



# Session 6



September 20, 2021–October 29, 2021

Registration Day September 8, 9:15 AM

# SEESA EARLY FALL 2021 PROGRAM GUIDE

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SEESA is a place for individuals 55+ to have fun, learn, share and join in activities that help keep us active and healthy.

At SEESA we're all about living life to the fullest, building relationships, seeking opportunity and adventure.

We are the place for joy, for fun, for learning and for sharing.

Our focus is the wholeness of a person, including diet and exercise, social connectedness, life-long learning and the ability to reach needed services.

Our activities are made available through class registration, club fees, donations, and general fundraising. However, we are thankful for the many generous and dedicated volunteers who share their talents and energy so that working together, we can achieve our mission:

*To empower and enhance the quality of life of people in our community as they age*

Come experience SEESA! YOU belong here!



THE INSIDE TRACK is a series of discussions involving members to understand and provide input on the 2022 budget.

Come and participate as we start to compile the 2022 budget. Your input and feedback is vital in determining the direction SEESA will take to remain financially viable and successful going forward.

In the first week of the series, the Finance Committee will provide an overview of the budget process including key cost and revenue streams, and what it will take to have a balanced budget.

The second round of the series will focus your ideas and suggestions that will help determine fees for 2022.

Your participation is important and encouraged as the budget impacts every member of the organization.

In the first week please plan on attending one of the dates below:

Monday, September 13 – 1:00 – 2:30  
Wednesday, September 15 – 10:00 – 11:30  
Wednesday, September 15 – 1:00 – 2:30  
Thursday, September 16 – 1:00 – 2:30

The second round occurs on the following dates. You are welcome to attend one or both sessions:

Wednesday, September 22 – 10:00 – 11:30  
Wednesday, September 22 – 1:00 – 2:30

Being a membership based organization, your participation and feedback is important! We want you to be involved in this important step of how SEESA will operate in the future.



## CLASSES VS CLUBS

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.



**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 session fee to cover the overhead expenses of the centre. 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. Member pricing refers to those who have paid the \$30 membership fee that helps support SEESA's everyday operations. Non-member pricing applies to those who have not become members of SEESA but would still like to participate in our classes.



**Clubs** on the other hand are created for fun and socializing. They are run by our members who become the Club Activity Liaisons. Participants who join a club don't need to formally register 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.

As we try to move away from having cash payments in the classrooms, we will now have a booklet of club activity tickets for sale at the front desk. Each person attending a club will have to buy the booklets prior to going to your activity. There will be booklets of 10 tickets available for the \$2.50 (1 hour clubs) and \$4.50 (longer than 1 hour clubs) drop



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ins for members as well as \$3 and \$5 booklets for non-members. When you go to the classroom the club liaison will take your appropriate valued ticket and mark your name off on the attendance sheet. It's that easy to use the ticket system instead of cash.

**Join today**

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 let us know. We are always striving to bring new and exciting programs to SEESA!

## **SESSION 6 FALL CLASS REGISTRATION**

Our in person **Session 6 2021 Class Registration** will take place at SEESA **Wednesday, September 8**. The centre will open at **9:00 am** with members invited to mingle in the cafeteria until **9:15 am** when we will begin registration. We will be open to help members until **12:00 pm**.

The **Online Registration and Payment** system will open for registration **Wednesday, September 8 at 9:15 am** and will be available up until the day before the class starts. Go to our website at **[www.seesa.ca](http://www.seesa.ca)** to find the classes you want to join then follow the instructions to register online.

**Registration at the Front Desk** and over the phone will begin on **Thursday, September 9** and will continue up until the class starts. Registration by telephone is accepted with Visa or MasterCard.

**Registration Drop Off** will not be accepted for this term as the building will remain closed until we open the cafeteria for breakfast and lunch on **September 13**.

**Wait Lists** If the program you wish to register in is full, you can be added to a “wait list”.

When registering in person you will be added to the wait list but not charged for the class. If you register online and the program is already full the online system



automatically puts you on the wait list without charge. 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.

Sometimes changes need to be made....Program dates, times, fees, and instructors are subject to change. Check our website at [www.seesa.ca](http://www.seesa.ca) for any changes or program updates made after publication of this Program Guide.

## DROP IN CLASSES

You can now try a new program or choose to only attend some of the non-progressive classes with our **drop in** option. This option is for those who may not be available to take the entire session but still want the option of attending a fitness class when they can. Call the centre to ensure there is room in the class prior to showing up.

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. Remember – check the program guide to ensure the class you want to attend offers drop in.

Please see the enclosed Participation Options page for member and non-member pricing for online and onsite classes and all clubs. Watch for a later release for which classes will be accepting drop in.

## PAYMENT

### Online, Front Desk, Registration Drop Off How do I make sure my payment gets applied?

After registration day, payment can be made **at our Front Desk** when you register in person or over the phone. We accept cash, cheque, debit card, Visa or Mastercard.

Our **Online System** is supported by PayPal so making your payment when you register online is as simple as paying in person.

You are not considered registered for the class until payment is processed.





## REFUNDS AND TRANSFERS

**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 registering before the class starts.

Participants will be called **if a class is cancelled**. If the instructor cancels, every attempt will be made to notify participants with as much notice as possible.

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

**Refunds** will not be issued to any participant who withdraws from a program of their own volition, however, if you have **an injury or other medical reasons**, and can't attend the class you've registered for, please submit in writing to the Program Coordinator the reason you are asking for a refund and we may be able to refund the remaining portion of the class. We may ask for a doctors note specifying the reason you cannot attend the class.

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

**Transferring** from one class to another can be requested but only if the class is not full. All transfers will be subject to a \$10 administration fee. Ensure you have picked the right class for your schedule to avoid the extra fees.

## MEMBERSHIP

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

Memberships are available **for people 55 years age and older for \$30 per calendar year** (January—December).

Note: Membership fees are non refundable, transferable or pro-rated.

Non-Members are welcome to join all classes and clubs and are subject to the increase price noted on the Participation Options page.





## COVID GUIDELINES

COVID has become a part of our lives. As a community, we will need to learn to live with this reality. Our first and foremost concern is for everyone's safety.

Given the current rise in variant COVID cases, SEESA is temporarily mandating mask wearing for everyone who enters the SEESA facility. We strongly encourage everyone, no matter what they are doing at SEESA, to sanitize often and practice social distancing whenever possible.

The following are guidelines we will follow to ensure we are doing our best to keep our participants, guests, volunteers and staff as safe as possible. This is the responsibility of all who come through the doors of our centre.

- COVID screening posters have been put up all around the building. If you have any of the symptoms or have been in contact with anyone that has tested positive for COVID please stay home.
- Everyone is required to wear a mask, sanitize often and practice social distancing whenever and wherever possible. All attendees, including staff and volunteers, will wear a mask or face covering when in the building.
- Exceptions will be allowed for attendees that provide a City of Edmonton Exemption card or doctors note.
- If an attendee is not exempt and refuses to wear a mask or face covering, the person will be asked to leave the premises.
- When attending high activity classes, wear your mask or face covering for as long as possible but take a break if you need to by pulling your mask or face covering down to catch your breath. Once you have your breath back please put your mask or face covering back on.
- Masks or face coverings must be worn to cover both the nose and mouth and should fit snugly.



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- The procedure to put a mask on is to sanitize hands and then put the mask on. The procedure to take a mask off is to sanitize hands, take the mask off and sanitize again. Wash reusable masks after each use.
- Disposable masks must be put into the garbage after each use.
- This is a temporary measure until further notice. We are not requiring proof of vaccination at this time.

### **Hand Washing**

- Members will be expected to use hand sanitizer as they enter the building.
- Please wash your hands or use hand sanitizer BEFORE you enter the class area and as you leave.

### **Information About Returning to Classes**

- SEESA equipment will no longer be available during fitness and yoga programming at the centre. Please bring your personal equipment for each class.
- The following items can be used in place of standard fitness equipment, should you require it:
  - ✓ Hand weights – water bottles, socks filled with beans, soup cans
  - ✓ Therabands – Cut off panty hose
  - ✓ Wands – Yard sticks, broom sticks
  - ✓ Bender Balls – Small cushions

### **Steps for Attending a Class**

#### **Step 1 – GO DIRECTLY TO YOUR ACTIVITY**

We are limited as to the number of people allowed in each area. This means you must go directly to the room your activity is in. Continue practicing social distancing in all areas and classrooms.



### **Step 2 – USE THE SANITIZER**

Each room has a sanitizer dispenser that you can use to sanitize your hands prior to your activity starting. We suggest you sanitize as you enter the room prior to touching any surfaces and then again as you exit the room.

### **Step 3 – HAVE FUN**

Our team has worked hard to get to this point where we can reopen our centre. We are all excited to be back and we hope you are too!

### **Step 4 – HELP US CLEAN AFTER YOUR ACTIVITY**

Please lend a hand after your class to make sure we can get things clean and ready for the next one by:

- Wipe down all touched surfaces with the cleaner and cloth provided. We will collect the cloths and have clean ones available for the next group.
- Wipe it dry and do not touch the surface again with your hands.

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

### **Step 5 – GO DIRECTLY TO YOUR NEXT ACTIVITY, BATHROOM OR THE EXIT**

Please help us to move traffic through our building by going to your area as soon as possible.

### **Step 6 – DO NOT LINGER WHEN YOU LEAVE**

Please do not linger in the classrooms or hallways when you are finished your activity. If you want the opportunity to visit with your friends please consider stopping in the café to visit. This is to help us ensure we are meeting all guidelines.



Participation Options – revised Aug 27, 2021

	SEESA Member (55+)	Non SEESA Members
Annual fee	Regular Member = \$30	n/a
Vote at general meetings	Yes	n/a
Onsite Class Fees	\$9 per hour <b>plus</b> \$3 equipment and music licensing fee per session	\$12 in person per hour <b>plus</b> \$3 equipment and music licensing fee per session
Onsite Class Drop-in Fees	\$12 per hour	\$15 in person per hour
Online Class Fees	\$9 online per hour <b>plus</b> \$3 equipment and music licensing fee per session	\$12 online per hour <b>plus</b> \$3 equipment and music licensing fee per session
Online Class Drop-in Fees	n/a	n/a
Club Drop-in Fees	\$2 per hour up to \$4 <b>plus</b> \$0.50 equipment and music licensing fee per drop in	\$2.50 per hour up to \$5 <b>plus</b> \$0.50 equipment and music licensing fee per drop in
Social event Fee	Yes	Yes



Social event Fee for member's guest	Yes	Yes
Access to Cafeteria	Yes	Yes
Access to Fitness Centre	\$65 per year <b>plus</b> \$100 equipment fee per year	\$85 per year <b>plus</b> \$100 equipment fee per year

## Art Classes

These classes provide an opportunity to develop your skills in the arts while having fun!

### Acrylic Painting

**Instructor: Lori Frank**

All stages of artists are welcome to this “not so serious” acrylics art class. Lori’s teaching style is individually tailored, one on one, to your skills and to the style or technique for each painting. She provides guidance and suggestions every step of the way, or as needed for every painting that you create. For the first class she will provide photos of a recommended piece for you. Moving forward she encourages you to bring printed photos of what you would like to paint, and she will also provide recommendations. She will mentor you along the way. Her goal as a teacher is to help you to experiment, grow, take risks, make mistakes, learn the rules, then to break them; and most of all to gain the skills and confidence to paint while having fun and making friends along the way.

**Must have some experience**

**On Site Course Fee: Member \$138.00 | Non-Member \$183.00**

Spaces: 9

**VA-001** Tuesdays | September 21 - October 26 | 12:30 PM - 3:00 PM | 6 Weeks

Course Venue: Forest Heights Room

### Watercolours - Advanced

**Instructor: Willie Wong**

Learn perspective while drawing a street scene with buildings. 140lbs Arches cold pressed paper is a must. No drawing experience necessary.

**Check at the front desk or on our website at [www.seesa.ca](http://www.seesa.ca) for a supply list prior to class**

**On Site Course Fee: Member \$111.00 | Non-Member \$147.00**

Spaces: 9

**VA-003** Thursdays | September 23 - October 28 | 1:00 PM - 3:00 PM | 6 Weeks

Course Venue: Forest Heights Room

## Art Classes

### Watercolours - Beginner/Intermediate

**Instructor: Willie Wong**

This class is for the beginner to intermediate level students. This course will start with the understanding of colours, brushes, and paper. Willie will show you how to mix the entire palette with 8 cotman paints on a San Francisco Slant palette. You will practice small basic watercolour techniques. No drawing experience necessary.

**Check at the front desk or on our website at [www.seesa.ca](http://www.seesa.ca) for a supply list prior to class**

**On Site Course Fee: Member \$111.00 | Non-Member \$147.00**

Spaces: 9

**VA-004** Thursdays | September 23 - October 28 | 3:15 PM - 5:15 PM | 6 Weeks

Course Venue: Forest Heights Room

## Art Clubs

These clubs provide an opportunity to develop your skills in the arts and exchange ideas with others while having fun!

### Accidental Drama Club

**Liaison: Joan James**

The Accidental Drama group performs plays and musicals for our annual production. If you have a desire to entertain on stage or to assist back stage, please join us. Additional rehearsals may be required.

**Please see Liaison for added dates and cancellations.**

**On Site Club Drop In Fee: \$2.50**

**PA-001** Mondays | 12:00 PM - 1:00 PM

(No Oct 11)

Club Venue: Holyrood Room



## Art Clubs

### Art Club

**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.

**On Site Club Drop In Fee: \$4.50**

**VA-002**    Thursdays | 9:30 AM - 12:00 PM

Club Venue: Forest Heights Room

### Soapstone Carving Club

**Liaison: Annette Evans**

Carving in Soapstone can get a little dusty. A face mask is recommended. Cost of supplies extra.

**\$5 one time set up fee for new carvers.**

**On Site Club Drop In Fee: \$4.50**

Spaces: 12

**C-003**    Wednesdays | 1:00 PM - 3:00 PM

Club Venue: Workshop

## Art Clubs

### Woodcarving Club

**Liaison: Noel Constantin**

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

**On Site Club Drop In Fee: \$4.50**

**C-004**      Tuesdays | 9:00 AM - 11:30 AM

Club Venue: Workshop

**On Site Club Drop In Fee: \$4.50**

**C-005**      Thursdays | 9:00 AM - 11:30 AM

Club Venue: Workshop

## Community Contributors

While socializing, volunteer crafters meet to make goods for SEESA to sell. These activities have a drop-in fee to cover the use of the room, licensing and equipment maintenance and repair.

### Card Making for SEESA

**Liaison: Marcelle Jamieson**

Dedicated volunteers recycle old cards into new to be sold as an ongoing fundraiser for our centre. SEESA provides the 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.

**No Fee**

Spaces: 8

**C-001**      Tuesdays | 9:00 AM - 12:00 PM

Club Venue: Forest Heights Room

## Community Contributors

### Quilting & Crafting for SEESA

**Liaison: Marjorie McLean**

Quilters—Make quilts and contribute to centre 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.

**No Fee**

**C-002** Mondays | 1:00 PM - 3:30 PM

(No Oct 11)

Club Venue: Forest Heights Room

## Computers

With their knowledge and availability, our mentors will be able to fulfill your computer learning requirements, one-on-one or in a group. Club activities have a drop-in fee to cover the use of the room, licensing and equipment maintenance and repair.

### Computer Club

**Liaison: Anna Westgate**

The Computer Club for everyone who wants to learn more than they know now. Any skill level, no question is silly! If you need to know, ask us, we'll help you find the answer. We teach the Google panel as basic information on request. Limited Apple product knowledge. Please talk to one of the mentors directly if you are a beginner and we can offer one on one mentoring at your request.

**On Site Club Drop In Fee: \$4.50**

**IT-001** Tuesdays | 11:00 AM - 1:00 PM

Club Venue: Edmonton Room

## Dance Clubs

Dancing is considered a recreational activity and is often overlooked for the positive physical, mental and social health qualities it provides. Health benefits of dancing include improved condition of your heart and lungs, increased muscular strength,

### Ballroom Dancing

**Liaison: Maria Yakula**

A weekly opportunity for dancers to gather. Instruction may be given by volunteers followed by a chance to practice techniques. Although ballroom is partner dancing, single dancers are encouraged to come as there may be other single dancers needing to find a partner. Same sex couples are welcome.

**\$10 club membership due in September and January.**

**On Site Club Drop In Fee: \$4.50**

**PA-004** Mondays | 6:30 PM - 8:30 PM

(No Oct 11)

Club Venue: Auditorium

### Clogging

**Liaison: Marjorie McLean**

Extra practice for experienced clog dancers.

**On Site Club Drop In Fee: \$2.50**

**PF-006** Wednesdays | 12:30 PM - 1:30 PM

Club Venue: Ottewell Room

## Dance Clubs

### Old Time & Sequence Dancing

**Liaison: Peter Wilson**

It's basically Ballroom Dancing but everyone does the same steps. The advantages: the man is relieved of the responsibility of having to constantly plot the next element because it is already set and the lady also knows what comes next without having to wait for a lead.

**\$1 volunteer instructor honorarium.**

**On Site Club Drop In Fee: \$4.50**

**PA-011** Wednesdays | 7:00 PM - 9:00 PM

Club Venue: Auditorium

## Dance Fitness Classes

Dancing is considered a recreational activity and is often overlooked for the positive physical, mental and social health qualities it provides. Health benefits of dancing include improved condition of your heart and lungs, increased muscular strength,

### Clogging

**Instructor: Tracy Walters**

We dance in shoes with special taps on them (not wooden shoes) that give clogging its unique sound.

1. Beginner: You will learn some basic steps and terms associated with clogging. No experience required. For the first few classes wear comfortable shoes (shoes with rubber soles not recommended).

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 9

**PF-007** Tuesdays | September 21 - October 26 | 1:30 PM - 2:30 PM | 6 Weeks  
Class Venue: Ottewell Room

2. Intermediate: 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

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 9

**PF-009** Wednesdays | September 22 - October 27 | 10:15 AM - 11:15 AM | 6 Week  
Class Venue: Ottewell Room

3. Experienced: 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.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 9

**PF-008** Tuesdays | September 21 - October 26 | 11:00 AM - 12:00 PM | 6 Weeks  
Class Venue: Ottewell Room

## Dance Fitness Classes

### Line Dancing

#### 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.

1. Beginner: No experience necessary. Shoes with leather or suede soles recommended, no running shoes.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 24

**PF-016** Thursdays | September 23 - October 28 | 10:00 AM - 11:00 AM | 6 Weeks

Class Venue: Auditorium

2. Intermediate: This class for those who have taken the beginner line dance class and wish for a little bit more challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Must have t

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 9

**PF-018** Tuesdays | September 21 - October 26 | 12:15 PM - 1:15 PM | 6 Weeks

Class Venue: Ottewell Room

3. Experienced: This will be a fun class for those who have some experience with line dancing or who have taken any of the previous classes. We will review dances already learned and new dances will be taught. Some of the dance steps will be more challen

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 9

**PF-017** Wednesdays | September 22 - October 27 | 9:00 AM - 10:00 AM | 6 Weeks

Class Venue: Ottewell Room



## Dance Fitness Classes

### Zumba Gold

**Instructor: Melanie Kidder**

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. Please ensure you have indoor running shoes to wear—sock feet are not permitted.

**On Site Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 24

**PF-010** Mondays | September 20 - October 25 | 8:30 AM - 9:30 AM | 5 Weeks

(No Oct 11)

Class Venue: Auditorium

## FYI Seminars

For Your Information (FYI) Seminars are meant to share information about specific topics from experts in their field. They are informative and are the opinions of the presenters. A fee is charged to cover the cost of use of the room, licensing and equipment.

### 1. Interested in Free University Course?

**Presenter: Lisa Prins, Humanities 101, Community Service-Learning, University of Alberta**

Join us for the opportunity to learn about free online and in person courses offered through the University of Alberta. Humanities 101 (HUM) is a long-standing U of A program that provides free university-style courses to people such as seniors.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-009** Tuesday | September 21 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

## FYI Seminars

### 2. Understanding Investment Fees with your Financial Institution

**Presenter: Wei Woo, CIM, ECP, Investment Advisor**

An increasing number of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly with their retirement accounts, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee based accounts that the financial industry is moving towards with their investment clients, and if they are truly beneficial to your situation."

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-010** Thursday | September 23 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

### 3. Nutrition for a Healthy Life

**Presenter: Pamela Klassen, Registered Dietitian, PhD Candidate, Human Nutrition & Metabolism, Faculty of Agricultural\*, Life**

Join Pamela Klassen, RD for an interesting session on using nutrition to improve quality of life. In her spare time Pamela enjoys being with her children, growing a vegetable garden, and cooking new recipes with interesting vegetables. She is an experienced educator and is passionate about making it easy to achieve optimal nutrition in real life.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-014** Tuesday | September 28 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

## FYI Seminars

### 4. Don't Throw Out the Van Gogh

**Presenter: Johanne Yakula, Owner, Times Past Antiques**

Are you moving or just ready to simplify your life and let go of some of your belongings? Or are you the executor of an estate who has to decide what to sell and what to donate or throw away? How will you know if you're letting go of something valuable? This session will help you understand the current market for your items and make better decisions about what to do with your possessions.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-002** Wednesday | September 29 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

### 5. Wills Week – Estate Planning 101

**Presenter: Tracey Gleeson, Edmonton Community Foundation**

This session is conducted by an estate lawyer who volunteers his/her time to present information about the importance of having a valid, up-to-date Will. Information provided will include: the difference between Personal Directives and Enduring Power of Attorney and why you need them; What a Will can and cannot do; how a Will can help save taxes for both you and your estate; and Why a properly prepared Will, with the assistance and expertise of a lawyer, accountant, financial and estate planner, is so important.

**On Site Seminar Drop In Fee: \$4.50**

Spaces: 10

**GI-013** Tuesday | October 5 | 6:00 PM - 8:30 PM

Seminar Venue: Tilley's Café

## FYI Seminars

### 6. Want to age in place and experience new recreation opportunities

**Presenter: Krista Mulbery, Program Manager, ElderCare Edmonton**

ElderCare Edmonton is a non-profit organization that provides community-based recreation therapy Day Programs for seniors in the Edmonton area. ElderCare Day Programs help seniors strengthen their independence and quality of life, remain active and visible in their community, and offer opportunity to enjoy therapeutic recreation and socialization while their caregivers take a break. Join the Eldercare Edmonton Program Managers to learn all about the Day Program Services provided by ElderCare Edmonton, how to access Day Programs and learn about current programs being offered remotely during the COVID-19 pandemic.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-011** Tuesday | October 12 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

### 7. Personal Safety

**Presenter: Amanda Trenchard, Edmonton Police Service**

A look at common-sense strategies that will promote preventative measures.....Not physical distance.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-016** Wednesday | October 13 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

## FYI Seminars

### 8. Money Mentors: Stretch your dollars

**Presenter: Linda Mak, Money Mentors Consultant**

Money is a big part of our lives. How we earn money and how we spend money has changed a lot over the past decade. How can you deal with these changes? Would you like to get as much as possible from each dollar you have? Come join Money Mentors for some ideas to help you save money on both the needs and wants in your spending plan.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-012** Tuesday | October 19 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

### 9. Insomnia and Sleep Health

**Presenter: Tobi Obatusin**

Watch future "What's Happening" for more information.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-006** Tuesday | November 2 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

## FYI Seminars

### 10. Ageism

**Presenter: Donna Wilson, Professor, Faculty of Nursing, University of Alberta**

Donna Wilson is a Registered Nurse, with a full-time tenured position at the University of Alberta. She has travelled widely and has gained extensive knowledge of aging and continuing care services. Donna's program of research focuses on health services and health policy, primarily in relation to aging, ageism, and end-of-life care, including bereavement. Much of her work is oriented to myth busting, with the aim of eliminating ageism and ensuring effective and accessible healthcare services for older and also younger people. She is frequently and widely consulted for expert commentary on aging, end-of-life care, health policy, healthcare services, and health system trends and issues.

**On Site Seminar Drop In Fee: \$3.50**

Spaces: 10

**GI-001** Tuesday | November 23 | 1:30 PM - 3:00 PM

Seminar Venue: Edmonton Room

## Games & Sports Clubs

The activities listed here relate to groups that actually play games. They include those games that relate to sporting activities. Club activities have a drop-in fee to cover the use of the room, licensing and equipment maintenance and repair.

### Badminton

#### Liaison: Bob Hyndman

The Badminton Club welcomes all beginner and experienced players. Games are played in “doubles” format. Shuttlecocks (birdies) are provided. Our objective is to promote badminton, social interaction, physical health, and fun for all. A 5—10 minute warmup is strongly recommended. Stephen's free repair service (labour only—materials are at cost) for badminton racquets, limited to two broken strings and retaping of racquet handle will continue until further notice. The average cost for repairing 2 broken strings or for one re-tape is estimated at \$2.00 each

#### On Site Club Drop In Fee: \$4.50

**S-001** Mondays | 11:30 AM - 1:30 PM

(No Oct 11)

Club Venue: Auditorium

#### On Site Club Drop In Fee: \$4.50

**S-002** Tuesdays | 3:15 PM - 5:15 PM

Club Venue: Auditorium

#### On Site Club Drop In Fee: \$4.50

**S-003** Fridays | 11:00 AM - 1:00 PM

Club Venue: Auditorium



## Games & Sports Clubs

### Bingo

**Liaison: Dale Barnhill**

An afternoon of socializing while playing Bingo. Donations for the payout are optional.

**On Site Club Drop In Fee: \$4.50**

**G-004** Mondays | 12:30 PM - 3:00 PM

(No Oct 11)

Club Venue: Ottewell Room

### Contract Bridge

**Liaison: Ted Elford**

Bridge is a sociable card game played by sociable people. It's fun and it's good for the brain too. As lessons are not provided, except through playing at the table, it is helpful to be familiar with bridge or its antecedent game - whist. Everyone is welcome.

Lessons are available at various venues. Please check with your Liaison for locations.

**On Site Club Drop In Fee: \$4.50**

**G-005** Mondays | 12:30 PM - 3:30 PM

(No Oct 11)

Club Venue: Bonnie Doon Room

**On Site Club Drop In Fee: \$4.50**

**G-006** Thursdays | 12:45 PM - 3:45 PM

Club Venue: Bonnie Doon Room

## Games & Sports Clubs

### Cribbage Club

**Liaison: Sharon Moffat**

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.

**On Site Club Drop In Fee: \$4.50**

**G-014**      Fridays | 12:45 PM - 3:00 PM

Club Venue: Bonnie Doon Room

### Duplicate Bridge

**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 group 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.

**On Site Club Drop In Fee: \$4.50**

**G-007**      Wednesdays | 6:15 PM - 8:30 PM

Club Venue: Bonnie Doon Room

## Games & Sports Clubs

### Euchre

**Liaison: Alexandra Anderson**

Euchre is a card game where four players (two teams of two people each) take turns playing cards to win tricks. Partners sit across from one another and cooperate to win. The Euchre deck consists of the 9, 10, J, Q, K and Ace of all suits. One player determines TRUMP (Hearts, Spades, Diamonds or Clubs) and that player and their partner try to take at least THREE of the FIVE tricks. Euchre occurs when the team that calls trump is defeated, and does not get their THREE tricks. The first team to achieve TEN points is the winner.

**On Site Club Drop In Fee: \$4.50**

**G-008**      Wednesdays | 1:00 PM - 3:00 PM

Club Venue: Holyrood Room

### Floor Curling

**Liaison: Ted Anderson**

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. \$1 (optional) 50/50.

**On Site Club Drop In Fee: \$4.50**

**S-009**      Wednesdays | 12:30 PM - 3:30 PM

Club Venue: Auditorium

## Games & Sports Clubs

### Hand & Foot Canasta

**Liaison: Sharon Moffat**

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.

**On Site Club Drop In Fee: \$4.50**

**G-010**      Wednesdays | 12:45 PM - 3:15 PM

Club Venue: Bonnie Doon Room

### Pickleball

**Liaison: Karen Hayny**

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. Note: Saturday classes are available when space is available and may be cancelled on short notice. Please ensure that you use the MySeniorCenter system to log in so we can keep you informed.

**On Site Club Drop In Fee: \$4.50**

**G-011**      Tuesdays | 10:15 AM - 12:30 PM

Club Venue: Auditorium

**On Site Club Drop In Fee: \$4.50**

**G-012**      Thursdays | 1:30 PM - 4:30 PM

Club Venue: Auditorium

## Games & Sports Clubs

### Pinochle

**Liaison: Bea Ceretzke**

Pinochle is a trick-taking game typically for three or 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). Come out for some friendship and social activity, and give this fun, yet challenging, card game a try. The current members are willing to teach new members how to play.

**On Site Club Drop In Fee: \$4.50**

**G-013** Wednesdays | 9:00 AM - 12:00 PM

Club Venue: Bonnie Doon Room

### Table Tennis

**Liaison: Gerald Cliff**

Come and join our Table Tennis group and learn to play the game with other members. This group 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.

**On Site Club Drop In Fee: \$4.50**

**S-005** Wednesdays | 2:00 PM - 5:30 PM

Club Venue: Ottewell Room

**On Site Club Drop In Fee: \$4.50**

**S-006** Thursdays | 2:30 PM - 5:30 PM

Club Venue: Ottewell Room

## General Interest

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

### Five Steps to Quick and Easy Goal-Getting

**Instructor: Margery Hunt**

The purpose of this program is to help you organize your inner motivation forces to produce bigger and better results from your efforts, more quickly and more easily than before.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 10

**GI-004** Tuesdays | September 21 - October 26 | 9:30 AM - 10:30 AM | 6 Weeks

Class Venue: Edmonton Room

### Jam Sessions

**Coordinator: Roger Smeland**

Bring an instrument or just come to listen.

**On Site Club Drop In Fee: \$4.50**

**PA-009** 1st and 3rd Fridays | 6:45 PM - 10:00 PM

Club Venue: Auditorium

### Outdoor Adventures

**Liaison: JudyLynn Archer**

Join with other SEESA outdoor enthusiasts for walking, bird watching, star gazing, picnics, kayaking and other outdoor adventures

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**On Site Club Drop In Fee: \$2.50**

**GI-000** Wednesdays | 11:00 AM - 12:00 AM

Club Venue: Tilley's Café

## General Interest

### TOPS—Take Off Pounds Sensibly

**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 organizations. 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 programming featuring up-to-date information on nutrition, exercise, and healthy lifestyles.

**Holiday Monday meetings will be held on Tuesdays**

**On Site Club Drop In Fee: \$4.50**

Spaces: 10

**GI-008** Mondays | 6:30 PM - 8:30 PM

(No Oct 11)

Club Venue: Forest Heights Room

## Literature Appreciation Clubs

These clubs provide an opportunity to develop your skills in literature appreciation and exchange ideas with others while having fun!

### Poetry Club

**Liaison:** Karen Sheridan

\*Brain Healthy\* Write poems and massage the brain. Build word skills, memory, imagery, even simple math and leadership skills. We experiment with a new form of poetry each meeting. We support and learn from one another. Members take turns keeping the group on track. Members can choose to attend once or twice per month. Welcome!

**On Site Club Drop In Fee: \$4.50**

**IA-001** 1st and 3rd Fridays | 1:00 PM - 3:00 PM

Club Venue: Holyrood Room



## Music Classes

These classes provide an opportunity to develop your skills in the performing arts while having fun!

### Christmas Carol Boot Camp

**Instructor: Kate Haginicolakis**

Join this group for a fun filled tune up of all your Christmas favorites! When December comes, be prepared to enjoy singing along to traditional and contemporary songs as a group or a soloist. We will be working on Christmas music every week with a focus on having a large repertoire prepared for the season. A great way to meet other members who may want to form caroling groups and an excellent opportunity to practice singing harmony parts.

**No experience necessary!**

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00**

Spaces: 10

**PA-005** Thursdays | September 23 - October 28 | 11:30 AM - 1:00 PM | 6 Weeks

Class Venue: Edmonton Room

### Group Vocal Lessons

**Instructor: Kate Haginicolakis**

Have you ever thought about taking a vocal lesson? If you enjoy singing we invite you to join us in a fun and welcoming environment as we explore singing technique. This class is designed to allow participants the opportunity to work on various facets of vocal training (breathing, intonation etc) while applying the concepts to a variety of musical selections. No prior singing experience necessary!

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00**

Spaces: 10

**PA-006** Thursdays | September 23 - October 28 | 9:30 AM - 11:00 AM | 6 Weeks

Class Venue: Edmonton Room

## Music Classes

### Performance Skills

**Instructor: Kate Haginicolakis**

Whether you are an aspiring vocalist, novice to expert level instrumentalist or something in between, you will find this class most helpful in building your confidence as a performer! We invite you to join our workshop class in a nurturing and friendly environment with the specific objective of honing performance skills. Each week brings a new opportunity to perform for the class on our mock stage set up. Concepts will include microphone technique, building audience rapport, stage set up and much more.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 10

**PA-012**    Thursdays | September 23 - October 28 | 1:15 PM - 2:15 PM | 6 Weeks

Class Venue: Edmonton Room

## Music Classes

### Ukulele Lessons

**Instructor: Elaine Mann**

The Ukulele is a small instrument with BIG possibilities—especially when you play with friends! Choose a level of instruction that suits you and join in the fun.

**A non-medical mask is required for these classes.**

1. Absolute Beginners: Never held a ukulele before and wonder if you'd like it? Several ukuleles are available for you to try? No previous experience required.

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00** Spaces: 9

**PA-014** Fridays | September 24 - October 29 | 2:00 PM - 3:30 PM | 6 Weeks

Class Venue: Strathearn Room

2. Beginners: 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.

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00** Spaces: 9

**PA-015** Fridays | September 24 - October 29 | 12:00 PM - 1:30 PM | 6 Weeks

Class Venue: Strathearn Room

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

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00** Spaces: 9

**PA-016** Thursdays | September 23 - October 28 | 12:00 PM - 1:30 PM | 6 Weeks

Class Venue: Strathearn Room

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

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00** Spaces: 9

**PA-019** Thursdays | September 23 - October 28 | 2:00 PM - 3:30 PM | 6 Weeks

Class Venue: Strathearn Room

## Music Classes

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

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00** Spaces: 12

**PA-018** Wednesdays | September 22 - October 27 | 12:00 PM - 1:30 PM | 6 Weeks

Class Venue: Forest Heights Room

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

**On Site Class Fee: Member \$84.00 | Non-Member \$111.00** Spaces: 12

**PA-017** Wednesdays | September 22 - October 27 | 2:00 PM - 3:30 PM | 6 Weeks

Class Venue: Forest Heights Room

## Music Clubs

These clubs provide an opportunity to develop your skills in the performing arts and exchange ideas with others while having fun!

### Guitar Level 1

#### **Liaison: Roger Smeland**

The primary goal this club is to have fun playing popular songs from a variety of genres and eras. We welcome players of all stringed/chording instruments including guitar, banjo, ukulele, mandolin and autoharp. Club meetings will operate as "song circles" or "campfire" gatherings with each member having opportunity to lead songs of their choice. Vocal (singing) skills are welcome but not mandatory. The Level 1 club is focused on players at a beginner level having minimal experience in playing with others. Members are expected to play open chords and simple strum patterns. The club will provide a printed song book that includes song lyric/chord sheets, chord charts, strum and picking patterns and other resource material that may be helpful to members. Members are encouraged to share knowledge and skill development.

**Club members wishing to sing must provide a microphone with an XLR connector. See the club liaison for details.**

**On Site Club Drop In Fee: \$4.50**

**PA-007**    Tuesdays | 1:00 PM - 4:00 PM

Club Venue: Strathearn Room

## Music Clubs

### Guitar Level 2

**Liaison: Bill Tkachuk**

The primary goal this club is to have fun playing popular songs from a variety of genres and eras. We welcome players of all stringed/chording instruments including guitar, banjo, ukulele, mandolin and autoharp. Club meetings will operate as “song circles” or “campfire” gatherings with each member having opportunity to lead songs of their choice. Vocal (singing) skills are welcome but not mandatory. The Level 2 club is focused on players at intermediate and advanced levels having experience in playing with others. The club will provide lyric/chord sheets for players to follow. Prospective members are invited to attend a session for an informal discussion regarding their skill level and those expected by the club.

**Club members wishing to sing must provide a microphone with an XLR connector. See the club liaison for details.**

**On Site Club Drop In Fee: \$4.50**

**PA-008** Tuesdays | 9:30 AM - 12:30 PM

Club Venue: Strathearn Room

### Melody Singers

**Liaison: Jackie Rawson**

Melody Singers is SEESA’s 4-part performing choir. This is a twice a week activity, with Tuesday rehearsals, and weekly sing-outs on Wednesdays or Thursdays. We also have 2 Christmas performances, and a spring concert the first Sunday in May. Prospective new members will be accepted in September only and must audition with director Anne Marshall before September 10.

**On Site Club Drop In Fee: \$4.50**

Spaces: 50

**PA-010** Tuesdays | 1:00 PM - 2:30 PM

Club Venue: Auditorium

## Music Clubs

### SEESAtones Band

#### Liaison: Shirley Yakimishyn

With the number of internal and external performance requests this group gets our SEESAtones have become a performance band whose goal is to entertain! Performances include SEESA activities, as well as any outside performance requests. Members must understand musical fundamentals and must be proficient on their instruments. Positions are limited. Members are accepted for audition in September only.

**On Site Club Drop In Fee: \$4.50**

**PA-013** Wednesdays | 12:30 PM - 4:30 PM

Club Venue: Strathearn Room

## Organize Your Photographs Classes

Organize Your Photographs classes will help you save, organize and share the photographs that you have created and collected. Classes run for the session and a fee is charged to cover the cost of the instructor, use of the room, licensing and equipment mai

### Easy Photobooks

#### Instructor: Ann Ozdoba

For this session each participant will need 90 – 350 pictures on a theme (holiday, birthday, special event) for a book. The first week will be on how to upload, edit, and organize your pictures. The second week would be how to use the Autobook feature. Third week would be to make final edits on your photo book and learn how to use the Design and Print feature for future books or projects.

**On Site Class Fee: Member \$30.00 | Non-Member \$39.00**

Spaces: 10

**GI-003** Mondays | September 27 - October 18 | 1:45 PM - 2:45 PM | 3 Weeks  
(No Oct 11)

Class Venue: Edmonton Room

## Organize Your Photographs Classes

### Organizing Your Photos

**Instructor: Ann Ozdoba**

This class we will be setting goals and going over the steps to get your photos organized. The first week would cover where you store your photos, setting goals and information about Cloud Storage. Second week is the process of going through old photos and digital conversion. Third week is how to gather up your pictures from other devices, backing them up and organizing them. The fourth week is how to get the stories with the pictures, sharing them with family, and enjoying them with projects

**The instructor is available to provide one-on-one assistance if further assistance was needed.**

**On Site Class Fee: Member \$39.00 | Non-Member \$51.00**

Spaces: 10

**GI-015** Mondays | September 27 - October 25 | 12:30 PM - 1:30 PM | 4 Weeks

(No Oct 11)

Class Venue: Edmonton Room

## Physical Fitness Classes

Our Physical Fitness Classes include all types of physical activities that are instructor led. There are many levels of classes offered which means there is some type of physical activity for everyone. Classes run for the session and a fee is charged to c

### Barre Fitness

**Instructor: Kate Stashko**

If you're looking for a fun way to improve flexibility and strength, this class is for you! Kate will lead you through a series of exercises that work the whole body. Barre class is great for maintaining and improving mobility with a weight-bearing form of exercise. This class is fast-paced and you're sure to break a sweat! No dance experience necessary!

**On Site Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 15

**PF-002** Mondays | September 20 - October 25 | 7:15 PM - 8:15 PM | 5 Weeks

(No Oct 11)

Class Venue: Ottewell Room



## Physical Fitness Classes

### Chair Yoga

**Instructor: Megan Kim**

Explore tools of yoga to grow your mind and body awareness and well-being. Poses, body sensing, breath and relaxation practices, anchored with brief discussions of the ancient text, and some smaller group work to see and refine movement patterns. Standing and chair work; no getting down on the floor.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 9

**PF-001** Tuesdays | September 21 - October 26 | 10:45 AM - 11:45 AM | 6 Weeks

Class Venue: Bonnie Doon Room

**Online Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 15

**PF-005** Thursdays | September 23 - October 28 | 11:00 AM - 12:00 PM | 6 Weeks

Class Venue: Online

## Physical Fitness Classes

### Essentrics®

#### Instructor: Samara Hipkin

A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. A slow-paced, full body workout created by Miranda Esmonde-White, the author of the New York Times bestseller, Aging Backwards and latest book, Forever Painless.

Age Reversing: 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. Level 2 – Gentle to M

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00** Spaces: 12

**PF-010** Thursdays | September 23 - October 28 | 1:00 PM - 2:00 PM | 6 Weeks

Class Venue: Ottewell Room

Gentle Stretch: This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chroni

**On Site Class Fee: Member \$43.50 | Non-Member \$57.00** Spaces: 12

**PF-012** Thursdays | September 23 - October 28 | 12:00 PM - 12:45 PM | 6 Weeks

Class Venue: Ottewell Room

## Physical Fitness Classes

### Essentrics®

#### Instructor: Liz Olson

A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. A slow-paced, full body workout created by Miranda Esmonde-White, the author of the New York Times bestseller, Aging Backwards and latest book, Forever Painless.

Stretch and Tone: A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for

**On Site Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 12

**PF-013** Mondays | September 20 - October 25 | 10:00 AM - 11:00 AM | 5 Weeks

(No Oct 11)

Class Venue: Ottewell Room

### Essentrics®

#### Instructor: Carol Smith

A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. A slow-paced, full body workout created by Miranda Esmonde-White, the author of the New York Times bestseller, Aging Backwards and latest book, Forever Painless.

Age Reversing: 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. Level 2 – Gentle to M

**Online Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 14

**PF-011** Tuesdays | September 21 - October 26 | 10:00 AM - 11:00 AM | 6 Weeks

Class Venue: Online

## Physical Fitness Classes

### Fit for All

**Instructor: 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!

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 9

**PF-055** Wednesdays | September 22 - October 27 | 10:00 AM - 11:00 AM | 6 Week  
-  
Class Venue: Strathearn Room

### Fit For Your Life

**Instructor: Mariline Vincent**

Join Me for Stretches, Cardio, Strengthening, and Balance exercises! (No floor exercises!) Let's Do It!!!

**On Site Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 24

**PF-014** Mondays | September 20 - October 25 | 10:15 AM - 11:15 AM | 5 Weeks  
(No Oct 11)  
Class Venue: Auditorium

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 24

**PF-015** Wednesdays | September 22 - October 27 | 10:45 AM - 11:45 AM | 6 Week  
-  
Class Venue: Auditorium

## Physical Fitness Classes

### Intermediate Yoga

**Instructor: Maxine Cowan**

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

**On Site Class Fee: Member \$111.00 | Non-Member \$147.00**

Spaces: 9

**PF-032** Tuesdays | September 21 - October 26 | 1:00 PM - 3:00 PM | 6 Weeks

Class Venue: Bonnie Doon Room

### Pound Fitness

**Instructor: 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.

**On Site Class Fee: Member \$43.50 | Non-Member \$57.00**

Spaces: 10

**PF-019** Tuesdays | September 21 - October 26 | 5:15 PM - 6:00 PM | 6 Weeks

Class Venue: Ottewell Room

**On Site Class Fee: Member \$43.50 | Non-Member \$57.00**

Spaces: 9

**PF-020** Thursdays | September 23 - October 28 | 11:45 AM - 12:30 PM | 6 Weeks

Class Venue: Bonnie Doon Room

## Physical Fitness Classes

### 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.

**Online Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 25

**PF-028** Mondays | September 20 - October 25 | 6:00 PM - 7:00 PM | 5 Weeks

(No Oct 11)

Class Venue: Online

**Online Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 25

**PF-029** Wednesdays | September 22 - October 27 | 2:00 PM - 3:00 PM | 6 Weeks

Class Venue: Online

### Restorative Yoga

**Instructor: Maxine Cowan**

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.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 9

**PF-023** Tuesdays | September 21 - October 26 | 3:15 PM - 4:15 PM | 6 Weeks

Class Venue: Bonnie Doon Room

## Physical Fitness Classes

### Soft Pilates

**Instructor: Kate Stashko**

Pilates combines strengthening movements with a focus on full, functional breath work. It improves core stability, prevents and relieves back and joint pain, and increases range of motion, while reducing stress. Kate's classes focus on proper alignment and safe execution of movement, finding proper sequencing in the body. This is a level 2 class, with a slightly quicker pace, for those with a bit of Pilates experience.

**On Site Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 11

**PF-026** Mondays | September 20 - October 25 | 6:00 PM - 7:00 PM | 5 Weeks

(No Oct 11)

Class Venue: Ottewell Room

### Soft Pilates

**Instructor: Linda Turnbull**

Pilates combines strengthening movements with a focus on full, functional breath work. It improves core stability, prevents and relieves back and joint pain, and increases range of motion, while reducing stress. Kate's classes focus on proper alignment and safe execution of movement, finding proper sequencing in the body. This is a level 1 class, intended for beginners wishing to learn the basic principles and technique of Pilates.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 11

**PF-025** Thursdays | September 23 - October 28 | 9:00 AM - 10:00 AM | 6 Weeks

Class Venue: Ottewell Room

## Physical Fitness Classes

### Step & Strength Cardio for Active Agers

**Instructor: Lisa Doyle**

This 60 minute Cardio Step Class, designed for 55+ Active Agers, will improve your cardiovascular health and build muscle strength at the same time. Step aerobics works great for all fitness levels – simply adjust the step height and change the intensity of the workout. This class uses music and choreography to keep you motivated and challenged and guarantees a great workout that will improve your coordination and agility. Resistance exercises will be included in each class to build muscle strength and endurance. Level 3 – Active Fitness – includes standing and floor work. Requires running shoes and water.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 24

**PF-027** Wednesdays | September 22 - October 27 | 9:30 AM - 10:30 AM | 6 Weeks

Class Venue: Auditorium



## Physical Fitness Classes

### Yoga for Guys and Gals

**Instructor: 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.

**Online Class Fee: Member \$48.00 | Non-Member \$63.00**

Spaces: 14

**PF-030** Mondays | September 20 - October 25 | 9:30 AM - 10:30 AM | 5 Weeks

(No Oct 11)

Class Venue: Online

**Online Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 14

**PF-044** Thursdays | September 23 - October 28 | 9:30 AM - 10:30 AM | 6 Weeks

Class Venue: Online

**Online Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 14

**PF-045** Fridays | September 24 - October 29 | 9:30 AM - 10:30 AM | 6 Weeks

Class Venue: Online

### 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.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 11

**PF-031** Tuesdays | September 21 - October 26 | 9:00 AM - 10:00 AM | 6 Weeks

Class Venue: Ottewell Room

## Physical Fitness Classes

### Yoga with Megan

**Instructor: Megan Kim**

Explore tools of yoga to grow your mind and body awareness and well-being. Poses, body sensing, breath and relaxation practices, anchored with brief discussions of the ancient text, and some smaller group work to see and refine movement patterns.

**On Site Class Fee: Member \$57.00 | Non-Member \$75.00**

Spaces: 9

**PF-033** Tuesdays | September 21 - October 26 | 9:30 AM - 10:30 AM | 6 Weeks

Class Venue: Bonnie Doon Room

Activity	Dates	Time	Venue	Page
<b>Monday</b>				
Zumba Gold	Sep 20 - Oct 25	8:30 AM - 9:30 AM	Auditorium	10
Yoga for Guys and Gals	Sep 20 - Oct 25	9:30 AM - 10:30 AM	Online	40
Essentrics® - Stretch and Tone	Sep 20 - Oct 25	10:00 AM - 11:00 AM	Ottewell Room	32
Fit For Your Life	Sep 20 - Oct 25	10:15 AM - 11:15 AM	Auditorium	35
Badminton	Continuous	11:30 AM - 1:30 PM	Auditorium	16
Accidental Drama Club	Continuous	12:00 PM - 1:00 PM	Holyrood Room	2
Organizing Your Photos	Sep 27 - Oct 25	12:30 PM - 1:30 PM	Edmonton Room	31
SOS: Save, Organize and Share Your Photos	Oct 18 - Oct 25	12:30 PM - 1:30 PM	Edmonton Room	31
Bingo	Continuous	12:30 PM - 3:00 PM	Ottewell Room	17
Contract Bridge	Continuous	12:30 PM - 3:30 PM	Bonnie Doon Room	17
Quilting & Crafting for SEESA	Continuous	1:00 PM - 3:30 PM	Forest Heights Room	5
Easy Photobooks	Sep 27 - Oct 18	1:45 PM - 2:45 PM	Edmonton Room	30
Photo Legacy	Oct 18 - Oct 25	1:45 PM - 2:45 PM	Edmonton Room	30
Accidental Drama	Continuous	1:45 PM - 5:00 PM	Auditorium	0
Qigong	Sep 20 - Oct 25	6:00 PM - 7:00 PM	Online	37
Soft Pilates	Sep 20 - Oct 25	6:00 PM - 7:00 PM	Ottewell Room	40
Soft Pilates	Sep 20 - Oct 25	6:00 PM - 7:00 PM	Ottewell Room	38
Ballroom Dancing	Continuous	6:30 PM - 8:30 PM	Auditorium	6
TOPS—Take Off Pounds Sensibly	Continuous	6:30 PM - 8:30 PM	Forest Heights Room	23
Barre Fitness	Sep 20 - Oct 25	7:15 PM - 8:15 PM	Ottewell Room	31

Activity	Dates	Time	Venue	Page
<b>Tuesday</b>				
Yoga Gentle Core	Sep 21 - Oct 26	9:00 AM - 10:00 AM	Ottewell Room	40
Woodcarving Club	Continuous	9:00 AM - 11:30 AM	Workshop	4
Card Making for SEESA	Continuous	9:00 AM - 12:00 PM	Forest Heights Room	4
Five Steps to Quick and Easy Goal-Getting	Sep 21 - Oct 26	9:30 AM - 10:30 AM	Edmonton Room	22
Yoga with Megan	Sep 21 - Oct 26	9:30 AM - 10:30 AM	Bonnie Doon Room	41
Guitar Level 2	Continuous	9:30 AM - 12:30 PM	Strathearn Room	29
Essentrics® - Age Reversing	Sep 21 - Oct 26	10:00 AM - 11:00 AM	Online	34
Pickleball	Continuous	10:15 AM - 12:30 PM	Auditorium	20
Chair Yoga	Sep 21 - Oct 26	10:45 AM - 11:45 AM	Bonnie Doon Room	32
Clogging - 3. Experienced	Sep 21 - Oct 26	11:00 AM - 12:00 PM	Ottewell Room	8
Computer Club	Continuous	11:00 AM - 1:00 PM	Edmonton Room	5
Line Dancing - 2. Intermediate	Sep 21 - Oct 26	12:15 PM - 1:15 PM	Ottewell Room	9
Acrylic Painting	Sep 21 - Oct 26	12:30 PM - 3:00 PM	Forest Heights Room	1
Melody Singers	Continuous	1:00 PM - 2:30 PM	Auditorium	29
Intermediate Yoga	Sep 21 - Oct 26	1:00 PM - 3:00 PM	Bonnie Doon Room	35
Guitar Level 1	Continuous	1:00 PM - 4:00 PM	Strathearn Room	28
Clogging - 1. Beginner	Sep 21 - Oct 26	1:30 PM - 2:30 PM	Ottewell Room	8
1. Interested in Free University Course?	Sep 21	1:30 PM - 3:00 PM	Edmonton Room	10
3. Nutrition for a Healthy Life	Sep 28	1:30 PM - 3:00 PM	Edmonton Room	11
6. Want to age in place and experience new recreation opportunities?	Oct 12	1:30 PM - 3:00 PM	Edmonton Room	13
8. Money Mentors: Stretch you dollars	Oct 19	1:30 PM - 3:00 PM	Edmonton Room	14
9. Insomnia and Sleep Health	Nov 2	1:30 PM - 3:00 PM	Edmonton Room	14
10. Ageism	Nov 23	1:30 PM - 3:00 PM	Edmonton Room	15
Restorative Yoga	Sep 21 - Oct 26	3:15 PM - 4:15 PM	Bonnie Doon Room	37

Activity	Dates	Time	Venue	Page
Badminton	Continuous	3:15 PM - 5:15 PM	Auditorium	16
Pound Fitness	Sep 21 - Oct 26	5:15 PM - 6:00 PM	Ottewell Room	36
5. Wills Week – Estate Planning 101	Oct 5	6:00 PM - 8:30 PM	Tilley's Café	12

Activity	Dates	Time	Venue	Page
<b>Wednesday</b>				
Line Dancing - 3. Experienced	Sep 22 - Oct 27	9:00 AM - 10:00 AM	Ottewell Room	9
Pinochle	Continuous	9:00 AM - 12:00 PM	Bonnie Doon Room	21
Step & Strength Cardio for Active Agers	Sep 22 - Oct 27	9:30 AM - 10:30 AM	Auditorium	39
Fit for All	Sep 22 - Oct 27	10:00 AM - 11:00 AM	Strathearn Room	34
Clogging - 2. Intermediate	Sep 22 - Oct 27	10:15 AM - 11:15 AM	Ottewell Room	8
Fit For Your Life	Sep 22 - Oct 27	10:45 AM - 11:45 AM	Auditorium	35
Outdoor Adventures	Continuous	11:00 AM - 12:00 AM	Tilley's Café	22
Ukulele Lessons - 5. Intermediate	Sep 22 - Oct 27	12:00 PM - 1:30 PM	Forest Heights Room	27
Clogging	Continuous	12:30 PM - 1:30 PM	Ottewell Room	6
Floor Curling	Continuous	12:30 PM - 3:30 PM	Auditorium	19
SEESAtones Band	Continuous	12:30 PM - 4:30 PM	Strathearn Room	30
Hand & Foot Canasta	Continuous	12:45 PM - 3:15 PM	Bonnie Doon Room	20
Euchre	Continuous	1:00 PM - 3:00 PM	Holyrood Room	19
Soapstone Carving Club	Continuous	1:00 PM - 3:00 PM	Workshop	3
4. Don't Throw Out the Van Gogh	Sep 29	1:30 PM - 3:00 PM	Edmonton Room	12
7. Personal Safety	Oct 13	1:30 PM - 3:00 PM	Edmonton Room	13
1. Fraud Prevention	Dec 8	1:30 PM - 3:00 PM	Edmonton Room	0
Healthy Aging/ Active Aging	Nov 17	1:30 PM - 3:00 PM	Edmonton Room	12
Qigong	Sep 22 - Oct 27	2:00 PM - 3:00 PM	Online	37
Ukulele Lessons - 6. Experienced	Sep 22 - Oct 27	2:00 PM - 3:30 PM	Forest Heights Room	27
Table Tennis	Continuous	2:00 PM - 5:30 PM	Ottewell Room	21
Duplicate Bridge	Continuous	6:15 PM - 8:30 PM	Bonnie Doon Room	18
Old Time & Sequence Dancing	Continuous	7:00 PM - 9:00 PM	Auditorium	7

Activity	Dates	Time	Venue	Page
<b>Thursday</b>				
Soft Pilates	Sep 23 - Oct 28	9:00 AM - 10:00 AM	Ottewell Room	38
Woodcarving Club	Continuous	9:00 AM - 11:30 AM	Workshop	4
Yoga for Guys and Gals	Sep 23 - Oct 28	9:30 AM - 10:30 AM	Online	40
Group Vocal Lessons	Sep 23 - Oct 28	9:30 AM - 11:00 AM	Edmonton Room	24
Art Club	Continuous	9:30 AM - 12:00 PM	Forest Heights Room	3
Line Dancing - 1. Beginner	Sep 23 - Oct 28	10:00 AM - 11:00 AM	Auditorium	9
Chair Yoga	Sep 23 - Oct 28	11:00 AM - 12:00 PM	Online	32
Chair Yoga	Sep 23 - Oct 28	11:00 AM - 12:00 PM	Ottewell Room	33
Christmas Carol Boot Camp	Sep 23 - Oct 28	11:30 AM - 1:00 PM	Edmonton Room	24
Pound Fitness	Sep 23 - Oct 28	11:45 AM - 12:30 PM	Bonnie Doon Room	36
Essentrics® - Gentle Stretch	Sep 23 - Oct 28	12:00 PM - 12:45 PM	Ottewell Room	33
Ukulele Lessons - 3. Beyond Beginners	Sep 23 - Oct 28	12:00 PM - 1:30 PM	Strathearn Room	26
Contract Bridge	Continuous	12:45 PM - 3:45 PM	Bonnie Doon Room	17
Essentrics® - Age Reversing	Sep 23 - Oct 28	1:00 PM - 2:00 PM	Ottewell Room	33
Watercolours - Advanced	Sep 23 - Oct 28	1:00 PM - 3:00 PM	Forest Heights Room	1
Performance Skills	Sep 23 - Oct 28	1:15 PM - 2:15 PM	Edmonton Room	25
2. Understanding Investment Fees with your Financial Institution	Sep 23	1:30 PM - 3:00 PM	Edmonton Room	11
Pickleball	Continuous	1:30 PM - 4:30 PM	Auditorium	20
Ukulele Lessons - 4. Beyond Beginners	Sep 23 - Oct 28	2:00 PM - 3:30 PM	Strathearn Room	26
Table Tennis	Continuous	2:30 PM - 5:30 PM	Ottewell Room	21
Watercolours - Beginner/Intermediate	Sep 23 - Oct 28	3:15 PM - 5:15 PM	Forest Heights Room	2

Activity	Dates	Time	Venue	Page
Friday				
Chair Seated Fitness	Sep 24 - Oct 29	8:45 AM - 9:45 AM	Bonnie Doon Room	32
Yoga for Guys and Gals	Sep 24 - Oct 29	9:30 AM - 10:30 AM	Online	40
Badminton	Continuous	11:00 AM - 1:00 PM	Auditorium	16
Ukulele Lessons - 2. Beginners	Sep 24 - Oct 29	12:00 PM - 1:30 PM	Strathearn Room	26
Cribbage Club			Bonnie Doon Room	18
Poetry Club	Continuous	1:00 PM - 3:00 PM	Holyrood Room	23
Accidental Drama Club	Continuous	1:00 PM - 4:00 PM	Ottewell Room	0
Ukulele Lessons - 1. Absolute Beginners	Sep 24 - Oct 29	2:00 PM - 3:30 PM	Strathearn Room	26
Jam Sessions	Continuous	6:45 PM - 10:00 PM	Auditorium	22