

THE WSAC CHRONICLE

November 2020



chron·i·cle

noun

Definition: a factual written account of important or historical events in the order of their occurrence.

HAVE YOU HEARD ABOUT WSAC'S MEAL PROGRAM?



Entrees (\$10.00 each)

Hearty Frozen Soups (\$7.00 each)

Muffins (Package of 6 = \$6.00)



- **Menu changes every 2 weeks**
- **Visit our Community Cafe or our website to pre-order meals**

- **Take out meals also available**
- **FREE Delivery available for seniors who cannot pick up their orders**



WE Seniors.ca

WESTEND SENIORS ACTIVITY CENTRE

**9629 176 STREET NW
EDMONTON, AB
T5T 5A8
780 483-1209**

MESSAGE FROM OUR EXECUTIVE DIRECTOR

We are very excited to be introducing our newspaper the WSAC Chronicles to our members. We realize that some of our members do not have computers or don't have access to the internet so we have reintroduced a monthly newspaper for you!

I hope that you have had the chance to try our new Meal Program. I have had many of our members tell me how happy they are that we have created this program.

Did you know that our Cafe staff and volunteers prepare 150+ frozen entrees/soups/baked goods every two weeks? This program was created during the pandemic based on seniors' requests. Our centre's goal is to help seniors and their families/caregivers to access homemade nutritious and affordable meals that can be reheated in a microwavable container. For seniors who cannot pick up their meals at the Centre, our volunteers will deliver the meals at no cost.

I recently was asked how our program was different from other meal programs offered to seniors. Our program was created in August in response to our members' requests. This program fully engages seniors in several aspects: menus are designed based on seniors' preferences and are modified on a regular basis; seniors volunteers are facilitating food preparation in the kitchen; and seniors volunteers are doing free deliveries for their most vulnerable peers who do not have access to transportation.

Worth mentioning is that our program prepared 204 Turkey dinners for seniors before the Thanksgiving weekend. These are just some of the reasons why our frozen meal program is beyond a food program, but also community outreach and engagement program.

Also, this program is open to the public, including non-members, caregivers, adult children of seniors. This provides the community with another option of accessing nutritious and affordable meals.

As a Gerontologist, my ultimate goal of serving seniors is to help them achieve healthy aging in their communities. Also, being actively involved in a national task force tackling malnutrition for seniors, I have a very clear understanding of the importance of nutrition. For example, did you know that 65% of seniors admitted into hospital emergency wards are suffering from malnutrition and as a result, their average length of stay is 3 days longer than other patients?

We are so proud of the meal program we have started here at our centre and we are hoping you will share the Meal Program information with your family and friends.

*Haidong Liang,
Executive Director*

VOLUNTEERS NEEDED

Connecting with others never grows old!

CAFE ASSISTANT

- You will be assisting WSAC staff in the cafe with food purchases through cash and credit card transactions. The credit card transactions are done using a laptop or i-pad.
- You will also assist with filling the food orders and keeping the cafe's puzzle, book and yarn tables neat and tidy.
- You should have some prior experience with cash handling/ credit card transactions as well as computers.

We have the following shifts available:

- Monday, Wednesday, Thursday and Friday 9:00 am to 11:00 am
- Wednesday 11:00 am to 1:00 pm

SCREENING ASSISTANT

WSAC is keeping track of anyone who enters and exits our building. Everyone who comes to our centre will be required to answer some health related questions before entering. As a screening assistant, you will:

- use a laptop and a spreadsheet that we have set up, scan their membership cards if they have one or type in their name and phone number if they don't.
- You will then check off their answers to 5 COVID related health questions.
- If you choose to work in the cafe, you will also check them out when they leave the centre.
- Volunteers should have some experience with using computers/spreadsheets.

We have the following shifts available:

- Monday, Wed and Friday 9:00 am – 11:00 am
- Thursday and Friday 11:00 am to 1:00 pm

VOLUNTEER KEY HOLDER

- We are looking for 1-2 new volunteers to share the responsibility of opening the building for renters, monitoring during facility rentals and closing the building at the end of the rental. Rentals could be for condo board meetings, anniversary parties, weddings, meetings etc. and may be 1-2 evenings a week and occasional weekends.

HOW TO APPLY

- **Please fill out a volunteer application at the front desk**
- **If you have any questions, please contact Heather Riberdy – Volunteer & Event Manager | Heather@weseniors.ca | Ext. 224**

EVENTS AT OUR CENTRE

Having fun with others never grows old!



REMEMBRANCE DAY CEREMONY

- November 10, 2020

This year we will honour our veterans by hosting a virtual Remembrance Day ceremony via Zoom. Our program will involve some readings and sentiments from some veterans, dignitaries and staff as well as some photos and videos. If you would like to attend, send an email to Heather Riberdy - heather@weseniors.ca. You will receive an email the day of the event with a zoom link to join.

WE WANT YOUR STORIES!

Without a virtual ceremony; we would like to include videos or readings from veterans who want to share their experiences. It would be very inspiring to be able to include more of our members who are veterans this year and we are asking that anyone who has served and would like to be part of the ceremony either as part of a procession, providing a reading of a story or poem or sharing a written message about Remembrance Day. These could be live readings at the event, pre-recorded messages/readings or hand written with one of our guests or staff sharing it with everyone.

If you would like to be part of this important day, please contact Heather Riberdy - Volunteer and Event Manager for more information at 780-483-1209 ext 224 or heather@weseniors.ca



CALL OUT TO ALL KNITTERS

With all the time spent at home these days, I'm sure many of you have been keeping your hands and minds busy with knitting. We are still hoping to do our annual Mavie's Mitten Tree donations of hats, mitts and scarves to area schools this year so if you have some that you would like to donate, please drop them by the centre. We also have bins of donated yarn here that you can pick up to make lots more. Stop by our cafe to see what's available. Please indicate your name and phone number when you drop off donations so we can send you a "thank you!"

TOONIE TALKS SCHEDULE

Pre-registration at the WSAC front desk - Cost \$2.00



Top 5 Secrets Of The Eye Industry – Presented by Everywhere Eyecare Wednesday, November 4th 12:00 pm to 1:30 pm

Join Everywhere Eyecare to discuss the top 5 industry secrets for buying glasses, both in stores and online.

We've heard a lot about how corrupt the spectacle industry is and how cheap it is to buy glasses online. Is it all true or is it buyer beware?

You'll hear at least 5 things you'll be glad you know before your next purchase of eyewear, no matter where you get them.



Part 3 – The Joy of Downsizing – Presented by Jody Lambertus at Century 21 Wednesday, November 18th 1:30 pm to 3:00 pm

Are you thinking of downsizing or moving but not sure where to start or when?

Do you need help navigating your next move or purchase?

In this final session of our 3 part series, The Joy of Downsizing and Moving Forward, you will learn:

- The pros and cons of purchasing vs renting and ageing in place.
- How to evaluate and determine the best options available for your lifestyle, budget, and peace of mind, moving forward.
- How to look at all the options available including the pros and cons of:
 - Independent living,
 - Assisted living, and
 - Ageing in place

TOONIE TALKS SCHEDULE

Pre-registration at the WSAC front desk - Cost \$2.00

COME JOIN US!

We are very happy to be partnering with the Canada Revenue Agency to offer a series of ONLINE classes this fall.

- *These are all online presentations.*
- *If you are not comfortable registering for an online class or do not have the ability to watch online, please join us to watch the session online in our centre's meeting room where we will watch the session on our large screen tv (15 spots available).*

Benefits and Credits for All

Monday, November 2, 2020 **3:00 pm – 4:30 pm**

- Why file your tax return?
- What benefits and credits are available – GST Credit, Disability Tax Credit, Canada Child Benefit, Climate Action Incentive Payment
- Community Volunteer Income Tax Program (CVITP)

CRA'S Digital Services

Monday, November 9, 2020 **1:00 pm - 2:00 pm**

Digital Services that will be covered include:

- My Account,
- Filing Online,
- Mobile apps and SO MUCH MORE!

How to Slam the Scam!

Monday, November 9, 2020 **3:00 pm - 4:00 pm**

Sandra Paul from the Canada Revenue Agency will share information and answer questions on the latest scams:

- How to protect yourself,
- How to recognize a scam and
- Examples of fraudulent communications

TOONIE TALKS SCHEDULE

Pre-registration at the WSAC front desk - Cost \$2.00

Disability Tax Credit

Tuesday, November 17, 2020

3:00 pm – 4:30 pm

Sandra Paul from the Canada Revenue Agency will share information regarding:

- Eligibility - who is eligible
- How to apply for the Disability Tax Credit
- How to claim the Disability Tax Credit and
- Gateway to other government programs

Seniors Benefits and Credits

Tuesday, November 24, 2020

1:00 pm – 3:30 pm

Sandra Paul from the Canada Revenue Agency will share information on:

- Why file your tax return?
- What benefits and credits are available – GST Credit, Disability Tax Credit, Age Amount
- Don't Get Scammed!
- Authorizing a Representative
- Community Volunteer Income Tax Program (CVITP) and MORE!

HOW TO PRE-REGISTER FOR OUR TOONIE TALKS

ONLINE - via MyActiveCentre

IN PERSON - Register at our front desk

EMAIL - please email our Program Team at - Programs@weseniors.ca

INVITE A FRIEND OR FAMILY MEMBER!

- All of our Toonie Talk presentations are open to the general public!

Here is what attendees have said about the Toonie Talks they attended!

- *"Exceptional. A well-educated facilitator with excellent presentation skills"*
- *"Very informative approachable, clear, knowledgeable, inviting and motivating"*
 - *"Excellent session. Thank you very much"*
- *"Excellent info. I would never have considered such situations. Very enlightening"*

CHRISTMAS FUNDRAISER

Growing Smiles Holiday Plant Fundraiser



CHRISTMAS WILL SOON BE HERE!

This year, since we can't all be together for the holiday season, we want to help you spread some cheer to your family, friends and neighbours.

We are working with Growing Smiles Fundraising to give you the opportunity to purchase premium poinsettias, holiday wreaths, and beautiful planters and at the same time, you will be helping to support programs and services at WSAC.

HOW YOU CAN SUPPORT OUR CENTRE

Approximately 30% of all sales come directly back to WSAC! Purchase for yourself to enhance your own holiday decor or for anyone else who could use a little festive pick me up.

All orders will be delivered to WSAC Wednesday December 2. We will have convenient staggered pick up times set up for you to choose from to avoid crowds and keep everyone safe.



HOW TO ORDER

- Please go to <https://westendsenior.growingsmilesfundraising.com> to submit an order online.
- If you are not able to do an online order, you can pick up a form at the front desk and submit your order there.
- All orders must be received by November 16th by 12:00 NOON - no exceptions.
- If you do not have a vehicle or are not able to come to the centre for pick up your order, please email Heather Riberdy to set up a delivery.

HOLIDAY EVENTS

ADOPT-A-DOOR!

We are working on putting together some small physically distanced events for the holiday season that we think you will enjoy. We will start off with our Adopt-a-door event the last week of November.

In past years, staff have taken part in a door decorating contest to see who can come up with the most creative ideas to display their office doors for the season. This year, we would like to open it up to our members to adopt a door in the centre to decorate themselves. This can be done by individuals or by small groups of 2 or 3 people as long as you are wearing a mask and practicing safe distances. Use up some of the extra decorations you have at home or see how whimsical you can be with other items you might find when you're out and about.

LETS HAVE A CONTEST TOO!

We will have in-centre and online voting where members can vote for what they think is the best decorated door! We will announce the winner(s) on December 18 and we will even have a lovely prize for the winner(s)!

Please contact our Heather Riberdy, our Volunteer & Event Manager if you would like to sign up for a door

*Email heather@weseniors.ca or
780-483-1209 ext 224*

OTHER HOLIDAY EVENTS

Details will follow in the coming weeks for some of the other activities we are working on:

Christmas Outdoor Singalong

Lots of space to enjoy singing your Christmas favourites, a campfire to warm yourself by, hot chocolate/apple cider as well as some other treats.

Holiday Photo Booth

Book a time slot to come in and have a holiday photo taken to share with your friends and family. Wear your holiday best or your ugliest Christmas sweater. These photos will be for individuals or for groups of people living in the same household.

Drive Through Donation Day For The Edmonton Food Bank

We will have a day set up to collect much needed food and personal items for the cities less fortunate. You will be able to drive up to drop of your donations without having to enter the building.



A MESSAGE FROM OUR BOARD PRESIDENT

Good Day Members, Staff and Friends,

While the end of the current pandemic is not yet clearly in sight, I feel certain that it will conclude in the not to distant future and that our world will begin to get back to business in a slightly altered version of normal. The past six and a half months have been challenging for every one of us and for organizations such as WSAC.

Your Board of Directors, working closely with our leader, the Executive Director, have been able to keep our Seniors Activity Centre operating in support of Seniors in the Edmonton region. Through the strategic application of wage subsidies, emergency business loans, special grants and partnership initiatives, our Centre has maintained its staff, acquired and distributed masks and sanitizer, figured out ways to offer multiple on line programs, completed much needed facility upgrades, invested in staff learning, reinvigorated the food services program, hosted special events both in the parking lot and in the building and substantially enhanced the breadth of the Outreach Program. And now the Centre is in phase one of a gradual return to face-to-face experiences for members. How impressive! How amazing! Just tremendous!

It is interesting to note that nearly all seniors' centres in the Edmonton region, closed their doors in mid March, laid off all staff and remain closed. It has been through the ingenuity, creativity, dedication, innovation and enthusiasm of staff and volunteers that WSAC has accomplished a great deal during this unprecedented time. Your Board believes that when the impact of the pandemic lessens, WSAC will be poised to "hit the ground running" with programs and services for members and others.

We have much to be proud of and our future looks bright! When you have occasion to speak with staff members and/or volunteers, please provide them with the kind of feedback that will inspire them to continue to invest their time effort and energy in our organization, on behalf of Edmonton seniors.

Hoping to see you soon...be well...stay safe,

**Jay Pritchard,
President
Westend Seniors Activity Centre**

A MESSAGE FROM OUR OUTREACH TEAM

Circle Of Friends



Mondays from 9:30 am – 11:00 am

COME JOIN US!

Connect with old friends and develop new friendships.

New attendees are always welcome!

Mondays

**October 19 – December 14
9:30 am – 10:30 am**

- This warm and welcoming group is facilitated by a staff member of the Community Outreach team.
- People who attend this group find it a great connection to stronger friendships and consistent support structure
- Everyone is given the opportunity to share as little or as much as they want.
- Each week could be a different topic or format.
- Everything is confidential.

How to Register:

Please contact the Community Outreach team:

Email lynn@weseniors.ca or

Telephone at 780 483 1209 | Ext. 232

Friendly Phone Call Program



When we closed our doors in March, our centre started a Friendly Phone Call program to ensure we were connecting with our members and other seniors who could benefit from a check in or chat with a peer. These calls have continued throughout the summer and continue now even with the centre re-opening.

We recognize there are still many people who are either not able to come to our centre or are not

comfortable going out yet. With the winter months coming up quickly, there will likely be more people feeling stuck at home.

If you are a senior or you know a senior who might benefit from a regular call from one of our volunteers who will check in and chat about the weather, family, current events, etc. please contact Heather Riberdy, our Volunteer & Event Manager.

*Email heather@weseniors.ca or
780-483-1209 ext 224*

PROGRAM DEPARTMENT NEWS

PICKLEBALL UPDATE

Pickleball Singles is in full swing and is quite popular amongst members.

Thank you for your support, despite the change to the program format! We've received much feedback over the past few weeks and appreciate everyone's ideas.

In accordance with that feedback and in order to allow for a fair process that allows as many members to play as possible during the week, we will be making a change in the upcoming weeks.

Effective November 1, members are encouraged to register for only one pickleball time slot per week on Monday through Wednesday.

Effective Thursday, if there are spots still available, members may register for an additional spot.

Thank you for your assistance in making the pickleball singles program thrive!

ONSITE CLASS REGISTRATION

Get your membership cards ready – registration for onsite programming for November and December classes is open during the first week of November!

We will be having staggered registration days this term to ensure that we can maintain physical distancing. We look forward to assisting you with your registration needs, either on MyActiveCenter.com or with us at the centre.

Registration for onsite classes being held in November & December opens:

Nov. 2 - 9:00 am for Dance and Art classes
Nov. 3 - 9:00 am for Yoga and Taiji Classes
Nov. 4 - 9:00 am for Fitness Classes

If you have any questions, please contact our Programs Team!

ZOOM CLASS REGISTRATION – ALWAYS OPEN!

- Registration for all online Zoom programming is ALWAYS OPEN! As we add a new class or series, we open the registration for the class immediately for you to register at your convenience.
- Visit www.MyActiveCenter.com for a listing of courses. All zoom classes start with the word "ONLINE" in the title of the class.
- You can register online, at the centre or by phoning us at (780) 483-1209!

PROGRAM DEPARTMENT NEWS

MAKE UP CLASSES

In the past, we had the luxury of offering “make up days” for our registered onsite programs. If you missed a day and the class was offered later in the week, we were happy to let you attend as you were able.

Now that we are in the midst of being conservative due to the pandemic, we need to ensure that everyone is sticking with the spot that they registered for. We appreciate your efforts to come only on the day that you have registered for so that we can adhere to the government regulations and keep everyone safe by limiting the numbers in our building.

CLEANING UP AFTER CLASSES

Please lend a hand after your class to make sure we can get things clean and ready for the next one. We ask that you:

- Spray the chairs with the cleaner provided. You’ll find it on the table outside of your class.
- Let the cleaner do its work and have a visit with a friend! Re-spray it as needed, in order to keep the surface wet for 5 minutes.
- Wipe it dry with a clean piece of paper towel after the 5 minutes are up.
- Stack the chairs with your classmates and put them away. If you need help, please ask for assistance from the staff.

If we all pitch in to work together, our centre will stay clean and we’ll stay healthy!

PROGRAM GUIDE AMMENDMENTS - Fall Edition – Version 02 - Nov and Dec 2020

Please note that the following changes are in effect for the program guide for November and December 2020:

- We request that pickleball registration be limited to one session per week, until further notice, to allow as many members a chance to play as possible.
- Photo Club runs from 9:15 am to 11:15 am
- Online At Home Fitness Basics on Friday runs from November 13 – December 18, with no class on December 4.
- The cost of Online Conversational French is \$40 rather than \$32.

CONNECT WITH WSAC



DO YOU FOLLOW US ON FACEBOOK?

We share all of our WSAC news on Facebook but we also have interesting videos and articles, updates from the City of Edmonton and communities here in the west end.

MAKE SURE TO “LIKE” OUR PAGE!

[Facebook.com/WESeniors](https://www.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](https://www.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



Westend Seniors Activity Centre
www.weseniors.ca

Because Connecting With Others Never Grows Old!



Family Gift Centre

*Presents Our Holiday
Pop-Up Shop*

Help families experience the gift of giving this Christmas!

You can ensure there is something special under the tree for everyone by donating NEW toys for children ages 0-18.

Your donations provide our community members with the opportunity to SHOP for gifts for only \$2.



Look For Our Donation Box At Our Front Entrance!

The Mustard Seed's goal is create an incredible experience that empowers parents and caregivers with the dignity to shop for their kids. For only \$2.00 they can buy a Christmas gift for their children.

*The Mustard Seed has heard countless stories of impact where families were overjoyed to tell their children they picked out gifts especially for them!
Please drop off your donation before Thursday, December 3rd.*



Have You Tried Our Meal Program Yet?

We Have \$1000 Worth Of Prizes Up For Grabs If You Do!

When you Spend \$10.00

You Will Receive 1 Ticket Towards Prize #1:

A Gift Basket With \$200 In Grocery Gift Cards!

When you Spend \$20.00

You Will Receive 1 Ticket Towards Prize #2:

\$200 In Grocery Gift Cards AND \$100 WSAC Credit Towards Classes, Meals, etc.

When you Spend \$30.00

You Will Receive 1 Ticket Towards Prize #3:

\$400 In Grocery Gift Cards AND \$100 WSAC Credit Towards Classes, Meals, etc.

When you Spend \$40.00

You Will Receive 1 Ticket For ALL 3 DRAWS!

This Gives You 3 Chances To Win One Of Our Prizes!

Visit our Cafe to purchase your meal program items and enter for a chance to win!