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this guide costs
approximately
\$2 to produce.

Please consider sharing this Program Guide with a friend rather than taking one for each of you. The money saved goes directly back into our programming. Check us out at seesa.ca for your online guide. Thank you for doing your part to help SEESA direct our funds to the programs you support.

SUMMER AT SEESA

July 9—August 18

AUGUST CLOSURES

The **GYM**, the **KITCHEN/CAFETERIA**, and **PROGRAMMING ROOMS** will be closed
Sunday, August 19 to Monday, September 3 inclusive

Each room will have cupboards and storage areas gone through and each area will be wiped down. Clubs and Class participants will be needed to help with cleaning of the rooms and taking inventory of your Club and Class equipment. If your group is not represented we cannot guarantee all supplies will be saved and put back in storage. What may be a treasure to your group may be deemed unnecessary to a random volunteer cleaning out that area. Your participation will ensure that your equipment and supplies are still there when you go looking for them.

Please let Peggy know who will be here to work with the staff to ensure your club or class have a safe, clean area to come back to in September.

The office will remain open during this time from 8:30—4:30 daily.



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Summer Classes

REGISTRATION

Please come to the **Front Desk** with a completed registration form to register for the **Summer 2018 Session**. Alternatively, our **Online Registration and Payment** system will be available up until the day before the class starts. Go to www.myactivecenter.com to create your account then follow the instructions to register online.

Registration by telephone is accepted with Visa or MasterCard and is subject to a non-refundable \$2 service charge.

PAYMENT

Online, Front Desk, Pre-registration—How do I make sure my payment gets applied

Payment can be made in a variety of ways at SEESA. You can **pay at our Front Desk** when you register in person. We accept cash, cheques, debit card, Visa or Mastercard.

Our **Online System** is supported by PayPal so making payment when you register **Online** is as simple as paying in person. You will need to create an account by following the prompts online and have a credit card to use this process.

You are not considered registered for the class until you pay.

CLUB ACTIVITY FEES

Is this the only fee I have to pay to be involved in a SEESA Club Activities?

You must have a SEESA Membership to **participate in Club activities**. These activities are **run by members for members**. Attendance is on a drop in basis, with a \$2 drop in fee charged to cover the costs of the rooms used. Check with your Activity Liaison for details as some clubs have additional fees to cover special payouts they may have.

TO DROP IN.....OR.....NOT TO DROP IN

Drop In will be offered for the first class for only \$10 per class

Do you want to try a new program but don't want to pay for the entire session? The **Class Drop In** program gives you that opportunity. Please **pay at the Front Desk BEFORE** heading to the class. Show your receipt to the instructor who will record your name and the receipt number on the attendance sheet. It's that easy to give a new class a try at SEESA!

Summer Classes

REFUNDS AND TRANSFERS

What if I can't take the class after I register—can I get my money back?

What if I registered for a class I no longer want to take and would like to transfer?

Class cancellations are determined by the number of people who register prior to the program starting and may be **cancelled or altered if minimums are not met**. You can help **prevent cancellations of your class** by taking advantage of our Early Bird pricing and paying before the class starts. Participants will be called **if a class is cancelled and fees will be fully refunded**. If the instructor cancels, every attempt will be made to notify participants with as much notice as possible. You **using MySeniorCenter** will assist us with this task. **Refunds** will not be issued to any participant who withdraws from a program of their own volition.

Transferring from one class to another will be subject to a \$10 administration fee **for each class you transfer**. Ensure you have picked the right class for your schedule to avoid the extra fees.

If you have **an injury or other medical reasons**, and can't attend the class you've registered for, please submit in writing the reason you are asking for a refund as soon as you know. We may be able to refund you the rest of the class fee with the approval of a refund as stated in our Policies and Procedures.

LOCKERS

SEESA has day use lockers in various spots available for you to use when you're attending your classes or club activities. You can bring your own lock or borrow one of ours which needs to be returned to the front desk at the end of your activity. This is a much safer alternative than leaving your belongings in the coat room or along the wall of the room you have your activity in. They are here for your use so please take advantage of keeping your items safe.

MEMBERSHIP

At what age can I become an active member of SEESA?

Memberships are available for **\$30 per calendar year** (January—December) **for people 55 years of age and older**. **SEESA members receive priority at time of class registration**. **Associate Membership** (under age 55) are available with the sponsorship of a regular member.

Membership at another Edmonton seniors centre allows you to register at our member rate. **Reciprocal registration** begins **March 26** and will be processed as space is available. Note: Membership fees are non refundable, transferable or pro-rated. The following centres participate in the **Reciprocal Program**:

Central Lions Seniors Association	North West Edmonton Seniors Society
Edmonton Aboriginal Seniors Centre	Sage Seniors Association
Edmonton Seniors Centre	South East Edmonton Seniors Association
Jewish Seniors Centre	South West Edmonton Seniors Association
Mill Woods Seniors Association	Strathcona Place 55+Centre
North Edmonton Seniors Association	Westend Seniors Activity Centre

Classes

Our Summer programming session is a scaled down version of our regular programming.
All classes are listed below by category in alphabetical order.
Ensure you check the **NO CLASS** dates in the right margin of each class listing

Art Classes

Watercolours—Advanced

Instructor: Willie Wong

No Class Jul 12, Jul 26

Learn perspectives drawing street scene with buildings. 140lb Arches cold pressed paper a must. Bring any watercolor supply you may have and I will provide some extra colors. I have brushes for sale as well. No drawing experience necessary.

Thursday May 10—Aug 9 (12 classes) 1—3 pm Forest Heights Room
Fee: Early Bird \$132 Regular \$142

Class Limit: 14

Watercolours—Beginner/Intermediate

Instructor: Willie Wong

No Class Jul 12, Jul 26

This class is for the beginner to intermediate experienced students. This course will start with the understanding of colors, brushes and paper. Willie will show you how to mix the entire palette with 8 cotman paints on San Francisco Slant palette. And then we will practice small basic watercolor techniques. No drawing experience necessary.

Thursday May 10—Aug 9 (12 classes) 3:15—5:15 pm Forest Heights Room
Fee: Early Bird \$132 Regular \$142

Class Limit: 10

Music Classes

Group Vocal Lessons

Instructor: Kate Haginicolakis

A class dedicated to the improvement of vocal technique in a relaxed and welcoming setting. Learn about aspects of singing technique while practicing a variety of musical styles and genres with our group. Whether you have been singing for a long time, always loved singing, or have even just thought about taking a lesson come join us and find your voice! Beginners are welcome.

Tuesday Jul 10—Aug 14 (6 classes) 12:30—2:00 pm Edmonton Room
Fee: Early Bird \$49.50 Regular \$59.50

Class Limit: 14

Small Ensemble Workshop

Instructor: Kate Haginicolakis

Do you play an instrument, sing or both? Come and join us for small ensemble! Explore a variety of musical styles in a fun and learning oriented setting. Our objective is to learn to play as part of a group and understand how the different instruments fit together to create a particular sound or style. Participants should be reasonably proficient on their instrument of choice to be able to play without specific instruction on that instrument.

Tuesday Jul 10—Aug 14 (6 classes) 10:00—12:00 noon Bonnie Doon Room
Fee: Early Bird \$66 Regular \$76

Class Limit: 14

\$3 fee for materials payable to the instructor

Music Classes continued...

Ukulele Lessons—Multi Level Summer Jam

Instructor: Elaine Mann

These weeks are designed to be like jam-sessions, but instructor led. Elaine will take you through a review of the songs from the winter and spring sessions. There will be chording, strumming, and picking styles for every level. It's summer - let's play!

Note: not suitable for Absolute Beginners - please join us in the fall.

Wednesday Jul 11—Aug 15 (6 classes) 10 am—12 noon Ottewell Room
Fee: Early Bird \$66 Regular \$76

Class Limit: 14

Physical Fitness Classes

Barre Fitness

Instructor: Kate Stashko

No dance experience necessary! A fun way to stay fit, improve flexibility and strength, and enjoy some upbeat music! Kate leads you through a series of exercises, some based on ballet moves, others focused on upper body and core strengthening. A great full-body, weight-bearing workout guaranteed to break a sweat. Wear comfortable clothing you can move in and socks or thin slippers.

Thursday Evening Jul 12—Aug 16 (6 classes) 7—8 pm Ottewell Room
Fee: Early Bird \$33 Regular \$43

Class Limit: 12

Clogging—Beginner

Instructor: Tracy Walters

We dance in shoes with special taps on them (not wooden shoes) that give clogging its unique sound. You will learn some basic steps and terms associated with clogging. You must have some experience with clogging to join this group. For the first few classes wear comfortable shoes (shoes with rubber soles not recommended).

Friday Jul 13—Aug 17 (6 classes) 9—10 am Ottewell Room
Fee: Early Bird \$33 Regular \$43

Class Limit: 15

Clogging—Beginner Plus

Instructor: Tracy Walters

This is a class for those who have had at least 1 year experience with clogging. This class is a continuation of the beginner class. More difficult steps and patterns will be taught. Knowledge of the basic steps is required. Clogging shoes required.

Friday Jul 13—Aug 17 (6 classes) 10:15—11:15 am Ottewell Room
Fee: Early Bird \$33 Regular \$43

Class Limit: 15

Clogging—Experienced

Instructor: Tracy Walters

This is a class for those who have had at least 3-4 years experience with clogging. Intermediate and advanced dances will be taught, plus a few easy ones just for fun. Clogging shoes required.

Friday Jul 13—Aug 17 (6 classes) 11:30 am—12:30 pm Ottewell Room
Fee: Early Bird \$33 Regular \$43

Class Limit: 15

Physical Fitness Classes continued...

Just Stretching

Instructor: Kate Stashko

Treat yourself to a 'feel good' workout. This class uses the Classical Stretch to improve posture and balance, range of motion and stress release.

Thursday Jul 12–Aug 16 (6 classes) 5:30–6:00 pm Ottewell Room

Class Limit: 15

Fee: Early Bird \$16.50 Regular \$26.50

Line Dance Beginner

Instructor: Tracy Walters

Line dance is a form of low impact dancing for all ages. Not only is it fun but it is great exercise too. If you love to dance and like country music (we dance to other music too), you will love line dancing. No experience necessary (shoes with non-marking leather or suede soles recommended, no running shoes).

Thursday Jul 12–Aug 16 (6 classes) 10:45–11:45 am Gym

Class Limit: 30

Fee: Early Bird \$33 Regular \$43

Line Dance Experienced

Instructor: Tracy Walters

This will be a fun class for those who have experience with line dancing or who have taken 1–2 years of the previous class. We will review dances already learned and new dances will be taught. Some of the dance steps will be more challenging than the beginner class. (shoes with leather soles recommended, no running shoes).

Thursday Jul 12–Aug 16 (6 classes) 12:15–1:15 pm Gym

Class Limit: 30

Fee: Early Bird \$33 Regular \$44

Living Fit

Instructor: Wendy Kinsman

Wendy instructs a fun, low impact fitness class. She moves you in all directions to strengthen your cardio respiratory fitness, muscular strength and endurance, flexibility and balance. Work-out to music using balls, bands and hand weights. Perfect for the older adult who wants to get their heart rate up without a high impact workout.

Thursday Jul 12–Aug 16 (6 classes) 10–11 am Ottewell Room

Class Limit: 15

Fee: Early Bird \$33 Regular \$43

Qigong

Instructor: Carolynne Melnyk

Interested in more energy, improved sleep, reduced stress, relief from aches and pains, clearer thinking, and increased strength and vitality? If so, come and join this simple yet effective Qigong (pronounced *cheegong*) class. Qigong is an ancient moving meditation practice designed to help gain energy and feel good by using your breath along with slow, simple, gentle movements.

Tuesday Jul 10–Aug 14 (6 classes) 2:45–3:45 pm Ottewell Room

Class Limit 25

Fee: Early Bird \$33 Regular \$43

Thursday Jul 12–Aug 16 (6 classes) 5–6 pm Bonnie Doon Room

Class Limit 25

Fee: Early Bird \$33 Regular \$43

Physical Fitness Classes continued...

Soft Pilates

Instructor: Linda Turnbull (Tues & Thurs Day) Instructor: Kate Stashko (Thurs Eve)

Perfect for those who are new to Pilates or who are looking for a gentle fitness routine. This class will help to align the body by combining breath and core strengthening techniques.

Tuesday Jul 10—Jul 31 (4 classes) 4–5 pm Ottewell Room Class Limit: 18

Fee: Early Bird \$22 Regular \$32

Thursday Jul 12—Jul 26 (3 classes) 11:15–12:15 pm Ottewell Room Class Limit: 18

Fee: Early Bird \$16.50 Regular \$26.50

Thursday Evening Jul 12—Aug 16 (6 classes) 6–7 pm Ottewell Room Class Limit: 12

Fee: Early Bird \$33 Regular \$43

Yoga Chair

Instructor: Megan Kim

Want to learn to feel better and move better? Working one-on-one and as a group, we will explore and improve the smaller movements that make up yoga poses. Megan Kim has taught yoga at SEESA since 2012, and finds joy in continuing to grow her awareness. Please bring a yoga mat, and wear clothing that allows easy movement through all the joints.

Thursday Jul 12—Aug 16 (6 classes) 10:30–11:30 am Bonnie Doon Room Class Limit: 10

Fee: Early Bird \$33 Regular \$43

Yoga

Instructor: Megan Kim

Want to learn to feel better and move better? Working one-on-one and as a group, we will explore and improve the smaller movements that make up yoga poses. Megan Kim has taught yoga at SEESA since 2012, and finds joy in continuing to grow her awareness.

Thursday Jul 12—Aug 16 (6 classes) 9–10:15 am Bonnie Doon Room Class Limit: 12

Fee: Early Bird \$43 Regular \$53

Yoga For Men

Instructor: Ken Strachan

No Aug 6

This class will allow the participant to increase flexibility and strength. The breathing and relaxation helps to relieve stress and makes one feel energized.

Monday Jul 9—Aug 13 (5 classes) 10:45–11:45 am Ottewell Room Class Limit: 16

Fee: Early Bird \$27.50 Regular \$37.50

Wednesday Jul 11—Aug 15 (6 classes) 5:45–6:45 pm Ottewell Room Class Limit: 16

Fee: Early Bird \$33 Regular \$43

Friday Jul 13—Aug 17 (6 classes) 1–2 pm Ottewell Room Class Limit: 16

Fee: Early Bird \$33 Regular \$33

Interested in taking one of our instructional courses, but you're not a SEESA member? If you have a valid membership at one of the seniors centres which allow reciprocal program registration, you're welcome to register in our instructional courses at our member rate. Check out page 4 of this guide for participating centres and guidelines on participation or inquire at our front desk to learn more. Visit www.seniorscouncil.net/rpr for full explanations.

Physical Fitness Classes continued...

Yoga Gentle Core

Instructor: Linda Turnbull

In this class we will focus on postures that aid in supporting a healthy spine by building core strength and flexibility to help create balance and ease in the aging body. Each class will focus on breath and finish with deep relaxation.

Monday Jul 9—Jul 30 (4 classes) 9:30—10:30 am Ottewell Room

Class Limit: 15

Fee: Early Bird \$22 Regular \$32

Yoga with Maxine

Instructor: Maxine Cowan

No Class Jul 31

Awareness of the movements we make is crucial for a healthy, responsive nervous system and Yoga is one of the primary practices for developing awareness and mindfulness. It's recommended you bring a Yoga mat and a warm blanket. Body temperature plummets when we're cool.

Tuesday Jul 10— Aug 7 (4 classes) 1—2:30 pm Ottewell Room

Class Limit 12

Fee: Early Bird \$33 Regular \$43

Zumba Gold®

Instructors: Melanie Kidder

No Class Aug 6

Get groovin' at your own pace! Perfect for active older adults who are looking for a modified workout with low impact moves. The Zumba Gold® program recreates the original moves you love but at a lower-intensity. It allows you to move to the beat at your own speed and focuses on balance, range of motion, cardiovascular, muscular conditioning, flexibility and coordination.

Monday Jul 9—Aug 13 (5 classes) 9—10 am Gym

Fee: Early Bird \$27.50 Regular \$37.50

Class Limit: 30

Zumba Gold® Chair

Instructor: Terri Kokotilo

What is Zumba® Gold Chair? It is a modified Zumba® class that is designed for those with medical, mobility or balance issues who still want to have fun while keeping fit! Dance moves are modified allowing participants to be seated while exercising. Easy to follow moves using Latin and World rhythms equals chair-based dance fitness classes that are fun, energetic & make you feel amazing!

Friday Jul 13—Aug 10 (5 classes) 2:15 —3:15 pm Ottewell Room

Class Limit: 15

Fee: Early Bird \$27.50 Regular \$37.50

Zumba Gold® Toning

Instructor: Sherry Matter

No Class Jul 26

Perfect for active older adults, who want to focus on muscle conditioning and light weight activity. This class blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered!

Thursday Jul 12—Aug 16 (5 classes) 9:15—10:00 am Gym

Fee: Early Bird \$25 Regular \$35

Class Limit: 30

Clubs

SEESA Clubs have the option of continuing through the summer or taking a break. As always there must a Liaison willing to be here to lead the clubs through their activities. The following clubs will continue throughout the summer.

Art Club

Activity Liaison: Don Evans

Enjoy weekly studio time with like minded artists working in a variety of media. There is no formal instruction, but support and advice between members is welcome. Bring your own supplies.

Thursday 9:30 am–12 noon Forest Heights Room

Fee: \$2 Drop In

Badminton Club

Activity Liaison: Stephen Siu

See Liaison for cancellations

This Badminton Club welcomes all beginners and experienced players at SEESA. Games are played in “doubles” format. Shuttlecocks (birdies) are provided. Our objective is to promote badminton, social interaction, physical health, and fun for all.

Remember—our Gym floor consists of concrete, a layer of tile and then a layer of wax. Please ensure you wear proper footwear that will grip the floor, not slide on it. It is strongly recommended, for personal safety reasons, that all Badminton Club members purchase and wear safety glasses designed for racquet sports. These goggles are available for purchase at United Cycle (or any sporting goods store). Always play with safety in mind.

Note: Saturday club time is available when the gym is not booked. Please ensure you use the MySeniorCenter system to log in so we can keep you informed.

Friday August 10 is Badminton Fun Day! Other centres are invited to come and join our Club for a fun competition. This will be the last day for Badminton until September 10. Watch our Bulletins for more information.

Monday 10:15–12:15, **Wednesday, Friday,** and **Saturday** 10–12 noon
All Games held In the Gym

Fee: \$2 Drop In

Bocce Ball Club

Activity Liaison: Group of 4

Runs May to October (as long as the weather holds)

This club meets on the north lawn of SEESA weather permitting. Come on out and join this fun game and enjoy the outdoors.

Tuesday & Thursday beginning on May 17
Drop in Play 1–3 pm North Lawn area

Fee: \$2 Drop In

Carpet Bowling Club

Activity Liaison: Louise Libich

This is a scaled down version of indoor bowls. The principle aim of the game, the same as all other bowls, is to deliver your wood closer to the jack than your opponent (source: englishcarpet-bowls.com). We would like to have some new members join our fun drop in and learn how to play the game. Hope to see you give it a try!

Wednesday Drop in Play 12:45–3:15 pm Gym

Fee: \$2 Drop In

Clubs continued...

Clogging Club

Activity Liaison: Marjorie McLean
Extra practice for experienced clog dancers.

Wednesday 12:30–1:45 pm Ottewell Room

Fee: \$2 Drop in

Contract Bridge Club

Activity Liaison: Ted Elford

No Aug 6

Bridge is a sociable card game played by sociable people. It's fun and it's good for the brain too. Everyone welcome. As lessons are not provided it is helpful to be familiar with bridge or its antecedent game - whist. Lessons are available at various venues. Please check with your Liaison for locations.

Mondays and Thursdays 12:30–3:30 pm Bonnie Doon Room

Fee: \$2 Drop In

Cribbage Club

Activity Liaisons: Beth Harris (Tuesday) Dorothy Bennett (Friday)

Cribbage involves playing and grouping cards in combinations which gain points. The game has several distinctive features: the cribbage board used for scorekeeping, the eponymous *crib* or *box* (a separate hand counting for the dealer), two distinct scoring stages (the play and the show) and a unique scoring system including points for groups of cards that total fifteen (source: wikipedia.org). Beginners welcome, however, basic knowledge of the value of cards and how to count is recommended. A partner is not needed to play.

Friday 12:45–3:30 pm Bonnie Doon Room

Fee: \$2 Drop In

Duplicate Bridge Club

Activity Liaison: Bev & Ken Hadlington

Duplicate bridge is called *duplicate* because the same bridge hand (i.e. arrangement of cards) is duplicated at other tables, in order to allow a fair comparison of playing skill and reduce "luck of the cards". Newcomers welcome and encouraged to give it a try—this club is looking for some new players to join their game. Partners are encouraged, but if you do not have one please contact the Activity Liaison who may be able to pair you up with another player. Knowledge of the game of Bridge required

Wednesday 6:15–9:30 pm Bonnie Doon Room Fee: \$2 Drop In

Fitness Centre



Our Fitness Centre is open and all four (4) machines are waiting for you to try them out! Prior to using the equipment, you **MUST** go through the Fitness Centre Orientation with one of our volunteer mentors. You do not need to book an appointment, just show up when a mentor is scheduled to be there (schedule on the Fitness Room door) and they will gladly show you around the equipment. Try something new at SEESA—try the Fitness Centre equipment and add another element to your physical fitness routine.

Available times are posted

Fee: No Charge

Join today

Clubs continued...

Floor Curling

Activity Liaison for summer: Rita Kowalow

The game of floor curling was designed with no sweeping and it is played indoors. Wooden rocks with handles are used. There are 4 people on a team.

Wednesday 6:30–9 pm Gym

Fee: \$2 Drop-in

Guitar Club

Runs all summer

Activity Liaison: Gordon Block

Guitarists of all levels and styles are invited to join in on an afternoon of music. Newcomers are welcome and the group will help you learn.

Tuesday 12:30–4 pm Bonnie Doon Room

Fee: \$2 Drop In
\$10 sheet music fee

Hand & Foot Canasta Club

Activity Liaison: Dorothy Bennett

Due to the nature of the game it is important you arrive by 12:45 pm in order to be included. Set up is more complicated than other card games and requires extra time.

Wednesday registration & set up 12:45 pm
play 1–3:15 pm Forest Heights Room

Fee: \$2 Drop In

Pickleball Club

Activity Liaison: Rita Kowalow

See Liaison for cancellations

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Remember—our Gym floor consists of concrete, a layer of tile and then a layer of wax. Please ensure you wear proper footwear that will grip the floor, not slide on it. It is strongly recommended, for personal safety reasons, that all Pickleball Club members purchase and wear safety glasses designed for racquet sports. Always play with safety in mind.

Note: Saturday club time is available when the gym is not booked. Please ensure you use the MySeniorCenter system to log in so we can keep you informed.

Tuesday 10:15 am–12:30 pm
All Games Held In the Gym

Thursday 1:30–4:30 pm

Saturday 1:30–3:30 pm

Fee: \$2 Drop In

Pinochle Club

Activity Liaison: Viola Schulte

Pinochle is a trick-taking game typically for two to four players and played with a 48 card deck. Derived from the card game bezique, players score points by trick-taking and also by forming combinations of cards into melds. Each hand is played in three phases: bidding, melds, and tricks. (source wikipedia.org)

Wednesday 9 am–12 noon Bonnie Doon Room

Fee: \$2 Drop In

Clubs continued...

SEESAtones Band

Band Liaison: Dee Turner

Our SEESAtones Band has now become a performance band whose goal is to entertain! Performances include SEESA activities such as monthly dinners, birthday parties, Lifetime Members Tea, special event celebrations, as well as any outside performances that will be booked. Members must have the ability to understand musical fundamentals and must be proficient on their instruments. **Positions are limited with members being accepted for audition in September only.**

Wednesday 12:30–4:30 pm Bonnie Doon Room

Fee: \$2 Drop In
\$10 sheet music fee

Soapstone Carving Club

Activity Liaison: Annetta LeClerc

Carving in Soapstone can get a little dusty. A face mask is recommended.

Wednesday 1–3 pm Work Shop Space

Fee: \$2 Drop In

Limit: 12 people

Cost of supplies extra—new carvers pay a one time set up fee: \$5

Table Tennis Club

Activity Liaison: Jean Szeto, Lorne Ma & Wah Tso

Come and join our Table Tennis Club and learn to play the game with other members. This club does not play competitively, scores are not kept and a monitor will ensure that everyone has equal time to play. You will have the opportunity to play with all skill levels. No experience required.

Wednesday 2–5:30 pm **Thursday 2:30–5:15 pm** Ottewell Room

Saturday 1:30–5:30 pm (when available)

Fee: \$2 Drop In

Woodcarving Club

Activity Liaison: Noel Constantin

An opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects.

Tuesday & Thursday 9–11:30 am Work Shop

Fee: \$2 Drop In

Work Shop Open Studio

An opportunity for Shop members to work on their own projects while enjoying the company of others. Two people must be present for power tool use. May need to arrange for a spotter if working alone. Users are responsible for cleaning up after themselves.

Tuesday & Thursday 1–4 pm Work Shop

Fee: \$2 Drop In

Clubs/Activities

Is there a club you are interested in heading up at SEESA? Volunteering to be the Liaison for any SEESA club ensures that the club can continue to run. New club ideas always welcome! There are also many existing clubs that are looking for members to come and join the activities. All clubs are open to all members of SEESA. If you ever thought you'd like "give it a try" now is the time to do it!

Do you know someone who could benefit from joining our clubs or classes? Let them know what we're all about and invite them to join you in one or more of our programming options. You may be the only connection they have to getting some activities in their lives. Go ahead—reach out!

Community Contributors

While socializing, volunteer crafters meet to make goods for SEESA to sell.

Card Making for SEESA Runs all summer

Activity Liaison: Shirley Manchak

Space Limit: 8

Dedicated volunteers recycle old cards into new to be sold as an ongoing fundraiser for our centre. SEESA provides basic supplies needed. Members bring their own tools and designer paper to create ornate cards. As there is no formal instruction a creative flair is helpful. There is no cost to attend but all the cards made are donated to SEESA. See you there.

Wednesday 9–11:30 am Forest Heights Room

Fee: none

Quilting & Crafting for SEESA

Activity Liaison: Marjorie McLean

Not available Jul 2, Aug 6

Quilters—Make quilts and contribute to SEESA raffles.

Crafters—WOW! Our crafts are of the highest quality and the sales prove it. Knitters and other folks working on portable projects are welcome to join in on the camaraderie.

Monday 1–3:30 pm Forest Heights Room

Fee: none

General Interest

Consists of activities and opportunities that get you out into the community, are informational, good for your body, good for your mind and to just relax and enjoy life.

Jam Sessions

Event Coordinator: Gordon Block

Bring an instrument or just come to listen. Refreshments included in admission.

1st & 3rd Friday 7–10 pm Gym

Fee:\$3 per person

Let's Go Out

Event Coordinator (Acting): Elaun Cable Lind

Fee: varies depending on the trip

Join us once a month on special day trip outings. This club is designed to allow you to enjoy the camaraderie of your fellow SEESA members while giving you a chance to explore sights, restaurants and activities right in our own beautiful city and province. Please refer to the poster on the Travel Bulletin Board or watch the monthly newsletter for details about our next activity. Date and time of activity varies with each outing. Check at SEESA for details.

Locker Room

Every Recreation Centre needs a locker/change room and SEESA is no different. We have converted a small office in the west hallway (across from the Fitness Centre) into a co-ed Change Room complete with two stalls for changing your clothes and day use lockers to keep your items in while you work out or attend a class or club. Please bring your own lock but if you forget yours, we do have some available at the front desk for you to use for that day.



General Interest continued...

SHAPES Research Project

Supporting Healthy Aging by Peer Education & Support

Facilitator: University of Alberta

Would you like to learn about healthy aging and managing your health? If so, you might be eligible to participate in a research study being conducted at the University of Alberta. SHAPES is a health education research program for older adults in the community. The free workshops will be led by older adults who are trained by the expert faculty in the Department of Medicine.

For more information and to participate please contact:

Dr. Adrian Wagg Telephone: 780-492-6855 Email: shapes@ualberta.ca

Friday Jul 20—Aug 17; Sep 7—Oct 12; Wednesday Oct 17 (12 classes)

1—2:30 pm Edmonton Room

Fee: No charge to participate. No Drop In—Must call UofA and register

Toastmasters Club

Activity Liaison: Benny Liangr

Toastmasters is a non profit organization dedicated to excellence in communication and leadership skills. There are three parts to a meeting: prepared speeches, Impromptu speaking, and speech evaluations. Whenever you speak in Toastmasters, you receive helpful and supportive evaluations from your peers. As your communication skills improve, your ability to lead will improve as well.

Check us out at <http://foresters.toastmastersclubs.org>

Tuesdays: Jul 3, Jul 17, Jul 31, Aug 14 7—9 pm Edmonton Room

Fee: \$2 Drop In
plus Traditional Toastmaster Fees

TOPS—Take Off Pounds Sensibly

Activity Liaison: Carol Borle

TOPS (Take Off Pounds Sensibly) is the short name for TOPS Club Inc., the original nonprofit, noncommercial network of weight-loss support groups and wellness education organization. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition. Weekly meetings include private weigh-ins and professionally prepared, informational chapter programs, featuring up-to-date information on nutrition, exercise and healthy lifestyles. Meetings provide positive reinforcement and motivation to adhere to food and exercise programs. (source: TOPS website at www.tops.org)

Mondays: 6:30—8:30 pm Library

Fee: \$2 per week plus TOPS fee

We appreciate and thank you for wearing proper non-marking indoor shoes when participating in activities at the centre. Remember our Gym floor consists of concrete, a layer of tile and then a layer of wax. Please ensure you wear proper footwear that will grip the floor not slide on it.



Outreach

The Outreach Program respects the clients' and members' right to confidentiality of information shared in a professional context. We work diligently to increase awareness as well as provide up-to-date information in areas of physical and mental health, housing and maintenance, finances, transportation options, rights and safety, learning, volunteering, and social interaction. If you have concerns in any of these areas for yourself, a friend or neighbour, please feel free to contact us. SEESA service area is south of the river, north of Argyll and east of Mill Creek Ravine.

CARE Circle

Facilitator: Leslie Amundson

Care Circle is a support group for people who have experienced a loss. This loss may be of a spouse, friend, parent, child, pet, etc. There is no membership, registration or fee to attend this group.

The tenets of the group are:

C – Confidentiality—everything said in the group is kept confidential

A – Active Listening—group members listen to each other

R – Respect—respect for each person's process is provided

E – Explore—explore feelings, ask questions, try new ideas

Mondays 1—2:30 pm (excluding statutory holidays) in the Library.

Friendly Visitor

A trained volunteer provides friendship and conversation with isolated seniors. Sharing life experiences, family history, current events or other topics of interest helps people feel connected and valued. Training classes are offered as needed.

Please contact Leslie Amundson, Outreach Coordinator, if you are interested in volunteering, or if you know someone who needs a Friendly Visitor.

Grief Recovery Method—Grief Support Group

The action program for moving beyond death, divorce, and other losses. Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural. Myths about grief:

Time heals all wounds; Replace the loss; Grieve alone; Be strong for others; Bury your feelings

People say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief Recovery Method® Outreach Program not only makes that possible, but provides partnerships and guidance to ensure that it happens.

Tuesday Jul 10—Aug 28 (8 classes) 1:30—3:00 pm Edmonton Room

No Drop In

Fee: Early Bird \$30 Regular \$40

Social Circle

Facilitator: Leslie Amundson.

A social group for discussing current events, learning about topics of interest, participating in brain games and other social interactions for seniors. Experts occasionally provide presentations on topics of interest to the group. We meet in the Library for one hour of discussion, and then move to the Cafeteria for a lunch and more socializing at our reserved table! Membership and registration are not required. There is no fee to attend, however, lunch is at your own expense.

Thursday 11 am—1 pm Library followed by lunch and visiting in the cafeteria.

Support Services—Home and Yard

Staff Liaison: Anna Tompkins contact at our office or through cell phone # 780-716-7667

Home Services has a diverse group of pre-screened contractors waiting to help you out!

We can also help you access the Seniors Benefit program if your income is below \$28,200 (single) or \$44,400 (couple) per year, based on line 150 of your tax return. If you qualify, the Seniors Benefit will provide you with \$100 per month to assist with housekeeping, minor home repairs, and yard maintenance. We can also help you with access to Seniors Home Adaption and Repair. This is a Government provided low interest, small payment loan to help with major repairs or adaptations to your home.

If you or anyone you know could you use help around the house or need a service provider, and you're not sure where to go, then come and see me or give me a call. I can refer you to screened, reliable service providers that charge a fair price for their work.

Services include:

snow removal	yard maintenance
home maintenance	housekeeping
help downsizing and/or moving	many more services can be provided

Also, if you have hired someone who has provided excellent service, please give me their name and number so she can interview them for our registry.

Volunteer

As a Volunteer based association our volunteers are very important! Staff keep things going from day to day, but we rely on volunteers to ensure our organization's feasibility. Most of the opportunities listed below require a minimal amount of time and can be tailored to fit your lifestyle. If you have any spare time please have a look and consider where you might want to help out.

Birthday Party	Newsletter	Activity Liaison
Board of Directors	Outreach Assistant	Archives/Historian
Building Maintenance Committee	Phoning Assistant	Rummage Sale
Card Making	Plant and Garden Care	Kitchen Help
Casino	Publicity & Promotion	Instructor - workshops
Drama Activities	Quilting	Set Up/Tear Down
Entertainer/Performer	Bartender	Kitchen Cashier
Front Desk Reception	Ticket Seller	Greeters
Clerical/Admin Support	Special Event Committee	Computer Mentor
Fundraising Committee	Decorating Committee	Library Committee
Meals On Wheels		

For more details about these jobs, or any others that may not be listed here, please see Mary Anne to explore the possibilities.



MONDAY

The Clubs listed on these pages are continuous. Check with your Liaison for any cancellations.
No Classes August 6

Zumba Gold	Jul 9–Aug 13	9:00–10:00	Gym	Page 8
Gentle Core Yoga	Jul 9–Jul 30	9:30–10:30	Ottewell Rm	Page 8
Badminton Club	Runs until Aug 10	10:15–12:15	Gym	Page 9
Yoga For Men	Jul 9–Aug 13	10:45–11:45	Ottewell Rm	Page 7
Contract Bridge Club	Runs until Aug 13	12:30–3:30	Bonnie Doon Rm	Page 10
CARE Circle	Runs until Aug 13	1:00–2:30	Library	Page 15
Quilting & Crafting Club	Runs until Aug 13	1:00–3:30	Forest Heights Rm	Page 13
TOPS	Runs weekly	6:30–8:30	Library	Page 14

Monthly Dinners

<p>Last Thursday of the Month 5:30–8:30 pm</p>
<p>July 26 (replaces the August Dinner) Chinese Food Take Out Night</p>
<p>No August Dinner—SEESA closed for inventory and cleaning</p>
<p>September 27 Roast Beef & Fun Evening of Bingo</p>
<p>October 25 Octoberfest—Schnitzel & Crazy Hat Night</p>
<p>November 16, 17, & 18 Drama Production Friday evening, Saturday Evening Dinner, & Sunday Brunch</p>
<p>December—dates TBC Turkey Dinner</p>
<p>Tickets \$15/person on sale the 1st business day of the month and sold until noon on the Tuesday before the dinner.</p>

2018 Dances

<p>Friday, July 13 Advance Autumn Dinner Dance Tickets are on sale at the July Dance for \$35 per person. After this date, they will be available at the Front Desk until Tuesday, September 11.</p>	<p>Andreas & Mike</p>
<p>Friday, August 10</p>	<p>The Diamonds</p>
<p>Saturday, September 15 Autumn Dinner & Dance</p>	<p>The Melody Makers</p>
<p>Friday, October 12 Advance New Years Eve Dance tickets are on sale at the October Dance for \$60 per person. After this date, they will be available at the Front Desk until Tuesday, December 18 or until sold out</p>	<p>Eddie Chwyl</p>
<p>Friday, November 9</p>	<p>The Melody Makers</p>
<p>Monday, December 31 New Years Even Dinner & Dance Advance Tickets \$60/person</p>	<p>The Romantics</p>

TUESDAY

The Clubs listed on these pages are continuous. Check with your Liaison for any cancellations.

Woodcarving Club	Runs until Aug 14	9:00–11:30	Work Shop	Page 12
Small Ensemble	Jul 10–Aug 14	10:00–12:00	Bonnie Doon Rm	Page 4
Pickle Ball Club	Runs until Aug 14	10:15–12:30	Gym	Page 11
Group Vocals	Jul 10–Aug 14	12:30–2:00	Edmonton Rm	Page 4
Guitar Club	Runs until Aug 14	12:30–4:00	Bonnie Doon Rm	Page 11
Yoga with Maxine	Jul 10–Aug 7	1:00–2:30	Ottewell Rm	Page 8
Bocce Ball Club	Runs until it's cold	1:00–3:00	North Lawn	Page 9
Work Shop Open Studio	Runs until Aug 14	1:00–4:00	Work Shop	Page 12
Grief Recovery Support Group	Runs until Aug 28	1:30–3:00	Holyrood Rm	Page 15
Qigong	Jul 10–Aug 14	2:45–3:45	Ottewell Rm	Page 6
Soft Pilates	Jul 10–Jul 31	4:00–5:00	Ottewell Rm	Page 7
Toastmasters Club		7:00–9:00	Edmonton Rm	Page 14



With the movement of rooms there will be one more space that can be filled with class and club activities. So begins the process of looking at the different programs we offer. Can all the music classes fit into the Music Room? Is the class quiet or noisy? Can all the card games fit into the same room? What about the temperature—do we group activities so we don't have to change the thermostats all the time? What equipment does it use? These are just some of the programming requirements that need to be addressed when looking at the relocation of rooms.



Knowing some of the challenges will hopefully help you understand why your class or club may not remain in the same room or possibly at the exact same time. Please be patient as we work through this process and know that we are doing our best to accommodate our 1500 members with all of the different classes and clubs we offer while utilizing the space we have.



WEDNESDAY


The Clubs listed on these pages are continuous. Check with your Liaison for any cancellations.

Card Making for SEESA Club	Runs until Aug 15	9:00–11:30	Forest Heights Rm	Page 13
Pinochle Club	Runs until Aug 15	9:00–12:00	Bonnie Doon Rm	Page 11
Ukulele Multi Level Jam	Jul 11–Aug 15	10:00–12:00	Ottewell Rm	Page 5
Badminton Club	Runs until Aug 10	10:00–12:00	Gym	Page 9
Clogging Club	Runs until Aug 15	12:30–1:45	Ottewell Rm	Page 10
SEESAtones Band	Runs until Aug 15	12:30–4:30	Bonnie Doon Rm	Page 12
Carpet Bowling Club Drop in	Runs until Aug 15	12:45–3:15	Gym	Page 9
Hand & Foot Canasta Club	Runs until Aug 15	12:45–3:15	Forest Heights Rm	Page 11
Soapstone Carving Club	Runs until Aug 15	1:00–3:00	Work Shop	Page 12
Table Tennis Club	Runs until Aug 15	2:00–5:30	Ottewell Rm	Page 12
Yoga For Men	Jul 11–Aug 15	5:45–6:45	Ottewell Rm	Page 7
Duplicate Bridge Club	Runs until Aug 15	6:15–9:30	Bonnie Doon Rm	Page 10
Floor Curling Club	Runs until Aug 15	6:30–9:00	Gym	Page 11

Our Annual Open House will take place on Thursday, September 6, 2018. SEESA has over 1500 members and is a community hub for many more. We will be taking registrations for both new members and our fall programs throughout the day. Hosting a table will put your Class or Club in direct contact with SEESA members and their guests, as well as the many business and community members who attend.

If you would like to have a table to promote your Class or Club please let Elaun know by August 17, 2018 (you must have someone at the table at all times to participate). It's a great way to let people know what's going on at SEESA!



THURSDAY

The Clubs listed on these pages are continuous. Check with your Liaison for any cancellations.

Woodcarving Club	Runs until Aug 18	9:00–11:30	Work Shop	Page 12
Yoga	Jul 12–Aug 16	9:00–10:15	Bonnie Doon Rm	Page 7
Zumba Gold Toning	Jul 12–Aug 16	9:00–9:45	Ottewell Rm	Page 8
Art Club	Runs until Aug 16	9:30–12:00	Forest Heights Rm	Page 9
Living Fit	Jul 12–Aug 16	10:00–11:00	Ottewell Rm	Page 6
Yoga Chair	Jul 12–Aug 16	10:30–11:30	Bonnie Doon Rm	Page 7
Line Dance Beginner	Jul 12–Aug 16	10:45–11:45	Gym	Page 6
Social Circle	Runs until Aug 16	11:00–1:00	Library/Cafeteria	Page 15
Soft Pilates	Jul 12–Jul 26	11:15–12:15	Ottewell Rm	Page 7
Line Dance Experienced	Jul 12–Aug 16	12:15–1:15	Gym	Page 6
Contract Bridge Club	Runs until Aug 16	12:30–3:30	Bonnie Doon Rm	Page 10
Watercolors Advanced	May 10–Aug 9	1:00–3:00	Forest Heights Rm	Page 4
Bocce Ball Club	Runs until it's cold	1:00–3:00	North Lawn	Page 9
Work Shop Open Studio	Runs until Aug 16	1:00–4:00	Work Shop	Page 12
Pickleball Club	Runs until Aug 16	1:30–4:30	Gym	Page 11
Table Tennis Club	Runs until Aug 16	2:30–5:15	Ottewell Rm	Page 12
Watercolors Beg/Inter	May 10–Aug 9	3:15–5:15	Forest Heights Rm	Page 4
Qigong	Jul 12–Aug 16	5:00–6:00	Bonnie Doon Rm	Page 6
Just Stretching	Jul 12–Aug 16	5:30–6:00	Ottewell Rm	Page 6
Soft Pilates Evening	Jul 12–Aug 16	6:00–7:00	Ottewell Rm	Page 7
Barre Fitness	Jul 12–Aug 16	7:00–8:00	Ottewell Rm	Page 5

FRIDAY

The Clubs listed on these pages are continuous. Check with your Liaison for any cancellations.

Clogging Beginners	Jul 13–Aug 17	9:00–10:00	Ottewell Rm	Page 5
Badminton Club	Runs until Aug 10	10:00–12:00	Gym	Page 9
Clogging Beginner Plus	Jul 13–Aug 17	10:15–11:15	Ottewell Rm	Page 5
Clogging Experienced	Jul 13–Aug 17	11:30–12:30	Ottewell Rm	Page 5
Cribbage Club	Runs until Aug 17	12:45–3:30	Bonnie Doon Rm	Page 10
Yoga For Men	Jul 13–Aug 17	1:00–2:00	Ottewell Rm	Page 7
Zumba Gold Chair	Jul 13–Aug 10	2:15–3:15	Ottewell Rm	Page 8
Jam Session (1st & 3rd)	Runs until end of July	7:00–10:00	Gym	Page 13
Monthly Dance (2nd)	Runs each month	6:30–10:00	Gym	Page 17

SATURDAY

The Clubs listed on these pages run when the room is available

Badminton Club	Runs until Aug 10	10 am–12 noon	Gym	Page 9
PickleBall Club	Runs until Aug 18	1:30–3:30 pm	Gym	Page 11
Table Tennis Club	Runs until Aug 18	1:30–5:30 pm	Ottewell Rm	Page 13



Do you participate in activities outside of SEESA? If you are a member of SEESA and have a special event or activity that you would like to host at our centre we may be able to include it in the Special Programming pages. Please let the Program Manager know of any special events or tournaments that others might be able to join or that will affect our programming schedule. It's good to know before Classes start if any need to be cancelled to accommodate special activities.

9350 82 Street NW Edmonton AB T6C 2X8
Ph 780.468.1985 www.seesa.ca

Mission Statement: To provide programs and services that will help seniors maintain and enhance their quality of life.

Winter Hours:

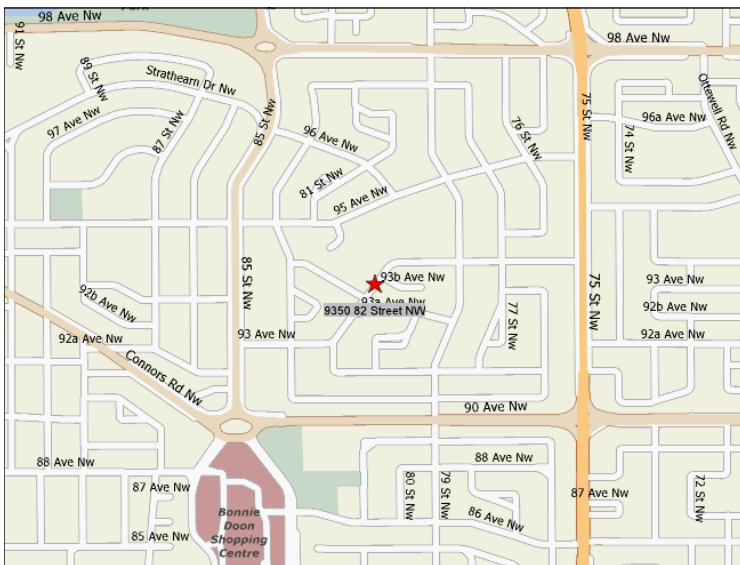
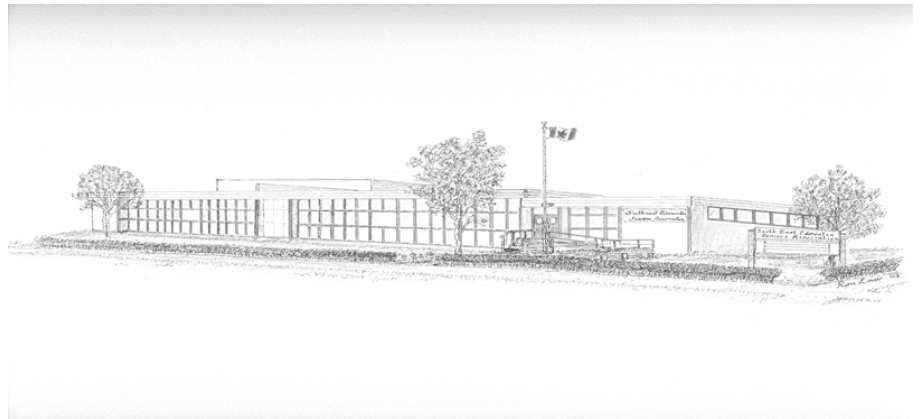
Monday 8:30 am—7:30 pm

Tuesday - Thursday 8:30 am—8:30 pm

Friday 8:30 am—4:30 pm

Saturday - 9:00 am—12:00 noon

*Closed Holiday Weekends



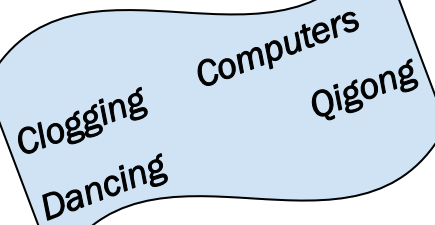
Driving Directions :

From 79th Street turn west on to 94th Avenue (you will see a big green building Holyrood Elementary School on the corner) Follow 94th along the playground. 94th Ave bends and turns into 82nd Street. We are the blue and white building on the bend.

The #307 and #322 buses stop directly outside our building Buslink # 2613 or across the street going East Buslink # 22187

Clubs and Classes at SEESA

With all the activities going on at SEESA it's hard to know what Class to take or which Club to join. We know we want to be involved and that there are a variety of programs to choose from, but sometimes we just don't understand the difference in the programs.



Clogging
Dancing
Computers
Qigong

But what is the difference between Art Class and Art Club?

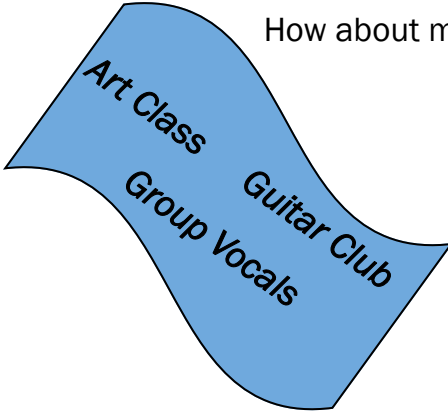
How about music lessons? Why do I have to pay for 12 weeks of classes to take Fiddle but I only have to pay a \$2 drop in fee for Guitar Club?

How do I know whether I'm registering for a Class or a Club?

Do I have to register and pay the 12 week fee to play cards?

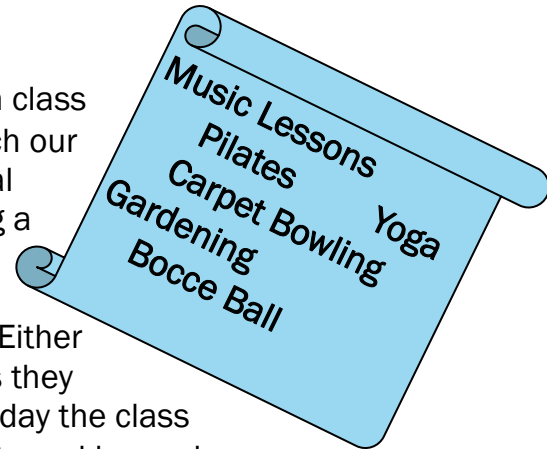
These are some of the programming questions our Members have.

It's really not that hard when you know the difference.



Art Class
Group Vocals
Guitar Club

Classes require an Instructor and members need to register for each class they take. The Instructor charges SEESA a set fee to come in and teach our members a new skill. They are qualified in their trade and have special skills that allow them to lead a class that results in members acquiring a set goal. SEESA in return charges our members a set hourly fee to cover the cost of the instructors for the class they offer. Some classes make enough money to cover the cost of instruction and some don't. Either way the cost is the same to all of our registrants no matter which class they choose to take. Early Bird pricing refers to those who pay prior to the day the class starts. Regular pricing applies to those who pay the day the class starts and beyond.



Music Lessons
Pilates
Carpet Bowling
Gardening
Bocce Ball
Yoga

Clubs on the other hand are created for fun and socializing. They are run by our Members who become the Club Activity Liaison. Members who join a club don't need to formally register but instead pay \$2 every time they want to drop into a club activity. Clubs usually run all year long rather than having specific time frames. Clubs don't have an instructor—they are self run and self taught.

If you would like to have instruction in a class not offered, or would like to start a club that has not been thought of, please see the Program Manager with your suggestions. We are always striving to bring new and exciting programs to SEESA!

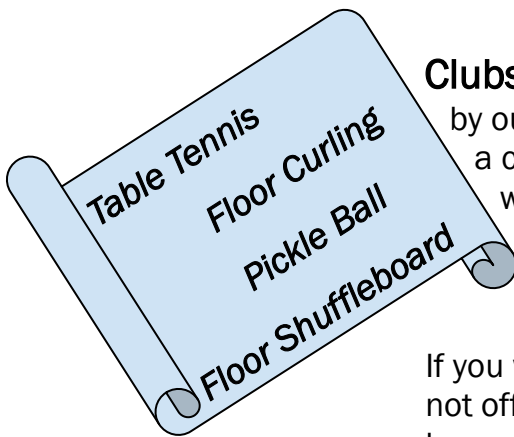


Table Tennis
Floor Curling
Pickle Ball
Floor Shuffleboard



Walking
Pool
Karate

Name: _____ SEESA #: _____ Phone #: _____

Can we share your Phone # with your instructor? (check one) Yes No

STAFF	CLASS NAME	DAY of CLASS	TIME of CLASS	AMOUNT
TOTAL				

(circle one) *For office use only* Date: _____

Payment Method: Cash / Cheque / Debit / Credit Card Receipt #: _____ Issued by: _____

Classes Refunded: _____ Amount: _____

Refund Issued By: _____ Method of Refund: _____ Date Refunded: _____

Please note:

- Please print clearly and include all information asked for
- You are not considered registered for the class until you pay. We accept cash, cheques, debit card, Visa or Mastercard
- SEESA reserves the right to adjust class cost due to errors or cancellations

Pre-registration Payment: enclose Cheque or enter Credit Card information below. Credit Card information will be removed and destroyed when processed.

Credit Card Number _____

Expiry Date _____ 3 digit code on back _____

Name on Card _____