

SOUTH EAST EDMONTON SENIORS ASSOCIATION  
**ACTIVITY CENTRE**  
— 9350 - 82 Street —



# PROGRAM GUIDE

**FOR CLASSES & CLUBS / MAY 4 - AUGUST 21, 2026**

Session 3- Monday May 4 -Friday June 26 2026

Session 4 - Monday June 29- Friday August 21 2026

SEESA's Program Guide now includes information for 4 months of Classes, Clubs and FYI Sessions.



## Online and In-person

Session 3- May-June  
Tuesday, April 14 at 9:15 am  
(Last Day to Register: Apr 28)

Session 4 - July - August  
Tuesday, June 9 at 9:15 am  
(Last Day to Register: June 23)

 9350 - 82 Street NW, Edmonton, AB T6C 2X8

 780.468.1985

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

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

**SEESA**  
*You belong here*

# Table of Contents

ABOUT SEESA.....	3
FEES & BENEFITS.....	4
OUTREACH AND HOME SUPPORTS PROGRAM.....	5
WAYS TO REGISTER.....	6-7
TILLIE’S CAFE .....	7
CHANGES, CANCELLATIONS AND WAITLIST.....	8-9
ART CLASSES .....	10-15
DANCE CLASSES .....	16-20
FYI SEMINARS .....	21-25
GENERAL INTEREST CLASSES.....	26-29
MUSIC CLASSES.....	30-31
PHYSICAL FITNESS CLASSES.....	32-51
CLUBS.....	52-66
DAY AT A GLANCE - CLASSES.....	67-71
DAY AT A GLANCE - CLUBS.....	72-73
ACTIVITY REGISTRATION FORM.....	74

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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: the 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.

## 2026 Fees & Benefits

Fees & Benefits*	55+ Regular Member	35-54 years Associate Member	Lifetime Members	Reciprocal Members*	Non-Members
2026 Annual Fee (effective January 1, 2026)	\$40	\$55	Free	\$10	N/A
Member Rates at SEESA for Classes, Seminars Events	Yes	Yes	Yes	Yes	No
Class Drop-in Fee:1 Hour	\$14	\$14	\$14	\$14	\$16
Club Drop in Fee	\$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 1 seminar	\$3	\$3	\$3	\$3	\$3
Email Updates	Yes	Yes	Yes	Yes	No
Tillie's Café	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	No	Yes	No	No

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

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

# Outreach Program

**Wed, May 13 - 9-12**

**Mon, May 25 - 1-4**

**Wed, June 10 - 9-12**

**Mon, June 22 - 1-4**

**Wed, July 8 - 9-12**

**Mon July 27 - 1-4**


**Wed Aug 12 -9-12**


In collaboration with Edmonton Seniors Coordinating Council's Hello Seniors program (formerly Outreach Program) SEESA is pleased to host Jewish Family Services. Outreach Worker Brandon will be on site at SEESA on the 2nd Wednesday (9 am to noon) and the 4th Monday (1 pm to 4 pm) of each month.

## The Outreach Worker will be able to assist with:

- Home support options
- Information, referrals and case management
- Assistance with food security & affordable housing
- Solutions for social isolation
- Navigating systems like transportation & housing
- Assistance with filling out forms
- Access to government benefit programs

**FOR MORE  
INFORMATION**

 780-468-1985

 9350 82 Street

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

**For emergent needs: call 211-2**

# WAYS TO REGISTER

Online and In-Person Registration starts at 9:15am

- Tuesday, April 14 for Session 3 - May-June
- Tuesday, June 9 for Session 4 - July- August.



## ONLINE REGISTRATION

To register online, you must have a valid membership. Returning members can renew their 2026 membership when registering for programs. Your 2026 membership renewal must be in your basket first to receive the member rates for programs. To play it safe, you can always renew your 2026 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 or credit card.

Wallet Credits Can Be Used Online.

- Once you have selected all your items and 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 please call 780.468.1985 ext. 0 before registration day to secure your 2026 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 14 and June 9 head to Tillie's Café to begin your registration! A volunteer will assist you with the necessary paperwork and provide you with a number. Starting at 9:15 AM, the volunteer will call numbers in groups of five to proceed to the Edmonton Room. Once there, a volunteer at the Welcome Table 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.

## CAN'T MAKE REGISTRATION DAY? - REGISTRATION DROP OFF

For your convenience, an Activity Registration Form is available at the back of this program guide. Please use one form per person. You can drop off your completed form, along with payment and wallet credit instructions, at the front desk before registration day. Starting at 1:00 pm on April 14 and June 9, forms will be processed in the order received. 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 14 and June 9. Call the Front Desk at 780-468-1985 ext. 0 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 breakfast, 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 and her amazing team of volunteers. Lunch specials change daily. Soup and sandwiches are also available.

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

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

## 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 is not reached. 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 register for classes, events, club tickets, or as a donation to SEESA.
- Wallet credits can be used when registering online, in person, or by phone.

## CLASS TRANSFERS/ WITHDRAWALS

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

## 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.

## CLASS REGISTRATIONS

- The cut off for class registrations is April 28 for Session 3 and June 23 for Session 4

## 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.

## 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.

## **DROP-IN**

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

## **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.
- Sign in and hand your ticket to the Club Liaison.
- Some clubs have additional fees and are noted in the description.

## **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 visit.
- 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, 14519-118 Ave and receive a student rate. Please mention that you are a student of Barbara Hull Chan at SEESA.

## ACRYLIC PAINTING

**Instructor:** Barbara Hull Chan

**Venue:** Forest Heights

**Class Limit:** 13

List of supplies can be found at the front desk or online.

**A Friday May 8 - June 26 (8 Wks) | 10:00 am - 12:00 pm**  
**Session Fee:** Member: \$160 Non-Member: \$208  
**No Class Drop-in**



Join artist Linda Finstad for a lighthearted painting adventure where creativity takes flight! Linda will guide you step by step as you paint a charming, quirky bird full of personality and learn how to create a variety of playful expressions. You'll also explore simple techniques for giving your bird the illusion of soft, textured feathers. No experience is needed— just bring an apron or old shirt to protect your clothes. All materials, including an 11" x 14" canvas and artist-grade acrylic paints, are provided for this fun and relaxed class.

## ACRYLIC PAINTING WORKSHOP: QUIRKY BIRDS

**Instructor:** Linda Finstad

**Venue:** Forest Heights

**Class Limit:** 13

**A Friday June 5 (1 Day) | 1:00 pm - 4:00 pm**  
**Session Fee:** Member: \$55 Non-Member: \$65  
**No Class Drop-in**



Join artist and SEESA member, Betty Dean, in this Alcohol Ink Workshop adventure! Alcohol Ink is a type of ink that is made with alcohol and dye. In this class, you will learn how to use Alcohol Ink, exploring a variety of techniques to create beautiful and unique works of art. You'll take home your work, including two (2) ceramic tiles. Whether you're a beginner or an experienced artist, come and join us for a fun and educational experience. No, previous, artistic experience is required. All materials are provided. You simply show up and create! Participants are encouraged to bring an apron or wear old clothes to protect from stains. Gloves will be provided. Some individuals may be bothered by fumes, and may prefer to wear a mask.

## ALCOHOL INK WORKSHOP

**Instructor:** Betty Dean

**Venue:** Forest Heights

**Class Limit:** 10

**A** **Tuesday May 12 (1 Day)** | 12:30 pm - 4:30 pm  
**Session Fee:** Member: \$50 Non-Member: \$60  
**No Class Drop-in**



This class introduces students to drawing various rocks and natural surfaces through observation and texture studies. Suitable for all levels, students will learn to capture form, light, and surface detail using line, shading, and value. Beginners build strong foundations, while more advanced students refine realism, depth, and personal expression. Ideal for nature studies, landscapes, and improving observational drawing skill.

## DRAWING: ROCKS AND NATURAL TEXTURES

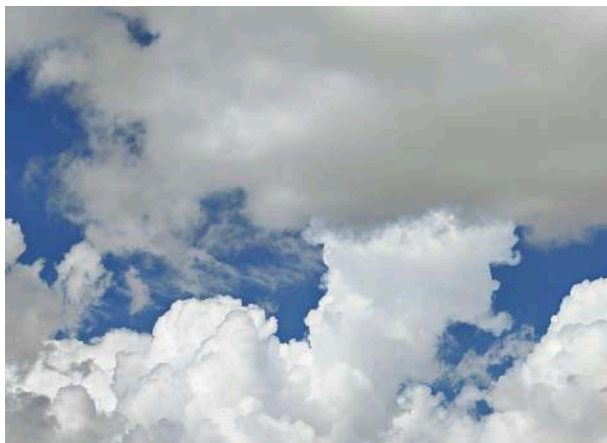
**Instructor:** Muhammed Salayi

**Venue:** Forest Heights

**Class Limit:** 13

List of supplies can be found at the front desk or online.

**A** **Wednesday May 13 - June 24 (7 Wks)** | 1:00 pm - 3:30 pm  
**Session Fee:** Member: \$175 Non-Member: \$227.50  
**Class Drop-in Fee:** Member: \$35 Non-Member: \$40



This class explores the sky as a dynamic subject, emphasizing light, space, and changing weather. Students will study different cloud types, sky gradients, and atmospheric depth, learning how to suggest movement and scale through tone and subtle transitions. Designed for all levels, beginners will gain confidence in basic forms and values, while advanced students will focus on mood, drama, and expressive interpretation. Ideal for artists interested in landscapes and capturing atmosphere in drawing.

## DRAWING SKIES AND CLOUDS

**Instructor:** Muhammed Salayi

**Venue:** Forest Heights

**Class Limit:** 13

List of supplies can be found at the front desk or online.

**B** **Wednesday July 8 - Aug 19** (7 Wks) | 1:00 pm - 3:30 pm  
**Session Fee:** Member: \$ 175 Non-Member: \$ 227.50  
**Class Drop-in Fee:** Member: \$ 35 Non-Member: \$ 40



Unleash your creativity by turning old magazines and catalogs into stunning floral collages! In this fun and inspiring class, you'll explore how to repurpose everyday materials, understand values to bring depth and harmony to your composition, and seal your collage to beautifully blend watercolor and acrylic paint markers. Instructor Linda will guide you step-by-step as you highlight, define, and personalize your masterpiece. All materials—including a pre-gessoed 11"x14" canvas board—are provided, so all you need to bring is your imagination!

## MIXED MEDIA WORKSHOP COLLAGE FLORALS

**Instructor:** Linda Finstad

**Venue:** Forest Heights

**Class Limit:** 13

**A** **Friday May 15** (1 Day) | 1:00 pm - 4:00 pm  
**Session Fee:** Member: \$ 55 Non-Member: \$ 65  
**No Class Drop-in**



We will explore the "Bas-Relief" technique, where you will transform a flat clay slab into a stunning 3D portrait of a majestic Eagle or Bear. You'll learn how to carve deep textures for feathers and fur using specialized tools, bringing your animal to life. To finish, we'll use a professional underglaze "wash" to highlight every fine detail. This class is perfect for beginners looking to create a timeless piece of art. All materials are provided—just bring your creativity!

**CLAY WORKSHOP:  
"SPIRIT OF THE WILD"  
RELIEF TILE**

**Instructor:** Molly Lim  
**Venue:** Forest Heights  
**Class Limit:** 12

**A Thursday May 14 - May 21 ( 2 Wks) | 9:00 am - 12:00 pm**  
**Session Fee:** Member: \$125 Non-Member: \$135  
**No Class Drop-in**



First, you will build a functional ceramic cylinder and decorate it using the ancient Italian art of Sgraffito. After coating your piece in rich, colorful underglaze, you'll use carving tools to "scratch away" intricate patterns of trees, stars, or mountains, revealing the bright clay beneath. Whether you use it as a glowing candle holder or a decorative pencil jar, you'll leave with a unique, high-contrast masterpiece.

**CLAY WORKSHOP:  
"LIGHT & SHADOW"  
SGRAFFITO VESSEL**

**Instructor:** Molly Lim  
**Venue:** Forest Heights  
**Class Limit:** 12

**A Thursday June 11- June 18( 2 Wks) | 9:00 am - 12:00 pm**  
**Session Fee:** Member: \$125 Non-Member: \$135  
**No Class Drop-in**



## STAINED GLASS-BUTTERFLY PLANT BUDDY

**Instructor:** Sharon Waunch

**Venue:** Workshop

**Class Limit:** 7

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

**A Monday May 25** (1 Day) | 1:00 pm - 4:00 pm  
**Session Fee:** Member: \$ 95 Non-Member: \$ 105  
**No Class Drop-in**



## WATERCOLOUR FOR ALL LEVELS

**Instructor:** Willie Wong

**Venue:** Forest Heights

**Class Limit:** 13

List of supplies can be found at the front desk or online.

Easy to follow instructions and easy to trace handouts, from beginners to advanced, fun projects to work on. Participants will be required to bring their own art supplies including: paper, brushes, palette and paints.

**A Thursday May 7 - June 25** ( 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 July 2 - Aug 20** ( 6 Wks) | 1:00 pm - 3:00 pm  
**Session Fee:** Member: \$ 120 Non-Member: \$ 156  
**Class Drop-in Fee:** Member: \$ 28 Non-Member: \$ 32  
 No session July 9, July 23



Water marbling is simply painting on water. We explore how the paints move on the water surface, use various tools to experiment with colour and design. The image is then captured by placing paper or fabric on top of the water where it is immediately transferred and permanently affixed. You will apply your knowledge to design a one-of-a-kind beautiful silk scarf. There are no special skills required, only the willingness to experiment and have fun! All supplies included.

## **WATER MARBLING WORKSHOP - PAPER & SILK**

**Instructor:** Karen

**Venue:** Forest Heights

**Class Limit:** 6

**A** **Tuesday May 5** (1 Day) | 9:00 am - 12:00 pm  
**Session Fee:** Member: \$ 75 Non-Member: \$ 85  
**No Class Drop-in**

**B** **Tuesday May 5** (1 Day) | 1:00 pm - 4:00 pm  
**Session Fee:** Member: \$ 75 Non-Member: \$ 85  
**No Class Drop-in**

## **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:

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

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

- Call: 780-468-1985 ext. 260
- Email: [graham@seesa.ca](mailto:graham@seesa.ca)

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

# DANCE



## BALANCED BEATS

**Instructor:** Dani Nicol

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

<b>A</b>	<b>Friday</b> May 8 - June 26 (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>B</b>	<b>Friday</b> July 3 - Aug 21 (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

## BOLLY X EVENING

**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.

<b>A</b>	<b>Thursday</b> May 7 - June 25 (8 Wks)   6:00 pm - 7:00 pm		
		<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:** 25

# DANCE



## CLOGGING ABSOLUTE BEGINNER

**Instructor:** Tracy Walters

Learn basic clogging steps and terms. Once we progress, we dance in shoes with special taps on them that give clogging its unique sound (not wooden shoes). For this class you do not need the clogging shoes. No experience is required.

**A** **Wednesday**  
**May 6 - June 24** (8 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104

**No Class Drop-in**

**B** **Wednesday**  
**July 8 - Aug 19** (7 Wks) | 9:00 am - 10:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91

**No Class Drop-in**

**Venue:** Bonnie Doon

**Class Limit:** 12

## CLOGGING INTERMEDIATE/ EXPERIENCED

**Instructor:** Tracy Walters

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

**A** **Wednesday**  
**May 6 - June 24** (8 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104

**No Class Drop-in**

**B** **Wednesday**  
**July 8 - Aug 19** (7 Wks) | 10:15 am - 11:15 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91

**No Class Drop-in**

**Venue:** Bonnie Doon

**Class Limit:** 12

# DANCE



## CHA-CHA CHARGE

**Instructor:** Dani Nicol

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

<b>A</b>	<b>Wednesday</b> <b>May 6 - June 24</b> (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>B</b>	<b>Wednesday</b> <b>July 8 - Aug 19</b> (7 Wks)   11:00 am - 12:00 pm		
		<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91	
<b>Class Drop-in Fee:</b>	\$14	\$16	

**Venue:** Strathearn

**Class Limit:** 12

## Foot Care Clinic

Certified nursing staff are onsite at SEESA on the 2nd Thursday of every other month to provide foot care to anyone, including those with diabetes. Services include foot assessments, nail cutting, corn and callus reduction, assistance with ingrown and fungal nails, moisturizing and foot massage. To book an appointment, please phone: 780-488-5878 or email: [info@edmontonfc.net](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.

# DANCE



## LINE DANCE BEGINNER MONDAY EVENING

**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**  
May 4 - June 22 ( 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 18

**B Monday**  
June 29 - Aug 17 ( 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 Aug 3

**Venue:** Bonnie Doon

**Class Limit:** 12

## LINE DANCE BEGINNER THURSDAY

**Instructor:** Tracy Walters

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

**A Thursday**  
May 7 - June 25 ( 8 Wks) | 10:00 am - 11:00 am

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

**B Thursday**  
July 2 - Aug 20 ( 8 Wks) | 10:00 am - 11:00 am

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

**Venue:** Gymnasium

**Class Limit:** 30

# DANCE



## LINE DANCE INTERMEDIATE/EXPERIENCED

**Instructor:** Tracy Walters

This is a call for those who have taken the beginner line dance class and want more of a challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Shoes with leather soles are recommended; no running shoes.

<b>A</b>	<b>Tuesday</b>	11:00 am - 12:00 pm		
	<b>May 5 - June 23 (8 Wks)</b>			
			<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104	
	<b>No Class Drop-in</b>			

<b>B</b>	<b>Tuesday</b>	11:00 am - 12:00 pm		
	<b>June 30 - Aug 18 (8 Wks)</b>			
			<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104	
	<b>No Class Drop-in</b>			

**Venue:** Bonnie Doon

**Class Limit:** 12

## ZUMBA GOLD EVENING

**Instructor:** Melanie Kidder

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

<b>A</b>	<b>Tuesday</b>	5:00 pm - 6:00 pm		
	<b>May 5 - June 23 (8 Wks)</b>			
			<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>	5:00 pm - 6:00 pm		
	<b>June 30 - Aug 18 (8 Wks)</b>			
			<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

## FYI: THE PROS AND CONS OF CONDO LIVING FOR SENIORS

\$3.00

**Instructor:** Jennifer Hilmer

An honest, unbiased conversation about the things we love, and the things we love a little less. Attendees will leave with all of their questions about condos answered.

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

## FYI: ESTATE PLANNING - WILLS

\$3.00

**Instructor:** Shelley Smith

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

**Date:** Wed May 6 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

## FYI: HAND AND FOOT SPA PAMPERING WORKSHOP

\$3.00

**Instructor:** Holly Oilver

A relaxing and rejuvenating self-care experience where participants are guided through luxurious hand and foot care techniques. This workshop highlights hydration, gentle exfoliation, massage, and easy at-home pampering rituals. It's designed to promote relaxation, wellness, and connection. Participants are asked to bring a pan and towel for the foot pampering portion.

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

## **FYI: ESTATE PLANNING - PERSONAL DIRECTIVES AND POWER OF ATTORNEY**

**Instructor:** Shelley Smith

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

**\$3.00**

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

## **FYI: E-BIKE**

**Instructor:** Erik Vandist

Erik and his family bring over 10 years of experience and thousands of kilometers on e-bikes. This 90-minute talk is designed for seniors who are curious or considering a purchase. Learn how e-bikes boost riding joy, tame hills and wind, extend range, and support riders with knee or mobility issues. With e-bikes being a major investment, Erik explains types and options to help you decide.

**\$3.00**

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

## **FYI: THE ROLE OF EXCHANGE TRADED FUNDS (ETF) IN RETIREMENT PORTFOLIOS**

**Instructor:** Wei Woo

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. They are also gaining in massive popularity among retirees for the past 11 years, and vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

**\$3.00**

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

## FYI: ESTATE PLANNING - THE GREAT INTERGENERATIONAL WEALTH TRANSFER

\$3.00

**Instructor:** Jonathan Lesky

Estate planning can feel overwhelming, especially with so much information out there. Having a clear plan now can make a big difference later. Join Jonathan Lesky, Wealth Advisor with Raymond James Ltd., for an interactive discussion on preparing assets for the next generation, managing tax implications, understanding trusts, and exploring gifting and charitable giving strategies.

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

## FYI: TAKING IN BLOCKBUSTER EVENTS IN OUR SKIES

CANCELLED

\$3.00

**Instructor:** Susan and Rick Bramm

Here on Earth, we have a front row seat to observe and experience the marvellous beauty, complexity and dynamics of the universe. From time to time amazing and fleeting phenomena such as rainbows, iridescent clouds, Northern Lights (Aurora Borealis), meteors (shooting stars), eclipses and comets appear. Learn how they happen and the challenges and joys of pursuing and photographing these celestial wonders.

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

### Building Maintenance Closure

SEESA will be closed from August 24- September 4 for scheduled building maintenance. The Front Desk will be open from 9-3 for membership purchases and class registrations. Thank you for your understanding.

## **FYI: HEALTHY FEET, CONFIDENT STEPS: WHAT YOU SHOULD KNOW ABOUT FOOTCARE**

**\$3.00**

**Instructor:** Shawna MacNeil

Your feet carry you through life, yet they're often overlooked. Join Medi Pedi Edmonton for a 1-hour interactive foot health presentation for seniors who want to stay mobile, independent, and comfortable. We'll cover common foot issues, diabetic foot care, balance and fall prevention, what's normal vs. not, and simple daily habits for healthy feet. This is a supportive conversation—not a lecture—focused on real prevention and solutions, not cosmetic pedicures. Healthy feet mean less pain, fewer falls, better balance, and greater independence. Reserve your seat and take the first step toward healthier feet.

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

## **FYI: AGING IN PLACE - THE SOLUTION IS IN YOUR OWN BACKYARD WITH SPECIAL GUEST ADAM ARSENAULT**

**\$3.00**

**Instructor:** Shelley Smith and Adam Arsenault

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

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

## FYI: NO-MAKEUP MAKEUP LOOK WORKSHOP

**Instructor:** Holly Oliver

Perfect for everyday wear, this workshop focuses on enhancing natural beauty with minimal makeup. Participants learn lightweight techniques to even skin tone, softly define brows and eyes, and add a healthy glow—without looking “made up.” The emphasis is on simplicity, comfort, and confidence using easy, age-friendly application methods.

\$3.00

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

## FYI: INVEST LIKE A (RETIRED) PRO: BALANCING RISK AND REWARDS IN YOUR RETIREMENT INVESTMENT PORTFOLIO

**Instructor:** Jonathan Lesky

After years of investing to grow your savings, retirement shifts the focus to investing to spend. How should your strategy change, and what new risks should you consider? Join Jonathan Lesyk, Wealth Advisor with Raymond James Ltd., for an interactive discussion on retirement-focused portfolios, key investment risks, and how different products and mixes may suit retirees.

\$3.00

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

## FYI: SEMI ANNUAL 2026 GLOBAL FINANCIAL MARKET REVIEW AND OUTLOOK

**Instructor:** Wei Woo

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened back in 2025, and look at forward guidance on what to expect for 2026 new year. With Trump entering into his second year of presidency after a very volatile 1st year, we will dive into what it will mean for the financial markets and the implications for the world.

\$3.00

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

# GENERAL INTEREST

## AI FOR EVERYONE

**Instructor:** Shawn Grammiak

Explore the world of Artificial Intelligence! This two-hour session covers AI basics, real-world applications, and how you might use it. Learn how AI is shaping the future and what it means for you. Get ready and join Shawn Gramiak for an engaging introduction to this transformative technology!

**Date:** Tues May 12 | 2:30 pm - 4:30 pm | **Venue:** Bonnie Doon | **Class Limit:** 20

**Member Fee: \$20**

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

## EXECUTORSHIP Q & A

**Instructor:** Gina Vilet

**CANCELLED**

Learn what executors actually do, and how to choose (or be) the right person for the job. Participate in an informal Q&A session to help supplement your knowledge of executorship. Meant as a learning opportunity only; no professional or situation-specific advice given.

**Date:** Tues May 5 | 10:00 am - 11:30 am | **Venue:** Edmonton | **Class Limit:** 20

**Member Fee: \$15**

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

# GENERAL INTEREST

## LONGEVITY AND HAPPINESS - LIVING LONGER, HAPPILY

CANCELLED

**Instructor:** Dorothy Lowrie

This presentation will explore the latest research on our increasing longevity - and strategies for living longer and still finding sources of happiness in our longer lives as we age.

**Date:** Thurs May 7 | 10:30 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

**Member Fee: \$15**

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

## LEARNING TO FORGIVE AND SELF-FORGIVENESS

**Instructor:** Mah'koos - Canadian Métis Elder

You cannot give what you don't have. Self-forgiveness starts by asking your heart for forgiveness or whenever you hurt yourself, for example banging your knee, immediately asking your knee to forgive you.

**Date:** Mon May 25 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

**Member Fee: \$30**

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

# GENERAL INTEREST

## LOSS AND GRIEVING

**Instructor:** Mah'koos - Canadian Métis Elder

How to let go of loved ones that have passed by thinking of them day to day. What they love to do, their desires of life, when to let them know you love them. A person may grieve for up to a year, and some grieving may be dangerous to a person's health.

**Date:** Mon May 4 & 11 | 10:00 am -12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

**Member Fee: \$40**

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

## PARANORMAL ACTIVITIES

**Instructor:** Mah'koos - Canadian Métis Elder

True stories of paranormal activities including hauntings, attachments, something following you home, portals, something watching you... and what to do to feel safe.

**Date:** Mon June 1 & 8 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

**Member Fee: \$40**

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

## SMUDGING

**Instructor:** Mah'koos - Canadian Métis Elder

Smudging with different herbs and what they mean. Using a white candle, sea salt and water under your bed, what direction should your headboard be?

**Date:** Mon June 15 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

**Member Fee: \$30**

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

# GENERAL INTEREST - MAY-JUNE

## R.I.P.P.L.E. PERSONAL GROWTH REFLECTIONS - HOW DO YOUR THOUGHTS, WORDS AND ACTIONS RIPPLE INTO YOUR LIFE?

**Instructor:** Florence Ellis

Join us for a thought-provoking, fun session to CONNECT and REFLECT. You may rediscover your unique gifts, rekindling a passion for life. You may bring a journal if you like. Join us on the 3rd Thursday of May and June.

**Date:** Thurs May 21 | 9:30 am - 12:00 pm | **Venue:** Idywyld | **Class Limit:** 6

**Date:** Thurs June 18 | 9:30am - 12:00pm | **Venue:** Idywyld | **Class Limit:** 6

**Member Fee:** \$15

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

## Bus Outings

To sign up for all bus outings please register in person or by calling us at 780 468 1985

### Greenland Garden Center

Monday May 11, 2026

**CANCELLED**

Pick Up: 10:00

Departure: 1:45

Fee: \$25 for ETS bus

Greenland- own spending

Max Spaces: 26

Some room for walkers and 2 wheelchairs



### River Cree Casino

Monday June 1, 2026

Pick Up: 11:00

Departure: 3:30

Fee: \$0 ( \$5 playing voucher and complimentary lunch at Tap 25)

\*beverages and gratuity not included

Max Spaces: 24

Some room for walkers/ no wheelchairs



### University of Alberta Botanic Garden

Thursday July 23, 2026

Pick Up: 9:30

Departure: 2:30

Fee: \$35 for ETS bus

Garden admission paid on-site

Max Spaces: 26

Some room for walkers and 2 wheelchairs



### River Cree Casino

Wednesday August 19, 2026

Pick Up: 11:00

Departure: 3:30

Fee: \$0 ( \$5 playing voucher and complimentary lunch at Tap 25)

\*beverages and gratuity not included

Max Spaces: 24

Some room for walkers/ no wheelchairs



Registration deadline for all bus outings is one week before the trip



## UKULELE BEGINNER

**Instructor:** Elaine Mann

For beginning players. This is a continuation of the September - December Absolute Beginner class. Participants must know at least a few basic chords.

**A** **Friday**  
**May 1 - June 5** (6 Wks) | 12:30 pm - 2:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>No Class Drop-in</b>		

**Venue:** Strathearn

**Class Limit:** 15

## UKULELE BEGINNER AND BEYOND

**Instructor:** Elaine Mann

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

**A** **Thursday**  
**Apr 30 - June 4** (6 Wks) | 12:30 pm - 2:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>No Class Drop-in</b>		

**Venue:** Strathearn

**Class Limit:** 25



## UKULELE EXPERIENCED

**Instructor:** Elaine Mann

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

**A** **Wednesday**  
**Apr 29 - June 3** (6 Wks) | 1:00 pm - 2:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$90	\$117
<b>No Class Drop-in</b>		

**Venue:** Bonnie Doon

**Class Limit:** 15

## TOGETHER WE GROW

**Instructor:** Edmonton Public Library

Join children 0 to 3 years old and their caregivers for a fun-filled program of intergenerational songs, rhymes, and stories. Parents/caregivers and their children will join older adults in the community for safe, fun, and educational activities that enhance children's development and promote connections between the youngest and oldest members of the community. Not feeling well? Please stay home to keep everyone safe.

**Friday**  
**May 8 - June 12** (6 Wks) | 10:00 am- 11:00 am

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

**Venue:** Idylwylde Room

**Class Limit:** 10



# PHYSICAL FITNESS



## 2020 SWEAT, STRENGTH, STABILITY AND STRETCH

**Instructor:** Lorraine Wigston

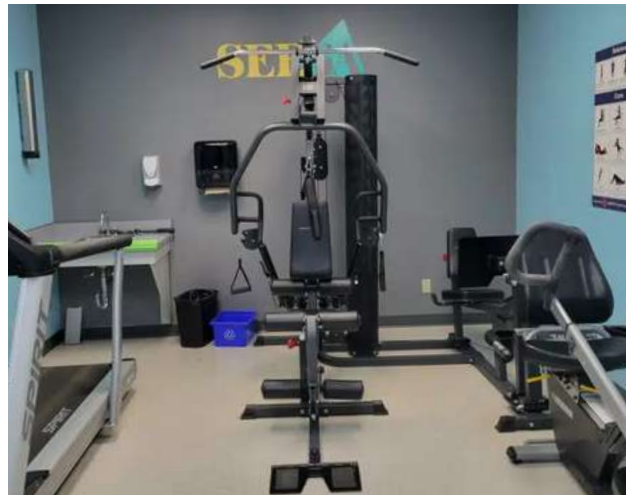
This class offers a complete workout, a fun warmup and low-impact cardio to boost heart health. It includes strength/endurance exercises for daily tasks, stability work (balance & mobility), & a relaxing stretch. With modifications, it's perfect for everyone, from beginner to challenge-seeker!

**A** **Tuesday**  
**May 5 - June 23** (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>	\$14	\$16

**Venue:** Bonnie Doon

**Class Limit:** 12



## FITNESS ROOM

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

# PHYSICAL FITNESS



## BARRE FITNESS

**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 4 - June 22** (7 Wks) | 8:45 am - 9:45 am

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

No session May 18

**B** **Monday**  
**June 29 - July 27** (5 Wks) | 8:45 am - 9:45 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$50	\$65
<b>Class Drop-in Fee:</b>	\$14	\$16

No session Apr 6

**Venue:** Gymnasium

**Class Limit:** 25

## BADMINTON CLINIC

**Instructor:** Ann Gillespie Stephen Siu

Coaches of this badminton clinic will be instructing members in a variety of skills, drills, and shot techniques to help improve their overall badminton game.

**A** **Tuesday**  
**May 26 - June 9** (3 Wks) | 1:00 pm - 3:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$30	\$40
<b>No Class Drop-in</b>		

**Venue:** Gymnasium

**Class Limit:** 12

# PHYSICAL FITNESS



## BODY BLITZ EVENING

**Instructor:** Gregory 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!

<b>A</b>	<b>Wednesday</b>	4:30 pm - 5:30 pm	
	<b>May 6 - June 24</b> (8 Wks)		
		<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>Wednesday</b>	4:30 pm - 5:30 pm	
	<b>July 8 - Aug 19</b> (7 Wks)		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$70	\$91
	<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Strathearn

**Class Limit:** 12

## 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.

<b>A</b>	<b>Tuesday</b>	9:00 am - 10:00 am	
	<b>May 5 - June 23</b> (8 Wks)		
		<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>	9:00 am - 10:00 am	
	<b>June 30 - July 28</b> (5 Wks)		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$50	\$65
	<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Gymnasium

**Class Limit:** 25

# PHYSICAL FITNESS



## ELDOA

**Instructor:** Pat Barford

ELDOAs are deep, deep stretches for the fascia, probably unlike anything you've done before. ELDOA stretches are zero-impact, done on the floor with a yoga mat. They are suitable for anyone interested in increasing mobility and decreasing back pain. A one-hour session can ease back pain, work out kinks and help you stand taller. Just bring a yoga mat and an interest in trying something new.

<b>A</b>	<b>Tuesday</b> May 5 - June 23 (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> June 30 - Aug 11 (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

**Venue:** Bonnie Doon

**Class Limit:** 12

## 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 7 - June 25 (8 Wks)   2:00 pm - 3:00 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>No Class Drop-in</b>		

<b>B</b>	<b>Thursday</b> July 2 - Aug 20 (8 Wks)   2:00 pm - 3:00 pm		
		<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>	\$80	\$104
	<b>No Class Drop-in</b>		

**Venue:** Bonnie Doon

**Class Limit:** 12

# PHYSICAL FITNESS



## 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.

**A Monday**  
**May 4 - June 22** ( 7 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91

**No Class Drop-in**

No session May 18

**B Monday**  
**June 29 - Aug 17** ( 7 Wks) | 10:00 am - 11:00 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$70	\$91

**No Class Drop-in**

No session Aug 3

**Venue:** Gymnasium

**Class Limit:** 30

## ESSETRICS® - 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 8 - June 26** ( 8 Wks) | 12:00 pm - 1:00 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104

**No Class Drop-in**

**Venue:** Bonnie Doon

**Class Limit:** 12

# PHYSICAL FITNESS



## FIT FOR ALL - MONDAY

**Instructor:** Wendy Kinsman

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

**A** **Monday**  
**May 25 - June 29** ( 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

**Venue:** Bonnie Doon

**Class Limit:** 13

## FIT FOR ALL - THURSDAY

**Instructor:** Wendy Kinsman

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

**A** **Thursday**  
**May 21 - June 25** ( 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

**Venue:** Bonnie Doon

**Class Limit:** 13

# PHYSICAL FITNESS



## FLEX AND FLOW WITH ARTHRITIS - MONDAY

**Instructor:** Amy Petersen

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

**A Monday**  
**May 4 - June 22** ( 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 18

**B Monday**  
**June 29 - Aug 17** ( 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 Aug 3

**Venue:** Strathearn

**Class Limit:** 12

## FLEX AND FLOW WITH ARTHRITIS - FRIDAY

**Instructor:** Amy Petersen

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

**A Friday**  
**May 8 - June 26** ( 8 Wks) | 9:15 am - 10:15 am

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

**B Friday**  
**July 3 - Aug 21** ( 8 Wks) | 9:15 am - 10:15 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

**Class Limit:** 12

# PHYSICAL FITNESS



## FRIDAY POWER HOUR

**Instructor:** Dani Nicol

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



## 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.

**A** **Friday**  
**May 8 - June 26** (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** **Friday**  
**July 3 - Aug 21** (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

**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.

<b>A</b>	<b>Wednesday</b> May 6 - June 24 (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>Wednesday</b> July 8 - Aug 19 (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

**Venue:** Strathearn

**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).

<b>A</b>	<b>Monday</b> May 4 - June 22 (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 18

**Venue:** Strathearn

**Class Limit:** 12

# PHYSICAL FITNESS



## PICKLEBALL INTRODUCTION EVENING

**Instructor:** Leslie Strogen

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

**A** **Monday**  
**May 4 - May 25** (3 Wks) | 5:30 pm - 7:00 pm

**Member:**      **Non-Member:**

**Session Fee:**      \$70      \$80

**No Class Drop-in**

No session May 18

**Venue:** Gymnasium

**Class Limit:** 12

## PICKLEBALL PLAYER DEVELOPMENT EVENING

**Instructor:** Leslie Strogen

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.

**B** **Monday**  
**July 13 - July 27** (3 Wks) | 5:30 pm - 7:00 pm

**Member:**      **Non-Member:**

**Session Fee:**      \$70      \$80

**No Class Drop-in**

**Venue:** Gymnasium

**Class Limit:** 8

# PHYSICAL FITNESS



## POLE WALKING WORKSHOP

**Instructor:** Melanie Kidder

Learn about pole walking in this 2-hour workshop! Discover the benefits, how to choose and use poles, and practice proper techniques. We'll finish with a short walk if time allows. Bring your own poles if possible; limited poles may be available—email [letsgetactive5@gmail.com](mailto:letsgetactive5@gmail.com) to request.

**CANCELLED**

**A** **Tuesday**  
**May 19** (1 Day) | 2:30 pm - 4:30 pm

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$20	\$26
<b>No Class Drop-in</b>		

**Venue:** Gymnasium

**Class Limit:** 20

## POUND FITNESS

**Instructor:** Melanie Kidder

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

**A** **Thursday**  
**May 7 - June 25** ( 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**  
**July 2 - Aug 20** ( 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

**Class Limit:** 12

# PHYSICAL FITNESS



## STRONG AND STEADY

**Instructor:** Amy Petersen

This class focuses on improving strength, mobility, balance, and cardiovascular fitness in a safe and supportive setting. Includes a gentle warm-up, low-impact cardio, functional strengthening, and a relaxing cool-down with stretching. All exercises are done standing or seated in a chair—no floor work required. Modifications are provided to suit all fitness levels.

**A Monday**  
May 4 - June 22 (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 18

**B Monday**  
June 29 - Aug 17 (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 Aug 3

**Venue:** Strathearn

**Class Limit:** 12

## DID YOU KNOW?

SEESA is proud to support future healthcare professionals by hosting 1<sup>st</sup> and 4<sup>th</sup> year medical, psychology and nursing students who participate in some of our classes and clubs, gaining valuable knowledge of aging in community.



# PHYSICAL FITNESS



## TABATA

**Instructor:** Deborah Ravbar

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

**A Thursday**  
**May 7 - June 25 (8 Wks) | 8:45 am - 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 Thursday**  
**July 2 - July 30 (5 Wks) | 8:45 am - 9:45 am**

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$50	\$65
<b>Class Drop-in Fee:</b>	\$14	\$16

**Venue:** Gymnasium

**Class Limit:** 25

**Donate a Car**  
 Running or not,  
 old or new

**CARS - TRUCKS**  
**BOATS**  
**MOTORCYCLES**  
**RVS**

**WE WOULD LOVE TO PUT IT TO GOOD USE**

## Donate Your Car to

South East Edmonton Seniors Association

Donate-A-Car will arrange the pick-up of your vehicle at no cost to you, sell the vehicle, and once they receive the funds, you will receive your tax deductible receipt through CanadaHelps and SEESA will receive the cash value of the sale.



FOR MORE INFORMATION, VISIT [WWW.SEESA.CA](http://WWW.SEESA.CA) OR  
 DONATE A CAR AT [INFO@DONATECAR.CA](mailto:INFO@DONATECAR.CA) / 1-877-250-4904



# PHYSICAL FITNESS



## TAI CHI - YANG 24-LEVEL 1

**Instructor:** Weston Benjamin

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

**A** **Thursday**  
**May 7 - June 25** ( 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

**Class Limit:** 12

## TAI CHI - YANG 24- LEVEL 2

**Instructor:** Weston Benjamin

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

**A** **Friday**  
**May 8 - June 26** ( 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

**Class Limit:** 12

# PHYSICAL FITNESS



## YOGA CHAIR WITH MEGAN TUESDAY

**Instructor:** Megan Kim

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

**A** **Tuesday**  
May 5 - June 23 (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** **Tuesday**  
June 30 - Aug 18 (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:** Strathearn

**Class Limit:** 12

## YOGA CHAIR WITH MEGAN THURSDAY

**Instructor:** Megan Kim

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

**A** **Thursday**  
May 7 - June 25 (8 Wks) | 12:45 pm - 1:45 pm

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

**B** **Thursday**  
July 2 - Aug 20 (8 Wks) | 12:45pm - 1:45pm

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

**Venue:** Bonnie Doon

**Class Limit:** 12

# PHYSICAL FITNESS



## YOGA FLOW

**Instructor:** Carmella H

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

<b>A</b>	<b>Thursday</b>	9:00 am - 10:00 am		
	<b>May 7 - June 25 (8 Wks)</b>			
			<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>	9:00 am - 10:00 am		
	<b>July 2 - Aug 20 (8 Wks)</b>			
			<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>		\$80	\$104
	<b>Class Drop-in Fee:</b>	\$14	\$16	

**Venue:** Bonnie Doon

**Class Limit:** 12

## YOGA FOR GUYS AND GALS - MONDAY ONLINE

**Instructor:** Ken Strachan

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

<b>A</b>	<b>Monday</b>	9:30 am - 10:30 am		
	<b>May 4 - June 22 (7 Wks)</b>			
			<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>		\$70	\$91
	<b>No Class Drop-in</b>			
	No session May 18			

<b>B</b>	<b>Monday</b>	9:30 am - 10:30 am		
	<b>June 29 - Aug 17 (7 Wks)</b>			
			<b>Member:</b>	<b>Non-Member:</b>
	<b>Session Fee:</b>		\$70	\$91
	<b>No Class Drop-in</b>			
	No session Aug 3			

**Venue:** Online

**Class Limit:** 20

# PHYSICAL FITNESS



## 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 7 - June 25** ( 8 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104

**No Class Drop-in**

**B** **Thursday**  
**July 2 - Aug 20** ( 8 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104

**No Class Drop-in**

**Venue:** Online

**Class Limit:** 20

## YOGA FOR GUYS AND GALS - FRIDAY ONLINE

**Instructor:** Ken Strachan

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

**A** **Friday**  
**May 8 - June 26** ( 8 Wks) | 9:30 am - 10:30 am

	<b>Member:</b>	<b>Non-Member:</b>
<b>Session Fee:</b>	\$80	\$104

**No Class Drop-in**

**Venue:** Online

**Class Limit:** 20

# PHYSICAL FITNESS



## YOGA FOR HAPPY HIPS EVENING

**Instructor:** Dagmar Sanchez

This workshop builds hip mobility, balance, and confidence for everyday movement. Using chair-supported and standing yoga poses, participants practice safe, functional movements that support walking, stability, and comfort. The focus is on feeling steadier, easing stiffness, and moving with more confidence in daily life.

**A Thursday**  
**May 7 - June 25 (8 Wks) | 4:30 pm - 5:30 pm**

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

**CANCELLED**

**Venue:** Bonnie Doon

**Class Limit:** 12

## YOGA HATHA WITH BARB EVENING

**Instructor:** Barb Ritter

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

**A Monday**  
**May 4 - June 15 (6 Wks) | 5:30 pm - 6:30 pm**

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

No session May 18

**Venue:** Strathearn

**Class Limit:** 8

# PHYSICAL FITNESS



## YOGA WITH MEGAN

**Instructor:** Megan Kim

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

<b>A</b>	<b>Tuesday</b> <b>May 5 - June 23</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>	\$14	\$16	

<b>B</b>	<b>Tuesday</b> <b>June 30 - Aug 18</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>	\$14	\$16	

**Venue:** Strathearn

**Class Limit:** 12

Help us plan programs you'll enjoy!  
We welcome your feedback and ideas for activities, classes and trips. These will be taken into consideration if operationally feasible. Please share your suggestions with Aleeza at [aleeza@seesa.ca](mailto:aleeza@seesa.ca) for upcoming program guides.



## **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



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.

## QUILTERS AND CRAFTING CLUB

**Instructor:** Shirley Baynes

**Venue:** Forest Heights

**Class Limit:** 25

**A** **Monday May 4 - June 22** (7 Wks) | 12:30 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6  
No session May 18

**B** **Monday June 29 - Aug 17** (7 Wks) | 12:30 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6  
No session Aug 3



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

## SOAPSTONE CARVING CLUB

**Instructor:** Annette Evans

**Venue:** Workshop

**Class Limit:** 12

**A** **Wednesday May 6 - June 24** (8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Wednesday July 8 - Aug 19** (7 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

# CLUBS ARTS & CRAFTS



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.

## WOODCARVING CLUB

**Instructor:** Colin Kinnell

**Venue:** Workshop

**Class Limit:** 12

**A** **Tuesday** **May 5 - June 23** ( 8 Wks) | 9:00 am - 11:30 am  
**Thursday** **May 7 - June 25** ( 8 Wks) | 9:00 am - 11:30 am  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6

**B** **Tuesday** **June 30 - Aug 18** ( 8 Wks) | 9:00 am - 11:30 am  
**Thursday** **July 2 - Aug 20** ( 8 Wks) | 9:00 am - 11:30 am  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6

## Determinants of Healthy Aging



### SAFETY AND SECURITY

- Personal Safety
- Financial Security
- Vocational Training and Support



### PHYSICAL AND MENTAL HEALTH

- Physical Health and Wellness
- Physical Fitness
- Healthy Life Choices
- Mental Health and Wellness
- Brain Health



### PHYSICAL ENVIRONMENT

- Transportation
- Housing
- Home Supports



### PERSONAL WELLBEING

- Resiliency
- Emotional Wellbeing
- Personal Services
- Food and Nutrition



### SOCIAL SUPPORT

- Information and Referral
- Social Support Services
- Caregiver Supports



### SOCIAL ENVIRONMENT & ENGAGEMENT

- Social Engagement
- Participation and Engagement
- Outdoor Activity
- Diversity & Inclusion
- Volunteerism

# CLUBS DRAMA & GAMES



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

## ACCIDENTAL DRAMA CLUB

**Instructor:** Jim Klinge

**Venue:** Holyrood

**Class Limit:** 25

- A Monday May 4 - June 22** ( 7 Wks) | 12:00 pm- 2:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session May 18
- B Monday June 29 - Aug 17** ( 7 Wks) | 12:00 pm- 2:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session Aug 3



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

## BOARD GAME CLUB

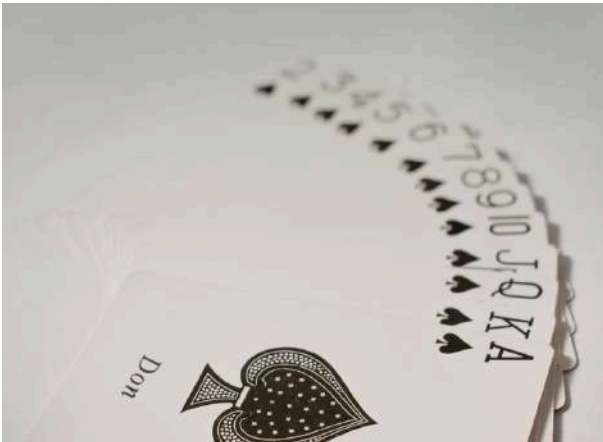
**Instructor:** Vicki Dowd

**Venue:** Tillie's Cafe

**Class Limit:** 20

- A Friday May 15 - June 19** ( 3 Wks) | 5:30 pm - 8:30 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session May 22, May 29, June 12
- B Friday July 3 - Aug 21** ( 4 Wks) | 5:30pm - 8:30pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session July 10, July 24, July 31, Aug 14

# CLUBS GAMES



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

## CONTRACT BRIDGE CLUB

**Instructor:** Laurie Reid

**Venue:** Idylwyld  
Bonnie Doon

**Class Limit:** 20

**A Monday May 4 - June 22** (7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session May 18

**B Monday June 29 - Aug 17** (7 Wks) | 12:30 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session Aug 3



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

## CONTRACT BRIDGE CLUB LESSONS

**Instructor:** Laurie Reid

**Venue:** Idylwyld

**Class Limit:** 20

**A Monday May 4 - June 22** (7 Wks) | 3:30 pm - 4:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$6  
No session May 18

# CLUBS GAMES



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

## CRIBBAGE CLUB

**Instructor:** Sharon Moffatt

**Venue:** Idylwyld  
Strathearn

**Class Limit:** 16

**A** **Friday May 8 - June 26** ( 8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Friday July 3 - Aug 21** ( 8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6



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

## EUCHRE CLUB

**Instructor:** Alexandra Anderson

**Venue:** Holyrood

**Class Limit:** 16

**A** **Wednesday May 6 - June 24** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Wednesday July 8 - Aug 19** ( 7 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

# CLUBS GAMES



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

## HAND AND FOOT CANASTA CLUB

**Instructor:** Sheila Nelles  
Ian Macintosh

**Venue:** Idylwyld

**Class Limit:** 16

**A** **Wednesday May 6 - June 24** ( 8 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Wednesday July 8 - Aug 19** ( 7 Wks) | 12:45 pm - 3:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6



Join us to play Kaiser! Kaiser is a popular four-player partnership trick-taking card game known for its strategic depth, engaging bidding, and social, competitive nature. It uses a 32-card deck, focusing on capturing points (5 of Hearts) while avoiding penalties (3 of Spades) to reach 52 points, offering a mix of skill, memory, and teamwork.

## KAISER CLUB

**Instructor:** Dorothy Mayall

**Venue:** Holyrood

**Class Limit:** 16

**A** **Wednesday May 6 - June 24** ( 8 Wks) | 3:15 pm - 5:15 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Wednesday July 8 - Aug 19** ( 7 Wks) | 3:15 pm - 5:15 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

# CLUBS GENERAL INTEREST



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

## FRENCH CONVERSATION CLUB

**Instructor:** Sylvia Rodrigue

**Venue:** Holyrood

**Class Limit:** 16

**A** **Wednesday May 6 - June 24** ( 8 Wks) | 10:30 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Wednesday July 8 - Aug 19** ( 7 Wks) | 10:30 am - 12:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6



Want to travel? Join SEESA's new Travel Club! Make new friends and share your travel ideas, research and experiences with other potential travel partners. Meet on the 1st and 3rd Wednesday of the month, 3:30-4:30.

## TRAVEL CLUB

**Instructor:** Shelene Runzer  
Karen Hayney

**Venue:** Tillie's Cafe

**Class Limit:** 40

**A** **Wednesday May 6 - June 3** ( 3 Wks) | 3:30 pm - 4:30 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6  
No session May 13, May 27

# CLUBS LITERATURE



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

## BOOK CLUB TUESDAY

**Instructor:** Barbara Lyon

**Venue:** Holyrood

**Class Limit:** 10

**A** **Tuesday May 12 - June 9** (2 Wks) | 2:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session May 19, May 26, June 2



If you love to read, join the Book Club Thursday! We meet the 1st Thursday of each month. For the reading list, call Maggie at 780-462-1595. Currently at capacity, but you can add your name to the waitlist at the front desk until space opens.

## BOOK CLUB THURSDAY

**Instructor:** Maggie Hensel

**Venue:** Holyrood

**Class Limit:** 12

**A** **Thursday May 7 - June 4** (2 Wks) | 1:00 pm - 2:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session May 14, May 21, May 28

# CLUBS LITERATURE



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

## WRITER'S CORNER CLUB

**Instructor:** Carol Kodish-Butt

**Venue:** Idylwyld  
Holyrood

**Class Limit:** 20

**A** **Tuesday May 5 - June 23** ( 8 Wks) | 1:00 pm - 3:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6

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

### Can't Make it During the Day? Check Out Our evening Programs!

Our evening classes make it easy to get moving, get creative, and get social after hours! Fitness, arts, dance and more - there's something for everyone. Come have fun, make friends and make your evenings shine.

# CLUBS MUSIC



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

## GUITAR CLUB

**Instructor:** Ron Adams

**Venue:** Strathearn

**Class Limit:** 20

**A** **Tuesday** **May 5 - June 23** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

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



Bring an instrument or just come to listen. Jam sessions are held on the Friday every week.

## JAM SESSION CLUB

**Instructor:** Ron Adams

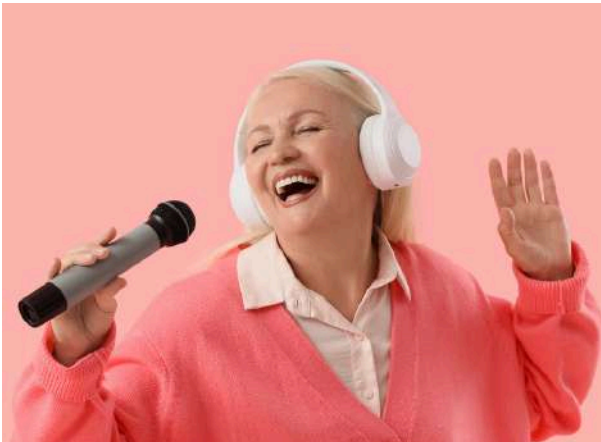
**Venue:** Strathearn

**Class Limit:** 20

**A** **Friday** **May 8 - June 26** ( 8 Wks) | 6:00 pm - 8:45 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Friday** **July 3 - Aug 21** ( 8 Wks) | 6:00 pm - 8:45pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

# CLUBS MUSIC



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

## TCB - A PERFORMANCE BAND CLUB

**Instructor:** Deiter Anders

**Venue:** Strathearn

**Class Limit:** 15

**A** **Wednesday May 6 - June 24** ( 8 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

**B** **Wednesday July 8 - Aug 19** ( 7 Wks) | 1:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$ 3      Non-Member: \$ 6

## SEESA Access Pass: Removing Financial Barriers for Seniors

### Who Is Eligible?

- Current SEESA member or those looking to become a SEESA member (reciprocal members not eligible)
- Demonstrate financial need

### How to Apply

Interested in applying or know someone who could benefit?

Contact our Membership Coordinator (780-468-1985 ext 225 or by email at [gina-marie@seesa.ca](mailto:gina-marie@seesa.ca)).

### What SAP Covers

The Access Pass subsidizes or fully covers the cost of SEESA's:

- Classes
- Clubs
- FYI sessions
- General interest class or workshops
- Transportation to and from SEESA

Note:

- The program does not apply to SEESA event registrations or fundraising activities.
- Reciprocal members are not eligible.
- There is a maximum amount eligible per year.

# CLUBS SPORTS



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

## BADMINTON CLUB

**Instructor:** Dave Lapp

**Venue:** Gymnasium

**Class Limit:** 20

**A** **Monday May 4 - June 22** ( 7 Wks) | 11:30 pm - 1:30 pm  
**Wednesday May 6 - June 24** ( 8 Wks) | 9:00 am - 12:00 pm  
**Friday May 8 - June 26** ( 8 Wks) | 10:45 am - 12:45 pm  
**Friday May 8 - June 26** ( 4 Wks) | 6:00 pm - 8:45pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session May 15, May 18, May 29, June 5, June 19

**B** **Monday June 29 - Aug 17** ( 7 Wks) | 11:30 am - 1:30 pm  
**Wednesday July 8 - Aug 19** ( 7 Wks) | 9:00 am - 12:00 pm  
**Friday July 3 - Aug 21** ( 8 Wks) | 10:45 am - 12:45 pm  
**Friday July 3 - Aug 21** ( 8 Wks) | 6:00pm - 8:45pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session Aug 3

TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA

Visit SkipTheDepot at  
[www.app.skipthedepot.com/seesa](http://www.app.skipthedepot.com/seesa)  
and schedule your pickup today

# 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

**Instructor:** Dan Smith  
Lynne Kaluzniak

**Venue:** Gymnasium

**Class Limit:** 20

**A** **Monday** **May 4 - June 22** ( 7 Wks) | 2:00 pm - 4:30 pm  
**Thursday** **May 7 - June 25** ( 8 Wks) | 11:15 am - 1:30 pm  
**Class Drop-in Fee:** Member: \$3 Non-Member: \$ 6  
No session May 18

**B** **Monday** **June 29 - Aug 17** ( 7 Wks) | 2:00 pm - 4:30 pm  
**Thursday** **July 2 - Aug 20** ( 8 Wks) | 11:15 am - 1:30 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session Aug 3



Whether you're experienced or trying pickleball for the first time, you'll feel right at home. We focus on fun, friendly games where enjoying the sport and staying active come first. All activities are in French, making this a great place to play and connect in the language. No equipment needed—just bring gym shoes. You're welcome to bring your own paddle if you have one. Come for the exercise, stay for the good company. We look forward to seeing familiar faces and meeting new ones!

## PICKLEBALL FRANCOPHONE

**Instructor:** Nicole Fortin

**Venue:** Gymnasium

**Class Limit:** 20

**A** **Thursday** **May 7 - June 25** ( 8 Wks) | 2:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6

**B** **Thursday** **July 2 - Aug 20** ( 8 Wks) | 2:00 pm - 4:00 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6

# CLUBS SPORTS



Round Robin competitive play for experienced players. Advance registration is required and limited to 10 players only. Extra players will be put on a wait list. The games are limited to 15 minutes. Note: Drop-In fee is \$6.00 due to limited spots. Late arrivals may miss the games. To cancel your registration, please call:

Friday: Shelene at 780-918-3559

Tuesday: Richard at 780-777-2769

Please call least 24 hours before start time to make substitutions.

## PICKLEBALL CLUB ROUND ROBIN

**Instructor:** Richard LaBranche  
Shelene Runzer

**Venue:** Gymnasium

**Class Limit:** 20

**A** **Tuesday May 5 - June 23** (8 Wks) | 10:15 am - 12:30 pm

**Friday May 15 - June 19** (3 Wks) | 6:00 pm - 8:45 pm

**Class Drop-in Fee:** Member: \$ 6 Non-Member: \$ 12

No session May 22, June 12

**B** **Tuesday June 30 - Aug 18** (8 Wks) | 10:15 am - 12:30 pm

**Class Drop-in Fee:** Member: \$ 6 Non-Member: \$ 12



SEESA will be offering fun, mixed league golf at the Country Side Golf Club on their Woodlands course. We'll be playing on Thursdays with space for forty (40) players using 10 tee times from 12:05-1:15 p.m. The starting date has not been confirmed as it will be dependent upon the weather although we do hope to begin play no later than May 7 to Sept 24. Prospective players must register in person with SEESA on a first-come basis as space is limited; all golfers, regardless of ability, are welcome to play.

## SEESA GOLF

**Instructor:** Lucille Gans

**Venue:** Country Side Golf

**Class Limit:** 40

**A** **Thursday May 7 - Sept 24** 12:05 pm - 1:15pm

**Class Drop-in Fee:** Member: \$ 35 Non-Member: \$ n/a

# CLUBS SPORTS



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

## TABLE TENNIS CLUB

**Instructor:** Jim Der

**Venue:** Bonnie Doon

**Class Limit:** 12

**A** **Monday** **May 4 - June 22** (7 Wks) | 3:30 pm - 5:30 pm  
**Friday** **May 8 - June 26** (8 Wks) | 3:30 pm - 5:30 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session May 18

**B** **Monday** **June 29 - Aug 17** (7 Wks) | 3:30 pm - 5:30 pm  
**Friday** **July 3 - Aug 21** (8 Wks) | 3:30 pm - 5:30 pm  
**Class Drop-in Fee:** Member: \$ 3 Non-Member: \$ 6  
No session Aug 3

## Instructors Wanted at SEESA

SEESA is looking for contract instructors in all areas—fitness, art, music, and dance—to lead programs for older adults from September to December. We welcome passionate, energetic instructors with experience working with seniors or a willingness to work with seniors.

### Requirements:

- Appropriate qualifications for your subject area
- Current CPR and First Aid training
- Ability to adapt programs for varying abilities and needs
- Friendly, supportive, and motivating approach

### What We Offer:

- Flexible class times to fit your schedule
- Compensation variable based on experience and class type
- Opportunity to make a meaningful impact in the community

Join SEESA and help our members stay active, creative, and engaged! Please send your resume and cover letter to Aleeza at [aleeza@seesa.ca](mailto:aleeza@seesa.ca). For questions, call 780-468-1985 ext. 223.

## CLASSES – Day-at-a-Glance

### Monday

Program Name	Time	Months	Room	Member Price
Barre Fitness	8:45-9:45	May-June July	GYM	\$70 \$50
Yoga for Guys and Gals – Monday Online	9:30-10:30	May-June July-Aug	ONL	\$70 \$70
Learning to Forgive and Self-Forgiveness	10:00-12:00	May 25	EDM	\$30
Loss and Grieving	10:00-12:00	May 4 & 11	EDM	\$40
Paranormal Activities	10:00-12:00	June 1 & 8	EDM	\$40
Smudging	10:00-12:00	June 15	EDM	\$30
Essentrics® - Stretch and Tone Monday	10:00-11:00	May-June July-Aug	GYM	\$70 \$70
Nia: Movement Practice	10:00-11:00	May-June	STR	\$70
Fit For All – Monday	10:15-11:15	May-June	BD	\$60
Flex and Flow with Arthritis – Monday	11:15-12:15	May-June July-Aug	STR	\$70 \$70
Strong and Steady	12:30-1:30	May-June July-Aug	STR	\$70 \$70
Stained Glass Butterfly Plant Buddy	1:00-4:00	May 25	WRK	\$95
Yoga Hatha with Barb Evening	5:30-6:30	May-June	STR	\$60
Pickleball Introduction Evening	5:30-7:00	May 4-25	GYM	\$70
Pickleball Player Development Evening	5:30-7:00	July 13-27	GYM	\$70
Line Dance Beginner Monday Evening	6:15-7:15	May-June July-Aug	BD	\$70 \$70

## CLASSES – Day-at-a-Glance

### Tuesday

Program Name	Time	Months	Room	Member Price
Circuit Training	9:00-10:00	May-June July	GYM	\$80 \$50
Water Marbling	9:00-12:00	May 5	FH	\$75
ELDOA	9:00-10:00	May-June July-Aug	BD	\$80 \$70
Yoga with Megan	9:30-10:30	May-June July-Aug	STR	\$80 \$80
<b>CANCELLED:</b> Executorship Q & A	10:00-11:30	May 5	EDM	\$15
Yoga Chair with Megan Tuesday	10:45-11:45	May-June July-Aug	STR	\$80 \$80
Line Dance Intermediate/Experienced	11:00-12:00	May-June July-Aug	BD	\$80 \$80
Alcohol Ink Workshop	12:30-4:30	May 12	FH	\$50
202020 Sweat, Strength, Stability and Stretch	1:00-2:00	May-June	BD	\$80
Badminton Clinic	1:00-3:00	May 26- June 9	GYM	\$30
Water Marbling	1:00-4:00	May 5	FH	\$75
FYI: The Pros and Cons of Condo Living for Seniors	1:30-3:00	May 5	EDM	\$3
FYI: Hand and Foot Spa Pampering Workshop	1:30-3:00	May 12	EDM	\$3
FYI: E-Bike	1:30-3:00	May 19	EDM	\$3
FYI: Estate Planning- The Great Intergenerational Wealth Transfer	1:30-3:00	May 26	EDM	\$3
FYI: Healthy Feet, Confident Steps: What You Should Know About Footcare	1:30-3:00	June 2	EDM	\$3
FYI: Invest Like a (Retired) Pro: Balancing Risk and Rewards in Your Retirement Investment Portfolio	1:30-3:00	June 16	EDM	\$3
AI for Everyone	2:30-4:30	May 12	BD	\$20
<b>CANCELLED:</b> Pole Walking Workshop	2:30-4:30	May 19	GYM	\$20
Zumba Gold Evening	5:00-6:00	May-June July-Aug	GYM	\$80 \$80

## CLASSES – Day-at-a-Glance

### Wednesday

Program Name	Time	Months	Room	Member Price
Clogging Absolute Beginner	9:00-10:00	May-June July-Aug	BD	\$80 \$70
Move Well	9:00-10:00	May-June July-Aug	STR	\$80 \$70
Clogging Intermediate/Experienced	10:15-11:15	May-June July-Aug	BD	\$80 \$70
Cha-Cha Charge	11:00-12:00	May-June July-Aug	STR	\$80 \$70
Drawing: Rocks and Natural Textures	1:00-3:30	May-June	FH	\$175
Drawing: Skies and Clouds	1:00-3:30	July-Aug	FH	\$175
Ukulele Experienced	1:00-2:30	May-June	BD	\$90
FYI: Estate Planning – Wills	1:30-3:00	May 6	EDM	\$3
FYI: Estate Planning-Personal Directives and Power of Attorney	1:30-3:00	May 13	EDM	\$3
FYI: The Role of Exchange Traded Funds in Retirement Portfolios	1:30-3:00	May 20	EDM	\$3
<b>CANCELLED:</b> FYI: Taking in Blockbuster Events in Our Skies	1:30-3:30	May 27	EDM	\$3
FYI: Aging in Place–The Solution is in Your Own Backyard with Special Guest Adam Arsenault	1:30-3:00	June 3	EDM	\$3
FYI: No Make Up Look Workshop	1:30-3:00	June 10	EDM	\$3
FYI: Semi Annual 2026 Global Financial Market Review and Outlook	1:30-3:00	June 17	EDM	\$3
Body Blitz Evening	4:30-5:30	May-June July-Aug	STR	\$80 \$70

## CLASSES – Day-at-a-Glance

### Thursday

Program Name	Time	Months	Room	Member Price
Tabata	8:45-9:45	May-June July	GYM	\$80 \$50
Clay Workshop: "Spirit of the Wild" Relief Tile	9:00-12:00	May 14-21	FH	\$125
Clay Workshop: "Light and Shadow" Sgraffito Vessel	9:00-12:00	June 11-18	FH	\$125
R.I.P.P.L.E. Personal Growth Reflections - How do your thoughts, words and actions ripple into your life?	9:30-12:00	May 21 June 18	IDL	\$15 \$15
Yoga Flow	9:00-10:00	May-June July-Aug	BD	\$80 \$80
Yoga for Guys and Gals – Thursday Online	9:30-10:30	May-June July-Aug	ONL	\$80 \$80
Line Dance Beginner Thursday	10:00-11:00	May-June July-Aug	GYM	\$80 \$80
Tai Chi - Yang 24 - Level 1	10:00-11:00	May-June	STR	\$80
Fit For All – Thursday	10:15-11:15	May-June	BD	\$60
<b>CANCELLED:</b> Longevity and Happiness-Living Longer, Happily	10:30-12:00	May 7	EDM	\$15
Pound Fitness	11:45-12:30	May-June July-Aug	BD	\$60 \$60
Ukulele Beginner and Beyond	12:30-2:00	May-June	STR	\$90
Yoga Chair with Megan Thursday	12:45-1:45	May-June July-Aug	BD	\$80 \$80
Watercolour For All Levels	1:00-3:00	May-June July-Aug	FH	\$160 \$120
Essentrics® - Age Reversing	2:00-3:00	May-June July-Aug	BD	\$80 \$80
<b>CANCELLED:</b> Yoga for Happy Hips Evening	4:30-5:30	May-June	BD	\$80
Bolly X Evening	6:00-7:00	May-June	GYM	\$80

## CLASSES – Day-at-a-Glance

### Friday

Program Name	Time	Months	Room	Member Price
Flex and Flow with Arthritis – Friday	9:15-10:15	May-June	BD	\$80
		July-Aug		\$80
Balanced Beats	9:30-10:30	May-June	GYM	\$80
		July-Aug		\$80
Yoga for Guys and Gals – Friday Online	9:30-10:30	May-June	ONL	\$80
Acrylic Painting	10:00-12:00	May-June	FH	\$160
Tai Chi - Yang 24 - Level 2	10:00-11:00	May-June	STR	\$80
Together We Grow	10:00-11:00	May-June	IDY	Free
Friday Power Hour	10:45-11:45	May-June	BD	\$80
		July-Aug		\$80
Essentrics® - Stretch and Tone Friday	12:00-1:00	May-June	BD	\$80
Ukulele Beginner	12:30-2:00	May-June	STR	\$90
Acrylic Painting Workshop- Quirky Birds	1:00-4:00	June 5	FH	\$55
Mixed Media Workshop Collage Florals	1:00-4:00	May 15	FH	\$55

## CLUBS – Day-at-a-Glance

Program Name	Time	Months	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 July-Aug	IDY BD	\$3 \$3
Pickleball Club Drop In Monday	2:00-4:30	May-Aug	GYM	\$3
Contract Bridge Club Lessons	3:30-4:30	May-June	IDY	\$3
Table Tennis Club Monday	3:30-5:30	May-Aug	BD	\$3
<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
Writer's Corner Club	1:00-3:00	May-June July-Aug	IDY HLR	\$3
Guitar Club	1:00-4:00	May-Aug	STR	\$3
Book Club Tuesday (2nd Tues of Month)	2:00-3:00	May-June	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 and Foot Canasta Club	12:45-3:30	May-Aug	IDY	\$3
Soapstone Carving Club	1:00-3:00	May-Aug	WKS	\$3
Euchre Club	1:00-3:00	May-Aug	HLR	\$3
TCB - A Performance Band Club	1:00-4:00	May-Aug	STR	\$3
Kaiser Club	3:15-5:15	May-Aug	HLR	\$3
Travel Club	3:30-4:30	May-June	TIL	\$3

## CLUBS – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
<b>Thursday</b>				
Woodcarving Club Thursday	9:00-11:30	May-Aug	WKS	\$3
Pickleball Club Drop In Thursday	11:15-1:30	May-Aug	GYM	\$3
SEESA Golf	12:05-1:15	May-Sept	CSGC	\$35
Book Club Thursday (1 <sup>st</sup> Thurs of Month)	1:00-2:00	May-June	HLR	\$3
Pickleball Francophone	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 July-Aug	IDY STR	\$3
Table Tennis Club Friday	3:30-5:30	May-Aug	BD	\$3
Board Game Club (1 <sup>st</sup> and 3 <sup>rd</sup> Fri of Month)	5:30-8:30	May-Aug	TIL	\$3
Jam Session Club	6:00-8:45	May-Aug	STR	\$3
Pickleball Club Round Robin Friday (1 <sup>st</sup> & 3 <sup>rd</sup> Fri of Month)	6:00-8:45	May-June	GYM	\$6
Badminton Club Friday Evening (2 <sup>nd</sup> & 4 <sup>th</sup> Fri of month)	6:00-8:45	May-June July-Aug	GYM	\$3
Badminton Club Friday Evening (every Fri)				

## Activity Registration Form

Drop off Activity Registration forms will be processed in the order they were received beginning at **1:00 pm** on April 14 and June 9. There is **no guarantee** of a spot in the class with registration drop off if class limits have already been met.



### Activity Registration Form

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

Office Use	ACTIVITY NAME	DAY of Activity	DATE 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**

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

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

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Closed Weekends and Statutory Holidays



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  
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