



Session 2024.02

# PROGRAM GUIDE

For Classes & Clubs

March 4 - April 26, 2024

**Registration Begins:**

**Tuesday, February 13 at 9:15am**  
(on-line and in-person)

***Cut off for Class Registration:***

**February 28, 2024**



**South East Edmonton Seniors Association**

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

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

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9350 82 Street NW, Edmonton, AB

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

Closed Statutory Holidays.

We gratefully acknowledge that the land on which our facility rests is Treaty 6 Territory and traditional lands of First Nations and Métis people. This meeting ground for many indigenous peoples includes Nêhiyaw also known as Cree including the Papaschase, Dene, Anishinaabe, Nakota Peoples, and Niitsitapi also known as Blackfoot people. Edmonton is also home of one of the largest communities of Inuit south of the 60th parallel. Indigenous spiritual and practical relationships with the land continue to create a rich heritage for our community. We are honoured to share this land. HIY HIY

### **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.

Follow us on Facebook and Twitter.



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

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

## Fees & Benefits

<b>Fees &amp; Benefits*</b>	<b>55+ Members</b>	<b>35-54 years Associate Member</b>	<b>Lifetime Members</b>	<b>Reciprocal Members**</b>	<b>Non-Members</b>
Annual Fee 2024	\$40	\$50	Free	\$5	N/A
Drop-in Fee: 1 Hour	\$13.50	\$13.50	\$13.50	\$13.50	\$15
Drop-in Fee: 1 Club Meeting	\$3	\$3	\$3	\$3	\$6
10 pack Club Drop-in	\$30	\$30	\$30	\$30	\$60
Fitness Centre Access	\$100/year	\$100/year	\$100/year	\$100/year	\$200/year
FYI Seminar Classes: 1 seminar	\$3	\$3	\$3	\$3	\$3
Email Updates	Yes	Yes	Yes	Yes	<b>No</b>
Member Rates at SEESA for Classes, Seminars Events	Yes	Yes	Yes	Yes	<b>No</b>
Tillie's Café Access	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	<b>No</b>	Yes	<b>No</b>	<b>No</b>

**\*Membership Fees** are non-refundable, non-transferable, and not pro-rated.

**\*\*Reciprocal Members:** Members from participating Senior Centres throughout the Edmonton area are welcome to join us at SEESA. Please bring proof of membership from the other center with an expiry date on your first visit to SEESA.

## **Classes vs. Clubs**

- **Classes** have an instructor and 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 run by the members and coordinated by a designated Club Liaison. Non-Member drop-in prices for clubs are \$6.00. Everyone is required to check in with the Club Liaison upon arrival.

## **Class Registrations**

- The cut off for class registrations is three business days before the first class (February 28).
- You are not registered for the class until your payment has been processed.
- To avoid lineups and delays in registering, please register online. Ask a trusted friend, family member, or call the SEESA office for help if you need assistance.

## **Club Ticket Prices**

- Club attendance is managed by tickets that are purchased at the Front Desk.
- You can purchase a single drop-in ticket or a booklet of 10 club tickets.
- Single drop-in tickets for members are \$3.00 and \$6.00 for non-members.
- A 10-pack of tickets for members is \$30.00 and \$60.00 for non-members.

## **Drop-In**

- Drop-ins are welcome at some classes and clubs.
- Drop-ins are not accepted for classes or clubs that are already in progression or if an audition is required.
- 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 not possible when the activity or class is at full capacity.
- On arrival, please pay the drop-in fee BEFORE heading to your session. Then, check in with the instructor/club liaison and they will record your participation on the attendance sheet.

## **Wait Lists**

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

## **Class Changes & Cancellations**

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

## **Refunds & Wallet Credits**

No refunds or credits will be given for programs, clubs, presentations, or other activities unless they have been cancelled by SEESA. Exceptional requests such as injury or changes in medical condition will be given ample consideration. In these cases a wallet credit will be created. Wallet credits can be used to pay for future classes, events, and club tickets. Wallet credits cannot be accessed online. To use your wallet credits, please visit us at SEESA or call us at 780-468-1985.

## **Class Transfers**

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

## **Check In Kiosk**

- Every time you visit SEESA, please check in at the kiosk by the Front Desk. Check in with your key fob or sign in by typing in your first name and phone number.
- To replace a lost or inoperative 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 also allows us to alert you to any receipts or special notices that need to be picked up from the Members mailbox at the Front Desk.

**Liability**

SEESA is not responsible for any physical injuries or loss of property that may occur during any of its programs. All participants must sign a waiver form and provide emergency contact information. Participants must be able to independently participate in the class unless they bring their own caregivers. Caregivers do not need to pay for the class if they are providing assistance to a participant and not participating themselves. 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.

## Ways to Register

**Online and In-Person registration starts on Tuesday, February 13 at 9:15 am.**

Please note that to receive MEMBER prices for 2024, you MUST have purchased your 2024 membership or have a valid 2024 reciprocal membership.

- 1) **Online Registration** begins **Tuesday, February 13 at 9:15 am**. You must have a valid membership to register online. Go to <http://www.seesa.ca/>, at the top of the page click 'Things to Do' and select 'Classes'. On the classes page select the class you want to join. Click on it and at the bottom right corner under Class Prices there is a link in red, 'MEMBERS: Click here to register'. You will be directed to MyActiveCenter webpage.

If you know the class(es) you want to register for, you can go directly to [myactivecenter.com](http://myactivecenter.com) to sign in and register. On MyActiveCenter click the class(es) you want, click on the series in the calendar, and click 'Add to Cart'. Once all selections have been made, proceed to the checkout. This system is supported by PayPal which accepts debit cards and various credit cards. PLEASE NOTE: Wallet credits on your account cannot be accessed through online registration. To use your wallet credits, please register in person, dropping off a completed registration form or by phone. Please contact us at 780-468-1985 if you are having difficulties with this process.

- 2) **In-Person** - On **Tuesday, February 13 at 9:15 am** visit Forest Heights Room to start the registration process. A volunteer will guide you through the process. After February 13, during regular office hours, you may register at the Front Desk. Cash, cheque, debit, Visa, Mastercard and wallet credits are accepted.
- 3) **Registration Drop Off** - For your convenience an Activity Registration Form can be found at the back of this program guide. Drop off your completed form beginning **Monday, February 5** with credit card information, cheque and/or instructions to use your wallet credit amount. Please use only one form per person. These registrations will be processed in the order they were received beginning at **1:00 pm on Tuesday, February 13**. There is no guarantee of a spot in the class with registration drop off if class limits have already been met.
- 4) **By Phone** - Beginning at **1:00 pm on Tuesday, February 13** call the Front Desk at 780-468-1985 during regular office hours. Visa, Mastercard and wallet credits are accepted. There is no guarantee of a spot in the class for phone registrations if class limits has already been met



## **Tillie's Café**

Tillie's Café is open from 9:00 am - 4:00 pm, Monday to Friday. Breakfast service is from 9:00 am - 10:30 am. Lunch service is from 11:30 am - 1:00 pm. Outside of mealtimes, beverages and goodies are available. Check our website for menu and more information. Bring your family and friends. Everyone is welcome at Tillie's!

## **Volunteering at SEESA**

A wide range of volunteer opportunities are available to you. Share your expertise, gain experience, contribute to community building, and make new friends! We are actively recruiting Bench Makers, Board Members, Cashiers and Kitchen volunteers.

Complete the Volunteer Application Form at the Front Desk or contact the Volunteer Coordinator, Graham at 780-468-1985 or by email [graham@seesa.ca](mailto:graham@seesa.ca). Visit the SEESA website at [seesa.ca](http://seesa.ca). On the home page select 'Join', then click 'Volunteer' and scroll down to the 'Interested in volunteering for an available position' and click [fill out this form](#).

In addition, if you would like to assist in starting a new club, teaching a workshop, or helping with a program or event, please raise your hand! With your help and ideas, SEESA could have new activities. Please bring your suggestions and ideas to our Program Coordinator, Aleeza.

## **Health and Safety**

- At the time of publication, wearing a mask is always welcomed but not mandatory at SEESA. This is subject to government health directives.
- Hand sanitizers and wipes can be found throughout the facility.
- Please wipe down any fitness or other equipment you use.
- If restrictions change, new information will be sent out via email and posted on the website, as well as at the centre.

## **Fitness Room**

Work out alone or with friends in the privacy of our fitness room. 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.

## **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.

## **Foot Care Clinic**

Certified nursing staff are onsite at SEESA on the 2<sup>nd</sup> Thursday of every month to provide foot care to anyone, including those with diabetes. Services include foot assessments, nail cutting, corn and callus reduction, assistance with ingrown and fungal nails, moisturizing and foot massage. To book an appointment, please phone: 780-488-5878 or email: [info@edmontonfc.net](mailto:info@edmontonfc.net). The fee per appointment is \$32/member or \$37/non-members paid directly to the nursing staff.

## **Seniors Coordinated Outreach Program**

The Seniors Coordinated Outreach program provides connection to social work and support workers to help older adults (55+) navigate and get connected to the supports they need to live well in many ways.

- 1) **Identify your needs:** financial, housing, legal, abuse, income tax, physical health, mental health, mobility, transportation, family dynamics, home service and repair, food, and more.
- 2) **Connect you with resources:** Social workers are knowledgeable on senior-specific resources and will connect you with other programs and services that may help you. Social workers are available to do community visits, such as meeting with you and your doctor for important appointments, providing assistance in completing government forms, and acting on your behalf to report your needs to others.
- 3) **Emotional support:** Social workers value and support you without judgment.

To access these services, call 211 and press 2 for the Seniors Information Phone Line.

## **Seniors Home Supports Program**

Through the Seniors Home Supports Program, older adults can get referrals to screened service providers offering snow removal, yard help, housekeeping, home repair and maintenance, personal services, and moving help.

For residents in Southeast Edmonton contact Jenny @ 587-594-7884 or email [homesupport1@jfse.org](mailto:homesupport1@jfse.org).

## **Giving at SEESA**

Every day, SEESA seeks to empower and enhance the quality of life of people in our community. Our donors help others through clubs and classes, friendships and fellowship, special events, and physical activities. However, not everyone in our community feels safe and secure. Many people feel alone or marginalized, and their mental health, physical well-being and resiliency can be better. With your donation, SEESA can grow.

Your help supports community building and healthy living. TOGETHER, we will reach our vision of being a *vibrant, compassionate, and inclusive place to grow up and grow older*. To make a gift, please go to [www.seesa.ca](http://www.seesa.ca), and click “Join/Donate” or stop by the Front Desk. Thank you – from the bottom of our hearts. We accept cash, cheque, debit, Visa, Mastercard and wallet credits.

If you or someone you know is interested in SEESA activities but may not have all the funds to benefit from a membership, please contact Aleeza directly at 780-468-1985 ext. 223 for a confidential conversation to see how SEESA can help.

## Art Classes

### Acrylic Painting

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. Purchase your supplies at Delta Art and Drafting Supplies (11116 120 St NW) to receive a student rate. Please mention that you are a student of Barbara Hull Chan at SEESA. This course will help you paint the landscapes you love. Bring your own supplies:

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

Instructor: Barbara Hull Chan

Venue: Forest Heights Room Class Limit: 13

**Friday Mar 8 - Apr 26** (6 Weeks)

10:00am - 12:00pm

No session March 29 and April 19

Class Session Fee: Member \$108.00 Non-Member: \$144.00

## Art Classes Continued...

### Drawing Birds

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

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

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

Instructor: Muhammed Salayi      Venue: Forest Heights Room      Class Limit: 13

**Wednesday Mar 6 - Apr 24** (7 Weeks)      1:00pm - 3:30pm

No session March 13

Class Session Fee: Member \$157.50 Non-Member: \$210.00

Class Drop-in Fee: Member \$33.75 Non-Member: \$37.50

## Art Classes Continued...

### The Art of Needle felting

Explore the unlimited potential of the Art of Needle felting. You will be given step by step instructions. We will start off by sculpting a 3-D charming heart. Ready for a brooch or a necklace. Continue to do a simple cat, a cute lamb and finish off with a pretty bird.

- Needle felting sponge: 12X12 and 2" depth. Usually about \$10.00
- Core wool for Heart: Any colour you choose – 3 gm
- Core wool for Lamb: White, 10-12 gm
- Core wool for Simple Cat: Small 8 gms White, and Large 21 gms 2-4 gm of the strips, black or orange brown
- Fibre for Bird: Choose only one of the birds.
  - Robin: 8 gms of dark brown and 3 gms orange/red
  - Blue Bird: 11-13 gms of various blues. Light and Dark
- Choose CORE wool for all of the above
- 2 or 3 large or medium needle felting needles and 2-3 fine needle felting needles
- 2 pipe cleaners
- 20 dressmaker pins

Supplies can be purchased at Little Blue Fibre Studio at 6718 -101 Ave. Edmonton. Phone 587-498-2395. Please check their site. They sell most core and tops in 50 gms, from \$4.00 to \$6.00. Sometimes if you get together with others you can share. Also, you can order through Amazon.

Instructor: Donna Marko

Venue: Forest Heights Room Class Limit: 10

**Tuesday Mar 5 - Apr 2 (5 Weeks)** 12:00pm - 3:00pm

Class Session Fee: Member \$135.00 Non-Member: \$180.00

Class Drop-in Fee: Member \$40.50 Non-Member: \$45.00

## Art Classes Continued...

### Watercolour For All Levels

Easy to follow instructions and easy to trace handouts, from beginners to advanced, fun projects to work on. Requires regular art supplies, paper and brushes. You will need to get your own palette and paints. Bring your own supplies:

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

Instructor: Willie Wong

Venue: Forest Heights Room Class Limit: 13

**Thursday Mar 7 - Apr 25** (8 Weeks) 1:00 pm - 3:00 pm

Class Session Fee: Member \$144.00 Non-Member: \$192.00

Class Drop-in Fee: Member \$27.00 Non-Member: \$30.00

## Craft Classes

### Card Making Fun: Learn, Keep & Contribute

Each week, you'll make 6 to 8 greeting cards. For every two cards you make, you get to keep one and one is donated to SEESA for fundraising. This class is for everyone from beginners to experienced. Family and friends are so impressed with receiving your handmade cards. Come and have fun with us as we add glitter to our lives! Please bring your own glue and double-sided tape.

Instructor: Donna Fountain

Venue: Forest Heights Room Class Limit: 8

**Monday Mar 11-Apr 15** (5 Weeks) 9:00 am - 11:30 am

No session on Apr 1

Class Session Fee: Member \$40.00

## Craft Classes Continued...

### Card Making Fun: Learn, Keep & Contribute

Each week, you'll make 6 to 8 greeting cards. For every two cards you make, you get to keep one and one is donated to SEESA for fundraising. This class is for everyone from beginners to experienced. Family and friends are so impressed with receiving your handmade cards. Come and have fun with us as we add glitter to our lives! Please bring your own glue and double-sided tape.

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

**Monday Apr 22-May 27** (5 Weeks)    9:00 am - 11:30 am

No session on May 20

Class Session Fee: Member \$40.00

## Dance Fitness Classes

### Clogging Beginner

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.

Instructor: Tracy Walters                      Venue: Bonnie Doon Room    Class Limit: 12

**Tuesday Mar 5 - Apr 23** (8 Weeks)    5:15 pm - 6:15 pm

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

### Clogging Intermediate

We dance in shoes with special taps on them that give clogging its unique sound (not wooden shoes). This class is for those with at least one year clogging experience and is a continuation of the beginner class. More difficult steps and patterns are taught. Knowledge of the basic steps and clogging shoes required.

Instructor: Tracy Walters                      Venue: Bonnie Doon Room    Class Limit: 12

**Wednesday Mar 6 - Apr 24** (8 Weeks) 9:00 am - 10:00 am

Class Session Fee: Member \$72.00    Non-Member: \$96.00



## Dance Fitness Classes Continued...

### Clogging Experienced

We dance in shoes with special taps on them that give clogging its unique sound (not wooden shoes). This class is for those with two or more years of clogging experience. This class is a step up from the intermediate class and for individuals wanting a bit more of a challenge. More difficult steps and patterns are taught. Knowledge of the basic steps and clogging shoes required.

Instructor: Tracy Walters                      Venue: Bonnie Doon Room      Class Limit: 12

**Wednesday Mar 6 - Apr 24** (8 Weeks) 10:15 am - 11:15 am

Class Session Fee: Member \$72.00    Non-Member: \$96.00

### Latin Fitness

Do you love Latin music and dancing? Dagmar will teach you the basic techniques of Salsa, Merengue, Bachata and Cha-Cha-Cha. You will move with grace and rhythm at your own pace. So, whether you have already started dancing or have not yet tried it, this is a class for you! Here's your chance to let go, get on the dance floor and shine! No partner or fancy dancing shoes required.

Instructor: Dagmar Sanchez                      Venue: Strathearn Room      Class Limit: 12

**Wednesday Mar 6 - Apr 24** (8 Weeks) 11:00am - 12:00pm

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

### Line Dance Beginner

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

Instructor: Tracy Walters                      Venue: Gymnasium              Class Limit: 30

**Thursday Mar 7 - Apr 25** (8 Weeks) 10:00am - 11:00am

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

## Dance Fitness Classes Continued...

### Line Dance Intermediate/Experienced

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.

Instructor: Tracy Walters                      Venue: Bonnie Doon Room      Class Limit: 12

**Tuesday Mar 5 - Apr 23 (8 Weeks)**      11:00am - 12:00pm

Class Session Fee: Member \$72.00      Non-Member: \$96.00

### Move 'N Groove with Dagmar

SEESA's Cuban-Canadian instructor Dagmar Sanchez will show you how to move your body in this low-impact, high-energy dance class. Burn calories, gain strength, meet new friends and Move 'n Groove at your own pace. Perfect for active older adults who are looking for a modified dance/movement routine at a lower intensity. The movements focus on balance, range of motion and coordination. Have fun moving to your favourite tunes and leave empowered and feeling stronger.

Instructor: Dagmar Sanchez                      Venue: Gymnasium                      Class Limit: 25

**Friday Mar 8 - Apr 26 (6 Weeks)**                      9:30am - 10:30am

No session March 29 and April 19

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

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

## Dance Fitness Classes Continued...

### **Zumba Gold Friday and Tuesday**

This class is a modified workout with low impact moves. Zumba Gold® recreates the original moves you love at a lower intensity. It allows you to move to the beat at your own speed. The class focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility, and coordination. Please bring indoor running shoes.

Instructor: Dagmar Sanchez                      Venue: Bonnie Doon Room      Class Limit: 12

**Friday Mar 8 - Apr 26 (6 Weeks)**      10:45am - 11:45am

No session March 29 and April 19

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

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

Instructor: Melanie Kidder                      Venue: Gymnasium                      Class Limit: 35

**Tuesday Mar 12 - Apr 16 (6 Weeks)**      5:00pm - 6:00pm

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

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

## FYI Seminars Classes

All FYI Seminar Classes are \$3.00 for Members and Non-Members

### **Chartwell Series: Understanding Dementia**

Join us for a watch party and conversation about the diagnosis of dementia. Together we'll watch and discuss three short educational videos demonstrating the support services caregivers, volunteers, and those who would just like to be a better support to our aging population. We'll discuss what dementia is; how it can affect someone living with the disease; how someone's senses might change; and share tips on how to effectively and meaningfully interact with people living with dementia.

Presenter: Jennifer Hillmer

Venue: Edmonton Room

Class Limit: 20

**Monday Mar 4** (1 Day)

1:30pm - 3:00pm

### **FYI: Cooking Up Calm Make Your Mental Health Conversations More Palatable**

In response to the isolation that many older adults experienced during the Covid-19 pandemic. Dr. Gail Low and her Living Well Research Team conceived an innovative and groundbreaking project entitled as Mentally Healthy Living After Social Distancing—A Study of Older Canadians. This project studied the effects of the pandemic on the mental health of older adults. 1,327 Canadians 60 years of age and older were surveyed to learn from them about their mentally healthy living strategies during the pandemic. The learnings are captured in a new electronic booklet called Cooking up Calm. Included in the booklet are actionable tips based on the six most effective mentally healthy living strategies to emerge from the study, information on the benefits of cooking beyond nutrition and easy-to-make recipes for mentally healthy living — plus other sage advice. The study was funded by the RTOERO Foundation. We are please the U of A is partnering with us and will be covering the \$3 FYI cost to a max of 20 people.

Presenter: Dr. Gail Low

Venue: Edmonton Room

Class Limit: 20

**Tuesday Mar 5** (1 Day)

1:30pm - 3:00pm

Cost: Being covered by the U of A

### FYI Seminar Classes Continued...

#### **FYI: Introduction to Cannabis for Therapeutic Purposes for Seniors**

In this presentation we will cover the cannabis plant and its compounds and our endo-cannabinoid system and how it works. I will touch on common ailments that cannabis therapy helps with and various consumption methods and dosing strategies. This will take 45-50 minutes and I will then leave the floor open for questions (there are always some). I will also briefly touch on what are legal and what are not legal products. A little about myself: I am a Certified Cannabis Educator in both Canada and the US. I became a patient in 2014 and have been educating and consulting with patients since 2016. Along with these presentations, I also provide private consultations and work with cannabis clinics and naturopath doctors to help patients attain their goals with cannabis therapy.

Presenter: Irene Donohue                      Venue: Edmonton Room              Class Limit: 20

**Monday Mar 11** (1 Day)                      1:30pm - 3:00pm

#### **FYI: Identity and Fraud Prevention**

In this presentation we will discuss how thieves steal and use your personal information, tips to keep your financial and personal information safe and what to do if you're a victim of fraud or identity theft and much more.

Presenter: Evelyn Hartley                      Venue: Edmonton Room              Class Limit: 20

**Tuesday Mar 12** (1 Day)                      1:30pm - 3:00pm

#### **Chartwell Café: Government Benefits Alberta Blue Cross**

Please join us for a conversation with Alberta Blue Cross as they present information on how to access Government and Personal Benefits as we age.

Presenter: TBD                      Venue: Edmonton Room              Class Limit: 20

**Thursday Mar 14** (1 Day)                      1:30pm - 3:00pm

#### **FYI: Info Presentation: Introduction to Arc for Seniors**

Come learn about Arc, the new way to pay for transit, is now available for seniors! ETS staff will be on hand to answer your questions and provide you with information about Arc, how it works, and how to get started!

Presenter: Vicki Gudelj                      Venue: Edmonton Room              Class Limit: 20

**Monday Mar 25** (1 Day)                      1:30pm - 3:00pm

## FYI Seminar Classes Continued...

### **FYI: Fall Prevention**

In this presentation we will cover how to identify external and internal attributable factors to falls, what you can do to prevent falls, and how to get up properly if you do fall.

Presenter: Kenzie Harke

Venue: Edmonton Room

Class Limit: 20

**Tuesday Mar 19** (1 Day)

1:30pm - 3:00pm

### **FYI: Personal Directive & Power of Attorney**

When considering ones estate planning, most people understand their need for a will. However what happens to your property, or money, should you become incapacitated in the short term or long term? How will your family or caregivers know your wishes while you are still alive? This presentation will provide answers to these questions and more. We will talk about the Personal Directive, which is a document that allows you to direct your health care and care of your person in the event you become incompetent by way of accident or illness. We will also talk about the Power of Attorney. This document allows for the handling of your financial matters should you become incompetent in the future. These documents avoid the very costly dependant adult process.

Presenter: Shelley Smith

Venue: Edmonton Room

Class Limit: 20

**Wednesday Mar 20** (1 Day)

1:30pm - 3:00pm

### **FYI: Exercise Guidelines for Older Adults**

This presentation will cover the Canadian Society for Exercise Physiology and American College of Sport Medicine recommendations in terms of frequency of exercise (how often each week should you exercise), intensity of exercise (how hard should you be working when you exercise and how much weight you should lift), time (how long should you be exercising each time), type (what type of exercise(s) should you do (cardio vs strength training and what kind of strength training). As well, how to organize and structure exercise routines and some ways to regress and progress exercise based on ability.

Presenter: Tanner Kowol

Venue: Edmonton Room

Class Limit: 20

**Tuesday Mar 26** (1 Day) 1:30pm - 3:00pm

## FYI Seminar Classes Continued...

### **FYI: Dividend Investing for Inflationary Times**

The past 2 years has been tough for current retirees and their traditional retirement portfolios. Many are left wondering if they are positioned right for the structurally changing financial and investment landscape. There is now growing signs that we are headed back towards the years 1939 to 1979 investment period environment, where the majority of investment returns came from dividends. This is in contrast to the years 1980 to 2021 (which was what most investing baby boomers experienced), where dividends only accounted for approx. 30 % of complete investment returns. Come join Wei Woo to discuss this changing landscape for retirement portfolios, and the modern dividend investment options now available to current retirees in a higher inflation economy.

Presenter: Wei Woo

Venue: Edmonton Room

Class Limit: 20

**Wednesday Mar 27** (1 Day)

1:30pm - 3:00pm

### **FYI: Bring Your Own Device: cloudLibrary(eXpress Titles)**

Do you like your “Hits to Go” collection? Then you’ll love eXpress Titles! Get fast access to the most popular fiction and non-fiction titles on a first come, first served basis from this exciting new eResource. Please bring your own iPad, laptop or tablet. In addition, please bring your Edmonton Public Library (EPL) card or know your barcode number and PIN to be able to fully participate. If you don’t have an EPL card, you can apply online, visit any EPL branch, or bring a piece of ID with your current address to this session. Arrive between 9:30 and 9:50 to get your free card.

Presenter: Wendy Gronnestad-Damur

Venue: Edmonton Room

Class Limit: 10

**Thursday Mar 28** (1 Day)

10:00am - 11:30am

## FYI Seminar Classes Continued...

### **FYI: Arthritis Overcoming Arthritis: Mastering Pain, Conquering Limits and Living Fully!**

Prepare for an exciting, vibrant, and pain-free life even if you suffer from arthritis. Dr. Joseph Tanti, a chiropractic orthopaedic specialist, will unveil the secrets to maintaining an active, healthy, and pain-free lifestyle even with arthritis.

Are you determined not to let arthritis dictate your life? In this presentation you can discover how to seize control of your well-being, ensuring a continued active life. This is not just about recognizing challenges; it's about discovering practical, tailored solutions. Learn how to embrace a lifestyle that keeps you vibrant and active with arthritis. Join us for a healthier, happier, and pain-free future.

Presenter: Dr. Joseph Tanti                      Venue: Edmonton Room              Class Limit: 20

**Wednesday Apr 3** (1 Day)                      1:30pm - 3:00pm

### **FYI: How to Tame Your Spring Allergies**

Spring allergens, like tree and grass pollens, can trigger allergy symptoms. In this session we will go through the signs and symptoms of seasonal allergies, causes, symptoms and treatments.

Presenter: Farah Saheb                      Venue: Edmonton Room              Class Limit: 20

**Wednesday Apr 17** (1 Day)                      1:30pm - 3:00pm

### **FYI: Personal Planning Guide**

This presentation will cover information about a personal planning guide. It is a booklet developed by Dignity Memorial Funeral homes that is designed to help record all of the necessary information that funeral home needs once a person has passed.

Presenter: Dusko Trivic                      Venue: Edmonton Room              Class Limit: 20

**Tuesday Apr 23** (1 Day)                      1:30pm - 3:00pm



## General Interest

### **Clutter Is Not A Crime... It's An Inside Job with Lynn Fraser**

Do you feel embarrassed by too much stuff in your home, storage sheds, or garage? Are you feeling judged by family and friends who have different clutter styles than you? Wish you could get started and keep motivated to continue? You will learn, top 10 checklist, where to start, practical tool, simple holistic strategies to enjoy the process more. Join Lynn to learn the insider's code to decluttering.

Instructor: Lynn Fraser                                      Venue: Edmonton Room                      Class Limit: 20  
**Thursday Mar 21 (1 Day)**                                      10:00am - 11:00am  
Class Session Fee: Member \$13.50      Non-Member: \$15.00

### **Dispelling the Myths of Aging**

The population distribution in the world is changing. By 2030, one in six people will be aged 60 or older. As this population group grows in numbers, societal myths about 'aging' are being changed. This presentation explores research around those myths and provides the opportunity to think about our own assumptions about aging, assumptions that perhaps we need to let go of in order to ensure our own positive aging experience!

Instructor: Dorothy Lowrie                                      Venue: Edmonton Room                      Class Limit: 20  
**Tuesday Mar 12 (1 Day)**                                      10:00am - 11:30am  
Class Session Fee: Member \$13.50      Non-Member: \$15.00

## General Interest Classes Continued...

### **Estate Administration 101 & General Executor Duties**

When a person is assigned or chooses to take on the role of administering the estate of another person, there are many responsibilities and duties expected. In this session, learn more about what these duties entail and gain a better understanding of what is involved with such an important role. Additionally, review what is important to consider when selecting your own executor

Instructor:TBD

Venue: Tillies Café

Class Limit: 80

**Monday Apr 15** (1 Day)

2:00 pm-3:30 pm

Class Session Fee: Member Free

Non-Member: Free

### **Philosophers Café: MAID: What has Unfolded and Why?**

Physician assistance in dying has become a part of Canada’s medical system. Its application is being expanded. What has the last several years of this practice taught us?

Instructor: David Goa

Venue: Edmonton Room

Class Limit: 25

**Thursday Mar 28** (1 Day)

1:00pm - 2:30pm

Class Session Fee: Member \$10.00

Non-Member: \$13.00

### **Philosophers Café: " The Love of One's Own: Cultivating Canadian Culture"**

The Canadian philosopher George Grant talked of the “love of one’s own being the ground on which we stand to love the other.” What is this ground in Canada? Where is it to be found?

Instructor: David Goa

Venue: Edmonton Room

Class Limit: 25

**Thursday Apr 25** (1 Day)

1:00pm - 2:30pm

Class Session Fee: Member \$10.00

Non-Member: \$13.00

## General Interest Classes Continued...

### **The Upsizing of Downsizing**

You know it's challenging to downsize your life's possessions. Lynn offers fearless strategies to help prepare for your future move with greater ease and grace. Learn practical decluttering tips and reduce worry for you and your family by means of Lynn's move stories and learnings.

You will learn the Four-step reflective process, get clearer on what you want for your future home, proactive, practical strategies. Join Lynn for The Upside - yes, it's possible!

Instructor: Lynn Fraser

Venue: Edmonton Room

Class Limit: 20

**Thursday Mar 14** (1 Day)

10:00am - 11:00am

Class Session Fee: Member \$13.50 Non-Member: \$15.00

## Music Classes

### Group Vocal

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

Instructor: Kate Haginicolakis      Venue: Idylwylde Room      Class Limit: 10

**Thursday Mar 7 - Apr 25 (8 Weeks)**      10:30am - 12:00pm

Class Session Fee: Member \$108.00 Non-Member: \$144.00

### Performance Skills

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

Instructor: Kate Haginicolakis      Venue: Idylwylde Room      Class Limit: 10

**Thursday Mar 7 - Apr 25 (8 Weeks)**      12:30pm - 2:15pm

Class Session Fee: Member \$108.00 Non-Member: \$144.00

### Uke n' Sing

These sessions are an opportunity for players from Beginner to Experienced to come together and play through songs learned over the year(s). The sessions are open to all – including those who have not attended classes. If you're not a ukulele player, but would like to join in the singing, we welcome you too! Song lists will be sent to registered participants. Drop-ins please send an email to Elaine ([eemann@shaw.ca](mailto:eemann@shaw.ca)) at least one day prior to the date.

Instructor: Elaine Mann      Venue: Bonnie Doon Room      Class Limit: 20

**Monday Mar 4 - Apr 22 (4 Weeks)**      1:30pm - 3:00pm

No session on March 11, 25 and April 1 and 15

Class Session Fee: Member \$36.00 Non-Member: \$72.00

## Music Classes Continued...

### **Ukulele Absolute Beginners**

Ukulele Absolute Beginner will be offered again in the fall. If you have any questions please contact Elaine (eemaan@shaw.ca).

Instructor: Elaine Mann

### **Ukulele Beginner**

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

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

**Friday Mar 8 - Apr 26 (6 Weeks)**                      12:00pm - 1:30pm

No session March 29 and April 19

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

### **Ukulele Beyond Beginners**

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

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

**Thursday Mar 7 - Apr 25 (8 Weeks)**                      12:00pm - 1:30pm

Class Session Fee: Member \$108.00    Non-Member: \$144.00

### **Ukulele Experienced**

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

Instructor: Elaine Mann                      Venue: Bonnie Doon Room                      Class Limit: 12

**Wednesday Mar 6 - Apr 24 (7 Weeks)** 12:00pm - 1:30pm    No session Mar 13

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

## Music Classes Continued....

### Ukulele Intermediate

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

Instructor: Elaine Mann                      Venue: Bonnie Doon Room    Class Limit: 12

**Wednesday Mar 6 - Apr 24** (7 Weeks) 2:00pm - 3:30pm                      No session Mar 13

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

<h2>Physical Fitness Classes</h2>
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### Barre Fitness

Barre Fitness is a total body workout with elements of Pilates, dance and strength training. Barre focuses on high reps of small range movements. But the real difference between Barre and other workouts are the isometric movements you usually perform - holding your body still while you contract specific muscles, until you shake and feel the burn. Using your own body, small weights and/or a resistance band can help build lean muscle, balance, good posture and better core strength.

Instructor: Deborah Ravbar                      Venue: Bonnie Doon Room    Class Limit: 12

**Monday Mar 4 - Apr 22** (7 Weeks)    9:00am - 10:00am

No session April 1

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

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

## Fitness Classes Continued...

### **Circuit Training**

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

Instructor: Deborah Ravbar                      Venue: Gymnasium                      Class Limit: 25

**Tuesday Mar 5 - Apr 23 (8 Weeks)**    9:00am - 10:00am

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

### **Essentrics® - Age Reversing Thursday**

This is a full body age reversing Essentrics class that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. It involves gentle to moderate fitness and includes standing and some floor work (back and side only). Bring your own Yoga mat.

Instructor: Samara Hipkin                      Venue: Bonnie Doon Room    Class Limit: 12

**Thursday Mar 7 - Apr 25 (8 Weeks)**    1:00pm - 2:00pm

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

**Physical Fitness Classes Continued...**

**Essentrics® - Pain Management**

This is a full body age reversing Essentrics class that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. It requires gentle to moderate fitness techniques and includes standing and some floor work (back and side only). Bring your own Yoga mat.

Instructor: Liz Olson                                      Venue: Idylwylde Room                                      Class Limit: 10

**Tuesday Mar 5 - Apr 23** (8 Weeks)      1:30pm - 2:30pm

Class Session Fee: Member \$72.00      Non-Member: \$96.00

**Essentrics® - Stretch and Tone Monday**

This is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. These classes are perfect for all fitness levels. This program rebalances the body, prevents and treats injuries and unlocks tight joints. Participants in this class must be of moderate level of fitness. It includes standing and floor work (back and side only). Bring your own Yoga mat.

Instructor: Liz Olson                                      Venue: Gymnasium                                      Class Limit: 22

**Monday Mar 4 - Apr 22** (7 Weeks)      10:00am - 11:00am

No session April 1

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



## Physical Fitness Classes Continued...

### **Fit For All - Thursday**

This class is designed for people who want a gentler fitness workout and includes both standing and sitting exercises. Wendy teaches a very inclusive class and welcomes people with mobility challenges including pre and post knee and hip replacements, and strength and balance difficulties. The class uses hand weights, resistance bands and Bender Balls (or generic 6"-8" balls) to improve strength, endurance, and balance. Come and feel fantastic and have fun while exercising!

Instructor: Wendy Kinsman                      Venue: Bonnie Doon Room    Class Limit: 12

**Thursday Mar 7 - Apr 25 (8 Weeks)**    10:15am - 11:15am

Class Session Fee:    Member \$72.00    Non-Member:    \$96.00

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

### **Intro to Pickleball**

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.

Instructor: Leslie Srogen                      Venue: Gymnasium                      Class Limit: 12

**Monday Apr 8 – Apr 22 (3 Weeks)**    4:45pm - 6:15pm

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

## Physical Fitness Classes Continued...

### Move Well In Person/Online

This movement class combines the ancient practice of yoga with the insights of modern science. The goal is to provide a mindful movement experience that supports increased mobility, strength and flexibility. If you have chronic pain, you will learn guiding principles to assist you in managing and working through your pain - using breath, movement and mindfulness to help you find balance and harmony in your nervous system.

Instructor: Terri Jones

Venue: Strathearn Room

Class Limit: 12 In Person/20 Online

**Thursday Mar 7 – Apr 25 (8 Weeks)** 10:00am - 11:00am

Class Session Fee: Member \$72.00 Non-Member: \$96.00

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

### Nia: Movement Practice

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for three intensity levels during each class, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-soled indoor footwear, comfortable clothing for ease of movement and a yoga mat for floor play and cool down is suggested. To find out more about Nia® go to [fleurishmovement.com](http://fleurishmovement.com).

Instructor: Kirsten Bartel

Venue: Strathearn Room

Class Limit: 12

**Monday Mar 4 – Mar 25 (4 Weeks)** 10:00am - 11:00am

Class Session Fee: Member \$36.00 Non-Member: \$48.00

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

## Physical Fitness Classes Continued...

### **Pound Fitness Thursday**

Pound Fitness is an entire body workout using specially designed RipStix (drum sticks). The class includes instruction using muscle conditioning exercises and cardio interval training, set to music. The goal is to improve strength, flexibility and mind-body connection. No previous fitness experience required.

Modifications are provided for different abilities. Seated portions can be done on a chair or yoga mat. No drumming or musical instruction provided.

Instructor: Melanie Kidder                      Venue: Boonie Doon Room    Class Limit: 10

**Thursday Mar 7 - Apr 25 (7 Weeks)**    11:45am - 12:30pm              No session Apr 18

Class Session Fee:    Member \$47.25    Non-Member:    \$63.00

Class Drop-in Fee:    Member \$10.25    Non-Member:    \$11.25

### **Qigong In Person/Online**

Qigong is a simple, natural, effective, and efficient practice that anyone can do regardless of age, mobility, or fitness level. It's great for beginners! The movements are gentle, simple, and very easy to learn. They don't require great coordination or stamina. The instructor guides you to an awareness of your body and teaches you how to make adjustments to meet your needs. You do what you can and still get the benefit. You can do the practice standing, sitting or lying down. Qigong can add noticeable changes to your energy levels, provide stress reduction, enhance mood and more, but it's subtlety will surprise you. Give it a try!

Instructor: Sue Stuparek                      Venue: Strathearn Room

Class Limit: 12 In Person/20 Online

**Thursday Mar 7 - Apr 25 (7 Weeks)**    3:00pm - 4:00pm

No session March 13

Class Session Fee:    Member \$72.00    Non-Member:    \$96.00

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

## Physical Fitness Classes Continued...

### Reiki Level One

This 8 week course follows more of a traditional Usui Reiki One Course. Students will learn a brief history of Reiki, the Reiki Principles, and the various Reiki hand positions that can be used to practice self treatment, as well as how to use on others (friends / family/ pets, etc.) Plenty of class time will be used to practice giving Reiki sessions, and providing hands on experience, and confidence.

Instructor: Byron Crowell                      Venue: Idylwylde Room                      Class Limit: 12

**Friday Mar 8 - Apr 26 (6 Weeks)**                      10:00am - 12:00pm

No session Mar 29 and Apr 19

Class Session Fee: Member \$108.00 Non-Member: \$144.00

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

### Soft Pilates

Pilates combines strengthening movements with a focus on full, functional breath work. It improves core stability, prevents and relieves back and joint pain, and increases range of motion while reducing stress. These classes focus on proper alignment and safe execution of movement, and on finding proper sequencing in the body.

Instructor: Linda Turnbull                      Venue: Gymnasium                      Class Limit: 12

**Tuesday Mar 5 - Apr 23 (8 Weeks)**                      3:30pm - 4:30pm

Class Session Fee: Member \$72.00 Non-Member: \$96.00

## Physical Fitness Classes Continued...

### **STEP Forward: Supervised Transitional Exercise Program**

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. ten weeks of progressive exercise, held twice weekly, working up to 40-45 mins toward end of program. Classes are 1-hour long.
- ii. built-in education with exercise classes and three formal educational sessions
- iii. initial and discharge assessment with discussion about your personal goals
- iv. one, three and six months follow-up with your exercise leader

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

### **Tabata**

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

Instructor: Deborah Ravbar

Venue: Gymnasium

Class Limit: 25

**Thursday Mar 7 - Apr 25 (8 Weeks)**

8:45am - 9:45am

Class Session Fee: Member \$72.00

Non-Member: \$96.00

Class Drop-in Fee: Member \$13.50

Non-Member: \$15.00

## Physical Fitness Classes Continued...

### Tai Chi Beginner

This class is an introduction to Yang style Tai Chi and Qigong. Tai Chi is a popular exercise and martial arts system and philosophy from China. Qigong is a beneficial series of postures and movements that stimulate the body's natural energy pathways. Practising Tai Chi and Qigong can improve a person's balance and flexibility and the overall well-being of the body's joints, muscles, connective tissues, and internal organs.

Instructor: Weston Benjamin                      Venue: Strathearn Room                      Class Limit: 12

**Friday Apr 5 - Apr 26 (3 Weeks)**                      10:00am - 11:00am

No session Apr 19

Class Session Fee: Member \$27.00    Non-Member: \$36.00

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

### Yoga Chair with Megan - Tuesday

Wonderful things can happen as we explore together the movements of yoga: we can learn to slow down; become more interested in our bodies and minds; develop greater sensitivity; and find more ease in our bodies. No previous experience necessary. Tuesday 10:45 am - chair yoga: seated explorations, with some standing if your body allows.

Instructor: Megan Kim                                      Venue: Strathearn Room                      Class Limit: 12

**Tuesday Mar 5 - Apr 23 (8 Weeks)**                      10:45am - 11:45am

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

## Physical Fitness Classes Continued...

### Yoga for Guys and Gals - Online

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

Instructor: Ken Strachan                      Venue: Online                      Class Limit: 20

**Friday Mar 8 - Apr 26 (7 Weeks)**                      9:30am - 10:30am

No session Mar 29

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

**Monday Mar 4 - Apr 22 (7 Weeks)**                      9:30am - 10:30am

No session April 1

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

**Thursday Mar 7 - Apr 25 (8 Weeks)**                      9:30am - 10:30am

Class Session Fee: Member \$72.00    Non-Member: \$96.00

### Yoga with Megan

Wonderful things can happen as we explore together the movements of yoga: we can learn to slow down; become more interested in our bodies and minds; develop greater sensitivity; and find more ease in our bodies. No previous experience necessary.

Regular yoga, with standing, seated, hands & knees and lying down explorations.

Instructor: Megan Kim                      Venue: Strathearn Room                      Class Limit: 12

**Tuesday Mar 5 - Apr 23 (8 Weeks)**                      9:30am - 10:30am

Class Session Fee: Member \$72.00    Non-Member: \$96.00

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

## Uninstructed Activities - Clubs

### Accidental Drama Club

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

Liaison: Dan Acheson                                      Venue: Holyrood Room                                      Class Limit: 25

**Monday Mar 4 - Apr 22 (7 Weeks)**      12:00pm - 2:00pm No session Apr 1

### Art Club

Enjoy weekly studio time with like-minded artists working in a variety of media. No formal instruction but support and advice between members is welcome. Bring your own supplies.

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

**Thursday Mar 7 - Apr 25 (8 Weeks)**      9:30am - 12:00pm

### Badminton

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

Liaison: Bob Hyndman                                      Venue: Gymnasium                                      Class Limit: 20

**Friday Mar 8 - Apr 26 (6 Weeks)**      10:45am - 12:45pm

No session March 29 and April 19

**Monday Mar 4 - Apr 22 (7 Weeks)**      11:30am - 1:30pm                                      No session April 1

**Wednesday Mar 6 - Apr 24 (6 Weeks)** 9:00am - 12:00 pm

No session Mar 13 and 20



## Uninstructed Activities- Clubs...

### Book Club Thursday

If you love to read, the Book Club Thursday is for you. The book club meets on the 1st Thursday of the month. Call Maggie at 780-462-1595 for the reading list. For this session we will meet on Mar 7 and Apr 4. Currently we are at capacity. Names will be taken at the front desk and put on a wait list when space opens.

Liaison: Maggie Hensel                      Venue: Holyrood Room                      Class Limit: 12

**Thursday Mar 7 - Apr 4** (2 Weeks)      1:00pm - 2:30pm

No session March 14, 21 & 28

### Book Club Tuesday

If you love to read, Book Club Tuesday is for you. This book club meets on the 2nd Tuesday of the month. For this session, we will meet on Mar 12 and Apr 9.

Liaison: Barbara Lyon                      Venue: Holyrood Room                      Class Limit: 12

**Tuesday Mar 12 - Apr 9** (2 Weeks)      2:00pm - 3:00pm

No session March 19, 26 and Apr 2

### Carpet Bowling

When thinking about participating, why not think of Carpet Bowling! This is a scaled down version of indoor bowls. The principle aim of the game, the same as all other bowls, which is to deliver your wood closer to the jack than your opponent. (source: englishcarpetbowls.com) We would like to have some new members join our fun. Drop in to learn how to play the game and meet new people.

Liaison: Ana Kante                      Venue: Gymnasium                      Class Limit: 40

**Thursday Mar 7 - Apr 25** (8 Weeks)      2:00pm - 4:15pm

## Uninstructed Activities- Clubs...

### Contract Bridge Monday and Thursday

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

Liaison: Laurie Reid

Venue: Idylwylde Room (Monday) & Tillies Café (Thursday)      Class Limit: 28

**Monday Mar 4 - Apr 22 (7 Weeks)**      12:30pm - 3:30pm

No session Apr 1

**Thursday Mar 7 - Apr 25 (8 Weeks)**      1:00pm - 3:30pm

### Cribbage Club Fridays

This club is looking to have players back and/or for new players to join. Cribbage involves playing and grouping cards in combinations which gain 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.

Liaison: Sharon Moffatt

Venue: Idylwylde Room

Class Limit: 28

**Friday Mar 8 - Apr 26 (6 Weeks)**      12:45pm - 3:30pm

No session Mar 29 and Apr 19

### Euchre Club

Four players (two teams of two people each) take turns playing cards to win tricks. One player determines TRUMP and that player and their partner try to take at least THREE of the FIVE tricks. Euchre occurs when the team that calls trump is defeated, and does not get their THREE tricks. The first team to achieve TEN points is the winner.

Liaison: Alexandra Anderson

Venue: Holyrood Room

Class Limit: 16

**Wednesday Mar 6 - Apr 24 (7 Weeks)** 1:00pm - 3:00 pm

No session Mar 13

## Uninstructed Activities- Clubs...

### **Floor Curling Wednesday**

The game of floor curling was designed with no sweeping and it is played indoors. Wooden rocks with handles are used. There are 4 people on a team. \$1 (optional) 50/50.

Liaison: Ted Anderson

Venue: Gymnasium

Class Limit: 40

**Wednesday Mar 6 - Apr 24 (7 Weeks) 12:30pm - 3:30pm**

No session Mar 13

### **French Conversation Club**

Meet local French language and culture lovers for conversation and fun! Come to a French Language Club and make new amis (friends) as you practice speaking, build your vocabulary and finally figure out those verb conjugations! The first hour of conversation will be allotted to beginners, to help pronunciation and resources concerning self study.

Liaison: Sylvia Rodrigue

Venue: Holyrood Room

Class Limit: 16

**Wednesday Mar 6 - Apr 24 (8 Weeks) 10:30am - 12:30pm**

### **Guitar Club**

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

Liaison: Roger Smeland

Venue: Strathearn Room

Class Limit: 20

**Tuesday Mar 5 - Apr 23 (8 Weeks) 1:00pm - 4:00pm**

## Uninstructed Activities- Clubs...

### Hand and Foot Canasta Club

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.

Liaison: Claudia Ramsay                      Venue: Idylwylde Room                      Class Limit: 16

**Wednesday Mar 6 - Apr 24** (7 Weeks) 12:45pm - 3:30pm

No session Mar 13

### Jam Session

Bring an instrument or just come to listen. Jam sessions are held on the 1st and 3rd Fridays of the month. For this session, we meet Mar 1, 15 and Apr 12 and 26

Liaison: Roger Smeland                      Venue: Strathearn Room                      Class Limit: 20

**Friday Mar 1 - Apr 26** (4 Weeks)                      6:00pm - 9:00pm

No session March 8, 22, 29 and April 5 and 19

### Jigsaw Meet Up

Come alone or bring a friend to Tillie's Cafe for jigsaw puzzle fun. Enjoy the puzzlers' tables at your leisure and whenever Tillie's is open. Puzzles will be on roll-up mats and set aside in a handy spot when table(s) are needed elsewhere. No charge for puzzle time but your coffee and cinnamon bun habit is on you! Come out and meet your fellow Puzzle People.

Venue: Tillie's Café

**Monday to Friday Mar 4 - Apr 26**                      9:00am - 4:00pm

No session Mar 29, Apr 1 and 19

## **Uninstructed Activities- Clubs...**

### **Melody Singers Club**

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

Liaison: Maria Yakula    Venue: Gymnasium    Class Limit: 50

**Tuesday Mar 5 - Apr 23 (8 Weeks)**      1:00 pm - 3:00 pm

### **Old Time & Sequence Dance Club**

This club is basically, Ballroom Dancing but everyone does the same steps. The advantages are that the dancers are relieved of the responsibility of having to constantly plot the next element as it has already been set. Each dancer knows what comes next without having to wait for a lead. Although dancing is with a partner, single dancers are encouraged to come as there will be other single dancers needing to find a partner. Beginners are welcome to participate in this club.

Liaison: Pete & Betty Wilson    Venue: Bonnie Doon Room      Class Limit: 16

**Tuesday Mar 5 - Apr 23 (8 Weeks)**      12:30pm - 2:00pm

### **Pickleball Mixed Levels (Drop in Format)**

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.

**Monday Mar 4 - Apr 22 (7 Weeks)**      3:30pm – 5:00pm

No session April 1

Liaison: Bill Yasunaka    Venue: Gymnasium    Class Limit: 20

**Thursday Mar 7 - Apr 25 (8 Weeks)**      11:15am - 1:45pm

Liaison: Lynne Kaluzniak    Venue: Gymnasium    Class Limit: 20

**Friday Apr 12 (1 Week)**                          6:00pm - 9:00pm

Liaison: Shelene Runzer    Venue: Gymnasium    Class Limit: 20

## Uninstructed Activities- Clubs...

### Pickleball Round Robin Monday, Tuesday and Friday

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. Fees are doubled due to limited registration. Late arrivals may miss the games. To cancel your registration, please call:

Friday: Shelene at 780-918-3559

Monday: Lynne at 587-930-9255

Tuesday: Richard at 780-777-2769

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

All Round Robin Club Fees are \$6.00 for Members and \$12.00 for Non-Members

<b>Friday Mar 15</b> (1Week)	6:00pm - 9:00pm	
Liaison: Shelene Runzer	Venue: Gymnasium	Class Limit: 20

<b>Monday Mar 4-Apr 22</b> (7 Weeks)	2:00pm - 3:30pm	
No session Apr 1		
Liaison: Lynne Kaluzniak	Venue: Gymnasium	Class Limit: 20

<b>Tuesday Mar 5 - Apr 23</b> (8 Weeks)	10:15am - 12:30pm	
Liaison: Richard LaBranche	Venue: Gymnasium	Class Limit: 20

Club Fee: Member \$6.00	Non-Member: \$12.00
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### Quilting and Crafting

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

Liaison: Sandra Golan	Venue: Forest Heights Room	Class Limit: 15
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<b>Monday Mar 4 - Apr 22</b> (7 Weeks)	12:30pm - 3:30pm
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No session April 1

## Uninstructed Activities- Clubs

### SEESA Dance Club

A group of us like minded dancers are trying to get this once thriving club up and running again. It was a victim of the pandemic like so many other things that people enjoy. We will do basically ballroom, and social dancing like we did before. We will not have an instructor, so we will learn from each other. Beginners will likely get basic instruction from experience dancers as needed.

Liaison: Pete Wilson                                      Venue: Bonnie Doon Room                                      Class Limit: 12

**Friday Mar 1 - Apr 26 (4 Weeks)**                                      6:30pm - 8:30pm

No session Mar 8, 22, 29, and Apr 5 & 19.

### Soapstone Carving Club

Carving in Soapstone can get a little dusty. A face mask is recommended. The cost of supplies is extra. There is a \$5 one time set up fee for new carvers.

Liaison: Annette Evans                                      Venue: Workshop                                      Class Limit: 12

**Wednesday Mar 6 - Apr 24 (4 Weeks)** 1:00pm - 3:00pm

No session on Mar 13, April 3, 10, 17

### Table Tennis

Table tennis is a great sport for exercise and hand-eye coordination. Come and enjoy a pleasant workout while making new friends. Did you know the game was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name? Interesting, eh. Please bring your own paddle to play with.

Liaison: Jim Der                                      Venue: Bonnie Doon Room                                      Class Limit: 12

**Friday Mar 8 - Apr 26 (6 Weeks)**                                      2:30pm - 4:15pm

No session Mar 29 and Apr 19

**Monday Mar 4 - Apr 22 (7 Weeks)**                                      3:30pm - 5:30 pm

No session April 1

## Uninstructed Activities- Clubs

### TCB - A Performace Band Club

This is the club to join if you'd like to play and sing the music you remember and love. We learn hits from the Billboard Top 100 including pop, rock, and soul from the late 50s through the mid 70s and beyond. You should be accomplished on your lead, rhythm or bass guitar, keyboard or drum kit. Vocals are optional. If you are adept at playing a second instrument, such as brass or woodwind, you will have opportunities to play fills and solos. You are welcome to join one of our weekly sessions to see if TCB fits your aspirations and if you are a fit for our club. TCB performs at some SEESA events.

Liaison: Deiter Anders

Venue: Strathearn Room

Class Limit: 15

**Wednesday Mar 6 - Apr 24** (7 Weeks) 1:00pm - 4:00pm

No session Mar 13

### Woodcarving Club

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

Liaison: Noel Constantin

Venue: Workshop

Class Limit: 12

**Thursday Mar 7 - Apr 25** (5 Weeks) 9:00am - 11:30am

No session April 4, 11 and 18

**Tuesday Mar 5 - Apr 23** (8 Weeks) 9:00am - 11:30am

No session April 2, 9 & 16



## Day at a Glance

<b>Monday</b>			
<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Barre Fitness	9:00 am-10:00 am	Bonnie Doon Room	\$63.00
Jigsaw Meet Up	9:00 am-4:00 pm	Tillie's Café	Free
Card Making Fun: Keep Learn & Contribute	9:00 am-11:30 am	Forest Heights Room	\$40.00
Yoga for Guys and Gals - Monday Online	9:30 am-10:30 am	Online	\$63.00
Nia Movement Practice	10:00 am-11:00 am	Strathearn Room	\$36.00
Essentrics® - Stretch and Tone Monday	10:00 am-11:00 am	Gymnasium	\$63.00
Badminton Monday	11:30 am-1:30 pm	Gymnasium	\$3.00
Accidental Drama Club Monday	12:00 pm-2:00 pm	Holyrood Room	\$3.00
Contract Bridge Monday	12:30 pm-3:30 pm	Idylwylde Room	\$3.00
Quilting and Crafting	12:30 pm-3:30 pm	Forest Heights Room	\$3.00
Uke n ' Sing (every 2 <sup>nd</sup> Monday)	1:30 pm-3:00 pm	Bonnie Doon Room	\$36.00
Chartwell Series: Understanding Dementia (Mar 4)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Introduction to Cannabis for Therapeutic Purposes for Seniors (Mar 11)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Info Presentation: Introduction to Arc for Seniors (Mar 25)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
Pickleball Monday Round Robin	2:00 pm-3:30pm	Gymnasium	\$6.00
Estate Administration 101 & General Executor Duties (Apr 15)	2:00 pm-3:30 pm	Tillies Cafe	Free
Pickleball Monday Mixed	3:30 pm-5:00 pm	Gymnasium	\$3.00
Table Tennis Club	3:30 pm-5:30 pm	Bonnie Doon Room	\$3.00
Intro to Pickleball (Apr 8 to Apr 22)	4:45 pm-6:15 pm	Gymnasium	\$54.00

<b>Tuesday</b>			
<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Jigsaw Meet Up	9:00 am -4:00 pm	Tillie's Café	Free
Woodcarving Club Tuesday	9:00 am-11:30 am	Workshop	\$3.00
Circuit Training	9:00 am-10:00 am	Gymnasium	\$72.00
Yoga with Megan	9:30 am-10:30 am	Strathearn Room	\$72.00
Dispelling the Myths of Aging (Mar 12)	10:00 am-11:30 am	Edmonton Room	\$13.50
Round Robin Pickleball Tuesday	10:15 am-12:30 pm	Gymnasium	\$6.00
Yoga Chair with Megan - Tuesday	10:45 am-11:45 am	Strathearn Room	\$72.00
Line Dance Intermediate/Experienced	11:00 am-12:00 pm	Bonnie Doon Room	\$72.00
Old Time and Sequence Dance	12:30 pm-2:00 pm	Bonnie Doon Room	\$3.00
Guitar Club	1:00 pm-4:00 pm	Strathearn Room	\$3.00
Melody Singers	1:00 pm-3:00 pm	Gymnasium	\$3.00
The Art of Needlefelting	1:00 pm-3:00 pm	Forest Heights	\$135.00
Essentrics Pain Management	1:30 pm-2:30pm	Idlwylde Room	\$72.00
FYI: Cooking Up Calm Make Your Mental Health Conversations More Palatable (Mar 5)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Identity and Fraud Prevention (Mar 12)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Fall Prevention ( Mar 19)	1:30 pm- 3:00 pm	Edmonton Room	\$3.00
FYI: Exercise Guidelines for Older Adults (Mar 26)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Personal Planning Guide (Apr 23)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
Book Club Tuesday (2 <sup>nd</sup> Tuesday of the month)	2:00 pm-3:00 pm	Holyrood Room	\$3.00
Soft Pilaties	3:30 pm-4:30 pm	Gymnasium	\$72.00
Zumba Gold Tuesday (Mar 12 start)	5:00 pm-6:00 pm	Gymnasium	\$54.00
Clogging Beginner	5:15 pm-6:15 pm	Bonnie Doon Room	\$72.00

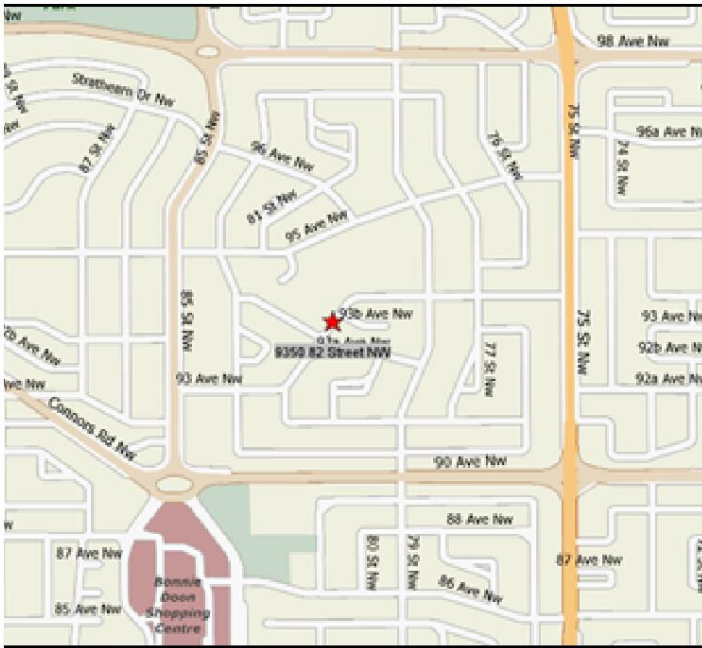
<b>Wednesday</b>			
<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Jigsaw Meet Up	9:00 am -4:00 pm	Tillie's Café	Free
Clogging Intermediate	9:00 am-10:00 am	Bonnie Doon Room	\$72.00
Badminton Wednesday	9:00 am-12:00 pm	Gymnasium	\$3.00
Clogging Experienced	10:15 am-11:15 am	Bonnie Doon Room	\$72.00
French Conversation Club	10:30 am-12:30 pm	Holyrood Room	\$3.00
Latin Fitness	11:00 am-12:00 pm	Strathearn Room	\$72.00
Ukulele Experienced	12:00 pm- 1:30 pm	Bonnie Doon Room	\$94.50
Floor Curling Club	12:30 pm-3:30 pm	Gymnasium	\$3.00
Hand & Foot Canasta Club	12:45 pm-3:30 pm	Idywylde Room	\$3.00
TCB – A Performance Band Club	1:00 pm-4:00 pm	Strathearn Room	\$3.00
Euchre Club	1:00 pm-3:00 pm	Holyrood Room	\$3.00
Soapstone Carving Club	1:00 pm-3:00 pm	Workshop	\$3.00
Drawing Birds	1:00 pm-3:30 pm	Forest Heights Room	\$157.50
FYI: Personal Directive and Power of Attorney (Mar 20)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Dividend Investing for Inflationary Times (Mar 27)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: Arthritis Overcoming Arthritis: Mastering Pain, Conquering Limits and Living Fully (Apr 3)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
FYI: How to Tame Your Spring Allergies (Apr 17)	1:30 pm-3:00 pm	Edmonton Room	\$3.00
Ukulele Intermediate	2:00 pm-3:30 pm	Bonnie Doon Room	\$94.50

<b>Thursday</b>			
<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Tabata	8:45 am-9:45 am	Gymnasium	\$72.00
Jigsaw Meet Up	9:00 am -4:00 pm	Tillie's Café	Free
Woodcarving Club Thursday	9:00 am-11:30 am	Workshop	\$3.00
Foot Care Mar 14	9:00 am-3:30 pm	Idylwylde Room	Booking
Yoga for Guys and Gals - Thursday Online	9:30 am-10:30 am	Online	\$72.00
Art Club	9:30 am-12:00 pm	Forest Heights Room	\$3.00
Line Dance Beginner	10:00 am-11:00 am	Gymnasium	\$72.00
FYI: Bring Your Own Device cloudLibrary (Xpress Titiles) (Mar 28)	10:00 am-11:00 am	Edmonton Room	\$3.00
The Upsizing of Downsizing (Mar 14)	10:00 am-11:00 am	Edmonton Room	\$13.50
Clutter is Not a Crime... It's an Inside Job with Lynn Fraser (Mar 21)	10:00 am-11:00 am	Edmonton Room	\$13.50
Move Well In Person and Online	10:00 am-11:00 am	Strathearn Room	\$72.00
Fit For All - Thursday	10:15 am-11:15 am	Bonnie Doon Room	\$72.00
Group Vocal	10:30 am-12:00 pm	Idylwylde Room	\$108.00
Pickleball Thursday Mixed	11:15 am-1:15 pm	Gymnasium	\$3.00
Pound Fitness Thursday	11:45 am-12:30 pm	Bonnie Doon Room	\$47.25
Ukulele Beyond Beginners	12:00 pm-1:30 pm	Strathearn Room	\$108.00
Performance Skills	12:30 pm-2:15 am	Idylwylde Room	\$108.00
Contract Bridge Thursday	12:30 pm-3:30 pm	Tillies Cafe	\$3.00
Essentrics® Age Reversing - Thursday	1:00 pm-2:00 pm	Bonnie Doon Room	\$72.00
Book Club –(1 <sup>st</sup> Thursday of the month)	1:00 pm-2:30 pm	Holyrood Room	\$3.00
Philosophers Café: MAID What has Unfolded and Why? (Mar 28)	1:00 pm-2:30 pm	Edmonton Room	\$10.00
Philosophers Café: "The Love of One's Own Cultivating Canadian Culture"(Apr 25)	1:00 pm-2:30 pm	Edmonton Room	\$10.00
Watercolour For All Levels	1:00 pm-3:00 pm	Forest Heights Room	\$144.00
Chartwell Café: Government Benfits Alberta Blue Cross (Mar 14)	1:30 pm-3:00pm	Edmonton Room	\$3.00
Carpet Bowling	2:00 pm-4:15 pm	Gymnasium	\$3.00
Qigong Online Thursday Hybrid	3:00 pm-4:00 pm	Online and Strathearn Room	\$72.00

<b>Friday</b>			
<b>Program Name</b>	<b>Time</b>	<b>Venue</b>	<b>Member Price</b>
Jigsaw Meet Up	9:00 am -4:00 pm	Tillie's Café	Free
Move N' Groove with Dagmar	9:30 am-10:30 am	Gymnasium	\$54.00
Yoga for Guys and Gals - Friday Online	9:30 am-10:30 am	Online	\$63.00
Zumba Gold Friday	10:45 am-11:45am	Bonnie Doon Room	\$54.00
Tai Chi Beginner	10:00 am-11:00 am	Strathearn Room	\$27.00
Acrylic Painting	10:00 am-12:00 pm	Forest Heights	\$108.00
Reiki Level One	10:00 am-12:00 pm	Idylwylde Room	\$108.00
Badminton Friday	10:45 am-12:45 pm	Gymnasium	\$3.00
Ukulele Beginner	12:00 pm-1:30 pm	Strathearn Room	\$81.00
Cribbage Club Fridays	12:45 pm-3:30 pm	Idylwylde Room	\$3.00
Ukulele Absolute Beginners	2:00 pm-3:30 pm	Strathearn Room	\$81.00
Table Tennis Friday	2:30 pm-4:15 pm	Bonnie Doon Room	\$3.00
Pickleball Friday Mixed (Mar 1 and Apr 12)	6:00 pm-9:00 pm	Gymnasium	\$3.00
Pickleball Friday Round Robin (Mar 15)	6:00 pm-9:00 pm	Gymnasium	\$6.00
Jam Session (1 <sup>st</sup> and 3 <sup>rd</sup> Friday of Month)	6:00 pm-9:00 pm	Strathearn Room	\$3.00
SEESA Dance Club (1 <sup>st</sup> and 3 <sup>rd</sup> Friday of Month)	6:30 pm-8:30 pm	Bonnie Doon Room	\$3.00

ETS Bus Stop #2613 is located directly outside the main east doors on 82nd street.

Bus Routes: 501, 522, 524 stop at or near SEESA



Address: 9350 - 82 Street NW

