural, and inclusive. Seniors volunteered to act in the scenarios that show how they spotted and stopped scammers. They came from many socioeconomic backgrounds and they all volunteered their time to bring you a free, senior-driven, senior-focused online learning tool.

We will be adding languages, and modules to the website in the next week, months, and years. WSAC is going to take the lead on the project and move it forward.

In the learning module, there are different types of fraud we found:

- Health & Safety Fraud
- Internet Fraud
- Relationship & Lifestyle Fraud
- Banking Fraud
- Government Fraud

*Visit the website!*  
[www.seniorfraudalert.ca](http://www.seniorfraudalert.ca)





# **WE Seniors**

**Westend Seniors Activity Centre**

**Edmonton's Premiere Seniors Centre  
Celebrating 43 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](http://www.weseniors.ca)**

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

**Youtube:  
Westend Seniors Activity Centre**

**Sign up for our E-Newsletter on our website:  
[weseniors.ca/resources/newsletter/](http://weseniors.ca/resources/newsletter/)**