



Session 2025.01 - December 30'24 - February 28

Session 2025.02 - March 3 - April 25

# PROGRAM GUIDE

## For Classes & Clubs

### December 30, 2024 - April 25, 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 2025.01: Monday, Dec 9 at 9:15am

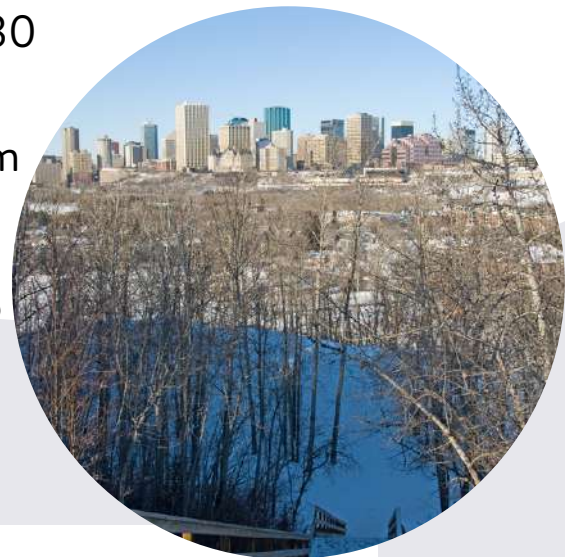
(on-line and in-person)

Cut off for Class Registration: December 30

Session 2025.02: Monday, Feb 10 at 9:15am

(on-line and in-person)

Cut off for Class Registration: February 25



**South East Edmonton Seniors Association**

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

780-468-1985 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://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. HIY HIY.

**2025 Fees & Benefits**

<b>Fees &amp; Benefits*</b>	<b>55+ Regular Member</b>	<b>35-54 years Associate Member</b>	<b>Lifetime Members</b>	<b>Reciprocal Members**</b>	<b>Non-Members</b>
Annual Fee	\$40	\$50	Free	\$10	N/A
Drop-in Fee:1 Hour	\$14.00	\$14.00	\$14.00	\$14.00	\$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
FYI Seminar Classes:1 seminar	\$3	\$3	\$3	\$3	\$3
Email Updates	Yes	Yes	Yes	Yes	<b>No</b>
Member Rates at SEESA for Classes, Seminars Events	Yes	Yes	Yes	Yes	<b>No</b>
Tillie's Café Access	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	<b>No</b>	Yes	<b>No</b>	<b>No</b>

**\*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.

## **FEE CHANGES**

Over the past few years, we've seen significant increases in operational expenses—everything from inflation to rising utility and material costs. To continue providing you with the exceptional services and programs you've come to expect, we must adjust our pricing structure. Starting in 2025, our hourly occupancy rate (including lights, heating, and other facility expenses) will increase from \$9.00 to \$10.00 per hour. Additionally, some adjustments have been made by \$1.00 to non-member pricing and the material costs for certain programs.

We understand that price changes can be frustrating, but please know that we've worked hard to minimize the impact on our members. Our goal is to continue offering great value while ensuring the sustainability of the programs, services, and resources you rely on. The decision to make these adjustments was necessary to maintain the level of quality and care you deserve.

While price adjustments are never easy, our goal is to keep our programs accessible, engaging, and of the highest quality. We remain deeply committed to supporting you and offering a variety of enriching programs that help you learn, grow, and connect with others. We are grateful for your continued loyalty and support, and we will always strive to ensure that you get the best value for your investment in SEESA.

If you have any questions or concerns about these changes, please don't hesitate to reach out to us.

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 Tuesday of each month from 9:30am to 12:30pm and the fourth Thursday of each month from 1:30pm to 4:30 pm. You can visit with the Outreach Worker in the Capilano Room.

You can also connect with Jenny, the Southeast Coordinator, by calling 587.594.7884 or by emailing Jenny at [homesupport1@jfse.org](mailto:homesupport1@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, 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



# WAYS TO REGISTER

Online and In-Person Registration starts at 9:15am on Monday, December 9 for Session 2025.1 and Monday, February 10 for Session 2025.2.



## 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](https://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](https://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 December 9 at 9:15 am, head to Tillies Cafe to kick off your registration! A volunteer will assist you with the process. While you are waiting, grab some refreshments. On February 10 at 9:15 am, we will be introducing a new process where you can complete your registration at one station in the Edmonton Room. Stay tuned for more information on the new process. After registration days, you can register at the Front Desk during regular hours. For in-person registration, we accept cash, cheque, debit, Visa, Mastercard, and wallet credits.

## 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 December 9 and February 10. 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 December 9 and February 10. 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 artisanal coffees 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 **December 30** for Session 2025.1 and **February 25** for Session 2025.2

## 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 has 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/ WITHDRAWALS**

- 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 CLASSES



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.

Bring your own supplies:

- Paintbrushes - a soft brush, a round brush, a fan brush, a wide brush and a rigger
- 2-3 canvases or canvas boards 12"x16"; stretched canvases from Dollar Store or Michaels (don't need to be primed)
- Palette or white dish to mix paints on
- Paper towels
- Container for water
- Spray bottle
- Palette knife – plastic palette knives work beautifully
- Fine sandpaper
- Toothbrush for spattering
- Acrylic paints (Heavy Body Liquitex in tubes)  
Colours: Titanium White, Paynes Grey, Red Ochre, Sap Green, Yellow Ochre, Phthalo Blue, Magenta, Cadmium Red Light

## ACRYLIC PAINTING

**Instructor:** Barbara Hull Chan

**Venue:** Forest Heights Room

**Class Limit:** 13

**A** **Friday Jan 10 - Feb 28** ( 8 Wks) | 10:00 am- 12:00 pm  
**Session Fee:** Member: \$160.00 Non-Member: \$208.00

**B** **Friday Mar 7 - Apr 25** ( 6 Wks) | 10:00 am- 12:00 pm  
**Session Fee:** Member: \$120.00 Non-Member: \$156.00  
No session Apr 11 and 18

# ART CLASSES



The beginner friendly class will guide you through the exciting world of clay sculpting. Learn basic techniques to create realistic human hands and whimsical animal figures. No prior experience necessary, just bring your creativity. Supplies: Clay and sculpting tools provided. Students bring: An apron and a small hand towel. Students are welcome to bring their own tools.

## **BEGINNER CLAY SCULPTING**

**Instructor:** Molly Lim

**Venue:** Workshop

**Class Limit:** 13

**A** **Monday Jan 6 - Jan 27** (4 Wks) | 4:30pm - 7:30pm  
**Session Fee:** Member: \$140.00 Non-Member: \$150.00

**B** **Monday Mar 3 - Mar 24** (4 Wks) | 4:30pm - 7:30pm  
**Session Fee:** Member: \$140.00 Non-Member: \$150.00

# ART CLASSES



Join us for a fun and creative workshop where you will learn to shape and mold clay into charming cream jars, whimsical garden gnomes, and practical spoon rests.

Bring your imagination.

Supplies: Clay and sculpting tools provided.

Students bring: Apron and a small hand towel. Students are welcome to bring their own tools.

## **BEGINNER POTTERY WORKSHOP**

**Instructor:** Molly Lim

**Venue:** Workshop

**Class Limit:** 13

**A** **Friday Jan 10 - Jan 31** ( 4 Wks) | 9:00am - 12:00pm  
**Session Fee:** Member: \$140.00 Non-Member: \$150.00

**B** **Friday Mar 7 - Mar 28** ( 4 Wks) | 9:00am - 12:00pm  
**Session Fee:** Member: \$140.00 Non-Member: \$150.00

# ART CLASSES



Learn the timeless art of stained glass in the multi-week, Level 1 Beginner-Stained Glass Class. Prepare to embark on a rewarding and creative journey with our expert glass artist and instructor, Chandell Popik. In just 3 two-hour classes, you'll learn the essential skills and techniques needed to bring your own unique stained-glass creations to life. This is a beginner-level class—no experience required. All supplies is included. The cutoff date to sign up for this class is January 17.

## **BEGINNER STAINED GLASS- LEVEL 1 MULTI-WEEK PROGRAM**

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12



**Monday Feb 3 - Feb 24 (3 Wks) | 1:00 pm - 3:00 pm**

**Session Fee:** Member: \$375.00 Non-Member: \$385.00

No session Feb 17

# ART CLASSES

NEW



In this wonderful drawing course, we will learn to draw botanics. Muhammed will provide instructions on how to create dynamic and expressive works. All levels are welcome. You will learn how drawing opens the door for exciting possibilities with other media, including paints, pastels, coloured pencils and more. Bring your own supplies:

- Drawing book 16"x12" or larger
- Graphite pencils
- Sharpener
- Eraser

You're welcome to bring other drawing tools as you wish (e.g. conte, charcoal).

## **DRAWING BOTANICS**

**Instructor:** Muhammed Salayi

**Venue:** Forest Heights Room

**Class Limit:** 13

**A** **Wednesday Jan 8 - Feb 26** (8 Wks) | 1:00 pm - 3:30 pm

**Session Fee:** Member: \$200.00 Non-Member: \$260.00

**Class Drop-in Fee:** Member: \$35.00 Non-Member: \$40.00

# ART CLASSES



In this class with Linda, you will learn to paint a semiabstract horse using an unconventional, yet fun, technique – Q-tips! This class is designed for everyone, from complete beginners to experienced artists looking to try something new. No previous experience is needed; all you need is a willingness to explore your artistic side and have fun. All supplies are included.

## EQUINE ART - USING Q-TIPS

**Instructor:** Linda Finstad

**Venue:** Forest Heights Room

**Class Limit:** 13



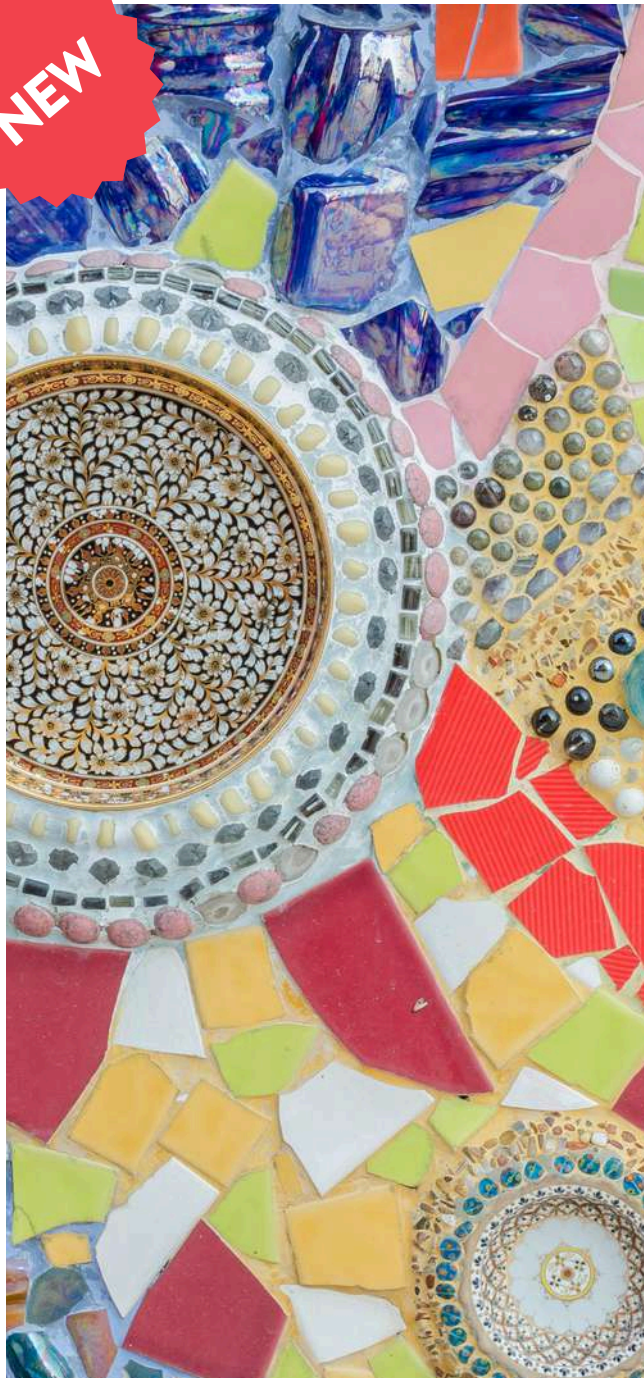
**Friday Feb 21**

(1 Wks) | 1:30 pm - 3:30 pm

**Session Fee:** Member: \$55.00 Non-Member: \$65.00



# ART CLASSES



Join us for 3 exciting Monday mornings of glass art! From 10:00 AM to 12:30 PM on January 13, 20, and 27, as well as February 3, 10, and 24 we bring you a master glass artist and educator, Chandell Popik, to guide you through unique and creative projects. You'll have the opportunity to explore a variety of glass art mediums in a hands-on, artistic environment. Each month, we explore 3 out of the 6 glass art mediums—every month is different, so you can enroll in as many months as you like. Come experience the creative radiance of the glass arts and explore your artistic side with us. Book your spot now and let your creativity shine! This is a beginner level class with no experience required. The fee includes instructor, tools, equipment use and materials. The cutoff date to sign up for this class is December 27.

## GLASS ART TRI PROJECT SAMPLER SERIES

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12

**CANCELLED** Jan 13 - Jan 27 (3 Wks) | 10:00 am- 12:30 pm

**Monday Feb 3 - Feb 24** (3 Wks) | 10:00 am- 12:30 pm

**Session Fee:** Member: \$400.00 Non-Member: \$410.00

No session Feb 17

# ART CLASSES



In this fun class, you will paint 1 large pillar candle and two tapers. At the end of the class, you get to take home your candles. You will be guided on the techniques of how to decorate your candles, along with handouts which will teach you step by step how to draw a variety of flowers and help in choosing patterns. This is a fun and engaging workshop to add a little relaxation and "light" to the winter months. All supplies Included.

## LEARN HOW TO PAINT CANDLES WITH LINDA

**Instructor:** Linda Finstad

**Venue:** Forest Heights Room

**Class Limit:** 13  
Class Limit: 13



**Friday Jan 17**

(1 Wks) | 1:30 pm - 3:30 pm

**Session Fee:** Member: \$55.00 Non-Member: \$65.00

**CANCELLED**

# ART CLASSES



Join Adrian over 3 weeks in this “Northern Lights” Workshop and learn to create a stunning painting step by-step. The northern lights workshop will take us through background, northern lights and foreground. The student will have artistic license throughout, to make any changes they might like to see. Having said that the painting will likely feature colourful northern lights against an evening sky. Mountains will form the lower mid ground, possibly ending in a reflective lake shore. Whether you’re a beginner or an experienced artist, this workshop offers a comprehensive journey to mastering the beauty of the northern lights. Some supplies such as paints and brushes will be provided by the instructor.

Supplies Needed:

- 12x16 canvas, from an art supply store
- Optional: a 1” or 2” brush

## **NORTHERN LIGHTS WORKSHOP**

**Instructor:** Adrian Zorzut

**Venue:** Forest Heights Room

**Class Limit:** 13



**Tuesday Feb 4 - Feb 18** (3 Wks) | 9:00 am - 12:00 pm

**Session Fee:** Member: \$120.00 Non-Member: \$130.00

# ART CLASSES



Embrace the shimmer and color as you craft your very own snowflake masterpiece! Choose from a variety of pre-sculpted glass diamonds in iridescent shades of clear, blue, purple, or teal, and let your creativity shine as you create your own unique Stained-Glass Snowflake. This is a beginner-level class—no experience required. All supplies is included.

The cutoff date to sign up for this class is January 6.

## STAINED GLASS SNOWFLAKE PROJECT

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12



**Tuesday Jan 21**

(1 Wks) | 6:00 pm - 8:00 pm

**Session Fee:** Member: \$100.00 Non-Member: \$110.00

**CANCELLED**

# ART CLASSES



Use a pencil, pigma pen and watercolours to draw and paint birds ranging from fun and fanciful to reasonably realistic. No drawing or painting experience required. The course will systematically progress from simple to spectacular. Bring a pencil, eraser, watercolour paints, a fine-tipped pigma pen, and two or more watercolour brushes that come to a good point. Paper will be discussed and provided for the first class.

Supplies:

- Watercolours (can borrow for first class)
- A waterproof and lightfast pen
- 0.1 or 0.3 Staedtler pigment liner
- 01 or 03 Micron pigma pen or 0.1 or 0.2 Faber-Castell Ecco Pigment pen
- A mechanical pencil with HB leads
- A good eraser
- Two or more watercolour brushes that come to a good point

## **WATERCOLOUR AND PEN: FEATHERED FRIENDS**

**Instructor:** Valdis Gisalson

**Venue:** Forest Heights Room

**Class Limit:** 13

**A** **Tuesday Jan 7 - Jan 28** (4 Wks) | 1:00 pm - 4:00pm  
**Session Fee:** Member: \$120.00 Non-Member: \$156.00

# ART CLASSES



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. Bring your own supplies:

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

## **WATERCOLOUR FOR ALL LEVELS**

**Instructor:** Willie Wong

**Venue:** Forest Heights Room

**Class Limit:** 13

**A** **Thursday Jan 9 - Feb 27** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Session Fee:** Member: \$160.00 Non-Member: \$208.00  
**Class Drop-in Fee:** Member: \$28.00 Non-Member: \$32.00

**B** **Thursday Mar 6 - Apr 24** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Session Fee:** Member: \$160.00 Non-Member: \$208.00  
**Class Drop-in Fee:** Member: \$28.00 Non-Member: \$32.00

# ART CLASSES



Join Wendy in creating your own 8” x 36” (3 ft) front porch sign suitable for outdoor use. This hands-on workshop will guide you through the design and painting process using latex paint. Note: Please wear painting clothes or bring a cover-up. Get ready to create a beautiful, personalized sign for your porch!  
All supplies included.

## **WELCOME SIGN-RED CARDINAL IN WINTER**

**Instructor:** Wendy Jensen

**Venue:** Forest Heights Room

**Class Limit:** 8



**Tuesday Feb 4**

(1 Wks) | 1:00pm - 4:00pm

**Session Fee:** Member: \$75.00 Non-Member: \$85.00

# ART CLASSES

NEW



Join Linda in a transformative art workshop where you'll learn to distill complex scenes into simple blocks of colors, create dynamic compositions with intentional color choices, and convert photographs into Fauvism style paintings. This course is designed for artists of all skill levels, providing all necessary materials to explore the vibrant world of Fauvism. All supplies are included.

## CONTEMPORARY LANDSCAPE

**Instructor:** Linda Finstad

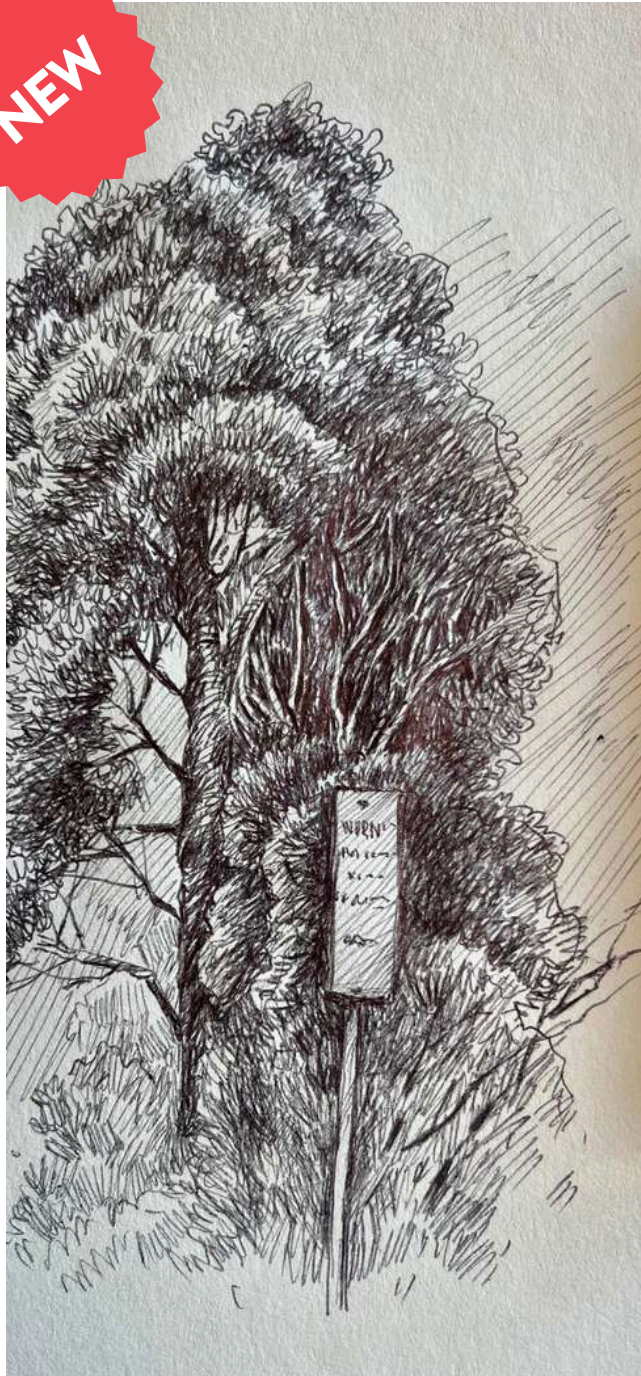
**Venue:** Forest Heights Room

**Class Limit:** 13

**B** **Friday Mar 21** (1 Wks) | 1:30pm - 3:30pm  
**Session Fee:** Member: \$55.00 Non-Member: \$65.00



# ART CLASSES



In this wonderful drawing course, we will learn to draw landscapes. Muhammed will provide instructions on how to create dynamic and expressive works. All levels are welcome. You will learn how drawing opens the door for exciting possibilities with other media, including paints, pastels, coloured pencils and more. Bring your own supplies:

- Drawing book 16"x12" or larger
- Graphite pencils
- Sharpener
- Eraser

You're welcome to bring other drawing tools as you wish (e.g. conte, charcoal).

## DRAWING LANDSCAPES

**Instructor:** Muhammed Salayi

**Venue:** Forest Heights Room

**Class Limit:** 13

**B** **Wednesday Mar 5 - Apr 23** (7 Wks) | 1:00 pm - 3:30pm

**Session Fee:** Member: \$175.00 Non-Member: \$227.50

**Class Drop-in Fee:** Member: \$35.00 Non-Member: \$40.00

No session Apr 23

# ART CLASSES

**NEW**



Are you ready to design and create your own yard art? In this fun and interactive 2-hour workshop, you will design and create your very own custom garden stakes.

Using a prepared design base, you will score, break, sculpt, and design your very own garden stakes that are suitable for either indoors or outdoors. Tap into your inner child and let your imagination run wild as you learn ways to design with fused glass. Each registered participant creates 2 garden stakes. Your project will require 1 firing in the glass kiln after you have completed your design, and it will be available for pickup the following week. All supplies are included.

The cutoff date to sign up for this class is March 28.

## FUSED GLASS GARDEN STAKES PROJECT

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12

**B** **Monday Apr 14** (1 Wks) | 10:00 am- 12:00 pm  
**Monday Apr 14** (1 Wks) | 1:00 pm - 3:00 pm  
**Session Fee:** Member: \$100.00 Non-Member: \$110.00

# ART CLASSES



Spend two delightful 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 included.

## LIGHTHOUSE IN THE MIST

**Instructor:** Wendy Jensen

**Venue:** Forest Heights Room

**Class Limit:** 13

**B** **Tuesday Mar 4** (1 Wks) | 1:00pm - 3:00pm  
**Session Fee:** Member: \$40.00 Non-Member: \$50.00

# ART CLASSES

NEW



The perfect side table for indoors or out! Learn how to sculpt and design mountains, rivers, animals, flowers, and more in the glass art form of mosaics. This Mosaic Table Workshop is the perfect opportunity for you to either start or advance your mosaic design skills. Let your artistic side shine and take home a beautifully designed piece by YOU to enhance your home or garden. Table bases and shapes may vary from the example.

Extra time at the seniors' center will be made available each week for independent construction and creative time for this project. All supplies are included. The cutoff date to sign up for this class is February 14.

## MOSAIC TABLE

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12

**B** **Monday Mar 3 - Mar 24** (3 Wks) | 10:00 am- 12:00 pm  
**Session Fee:** Member: \$450.00 Non-Member: \$460.00  
No session Mar 17

# ART CLASSES



The Spirit Mandala, inspired by a dream catcher, offers a unique twist: at its center, you will paint the silhouette of a bear, surrounded by numerous stars represented by bright dots, using the technique of pointillism. During this session, you will learn about the significance of the bear and hear a short story about its symbolism. This exploration will help you discover the personal meaning the bear holds for you. All supplies included. Cut off date for registration is March 21.

## **SPIRIT MANDALA**

**Instructor:** Barbara Derrick

**Venue:** Forest Heights Room

**Class Limit:** 13



**Tuesday and Friday**

**Apr 4 & Apr 8** (2 Wks) | 1:00pm - 3:00pm

**Session Fee:** Member: \$115.00 Non-Member: \$125.00

# ART CLASSES



Spend two delightful 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 included.

## YELLOW BOOTS

**Instructor:** Wendy Jensen

**Venue:** Forest Heights Room

**Class Limit:** 13

**B** **Friday Apr 25** (1 Wks) | 1:00pm - 3:00pm  
**Session Fee:** Member: \$40.00 Non-Member: \$50.00

# CRAFTS



## CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE MONDAY

**Instructor:** Karen Yeomans

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.

**A** **Monday**  
Jan 6 - Feb 24 (7 Wks) | 9:00 am - 11:30 am

**Member:**

**Session Fee:** \$50.00

No session Feb 17

**B** **Monday**  
Mar 3 - Apr 21 (7 Wks) | 9:00 am - 11:30 am

**Member:**

**Session Fee:** \$50.00

No session Apr 21

**Venue:** Forest Heights Room

**Class Limit:** 8

## CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE WEDNESDAY

**Instructor:** Karen Yeomans

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.

**A** **Wednesday**  
Jan 8 - Feb 26 (8 Wks) | 9:00 am - 11:30 am

**Member:**

**Session Fee:** \$50.00

**B** **Wednesday**  
Mar 5 - Apr 23 (8 Wks) | 9:00 am - 11:30 am

**Member:**

**Session Fee:** \$50.00

**Venue:** Forest Heights Room

**Class Limit:** 8



**CLOGGING 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!

<b>A</b>	<b>Wednesday</b>		
	<b>Jan 8 - Feb 26</b> (8 Wks)   10:15 am - 11:15 am		
	<b>Member:</b>	<b>Non-Member:</b>	
<b>Session Fee:</b>	\$80.00	\$104.00	

<b>B</b>	<b>Wednesday</b>		
	<b>Mar 5 - Apr 23</b> (8 Wks)   10:15 am - 11:15 am		
	<b>Member:</b>	<b>Non-Member:</b>	
<b>Session Fee:</b>	\$80.00	\$104.00	

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

**CLOGGING INTERMEDIATE**

**Instructor:** Tracy Walters

This clogging class is for those with at least one year of experience, building on beginner skills. You'll learn more challenging steps and patterns. Clogging shoes with special taps on them and knowledge of basic steps are required. Join us for fun, energetic dancing with a unique tap sound!

<b>A</b>	<b>Wednesday</b>		
	<b>Jan 8 - Feb 26</b> (8 Wks)   9:00 am - 10:00 am		
	<b>Member:</b>	<b>Non-Member:</b>	
<b>Session Fee:</b>	\$80.00	\$104.00	

<b>B</b>	<b>Wednesday</b>		
	<b>Mar 5 - Apr 23</b> (8 Wks)   9:00am - 10:00am		
	<b>Member:</b>	<b>Non-Member:</b>	
<b>Session Fee:</b>	\$80.00	\$104.00	

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





**LATIN FITNESS**

**Instructor:** Dagmar Sanchez

Love Latin music and dance? Join Dagmar to learn Salsa, Merengue, Bachata, and Cha-Cha-Cha! Move with grace and rhythm at your own pace. Whether you're a beginner or experienced, this class is for you. No partner or fancy shoes required—just come ready to have fun and shine on the dance floor!

<b>A</b>	<b>Wednesday</b> Jan 15 - Feb 26 (7 Wks)   11:00am - 12:00pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70.00	\$91.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Wednesday</b> Mar 5 - Apr 23 (8 Wks)   11:00am - 12:00pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room      **Class Limit:** 12

**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.



<b>A</b>	<b>Monday</b> Jan 20 - Feb 10 (4 Wks)   6:15pm - 7:15pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$40.00	\$52.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Monday</b> Mar 3 - Apr 21 (7 Wks)   6:15pm - 7:15pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70.00	\$91.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No April 21

**Venue:** Bonnie Doon Room      **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.

<b>A</b>	<b>Thursday</b> Jan 9 - Feb 27 (8 Wks)   10:00 am - 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Thursday</b> Mar 6 - Apr 24 (8 Wks)   10:00 am - 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Gymnasium **Class Limit:** 30

**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.

<b>A</b>	<b>Tuesday</b> Jan 7 - Feb 25 (8 Wks)   11:00am - 12:00pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00

<b>B</b>	<b>Tuesday</b> Mar 4 - Apr 22 (8 Wks)   11:00am - 12:00pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00

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



**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!

<b>A</b>	<b>Friday</b> Jan 17 - Feb 28 (7 Wks)   9:30am - 10:30am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70.00	\$91.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Friday</b> Mar 7 - Apr 25 (6 Wks)   9:30am - 10:30am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$60.00	\$78.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 11 and 18

**Venue:** Gymnasium **Class Limit:** 30

**FRIDAY FUN AND FITNESS ( FORMERLY MOVE AND GROOVE ADVANCED)**

**Instructor:** Dagmar Sanchez

Move and Groove Advanced 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!

<b>A</b>	<b>Friday</b> Jan 17 - Feb 28 (7 Wks)   10:45am - 11:45am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70.00	\$91.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Friday</b> Mar 7 - Apr 25 (6 Wks)   10:45am - 11:45am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$60.00	\$78.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 11 and 18

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

**DANCE & FITNESS**



**ZUMBA GOLD**

**Instructor:** Melanie Kidder

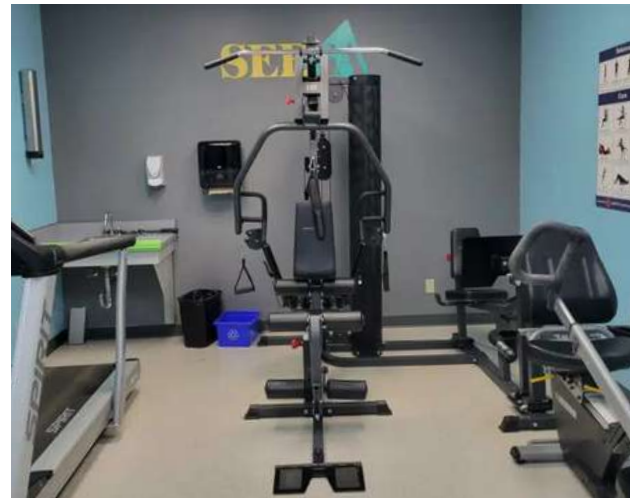
Zumba Gold® offers low-impact moves at a lower intensity, letting you groove to the beat at your own pace. This class focuses on balance, flexibility, cardiovascular conditioning, muscular strength, and coordination. Please bring indoor running shoes.

<b>A</b>	<b>Tuesday</b>		
	<b>Jan 7 - Feb 25 (8 Wks)</b>	5:00 pm - 6:00 pm	
	<b>Member:</b>	<b>Non-Member:</b>	
<b>Session Fee:</b>	\$80.00	\$104.00	
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00	

<b>B</b>	<b>Tuesday</b>		
	<b>Mar 4 - Apr 22 (7 Wks)</b>	5:00 pm - 6:00 pm	
	<b>Member:</b>	<b>Non-Member:</b>	
<b>Session Fee:</b>	\$70.00	\$91.00	
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00	

No session Mar 11

**Venue:** Gymnasium **Class Limit:** 30



**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.

**FYI: FOOT CARE: HOW IT CAN AFFECT YOUR OVERALL HEALTH!****\$3.00****Instructor:** Shawna MacNeil

This presentation will talk about foot care. What you can do from home and when you should be seeing a pedicurist. This presentation will involve steps for healthy individuals, diabetic individuals and elderly individuals. We will discuss the foot care industry and how it is not regulated. Information will be provided about how to ask a pedicurist to find out if they have any certification and insurance.

**CANCELLED****Date:** Jan 14 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20**FYI: ESTATE PLANNING****\$3.00****Instructor:** Ms. Smith

Everyone understands what a Will is and knows that they need one. A complete estate planning package also includes a Personal Directive and Power of Attorney. A Personal Directive is a document that allows you to direct your health care and care of your person in the event you become incompetent in the future by way of accident or illness. A Power of Attorney allows for the handling of the financial matters should you become incompetent in the future. These documents avoid the very costly dependant adult process.

**Date:** Jan 15 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20**FYI: ADULT 65+****\$3.00****Instructor:** Bonnie

This presentation will cover Income, Benefits, Credits, Deductions, Age amount, Pension splitting, Medical Expenses, Caregiver Credit, Home Accessibility Tax Credit, Scams and Community Volunteer Income Tax Program (CVITP).

**Date:** Jan 21 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

**FYI: ANNUAL 2024 GLOBAL FINANCIAL MARKET REVIEW 2025 OUTLOOK****\$3.00****Instructor:** Wei Woo

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2024, and look at forward guidance on what to expect for 2025. With a change of an American president, we will dive into what it means for the markets and the implications for the world.

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

**FYI: STRATEGIES FOR LIFELONG COGNITIVE HEALTH****\$3.00****Instructor:** Pauline Balogun

We all hear about how to keep our bodies healthy, but what about our brains? Our brains undergo profound changes from the time we are infants to when we are old and grey, shaping our perception of the world and being shaped in turn. The most beautiful art and music, the most brilliant advances in science, the most inspirational words and thoughts all come from the same building blocks of neurons, chemicals and signals, but how do we get the most of this in our daily lives? Most of us don't think about how we think until it goes wrong. Stroke, Alzheimer's disease, even normal aging - disorders and diseases can cause us to lose our cognitive and mental health. And once it's gone, it can be hard to get back. Exercising and eating right can lower your risk of heart attack and obesity, but how do we lower the risk of things like stroke? Join us as we delve into neuroplasticity and strategies for getting a buff brain.

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

**FYI: DOWNSIZING YOUR HOME OR AGING IN PLACE****\$3.00****Instructor:** Ms. Smith

This topic is generally of interest to mature adults who might be considering what to do with their home and themselves when the physical challenges of aging arise.

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

**FYI: EXERCISING FOR HEALTH: WHY IS IT IMPORTANT AND HOW TO START****\$3.00****Instructor:** Josh Langkamp

This presentation will cover why exercise is important for our health, what types of exercise we should be doing, and some basics on how to start an exercise program (what to do, how much to do, what to expect, etc.). We will also discuss the programs and services our clinic offers to help you get started, including the GLAD program (exercise specifically for osteoarthritis in the hips and knees), physiotherapy, massage therapy, and group classes.

**Date:** Jan 29 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20**FYI: STRONG SELF-ADVOCACY IN HEALTH CARE – WHY IS IT IMPORTANT?****\$3.00****Instructor:** Marjory Buerger

In this presentation, hosted by the Office of the Alberta Health Advocates, you will learn: valuable insights (from stories and research) into the long-term benefits of self-advocacy in health care, common barriers to self-advocacy for older adults; and practical strategies and improved awareness regarding communication styles that support strong self-advocacy.

**Date:** Feb 4 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20**FYI: EXECUTOR****\$3.00****Instructor:** Jonathan Lesyk

You've been appointed to act as someone's executor – a great honour, but a big undertaking.

What all is involved with acting as an executor? What should you expect, and what are your responsibilities? Join Jonathan Lesyk, Financial Advisor of Raymond James Ltd. and Mathieu Maillet, Partner of Barr LLP for a presentation and roundtable discussion on the legalities, responsibilities, procedures, and considerations when you are acting as the executor of an estate.

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

## FYI: E-BIKES

**Instructor:** Erik Vandist

Erik and his family have over 10 years of hands-on experience and thousands of kilometers on e-bikes. The 90 minutes presentation is geared towards seniors who are curious about the topic or are considering purchasing an e-bike at some point in time. The e-bike enhances the joy of getting on a bike, allowing the rider to easily conquer wind and hills while extending the distance one can cover without being exhausted. People with knee issues or other physical limitations can also benefit from the very popular e-bike technology. The purchase of an e-bike is a significant investment. Erik will cover the details around the different types of e-bikes and the many options, allowing the listener to be prepared to make an informed decision. Depending on certain conditions, people may have the opportunity to take a short ride on an e-bike.

\$3.00

**Date:** Feb 11 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

## FYI: DISABILITY TAX CREDIT

**Instructor:** Bonnie McIntyre

The following topics will be discussed in this presentation: eligibility, application, deduction, medical expenses, caregiver credit, home accessibility tax credit, and community volunteer income tax program (CVITP).

\$3.00

**Date:** Feb 18 | 10:00am - 11:30am | **Venue:** Edmonton Room | **Class Limit:** 20

## FYI: THE ROLE OF EXCHANGE TRADED FUNDS IN RETIREMENT PORTFOLIOS

**Instructor:** Wei Woo

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. They are also gaining in massive popularity among retirees for the past 10 years, and vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio

\$3.00

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



**FYI: UNLOCK THE SECRETS TO STUNNING BROWS****\$3.00****Instructor:** Holly Oliver

Are you ready to master the art of brow shaping? In just 15 minutes you'll learn essential techniques to create flawless brows at home! What You'll Learn: Brow Mapping: discover how to find the perfect shape for your face! Filling & defining: learn tips for using pencils, gels, and powders like a pro! Q&A Session: bring your brow questions—our experts are here to help! Come prepared, bring your own brow liner or purchase one at the event.

**Date:** Feb 25 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

**FYI: DON'T LET A FALL BRING YOU DOWN****\$3.00****Instructor:** Naomi Fowler

Could a fall change your lifestyle? Don't Let a Fall Bring You Down is a presentation that will give you the tools to live the way you choose while enjoying a healthy, independent life as you age. By attending, you will:

- Understand the toll falls take on seniors
- Learn to reduce your risk of falling and being injured
- Get information and find resources to support a healthy lifestyle
- Find out how to maintain your independence for years to come

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

**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](mailto:info@edmontonfc.net). The fee per appointment is \$32/member or \$37/non-members to be paid directly to the foot care nursing staff.

## FYI: STRIKE STROKE OUT

**Instructor:** Alyssa Rose

Learn about stroke and how to recognize and react to the signs and symptoms. Learn about risk factors for stroke and how to modify these to reduce your risk of stroke.

\$3.00

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

## FYI: HUMAN RIGHTS FOR ALL

**Instructor:** Kim Thorsen

Have you heard of Amnesty International? We are a trusted voice on human rights. For over 50 years, we have provided reliable and accurate information about human rights violations and international human rights laws and standards. Amnesty is independent and impartial. Our members and volunteers work to defend human rights defenders and those who have been deprived of their human rights. In our workshop, we will learn about current human rights issues that are important and pressing, and how to take action through writing letters and other strategies.

\$3.00

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

## FYI: EXECUTORS AND THEIR DUTIES AND RESPONSIBILITIES

**Instructor:** Dusko Trivic

In this session you will learn how to pick executors, what to expect when death occurs from the Funeral Home perspective, helpful tips for handling the estate before and after losing your loved one.

\$3.00

**Date:** Mar 11 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

## FYI: "MOMENTUM COUNSELLING: WHO WE ARE, WHAT WE DO, & HOW WE BREAK THE STIGMA SURROUNDING MENTAL HEALTH."



\$3.00

**Instructor:** Cynthia

The first half of the presentation will focus on Momentum's services, including our counseling and social work programs. The second half will address busting the stigma surrounding mental health among seniors.

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

## FYI: HEARING LOSS AND AGING



\$3.00

**Instructor:** Kelly Jordon

In this session, we will explore the topic of hearing loss, including its different types, causes, and the signs that indicate a hearing test may be necessary. We will also discuss the critical link between hearing and brain health, focusing on how untreated hearing loss, particularly in older adults, can lead to cognitive decline due to auditory deprivation. Additionally, we will review the various solutions available for managing hearing loss and tinnitus, including hearing aids and the latest advancements in hearing technology. Finally, we will examine the implications and long-term impact of untreated hearing loss on overall quality of life.

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

## FYI: FOOT AND HAND SPA



\$3.00

**Instructor:** Holly Oilver

Treat yourself to a rejuvenating Hand and Foot Pampering Workshop, where relaxation meets self-care! Indulge in a soothing experience as our expert instructor guides you through luxurious techniques to nourish and revitalize your hands and feet. Discover the best products for hydration, exfoliation, and massage, and learn how to create your own pampering rituals at home. Whether you're looking to unwind after a long week or simply want to indulge, this workshop will leave you feeling refreshed and radiant. Join us for a delightful afternoon of self-care and connection! Please bring a pan and towel for the foot pampering.

**Date:** Mar 25 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

**FYI: ALTERNATIVE INVESTING WITH PRIVATE MARKETS****\$3.00****Instructor:** Wei Woo

Mutual funds are increasingly finding ways to tap into private markets, offering regular individual investors access to previously exclusive investment opportunities used by pension funds and hedge funds. Some mutual funds companies are now allocating a portion of their assets to private equity, venture capital, and other alternative investments through various structures. These funds typically invest in a diversified portfolio of private market strategies, including private equity, private credit, and real assets, alongside potentially more traditional public market investments. This approach allows everyday investors to gain exposure to private markets' potential for higher returns and portfolio diversification, while still maintaining the liquidity and regulatory oversight associated with mutual fund structures.

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

**FYI: INTRODUCTION TO HEALTHCARE OPTIONS FOR AGING ADULTS IN ALBERTA****\$3.00****Instructor:** Izabella Roth

Alberta offers a comprehensive system of healthcare services and support for its aging population. From publicly funded care to private and community-based programs, this presentation will explore the diverse range of options available to help seniors in Alberta maintain their health and independence.

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

**FYI: MYTHS AND TRUTH ABOUT FUNERALS****\$3.00****Instructor:** Dusko Trivic

In this presentation you will learn how helping families navigate throughout information that is available "out there", clarification of certain terms and situations regarding the life insurances, preplanning solutions, important documentation that everyone should get to prepare for any eventuality.

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

## FYI: MAID

**Instructor:** Carmen Hobbs

The MAID program in Alberta is looking forward to presenting to SEESA. We will explore the current landscape of Medical Assistance in Dying (MAID) in Alberta, examining its legal, ethical, and practical dimensions. The presentation begins with a thorough overview of the current legislation governing MAID, focusing on the legal framework that defines eligibility and the processes involved. We will also consider the broader ethical considerations, reflecting on the balance between patient autonomy and societal safeguards. From the initial request to the assessment stages and ultimately, the final steps of an assisted death, the presentation will guide you through each aspect of the MAID process. Key safeguards designed to protect vulnerable individuals and ensure that those who choose MAID are making informed, voluntary decisions will also be highlighted. By the end of the session, you will have a comprehensive understanding of how MAID is practiced in Alberta today, along with the necessary safeguards that ensure the integrity of the process.



\$3.00

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

## FYI: WHAT YOU NEED TO KNOW ABOUT BUCKET LIST PLANNING, CUSTOM TRIPS AND EUROPE 2025, NEW TRAVEL RULES, AS WELL AS BEST PACKING TIPS

**Instructor:** Mary Webber

Whether you are an experienced or a new solo traveler, using a Travel Professional can ensure that you receive the expertise required to get the most out of your vacations.

Find out which type of vacation is best suited for your travel style, the differences between various tour options, ocean and river cruising and why and when you would choose them. New rules that come into effect for travel to Europe in 2025 will be explained. Helpful hints on packing for any trip will also be discussed. Europe and many other destinations are selling out in 2025 so early planning is essential so you won't be disappointed.



\$3.00

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

## FYI: REGULATIONS FOR YOUR FINANCIAL ADVISOR: HOW IT AFFECTS RETIRED INVESTMENT CLIENTS



\$3.00

**Instructor:** Wei Woo

Since 2009 implementation, there has been a new set of rules and reporting requirements on your non-registered, RRSP, and TFSA accounts. The current phase is called CRM2, with the 3rd phase called CRM3 still in development and expected to be in force by start of 2027. Client Relationship Model, or Phase 2 (CRM2) is a regulatory initiative designed to help clarify investment performance, communication, and costs for investors, as well provide more transparency. Come join Wei Woo as we discuss what this all means, and to find out if your financial advisor or investment advisor is doing what is in your best interest.

**CANCELLED**

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

## FYI: DEVELOPING MOBILE DEVICES AND MOVING PRODUCT DEVELOPMENT TO COMMERCIALIZATION



\$3.00

**Instructor:** Dr. Jana Reiger

Dr. Jana Rieger's presentation will focus on her journey from rehabilitation medicine researcher to successful entrepreneur, highlighting the development and market introduction of Mobili-T, a pocket-sized device for swallowing therapy, and Breth, a wearable device to help with breathwork exercises. She'll discuss the challenges of transitioning from academia to business, including initial hesitations and the learning curve of navigating the startup ecosystem. Rieger will emphasize the importance of perseverance, trusting one's instincts, and leveraging support networks. The talk will also touch on the evolving healthcare landscape, particularly the trend towards home-based care, and how this has positively impacted True Angle's business model and people's health and wellness.

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

## PHILOSOPHERS CAFÉ: "TELL WE HAVE FACES": WALKING WITH BUDDHIST FRIENDS

**Instructor:** David Goa

Buddhist friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Buddhist fundamentalism and nationalism was understood for what it was.

**Date:** Jan 30 | 1:00pm - 2:30pm | **Venue:** Edmonton Room | **Class Limit:** 25

**Member Fee:** \$15.00 **Non-Member Fee:** \$20.00

## PHILOSOPHERS CAFÉ: "TELL WE HAVE FACES": WALKING WITH HINDU FRIENDS

**Instructor:** David Goa

Hindu friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Hindu fundamentalism and nationalism was understood for what it was.

**Date:** Feb 20 | 1:00pm - 2:30pm | **Venue:** Edmonton Room | **Class Limit:** 25

**Member Fee:** \$15.00 **Non-Member Fee:** \$20.00

## SETTING HEALTHY BOUNDARIES: HOW TO SAY NO WITHOUT GUILT

**Instructor:** Gina Vilet

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:** Jan 27 | 1:30pm - 3:30pm | **Venue:** Edmonton Room | **Class Limit:** 20

**Member Fee:** \$25.00 **Non-Member Fee:** \$35.00



## PRESERVING MEMORIES: CURATE, ORGANIZE, AND DIGITIZE YOUR OLD PHOTO ALBUMS

NEW

**Instructor:** Karen Murdock

Bring a cherished old photo album and join us for a hands-on workshop where we'll walk through the process of curating and organizing your printed photos with care. Together, we'll explore how to preserve your memories by creating digital backups and sharing them with loved ones in simple, accessible ways. Whether you're looking to safeguard family history or just get a bit more organized, or if you are downsizing, this workshop will give you the tools and confidence to ensure your memories last for generations to come.

**Date:** Feb 7 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 12

**Member Fee: \$10.00**    **Non-Member Fee: \$15.00**

## DEPARTURE PLANNING: HAVING IMPORTANT CONVERSATIONS ABOUT BEING MORTAL

NEW

**Instructor:** Gina Vilet

Explore new approaches to planning for, and having conversations about, things that really matter, such as major life changes related to health and aging, your quality-of-life concerns, where you'd like to live as you age, and how you'd like to leave this world.

**Date:** Feb 10 | 1:30pm - 3:30pm | **Venue:** Edmonton Room | **Class Limit:** 20

**Member Fee: \$25.00**    **Non-Member Fee: \$30.00**



## PHILOSOPHERS CAFÉ: "TELL WE HAVE FACES": WALKING WITH MUSLIM FRIENDS

**Instructor:** David Goa

Muslim friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Muslim fundamentalism and nationalism was understood for what it was.

**Date:** Mar 20 | 1:00pm - 2:30pm | **Venue:** Edmonton Room | **Class Limit:** 25

**Member Fee:** \$15.00    **Non-Member Fee:** \$20.00

## PHILOSOPHERS CAFÉ: "TELL WE HAVE FACES": WALKING WITH CHRISTIAN EVANGELICALS/FUNDAMENTALISTS

**Instructor:** David Goa

Christian Evangelicals/Fundamentalist friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Christian fundamentalism and nationalism was understood for what it was.

**Date:** Apr 17 | 1:00pm - 2:30pm | **Venue:** Edmonton Room | **Class Limit:** 25

**Member Fee:** \$15.00    **Non-Member Fee:** \$20.00

## TRACING THE CRITICAL MOMENTS OF YOUR LIFE

**Instructor:** Dorothy Lowrie

This presentation is about recognizing the strengths we already have and how to use them in new situations in our lives.

**Date:** Mar 10 | 1:30pm - 3:30pm | **Venue:** Edmonton Room | **Class Limit:** 20

**Member Fee:** \$20.00    **Non-Member Fee:** \$25.00



**INTRODUCTION TO MINDFULNESS AND SELF COMPASSION** No Session: April 21**Instructor:** Carol Kodish

Mindfulness means paying attention to the present moment without judgement. And self-compassion means being kind to ourselves when we do that. Through a series of practices and discussion, we will look at how these concepts translate into everyday life. An mp3 recording of all mindfulness and self-compassion exercises used in class will be provided for those who wish to continue practicing at home.

**NEW**

**Date:** Mar 17- April 28 | 1:30pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

**Member Fee: \$75.00**    **Non-Member Fee: \$85.00**

**NUTRITION 101****Instructor:** Morgan Vejdani

"Learn how to fuel yourself properly in this Nutrition 101 workshop. We will cover common nutrition myths, define "whole foods" and how incorporating these into your diet will ensure sustainable health and well-being, and provide quick and easy tips to improve your health through making small changes to your eating habits. Workshop will include a Q&A so bring all your nutrition questions!"

**NEW**

**Date:** Apr 25 | 2:00pm - 3:00pm | **Venue:** Edmonton Room | **Class Limit:** 20

**Member Fee: \$20.00**    **Non-Member Fee: \$30.00**

**SPANISH LESSONS****Instructor:** Nelly Rosende

Join us in this trial Spanish class to develop the skills to talk, read, write and listen to Spanish. All Spanish proficiency levels are welcome. Please bring a notebook and pen to class.

**NEW**

**Date:** Friday Feb 7-28 | 9:30am - 10:30am | **Venue:** Holyrood Room | **Class Limit:** 12

**Member Fee: \$40.00**    **Non-Member Fee: \$52.00**

**MUSIC**



**GROUP VOCAL**

**Instructor:** Kate Haginicolakis

A group vocal lesson with some technical learning and plenty of fun! Hone your vocal skills in a supportive group environment. Whether you are a complete beginner, or an experienced singer this class is sure to satisfy your desire to sing! Class is open to beginners and more experienced students.

**A** **Thursday**  
**Jan 9 - Feb 27** ( 8 Wks) | 10:00am - 11:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00

**CANCELLED**

**B** **Thursday**  
**Mar 6 - Apr 24** ( 8 Wks) | 10:00am - 11:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00

**Venue:** Idylwylde Room

**Class Limit:** 10

**GUITAR LEVEL 2**

**Instructor:** Bob Zukerman

This Level 2 guitar course builds on the Level 1 foundation. It covers 6 main chords and scales for various keys, practice exercises, strumming techniques for popular songs, reading sheet music for rhythm guitar, and learning barre chords. Perfect for advancing your skills!

**A** **Tuesday**  
**Jan 21 - Feb 25** ( 6 Wks) | 10:00 am- 11:30am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

**Venue:** Idylwylde Room

**Class Limit:** 10

**MUSIC**



**MOWTOWN HITS**

**Instructor:** Kate Haginicolakis

Sing the hits of the Motown Era in a supportive group setting. Whether you're an absolute beginner or more experienced singing enthusiast you will not want to miss out on the fun! There will be some light technical components of voice and harmony discussed.

**A** **Thursday**  
**Jan 9 - Feb 27** (8 Wks) | 11:00am - 12:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$120.00	\$156.00

**CANCELLED**

**Venue:** Idylwylde Room

**Class Limit:** 10

**PERFORMANCE SKILLS**

**Instructor:** Kate Haginicolakis

Gain experience in music performance through this fun and supportive workshop style class! Class is open to instrumentalists and vocalists at all skill levels.

**A** **Thursday**  
**Jan 9 - Feb 27** (8 Wks) | 1:00pm - 2:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$120.00	\$156.00

**CANCELLED**

**B** **Thursday**  
**Mar 6 - Apr 24** (8 Wks) | 1:00pm - 2:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$120.00	\$156.00

**Venue:** Idylwylde Room

**Class Limit:** 10

# MUSIC



## UKE N' SING

**Instructor:** Elaine Mann

Join us for Uke 'n Sing sessions open to players of all levels and those who just want to sing along. Song lists will be shared with registered participants. If you're a drop-in, email Elaine (eemann@shaw.ca) at least one day in advance. All are welcome, whether playing or singing!

**A** **Monday**  
Feb 10 - Feb 24 (2 Wks) | 1:30pm - 3:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$20.00	\$26.00

No session Feb 17

**B** **Monday**  
Mar 3 - Apr 14 (3 Wks) | 1:30 pm - 3:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$30.00	\$40.00

No session Mar 10, 24, 31, and Apr 7

**Venue:** Bonnie Doon Room

**Class Limit:** 20

## UKULELE ABSOLUTE BEGINNERS

**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**  
Jan 24 - Feb 28 (6 Wks) | 2:00pm - 3:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

**B** **Friday**  
Mar 7 - May 2 (6 Wks) | 2:00pm - 3:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

No session Mar 28, Apr 11 and 18

**Venue:** Strathearn Room

**Class Limit:** 8

**MUSIC**



**UKULELE BEGINNER**

**Instructor:** Elaine Mann

This is for beginning players who know a few chords and want to learn basic strumming styles and how to play simple melodies. Please note: this class is intended for those who have completed an Absolute Beginner Class.

**A** **Friday**  
**Jan 24 - Feb 28** ( 6 Wks) | 12:00 pm- 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

**B** **Friday**  
**Mar 7 - May 2** ( 6 Wks) | 12:00 pm- 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

No session Mar 28, Apr 11 and 18

**Venue:** Strathearn Room      **Class Limit:** 15

**UKULELE BEYOND BEGINNERS**

**Instructor:** Elaine Mann

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

**A** **Thursday**  
**Jan 23 - Feb 27** ( 6 Wks) | 12:00 pm- 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

**B** **Thursday**  
**Mar 6 - Apr 17** ( 6 Wks) | 12:00 pm- 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90.00	\$117.00

No session Mar 27

**Venue:** Strathearn Room      **Class Limit:** 15

# MUSIC



## UKULELE EXPERIENCED

**Instructor:** Elaine Mann

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

<b>A</b>	<b>Wednesday</b> Jan 22 - Feb 26 (6 Wks)   12:00 pm- 1:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>		\$90.00	\$117.00

<b>B</b>	<b>Wednesday</b> Mar 5 - Apr 16 (6 Wks)   12:00 pm- 1:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>		\$90.00	\$117.00

No session Mar 26 and Apr 23

**Venue:** Bonnie Doon Room

**Class Limit:** 15

## UKULELE INTERMEDIATE

**Instructor:** Elaine Mann

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

<b>A</b>	<b>Wednesday</b> Jan 22 - Feb 26 (6 Wks)   2:00 pm - 3:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>		\$90.00	\$117.00

<b>B</b>	<b>Wednesday</b> Mar 5 - Apr 16 (6 Wks)   2:00 pm - 3:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>		\$90.00	\$117.00

No session Mar 26 and Apr 23

**Venue:** Bonnie Doon Room

**Class Limit:** 15

MUSIC



### DOOWOPAPLOOZA

**Instructor:** Kate Haginicolakis

Join us for a journey through the best of Doowop music! Sing the hits of the greats from The Silhouettes to The Four Seasons and many more! Open to all skill levels. Some vocal technique and harmony will be discussed.



#### Member Quote

I am very happy with the classes that I take. I find the instructors to be energetic, well organized and offer great variety. I also enjoy my fellow participants. Thank you for all that you do to offer such varied programming.



**B** Thursday  
Mar 6 - Apr 24 (8 Wks) | 11:00am - 12:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$120.00	\$156.00

**Venue:** Idylwylde Room

**Class Limit:** 10



**PHYSICAL FITNESS**



**2020 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 & 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**  
**Jan 7 - Feb 25 (8 Wks) | 1:00pm - 2:00pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B Tuesday**  
**Mar 4 - Apr 22 (8 Wks) | 1:00pm - 2:00pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

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

**BARRE FITNESS**

**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**  
**Jan 6 - Feb 24 (7 Wks) | 8:45am - 9:45am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Feb 17

**B Monday**  
**Mar 3 - Apr 21 (7 Wks) | 8:45am - 9:45am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

**Venue:** Gymnasium      **Class Limit:** 25

**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**  
Jan 7 - Feb 25 (8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B** **Tuesday**  
Mar 4 - Apr 22 (8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Gymnasium

**Class Limit:** 25

**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**  
Jan 9 - Feb 27 (8 Wks) | 1:00 pm - 2:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B** **Thursday**  
Mar 6 - Apr 24 (8 Wks) | 1:00 pm - 2:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Bonnie Doon Room

**Class Limit:** 12

**PHYSICAL FITNESS**



**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**  
Jan 6 - Feb 24 (7 Wks) | 10:00 am- 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00

No session Feb 17

**B Monday**  
Mar 3 - Apr 21 (7 Wks) | 10:00 am- 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00

No session Apr 21

**Venue:** Gymnasium

**Class Limit:** 22

**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**  
Jan 10 - Feb 28 (8 Wks) | 12:00pm - 1:00pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00

**B Friday**  
Mar 7 - Apr 25 (6 Wks) | 12:00pm - 1:00pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$78.00

No session Apr 11 and 18

**Venue:** Bonnie Doon Room

**Class Limit:** 12

**PHYSICAL FITNESS**



**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**  
Jan 6 - Feb 24 (7 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Feb 17

**B** **Monday**  
Mar 3 - Apr 21 (7 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

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

**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**  
Jan 9 - Feb 27 (8 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B** **Thursday**  
Mar 6 - Apr 24 (8 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

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



**FLEX AND FLOW WITH ARTHRITIS**

**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**  
Jan 6 - Feb 24 (7 Wks) | 11:15am - 12:15pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Feb 17

**B Monday**  
Mar 3 - Apr 21 (7 Wks) | 11:15am - 12:15pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

**Venue:** Strathearn Room      **Class Limit:** 12

**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**  
Jan 14 - Feb 18 (4 Wks) | 9:00am - 10:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40.00	\$52.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Jan 28 and Feb 4

**B Tuesday**  
Mar 4 - Apr 22 (8 Wks) | 9:00am - 10:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

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

**PHYSICAL FITNESS**



**MOVE, GROOVE, SIT BE FIT**



**Instructor:** Lorraine Wigston

Mobility issues or not, enjoy low impact moves on the floor, with options to sit, along with chair fitness, fun routines to favorite songs, and Latin tunes. We'll also focus on strength and endurance for the upper body, lower body, and core using weights and bands. Join the fun at your pace!

**A** **Tuesday**  
Jan 7 - Jan 28 (4 Wks) | 2:15pm - 3:15pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40.00	\$52.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B** **Tuesday**  
Mar 4 - Apr 22 (8 Wks) | 9:00am - 10:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Bonnie Doon Room      **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**  
Jan 22 - Feb 26 (6 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$78.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B** **Wednesday**  
Mar 5 - Apr 23 (8 Wks) | 9:00am - 10:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room      **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](http://fleurishmovement.com).

**A** **Monday**  
Jan 6 - Feb 24 (7 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Feb 17

**B** **Monday**  
Mar 3 - Apr 21 (7 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

**Venue:** Strathearn Room

**Class Limit:** 12

**NOT FALLING FOR YOU FRIDAY MORNING**

**Instructor:** Wendy Doughty

Is fear of falling limiting your activities? Join a FREE 12-week 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** **Friday**  
Jan 10 - Apr 25 (14 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	Free	Free

No session Apr 11 and 18

**Venue:** Idylwylde Room

**Class Limit:** 12



**NOT FALLING FOR YOU FRIDAY AFTERNOON**

**Instructor:** Wendy Doughty

Is fear of falling limiting your activities? Join a FREE 12-week 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** **Friday**  
**Jan 10 - Apr 25** (14 Wks) | 1:15 pm - 2:15 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	Free	Free

No session Apr 11 and 18

**Venue:** Bonnie Doon Room

**Class Limit:** 12

**PICKLEBALL INTRODUCTION**

**Instructor:** Leslie Stroger

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**  
**Jan 13 - Jan 27** (3 Wks) | 5:30pm - 7:00pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$70.00

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

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$70.00

**Venue:** Gymnasium

**Class Limit:** 12





**PICKLEBALL PLAYER DEVELOPMENT SESSIONS**

**Instructor:** Leslie Stroger

These sessions are designed for experienced pickleball players who want to work on improving their skills. The instructor will lead you through a series of level appropriate drills and mentored game play.

**A Monday**  
Feb 3 - Feb 24 (3 Wks) | 5:30pm - 7:00pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$70.00

No session Feb 17

**B Monday**  
Apr 7 - Apr 28 (3 Wks) | 5:30pm - 7:00pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$70.00

No session Apr 21

**Venue:** Gymnasium **Class Limit:** 8

**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**  
Jan 9 - Feb 27 (8 Wks) | 11:45 am - 12:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60.00	\$78.00
<b>Class Drop-in Fee:</b>	\$12.25	\$13.25

**B Thursday**  
Mar 6 - Apr 24 (8 Wks) | 11:45 am - 12:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$52.50	\$68.25
<b>Class Drop-in Fee:</b>	\$12.25	\$13.25

No session March 13

**Venue:** Bonnie Doon Room **Class Limit:** 10

**PHYSICAL FITNESS**



**QIGONG**

**Instructor:** Sue Stuparek

Qigong, a simple, effective practice for all ages & fitness levels. With gentle, easy-to-learn movements, it improves energy, reduces stress, & enhances mood. You can practice standing, sitting, or lying down, adjusting to your needs. Great for beginners—give it a try and feel the subtle benefits!

**A** **Thursday**  
Jan 9 - Feb 27 (8 Wks) | 3:00 pm - 4:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**CANCELLED**

**B** **Thursday**  
Mar 6 - Apr 24 (8 Wks) | 3:00pm - 4:00pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room      **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](http://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



## **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

**PHYSICAL FITNESS**



**STRONG AND STABLE CORE**

**Instructor:** Cathy Matthews

This class focuses on core strength and balance. We will work on strengthening the body in a variety of positions and movements which serves to enhance mobility, strength and coordination in all daily activities.

**A** **Thursday**  
**Jan 9 - Jan 30 (4 Wks) | 9:00 am - 10:00 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40.00	\$52.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**CANCELLED**

**Venue:** Bonnie Doon Room

**Class Limit:** 12

**STRONG AND STEADY**

**Instructor:** Amy Petersen

Join Amy for this full-body workout focusing on endurance, balance, flexibility, and strength. Perfect for all levels, with no floor work and a welcoming, supportive environment. Boost your well-being and physical health—come get stronger with us!

**A** **Monday**  
**Jan 6 - Jan 27 (4 Wks) | 8:45 am - 9:45 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40.00	\$52.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**CANCELLED**

**Venue:** Strathearn Room

**Class Limit:** 12



**TABATA TUESDAY**

**Instructor:** Melanie Kidder

Tabata 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.

<b>A</b>	<b>Tuesday</b> Jan 21 - Feb 11 (4 Wks)   6:15 pm - 7:15 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$40.00	\$52.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Tuesday</b> Mar 4 - Apr 22 (8 Wks)   6:15pm - 7:15pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Gymnasium      **Class Limit:** 25

**TABATA THURSDAY**

**Instructor:** Deborah Ravbar

Tabata 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.

<b>A</b>	<b>Thursday</b> Jan 9 - Feb 27 (8 Wks)   8:45 am - 9:45		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Thursday</b> Mar 6 - Apr 24 (8 Wks)   8:45 am - 9:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Gymnasium      **Class Limit:** 25



**TAI CHI BEGINNER**

**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. Designed for individuals with previous Tai Chi experience.

<b>A</b>	<b>Friday</b> Jan 10 - Feb 28 (8 Wks)   10:00 am - 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Friday</b> Mar 7 - Apr 25 (6 Wks)   10:00am - 11:00am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$60.00	\$78.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00
	No session Apr 11 and 18		

**Venue:** Strathearn Room      **Class Limit:** 12

**TAI CHI INTRODUCTION**

**Instructor:** Weston Benjamin

This introductory class covers Yang-style Tai Chi & Qigong, combining exercise, martial arts, & philosophy. Learn movements to improve balance, flexibility, & overall well-being by stimulating energy pathways. Ideal for beginners Tai Chi experience. Join us for a gentle, restorative practice!

<b>A</b>	<b>Thursday</b> Jan 9 - Feb 27 (8 Wks)   10:30 am - 11:30 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Thursday</b> Mar 6 - Apr 24 (8 Wks)   10:30am - 11:30am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room      **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**  
Jan 6 - Feb 24 (7 Wks) | 12:30 pm - 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Feb 17

**Monday**  
Mar 3 - Apr 21 (7 Wks) | 12:30pm - 1:30pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

**Venue:** Strathearn Room      **Class Limit:** 12

**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**  
Jan 7 - Feb 25 (8 Wks) | 10:45 am - 11:45 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B Tuesday**  
Mar 4 - Apr 22 (8 Wks) | 10:45 am - 11:45 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room      **Class Limit:** 12

**PHYSICAL FITNESS**



**YOGA FLOW**

**Instructor:** Carmella Haykowsky

In this class we flow from pose to pose focusing on our movement and breath. Starting with warm up we move toward deeper stretching & strengthening poses through the class, ending with savasana/relaxation. Poses include standing, sitting & reclining. Modifications are offered to suit all levels.

**A Thursday**  
Jan 9 - Feb 27 (8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**B Thursday**  
Mar 6 - Apr 24 (8 Wks) | 9:00am - 10:00am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80.00	\$104.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room

**Class Limit:** 12

**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**  
Jan 6 - Feb 24 (7 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00

No session Feb 17

**B Monday**  
Mar 3 - Apr 21 (7 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70.00	\$91.00

No session Apr 21

**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.

<b>A</b>	<b>Thursday</b> Jan 9 - Feb 27 (8 Wks)   9:30 am - 10:30 am		
	<b>Session Fee:</b>	<b>Member:</b> \$80.00	<b>Non-Member:</b> \$104.00

<b>B</b>	<b>Thursday</b> Mar 6 - Apr 24 (8 Wks)   9:30 am - 10:30 am		
	<b>Session Fee:</b>	<b>Member:</b> \$80.00	<b>Non-Member:</b> \$104.00

**Venue:** Online **Class Limit:** 20

**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.

<b>A</b>	<b>Friday</b> Jan 10 - Feb 28 (8 Wks)   9:30 am - 10:30 am		
	<b>Session Fee:</b>	<b>Member:</b> \$80.00	<b>Non-Member:</b> \$104.00

<b>B</b>	<b>Friday</b> Mar 7 - Apr 25 (7 Wks)   9:30 am - 10:30 am		
	<b>Session Fee:</b>	<b>Member:</b> \$70.00	<b>Non-Member:</b> \$91.00

No session Apr 18

**Venue:** Online **Class Limit:** 20



**YOGA HATHA WITH BARB**



**Instructor:** Barb Ritter

This class starts with a joint-moving routine to prepare your body, followed by easy versions of traditional hatha yoga poses. We'll laugh, release tension, and build strength, finishing with a restful, rejuvenating stretch. No experience needed—come relax, refresh, and enjoy the journey!

<b>A</b>	<b>Monday</b> Jan 6 - Jan 27 (4 Wks)   5:30 pm - 6:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$40.00	\$52.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Monday</b> Mar 3 - Apr 21 (7 Wks)   5:30 pm - 6:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70.00	\$0.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

No session Apr 21

**Venue:** Strathearn Room      **Class Limit:** 12

**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.

<b>A</b>	<b>Tuesday</b> Jan 7 - Feb 25 (8 Wks)   9:30 am - 10:30 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

<b>B</b>	<b>Tuesday</b> Mar 4 - Apr 22 (8 Wks)   9:30 am - 10:30 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80.00	\$104.00
	<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Strathearn Room      **Class Limit:** 12

**PHYSICAL FITNESS**



**YOGA FOR POSITIVE MENTAL WELLNESS**

**Instructor:** Sonya Sehgal

Join this 4-week yoga series to improve mental wellbeing through relaxation, positive emotions, and enhanced focus. This gentle, mindful class includes breathwork and chair-based seated/standing poses. No experience needed—open to all levels. Boost mood, reduce stress, and cultivate calm.



**B** **Monday**  
**Mar 3 - Mar 24 (4 Wks) | 9:00 am - 10:00am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40.00	\$52.00
<b>Class Drop-in Fee:</b>	\$14.00	\$16.00

**Venue:** Bonnie Doon Room

**Class Limit:** 12



**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.

# CLUBS ART & CRAFTS



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

**Instructor:** Don Evans

**Venue:** Forest Heights Room

**Class Limit:** 15

**A Thursday Jan 2 - Feb 27 (9 Wks) | 9:30 am - 12:00 pm**  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B Thursday Mar 6 - Apr 24 (8 Wks) | 9:30 am - 12:00 pm**  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00



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

**Instructor:** Sandra Golan

**Venue:** Forest Heights Room

**Class Limit:** 15

**A Monday Dec 30 - Feb 24 (8 Wks) | 12:30pm - 3:30 pm**  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Feb 17

**B Monday Mar 3 - Apr 21 (7 Wks) | 12:30pm - 3:30 pm**  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Apr 21

# CLUBS CRAFTS



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

**Instructor:** Annette Evans

**Venue:** Workshop

**Class Limit:** 12

**A** **Wednesday Jan 8 - Feb 26** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Wednesday Mar 5 - Apr 23** ( 5 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Apr 2, 9 and 23



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

**Instructor:** Colin Kinnell

**Venue:** Workshop

**Class Limit:** 12

**A** **Tuesday Dec 31- Feb 25** ( 9 Wks) | 9:00 am - 11:30 am  
**Thursday Jan 2 - Feb 27** ( 9 Wks) | 9:00 am - 11:30 am  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Tuesday Mar 4 - Apr 22** ( 6 Wks) | 9:00 am - 11:30 am  
**Thursday Mar 6 - Apr 24** ( 5 Wks) | 9:00 am - 11:30 am  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Apr 1, 3, 8 and 10

# CLUBS **DRAMA & GAMES**



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**

**Instructor:** Dan Acheson  
**Venue:** Holyrood Room  
**Class Limit:** 25

- A** **Monday Dec 30 - Feb 24** (8 Wks) | 12:00pm - 2:00pm  
**Class Drop-in Fee:** Member: \$3.00  
No session Feb 17
- B** **Monday Mar 3 - Apr 21** (7 Wks) | 12:00pm -  
**Class Drop-in Fee:** Member: \$3.00  
No session Apr 21



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**

**Instructor:** Laurie Reid  
**Venue:** Idylwyld Room  
**Class Limit:** 20

- A** **Monday Dec 30 - Feb 24** (8 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Feb 17
- B** **Monday Mar 3 - Apr 21** (7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Apr 21

# CLUBS GAMES



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

## CONTRACT BRIDGE LESSONS CLUB

**Instructor:** Laurie Reid

**Venue:** Idylwylde Room

**Class Limit:** 20

**A Monday Dec 30 - Feb 24** (8 Wks) | 3:30 pm - 4:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

No session Feb 17

**B Monday Mar 3 - Apr 21** (7 Wks) | 3:30 pm - 4:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

No session Apr 21



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

**Instructor:** Sharon Moffatt

**Venue:** Idylwylde Room

**Class Limit:** 16

**A Friday Jan 10 - Feb 28** (8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B Friday Mar 7 - Apr 25** (6 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

No session Apr 11 and 18

# CLUBS GAMES



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

**Instructor:** Alexandra Anderson

**Venue:** Holyrood Room

**Class Limit:** 16

**A** **Wednesday Jan 8 - Feb 26** (8 Wks) | 1:00 pm - 3:00 pm

**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Wednesday Mar 5 - Apr 23** (7 Wks) | 1:00 pm - 3:00 pm

**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

No session Apr 23



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

**Instructor:** Claudia Ramsay

**Venue:** Idylwylde Room

**Class Limit:** 16

**A** **Wednesday Jan 8 - Feb 26** (8 Wks) | 12:45 pm - 3:30 pm

**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Wednesday Mar 5 - Apr 23** (7 Wks) | 12:45 pm - 3:30 pm

**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

No session Apr 23



# CLUBS GENERAL



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

## FRENCH CONVERSATION CLUB

**Instructor:** Sylvia Rodrigue

**Venue:** Holyhood Room

**Class Limit:** 16

**A** **Wednesday Jan 8 - Feb 26** ( 8 Wks) | 10:30 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Wednesday Mar 5 - Apr 23** ( 8 Wks) | 10:30 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00



Join us at Tillie's Cafe for jigsaw puzzle fun! Come solo or with a friend to enjoy puzzles at your leisure. Puzzles are on roll-up mats and set aside when needed. No charge for puzzle time—just bring your love for coffee and cinnamon buns! Meet fellow Puzzle People and enjoy a relaxing time!

## JIGSAW MEET UP

**Instructor:**

**Venue:** Tillie's Café

**Class Limit:** 20

**A** **Monday to Friday**  
**Dec 30 - Apr 25** | 9:00am - 4:00pm  
**Class Drop-in Fee:** Member: Free Non-Member: Free  
No session Jan 1, Feb 17, Apr 11 and 18

# CLUBS LITERATURE



If you love to read, join the Book Club Thursday! We meet the 1st Thursday of each month: Jan 2, Feb 6, Mar 6, and Apr 3. 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

**Instructor:** Maggie Hensel

**Venue:** Holyrood Room

**Class Limit:** 12

- A Thursday Jan 2 - Feb 6** (2 Wks) | 1:00 pm - 2:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Jan 9, 16, 23, 30
- B Thursday Mar 6 - Apr 3** (2 Wks) | 1:00 pm - 2:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Mar 13, 20 and 27



If you love to read, Book Club Tuesday is for you. This book club meets on the 2nd Tuesday of the month. For this session, we will meet on Jan 14, Feb 11, Mar 11 and Apr 8. 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

**Instructor:** Barbara Lyon

**Venue:** Holyrood Room

**Class Limit:** 10

- A Tuesday Jan 14 - Feb 11** (2 Wks) | 2:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Jan 21, 28 and Feb 4
- B Tuesday Mar 11 - Apr 8** (2 Wks) | 2:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Mar 18, 25 and Apr 1

# CLUBS **MUSIC**



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**

**Instructor:** Roger Smeland

**Venue:** Strathearn Room

**Class Limit:** 20

**A** **Tuesday Jan 7 - Feb 25** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Tuesday Mar 4 - Apr 22** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00



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 Jan 3, 17, Feb 7, 21, Mar 7, 21, Apr 4, 25

## **JAM SESSION CLUB**

**Instructor:** Roger Smeland

**Venue:** Strathearn Room

**Class Limit:** 20

**A** **Friday Jan 17 - Feb 21** ( 3 Wks) | 6:00pm - 8:45pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Jan 24, 31, and Feb 14

**B** **Friday Mar 7 - Apr 25** ( 4 Wks) | 6:00pm - 8:45pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Mar 14, 28, Apr 11 and 18

# CLUBS **MUSIC**



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 February, plus \$3.00 drop in fee each week.

## **MELODY SINGERS CLUB**

**Instructor:** Joy Horpyniuk

**Venue:** Gymnasium

**Class Limit:** 50

**A** **Tuesday Jan 7 - Feb 25** ( 8 Wks) | 1:00pm - 3:00 pm

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

**B** **Tuesday Mar 4 - Apr 22** ( 8 Wks) | 1:00pm - 3:00 pm

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



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 PERFORMANCE BAND CLUB**

**Instructor:** Deiter Anders

**Venue:** Strathearn Room

**Class Limit:** 15

**A** **Wednesday Jan 8 - Feb 26** ( 8 Wks) | 1:00pm - 4:00pm

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

**B** **Wednesday Mar 5 - Apr 23** ( 7 Wks) | 1:00pm - 4:00pm

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

No session Apr 23

# CLUBS SPORTS



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

**Instructor:** Bob Hyndman

**Venue:** Gymnasium

**Class Limit:** 20

**A** **Monday Dec 30 - Feb 24** ( 8 Wks) | 11:30am - 1:30pm  
**Wednesday Jan 8 - Feb 26** ( 7 Wks) | 9:00am - 12:00 pm  
**Thursday Jan 30 - Feb 27** ( 3 Wks) | 2:00pm - 4:00pm  
**Friday Jan 10 - Feb 28** ( 7 Wks) | 10:45 am - 12:45 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
 No session, Jan 23 , Feb 6 , Feb 17, 20

**B** **Monday Mar 3 - Apr 21** ( 7 Wks) | 11:30am - 1:30pm  
**Wednesday Mar 5 - Apr 23** ( 6 Wks) | 9:00am - 12:00 pm  
**Thursday Mar 13- Apr 24** ( 4 Wks) | 2:00pm - 4:00pm  
**Friday Mar 7 - Apr 25** ( 6 Wks) | 10:45 am - 12:45 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
 No session Mar 6, 12, 20 and Apr 3, 11, 17, 18, 21, 23



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

**Instructor:** Ted Anderson

**Venue:** Gymnasium

**Class Limit:** 40

**A** **Wednesday Jan 8 - Feb 26** ( 7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B** **Wednesday Mar 5 - Apr 23** ( 6 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
 No session Mar 12 and 23

# CLUBS SPORTS



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 MONDAY

**Instructor:** Dan Smith

**Venue:** Gymnasium

**Class Limit:** 20

**A Monday Dec 30 - Feb 24** (7 Wks) | 2:00pm - 4:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Feb 17

**B Monday Mar 3 - Apr 21** (7 Wks) | 2:00pm - 4:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Apr 21

## PICKLEBALL CLUB DROP IN THURSDAY AM

**Instructor:** Lynne Kaluzniak

**Venue:** Gymnasium

**Class Limit:** 20

**A Thursday Jan 2 - Feb 27** (8 Wks) | 11:15am - 1:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

**B Thursday Mar 6 - Apr 24** (8 Wks) | 11:15am - 1:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

## PICKLEBALL CLUB DROP IN THURSDAY PM

**Instructor:** Dan Smith

**Venue:** Gymnasium

**Class Limit:** 20

**A Thursday Jan 16 - Feb 20** (3 Wks) | 2:00pm - 4:00pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Jan 23, 30, Feb 13 and 27

**B Thursday Mar 6 - Apr 17** (8 Wks) | 11:15am - 1:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
No session Mar 13, 27, April 10 and 24

# CLUBS SPORTS



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 fees of \$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

**Venue:** Gymnasium

**Instructor:** Richard LaBranche  
 Shelene Runzer

**Class Limit:** 20

**A** **Tuesday Dec 31 - Feb 25** ( 9 Wks) | 10:15 am - 12:30 pm  
**Friday Jan 17 - Feb 21** ( 3 Wks) | 6:00pm - 8:45pm  
**Class Drop-in Fee:** Member: \$6.00 Non-Member: \$12.00  
 No session Jan 10, 24, 31 and Feb 14

**B** **Tuesday Mar 4 - Apr 22** ( 8 Wks) | 10:15 am - 12:30 pm  
**Friday Mar 7 - Apr 25** ( 4 Wks) | 6:00pm - 8:45pm  
**Class Drop-in Fee:** Member: \$6.00 Non-Member: \$12.00  
 No session Mar 14, 28, Apr 11 and 18



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

**Instructor:** Jim Der

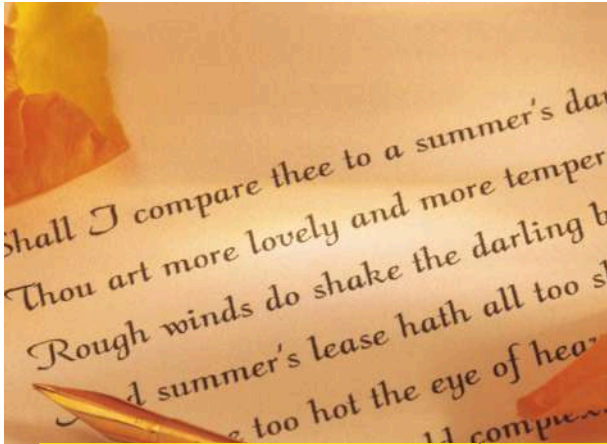
**Venue:** Bonnie Doon Room

**Class Limit:** 12

**A** **Monday Dec 30 - Feb 24** ( 7 Wks) | 3:30 pm - 5:30 pm  
**Friday Jan 17 - Feb 28** ( 8 Wks) | 3:30pm - 5:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
 No session Feb 17

**B** **Monday Mar 3 - Apr 21** ( 7 Wks) | 3:30 pm - 5:30 pm  
**Friday Mar 7 - Apr 25** ( 6 Wks) | 3:30pm - 5:30pm  
**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00  
 No session Apr 11, 18, 21

# CLUBS POETRY



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 even rhyme. Just write us a poem.

## **POETRY- MYSTERY IN THE WRITTEN WORD CLUB**

**Instructor:** Sandra Golan

**Venue:** Idylwyld Room

**Class Limit:** 12

**A** **Tuesday Feb 4 - Mar 11** ( 6 Wks) | 1:00pm - 3:00pm

**Class Drop-in Fee:** Member: \$3.00 Non-Member: \$6.00

## **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](http://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](mailto:graham@seesa.ca)

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



# Classes Day at a Glance

MONDAY				
Program Name	Time	Month(s)	Room	Member Price
Barre Fitness	8:45-9:45	Jan-Feb Mar-Apr	GYM	\$70 \$70
<b>CANCELLED</b> - Strong and Steady	8:45-9:45	Jan 6-27	STR	\$40
Yoga for Guys and Gals - Monday Online	9:30-10:30	Jan-Feb Mar-Apr	Online	\$70 \$70
Yoga for Positive Mental Wellness	9:00-10:00	Mar 3-24	BD	\$40
Card Making Fun: Learn, Keep and Contribute	9:00 -11:30	Jan-Feb Mar-Apr	FH	\$50 \$50
Nia Movement Practice	10:00-11:00	Jan-Feb Mar-Apr	STR	\$70 \$70
Essentrics® - Stretch and Tone Monday	10:00-11:00	Jan-Feb Mar-Apr	GYM	\$70 \$70
STEP Forward Program	10:00-11:30	Jan-Apr	IDY	
<b>CANCELLED</b> - Glass Art Tri Project Smampler Series	10:00-12:30	Jan 13-27	WKS	\$400
Glass Art Tri Project Sampler Series	10:00-12:30	Feb 3-24	WKS	\$400
Mosaic Table	10:00-12:00	Mar 3-24	WKS	\$450
Fused Glass Garden Stake Project	10:00-12:00	Apr 14	WKS	\$100
Fit For All Monday	10:15-11:15	Jan-Feb Mar-Apr	BD	\$70 \$70
Flex and Flow with Arthritis	11:15-12:15	Jan-Feb Mar-Apr	STR	\$70 \$70
Total Fitness Fun	12:30-1:30	Jan-Feb Mar-Apr	STR	\$70 \$70
Uke n ' Sing (every 2 <sup>nd</sup> Monday)	1:30-3:00	Feb Mar-Apr	BD	\$20 \$30
Beginner Stained Glass- Level 1 Multi-Week Program	1:00-3:00	Feb 3-24	WKS	\$375
Fused Glass Garden Stake Project	1:00-3:00	Apr 14	WKS	\$100
Setting Healthy Boundaries: How to Say No Without Guilt	1:30-3:00	Jan 27	EDM	\$25
Departure Planning: Having Important Conversations About Being Mortal	1:30-3:00	Feb 10	EDM	\$25
Tracing the Critical Moments of Your Life	1:30-3:00	Mar 10	EDM	\$20
Introduction to Mindfulness and Self Compassion	1:30-3:00	Mar 17-Apr 28	EDM	\$75
Beginner Clay Sculpting	4:30-7:30	Jan 6-27 Mar 3-24	WKS	\$140 \$140
Yoga Hatha with Barb	5:30-6:30	Jan 6-27 Mar-Apr	STR	\$40 \$70
Pickleball Introduction	5:30-7:00	Jan 13,20 & 27 Mar 3, 10 & 17	GYM	\$60 \$60
Pickleball Player Development Session	5:30-7:00	Feb 3,10, & 24 Apr 7,14 & 28	GYM	\$60 \$60
Line Dance Beginner Monday	6:15-7:15	Jan 20-Feb 10 Mar-Apr	BD	\$40 \$70



TUESDAY				
Program Name	Time	Month(s)	Room	Member Price
Circuit Training	9:00-10:00	Jan-Feb Mar-Apr	GYM	\$80 \$80
Hula Hoop Dance	9:00-10:00	Jan 14-Feb 18 Mar-Apr	BD	\$40 \$70
Yoga with Megan	9:30-10:30	Jan-Feb Mar-Apr	STR	\$80 \$80
Northern Lights Workshop	9:00-12:00	Feb 4-18	FH	\$120
Guitar Level 2	10:00-11:30	Jan -Feb	IDY	\$90
Yoga Chair with Megan	10:45-11:45	Jan-Feb Mar-Apr	STR	\$80 \$80
Line Dance Int/Exp	11:00-12:00	Jan-Feb Mar-Apr	BD	\$80 \$80
Welcome Sign Red Cardinal in Winter	1:00-4:00	Feb 4	FH	\$75
20/20/20 Sweat, Strength, Stability and Stretch	1:00-2:00	Jan-Feb Mar-Apr	BD	\$80 \$80
Lighthouse in the Mist	1:00-3:00	Mar 4	FH	\$40
Spirit Mandala	1:00-3:00	Apr 4	FH	\$115
Watercolor and Pen: Feathered Friends	1:00-4:00	Jan 7-28	FH	\$120
<b>CANCELLED</b> - FYI: Foot Care: How It Can Affect Your Overall Health	1:30-3:00	Jan 14	EDM	\$3
FYI: Adult 65+	1:30-3:00	Jan 21	EDM	\$3
FYI: Strategies for Lifelong Cognitive Health	1:30-3:00	Jan 28	EDM	\$3
FYI: Strong Self-Advocay in Health Care-Why is it Important?	1:30-3:00	Feb 4	EDM	\$3
FYI: E-Bike	1:30-3:00	Feb 11	EDM	\$3
FYI: Disability Tax Credit	1:30-3:00	Feb 18	EDM	\$3
FYI: Unlock the Secrets to Stunning Brows	1:30-3:00	Feb 25	EDM	\$3
FYI: Strike Stroke Out	1:30-3:00	Mar 4	EDM	\$3
FYI: Executors and their Duties and Responsibilities	1:30-3:00	Mar 11	EDM	\$3
FYI: Hearing Loss and Aging	1:3-3:00	Mar 18	EDM	\$3
FYI: Foot and Hand Spa	1:30-3:00	Mar 25	EDM	\$3
FYI: Intoduction to Healthcare - Options for Aging Adults in Alberta	1:30-3:00	Apr 1	EDM	\$3
FYI: Myths and Truth about Funerals	1:30-3:00	Apr 8	EDM	\$3
FYI: What you need to know about Bucket List Planning, Custom Trips, Europe 2025, New Travel rules, as well as Best Packing Tips	1:30-3:00	Apr 15	EDM	\$3
FYI: Developing Mobile Devices and Moving Product Development to Commercialization	1:30-3:00	Apr 22	EDM	\$3



Move, Groove Sit, Be Fit	2:15-3:15	Jan 7-28 Mar-Apr	BD	\$40 \$80
Zumba Gold	5:00-6:00	Jan-Feb Mar-Apr	GYM	\$80 \$70
<b>CANCELLED</b> - Stained Glass Snowflake Project	6:00-8:00	Jan 21	WKS	\$100
TabataTuesday	6:15-7:15	Jan 21-Feb 11 Mar-Apr	GYM	\$40 \$80



WEDNESDAY				
Program Name	Time	Month(s)	Room	Member Price
Clogging Intermediate	9:00-10:00	Jan-Feb Mar-Apr	BD	\$80 \$80
Move Well	9:00-10:00	Jan-Feb Mar-Apr	STR	\$60 \$80
Card Making Fun: Learn, Keep & Contribute	9:00 -11:30	Jan-Feb Mar-Apr	FH	\$50 \$50
STEP Forward Program	10:00-11:30	Jan-Apr	IDY	
Clogging Experienced	10:15-11:15	Jan-Feb Mar-Apr	BD	\$80 \$80
Latin Fitness	11:00-12:00	Jan-Feb Mar-Apr	STR	\$70 \$80
Ukulele Experienced	12:00-1:30	Jan-Feb Mar-Apr	BD	\$90 \$90
Drawing Botany	1:00-3:30	Jan-Feb	FH	\$200
Drawing Landscapes	1:00-3:30	Mar-Apr	FH	\$175
FYI: Estate Planning	1:30-3:00	Jan 15	EDM	\$3
FYI: Annual 2024 Global Financial Market Review 2025 Outlook	1:30-3:00	Jan 22	EDM	\$3
FYI: Exercising for Health: Why is it Important and How to Start	1:30-3:00	Jan 29	EDM	\$3
FYI: Downsizing Your Home or Aging in Place	1:30-3:00	Feb 5	EDM	\$3
FYI: Executor	1:30-3:00	Feb 12	EDM	\$3
FYI: The Role of Exchange Traded Funds in Retirement Portfolios	1:30-3:00	Feb 19	EDM	\$3
FYI: Don't Let a Fall Bring You Down	1:30-3:00	Feb 26	EDM	\$3
FYI: Human Right for All	1:30-3:00	Mar 5	EDM	\$3
FYI: Momentum Counselling: Who We Are, What We Do, & How We Break the Stigma Surrounding Mental Health	1:30-3:00	Mar 12	EDM	\$3
FYI: Alternative Investing with Private Markets	1:30-3:00	Mar 19	EDM	\$3
FYI: MAID	1:30-3:00	Apr 9	EDM	\$3
<b>CANCELLED:</b> FYI: Regulations for your Financial Advisor - How it affects retired investment clients	1:30-3:00	Apr 16	EDM	\$3
Ukulele Intermediate	2:00-3:30	Jan-Feb Mar-Apr	BD	\$90 \$90



THURSDAY				
Program Name	Time	Month(s)	Room	Member Price
Tabata Thursday	8:45-9:45	Jan-Feb Mar-Apr	GYM	\$80 \$80
Yoga Flow	9:00-10:00	Jan-Feb Mar-Apr	STR	\$80 \$80
<b>CANCELLED</b> - Strong and Stable Core	9:00-10:00	Jan 9-30	BD	\$40
Yoga for Guys and Gals - Thursday Online	9:30-10:30	Jan-Feb Mar-Apr	Online	\$80 \$80
Line Dance Beginner Thursday	10:00-11:00	Jan-Feb Mar-Apr	GYM	\$80 \$80
Fit For All – Thursday	10:15-11:15	Jan-Feb Mar-Apr	BD	\$80 \$80
Tai Ch Introduction	10:30-11:30	Jan-Feb Mar-Apr	STR	\$80 \$80
<b>CANCELLED</b> - Group Vocal	10:00-11:00	Jan-Feb Mar-Apr	IDY	\$80 \$80
<b>CANCELLED</b> - Mowtown Hits	11:00-12:30	Jan-Feb	IDY	\$120
Doowopaplooza	11:00-12:30	Mar-Apr	IDY	\$120
Pound Fitness	11:45-12:30	Jan-Feb Mar-Apr	BD	\$60 \$60
Ukulele Beyond Beginners	12:00-1:30	Jan-Feb Mar-Apr	STR	\$90 \$90
<b>CANCELLED</b> - Performance Skills	1:00-2:30	Jan-Feb Mar-Apr	IDY	\$120 \$120
Essentrics® Age Reversing	1:00-2:00	Jan-Feb Mar-Apr	BD	\$80 \$80
Philosopher's Café: "Tell We Have Faces": Walking with Buddhist Friends	1:00-2:30	Jan 30	EDM	\$15
Philosopher's Café: "Tell We Have Faces": Walking with Hindu Friends	1:00-2:30	Feb 20	EDM	\$15
Philosopher's Café: "Tell We Have Friends": Walking with Muslim Friends	1:00-2:30	Mar 20	EDM	\$15
Philosopher's Café: "Tell We Have Friends": Walking with Christian/Evangelicals/Fundamentalists	1:00-2:30	Apr 17	EDM	\$15
Watercolour For All Levels	1:00-3:00	Jan-Feb Mar-Apr	FH	\$160 \$160
<b>CANCELLED</b> - Qigong	3:00-4:00	Jan-Feb Mar-Apr	STR	\$80 \$80



FRIDAY				
Program Name	Time	Month(s)	Room	Member Price
Beginner Pottery Workshop	9:00-12:00	Jan 10-31 Mar 7-28	WRK	\$140 \$140
Move and Groove Gold	9:30-10:30	Jan-Feb Mar-Apr	GYM	\$70 \$60
Yoga for Guys and Gals - Friday Online	9:30-10:30	Jan-Feb Mar-Apr	Online	\$80 \$70
Spanish Lessons	9:30-10:30	Feb 7-Feb 28	HLR	\$40
Friday Fun and Fitness (Formerly Move and Groove Advanced)	10:45-11:45	Jan-Feb Mar-Apr	BD	\$70 \$60
Tai Chi Beginner	10:00-11:00	Jan-Feb Mar-Apr	STR	\$80 \$60
Acrylic Painting	10:00-12:00	Jan-Feb Mar-Apr	FH	\$160 \$120
NOT Falling for You Friday Morning	10:00-11:00	Jan-Apr	IDY	Free
Ukulele Beginner	12:00-1:30	Jan-Feb Mar-Apr	STR	\$90 \$90
Essentrics Stretch and Tone Friday	12:00-1:00	Jan-Feb Mar-Apr	BD	\$80 \$60
Spirit Mandala	1:00-3:00	Apr 8	FH	Continuation
NOT Falling for You Friday Afternoon	1:15-2:15	Jan-Apr	BD	Free
Learn How to Paint Candles with Linda	1:30-3:30	Jan 17	FH	\$55
Equine Art Using Q-Tips	1:30-3:30	Feb 21	FH	\$55
Preserving Memories: Curate, Organize, Digitize Your Old Photo Album	1:30-3:00	Feb 7	EDM	\$10
Contemporary Landscapes	1:30-3:30	Mar 21	FH	\$55
Yellow Boots	1:00-3:00	Apr 25	FH	\$40
Nutrition 101	2:00-3:00	Apr 25	EDM	\$20
Ukulele Absolute Beginner	2:00-3:30	Jan-Feb Mar-Apr	STR	\$90 \$90



# CLUBS – Day-at-a-Glance

Program Name	Time	Month(s)	Room	Member Price
<b>Monday</b>				
Badminton Club Monday	11:30-1:30	Jan-Apr	GYM	\$3
Accidental Drama Club	12:00-2:00	Jan-Apr	HLR	\$3
Quilting and Crafting Club	12:30-3:30	Jan-Apr	FH	\$3
Contract Bridge Club	12:30-3:30	Jan-Apr	IDY	\$3
Pickleball Club Drop In Monday	2:00-4:30	Jan-Apr	GYM	\$3
Contract Bridge Lessons	3:30-4:30	Jan-Apr	IDY	\$3
Table Tennis Club Monday	3:30-5:00	Jan-Apr	BD	\$3
<b>Tuesday</b>				
Woodcarving Club Tuesday	9:00-11:30	Jan-Apr	WKS	\$3
Pickleball Club Round Robin Tuesday	10:15-12:30	Jan-Apr	GYM	\$6
Melody Singers Club	1:00-3:00	Jan-Apr	GYM	\$3
Poetry-Mystery in the Written Word	1:00-3:00	Feb 4- Mar11	IDY	\$3
Guitar Club	1:00-4:00	Jan-Apr	STR	\$3
Book Club Tuesday (2 <sup>nd</sup> Tues)	2:00-3:00	Jan 14 & Feb 11	HLR	\$3
<b>Wednesday</b>				
Badminton Club Wednesday	9:00-12:00	Jan-Apr	GYM	\$3
French Conversation Club	10:30-12:30	Jan-Apr	HLR	\$3
Hand Foot Canasta Club	12:45-3:30	Jan-Apr	IDY	\$3
Euchure Club	1:00-3:00	Jan-Apr	HLR	\$3
Soapstone Carving Club	1:00-3:00	Jan-Apr	WKS	\$3
Floor Curling Club	12:30-3:30	Jan-Apr	GYM	\$3
TCB-A Performance Band Club	1:00-4:00	Jan-Apr	STR	\$3
<b>Thursday</b>				
Woodcarving Club Thursday	9:00-11:30	Jan-Apr	WKS	\$3
Art Club	9:30-12:00	Jan-Apr	FH	\$3
Pickleball Club Drop in Thursday	11:15-1:30	Jan-Apr	GYM	\$3
Book Club Thursday (1 <sup>st</sup> Thurs)	1:00-2:30	Jan 2 & Feb 6	HLR	\$3
Badminton Club Thursday ( 1 <sup>st</sup> & 3 <sup>rd</sup> )	2:00-4:00	Jan-Apr	GYM	\$3
Pickleball Club Drop In Thurs (2 <sup>nd</sup> & 4 <sup>th</sup> )	2:00-4:00	Jan-Apr	GYM	\$3
<b>Friday</b>				
Badminton Club Friday	10:45-12:45	Jan-Apr	GYM	\$3
Cribbage Club	12:45-3:30	Jan-Apr	IDY	\$3
Table Tennis Club Friday	3:30-5:30	Jan-Apr	BD	\$3
Jam Session Club ( 1 <sup>st</sup> and 3 <sup>rd</sup> Friday)	6:00-8:45	Jan-Apr	STR	\$3
Pickleball Club Friday Round Robin (1 <sup>st</sup> and 3 <sup>rd</sup> Friday)	6:00-8:45	Jan-Apr	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 December 9 & February 10**. There is **no guarantee** of a spot in the class with registration drop off if class limits have already been met.



### Activity Registration Form

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

Office Use	ACTIVITY NAME	DAY of Activity	TIME of Activity	AMOUNT
<i>(Office use only)</i>			<b>TOTAL</b>	
<b>Membership Type:</b> _____ <b>Wallet Balance =:</b> _____ <b>Receipt #:</b> _____ <b>Issued by:</b> _____ <b>Date:</b> _____ Receipt Required: Yes <input type="checkbox"/> No <input type="checkbox"/> Payment method: Cash / Cheque / Debit / Credit Card / Wallet <i>(circle all that apply)</i> Classes Refunded: _____ <b>Amount:</b> _____ Refund Issued By: _____ <b>Method:</b> _____ <b>Date:</b> _____				

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)**

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X (formerly Twitter): [@SEESAHappenings](https://twitter.com/SEESAHappenings)

Linked In: [@southeastmontonseniorsassociation](https://www.linkedin.com/company/southeastmontonseniorsassociation)

Hours of Operation (Monday to Friday)

Closed Statutory Holidays

Monday and Tuesday - 8:30 am to 7:30 pm

Wednesday, Thursday and 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](mailto:Aleeza@seesa.ca). Please share your insights and  
ideas with us anytime.

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