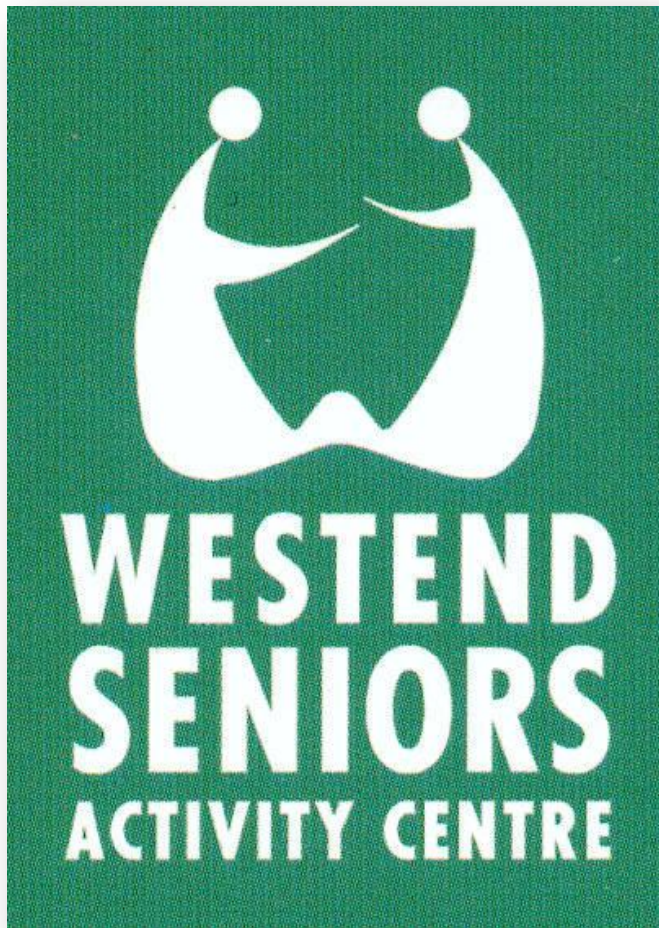


W S A C  
Enhance Energize Expand Engage Extend

# Winter 2012

## Program Guide



9629-176 Street, Edmonton, AB T5T 6B3  
Phone #: 780-483-1209  
Email: [weseniors@westendseniors.com](mailto:weseniors@westendseniors.com)  
Website:  
[www.westendseniorsactivitycentre.com](http://www.westendseniorsactivitycentre.com)  
Office Hours: Monday-Friday 9am-4pm

### LOOK WHAT'S HAPPENING HERE!!!

- **ART PROGRAMS**  
Pages 4 - 5
- **BRAIN FITNESS**  
Pages 6 - 9
- **DROP IN PROGRAMS**  
Pages 10 - 12
- **LIFE LONG LEARNING**  
Page 13
- **PHYSICAL FITNESS**  
Pages 14 - 19
- **SOCIAL PROGRAMS**  
Page 20
- **WORKSHOPS**  
Pages 21
- **HEALTH & WELLNESS**  
Pages 22 - 23
- **PROGRAM CALENDAR**  
Page 24

**A Community Hub for  
Adults 55 Plus!**



# Registration & Membership & Class Information

## **MEMBERSHIP:**

- Memberships are available for persons 55 & older for \$25.00 per year (January to December).
- Valid membership from other senior centres will be recognized for: **instructional classes only.** WSAC Membership is required to participate in **drop-in activities.**
- WSAC Members receive priority at time of registration.
- NON-WSAC Members may be put on a waiting list at the time of registration.
- NON-WSAC Members may be bumped to give priority to WSAC members.

## **ELIGIBILITY FOR NON-SENIORS:**

- Associate Membership: Participants under the age of 55 are eligible to take part in classes and activities if space is available by paying an annual associate membership fee of \$25.00 per year (January to December.) Associate members do not have voting rights.

## **REGISTRATION:**

- Please register in person between the hours of 9am to 4 pm.
- We accept cash or cheque only.



## **CLASS CANCELLATIONS & REFUNDS:**

- Classes may be cancelled or altered if minimums are not met.
- Participants will be called if a class is cancelled and fees collected at the time of registration are fully refundable.

## **LIABILITY:**

- Westend Seniors Activity Centre is not responsible for any physical injuries that should take place during any of its programs.
- All participants must sign a waiver form.

## **WEATHER:**

- As a safety precaution, Westend Seniors may be closed in severe weather below -30°C. If your class should be cancelled, you will be notified.

## **HOLIDAYS-CENTRE CLOSED:**

- The centre will be closed on the following holidays: February 20<sup>th</sup> (Family Day) and April 6<sup>th</sup> & 9<sup>th</sup> (Easter)

# Index

## **ART**

- Card Creations – For all Occasions.....p. 4
- Ceramics .....p. 4
- Creative Floral Valentine .....p. 4
- High Fashion Bead & Bling ..... p. 4
- Mosaic Plant Pot .....p. 5
- Watercolours (Beginner) .....p. 5
- Wood Carving (Intermediate) .....p. 5

## **BRAIN FITNESS**

- Computers .....p. 6
  - Beginner
  - Intermediate
- Computer Tune-up & Safety .....p. 6
- Enhancing Internet Skills .....p. 7
- Managing Your Files .....p. 7
- E-Reader Basics .....p. 7
- Family History Video Production .....p. 7
- Point & Shoot your way to Awesomeness! .....p. 8
- Computer Tutor .....p. 8
- The Memory Academy .....p. 9

## **DROP IN**

- Art Sessions
- Badminton
- Billiards
- Carpet Bowling
- Contract Bridge
- Cribbage
- Duplicate Bridge  
.....p. 10
- Eucre
- Paper Quilling
- Pickle Ball
- Practice Bridge
- Scrabble
- TLC Bridge
- Walking Group  
.....p. 11
- Woodworking
- Wii
- Whist  
.....p.12

## **LIFE LONG LEARNING**

- Great Pharaohs of Ancient Egypt .....p. 13
- What are the Chances? Probability Made Clear .....p. 13

## **PHYSICAL FITNESS**

- Cardio Salsa Plus! .....p. 14
- Clogging (Level 1) .....p. 14
- Clogging (Experienced) .....p. 14
- Cross-country Skiing .....p. 15
- Fit for Life (Weight Training) .....p. 15
- Fitness is Fun (Cardio Program) .....p. 16
- Gentle Chair Yoga .....p. 16
- Gentle Dance Moves™ .....p. 16
- Hatha Yoga .....p. 17
  - Beginner
  - Intermediate
- Line Dancing .....p. 17
- ROM CHI .....p. 18
- Round Dance (Level 1) .....p. 18
- Round Dance (Experienced) .....p. 18
- Slow Flow Yoga .....p. 19
- Tai Chi (Chen Style) .....p. 19
- Zumba Gold .....p. 19

## **SOCIAL**

- Social Groups – Drop in .....p. 20
  - Birthday Parties
  - Circle of Friends
  - Coffee Talks
  - Photo Club
  - Potluck Supper
  - Tasty Travels Lunch & Film Series

## **WORKSHOPS**

- Balcony Gardening – Flowers & Vegetables in Containers .....p. 21
- Book & Breakfast Series .....p. 21

## **HEALTH & WELLNESS**

- Drumming Circle .....p. 22
- Just for ladies: Body type & Image for Mature Women..... p.22
- The Arthritis Self-Management Program .....p. 22
- Stress and your Body .....p. 23

- PROGRAM CALENDAR** .....p. 24

# ARTS & CRAFTS



## CARD CREATIONS – For all Occasions

Wednesday, March 7<sup>th</sup>

9:00am – 12:00pm

Course fee: \$54.00 (Card supplies included)

\*supply list provided at time of registration.

Instructor: Kelly from The Urban Scrapbook

In this 4 hour class learn to make a card for every occasion. Beginner and advanced welcome. You will go home with 6 cards.

## CERAMICS

Monday, January 9<sup>th</sup> – April 2<sup>nd</sup>

\*No Class February 20<sup>th</sup>

12 weeks, 9:30am - 12:30pm

Course Fee: \$72.00 + supplies (firing fees extra)

\*supply list provided at time of registration

Instructor: Jackie Garratt



Discover the art of creating beautifully crafted ceramic pieces through the guidance of a skilled instructor. You will be shown what tools and techniques are necessary to create your own master piece! Have fun and learn a new craft in a relaxed environment. All levels welcome. Social time incorporated into each class. Students are expected to purchase their own green ware ahead of time.

## CREATIVE FLORAL VALENTINE

Friday, February 10<sup>th</sup>

1 week, 9:30am - 11:30am

Course Fee: \$45.00 (Includes supplies)

\*please bring cutters or a good pair of scissors to class.

Instructor: Irene Hill, St Albert Floral Art Society



Love is in the air! Join us for a fun filled morning as we learn how to design a fresh valentine floral arrangement. Irene from the St Albert Floral Art Society will offer step by step instructions on how you can make a Valentine themed floral arrangement to give as a gift or to keep as a gift for yourself.

## HIGH FASHION BEAD & BLING

Wednesday, February 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>

3 weeks, 1:00pm – 3:00pm

Course Fee: \$70.00 (Includes supplies)

Instructor: Sheree Zielke



Do you have an eye for the pretty, the sparkle, the blingy bling? Why not make some of your own jewellery? Learn simple beading and wiring techniques from designer Sheree Zielke. This fun class will introduce you to the tools, the jargon and a few simple wire twists. Learn how to make a comfort bracelet, a wrapped wire pendant, a pair of wired earrings, a wired jump ring bracelet and spiral seed bead bracket. Amaze yourself and your friends with your sparkly creations. Come equipped with good reading glasses.



# MOSAIC PLANT POT

**Wednesday, January 18<sup>th</sup> & 25<sup>th</sup>**

**2 weeks, 7:00pm – 9:30pm**

**Course Fee: \$36.00 (Includes supplies)**

**\*Bring safety glasses, apron & paint shirt to protect your clothing.**

**Instructor: Carolan Fuhr**



Admire those beautiful mosaic pots you see at garden centers? In this two evening beginner class, instructor Carolan Fuhr will teach you the basics of mosaic work. Complete a mosaic plant pot suitable for planting or decoration. You are also encouraged to bring along your own broken china if you would like to incorporate it into your master piece!

# WATERCOLOURS – Beginner

**Wednesday, January 11<sup>th</sup> – February 29<sup>th</sup>**

**8 weeks, 10:00am - 12:00pm**

**Course Fee: \$50.00 + supplies (approx \$50)**

**\*supply list provided at time of registration**

**Instructor: Emma Cayer**



This class is designed for those fairly new to watercolours or has some background in this medium. Through the teachings of a skilled artist, you will come away with an understanding of the fundamentals of painting with watercolours. This class will be project based in nature, so get ready to learn something new each week!

# WOOD CARVING- Intermediate

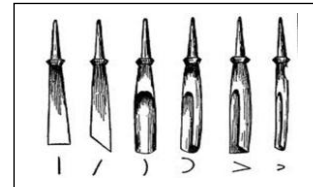
**Thursday, January 12<sup>th</sup> – March 29<sup>th</sup>**

**12 weeks, 12:00pm - 3:30pm**

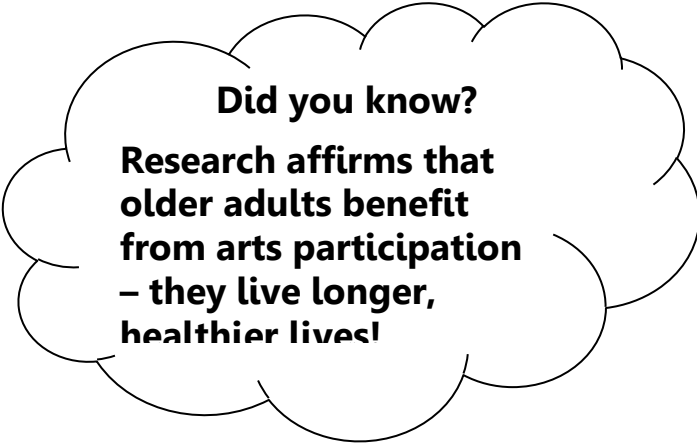
**Course Fee: \$50.00 + supplies**

**\*supply list provided at time of registration**

**Instructor: Werner Meusberger**



Learn the art of wood carving technique and design. This course is project based and highlights the techniques, tools and skills necessary to create beautifully crafted projects. Social time and coffee hour is incorporated into each class.



### Did you know?

**Research affirms that older adults benefit from arts participation – they live longer, healthier lives!**

# BRAIN FITNESS

## Computers with Chris Jackson

### COMPUTERS - Beginner

*Tuesday, January 10<sup>th</sup> – February 28<sup>th</sup>*

*8 weeks, 1:00pm - 3:00pm*

*Course Fee: \$80.00*



This class is designed for those students who are brand new to the computer or who have very little computer knowledge. In this 8 week course, students will:

- Learn to work with MS Word software
- Name and review components of a work station and learn their function
- Build confidence in using a mouse & keyboard
- Organize documents, create folders & work with inserting photos / clip art
- Review the basics of using the internet, website navigation & creating e-mail
- Students will be using brand new Toshiba lap tops supplied by the centre

### COMPUTERS – Intermediate

*Thursday, January 12<sup>th</sup> – March 1<sup>st</sup>*

*8 weeks, 1:00pm - 3:00pm*

*Course Fee: \$80.00*



This class is designed for those students who have an understanding of computer functions and who also have experience in working on the computer. In this 8 week course, students will:

- Work with MS Word software
- Review how to insert word art, create bulleted lists, clip art and work with spell check
- Create a greeting card using MS Word, wrapping text and creating columns
- Work with the internet (use search engines, work with web images, organize favorite sites, change home pages and e-mail)
- Students will be using brand new Toshiba lap tops supplied by the centre

### COMPUTER TUNE-UP & SAFETY

*Tuesday, January 24<sup>th</sup> & 31<sup>st</sup>*

*2 weeks, 10:00am – 12:00pm*

*Course Fee: \$20.00*



How much do you know about your computer? This class will teach you how to: Clean-up and defrag your hard drive and discover how to run updates and install antispyware programs to keep your computer safe and clean. Ensure your computer is operating at its full potential.

## **ENHANCING INTERNET SKILLS**

***Tuesday, February 7<sup>th</sup> & 14<sup>th</sup>***  
***2 weeks, 10:00am – 12:00pm***  
***Course Fee: \$20.00***



This course takes you back to the very basics of how the internet works and will review the internet at a very rudimentary level. In this 2 week course, students will:

- Learn the use of search engines like Google
- Organize favourite web sites and set up a home page
- Review E-Bay, Kijiji & Face book
- Work with email, create personal folders & distribution groups
- Will be using brand new Toshiba lap tops supplied by the centre



## **MANAGING YOUR FILES**


***Tuesday, January 10<sup>th</sup> & 17<sup>th</sup>***  
***2 weeks, 10:00am – 12:00pm***  
***Course fee: \$20.00***



Can't find a folder? Don't know where to store stuff!? Learn how to 'clean sweep' your computer, by learning how to create and rename files and folders. Discover how to search for files and folders and how to empty and restore files from your recycle bin. Laptops supplied by centre.

## **Digital Devices with Jim Krysto**


### **E-READER BASICS**

***Wednesday, January 11<sup>th</sup>***   
***1 week, 9:00am - 11:00am***  
***Course Fee: \$15.00***

Planning on getting an e-reader, or did you get one for Christmas? This 2 hour workshop will show you the differences between the most popular e-readers and their basic operation. You will also learn the different e-book files available, conversion software, and how to use your e-reader with e-books from the Edmonton Public Library.



### **FAMILY HISTORY VIDEO PRODUCTION**

***Monday, January 23<sup>rd</sup> – February 6<sup>th</sup>***   
***3 weeks, 9:00am – 12:00pm***  
***Course Fee: \$68.00***

Learn how to record your family history on video, to give as a gift to children and grandchildren. This course will cover the preparation, questions and production of an heirloom family history video. At the end of this course you will have the knowledge necessary to complete a simple video capturing your personal stories and family history.

# Digital Cameras with Sheree Zielke



## Point & Shoot your way to Awesomeness!

*Tuesday, January 31<sup>st</sup>*

*1 week, 10:00am – 12:00pm*

*Course Fee: \$35.00*

Disappointed by the images coming from your digital camera? Wish you could take awesome shots? Well, you can. Improve your photography skills by understanding your camera better, quickly and easily, with veteran digital camera teacher and award-winning photographer, Sheree Zielke. Just a few tips will turn your photography experience into consistently memorable images. Students must come equipped with their camera's manual and fully charged batteries.

## Computer Tutoring with Herb

### Cost Schedule:

*(A) 30 minutes= \$5.00*

*(B) 60 minutes= \$10.00*

*(C) 90 minutes= \$15.00*

Help is here! If you are interested in receiving individualized computer tutoring, please see the front desk to book an appointment today. Our computer tutor offers a variety of different levels of computer tutoring based on your needs. All computer tutoring is done onsite.

- Learn to navigate your new lap top
- Learn about Facebook, Kijiji, E-Bay etc.
- Navigate the internet
- Send and check e-mails
- Basic data entry
- Organize documents/ file folders
- Manage clip art and graphics
- MS Word Software & Word Processing
- AND SO MUCH MORE!!!



**Oh, no!** You cancelled a program.

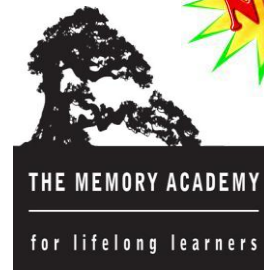
Sometimes great classes are cancelled. It's our policy to cancel programs 1 week in advance if there is insufficient registration. Don't delay; sign up early to avoid disappointment!

# The Memory Academy™

## "Aging with Power"



**Wednesday, February 15<sup>th</sup> – April 4<sup>th</sup>**  
**8 weeks, 1:00pm – 3:00pm**  
**Course Fee: \$25.00**  
**\*student workbook included**  
**Facilitator: Haidong Liang**



In this original and cutting edge program you will learn interesting facts about yourself as you age. You will work all parts of your brain and different types of memory. Utilizing the latest research, we challenge minds and bodies to keep sharp while maintaining health and independence, and meet some incredible people in the process! This 8 week course promotes brain health and life long learning to keep you growing for life!

### **Course Material Covers**

**Mental Work Outs**  
**Physical Exercise**  
**Nutrition & Healthy Aging**  
**Stress on the Body**  
**Social Engagement**  
**Brain Education**

### **About the Facilitator:**

Enrolled in his fifth year of the Doctoral program in the department of Physical Education & Recreation at the U of A, focusing on detecting factors that influence older adults' leisure behaviours. Before this program he obtained his Masters of Arts and Bachelor of Recreation & Community Development at the University of Manitoba in the areas of Leisure Studies and Gerontology.

## New Program Ideas!



**Please share your innovative & interesting program ideas with us!**

## The Everyday Guide to Wine

### The Great Courses™

**Jan 11<sup>th</sup> – Feb 8<sup>th</sup>**  
**5 Weeks, 1:00-3:00**  
**Course Facilitator: TBA**  
**Price: \$15.00**

The first session in the fall was so popular we have added 5 more weeks! Join us as we continue the journey of speaking the romantic language of wine! The next time you're at a party, out for dinner, or entertaining a client, bring out your new wine vocab and sound like a pro.

*Enjoy—the world of wine.*

# DROP IN

DROP  
IN

## **ART SESSIONS**

**Monday from 12:30-3:30pm**

**Drop-In Fee: \$2.00**

**Coordinator: Lynn Harrington**

Enjoy weekly "studio" time with like-minded artists working in a variety of different media styles. There is no instructor, however peer to peer critique time is incorporated into each day's schedule to allow for valuable input from fellow artists. It is the responsibility of each participant to bring his/her own painting supplies

## **BADMINTON**

**Wednesday from 1:00-3:30pm**

**Thursday from 1:00-3:30pm**

**Drop-In Fee: \$2.00**

**Coordinator: Cheryl Fleming**

## **BILLIARDS**

**Wednesday from 1:00-3:30pm**

**Drop-In Fee: \$2.00**

## **CARPET BOWLING**

**Tuesday from 10:00am-12:00pm**

**Tuesday from 1:00-3:00pm**

**Thursday from 1:00-3:00pm**

**Drop-In Fee: \$2.00**

**Coordinator: Helen Krissa**

## **CONTRACT BRIDGE**

**Thursday from 12:30-3:30pm**

**Drop-In Fee: \$2.50**

**Coordinator: Al Deby**

## **CRIBBAGE**

**Friday from 1:00-3:30pm**

**Drop-In Fee: \$4.00**

**Coordinator: Marg Haworth**

## **DUPLICATE BRIDGE**

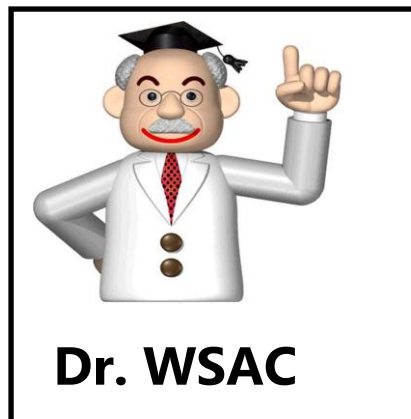
**Wednesday from 6:30-10:00pm**

**Drop-In Fee: \$2.00**

**Coordinator: Marie Dixon**

**By keeping the mind  
consciously engaged in  
cognitive activities**

**One can  
strengthen,  
maintain and  
even improve  
MEMORY!!!**



## ***EUCHRE***

Monday from 10:00am-12:00pm  
Drop-In Fee: \$2.00  
Coordinator: Marvin Ley

## ***PAPER QUILLING***

***Fridays from 1:00-3:00pm***  
***Drop-In Fee: \$2.00***

***Coordinator: Evangeline Enns***

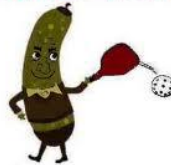


Enjoy this most ancient art form which has been around for over 500 years! This unique paper involves rolling, constructing, shaping and gluing thin strips of paper together to create beautiful designs. Tap into your creative side and use your finger dexterity in ways you never knew possible! All levels welcome. Supplies can be purchased from the coordinator at each class.

## ***PICKLE BALL***

Wednesday from 9:00am-11:00am  
Friday from 12:30-3:30pm  
Drop-In Fee: \$2.00  
Coordinator: Tony De Benedetto

## **PICKLEBALL**



Hi, my name is Pickles, the family dog of one of the co-inventors of pickleball. I used to chase stray balls and hide in the bushes, so they named the game after me.

Cross the sports of badminton, tennis and table tennis, throw in a whiffle ball, top it off with a weird name and discover the new and unusual sport of pickleball. Come join in the fun! Try out Pickleball for yourself and find out why it is one of the fastest growing sports in North America!

## ***PRACTICE BRIDGE***

Tuesday from 9:30-11:30am  
Drop-In Fee: \$2.50  
Coordinator: Al Deby

## ***SCRABBLE***

***Wednesday from 10:00am-12:30pm***  
***Drop-In Fee: \$2.00***  
***Coordinator: Elsie Gregoraschuk***

Join this group to exercise your mind and stay mentally sharp! This group also incorporates plenty of time for socializing, so come out and meet new people that shares the "love of words"!

## ***TLC BRIDGE***

Monday & Friday from 10:30am-2:00pm  
Drop-In Fee: \$4.00  
Coordinator: Mel Jackson

## ***WALKING GROUP***

Tuesday from 9:00-11:00am  
Friday from 9:00-11:00am  
Meet @ centre for 9:00am & Leave @ 9:30am- returning for coffee  
Fee: a small car pool fee to cover fuel costs  
Coffee: \$1.00  
Coordinator: Mavie Darrah

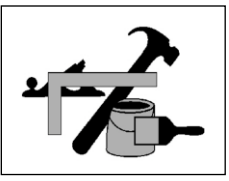
**DROP  
IN**

### **WOOD WORKING**

*Monday, Wednesday & Friday from 1:00-3:30pm*

*Drop-In Fee: \$2.00*

*Coordinator: Al Bossert*

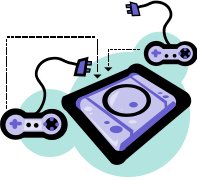


Don't have a garage or shop at home anymore? Don't you worry- we sure do! Bring your creative ideas and projects to work on each week and enjoy the fellowship and creative ideas of other wood workers. For safety reasons, there is a 2 person minimum when using all varieties of power tools in the workshop. A variety of hand held tools available onsite as well. It is the responsibility of each participant to bring his/her own wood supply to work with each week.

### **Wii ©**

*Friday from 10:00-11:30am*

*Drop-In Fee: \$2.00*



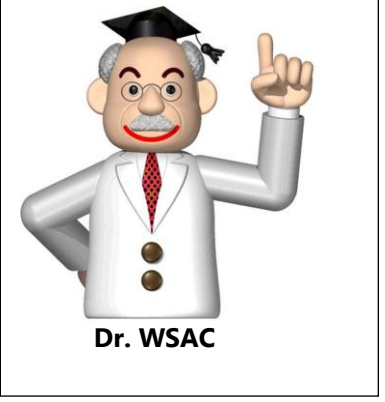
Many people think that Wii © Nintendo is just for kids, which couldn't be further from the truth. So bring a friend with you and challenge your mind and body in a game of Wii bowling or golfing. Player console and equipment is available at the front desk.

### **WHIST**

Tuesday from 1:00-3:00pm

Drop-In Fee: \$3.50

Coordinator: Marg Haworth



**Do you know?**

- **People with arthritis, heart disease and diabetes benefit from regular exercise**
- **Regular exercise also helps people with high blood pressure and improves balance problems**

# LIFE LONG LEARNING

## Great Pharaohs of Ancient Egypt



The Great Courses™

Friday, February 24<sup>th</sup> – March 30<sup>th</sup>

6 Weeks, 10:00am – 12:00pm

Course Facilitator: TBA

Cost: \$15.00



No great civilization continues to speak to us like that of ancient Egypt. But what is it about this ancient civilization that still captures our imaginations?

Discover and explore:

- The reign of the Ptolomies.
- How A Palette Launches 3,000 Years of Imagery.
- Was a female Pharaoh lost to history?
- Was Tutankhamen: murdered by his successor?
- Did Nubia try to restore Egypt's greatness?

Join us and see what made Egypt great, and what finally brought about its downfall.

## What Are the Chances? Probability Made Clear The Great Courses™

**STAY TUNED FOR UPCOMING  
REGISTRATION INFO!**

### Topics Include:

- Our Random World—Probability Defined
- The Nature of Randomness
- Probability Is in Our Genes
- Probability Where We Don't Expect It
- Probability Surprises

In this 6 week course, explore the fundamental concepts and fascinating applications of probability. The course literally begins with a roll of the dice! Discussions include two of the most famous examples of probabilistic scenarios: the birthday problem and the Let's Make a Deal® Monty Hall question!

*High probability you will enjoy this course!*

Sign up at the Front desk by **December 23rd** if you're interested!  
Space is limited. Register Early!

# PHYSICAL FITNESS

## **CARDIO SALSA PLUS! – Cardio & Circuit Training**

*Tuesday, January 10<sup>th</sup> – March 27<sup>th</sup>*

*12 weeks, 12:15pm – 1:15pm*

*Course Fee: \$60.00*

*\*All Levels welcomed*

*Instructor: Maria Yakula*

Back by popular demand! The Cardio Salsa workout utilizes the flexibility, strength, endurance and cardiovascular aspects of a fitness program – Adding fun Latin dance flare! Combining cardio, toning with dance steps makes this class an all around fun fitness program that will stimulate the mind and body! Participants will learn the Meringue, Salsa, Cha-Cha and Rumba. Suitable for all fitness and dance levels.

## **CLOGGING**

### **LEVEL 1**

*Thursday, January 12<sup>th</sup> – April 5<sup>th</sup>*

*\*No class on February 16<sup>th</sup>*

*12 weeks, 9:00am - 10:00am*

*Course Fee: \$60.00*

*Instructor: Joan Tharme*

*\*low-medium impact program*

*\*some clogging experience is required. Come out & have fun!*



### **EXPERIENCED**

*Thursday, January 12<sup>th</sup> – April 5<sup>th</sup>*

*\*No class February 16<sup>th</sup>*

*12 weeks, 10:00am - 11:00am*

*Course Fee: \$60.00*

*Instructor: Joan Tharme*

*\*low-medium impact program*

*\*Designed for the experienced clogger not for a new dancer.*

Clogging is Appalachian mountain tap dancing. A terrific low-medium impact program for the body and mind. No partner needed.

# Register Early!



# CROSS-COUNTRY SKIING – River Valley Programs

Tuesday, February 21<sup>st</sup>

OR

Wednesday, February 29<sup>th</sup>

OR

Tuesday, March 6<sup>th</sup>

1pm to 3pm



**Course Fee: \$24.00 per day or register for all 3 days for \$67.00**

**\*Bus leaves Centre at 12:30pm & leaves Park @3:15pm**

Come out and enjoy socialization with friends and our city Parks! Escape to the serene tree-lined trails of Terwilliegar Park for an unforgettable winter experience. River Valley Program instructors will whisk you away for a cross-country adventure for all abilities. In the tranquility of the backcountry, only the sound of winter birds and your own locomotion fills your ears as the bustle of town dissolves. Experience Terwilliegar in a way few others do: come play in the woods. Program includes equipment, transportation and guide for the afternoon. Maximum group is 10 participants.

## FIT FOR LIFE – Weight Training Program

**Tuesday, January 10<sup>th</sup> – March 27<sup>th</sup>**

***12 weeks, 11:00am-12:00pm***

***Course Fee: \$60.00***

***Instructor: Ilonka Wormsbecker***

***\*low-medium impact***

**Wednesday, January 11<sup>th</sup> – March 28<sup>th</sup>**

***12 weeks, 11:00am – 12:00pm***

***Course Fee: \$60.00***

***Instructor: Ilonka Wormsbecker***

***\*low-medium impact***



**Friday, January 13<sup>th</sup> – March 30<sup>th</sup>**

***12 weeks, 11:00am-12:00pm***

***Course Fee: \$60.00***

***Instructor: Ilonka Wormsbecker***

***\*low-medium impact***

Fit for Life is a progressive weight-training program that will enhance functional independence, mobility, balance, muscle strength and bone density. These exercises are introduced in gradual stages, monitored to assure progress and safety and proven beneficial for the older adult. From the comfort of a chair, you will exercise core muscles increasing overall strength and endurance over time.

## FITNESS IS FUN! – Cardio Program

**Tuesday, January 10<sup>th</sup> – March 27<sup>th</sup>**

**12 weeks, 9:30am -10:30am**

**Course Fee: \$60.00**

**Instructor: Ilonka Wormsbecker**

**\*low-medium impact**

This FUN and innovative fitness program incorporates elements of a low impact cardio workout designed with the older adult in mind. Through the instruction of a trained instructor, this total body work out offers a low-key aerobic workout focusing on cardio exercises to get the heart pumping, circulation flowing and balance restored in the body. This is a FUN class which offers a refreshing work out!

## GENTLE CHAIR YOGA

**Friday, January 13<sup>th</sup> – March 16<sup>th</sup>**

**10 weeks, 9:45am – 10:45am**

**Course Fee: \$70.00**

**Instructor: Carmella Haykowsky**

**\*low impact**

Gentle Chair yoga is a class for every person and everybody type. Adapted chair yoga is an introduction to yoga designed specifically for those who require the stability of exercising from a chair. In this practice, you will be guided through a flowing series of modified poses that will gently stretch, tone, and strengthen the muscles and bones. Poses will be done sitting in a chair and standing using the chair for balance.

## GENTLE DANCE MOVES™

**Monday, January 9<sup>th</sup> – April 2<sup>nd</sup>**

**12 weeks, 2:30pm - 3:30pm**

**\*No Class February 20<sup>th</sup>**

**Course Fee: \$70.00**

**Instructor: Barb Anderson**

**\*low-medium impact program**

**Thursday, January 12<sup>th</sup> – March 29<sup>th</sup>**

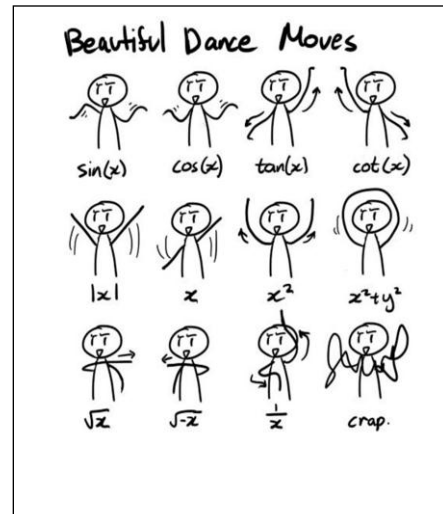
**12 weeks, 11:30am - 12:30pm**

**Course Fee: \$70.00**

**Instructor: Barb Anderson**

**\*low-medium impact program**

Gentle Dance Moves is the total package physical and mental work out. If you love to express yourself through dance and also happen to be looking for a challenging, fun and energizing fitness program, then Gentle Dance Moves is just for you. Learn dance steps through professionally choreographed routines while working out to fantastic dance music from a variety of different genres.



# HATHA YOGA

## BEGINNER

***Tuesday, January 10<sup>th</sup> – March 27<sup>th</sup>***

***\*No Class February 14<sup>th</sup> & February 21<sup>st</sup>***

***10 weeks, 2:00pm - 3:00pm***

***Course Fee: \$60.00 (yoga mat required)***

***Instructor: Audrey Bell-Hiller, BA, Certified Yoga Instructor***

***\*low-medium impact program***



Yoga is a form of exercise which aims to create balance and harmony between the mind, body and soul. This class combines physical exercise including stretching, strengthening, breathing exercises and relaxation. Kneeling and bending is required as is the ability to lie down and get up from the floor. If you are unable to get and up down from the floor with ease, this class may not be suitable for you.

## INTERMEDIATE

***Thursday, January 12<sup>th</sup> – March 29<sup>th</sup>***

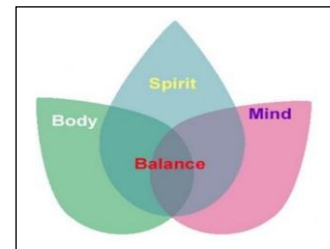
***\*No Class February 16<sup>th</sup> & February 23<sup>d</sup>***

***10 weeks, 10:00am - 11:00am***

***Course Fee: \$60.00 (yoga mat required)***

***Instructor: Audrey Bell-Hiller, BA, Certified Yoga Instructor***

***\*low-medium impact program***



In this class, the instructor places emphasis on correct body alignment, developing strength, endurance and balance. As practice continues, the student's ability to relax and concentrate improves. Kneeling and bending is required as is the ability to lie down and get up from the floor. If you are unable to get and up down from the floor with ease, this class may not be suitable for you.

## LINE DANCING

***Monday, January 9<sup>th</sup> – April 2<sup>nd</sup>***

***12 weeks, 10:00am - 11:30am***

***\*No Class February 20<sup>th</sup>***

***Course Fee: \$70.00***

***Instructor: Sheila & Jim New***

***\*low-medium impact program***



Since the latter part of the 20th century line dancing has been closely identified with country, western and folk music and is a form of dance appropriate for all ages! Line dancing is choreographed dance with a repeated sequence of steps in which a group of people "boogey" or dance in one or more lines/rows. Try an assorted array of dances for the first time or continue to master your steps! This is a great class offering the student exercise and fun while dancing to the music of the 40s, 50s & 60s! Partners not required.

## ROM CHI

**Monday, January 9<sup>th</sup> – April 2<sup>nd</sup>**  
**\*No Class February 6<sup>th</sup>, 13<sup>th</sup>, & 20<sup>th</sup>**  
**10 weeks, 11:45am - 12:15pm**  
**Course Fee: \$50.00**



**Instructor: Kathy Paterson**  
**\*low-impact seated program**

ROM CHI is a one of its kind program designed to improve breathing, flexibility, circulation, digestion, muscle strength, core stability and balance. ROM CHI (which stands for RANGE OF MOTION) combines elements of yoga and seated tai chi and is designed specifically for older adults. From the comfort of a chair, exercise your mind, body and soul in a meaningful and productive way and leave this class feeling rejuvenated, energized and relaxed. All levels welcome.

## ROUND DANCE

### LEVEL 1

**Thursday, January 12<sup>th</sup> – April 5<sup>th</sup>**  
**\*No Class February 16<sup>th</sup>**  
**12 weeks, 11:30am - 12:45pm**  
**Course Fee: \$75.00**



**Instructor: Joan Tharme**

**\*low-medium impact program**

**\*Continue the basics of two-step & learn the waltz. Some two-step experience required.**

### EXPERIENCED

**Thursday, January 12<sup>th</sup> – April 5<sup>th</sup>**  
**\*No Class February 16<sup>th</sup>**  
**12 weeks, 12:45pm - 2:00pm**  
**Course Fee: \$75.00**

**Instructor: Joan Tharme**

**\*low-medium impact program**

**\*This class is for those with experience in two-step & waltz. This session we will begin with Rumba & Cha-Cha.**

Round Dance (also known as cued or choreographed ballroom dance). Couples move in a circular pattern around the hall. Steps/figures are taught and cues for dancers. A great low-medium impact program for mind and body. \*This is partner dancing. Don't have a partner? Leave your name at the desk. Perhaps someone else is looking for a dance partner too. Two ladies dancing together are welcome.

## **SLOW FLOW YOGA**

**Friday, January 13<sup>th</sup> – March 16<sup>th</sup>**

**10 weeks, 11:00am - 12:00pm**

**Course Fee: \$70.00 (yoga mat required)**

**Instructor: Carmella Haykowsky**

**\*low-medium impact program**



This program is a very gentle, slow and flowing hatha yoga experience. The poses and movements are modified and adapted in a gentle and easy style, making this class suitable for all levels. The emphasis is on breathing and coordinating breath with movement to create balance and harmony within the body. The class ends with a complete relaxation process. The poses will be done standing, seated on the floor or lying on the floor.

## **TAI CHI- CHEN STYLE**

**Monday, January 9<sup>th</sup> – April 2<sup>nd</sup>**

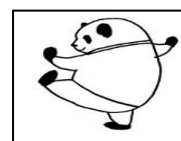
**12 weeks, 1:30pm - 2:30pm**

**\*No Class February 20<sup>th</sup>**

**Course Fee: \$75.00**

**Instructor: Allan Belsheim**

**\*All levels welcome**



**Thursday, January 12<sup>th</sup> – March 29<sup>th</sup>**

**12 weeks, 2:30pm - 3:30pm**

**Course Fee: \$75.00**

**Instructor: Allan Belsheim**

**\*All levels welcome**

Tai Chi (Taiji) is a form of martial arts proven to improve health, ones sense of balance and enhance overall wellbeing. It is also an important exercise that works to improve the body, mind and soul. With just 1 hour of tai chi activity a week, you will soon notice an improvement in your overall sense of wellbeing as your mind and body work in harmony to achieve superb results.

## **ZUMBA GOLD**

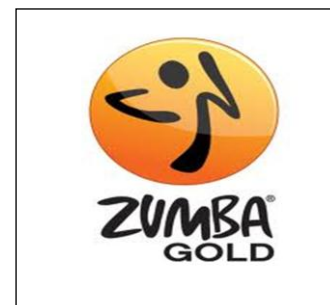
**Friday, January 13<sup>th</sup> – March 30<sup>th</sup>**

**12 weeks, 9:30am - 10:30am**

**Course Fee: \$60.00**

**Instructor: Maria Yakula, Zumba Certified**

**\*medium-low intensity program**



Quit the "work out" and join the fun! Zumba Gold is an innovative, challenging, fun and exciting new program. Moving to the sensation of Latin based rhythms you will receive a full body work out in just one hour. The program is choreographed to include: Merengue, Salsa, Cumbia, Samba, Rock & Roll, Flamenco and Tango. Zumba Gold is a total body workout specifically designed to help you break a sweat while having a blast!

# SOCIAL

## ***BIRTHDAY PARTIES***

Wednesday from 2:00-3:00pm  
Drop-In Fee: \$2.00 OR  
FREE if YOU'RE celebrating a birthday that month  
Coordinator: Jeannine Romans



Upcoming Birthdays:  
Jan 18<sup>th</sup>, Feb 15<sup>th</sup>, Mar 21<sup>st</sup>, Apr 18<sup>th</sup>

## ***CIRCLE OF FRIENDS***

Monday from 10:00-11:30am  
Drop-In Fee: \$2.00

## ***COFFEE TALKS***

Wednesday from 1:30-3:00pm  
Drop-In Fee: \$2.00

Upcoming Talks:  
Jan 25<sup>th</sup>, Feb 29<sup>th</sup>, Mar 28<sup>th</sup>

## ***POTLUCK SUPPER***

Thursday from 5:00-7:00pm  
Drop-In Fee: \$2.00  
\*Please bring a dish for 4-6 people  
Coordinator: Gloria Campbell

Upcoming Potlucks:  
Jan 26<sup>th</sup>, Feb 23<sup>rd</sup>, Mar 29<sup>th</sup>

## ***TASTY TRAVELS LUNCH & FILM SERIES***

Thursdays  
11:30- lunch, 1:00pm film  
Jan 25<sup>th</sup>, Mar 15<sup>th</sup>  
Lunch & Film: \$8.00  
Film only: \$2.00



## **PHOTO CLUB DROP IN**

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
10:00am-12:00pm  
Drop In Fee: \$2.00  
Coordinator: Leslie O'Neil

We are calling all photographers, photo buffs or anyone who is interested in learning about the exciting world of photography! With emphasis placed on discussion, idea sharing and having fun, participants will table about photo technique, colour and composition. Participants are given the opportunity to share photos and ideas in a relaxed and fun environment. Participants are expected to bring with them their own camera (digital preferred)

# WORKSHOPS

## BALCONY GARDENING – Flowers & Vegetables in Containers

*Presented by: Lucy Chang*

*Thursday, March 1<sup>st</sup>*

*1 week, 10:00am – 12:00pm*

*Cost: \$15.00*

*\*Must pre-register for course*



Master Gardener, Lucy Chang, will be giving a talk and demonstration on the basics of container gardening for your flowers and vegetables. Learn how to select the best locations on your balcony to grow your beloved flowers and vegetables. Obtain tips on how to maintain and keep your potted plants healthy and looking great all season. For the last two years, Lucy was the head of the **Edmonton Horticultural Society** and the rose beds, annual and perennial beds on the grounds of the Muttart Conservatory. Lucy will also be donating any finished containers for us to raffle off. Come and join us for some delightful conversation and enter your name into the draw!

## BOOK & BREAKFAST SERIES

*Feature Author: Sheree Zielke*

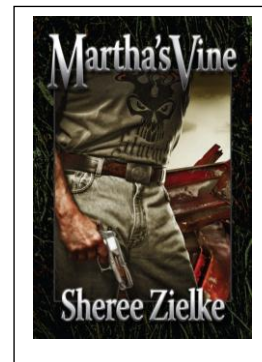
*Book: Martha's Vine*

*Tuesday, March 6<sup>th</sup>*

*1 week, 9:30am - 11:00am*

*Free, unless you purchase breakfast*

*Breakfast: \$5.00 (includes coffee)*



As part of our commitment to provide life long learning, we proudly present Sheree Zielke for our Book & Breakfast Series. Sheree began writing when she was very young... When she was eight years old, her story, *How Fire Came to Be*, was submitted to a CBC radio program. It was selected as one of the best entries from across Canada. Upon hearing her name on the radio, she knew her destiny: she would be a writer. Her first book, *Martha's Vine*, has been the proverbial labour of love. And of hate. After many false starts that began nearly two decades ago, the book is complete. The action story takes place in an apocalyptic world. The power grid is down and people are forced back to the basics. The law of survival is simple; it's the law of the jungle: "Kill, or be killed." Sheree will open up the floor for informal discussion, read engaging excerpts from her book and leave opportunities for a Q & A. We will also be drawing for a door prize - a signed copy of Sheree's new book. The sequel to *Martha's Vine* - *Martha's Mirror!* We encourage you to read this amazing book and come join us for great food and delightful conversation!

\*Breakfast can be purchased from the café between 9:30-11:00am at a cost of \$5.00 (breakfast is optional, not mandatory)

# HEALTH & WELLNESS

## DRUMMING CIRCLE

Friday, January 20<sup>th</sup>

**1 week, 11:00am – 12:00pm**

**Course Fee: \$14.00 (Includes coffee & a snack)**

**Instructor: Marcus Fung**

**\*Must pre-register for course**



Wednesday, March 21<sup>st</sup>

**1 week, 12:15pm – 1:15pm**

**Course Fee: \$14.00 (Includes coffee & a snack)**

**Instructor: Marcus Fung**

**\*Must pre-register for course**

Come and experience the journey of hand drumming as a rewarding way to spark your joy and intuitive creative self! This class is less about "getting it right", and more about using music and expression as a way to Healthy, Happy, and Resonate Living. In this FUN, and dynamic class, we'll play games, and use simple multi-cultural songs and rhythms that form the guiding principles of drumming wisdom, and life as musical relationship. All Drums/Instruments Provided. No Musical Experience Necessary

## JUST FOR LADIES: Body Type & Image for Mature Women

**Wednesday, March 15<sup>th</sup>, 1 week, 10:00am – 11:45am**

**Course Fee: \$20.00**

**Instructor: Susanne Urbina**

Feeling blue; looking for an image update? By learning how to showcase your finest features and camouflage those pesky trouble spots, you can improve your whole well-being. Join Susanne for lively discussion and analysis of body styles, face types and tips to help you feel your best!

## THE ARTHRITIS SELF-MANAGEMENT PROGRAM

**Presented By: Miranda Jimmy, The Arthritis Society**

**Tuesday, February 21<sup>st</sup> – March 27<sup>th</sup>**

**6 weeks, 10:00am - 12:00pm**

**Cost: \$2.00**

**\*Must pre-register for course**



Join Miranda from the Arthritis Society as she helps you better understand your arthritis. Learn ways to cope with chronic pain and take a more active role in managing your arthritis. During this 6 week course learn new information and skills, discuss ideas and share experiences about exercising with arthritis, eating healthy, managing pain and much more

# Stress and Your Body

## The Great Courses™ DVD Lecture Series

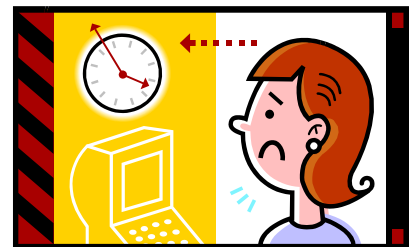


## Stay tuned for course information!

Feeling stressed? You're not alone. Stress is an inherent aspect of life. Stress can have tremendous negative effects on your mental and physical health. Most Western diseases that slowly get us sick—heart disease, diabetes, stroke—are worsened by stress. With the guidance of Dr. Robert Sapolsky, acclaimed Professor of Biology, Neurology, and Neurosurgery at Stanford University, you'll explore the nuts and bolts of the stress-response system and its various effects on your body. DVD lectures add humor and practical tips for stress management that you can incorporate into your lifestyle.

### The Lecture Series Includes:

- Week 1:** Why Don't Zebras Get Ulcers? Why Do We?
- Week 2:** The Nuts and Bolts of the Stress-Response
- Week 3:** Stress and Your Heart
- Week 4:** Stress, Overeating, and Your Digestive Tract
- Week 5:** Stress and Your Immune System
- Week 6:** Stress and Cancer
- Week 7:** Stress and Pain
- Week 8:** Stress, Learning, and Memory
- Week 9:** Stress, Sleep, and Lack of Sleep
- Week 10:** Stress and Aging
- Week 11:** Stress Management - Clues to Success?
- Week 12:** Stress Management – Approaches and Cautions



# Winter 2012 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Family History Video Production</u></b> 9:00am – 12:00pm</p> <p><b><u>Ceramics</u></b> 9:30am-12:30pm</p> <p><b><u>Circle of Friends – Drop in</u></b> 10:00-11:30am</p> <p><b><u>Euchre – Drop in</u></b> 10:00am – 12:00pm</p> <p><b><u>TLC Bridge – Drop in</u></b> 10:30am-2:00pm</p> <p><b><u>Line Dancing</u></b> 10:00-11:30am</p> <p><b><u>ROM CHI</u></b> 11:45am-12:15pm</p> <p><b><u>ART Sessions – Drop in</u></b> 12:30-3:30pm</p> <p><b><u>Wood Working – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>Tai Chi (Chen Style)</u></b> 1:30-2:30pm</p> <p><b><u>Gentle Dance Moves™</u></b> 2:30-3:30pm</p> 	<p><b><u>Walking Group – Drop in</u></b> 9:00-11:00am</p> <p><b><u>Book &amp; Breakfast</u></b> 9:30am – 11:00am</p> <p><b><u>Fitness is Fun (Cardio)</u></b> 9:30-10:30am</p> <p><b><u>Practice Bridge – Drop in</u></b> 9:30-11:30am</p> <p><b><u>Carpet Bowling – Drop in</u></b> 10:00am-12:00pm</p> <p><b><u>Computer Tune-up &amp; Safety</u></b> 10:00am – 12:00pm</p> <p><b><u>Point &amp; Shoot your way to Awesomeness!</u></b> 10:00am – 12:00pm</p> <p><b><u>Enhancing Internet Skills</u></b> 10:00am – 12:00pm</p> <p><b><u>Managing Your Files</u></b> 10:00am – 12:00pm</p> <p><b><u>Arthritis Self-Management</u></b> 10:00am -12:00pm</p> <p><b><u>Fit for Life (Weight Training)</u></b> 11:00am-12:00pm</p> <p><b><u>Cardio Salsa Plus!</u></b> 12:15pm – 1:15pm</p> <p><b><u>Cross-Country Skiing</u></b> 1:00pm – 3:00pm</p> <p><b><u>Carpet Bowling – Drop in</u></b> 1:00-3:00pm</p> <p><b><u>Computers (Beginner)</u></b> 1:00-3:00pm</p> <p><b><u>Whist – Drop in</u></b> 1:00-3:00pm</p> <p><b><u>Hatha Yoga (Beginner)</u></b> 2:00pm-3:00pm</p>	<p><b><u>Pickle Ball – Drop in</u></b> 9:00am-11:00pm</p> <p><b><u>E-Reader</u></b> 9:00am – 11:00am</p> <p><b><u>Photo Club – Drop in</u></b> 10:00am-12:00pm</p> <p><b><u>Watercolours (Beginner)</u></b> 10:00am-12:00pm</p> <p><b><u>Scrabble – Drop in</u></b> 10:00am-12:30pm</p> <p><b><u>Fit For Life (Weight Training)</u></b> 11:00am – 12:00pm</p> <p><b><u>Drumming Circle</u></b> 12:15pm – 1:15pm</p> <p><b><u>Cross-Country Skiing</u></b> 1:00pm – 3:00pm</p> <p><b><u>Badminton – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>Billiard – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>Wood Working – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>High Fashion Bead &amp; Bling</u></b> 1:00pm – 3:00pm</p> <p><b><u>The Memory Academy</u></b> 1:00pm – 3:00pm</p> <p><b><u>Coffee Talks – Drop in</u></b> 1:30-3:00pm</p> <p><b><u>Birthday Parties – Drop in</u></b> 2:00-3:00pm (Once a month)</p> <p><b><u>Duplicate Bridge – Drop in</u></b> 6:30-10:00pm</p> <p><b><u>Mosaic Pot Plant</u></b> 7:00pm – 9:30pm</p>	<p><b><u>Clogging (Level 1)</u></b> 9:00-10:00am</p> <p><b><u>Hatha Yoga (Intermediate)</u></b> 10:00-11:00am</p> <p><b><u>Clogging (Experienced)</u></b> 10:00-11:00am</p> <p><b><u>Balcony Gardening – Flowers &amp; Vegetables in Containers</u></b> 10:00am – 12:00pm</p> <p><b><u>Gentle Dance Moves™</u></b> 11:30am-12:30pm</p> <p><b><u>Round Dance (Level 1)</u></b> 11:30am-12:45pm</p> <p><b><u>Tasty Travels Lunch &amp; Film Series – Drop in</u></b> 11:30am-Lunch 1:00pm-Film</p> <p><b><u>Wood Carving (Intermediate)</u></b> 12:00-3:30pm</p> <p><b><u>Contract Bridge – Drop in</u></b> 12:30-3:30pm</p> <p><b><u>Round Dance (Experienced)</u></b> 12:45am-2:00pm</p> <p><b><u>Badminton – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>Carpet Bowling – Drop in</u></b> 1:00-3:00pm</p> <p><b><u>Computers (Intermediate)</u></b> 1:00-3:00pm</p> <p><b><u>Tai Chi (Chen Style)</u></b> 2:30-3:30pm</p> <p><b><u>Potluck Supper – Drop in</u></b> 5:00-7:00pm (Once a month)</p>	<p><b><u>Walking Group – Drop in</u></b> 9:00-11:00am</p> <p><b><u>Creative Floral Valentine</u></b> 9:30am – 11:30am</p> <p><b><u>Zumba Gold</u></b> 9:30-10:30am</p> <p><b><u>Gentle Chair Yoga</u></b> 9:45am – 10:45am</p> <p><b><u>Wii © - Drop in</u></b> 10:00-11:30am</p> <p><b><u>Great Pharaohs of Ancient Egypt™</u></b> 10:00am-12:00pm</p> <p><b><u>TLC Bridge – Drop in</u></b> 10:30am-2:00pm</p> <p><b><u>Drumming Circle</u></b> 11:00am – 12:00pm</p> <p><b><u>Fit for Life (Weight Training)</u></b> 11:00am-12:00pm</p> <p><b><u>Slow Flow Yoga (Hatha)</u></b> 11:00am-12:00pm</p> <p><b><u>Pickle Ball – Drop in</u></b> 12:30-3:30pm</p> <p><b><u>Cribbage – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>Paper Quilling – Drop in</u></b> 1:00-3:30pm</p> <p><b><u>Wood Working – Drop in</u></b> 1:00-3:30pm</p> 