



*Like
having
fun?
Join the club.*

PROGRAM GUIDE

Session 5: Sept 12-Oct 28, 2022

Whatever your passions,
your interests and your
hobbies are, we likely have
a club for that.

**And if we don't, we can see
about starting one.**

SEESA
You belong here

Check out all our clubs and classes at seesa.ca



9350 82 Street NW, Edmonton, AB

info@seesa.ca

ph: 780.468.1985

Open Monday to Friday, 8:30am to 4:30pm.

Closed Statutory Holidays.

We gratefully acknowledge that the land on which our facility rests is Treaty 6 Territory and a traditional meeting ground for many indigenous peoples including the Plains and Wood Cree, Assiniboine, Salteaux, Niitsitapi (Blackfoot), Métis, Nakota Sioux and Chipewyan. Their spiritual and practical relationships with the land continue to create a rich heritage for our community. We are honoured to share this land.

Vision

South East Edmonton Seniors Association is a vibrant, compassionate, inclusive place to grow up and grow older.

Mission

To empower and enhance the quality of life of people in our community as we age.

Follow us on Facebook and Twitter.



Liability

SEESA is not responsible for any physical injuries that may occur during any of its programs. All participants must sign a waiver form and provide emergency contact information. Participants must be able to independently participate in the class 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.

Check In & FOBs – MySeniorCentre

- Every time to you visit SEESA, please check in at the MySeniorCentre kiosk by the Front Desk. Check in with your key FOB or type in your first name and phone number.
- To replace a lost FOB, please stop by the Front Desk.
- MySeniorCentre ensures we know who is in the building (for fire safety, etc) and tracks important statistics important to our funders and grant applications.

Comments, Questions, Suggestions, Program Ideas

Your input is welcome! Contact Operations Manager Peggy at peggy@seesa.ca or any current SEESA Board Member in person or by email at info@seesa.ca. Please share your insights and ideas with us anytime.

Fees & Benefits*	55+ Members	35-54 year Associate Member	90+ yrs Lifetime Members	Reciprocal Members**	Non-Members
Annual Fee	\$30	\$40	Free	Free	Free
Drop-in Fee/1 Hour Class	\$13.50	\$13.50	\$13.50	\$13.50	\$15
Drop-in Fee: 1 Club Meeting	\$3	\$3	\$3	\$3	\$3
8 pack Club Drop-In	\$24	\$24	\$24	\$24	\$24
Fitness Centre Access	\$100/annual	\$100/annual	\$100/annual	\$100/annual	\$200/annual
FYI Seminar or Talks Fee/1 session	\$3	\$3	\$3	\$3	\$3
Email Updates	Yes	Yes	Yes	Yes	Yes
Member Rates at SEESA for Classes, Seminars, Special Events	Yes	Yes	Yes	Yes	No
Tillie's Café Access	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	No	Yes	No	No
Member Rates/Privileges at Other Participating Seniors Centres	Yes	Varies	Yes	Yes	No

***Membership Fees** are non-refundable, non-transferable and not pro-rated.

****Reciprocal Members**

SEESA welcomes members of participating Senior Centres throughout the Edmonton area. Please bring proof of membership at another centre on your first visit to SEESA.

Classes vs. Clubs

- **Classes** have an instructor and participants must register and pay the course fee or a drop-in fee.
- **Clubs** are run by the members and coordinated by a designated Club Liaison. No registration is required to join a club but a small fee for each meeting attended is required.

Program Registration begins on Monday, August 29.

Class Registrations –

- Registrations are accepted until the first class.
- You are not registered for the class until payment is processed.
- To avoid lineups and delays in registering, please register online. Ask a trusted friend or family member to help, if you need assistance.

Ways to Register:

1) Online Registration-

Go to <http://www.seesa.ca/activities> and find the class(s) you want to join. Follow the prompts to register online through “My Active Center”. You will need your FOB to register online. This system is supported by PayPal which accepts debit cards and various credit cards.

2) By Phone – Call the front desk, Monday to Friday, 8:30am-4:30pm at ph: 780.468.1985. Visa and Mastercard accepted.

3) In Person – Visit the front desk, Monday to Friday, 8:30am-4:30pm. Cash, cheque, debit, Visa or Mastercard are accepted.

Wait Lists

- If a program is full, the system will add you to a Wait List.
- There is no charge for putting your name on a Wait List.
- The system tracks names in the order received. Should space become available, you will be contacted in priority order.

Program Changes & Cancellations

- Avoid disappointment and register early.
- Dates, times, fees, and instructors may change after the program guide is published. For the most current information, see <http://www.seesa.ca>
- A class may be cancelled if the minimum number of participants are not registered. Cancellations may occur one week prior to the start date of a class or after the first class runs within the series. Affected registrants will be notified of changes by telephone or email.

Course Transfers

Transfer requests, from one class to another class, are subject to a \$10 administration fee.

Refunds & Credits

No refunds or credits will be given for programs, clubs, presentations or other activities unless cancelled by SEESA. Exceptional requests in case of injury or changes in medical condition will be given ample consideration.

Drop-Ins

- Drop-ins are welcome at most classes and all clubs.
- Drop-in are not accepted for classes that are progressive and continuity in attendance supports your learning, the instructor, and the group.
- Prior to dropping in, please call SEESA at 780.468.1985 to ensure there is room capacity for you to attend.
- On arrival, please pay Drop-In Fee BEFORE heading to your session. Your instructor/club liaison will record your participation on the attendance sheet.

Tillie's Café

Enjoy a coffee or sandwiches after your class or stop by with friends. Café hours and menu items vary throughout the year so check the website or call in for the latest information. Everyone is welcome at Tillie's!

Volunteering at SEESA

A wide range of ongoing Volunteer Opportunities are available to you. Share your expertise, gain experience, contribute to community building, and make new friends! We are actively recruiting for Board members, Event Committee members, Program Committee members, Bartenders (Pro-Serve certificate required), and Kitchen Manager and Helpers.

In addition, if you would like to assist in starting a new club, teaching a workshop, or helping with a program, please raise your hand! With your help and ideas, SEESA could have Clubs such as: Annual Memorial Tea and Annual Lifetime Members Tea, Bingo, Card Making, Crib Tournaments, Duplicate Bridge, Floor Shuffleboard, Monthly Dinners, Table Tennis and more.

Simply complete the volunteer application form at the Front Desk or at www.seesa.ca or, if you would like to discuss options, please contact Gina-Marie at ph: 780.468.1985 or email: gina-marie@seesa.ca.

COVID

- At time of publication, wearing a mask is encouraged but not mandatory at SEESA.
- Hand sanitizers and wipes can be found throughout the facility.
- Please wipe down any fitness or other equipment you come in contact with.
- If restrictions change, new info will be sent out via email and posted on website, as well as at the centre.

Email List

To receive news, invitations, and updates via email, subscribe to the email list on our website at www.seesa.ca. Or, contact the Front Desk at 780.468.1985 for assistance with your subscription.

Fitness Room

Workout in the privacy of our fitness room. Equipment includes: Stationary Bike, Treadmill, Full Body Weight Machine, Incline Stepper, Free Weights and Television. Please pre-book your visits to ensure space availability by calling 780.468.1985.

Foot Care Clinic

Certified Nursing Staff are onsite at SEESA the 2nd Thursday of every month to provide foot care to anyone, including those with diabetes. Services include: foot assessments, nail cutting, corn and callus reduction, assistance with ingrown and fungal nails, moisturizing and foot massage. To book an appointment, please phone: 780.488.5878 or email: info@edmontonfc.net. Fee per appointment is \$30/member or \$35/non-members paid directly to the Nursing Staff.

Lockers

To secure your valuables while visiting SEESA, use our day-use lockers located throughout the facility. Bring your own lock or borrow one from the front desk.

Seniors Home Supports Program

The Seniors Home Supports Program is a referral service that provides seniors referrals to screened service providers which offer snow removal, yard help, housekeeping, home repair and maintenance, personal services, moving help and more. For assistance, please call 211.

Sage Outreach Service

Members and non-members who are 55+ have access to a Social Worker at no charge through Sage Seniors Association. Sage Outreach Service can help you in many ways: 1) **Identify your needs:** financial, housing, legal, abuse, income tax, physical health, mental health, mobility, transportation, family dynamics, home service and repair, food, and more; 2) **Connect you with resources:** Social workers are knowledgeable on senior-specific resources and will connect you with other programs and services that may help you. At times, social workers will do community visits, such as meeting with you and your doctor for important appointments, help you complete government forms, and act on your behalf to report your needs to others; 3) **Emotional support:** Social workers value and support you without judgment.

If you would benefit from these services, please contact Sage at ph: 780.701.9005.

Garden Benches – For Sale!

A hand-crafted garden bench would certainly spruce up your yard or make a great gift. Order your wood bench today by filling out an order form at the Front Desk. Yours will be ready for you fast! The bench will be raw wood ready for you to stain or paint in your own creative way. Get one for the boulevard in front of your house, too!

Price: \$200. All proceeds (after cost of materials) are donated to SEESA. Thank you for shopping often.

Giving at SEESA

Every day, SEESA is empowering and enhancing the quality of life of people in our community. Our donors help others through clubs and classes, friendships and fellowship, special events and physical activities. But not everyone in our community is feeling safe and secure. Many people feel alone or marginalized. Mental health, physical well-being and resiliency can be better. With your help, SEESA can do much more.

Your donation supports community building and healthy living. TOGETHER, we will reach our vision of being a *vibrant, compassionate, inclusive place to grow up and grow older*. To make a gift, please go to www.seesa.ca or stop by the Front Desk. Thank you – from the bottom of our hearts.

Art Classes

Explore your artistic side while you work and connect with others.

NOTE: Christmas Crafting Workshops coming this fall. Stay tuned for dates and times.

New! Art with Frank Haddock

Art with Frank Haddock – The Secret Lake in the Forest Using Acrylics

Spend a pleasant afternoon painting a hidden lake so clear you can see the rocks and tree branches under the surface of the water. Using a limited palette of colours you will be shown how to start and develop this painting. Receive step-by-step guidance from your instructor. No experience necessary. Supplies provided.

Instructor: Frank Haddock

Venue: Forest Heights Room

Class Limit: 15

Friday Sep 23 (1 Week)

1:30 pm – 4:00 pm

Class Session Fee: Member \$37.50

Non-Member: \$45.00

New! Art with Frank Haddock – A Haunted House in Acrylics!

Are you ready for Halloween? Here's a neat painting project that will get you in the mood. Step-by-step instruction will help you creep towards the abandoned house where a mysterious light shines but only at night. Put yourself in the picture in this exciting afternoon project. Supplies provided. Don't miss it!

Instructor: Frank Haddock

Venue: Forest Heights Room

Class Limit: 15

Friday, Oct 14 (1 Week)

1:30 pm – 4:00 pm

Class Session Fee: Member \$37.50

Non-Member: \$45.00

Art Classes con't...

Watercolour For All Levels

Easy to follow instructions and easy to trace handouts, from beginners to advanced, fun projects to work on. Requires regular art supplies, paper and brushes. You will need to get your own palette and paints.

Supply list - Must have!

- *1 size 6 Verona series 5R white
- *2 size 8 Verona series 5R white
- *Plastic slant Palette and not Blossom palette
- *1 sheet **Arches** 140 lb cold pressed (cut in 4)
- *2H or 4H pencil and an eraser
- *Salt
- *2" wide masking tape
- *A Yogurt container and perhaps paper towel
- *Winsor and Newton 8 ml **Cotman** watercolour
- *Primary colours OR Prussian blue, Ultramarine blue, Perm. Rose, Cadmium yellow hue, Alizarin crimson, Sap green, Burnt sienna, Lamp black - **OR**: a 12 colour YARKA water colour set.
- *Synthetic round brushes for watercolour (short handle). No Natural hair please.

Instructor: Willie Wong

Venue: Forest Heights Room

Class Limit: 15

Thursday Sep 15 - Oct 28 (7 Weeks)

1:00 pm - 3:00 pm

Class Session Fee: Member \$126.00

Non-Member: \$168.00

Class Drop-in Fee: Member \$27.00

Non-Member: \$30.00

Art Clubs

Explore your artistic side while you work and connect with others.

Art Club

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

Liaison: Don Evans	Venue: Forest Heights Room	Class Limit: 15
Thursday Sep 15 - Oct 27 (7 Weeks)	9:30 am - 12:00 pm	
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Crafts Clubs

Carvers, card makers, quilters and crafters: SEESA is where you belong!

Returning! Card Making

Dedicated volunteers recycle old cards into new to be donated to SEESA and 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.

Liaison: Donna Fountain	Venue: Forest Heights Room	Class Limit: 15
Monday Sep 19 - Oct 24 (5 Weeks)	9:00 am – 11:30 am	No session on Oct 10
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Quilting & Crafting

Quilters—Make quilts and contribute to SEESA raffles. Crafters—WOW! Our hand made crafts are of the highest quality. Knitters and others working on portable projects are welcome to join in on the camaraderie.

Liaison: Sandra Golan	Venue: Forest Heights Room	Class Limit: 15
Monday Sep 12 - Oct 24 (6 Weeks)	1:00 pm - 3:30 pm	No session on Oct 10
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Soapstone Carving Club

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.

Liaison: Annette Evans	Venue: Workshop	Class Limit: 6
Wednesday Sep 14 – Oct 26 (4 Weeks)	1:00 pm - 3:00 pm	
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Crafts Clubs con't...

Woodcarving Club Tuesday

This club provides an opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects.

Liaison: Noel Constantin

Venue: Workshop

Class Limit: 6

Tuesday Sep 13 - Oct 25 (4 Weeks)

9:00 am - 11:30 am

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Woodcarving Club Thursday

Thursday Sep 15 - Oct 27 (4 Weeks)

9:00 am - 11:30 am

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Dance Fitness Classes

Dancing delivers positive physical, mental and social health benefits. Your heart, lung, muscles, bones, brain and heart say sign up now! All levels welcome!

Clogging Absolute Beginner

Learn basic clogging steps and terms. This class is for those who have never taken a clogging class. Once we progress, we dance in shoes with special taps on them that give clogging its unique sound (not wooden shoes). For this class you do not need the clogging shoes.

Instructor: Tracy Walters

Venue: Ottewell Room

Class Limit: 15

Tuesday Sep 13 - Oct 25 (7 Weeks)

1:30 pm - 2:30 pm

Class Session Fee: Member \$63.00

Non-Member: \$84.00

Class Drop-in Fee: Member n/a

Non-Member: n/a

Clogging Intermediate/Experienced

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

For those with at least one year clogging experience. A continuation of the beginner class. More difficult steps and patterns are taught. Knowledge of the basic steps and clogging shoes required.

Instructor: Tracy Walters

Venue: Ottewell Room

Class Limit: 15

Wednesday Sep 14 - Oct 26 (7 Weeks)

10:15 am - 11:15 am

Class Session Fee: Member \$63.00

Non-Member: \$84.00

Class Drop-in Fee: Member n/a

Non-Member: n/a

Dance Fitness Classes con't...

Line Dance Beginner

Line dance is a form of low impact dancing for all ages. It's fun and great exercise! If you love to dance and like country music (we dance to other music too), you will love line dancing. No experience necessary.

Instructor: Tracy Walters Venue: Gymnasium Class Limit: 24

Thursday Sep 15 - Oct 27 (7 Weeks) 10:00 am - 11:00 am

Class Session Fee: Member \$63.00 Non-Member: \$84.00

Class Drop-in Fee: Member \$13.50 Non-Member: \$15.00

Line Dance Intermediate/Experienced

For those who have taken the beginner line dance class and want more challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Shoes with leather soles recommended, no running shoes.

Instructor: Tracy Walters Venue: Ottewell Room Class Limit: 15

Tuesday Sep 13 - Oct 25 (7 Weeks) 12:15 pm - 1:15 pm

Class Session Fee: Member \$63.00 Non-Member: \$84.00

Class Drop-in Fee: Member n/a Non-Member: n/a

Salsa Cardio

This is a low impact cardio workout where you will learn new salsa dance moves or improve skills you already have, while you burn calories and move your body to some Caribbean rhythms with a Cuban Salsa Dance Champion. This class focuses on rhythm, balance, range of motion and coordination.

Instructor: Dagmar Sanchez Venue: Gymnasium Class Limit: 24

Tuesday Sep 13 - Oct 25 (7 Weeks) 3:15 pm - 4:15 pm

Class Session Fee: Member \$63.00 Non-Member: \$84.00

Class Drop-in Fee: Member \$13.50 Non-Member: \$15.00

Zumba Gold Friday

A modified workout with low impact moves. Zumba Gold® recreates the original moves you love 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 have indoor running shoes.

Instructor: Dagmar Sanchez Venue: Gymnasium Class Limit: 24

Friday Sep 16 - Oct 28 (5 Weeks) 9:30 am - 10:30 am No session on Sep 30 & Oct 21

Class Session Fee: Member \$45.00 Non-Member: \$60.00

Class Drop-in Fee: Member \$13.50 Non-Member: \$15.00

Dance Fitness Classes con't...

Zumba Gold Tuesday

A modified workout with low impact moves. Zumba Gold® recreates the original moves you love 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 have indoor running shoes.

Instructor: Melanie Kidder

Venue: Gymnasium

Class Limit: 24

Tuesday Sep 13 - Oct 25 (7 Weeks)

5:00 pm - 6:00 pm

Class Session Fee: Member \$63.00

Non-Member: \$84.00

Class Drop-in Fee: Member \$13.50

Non-Member:

Dance Clubs

Dancing delivers positive physical, mental and social benefits including improved condition of your heart and lungs, increased muscular strength and improved balance and coordination.

Ballroom Dance Club

A weekly opportunity for dancers to gather. Instruction will be given, 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.

\$10 club membership due in September and January.

Liaison: Carol Yeomans

Venue: Gymnasium

Class Limit: 40

Tuesday Sep 20 - Oct 25 (6 Weeks)

6:30 pm - 8:30 pm

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Old Time & Sequence Dance Club

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 as it's already set and the woman knows what comes next without having to wait for a lead.

Liaison: Pete & Betty Wilson

Venue: Ottewell Room

Class Limit: 15

Tuesday Sep 13 - Oct 25 (7 Weeks)

2:45 pm - 3:45 pm

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Drama Club

Here's your chance to take centre stage...or back stage...
or simply have fun letting your inner performer out!

Accidental Drama Club Monday

Want to entertain on stage or help back stage? Join us. We perform plays and musicals for our annual production. Additional rehearsals may be required. Rehearsal time: Mondays 1:45 PM - 5:00 PM. Extra practice Fridays 1:45 - 4:00 PM. Please see Liaison for added dates and cancellations.

Liaison: Joan James

Venue: Holyrood Room

Class Limit: 20

Monday Sep 12 - Oct 25 (6 Weeks)

12:00 pm - 1:00 pm

No session on Oct 10

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Fitness Classes

New! Arthritis Be Gone

Did you know that arthritis can improve and you can alleviate the need for pain medication with a targeted stretching program? Join this stretching program for all ages and abilities to learn how to get rid of pain and feel better.

Instructor: Nora Shea

Venue: Ottewell Room

Class Limit: 12

Tuesday Sep 13 - Oct 25 (7 Weeks)

9:45 AM - 10:45 AM

Class Session Fee: Member \$63.00

Non-Member: \$84.00

Class Drop-in Fee: Member \$13.50

Non-Member: \$15.00

Fitness Classes con't...

Essentrics® - Stretch and Tone Monday

The movements are gentle, simple and very easy to learn. They don't require great coordination or stamina. Nor do you need to do the movements perfectly. I guide you to be aware of your body and make adjustments to its needs. You do what you can and still get the benefit. You can do the practice standing, sitting or lying down.

Instructor: Liz Olson	Venue: Gymnasium	Class Limit: 15
Monday Sep 12 - Oct 24 (6 Weeks)	10:00 am - 11:00 am	No session on Oct 10
Class Session Fee: Member \$54.00	Non-Member: \$72.00	
Class Drop-in Fee: Member \$13.50	Non-Member: \$15.00	

Essentrics® Age Reversing - Thursday

A full body age reversing Essentrics class 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. Gentle to Moderate fitness, includes standing and some floor work (back/side). Yoga mat required.

Instructor: Samara Hipkin	Venue: Ottewell Room	Class Limit: 15
Thursday Sep 15 - Oct 27 (7 Weeks)	1:00 pm - 2:00 pm	
Class Session Fee: Member \$63.00	Non-Member: \$84.00	
Class Drop-in Fee: Member \$13.50	Non-Member: \$15.00	

Essentrics® Age Reversing Tuesday Online

A full body age reversing Essentrics class 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. Gentle to Moderate fitness, includes standing and some floor work (back/side only). Yoga mat required.

Instructor: Carol Smith	Venue: Online	Class Limit: 14
Tuesday Sep 13 - Oct 25 (7 Weeks)	10:00 am - 11:00 am	
Class Session Fee: Member \$63.00	Non-Member: \$84.00	
Class Drop-in Fee: Member n/a	Non-Member: n/a	

Fitness Classes con't...

Fit For All

This class is designed for people who want a gentler fitness workout; includes both standing and sitting exercises. Wendy, teaches a very inclusive class and welcomes people with mobility challenges, to include pre and post knee and hip replacements, and, strength and balance difficulties. The class uses hand weights, resistance bands and Bender Balls (or generic 6"-8" balls) to improve strength, endurance and balance. Come and feel fantastic, have fun while exercising!

Instructor: Wendy Kinsman Venue: Bonnie Doon Room Class Limit: 12

Thursday Sep 15 - Oct 27 (7 Weeks) 10:15 AM - 11:15 AM

Class Session Fee: Member \$63.00 Non-Member: \$84.00

Class Drop-in Fee: Member \$13.50 Non-Member: \$15.00

Fit For All Online

This class will be held as a hybrid option in conjunction with the class being offered in-person at SEESA.

Instructor: Wendy Kinsman Venue: Online Class Limit: 12

Thursday Sep 15 - Oct 27 (7 Weeks) 10:15 AM - 11:15 AM

Class Session Fee: Member \$63.00 Non-Member: \$84.00

Class Drop-in Fee: Member n/a Non-Member: n/a

Pound Fitness Thursday

An entire body workout using specially designed RipStix, provided. Includes conditioning moves and cardio interval training. Improves strength, flexibility and mind-body connection. No previous fitness experience required. Modifications provided for different abilities. Seated portions can be done on a chair or yoga mat. No drumming or musical instruction provided. Pound stix supplied.

Instructor: Melanie Kidder Venue: Ottewell Room Class Limit: 12

Thursday Sep 15 - Oct 27 (7 Weeks) 11:45 am - 12:30 pm

Class Session Fee: Member \$47.25 Non-Member: \$63.00

Class Drop-in Fee: Member \$10.25 Non-Member: \$11.25

Fitness Classes con't...

Qigong Online Monday

Qigong is a simple, natural, effective, and efficient practice that anyone can do regardless of age, mobility, or fitness level. It's great for beginners! The movements are gentle, simple, and very easy to learn. They don't require great coordination or stamina. I guide you to be aware of your body and make adjustments to its needs. You do what you can and still get the benefit. You can do the practice standing, sitting or lying down. Qigong can add up to noticeable changes in energy levels, stress reduction, mood enhancement and more, but it's subtle and will surprise you. Give it a try!

Instructor: Carolynne Melnyk	Venue: Online	Class Limit: 25
Monday Sep 12 - Oct 24 (6 Weeks)	6:00 pm - 7:00 pm	No session on Oct 10
Class Session Fee: Member \$54.00	Non-Member: \$72.00	
Class Drop-in Fee: Member n/a	Non-Member: n/a	

Qigong Online Wednesday

Instructor: Carolynne Melnyk	Venue: Online	Class Limit: 25
Wednesday Sep 14 - Oct 26 (7 Weeks)	2:00 pm - 3:00 pm	
Class Session Fee: Member \$63.00	Non-Member: \$84.00	
Class Drop-in Fee: Member n/a	Non-Member: n/a	

Soft Pilates Thursday

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.

Instructor: Linda Turnbull	Venue: Ottewell Room	Class Limit: 15
Thursday Sep 15 - Oct 27 (7 Weeks)	9:00 am - 10:00 am	
Class Session Fee: Member \$63.00	Non-Member: \$84.00	
Class Drop-in Fee: Member n/a	Non-Member: n/a	

Yoga Chair with Megan - Tuesday

Welcome back to chair yoga! Here you will be encouraged to welcome and integrate all parts of you, including your brain and nervous system, as we practice together, moving slowly and gently, paying attention to what we feel, and exploring variations to yoga poses and more. Seated practice with minimal standing.

Instructor: Megan Kim	Venue: Bonnie Doon Room	Class Limit: 12
Tuesday Sep 13 - Oct 25 (7 Weeks)	10:45 am - 11:45 am	
Class Session Fee: Member \$63.00	Non-Member: \$84.00	
Class Drop-in Fee: Member \$13.50	Non-Member: \$15.00	

FYI Seminars

Informational sessions on topics of interest. Listen and learn.

NOTE: FYI Seminars are listed by date.

Bone Health 101

Presentation includes: What osteoporosis is, the risk of fracturing a bone, maintaining healthy bones, impact of nutrition and physical activity, and fall prevention.

Presenter: Joy Mekechuk

Venue: Online

Class Limit: 10

Wednesday Sep 14 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

Financial Literacy for Seniors

Join our Guest Speaker, Anita Moore, as she presents “Living Well on Retirement Income”. The Credit Counselling Society is a non-profit organization which helps consumers with Money Management and Debt Solutions.

Presenter: Anita Moore

Venue: Edmonton Room

Class Limit: 10

Tuesday Sep 20 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

Clutter is Not a Crime, It's an Inside Job

Do you feel embarrassed by too much stuff in your home, storage sheds and/or garage? Are you feeling judged by family and friends who have different clutter styles than you? Wish you could get started and keep motivated to continue? You will learn: Top 10 Checklist, where to start, practical tools, simple holistic strategies to enjoy more ease during the process. Learn the insider's code to decluttering and organizing in a holistic way.

Presenter: Lynn Fraser

Venue: Edmonton Room

Class Limit: 10

Wednesday Sep 21 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

Alternative Investing : Strategies to reduce risk and enhance retirement portfolio returns

Beyond the traditional retirement savings portfolio of stocks and bonds that many retirees have, there is a third asset class that many large pension managers such as the Canadian Pension Plan, but not individual retail investors, use to reduce risk in the markets; it is alternative assets. Recently made available to individual investors, alternative assets provide access to a diversified portfolio of non - traditional investments, designed to complement the traditional balanced retirement portfolio. Come join Wei Woo as we discuss the possibilities given the uncertain stock markets and economy we are currently in.

Presenters: Wei Woo

Venue: Edmonton Room

Class Limit: 10

Tuesday Sep 27 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

FYI Seminars con't...

Senior Years – Your Eyes and Overall Health. It's All Connected!

So much of what we do in our daily lives affects our eyes. Come and learn how to take care of your eyes and overall health by taking some simple daily steps. An optometrist will present and also answer your questions.

Presenter: Jan Archbold

Venue: Edmonton Room

Class Limit: 10

Wednesday Sep 28 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

Being Prepared in Time of Need

An educational seminar that will answer any questions you have about how to be prepared and how to protect your family from emotional and financial stress. I will demonstrate all the options that are available now and future possibilities because times are changing and, for example, you could have your remains sent into space.

Presenter: Dusko Trivik

Venue: Edmonton Room

Class Limit: 10

Tuesday Oct 11 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

Oh No! I Opened Scam Email, NOW WHAT?

Interactive session on internet questions about phishing, email scams, antivirus protection, etc.

Presenter: Gabriel Mortotsi

Venue: Edmonton Room

Class Limit: 10

Tuesday Oct 18 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

FYI Seminars con't...

Talks by Experts: 3 Strategies for Preserving & Enhancing Cognition in Older Adults

The world's population is aging and promoting a healthy physical and cognitive lifestyle in older adults is a major public health challenge. The human brain is paradoxical in nature: fragile yet robust, it can adapt to severe injury and yet small disturbances can be devastating. It continues to develop and change throughout our entire lives, but knowing how to take care of it can be a struggle. We've all heard that diet and exercise make for healthy living, but how do we make for healthy brains? As we age, busy schedules and increasingly sedentary lifestyles can lead to our physical health falling by the wayside. We barely think of our cognitive health until something goes significantly wrong. We all want to enjoy the best our brains can offer for as long as we can, but it can be difficult to know where to start maintaining them. Join us as we delve into neuroplasticity and aging, and explore activities to maximize our brain health as we age. Pauline Balogun is a PhD student in the neuroscience program offered by the Neuroscience and Mental Health Institute at the University of Alberta. Her research area is in computational psychiatry, working with big data and artificial intelligence, especially as applied in mental health and precision healthcare. Her main area of focus involves developing diagnostic and predictive technology using the Canadian Longitudinal Study of Aging. She also works in collaboration with Alberta Health Services on a number of projects.

Presenter: Pauline Balogun

Venue: Edmonton Room

Class Limit: 20

Thursday Oct 13 (1 Week)

11:00 am - 12:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

The Role of Exchange Traded Funds in Retirement Portfolios

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. However, ETFs typically charge lower management fees than mutual funds. They are also gaining in massive popularity among retirees for the past 6 years, and vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

Presenter: Wei Woo

Venue: Edmonton Room

Class Limit: 10

Wednesday Oct 19 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

FYI Seminars con't...

Stages of Retirement Living

Join Chartwell for a fun and interactive conversation about the benefits of retirement living, how to navigate the healthcare system and seniors' lifestyle options.

Presenter: Linda Miller

Venue: Edmonton Room

Class Limit: 10

Tuesday Oct 25 (1 Week)

1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

Falls Prevention

Fall prevention seminar with Leading Edge physiotherapy. Come and join us as we share some information about falls prevention: what are common causes of falls and how to avoid them inside your home and outside. We suggest wearing comfortable clothing as we will have a short workshop for gentle strength and balance exercises to help with falls prevention.

Presenter: Marie-Josée Dupuis-Arsenault

Venue: Edmonton Room

Class Limit: 10

Wednesday Oct 26 (1 Week)

2:00 pm - 3:00 pm

Class Session Fee: Member \$3.00

Non-Member: \$3.00

General Interest Classes

Join other like minded people to explore interests or achieve new goals.

New! Big Brain Time: Town Hall & Feedback Session

Calling all members! Join the SEESA Board to hear a report on how the organization is doing today. Learn more about our progress and priorities. Stay for a fun activity where your input and ideas about programs are captured. We want to hear from you – bring us your brain!

Offered by: Board of Directors

Venue: Gymnasium

Class Limit: 150

Wednesday Sep 28

10:00 am – 11:30 am

No fee

Declutter and Downsize in a Holistic Way

Thought MORE TIME at home to declutter and organize was the answer... but you made no progress? Banish the guilt! Join Lynn Fraser and learn the Top 10 Checklist, Two Pile Plus system and where to send your items. Develop a plan to move with less stress and more ease. Uncluttered surroundings = uncluttered mind.

Class One: Learn the S.P.A.C.E. strategy, Top 10 Checklist and more ways that will help you keep the items that bring you joy and find new homes for those that don't. Get inspired to work on your goals in between classes.

Class Two: Develop a plan, "The 4 P's," to downsize and move with less stress and more ease. Celebrate your successes, ask questions & find solutions. Lynn's self-care tools respect you and your special memories.

Instructor: Lynn Fraser

Venue: Edmonton Room

Class Limit: 20

Monday Sep 26 - Oct 3 (2 Weeks)

9:30 am - 11:30 am

Class Session Fee: Member \$36.00

Non-Member: \$48.00

General Interest Classes con't...

New! Philosophers Café: The Freedom Series

SEESA is honoured to welcome lecturer David Goa as he leads discussions entitled, "Philosophers Café: The Freedom Series". Join this award-winning scholar, author, and teacher in stimulating conversations on today's issues.

David Goa is the founding director and International Fellow of the Chester Ronning Centre for the Study of Religion and Public Life, University of Alberta (Augustana Campus). Previously, he was Curator of Folklife & Head of Collections for the Provincial Museum of Alberta. He built the program for the study of culture at the Royal Alberta Museum based on field research in a full range of religious communities including Hindu, Buddhist, Sikh, Jewish, Muslim, and Christian in Canada. His many honours and awards include City of Edmonton Cultural Hall of Fame, Queen Elizabeth II Diamond Jubilee Medal and Premier's Gold Medal for 'Anno Domini' (public exhibition and book).

Philosophers Café: The Freedom Series – When People Collide: Free Speech vs. Hate Speech

Instructor: David Goa

Venue: Idylwylde Room

Class Limit: 20

Thursday, Sep 22

1:00-2:30 pm

Class Session Fee: Member \$6.00

Non-Member: \$8.00

What is free speech? What happens when one person's speech offends another? Who gets to decide where the line is drawn? Join in a lively discussion about the hard-won battle for Freedom of Speech, inalienable rights and what happens when free speech collides with other "universal human rights".

Philosophers Café: The Freedom Series – The Blood Red Horse of the Apocalypse: Russia's War in Ukraine

Instructor: David Goa

Venue: Idylwylde Room

Class Limit: 20

Thursday, Oct 27

1:00-2:30pm

Class Session Fee: Member \$6.00

Non-Member: \$8.00

The second horse of the apocalypse is running rampant across Ukraine. How is war 'justified' by President Putin and Patriarch Kirill, head of the Russian Orthodox Church? What has Patriarch Kirill said to the Russian people, his parishes in Ukraine, in North American and around the world? How has the Prince of Peace been used as justification for the advance of the blood red horse and the rise of "Christian Nationalism"? Join in timely conversation on Christian tradition, nationalism and war.

General Interest Clubs

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

NEW! French Conversation Club

Meet local French language and culture lovers for conversation and fun! Come to a French Language Club and make new amis (friends) as you practice speaking, build your vocabulary and finally figure out those verb conjugations! All ages and levels welcome.

Liaison: Vicki Dowd

Venue: Holyrood Room

Class Limit: 16

Wednesday Sep 14 - Oct 26 (7 Weeks)

11:00 AM - 12:00 PM

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

New! Jigsaw Meet Up

Come alone or bring a friend to Tillie's Cafe for jigsaw puzzle fun. Enjoy the puzzlers' tables at your leisure and whenever Tillie's open. Puzzles will be on roll-up mats and set aside in a handy spot when table(s) are needed elsewhere. No charge for puzzle time but your coffee and cinnamon bun habit is on you! Come out and meet your fellow Puzzle People.

Mondays Sep 12 – Oct 24

11:00 am – 4:00 pm

Venue: Tillie's Café

No session on Oct 10

Literature Clubs

Reading, writing and reflecting on the written word for fun and insight.

Book Club

If you love to read, the Book Club is for you. We invite you to join us for lunch or coffee in the café at 12 pm. We will then move to the Bonnie Doon room for our club time. The book club meets on the 1st Thursday of the month.

Liaison: Maggie Hensel

Venue: Bonnie Doon Room

Class Limit: 12

Thursday Sep 8 - Oct 4 (2 Weeks)

1:00 pm - 2:00 pm

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Calling all bookworms...would you be prepared to start another SEESA Book Club? Please contact Maggie at henselandgretel@gmail.com for a meet and greet to get another group started at new day and time.

Writing Club

Memoirs, Family History, Journaling? Poetry, Story, Novel? Essay, Newsletter? Build your writing muscles. Give and receive constructive feedback with encouragement and tips from other non-professional writers. Our club will make up resource lists as we go.

This club meets on the 1st and 3rd Tuesday of the month.

Liaison: Karen Sheridan

Venue: Holyrood Room

Class Limit: 10

Tuesday Sep 20 - Oct 18 (3 Weeks)

1:00 pm - 3:00 pm

Club Drop-in Fee: Member \$3.00

Non-Member: \$3.00

Sports Clubs con't...

Badminton Thursday

Liaison: Bob Hyndman	Venue: Gymnasium	Class Limit: 20
Thursday Sep 15 - Oct 27 (7 Weeks)	11:15 pm - 1:15 pm	
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Badminton Friday

Liaison: Bob Hyndman	Venue: Gymnasium	Class Limit: 20
Friday Sep 16 - Oct 28 (5 Weeks)	10:45 am - 12:45 pm	No session on Sep 30 & Oct 21
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Floor Curling Wednesday

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.

Liaison: Ted Anderson	Venue: Gymnasium	Class Limit: 40
Wednesday Sep 14 - Oct 26 (7 Weeks)	12:30 pm - 3:30 pm	
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Pickleball Tuesday

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

Liaison: Patrick Lukasewich	Venue: Gymnasium	Class Limit: 40
Tuesday Sep 13 - Oct 25 (7 Weeks)	10:15 am - 12:30 pm	
Club Drop-in Fee: Member \$3.00	Non-Member: \$3.00	

Monday - Starts on September 12, 2022

Program Name	Time	Venue	Member Price
Card Making	9:00 am-11:30 am	Forest Heights Room	\$3.00
Yoga for Guys and Gals - Monday Online	9:30 am-10:30 am	Online	\$54.00
Declutter and Downsize in a Holistic Way series	9:30 am-10:30 am	Edmonton Room	\$36.00
Essentrics® - Stretch and Tone Monday	10:00 am-11:00 am	Gymnasium	\$54.00
Badminton Monday	11:30 am-1:30 pm	Gymnasium	\$3.00
Accidental Drama Club Monday	12:00 pm-1:00 pm	Holyrood Room	\$3.00
Contract Bridge Monday	12:30 pm-3:30 pm	Bonnie Doon Room	\$3.00
Quilting and Crafting	1:00 pm-3:30 pm	Forest Heights Room	\$3.00
Jigsaw Meetup	11:00 am-4:00 pm	Tillie's Café	Free
Qigong Online Monday	6:00 pm-7:00 pm	Online	\$54.00

Tuesday - Starts on September 13, 2022

Program Name	Time	Venue	Member Price
Woodcarving Club Tuesday	9:00 am-11:30 am	Workshop	\$3.00
Yoga with Megan	9:30 am-10:30 am	Bonnie Doon Room	\$63.00
Arthritis Be Gone	9:45 am-10:45 M	Ottewell Room	\$63.00
Essentrics® Age Reversing Tuesday Online	10:00 am-11:00 am	Online	\$63.00
Pickleball Tuesday	10:15 am-12:30 pm	Gymnasium	\$3.00
Yoga Chair with Megan - Tuesday	10:45 am-11:45 am	Bonnie Doon Room	\$63.00
Line Dance Intermediate/Experienced	12:15 pm-1:15 pm	Ottewell Room	\$63.00
Guitar Level 1 Club	1:00 pm-4:00 pm	Strathearn Room	\$3.00
Melody Singers	1:00 pm-3:00 pm	Gymnasium	\$3.00
Writing Club	1:00 pm-3:00 pm	Holyrood Room	\$3.00
Clogging Absolute Beginner	1:30 pm-2:30 pm	Ottewell Room	\$63.00
FYI: Alternative Investing	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Being Prepared in Time of Need	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Oh No! I Opened Scam Email, NOW WHAT?	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Financial Literacy for Seniors	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Stages of Retirement Living	1:30 pm-3:00 pm	Edmonton Room	\$3.00
Old Time Sequence Dance Club	2:45 pm-3:45 pm	Ottewell Room	\$3.00
Salsa Cardio	3:15 pm-4:15 pm	Gymnasium	\$63.00
Zumba Gold Tuesday	5:00 pm-6:00 pm	Gymnasium	\$63.00
Pole Walking Group	6:15 pm-7:15 pm	West Parking Lot	\$3.00
Ballroom Dance Club	6:30 pm-8:30 pm	Gymnasium	\$3.00

Wednesday - Starts on September 14, 2022

Program Name	Time	Venue	Member Price
Yoga Gentle Core	9:00 am-10:00 am	Bonnie Doon Room	\$63.00
Clogging Intermediate/Experienced	10:15 am-11:15 am	Ottewell Room	\$63.00
French Conversation Club	11:00 am-12:00 pm	Holyrood Room	\$3.00
Ukulele Experienced	12:00 pm- 1:00 pm	Ottewell Room	\$94.50
Floor Curling Club	12:30 pm-3:30 pm	Gymnasium	\$3.00
SEESATones Band Club	12:30 pm-4:30 pm	Strathearn Room	\$3.00
Hand & Foot Canasta Club	12:45 pm-3:30 pm	Bonnie Doon Room	\$3.00
Euchre Club	1:00 pm-3:00 pm	Holyrood Room	\$3.00
Soapstone Carving Club	1:00 pm-3:00 pm	Workshop	\$3.00
FYI: Bone Health 101	1:30 pm-3:00 pm	Online	\$3.00
FYI: Clutter is Not a Crime, It's an Inside Job	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Senior Years – Your Eyes and Overall Health. It's all Connected!	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: The Role of Exchange Traded Funds in Retirement Portfolios	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Fall Prevention	1:30 pm-3:00 pm	Edmonton Room	\$3.00
Qigong Online Wednesday	2:00 pm-3:00 pm	Online	\$63.00
Ukulele Intermediate	2:00 pm-3:30 pm	Ottewell Room	\$94.50

Thursday - Starts on September 15, 2022

Program Name	Time	Venue	Member Price
Soft Pilates	9:00 am-10:00 am	Ottewell Room	\$63.00
Woodcarving Club Thursday	9:00 am-11:30 am	Workshop	\$3.00
Foot Care	9:00 am-3:30 pm	Capilano Room	Booking
Yoga for Guys and Gals - Thursday Online	9:30 am-10:30 am	Online	\$63.00
Art Club	9:30 am-12:00 pm	Forest Heights Room	\$3.00
Line Dance Beginner	10:00 am-11:00 am	Gymnasium	\$63.00
Fit For All	10:15 am-11:15 am	Bonnie Doon Room	\$63.00
Fit For All	10:15 am-11:15 am	Online	\$63.00
Yoga Chair with Megan -Online Thursday	11:00 am-12:00 pm	Online	\$63.00
Talks by Experts: 3 Strategies for Preserving & Enhancing Cognition in Older Adults	11:00 am-12:00 pm	Edmonton Room	\$3.00
Badminton Thursday	11:15 am-1:15 pm	Gymnasium	\$3.00
Pound Fitness Thursday	11:45 am-12:30 pm	Ottewell Room	\$47.25
Ukulele Beyond Beginners -	12:00 pm-1:30 pm	Strathearn Room	\$94.50
Essentrics® Age Reversing - Thursday	1:00 pm-2:00 pm	Ottewell Room	\$63.00
Book Club	1:00 pm-2:00 pm	Bonnie Doon Room	\$3.00
Philosophers Café: The Freedom Series When People Collide: Free Speech vs. Hate Speech	1:00 pm-2:30 pm	Idylwylde	\$6.00
Philosophers Café: The Freedom Series The Blood Red Horse of the Apocalypse: Russia's War in Ukraine	1:00 pm-2:30 pm	Idylwylde	\$6.00
Watercolour For All Levels	1:00 pm-3:00 pm	Forest Heights Room	\$126.00

Friday - Starts on September 16, 2022

Program Name	Time	Venue	Member Price
Zumba Gold Friday	9:30 am-10:30 am	Gymnasium	\$45.00
Yoga for Guys and Gals - Friday Online	9:30 am-10:30 am	Online	\$63.00
Badminton Friday	10:45 am-12:45 pm	Gymnasium	\$3.00
Ukulele Beginner	12:00 pm-1:30 pm	Strathearn Room	\$67.50
Cribbage Club Fridays	12:45 pm-3:30 pm	Bonnie Doon Room	\$3.00
Art with Frank Haddock – The Secret Lake in the Forest Using Acrylics	1:30 pm-4:00 pm	Forest Heights Room	\$37.50
Art with Frank Haddock – A Haunted House in Acrylics!	1:30 pm-4:00 pm	Forest Heights Room	\$37.50
Ukulele Absolute Beginners	2:00 pm-3:00 pm	Strathearn Room	\$81.00
Jam Session	6:45 pm-10:00pm	Strathearn Room	\$3.00