



Session 2024.03 - April 29 - June 21

Session 2024.04 - June 24 - August 16

# PROGRAM GUIDE

## For Classes & Clubs

### April 29 - August 16, 2024

**Registration Begins:**

**Session 2024-03: Tuesday, April 9 at 9:15am  
(on-line and in-person)**

**Cut off for Class Registration: April 24, 2024**

**Session 2024-04: Tuesday, June 4 at 9:15am  
(on-line and in-person)**

**Cut off for Class Registration: June 19, 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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### **SEESA Program Guide Changes:**

Going forward, SEESA's Program Guide will include information for 4 months of Classes, Clubs and FYI Sessions.

The program Guide will include 2 sessions and have information about dates and fees for each session.

There will still be a registration day for each session as noted on the front of the guide.



9350 82 Street NW, Edmonton, AB

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

780-468-1985

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

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 , 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 & Benefit

Fees & Benefits*	55+ Members	35-54 years Associate Member	Lifetime Members	Reciprocal Members**	Non-Members
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. On your first visit, please bring proof of membership from the other center with an expiry date.

### **SEESA Program Guide Changes:**

Going forward, SEESA's Program Guide will include information for 4 months of Classes, Clubs and FYI Sessions.

The program Guide will include 2 sessions and have information about dates and fees for each session.

There will still be a registration day for each session as noted on the front of the guide.

## **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 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 (Session 2024.03: April 24 & Session 2024.04: June 19).
- 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.
- Members' single drop-in tickets are \$3.00 and \$30.00 for a 10-pack book.
- Non-Members single drop-in tickets are \$6.00 and \$60.00 for a 10-pack book.

## **Drop-In**

- Drop-ins are welcome at some classes and clubs.
- Drop-ins are not accepted for classes or clubs that are already in progress or if an audition is required.
- Drop-ins are not possible when the activity or class is at full capacity.
- Prior to dropping in on classes, please call SEESA at 780-468-1985 to ensure there is room for you to attend.
- On arrival, please pay the drop-in fee BEFORE heading to 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 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 was received.

## **Class Changes & Cancellations**

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

## **Refunds & Wallet Credits**

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

SEESA is not responsible for any physical injuries or loss of property that may occur during your time at SEESA and in programs. All participants must sign a waiver form and provide emergency contact information. 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.

## Ways to Register

**Online and In-Person Registration starts on Tuesday, April 9 at 9:15 am.**

To register you MUST have purchased your 2024 membership or have a valid 2024 reciprocal membership.

- 1) **Online Registration** begins **Tuesday, April 9 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 redirected 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, drop off a completed registration form, or register by phone. Please contact us at 780-468-1985 if you are having difficulties with this process.

- 2) **In-Person** - On **Tuesday, April 9 at 9:15 am** visit the Forest Heights Room to start the registration process. A volunteer will guide you through the process. After April 9, 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 **Tuesday, April 2** with payment and 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, April 9**. There is no guarantee of a spot in the class with registration drop off if class limits have already been met.
- 4) **By Phone** – On **Tuesday, April 9** between **9:15am-1:00pm** there will be no phone registration. After **1:00 pm** 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 have already been met.



### **SEESA Program Guide Changes:**

Going forward, SEESA's Program Guide will include information for 4 months of Classes, Clubs and FYI Sessions.

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### **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, Cashiers, and Kitchen volunteers.

Complete the Volunteer Application Form at the Front Desk or 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](#). If you have any questions, contact the contact the Volunteer Coordinator, Graham, at 780-468-1985 ex 260 or by email [graham@seesa.ca](mailto:graham@seesa.ca).

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.
- If restrictions change, new information will be sent out via email and posted on the website, as well as at the centre.
- Hand sanitizers and wipes can be found throughout the facility.
- Please wipe down any fitness or other equipment you use.

## **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 appropriate programs and services. Social workers are available to do community visits, such as meeting with you and your doctor for important appointments, aiding 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 purchasing a membership 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

### **CANCELLED - Drawing Fruits**

In this wonderful drawing course, 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 May 1 - Jun 19** (8 Weeks)      1:00pm - 3:30pm

Class Session Fee: Member: \$180.00 Non-Member: \$240.00

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

### **Drawing Still Life**

In this wonderful drawing course, 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 June 26 - Aug 14** (8 Weeks)      1:00pm - 3:30pm

Class Session Fee: Member: \$180.00 Non-Member: \$240.00

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

## Art Classes Continued....

### **Watercolor and Pen: Fast and Fabulous Flowers**

Learn to create simple but lively pieces of floral art with two or more paint brushes and a pen. This project-based course will systematically lead participants through several watercolour and drawing techniques to create varied and vibrant images of flowers such as daisies, tulips, black-eyed Susans, sunflowers, hollyhocks, delphiniums, African violets, and geraniums. The instructor will provide, at no cost, practice paper as well as paper for weekly projects.

Supplies will cost \$20 to \$100 depending on the quality of supplies purchased.

Supplies:

- Watercolour paints (yellow, red, and blue at a minimum)
- 1 or 2 waterproof and lightfast pens (0.1 or 0.3 Staedtler pigment liners or 01 or 03 Micron pigma pens )
- At least 2 watercolour brushes—one fine and one medium—with tips that come to a good point when wet
- Pencil and eraser
- A container for water
- A white palette or plate for mixing paint

Instructor: Valdis Gislason

Venue: Forest Heights Room Class Limit: 13

**Tuesday May 7 - May 14 (2 Weeks)** 1:00pm - 4:00pm

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

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 May 2 - Jun 20 (8 Weeks) 1:00pm - 3:00pm**

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

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

**Thursday June 27 - Aug 15 (6 Weeks) 1:00 pm - 3:00 pm**

No session July 11 & 18

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

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

## Dance Fitness Classes

### **CANCELLED - 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 Apr 30 - June 18** (8 Weeks) 5:15pm - 6:15pm

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

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

**Tuesday June 25 - Aug 13** (8 Weeks) 5:15pm - 6:15pm

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 May 1 - June 19** (8 Weeks) 9:00am - 10:00am

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 May 1 - June 19** (8 Weeks)    10:15am - 11:15am

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

### **Clogging Intermediate/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 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 June 26 – Aug 14** (8 Weeks)    10:15am - 11:15am

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



## Dance Fitness Classes Continued....

### 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 May 1 - June 19 (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

**Wednesday June 26 - Aug 14 (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 May 2 - June 20 (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

**Thursday June 27 - Aug 15 (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 Apr 30 - June 18 (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: 30

**Friday May 3 - Jun 21 (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

**Friday June 28 - Aug 16 (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

## Dance Fitness Classes Continued...

### Zumba Gold Tuesday and Friday

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 May 3 - June 21 (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

**Friday June 28 - Aug 16 (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

Instructor: Melanie Kidder                      Venue: Gymnasium                      Class Limit: 30

**Tuesday Apr 30 - June 18 (8 Weeks)**      5:00pm - 6:00pm

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

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

**Tuesday June 25 - Aug 13 (8 Weeks)**      5:00pm - 6:00pm

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

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

## FYI Seminar Classes

Note: FYI Seminars are listed by date.  
\$3.00 for Members and Non Members

### **FYI: Developing Your Age in Place Plan**

Do you plan to live in your home as long as possible? Do you understand what aging in place truly means? Join Jolyn Hall of Edmonton55 as she guides you through the steps to creating your own unique age in place plan. Learn how to be actively engaged in creating your own aging plan and keep in control of your health and care decisions as your needs change.

Presenter: Jolyn Hall

Venue: Edmonton Room

Class Limit: 20

**Tuesday May 7** (1 Day)

1:30pm - 3:00pm

### **FYI: Retirement Income Planning**

You've decided to call it a career – how is your income going to change? Retirement income can come from many different sources – CPP/Old Age Security, Guaranteed Income Supplement, your employer's pension, RRSP's, TFSA's, and the list goes on. How do we tie all these potential sources together to help you ensure your retirement is everything you want it to be? Jonathan offers tips on how to incorporate various income sources into your retirement plan, how to optimize your hard-earned savings, and how to keep the tax folks at bay so your paychecks will be streamlined and your retirement can be more "fun" and less "finance".

Presenter: Jonathan Lesyk

Venue: Edmonton Room

Class Limit: 20

**Wednesday May 8** (1 Day)

1:30pm - 3:00pm

## FYI Seminar Classes Continued....

### **FYI: Bring Your Own Device: Freading**

Includes over 135,000 titles from all genres. All titles are available immediately. No waiting, no holds required! You can enjoy titles on your computer, eReader or any other mobile device. 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

**Tuesday May 9 (1 Day)**

10:00am - 11:30am

### **FYI: Cooking Up Calm – Make Your Mental Health Conversation 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 parterning with us and will be covering the \$3 FYI cost to a max of 20 people. If you would like to attend virtually please contact [aleeza@seesa.ca](mailto:aleeza@seesa.ca).

Presenter: Dr. Gail Low

Venue: Edmonton Room

Class Limit: 20

**Thursday May 9 (1 Day)**

1:30pm - 3:00pm

## FYI Seminar Classes Continued....

### **FYI: Your Pharmacist Tips for a Healthy Summer**

Sun brings out the fun, but don't let sunburns or stomach aches, illnesses or injuries throw shade on your summer. Come and join our wonderful pharmacists who will help guide you for healthy summer. We will break our session into three parts

Part1: Summer health hazards and tips for avoiding them. We will touch on most common summer health risks such as heat stroke, heat exhaustion, insect bites and stings, asthma, skin cancers and drowning.

Part2: What is a pharmacy clinic and how can it help boosting your summer fun? This includes assessment and treatment of minor illnesses and injuries, management of chronic conditions, medication management, lab tests, vaccinations, and administration of medications by injection. Avoiding long waits at walk-in clinics to get your medical consultation for your minor symptoms will give you back more time to enjoy the summer sun.

Part3: This will be the most fun part. Have your questions ready for our prescribing pharmacists. You can bring any health question you have.

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

**Tuesday May 14** (1 Day)                      1:30pm - 3:00pm

### **FYI: Bone Health & Mobility for Active Seniors**

Join Dr. Joseph Tanti, a chiropractic orthopaedic specialist, for a focused presentation on bone health and mobility tailored for active seniors. Discover practical strategies to maintain (and possibly increase) bone density and joint flexibility. Explore exercises targeting stiffness and discomfort in areas that will help all active seniors. Discover how chiropractic treatment may be just what the doctor ordered to help alleviate pain and improve your posture. Walk away with actionable tips and simple practices into your daily routine for better bone and joint health, and maintaining your independence into your 80s, 90s and beyond!

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

**Wednesday May 15** (1 Day)                      1:30pm - 3:00pm

FYI Seminar Classes Continued....

**FYI: Real Estate Selling and Buying - Explained and Simple with Natalia Bandola, Your local Realtor from Edmonton.**

Selling and buying the property is probably the most important financial decision you will ever make. When is the right time to sell or buy? What is going to happen with the interest rate? Are you planning to sell and move to a warmer place? How to manage your debt by refinancing your mortgage and taking advantage of it? All, and many other questions will be answered during this informative and interactive presentation run by Realtor Natalia Bandola and Mortgage Broker Elena Russell

Presenter: Natalia Bandola                      Venue: Edmonton Room                      Class Limit: 20  
**Tuesday May 21** (1 Day)                      10:00am - 11:30am

**FYI: Benefits and Credits for All**

Come learn about Canada Child Benefit, Disability Tax Credit, GST, Canada Workers Benefit, Child Disability Benefit, Medical Expenses, Home Accessibility Tax Credit, Community Volunteer Income Tax Program (CVITP)

Presenter: Aniqaj Ejaz                      Venue: Edmonton Room                      Class Limit: 20  
**Wednesday May 22** (1 Day)                      1:30pm - 3:00pm

**FYI: Reflexology**

This presentation will cover what Reflexology is, explain ear and foot Reflexology explained, how Reflexology is based on the ability to enable healing in one body part or organ in a reflex response and the benefits of Reflexology, and what we can expect in a MINI Reflexology session offered at SEESA compared to an in clinic session.

Presenter: Louella Klyne                      Venue: Edmonton Room                      Class Limit: 20  
**Tuesday May 27** (1 Day)                      1:30pm - 3:00pm

## FYI Seminar Classes Continued....

### **FYI: What to Do When You're in a Property or Casualty Insurance Dispute**

The General Insurance OmbudService (GIO) will review how they can help if you're in a dispute with your property or casualty insurance provider. The presentation will include how they can help, how to find the GIO, making a complaint and their dispute resolution process. GIO provides free, independent and impartial help with property and casualty insurance disputes, including home, car and business insurance.

Presenter: Sophia Yan

Venue: Edmonton Room

Class Limit: 20

**Wednesday May 28** (1 Day)

1:30pm - 3:00pm

### **FYI: Is it Dementia or is it Old Age?**

This is a common question we ask when we notice our family members, or ourselves, doing things that we think are signs of aging, or should we be worried that this is more serious? Some things are indicators of a more serious problem and will be presented. Lee Cardwell has lived experience with dealing with her mother's Alzheimer's and her husband's vascular dementia. She has served on the Edmonton Family and Client Advisory Committee for AHS, is a member of the Older Adult Advisory Council for the Federal Canadian Institute of Health Research, and is a member of the Transitioning Research into Elder Care Committee and a founding member of the Early Onset Dementia Alberta Foundation. She worked at The Alberta Research Council for almost thirty years and authored a book titled "Dementia in the Family".

Presenter: Lee Cardwell

Venue: Edmonton Room

Class Limit: 20

**Tuesday June 4** (1 Day)

1:30pm - 3:00pm



## FYI Seminar Classes Continued....

### **FYI: Healthy Aging Presentation from the Elder Abuse Resources and Support Program**

In this presentation we will cover changes with aging such as physical changes, mental/emotional changes, financial changes, how to address the changes and prepare for the transition. Example: apply for seniors' benefits. Services available in the community for seniors. As well as POA/PD, what is Power of Attorney and Personal Directive? Is it important to have POA and PD in place? Finally, information about Elder Abuse, risk factors of abuse, how to prevent elder abuse and resources available for seniors.

Presenter: Achok Elnour

Venue: Edmonton Room

Class Limit: 20

**Wednesday June 5 (1 Day)**

2:00pm - 3:30pm

### **FYI: Transitioning into Care with Dementia- it doesn't have to be scary**

Transitioning into care, whether for oneself or a loved one, can feel like a daunting journey, particularly when dementia is involved. However, it does not have to be scary. This presentation aims to shed light on the compassionate and empowering aspects of this transition. By exploring strategies for effective communication, fostering a sense of familiarity in new environments, and nurturing a supportive network, we can navigate this transition with resilience and grace. Through understanding, patience, and a focus on maintaining dignity and quality of life, we can embrace this change as an opportunity for growth, connection, and meaningful experiences for both individuals with dementia and their caregivers.

Presenter: Rachel Rennie

Venue: Edmonton Room

Class Limit: 20

**Tuesday June 11 (1 Day)**

1:30pm - 3:00pm

## FYI Seminar Classes Continued....

### **FYI: Posture and Balance**

Tailored for active seniors seeking vitality and optimal health, our Balance and Posture Workshop, led by Dr. Joseph Tanti, a Chiropractic Orthopaedic Specialist, offers practical techniques to enhance your posture and balance. Learn how simple techniques can improve balance, stability, and posture, creating increased confidence and resilience in daily activities. Say goodbye to fears of falling and that slouched posture. **SKIP THIS WORKSHOP IF you can, right now, confidently JUMP UP AND DOWN ON 1 LEG, ten times.** If you can't, I will see you at the workshop! After our hour together, you will walk out taller and more confident. All fitness levels welcome. Secure your spot now

Presenter: Dr. Joseph Tanti

Venue: Edmonton Room

Class Limit: 20

**Wednesday June 12** (1 Day)

1:30pm - 3:00pm

### **FYI: Bring Your Own Device: US Major Dailies**

US Major Dailies provides access to five U.S. national and regional newspapers: The New York Times, Washington Post, Los Angeles Times, Chicago Tribune and the Wall Street Journal. 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 June 13** (1 Day)

10:00am - 11:30am



## General Interest Classes Continued...

### **Learn About Pole Walking**

Have you ever wondered why you see people walking with poles? What are the benefits of using poles? How much do they cost? What to look for in a good walking pole? Am I using my poles correctly? Do I have them set to the proper height? Can I use them year round? What is the difference between using them for stability, and for fitness?

All your questions will be answered in this workshop! There will be two sets of demonstration poles provided to try. If you have your own poles, it is recommended that you bring them so the instructor can tell you about the style you have. If you haven't bought any yet, it is recommended to wait until you learn about the different options at the workshop.

Instructor: Melanie Kidder

Venue: Gymnasium

Class Limit: 35

**Tuesday May 21** (1 Day)

2:45pm - 4:45pm

Class Session Fee: Member: \$20.00 Non-Member: \$24.00

### **Philosophers Café: "Star Spangled Christians": Evangelicals in Age of Extremism**

It is odd, troubling, and perhaps terrifying. How has it come about that the evangelical communities in the United States as well as Canada have been reconfigured? How has it come about that many who once rooted their faith in the Gospels and its call to "serve the Prince of Peace" and the kingdom in which "there is no slave nor free, no male or female, not Jew or Gentile" now read the scripture through the lens of fear and 'Christian nationalism' and see a political leader as the servant of God on a crusade to "save Christianity?"

Instructor: David Goa

Venue: Edmonton Room

Class Limit: 25

**Thursday May 30** (1 Day)

1:00pm - 2:30pm

Class Session Fee: Member: \$10.00 Non-Member: \$13.00

## General Interest Classes Continued...

### **Philosophers Café: " The Conservative Genius"**

“The central conservative truth is that it is culture, not politics that determines the health of a society,” so said Senator Daniel Patrick Moynihan. What has been the gifts of the conservative political perspective since its inception in the 18th century? Has it lost its way? Where are conservatives to be found?

Instructor: David Goa                                  Venue: Edmonton Room                  Class Limit: 25

**Thursday June 20** (1 Day)                                  1:00pm - 2:30pm

Class Session Fee: Member: \$10.00 Non-Member: \$13.00

### **Philosophers Café: "The Liberal Genius"**

“The central liberal truth is that politics can change a culture and save it from itself,” so said Senator Daniel Patrick Moynihan. What has been the gifts of the liberal political perspective since its inception in the 17th century? Has it lost its way? Where are liberals to be found?

Instructor: David Goa                                  Venue: Edmonton Room                  Class Limit: 25

**Thursday July 11** (1 Day)                                  1:00pm - 2:30pm

Class Session Fee: Member: \$10.00 Non-Member: \$13.00

### **Philosophers Café: "The Progressive Genius"**

“What is the central progressive truth? What have been the gifts of the progressive political perspective since its inception in the 19<sup>th</sup> and early 20<sup>th</sup> century? Has it lost its way? Where are progressives to be found?”.

Instructor: David Goa                                  Venue: Edmonton Room                  Class Limit: 25

**Thursday Aug 8** (1 Day)                                  1:00pm - 2:30pm

Class Session Fee: Member: \$10.00 Non-Member: \$13.00

## General Interest Classes Continued...

### **NEW! Relaxing for Longevity and Thriving**

How can I balance my busy mind and physical health to optimize my quality of life? Sound bathing, mindful breathing, purposeful music, self massage tricks and gentle body movements help recharge your internal "batteries". Sample an array of techniques that you can continue on your own after. Wear loose exercise clothes and a shawl or jacket to layer for warmth. Bring water to drink, a light blanket, and a small pillow. Optional: a yoga mat if you wish to place that on top of the provided exercise mats.

Instructor: Suzanne Belanger                      Venue: Strathearn Room                      Class Limit: 12

**Wednesday May 1 - May 22 (4 Weeks)**                      9:00am - 10:00am

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

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

### **CANCELLED - NEW! Spiritual Empowerment**

Through guided meditation, group discussions, you will learn how to boost, balance, and ground your vibrational energy, sharpen your intuition, and shield yourself from negative energy. In later classes, we will explore remote viewing, seeing into the spirit world, and even the possibility of seeing into your past lives.

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

**Friday May 3-June 21 (8 Weeks)**                      10:15am - 12:15pm

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

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

## Music Classes

### **CANCELLED - New! 60's Smash!**

A class offering the opportunity to sing the hits of the 60's in a group setting. The goal is to have a great time while reflecting on the music of the 60's and some of the social changes that are reflected in this amazing decade of music. This class is sure to be enjoyable for singers of all experience levels. No music reading or previous experience is required.

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

**Thursday May 2 – June 20 (8 Weeks)**                      9:30am-10:30am

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

### **New! Broadway Skills**

Join us to sing the hits of Broadway through the decades in a supportive group setting. Each week will feature music from a particular decade of Broadway Music. The only prerequisite for this class is a desire to have fun! No experience necessary.

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

**Thursday June 27 – Aug 15 (8 Weeks)**                      9:30am – 10:30am

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

## Music Classes Continued....

### Beginner Guitar

The beginner guitar class will be taught by Bob Zukerman who has 30 years of experience teaching guitar.

- 4 strums in 3/4 time
- 5 strums in 4/4 time
- How to strum without stopping
- Practice exercises
- Learn the 3 main chords in 5 different keys
- The chords (A Am A7 B B7 C C7 D Dm D7 E Em E7 Ff G G7)
- Understanding a sheet of written music (key signature, time, how many beat per bar, repeat symbols)
- How to use a CAPO
- Applying knowledge to songs
- How to tune a guitar eraser

Instructor: Bob Zukerman

Venue: Idylwylde Room

Class Limit: 10

**Tuesday May 14 – June 18** (6 Weeks)

10:00am – 11:30am

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

### 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 May 2 – June 20** (8 Weeks) 10:45am - 12:15pm

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

**Thursday June 27 – Aug 15**(8 Weeks)

10:45am - 12:15pm

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



## Music Classes Continued....

### 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 May 2 – June 20** (8 Weeks)      1:00pm – 2:30pm

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

**Thursday June 27- Aug 15** (8 Weeks)      1:00pm – 2:30pm

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 ([eemaan@shaw.ca](mailto:eemaan@shaw.ca)) at least one day prior to the date.

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

**Monday May 6 - June 17** (4 Weeks)      1:30 pm - 3:00 pm

No session May 13, 20 and June 3

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

### Ukulele Absolute Beginners

Ukulele Absolute Beginner classes will be offered in September. If you have any questions please email Elaine ([eemaan@shaw.ca](mailto:eemaan@shaw.ca)).

## Music Classes Continued....

### 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 May 3 - Jun 21 (8 Weeks)**              12:00pm - 1:30pm

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

### 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 May 2 - June 20 (8 Weeks)**              12:00pm - 1:30pm

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

### Ukulele Experienced

Develop your skills 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: 15

**Wednesday May 1 - June 19 (8 Weeks)**              12:00pm - 1:30pm

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

### 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: 15

**Wednesday May 1 - June 19 (8 Weeks)**              2:00pm - 3:30pm

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

## Physical Fitness Classes

### **CANCELLED - New! Balance and Strength**

This class is designed for seniors of all abilities who want to improve their overall health and fitness level by focusing on core exercises to train the muscles of pelvis, abdominals, low back, hips and glutes to work in harmony. This will lead to better posture, balance and stability. During the class you will use elastic bands, light weights, bender balls and your own body weight. The class is CHAIR FRIENDLY.

Instructor: Natalia Bandola                      Venue: Bonnie Doon Room      Class Limit:12

**Tuesday Apr 30 - June 18 (7 Weeks)** 9:15am - 10:15am              No session May 21

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

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

### **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: Gymnasium      Class Limit: 25

**Monday Apr 29 - June 17 (7 Weeks)** 8:45am - 9:45am

No session May 20

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

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

**Monday June 24 - Aug 12 (6 Weeks)** 8:45am - 9:45am

No session July 1 & Aug 5

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

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

## Physical 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 Apr 30 - June 18 (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

**Tuesday June 25 - Aug 13 (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/side only). Bring your own Yoga mat.

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

**Thursday May 2 - June 20 (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

**Thursday June 27 - Aug 15 (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® - Stretch and Tone Monday and Friday**

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 Apr 29 - June 17** (7 Weeks) 10:00am - 11:00am

No session May 20

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

**Monday June 24 - Aug 12** (6 Weeks) 10:00am - 11:00am

No session July 1 and Aug 5

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

Instructor: Liz Olson

Venue: Bonnie Doon

Class Limit: 12

**Friday May 3-June 21** (8 Weeks) 12:00pm - 1:00pm

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

#### **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: 13

**Thursday May 2 - June 20** (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

## Physical Fitness Classes Continued....

### **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 June 3 - June 17** (3 Weeks) 5:00pm - 6:30pm

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

### **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 May 6 - June 17** (6 Weeks) 10:00am - 11:00am                      No session May 20

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

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

### **NOT Falling For You**

NOT Falling For You is a Free\*\* physical activity program for adults 50 and above, aimed at reducing the risk of falling through mobility-improving exercises that focus on strength and balance. The classes are led by trained peer volunteers. There will also be an opportunity to learn from and with fellow participants about other strategies to prevent falls in and around your home and community. SEESA is collaborating with Alberta Health Services to host these classes on Friday afternoons from 1:15pm-2:15pm from May 3-July 19.

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

**Friday May 3- July 19** (12 Weeks) 1:15pm - 2:15pm

## 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: Bonnie Doon Room    Class Limit: 12

**Thursday May 2 - June 20 (8 Weeks) 11:45am - 12:30pm**

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

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

**Thursday June 27 - Aug 15 (8 Weeks) 11:45 am - 12:30 pm**

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

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

### **Qigong In Person and 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 May 2 - June 20 (8 Weeks) 3:00pm - 4:00pm**

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....

### 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 May 7- June 25** (7 Weeks) 3:30pm - 4:30pm No session May 21

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

### 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. 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

Instructor: Alberta Health Services Venue: Online or in the community



## Physical Fitness Classes Continued....

### 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 May 2 - June 20 (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

**Thursday June 27 - Aug 15 (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

### 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. This class is for individuals who have taken a Tai Chi class.

Instructor: Weston Benjamin

Venue: Strathearn Room

Class Limit: 12

**Friday May 24 - June 28 (6 Weeks)** 10:00am - 11:00am

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

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

## Physical Fitness Classes Continued...

### **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. Seated explorations, with some standing if your body allows.

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

**Tuesday Apr 30 - June 18** (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

**Tuesday June 25 - Aug 13** (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

### **New! Yoga - Gentle Flow**

This is a gentle to challenging flow yoga class. The pace is moderate to quick with an emphasis on breathing, proper movement and proper alignment.

The poses are instructed in the traditional manner with some poses modified to suit students as needed. This class starts with a standing warm up, flows through a strengthening series and balance poses, ending with poses done sitting and lying on the mat. This class ends in a relaxation/savasana.

Instructor: Carmella Haykowsky                      Venue: Strathearn Room                      Class Limit: 12

**Thursday May 2 - May 30** (5 Weeks) 9:00am - 10:00am

Class Session Fee: Member: \$45.00 Non-Member: \$60.00

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

## Physical Fitness Classes Continued...

### Yoga for Guys and Gals

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 May 3 - Jun 21 (8 Weeks)**              9:30am - 10:30am

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

**Monday Apr 29- Jun 17 (7 Weeks)**              9:30am - 10:30 am

No session May 20

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

**Monday June 24 - Aug 12 (6 Weeks)**              9:30am - 10:30am

No session July 1 and Aug 5

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

**Thursday May 2 - Jun 20 (8 Weeks)**              9:30am - 10:30am

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

**Thursday June 27 - Aug 15 (8 Weeks)**              9:30am - 10:30am

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

## Physical Fitness Classes Continued....

### 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 Apr 30 - Jun 18 (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

**Tuesday June 25 - Aug 13 (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

\*\*\*Clubs Drop In Rates is \$3.00 for Members and \$6.00 for Non Members\*\*\*

\*\*\*Pickleball Round Robin Drop-in Rate is \$6.00 Members and \$12.00 for Non Members\*\*\*

\*\*\*SEESA Golf Club is \$25.00 for Members, Must sign up in person\*\*\*

### **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 May 2 - May 30 (5 Weeks) 9:30am - 12:00pm**

### **Accidental Drama Club Monday**

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.

Liaison: Dan Acheson

Venue: Holyrood Room

Class Limit: 25

**Monday Apr 29 - June 17 (7 Weeks) 12:00pm - 2:00pm**

No session May 20

**Monday June 24 - Aug 12 (6 Weeks) 12:00pm - 2:00pm**

No session July 1 and Aug 5

## Uninstructed Activities - Clubs continued....

### 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 May 3 - June 21 (8 Weeks)**      10:45 am - 12:45pm

**Friday June 28 - Aug 16 (8 Weeks)**      10:45am - 12:45pm

**Monday Apr 29 - June 17 (7 Weeks)**      11:30am - 1:30pm

No session May 20

**Monday June 24 - Aug 12 (6 Weeks)**      11:30am - 1:30pm

No sessions July 1 and Aug 5

**Wednesday May 1 - June 19 (8 Weeks)**      9:00am - 12:00pm

**Wednesday June 26 - Aug 14 (8 Weeks)**      9:00am - 12:00pm

### 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 May 2 and June 6. 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 May 2 & June 6 (2 Weeks)**      1:00pm - 2:30pm

## Uninstructed Activities - Clubs Continued....

### **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 May 14 and June 11.

Liaison: Barbara Lyon

Venue: Holyrood Room

Class Limit: 12

**Tuesday May 14 & Jun 11 (2 Weeks) 2:00pm - 3:00pm**

### **Carpet Bowling**

When thinking about participating, why not think of Carpet Bowling! This is a scaled down version of indoor bowls. The principal 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 May 2 - June 20 (8 Weeks) 2:00pm - 4:15pm**

**Thursday June 27 - Aug 15 (8 Weeks) 2:00pm - 4:15pm**

## Uninstructed Activities - Clubs Continued....

### Contract Bridge Monday

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                                  Class Limit: 28

**Monday Apr 29 - Jun 17** (7 Weeks)      12:30pm - 3:30pm

No session May 20

**Monday June 24 - Aug 12** (6 Weeks)      12:30pm - 3:30pm

No session July 1 and Aug 5

### 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: 16

**Friday May 3 - June 21** (8 Weeks)      12:45pm - 3:30pm

**Friday June 28 - Aug 16** (8 Weeks)      12:45pm - 3:30pm

### 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 May 1 - June 19** (8 Weeks)      1:00pm - 3:00pm

**Wednesday June 26 - Aug 14** (8 Weeks)      1:00pm - 3:00pm



## Uninstructed Activities - Clubs Continued...

### 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 May 1 - Jun 19 (8 Weeks)**

10:30am - 12:30pm

**Wednesday June 26 - Aug 14 (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/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 Apr 30 - June 18 (8 Weeks)** 1:00pm - 4:00pm

**Tuesday June 25 - Aug 13 (8 Weeks)** 1:00pm - 4:00pm

### 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 May 1 - Jun 19 (8 Weeks)**

12:45pm - 3:30pm

**Wednesday June 26 - Aug 14 (8 Weeks)**

12:45pm - 3:30pm

## Uninstructed Activities - Clubs Continued....

### 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 May 3, 17 and June 5, 19.

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

**Friday May 3 - June 21** (4 Weeks)      6:00pm - 9:00pm

No session May 10, 24, 31 and June 14.

**Friday July 5 - Aug 2** (4 Weeks)      6:00pm - 9:00pm

No session July 12, 26 and Aug 9

### Jigsaw Meet Up

Come alone or bring a friend to Tillie's Cafe for jigsaw puzzle fun. Enjoy the puzzlers' table 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 Apr 29 - Jun 21** (7Weeks)      9:00am - 4:00pm

No session May 20

**Monday to Friday June 24 - Aug 16** (6 Weeks)      9:00am - 4:00pm

No session July 1 and Aug 5

## Uninstructed Activities - Clubs Continued....

### **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 Apr 30 - May 14** (3 Weeks) 12:30pm - 2:00pm

### **Pickleball Monday and Thursday Mixed Levels**

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 Apr 29- Jun 17** (7 Weeks) 3:30pm - 5:00pm

No session May 20

**Monday June 24 - Aug 12** (6 Weeks) 3:30pm - 5:00pm

No session July 1 and Aug 5

Liaison: Bill Yasunaka                      Venue: Gymnasium                      Class Limit: 20

**Thursday May 2 - June 20** (8 Weeks) 11:15am - 1:30pm

**Thursday June 27 - Aug 15** (8 Weeks) 11:15am - 1:30pm

Liaison: Lynne Kaluzniak                      Venue: Gymnasium                      Class Limit: 20

**Uninstructed Activities – Clubs Continued...**

**Pickleball Round Robin Monday and Tuesday**

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: Monday: Lynne at 587-930-9255 and Tuesday: Richard at 780-777-2769

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

**Tuesday Apr 30 - June 18 (8 Weeks) 10:15am - 12:30pm**

**Tuesday June 25 - Aug 13 (8 Weeks) 10:15am - 12:30pm**

Liaison: Richard LaBranche                      Venue: Gymnasium                      Class Limit: 20

**Monday Apr 29 - June 17 (7 Weeks) 2:00pm - 3:30pm**

No session May 20

**Monday June 24 - Aug 12 (6 Weeks) 2:00pm - 3:30pm**

No session July 1 and Aug 5

Liaison: Lynne Kaluzniak                      Venue: Gymnasium                      Class Limit: 20

**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

**Monday Apr 29 - June 17 (7 Weeks) 12:30pm - 3:30pm**

No session May 20

**Monday June 24 - Aug 12 (6 Weeks) 12:30pm - 3:30pm**

No session July 1 and Aug 5

**Uninstructed Activities - Clubs Continued....**

**SEESA Golf League**

SEESA will be offering fun, mixed league golf at the Country Side Golf Club on their Woodlands course. Prospective players must register with SEESA on a first-come basis as space is limited. All golfers, regardless of ability, are welcome to play. All players must be Members of SEESA and register in person.

The liaison will be contacting you directly with the confirmed start date and time.

Contact [lgans@telusplanet.net](mailto:lgans@telusplanet.net) if you have any questions.

Liaison: Lucille Gans

Venue: Country Side Golf Course

Class Limit: 45

**Thursday May 2 - Sept 12 (20 Weeks) Time:**

As per Liaison; regular tee times from 12:05 pm - 1:25 pm

Club Registration Fee: Member \$25.00

Additional green fees apply

**Soapstone Carving Club**

Carving in Soapstone can get a little dusty. A face mask is recommended. The cost of supplies is extra.

Liaison: Annette Evans

Venue: Workshop

Class Limit: 12

**Wednesday May 1 - June 19 (8 Weeks) 1:00pm - 3:00pm**

**Wednesday June 26 - Aug 14 (8 Weeks) 1:00pm - 3:00pm**

## Uninstructed Activities - Clubs Continued....

### Table Tennis Friday and Monday

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 May 3 – June 21** (6 Weeks)    2:30pm - 4:15pm

No session Jul 1 and Aug 5

**Friday June 28 – Aug 16** (8 Weeks)    2:30pm - 4:15pm

**Monday Apr 29 – June 17** (7 Weeks)    3:30pm - 5:30pm

No session May 20

**Monday June 24 – Aug 12** (6 Weeks)    3:30pm - 5:30pm

No session July 1 and Aug 5

### 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 May 1 - June 19** (8 Weeks)    1:00pm - 4:00pm

**Wednesday June 27 - Aug 15** (8 Weeks)    1:00pm - 4:00pm

## Uninstructed Activities - Clubs Continued....

### **Woodcarving Club Thursday and Tuesday**

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: Collin Kinnell

Venue: Workshop

Class Limit: 12

**Thursday May 2 - June 20 (8 Weeks) 9:00am - 11:30am**

**Thursday June 27 - Aug 15 (8 Weeks) 9:00am - 11:30am**

**Tuesday Apr 30 - June 18 (8 Weeks) 9:00am - 11:30am**

**Tuesday June 25 - Aug 13 (8 Weeks) 9:00am - 11:30am**

## Day at a Glance

<b>Monday</b>				
Program Name	Time	Month(s)	Room	Member Price
Barre Fitness	8:45am-9:45am	Apr -Jun Jun-Aug	Gymnasium	\$63.00 \$54.00
Yoga for Guys and Gals - Monday Online	9:30am-10:30am	Apr-June June-Aug	Online	\$63.00 \$54.00
Nia Movement Practice	10:00am-11:00am	May-June	Strathearn Room	\$54.00
Essentrics® - Stretch and Tone Monday	10:00am-11:00am	May-June June-Aug	Gymnasium	\$63.00 \$54.00
Badminton Monday	11:30am-1:30pm	May-Aug	Gymnasium	\$3.00
Accidental Drama Club Monday	12:00pm-2:00pm	May-Aug	Holyrood Room	\$3.00
Contract Bridge Monday	12:30pm-3:30pm	May-Aug	Idylwylde Room	\$3.00
Quilting and Crafting	12:30pm-3:30pm	May-Aug	Forest Heights Room	\$3.00
Uke n ' Sing (every 2 <sup>nd</sup> Monday)	1:30pm-3:00pm	May-June	Bonnie Doon Room	\$36.00
Pickleball Monday Round Robin	2:00pm-3:30pm	May-Aug	Gymnasium	\$3.00
Pickleball Monday Mixed	3:30pm-5:00pm	May-Aug	Gymnasium	\$3.00
Table Tennis Club	3:30pm-5:30pm	May-Aug	Bonnie Doon Room	\$3.00
Intro to Pickleball (Jun 3-17)	5:00pm-6:30pm	June	Gymnasium	\$54.00



Tuesday				
Program Name	Time	Month(s)	Room	Member Price
Woodcarving Club Tuesday	9:00am-11:30am	Apr-Aug	Workshop	\$3.00
Circuit Training	9:00am-10:00am	Apr-June June-Aug	Gymnasium	\$72.00
Balance and Strength	9:15 am-10:15am	Apr-June	Bonnie Doon Room	\$63.00
Yoga with Megan	9:30am-10:30am	Apr-June June-Aug	Strathearn Room	\$72.00
Beginner Guitar	10:00am-11:30am	May-June	Idylwylde Room	\$81.00
Pickleball Round Robin Tuesday	10:15am-12:30pm	Apr-Aug	Gymnasium	\$3.00
Yoga Chair with Megan - Tuesday	10:45am-11:45am	Apr-June June-Aug	Strathearn Room	\$72.00
Line Dance Int/Exp	11:00pm-12:00pm	Apr-Jun	Bonnie Doon Room	\$72.00
Old Time and Sequence Dance	12:30pm-2:00pm	Apr-May	Bonnie Doon Room	\$3.00
Guitar Club	1:00pm-4:00pm	Apr-Aug	Strathearn Room	\$3.00
Watercolor and Pen: Fast and Fabulous Flowers (May 7 &14)	1:00pm-4:00pm	May	Forest Heights Room	\$54.00
FYI: Developing Your Age in Place Plan (May 7)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Your Pharmacist Tips for Healthy Summer (May 14)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Back to Basics - The Role of Mutal Funds in Retirement - Changing Trends (May 21)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Reflexology (May 27)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Is it Dementia or is it Old Age (June 4)	1:30pm-3:00pm	June	Edmonton Room	\$3.00
FYI: Transitioning into Care with Dementia - it doesn't have to be scary (June 11)	1:30pm-3:00pm	June	Edmonton Room	\$3.00
FYI: Semi-Annual: 2024 Global Financial Market Review and Outlook (June 18)	1:30pm-3:00pm	June	Edmonton Room	\$3.00
Book Club Tuesday (May 14 and June 11)	2:00pm-3:00pm	May-June	Holyrood Room	\$3.00
Learn About Pole Walking (May 21)	2:45pm-4:45pm	May	Gymnasium	\$18.00
Soft Pilaties	3:30pm-4:30pm	May	Gymnasium	\$63.00
Zumba Gold Tuesday	5:00pm-6:00pm	Apr-June June-Aug	Gymnasium	\$72.00
Clogging Beginner	5:15pm-6:15pm	Apr-June June-Aug	Bonnie Doon Room	\$72.00

<b>Wednesday</b>				
Program Name	Time	Month(s)	Room	Member Price
Clogging Intermediate	9:00am-10:00am	May-June	Bonnie Doon Room	\$72.00
Relaxing for Longevity and Thriving	9:00am-10:00am	May	Strathearn Room	\$36.00
Badminton Wednesday	9:00am-12:00pm	May-Aug	Gymnasium	\$3.00
Clogging Experienced	10:15am-11:15am	May-June	Bonnie Doon Room	\$72.00
Clogging Int/Exp	10:15am-11:15am	June-Aug	Bonnie Doon Room	\$72.00
French Conversation Club	10:30am-12:30pm	May-Aug	Holyrood Room	\$3.00
Latin Fitness	11:00am-12:00am	May-June June-Aug	Strathearn Room	\$72.00
Ukulele Experienced	12:00pm-1:30pm	May-June	Bonnie Doon Room	\$108
Hand & Foot Canasta Club	12:45pm-3:30pm	May-Aug	Idylwylde Room	\$3.00
TCB-A Performance Band Club	1:00pm-4:00pm	May-Aug	Strathearn Room	\$3.00
Euchre Club	1:00pm-3:00pm	May-Aug	Holyrood Room	\$3.00
Soapstone Carving Club	1:00pm-3:00pm	May-Aug	Workshop	\$3.00
Drawing Fruit	1:00pm-3:30pm	May-June	Forest Heights Room	\$180.00
Drawing Still Life	1:00pm-3:30pm	June-Aug	Forest Heights Room	\$180.00
FYI: Retirement Income Planning (May 8)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Bone Health & Mobility for Active Seniors (May 15)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Benefits and Credits for All (May 22)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: What to Do When You're in a Property or Casualty Insurance Dispute (May 28)	1:30pm-3:00pm	May	Edmonton Room	\$3.00
FYI: Healthy Aging Presentation from the Elder Abuse Resources and Support Program (June 5)	1:30pm-3:00pm	June	Edmonton Room	\$3.00
FYI: Posture and Balance (June 12)	1:30pm-3:00pm	June	Edmonton Room	\$3.00
FYI: Mediumship 101 (June 19)	1:30pm-3:00pm	June	Edmonton Room	\$3.00
Ukulele Intermediate	2:00pm-3:30pm	May-June	Bonnie Doon Room	\$108.00

Thursday				
Program Name	Time	Month(s)	Roome	Member Price
Tabata	8:45am-9:45am	May-June July-Aug	Gymnasium	\$72.00
Yoga Gentle Flow	9:00am-10:00am	May-June	Strathearn Room	\$36.00
60's Smash!	9:30am-10:30am	May-June	Idylwylde Room	\$72.00
Broadway Skills	9:30am-10:30am	June-Aug	Idylwylde Room	\$72.00
Woodcarving Club Thursday	9:00am-11:30am	May-Aug	Workshop	\$3.00
Yoga for Guys and Gals - Thursday Online	9:30am-10:30am	May-June July-Aug	Online	\$72.00
Art Club	9:30am-12:00pm	May	Forest Heights Room	\$3.00
Line Dance Beginner	10:00am-11:00am	May-June June-Aug	Gymnasium	\$72.00
FYI: Bring Your Own Device: Freeding (May 9)	10:00am-11:30am	May	Edmonton Room	\$3.00
FYI: Bring Your Own Device: US Major Dalies (June 13)	10:00am-11:30am	June	Edmonton Room	\$3.00
Fit For All - Thursday	10:15am-11:15am	May-June	Bonnie Doon Room	\$72.00
Group Vocal	10:45am-12:15pm	May-June July-Aug	Idylwylde Room	\$108.00
Pickleball Thursday Mixed Levels	11:15am-1:30pm	May-Aug	Gymnasium	\$6.00
Pound Fitness Thursday	11:45am-12:30pm	May-June July-Aug	Bonnie Doon Room	\$72.00
Ukulele Beyond Beginners	12:00pm-1:30pm	May-June	Strathearn Room	\$108.00
Performance Skills	1:00pm-2:30pm	May-June July-Aug	Idylwylde Room	\$108.00
Essentrics® Age Reversing - Thursday	1:00pm-2:00pm	May-June June-Aug	Bonnie Doon Room	\$72.00
Book Club –(1 <sup>st</sup> Thurs)	1:00pm-2:30pm	May-June	Holyrood Room	\$3.00
Philosopher's Café: "Star Spangled Christians" Evangelicals in Age of Extremism (May 30)	1:00pm-2:30pm	May	Edmonton Room	\$10.00
Philosopher's Café: "The Conservative Genius" (June 20)	1:00pm-2:30pm	June	Edmonton Room	\$10.00
Philosopher's Café: "The Liberal Genius" (July 11)	1:00pm-2:30pm	July	Edmonton Room	\$10.00
Philosopher's Café: "The Progressive Genius" (Aug 8)	1:00pm-2:30pm	Aug	Edmonton Room	\$10.00
Watercolor For All Levels	1:00pm-3:00pm	May-June July-Aug	Forest Heights Room	\$144.00 \$108.00
Not Falling For You	1:15pm-2:15pm	May-July	Bonnie Doon Room	Free

Cooking Up Calm Make Your Mental Health Conversation More Palatable (May 9)	1:30pm-3:00pm	May	Edmonton Rom	Free
Carpet Bowling	2:00pm-4:15pm	May-Aug	Gymnasium	\$3.00
Qigong Hybrid	3:00pm-4:00pm	May-June	Strathearn Room	\$72.00
SEESA Golf Club	As per liaison	May-Sept	Country Side Golf Course	\$25.00

<b>Friday</b>				
<b>Program Name</b>	<b>Time</b>	<b>Month(s)</b>	<b>Room</b>	<b>Member Price</b>
Aura/Chakra Cleansing	9:00am-10:00am	May-June	Idylwylde Room	\$72.00
Move N' Groove with Dagmar	9:30am-10:30am	May-June July-Aug	Gymnasium	\$72.00
Yoga for Guys and Gals - Friday Online	9:30am-10:30am	May-June	Online	\$72.00
Spiritual Empowerment	10:15am-12:15pm	May-June	Idylwylde Room	\$144.00
Zumba Gold Friday	10:45am-11:45am	May-June July-Aug	Bonnie Doon Room	\$72.00
Tai Chi Beginner	10:00am-11:00am	May-June	Strathearn Room	\$54.00
Acrylic Painting	10:00am-12:00pm	July-Aug	Forest Heights Room	\$126.00
Badminton Friday	10:45am-12:45pm	May-Aug	Gymnasium	\$3.00
Ukulele Beginner	12:00pm-1:30pm	May-June	Strathearn Room	\$108.00
Essentrics Stretch and Tone	12:00pm-1:00pm	May-June	Bonnie Doon Room	\$72.00
NOT Falling for You	1:15pm-2:15pm	May-June	Bonnie Doon Room	Free
Cribbage Club Fridays	12:45pm-3:30pm	May-Aug	Idylwylde Room	\$3.00
Table Tennis Friday	2:30pm-4:15pm	May-Aug	Bonnie Doon Room	\$3.00
Jam Session (1 <sup>st</sup> and 3 <sup>rd</sup> Friday of Month)	6:00pm-9:00pm	May-Aug	Strathearn Room	\$3.00

## Activity Registration Form

Drop off Activity Registration forms will be processed in the order they were received beginning at **1:00 pm on Tuesday, April 9**. There is **no guarantee** of a spot in the class with registration drop off if class limits have already been met. SEESA Golf Club registration will be accepted in person only.



### Activity Registration Form

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

Office Use	ACTIVITY NAME (Include Session #)	DAY of Activity	TIME of Activity	AMOUNT
<b>(For office use only)</b>				<b>TOTAL</b>
<b>Membership Type:</b> _____ <b>Wallet Balance:</b> _____  <i>(circle all that apply)</i>				
<b>Payment method:</b> Cash / Cheque / Debit / Credit Card / Wallet		<b>Date:</b> _____		
<b>Classes Refunded:</b> _____		<b>Receipt #:</b> _____ <b>Issued by:</b> _____		
<b>Refund Issued By:</b> _____		<b>Method:</b> _____		<b>Amount:</b> _____
				<b>Date:</b> _____

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

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

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

**PAYMENT OPTIONS:**

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

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

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

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

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

