



PROGRAM GUIDE

FOR CLASSES & CLUBS / SEPTEMBER 8 - DECEMBER 24, 2026

- A** Session 5 - Monday September 8 - Friday October 30 2026
- B** Session 6 - Monday November 2 - Thursday December 24 2026

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



Online and In-person

- A** Session 5 - September-October
Tuesday, August 4 at 9:15 am
(Last Day to Register: September 9)
- B** Session 6 - November-December
Tuesday, October 13 at 9:15 am
(Last Day to Register: October 28)

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

 780.468.1985

 info@seesa.ca

 www.seesa.ca

SEESA
You belong here

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ABOUT SEESA

At SEESA, we believe that aging is a time for growth, connection, and contribution. Our mission is to empower individuals 55+ to live their fullest lives by providing opportunities to learn, create, stay active, and make a meaningful impact. Within the SEESA community, you not only enrich your own life but also play a vital role in building a supportive and engaged community.

SEESA is a volunteer driven non-profit charity formed in 1980. SEESA programs are made available through registration fees, donations, and fundraising. SEESA relies on dedicated members and volunteers who believe in supporting community and whose dedication is what drives SEESA.

You Belong at SEESA! Come for the programs, stay for the community.

VISION

South East Edmonton Seniors Association is a vibrant, compassionate, inclusive place to grow up and grow older.

MISSION

To empower and enhance the quality of life of people in our community as we age.

We gratefully acknowledge that SEESA is on Treaty 6 Territory and the traditional lands of First Nations, Inuit, and Métis people. This includes the Nêhiyaw, Papaschase, Dene, Anishinaabe, Nakota, and Niitsitapi. Indigenous spiritual and practical relationships with the land continue to create a rich heritage for our community. We are honoured to share this land.

2027 Fees & Benefits

Fees & Benefits*	55+ Members	35-54 years Associate Member	Lifetime Members	Reciprocal Members**	Non-Members
2027 Annual Fee (effective January 1, 2027)	\$40	\$55	Free	\$10	N/A
Member Rates at SEESA for Classes, Seminars Events	Yes	Yes	Yes	Yes	No
Class Drop-in Fee:1 Hour	\$14.00	\$14.00	\$14.00	\$14.00	\$16.00
Club Drop-in Fee	\$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: 1 seminar	\$3	\$3	\$3	\$3	\$3
Email Updates	Yes	Yes	Yes	Yes	No
Voting Privileges	Yes	No	Yes	No	No

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

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

2027 MEMBERSHIP SALE

2027 Membership Pricing

Regular Member \$40 No increase!

Associate Member \$55 / Reciprocal Member \$10

NEW Regular Member

2027 Membership **Pre-sale**

Effective August 1, 2026.

Buy a 2026 membership for \$20 if you buy your 2027 membership at the same time.

NEW Associate Member

2027 Membership **Pre-sale**

Effective August 1, 2026.

Buy a 2026 associate membership for \$25 if you buy your 2027 membership at the same time.

**Early
Bird Sale**

Regular Membership

All returning 2026 regular members who buy their 2027 membership before December 31, 2026, will be entered into a draw to win their membership back. (12 chances to win)

Refer a Friend Regular Member Discount

If you are a current 2026 regular member and bring in a new 2027 regular member (who hasn't been a SEESA member for the past 2 years), you will receive \$10 off your 2027 membership if purchased between Aug 1 - Dec 15, 2026.

Both memberships must be purchased at the same time so discount can be applied.

In person only at SEESA Front Desk. Not available online.

Outreach Program

Wednesday, September 16 9am-12pm
Monday, September 28 1pm-4pm
Wednesday, October 14 9am-12pm
Monday, October 26 1pm-4pm
Wednesday, November 4 9am-12pm
Monday, November 23 1pm-4pm
Wednesday, December 9 9am-12pm

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

The Outreach Worker will be able to assist with:

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

**FOR MORE
INFORMATION**

📞 780-468-1985
📍 9350 82 Street
🌐 seesa.ca

For emergent needs: call 211-2

WAYS TO REGISTER

Save the Date:

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

- Tuesday, August 4 for Session 5 - September-October
- Tuesday, October 13 for Session 6 - November-December



ONLINE REGISTRATION

To register online, you must have a valid 2026 membership.

Visit seesa.ca, click 'Things to Do' > 'Classes', select your class, and click the red 'MEMBERS: Click here to register' link to be redirected to MyActiveCenter.

Alternatively, go directly to MyActiveCenter.com, sign in, select your classes, and checkout via PayPal or credit card.

Wallet Credits Can Be Used Online.

- Once you have selected all your items and are ready to check out, go to your cart and you will see a box just above your total payment amount that states – “apply wallet”.
- To use your wallet credits, check this box and your total payable will be reduced by your wallet amount.
- Then proceed to 'pay for selected items'.

If you are new to SEESA please call 780.468.1985 ext. 0 before registration day to secure your 2026 membership so that you can create your online account.

If you have any trouble logging into MyActiveCenter, please let us know. We would be happy to assist in any way we can.

IN-PERSON

On August 4 and October 13 head to Tillie's Café to begin your registration! A volunteer will assist you with the necessary paperwork and provide you with a number. Starting at 9:15 AM, the volunteer will call numbers in groups of five to proceed to the Edmonton Room. Once there, a volunteer at the Welcome Table will verify your membership. The volunteer will then direct you to a seat/station. At the registration stations, registration and payment for classes will be processed. After registration day, you can continue to register at the Front Desk during regular hours. For in-person registration, we will use wallet credits, and any outstanding balances can be paid by cash, cheque, debit, Visa and Mastercard.

CAN'T MAKE REGISTRATION DAY? - REGISTRATION DROP OFF

For your convenience, an Activity Registration Form is available at the back of this program guide. Please use one form per person. You can drop off your completed form, along with payment and wallet credit instructions, at the front desk before registration day. Starting at 1:00 pm on August 4 and October 13, forms will be processed in the order received. Note: Submission does not guarantee a spot in the class if it's already full.

BY PHONE

Phone registrations will be accepted starting at 1:00 pm on August 4 and October 13. Call the Front Desk at 780-468-1985 ext. 0 during regular hours. We accept Visa, Mastercard, and wallet credits. Note: Phone registration does not guarantee a spot in the class if it's already full.



TILLIE'S CAFÉ

We're open Monday through Friday, from 9:00 am to 4:00 pm. Whether you're looking for breakfast, lunch, or just a place to unwind, we've got you covered!

- Breakfast Service: 9:00 am – 10:30 am

Start your day with our fresh, wholesome breakfast options – the perfect way to fuel up!

- Lunch Service: 11:30 am – 1:00 pm

Enjoy a satisfying, flavorful lunch prepared by Chef Cherie and her amazing team of volunteers. Lunch specials change daily. Soup and sandwiches are also available.

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

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

CLASS CHANGES & CANCELLATIONS

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

REFUNDS & WALLET CREDITS

- No refunds or credits will be given for programs, clubs, presentations, or other activities unless they have been cancelled by SEESA.
- Exceptional requests such as injury or changes in medical condition will be given due consideration. In these cases, a wallet credit may be created.
- Wallet credits can be used to register for classes, events, club tickets, or as a donation to SEESA.
- Wallet credits can be used when registering online, in person, or by phone.

CLASS TRANSFERS/ WITHDRAWALS

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

PAYMENT AND CONFIRMATION

- Registration is not complete until full payment is processed.
- To avoid lineups and delays in registering, we encourage you to register online at www.seesa.ca. Ask a trusted friend, family member, or call at 780.468.1985 the SEESA office if you need assistance.

CLASS REGISTRATIONS

- The cut off for class registrations is September 9 for Session 5 and October 28 for Session 6.

WAIT LISTS

- When a class has reached full capacity, you will be added to a Wait List at no charge.
- Should space become available, you will be contacted in the order in which your request was received and payment will be required to finalize request

CLASSES VS. CLUBS

- **Classes** have an instructor. Participants must register and pay the class fee or a drop-in fee prior to attending. Classes that allow drops in are noted in the class description.
- **Clubs** are groups organized by members and coordinated by a designated as Club Liaison. Clubs run as scheduled in the guide.

DROP-IN

- Prior to dropping in on classes, please call SEESA at 780.468.1985 to ensure there is room for you to attend.
- Drop-ins are welcome at some classes and clubs and are identified in the class description
- Drop-ins are not accepted for sequential classes or when the club or class is at full capacity.
- Drop-in fees are noted in the class/club description and must be paid at the Front Desk BEFORE heading to session. The receipt/ticket must be handed to the instructor/liaison.

CLUB TICKET PRICES

- Club attendance is managed by tickets that are purchased at the Front Desk.
- Members' single drop-in tickets are \$3.00 or \$30.00 for a 10-pack.
- Non-Members single drop-in tickets are \$6.00 or \$60.00 for a 10-pack.
- Sign in and hand your ticket to the Club Liaison.
- Some clubs have additional fees and are noted in the description.

CHECK IN KIOSK

- Every time you visit SEESA, please check in at the Kiosk located under the clock by the Front Desk. Check in with your key fob or by typing in your first name and phone number.
- To replace a lost or inoperative key fob, please stop by the Front Desk.
- The Kiosk ensures we know who is in the building and tracks statistics for funding purposes.

- The Kiosk alerts you to any receipts or special notices that need to be picked up from the Member's mailbox at the Front Desk.

LIABILITY AND DISCLAIMER

- Program dates, times, instructors, and fees are subject to change.
- All participants (members and non-members) must sign a waiver form, provide emergency contact information, and agree to abide by the SEESA Code of Conduct before attending any SEESA classes, clubs, or activities.
- SEESA is not responsible for any physical injuries or loss of property that may occur during your visit.
- To avoid injury, register for classes that are appropriate for your level of ability. If you are unsure of the intensity of the class, contact the Front Desk for class information.
- Participants must be able to independently participate in classes unless they bring their own caregivers. Caregivers do not need to pay for the class if they are aiding a participant and not participating themselves.
- Opinions expressed by program presenters do not necessarily reflect the view of SEESA.



ACRYLIC PAINTING

Instructor: Barbara Hull Chan

Venue: Forest Heights

Class Limit: 13

In this class you will learn that anyone can paint. Learning to paint is fun when you just enjoy the process of applying paint to canvas. Everyone makes mistakes. When painting in acrylics, you just keep painting until you create something you like. This course will help you paint the landscapes you love. Purchase your supplies at Delta Art and Drafting Supplies, 14519-118 Ave and receive a student rate. Please mention that you are a student of Barbara Hull Chan at SEESA.

A Friday Sept 18 - Oct 30 (6 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: \$ 120 Non-Member: \$ 156
No Class Drop-in
 No session Sept 25

B Friday Nov 6 - Dec 18 (6 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: \$ 120 Non-Member: \$ 156
No Class Drop-in
 No session Nov 27



BAS RELIEF

Instructor: Linda Finstad

Venue: Forest Heights

Class Limit: 13

Join artist Linda Finstad in this beginner-friendly class where she teaches you everything you need to know to create stunning 3D art - perfect for if you want to unleash your creativity, learn a valuable skill or enhance your home décor. You will create a simple bas relief design on an 11x14 canvas over the course of 2 sessions (as the plaster needs time to cure) before applying the color. All materials are supplied allowing you to try your hand at this ancient art form.

A Friday Oct 9 - Oct 16 (2 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: \$ 100 Non-Member: \$ 110
No Class Drop-in



CHRISTMAS TREE

Instructor: Wendy Jensen

Venue: Workshop

Class Limit: 12

Spend two hours with Wendy creating a lovely painting of festive trees! This 12x12 canvas session includes all materials for \$30 per person. No experience needed—just bring your creativity, enjoy a relaxing, fun-filled session, and take home your finished masterpiece! Join us and have some fun.

B Monday Nov 2 (1 Wks) | 12:00 pm - 2:00 pm
Session Fee: Member: \$ 30 Non-Member: \$ 40
No Class Drop-in



A figure drawing class for all levels teaches the human form step by step. Beginners focus on simple shapes and gesture, intermediates study anatomy and light, and advanced students refine detail and style. Sessions mix quick sketches and longer drawings with individual guidance in a supportive studio environment. Bring your own supplies.

DRAWING FIGURES

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

A Wednesday Sept 16- Oct 28 (6 Wks) | 1:00 pm - 3:30 pm
Session Fee: Member: \$ 150 Non-Member: \$ 195
Class Drop-in Fee: Member: \$ 35 Non-Member: \$ 40
 No session Sept 30



DRAWING WATER AND RIVERS

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 12

A rivers and water drawing class for all levels, guided by an experienced instructor who teaches flow, reflections, and texture. Beginners focus on simple shapes, intermediates build depth and light, and advanced students refine detail and expression –each student receives individual feedback. Bring your own supplies.

B Wednesday Nov 4 - Dec 16 (6 Wks) | 1:00 pm - 3:30 pm
Session Fee: Member: \$ 150 Non-Member: \$ 195
Class Drop-in Fee: Member: \$ 35 Non-Member: \$ 40
 No session Nov 11

Ready to Make a Difference? Volunteer with Us!

At SEESA, we believe in the power of community – and you can be a part of it! We offer a variety of volunteer opportunities where you can share your skills, gain valuable experience, and connect with others while helping us build a stronger, more vibrant community. Whether you're looking to lend a hand at the front desk, assist in the café, support the kitchen, or explore other roles, there's something for everyone!

Why Volunteer?

- Share your expertise and make a meaningful impact.
- Gain experience in a friendly and supportive environment.
- Help strengthen our community and make new friends along the way!

How to Apply for a Volunteer Position:

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

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

- Call: 780-468-1985 ext. 260
- Email: rita@seesa.ca

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



Join Carlo as he makes a frame drum as a prerequisite to the Drum Making Workshop on Oct. 20th. This demo is open to everyone, even if you don't want to make a drum.

DRUM DEMO (PRE REQUISITE TO DRUM MAKING WORKSHOP)

Instructor: Carlo Marrazzo

Venue: Forest Heights

Class Limit: 12

A Tuesday Oct 6 (1 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 5 Non-Member: \$ 10
No Class Drop-in



Carlo will lead you in making your own hand held frame drum. We will stretch and lace up a hide over a 15" frame. Once done the drum is your's. Please note: Good hand strength and cognitive abilities are a must. The drum making demo on Oct 6th is highly recommended before you take this workshop.

DRUM MAKING WORKSHOP

Instructor: Carlo Marrazzo

Venue: Forest Heights

Class Limit: 6

A Tuesday Oct 20 (1 Wks) | 12:00 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 265 Non-Member: \$ 275
No Class Drop-in



NORTHERN LIGHTS

Instructor: Linda Finstad

Venue: Forest Heights

Class Limit: 12

In this 2 hour class you will learn how to create a blended background, paint multi-tones northern lights, master the use of a fan brush, experiment with heavy textures and get an introduction to a palette knife painting. The 16x20 canvas and artist grade paints , speciality brushes and knives are all supplied. All you need to bring is an apron to protect your clothes (or wear an old shirt).

B Friday Nov 6 (1 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 55 Non-Member: \$ 65
No Class Drop-in



RED CARDINAL

Instructor: Wendy Jensen

Venue: Workshop

Class Limit: 12

Join Wendy for a fun-filled session creating a beautiful Red Cardinal painting on a 12x12 canvas. All materials are included. No experience needed—just bring your creativity, enjoy a relaxing time, and take home your finished masterpiece! Join us and have some fun!

A Wednesday Oct 14 (1 Wks) | 10:00 am - 12:00 pm
Class Drop-in Fee: Member: \$ 30 Non-Member: \$ 40
No Class Drop-in



Create a beautiful 8" sea glass Christmas tree with a starfish topper and lights! This fun, easy project is perfect for beginners. Includes all materials. Bring a glue gun and glue sticks to create your unique holiday decoration!

SEA GLASS CHRISTMAS TREE

Instructor: Wendy Jensen

Venue: Forest Heights

Class Limit: 12

B Tuesday Dec 1 (1 Wks) | 10:00 am - 12:30 pm
Class Drop-in Fee: Member: \$ 60 Non-Member: \$ 70
No Class Drop-in



Love sculpture? Love stone carvings? Here's your chance to create the iconic Canadian Wolf. Beginner and intermediate carvers are welcome to spend a few days with local soapstone artist Kay McCormack. In this class you will learn the planning portion for your sitting Wolf, the correct and safe use of hand tools and with Kay's guidance see your sculpture emerge. www.artworkbykm.com

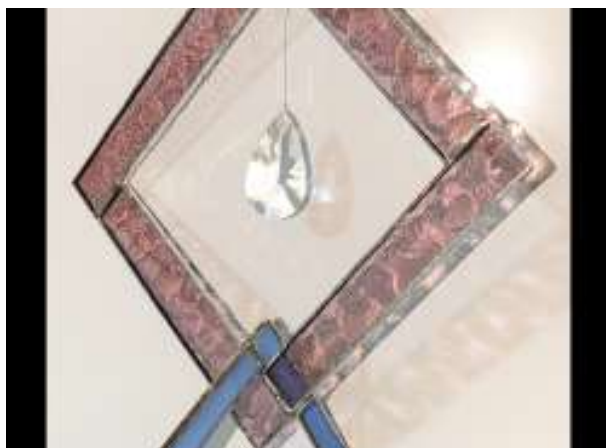
SOAPSTONE CARVING: CANADIAN WOLF

Instructor: Kay McCormack

Venue: Workshop

Class Limit: 12

A Thursday Oct 22 - Nov 5 (3 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 165 Non-Member: \$ 175
No Class Drop-in



STAINED GLASS - SQUARE SPINNER

Instructor: Sharon Waunch

Venue: Workshop

Class Limit: 7

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted stained glass piece to brighten any window! All Supplies Included

A Tuesday Oct 6 (1 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 95 Non-Member: \$ 105
No Class Drop-in



STAINED GLASS - RAIN CLOUD SPINNER

Instructor: Sharon Waunch

Venue: Workshop

Class Limit: 7

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted stained glass piece to brighten any window! All Supplies Included

A Tuesday Oct 13 (1 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 95 Non-Member: \$ 105
No Class Drop-in



STAINED GLASS - LOTUS FLOWER SPINNER

Instructor: Sharon Waunch

Venue: Workshop

Class Limit: 7

A Tuesday Oct 20 (1 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 95 Non-Member: \$ 105
No Class Drop-in

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted stained glass piece to brighten any window! All Supplies Included



STAINED GLASS SNOWFLAKE

Instructor: Sharon Waunch

Venue: Workshop

Class Limit: 7

B Tuesday Nov 10 (1 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 95 Non-Member: \$ 105
No Class Drop-in

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted stained glass piece to brighten any window! All Supplies Included



WATERCOLOUR FOR ALL LEVELS

Instructor: Willie Wong

Venue: Forest Heights

Class Limit: 13

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

- A Thursday Sept 17 - Oct 29** (7 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: \$140 Non-Member: \$182
Class Drop-in Fee: Member: \$28 Non-Member: \$32
- B Thursday Nov 5 - Dec 17** (7 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: \$140 Non-Member: \$182
Class Drop-in Fee: Member: \$28 Non-Member: \$32



WATER MARBLING WORKSHOP - PAPER & SILK

Instructor: Karen

Venue: Forest Heights

Class Limit: 6

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

- A Tuesday Sept 15** (1 Wks) | 9:00 am - 12:00 pm
Session Fee: Member: \$75 Non-Member: \$85
No Class Drop-in
- B Tuesday Sept 15** (1 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: \$75 Non-Member: \$85
No Class Drop-in

CRAFTS



CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE

Instructor: Donna Fountain

Venue: Forest Heights

Class Limit: 6

Join us each week to make 6-8 handmade greeting cards—keep one and donate one to SEESA for fundraising! All skill levels welcome. Impress your family and friends with your creations while having fun adding glitter to your life. Please bring your own glue and double-sided tape.

- A** **Monday Sept 14 - Oct 26** (6 Wks) | 9:00 am - 11:30 am
Wednesday Sept 16 - Oct 28 (6 Wks) | 9:00 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: \$ n/a
No Class Drop-in
No session Sept 30 & Oct 12
- B** **Monday Nov 2 - Dec 14** (7 Wks) | 9:00 am - 11:30 am
Wednesday Nov 4 - Dec 16 (6 Wks) | 9:00 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: & n/a
No session Nov 11



No Class Drop-in

SEESA Open House & Community Fair

Sept 9, 2026
10 am to 3 pm



Contact Us

780-468-1985

info@seesa.ca
www.seesa.ca
9350 82 Street, Edmonton

SEESA You belong here

DANCE



BALANCED BEATS

Instructor: Dani Nicol

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

A Friday
Sept 18 - Oct 30 (6 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Sept 25

B Friday
Nov 6 - Dec 18 (6 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Nov 27

Venue: Gymnasium

Class Limit: 30

BOLLY X EVENING

Instructor: Mousumi Mukherjee

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

A Thursday
Sept 17 - Oct 29 (7 Wks) | 6:00 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Thursday
Nov 5 - Dec 17 (7 Wks) | 6:00 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Gymnasium

Class Limit: 25

DANCE



CLOGGING ABSOLUTE BEGINNER

Instructor: Tracy Walters

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

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in
 No session Sept 30

B Wednesday
Nov 4 - Dec 16 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in
 No session Nov 11

Venue: Bonnie Doon

Class Limit: 12

CLOGGING INTERMEDIATE/EXPERIENCED

Instructor: Tracy Walters

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

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in
 No session Sept 30

B Wednesday
Nov 4 - Dec 16 (6 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in
 No session Nov 11

Venue: Bonnie Doon

Class Limit: 12

DANCE



CHA-CHA CHARGE

Instructor: Dani Nicol

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

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Sept 30

B Wednesday
Nov 4 - Dec 16 (6 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Nov 11

Venue: Strathearn

Class Limit: 12

LINE DANCE BEGINNER MONDAY EVENING

Instructor: Tracy Walters

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12

DANCE



LINE DANCE BEGINNER THURSDAY

Instructor: Tracy Walters

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

A	Thursday	
	Sept 17 - Oct 29 (7 Wks) 10:00 am - 11:00 am	
	Member:	Non-Member:
	Session Fee: \$70	\$91
	Class Drop-in Fee: \$14	\$16

B	Thursday	
	Nov 5 - Dec 17 (7 Wks) 10:00 am - 11:00 am	
	Member:	Non-Member:
	Session Fee: \$70	\$91
	Class Drop-in Fee: \$14	\$16

Venue: Gymnasium

Class Limit: 30

LINE DANCE INTERMEDIATE/EXPERIENCED

Instructor: Tracy Walters

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

A	Tuesday	
	Sept 15 - Oct 27 (7 Wks) 11:00 am - 12:00 pm	
	Member:	Non-Member:
	Session Fee: \$70	\$91
	No Class Drop-in	

B	Tuesday	
	Nov 3 - Dec 15 (7 Wks) 11:00 am - 12:00 pm	
	Member:	Non-Member:
	Session Fee: \$70	\$91
	No Class Drop-in	

Venue: Bonnie Doon

Class Limit: 12

DANCE



VAMOS™ GROOVE & MOVE

Instructor: Dagmar Sanchez

Discover a fun, energizing blend of dance-inspired movement, cardio, coordination, functional fitness, and brain-body connection designed exclusively for active adults. This signature active-aging program is perfect for anyone looking to move, laugh, feel recharged, and even get a great night's sleep!

A Thursday
Sept 17 - Oct 29 (7 Wks) | 6:00 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12

DANCE



ZUMBA GOLD EVENING

Instructor: Melanie Kidder

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

A	Tuesday Sept 22 - Oct 27 (6 Wks) 5:00 pm - 6:00 pm		
		Member:	Non-Member:
	Session Fee:	\$60	\$78
	Class Drop-in Fee:	\$14	\$16

B	Tuesday Nov 3 - Dec 15 (7 Wks) 5:00 pm - 6:00 pm		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

Venue: Gymnasium

Class Limit: 30

ZUMBA GOLD CHAIR

Instructor: Tammy Clark

This class is a dance fitness class with the same Latin rhythms and popular music you love in a Zumba class but with a slower tempo and less intense moves. The music is so amazing, and the moves are easy to pick up. Choose to follow just the feet, just the arms or challenge yourself to do both. Participants will be sitting in a chair during the entirety of the class. All moves can be modified to be less or more intense depending on your fitness level preference

A	Tuesday Sept 15 - Oct 27 (7 Wks) 4:30 pm - 5:30 pm		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Tuesday Nov 3 - Dec 15 (7 Wks) 4:30 pm - 5:30 pm		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12

FYI: COOPERATIVE MEMORIAL SOCIETY SESSION: END-OF-LIFE PLANNING

\$3.00

Instructor: Jodi Murphy

Join the Cooperative Memorial Society (CMS) for a relaxed, friendly, and informative session on funeral planning - for ourselves or someone we love. Learn how CMS membership and practical planning tools support informed decisions, cost savings, and clear communication with family to bring you clarity, confidence, and peace of mind.

Date: Tues Sept 15 | 1:30 pm - 3:00 pm | **Venue:** Edmonton

| **Class Limit:** 20

FYI: WILLS

\$3.00

Instructor: Shelly Smith

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

Date: Wed Sept 16 | 1:30 pm - 3:00 pm | **Venue:** Edmonton

| **Class Limit:** 20

FYI: PLANNING AHEAD FOR PEACE OF MIND

\$3.00

Instructor: Tanya Schaffer

This is an engaging, informative presentation designed to help individuals and families look at planning through a broader lens—one that includes not just finances and investments, but peace of mind and protection for loved ones. Presented by Arbor Memorial, a trusted Canadian, family owned organization serving families since 1947, the presentation focuses on one often overlooked component of life planning: cemetery and funeral pre-planning.

Date: Tues Sept 22 | 1:30 pm - 3:00 pm | **Venue:** Edmonton

| **Class Limit:** 20

FYI: GOLD'S INVESTMENT COMEBACK : IS IT THE RIGHT TIME?

Instructor: Wei Woo

Since December 2015, gold has rebounded strongly from a low of \$1071 per ounce, especially after 2020. Join Wei Woo as we discuss the key factors influencing gold prices, the role gold can play in your portfolio, and the historical political and economic conditions in which gold has performed well

\$3.00

Date: Wed Sept 23 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: GEF SENIORS HOUSING

Instructor: Denise Royal-Popal

Join us for an informative session on GEF Seniors Housing, Alberta's largest social housing provider for seniors. GEF supports nearly 4,000 low- to moderate-income seniors across 43 Edmonton communities. Learn about housing programs and locations, eligibility and application steps, rental rates, wait times, and community support options including volunteering and partnerships. Staff will be on-site to answer questions.

\$3.00

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

FYI: HEARING BINGO & INFO SESSION

Instructor: Masuma Manji

Join us for a fun and interactive Hearing Bingo session combined with an informative presentation on hearing health. Learn about the signs of hearing loss, the latest hearing aid technology, and available funding options, including how to qualify. The session will be led by Masuma Manji, owner of Amplify Hearing Clinic. As a hearing care professional who was born with hearing loss and personally wears hearing aids, she offers a unique and relatable perspective. Enjoy a relaxed environment where you can ask questions, gain valuable insights, and connect with a professional who truly understands the journey. Prizes will be awarded throughout the bingo game, making this both an educational and entertaining experience for all!

\$3.00

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

FYI: FROM OVERWHELMED TO READY- SIMPLIFYING DOWNSIZING

\$3.00

Instructor: Tamara Dabels

Feeling overwhelmed by downsizing? This session explains why it feels challenging and offers practical ways to make it easier. Learn about helpful resources, how to create a clear plan, and steps to simplify the home-selling process for a smoother transition.

Date: Wed Oct 7 | 1:30 pm - 3:30 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: PERSONAL DIRECTIVES AND POWER OF ATTORNEY

\$3.00

Instructor: Shelley Smith

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

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

FYI: LIBRARY SERVICES FOR SENIORS

\$3.00

Instructor: Wendy Gronnestad-Damur

EPL offers many materials, services, and programs that are of interest to seniors like home delivery, large print and audiobook collections, and programs like Computer Skills and Seniors Drop-In.

Date: Thurs Oct 15 | 10:00 am - 11:30 am | **Venue:** Forest Heights | **Class Limit:** 10

FYI: HEARING HEALTH INFORMATION

\$3.00

Instructor: Brittany Ansah and Hannan Hajar

Join HearCANADA to learn the basics of how hearing works, the different types of hearing loss, and its impact on your lifestyle and health. Discover how modern hearing aids can help, alongside information on 3rd party funding options. Brochures and pamphlets provided.

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

FYI: MINDFUL INVESTING – AVOIDING COMMON INVESTMENT MISTAKES IN RETIREMENT

\$3.00

Instructor: Wei Woo

Markets rise and fall, but emotional investing can lead to costly mistakes. From trade wars to recessions and recoveries, investors have faced constant uncertainty. Join Wei Woo to learn common retirement investing mistakes, how to protect cash flow during downturns, and strategies to stay focused through market volatility.

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

FYI: GLENORA PARK RETIREMENT LIVING

\$3.00

Instructor: James

Discover comfort and peace of mind at Glenora Park Retirement Living, a welcoming community near Edmonton's River Valley. Enjoy bright, maintenance-free suites, support when needed, and a connected lifestyle with shared meals, social and wellness activities, and on-site amenities, all designed to help you feel at home and live confidently.

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

FYI: HOMECARE 101

Instructor: Indy Toor

The presentation will provide a practical overview of home care and how it supports individuals and families to live safely and comfortably at home. We will discuss the different types of home care services available, who can benefit from them, how care is funded, and the important role home care plays in improving quality of life, reducing caregiver stress, and preventing unnecessary hospital visits or long-term care placement.

\$3.00

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

FYI: ADVANCE CARE PLANNING

Instructor: Karen Kerr

Who will speak for you if you can't? We discuss the importance of having a Greensleeve and Advanced Care Plan for your future healthcare needs, walk you through some scenarios to think about, show you how to choose an agent to speak on your behalf and what paperwork needs to be done.

\$3.00

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

Foot Care Clinic

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

\$3.00

FYI: VIBRANT LONGEVITY: PRACTICAL SCIENCE-BASED STRATEGIES FOR SENIOR WELLNESS AND CANCER PREVENTION

Instructor: Katherine Li

Join us for an empowering health talk with a seasoned medical professional holding a Master's Degree in Medicine and over 30 years of clinical experience in oncology. In this interactive session, you will discover the practical science behind healthy aging. Instead of complex medical jargon, this talk focuses on everyday, actionable lifestyle adjustments, such as the "Rainbow Plate" nutritional strategy to boost your immune system, safe physical activities, and early health warning signs.

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

\$3.00

FYI: BEING IN CONTROL – TAKING ON THE RESPONSIBILITY OF BEING A PERSONAL REPRESENTATIVE, AN ATTORNEY, AND/OR AN AGENT

Instructor: Shelley Smith

You may have been asked to take on one or more of these roles for a family member or friend. If you say yes, you should understand what you are getting into and how to do the job well. Come join Shelley Smith to learn more about what is involved when you take on any of these roles.

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

\$3.00

FYI: WINTER PREP: BARRIER PROTECTION (SKIN)

Instructor: Holly Oliver

Prevent dryness and strengthen skin before winter with simple protective skincare habits. This short presentation focuses on preventing dryness and building skin strength before the cold hits. Learn easy habits to keep your skin resilient and comfortable.

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

FYI: TAKING IN BLOCKBUSTER EVENTS IN OUR SKIES

\$3.00

Instructor: Susan and Rick Bramm

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

Date: Mon Nov 16 | 1:30 pm - 3:30 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: MAID

\$3.00

Instructor: Karen Kerr

What is Medical Assistance in Dying? When and how did it become legal, what are the eligibility requirements and safeguards? Please join us for our presentation that will give you a deeper insight into MAID in Canada. We'll also discuss Bill 18 and how that changes Medical Assistance in Dying access in Alberta.

Date: Tues Nov 17 | 1:30 pm - 3:30 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: PALLIATIVE CARE: A DIFFERENT PERSPECTIVE

Instructor: Adam Russcher

This session explores when palliative care truly begins when caring for a loved one. Many people believe it only starts upon entry into hospice, but it actually begins much earlier. We will discuss how to shift that mindset and access support sooner. Presented by Adam Russcher retired RN

\$3.00

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

FYI: HEALTH INFORMATION PROTECTION

Instructor: Pardeep Kumar

This 45-minute interactive session helps Alberta seniors safely use digital health tools like MyHealth Records while staying protected from online scams. You'll learn simple, practical tips for managing passwords and spotting red flags to keep your personal information secure. With real-life examples and a Q&A, this talk will give you the confidence to manage your health online safely.

\$3.00

Date: Tues Nov 24 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: SUPPORTING YOUR CHARITIES OF CHOICE - THE FINANCIALS OF CHARITABLE GIVING

\$3.00

Instructor: Jonathan Lesyk

Supporting your favorite charities feels great for the soul. But did you know it can also feel great for your finances? Join Jonathan Lesyk, Wealth Advisor with Raymond James, for an interactive discussion on how supporting your favorite charities can be advantageous to both your personal fulfillment and your finances.

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

FYI: HOLIDAY GLOW & CONFIDENCE BOOST

\$3.00

Instructor: Holly Oliver

Get ready for the season with soft glam techniques for holiday events and confidence boosting self-care. This session highlights radiance and celebration, teaching simple ways to enhance your natural glow. Boost your confidence with easy habits and feel your best for every holiday occasion

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

FYI: RETIRE LIKE A PRO: MAKING THE MOST OF YOUR RETIREMENT PAYCHEQUE

\$3.00

Instructor: Jonathan Lesyk

You've finished work—now make sure your income keeps working for you. Retirement should mean freedom and enjoyment, not worry about money. Learn how to combine CPP, OAS, GIS, pensions, RRSPs, and TFSAs into steady income. Join Jonathan Lesyk for practical tips to maximize savings, reduce taxes, and avoid common pitfalls.

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

\$3.00

FYI: NUTRITION AND HYDRATION

Instructor: Cynthia Eseonu

This presentation is on nutrition and hydration, covering the benefits of both, the side effects of deficiency, how to monitor intake and output, and how to identify when something is wrong.

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

\$3.00

FYI: PREPARING FOR LIFE TRANSITIONS: GETTING YOUR FINANCES IN GOOD ORDER

Instructor: Jessica Restall-Pinder

Household management info is often scattered or known to just one person. We'll cover a 4-part framework to organize it: key contacts, an inventory of accounts/docs, a financial flow summary, and a schedule of tasks. You'll leave with a checklist to start organizing right away. Family and caregivers are welcome!.

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

\$3.00

FYI: MAINTAIN YOUR MOMENTUM: TIPS FOR PREVENTING FALLS, REMAINING MOBILE, AND AGING SAFELY IN PLACE

Instructor: Amanda Knack

We will discuss the importance of fall prevention as we age, as one bad fall can be the catalyst for a gradual loss of independence. You will learn how simple changes—such as utilizing a cane or walker, a raised toilet seat, or a grab bar in the tub or shower—contribute to much greater safety at home. Keeping in mind that "motion is lotion" and "sitting is the new smoking," we have geared this session specifically for those who are focused on staying active and healthy.

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

GENERAL INTEREST ORGANIZATION & SAFETY

CLUTTER IS NOT A CRIME... IT'S AN INSIDE JOB WITH LYNN FRASER

Instructor: Lynn Fraser

Embarrassed by too much stuff or judged by others for your clutter style? If you wish you could get motivated and finally get started, join Lynn to learn the insider's code to decluttering. You will walk away with a top 10 checklist, practical tools, and simple, holistic strategies to find out exactly where to begin and actually enjoy the process.

Date: Fri Sept 18 | 9:30 am - 11:30 am | **Venue:** Idywylde | **Class Limit:** 12

Member Fee: \$ 20

Non-Member Fee: \$ 30

FRAUD PREVENTION WORKSHOP

Instructor: Julie Matthews

Fraud is one of Canada's fastest-growing crimes, with sophisticated scams targeting seniors via phone, email, and social media. Join former Global TV reporter and peace officer Julie Matthews to learn how modern scams work, including AI-driven and impersonation tactics. See real-world examples, recognize red flags, and learn what steps to take if targeted. Education is our best tool to protect ourselves and our community. Join the fight against fraud and get your questions answered!

Date: Thurs Oct 15 | 2:00 pm - 4:00 pm | **Venue:** Tillies | **Class Limit:** 50

Member Fee: \$ 5

Non-Member Fee: \$ 10

GENERAL INTEREST INDIGENOUS LEARNING

THE MEDICINE WHEEL

Instructor: Mah'koos

The Medicine Wheel is a profound teaching tool for ancestral knowledge and wisdom. As the Elders teach, it reminds us that everything is interrelated and everything is sacred. While it is said that the full depth of these teachings takes twelve lifetimes to master, this program offers a foundational start. Join us to explore this ancient framework for balance, harmony, and a lifelong path of learning.

Date: Mon Sept 14 - Oct 26 | 9:30 am - 11:30 am | **Venue:** Holyrood | **Class Limit:** 10
(No Oct 12)

Member Fee: \$ 80

Non-Member Fee: \$ 90

SMUDGING AND MEDICINE

Instructor: Mah'koos

Discover the ancient practice of smudging, a ritual used to purify the spirit and clear negative energies. By utilizing the smoke of sage, we release what no longer serves us to make room for healing. This session explores the restorative power of traditional medicines, including cedar for protection, bear root for strength, and holy wood (Palo Santo) to invite peace and sacred connection into our space.

Date: Mon Nov 30 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 30

Non-Member Fee: \$ 40

GENERAL INTEREST

INDIGENOUS LEARNING

VIBRATION DRUM HEALING

Instructor: Mah'koos

Experience the powerful resonance of the hand drum, a traditional tool for meditation and prayer. As a unique healing instrument, drum vibrations are the only sounds capable of reaching deep into our bones to promote restoration and release. Join us to find focus and peace through the rhythmic heartbeat of the drum, a practice dedicated to holistic healing and spiritual connection.

Date: Mon Nov 16 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$ 30

Non-Member Fee: \$ 40

WATERCOLOR THERAPY

Instructor: Mah'koos

Discover the calming power of watercolor therapy in this unique, step-by-step workshop. Using black construction paper as our canvas, we will work with a limited palette of only two colors to explore the beauty of contrast. You will learn various brushstroke techniques to create a vibrant, "surprise" masterpiece that pops against the dark background. No experience is necessary—just an open mind for a relaxing session of artistic discovery

Date: Mon Nov 2 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$ 30

Non-Member Fee: \$ 40

GENERAL INTEREST LANGUAGES

SPANISH BEGINNER

Instructor: Ivonne Quintero

A friendly, relaxed course designed for those new to Spanish. Perfect for anyone who wants to start from scratch, prepare for travel, or keep the mind active. We'll cover basic conversation, pronunciation, and everyday phrases at a gentle pace with lots of practice. No experience needed—everyone is welcome. Small, supportive group with time for questions and conversation.

Date: Fri Sept 18 - Oct 30 | 8:45 am - 10:15 am | **Venue:** Edmonton | **Class Limit:** 15
(No Sept 25)

Member Fee: \$ 75 **Non-Member Fee:** \$ 97.5

Date: Fri Nov 6 - Dec 18 | 8:45 am - 10:15 am | **Venue:** Edmonton | **Class Limit:** 15
(No Nov 27)

Member Fee: \$ 75 **Non-Member Fee:** \$ 97.5

SPANISH CONVERSATION

Instructor: Ivonne Quintero

A relaxed, supportive course for learners with basic Spanish who want to keep practicing and improve fluency. Focus includes guided conversation, everyday and cultural topics, vocabulary building, and light grammar review as needed. Comfortable pace with plenty of speaking time in a friendly group setting.

Date: Fri Sept 18 - Oct 30 | 10:30 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15
(No Sept 25)

Member Fee: \$ 90 **Non-Member Fee:** \$ 117

Date: Fri Nov 6 - Dec 18 | 10:30 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15
(No Nov 27)

Member Fee: \$ 90 **Non-Member Fee:** \$ 117

GENERAL INTEREST

PERSONAL WELLBEING

FLAVORS OF THE ORIENT FRUIT TOUR

Instructor: Lisa

Join us for a delicious adventure exploring the exotic fruits of the Orient! Taste a variety of unique and flavorful fruits from different Asian countries. Learn about their origins, cultural heritage, health benefits, and how to incorporate them into your daily meals. This 1.5 hour interactive session is perfect for fruit lovers and those looking to expand their culinary horizons

Date: Fri Oct 23 | 10:30 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$ 25

Non-Member Fee: \$ 35

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

Instructor: Florence Ellis

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

Date: Thurs Sept 17 | 9:30 am - 12:00 pm | **Venue:** Holyrood | **Class Limit:** 6

Member Fee: \$ 15

Non-Member Fee: \$ 20

Date: Thurs Oct 15 | 9:30am - 12:00pm | **Venue:** Holyrood | **Class Limit:** 6

Member Fee: \$ 15

Non-Member Fee: \$ 20

Date: Thurs Nov 19 | 9:30am - 12:00pm | **Venue:** Holyrood | **Class Limit:** 6

Member Fee: \$ 15

Non-Member Fee: \$ 20

GENERAL INTEREST

PERSONAL WELLBEING

GRIEF RECOVERY METHOD

Instructor: Kate

Grief is painful. Grief is an emotional response – yet often we try to ease our grief by using intellectual tools – we try to “figure it out”, “solve it” or “understand it”. If we were asked to paint a room, but given a hammer and a screwdriver, the task would be impossible. We need the right tools. The Grief Recovery Method® tools will help you find relief from the emotional pain of your loss. I look forward to seeing you there.

Date: Tues Sept 15 - Nov 3 | 9:00 am - 11:00 am | **Venue:** Holyrood | **Class Limit:** 10

Member Fee: \$ 130 **Non-Member Fee:** \$ 140

MINDING STRESS: REDUCE AND MANAGE THE STRESS IN YOUR LIFE

Instructor: Arisha Mohammed

During this free three-part workshop series, participants will identify the stressors in their lives, learn about the connection between stress and overall health, practice effective strategies to manage stress and build resilience, and create a personalized plan for successful stress management. For more information , call 825-404-7460 and press 3 between 9:00 a.m. and 4:00 p.m., Monday through Friday

Date: Mon Sept 14 -28 | 9:30 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 14

Member Fee: n/a **Non-Member Fee:** n/a

GENERAL INTEREST

PHILOSOPHERS CAFE

PHILOSOPHERS CAFÉ: PARABLES: A SCANDAL TO SOME, FOOLISHNESS TO OTHERS

Instructor: David Goa

Many often think of religion as a set of doctrines and moral codes. Parables in Jewish, Christian, Islamic, and Buddhist traditions often scandalize religious and moral dogmatists. Are parables a counterpoint speaking to deeper religious aspirations?

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

Member Fee: \$ 15

Non-Member Fee: \$ 20

PHILOSOPHERS CAFÉ: MAID AND THE GIFTS OF FINITUDE

Instructor: David Goa

MAID became law in 2016 and is now being retextured by federal and provincial laws. How is this influencing how we approach, not death but dying? What does it tell us about our culture's attitude to the final season of life?

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

Member Fee: \$ 15

Non-Member Fee: \$ 20

PHILOSOPHERS CAFÉ: IRAN AND THE UNITED STATES: A SHARED POLITICAL & SPIRITUAL ETHOS?

Instructor: David Goa

The modern state of Iran stands on the shoulders of ancient Persia stretching back over 3000 years. Shi Islam has shaped its government since the Islamic Revolution of 1979. The United States is being reshaped by a new populism led by President Trump and his inner circle. What is shared? What is the pathway forward? Is there a shared spiritual ethos?

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

Member Fee: \$ 15

Non-Member Fee: \$ 20

GENERAL INTEREST PHILOSOPHERS CAFE

PHILOSOPHERS CAFÉ: PUTTING WATER IN YOUR WINE: PM CARNEY, DEVELOPMENT, RIGHTS AND THE COMMON GOOD

Instructor: David Goa

Floor crossings, from the right and left, and by-elections have given the current Federal government a majority. What motivates floor crossings? How has this come about? Does it signal a change to our political culture?

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

Member Fee: \$ 15

Non-Member Fee: \$ 20

Instructors Wanted at SEESA

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

Requirements:

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

What We Offer:

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

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

GENERAL INTEREST

PERSONAL STYLE

NEW SEASON? NEW SKIN CARE!

Instructor: Susanne Urbina

As we say good-bye to summer and hello to fall, a change in products and our routine is needed to have healthy skin. Our sun-kissed face needs polishing, hydration, and protection from the effects of the colder weather that we know all too well will come our way. A demonstration on a model will outline the steps and effective products to set you up to have glowing skin this season.

Date: Fri Sept 18 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$ 20

Non-Member Fee: \$ 30

NEW SEASON? NEW MAKE-UP LOOK!

Instructor: Susanne Urbina

It's fall and we are back to basics from breaking routines over the summer. If you want to look your best for upcoming meetings, events, and more, this session will review a basic make-up application from start to finish. Learn about face shapes, how to highlight and contour, and color suggestions for eyes, cheeks and lips! Follow the steps with an application on a model and learn about product efficacy, high-end versus mass products and trends for the season.

Date: Mon Sept 21 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$20

Non-Member Fee: \$30

GENERAL INTEREST

PERSONAL STYLE

THE FESTIVE SEASON: COLOR IN YOUR WARDROBE

Instructor: Susanne Urbina

As the holidays approach, your calendar will fill up with many events. Look your best by putting your best colors into your festive wardrobe. Each participant will have their color palette chosen for them based on their skin tone, hair color and eye color. Sparkle with gold, or shimmer with silver, your perfect festive colors will definitely make you shine!

Date: Mon Nov 9 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$ 20

Non-Member Fee: \$ 30

THE FESTIVE SEASON: PERFECT STYLES FOR YOU

Instructor: Susanne Urbina

Choosing your holiday outfits to celebrate the season should suit the occasion, be comfortable and most of all work with your body. Each participant will discover their figure type, and the designs that best suit them. When we are confident and comfortable with our attire, we are more engaged and get more out of life! Give yourself an early gift for the season, a gift of style!

Date: Tues Nov 10 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$ 20

Non-Member Fee: \$ 30

GENERAL INTEREST TECHNOLOGY

AI FOR EVERYONE

Instructor: Shawn Gramiak

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

Date: Thurs Oct 1 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30

ANDROID PHONE BASICS

Instructor: Shawn Gramiak

Is your Android phone overwhelming? Do the kids or grandkids say you need one? This session will take you through the skills you should know to get value out of your phone. A lot of stuff on your phone you may never use, but this session will cover the stuff you will. Android phones can be tricky, as they can vary by manufacturer, but we'll do our best to give steps that can be adapted to what you have.

Date: Thurs Oct 29 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30

GENERAL INTEREST TECHNOLOGY

COMPUTER TUTORIALS

Instructor: Shawn Gramiak

These 1-hour sessions are an opportunity for you to come in with a list of your own questions related to phones, tablets or computers. It's like a customized technology class just for you! Bring your device(s) and charging cables, and we'll get to work! Sign up at the Front Desk for a time slot.

Date: Thurs Sept 17 | 1:00 pm - 4:30 pm | **Venue:** Holyrood | **Class Limit:** 3

Member Fee: \$ 50

Non-Member Fee: \$ 60

COMPUTER TUTORIALS

Instructor: Shawn Gramiak

These 1-hour sessions are an opportunity for you to come in with a list of your own questions related to phones, tablets or computers. It's like a customized technology class just for you! Bring your device(s) and charging cables, and we'll get to work! Sign up at the Front Desk for a time slot.

Date: Thurs Oct 15 | 1:00 pm - 4:30 pm | **Venue:** Holyrood | **Class Limit:** 3

Member Fee: \$ 50

Non-Member Fee: \$ 60

COMPUTER TUTORIALS

Instructor: Shawn Gramiak

These 1-hour sessions are an opportunity for you to come in with a list of your own questions related to phones, tablets or computers. It's like a customized technology class just for you! Bring your device(s) and charging cables, and we'll get to work! Sign up at the Front Desk for a time slot.

Date: Thurs Nov 5 | 1:00 pm - 4:30 pm | **Venue:** Holyrood | **Class Limit:** 3

Member Fee: \$ 50

Non-Member Fee: \$ 60

GENERAL INTEREST TECHNOLOGY

EMAIL: CLEANING UP AND ORGANIZING YOUR EMAIL

Instructor: Shawn Gramiak

Swimming in garbage emails? They build up fast. This laptop-based session will get you to try a variety of ways to start cleaning up a Gmail account. The computer can't do the cleaning for you, but the skills in this session can make the process easier!

Date: Thurs Oct 15 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30

GOOGLE CHROME BASICS

Instructor: Shawn Gramiak

The Google Chrome Browser is your window to the web! This laptop-based class explores browsing basics, bookmarks, clearing your browser history and cache, and Chrome's command menu. We'll also take a quick look at an assortment of other Google features you use Chrome to access.

Date: Thurs Sept 17 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30

GOOGLE MAPS

Instructor: Shawn Gramiak

If you are planning a trip or just need to get from point A to point B, Google Maps can help! This laptop-based session will get you comfortable with using Google Maps and introduce you to a variety of features to make your travel planning easier!

Date: Thurs Nov 19 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30

GENERAL INTEREST TECHNOLOGY

GOOGLE PHOTOS AND GOOGLE TAKEOUT

Instructor: Shawn Gramiak

Many folks back up their photos to Google Photos (and sometimes are unaware that they are). Google Photos is a basic photo manager. Google Takeout lets you get a copy of some or all of your Google data. This laptop-based session will take you through the basics of both.

Date: Thurs Nov 19 | 1:00 pm - 3:00 pm | **Venue:** Holyrood | **Class Limit:** 10

Member Fee: \$ 20

Non-Member Fee: \$ 30

IPHONE BASICS

Instructor: Shawn Gramiak

Is your iPhone overwhelming? Do the kids or grandkids say you need one? This session will take you through the skills you should know to get value out of your phone. A lot of stuff on your phone you may never use, but this session will cover the stuff you will.

Date: Thurs Oct 29 | 1:00 pm - 3:00 pm | **Venue:** Holyrood | **Class Limit:** 10

Member Fee: \$ 20

Non-Member Fee: \$ 30

YOUTUBE

Instructor: Shawn Gramiak

YouTube has a reputation for being a time waster, but this session will take you through a variety of ways you can make the world's largest online video-sharing platform work for you. This laptop-based class will show you both the educational and entertaining aspects of YouTube!

Date: Thurs Nov 5 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30

GENERAL INTEREST TECHNOLOGY

YOUR GOOGLE ACCOUNT, CONTACTS AND GMAIL BASICS

Instructor: Shawn Gramiak

Your Google Account is key to a variety of useful Google features, including a Contact (address) book and Gmail. This laptop-based class will have you entering and editing contacts, creating Contact labels and using the core features of Gmail.

Date: Thurs Oct 1 | 10:00 am - 12:00 pm | **Venue:** Edmonton

| **Class Limit:** 15

Member Fee: \$ 20

Non-Member Fee: \$ 30



Fall Reuse

Sat, Sept 26, 10 am - 3 pm

Sun, Sept 27, 11 am - 2 pm

Book Sale

Mon to Fri - Sept 14 to 24

9 am to 4 pm;

Sept 15 - 9 am to 12:30 pm;

& during Reuse Sale



Collection Dates

Mon to Fri, Sept 10 to Sept 24

9 am to 4:30 pm

Please visit SEESA's
website or call for more information.



9350 82 St, Edmonton
780-468-1985
info@seesa.ca
www.seesa.ca

Sat, Sept 12 & 19
10 am to 3 pm



BEGINNER GUITAR

Instructor: Bob Zukerman

This Beginner Guitar course offers a fun, relaxed way to learn guitar with fellow beginners. You will cover chord building, triads, music scores, using a capo, transposing, tuning, and various accessories. Additionally, the course includes an introduction to finger picking, learning alternating bass notes, and applying these techniques to approximately 10 songs while building your confidence.

A Tuesday
Sept 15 - Oct 27 (6 Wks) | 10:00 am - 11:30 am

	Member:	Non-Member:
Session Fee:	\$90	\$117

No Class Drop-in

No session Oct 13

Venue: Idylwyld

Class Limit: 10

BEGINNER FINGER PICKING FOR GUITAR

Instructor: Bob Zukerman

This is an introductory course to fingerpicking the guitar, designed as a straightforward, non-theoretical, and fun learning experience. During the course, you will learn how to play alternating bass notes for chords, a semitone scale warm-up, basic block strumming, basic block picking, the ripple stroke, split block picking, and Travis picking. Finally, you will apply these techniques to several familiar songs.

B Tuesday
Nov 17 - Dec 15 (5 Wks) | 10:00 am - 11:30 am

	Member:	Non-Member:
Session Fee:	\$75	\$97.50

No Class Drop-in

Venue: Idylwyld

Class Limit: 10



UKULELE: ABSOLUTE BEGINNER

Instructor: Elaine Mann

Never held a ukulele before and wonder if you'd like it? Several ukuleles are available for you to try. No previous experience is required. Please note: This class will not be offered again until September, 2027

A Friday
Sept 18 - Dec 11 (11 Wks) | 2:30 pm - 4:00 pm

	Member:	Non-Member:
Session Fee:	\$165	\$214.50

No Class Drop-in

No session Sept 25 and Nov 27

Venue: Strathearn

Class Limit: 8

UKULELE: BEGINNER

Instructor: Elaine Mann

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

A Friday
Sept 18 - Oct 30 (6 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$90	\$117

No Class Drop-in

No session Sept 25

B Friday
Nov 6 - Dec 11 (5 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$75	\$97.50

No Class Drop-in

No session Nov 27

Venue: Strathearn

Class Limit: 15



UKULELE: BEYOND BEGINNER

Instructor: Elaine Mann

For folks with some ukulele playing experience. This differs from the Experienced level in that the repertoire is simpler, and we will move at a slower pace. Expect more review than teaching and lots of playing and singing in this class.

A Thursday
Sept 17 - Oct 29 (6 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$90	\$117

No Class Drop-in

No session Sept 24

B Thursday
Nov 5 - Dec 10 (6 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$90	\$117

No Class Drop-in

Venue: Strathearn

Class Limit: 25

UKULELE EXPERIENCED

Instructor: Elaine Mann

For folks who have played for several years and acquired a variety of skills. We will enjoy the experience of ensemble playing and may occasionally perform at SEESA and some outreach venues. Expect little teaching – just some review and lots of playing and singing in this class.

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 1:00 pm - 2:30 pm

	Member:	Non-Member:
Session Fee:	\$90	\$117

No Class Drop-in

No session Sept 30

B Wednesday
Nov 4 - Dec 9 (5 Wks) | 1:00 pm - 2:30 pm

	Member:	Non-Member:
Session Fee:	\$75	\$97.50

No Class Drop-in

No session Nov 11

Venue: Bonnie Doon

Class Limit: 15

PHYSICAL FITNESS



BARRE FITNESS

Instructor: Deborah Ravbar

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

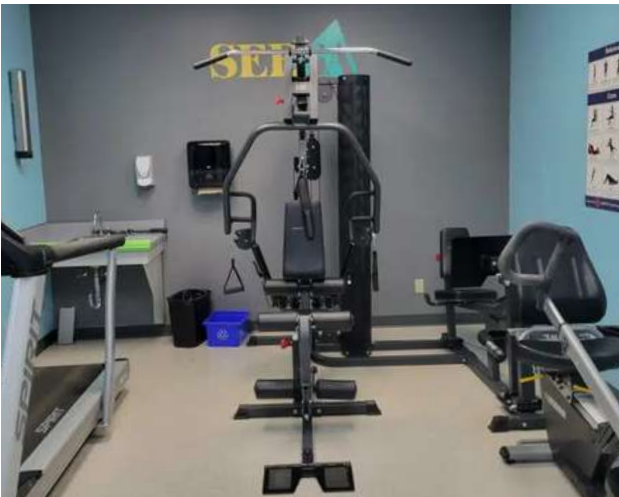
No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Gymnasium

Class Limit: 25



FITNESS ROOM

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

PHYSICAL FITNESS



BEYOND NORDIC WALKING

Instructor: Melanie Kidder

Use your Nordic Walking Poles for more than just walking! This class will include different sections: Warm Up, coordination pattern practice to music, strength and mobility. You will also get a chance to receive instruction on proper walking techniques. Bring your poles with you. None will be provided.

A Wednesday
Sept 23 - Oct 28 (5 Wks) | 5:00 pm - 6:00 pm

	Member:	Non-Member:
Session Fee:	\$50	\$65
Class Drop-in Fee:	\$12	\$13

No session Sept 30

B Wednesday
Nov 4 - Dec 16 (6 Wks) | 5:00 pm - 6:00 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$12	\$13

No session Nov 11

Venue: Gymnasium

Class Limit: 20

BODY BLITZ EVENING

Instructor: Gregory Pagdato

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

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 4:30 pm - 5:30 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Sept 30

B Wednesday
Nov 4 - Dec 16 (6 Wks) | 4:30 pm - 5:30 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Nov 11

Venue: Strathearn

Class Limit: 12

PHYSICAL FITNESS



CIRCUIT TRAINING

Instructor: Deborah Ravbar

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

A	Tuesday Sept 15 - Oct 27 (7 Wks) 9:00 am - 10:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Tuesday Nov 3 - Dec 15 (7 Wks) 9:00 am - 10:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

Venue: Gymnasium

Class Limit: 25

ELDOA EVENING

Instructor: Pat Barford

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

A	Wednesday Sept 16 - Oct 28 (6 Wks) 6:00 pm - 7:00 pm		
		Member:	Non-Member:
	Session Fee:	\$60	\$78
	Class Drop-in Fee:	\$14	\$16

No session Sept 30

B	Wednesday Nov 4 - Dec 16 (7 Wks) 6:00 pm - 7:00 pm		
		Member:	Non-Member:
	Session Fee:	\$60	\$78
	Class Drop-in Fee:	\$14	\$16

No session Nov 11

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



ESSETRICS® - AGE REVERSING

Instructor: Meg Hipkin

This full-body, age reversing Essentrics class restores joint movement, improves flexibility, strength, and muscle health, relieves pain, and boosts energy and immunity. It combines gentle to moderate fitness, including standing and some floor work (back/side only). Bring your own yoga mat.

A Thursday
Sept 17 - Oct 29 (7 Wks) | 2:00 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91

No Class Drop-in

B Thursday
Nov 5 - Dec 17 (7 Wks) | 2:00 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91

No Class Drop-in

Venue: Bonnie Doon

Class Limit: 12

ESSETRICS® -GENTLE STRETCH

Instructor: Meg Hipkin

This is a gentler paced ESSETRICS class designed for those who have muscle stiffness, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors looking to improve mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work only. (Can be adapted for people with mobility devices). Yoga mat and strap recommended.

A Tuesday
Sept 15 - Oct 27 (7 Wks) | 2:30 pm - 3:15 pm

	Member:	Non-Member:
Session Fee:	\$52.5	\$68.25

No Class Drop-in

B Tuesday
Nov 3 - Dec 15 (7 Wks) | 2:30 pm - 3:15 pm

	Member:	Non-Member:
Session Fee:	\$52.5	\$68.25

No Class Drop-in

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



ESSETRICS® - STRETCH AND TONE MONDAY

Instructor: Liz Olson

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 10:00 am- 11:00 am

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 10:00 am- 11:00 am

	Member:	Non-Member:
Session Fee:	\$70	\$91

No Class Drop-in

Venue: Gymnasium

Class Limit: 30

ESSETRICS® - STRETCH AND TONE WEDNESDAY

Instructor: Belinda

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

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in

No session Sept 30

B Wednesday
Nov 4 - Dec 16 (6 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in

No session Nov 11

Venue: Strathearn

Class Limit: 12

PHYSICAL FITNESS



ESSENTRICS® - STRETCH AND TONE FRIDAY

Instructor: Liz Olson

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



LOCKERS

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

A Friday
Sept 18 - Oct 30 (6 Wks) | 12:00 pm- 1:00 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in

No session Sept 25

B Friday
Nov 6 - Dec 18 (6 Wks) | 12:00 pm- 1:00 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78

No Class Drop-in

No session Nov 27

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



FIT FOR ALL - MONDAY

Instructor: Wendy Kinsman

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

A Monday
Sept 14 - Oct 26 (5 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$50	\$65
Class Drop-in Fee:	\$14	\$16

No session Oct 5 & Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 13

FIT FOR ALL - THURSDAY

Instructor: Wendy Kinsman

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

A Thursday
Sept 17 - Oct 29 (6 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Oct 8

B Thursday
Nov 5 - Dec 17 (7 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 13

PHYSICAL FITNESS



FLEX AND FLOW WITH ARTHRITIS - MONDAY

Instructor: Amy Petersen

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 11:15 am - 12:15 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 11:15 am - 12:15 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

FLEX AND FLOW WITH ARTHRITIS - FRIDAY

Instructor: Amy Petersen

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

A Friday
Sept 18 - Oct 30 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Sept 25

B Friday
Nov 6 - Dec 18 (6 Wks) | 9:00 am - 10:00 am

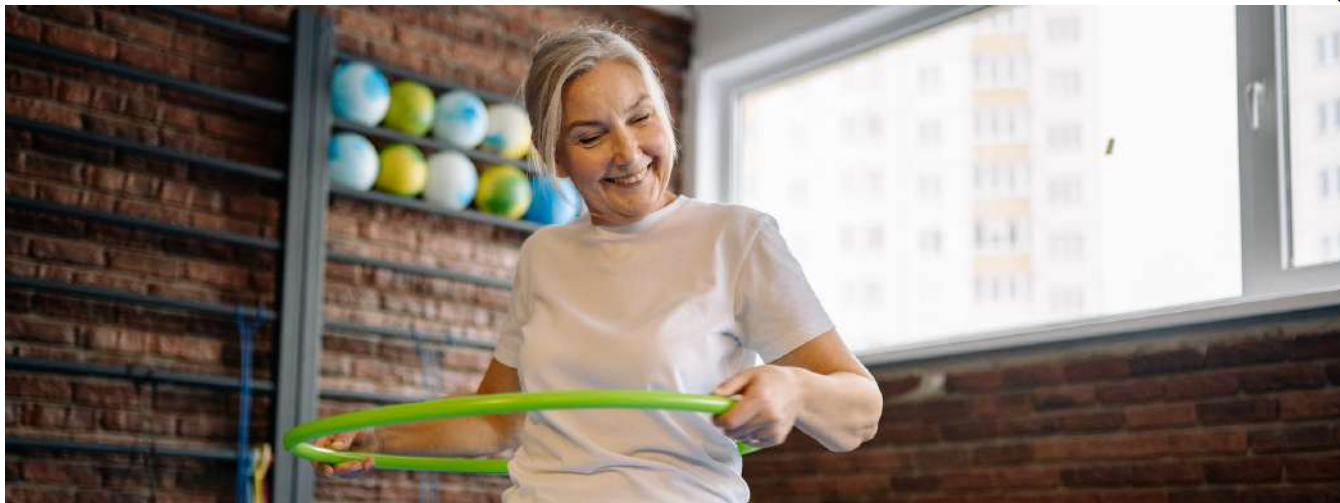
	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Nov 27

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



FRIDAY POWER HOUR

Instructor: Dani Nicol

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

A Friday
Sept 18 - Oct 30 (6 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Sept 25

B Friday
Nov 6 - Dec 18 (6 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Nov 27

Venue: Bonnie Doon

Class Limit: 12

HULA HOOP DANCE

Instructor: Olivia Flows

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

A Thursday
Sept 17 - Oct 29 (7 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Thursday
Nov 5 - Dec 17 (7 Wks) | 6:30 pm - 7:30 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 10

PHYSICAL FITNESS



MOVE WELL

Instructor: Aarti Sachdeva

This movement class provides a dynamic, deep, full-body stretch to strengthen your joints and release tight muscles. Effective for pain relief, stress relief and promoting healing. The focus is on finding harmony in body and mind using Yoga and breath-work.

A Wednesday
Sept 16 - Oct 28 (6 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Sept 30

Venue: Strathearn

Class Limit: 12

MOVEMENT/MUSCLE/MIX UP FORMERLY 20/20/20

Instructor: Lorraine Wigston

Same great workout with a fresh mix! Have fun with upbeat cardio to familiar tunes, build strength and endurance with weights, bands, bungees, and mobility sticks, and mix in core, balance, and mobility work. Finish with a calming stretch. Lots of variety, lots of options, and lots of ways to move- every class feels a little different. All levels welcome, with chair choices available.

A Tuesday
Sept 15 - Oct 27 (7 Wks) | 1:00 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Tuesday
Nov 3 - Dec 15 (7 Wks) | 1:00 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



NIA: MOVEMENT PRACTICE

Instructor: Kirsten Bartel

Nia® is a fusion fitness class combining dance, martial arts, and mindfulness to condition your body and clear your mind. It offers three intensity levels, suitable for all ages and fitness levels. Typically barefoot, or wear thin-soled shoes. Bring a yoga mat. Learn more at fleurishmovement.com.

A Monday
Oct 5 - Oct 26 (3 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	\$30	\$39
Class Drop-in Fee:	\$14	\$16

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

NIA: MOVEMENT PRACTICE TRIAL

Instructor: Kirsten Bartel

Join us for a trial class and shake up your routine! Blending dance, martial arts, and mindfulness, Nia® offers three intensity levels perfect for all ages and abilities. New faces are always welcome to join us, condition their body, and clear their mind. Just bring a yoga mat (we practice barefoot or in thin-soled shoes) and come move with us!.

A Monday
Sept 14 (1 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	\$5	\$10
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12



NOT FALLING FOR YOU

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

A Thursday
Sept 17 - Dec 17 (12 Wks) | 2:15 pm - 3:15 pm

	Member:	Non-Member:
Session Fee:	\$n/a	\$n/a

No Class Drop-in

No session Oct 15 & Nov 12

Venue: Idylwyld

Class Limit: 12

DID YOU KNOW?

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



PHYSICAL FITNESS



PICKLEBALL INTRODUCTION EVENING

Instructor: Leslie Stroger

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

A Monday
Sept 14 - Sept 28 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$80
No Class Drop-in		

Venue: Gymnasium

Class Limit: 12

PICKLEBALL PLAYER DEVELOPMENT EVENING

Instructor: Leslie Stroger

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

A Monday
Oct 19 - Nov 2 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$80
No Class Drop-in		

Venue: Gymnasium

Class Limit: 8

PHYSICAL FITNESS



POUND FITNESS

Instructor: Melanie Kidder

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

A Thursday			
Sept 17 - Oct 29 (7 Wks) 11:45 am - 12:30 pm			
	Member:	Non-Member:	
Session Fee:	\$52.5	\$68.25	
Class Drop-in Fee:	\$12	\$13	

B Thursday			
Nov 5 - Dec 17 (7 Wks) 11:45 am - 12:30 pm			
	Member:	Non-Member:	
Session Fee:	\$52.5	\$68.25	
Class Drop-in Fee:	\$12	\$13	

Venue: Bonnie Doon

Class Limit: 12



Follow us on Social Media



@SEESAActivityCentre



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@southeastmontonseniorsassociation

PHYSICAL FITNESS



STRONG AND STEADY

Instructor: Amy Petersen

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 12:30 pm - 1:30 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 12:30 pm - 1:30 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

TABATA

Instructor: Deborah Ravbar

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

A Thursday
Sept 17 - Oct 29 (7 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Thursday
Nov 5 - Dec 17 (7 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Gymnasium

Class Limit: 25

PHYSICAL FITNESS



TAI CHI - YANG 24-LEVEL 1

Instructor: Weston Benjamin

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

A	Thursday Sept 17 - Oct 29 (7 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Thursday Nov 5 - Dec 17 (7 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

TAI CHI - YANG 24- LEVEL 2

Instructor: Weston Benjamin

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

A	Friday Sept 18 - Oct 30 (6 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$60	\$78
	Class Drop-in Fee:	\$14	\$16

No session Sept 25

B	Friday Nov 6 - Dec 18 (6 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$60	\$78
	Class Drop-in Fee:	\$14	\$16

No session Nov 27

Venue: Strathearn

Class Limit: 12



WINTER POLE WALKING WORKSHOP

Instructor: Melanie Kidder

Ever wondered about the benefits of walking poles or how to choose the right ones? Join us to learn about selecting and properly using poles for year-round activity, including winter walking, along with tips on footwear grippers. The instructor will be available to assist with sizing and provide technique feedback; please bring your own poles if you have them, as a limited number will be available to borrow, and we recommend waiting until after the session before purchasing your own. For any questions, please email letsgetactive5@gmail.com.

A Monday

Oct 5 (1 Wks) | 5:00 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$20	\$26
No Class Drop-in		

Venue: Gymnasium

Class Limit: 20

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

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

PHYSICAL FITNESS



YOGA CHAIR WITH MEGAN TUESDAY

Instructor: Megan Kim

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

A Tuesday
Sept 15 - Oct 27 (7 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Tuesday
Nov 3 - Dec 15 (7 Wks) | 10:45 am - 11:45 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

YOGA CHAIR WITH MEGAN THURSDAY

Instructor: Megan Kim

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

A Thursday
Sept 17 - Oct 29 (7 Wks) | 12:45 pm - 1:45 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Thursday
Nov 5 - Dec 17 (7 Wks) | 12:45pm - 1:45pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



YOGA FLOW

Instructor: Carmella Haykowsky

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

A Thursday
Sept 17 - Oct 29 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Thursday
Nov 5 - Dec 17 (7 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Idylwyld

Class Limit: 12

YOGA FOR GUYS AND GALS - MONDAY ONLINE

Instructor: Ken Strachan

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$n/a	\$n/a

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
No Class Drop-in		

Venue: Online

Class Limit: 20

PHYSICAL FITNESS



YOGA FOR GUYS AND GALS - THURSDAY ONLINE

Instructor: Ken Strachan

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

A	Thursday Sept 17 - Oct 29 (7 Wks) 9:30 am - 10:30 am		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
No Class Drop-in			

B	Thursday Nov 5 - Dec 17 (7 Wks) 9:30 am - 10:30 am		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
No Class Drop-in			

Venue: Online

Class Limit: 20

YOGA FOR GUYS AND GALS - FRIDAY ONLINE

Instructor: Ken Strachan

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

A	Friday Sept 18 - Oct 30 (7 Wks) 9:30 am - 10:30 am		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
No Class Drop-in			

B	Friday Nov 6 - Dec 18 (7 Wks) 9:30 am - 10:30 am		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
No Class Drop-in			

Venue: Online

Class Limit: 20

PHYSICAL FITNESS



YOGA HATHA WITH BARB EVENING

Instructor: Barb Ritter

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

A Monday
Sept 14 - Oct 26 (6 Wks) | 5:30 pm - 6:30 pm

	Member:	Non-Member:
Session Fee:	\$60	\$78
Class Drop-in Fee:	\$14	\$16

No session Oct 12

B Monday
Nov 2 - Dec 14 (7 Wks) | 5:30 pm - 6:30 pm

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 8

YOGA LAUGHTER

Instructor: Carmella Haykowsky

Laughter Yoga combines yoga poses, breathing exercises and laughter to promote joy, relaxation and ease in the body. Join us for a fun filled class and get ready to laugh!

A Thursday
Sept 17 - Oct 8 (4 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$40	\$52
Class Drop-in Fee:	\$14	\$16

Venue: Idywylde

Class Limit: 10

PHYSICAL FITNESS



YOGA WITH MEGAN

Instructor: Megan Kim

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

A Tuesday
Sept 15 - Oct 27 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

B Tuesday
Nov 3 - Dec 15 (7 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

Donate a Car
Running or not,
old or new

CARS - TRUCKS
BOATS
MOTORCYCLES
RVS

WE WOULD
LOVE TO PUT IT
TO GOOD USE

Donate Your Car to

South East Edmonton Seniors Association

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



FOR MORE INFORMATION, VISIT WWW.SEESA.CA OR
DONATE A CAR AT INFO@DONATECAR.CA / 1-877-250-4904

SEESA
Your best friend in aging



Instructor: Alberta Health Services

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

The service offers:

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

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

Steps to get into the program:

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

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

BUS OUTINGS

RIVER CREE CASINO

Date: Mon Sept 21

Time: 11:00 am -3:30 pm

Cost for bus: \$ 0



Join us for a fun-filled bus outing to the River Cree Resort & Casino! This trip is completely free to attend and includes a \$5.00 play voucher as well as a complimentary meal from the "Tap 25" menu. Please note that any additional beverages or gratuities are not included and will be at your own expense, and you may also wish to bring extra spending money for the day. To sign up, please call 780-468-1985 or visit the front desk by September 14.

ROYAL ALBERTA MUSEUM

Date: Thurs Oct 8

Time: 10:00am -2:00pm

Cost for bus: \$ 20

Cost for entrance to be paid at museum:

\$ 16



Join us for a day of discovery at the Royal Alberta Museum! As Western Canada's largest museum, the "RAM" offers a fascinating journey through millions of years of Alberta's history. From massive Ice Age fossils and diverse wildlife in the Natural History Hall to the rich cultural heritage and stories of Alberta's First Peoples, there is something to inspire everyone. Explore the live Bug Gallery, wander through interactive exhibits, and delve into the stories that have shaped our province. It's a wonderful opportunity to learn, explore, and connect with Alberta's past and present. To sign up, please call 780-468-1985 or visit the front desk by Sept 16.

BUS OUTINGS

NANAKSAR GURDWARA EDMONTON

Date Thurs Nov 12

Time 10:00 am - 2:00 pm

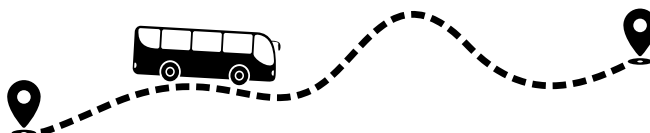
**Cost for the bus
and contribution
to the Gurdwara:** \$25



Experience an immersive visit to the local Gurdwara to learn about Sikh spirituality, culture, and community through an educational presentation, a guided tour of the Prayer Hall and community kitchen, and an open Q&A session, all concluding with a shared vegetarian lunch. Please dress modestly, as head coverings are required (scarves provided) and shoes must be removed upon entry. The space is accessible via stairs or elevator, with both floor and bench seating available in the Prayer Hall. All questions are encouraged in this welcoming environment designed for open, honest learning. Please arrive to SEESA at 10:00 so we can watch a video about the Gurdwara before we go. To sign up, please call 780-468-1985 or visit the front desk by October 26

Help Us Plan Our Next Outing!

Do you have a great idea for a group bus trip?
We want to hear from you! Send your
destination suggestions to Aleeza at
aleeza@seesa.ca and help us plan our next
excursion.



CLUBS - CRAFTS



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

QUILTERS AND CRAFTING CLUB

Instructor: Shirley Baynes

Venue: Forest Heights

Class Limit: 25

- A Monday Sept 14 - Oct 26** (6 Wks) | 12:30 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a
No session Oct 12
- B Monday Nov 2 - Dec 21** (8 Wks) | 12:30 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a



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

SOAPSTONE CARVING CLUB

Instructor: Annette Evans

Venue: Workshop

Class Limit: 12

- A Wednesday Oct 7 - Oct 28** (4 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
- B Wednesday Nov 4 - Dec 23** (5 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 11, Nov 18 & Nov 25

CLUBS - CRAFTS



WOODCARVING CLUB TUESDAY

Instructor: Colin Kinnell

Venue: Workshop

Class Limit: 12

This club provides an opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects. Please bring your own tools.

A Tuesday Sept 8 - Oct 27 (6 Wks) | 9:00 am - 11:30 am
Thursday Sept 10 - Oct 29 (6 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 15, Sept 17, Sept 22 & Sept 24

B Tuesday Nov 3 - Dec 22 (6 Wks) | 9:00 am - 11:30 am
Thursday Nov 5 - Dec 24 (6 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 17 , Nov 19 & Nov 24 & Nov 26

SEESA ACCESS PASS (SAP)

Who Is Eligible?

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



What SAP Covers

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

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

Interested in applying or know someone who could benefit?

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

CLUBS -DRAMA & GAMES



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

ACCIDENTAL DRAMA CLUB

Instructor: Jim Klingle

Venue: Holyrood

Class Limit: 25

A Monday Sept 14 - Oct 26 (6 Wks) | 12:00 pm- 2:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a
No session Oct 12

B Monday Nov 2 - Dec 21 (8 Wks) | 12:00 pm- 2:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a



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

BOARD GAME CLUB

Instructor: Vicki Dowd

Venue: Tillies Cafe

Class Limit: 20

A Friday Sept 18 - Oct 16 (3 Wks) | 5:30 pm - 8:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 25 & Oct 9

B Friday Nov 6 - Dec 18 (4 Wks) | 5:30pm - 8:30pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 13, Nov 27 & Dec 11

CLUBS - GAMES



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

CONTRACT BRIDGE CLUB

Instructor: Laurie Reid

Venue: Idylwyld

Class Limit: 20

A Monday Sept 14 - Oct 26 (6 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Oct 12

B Monday Nov 2 - Dec 21 (8 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6



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

CONTRACT BRIDGE CLUB LESSONS

Instructor: Laurie Reid

Venue: Idylwyld

Class Limit: 20

A Monday Sept 14 - Oct 26 (6 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Oct 12

B Monday Nov 2 - Dec 21 (8 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

CLUBS - GAMES



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

CRIBBAGE CLUB

Instructor: Sharon Moffatt

Venue: Idylwyld

Class Limit: 16

A Friday Sept 11 - Oct 30 (7 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 25

B Friday Nov 6 - Dec 18 (6 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 27



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

EUCHRE CLUB

Instructor: Alexandra Anderson

Venue: Holyrood

Class Limit: 16

A Wednesday Sept 16- Oct 28 (6 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 30

B Wednesday Nov 4 - Dec 23 (7 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 11

CLUBS - GAMES



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

HAND AND FOOT CANASTA CLUB

Instructor: Sheila Nelles Ian Macintosh
Venue: Idylwyde
Class Limit: 16

- A Wednesday Sept 16 - Oct 28** (6 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 30
- B Wednesday Nov 4 - Dec 23** (7 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 11



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

KAISER CLUB

Instructor: Dorothy Mayall
Venue: Holyrood
Class Limit: 16

- A Wednesday Sept 16 - Oct 28** (6 Wks) | 3:15 pm - 5:15 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 30
- B Wednesday Nov 4 - Dec 23** (7 Wks) | 3:15 pm - 5:15 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 11

CLUBS - GENERAL INTEREST



FRENCH CONVERSATION CLUB

Instructor: Sylvia Rodrigue

Venue: Holyrood

Class Limit: 16

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

- A Wednesday Sept 16 - Oct 28** (6 Wks) | 10:30 am - 12:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No session Sept 30
- B Wednesday Nov 4 - Dec 23** (7 Wks) | 10:30 am - 12:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No session Nov 11



TRAVEL CLUB

Instructor: Shelene Runzer
 Karen Hayney

Venue: Tillies Cafe

Class Limit: 40

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

- A Wednesday Sept 16- Oct 28** (2 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No session Sept 23, Sept 30, Oct 7, Oct 14 & Oct 21
- B Wednesday Nov 25 - Dec 23** (2 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No session Dec 2, Dec 9 & Dec 16

CLUBS - LITERATURE



BOOK CLUB TUESDAY

Instructor: Barbara Lyon

Venue: Holyrood

Class Limit: 10

- A Tuesday Sept 8 - Oct 13** (2 Wks) | 2:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 15, Sept 22, Sept 29 & Oct 6
- B Tuesday Nov 10- Dec 8** (2 Wks) | 2:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 17, Nov 24 & Dec 1



BOOK CLUB THURSDAY

Instructor: Maggie Hensel

Venue: Holyrood

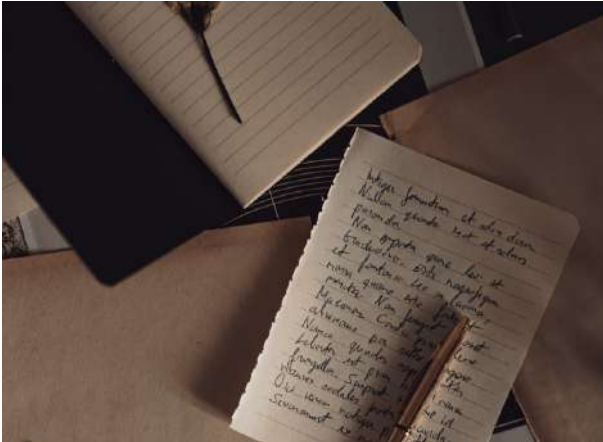
Class Limit: 12

- A Thursday Sept 10 - Oct 1** (2 Wks) | 1:00 pm - 2:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 17 & Sept 24
- B Thursday Nov 5 - Dec 3** (2 Wks) | 1:00 pm - 2:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 12, Nov 19 & Nov 26

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

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

CLUBS - LITERATURE



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

WRITER'S CORNER CLUB

Instructor: Carol Kodish-Butt

Venue: Idylwyld

Class Limit: 20

A Tuesday Sept 8 - Oct 27 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Tuesday Nov 3 - Dec 22 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

Determinants of Healthy Aging



SAFETY AND SECURITY

- Personal Safety
- Financial Security
- Vocational Training and Support



PHYSICAL AND MENTAL HEALTH

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



PHYSICAL ENVIRONMENT

- Transportation
- Housing
- Home Supports



PERSONAL WELLBEING

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



SOCIAL SUPPORT

- Information and Referral
- Social Support Services
- Caregiver Supports



SOCIAL ENVIRONMENT & ENGAGEMENT

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

CLUBS - MUSIC



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

GUITAR CLUB

Instructor: Ron Adams

Venue: Strathearn

Class Limit: 20

A Tuesday Sept 8 - Oct 27 (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Tuesday Nov 3 - Dec 22 (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6



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

JAM SESSION CLUB

Instructor: Ron Adams

Venue: Strathearn

Class Limit: 20

A Friday Sept 11 - Oct 23 (6 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

No session Sept 25

B Friday Nov 6 - Dec 18 (6 Wks) | 6:00 pm - 8:45pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

No session Nov 27

CLUBS - MUSIC



The Melody Singers are a four-part choir. New members are accepted in September and January. There may be performances in addition to rehearsals. You must be a member of SEESA to join this club. A fee of \$50 is due in September and January.

MELODY SINGERS CLUB

Instructor: Joy Horpyniuk

Venue: Gymnasium

Class Limit: 50

A Tuesday Sept 8 - Oct 27 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a

B Tuesday Nov 3 - Dec 1 (5 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: n/a



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

TCB - A PERFORMANCE BAND CLUB

Instructor: Deiter Anders

Venue: Strathearn

Class Limit: 15

A Wednesday Sept 16 - Oct 28 (6 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$
No session Sept 30

B Wednesday Nov 4 - Dec 23 (7 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 11

CLUBS - SPORTS



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

BADMINTON CLUB

Instructor: Dave Lapp

Venue: Gymnasium

Class Limit: 20

A **Monday Sept 14 - Oct 26** (6 Wks) | 11:30 pm - 1:30 pm
Wednesday Sept 23- Oct 28 (5 Wks) | 9:00 am - 12:00 pm
Friday Sept 11- Oct 30 (7 Wks) | 10:45 am - 12:45 pm
Friday Sept 11- Oct 23 (4 Wks) | 6:00 pm - 8:45pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 18, Sept 25 , Sept 30, Oct 2, Oct 12 & Oct 16

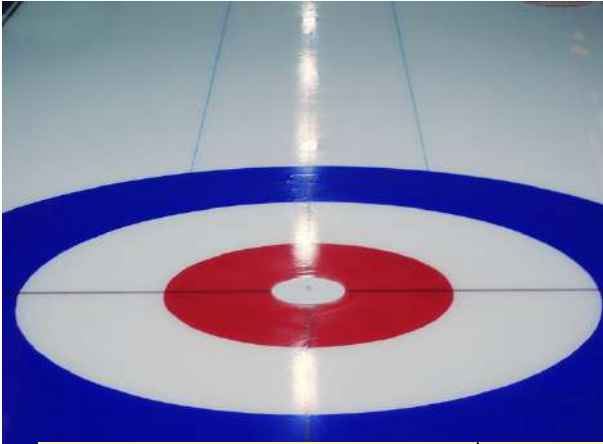
B **Monday Nov 2 - Dec 21** (8 Wks) | 11:30 am - 1:30 pm
Wednesday Nov 4 - Dec 23 (7 Wks) | 9:00 am - 12:00 pm
Friday Nov 6 - Dec 18 (6 Wks) | 10:45 am - 12:45 pm
Friday Nov 13- Dec 11 (3 Wks) | 6:00pm - 8:45pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 11, Nov 20, Nov 27 & Dec 4

TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA

Visit SkipTheDepot at
www.app.skipthedepot.com/seesa
and schedule your pickup today



CLUBS - SPORTS



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

FLOOR CURLING CLUB

Instructor: Tony Spencer

Venue: Gymnasium

Class Limit: 20

A Wednesday Sept 23- Oct 28 (5 Wks) | 12:30 pm - 3:30 pm

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

No session Sept 30

B Wednesday Nov 4 - Dec 23 (7 Wks) | 12:30pm - 3:30pm

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

No session Nov 11

"There is a great sense of camaraderie, positivity, a happy vibe that you can feel when you walk in the door! "

"I feel like I belong- even though I am still working fulltime, I am excited about the many offerings and opportunities available."

"Everyone I've met in every class and club has been extremely friendly and welcoming! The staff is very outgoing, helpful and visible."

CLUBS - SPORTS



Pickleball is played on a badminton court with the net lowered to 34 inches. It's played with a 3" perforated plastic ball and a wood or composite paddle. It's easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players.

PICKLEBALL CLUB DROP IN

Instructor: Dan Smith
Lynn Kaluzniak

Venue: Gymnasium

Class Limit: 20

A **Monday** **Sept 14 - Oct 26** (6 Wks) | 2:00 pm - 4:30 pm
Thursday **Sept 10 - Oct 29** (8 Wks) | 11:15 am - 1:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Oct 12

B **Monday** **Nov 2 - Dec 21** (8 Wks) | 2:00 pm - 4:30 pm
Thursday **Nov 5 - Dec 24** (8 Wks) | 11:15 am - 1:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6



Round Robin competitive play for experienced players - Advance registration is required and limited to 10 players only. Extra players will be put on a wait list. The games are limited to 15 minutes. Note: Drop-In fee is \$6.00 due to limited spots. Late arrivals may miss the games. To cancel your registration, please call:
Friday: Shelene at 780-918-3559
Tuesday: Richard at 780-777-2769
Please call least 24 hours before start time to make substitutions.

PICKLEBALL CLUB ROUND ROBIN

Instructor: Richard LaBranche

Venue: Gymnasium

Class Limit: 20

A **Tuesday** **Sept 8 - Oct 27** (8 Wks) | 10:15 am - 12:30 pm
Friday **Sept 18- Oct 16** (3 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 6 Non-Member: \$ 12
No session Sept 25 & Oct 9

B **Tuesday** **Nov 3 - Dec 22** (8 Wks) | 10:15 am - 12:30 pm
Friday **Nov 6 - Dec 18** (4 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 6 Non-Member: \$ 12 93
No session Nov 11, Nov 13, Nov 27 & Dec 11

CLUBS - SPORTS



PICKLEBALL FRANCOPHONE

Instructor: Nicole Fortin

Venue: Gymnasium

Class Limit: 20

A Thursday Sept 10 - Oct 29 (8 Wks) | 2:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Thursday Nov 5 - Dec 17 (7 Wks) | 2:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

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



TABLE TENNIS CLUB MONDAY

Instructor: Jim Der

Venue: Bonnie Doon

Class Limit: 12

A Monday Sept 14 - Oct 26 (6 Wks) | 3:30 pm - 5:30 pm
Friday Sept 11 - Oct 30 (7 Wks) | 3:30 pm - 5:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Sept 25 and Oct 12

B Monday Nov 2 - Dec 21 (8 Wks) | 3:30 pm - 5:30 pm
Friday Nov 6 - Dec 18 (6 Wks) | 3:30 pm - 5:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Nov 27

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

CLASSES – Day-at-a-Glance

Monday

Program Name	Time	Months	Room	Member Price
Barre Fitness	8:45-9:45	Sept-Oct Nov-Dec	GYM	\$60 \$70
Card Making Fun: Learn, Keep & Contribute Monday	9:00-11:30	Sept-Oct Nov-Dec	FH	\$50 \$50
Yoga for Guys and Gals – Monday Online	9:30-10:30	Sept-Oct Nov-Dec	ONL	\$60 \$70
The Medicine Wheel	9:30-11:30	Sept 14-Oct 26	HLY	\$80
Minding Stress Reduce and Managing Stress in Your Life	9:30-12:00	Sept 14- Sept 28	EDM	Free
Essentrics® - Stretch and Tone Monday	10:00-11:00	Sept-Oct Nov-Dec	GYM	\$60 \$70
Nia: Movement Practice	10:00-11:00	Oct Nov-Dec	STR	\$30 \$70
Nia: Movement Practice Trial	10:00-11:00	Sept 14	STR	\$5
Smudging and Medicine	10:00-12:00	Nov 30	EDM	\$30
Vibration Drum Healing	10:00-12:00	Nov 16	EDM	\$30
Watercolor Therapy	10:00-12:00	Nov 2	EDM	\$30
The Festive Season: Color in Your Wardrobe	10:00-12:00	Nov 9	EDM	\$20
Fit For All – Monday	10:15-11:15	Sept-Oct Nov-Dec	BD	\$50 \$70
Flex and Flow with Arthritis – Monday	11:15-12:15	Sept-Oct Nov-Dec	STR	\$60 \$70
Christmas Tree	12:00-2:00	Nov 2	WRK	\$30
Strong and Steady	12:30-1:30	Sept-Oct Nov-Dec	STR	\$60 \$70
New Season? New Make-up Look!	1:00-3:00	Sept 21	EDM	\$20
FYI: Taking in Blockbuster Events in Our Skies	1:30-3:30	Nov 16	EDM	\$3
Winter Pole Walking Workshop	5:00-7:00	Oct 5	GYM	\$20
Yoga Hatha with Barb Evening	5:30-6:30	Sept-Oct Nov-Dec	STR	\$60 \$70
Pickleball Introduction Evening	5:30-7:00	Sept 14-28	GYM	\$70
Pickleball Player Development Evening	5:30-7:00	Oct 19-Nov 2	GYM	\$70
Line Dance Beginner Monday Evening	6:15-7:15	Sept-Oct Nov-Dec	BD	\$60 \$70

CLASSES – Day-at-a-Glance

Tuesday

Program Name	Time	Months	Room	Member Price
Circuit Training	9:00-10:00	Sept-Oct Nov-Dec	GYM	\$70 \$70
Grief Recovery Method	9:00-11:00	Sept 15- Nov 3	HLY	\$130
Water Marbling Workshop	9:00-12:00	Sept 15	FH	\$75
Yoga with Megan	9:30-10:30	Sept-Oct Nov-Dec	STR	\$70 \$70
Sea Glass Christmas Tree	10:00-12:30	Dec 1	FH	\$60
The Festive Season: Perfect Styles for You	10:00-12:00	Nov 10	EDM	\$20
Beginner Guitar	10:00-11:30	Sept-Oct	IDL	\$90
Beginner Finger Picking for Guitar	10:00-11:30	Nov-Dec	IDL	\$75
Yoga Chair with Megan Tuesday	10:45-11:45	Sept-Oct Nov-Dec	STR	\$70 \$70
Line Dance Intermediate/Experienced	11:00-12:00	Sept-Oct Nov-Dec	BD	\$70 \$70
Drum Making Workshop	12:00-4:30	Oct 20	FH	\$265
Movement/Muscle Mix-Up Formerly 202020	1:00-2:00	Sept-Oct Nov-Dec	BD	\$70 \$70
Drum Demo	1:00-3:00	Oct 6	FH	\$5
Stained Glass – Square Spinner	1:00-4:00	Oct 6	WRK	\$95
Stained Glass – Rain Cloud Spinner	1:00-4:00	Oct 13	WRK	\$95
Stained Glass – Lotus Flower Spinner	1:00-4:00	Oct 20	WRK	\$95
Stained Glass - Snowflake	1:00-4:00	Nov 10	WRK	\$95
Water Marbling Workshop	1:00-4:00	Sept 15	FH	\$75
FYI: Cooperative Memorial Society Session End-of-Life Planning	1:30-3:00	Sept 15	EDM	\$3
FYI: Planning Ahead for Peace of Mind	1:30-3:00	Sept 22	EDM	\$3
FYI: GEF Seniors Housing	1:30-3:00	Sept 29	EDM	\$3
FYI: Hearing Bingo & Info Session	1:30-3:00	Oct 6	EDM	\$3
FYI: Hearing Health Information	1:30-3:00	Oct 20	EDM	\$3
FYI: Glenora Park Retirement Living	1:30-3:00	Oct 27	EDM	\$3
FYI: Vibrant Longevity: Practical Science-Based Strategies for Senior Wellness and Cancer Prevention	1:30-3:00	Nov 3	EDM	\$3
FYI: Winter Prep: Barrier Protection	1:30-3:00	Nov 10	EDM	\$3
FYI: MAID	1:30-3:00	Nov 17	EDM	\$3
FYI: Health Information Protection	1:30-3:00	Nov 24	EDM	\$3
FYI: Retire Like a Pro: Making the Most of Your Retirement Paycheck	1:30-3:00	Dec 8	EDM	\$3

FYI: Preparing for Life Transitions: Getting Your Finances in Good Order	1:30-3:00	Dec 15	EDM	\$3
Essentrics- Gentle Stretch	2:30-3:15	Sept-Oct Nov-Dec	BD	\$52.50 \$52.50
Zumba Gold Chair	4:30-5:30	Sept-Oct Nov-Dec	BD	\$70 \$70
Zumba Gold Evening	5:00-6:00	Sept-Oct Nov-Dec	GYM	\$60 \$70

CLASSES – Day-at-a-Glance

Wednesday

Program Name	Time	Months	Room	Member Price
Clogging Absolute Beginner	9:00-10:00	Sept-Oct Nov-Dec	BD	\$60 \$60
Move Well	9:00-10:00	Sept-Oct	STR	\$60
Card Making Fun: Learn, Keep & Contribute Wednesday	9:00-11:30	Sept-Oct Nov-Dec	FH	\$50 \$50
Red Cardinal	10:00-12:00	Oct 14	WRK	\$ 30
Clogging Intermediate/Experienced	10:15-11:15	Sept-Oct Nov-Dec	BD	\$60 \$60
Cha-Cha Charge	11:00-12:00	Sept-Oct Nov-Dec	STR	\$60 \$60
Drawing Figures	1:00-3:30	Sept-Oct	FH	\$150
Drawing Water and Rivers	1:00-3:30	Nov-Dec	FH	\$150
Ukulele Experienced	1:00-2:30	Sept-Oct Nov-Dec	BD	\$90 \$75
FYI: Wills	1:30-3:00	Sept 16	EDM	\$3
FYI: Gold's Investment Comeback: Is it the Right Time?	1:30-3:00	Sept 23	EDM	\$3
FYI: From Overwhelmed to Read, Simplifying Downsizing	1:30-3:00	Oct 7	EDM	\$3
FYI: Personal Directives and Power of Attorney	1:30-3:30	Oct 14	EDM	\$3
FYI: Mindful Investing– Avoiding Common Investment Mistakes in Retirement	1:30-3:00	Oct 21	EDM	\$3
FYI: Homecare 101	1:30-3:00	Oct 28	EDM	\$3
FYI: Being in Control – Taking on the Responsibilities of Being a Personal Representative, an Attorney and/or Agent	1:30-3:00	Nov 4	EDM	\$3
FYI: Palliative Care a Different Perspective	1:30-3:00	Nov 18	EDM	\$3
FYI: Supporting Your Charities of Choice- The Financials of Charitable Giving	1:30-3:00	Nov 25	EDM	\$3
FYI: Holiday Glow & Confidence Boost	1:30-3:00	Dec 2	EDM	\$3
FYI: Nutrition and Hydration	1:30-3:00	Dec 9	EDM	\$3
FYI: Maintain Your Momentum: Tips for Preventing Falls, Remaining Mobile and Aging Safely in Place	1:30-3:00	Dec 16	EDM	\$3
Body Blitz Evening	4:30-5:30	Sept-Oct Nov-Dec	STR	\$60 \$60
Beyond Nordic Walking	5:00-6:00	Sept-Oct Nov-Dec	GYM	\$50 \$60

ELDOA	6:00-7:00	Sept-Oct Nov-Dec	BD	\$60 \$60
Essentrics Stretch and Tone Wednesday	6:30-7:30	Sept-Oct Nov-Dec	STR	\$60 \$60

CLASSES – Day-at-a-Glance

Thursday

Program Name	Time	Months	Room	Member Price
Tabata	8:45-9:45	Sept-Oct Nov-Dec	GYM	\$70 \$70
R.I.P.P.L.E. Personal Growth Reflections - How do your thoughts, words and actions ripple into your life?	9:30-12:00	Sept 17 Oct 15 Nov 19	HLV	\$15 \$15 \$15
Yoga Flow	9:00-10:00	Sept-Oct Nov-Dec	IDL	\$70 \$70
Yoga for Guys and Gals – Thursday Online	9:30-10:30	Sept-Oct Nov-Dec	ONL	\$70 \$70
Line Dance Beginner Thursday	10:00-11:00	Sept-Oct Nov-Dec	GYM	\$70 \$70
Tai Chi - Yang 24 - Level 1	10:00-11:00	Sept-Oct Nov-Dec	STR	\$70 \$70
FYI: Library Services for Seniors	10:00-11:30	Oct 15	FH	\$3
Android Phone Basics	10:00-12:00	Oct 29	EDM	\$20
Gmail: Cleaning Up and Organizing Your Gmail	10:00-12:00	Oct 15	EDM	\$20
Google Chrome Basics	10:00-12:00	Sept 17	EDM	\$20
Google Maps	10:00-12:00	Nov 19	EDM	\$20
Your Google Account, Contacts and Gmail Basics	10:00-12:00	Oct 1	EDM	\$20
YouTube	10:00-12:00	Nov 5	EDM	\$20
Fit For All – Thursday	10:15-11:15	Sept-Oct Nov-Dec	BD	\$60 \$70
Yoga Laughter	10:15-11:15	Sept 17- Oct 8	IDL	\$40
Pound Fitness	11:45-12:30	Sept-Oct Nov-Dec	BD	\$52.50 \$52.50
Ukulele Beyond Beginner	12:30-2:00	Sept-Oct Nov-Dec	STR	\$90 \$90
Yoga Chair with Megan Thursday	12:45-1:45	Sept-Oct Nov-Dec	BD	\$70 \$70
Watercolour For All Levels	1:00-3:00	Sept-Oct Nov-Dec	FH	\$140 \$140
AI for Everyone	1:00-3:00	Oct 1	EDM	\$20
iPhone Basics	1:00-3:00	Oct 29	EDM	\$20
Google Photo and Google Takeout	1:00-3:00	Nov 19	HLV	\$20
Soapstone Carving Canadian Wolf	1:00-4:00	Oct 22- Nov 5	WRK	\$165

Computer Tutorials	1:00-4:30	Sept 17 & Oct 15 & Nov 5	HLV	\$50
FYI: Advance Care Planning	1:30-3:00	Oct 29	EDM	\$3
Philosophers Café: Parables: A Scandal to Some Foolishness to Others	1:30-3:00	Sept 17	EDM	\$15
Philosophers Café: MAID and the Gifts of Finitude	1:30-3:00	Oct 8	EDM	\$15
Philosophers Café: Iran and the United States: A Shared Political & Spiritual Ethos?	1:30-3:00	Nov 19	EDM	\$15
Philosophers Café: Putting Water in Your Wine: PM Carney, Development, Rights and the Common Good	1:30-3:00	Dec 10	EDM	\$15
Essentrics® - Age Reversing	2:00-3:00	Sept-Oct Nov-Dec	BD	\$70 \$70
Fraud Prevention Workshop	2:00-4:00	Oct 15	TIL	\$5
Not Falling For You	2:15-3:15	Sept-Dec	IDL	Free
Bolly X Evening	6:00-7:00	Sept-Oct Nov-Dec	GYM	\$70 \$70
Vamos Groove and Move	6:00-7:00	Sept-Oct	BD	\$70
Hula Hoop Dance	6:30-7:30	Sept-Oct Nov-Dec	STR	\$70 \$70

CLASSES – Day-at-a-Glance

Friday

Program Name	Time	Months	Room	Member Price
Spanish Beginner	8:45-10:15	Sept-Oct Nov-Dec	EDM	\$75 \$75
Flex and Flow with Arthritis – Friday	9:00-10:00	Sept-Oct Nov-Dec	BD	\$60 \$60
Balanced Beats	9:30-10:30	Sept-Oct Nov-Dec	GYM	\$60 \$60
Yoga for Guys and Gals – Friday Online	9:30-10:30	Sept-Oct Nov-Dec	ONL	\$70 \$70
Clutter is Not a Crime... It's an Inside Job with Lynn Fraser	9:30-11:30	Sept 18	IDL	\$20
Acrylic Painting	10:00-12:00	Sept-Oct Nov-Dec	FH	\$120 \$120
Tai Chi - Yang 24 - Level 2	10:00-11:00	Sept-Oct Nov-Dec	STR	\$60 \$60
Flavors of the Orient Fruit Tour	10:30-12:00	Oct 23	EDM	\$25
Spanish Conversation	10:30-12:00	Sept-Oct Nov-Dec	EDM	\$90 \$90
Friday Power Hour	10:45-11:45	Sept-Oct Nov-Dec	BD	\$60 \$60
Essentrics® - Stretch and Tone Friday	12:00-1:00	Sept-Oct Nov-Dec	BD	\$60 \$60
Ukulele Beginner	12:30-2:00	Sept-Oct Nov-Dec	STR	\$90 \$75
New Season? New Skin Care!	1:00-3:00	Sept 18	EDM	\$20
Bas Relief	1:00-4:00	Oct 9 & 16	FH	\$100
Northern Lights	1:00-4:00	Nov 6	FH	\$55
Ukulele Absolute Beginner	2:30-4:00	Sept-Dec	STR	\$165

CLUBS – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Monday				
Badminton Club Monday	11:30-1:30	Sept-Dec	GYM	\$3
Accidental Drama Club	12:00-2:00	Sept-Dec	HLR	\$3
Quilting and Crafting Club	12:30-3:00	Sept-Dec	FH	\$3
Contract Bridge Club	12:30-3:30	Sept-Dec	IDY	\$3
Pickleball Club Drop In Monday	2:00-4:30	Sept-Dec	GYM	\$3
Contract Bridge Club Lessons	3:30-4:30	Sept-Oct	IDY	\$3
Table Tennis Club Monday	3:30-5:30	Sept-Dec	BD	\$3
Tuesday				
Woodcarving Club Tuesday	9:00-11:30	Sept-Dec	WKS	\$3
Pickleball Club Round Robin Tuesday	10:15-12:30	Sept-Dec	GYM	\$6
Writer's Corner Club	1:00-3:00	Sept-Dec	IDY	\$3
Guitar Club	1:00-4:00	Sept-Dec	STR	\$3
Melody Singers Club	1:00-3:00	Sept-Dec	GYM	\$3
Book Club Tuesday (2nd Tues of Month)	2:00-3:00	Sept-Oct	HLR	\$3
Wednesday				
Badminton Club Wednesday	9:00-12:00	Sept-Dec	GYM	\$3
French Conversation Club	10:30-12:30	Sept-Dec	HLR	\$3
Floor Curling Club	12:30-3:30	Sept-Dec	GYM	\$3
Hand and Foot Canasta Club	12:45-3:30	Sept-Dec	IDY	\$3
Soapstone Carving Club	1:00-3:00	Oct Nov-Dec	WKS	\$3
Euchre Club	1:00-3:00	Sept-Dec	HLR	\$3
TCB - A Performance Band Club	1:00-4:00	Sept-Dec	STR	\$3
Kaiser Club	3:15-5:15	Sept-Dec	HLR	\$3
Travel Club (4 th Week of the Month)	3:30-4:30	Sept-Dec	TIL	\$3

CLUBS – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Thursday				
Woodcarving Club Thursday	9:00-11:30	Sept-Dec	WKS	\$3
Pickleball Club Drop In Thursday	11:15-1:30	Sept-Dec	GYM	\$3
Book Club Thursday (1 st Thurs of Month)	1:00-2:00	Sept-Oct	HLR	\$3
Pickleball Francophone	2:00-4:00	Sept-Dec	GYM	\$3
Friday				
Badminton Club Friday	10:45-12:45	Sept-Dec	GYM	\$3
Cribbage Club	12:45-3:30	Sept-Oct	IDY	\$3
Table Tennis Club Friday	3:30-5:30	Sept-Dec	BD	\$3
Board Game Club (1 st and 3 rd Fri of Month)	5:30-8:30	Sept-Dec	TIL	\$3
Jam Session Club	6:00-8:45	Sept-Dec	STR	\$3
Pickleball Club Round Robin Friday (1 st & 3 rd Fri of Month)	6:00-8:45	Sept-Dec	GYM	\$6
Badminton Club Friday Evening (2 nd & 4 th Fri of month)	6:00-8:45	Sept-Dec	GYM	\$3
Badminton Club Friday Evening (every Fri)				

Activity Registration Form

Drop off Activity Registration forms will be processed in the order they were received beginning at **1:00 pm** on August 4 and October 13. There is **no guarantee** of a spot in the class with registration drop off if class limits have already been met.



Activity Registration Form

Name: _____ Phone #: _____

Office Use	ACTIVITY NAME	DAY of Activity	DATE of Activity	AMOUNT
<i>(Office use only)</i>			TOTAL	

Membership Type: _____

Wallet Balance =: _____

Receipt #: _____ Issued by: _____ Date: _____

Receipt Required: Yes ☐ No ☐

Payment method: Cash / Cheque / Debit / Credit Card / Wallet *(circle all that apply)*

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

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

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

PAYMENT OPTIONS:

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

Credit Card Number

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

Name on card _____

CONTACT US



SEESA (SOUTH EAST EDMONTON SENIORS ASSOCIATION)

Charitable Number: 11915724 RR 0001

9350 82 Street NW, Edmonton, AB T6C 2X8

Phone: 780.468.1985

Email: info@seesa.ca

Website: www.seesa.ca

Facebook: @SEESAActivityCentre

Instagram: @SEESA_Activity_Centre

Linked In: @southeastmontonseniorsassociation

Closed Weekends and Statutory Holidays



Use this QR Code to access SEESA's website.

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

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