

STAY ACTIVE THIS SPRING



Session 3—2021

March 29 – May 21

Registration opens March 17

at 10:00 AM

SESSION 3 2021 CLASS REGISTRATION AND PAYMENT OPTIONS

** Online registration will start at 10:00 AM on March 17, 2021. Go to www.seesa.ca/programs

** If you are having trouble with the website or are a non-member, please phone the office at 780-468-1985 and we will help you register.

CANCELLATIONS, REFUNDS, AND TRANSFERS

** Classes may be cancelled or altered if minimums are not met—registering before the class starts helps us know if classes need to be cancelled due to low enrollment. Participants will be called if a class is cancelled and your fee will be returned.

** Please submit in writing if you have to withdraw from a class for injury or other medical reasons and are asking for a refund. A \$10 administration fee will be taken off all refunds issued. 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—no exceptions.

** Classes are not transferrable meaning that if you register in a Monday class you cannot go to a class on a different day just because you missed the Monday class.

WAITING LISTS

If the program in which you wish to register is full, you can be added to a “wait list”. When registering, you will be added to the wait list but not charged for the class. If there is a cancellation, we will contact you with the option to join the program. Our system tracks names in the order they were received so you will be contacted in the order you registered.

LIABILITY

SEESA is not responsible for any physical injuries that may occur during any of its programs. All participants must sign the waiver and provide emergency contact information prior to registering in programs. Participants must be able to independently participate in the activity unless they bring their own caregivers. Caregivers do not need to pay for the class if they are providing assistance to a participant and not participating themselves. Please ensure you register for a class that is right for your level of ability in that class. Always consult a doctor prior to starting a new exercise program.

Session	Length (weeks)	Dates	Registration Date
1	5	Jan 18-Feb 19	Jan-04
2	5	Feb 22-Mar26	Feb-08
3	8	Mar 29-May 21	Mar 17
4	8	May 24-July 16	May 10
5	8	July 19-Sept 10	July 5
6	8	Sept 13-Nov 5	Aug 30
7	8	Nov 8-Dec 23	Oct 25

	MEMBER (55+)	NON SEESA MEMBER
ANNUAL FEE	Regular = \$30	n/a
VOTE AT GENERAL MEETINGS	Yes	n/a
ONSITE CLASSES	\$12 per hour \$3 equipment and music licensing fee per session	\$12 per hour \$3 surcharge per hour \$3 equipment and music licensing fee per session
ONSITE DROP IN	\$15 per hour	\$15 per hour \$3 surcharge per hour
ONLINE CLASSES	\$10 per hour \$3 equipment and music licensing fee per session No drop in available	
CLUB FEE	\$2 per hour \$0.50 equipment and music licensing fee per drop in	
USE FITNESS CENTRE	\$50 per year \$100 equipment fee per year	n/a
All onsite participation options may be limited by Alberta Health regulations		

CLASSES VS CLUBS

With everything offered at SEESA, it's hard to know what Class to take or which Club to join.

- ** **Classes** require an instructor and participants need to register for each class they take. The instructors are qualified in their trade and have special skills that allow them to lead a class that results in members achieving a set goal. SEESA in return charges our members a set session fee to cover the cost of the instructors for the class they offer.
- ** **Clubs** on the other hand are created for fun and socializing. They are run by our members who act as the Activity Liaisons. Members who join a club don't need to formally register but instead pay a drop in fee every time they want to attend.

Monday Online
March 29—May 17
No Class Apr 5

Time	Start Date & Course Length	Class	Instructor/ Liaison	Cost	Maximum Enrollment
8:30-9:30	March 29 7 weeks	Zumba Gold	Melanie Kidder	\$73.00	15
2:30-3:30	March 29 7 weeks	Essentrics Stretch and Tone	Liz Olson	\$73.00	12
6:00-7:00	March 29 7 weeks	Qigong	Carolynne Melnyk	\$73.00	12
6:15-7:15	March 29 7 weeks	Stretch and Release	Kate Stashko	\$73.00	25

- * Courses are available to members and non-members so register your friend or family member.
- * Classes this Session are 3 weeks longer then the last session.
- * Course descriptions can be found at the end of the book in alphabetical order.

Tuesday Online

March 30—May 18

Time	Start Date & Course Length	Class	Instructor/Liaison	Cost	Maximum Enrollment
10:00-11:00	March 30 8 weeks	Essentrics Age Reversing	Carol Smith	\$83.00	12
10:15-11:15	March 30 8 weeks	Yoga with Megan	Megan Kim	\$83.00	8
12:00-1:00	March 30 8 weeks	Line Dancing	Tracy Walters	\$83.00	25
1:00-2:00	March 30 8 weeks	Yoga with Maxine	Maxine Cowan	\$83.00	8
2:15-3:15	March 30 8 weeks	Yoga for Guys and Gals	Ken Strachan	\$83.00	10
5:15-6:00	March 30 8 weeks	Pound Fitness	Melanie Kidder	\$63.00	25
5:45-6:45	March 30 8 weeks	Soft Pilates	Kate Stashko	\$83.00	25
6:30-7:30 NEW	March 30 8 weeks	Chair Yoga For Office Workers	Megan Kim	\$83.00	8
7:00-8:00	March 30 8 weeks	Barre Fitness	Kate Stashko	\$83.00	25

- * Courses are available to members and non-members so register your friend or family member.
- * Classes this Session are 3 weeks longer then the last session.
- * Course descriptions can be found at the end of the book in alphabetical order.

Wednesday Online March 31—May 19

Time	Start Date & Course Length	Class	Instructor/Liaison	Cost	Maximum Enrollment
9:30-10:30	March 31 8 weeks	Fit for All	Wendy Kinsman	\$83.00	12
10:00-11:00	March 31 8 weeks	Ukulele Intermediate	Elaine Mann	\$83.00	10
10:00-11:00 NEW	April 7 1 week	Organizing Your Printed Photos	Ann Ozdoba	\$13.00	10
10:00-11:00 NEW	April 28 1 week	Photo Legacy	Ann Ozdoba	\$13.00	10
10:30-11:30 NEW	March 31 8 weeks	This Thing Called Hope	Dr. Ronna Jevne	83.00	16
11:30-12:30	March 31 8 weeks	Ukulele Experienced	Elaine Mann	\$83.00	10
1:00-3:00	No registration required.	Cards Online	Barb Willis	\$4.50 Drop In	
1:30-2:30	March 31 8 weeks	Qigong	Carolynne Melnyk	\$83.00	8
6:00-8:00 NEW	April 14 & May 5 2 weeks	Shine Your Love Light	Mary Anne Jaedicke	\$43.00	8
6:30-7:30 NEW	April 7 4 Weeks	ESSETRICS® Tone for Golfers	Carol Smith	\$43.00	15

- * Courses are available to members and non-members so register your friend or family member.
- * Classes this Session are 3 weeks longer then the last session.
- * Course descriptions can be found at the end of the book in alphabetical order.

Thursday Online

April 1—May 20

Time	Start Date & Course Length	Class	Instructor/Liaison	Cost	Maximum Enrollment
10:15-11:15	April 1 8 weeks	Chair Yoga with Megan	Megan Kim	\$83.00	8
10:00-11:30 NEW	April 8 2 weeks	Holistic Decluttering For Seniors	Lynn Fraser	\$33.00	8
10:30-11:30	April 1 3 weeks	Easy Photo Book Level 1	Ann Ozdoba	\$33.00	10
10:30-11:30 NEW	April 29 3 weeks	Easy Photo Book Level 2	Ann Ozdoba	\$33.00	5
11:00-12:00 NEW	April 1 8 weeks	Your Inner Author	Dr. Ronna Jevne	\$83.00	16
1:00-3:00	April 1 8 weeks	Watercolour	Willie Wong	\$163.00	12
6:30—7:30	April 1 8 weeks	Yoga for Guys and Gals	Ken Strachan	\$83.00	10

- * Courses are available to members and non-members so register your friend or family member.
- * Classes this Session are 3 weeks longer then the last session.
- * Course descriptions can be found at the end of the book in alphabetical order.

Friday Online
April 9—May 21
No Class Apr 2

Time	Start Date & Course Length	Class	Instructor/Liaison	Cost	Maximum Enrollment
9:30-10:30	April 9 7 weeks	Fit for All	Wendy Kinsman	\$73.00	12
10:00-11:00	April 9 7 weeks	Ukulele Beginners	Elaine Mann	\$73.00	10
11:00-12:00	April 9 7 weeks	Yoga for Guys and Gals	Ken Strachan	\$73.00	10
11:30-12:30	April 9 7 weeks	Ukulele Beyond Beginners	Elaine Mann	\$73.00	10
1:30-2:30	April 9 7 weeks	Ukulele Beyond Beginners	Elaine Mann	\$73.00	10

- * Courses are available to members and non-members so register your friend or family member.
- * Classes this Session are 3 weeks longer then the last session.
- * Course descriptions can be found at the end of the book in alphabetical order.

WALKING GROUP

Starts: MARCH 14, 2021

DAYS: Every Sunday, Tuesday and Thursday at 3PM for approximately 1 hour along the river valley.

MEET UP POINT: Capilano Community Park Parking Lot. Put your cursor over this hyperlink and right click then select OPEN HYPERLINK OR copy and paste this hyperlink into the URL of a webpage.

<https://goo.gl/maps/dQ3BWX6HYbSVkf3g9>

MASK WEARING AND SOCIAL DISTANCING IS MANDATORY at all times throughout the walk. If you are not willing to follow this, please find another walking group.

COST: free.



OTHER GROUPS COMING UP

Bowling League at Bonnie Doon Bowling Lanes

Golf League—location to be determined

Please let us know if you are interested in either of these groups or if you would be interested in a different activity that we could look at starting

Program Descriptions

Barre Fitness

Kate Stashko

A fun way to improve flexibility and strength through a series of mostly standing exercises that work the whole body. This is a fast-paced class and you're sure to break a sweat! No dance experience necessary.

Cards Online

Barb Willis

Play Spades, Hearts, Euchre, or Crazy 8s online with the program Plato. If you would like to join but are not tech savvy, please email Melanie and she will get you in touch with Barb who will work with you to get Zoom working and download the required apps.

Chair Yoga

Megan Kim

Sitting and standing work. Using a chair for support, explore the power of bringing awareness into our sensing bodies, in movement and in stillness.

Sitting comfortably in a chair is more complex than most of us realize.

Chair yoga classes for the office worker teach you how your body is designed to move and be still.

You will become more aware of what your body is telling you, and better able to respond.

You'll learn movements you can use as mini-breaks throughout your day, or as a full sequence, that will help to ease repetitive strain and create more comfort in your spine, hips, shoulders, breath, and more.

Chair Yoga For Office Workers

Megan Kim

Sitting comfortably in a chair is more complex than most of us realize. Chair yoga classes for the office worker teach you how your body is designed to move and be still. You will become more aware of what your body is telling you, and better able to respond. You'll learn movements you can use as mini-breaks throughout your day, or as a full sequence, that will help to ease repetitive strain and create more comfort in your spine, hips, shoulders, breath, and more.

Program Descriptions

Easy Photo Books Level 1

Ann Ozdoba

We will be looking at how to make a quick photobook using an online program. The participants will be able to complete one to two photobooks during this course. This class will cover: Picking a project, learn how to upload, organize, and edit your pictures; then creating an Autobook. There will be time to work on projects and receive assistance. Participants will need to have picked a project before the class begins. It is suggested to pick a special event (eg. birthday, Christmas, grandkids, small trip) and have the pictures (40-200) on their computer. There will be an extra cost to purchase the book. (Max 10 participants)

Easy Photo Books Level 2

Ann Ozdoba

This class will cover making a photobook using an online program in Design and Print. The participants will be able to complete one photobook. The class will cover uploading, organizing and editing photos as well as going over tips for creating a book in Design and Print. In this class we will use predesigned templates to create a book that looks like you spent hours creating them. Participants will need to have picked a project (eg. birthday, Christmas, grandkids, small trip) and have pictures (80 - 300) on their computer ready for the class. There will be an extra cost to purchase the book. (Max 5 participants)

Essentrics Age Reversing

Carol Smith

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy, and your immune system. A slow paced, full body workout created by Miranda Esmonde-White, the author of the New York Time Bestseller, Aging Backwards.

Essentrics Stretch and Tone

Liz Olson

A full body workout that rapidly changes the shape of your body through dynamic movement. This technique develops lean, strong, and flexible muscles, and immediate changes in posture. The body is rebalanced, injuries are prevented (and heal faster!) and tight joints are unlocked. It is a moderate level fitness class, including standing, chair, and floor work (on back and side body only). For men and women of all fitness levels. Feel energized! Feel really good!!

Program Descriptions

ESSETRICS® Tone for Golfers

Carol Smith

Are you ready for a workout that will help improve your golf swing, prevent golf-related injuries, and make you look and feel great too? Essentrics is an exercise program that simultaneously strengthens and stretches every muscle of the body from your fingers to your toes. Golfers have found that Essentrics gives them strength, power and increased range of motion to improve performance in their game. One of the unique benefits of the Essentrics technique is strength in length. This is one of the **most powerful forms of conditioning the muscles** because it leaves muscles strong and long so joints are not restricted, resulting in the positive effect of maximum power. Golfers will benefit from increased spine, shoulder and hip rotation and mobility. In addition to improving your performance, Essentrics reduces and often eliminates pain and injury, so golfers can continue to enjoy their game for years to come.

Fit for All

Wendy Kinsman

Standing/Seated Exercise Class. This fun physical fitness class will focus on the essential components to maintain healthy, independent living for participants who can either stand or sit to exercise. Wendy's 'Fit For All Class' will provide both moderate level standing and seated movement options including: safe and gentle warm-up exercises for muscles and joints; no/low impact cardiovascular movements to improve aerobic fitness (heart & circulation); core and lower body balance exercises for preventing falls; muscular strength and endurance exercises to improve independent daily living; and stretching, for increased range of motion for joints improved ease of movement and relaxation. All classes accompany music to enjoy while getting fit! Equipment required: hand weights (can use water bottles, soup cans or hand weights), squeezable light weight ball (approximately 6-8" diameter), resistance band or bungee cord (with metal cut off) or strip of stretchy fabric, chair, and a fun attitude!

Holistic Decluttering For Seniors

Lynn Fraser

Live joyfully in your energy-giving and peaceful space. Lighten up the clutter and remain independent in your home longer, happy in body, mind & spirit. Bring a bottle of water, pen and paper.

Line Dancing

Tracy Walters

Line dancing is a fun, low impact exercise class that includes dancing in lines with no partner required. Different genres of music are used (country, hip hop, Irish to name a few). Please wear comfortable shoes, preferably with leather soles, are required. No experience is needed for this class.

Program Descriptions

Organizing Your Printed Photos

Ann Ozdoba

Are you overwhelmed with boxes or tons of envelopes of printed photos? Want to organize your photos but are not sure where to start. This class will help you set a photo goal and give you practical steps get those photos organized so you can enjoy. (One hour class) Max 10 participants

Pound Fitness

Melanie Kidder

Pound is a cardio workout session inspired by the energizing, infectious, sweat- dripping fun of playing the drums. No drumming or musical instruction in this class. Instead you will get an entire body workout by using the specially designed RipStix provided for the class. It includes conditioning moves and cardio interval training. It improves strength, flexibility, and your mind-body connection. No previous fitness experience required. The instructor will provide modifications for different fitness levels and abilities. Seated portions of the class can be done on a chair or sitting on a yoga mat. RipStix or drum sticks are required for the class. SEESA has a number of RipStix available for rent for the semester. Call the office for more details.

Photo Legacy

Ann Ozdoba

We all know how important it is to do Estate Planning but how many of you have thought about your photo collections? Would you like to leave a Photo Legacy not a photo mess? This class will go over the steps to creating your Photo Legacy so that you can leave your family stories, traditions and photos in a way that will be a meaningful gift.

Qigong

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.

Program Descriptions

Shine Your Love Light

Presented by Shine On Memorials

Mary Anne Jaedicke, Certified Life Celebrant

Have you lost a loved one and thought you did not get the chance to celebrate their life adequately? Perhaps I can help you in these two 2 hour sessions. In the first session I will ask you to introduce your loved one with a photo and a 10 minute informal verbal tribute. We will be sticking to a firm 10 minutes or less and you will be sharing it with the others in the group. Once this is done I will share how I think the process of collaging can help with reflecting and remembering your loved one. You will be given 2 weeks to make a collage from pictures and words from magazines (we can provide magazines if needed). You will not be required to share this collage but you are welcome to share in a short 10 minute presentation to the group when we meet for the second time. In the second session I will show you how to use a simple template to make a free webpage which can be kept private and offline or can be shared with others who could make contributions. You will need 5 photos on your computer for your website and very basic computer skills. It is my hope that I can help you heal through this process. Any proceeds generated by me through this class will be donated to SEESA, my charity of choice.

Soft Pilates

Kate Stashko

Pilates combines core strength and breath work to reduce back and joint pain while increasing core stability and range of motion and reducing stress.

Stretch and Release

Kate Stashko

A combination of stretching and release techniques to help lengthen and relax tense muscles, improve range of motion and reduce stress.

This Thing Called Hope

Dr. Ronna Jevne

In this exchange of ideas, we will explore the nature of hope and its role in our lives. After an opening session focusing on the questions “what is hope?” and “why is it important?”, each of the subsequent sessions will focus on two strategies for enhancing hope in ourselves and others. Participants will have the opportunity to reflect on their own lives and share their own wisdom. Dr. Ronna Jevne, who will facilitate the discussion, was a founding member of the Hope Foundation of Alberta located on the campus of the University of Alberta. She is co-author of the book *Finding Hope*. She is the Creative Director for the Prairiewindwritingcentre.ca

Program Descriptions

Ukulele Beginner

Elaine Mann

For beginning players who know a few chords and want to learn basic strumming styles and how to play simple melodies. Please note: Meant for those who have completed an Absolute Beginner Class. NOT suitable for absolute beginners.

Ukulele Beyond Beginner

Elaine Mann

For higher level beginners - folks who would like review of beginner level skills and are not yet ready for the intermediate level.

Ukulele Intermediate

Elaine Mann

Learn more difficult chords, including bar chords, and add to your vocabulary of strumming and picking styles.

Ukulele Experience

Elaine Mann

Develop skill with more complex strumming and picking techniques, and explore possibilities for solo playing and ensemble arrangements.

Watercolour

Willie Wong

Join Willie's weekly Zoom to paint landscapes, still life, flowers and anything fun. Easy to follow handout will be sent to participants prior to the class every week. No experience needed, minimum supplies needed.

Yoga for Guys and Gals

Ken Strachan

This class is open to both men and women participants. Come out and join a gentle but progressive class with a friend or on your own.

Program Descriptions

Yoga with Megan

Megan Kim

Explore the power of bringing awareness into your wonderful, sensing body! Starting points for exploration include standing, hands and knees, lying on the back, and lying on the front.

Yoga with Maxine

Maxine Cowan

This class is about finding your connection to gravity which makes yoga poses easier, increases energy, strength and flexibility. We'll also do plenty of restorative poses. Must be able to get up and down from the floor. You'll need a few pillows, a blanket, a yoga belt and a chair.

Your Inner Author

Dr. Ronna Jevne

Whether you write the occasional poem, pour your heart out onto the pages of a journal, have a project underway, or wish you could get started on your memoirs, you need the cooperation of your *inner author*. In this course, you will explore your relationship with writing. This lighthearted approach to enjoying writing will help you realize your potential to write for yourself and/or others and identify ways of transcending those times when you get stuck. Participants will share the nature of the writing they are doing, or wish to do, and as a group we will encourage each other. Dr. Ronna Jevne is an avid journal writer and author of more than a dozen books, including *Living Life as a Writer*. She is the Creative Director for the Prairiewindwritingcentre.ca

Zumba Gold

Melanie Kidder

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 and muscular conditioning, flexibility, and coordination. It's an invigorating, community oriented dance-fitness class that feels fresh, and most of all, exhilarating! Please ensure you have indoor running shoes to wear—sock feet are not permitted. This class should be done on a smooth floor like tile or hardwood. No carpet please.

9350 82 Street NW Edmonton AB T6C 2X8

Ph 780.468.1985

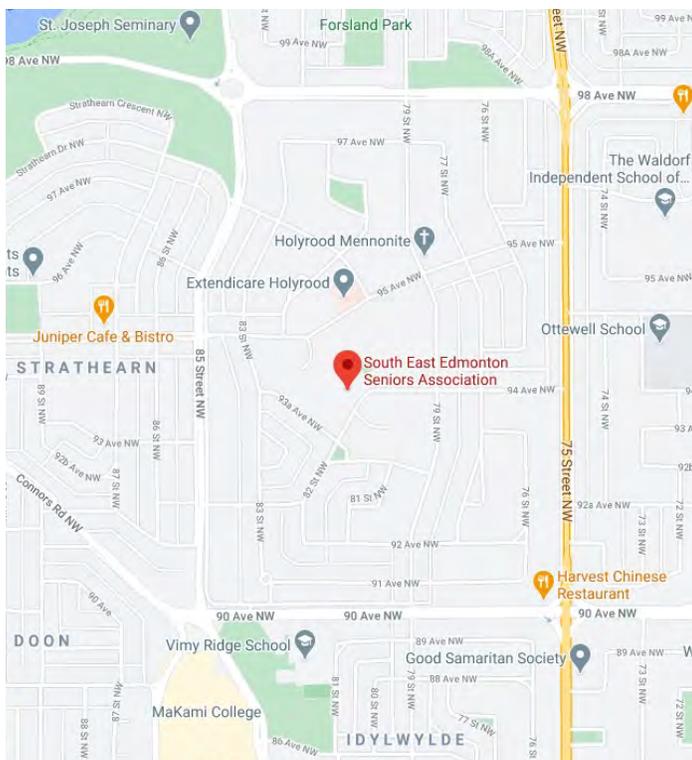
www.seesa.ca

Mission Statement: To empower and enhance the quality of life of people in our community as they age.

Office Hours:

Monday—Friday 8:30 am—4:30 pm

*Closed Holidays



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