Session 2025.05 - September 2 - October 24
Session 2025.06 - October 27 - December 24

PROGRAM GUIDE

For Classes & Clubs

September 2 - December 24, 2025

SEESA's Program Guide now includes information for 4 months of Classes, Clubs and FYI Sessions.
The Guide includes the dates and fees for the upcoming two sessions.

Registration Begins:
Session 2025.05: Tuesday, August 5 at 9:15am
(on-line and in-person)

Cut off for Class Registration: September 3

Session 2025.06: Tuesday, October 7 at 9:15am
(on-line and in-person)

Cut off for Class Registration: October 22

South East Edmonton Seniors Association
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780-468-1985 • info@seesa.ca • www.seesa.ca

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ABOUT SEESA

At SEESA, we believe that aging is a time for growth, connection, and contribution. Our mission is to empower individuals 55+ to live their fullest lives by providing opportunities to learn, create, stay active, and make a meaningful impact. Within the SEESA community, you not only enrich your own life but also play a vital role in building a supportive and engaged community.

SEESA is a volunteer driven; non-profit charity formed in 1980. SEESA programs are made available through registration fees, donations, and fundraising. SEESA relies on dedicated members and volunteers who believe in supporting community and whose dedication is what drives SEESA.

You Belong at SEESA! Come for the programs, stay for the community.

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.

We gratefully acknowledge that SEESA is on Treaty 6 Territory and the traditional lands of First Nations, Inuit, and Métis people. This includes: This Nêhiyaw, the Papaschase, Dene, Anishinaabe, Nakota, and Niitsitapi. Indigenous spiritual and practical relationships with the land continue to create a rich heritage for our community. We are honoured to share this land.

2025/2026 Fees & Benefits

Fees & Benefits*	55+ Regular Member	35-54 years Associate Member	Lifetime Members	Reciprocal Members*	Non-Members
2025 Annual Fee	$40	$50	Free	$10	N/A
Sale effect Aug 5, 2025 (when purchasing a 2026 membership)	$60 $20 for 2025 $40 for 2026	$75 $25 for 2025 $50 for 2026		N/A	N/A
2026 Annual Fee (effective January 1, 2026)	$40	$55	Free	$10	N/A
Drop-in Fee:1 Hour	$14	$14	$14	$14	$16
Drop-in Fee:1 Club Meeting	$3	$3	$3	$3	$6
10 pack Club Drop-in	$30	$30	$30	$30	$60
Fitness Room Access	$100/ year	$100/ year	$100/ year	$100/ year	$200/ year
Fitness Room Access August 5 to December 31, 2025	$50	$50	$50	$50	$100
FYI Seminar Classes 1 seminar	$3	$3	$3	$3	$3
Email Updates	Yes	Yes	Yes	Yes	No
Member Rates at SEESA for Classes, Seminars Events	Yes	Yes	Yes	Yes	No
Tillie's Café Access	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	No	Yes	No	No

Membership Fees are non-refundable, non-transferable, and valid January 1 to December 31. This allows us to plan for future activities and maintain the quality of our programming for all Members.

***Reciprocal Members:** Members from participating Senior Centres throughout the Edmonton area are welcome to join us at SEESA. On your first visit, please bring proof of membership with an expiry date from the other center. SEESA membership also grants you privileges at participating Seniors Centers.

2026 SEESA Membership Timeline & Pricing

Whether you're a loyal returning member or thinking about joining SEESA for the first time, we're thrilled to share our 2026 Membership Timeline and Pricing with you. Early buyers enjoy the best savings — plus exciting incentives just for joining or renewing early!

2026 Membership Pricing

We're keeping membership affordable while continuing to offer incredible value:

- **Regular Member:** $40 (no price increase!)
- **Associate Member:** $55 (*$5 increase starting January 2026*)
- **Reciprocal Member:** $10 (no change)

Membership Sale Periods & Incentives

Returning Regular Members

Period	Dates	Offer
Pre-Sale	Aug 5 – Dec 31, 2025	Entered into a draw for a chance to WIN your 2026 membership value back!
Regular Sale	Jan 1 – Dec 31, 2026	Membership – $40

Draw Incentive: All returning Regular Members who purchase during the Pre-Sale will be entered into a draw to win **1 of 10 free memberships**. Winners can choose to:

- Receive a credit to their SEESA wallet, or
- Donate a gift membership to a senior in need

Refer a Friend Bonus

Know someone who's never been a SEESA member (from 2023–2025)? If you're a 2025 member and refer them, **you'll receive $10 off your 2026 membership**. *Both memberships must be purchased together to receive the discount.*

New Regular Members

Period	Dates	Offer
Pre-Sale	Aug 5 – Dec 31, 2025	Get your 2025 Membership for **just $20** when purchasing your 2026 membership at the same time
Regular Sale	Jan 1 – Dec 31, 2026	2026 Membership – $40

Therefore $60 for Membership through Dec 31, 2026

Returning Associate Members

Period	Dates	Offer
Pre-Sale	Aug 5 – Dec 31, 2025	2026 Membership – $50
Regular Sale	Jan 1 – Dec 31, 2026	2026 Membership – $55

New Associate Members

Period	Dates	Offer
Pre-Sale	Aug 5 – Dec 31, 2025	Get your 2025 Membership for **just $25** when purchasing your 2026 membership at the same time
Regular Sale	Jan 1 – Dec 31, 2026	2026 Membership – $55

Therefore $75 for Membership through Dec 31, 2026

Reciprocal Members

- **Flat Rate:** $10
- *No early bird or sale options apply.*

Don't wait — join early and make the most of your SEESA membership in 2026!

Darlene Kowalchuk
Director, Fund Development and Services

SENIORS COORDINATED OUTREACH AND HOME SUPPORTS PROGRAM

SEESA has partnered with the Edmonton Seniors Coordinating Council and the Jewish Family Services to host an Outreach Worker from Seniors Home Support Program at SEESA on the first Wednesday of each month from 9:00am to 12:00pm and the last Monday of each month from 1:00pm to 4:00 pm. You can visit with the Outreach Worker in the Capilano Room.

You can also connect with Brandon, the Southeast Coordinator, by calling 780.454.1194 or by emailing at info@jfse.org.

The Seniors Home Supports Program gives seniors referrals to screened businesses which offer:

- Snow Removal: remove snow and put down anti-slip material to cover icy spots (not chipping ice)
- Yard Help: mow lawn and do spring/fall cleanup including tree removal, trimming, etc. and gate, sidewalk and concrete repairs
- Housekeeping: vacuum, wash floors, clean bathrooms, do laundry, dust, clean the fridge
- Home Repair and Maintenance: includes minor repair, electrical, plumbing, painting, furnace and appliance repair, handyman, roofing/eavestrough, deck and railing repairs, window cleaning (not major renovations)
- Personal Services: includes hair care, foot care, medi-alert, home and respite care (personal care, homemaking, nursing care, companionship, accompanied transportation)
- Moving Help: organizing, junk removal, downsizing

EDMONTON SENIORS COORDINATING COUNCIL

JFS EDMONTON

WAYS TO REGISTER

Online and In-Person Registration starts at 9:15am on Tuesday, August 5th for Session 2025.5 and Tuesday, October 7th for Session 2025.6.

ONLINE REGISTRATION

To register online, you must have a valid membership. Returning members can renew their 2025 membership as you register for your programs. Your 2025 membership renewal must be in your basket first to receive the member rates for programs. To play it safe, you can always renew your 2025 membership in person or by phone before registration day.

Visit seesa.ca, click 'Things to Do' > 'Classes', select your class, and click the red 'MEMBERS: Click here to register' link to be redirected to MyActiveCenter. Alternatively, go directly to MyActiveCenter.com, sign in, select your classes, and checkout via PayPal.

Wallet Credits Can Be Used Online.

- Once you have selected all your items, when you are ready to check out, go to your cart and you will see a box just above your total payment amount that states – "apply wallet".
- To use your wallet credits, check this box and your total payable will be reduced by your wallet amount.
- Then proceed to 'pay for selected items'.

If you are new to SEESA, and you do not have a current membership or online account, please call 780.468.1985 before registration day to secure your 2025 membership so that you can create your online account.

If you have any trouble logging into MyActiveCenter, please let us know. We would be happy to assist in any way we can.

IN-PERSON

On August 5 and October 7 head to Tillies Café to begin your registration! A volunteer will assist you with the necessary paperwork and provide you with a number. Starting at 9:15 AM, the volunteer will call numbers in groups of five to proceed to the Edmonton Room. Once you enter the Edmonton Room, you'll meet a volunteer at the Welcome Table who will verify your membership. The volunteer will then direct you to a seat/station. At the registration stations, registration and payment for classes will be processed. After registration day, you can continue to register at the Front Desk during regular hours. For in-person registration, we will use wallet credits, and any outstanding balances can be paid by cash, cheque, debit, Visa and Mastercard.

REGISTRATION DROP OFF

For your convenience, an Activity Registration Form is available at the back of this program guide. You can drop off your completed form, along with payment and wallet credit instructions, as soon as the program guide is available. Please use one form per person.

Forms will be processed in the order received, starting at 1:00 pm on August 5 and October 7 . Note: Submission does not guarantee a spot in the class if it's already full.

BY PHONE

Phone registrations will be accepted starting at 1:00 pm on August 5 and October 7. Call the Front Desk at 780-468-1985 during regular hours. We accept Visa, Mastercard, and wallet credits. Note: Phone registration does not guarantee a spot in the class if it's already full.

TILLIE'S CAFÉ

We're open Monday through Friday, from 9:00 am to 4:00 pm. Whether you're looking for a cozy breakfast, a delicious lunch, or just a place to unwind, we've got you covered!

- Breakfast Service: 9:00 am – 10:30 am

Start your day with our fresh, wholesome breakfast options – the perfect way to fuel up!

- Lunch Service: 11:30 am – 1:00 pm

Enjoy a satisfying, flavorful lunch prepared by Chef Cherie. Lunch special changes daily. Soup and sandwiches are also available.

- In between meals? Satisfy your cravings with our selection of beverages and tempting goodies available all day long. From coffee to freshly baked treats, we've got your snack needs covered!

Check out our website for full menus and more details. Everyone is always welcome at Tillie's Café!

CLASSES VS. CLUBS

- Classes have an instructor. Participants must register and pay the class fee or a drop-in fee prior to attending. Drop-in classes are noted in the class description.
- Clubs are groups organized by members and coordinated by a designated Club Liaison. Clubs run as scheduled in the guide.

CLASS REGISTRATIONS

- The cut off for class registrations is Sept 3 for Session 2025.5 and Oct 22 for Session 2025.6

PAYMENT AND CONFIRMATION

- Registration is not complete until full payment is processed.
- To avoid lineups and delays in registering, please register online. Ask a trusted friend, family member, or call 780.468.1985 the SEESA office for help if you need assistance.

CLUB TICKET PRICES

- Club attendance is managed by tickets that are purchased at the Front Desk.
- Members' single drop-in tickets are $3.00 and $30.00 for a 10-pack.
- Non-Members single drop-in tickets are $6.00 and $60.00 for a 10-pack.

DROP-IN

- Drop-ins are welcome at some classes and clubs. These are reflected in the class description.
- Drop-ins are not accepted for sequential classes or when the club or class is at full capacity.
- Prior to dropping in on classes, please call SEESA at 780.468.1985 to ensure there is room for you to attend.
- On arrival, please pay the drop-in fee BEFORE heading to session, then submit receipt/ticket to lead liaison/instructor.

WAIT LISTS

- When a class has reached full capacity, you will be added to a Wait List at no charge.
- Should space become available, you will be contacted in the order in which your request was received.

CLASS CHANGES & CANCELLATIONS

- Avoid disappointment and register early.
- Dates, times, fees, and instructors may change after the program guide is published. For the most up to date information, check http://www.seesa.ca.
- A class may be cancelled if the minimum number of participants have not registered. Cancellations may occur at any time. Affected registrants will be notified of changes by telephone or email.

REFUNDS & WALLET CREDITS

- No refunds or credits will be given for programs, clubs, presentations, or other activities unless they have been cancelled by SEESA.
- Exceptional requests such as injury or changes in medical condition will be given due consideration. In these cases, a wallet credit may be created.
- Wallet credits can be used to pay for future classes, events, and club tickets, or used as a donation to SEESA.
- Wallet credits can be used when registering online, in person, or by phone.

CLASS TRANSFERS/ WITHDRAWLS

- Withdrawals or transfers to another class are permitted, subject to availability.
- Transfer requests or withdrawals, from one class to another class, are subject to a $10 administration fee.

CHECK IN KIOSK

- Every time you visit SEESA, please check in at the Kiosk located under the clock by the Front Desk. Check in with your key fob or by typing in your first name and phone number.
- To replace a lost or inoperative key fob, please stop by the Front Desk.
- The Kiosk ensures we know who is in the building and tracks statistics for funding purposes.
- The Kiosk alerts you to any receipts or special notices that need to be picked up from the Member's mailbox at the Front Desk.

LIABILITY AND DISCLAIMER

- Program dates, times, instructors, and fees are subject to change.
- All participants (members and non-members) must sign a waiver form, provide emergency contact information, and agree to abide by the SEESA Code of Conduct before attending any SEESA classes, clubs, or activities.
- SEESA is not responsible for any physical injuries or loss of property that may occur during your time at SEESA.
- To avoid injury, register for classes that are appropriate for your level of ability. If you are unsure of the intensity of the class, contact the Front Desk for class information.
- Participants must be able to independently participate in classes unless they bring their own caregivers. Caregivers do not need to pay for the class if they are aiding a participant and not participating themselves.
- Opinions expressed by program presenters do not necessarily reflect the view of SEESA.

ART & CRAFTS

In this class you will learn that anyone can paint. Learning to paint is fun when you just enjoy the process of applying paint to canvas. Everyone makes mistakes. When painting in acrylics, you just keep painting until you create something you like. This course will help you paint the landscapes you love. Purchase your supplies at Delta Art and Drafting Supplies, 11116 120 St NW and receive a student rate. Please mention that you are a student of Barbara Hull Chan at SEESA.

ACRYLIC PAINTING

Instructor: Barbara Hull Chan

Venue: Forest Heights

Class Limit: 13

List of required supplies can be found at the front desk.

A **Friday** **Sept 12 - Oct 24** (6 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: $120 Non-Member: $156
Class Drop-in Fee: Member: $ n/a Non-Member: $ n/a
No session Oct 24

B **Friday** **Oct 31 - Dec 19** (7 Wks) | 10:00am - 12:00pm
Session Fee: Member: $140 Non-Member: $182
Class Drop-in Fee: Member: $n/a Non-Member: $n/a
No session Nov 28

Join this fun, hands on class where you'll create functional art to carry anywhere. Under the guidance of instructor Linda Finstad, you'll learn fabric painting techniques, bold brushstroke flowers, and how to use stencils to add inspirational quotes. By the end of this two-hour session, you'll have a complete canvas tote bag . All materials, including artist-grade acrylic paints and a variety of stencils, are provided. Just bring an apron or old shirt to protect your clothes and get ready to paint!

ACRYLIC PAINT WORKSHOP: TOTE BAG

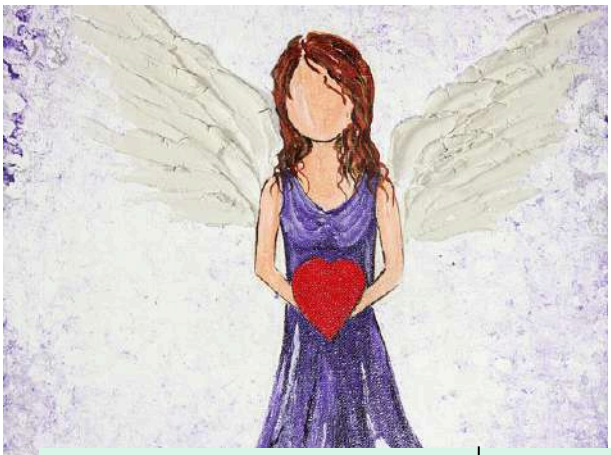
Instructor: Linda Finstad

Venue: Forest Heights

Class Limit: 12

A **Friday** **Oct 10** (1 Wk) | 1:00 pm - 4:00 pm
Session Fee: Member: $ 55 Non-Member: $ 65
Class Drop-in Fee: Member: $n/a Non-Member: $n/a

ART & CRAFTS



Instructor Linda Finstad will guide you through creating a stunning angel painting using palette knife techniques for rich texture. In this two-hour class, you'll learn how to apply thick layers of paint, understand values to enhance your composition, and create a beautifully mottled background. You'll also practice drawing a simple angel figure with expressive details. All materials, including a 12" x 16" canvas, artist-grade acrylic paints, specialty brushes, and knives, are provided. Just bring an apron or old t-shirt, and get ready to explore.

ACRYLIC PAINT WORKSHOP: ANGEL WITH TEXTURED WINGS

Instructor: Linda Finstad

Venue: Idywylde

Class Limit: 8

B **Friday Nov 21** (1 Wk) | 9:00 am - 12:00 pm

Session Fee: Member: $55 Non-Member: $65

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

Spend two creative hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced painters alike, this class offers an enjoyable creative escape. By the end of the session, you'll have your own 12" x 12" masterpiece to take home. All supplies are included.

CHRISTMAS TREE

Instructor: Wendy Jensen

Venue: Forest Heights

Class Limit: 12

B **Friday Nov 7** (1 Wk) | 1:00 pm - 3:00 pm

Session Fee: Member: $35 Non-Member: $45

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

ART & CRAFTS

Improve your drawing skills by learning how to capture light. This class explores how lighting affects shapes and forms through guided practice. A professional artist will offer feedback to help you build depth and realism in your work. All skill levels are welcome

CARVING WORKSHOP: SOAPSTONE POLAR BEAR

Instructor: Kay McCormack

Venue: Workshop

Class Limit: 10

B **Monday** **Dec 1 - Dec 15** (3 Wks) | 12:30 pm - 3:30 pm

Session Fee: Member: $145 Non-Member: $155

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

Improve your drawing skills by learning how to capture light. This class explores how lighting affects shapes and forms through guided practice. A professional artist will offer feedback to help you build depth and realism in your work. All skill levels are welcome

DRAWING: HOW TO CAPTURE LIGHT AND SHADOW IN VARIOUS SUBJECTS

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

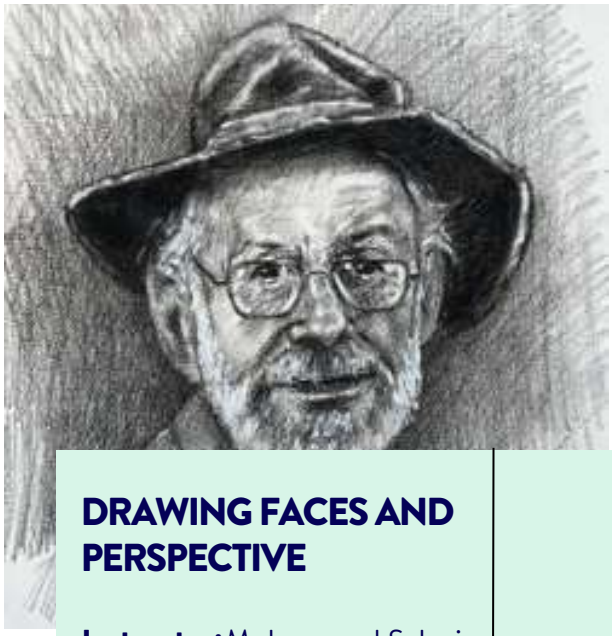
List of required supplies can be found at the front desk.

A **Wednesday Sept 10 - Oct 22** (7 Wks) | 1:00 pm - 3:30 pm

Session Fee: Member: $175 Non-Member: $227.5

Class Drop-in Fee: Member: $35 Non-Member: $40

ART & CRAFTS



This course is for anyone interested in drawing heads and faces. Learn facial proportions and practice features like the eyes, nose, and mouth using a structured approach. A professional portrait artist will guide you, with support for all skill levels.

DRAWING FACES AND PERSPECTIVE

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

List of required supplies can be found at the front desk.

B **Wednesday Oct 29 - Dec 17** (8 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: $160 Non-Member: $208
Class Drop-in Fee: Member: $28 Non-Member: $32

In this hands-on 5-week workshop, you'll learn to make paste papers by applying colored paste to paper, then using tools to create patterns. In later sessions, use your papers to make origami boxes, lampshades, booklets, and more. Some homework/tools required. Great for creatives who enjoy texture, color, and paper arts.

PASTE PAPER PLUS

Instructor: Sonja Idema

Venue: Forest Heights

Class Limit: 13

List of required supplies can be found at the front desk.

A **Tuesday Sept 23 - Oct 28** (5 Wks) | 9:00 am - 11:00 am
Session Fee: Member: $50 Non-Member: $60
Class Drop-in Fee: Member: $n/a Non-Member: $n/a
No Session Sept 30

CANCELLED

ART & CRAFTS

Learn to paint loose and lively landscapes using a pencil, watercolours and a pigma pen. Some experience with watercolours is recommended.

List of required supplies can be found at the front desk.

PEN AND WATERCOLOR: LOOSE AND LIVELY LANDSCAPES

Instructor: Valdis Gislason

Venue: Forest Heights

Class Limit: 13

B **Tuesday Oct 28 - Nov 25** (4 Wks) | 1:00 pm - 4:00 pm

Session Fee: Member: $120 Non-Member: $156

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

No session Nov 11

Dive into the fun of manipulating clay to take the shape of a form that you see. Discover the use of your hand and other different tools to capture that form in clay in this instructor led workshop. Workshop shared supplies included.

POTTERY: BEGINNER WORKSHOP

Instructor: Molly Lim

Venue: Idylwylde

Class Limit: 12

A **Thursday Sept 18 - Oct 9** (4 Wks) | 9:00 am - 12:00 pm

CANCELLED

Session Fee: Member: $140 Non-Member: $150

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

B **Thursday Oct 30 - Nov 20** (4 Wks) | 9:00 am - 12:00 pm

CANCELLED

Session Fee: Member: $140 Non-Member: $150

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

ART & CRAFTS

Join Sharon for this fun workshop where she will take you step by step to create your own beautiful monstera leaf suncatcher. All supplies included (pre-cut glass pieces).
No prior experience required.

STAINED GLASS WORKSHOP- MONSTERA LEAF SUNCATCHER

Instructor: Sharon Tomljenovich

Venue: Workshop

Class Limit: 12

A **Tuesday Oct 7** (1 Wk) | 1:00 pm - 4:00 pm
Session Fee: Member: $90 Non-Member: $100
Class Drop-in Fee: Member: $ n/a Non-Member: $ n/a

Join Sharon for this fun workshop where she will take you step by step to create your own beautiful snowflake suncatcher. All supplies included (pre-cut glass pieces).
No prior experience required.

STAINED GLASS WORKSHOP- SNOWFLAKE

Instructor: Sharon Tomljenovich

Venue: Workshop

Class Limit: 12

B **Tuesday Nov 4** (1 Wk) | 1:00 pm - 4:00 pm
Session Fee: Member: $90 Non-Member: $100
Class Drop-in Fee: Member: $ n/a Non-Member: $ n/a

ART & CRAFTS

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.

WATERCOLOUR FOR ALL LEVELS

Instructor: Willie Wong

Venue: Forest Heights Room

Class Limit: 13

List of required supplies can be found at the front desk.

A **Thursday Sept 11 - Oct 23** (7 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: $140 Non-Member: $182
Class Drop-in Fee: Member: $28 Non-Member: $32

B **Thursday Oct 30 - Dec 18** (8 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: $160 Non-Member: $208
Class Drop-in Fee: Member: $28 Non-Member: $32

Ready to Make a Difference? Volunteer with Us!

At SEESA, we believe in the power of community – and you can be a part of it! We offer a variety of volunteer opportunities where you can share your skills, gain valuable experience, and connect with others while helping us build a stronger, more vibrant community. Whether you're looking to lend a hand at the front desk, assist in the café, support the kitchen, or explore other roles, there's something for everyone!

Why Volunteer?

- Share your expertise and make a meaningful impact.
- Gain experience in a friendly and supportive environment.
- Help strengthen our community and make new friends along the way!

How to Apply for a Volunteer Position:

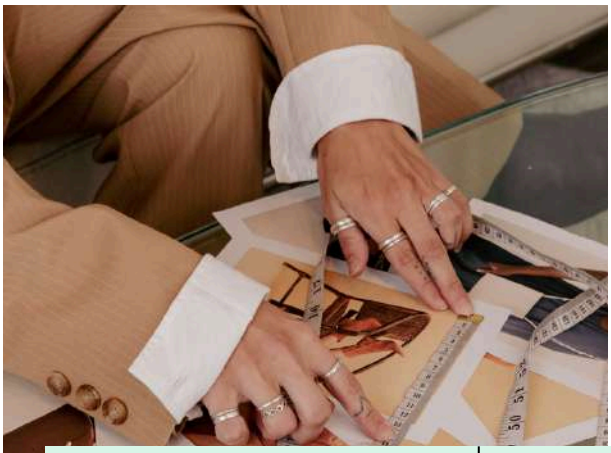
- Fill out the Volunteer Application at the Front Desk, or
- Visit our website: seesa.ca
  - On the homepage, select 'Get Involved', then click 'Volunteer'
  - Scroll down and click 'Interested in volunteering' for an available position and fill out the form.

Got questions? Our Volunteer Coordinator, Graham, is happy to help!

- Call: 780-468-1985 ext. 260
- Email: graham@seesa.ca

Join us today and start making a difference – we can't wait to welcome you to our team!

ART & CRAFTS



Join us each week to make 6-8 handmade greeting cards—keep one and donate one to SEESA for fundraising! All skill levels welcome. Impress your family and friends with your creations while having fun adding glitter to your life. Please bring your own glue and double-sided tape.

CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE MONDAY

Instructor: Donna Fountain
Venue: Forest Heights Room
Class Limit: 8

Monday Sept 8 - Oct 20 (6 Wks) | 9:00 am - 11:30 am
Session Fee: Member: $50 Non-Member: $ n/a
Class Drop-in Fee: Member: $ n/a Non-Member: $ n/a
No session Oct 13

Monday Oct 27 - Dec 15 (8 Wks) | 9:00 am - 11:30 am
Session Fee: Member: $50 Non-Member: $ n/a
Class Drop-in Fee: Member: $n/a Non-Member: $n/a

Join us each week to make 6-8 handmade greeting cards—keep one and donate one to SEESA for fundraising! All skill levels welcome. Impress your family and friends with your creations while having fun adding glitter to your life. Please bring your own glue and double-sided tape.

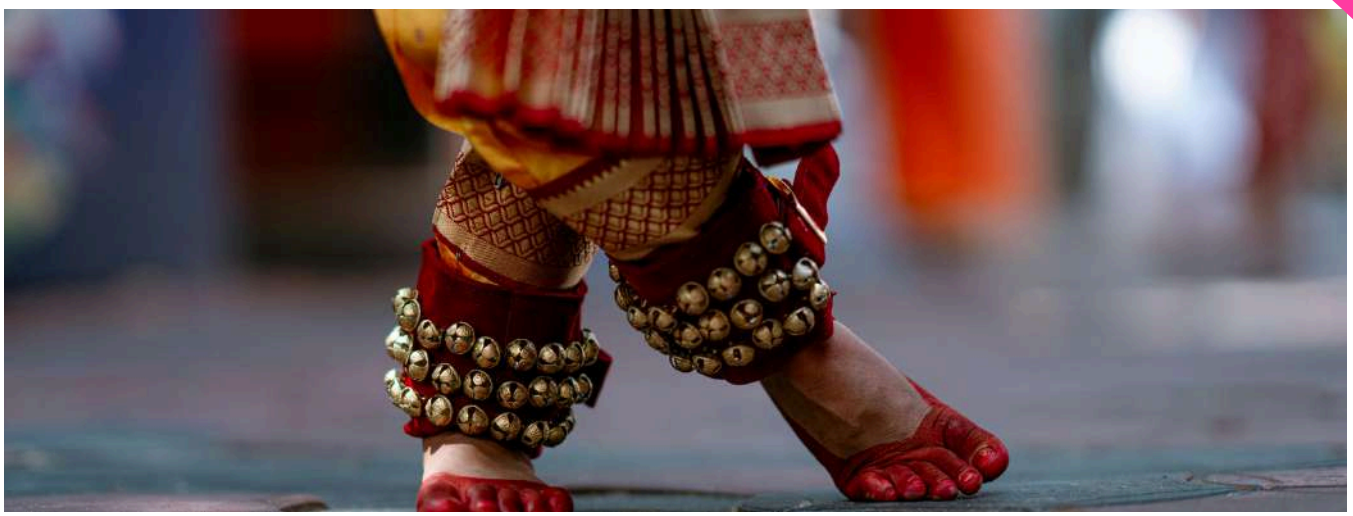
CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE WEDNESDAY

Instructor: Donna Fountain
Venue: Forest Heights Room
Class Limit: 8

Wednesday Sept 10 - Oct 22 (7 Wks) | 9:00 am - 11:30 am
Session Fee: Member: $50 Non-Member: $ n/a
Class Drop-in Fee: Member: $ n/a Non-Member: $ n/a

Wednesday Oct 29 - Dec 17 (8 Wks) | 9:00 am - 11:30 am
Session Fee: Member: $50 Non-Member: $ n/a
Class Drop-in Fee: Member: $n/a Non-Member: $n/a

DANCE & FITNESS



BALANCED BEATS

Instructor: Dani Nicol

This energizing, lower-intensity class led by Dani blends music and movement for a feel-good workout. Improve flexibility, balance and cardio fitness with simple, low-impact routines made for all levels. Bring your indoor runners and enjoy every beat!

A **Friday**
Sept 12 - Oct 24 (6 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 24

B **Friday**
Oct 31 - Dec 19 (7 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 28

Venue: Bonnie Doon **Class Limit:** 12

BOLLY X

Instructor: Mousumi Mukherjee

BollyX is a 60-minute Bollywood-inspired dance fitness program that combines high and low-intensity choreography with global music. It captures the energy and expression of Bollywood, providing a fun cardio workout that helps you sweat, move, and smile while making fitness possible for all.

A **Thursday**
Sept 25 - Oct 23 (5 Wks) | 6:00 pm - 7:00 pm

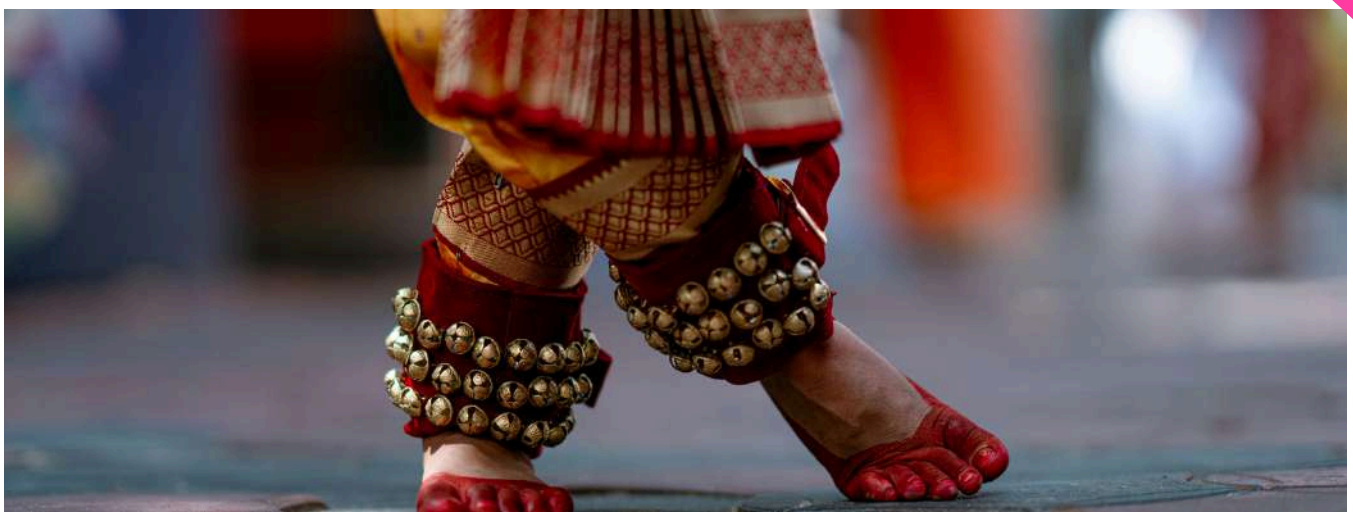
	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

B **Thursday**
Oct 30 - Dec 18 (8 Wks) | 6:00 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Gymnasium **Class Limit:** 30

DANCE & FITNESS



CHA-CHA CHARGE

Instructor: Dani Nicol

Turn up the heat with this vibrant class led by Dani! Groove to the beats of various Latin dance styles in a welcoming, no pressure environment. All levels are welcome. No partner or fancy footwear required. Just come ready to dance, smile and have fun!

A **Wednesday**
Sept 10 - Oct 22 (7 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

B **Wednesday**
Oct 29 - Dec 17 (8 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Strathearn **Class Limit:** 12

CLOGGING ABOSOLUTE BEGINNER

Instructor: Tracy Walters

Learn basic clogging steps and terms. 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. No experience is required.

A **Wednesday**
Sept 10 - Oct 22 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

B **Wednesday**
Oct 29 - Dec 17 (8 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Bonnie Doon **Class Limit:** 12

DANCE & FITNESS

CLOGGING INTERMEDIATE/ EXPERIENCED

Instructor: Tracy Walters

This clogging class is for those with 2+ years of experience. It builds on intermediate skills, teaching more challenging steps and patterns. Clogging shoes with special taps on them are required, along with knowledge of basic steps. Join us for a fun, energetic class with a bit more of a challenge!

A **Wednesday**
Sept 10 - Oct 22 (7 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

B **Wednesday**
Oct 29 - Dec 17 (8 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Bonnie Doon **Class Limit:** 12

FRIDAY POWER HOUR

Instructor: Dani Nicol

Push your limits in this upbeat, full-body workout focused on endurance, strength and coordination. Designed for active adults, this session blends intense cardio with functional movement. Dress for activity, lace up your indoor runners, and prepare to sweat your wat into the weekend!

A **Friday**
Sept 12 - Oct 24 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee: No session Oct 24	$14	$16

B **Friday**
Oct 31 - Dec 19 (7 Wks) | 9:30am - 10:30am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee: No session Nov 28	$14	$16

Venue: Gymnasium **Class Limit:** 30

DANCE & FITNESS

FRIDAY FUN AND FITNESS

Instructor: Dagmar Sanchez

Friday Fun and Fitness with Dagmar is a high-intensity workout for active adults. Challenge your cardiovascular and muscular endurance with dynamic moves that enhance strength, agility, flexibility, and coordination. Wear comfortable clothing, bring indoor running shoes, and get ready to sweat!

A **Friday**
Sept 12 - Oct 24 (6 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee: No session Oct 24	$14	$16

CANCELLED

B **Friday**
Oct 31 - Dec 19 (7 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee: No session Nov 28	$14	$16

CANCELLED

Venue: Bonnie Doon **Class Limit:** 12

LINE DANCE BEGINNER THURSDAY

Instructor: Tracy Walters

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.

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

B **Thursday**
Oct 30 - Dec 18 (8 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Gymnasium **Class Limit:** 30

DANCE & FITNESS

LINE DANCE BEGINNER MONDAY

Instructor: Tracy Walters

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.

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Bonnie Doon **Class Limit:**

LINE DANCE INTERMEDIATE/EXPERIENCED

Instructor: Tracy Walters

This is a call for those who have taken the beginner line dance class and want more of a 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 are recommended; no running shoes.

A **Tuesday**
Sept 9 - Oct 21 (6 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$n/a	$n/a

No session Sept 30

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

No session Nov 11

Venue: Bonnie Doon **Class Limit:** 12

DANCE & FITNESS

MOVE AND GROOVE GOLD

Instructor: Dagmar Sanchez

Move and Groove Gold with Dagmar offers a low-impact workout featuring modified moves at a lower intensity. Focus on balance, flexibility, cardio, and coordination while moving to the beat at your own pace. Bring indoor running shoes and get ready for fun and fitness!

A **Friday**
Sept 12 - Oct 24 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 24

CANCELLED

B **Friday**
Oct 31 - Dec 19 (7 Wks) | 9:30am - 10:30am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 28

CANCELLED

Venue: Gymnasium **Class Limit:** 30

ZUMBA GOLD

Instructor: Melanie Kidder

Zumba Gold® offers low-impact moves at a lower intensity, letting you groove to the beat at your own pace. This class focuses on balance, flexibility, cardiovascular conditioning, muscular strength, and coordination. Please bring indoor running shoes.

A **Tuesday**
Sept 9 - Oct 21 (5 Wks) | 5:00 pm - 6:00 pm

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

No session Sept 23 & Sept 30

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 5:00 pm - 6:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Gymnasium **Class Limit:** 30

FYI: VITAL HOLISTIC CARE (FORMERLY THE CANNABIS NURSES + CO) PRESENTS: AN INTRODUCTION TO CANNABIS

$3.00

Instructor: Heather Wilkinson & Kala Sanmartin

Join Kala and Heather of Vital Holistic Care for an introduction to cannabis designed for older adults. Learn about safe informed use, the Endocannabinoid System, THC vs CBD, options for accessing cannabis, and common myths—all through a health-informed, evidence-based lens.

Date: Sept 9 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: PREPARING YOUR FINANCES FOR YOUR ESTATE

$3.00

Instructor: Jonathan Lesyk

We've all heard "death and taxes" – and yes, dying can be costly. Estate planning takes careful thought. In this interactive workshop, Jonathan shares key strategies to help ensure your wealth is passed on smoothly and affordably to the next generation.

Date: Sept 10 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: UNDERSTANDING EXECUTOR DUTIES

CANCELLED

$3.00

Instructor: Dusko Trivic

Join Dusko Trivic and guest speaker Tracy Spilde from Quest Law for a practical session on the role of an Executor. Learn key responsibilities and tips on choosing the right Executor. Ideal for anyone planning an estate or appointed to the role.

Date: Sept 16 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: UNDERSTANDING THE BASIC PAPERWORK WITH YOUR INVESTMENT FIRM

$3.00

Instructor: Wei Woo

Many investors don't fully understand the documents they sign and rely on advisors for key info. With CRM2 rules on fee transparency and recent scrutiny of big banks, it's vital to know what you've agreed to. Join Wei Woo to explore the basic paperwork clients typically encounter.

Date: Sept 17 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: HOW TO MONITOR YOUR BLOOD PRESSURE AT HOME

$3.00

Instructor: Rachita Jena

Join us for a pharmacist-led session to learn how to monitor your blood pressure at home. We'll cover why it matters, how to take accurate readings, and what your numbers mean. Ideal for those with high blood pressure or are at risk. Bring your monitor if you have one.

Date: Sept 22 | 9:30 am - 11:00 am | **Venue:** Edmonton | **Class Limit:** 20

FYI: GREATER EDMONTON FOUNDATION (GEF) SENIORS HOUSING

$3.00

Instructor: Denise Roy-Popal

Join us for an informative session on the Greater Edmonton Foundation (GEF) Seniors Housing, Alberta's largest social housing provider for seniors. Learn about accommodations, eligibility, rental rates, wait times, and volunteer opportunities. GEF staff will be on-site to answer your questions.

Date: Sept 23 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: ESTATE PLANNING - WILLS

$3.00

Instructor: Shelley Smith

Most people understand that a Will allows you to tailor-make your wishes for your estate. Preparing your Will the right way is important to avoid any future chances that it would be contested. Come join Shelley Smith to learn more about planning for Your Will, Your Way.

CANCELLED

Date: Sept 24 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: EDMONTON FOOD BANK

$3.00

Instructor: Tamisan Bencz-Knight

In this presentation, go behind the scenes with Edmonton's Food Bank to see how food is collected and shared. Learn about food insecurity, its root causes, real challenges, and how we're creating lasting change. Discover how you can help build a stronger, food-secure community

Date: Oct 7 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: MAID 101

$3.00

Instructor: Karen Kerr

What is Medical Assistance in Dying? When and how did it become legal, what are the eligibility requirements and safeguards?

Date: Oct 8 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: MYTHS AND TRUTHS ABOUT FUNERALS

$3.00

Instructor: Dusko Trivic

Learn what happens if a prepaid funeral provider goes out of business, who holds your money when you prepay, and whether embalming is required. Get clear, practical answers to help you make informed decisions about end-of-life planning.

Date: Oct 14 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: ESTATE PLANNING FROM A FINANCIAL PERSPECTIVE

$3.00

Instructor: Wei Woo

Estate planning is more than investments—it's about caring for loved ones through smart preplanning. Join Wei Woo as he shares key estate planning tips, real-life challenges from 16 years in finance, and why preparing your executor and updating your plan are so important.

Date: Oct 15 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: BRING YOUR OWN DEVICE: THE PALACE PROJECT

$3.00

Instructor: Wendy Gronnestad-Damur

This streaming service, free for EPL members, includes films on a wide variety of topics. You'll find the Great Courses, the Criterion Collection (including movies from the silent film era up to the present), and tv shows and films from around the world, including from PBS and BBC. Please bring your own laptop, iPad or tablet.

Date: Oct 16 | 10:00 am- 11:30 am | **Venue:** Idylwylde | **Class Limit:** 10

FYI: ESTATE PLANNING: PERSONAL DIRECTIVES AND POWER OF ATTORNEY

$3.00

Instructor: Shelley Smith

What happens to your property or income should you become incapacitated? How will your family or caregivers know your wishes while you're still alive? Come join Shelley Smith for answers to these questions and more. We will discuss how best to direct your health care and care of your person and how to plan for care of your financial matters should you lose capacity in the future.

Date: Oct 22 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: MAXIMIZING YOUR HOME'S VALUE

CANCELLED

$3.00

Instructor: Michael Draper

Your home is an asset that you can use to increase your wealth and potentially fund the retirement of your choice. Explore best practices to maximize the value of your home when you are ready to consider selling it. Presented by Michael Draper, REALTOR and Senior Real Estate Specialist.

Date: Oct 28 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: EMERGENCY PREPAREDNESS (E-PREP)

$3.00

Instructor: Krista Mulbery

E-Prep is an interactive workshop helping individuals build a personal emergency plan. Explore emotional wellness, stress reactions, coping strategies, and social networks while learning how to prepare for emergencies through guided group discussion.

Date: Oct 29 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: LIVING WITH SCHIZOPHRENIA: A PERSONAL PERSPECTIVE

$3.00

Instructor: Stephanie Mitton

Schizophrenia is often misunderstood, leading to stigma. The Schizophrenia Society of Alberta's Community Education Presentation shares facts about the illness and effects of psychosis. Presenters with lived experience share their stories to foster understanding and build a more inclusive community.

Date: Nov 4 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: EARS FOR YOU MOBILE HEARING CLINIC

$3.00

Instructor: Brynn

Discover how the ear works and explore the effects of untreated hearing loss—physically, socially, and emotionally. This engaging presentation also traces the evolution of hearing technology, changes in the hearing clinic landscape, and where Ears To You fits within today's ecosystem of care.

Date: Nov 5 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: AGING IN PLACE – THE SOLUTION IS IN YOUR OWN BACKYARD (WITH SPECIAL GUEST ADAM ARSENAULT)

$3.00

Instructor: Shelley Smith

Aging in place is your ability to live independently and comfortably in your own home for as long as reasonable and is a key consideration in your estate planning. If you are aiming to age in place while protecting your estate legacy, please join Shelley Smith and Adam Arsenault for this special information session geared to help you learn more about how to protect what matters most to you.

Date: Nov 12 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: PALS - PROJECT ADULT LITERACY SOCIETY

$3.00

Instructor: Serena Bayford

Come learn about PALS and how they can help you learn more about your devices and stay safe online! There will be a hands-on portion of the session where you will learn ways to spot and avoid common online scams. Having your own device is not mandatory, but if you do have your own smartphone or tablet, please bring it with you.

Date: Nov 18 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: ESTATE PLANNING

$3.00

Instructor: Dusko Trivic

Join Dusko Trivic and guest speaker Abeir Halabi from Scotiabank to learn how to prepare your estate, reduce tax implications, and take steps in advance to make things easier for your executor. A helpful session for anyone planning ahead.

Date: Nov 19 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: FUNDAMENTAL PRINCIPLES OF RETIREMENT LIVING

$3.00

Instructor: Wei Woo

A seminar refresher designed for current retirees and those planning for their transition into retirement. Learn the 10 principles of achieving the holistic retirement lifestyle you desire while helping to protect your retirement finances from unforeseen events.

Date: Nov 26 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: INVESTING - BALANCING RISK WITH REWARDS

$3.00

Instructor: Jonathan Leskey

The investing world offers endless options, but not all are right for you. In this interactive workshop, Jonathan shares how to assess your risk tolerance and capacity, and explores the risks and rewards of common investment products to help align choices with your financial goals.

Date: Dec 2 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: EXPLORE SENIOR LIVING OPTIONS

$3.00

Instructor: Micheal Draper

We will explore housing options for Edmonton seniors from Aging in Place considerations, condo options, pros & cons of 55+ buildings, independent living in a retirement residence, supportive living; and memory care options. Presented by Michael and Jennifer from Next Home Hub, Real Estate Expertise for Seniors and Their Families.

Date: Dec 3 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: IMPORTANT FACTS ABOUT FUNERAL PLANNING

$3.00

Instructor: Dusko Trivic

Discover important facts about funeral planning, cost-saving tips, and advice. Learn how prices compare to contracts from 20–30 years ago and explore strategies to save money ahead of time. A practical guide for smart and affordable planning.

Date: Dec 9 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: BEARPAW & NATIVE COUNSELING SERVICES OF ALBERTA

$3.00

Instructor: Connie Calliou

In this presentation you will learn about Native Counselling Services of Alberta and BearPaw Media & Education. Discover free, easy-to-understand legal resources by Indigenous people, including BearPaw U guides on real-life issues. Visit ncsa.ca and BearPawLegalResources.ca for more info.

Date: Dec 10 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: BRING YOUR OWN DEVICE KANOPY

$3.00

Instructor: Wendy Gronnestad-Damur

This streaming service, free for EPL members, includes films on a wide variety of topics. You'll find the Great Courses, the Criterion Collection (including movies from the silent film era up to the present), and tv shows and films from around the world, including from PBS and BBC. Please bring your own laptop, iPad or tablet.

Date: Dec 11 | 10:00 am- 11:30 am | **Venue:** Idywylde | **Class Limit:** 10

FYI: THE DUTIES OF PERSONAL REPRESENTATIVE (FORMERLY CALLED EXECUTOR)

$3.00

Instructor: Shelley Smith

Has any friend or family member asked you to be their executor? What do you have to do? It is essential you know your duties and responsibilities. Come join an informative session to learn about this very important role in your estate planning.

Date: Dec 17 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

GENERAL INTEREST

ADVANCE CARE PLANNING PART 1

Instructor: Gina Vliet

Get an overview of ACP documents and how to best use the AHS green sleeve to ensure the right people know how to find and abide by the spirit and intent of your health care and end of life wishes.

CANCELLED

Date: Sept 12 | 9:30 am - 11:30 am | **Venue:** Idylwylde | **Class Limit:** 12

Member Fee: $ 30 **Non-Member Fee: $ 40**

ADVANCE CARE PLANING PART 2

Instructor: Gina Vliet

Guidance through creating your own personal directive or health care plan. Planning for what to do once it's up to date, and for keeping it up to date. ACP 1 is a pre-requisite for ACP 2

CANCELLED

Date: Sept 19 | 9:30 am - 11:30 am | **Venue:** Idylwylde | **Class Limit:** 12

Member Fee: $ 30 **Non-Member Fee: $ 40**

DECLUTTER AND DOWNSIZE IN A HOLISTIC WAY (2 SESSION SERIES) PART 1: CLUTTER IS NOT A CRIME: IT'S AN INSIDE JOB

Instructor: Lynn Fraser

Do you feel embarrassed by too much stuff in your home, storage sheds 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 the process more. Join Lynn to learn the insider's code to decluttering.

Date: Sept 12 | 10:00 am- 11:30 am | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 19.50**

DECLUTTER AND DOWNSIZE IN A HOLISTIC WAY (2 SESSION SERIES) PART 2: THE UPSIDE OF DOWNSIZE

Instructor: Lynn Fraser

You know it's challenging to downsize your life's possessions. Lynn offers strategies to prepare for your future move with greater ease and grace. Learn practical decluttering tips and reduce worry for you and your family by means of Lynn's move stories and learnings. You will learn the Four-step reflective process & begin it, get clearer on what you want for your future home, and proactive, practical strategies. Join Lynn for The Upside- YES, it's possible!

Date: Sept 26 | 10:00 am- 11:30 am | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 19.50**

EXPLORING MINDFUL SELF-COMPASSION

Instructor: Carol Kodish-Butt

Am I just the accumulation of my past attitudes, experiences and beliefs? Or am I really "a work in progress"? Science tells us that our brains can change throughout our entire lives. Through guided meditations and discussions, learning mindful self-compassion can help us to hear ourselves without judgement. Whether you are new to mindfulness, have practiced it for years or just want to have some meaningful conversations with others, you are welcome! Recordings (in MP3 form) of all program mindfulness exercises will be available at no charge.

CANCELLED

Date: Sept 8 - Oct 20 (6 Wks) | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 75 **Non-Member Fee: $ 85**

GENERAL INTEREST

WHAT IS GRIEF RECOVERY?

Instructor: Kate Steidi

Grief is an emotional response, but we often try to ease it with logic—trying to solve or understand it. That's like painting with a hammer—wrong tools. In this 8-week course, you'll learn about effective emotional tools. The Grief Recovery Method® helps bring relief from the pain of loss.

CANCELLED

Date: Sept 9 - Nov 4 (8 Wks) | 10:00am - 12:00pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 50 **Non-Member Fee: $ 60**

GENEALOGY: AN INTRODUCTION

Instructor: Kathleen Rae

This beginner course covers genealogy basics, including pedigree charts, family group sheets, and how to use Family Tree Maker 2019. Learn to collect and save records, explore related books, view real documents, and discover research resources in Edmonton and beyond. Manual included in fee

CANCELLED

Date: Sept 11 | 9:00 am - 12:00pm | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 50 **Non-Member Fee: $ 60**

GENEALOGY: ON THE INTERNET

Instructor: Kathleen Rae

This session explores major genealogy databases, including free options beyond Ancestry. Learn to post queries, use Facebook for research, and try tools like Google Translate. We'll cover privacy laws in Canada vs. other countries. Bring your family names and dates. Manual included in fee

CANCELLED

Date: Oct 9 | 9:00 am - 12:00pm | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 50 **Non-Member Fee: $ 60**

GENERAL INTEREST

GENEALOGY: AN INTRODUCTION TO DNA AND GENEALOGY

Instructor: Kathleen Rae

Curious about DNA testing for genealogy? This beginner workshop with genealogist Kathleen Rae uses her own DNA results to show what's possible. Learn about major testing sites, how to use your results, key strategies, ethical concerns, and how companies handle your data. Manual included in fee.

Date: Nov 6 | 9:00 am - 12:00pm | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 50 **Non-Member Fee: $ 60**

HOLIDAY DRESSING IN YOUR BEST COLORS: PART 1

Instructor: Susanne Urbina

Learn what color palette best suits your personal coloring considering your skin tone, your eye color and your (current) hair color with an individual color draping. Find the colors for the Holiday Season that will make you shine!

Date: Nov 7 | 9:30am - 11:30am | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 20 **Non-Member Fee: $ 26**

HOLIDAY DRESSING IN YOUR BEST STYLE: PART 2

Instructor: Susanne Urbina

Discover your figure type and then learn what styles suit you from jackets, to blouses, top and dress details to the type of pant, or skirt cuts that flatter you the most. Learn about the trends for the Holiday Season and how to best put a festive look together!

Date: Nov 7 | 12:30pm - 2:30pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 20 **Non-Member Fee: $ 26**

GENERAL INTEREST

THE MEDICINE WHEEL

Instructor: Mah'koos

In this 5 week workshop forcused on the Medicine Wheel you will learn how experience life-changing insights as you create deeper awareness, improve sleep and dream recall, understand your dreams, explore the power of the Four Winds, and enhance your overall health through ancient wisdom and healing practices.

Date: Sept 8-Oct 6 (5 Wks) | 10:00am - 12:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: $ 75 **Non-Member Fee: $ 85**

PHILOSOPHERS CAFÉ: OUR COMMON HOME: TWO POPES ON CLIMATE CHANGE

Instructor: David Goa

Perhaps the most radical call to address climate change has come from Patriarch Bartholomew I of Constantinople and Pope Francis I. Both avoid apocalypticism and utopian thinking. Both have diagnosed the heart of the matter and gesture to a way forward.

Date: Sept 18 | 1:00 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 20**

PHILOSOPHERS CAFÉ: NATIONALISM AND PATRIOTISM

Instructor: David Goa

Nationalism is on the rise in liberal democratic societies. Why? Populist leaders claim to be patriots. Is nationalism patriotism? Is patriotism nationalism?

Date: Oct 30 | 1:00pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 20**

GENERAL INTEREST

PHILOSOPHERS CAFÉ: "THE ANXIOUS GENERATION"

Instructor: David Goa

Jonathan Haidt, a social psychologist, reflects on the sources resulting in the rise of anxiety and other forms of mental disease in the last few decades in his book from which the title of this café is taken. What has Haidt flagged in the social and cultural landscape leading to this change?

Date: Nov 20 | 1:00 pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 20**

PHILOSOPHERS CAFÉ: "21 LESSONS FOR THE 21ST CENTURY"

Instructor: David Goa

We are now 25 years into the 21st century. Yuval Noah Harari's book that we consider in this café opens a rich set of considerations shaping our technological and political challenges, "post-truth" context, and possible sources of resilience.

Date: Dec 11 | 1:00 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 20**

SETTING HEALTHY BOUNDARIES

Instructor: Gina Vliet

Discover the difference between boundaries and rules, and how reframing the words we use can improve our well-being. Practice saying no in ways that alleviate self-doubt and resentment.

Date: Oct 23 | 9:30am - 11:30 AM | **Venue:** Edmonton Room | **Class Limit:** 12

Member Fee: $ 30 **Non-Member Fee: $ 40**

GENERAL INTEREST

SPIRITUALITY AND AGING

CANCELLED

Instructor: Dorothy Lowrie

This presentation looks at how exploring your 'spirit' can help you to find new paths to healthy aging.

Date: Sept 9 | 10:30 am- 12:00 pm | **Venue:** Idylwylde | **Class Limit:** 12

Member Fee: $ 20 **Non-Member Fee: $ 30**

HEALING THROUGH WORDS

Instructor: Dorothy Lowrie

This presentation looks at how words - writing stories, poetry, journals can help you deal with life changes.

Date: Oct 7 | 10:30 am- 12:00pm | **Venue:** Idylwylde | **Class Limit:** 12

Member Fee: $ 20 **Non-Member Fee: $ 30**

RIPPLE

Instructor: Florence Ellis

Based on Eckhart Tolle's teachings, join us for an opportunity to explore your thoughts, beliefs, and actions to become more aware of your unique 'ripple' in life. It all begins with you. Without self-awareness, personal change is impossible. Through guided discussion and journaling, we enjoy a thought provoking, fun two hours. Bring a journal if you like.

Date: Oct 16 | 10:30 am- 12:00pm | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 19.50**

GENERAL INTEREST

RIPPLLE

Instructor: Florence Ellis

Based on Eckhart Tolle's teachings, join us for an opportunity to explore your thoughts, beliefs, and actions to become more aware of your unique 'ripple' in life. It all begins with you. Without self-awareness, personal change is impossible. Through guided discussion and journaling, we enjoy a thought provoking, fun two hours. Bring a journal if you like.

Date: Nov 20 | 10:30 am- 12:00pm | **Venue:** Holyrood | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 19.50**

SPANISH BEGINNER

Instructor: Daniel Jimerez

Join our new Spanish instructor Daneil in our class where you'll start developing the skills to speak, read, write, and understand Spanish. Please bring a binder, paper and pen for taking notes and practicing. This class is for beginners.

Date: Nov 7-Dec 19 | 9:00am - 10:00am | **Venue:** Holyrood Room | **Class Limit:** 12

Member Fee: $ 60 **Non-Member Fee: $ 78**

SPANISH CONVERSATION

Instructor: Daniel Jimerez

Join our new Spanish instructor Daniel to improve your conversation and comprehension in a conversational class style. This class is for more advance speakers.

Date: Nov 7-Dec 19 | 10:15am - 11:15 am | **Venue:** Holyrood Room | **Class Limit:** 12

Member Fee: $ 60 **Non-Member Fee: $ 78**

GENERAL INTEREST

THE ART OF SCIENCE AND SLEEP

Instructor: Terri Jones

Sleep is foundational for health and wellbeing. Learn the science behind sleep and how factors like light, temperature, exercise, diet, and nervous system regulation affect your habits. Gain practical tools to identify what's blocking your restful sleep and discover strategies to improve your nights for better overall health. **CANCELLED**

Date: Nov 3 | 11:00am - 12:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: $ 25 **Non-Member Fee: $ 35**

WHAT HAPPENS WHEN YOU DIE WITHOUT A WILL

Instructor: Gina Vliet

Explore the pros and cons, risks, and rewards, and identify life circumstances to help you determine the need for a Will versus going without.

Date: Nov 21 | 9:30am - 11:30 PM | **Venue:** Edmonton Room | **Class Limit:** 12

Member Fee: $ 30 **Non-Member Fee: $ 40**

WINTERIZE YOUR SKIN - PART 1

Instructor: Susanne Urbina

Our skin naturally dries as we age and gets even drier during the winter months. Learn the proper skin care steps and their importance to keep your skin radiant and healthy during the cold weather. There will be a focus on product efficacy, from drugstore brands to high-end brands and sharing of information about facial treatments. Participants are encouraged to bring their own products in for review and discussion.

Date: Nov 14 | 9:30am - 11:30am | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 20 **Non-Member Fee: $ 26**

YOUR HOLIDAY FACE - PART 2

Instructor: Susanne Urbina

You'll want to put your best face forward with the upcoming family get-togethers and other social gatherings over the holiday season, Learn some basic make-up applications with some corrective tips and tricks. Discover how to take a basic look and transform it into a quick and easy glamourous look to be party ready!
Participants are encouraged to bring their own products in for review and discussion

Date: Nov 14 | 12:30pm - 2:30pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 20 **Non-Member Fee: $ 26**

MUSIC

BEGINNER GUITAR

Instructor: Bob Zukerman

Join the beginner guitar class with Bob Zukerman, who has 30 years of teaching experience. Learn strumming in 3/4 and 4/4 time, 3 main chords in 5 keys, key signatures, tuning, using a capo and more. Practice exercises and apply your skills to songs while understanding sheet music and chord structures.

A **Tuesday**
Oct 14 - Nov 18 (5 Wks) | 10:00 am - 11:30 am

	Member:	Non-Member:
Session Fee:	$75	$97.5
Class Drop-in Fee:	$n/a	$n/a

No session Nov 11

Venue: Idylwylde **Class Limit:** 10

UKULELE INDIVIDUAL OR SMALL GROUP LESSONS

Instructor: Elaine Mann

Please contact Elaine directly to arrange a time and for further information at eemann@shaw.ca. Class will be held on Thursdays in October and November in the Strathearn Room.

UKE N SING

Instructor: Elaine Mann

All the enjoyment of a sing-a-long around the campfire, without the smoke or mosquitos. This is an opportunity for all levels of ukulele players to gather together, and especially for those who like to sing – with or without a ukulele. Open to ALL, but pre-registration required. Drop-in classes available. Please inform Elaine 3 days before the class date.

A **Monday**
Oct 6 - Nov 24 (4 Wks) | 1:30 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	$40	$n/a
Class Drop-in Fee:	$n/a	$n/a

No session Oct 13, Oct 20 & Nov 10

Venue: Bonnie Doon **Class Limit:** 15

UKULELE ABSOLUTE BEGINNER

Instructor: Elaine Mann

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

A **Friday**
Sept 26 - Dec 5 (9 Wks) | 12:30pm - 2:00pm

	Member:	Non-Member:
Session Fee:	$135	$175.5
Class Drop-in Fee:	$n/a	$n/a

No session Oct 24, & Nov 28

Venue: Strathearn **Class Limit:** 8

MUSIC

UKUELELE BEGINNER AND BEYOND

Instructor: Elaine Mann

Participants in this class must know at least a few basic chords. This class will review several strumming and picking styles, how to play simple melodies, and build a repertoire of a variety of songs to sing and play.

A **Thursday**
Sept 25 - Oct 30 (6 Wks) | 12:30pm - 2:00pm

	Member:	Non-Member:
Session Fee:	$90	$117
Class Drop-in Fee:	$n/a	$n/a

B **Thursday**
Nov 6 - Dec 4 (5 Wks) | 12:30pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	$75	$97.5
Class Drop-in Fee:	$n/a	$n/a

Venue: Strathearn **Class Limit:** 25

UKULELE EXPERIENCED

Instructor: Elaine Mann

In this class we will apply skills learned over the years to enhance songs in the current repertoire, and some new ones. Enjoy playing ensemble arrangements, explore solo techniques, and prepare for performances at SEESA and some outreach venues.

A **Wednesday**
Sept 24 - Oct 29 (6 Wks) | 1:00pm - 2:30pm

	Member:	Non-Member:
Session Fee:	$90	$137
Class Drop-in Fee:	$n/a	$n/a

B **Wednesday**
Nov 5 - Dec 3 (5 Wks) | 1:00 pm - 2:30 pm

	Member:	Non-Member:
Session Fee:	$75	$97.5
Class Drop-in Fee:	$n/a	$n/a

Venue: Bonnie Doon **Class Limit:** 15

PHYSICAL FITNESS

202020 SWEAT, STRENGTH, STABILITY AND STRETCH

Instructor: Lorraine Wigston

This class offers a complete workout, a fun warmup and low-impact cardio to boost heart health. It includes strength/endurance exercises for daily tasks, stability work (balance & mobility), & a relaxing stretch. With modifications, it's perfect for everyone, from beginner to challenge-seeker!

A **Tuesday**
Sept 9 - Oct 21 (6 Wks) | 1:00 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

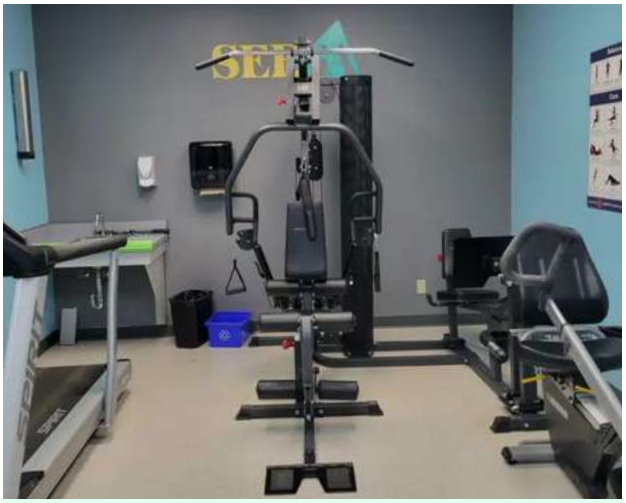
No session Sept 30

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 1:00 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Bonnie Doon **Class Limit:** 12



FITNESS ROOM

Whether you prefer to work out alone or with a friend, our fitness room offers the perfect space to reach your goals. Equipment includes stationary bike, treadmill, full body weight machine, incline stepper, free weights, and a television. Pre-booking is required to ensure space is available. Enjoy unlimited access for just $100/year for members – a small investment in your health and well-being.

PHYSICAL FITNESS

BARRE FITNESS MONDAY

Instructor: Deborah Ravbar

Barre fitness is a total-body workout combining Pilates, dance, & strength training. It focuses on high-rep, small-range movements & isometric holds to build lean muscle, balance, posture, & core strength. Using your body, small weights, or resistance bands, you'll feel the burn and see results.

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Gymnasium **Class Limit:** 25

BARRE HIIT

Instructor: Kim Ashley

Barre HIIT blends ballet, Pilates, yoga, and strength training with high-intensity intervals. Expect low-impact moves, cardio bursts, and quick rests. It builds strength, balance, and endurance using light weights and bands. All levels welcome. Efficient, effective, and fun in every class!

A **Thursday**
Sept 11 - Oct 16 (6 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

CANCELLED

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS

CIRCUIT TRAINING

Instructor: Deborah Ravbar

Fast-paced, 60-minute class, suitable for all fitness levels, including those seeking a challenge. Circuit training targets upper/lower body strength, core, & cardio with bodyweight & equipment exercises. Modifications provided, helping you improve strength & endurance each week.

A **Tuesday**
Sept 9 - Oct 21 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

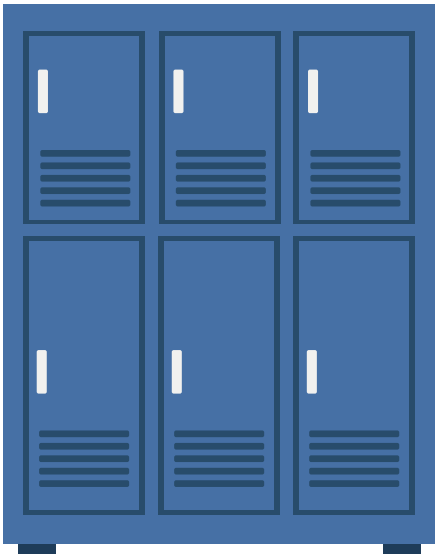
No session Sept 30

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Gymnasium **Class Limit:** 25



LOCKERS

To secure your valuables while visiting SEESA, use our day-use lockers located throughout the facility. Bring your own lock. Lockers need to be vacated by the end of the day.

PHYSICAL FITNESS

ESSENTRICS® - AGE REVERSING

Instructor: Meg Hipkin

This full-body, age reversing Essentrics class restores joint movement, improves flexibility, strength, and muscle health, relieves pain, and boosts energy and immunity. It combines gentle to moderate fitness, including standing and some floor work (back/side only). Bring your own yoga mat.

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 2:00 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

B **Thursday**
Oct 30 - Dec 18 (7 Wks) | 2:00 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

Venue: Bonnie Doon **Class Limit:** 12

ESSENTRICS® - STRETCH AND TONE MONDAY

Instructor: Liz Olson

This full-body workout combines strengthening and stretching to rapidly reshape your body. Suitable for all fitness levels, it rebalances the body, prevents and treats injuries, and unlocks tight joints. The class includes standing and floor work (back/side only). Bring your own yoga mat.

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$n/a	$n/a

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Gymnasium **Class Limit:** 30

PHYSICAL FITNESS

ESSENTRICS® - STRETCH AND TONE WEDNESDAY

Instructor: Belinda

This full-body workout combines strengthening and stretching to rapidly reshape your body. Suitable for all fitness levels, it rebalances the body, prevents and treats injuries, and unlocks tight joints. The class includes standing and floor work (back/side only). Bring your own yoga mat.

A **Wednesday**
Sept 10 - Oct 22 (7 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

B **Wednesday**
Oct 29 - Dec 17 (7 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

No session Nov 12

Venue: Strathearn **Class Limit:** 30

ESSENTRICS® - STRETCH AND TONE FRIDAY

Instructor: Liz Olson

This full-body workout combines strengthening and stretching to rapidly reshape your body. Suitable for all fitness levels, it rebalances the body, prevents and treats injuries, and unlocks tight joints. The class includes standing and floor work (back/side only). Bring your own yoga mat.

A **Friday**
Sept 12 - Oct 24 (6 Wks) | 12:00 pm - 1:00 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$n/a	$n/a

No session Oct 24

B **Friday**
Oct 31 - Dec 19 (7 Wks) | 12:00 pm - 1:00 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

No session Nov 28

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS

FIT FOR ALL - THURSDAY

Instructor: Wendy Kinsman

Join Wendy for a gentler fitness class with standing & seated exercises, perfect for those with mobility challenges, including pre/post knee or hip replacements. Using hand weights, resistance bands, & small balls, improve strength, endurance, & balance. Feel fantastic & have fun while exercising!

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Sept 25

B **Thursday**
Oct 30 - Nov 27 (5 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

Venue: Bonnie Doon **Class Limit:** 13

FIT FOR ALL - MONDAY

Instructor: Wendy Kinsman

Join Wendy for a gentler fitness class with standing & seated exercises, perfect for those with mobility challenges, including pre/post knee or hip replacements. Using hand weights, resistance bands, & small balls, improve strength, endurance, & balance. Feel fantastic & have fun while exercising!

A **Monday**
Sept 8 - Oct 20 (5 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

No session Sept 22 & Oct 13

B **Monday**
Oct 27 - Nov 24 (5 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

Venue: Bonnie Doon **Class Limit:** 13

PHYSICAL FITNESS

FLEX AND FLOW WITH ARTHRITIS - MONDAY

Instructor: Amy Petersen

Join Amy for gentle, low-intensity workouts to help manage joint pain and stiffness from arthritis and chronic conditions. Improve your mobility, flexibility, balance and strength with no floor work needed. Feel better, move easier, and enjoy life with ease!

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 11:15 am - 12:15 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 11:15 am - 12:15 pm

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Strathearn **Class Limit:** 12

FLEX AND FLOW WITH ARTHRITIS - FRIDAY

Instructor: Amy Petersen

Join Amy for gentle, low-intensity workouts to help manage joint pain and stiffness from arthritis and chronic conditions. Improve your mobility, flexibility, balance and strength with no floor work needed. Feel better, move easier, and enjoy life with ease!

A **Friday**
Sept 12 - Oct 24 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 24

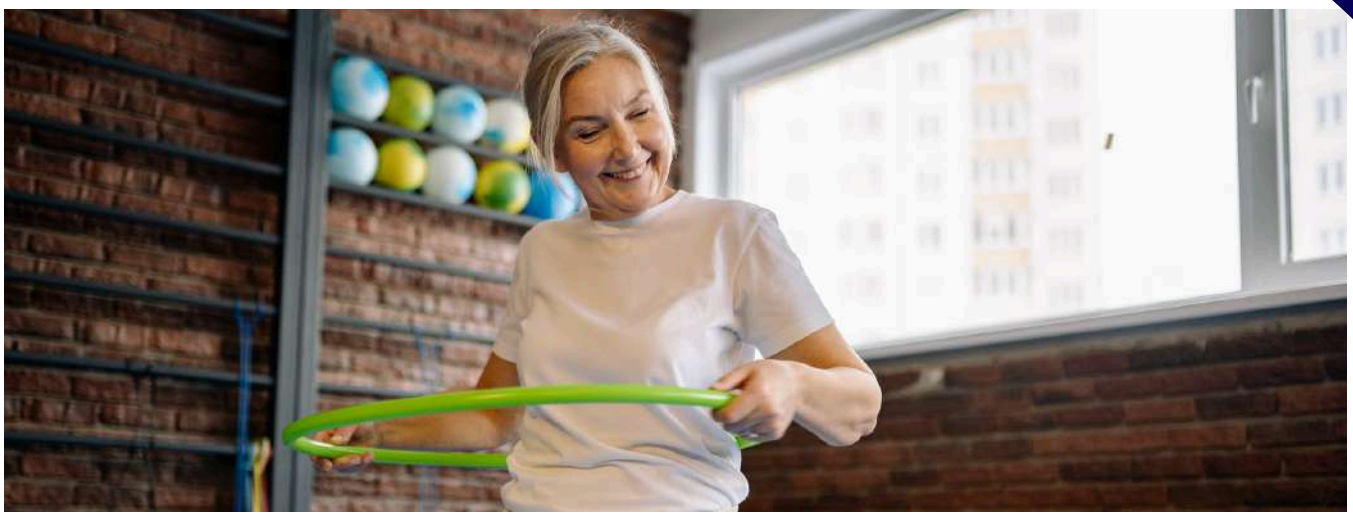
B **Friday**
Oct 31 - Dec 19 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 28

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS



HULA HOOP DANCE

Instructor: Olivia Flows

This low-impact hula hoop class tones arms, legs, and strengthens your core while improving coordination. You'll work both sides of the body to correct muscle imbalances, with most moves done standing. Learn fun tricks and new skills in a safe, non-judgmental space, full of laughter and great music!

A **Tuesday**
Sept 9 - Oct 21 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Sept 30

CANCELLED

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Bonnie Doon **Class Limit:** 12

MOVE WELL

Instructor: Aarti Sachdeva

This Movement class provides a dynamic, deep, full-body stretch to strengthen your joints and release tight muscles. Effective for pain relief, stress relief and promoting healing. The focus is on finding harmony in body and mind using Yoga and Breath-work.

A **Wednesday**
Oct 1 - Oct 22 (4 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$40	$52
Class Drop-in Fee:	$14	$16

B **Wednesday**
Oct 29 - Dec 17 (8 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS

NIA: MOVEMENT PRACTICE

Instructor: Kirsten Bartel

Nia® is a fusion fitness class combining dance, martial arts, and mindfulness to condition your body and clear your mind. It offers three intensity levels, suitable for all ages and fitness levels. Typically barefoot, or wear thin-soled shoes. Bring a yoga mat. Learn more at fleurishmovement.com.

A **Monday**
Sept 8 - Oct 20 (5 Wks) | 10:00 am- 11:00 am

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

No session Oct 6 & Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 10:00 am- 11:00 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Strathearn **Class Limit:** 12

NOT FALLING FOR YOU

Instructor: Wendy Doughty

Is fear of falling limiting your activities? Join a free workshop to improve balance, strength, and fall prevention. Led by trained peer volunteers, the class offers modified exercises and strategies to prevent falls at home and in the community. Boost your confidence and well-being!

A **Tuesday**
Sept 9 - Dec 16 (13 Wks) | 2:30 pm - 3: 30 pm

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

No session Sept 30 & Nov 11

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS

PICKLEBALL INTRODUCTION

Instructor: Leslie Strogen

If you're wanting to learn how to play pickleball this 3 week session will get you off to a great start while having a whole lot of fun! An experienced instructor will teach you the rules, scoring, simple shot making and basic strategy to help get you playing.

A **Monday**
Sept 8 - Sept 22 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	$70	$80
Class Drop-in Fee:	$n/a	$n/a

B **Monday**
Nov 3 - Nov 17 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	$70	$80
Class Drop-in Fee:	$n/a	$n/a

Venue: Gymnasium **Class Limit:** 12

YOUR SUPPORT MAKES A DIFFERENCE!

By donating to SEESA, you're helping create a space where seniors can live fuller, more engaged lives, with the support they need to continue contributing to a stronger, more compassionate community. Your generosity ensures that we can keep offering programs and services that enrich lives and build connections for years to come.
Join us in transforming the aging experience – because when we support seniors, we uplift everyone.

To make a gift, please go to www.seesa.ca, and click "Get Involved" then "Donate" or stop by the Front Desk. We accept cash, cheque, debit, Visa, Mastercard and wallet credits.

PHYSICAL FITNESS

POLE WALKING WORKSHOP

Instructor: Melanie Kidder

Curious about walking with poles? Join us to learn about Nordic Walking or improve stability with Activator Poles. If you have poles, bring them for Mel to explain their features. Don't have poles? No problem! We'll have pairs to try, and you'll leave knowing which type is best for you. Weather permitting, we'll practice outside.

A **Thursday**
Sept 18 (1 Wks) | 3:00 pm - 5:00 pm

	Member:	Non-Member:
Session Fee:	$20	$30
Class Drop-in Fee:	$n/a	$n/a

Venue: Gymnasium **Class Limit:** 20

POUND FITNESS

Instructor: Melanie Kidder

Pound Fitness, a full-body workout using RipStix (drum sticks), combines muscle conditioning & cardio intervals to music. It boosts strength, flexibility, & mind-body connection. No experience needed, modifications available. Seated exercises can be done on a chair or mat. No drumming or music instruction.

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 11:45 am - 12:30 pm

	Member:	Non-Member:
Session Fee:	$52.50	$68.25
Class Drop-in Fee:	$12	$13

B **Thursday**
Oct 30 - Dec 18 (8 Wks) | 11:45 am - 12:30 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$12	$13

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS

TABATA TUESDAY

Instructor: Melanie Kidder

Tabata is an interval training class for active participants, with 20 seconds of work & 10 seconds of rest, repeated in 4-minute cycles. Each cycle targets cardio, strength, & core to boost overall fitness, cardiovascular health, & metabolism. Exercises vary to keep the workout dynamic & challenging.

A **Tuesday**
Sept 9 - Oct 21 (5 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

No session Sept 23 & Sept 30

CANCELLED

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Gymnasium **Class Limit:** 25

TABATA THURSDAY

Instructor: Deborah Ravbar

Tabata is an interval training class for active participants, with 20 seconds of work & 10 seconds of rest, repeated in 4-minute cycles. Each cycle targets cardio, strength, & core to boost overall fitness, cardiovascular health, & metabolism. Exercises vary to keep the workout dynamic & challenging.

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

B **Thursday**
Oct 30 - Dec 18 (8 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Gymnasium **Class Limit:** 25

PHYSICAL FITNESS

TAI CHI - YANG 24-LEVEL 1

Instructor: Weston Benjamin

This class introduces Yang-style Tai Chi and Qigong, focusing on movements that enhance balance, flexibility, and overall well-being. Tai Chi combines martial arts and philosophy, while Qigong stimulates the body's energy pathways. This class is for new and beginner individuals to Tai Chi.

A **Thursday**
Sept 11 - Oct 9 (5 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

B **Thursday**
Nov 6 - Dec 18 (7 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

Venue: Strathearn **Class Limit:** 12

TAI CHI - YANG 24- LEVEL 2

Instructor: Weston Benjamin

This class introduces Yang-style Tai Chi and Qigong, focusing on movements that enhance balance, flexibility, and overall well-being. Tai Chi combines martial arts and philosophy, while Qigong stimulates the body's energy pathways. Previous Tai Chi experience recommended from Tai Chi Yan 24 Level 1.

A **Friday**
Sept 12 - Oct 10 (5 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$50	$65
Class Drop-in Fee:	$14	$16

B **Friday**
Nov 7 - Dec 19 (6 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Nov 28

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS

TOTAL FITNESS FUN

Instructor: Amy Petersen

Join Amy for a friendly, low-impact class that strengthens your core, upper, and lower body while improving flexibility, balance, and posture. Perfect for all fitness levels in a supportive environment. Don't forget your mat for some floor work! Let's get strong together!

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 12:30 pm - 1:30 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 12:30 pm - 1:30 pm

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$14	$16

Venue: Strathearn **Class Limit:** 12

Foot Care Clinic

Certified nursing staff are onsite at SEESA on the 2nd Thursday of every other 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. The fee per appointment is $32/member or $37/non-members to be paid directly to the foot care nursing staff.

PHYSICAL FITNESS

YOGA CHAIR WITH MEGAN

Instructor: Megan Kim

Explore yoga's benefits: slow down, connect with your body & mind, & find more ease. No experience needed. Join us Tuesdays at 10:45 AM for chair yoga, focusing on seated movements with some standing poses, if comfortable. A great way to increase flexibility & awareness in a supportive environment.

A **Tuesday**
Sept 9 - Oct 21 (6 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Sept 30

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Strathearn **Class Limit:** 12

YOGA FLOW

Instructor: Carmella H

This one-hour Flow Yoga class is open to all levels, from beginners to advanced. We begin seated on the floor to gently warm up, then transition through poses that bring us to standing for balance and posture work. The class ends lying down with full-body stretches and guided relaxation. Movement is breath-focused and rooted in traditional yoga, with modifications offered for all bodies and abilities.

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

B **Thursday**
Oct 30 - Dec 18 (8 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS

YOGA FOR GUYS AND GALS - MONDAY ONLINE

Instructor: Ken Strachan

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.

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$n/a	$n/a

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Online **Class Limit:** 20

YOGA FOR GUYS AND GALS - THURSDAY ONLINE

Instructor: Ken Strachan

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.

A **Thursday**
Sept 11 - Oct 23 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

B **Thursday**
Oct 30 - Dec 18 (8 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Online **Class Limit:** 20

PHYSICAL FITNESS

YOGA FOR GUYS AND GALS - FRIDAY ONLINE

Instructor: Ken Strachan

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.

A **Friday**
Sept 12 - Oct 24 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$n/a	$n/a

B **Friday**
Oct 31 - Dec 19 (8 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Online **Class Limit:** 20

YOGA HATHA WITH BARB

Instructor: Barb Ritter

Class starts with grounding the feet and freeing the joints, followed by easy versions of traditional hatha yoga poses. We'll laugh, release tension, stretch gingerly, build strength and finish with a rejuvenating rest. No experience needed—come move consciously and leave refreshed!

A **Monday**
Sept 8 - Oct 20 (6 Wks) | 5:30 pm - 6:30 pm

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Oct 13

B **Monday**
Oct 27 - Dec 15 (8 Wks) | 5:30 pm - 6:30 pm

	Member:	Non-Member:
Session Fee:	$80	$104
Class Drop-in Fee:	$n/a	$n/a

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS

YOGA WITH MEGAN

Instructor: Megan Kim

Explore the benefits of yoga: slow down, connect with your body and mind, and find ease in movement. No experience needed. Join us Tuesdays at 9:30 AM for a mix of standing, seated, hands & knees, and lying down poses. Perfect for all levels to develop strength, flexibility, and mindfulness.

A **Tuesday**
Sept 9 - Oct 21 (6 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$60	$78
Class Drop-in Fee:	$14	$16

No session Sept 30

B **Tuesday**
Oct 28 - Dec 16 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	$70	$91
Class Drop-in Fee:	$14	$16

No session Nov 11

Venue: Strathearn **Class Limit:** 12

STEP FORWARD: SUPERVISED TRANSITIONAL EXERCISE PROGRAM

Instructor: Alberta Health Services

The STEP Forward Program presented by Alberta Health Services is a beginner to intermediate level functional physical activity program suitable for people with one or more chronic health conditions that limits their ability to move.
The service offers:
i) individual initial assessment with a team of Occupational Therapists, Physical Therapists and a Kinesiologist to determine eligibility for the program,
ii) eight weeks of progressive exercise, held twice weekly, working up to 40-45 mins toward end of program. Classes are 1-hour long.
iii) built-in education with exercise classes and three formal educational sessions talking about benefits of exercise, goal setting, programs and resources in the community
iv) discharge assessment and reviewing personal goals after STEP program
v) one, three and six months follow-up and intervention, as needed,
vi) occupational therapy consultation, if required, during programming.

For more information or to self-refer, please call the STEP Forward Intake Line: 780-735-3483

Steps to get into the program:
1. Call 780-735-3483 to book an initial assessment
2. Come to an initial assessment to determine eligibility
3. Be on STEP waitlist for preferred community site

Session Fee: Free. Contact STEP Forward Intake Line: 780-735-3483

CLUBS

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.

ART CLUB

Liaison: Don Evans
Venue: Forest Heights
Class Limit: 15

A **Thursday** **Sept 4 - Oct 30** (9 Wks) | 9:30 am - 12:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

WOW! Quilters make quilts and contribute to SEESA raffles. Our crafters create handmade crafts of the highest quality. Knitters and others working on portable projects are welcome to join in on the camaraderie.

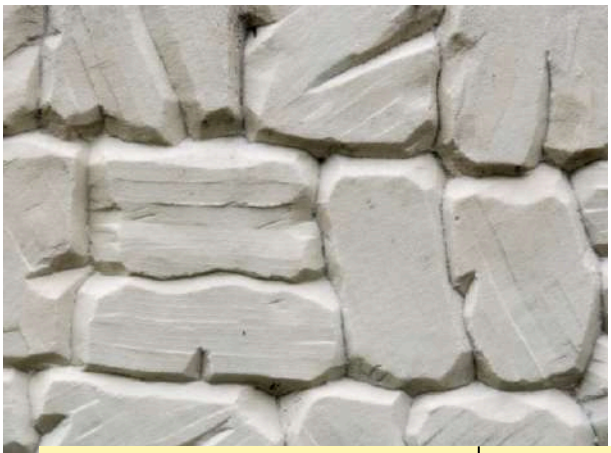
QUILTING AND CRAFTING CLUB

Liaison: Shirley Baynes
Venue: Forest Heights
Class Limit: 15

A **Monday** **Sept 8 - Oct 20** (6 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 13

B **Monday** **Oct 27 - Dec 22** (9 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

CLUBS



Carving in Soapstone can get a little dusty. A face mask is recommended. The cost of supplies is extra. Currently we are at capacity. Names will be taken at the front desk and put on a wait list when space opens.

SOAPSTONE CARVING CLUB

Liaison: Annette Evans

Venue: Workshop

Class Limit: 12

A **Wednesday Sept 3 - Oct 22** (6 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 15 & Oct 22

B **Wednesday Oct 29 - Dec 17** (6 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 19 & Nov 26

This club provides an opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects. Please bring your own tools. Currently we are at capacity. Names will be taken at the front desk and put on a wait list when space opens.

WOODCARVING CLUB TUESDAY

Liaison: Colin Kinnell

Venue: Workshop

Class Limit: 12

A **Tuesday Sept 2 - Oct 21** (5 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 30, Oct 14 & Oct 21

B **Tuesday Oct 28 - Dec 16** (5 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 11, Nov 18 & Nov 25

CLUBS

This club provides an opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects. Please bring your own tools. Currently we are at capacity. Names will be taken at the front desk and put on a wait list when space opens.

WOODCARVING CLUB THURSDAY

Liaison: Colin Kinnell

Venue: Workshop

Class Limit: 12

A **Thursday** **Sept 4 - Oct 23** (6 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 16 & Oct 23

B **Thursday** **Oct 30 - Dec 18** (6 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 20 & Nov 27

Want to entertain on stage or help back stage? Join us. We perform plays and musicals for our annual production. Rehearsal times are Mondays and Fridays. Please see the Liaison for added dates and cancellations.

ACCIDENTAL DRAMA CLUB

Liaison: Jim Klingle

Venue: Holyrood

Class Limit: 25

A **Monday** **Sept 8 - Oct 20** (6 Wks) | 12:00 pm - 2:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ n/a
No session Oct 13

B **Monday** **Oct 27- Dec 22** (9 Wks) | 12:00 pm - 2:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ n/a

CLUBS

Join us for fun, strategy, and friendly competition! Whether you're into classics or new favorites, all skill levels are welcome. Come play, meet new people, and enjoy the world of board games!

BOARD GAME CLUB

Liaison: Vicki Dowd
Venue: Tillies Cafe
Class Limit: 20

A **Friday** **Sept 5 - Oct 17** (4 Wks) | 5:30pm - 8:30pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 12, Sept 26 & Oct 10

B **Friday** **Nov 7 - Dec 19** (4 Wks) | 5:30pm - 8:30pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 14, Nov 28, & Dec 12

Bridge is a fun, sociable card game that's great for the brain. While lessons aren't provided, playing at the table helps you learn. It's helpful to have a basic understanding of bridge or its predecessor, Whist. Join us for a great time with good company!

CONTRACT BRIDGE CLUB

Liaison: Laurie Reid
Venue: Idylwylde
Class Limit: 20

A **Monday** **Sept 8 - Oct 20** (6 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 13

B **Monday** **Oct 27 - Dec 22** (9 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

CLUBS

Come and learn how to play beginner Contract Bridge. The goal of this club is to get prepare you to play in our Contract Bridge group on Monday afternoons. The liaison will determine when it is time for you to move up to regular play. All are welcome to join.

CONTRACT BRIDGE CLUB LESSONS

Liaison: Laurie Reid

Venue: Idylwylde

Class Limit: 20

A **Monday** **Sept 8 - Oct 20** (6 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 13

B **Monday** **Oct 27- Dec 22** (9 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

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 players points. Beginners are welcome, however, basic knowledge of the value of cards and how to count is recommended. A partner is not needed to play.

CRIBBAGE CLUB

Liaison: Sharon Moffatt

Venue: Idylwylde

Class Limit: 16

A **Friday** **Sept 5 - Oct 24** (7 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 24

B **Friday** **Oct 31 - Dec 19** (7 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 28

CLUBS

Euchre is a card game for four players (two teams of two). Players take turns to win tricks, with one team calling TRUMP. The goal is to win at least three of five tricks, but if the trump team loses, it's a "Euchre." The first team to reach 10 points wins. A fun, fast-paced game of strategy!

EUCHRE CLUB

Liaison: Alexandra Anderson
Venue: Holyrood
Class Limit: 16

A **Wednesday Sept 3 - Oct 22** (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Oct 29 - Dec 17** (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

Due to the nature of this card 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.

HAND AND FOOT CANASTA CLUB

Liaison: Claudia Ramsay
Venue: Idylwylde
Class Limit: 16

A **Wednesday Sept 3 - Oct 22** (8 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Oct 29 - Dec 17** (8 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

CLUBS

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 figuring out those verb conjugations! All ages and levels welcome.

FRENCH CONVERSATION CLUB

Liaison: Sylvia Rodrigue
Venue: Holyrood
Class Limit: 16

A **Wednesday Sept 3 - Oct 22** (8 Wks) | 10:30 am - 12:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Oct 29 - Dec 24** (8 Wks) | 10:30 am - 12:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

If you love to read, Book Club Tuesday is for you. This book club meets on the 2nd Tuesday of the month. Currently we are at capacity. Names will be taken at the front desk and put on a wait list when space opens.

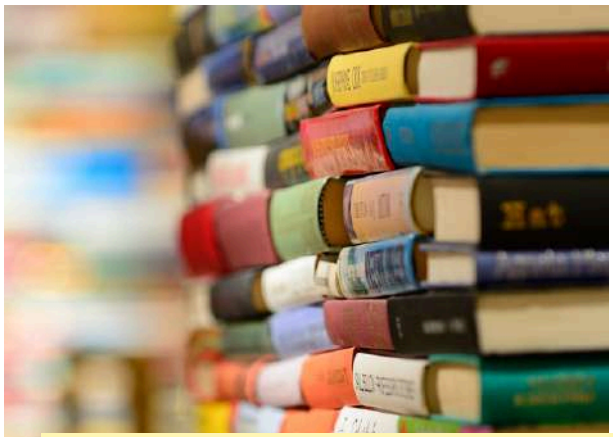
BOOK CLUB TUESDAY

Liaison: Barbara Lyon
Venue: Holyrood
Class Limit: 10

A **Tuesday Sept 9 - Oct 14** (2 Wks) | 2:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 16, Sept 23, Sept 30 & Oct 7

B **Tuesday Nov 18 - Dec 9** (2 Wks) | 2:00pm - 3:00pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 25 & Dec 2

CLUBS



If you love to read, join the Book Club Thursday! We meet the 1st Thursday of each month. For the reading list, call Maggie at 780.462.1595. Currently at capacity, but you can add your name to the waitlist at the front desk when space opens.

BOOK CLUB THURSDAY

Liaison: Maggie Hensel
Venue: Holyrood
Class Limit: 12

A **Thursday Sept 4 - Oct 2** (2 Wks) | 1:00 pm - 2:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 11, Sept 18 & Sept 25

B **Thursday Nov 6 - Dec 4** (2 Wks) | 1:00 pm - 2:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 13, Nov 20 & Nov 27

These new sessions are an opportunity to write your own verses. Whether you are a beginner or writing for a long time, you will be inspired by group energy. It doesn't have to be good. it doesn't have to be long. It doesn't have to rhyme. Just write us a poem.

WRITER'S CORNER CLUB

Liaison: Carol Kodish-Butt
Venue: Idylwylde
Class Limit: 20

A **Tuesday Sept 2 - Oct 21** (7 Wks) | 1:00 pm - 3:00pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 30

B **Tuesday Oct 28 - Dec 23** (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 11

CLUBS

The club is for beginners with minimal experience playing with others. Members should know open chords and simple strum patterns. A printed songbook with lyrics, chords, strum/picking patterns, and resources is provided. Members are encouraged to share knowledge and develop their skills together.

GUITAR CLUB

Liaison: Roger Smeland
Venue: Strathearn
Class Limit: 20

A **Tuesday** **Sept 2 - Oct 21** (7 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 30

B **Tuesday** **Oct 28 - Dec 23** (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 11

Bring an instrument or just come to listen. Jam sessions are held on the 1st and 3rd Fridays of the month. For this session, we meet Sept 5, 19, Oct 3, 17, Nov 7, 21 and Dec 5 & 19

JAM SESSION CLUB

Liaison: Roger Smeland
Venue: Strathearn
Class Limit: 20

A **Friday** **Sept 5 - Oct 17** (4 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 12, Sept 26,Oct 10

B **Friday** **Nov 7 - Dec 19** (4 Wks) | 6:00pm - 8:45pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 14, Nov 28, Dec 12

CLUBS

The Melody Singers are a four-part choir. New members are accepted in September and January. There may be performances in addition to rehearsals. You must be a member of SEESA to join this club. A $50.00 fee is due in September and January, plus $3.00 drop in fee each week.

MELODY SINGERS CLUB

Liaison: Joy Horpyniuk

Venue: Gymnasium

Class Limit: 50

A **Tuesday** **Sept 2 - Oct 21** (7 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ n/a
No session Sept 30

B **Tuesday** **Oct 28 - Dec 23** (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: 3 Non-Member: $ n/a
No session Nov 11

Join TCB to play and sing classic hits from the late 50s to the 80s! We cover pop, rock, and soul. If you're skilled on lead, rhythm, bass guitar, keyboard, or drums, this is the club for you. Vocals are optional, and second instruments like brass or woodwind are welcome.

TCB - A PERFORMACE BAND CLUB

Liaison: Deiter Anders

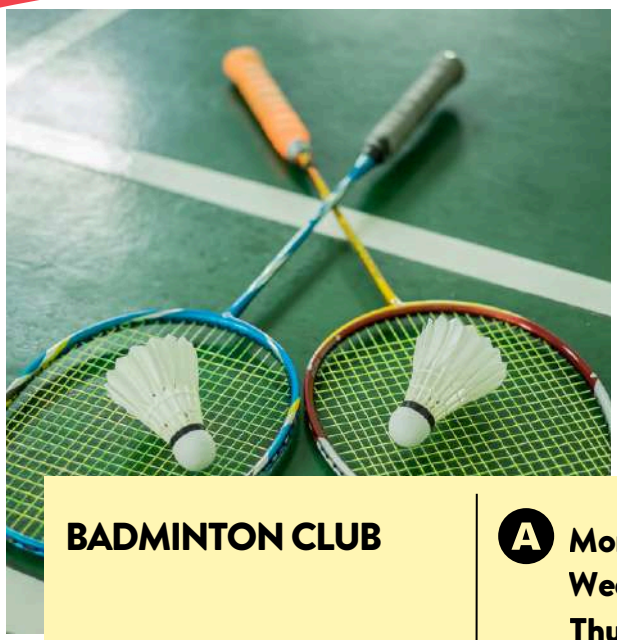
Venue: Strathearn

Class Limit: 15

A **Wednesday Sept 3 - Oct 22** (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ n/a

B **Wednesday Oct 29 - Dec 17** (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ n/a

CLUBS



Welcome to all levels of players! Games are played in doubles format, promoting fun, social interaction, and physical health. For safety, please wear proper court shoes with good grip and racquet sports safety glasses. Join us for an enjoyable and active time playing badminton!

BADMINTON CLUB

Liaison: Bob Hyndman

Venue: Gymnasium

Class Limit: 20

A

Monday **Sept 8 - Oct 20** (6 Wks) | 11:30 pm - 1:30 pm
Wednesday **Sept 3 - Oct 22** (7 Wks) | 9:00 am - 12:00 pm
Thursday **Sept 11 - Oct 23** (4 Wks) | 2:00pm - 4:00pm
Friday **Sept 5 - Oct 24** (7 Wks) | 10:45 am - 12:45 pm

Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

No session Sept 18, 24 Oct 2, 13, 16 & 24

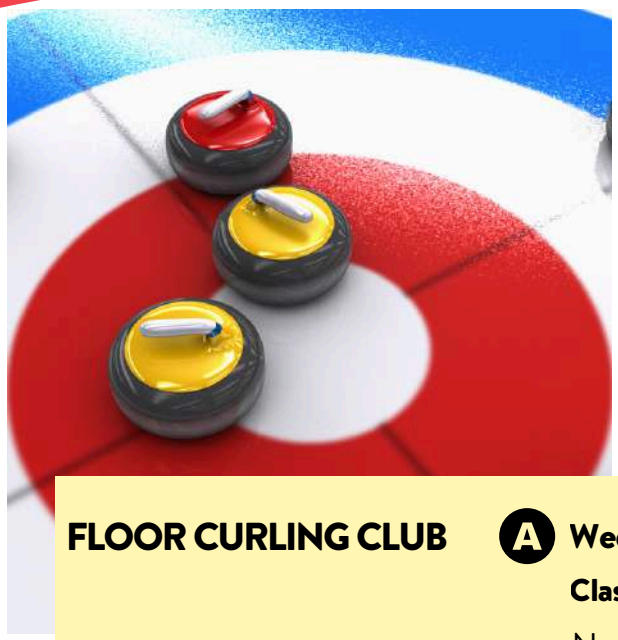
B

Monday **Oct 27 - Dec 22** (9 Wks) | 11:30 am - 1:30 pm
Wednesday **Oct 29 - Dec 24** (9 Wks) | 9:00 am - 12:00 pm
Thursday **Nov 6 - Dec 18** (4 Wks) | 2:00pm - 4:00pm
Friday **Oct 31 - Dec 19** (8 Wks) | 10:45 am - 12:45 pm

Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

No session Nov 13, 27, 28 & Dec 11

CLUBS



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.

FLOOR CURLING CLUB

Liaison: Ted Anderson

Venue: Gymnasium

Class Limit: 40

A **Wednesday Sept 3 - Oct 22** (7 Wks) | 12:30 pm - 3:30 pm

Class Drop-in Fee: Member: $ 3 Non-Member: $ 6

No session Sept 24

B **Wednesday Oct 29 - Dec 17** (8 Wks) | 12:30 pm - 3:30 pm

Member: $ 3 Non-Member: $ 6

SEESA TURNED 45 IN 2025!
JOIN OUR "$45 FOR 45" FUNDRAISING CAMPAIGN

Help SEESA reach our 2025 goal of $45,000!

There is still time to donate to the $45 for 45 Campaign. Your donation will bring us closer towards things like: a fridge and freezer showcase for Tillie's Cafe, a keyboard for Melody Singers, and 300 new chairs for the gym for events.

Every dollar counts as we build stronger spaces and experiences for our community.

Let's finish strong - together!

FOR MORE INFORMATION

780-468-1985 ext 224

darlene@seesa.ca

How to Donate

- Online through CanadaHelps
- Inperson at the Front Desk
- By phone - 780-468-1985
- By mail - 9350 82 St, Edmonton, AB T6C 2X8

Donation Period:
June 17 to December 31, 2025

Donate $45 for 45 years!
All donations are greatly appreciated and welcomed

45 anniversary 1980-2025 | SEESA You belong here

CLUBS

Pickleball is played on a badminton court with the net lowered to 34 inches. It's played with a 3" perforated plastic ball and a wood or composite paddle. It's easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

PICKLEBALL CLUB DROP IN

Liaison: Dan Smith

Venue: Gymnasium

Class Limit: 20

A
Monday **Sept 8 - Oct 20** (6 Wks) | 2:00 pm - 4:30 pm
Thursday **Sept 4 - Oct 23** (8 Wks) | 11:15 am - 1:30 pm
Thursday **Sept 4 - Oct 16** (4 Wks) | 2:00 pm - 4:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Sept 11, Sept 25, Oct 9 & 13

B
Monday **Oct 27 - Dec 22** (8 Wks) | 2:00 pm - 4:30 pm
Thursday **Oct 30 - Dec 18** (8 Wks) | 11:15 am - 1:30 pm
Thursday **Oct 30 - Dec 11** (4 Wks) | 2:00 pm - 4:00 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 6, Nov 20, Dec 4

Round Robin competitive play for experienced players - Advance registration is required and limited to 10 players only. Extra players will be put on a wait list. The games are limited to 15 minutes. Note: Drop-In fee is $6.00 due to limited spots. Late arrivals may miss the games. To cancel your registration, please call: Friday: Shelene at 780-918-3559 Tuesday: Richard at 780-777-2769
Please call least 24 hours before start time to make substitutions.

PICKLEBALL CLUB ROUND ROBIN

Liaison: Richard LaBranche

Venue: Gymnasium

Class Limit: 20

A
Tuesday **Sept 2 - Oct 21** (7 Wks) | 10:15 am - 12:30 pm
Friday **Sept 5 - Oct 17** (4 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: $ 6 Non-Member: $ 12
No session Sept 12, 26, 30 & Oct 10

B
Tuesday **Oct 28 - Dec 23** (8 Wks) | 10:15 am - 12:30 pm
Friday **Nov 7 - Dec 19** (4 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: $ 6 Non-Member: $ 12
No session Nov 11, 14, 28 & Dec 12

CLUBS

Golfers of all levels are welcome! Play 9 holes (+1) on the Country Side Golf on the Woodlands Course. Walk or use a cart (additional fees apply). Tee times and foursomes change weekly. Dates are tentative. Tee time stating from 12:05 pm, Senior (55+) rates and Flex Pass discounts available. Register in person at SEESA. Please contact Lucille at lgans@telusplanet.net for more information.

SEESA GOLF

Liaison: Lucille Gans

Venue: Country Side Golf Course

Class Limit: 46

A **Thursday** **Sept 4 - Sept 18** (3 Wks)
Class Drop-in Fee: Member: $ 30 Non-Member: $ n/a

Table tennis is a fun way to exercise and improve hand-eye coordination. Enjoy a great workout while making new friends! Did you know it was invented in England in the early 20th century and originally called Ping-Pong? Bring your own paddle and balls (or use ours) and join us for a fun game!

TABLE TENNIS CLUB FRIDAY

Liaison: Jim Der

Venue: Bonnie Doon

Class Limit: 12

A **Friday** **Sept 5 - Oct 24** (7 Wks) | 3:30 pm - 5:30 pm
Monday **Sept 8 - Oct 20** (6 Wks) | 3:30 pm - 5:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Oct 13 & 24

B **Friday** **Oct 31 - Dec 19** (7 Wks) | 3:30 pm - 5:30 pm
Monday **Oct 27 - Dec 22** (9 Wks) | 3:30 pm - 5:30 pm
Class Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Nov 28

CLASSES – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Monday				
Barre Fitness Monday	8:45-9:45	Sept-Oct Oct-Dec	GYM	$60 $80
Card Making Fun: Learn, Keep & Contribute Monday	9:00-11:30	Sept-Oct Oct-Dec	FH	$50 $50
FYI: How to Monitor Your Blood Pressure at Home	9:30-11:00	Sept 22	EDM	$3
Yoga for Guys and Gals - Monday Online	9:30-10:30	Sept-Oct Oct-Dec	ONL	$60 $80
The Medicine Wheel	10:00-12:00	Sept -Oct	EDM	$75
Essentrics® - Stretch and Tone Monday	10:00-11:00	Sept-Oct Oct-Dec	GYM	$60 $80
Nia: Movement Practice	10:00-11:00	Sept-Oct Oct-Dec	STR	$50 $80
Fit For All – Monday	10:15-11:15	Sept-Oct Oct-Nov	BD	$50 $50
CANCELLED- The Art of Science and Sleep	11:00-12:00	Nov 3	EDM	$25
Flex and Flow with Arthritis – Monday	11:15-12:15	Sept-Oct Oct-Dec	STR	$60 $80
Total Fitness Fun	12:30-1:30	Sept-Oct Oct-Dec	STR	$60 $80
CANCELLED- Exploring Mindful Self-Compassion	1:30-3:00	Sept-Oct	EDM	$75
Uke N Sing	1:30-3:00	Oct-Nov	BD	$40
Yoga Hatha with Barb	5:30-6:30	Sept-Oct Oct-Dec	STR	$60 $80
Pickleball Introduction	5:30-7:00	Sept 8-22 Nov 3-17	GYM	$70 $70
Line Dance Beginner Monday	6:15-7:15	Sept-Oct Oct-Dec	BD	$60 $80

CLASSES – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Tuesday				
CANCELLED- Paste Paper Plus	9:00-11:00	Sept-Oct	FH	$50
Circuit Training	9:00-10:00	Sept-Oct Oct-Dec	GYM	$60 $70
CANCELLED- Hula Hoop Dance	9:00-10:00	Sept-Oct Oct-Dec	BD	$60 $70
Yoga with Megan	9:30-10:30	Sept-Oct Oct-Dec	STR	$60 $70
CANCELLED- What is Grief Recovery?	10:00-12:00	Sept-Nov	EDM	$50
Beginner Guitar	10:00-11:30	Oct-Nov	IDY	$75
CANCELLED- Spirituality and Aging	10:30-12:00	Sept 9	IDY	$20
CANCELLED- Healing Through Words	10:30-12:00	Oct 7	IDY	$20
Yoga Chair with Megan	10:45-11:45	Sept-Oct Oct-Dec	STR	$60 $70
Line Dance Intermediate/Experienced	11:00-12:00	Sept-Oct Oct-Dec	BD	$60 $70
202020 Sweat, Strength, Stability and Stretch	1:00-2:00	Sept-Oct Oct-Dec	BD	$60 $70
Pen and Watercolor: Loose and Lively Landscapes	1:00-4:00	Oct-Nov	FH	$120
Stained Glass Workshop- Monstera Leaf Suncatcher	1:00-4:00	Oct-7	WKS	$90
Stained Glass Workshop- Snowflake	1:00-4:00	Nov 4	WKS	$90
FYI: Vital Holistic Care (formerly The Cannabis Nurses + Co) Presents: An Introduction to Cannabis	1:30-3:00	Sept 9	EDM	$3
CANCELLED- FYI: Understanding Executor Duties	1:30-3:00	Sept 16	EDM	$3
FYI: Greater Edmonton Foundation (GEF) Seniors Housing	1:30-3:00	Sept 23	EDM	$3
FYI: Edmonton Food Bank	1:30-3:00	Oct 7	EDM	$3
FYI: Myths and truths about Funerals	1:30-3:00	Oct 14	EDM	$3
CANCELLED- FYI: Maximizing Your Home's Value	1:30-3:00	Oct 28	EDM	$3
FYI: Living with Schizophrenia: A Personal Perspective	1:30-3:00	Nov 4	EDM	$3
FYI: PALS - Project Adult Literacy Society	1:30-3:00	Nov 18	EDM	$3
FYI: Investing -Balancing Risk with Rewards	1:30-3:00	Dec 2	EDM	$3
FYI: Important Facts About Funeral Planning	1:30-3:00	Dec 9	EDM	$3
Not Falling for You	2:30-3:30	Sept-Dec	BD	n/a
Zumba Gold	5:00-6:00	Sept-Oct Oct-Dec	GYM	$50 $70
CANCELLED- Tabata Tuesday	6:15-7:15	Sept-Oct Oct-Dec	GYM	$50 $70

CLASSES – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Wednesday				
Card Making Fun: Learn, Keep & Contribute Wednesday	9:00-11:30	Sept-Oct Oct-Dec	FH	$50 $50
Clogging Absolute Beginner	9:00-10:00	Sept-Oct Oct-Dec	BD	$70 $80
Move Well	9:00-10:00	Oct Oct-Dec	STR	$40 $80
Clogging Intermediate/ Experienced	10:15-11:15	Sept-Oct Oct-Dec	BD	$70 $80
Cha-Cha Charge	11:00-12:00	Sept-Oct Oct-Dec	STR	$70 $80
Drawing: How to Capture Light and Shadow in Various Subjects	1:00-3:30	Sept-Oct	FH	$175
Ukulele Experienced	1:00-2:30	Sept-Oct Nov-Dec	BD	$90 $75
Drawing Faces and Perspective	1:00-3:00	Oct-Dec	FH	$160
FYI: Preparing Your Finances For Your Estate	1:30-3:00	Sept 10	EDM	$3
FYI: Understanding the Basic Paperwork with Your Investment Firm	1:30-3:00	Sept 17	EDM	$3
CANCELLED- FYI: Estate Planning – Wills	1:30-3:00	Sept 24	EDM	$3
FYI: MAID 101	1:30-3:00	Oct 8	EDM	$3
FYI: Estate Planning from a Financial Perspective	1:30-3:00	Oct 15	EDM	$3
FYI: Estate Planning: Personal Directives and Power of Attorney	1:30-3:00	Oct 22	EDM	$3
FYI: Emergency Preparedness (E-Prep)	1:30-3:00	Oct 29	EDM	$3
FYI: Ears for You Mobile Hearing Clinic	1:30-3:00	Nov 5	EDM	$3
FYI: Aging in Place – The Solution is in Your Own Backyard with special guest Adam Arsenault	1:30-3:00	Nov 12	EDM	$3
FYI: Estate Planning	1:30-3:00	Nov 19	EDM	$3
FYI: Fundamental Principles of Retirement Living	1:30-3:00	Nov 26	EDM	$3
FYI: Explore Senior Living Options	1:30-3:00	Dec 3	EDM	$3
FYI: BearPaw & Native Counseling Services of Alberta	1:30-3:00	Dec 10	EDM	$3
FYI: The Duties of Personal Representative (formerly called executor)	1:30-3:00	Dec 17	EDM	$3
Essentrics® - Stretch and Tone Wednesday	6:30-7:30	Sept-Oct Oct-Dec	GYM	$70 $70

CLASSES – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Thursday				
Yoga Flow	9:00-10:00	Sept-Oct Nov-Dec	BD	$70 $70
Tabata Thursday	8:45-9:45	Sept-Oct Oct-Dec	GYM	$70 $80
CANCELLED-Pottery: Beginner Workshop	9:00-12:00	Sept-Oct Oct-Nov	IDY	$140 $140
CANCELLED- Genealogy: On the Internet	9:00-12:00	Oct 9	HR	$50
CANCELLED- Genealogy: An Introduction	9:00-12:00	Sept 11	HR	$50
Genealogy: An Introduction to DNA and Genealogy	9:00-12:00	Nov 6	HR	$50
Yoga for Guys and Gals - Thursday Online	9:30-10:30	Sept-Oct Oct-Dec	ONL	$70 $80
Line Dance Beginner Thursday	10:00-11:00	Sept-Oct Oct-Dec	GYM	$70 $80
Tai Chi - Yang 24-Level 1	10:00-11:00	Sept-Oct Nov-Dec	STR	$50 $70
FYI: Bring Your Own Device: The Palace Project	10:00-11:30	Oct 16	IDY	$3
FYI: Bring Your Own Device Kanopy	10:00-11:30	Dec 11	IDY	$3
Fit For All – Thursday	10:15-11:15	Sept-Oct Oct-Dec	BDs	$60 $50
Pound Fitness	11:45-12:30	Sept-Oct Oct-Dec	BD	$52.50 $60
Ukulele Beginner and Beyond	12:30-2:00	Sept-Oct Nov-Dec	STR	$90 $75
Watercolour For All Levels	1:00-3:00	Sept-Oct Oct-Dec	FH	$140 $160
Philosophers Café: Our Common Home: Two Popes on Climate Change	1:00-3:00	Sept 18	EDM	$15
Philosophers Café: Nationalism and Patriotism	1:00-3:00	Oct 30	EDM	$15
Philosophers Café: "The Anxious Generation"	1:00-3:00	Nov 20	EDM	$15
Philosophers Café: "21 Lessons for the 21st Century"	1:00-3:00	Dec 11	EDM	$15
Essentrics® - Age Reversing	2:00-3:00	Sept-Oct Oct-Dec	BD	$70 $70
Ukulele Individual or Small Group Lessons	2:30-6:30	Sept-Nov	STR	0
Pole Walking Workshop	3:00-5:00	Sept 18	GYM	$20
Bolly X	6:00-7:00	Sept-Oct Oct-Dec	GYM	$50 $80
CANCELLED- Barre HIIT	6:30-7:30	Sept-Oct	BD	$60

CLASSES – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Friday				
Flex and Flow with Arthritis - Friday	9:00-10:00	Sept-Oct Oct-Dec	BD	$60 $70
Spanish Beginner Spanish Conversation	9:00-10:00 10:15-11:15	Nov-Dec Nov-Dec	HR HR	$60 $60
Acrylic Paint Workshop: Angel with Textured Wings	9:00-12:00	Nov 21	IDY	$55
CANCELLED Move and Groove Gold	9:30-10:30	Sept-Oct Oct-Dec	GYM	$60 $70
Balanced Beats	9:30-10:30	Sept-Oct Oct-Dec	GYM	$60 $70
Yoga for Guys and Gals - Friday Online	9:30-10:30	Sept-Oct Oct-Dec	ONL	$70 $80
CANCELLED-Advance Care Planning Part 1	9:30-11:30	Sept 12	IDY	$30
CANCELLED-Advance Care Planning Part 2	9:30-11:30	Sept 19	IDY	$30
Setting Healthy Boundaries	9:30-11:30	Oct 23	EDM	$30
Holiday Dressing in Your Best Colors: Part 1	9:30-11:30	Nov 7	EDM	$20
Winterize Your Skin - Part 1	9:30-11:30	Nov 14	EDM	$20
What Happens When You Die Without a Will	9:30-11:30	Nov 21	EDM	$30
Acrylic Painting	10:00-12:00	Sept-Oct Oct-Dec	FH	$120 $140
Tai Chi - Yang 24- Level 2	10:00-11:00	Sept-Oct Nov-Dec	STR	$50 $60
Declutter and Downsize in a Holistic Way (2 Session Series) Part 1: Clutter is Not a Crime: It's an Inside Job	10:00-11:30	Sept 12	HR	$15
Declutter and Downsize in a Holistic Way (2 Session Series) Part 2: The Upside of Downsize	10:00-11:30	Sept 26	HR	$15
Teacher of Presence Workshop a.k.a. Ripple Reflection - If you don't go within, you go without	10:30-12:00	Oct 16	HR	$15
Teacher of Presence Workshop a.k.a. Ripple Reflection -If you don't go within, you go without.	10:30-12:00	Nov 20	HR	$15
CANCELLED Friday Fun and Fitness	10:45-11:45	Sept-Oct Oct-Dec	BD	$60 $70
Friday Power Hour	10:45-11:45	Sept-Oct Oct-Dec	BD	$60 $70
Essentrics® - Stretch and Tone Friday	12:00-1:00	Sept-Oct Oct-Dec	BD	$60 $70
Ukulele Absolute Beginner	12:30-2:00	Sept-Dec	STR	$135
Holiday Dressing in Your Best Style: Part 2	12:30-2:30	Nov 7	EDM	$20
Your Holiday Face - Part 2	12:30-2:30	Nov 14	EDM	$20
Acrylic Paint Workshop: Tote Bag	1:00-4:00	Oct 10	FH	$55
Christmas Tree	1:00-3:00	Nov 7	FH	$35

CLUBS – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Monday				
Accidental Drama Club	12:00-2:00	Sept-Dec	HLR	$3
Quilting and Crafting Club	12:30-3:30	Sept-Dec	FH	$3
Contract Bridge Club	12:30-3:30	Sept-Dec	IDY	$3
Pickleball Club Drop In Monday	2:00-4:30	Sept-Dec	GYM	$3
Contract Bridge Club Lessons	3:30-4:30	Sept-Dec	IDY	$3
Table Tennis Club Monday	3:30-5:30	Sept-Dec	BD	$3
Badminton Club Monday	11:30-1:30	Sept-Dec	GYM	$3
Tuesday				
Woodcarving Club Tuesday	9:00-11:30	Sept-Dec	WKS	$3
Pickleball Club Round Robin Tuesday	10:15-12:30	Sept-Dec	GYM	$6
Writer's Corner Club	1:00-3:00	Sept-Dec	IDY	$3
Guitar Club	1:00-4:00	Sept-Dec	STR	$3
Melody Singers Club	1:00-3:00	Sept-Dec	GYM	$3
Book Club Tuesday (2nd Tues of Month)	2:00-3:00	Sept-Dec	HLR	$3
Wednesday				
Badminton Club Wednesday	9:00-12:00	Sept-Dec	GYM	$3
French Conversation Club	10:30-12:30	Sept-Dec	HLR	$3
Hand and Foot Canasta Club	12:45-3:30	Sept-Dec	IDY	$3
Floor Curling Club	12:30-3:30	Sept-Dec	GYM	$3
Soapstone Carving Club	1:00-3:00	Sept-Dec	WKS	$3
Euchre Club	1:00-3:00	Sept-Dec	HLR	$3
TCB - A Performance Band Club	1:00-4:00	Sept-Dec	STR	$3
Thursday				
Woodcarving Club Thursday	9:00-11:30	Sept-Dec	WKS	$3
Art Club	9:30-12:00	Sept-Oct	FH	$3
Pickleball Club Drop In Thursday Morning	11:15-1:30	Sept-Dec	GYM	$3
SEESA Golf	Time varies	Sept	CSGC	$30
Book Club Thursday (1st Thurs of Month)	1:00-2:00	Sept-Dec	HLR	$3
Badminton Club Or Pickleball Club Drop In	2:00-4:00	Sept-Dec	GYM	$3
Friday				
Badminton Club Friday	10:45-12:45	Sept-Dec	GYM	$3
Cribbage Club	12:45-3:30	Sept-Dec	IDY	$3
Table Tennis Club Friday	3:30-5:30	Sept-Dec	BD	$3
Board Game Club (1st and 3rd Fri of Month)	5:30-8:30	Sept-Dec	TIL	$3
Jam Session Club (1st and 3rd Fri of Month)	6:00-8:45	Sept-Dec	STR	$3
Pickleball Club Round Robin Friday (1st and 3rd Fri of Month)	6:00-8:45	Sept-Dec	GYM	$6

Activity Registration Form

Drop off Activity Registration forms will be processed in the order they were received beginning at ***1:00 pm*** *on* ***August 5 & October 7.*** There is **no guarantee** of a spot in the class with registration drop off if class limits have already been met.

SEESA *You belong here*

Activity Registration Form

Name: _____ Phone #: _____

Office Use	ACTIVITY NAME	DAY of Activity	DATE of Activity	AMOUNT
	(Office use only)		**TOTAL**	

Membership Type: _____

Wallet Balance =: _____

Receipt #: _____ Issued by: _____ Date: _____

Receipt Required: Yes ☐ No ☐

Payment method: Cash / Cheque / Debit / Credit Card / Wallet (*circle all that apply*)

Classes Refunded: _____ Amount: _____

Refund Issued By: _____ Method: _____ Date: _____

Please print clearly and include all information requested, including **full** name of the activity.

You are not considered registered for the class until your payment is processed. We accept cash, cheque, debit card, Visa, Mastercard or wallet credit.

SEESA reserves the right to adjust class costs due to errors or cancellations.

PAYMENT OPTIONS:

- ☐ Use wallet credit (if available)
- ☐ Cash enclosed
- ☐ Cheque enclosed
- ☐ Credit Card:

Credit Card Number _____

Expiry Date: _____ CVV number (3 digit code on back) _____

Name on card _____

CONTACT US

SEESA (SOUTH EAST EDMONTON SENIORS ASSOCIATION)

Charitable Number: 11915724 RR 0001

9350 82 Street NW, Edmonton, AB T6C 2X8
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Email: info@seesa.ca
Website: www.seesa.ca
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X (formerly Twitter): @SEESAHappenings
Linked In: @southeastedmontonseniorsassociation

Hours of Operation (Monday to Friday)
Closed Statutory Holidays

Monday to Friday- 8:30 am to 4:30 pm

Use this QR Code to access SEESA's website.

Comments, Questions, Suggestions, Program Ideas
Your input is welcome! Contact our Program Coordinator, Aleeza at Aleeza@seesa.ca. Please share your insights and ideas with us anytime.

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SEESA
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