



Session 2025.03 - April 28 - June 20

Session 2025.04 - June 23 - August 15

# PROGRAM GUIDE

## For Classes & Clubs

### April 28 - August 15, 2025

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

Registration Begins:

Session 2025.03: Monday, April 7 at 9:15am  
(on-line and in-person)

Cut off for Class Registration: April 2

Session 2025.04: Tuesday, June 3 at 9:15am  
(on-line and in-person)

Cut off for Class Registration: May 29



**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.



## 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





# WAYS TO REGISTER

Online and In-Person Registration starts at 9:15am on Monday, April 7 for Session 2025.3 and Tuesday, June 3 for Session 2025.4.



## 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 April 7 and June 3 head to Tillies Cafe to begin your registration! A volunteer will assist you with the necessary paperwork and provide you with a number. Starting at 9:15 AM, the volunteer will call numbers in groups of five to proceed to the Edmonton Room. Once you enter the Edmonton Room, you'll meet a volunteer at the Welcome Table who will verify your membership. The volunteer will then direct you to a seat/station. At the registration stations, registration and payment for classes will be processed. After registration day, you can continue to register at the Front Desk during regular hours. For in-person registration, we will use wallet credits, and any outstanding balances can be paid by cash, cheque, debit, Visa and Mastercard.

## REGISTRATION DROP OFF

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

Forms will be processed in the order received, starting at 1:00 pm on April 7 and June 3 .

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 April 7 and June 3. 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 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 **April 2** for Session 2025.3 and **May 29** for Session 2025.4

## 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.



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.

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

## ACRYLIC PAINTING

**Instructor:** Barbara Hull Chan

**Venue:** Forest Heights Room

**Class Limit:** 13

**A Friday May 2 - June 27 (9 Wks) | 10:00 am - 12:00 pm**  
**Session Fee:** Member: \$180 Non-Member: \$234  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



Come learn to make Beaded Porcupine Earrings! In Class 1, enjoy a 10-minute presentation on Indigenous porcupine art, prepare quill needles, and create your first earring. In Class 2, complete your second earring. All supplies are included. Bring a 10X magnifying glass with light and stand, or a beading lamp (Walmart/Amazon, \$20+).

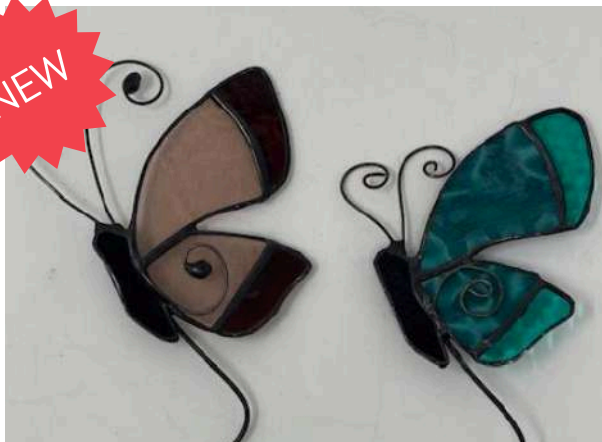
## BEADED PORCUPINE EARRINGS

**Instructor:** Barbara Derrick

**Venue:** Forest Heights Room

**Class Limit:** 13

**A Friday May 9 - May 16 (2 Wks) | 1:00 pm - 3:00 pm**  
**Session Fee:** Member: \$95 Non-Member: \$105  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## **BIRDS AND BUTTERFLIES STAINED GLASS PROJECT: MORNING**

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12

In this 2.5-hour workshop, choose from pre-cut birds and butterflies to design and finish. Learn copper foiling, burnishing, and soldering techniques. Your finished project makes a perfect window piece or can be added to a garden stake for a fun home and garden touch. Beginner-friendly, no experience needed.

**A Monday May 5** (1 Wks) | 10:00 am - 12:30 pm  
**Session Fee:** Member: \$100 Non-Member: \$110  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a

**B Monday May 5** (1 Wks) | 1:00 pm - 3:30 pm  
**Session Fee:** Member: \$ 100 Non-Member: \$110  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## **DANDELION SEASON**

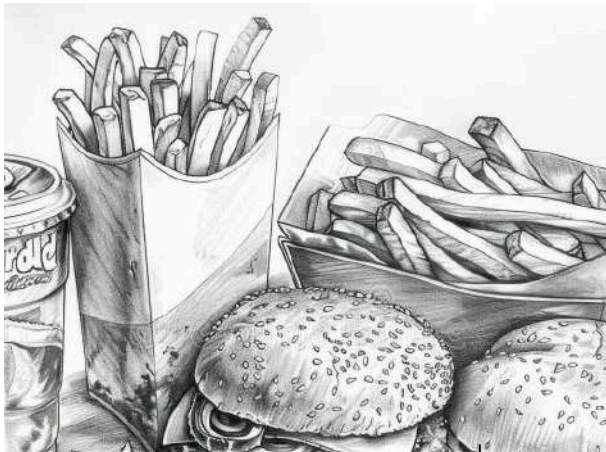
**Instructor:** Wendy Jensen

**Venue:** Forest Heights Room

**Class Limit:** 13

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

**A Wednesday May 7** (1 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$35 Non-Member: \$45  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## DRAWING FOOD AND DRINK

**Instructor:** Muhammed Salayi

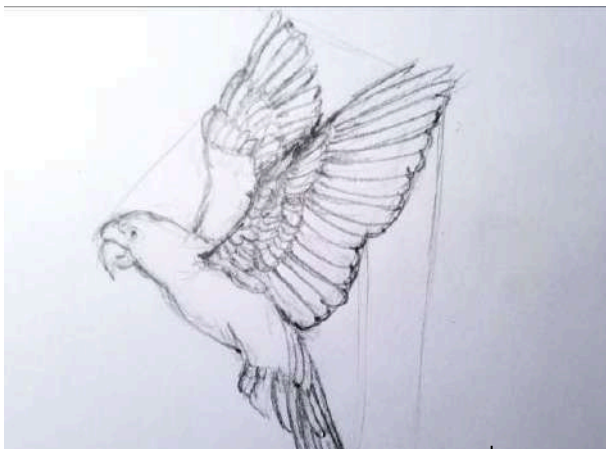
**Venue:** Forest Heights Room

**Class Limit:** 13

Our new season's drawing class focuses on food and drink! Artists of all levels are invited to explore the textures, shapes, and details of these inspiring subjects. We'll study the highlights, shadows, and forms of everyday items, using pencils and other materials to capture their essence.

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

**A** **Wednesday Apr 30- June 18** ( 8 Wks) | 1:00 pm - 3:30 pm  
**Session Fee:** Member: \$200 Non-Member: \$260  
**Class Drop-in Fee:** Member: \$35 Non-Member: \$40



## DRAWING MOTION AND ACTION

**Instructor:** Muhammed Salayi

**Venue:** Forest Heights Room

**Class Limit:** 13

If you're captivated by the motions and actions of people and animals in daily life and want to learn how to capture them with pencils, this class is perfect for you! Regardless of your skill level, we'll teach you how to draw the moving gestures of humans and pets using simple lines. You'll also learn techniques to enhance your work with shading and smooth gradation, bringing your drawings to life with depth and energy.

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

**B** **Wednesday June 25 - Aug 13** ( 8 Wks) | 1:00 pm - 3:30 pm  
**Session Fee:** Member: \$200 Non-Member: \$260  
**Class Drop-in Fee:** Member: \$35 Non-Member: \$40





## OSTRICH FUN

**Instructor:** Wendy Jensen

**Venue:** Workshop

**Class Limit:** 13

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

**A Monday June 23** (1 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$35 Non-Member: \$45  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## POTTERY: BEGINNER WORKSHOP

**Instructor:** Molly Lim

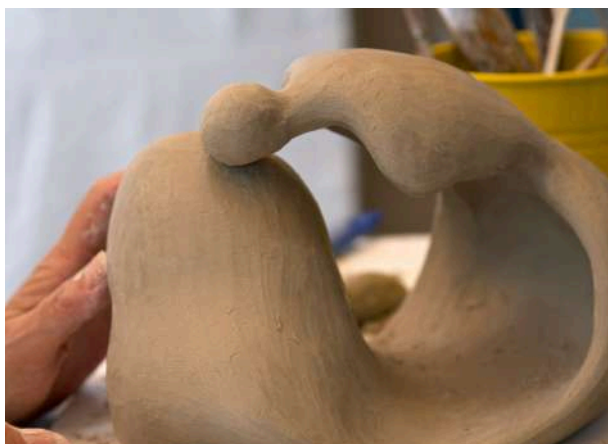
**Venue:** Forest Heights Room

**Class Limit:** 13

Create your unique piece of pottery using the basic skills of hand building techniques in this instructor led step by step process while incorporating your own creativity in the design of your work. Workshop shared supplies included.

**A Tuesday May 6 - May 27** (4 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$140 Non-Member: \$150  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a

**B Tuesday June 3 - June 24** (4 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$140 Non-Member: \$150  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## POTTERY: BEGINNER CLAY SCULPTING

**Instructor:** Molly Lim

**Venue:** Forest Heights Room

**Class Limit:** 13

**A** **Monday May 5 - June 2** ( 4 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$140 Non-Member: \$150  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a  
No session May 19

**B** **Monday June 9 - June 30** ( 4 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$140 Non-Member: \$150  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## POTTERY: FISHING HUT

**Instructor:** Molly Lim

**Venue:** Forest Heights Room

**Class Limit:** 13

**A** **Monday May 12** ( 1 Wks) | 4:30 pm - 7:30 pm  
**Session Fee:** Member: \$65 Non-Member: \$75  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a

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

Instructor guided. Make a complete diorama of a Fishing Hut with all the bells and whistles and top it up with a moving part such as a lamp or a swing. Complete the initial glaze colours in one sitting. All supplies included.



NEW



## POTTERY: CLOWN

**Instructor:** Molly Lim

**Venue:** Forest Heights Room

**Class Limit:**

13

Instructor guided. Sculpture of a sitting clown in whimsical attire. Learn to create unique parts that makes your clown sculpture come alive. Complete the initial glaze colours in one sitting. All supplies included.

**A Monday May 26** (1 Wks) | 4:30 pm - 7:30 pm  
**Session Fee:** Member: \$65 Non-Member: \$75  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a

NEW



## POTTERY: FARMERS VEGETABLE STAND

**Instructor:** Molly Lim

**Venue:** Forest Heights Room

**Class Limit:** 13

Instructor guided. Sculpture of a Vegetable Farmer's stall with a sign and crates of different vegetables. Learn to create unique parts that make your sculpture come alive. Complete the initial glaze colours in one sitting. All supplies included.

**A Monday June 9** (1 Wks) | 4:30 pm - 7:30 pm  
**Session Fee:** Member: \$65 Non-Member: \$75  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## POTTERY: BIRD WATCHING

**Instructor:** Molly Lim

**Venue:** Forest Heights Room

**Class Limit:** 13

Instructor guided. Sculpture a bird watcher with his/her gear in a natural setting. Learn to create unique parts that makes your sculpture come alive. Complete the initial glaze colours in one sitting. All supplies included.

**A Monday June 23** (1 Wks) | 4:30 pm - 7:30 pm  
**Session Fee:** Member: \$65 Non-Member: \$75  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a



## SPRING LANTERN: MORNING

**Instructor:** Chandell Popik

**Venue:** Workshop

**Class Limit:** 12

Create a handmade glass lantern in this 2.5-hour workshop! Learn glass fusion techniques, sculpt shapes, and use cutters and nippers. Design and complete 4 panels. After 1-2 firings, your lantern will be ready for pickup the following week. Lantern colors: white, off-white, and black (while supplies last). Dimensions: 15 cm (6") L, 15 cm (6") W, 28 cm (11")

**A Monday May 26** (1 Wks) | 10:00 am - 12:30 pm  
**Session Fee:** Member: \$190 Non-Member: \$200  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a

**B Monday May 26** (1 Wks) | 1:00 pm - 3:30 pm  
**Session Fee:** Member: \$190 Non-Member: \$200  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$n/a

NEW



## SUNFLOWER WELCOME SIGN

**Instructor:** Wendy Jensen

**Venue:** Forest Heights Room

**Class Limit:** 8

Join Wendy in creating an adorable Sunflower Welcome sign for your garden or porch! The sign is 3' X 8" in size. The project is created using latex paint making it durable for outdoor use. All supplies are provided for this workshop, but since we're using latex paint please wear clothing suitable for painting.

**A Wednesday June 4** (1 Wks) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$55 Non-Member: \$65  
**Class Drop-in Fee:** Member: \$n/a Non-Member: \$ n/a



## WATERCOLOUR FOR ALL LEVELS

**Instructor:** Willie Wong

**Venue:** Forest Heights Room

**Class Limit:** 13

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.

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

**A Thursday May 1 - June 19** (8 Wks) | 1:00 pm - 3:00 pm  
**Session Fee:** Member: \$160 Non-Member: \$208  
**Class Drop-in Fee:** Member: \$28 Non-Member: \$32

**B Thursday June 26 - Aug 14** (8 Wks) | 1:00 pm - 3:00 pm  
**Session Fee:** Member: \$160 Non-Member: \$208  
**Class Drop-in Fee:** Member: \$28 Non-Member: \$32

# DANCE FITNESS



## BOLLY X

**Instructor:** Mousumi Mukherjee

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



**A Thursday**  
**May 22 - June 19** (4 Wks) | 6:00 pm - 7:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40	\$52
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session May 29

**Venue:** Gymnasium

**Class Limit:** 30

## 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!

**A Wednesday**  
**Apr 30 - June 18** (8 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Bonnie Doon Room

**Class Limit:** 12



# DANCE & FITNESS



## 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!

**A** **Wednesday**  
**Apr 30 - June 19** ( 8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Bonnie Doon Room

**Class Limit:** 12

## CLOGGING INTERMEDIATE/ EXPERIENCED

**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** **Wednesday**  
**June 25 - Aug 13** ( 8 Wks) | 10:15 am - 11:15am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Bonnie Doon Room

**Class Limit:** 12

# DANCE & FITNESS



## FRIDAY FUN AND FITNESS

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

<b>A</b>	<b>Friday</b> May 2 - June 20 (8 Wks)   10:45 am - 11:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

<b>B</b>	<b>Friday</b> June 27 - Aug 15 (8 Wks)   10:45 am - 11:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Bonnie Doon Room

**Class Limit:** 12

## FUSION FITNESS



**Instructor:** Dani Nicol  
 This class blends dance aerobics with yoga, combining high-energy movements and mindful flow. Enjoy upbeat routines for cardiovascular fitness and flexibility, followed by yoga-inspired stretches and breathing exercises to enhance balance, strength, and relaxation for a fun, dynamic workout.

<b>A</b>	<b>Tuesday</b> May 6 - May 27 (4 Wks)   3:30 pm - 4:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$40	\$52
	<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Bonnie Doon Room

**Class Limit:** 12



# DANCE & FITNESS



## 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!

**A** **Wednesday**  
**Apr 30 - June 18** (8 Wks) | 11:00 am - 12:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**B** **Wednesday**  
**June 25 - Aug 13** (8 Wks) | 11:00 am - 12:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn 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.

**A** **Thursday**  
**May 1 - June 19** (8 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**B** **Thursday**  
**June 26 - Aug 14** (8 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Gymnasium

**Class Limit:** 30

# DANCE & FITNESS



## LINE DANCE BEGINNER MONDAY

**Instructor:** Tracy Walters

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

**A Monday**  
Apr 28 - June 16 (7 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19

**B Monday**  
June 23 - Aug 11 (7 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session August 4

**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.

**A Tuesday**  
Apr 29 - June 17 (8 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**B Tuesday**  
June 24 - Aug 12 (7 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session July 1

**Venue:** Bonnie Doon Room

**Class Limit:** 12

# DANCE & FITNESS



## MOVE AND GROOVE GOLD

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

**A Friday**  
**May 2 - June 20 (7 Wks) | 9:30 am - 10:30 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 30

**B Friday**  
**June 27 - Aug 15 (8 Wks) | 9:30 am - 10:30 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

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

## ZUMBA GOLD

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

**A Tuesday**  
**May 6 - June 17 (7 Wks) | 5:00 pm - 6:00 pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

**B Tuesday**  
**June 24- Aug 12 (7 Wks) | 5:00 pm - 6:00 pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session July 1

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

**FYI: ETS SAFETY****Instructor:** Pallavi Kambo

This presentation will provide information on safety and accessibility features while travelling on ETS buses or trains. Some printed resources will also be provided.

**\$3.00****Date:** Apr 29 | 1:30 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20
**FYI: DISCOVER THE ENCHANTING CHRISTMAS MARKETS OF MONTREAL & QUEBEC CITY  
EMBARK ON A MAGICAL SMALL-GROUP ADVENTURE TO OLD WORLD CANADA!**
**Instructor:** Alison Phillips

Experience Canada's festive wonders this November with a 7-day journey to Montreal and Quebec City! Explore historic cities where holiday magic meets Old World charm. We're offering 20 exclusive spots for this special trip. Interested? Join our presentation to learn more!

**\$3.00****Date:** Apr 30 | 1:30 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20
**FYI: MEDI PEDI EDMONTON – EXPERT FOOT CARE FOR DIABETICS & SENIORS**
**Instructor:** Shawna MacNeil

Join us for an insightful session on advanced foot care with Medi Pedi Edmonton! Learn how professional footcare can improve health, mobility, and comfort, plus get expert tips for maintaining happy, healthy feet. Your foundation matters!

**\$3.00****Date:** May 6 | 1:30 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

## FYI: GIVE LIFE ALBERTA: WHAT YOU NEED TO KNOW ABOUT ORGAN AND TISSUE DONATION



\$3.00

**Instructor:** Su-Ling Goh

Over 90% of Albertans support organ and tissue donation, but few know how to act on their good intentions. Give Life Alberta's Su-Ling Goh (formerly of Global News) will clear up misconceptions and a heart recipient will share his story.

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

## FYI: MAID



\$3.00

**Instructor:** Carmen Hobbs

This session will explore the legal, ethical, and practical aspects of MAID in Alberta, from eligibility and assessment to the final steps. Key safeguards ensuring informed, voluntary decisions will be highlighted, providing a comprehensive understanding of MAID in Alberta today.

**Date:** May 13 | 1:30 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

## FYI: MENTAL HEALTH AND ISOLATION IN SENIORS



\$3.00

**Instructor:** Raj

This presentation covers mental health and social isolation in seniors, highlighting their prevalence, causes, and effects, including depression, anxiety, and physical health risks. It discusses prevention through social interaction, family support, and mental health resources, with real-life examples and a call to action for community involvement.

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



## **FYI: OPTIMIZING THE RETIREMENT AND ESTATE PLANNING BENEFITS OF A TAX FREE SAVINGS ACCOUNT**



**\$3.00**

**Instructor:** Wei Woo

The Tax-Free Savings Account (TFSA) has been available since 2009, but many retired Canadians are still unclear on how to use it effectively. Conflicting advice from financial representatives, especially about estate planning, can add confusion. Join Wei Woo to clarify myths and learn how to maximize this flexible account for retirement and estate planning.

**Date:** May 27 | 1:30 pm - 3:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

## **FYI: RETIREMENT INCOME TAX STRATEGIES**



**\$3.00**

**Instructor:** Jonathan Lesky

Retirement brings no shortage of income tax considerations. How/when should I begin withdrawing from my RRSP/RIF? When should I begin drawing my CPP and Old Age Security? What do I need to know if I want to own vacation property in the US? Jonathan Lesky of Raymond James Ltd., along with Alyssa Mitha from Mackenzie Investments, will go over certain considerations and strategies when planning to mitigate your tax in retirement.

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

## **FYI: WHAT IS A PERSONAL REPRESENTATIVE (OR EXECUTOR)**



**\$3.00**

**Instructor:** Ms. Smith

Have you thought about what it means to be the Personal Representative of someone's estate? What do you have to do? How do you do it right? What if you are appointed with another person? Come join an informative session to learn about this very important role.

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



## FYI: SENIOR'S MENTAL HEALTH: AN OVERVIEW

**Instructor:** Dr. Sarah Wong

This presentation will include a general overview of the signs and symptoms of depression, anxiety, and cognitive impairment specific to the senior population. The discussion will include risk factors for these illnesses, potential preventative measures, and a brief overview on basic treatments.

\$3.00

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

## FYI: BONE HEALTH 101

**Instructor:** Carleigh McKay

Bone Health 101 is an in-person session with a virtual presenter, focused on osteoporosis and bone health. It covers ways to optimize bone health, including risk factors, nutrition, exercise, and reducing osteoporosis risks and fractures. The session also addresses prevention and management of osteoporosis, affecting over 2.3 million Canadians.

\$3.00

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

## FYI: EXERCISING FOR HEALTH: WHY IS IT IMPORTANT AND HOW TO START

**Instructor:** Josh Langkamp

This one-hour session will highlight the importance of exercise for overall health, covering types of exercise, starting a fitness program, and strength training benefits. It will also discuss specific programs like GLAD for osteoarthritis, physiotherapy, massage, and group classes, offering practical tips to kickstart a healthy lifestyle.

\$3.00

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

## FYI: ANNUAL 2025 GLOBAL FINANCIAL MARKET REVIEW AND OUTLOOK

\$3.00

**Instructor:** Wei Woo

Join Wei Woo as we discuss the latest political, economic, and market developments impacting your retirement savings and investment strategies. We'll review key events of 2025 and provide guidance on what to expect for the rest of the year. With Trump back in power, we'll explore the potential impact on financial markets.

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

### 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](https://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!

## COLOR MY WORLD AND FIT WITH FLAIR

**Instructor:** Susanne Urbina

In class one, you'll learn which colors complement your personal coloring and use Color Theory to build your wardrobe. In class two, you'll explore design basics and how to use lines and shapes to flatter your figure and enhance your clothing style.

NEW

**Date:** May 23 & 30 | 9:00 am- 11:00 am | **Venue:** Edmonton Room | **Class Limit:** 10

**Member Fee: \$40**

**Non-Member Fee: \$52**

## FACING FACTS AND THE FINISHING TOUCH-MAKE UP

**Instructor:** Susanne Urbina

In class one, we will learn how to assess your skin type and address its needs with proper cleansing, treatments, and care for seasoned skin. In class two, we will learn how to apply both a full and quick makeup routine tailored to your face shape, focusing on brows, eyes, and lips.

NEW

**Date:** May 2 & 9 | 9:00 am- 11:00 am | **Venue:** Edmonton Room | **Class Limit:** 10

**Member Fee: \$40**

**Non-Member Fee: \$52**

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

**Instructor:** David Goa

Jewish 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 Jewish fundamentalism and nationalism was understood for what it was.

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

**Member Fee: \$15**

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

# GENERAL INTEREST

## PHILOSOPHERS CAFÉ: "TELL WE HAVE FACES": WALKING WITH CHRISTIAN ORTHODOX MONKS & OTHERS

**Instructor:** David Goa

Orthodox Christian monks and friends took me by the hand and walked me into their fields of meaning. Through them Canada and Eastern Europe & the Levant 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:** June 26 | 1:30 pm - 3:00 pm | **Venue:** Idylwylde | **Class Limit:** 20

**Member Fee:** \$15

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

## RELAXING FOR LONGEVITY AND THRIVING

**Instructor:** Suzanne Belanger

Discover gentle methods to enhance mental and physical well-being. Experience techniques like sound bathing, breathing, self-massage, detox, lymphatic work, and "Blue Zone" concepts for daily life. Wear loose clothes and a shawl/jacket for warmth. We'll sit, stand, and use mats (optional). Bring water, a light blanket, and a pillow. A yoga mat is optional.

**Date:** May 1 & 15 | 9:00 am- 11:00 am | **Venue:** Strathearn Room | **Class Limit:** 12

**Member Fee:** \$40

**Non-Member Fee:** \$52

## SOUND BATH MEDITATION WITH BREATH

**Instructor:** Suzanne Belanger

Calming sounds and vibrations soothe the build-up of tension and increase your capacity to cope with stress. Just close your eyes and let the pure tones wash over you. You may sit on a chair or lie on a mat. Wear loose clothing and bring a small pillow, light blanket & water to drink.

**Date:** May 2 | 9:00 am- 10:00 am | **Venue:** Strathearn Room | **Class Limit:** 12

**Member Fee:** \$10

**Non-Member Fee:** \$13



## BEGINNER GUITAR

**Instructor:** Bob Zukerman

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

**A** **Tuesday**  
**May 6 - June 10** (6 Wks) | 10:00 am - 11:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Idylwylde Room

**Class Limit:** 10

## 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**  
**May 9 - June 13** (6 Wks) | 2:00 pm - 3:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Strathearn Room

**Class Limit:** 8





## 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**  
**May 9 - June 13** ( 6 Wks) | 12:00 pm- 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Strathearn Room

**Class Limit:** 15

## UKULELE BEYOND BEGINNERS 12 PM

**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.

**Thursday**  
**Apr 24- June 12** ( 8 Wks) | 12:00 pm- 1:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$120	\$156
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Strathearn Room

**Class Limit:** 15



## UKULELE BEYOND BEGINNERS 2PM

**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**  
**Apr 24 - June 12 (8 Wks) | 2:00 pm - 3:30 pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$120	\$156
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Strathearn Room

**Class Limit:** 15

## UKULELE EXPERIENCED

**Instructor:** Elaine Mann

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

**A** **Wednesday**  
**Apr 30 - June 11 (7 Wks) | 12:00 pm - 1:30 pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$105	\$137
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**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.

**A** **Wednesday**  
**Apr 30 - June 11 (7 Wks) | 2:00 pm - 3:30 pm**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$105	\$137
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Bonnie Doon Room

**Class Limit:** 15

## 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.



# PHYSICAL FITNESS



## 2020 SWEAT, STRENGTH, STABILITY AND STRETCH

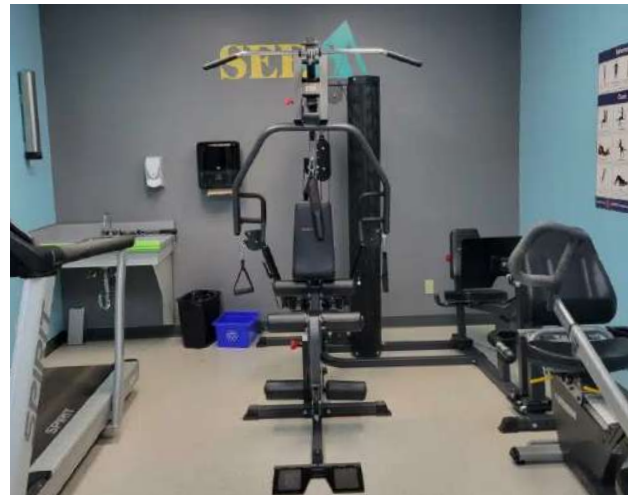
**Instructor:** Lorraine Wigston  
 This class offers a complete workout, a fun warmup and low-impact cardio to boost heart health. It includes strength/endurance exercises for daily tasks, stability work (balance & mobility), & a relaxing stretch. With modifications, it's perfect for everyone, from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

<b>A</b>	<b>Tuesday</b> May 6 - June 17 (7 Wks)   1:00 pm - 2:00 pm
	<b>Member:</b> <b>Non-Member:</b>
<b>Session Fee:</b>	\$70                              \$91
<b>Class Drop-in Fee:</b>	\$14                              \$16

<b>B</b>	<b>Tuesday</b> June 24 - Aug 12 (7 Wks)   1:00 pm - 2:00 pm
	<b>Member:</b> <b>Non-Member:</b>
<b>Session Fee:</b>	\$70                              \$91
<b>Class Drop-in Fee:</b>	\$14                              \$16

No session July 1

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



## FITNESS ROOM

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

# PHYSICAL FITNESS



## BARRE FITNESS THURSDAY

**Instructor:** Kim Ashley

Barre fitness classes blend ballet, Pilates, yoga, and strength training, focusing on building strength, flexibility, and balance through controlled, low-impact movements. Classes target the upper body, core, and lower body with light weights, resistance bands, and body weight. The upbeat, energizing atmosphere encourages proper form, making it a great full-body workout for all fitness levels.

**A Thursday**  
**May 22 - June 12** ( 4 Wks) | 6:30 pm - 7:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40	\$52
<b>Class Drop-in Fee:</b>	\$14	\$16

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

## BARRE FITNESS MONDAY

**Instructor:** Deborah Ravbar

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

**A Monday**  
**May 5 - June 16** ( 6 Wks) | 8:45 pm - 9:45 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$78
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19

**B Monday**  
**June 23 - July 28** ( 6 Wks) | 8:45 am - 9:45 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$78
<b>Class Drop-in Fee:</b>	\$14	\$16

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



# PHYSICAL FITNESS



## BODY BLITZ 5:45 PM



**Instructor:** Greg Pagdato

This 60-minute circuit training class is for all fitness levels. It starts with a warm-up, followed by strength and cardio exercises that can be modified to suit everyone. The class ends with a cool-down to aid muscle recovery and flexibility. Let's get moving together!

**A** **Wednesday**  
**May 7 - May 28** ( 4 Wks) | 5:45 pm - 6:45 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40	\$52
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn Room

**Class Limit:** 12

## BODY BLITZ 4:30 PM



**Instructor:** Greg Pagdato

This 60-minute circuit training class is for all fitness levels. It starts with a warm-up, followed by strength and cardio exercises that can be modified to suit everyone. The class ends with a cool-down to aid muscle recovery and flexibility. Let's get moving together!

**A** **Wednesday**  
**May 7 - May 28** ( 4 Wks) | 4:30 pm - 5:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$40	\$52
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn Room

**Class Limit:** 12

# PHYSICAL FITNESS



## CIRCUIT TRAINING

**Instructor:** Deborah Ravbar

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



**A** **Tuesday**  
**Apr 29 - June 17** ( 8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**B** **Tuesday**  
**June 24 - July 29** ( 6 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$78
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Gymnasium

**Class Limit:** 25

## LOCKERS

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

# PHYSICAL FITNESS



## ESSETRICS® - 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.

<b>A</b>	<b>Thursday</b> May 1 - June 19 (8 Wks)   1:00 pm - 2:00 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

<b>B</b>	<b>Thursday</b> June 26 - Aug 14 (8 Wks)   1:00 pm - 2:00 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

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

## ESSETRICS® - 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.

<b>A</b>	<b>Monday</b> May 5 - June 16 (6 Wks)   10:00 am - 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$60	\$78
	<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session May 19

<b>B</b>	<b>Monday</b> June 23 - Aug 11 (7 Wks)   10:00 am - 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session August 4

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



# PHYSICAL FITNESS



## ESSENTRICS® - STRETCH AND TONE WEDNESDAY



**Instructor:** Bonnie

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

**A** **Wednesday**  
**Apr 30 - June 25** ( 9 Wks) | 6:30 pm - 7:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Gymnasium

**Class Limit:** 30

## ESSENTRICS® - STRETCH AND TONE FRIDAY

**Instructor:** Liz Olson

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

**A** **Friday**  
**May 2 - June 20** ( 8 Wks) | 12:00 pm- 1:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Bonnie Doon Room

**Class Limit:** 12

# PHYSICAL FITNESS



## FIT FOR ALL - THURSDAY

**Instructor:** Wendy Kinsman

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

**A Thursday**  
**May 1 - June 19 ( 8 Wks) | 10:15 am - 11:15 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Bonnie Doon Room

**Class Limit:** 13

## FIT FOR ALL - MONDAY

**Instructor:** Wendy Kinsman

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

**A Monday**  
**Apr 28 - June 16 ( 6 Wks) | 10:15 am - 11:15 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$78
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19 and 26

**Venue:** Bonnie Doon Room

**Class Limit:** 13



# PHYSICAL FITNESS



## 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**  
**Apr 28 - June 16** (7 Wks) | 11:15 am - 12:15 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19

**B** **Monday**  
**June 23 - Aug 11** (7 Wks) | 11:15 am - 12:15 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session August 4

**Venue:** Strathearn Room

**Class Limit:** 12

## Member Quote

‘Really like my classes and the instructors so I love that I am learning, but getting out of the house and socializing with others is a key to my quality of life.’

# PHYSICAL FITNESS



## GET UP TO GET DOWN 4:30PM

**Instructor:** Greg Pagdato

Feeling sore or wanting gentle movement? This class combines seated and standing exercises to build strength and improve mobility. Using bodyweight or light weights, we'll safely challenge muscles to enhance balance, posture, and overall well-being at a comfortable pace.



**A** **Thursday**  
**May 8 - May 29** (4 Wks) | 4:30 pm - 5:15 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$30	\$39
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn Room

**Class Limit:** 12

## GET UP TO GET DOWN 5:30PM

**Instructor:** Greg Pagdato

Feeling sore or wanting gentle movement? This class combines seated and standing exercises to build strength and improve mobility. Using bodyweight or light weights, we'll safely challenge muscles to enhance balance, posture, and overall well-being at a comfortable pace.



**A** **Thursday**  
**May 8 - May 29** (4 Wks) | 5:30 pm - 6:15 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$30	\$39
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn Room

**Class Limit:** 12

# PHYSICAL FITNESS



## HULA HOOP DANCE

**Instructor:** Olivia Flows

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

<b>A</b>	<b>Tuesday</b>		
	<b>Apr 29 - June 17</b> ( 8 Wks)   9:00 am - 10:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

<b>B</b>	<b>Tuesday</b>		
	<b>June 24 - Aug 12</b> ( 7 Wks)   9:00 am - 10:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16
No session July 1			

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

## 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!

<b>A</b>	<b>Tuesday</b>		
	<b>May 6 - June 17</b> ( 7 Wks)   2:15 pm - 3:15 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

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



# PHYSICAL FITNESS



## 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**  
**Apr 30 - June 18** ( 8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**B** **Wednesday**  
**June 25 - Aug 13** ( 8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn Room

**Class Limit:** 12

## 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**  
**Apr 28 - June 16** (7 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19

**Venue:** Strathearn Room

**Class Limit:** 12

# PHYSICAL FITNESS



## NORDIC WALKING INSTRUCTOR COURSE



**Instructor:** Melanie Kidder

Become a Nordic Walking Instructor! This course teaches participants the practical skills of Nordic Walking and also provides instruction on the dynamic, evidence-based ACTIVATOR technique. Help people increase physical activity and learn best practices for leading a pole walking group or exercise class. To register go to: <https://urban-poling.getlearnworlds.com/course/live-with-melanie-kidder-instructor-course-urban-poling-nordic-walking>

**A Thursday**  
**May 8** (1 Wks) | 3:00 pm - 7:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	Register	\$n/a
<b>Class Drop-in Fee:</b>	online	\$n/a

**Venue:** Gymnasium

**Class Limit:** 25

## NOT FALLING FOR YOU

**Instructor:** Wendy Doughty

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

**A Friday**  
**May 2 - June 20** (8 Wks) | 1:15 pm - 2:15 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$n/a	\$n/a
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Bonnie Doon Room

**Class Limit:** 12



# PHYSICAL FITNESS



## 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**  
**May 5 - May 26** (3 Wks) | 5:30 pm - 7:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$70
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session May 19

**B** **Monday**  
**July 7 - July 21** (3 Wks) | 5:30 pm - 7:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$70
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**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**  
**June 2 - June 16** (3 Wks) | 5:30 pm - 7:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$70
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**B** **Monday**  
**July 28 - Aug 11** (3 Wks) | 5:30 pm - 7:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$70
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Gymnasium

**Class Limit:** 8

# PHYSICAL FITNESS



## 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**  
**May 1 - June 19** ( 8 Wks) | 11:45 am - 12:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$78
<b>Class Drop-in Fee:</b>	\$12	\$13

**B Thursday**  
**June 26 - Aug 14** ( 8 Wks) | 11:45 am - 12:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$60	\$78
<b>Class Drop-in Fee:</b>	\$12	\$13

**Venue:** Bonnie Doon 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

# PHYSICAL FITNESS



## TABATA THURSDAY

**Instructor:** Deborah Ravbar

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

<b>A</b>	<b>Thursday</b> May 1 - June 19 (8 Wks)   8:45 pm - 9:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

<b>B</b>	<b>Thursday</b> June 26 - July 31 (6 Wks)   8:45 am - 9:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$60	\$78
	<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Gymnasium

**Class Limit:** 25

## TABATA TUESDAY

**Instructor:** Melanie Kidder

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

<b>A</b>	<b>Tuesday</b> May 6 - June 17 (7 Wks)   6:15 pm - 7:15 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

<b>B</b>	<b>Tuesday</b> June 24 - Aug 12 (7 Wks)   6:15 pm - 7:15 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

No session July 1

**Venue:** Gymnasium

**Class Limit:** 25

# PHYSICAL FITNESS



## TAI CHI- YANG 24

**Instructor:** Weston Benjamin

This class introduces Yang-style Tai Chi and Qigong, focusing on movements that enhance balance, flexibility, and overall well-being. Tai Chi combines martial arts and philosophy, while Qigong stimulates the body's energy pathways. Previous Tai Chi experience recommended. However, beginners are welcome and can easily realize the benefits of this art as they learn.

<b>A</b>	<b>Friday</b> <b>May 2 - June 20</b> ( 8 Wks)   10:00 am- 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

<b>B</b>	<b>Friday</b> <b>June 27 - Aug 15</b> ( 8 Wks)   10:00 am- 11:00 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

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

## 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!

<b>A</b>	<b>Monday</b> <b>Apr 28 - June 16</b> ( 7 Wks)   12:30 pm - 1:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19

<b>B</b>	<b>Monday</b> <b>June 23 - Aug 11</b> ( 7 Wks)   12:30 pm - 1:30 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

No session August 4

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



# PHYSICAL FITNESS



## YOGA CHAIR WITH MEGAN

**Instructor:** Megan Kim

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

<b>A</b>	<b>Tuesday</b> <b>Apr 29 - June 17</b> (8 Wks)   10:45 am - 11:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16

<b>B</b>	<b>Tuesday</b> <b>June 24 - Aug 12</b> (7 Wks)   10:45 am - 11:45 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

No session July 1

**Venue:** Strathearn Room

**Class Limit:** 12

## 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> <b>May 2 - June 20</b> (8 Wks)   9:30 am - 10:30 am		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**Venue:** Online

**Class Limit:** 20



# PHYSICAL FITNESS



## YOGA FOR GUYS AND GALS - MONDAY ONLINE

**Instructor:** Ken Strachan

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

**A Monday**  
**Apr 28 - June 16** ( 7 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session May 19

**B Monday**  
**June 23 - Aug 11** ( 7 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

No session August 4

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

## YOGA FOR GUYS AND GALS - THURSDAY ONLINE

**Instructor:** Ken Strachan

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

**A Thursday**  
**May 1 - June 19** ( 8 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

**B Thursday**  
**June 26 - Aug 14** ( 8 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$n/a	\$n/a

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

# PHYSICAL FITNESS



## 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!

**A** **Monday**  
**Apr 28 - June 16** (7 Wks) | 5:30 pm - 6:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session May 19

**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.

**A** **Tuesday**  
**Apr 29 - June 17** (8 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104
<b>Class Drop-in Fee:</b>	\$14	\$16

**B** **Tuesday**  
**June 24 - Aug 12** (7 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91
<b>Class Drop-in Fee:</b>	\$14	\$16

No session July 1

**Venue:** Strathearn Room

**Class Limit:** 12



## **STEP FORWARD: SUPERVISED TRANSITIONAL EXERCISE PROGRAM**

**Instructor:** Alberta Health Services

The STEP Forward Program presented by Alberta Health Services is a beginner to intermediate level functional physical activity program suitable for people with one or more chronic health conditions that limits their ability to move.

The service offers:

- i) individual initial assessment with a team of Occupational Therapists, Physical Therapists and a Kinesiologist to determine eligibility for the program,
- ii) eight weeks of progressive exercise, held twice weekly, working up to 40-45 mins toward end of program. Classes are 1-hour long.
- iii) built-in education with exercise classes and three formal educational sessions talking about benefits of exercise, goal setting, programs and resources in the community
- iv) discharge assessment and reviewing personal goals after STEP program
- v) one, three and six months follow-up and intervention, as needed,
- vi) occupational therapy consultation, if required, during programming.

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

Steps to get into the program:

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

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

# CLUBS ARTS & CRAFTS



## ART CLUB

**Liaison:** Don Evans

**Venue:** Forest Heights Room

**Class Limit:** 15

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.

**A Thursday May 1 - May 29** ( 5 Wks) | 9:30 am - 12:00 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6



## QUILTING AND CRAFTING CLUB

**Liaison:** Shirley Baynes

**Venue:** Forest Heights Room

**Class Limit:** 15

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.

**A Monday Apr 28 - June 16** ( 7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session May 19

**B Monday June 23 - Aug 11** ( 7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session August 4



# 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

**Liaison:** Annette Evans

**Venue:** Workshop

**Class Limit:** 12

**A** **Wednesday Apr 30 - June 18** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6

**B** **Wednesday June 25--Aug 13** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6



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

**Liaison:** Colin Kinnell

**Venue:** Workshop

**Class Limit:** 12

**A** **Thursday May 1 - June 19** ( 8 Wks) | 9:00 am - 11:30 am  
**Tuesday Apr 29 - June 17**( 8 Wks) | 9:00 am - 11:30 am  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6

**B** **Thursday June 26 - Aug 14** ( 8 Wks) | 9:00 am - 11:30 am  
**Tuesday June 24 - Aug 12** ( 7 Wks) | 9:00 am - 11:30 am  
No session July 1  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6

# 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

**Liaison:** Florence Ellis  
**Venue:** Holyrood Room  
**Class Limit:** 25

- A Monday Apr 28 - June 16** (7 Wks) | 12:00 pm - 2:00 pm  
**Class Drop-in Fee:** Member: \$3  
No session May 19
- B Monday June 23 - Aug 11** (7 Wks) | 12:00 pm - 2:00 pm  
**Class Drop-in Fee:** Member: \$3  
No session August 4



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

## CONTRACT BRIDGE CLUB

**Liaison:** Laurie Reid  
**Venue:** A) Idylwyld Room  
B) Bonnie Doon Room  
**Class Limit:** 20

- A Monday Apr 28 - June 16** (7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session May 19
- B Monday June 23 - Aug 11** (7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session August 4

# 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 CLUB LESSONS

**Liaison:** Laurie Reid

**Venue:** Idylwylde Room

**Class Limit:** 20

**A Monday Apr 28 - June 16** (7 Wks) | 3:30 pm - 4:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session May 19



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

## CRIBBAGE CLUB

**Liaison:** Sharon Moffatt

**Venue:** A) Idylwylde Room  
B) Strathearn Room

**Class Limit:** 16

**A Friday May 2 - June 20** (8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6

**B Friday June 27 - Aug 15** (8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6



# 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

**Liaison:** Alexandra Anderson

**Venue:** Holyrood Room

**Class Limit:** 16

**A** **Wednesday Apr 30 - June 18** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6

**B** **Wednesday June 25 - Aug 13** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6



Due to the nature of this card game it is important you arrive by 12:45 pm in order to be included. Set up is more complicated than other card games and requires extra time.

## HAND AND FOOT CANASTA CLUB

**Liaison:** Claudia Ramsay

**Venue:** A) Idylwylde Room  
B) Bonnie Doon Room

**Class Limit:** 16

**A** **Wednesday Apr 30 - June 18** ( 8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6

**B** **Wednesday June 25 - Aug 13** ( 8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6





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

**Liaison:** Sylvia Rodrigue

**Venue:** Holyrood Room

**Class Limit:** 16

**A** **Wednesday Apr 30 - June 18** ( 8 Wks) | 10:30 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6

**B** **Wednesday June 25 - Aug 13** ( 8 Wks) | 10:30 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6



If you love to read, join the Book Club Thursday! We meet the 1st Thursday of each month: May 1 and June 5. 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 May 1 - June 5** ( 2 Wks) | 1:00 pm - 2:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6  
No session May 8, 15, 22, 29



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 May 13 and June 10.

## BOOK CLUB TUESDAY

**Liaison:** Barbara Lyon

**Venue:** Holyrood Room

**Class Limit:** 10

**A** **Tuesday May 13 - June 10** ( 2 Wks) | 2:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6  
No session May 20, 27, June 3



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

## GUITAR CLUB

**Liaison:** Roger Smeland

**Venue:** Strathearn Room

**Class Limit:** 20

**A** **Tuesday Apr 29 - June 17** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6

**B** **Tuesday June 24 - Aug 12** ( 7 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6  
No session July 1

# CLUBS MUSIC



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 May 2, 16, June 6, 20, July 4, 18, Aug 1 and 15.

## JAM SESSION CLUB

**Liaison:** Roger Smeland

**Venue:** Strathearn Room

**Class Limit:** 20

**A Friday May 2 - June 20** ( 4 Wks) | 6:00 pm - 8:45 pm

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

No session May 9, 23, 30, June 13

**B Friday July 4 - Aug 15** ( 4 Wks) | 6:00 pm - 4:00 pm

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

No session July 11, 25, August 8



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.

## MELODY SINGERS CLUB

**Liaison:** Joy Horpyniuk

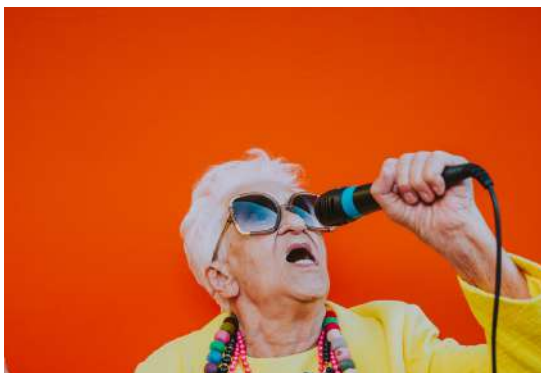
**Venue:** Gymnasium

**Class Limit:** 50

**A Tuesday Apr 30** ( 1 Wks) | 1:00 pm - 3:30 pm

**Class Drop-in Fee:** Member: \$3

# CLUBS MUSIC & SPORTS



## TCB - A PERFORMANCE BAND CLUB

**Liaison:** Deiter Anders

**Venue:** Strathearn Room

**Class Limit:** 15

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.

- A** **Wednesday Apr 30 - June 18** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6
- B** **Wednesday June 25 - Aug 13** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6



## BADMINTON CLUB

**Instructor:** Bob Hyndman

**Venue:** Gymnasium

**Class Limit:** 20

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!

- A** **Monday May 5 - June 16** ( 6 Wks) | 11:30 am - 1:30 pm  
**Wednesday Apr 30 - June 18** ( 8 Wks) | 9:00 am - 12:00 pm  
**Thursday May 22 - June 19** ( 4 Wks) | 9:00 am - 12:00 pm  
**Friday May 2 - June 20** ( 7 Wks) | 10:45 am - 12:45 pm  
No session May 19, 29, 30 and June 12  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6
- B** **Monday June 23 - Aug 11** ( 7 Wks) | 11:30 am - 1:30 pm  
**Wednesday June 25 - Aug 13** ( 8 Wks) | 9:00 am - 12:00 pm  
**Thursday July 3 - Aug 14** ( 4 Wks) | 9:00 am - 12:00 pm  
**Friday June 27 - Aug 15** ( 8 Wks) | 10:45 am - 12:45 pm  
No session July 10, 24, August 4 and 7  
**Class Drop-in Fee:** Member: \$3      Non-Member: \$6



# 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

**Liaisons:** Daniel Smith (Monday) & Lynne Kaluzinak (Thursday)

**Venue:** Gymnasium  
**Class Limit:** 20

**A** **Monday May 5 - June 16** (6 Wks) | 2:00 pm - 4:30 pm  
**Thursday May 1 - June 19** (8 Wks) | 11:15 am - 1:30 pm  
**Thursday May 1 - June 12** (8 Wks) | 2:00 pm - 4:00 pm  
No session May 8, 19, 22, 29 and June 5  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6

**B** **Monday June 25 - Aug 11** (7 Wks) | 2:00 pm - 4:30 pm  
**Thursday June 26 - Aug 14** (8 Wks) | 11:15 am - 1:30 pm  
**Thursday July 10 - Aug 7** (3 Wks) | 2:00 pm - 4:00 pm  
No session July 13, 17 and August 4  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6



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 FRIDAY

**Liaison:** Shelene Runzer & Richard Labranche

**Venue:** Gymnasium  
**Class Limit:** 20

**A** **Friday May 16 - June 20** (3 Wks) | 6:00 pm - 8:45 pm  
**Tuesday Apr 29 - June 17** (8 Wks) | 10:15 am - 12:30 pm  
No session May 23, 30, June 13  
**Class Drop-in Fee:** Member: \$6 Non-Member: \$12

**B** **Tuesday June 24 - Aug 12** (7 Wks) | 10:15 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$6 Non-Member: \$12  
No session July 1

# CLUBS SPORTS



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

## SEESA GOLF

**Instructor:** Lucille Gans

**Venue:** Country Side Golf

**Class Limit:** 46

**A Thursday May 1 - Sept 18 (21Wks) | 12:05 pm**  
**Class Drop-in Fee:** Member: \$30



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 MONDAY

**Instructor:** Jim Der

**Venue:** Bonnie Doon Room

**Class Limit:** 12

**A Monday Apr 28 - June 16 (7 Wks) | 3:30 pm - 5:30 pm**  
**Friday May 2 - June 20 (8 Wks) | 3:30 pm - 5:30 pm**  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session May 19

**B Monday June 23 - Aug 11 (7 Wks) | 3:30 pm - 5:30 pm**  
**Friday June 27 - Aug 15 (8 Wks) | 3:30 pm - 5:30 pm**  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session August 4

## Classes Day at a Glance

MONDAY				
Program Name	Time	Month(s)	Room	Member Price
Barre Fitness Monday	8:45-9:45	May-June July-Aug	GYM	\$60 \$60
Pottery: Beginner Clay Sculpting	9:00-12:00	May 5-June 2 June 9-30	FH	\$140 \$140
Ostrich Fun	9:00-12:00	June 23	WRK	\$35
Yoga for Guys and Gals - Monday Online	9:30-10:30	May-June July-Aug	Online	\$70 \$70
Nia Movement Practice	10:00-11:00	May-June	STR	\$70
Essentrics® - Stretch and Tone Monday	10:00-11:00	May-June July-Aug	GYM	\$60 \$70
Birds and Butterflies Stained Glass Project Morning	10:00-12:30	May 5	WRK	\$100
Spring Lantern: Morning	10:00-12:30	May 26	WRK	\$190
Fit For All- Monday	10:15-11:15	May-June	BD	\$60
Flex and Flow with Arthritis	11:15-12:15	May-June July-Aug	STR	\$70 \$70
Total Fitness Fun	12:30-1:30	May-June July-Aug	STR	\$70 \$70
Birds and Butterflies Stained Glass Project Afternoon	1:00-3:30	May 5	WRK	\$100
Spring Lantern: Afternoon	1:00-3:30	May 26	WRK	\$190
Pottery: Fish Hut	4:30-7:30	May 12	FH	\$65
Pottery: Clown	4:30-7:30	May 26	FH	\$65
Pottery: Farmers Vegetable Stand	4:30-7:30	June 9	FH	\$65
Pottery: Bird Watching	4:30-7:30	June 23	FH	\$65
Yoga Hatha with Barb	5:30-6:30	May-June	STR	\$70
Pickleball Introduction	5:30-7:00	May 5, 12, 26 July 7, 14, 21	GYM	\$60 \$60
Pickleball Player Development Session	5:30-7:00	June 2, 9, 16 July 28, Aug 4, 11	GYM	\$60 \$60
Line Dance Beginner Monday	6:15-7:15	May-June July-Aug	BD	\$70 \$70



TUESDAY				
Program Name	Time	Month(s)	Room	Member Price
Circuit Training	9:00-10:00	May-June July-Aug	GYM	\$80 \$60
Hula Hoop Dance	9:00-10:00	May-June July-Aug	BD	\$80 \$70
Yoga with Megan	9:30-10:30	May-June July-Aug	STR	\$80 \$70
Pottery: Beginner Workshop	9:00-12:00	May6-27 June 3-24	FH	\$140 \$140
Beginner Guitar	10:00-11:30	May 6-June 10	IDY	\$90
Yoga Chair with Megan	10:45-11:45	May-June July-Aug	STR	\$80 \$70
Line Dance Intermediate/Experienced	11:00-12:00	May-June July-Aug	BD	\$80 \$70
2020 Sweat, Strength, Stability and Stretch	1:00-2:00	May-June July-Aug	BD	\$70 \$70
FYI: ETS Safety	1:30-3:00	April 29	EDM	\$3
FYI: Medi Pedi Edmonton-Expert Foot Care for Diabetics and Seniors	1:30-3:00	May 6	EDM	\$3
FYI: MAID	1:30-3:00	May 13	EDM	\$3
FYI: Optimizing the Retirement and Estate Planning Benefits of Tax Free Savings Account	1:30-3:00	May 27	EDM	\$3
FYI: Bone Health 101	1:30-3:00	June 10	EDM	\$3
Move Groove Sit be Fit	2:15-3:15	May-June	BD	\$70
Fusion Fitness	3:30-4:30	May 6-27	BD	\$40
Zumba Gold	5:00-6:00	May-June July-Aug	GYM	\$70 \$70
TabataTuesday	6:15-7:15	May-June July-Aug	GYM	\$70 \$70





WEDNESDAY				
Program Name	Time	Month(s)	Room	Member Price
Clogging Intermediate	9:00-10:00	May-June	BD	\$80
Move Well	9:00-10:00	May-June July-Aug	STR	\$80 \$80
Dandelion Season	9:00-12:00	May 7	FH	\$35
Sunflower Welcome Sign	9:00-12:00	June 4	FH	\$55
Clogging Experienced	10:15-11:15	May-June	BD	\$80
Clogging Intermediate/Experienced	10:15-11:15	July-Aug	BD	\$80
Latin Fitness	11:00-12:00	May-June July-Aug	STR	\$80 \$80
Ukulele Experienced	12:00-1:30	May-June	BD	\$105
Drawing Food and Drink	1:00-3:30	May-June	FH	\$200
Drawing Motion and Action	1:00-3:30	July-Aug	FH	\$200
FYI: Discover the Enchanting Christmas Markets of Montreal & Quebec City Embark on a Magical Small-Group Adventure to Old World Canada!	1:30-3:00	April 30	EDM	\$3
FYI: Give Life Alberta: What You Need to Know about Organ and Tissue Donation	1:30-3:00	May 7	FH	\$3
FYI: Mental Health and Isolation in Seniors	1:30-3:00	May 14	EDM	\$3
FYI: Retirement Income Tax Strategies	1:30-3:00	May 28	EDM	\$3
FYI: What is a Personal Representative (or Executor)	1:30-3:00	June 4	EDM	\$3
FYI: Exercising for Health: Why is it Important and How to Start	1:30-3:00	June 11	EDM	\$3
FYI: Semi- Annual 2025 Global Financial Market Review and Outlook	1:30-3:00	June 18	EDM	\$3
Ukulele Intermediate	2:00-3:30	May-June	BD	\$105
Body Blitz 4:30pm	4:30-5:30	May 7 to May 28	STR	\$40
Body Blitz 5:45pm	5:45-6:45	May 7 to May 28	STR	\$40
Essentrics Stretch and Tone Wednesday	6:30-7:30	May-June	GYM	\$90



THURSDAY				
Program Name	Time	Month(s)	Room	Member Price
Tabata Thursday	8:45-9:45	May-June July-Aug	GYM	\$80 \$60
Relaxing for Longevity and Thriving	9:00-11:00	May 1 & 15	STR	\$40
Yoga for Guys and Gals - Thursday Online	9:30-10:30	May-June July-Aug	Online	\$80 \$80
Line Dance Beginner Thursday	10:00-11:00	May-June July-Aug	GYM	\$80 \$80
Fit For All – Thursday	10:15-11:15	May-June	BD	\$80
Pound Fitness	11:45-12:30	May-June July-Aug	BD	\$60 \$60
Ukulele Beyond Beginners 12pm	12:00-1:30	May-June	STR	\$120
Essentrics® Age Reversing	1:00-2:00	May-June July-Aug	BD	\$80 \$80
Philosopher’s Café: “Tell We Have Faces”: Walking with Jewish Friends	1:30-3:00	May 29	EDM	\$15
Philosopher’s Café: “Tell We Have Friends”: Walking with Christian Orthodox Monks & Others	1:30-3:00	June 26	IDY	\$15
Watercolour For All Levels	1:00-3:00	May-June July-Aug	FH	\$160 \$160
FYI: Senior’s Mental Health: An Overview	1:30-3:00	June 5	EDM	\$3
Ukulele Beyond Beginner 2pm	2:00-3:30	May-June	STR	\$120
Nordic Walking Instructor Course	3:00-7:00	May 8	GYM	Register Online
Get Up Get Down 4:30	4:30-5:15	May 8 - May 29	STR	\$30
Get Up Get Down 5:30	5:30-6:15	May 8 - May 29	STR	\$30
Bolly X	6:00-7:00	May 22-June 19	GYM	\$40
Barre Fitness Thursday	6:30-7:30	May 22-June 12	BD	\$40



FRIDAY				
Program Name	Time	Month(s)	Room	Member Price
Sound Bath Meditation with Breath	9:00-10:00	May 2	BD	\$10
Move and Groove Gold	9:30-10:30	May-June July-Aug	GYM	\$70 \$80
Yoga for Guys and Gals - Friday Online	9:30-10:30	May-June	Online	\$80
Color My World and Fit with Flair	9:00-11:00	May 23 & 30	EDM	\$40
Facing Facts and the Finishing Touch Makeup	9:00-11:00	May 2 & 9	EDM	\$40
Acrylic Painting	10:00-12:00	May-June	FH	\$180
Friday Fun and Fitness	10:45-11:45	May-June July-Aug	BD	\$80 \$80
Tai Chi- Yang 24	10:00-11:00	May-June July-Aug	STR	\$80 \$80
Ukulele Beginner	12:00-1:30	May-June	STR	\$90
Essentrics Stretch and Tone Friday	12:00-1:00	May-June	BD	\$80
Beaded Porcupin Earrings	1:00-3:00	May 9 & 16	FH	\$95
NOT Falling for You Friday	1:15-2:15	May-June	BD	Free
Ukulele Absolute Beginner	2:00-3:30	May-June	STR	\$90



## CLUBS – Day-at-a-Glance

Program Name	Time	Month(s)	Room	Member Price
<b>Monday</b>				
Badminton Club Monday	11:30-1:30	May-Aug	GYM	\$3
Accidental Drama Club	12:00-2:00	May-Aug	HLR	\$3
Quilting and Crafting Club	12:30-3:30	May-Aug	FH	\$3
Contract Bridge Club	12:30-3:30	May-June	IDY	\$3
	12:00-3:00	July-Aug	BD	\$3
Pickleball Club Drop In Monday	2:00-4:30	May-Aug	GYM	\$3
Contract Bridge Lessons	3:30-4:30	May-June	IDY	\$3
Table Tennis Club Monday	3:30-5:00	May-June	BD	\$3
	3:45-5:30	July-Aug		
<b>Tuesday</b>				
Woodcarving Club Tuesday	9:00-11:30	May-Aug	WKS	\$3
Pickleball Club Round Robin Tuesday	10:15-12:30	May-Aug	GYM	\$6
Guitar Club	1:00-4:00	Jan-Apr	STR	\$3
Book Club Tuesday (2 <sup>nd</sup> Tues)	2:00-3:00	May 13 & June 10	HLR	\$3
<b>Wednesday</b>				
Badminton Club Wednesday	9:00-12:00	May-Aug	GYM	\$3
French Conversation Club	10:30-12:30	May-Aug	HLR	\$3
Hand Foot Canasta Club	12:45-3:30	May-June	IDY	\$3
		July-Aug	BD	\$3
Euchure Club	1:00-3:00	May-Aug	HLR	\$3
Soapstone Carving Club	1:00-3:00	May-Aug	WKS	\$3
TCB-A Performance Band Club	1:00-4:00	May-Aug	STR	\$3
<b>Thursday</b>				
Woodcarving Club Thursday	9:00-11:30	May-Aug	WKS	\$3
Art Club	9:30-12:00	May-June	FH	\$3
Pickleball Club Drop in Thursday	11:15-1:30	May-Aug	GYM	\$3
Book Club Thursday (1 <sup>st</sup> Thurs)	1:00-2:30	May 1 & June 5	HLR	\$3
Badminton Club Thursday ( 2 <sup>nd</sup> & 4 <sup>th</sup> )	2:00-4:00	May-Aug	GYM	\$3
Pickleball Club Drop In Thurs (1 <sup>st</sup> & 3 <sup>rd</sup> )	2:00-4:00	May-Aug	GYM	\$3
<b>Friday</b>				
Badminton Club Friday	10:45-12:45	May-Aug	GYM	\$3
Cribbage Club	12:45-3:30	May-June	IDY	\$3
		July-Aug	STR	\$3
Table Tennis Club Friday	3:30-5:30	May-June	BD	\$3
	3:30-5:30	July-Aug		
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	May-June	GYM	\$6





## Drop Off Activity Registration Form

Drop off Activity Registration forms will be processed in the order they were received beginning at **1:00 pm on April 7 and June 3**. 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	DATE 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>				

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

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

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

**PAYMENT OPTIONS:**

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

Credit Card Number \_\_\_\_\_

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

Name on card \_\_\_\_\_

# CONTACT US



## **SEESA (SOUTH EAST EDMONTON SENIORS ASSOCIATION)**

**Charitable Number: 11915724 RR 0001**

9350 82 Street NW, Edmonton, AB T6C 2X8

Phone: 780.468.1985

Email: [info@seesa.ca](mailto:info@seesa.ca)

Website: [www.seesa.ca](http://www.seesa.ca)

Facebook: [@SEESAActivityCentre](https://www.facebook.com/SEESAActivityCentre)

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



Use this QR Code to access SEESA's website.

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

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