



Thursday July 6th - Grilled Chicken & Vegetable Skewers with Rice

Friday July 14th – Spaghetti, Caesar Salad & Garlic Toast

Monday July 24th – Chicken Burger, Fries, & Dessert



Klondike Day Kick-Off Pancake Breakfast

Thursday, July 20 from 11:30 am – 1:30 pm

Featuring pancake breakfast with all the fixings!
Come dressed in your favourite K-Days outfit just for fun!

There will also be K-Days trivia in the Café
throughout the lunch hour.

**\$8 – purchase lunch in the Café
(First Come - First Served)**

TRAVEL TRIPS



River Cree Casino Trip Wednesday, August 16

**Bus picks up at 10:00 am & returns at 3 pm
Transportation, Lunch, a Gift & a \$5 voucher**

ONLY \$10! What a Deal!!!!

Alberta Prairie Railway Excursion

Friday, September 29

Fall Colours Special to Big Valley

8:00 am to 6:30 pm

Ticket prices \$175 member, \$185 non-member (Deadline for tickets September 1)

This is a once a year opportunity. Depending on the year, spectacular colours can be seen all along the tracks in the fall. Trip includes transportation from WSAC on coach bus to and from Stettler, a relaxing train ride from Stettler to/from Big Valley, on board entertainment, and a buffet-style Alberta roast beef meal. Accessibility - participants must be able to navigate stairs into and out of the train.



Alberta Researchers Will Determine the Impact of Free Preventive Medications on Low Income Seniors with Chronic Diseases

Heart attack, stroke, and diabetes place a significant financial and emotional burden on patients and families, while also leading to high costs to the Canadian healthcare system. The ACCESS Study, from the University of Calgary, is providing Albertan seniors with a **50% chance to receive free preventive medications** seamlessly through their existing Alberta Blue Cross Senior Benefit drug coverage **and/or a personalized education** program aimed at helping seniors make healthy lifestyle choices. Travel for study visits is **NOT** required and the only responsibility of participants is to fill out four occasional surveys. This 3-year study is looking for Albertan seniors who have an annual household income of less than \$50,000, are over the age of 65, have Alberta Blue Cross Senior Benefit medication insurance and have chronic diseases including: a previous heart attack or stroke, chronic kidney disease, heart failure, diabetes, high blood pressure, high cholesterol, or are a smoker. To see if you qualify, please call our eligibility toll-free hotline number at **1-844-944-8927**. For more information, please visit our website at www.accesstrial.ca.



Alberta Phonetics Laboratory

Participation includes:

- Basic hearing test
- Listening to words and made-up words, pressing two buttons in response, and typing words
- \$10 compensation for 1 hour participation

The Alberta Phonetics Laboratory is bringing a Listening

Experiment to the WSAC!

When: July 10, 12, and 14

Time: 1 hour sessions starting from 9:15AM

We are looking for people over the age of 30, who grew up in
Canada, speaking only English at home.



A Visit With Councillor Andrew Knack Friday, July 14 at 1:00pm

With the number of seniors increasing every year in our city, the City of Edmonton considers seniors and their needs a priority. City Council's Seniors Initiative supports and enhances the current work being done by the City of Edmonton by helping with programs to improve quality of life. City Councillor for Ward 1 - Andrew Knack - will be visiting Westend Seniors Activity Centre and would be pleased to discuss the concerns and issues important to you and to answer your questions.