

# PROGRAM GUIDE

For Classes & Clubs,  
October 31 to December 23rd

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South East Edmonton Seniors Association  
9350 82 Street NW, Edmonton, AB  
[info@seesa.ca](mailto:info@seesa.ca) ph: 780.468.1985

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

### **Email List**

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

Follow us on Facebook and Twitter.



### **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.*

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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.

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## Fees & Benefits

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 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	<b>No</b>
Tillie's Café Access	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	<b>No</b>	Yes	<b>No</b>	<b>No</b>
Member Rates/Privileges at Other Participating Seniors Centres	Yes	Varies	Yes	Yes	<b>No</b>

**\*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.

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## **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.

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## **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.

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## **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.

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## **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.

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## **Wait Lists**

- If a program is full, you will be added 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.

# Ways to Register

- 1) **Online Registration** – Starts Monday, October 17, 2022, **9:15 A.M.**  
Go to <http://www.seesa.ca/activities> and find the class(s) you want to join. Click through weblink to where you register online at “My Active Center”. This system is supported by PayPal which accepts debit cards and various credit cards.
- 2) **By Phone** – Starts Monday, October 17, 2022, **9:15 A.M.**  
Call the front desk, Monday to Friday, 8:30am-4:30pm at ph: 780.468.1985. Visa and Mastercard accepted.
- 3) **In Person** – Starts Monday, October 17, 2022, **9:15 A.M.**  
Visit the front desk, Monday to Friday, 8:30am-4:30pm. Cash, cheque, debit, Visa or Mastercard are accepted. For your convenience, a class registration form can be found at the back of this Program Guide. Fill it out at home and bring it in for faster processing.

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## 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.

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## Course Transfers

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

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## 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.

## **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.

## **Comments, Questions, Suggestions, Program Ideas**

Your input is welcome! Contact any current SEESA Board Member in person or by email at [info@seesa.ca](mailto:info@seesa.ca). Please share your insights and ideas with us anytime.

## **Tillie's Café**

**\*\*A NEW Cook is being hired for Tillie's. Stay tuned for more info about hours of service and menu.\*\***

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, 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](http://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](mailto:gina-marie@seesa.ca).

### **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.

### **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.

### **Foot Care Clinic**

Certified Nursing Staff are onsite at SEESA the 2<sup>nd</sup> 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](mailto:info@edmontonfc.net). Fee per appointment is \$30/member or \$35/non-members paid directly to the Nursing Staff.

### **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 Mill Woods Seniors Association at phone: 587.594.7884.

### **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](http://www.seesa.ca) or stop by the Front Desk.

*Thank you – from the bottom of our hearts.*





Class Session Fee: Member \$22.50 Non-Member: \$30.00

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## **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 available at the centre).

Bring your own supplies:

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

Instructor: Willie Wong

Venue: Forest Heights Room

Class Limit: 15

**Thursday Nov 3 - Dec 15** (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 Club**

### **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 Nov 3 - Dec 21** (8 Weeks) 9:30 am - 12:00 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

## Craft Classes

### **NEW! Card Making Fun: Learn, Keep & Contribute**

Christmas is just around the corner, so it's time to get started making your own cards! Family & friends are so impressed with receiving your handmade cards. Each week, you'll make 6 to 8 cards; for every two cards you make, you get to keep one and one is donated to SEESA for fundraising. This class is for everyone -- beginners to experienced. Come and have fun with us as we add glitter to our lives! Supplies provided.

Instructor: Donna Fountain      Venue: Forest Heights Room      Class Limit: 15

**Monday Oct 31 - Dec 12** (7 Weeks)      9:00 am - 11:30 am

Class Session Fee: Member \$20.00      Non-Member: \$25.00

Class Drop-in Fee: Member \$3.00      Non-Member: \$3.00

## Craft Clubs

### **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 Oct 31 - Dec 19** (8 Weeks)      1:00 pm - 3:30 pm

Club Drop-in Fee: Member \$3.00      Non-Member: \$3.00

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### **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: 12

**Wednesday Nov 2 - Dec 21** (8 Weeks)      1:00 pm - 3:00 pm

Club Drop-in Fee: Member \$3.00      Non-Member: \$3.00

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## Woodcarving Club

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

Liaison: Noel Constantin

Venue: Workshop

Class Limit: 12

### Session: November 1 to December 22

**Tuesdays** 9:00 am - 11:30 am

**Thursdays** 9:00 am - 11:30 am

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

## Dance Clubs

### Ballroom Dance Club \*Now on Mondays\*

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.

Liaison: Carol Yeomans

Venue: Gymnasium

Class Limit: 40

**Monday Oct 31 - Dec 19** (7 Weeks) 6:30 pm - 8:30 pm

**No Session Nov 14<sup>th</sup>.**

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. Beginners welcome.

Liaison: Pete & Betty Wilson

Venue: Ottewell Room

Class Limit: 15

**Tuesday Nov 1 - Dec 20** (8 Weeks) 2:45 pm - 3:45 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

## Dance Fitness Classes

## **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 Nov 1 - Dec 13** (7 Weeks)      1:30 pm - 2:30 pm

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

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## **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 Nov 2 - Dec 14** (7 Weeks)      10:15 am - 11:15 am

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

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## **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: 30

**Thursday Nov 3 - Dec 15** (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

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## **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 Nov 1 - Dec 13** (7 Weeks) 12:15 pm - 1:15 pm

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

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### **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: Ottewell Room

Class Limit: 18

**Tuesday Nov 1 - Dec 13** (7 Weeks) 9:00 am - 10:00 am

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

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

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### **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: 40

**Friday Nov 4 - Dec 16** (6 Weeks) 9:30 am - 10:30 am

**No session on Nov 11 and Dec 2.**

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

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

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### **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: 35

**Tuesday Nov 1 - Dec 13** (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: \$15.00

## Drama Clubs

### 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 1:00 - 4:00 PM. Please see Liaison for added dates and cancellations.

Liaison: Joan James

Venue: Holyrood Room

Class Limit: 25

**Monday Oct 31 - Dec 19** (8 Weeks) 12:00 pm - 1:00 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

## Fitness Classes

### 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: Strathearn Room

Class Limit: 12

**Tuesday Nov 1 - Dec 13** (7 Weeks) 9:45 AM - 10:45 AM

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

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### Be Strong Flexible and Energized

Light to moderate exercise emphasizing a fun, educational approach to developing better strength, flexibility and cardio-respiratory fitness. We will discuss nutrition tips for eating a healthier diet and developing overall healthier habits.

Instructor: Nora Shea

Venue: Strathearn Room

Class Limit: 12

**Tuesday Nov 1 - Dec 13** (7 Weeks) 11:00 am - 12:00 pm

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

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### **NEW! Circuit Training**

This is a class for all levels of fitness, including those looking for a more active class. This is a fast-paced 60-minute class that keeps you on your toes. Circuit training format involves rotating through various exercises that target your lower and upper body strength, core and cardiovascular fitness using your body weight and various equipment. Challenge yourself to keep going through the allotted time for each exercise. Discover how quickly your strength and endurance improve each week. Modifications for every fitness level will be provided.

Instructor: Deborah Ravbar

Venue: Gymnasium

Class Limit: 25

**Tuesday Nov 1 - Dec 13** (7 Weeks) 9:00 am - 10:00 am

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

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### **Essentrics® - Stretch and Tone Monday**

A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. This program rebalances the body, prevents and treats injuries and unlocks tight joints. Intermediate to higher level fitness, includes standing and floor work (back and side only). Bring your own Yoga Mat.

Instructor: Liz Olson

Venue: Gymnasium

Class Limit: 20

**Monday Oct 31 - Dec 12** (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



## **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 only). Yoga mat required.

Instructor: Samara Hipkin

Venue: Ottewell Room

Class Limit: 15

**Thursday Nov 3 - Dec 15** (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

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## ~~**Essentrics® Age Reversing Tuesday Online \*\* CANCELLED\*\***~~

~~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 Nov 1 - Dec 13** (7 Weeks) 10:00 am - 11:00 am~~

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

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## **Fit For All – In Person**

**\*Please register in correct session\***

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: 14

**Thursday Nov 3 - Dec 15** (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

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## ~~**Fit For All – Online**~~

~~**\*CANCELLED\***~~

~~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!~~

~~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: 8~~

~~**Thursday Nov 3 – Dec 15** (7 Weeks)    10:15 AM – 11:15 AM~~

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

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### **NEW! Nia: Movement Practice**

Nia® is a movement practice that combines aspects of dance, martial arts, and healing arts to create a body/mind/heart fitness experience. Suitable for all fitness levels and genders. Typically done barefoot but feel free to where running shoes if you have knee or feet issues. For more info about Nia go to [nianow.com](http://nianow.com)

Instructor: Kirsten Bartel

Venue: Ottewell Room

Class Limit: 18

### ***Nia: Movement Practice \*Free Trial Day\****

***Monday October 31<sup>st</sup> (1 Week)    10:00 am – 11:00 am***

*Members & Non-Member:    Free*

### **Regular Sessions:**

**Monday Nov 14 – Dec 12** (5 Weeks) 10:00 am – 11:00 am

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

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

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### **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.

Instructor: Melanie Kidder

Venue: Ottewell Room

Class Limit: 16

**Thursday Nov 3 - Dec 15** (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

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### **Qigong Online Wednesday**

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 noticable 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: 30

**Wednesday Nov 2 - Dec 14** (7 Weeks) 2:00 pm - 3:00 pm

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

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### **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. This class focus on proper alignment and safe execution of movement, finding proper sequencing in the body.

Instructor: Linda Turnbull

Venue: Ottewell Room

Class Limit: 15

**Thursday Nov 3 - Dec 15** (7 Weeks) 9:00 am - 10:00 am \$63.00

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

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### **NEW! Tabata**

Tabata is an interval exercise class for the active participant. Participants work for 20 seconds and rest for 10 and this pattern is repeated for 8 rounds (4-minute cycles) and then the exercise changes and a new 4-minute cycle begins. This type of interval training is designed to improve one's overall fitness level. Tabata benefits an individual's cardiovascular

fitness as well as improving the body's metabolism. Exercises vary from cardio, strength, and core.

Instructor: Deborah Ravbar

Venue: Gymnasium

Class Limit: 25

**Thursday Nov 3 - Dec 15** (7 Weeks) 8:45 am – 9:45 am

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

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### **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: 15

**Tuesday Nov 1 - Dec 13** (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

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### ~~**Yoga Chair with Megan - Online Thursday \*\*CANCELLED\*\***~~

~~Welcome to chair yoga online, done in the comfort of your own home! 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: Online~~

~~Class Limit: 15~~

~~**Thursday Nov 3 - Dec 15** (7 Weeks) 11:00 am - 12:00 pm~~

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

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### **Yoga for Guys and Gals - Friday Online**

This class is open to both men and women participants. Join a gentle but progressive class with a friend, partner, neighbour or on your own. Explore the many physical, mental and emotional benefits of yoga together.

Instructor: Ken Strachan

Venue: Online

Class Limit: 20

**Friday Nov 4 - Dec 16** (6 Weeks) 9:30 am - 10:30 am

**No session on Nov 11<sup>th</sup>.**

Class Session Fee: Member \$54.00 Non-Member: \$72.00

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### **Yoga for Guys and Gals - Monday Online**

This class is open to both men and women participants. Join a gentle but progressive class with a friend, partner, neighbour or on your own. Explore the many physical, mental and emotional benefits of yoga together.

Instructor: Ken Strachan

Venue: Online

Class Limit: 20

**Monday Oct 31 - Dec 12** (7 Weeks) 9:30 am - 10:30 am

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

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### **Yoga for Guys and Gals - Thursday Online**

This class is open to both men and women participants. Join a gentle but progressive class with a friend, partner, neighbour or on your own. Explore the many physical, mental and emotional benefits of yoga together.

Instructor: Ken Strachan

Venue: Online

Class Limit: 20

**Thursday Nov 3 - Dec 15** (7 Weeks) 9:30 am - 10:30 am

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

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### ~~**Yoga Gentle Core**~~ **\*\*CANCELLED\*\***

~~Focus is on postures that build core strength and flexibility and support a healthy spine. This helps create balance and ease in the aging body. Each class will focus on breath and finish with deep relaxation.~~

~~Instructor: Linda Turnbull~~

~~Venue: Bonnie Doon Room~~

~~Class Limit: 12~~

~~**Wednesday Nov 2 - Dec 14** (7 Weeks) 9:00 am - 10:00 am~~

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

## **Yoga with Megan**

This class invites us to welcome and integrate all parts of us, including our brain and nervous system, as we practice moving slowly and gently, paying attention to what we feel, and exploring variations to yoga poses and more. Mat work incorporates standing movements, hands and knees work, and lying down explorations.

Instructor: Megan Kim

Venue: Bonnie Doon Room

Class Limit: 15

**Tuesday Nov 1 - Dec 13** (7 Weeks) 9:30 am - 10:30 am

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

## **Fitness Clubs**

### **Pole Walking Group**

Use Nordic Walking or Stability styles of poles to walk safely and with companionship throughout the fall & winter! You must bring your own poles. Instruction will be given on the first evening to ensure you are using them correctly. All speeds of walkers are welcome. We will pick a "there and back" route each week, so you can take it at your own pace. The Edmonton guidelines for walking groups will be followed; i.e. we'll cancel the walk if it's too cold or icy. Mel will collect your contact info & email you around noon the day of the walk, if it will be cancelled for that evening.

Instructor: Melanie Kidder

Venue: West Parking Lot

Class Limit: 100

**Tuesday Nov 1 - Dec 20** (8 Weeks) 6:15 pm - 7:15 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

## **FYI Seminars Classes**

### **65 Years & Older? Find Out How CRA Can Help! \*ONLINE ONLY\***

Benefits and credits can put money in your pocket. Join the Canada Revenue Agency (CRA) to learn what benefits and credits are available to those 65 years and older.

Presenter: Arleigh Hrycaiko-Assie

Venue: Online

Class Limit: 20

**Wednesday Nov 30** (1 Week) 1:30 pm - 3:00 pm

Class Session Fee: Member \$3.00 Non-Member: \$3.00

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## **Be Scam Smart!**

Did you receive a suspicious call, email or text that claims to be from the Canada Revenue Agency (CRA)? Join this session and learn from a CRA outreach officer on how to spot and avoid scams.

Presenter: Arleigh Hrycaiko-Assie    Venue: Edmonton Room    Class Limit: 20

**Wednesday Nov 9** (1 Week) 1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00    Non-Member:    \$3.00

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## ~~**Better Outcomes for 2SLGBTQ+ Seniors \*CANCELLED\***~~

~~The Edmonton Pride Seniors Groups is a volunteer led community project to promote better outcomes for 2SLGBTQ+ seniors. This presentation will review some of the history and ongoing issues faced by these seniors, as well as an overview of the "Housing & Aging with Pride Project".~~

~~Presenter: \_\_\_\_\_ Venue: Edmonton Room \_\_\_\_\_ Class Limit: 20~~

~~**Tuesday Nov 15** (1 Week) 1:30 pm - 3:00 pm~~

~~Class Session Fee:    Member \$3.00    Non-Member:    \$3.00~~

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## **NEW! Bring Your Own Device: Around the World with Newspapers & Magazines**

With PressReader you can read thousands of newspapers and magazines from over 100 countries in 60 languages for free online with your Edmonton Public Library card. Find out how to read or listen to the Edmonton Journal, Edmonton Sun, Newsweek, BBC History, Vogue, National Geographic Traveller, Zoomer, and much more.

Instructor: Wendy Gronnestad-Damur    Venue: Edmonton Room    Class Limit: 20

**Thursday Nov 24** (1 Week)    10:00 am - 11:00 am

Class Session Fee:    Member \$3.00    Non-Member:    \$3.00

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## **NEW! Bring Your Own Device: Free Viewing from Kanopy**

Do you like watching movies and tv series? Find out how you can watch for free at home using Kanopy with your Edmonton Public Library card.

Documentaries, classic Hollywood, Oscar nominees and winners, cinema from around the world, Great Courses, family movies, and more! Don't

have a card? Apply online at epl.ca visit any branch, or come early for this session to get a card in person. Bring your own Ipad, tablet, laptop - Don't have one? A computer or two will be available for your use. Don't miss out!

Instructor: Wendy Gronnestad-Damur    Venue: Edmonton Room    Class Limit: 20

**Thursday Nov 10** (1 Week)    10:00 am - 11:00

Class Session Fee:    Member \$3.00    Non-Member:    \$3.00

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### **NEW! Bring Your Own Device: Join Facebook Today!**

Facebook is a popular way to share information and photos with friends and family. Learn how to create an account, find your friends, and create your own posts.

Instructor: Wendy Gronnestad-Damur    Venue: Edmonton Room    Class Limit: 20

**Thursday Dec 8** (1 Week)    10:00 am - 11:00 am

Class Session Fee:    Member \$3.00    Non-Member:    \$3.00

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### **Drive Safe in Alberta: What's new?**

Join instructor, Ryan, as he present new information about driving in Alberta. Topics of discussion include zipper merges, recommended speeds, changes in vehicles and driving conditions.

Presenter: Ryan Lemont    Venue: Edmonton Room    Class Limit: 20

**Tuesday Nov 22** (1 Week)    1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00    Non-Member:    \$3.00

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### **ElderCare Day Programs**

ElderCare Edmonton is a non-profit organization that provides community-based recreation therapy Day Programs for seniors. 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 us to learn all about ElderCare Edmonton services and how to access the Day Program.



Presenter: Krista Mulberry                      Venue: Edmonton Room                      Class Limit: 20

**Tuesday Nov 8** (1 Week)    1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00                      Non-Member:    \$3.00

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### **Green Sleeves and Advanced Care Planning**

Imagine you, or someone close to you, has an accident or a change in health status. Do others know your preferences, wishes and what's important to you for health care? Do you know others' preferences, wishes and what's important to them? Green Sleeves and Advance Care Planning allows documenting and sharing this information in case you, or someone close to you, is unable to speak for themselves.

Presenters: Jacqueline Jumpsen    Venue: Edmonton Room                      Class Limit: 20

**Wednesday Nov 2** (1 Week)    1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00                      Non-Member:    \$3.00

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### ~~**Hope Program: Organ, Tissue & Eye Donations Online\* CANCELLED\***~~

~~Organ and tissue donations are in demand — transplants are a gift of life. Learn more about recording your wishes, the benefits and statistics around transplants, and Canada's excellent registry program. This is an online session.~~

~~Presenter: Trudie Yeung                      Venue: Online                      Class Limit: 20~~

~~**Tuesday Dec 13** (1 Week)    1:30 pm - 3:00 pm~~

~~Class Session Fee:    Member \$3.00                      Non-Member:    \$3.00~~

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### **Me vs. Them: Frauds & Scams**

Learn how to recognize a scam, how to avoid being a victim of fraud and who to contact if it happens.

Presenters: Brian Finley                      Venue: Edmonton Room                      Class Limit: 20

**Wednesday Dec 7** (1 Week) 1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00                      Non-Member:    \$3.00

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### **Strike Out Stroke**

Learn the signs of a Stroke and act FAST. F: Face is drooping? A: Arms can you raise both? S: Speech is it slurred or jumbled? T: Time to call 911 right away!

Presenter: Gail Elton-Smryth      Venue: Edmonton Room      Class Limit: 20

**Wednesday Nov 23** (1 Week)      1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00      Non-Member:    \$3.00

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**NEW! Talks by Experts: Pop Culture**

Popular culture is a collection of traditions and material artifacts that create the bones of our society. We are entangled in popular culture every day: in the clothes we wear, the books we read, the films we watch, and even the ways in which we communicate with each other. Popular culture is impactful in shaping how we understand ourselves in relation to the world, however, we rarely confront how this phenomenon functions. How does popular culture shape our world views like what products we want to buy, our political perspectives, and our relationships with family? When popular culture is reframed as a language that can be decoded this empowers us to critically examine who really has the power.

Presenter: Megan Perram (UofA)    Venue: Edmonton Room      Class Limit: 20

**Tuesday Nov 15** (1 Week)    11:00 am - 12:00 PM

Class Session Fee:    Member \$3.00      Non-Member:    \$3.00

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~~**NEW! Talks by Experts: Surveillance – The Master Patterns**~~  
~~**\*POSTPONED\***~~

~~Surveillance is a cornerstone of governance and has been a topic of much discussion as it seems to be rapidly assuming new forms and intensities. This talk will step back from some of the details in order to give a big picture of "What's Going On" in the operation of surveillance, how we got here, and where we might be going. Dr. Kevin Haggerty is a Professor of Sociology and Criminology at the University of Alberta. He is a Canada Research Chair in Surveillance Ecologies and has an extensive history of research and public commentary on matters of surveillance and visibility.~~

~~Presenter: Kevin Haggerty (UofA)    Venue: Edmonton Room      Class Limit: 20~~

~~**Friday Nov 4** (1 Week)      11:00 am – 12:00 pm~~

~~Class Session Fee:    Member \$3.00      Non-Member:    \$3.00~~

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## **The Disability Tax Credit (DTC)**

Join this session and learn from a CRA Outreach Officer all about the Disability Tax Credit (DTC); Who is eligible; How to apply; How to claim the credit and more.

Presenter: Arleigh Hrycaiko-Assie    Venue: Edmonton Room    Class Limit: 20

**Tuesday Nov 29** (1 Week)    1:30 pm - 3:00 pm

Class Session Fee:    Member \$3.00    Non-Member:    \$3.00

## **Games Clubs**

### **Contract Bridge Monday**

This club is looking for players to come back and/or new ones to join. Bridge is a sociable card game played by sociable people. It's fun and it's good for the brain. As lessons are not provided, except through playing at the table, it is helpful to be familiar with bridge or its antecedent game - whist.

Liaison: Laurie Reid    Venue: Bonnie Doon Room    Class Limit: 12

**Monday Oct 31 - Dec 19** (8 Weeks)    12:30 pm - 3:30 pm

Club Drop-in Fee:    Member \$3.00    Non-Member:    \$3.00

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### **Cribbage Club Fridays**

This club is looking to have players back and/or for new players to join. Cribbage involves playing and grouping cards in combinations which gain points. Beginners welcome, however, basic knowledge of the value of cards and how to count is recommended. A partner is not needed to play.

Liaison: Sharon Moffatt    Venue: Bonnie Doon Room    Class Limit: 20

**Friday Nov 4 - Dec 16** (6 Weeks) 12:45 pm - 3:30 pm

**No session on Nov 11 and Dec 2.**

Club Drop-in Fee:    Member \$3.00    Non-Member:    \$3.00

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### **Euchre Club**

Four players (two teams of two people each) take turns playing cards to win tricks. One player determines TRUMP 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.

Liaison: Alexandra Anderson      Venue: Holyrood Room      Class Limit: 18

**Wednesday Nov 2 - Dec 21** (8 Weeks)      1:00 pm - 3:00 pm

Club Drop-in Fee:    Member \$3.00      Non-Member:    \$3.00

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### **Hand & Foot Canasta Club**

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.

Liaison: Need New Liaison!      Venue: Bonnie Doon Room      Class Limit: 20

**Wednesday Nov 2 - Dec 21** (8 Weeks)      12:45 pm - 3:30 pm

Club Drop-in Fee:    Member \$3.00      Non-Member:    \$3.00

## **General Interest Classes**

### **NEW! Boosting Your Brain Health**

Boosting Your Brain Health is an Alberta Health Services community program for adults who are motivated to take action on improving brain health and maintaining an active mind. In this 4-week program, you will learn the following: How our brains change as a result of our lifestyle and health conditions; new ways to improve our brain health; how to set goals for day to day life that can benefit brain health.

Presenter: Alberta Health Services      Venue: Edmonton Room      Class Limit: 20

**Tuesday Nov 1 - Nov 22** (4 Weeks)      9:30 am - 12:00 pm

Class Session Fee:    Member \$12.00      Non-Member:    \$12.00

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### **Philosophers Café: Residential Schools, Modernity, and Remembering Well**

Are residential schools Canada's original sin? How did churches become servants to modernity? What of the Papal apology and Canadian government interest? Join us as we discuss the meaning of "reconciliation", how settler peoples have profited, and if it is possible to make reparations.

Instructor: David Goa

Venue: Edmonton Room

Class Limit: 20

**Thursday Dec 8** (1 Week) 1:00 pm - 2:30 pm

Class Session Fee: Member \$6.00 Non-Member: \$8.00

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### **Philosophers Café: The Otherness of Others: Freedom of Religion, Civil Values & the New Pluralism**

Protests at mosques? Shootings at temples? Is religious freedom being eroded in Canada and around the world? Court cases are testing the boundaries of religious freedom and civil values. How will we navigate the competing aspirations of some religious communities and the "progressive" aspirations of secular society? Join in thoughtful conversation about freedom, the common good and pluralism.

Instructor: David Goa

Venue: Idylwyld Room

Class Limit: 20

**Thursday Nov 17** (1 Week) 1:00 pm - 2:30 pm

Class Session Fee: Member \$6.00 Non-Member: \$8.00

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### **NEW! Winter Walking with Poles!**

Have you ever wondered why you see people walking with poles? What benefit do the poles give? How much do they cost? What to look for in a good walking pole? Am I using my poles correctly, and how do I use them to keep up with my outdoor walks in the winter. Only a limited number of poles will be provided so bring your own if you have some. The instructor will also assist you in setting up your poles to the correct height and provide feedback on your technique. If you don't have poles and are wondering what kind to buy, wait until after the session! We will also discuss grippers for your shoes/boots.

Instructor: Melanie Kidder

Venue: Gymnasium

Class Limit: 40

**Monday Nov 14** (1 Week) 5:00 pm - 7:00 pm

Class Session Fee: Member \$30.00 Non-Member: \$40.00

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

## General Interest Clubs

### 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 Nov 2 - Dec 21** (8 Weeks)      11:00 am - 12:00 pm

Club Drop-in Fee:    Member \$3.00      Non-Member:    \$3.00

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### Jigsaw Puzzling at Tillie's Cafe

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.

**Meet ups on Monday's 11:00 am - 12:00 pm.**

**Note: A NEW Cook** is being hired for Tillie's! Stay tuned for more info about hours of service and menu.

## Literature Clubs

### Book Club - Thursday

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. This book club meets on the 1<sup>st</sup> Thursday of the month.

Liaison: Maggie Hensel

Venue: Bonnie Doon Room

Class Limit: 25

**Thursday Nov 3 - Dec 1** (2 Weeks)      1:00 pm - 2:00 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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### **Book Club – Tuesday**

If you love to read, here's another Book Club time for you! This book club meets on the 2<sup>nd</sup> Tuesday of the month.

Liaison: Barbara Lyon

Venue: Tillie's Cafe

Class Limit: 25

**Tuesday Nov 8 – Dec 13** (2 Weeks) 2:00 pm - 3:00 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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### **Writing Club**

Memoirs, Family History, Journals, Poetry, Story, Novel, Essay, Newsletter Articles! Build your writing muscles. Give and receive constructive feedback with encouragement and tips from other non-professional writers. Our club will make up skill-building resource lists as we grow. The Writing Club accepts genres listed above. If members are not familiar with a genre, it is expected that they learn enough to give the same interest to one member's work as to another. This club meets on the 1st and 3rd Tuesday of the month.

Liaison: Karen Sheridan

Venue: Idylwyld Room

Class Limit: 20

**Tuesday Nov 1, Nov 15, Dec 6, Dec 20** (4 Weeks) 1:00 pm - 3:00 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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## **Music Classes**

### ~~**Ukulele Absolute Beginners \*CANCELLED\***~~

~~If you've never played a Ukulele before this class is for you! We will even lend you a Ukulele.~~

~~Instructor: Elaine Mann~~

~~Venue: Strathearn Room~~

~~Class Limit: 15~~

~~**Friday Nov 4 – Dec 16** (6 Weeks) 2:00 pm – 3:30 pm~~

~~**No session on Nov 11 and Dec 2.**~~

~~Class Session Fee: Member \$67.50 Non-Member: \$90.00~~

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### **Ukulele Beginner**

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.

Instructor: Elaine Mann                      Venue: Strathearn Room                      Class Limit: 15

**Friday Nov 4 - Dec 16** (6 Weeks) 12:00 pm - 1:30 pm

**No session on Nov 11<sup>th</sup>.**

Class Session Fee:    Member \$81.00            Non-Member:    \$108.00

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### **Ukulele - Beyond Beginners - Thurs 12 pm**

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

Instructor: Elaine Mann                      Venue: Strathearn Room                      Class Limit: 15

**Thursday Nov 3 - Dec 15** (7 Weeks)    12:00 pm - 1:30 pm

Class Session Fee:    Member \$94.50            Non-Member:    \$126.00

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### **Ukulele Intermediate**

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

Instructor: Elaine Mann                      Venue: Ottewell Room                      Class Limit: 15

**Wednesday Nov 2 - Dec 14** (7 Weeks)    2:00 pm - 3:30 pm

Class Session Fee:    Member \$94.50            Non-Member:    \$126.00

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### **Ukulele Experienced**

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

Instructor: Elaine Mann                      Venue: Ottewell Room                      Class Limit: 15

**Wednesday Nov 2 - Dec 14** (7 Weeks)    12:00 pm - 1:30 pm

Class Session Fee:    Member \$94.50            Non-Member:    \$126.00

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### **Ukulele: Multi-Level Mondays**

These sessions are an opportunity to gather with a larger group and practice the skills and songs you have been learning in class. Participants



should expect little to no “teaching”. This is a time to develop your ukulele skills while having some fun with new and old friends. Designed for those currently taking classes at SEESA.

Instructor: Elaine Mann

Venue: Ottewell Room

Class Limit: 15

**Classes: Monday Nov 7, Nov 21, Dec 5, Dec 12 (4 Weeks)**

1:30 pm - 3:00 pm

Class Session Fee: Member \$54.00 Non-Member: \$72.00

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

## Music Clubs

### Guitar Level 1 Club

The Level 1 club is for players at a beginner level having minimal experience in playing with others. Members are expected to play open chords and simple strum patterns. Club provides a printed song book that includes song lyric/chord sheets, chord charts, strum and picking patterns and other resource material. Members are encouraged to share knowledge and skill development.

Liaison: Roger Smeland

Venue: Strathearn Room

Class Limit: 20

**Tuesday Nov 1 - Dec 20 (8 Weeks)** 1:00 pm - 4:00 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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### Jam Session

Bring an instrument or just come to listen. Jam sessions are held on the 1st and 3rd Fridays of the month.

Liaison: Roger Smeland

Venue: Strathearn Room

Class Limit: 20

Sessions: **Friday Nov 4, Nov 18, Dec 2, and Dec 16 (4 weeks)**

6:45 pm - 10:00pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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### Melody Singers Club

The Melody Singers are a four-part choir. New members are accepted in September and January. Auditions are required with the director Marg Daly at 780.288.0802. There may be performances in addition to rehearsals.

You must be a member of SEESA to join this club. A \$40.00 fee is due in September and January.

Liaison: Noreen Soneff

Venue: Gymnasium

Class Limit: 50

**Tuesday Nov 1 - Dec 20** (8 Weeks) 1:00 pm - 3:00 pm

Club Drop-in Fee: Member \$3.00

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### **SEESAtones Band Club**

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.

This club is open to SEESA members only. A \$10.00 fee is due in September and January.

Liaison: Shirley Yakimishyn

Venue: Strathearn Room

Class Limit: 15

**Wednesday Nov 2 - Dec 21** (8 Weeks) 12:30 pm - 4:30 pm

Club Drop-in Fee: Member \$3.00

## **Sports Clubs**

### **Badminton Club**

Welcome beginner and experienced players. Games are played in 'doubles' format. We promote badminton, social interaction, physical health, and fun for all. For personal safety reasons, it is recommended to wear proper court footwear that will grip the floor, not slide on it and safety glasses designed for racquet sports.

Liaison: Bob Hyndman

Venue: Gymnasium

Class Limit: 20

**Session:** October 31 to December 21<sup>st</sup>

**No session on November 11<sup>th</sup>.**

**Mondays** 11:30 am - 1:30 pm  
**Wednesdays** 10:00 am - 12:00 pm  
~~**Thursdays** 11:15 pm - 1:15 pm~~ **\*CANCELLED\***  
**Fridays** 10:45 am - 12:45 pm **No session Nov 11 and Dec 2.**  
Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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### **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 Nov 2 - Dec 21** (8 Weeks) 12:30 pm - 3:30 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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### **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: Need New Liaison! Venue: Gymnasium Class Limit: 40

**Tuesday Nov 1 - Dec 20** (8 Weeks) 10:15 am - 12:30 pm

**Thursdays Nov 10 - Dec 23** 11:15 pm - 1:15 pm

**Thursday Nov 3 - Dec 23** (8 Weeks) 1:30 pm - 4:30 pm

Club Drop-in Fee: Member \$3.00 Non-Member: \$3.00

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**Monday – Day at a Glance – Starts on October 31**

<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Card Making Fun: Learn, Keep & Contribute	9:00 am-11:30 am	Forest Heights Room	\$20.00
Yoga for Guys and Gals - Monday Online	9:30 am-10:30 am	Online	\$63.00
Essentrics® - Stretch and Tone Monday	10:00 am-11:00 am	Gymnasium	\$63.00
Nia: Movement Practice	10:00 am-11:00 am	Ottewell Room	\$45.00
Nia: Movement Practice *Free Trial Day* OCTOBER 31	10:00 am-11:00 am	Ottewell Room	FREE
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	1:00 pm-12:00 pm	Tillie's Café	Free
Ukulele: Multi-Level	1:30 pm-3:00 pm	Ottewell Room	\$54.00
Winter Walking with Poles!	5:00 pm-7:00 pm	Gymnasium	\$30.00
Ballroom Dancing	6:30 pm-8:30 pm	Gymnasium	\$3.00

**Tuesday – Day at a Glance – Starts on November 1, 2022**

<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Woodcarving Club Tuesday	9:00 am-11:30 am	Workshop	\$3.00
Salsa Cardio	9:00 am-10:00 am	Ottewell Room	\$63.00
Circuit Training	9:00 am-10:00 am	Gymnasium	\$63.00
Yoga with Megan	9:30 am-10:30 am	Bonnie Doon Room	\$63.00
Boosting Your Brain Health	9:30 am-12:00 pm	Idylwylde Room	\$12.00
Arthritis Be Gone	9:45 am-10:45 M	Strathearn Room	\$63.00
<del>Essentrics® Age Reversing Tuesday Online **CANCELLED**</del>	<del>10:00 am-11:00 am</del>	<del>Online</del>	<del>\$63.00</del>
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
Be Strong Flexible and Energized	11:00 am- 12:00 pm	Strathearn 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
Intro to Sketching Botanicals	1:00 pm-3:30 pm	Forest Heights Room	\$22.50
Melody Singers	1:00 pm-3:00 pm	Gymnasium	\$3.00
Writing Club	1:00 pm-3:00 pm	Idylwylde Room	\$3.00
Clogging Absolute Beginner	1:30 pm-2:30 pm	Ottewell Room	\$63.00
FYI: Nov. 8 ElderCare Day Programs	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI Morning: Nov. 15 Talks by Experts: Pop Culture	11:00 am – 12:00 pm	Edmonton Room	\$3.00
<del>FYI: Nov. 15 Better Outcomes for 2SLGBTQ+ Seniors CANCELLED</del>	<del>1:30 pm-3:00 pm</del>	<del>Edmonton Room</del>	<del>\$3.00</del>
FYI: Nov 22 Drive Safe in Alberta: What's new?	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Nov. 29 The Disability Tax Credit (DTC)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
<del>FYI: Dec. 13 Hope Program: Organ, Tissue &amp; Eye Donations – CANCELLED</del>	<del>1:30 pm-3:00 pm</del>	<del>Online</del>	<del>\$3.00</del>
Book Club Tuesday (2 <sup>nd</sup> Tue of Month)	2:00 pm-3:15 pm	Idylwylde Room	\$3.00
Old Time Sequence Dance Club	2:45 pm-3:45 pm	Ottewell Room	\$3.00
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

**Wednesday – Day at a Glance - Starts on November 2, 2022**

<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
<del>Yoga Gentle Core</del> <b>**CANCELLED**</b>	<del>9:00 am-10:00 am</del>	<del>Bonnie Doon Room</del>	<del>\$63.00</del>
Badminton Wednesday	10:00 am-12:00 pm	Gymnasium	\$3.00
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- 1:30 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
Drawing Faces in Perspective	1:00 pm-3:30 pm	Forest Heights Room	\$135.00
Soapstone Carving Club	1:00 pm-3:00 pm	Workshop	\$3.00
FYI: 65 Years & Older? Find Out How CRA Can Help!	1:30 pm-3:00 pm	Online	\$3.00
FYI: Be Scam Smart!	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Green Sleeves and Advanced Care Planning	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Strike Out Stroke	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Me vs. Them: Frauds & Scams	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

<b>Thursday – Day at a Glance - Starts on November 3, 2022</b>			
<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Soft Pilates	9:00 am-10:00 am	Ottewell Room	\$63.00
Tabata	8:45 am-9:45 am	Gymnasium	\$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
FYI: Bring Your Own Device: Free Viewing from Kanopy	10:00 am-11:00 pm	Edmonton Room	\$3.00
FYI: Bring Your Own Device: Around the World with Newspapers & Magazines	10:00 am-11:00 pm	Edmonton Room	\$3.00
FYI: Bring Your Own Device: Join Facebook Today!	10:00 am-11:00 pm	Edmonton Room	\$3.00
Fit For All	10:15 am-11:15 am	Bonnie Doon Room	\$63.00
<del>Fit For All Online</del> <b>*CANCELLED*</b>	<del>10:15 am-11:15 am</del>	<del>Online</del>	<del>\$63.00</del>
<del>Yoga Chair with Megan</del> <b>**CANCELLED**</b> Online Thursday	<del>11:00 am-12:00 pm</del>	<del>Online</del>	<del>\$63.00</del>
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
Philosophers Café: Residential Schools, Modernity, and Remembering Well	1:00 pm-2:30 pm	Edmonton Room	\$6.00
Essentrics® Age Reversing - Thursday	1:00 pm-2:00 pm	Ottewell Room	\$63.00
Book Club	1:00 pm-2:00 pm	Idylwylde Room	\$3.00
Philosophers Café: The Freedom Series - The Otherness of Others: Freedom of Religion, Civil Values & the New Pluralism	1:00 pm-2:30 pm	Idylwylde Room	\$6.00
Watercolour For All Levels	1:00 pm-3:00 pm	Forest Heights Room	\$126.00
Pickleball Thursday	11:15-4:30 pm	Gymnasium	\$3.00

**Friday – Day at a Glance - Starts on November 4, 2022**

<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Zumba Gold Friday	9:30 am-10:30 am	Gymnasium	\$54.00
Yoga for Guys and Gals - Friday Online	9:30 am-10:30 am	Online	\$54.00
Badminton Friday	10:45 am-12:45 pm	Gymnasium	\$3.00
<del>FYI: Talks by Experts: Surveillance – The Master Patterns *Postponed*</del>	<del>11:00 am-12:00 pm</del>	<del>Edmonton Room</del>	<del>\$3.00</del>
Ukulele Beginner	12:00 pm-1:30 pm	Strathearn Room	\$81.00
Cribbage Club Fridays	12:45 pm-3:30 pm	Bonnie Doon Room	\$3.00
Ukulele Absolute Beginners	2:00 pm-3:30 pm	Strathearn Room	\$81.00
Jam Session	6:45 pm-10:00pm	Strathearn Room	\$3.00
Snowy Mountain: Painting with Frank	1:30 pm-4:00pm	Forest Heights	\$37.50





## Class Registration Form

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Office Use	ACTIVITY NAME (Include Session #)	DAY of activity	TIME of activity	AMOUNT
TOTAL				

*(circle one)*
*For office use only*
Date: \_\_\_\_\_

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

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Classes Refunded: \_\_\_\_\_    Amount: \_\_\_\_\_

Refund Issued By: \_\_\_\_\_    Method: \_\_\_\_\_    Date: \_\_\_\_\_

S/Forms/Programs/Class Registration Form

Revised 2022/02/09



## Class Registration Form

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Office Use	ACTIVITY NAME (Include Session #)	DAY of activity	TIME of activity	AMOUNT
TOTAL				

*(circle one)*
*For office use only*
Date: \_\_\_\_\_

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

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Classes Refunded: \_\_\_\_\_    Amount: \_\_\_\_\_

Refund Issued By: \_\_\_\_\_    Method: \_\_\_\_\_    Date: \_\_\_\_\_

S/Forms/Programs/Class Registration Form

Revised 2022/02/09