



PROGRAM GUIDE

FOR CLASSES & CLUBS / JANUARY 5 - MAY 1, 2026

Session 1 - Jan 5 - Feb 27 2026

Session 2 - Mar 2 - May 1 2026

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



Online and In-person

Session 1- January-February
Tuesday, December 2 at 9:15am
(Last Day to Register: Jan 9)

Session 2- March-April
Tuesday, February 10 at 9:15am
(Last Day to Register: Feb 27)

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✉ info@seesa.ca

🌐 www.seesa.ca

SEESA
You belong here

Table of Contents

ABOUT SEESA.....	3
FEES & BENEFITS.....	4
OUTREACH AND HOME SUPPORTS PROGRAM.....	5
WAYS TO REGISTER.....	6
CHANGES, CANCELLATIONS AND WAITLIST.....	8
REFUNDS.....	9
CHECK IN KIOSK.....	9
ART & CRAFT CLASSES.....	10-19
DANCE FITNESS CLASSES.....	20-24
FYI SEMINARS CLASSES.....	25-32
GENERAL INTEREST CLASSES.....	33-37
MUSIC CLASSES.....	38-41
PHYSICAL FITNESS CLASSES.....	42-60
CLUBS.....	61-75
DAY AT A GLANCE - CLASSES.....	76-80
DAY AT A GLANCE - CLUBS.....	81
ACTIVITY REGISTRATION FORM.....	82

Special Thanks to Digitex for printing support





ABOUT SEESA

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

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

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

VISION

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

MISSION

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

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

2025/2026 Fees & Benefits

Fees & Benefits	55+ Regular Member	35-54 years Associate Member	Lifetime Members	Reciprocal Members*	Non-Members
2026 Annual Fee (effective January 1, 2026)	\$40	\$55	Free	\$10	N/A
Drop-in Fee:1 Hour	\$14	\$14	\$14	\$14	\$16
Drop-in Fee:1 Club Meeting	\$3	\$3	\$3	\$3	\$6
10 pack Club Drop-in	\$30	\$30	\$30	\$30	\$60
Fitness Room Access	\$100/ year	\$100/ year	\$100/ year	\$100/ year	\$200/ year
FYI Seminar 1 seminar	\$3	\$3	\$3	\$3	\$3
Email Updates	Yes	Yes	Yes	Yes	No
Member Rates at SEESA for Classes, Seminars, Events	Yes	Yes	Yes	Yes	No
Tillie's Café Access	Yes	Yes	Yes	Yes	Yes
Voting Privileges	Yes	No	Yes	No	No

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

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



SENIORS COORDINATED OUTREACH AND HOME SUPPORTS PROGRAM

SEESA has partnered with Edmonton Seniors Coordinating Council and Jewish Family Services to host an Outreach Worker from Seniors Home Support Program.

This service will be at SEESA on the:

- first Wednesday of each month from 9:00am to 12:00pm
- last Monday of each month from 1:00pm to 4:00 pm.

You can visit with the Outreach Worker in the Capilano Room.

You can also connect with Brandon, the Southeast Coordinator, by calling 780.454.1194 or by emailing info@jfse.org.

The Seniors Home Supports Program gives seniors referrals to screened businesses which offer:

- Snow Removal: remove snow and put down anti-slip material to cover icy spots (not chipping ice)
- Yard Help: mow lawn and do spring/fall cleanup including tree removal, trimming, etc. and gate, sidewalk and concrete repairs
- Housekeeping: vacuum, wash floors, clean bathrooms, do laundry, dust, clean the fridge
- Home Repair and Maintenance: includes minor repair, electrical, plumbing, painting, furnace and appliance repair, handyman, roofing/eavestrough, deck and railing repairs, window cleaning (not major renovations)
- Personal Services: includes hair care, foot care, medi-alert, home and respite care (personal care, homemaking, nursing care, companionship, accompanied transportation)
- Moving Help: organizing, junk removal, downsizing



WAYS TO REGISTER

Online and In-Person Registration starts at 9:15am Tuesday, December 2 for Session 1 - January - February and Tuesday, February 10 for Session 2 - March-April.



ONLINE REGISTRATION

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

Visit seesa.ca, 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.

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 December 2 and February 10 head to Tillies 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.

REGISTRATION DROP OFF

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

Forms will be processed in the order received, starting at 1:00 pm on December 2 and February 10 . 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 December 2 and February 10. 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 a cozy breakfast, a delicious lunch, or just a place to unwind, we've got you covered!

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

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

- Lunch Service: 11:30 am – 1:00 pm

Enjoy a satisfying, flavorful lunch prepared by Chef Cherie. Lunch 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!

CLASSES VS. CLUBS

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

CLASS REGISTRATIONS

- The cut off for class registrations is **Jan 9** for Session 1 and **Feb 27** for Session 2

PAYMENT AND CONFIRMATION

- Registration is not complete until full payment is processed.
- To avoid lineups and delays in registering, please register online. Ask a trusted friend, family member, or call 780.468.1985 the SEESA office for help if you need assistance.

CLUB TICKET PRICES

- Club attendance is managed by tickets that are purchased at the Front Desk.
- Members' single drop-in tickets are \$3.00 and \$30.00 for a 10-pack.
- Non-Members single drop-in tickets are \$6.00 and \$60.00 for a 10-pack.

DROP-IN

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

WAIT LISTS

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

CLASS CHANGES & CANCELLATIONS

- Avoid disappointment and **register early**.
- Dates, times, fees, and instructors may change after the program guide is published. For the most up to date information, check <http://www.seesa.ca>.
- A class may be cancelled if the minimum number of participants 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.

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

List of supplies can be found at the front desk

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 Jan 16 - Feb 27 (7 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: \$140 Non-Member: \$182
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a

B Friday Mar 6 - May 1 (7 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: \$140 Non-Member: \$182
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a
 No session Apr 3 & Apr 10



BEGINNER MANDALA DOT ART PAINTED STONE

Instructor: Sonja Idema

Venue: Workshop

Class Limit: 12

Discover the calming art of Mandala Dot Painting in this beginner-friendly class. Learn to use dotting tools with acrylics, practice creating dots and patterns, and apply your skills to paint a beautiful mandala stone. Finish by sealing your artwork to create a lasting, polished piece to take home. All supplies are included.

A Monday Jan 26 (1 Day) | 1:00 pm - 4:00 pm
Session Fee: Member: \$50 Non-Member: \$60
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a



BEAUTIFUL BIRDHOUSE WORKSHOP

Instructor: Shantel Toma

Venue: Workshop

Class Limit: 12

Get creative and bring a splash of colour to your backyard. We'll start with a fully constructed and functional birdhouse, we'll paint and mod podge stunning floral fabric cutouts to complete your birdhouse for your feathered friends. Perfect for all skill levels. Instruction and all materials included.

B Wednesday Mar 11 (1 Day) | 9:30 am - 11:30 am
Session Fee: Member: \$ 60 Non-Member: \$ 70
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a



CARTOONING FOR FUN!

Instructor: Valdis Gislason

Venue: Forest Heights

Class Limit: 13

List of supplies can be found at the front desk

Want to laugh while you enhance your ability to draw and think creatively? Anyone can do it. Try cartooning and you will learn to overcome artistic inertia and fear of failure. You will also learn to draw without hesitation and have fun while creating cartoons that will both surprise and amuse. The instructor will systematically introduce cartooning techniques, exercises, and projects that will unleash creativity and make drawing fun. No rulers allowed.

B Tuesday Mar 24 - Apr 14 (4 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: \$ 120 Non-Member: \$ 156
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a 11



DECORATIVE WOOD GNOMES

Instructor: Shantel Toma

Venue: Workshop

Class Limit: 12

A Wednesday Jan 21 (1 Day) | 9:30 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: \$ 60
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a

Enjoy a fun, hands on gnome crafting session designed for all skill levels. With paint colour choices and an assortment of embellishments, you'll bring your gnome trio to life! Instruction and all supplies included.



DECORATIVE RAFIA WREATH

Instructor: Shantel Toma

Venue: Workshop

Class Limit: 12

A Wednesday Feb 25 (1 Day) | 9:30 am - 11:30 am
Session Fee: Member: \$ 60 Non-Member: \$ 70
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a

Join us for a creative and decorative wreath making class where you'll design your own beautiful wreath to take home and enjoy. You'll be guided, step by step, while attaching rafia and decorative materials until your wreath is complete. Instruction and all supplies included.



DRAWING: HOW TO DRAW DIFFERENT KINDS OF TREES

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

List of supplies can be found at the front desk

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

A **Wednesday Jan 14 - Feb 25** (7 Wks) | 1:00 pm - 3:30 pm
Session Fee: Member: \$175 Non-Member: \$ 227.50
Class Drop-in Fee: Member: \$ 28 Non-Member: \$ 32



DRAWING: HOW TO DRAW PETS WITH AN ACADEMIC APPROACH

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

List of supplies can be found at the front desk

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

B **Wednesday Mar 4 - Apr 29** (8 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: \$160 Non-Member: \$ 208
Class Drop-in Fee: Member: \$ 28 Non-Member: \$ 32
 No session Apr 22 13



Build on your dot art skills in this calming, creative class for next-level beginners and intermediates. Refresh your techniques with dotting tools and acrylics, practice new patterns, and apply them step-by-step to create a stunning mandala tealight. Learn finishing and sealing methods to preserve your handcrafted piece

INTERMEDIATE MANDALA DOT ART PAINTED TEA LIGHT

Instructor: Sonja Idema
Venue: Workshop
Class Limit: 13

B Monday Mar 16 (1 Day) | 1:00 pm - 4:00 pm
Session Fee: Member: \$ 50 Non-Member: \$ 60
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a



Discover the joy of creating with clay in our Pottery: Beginner Clay Hand building class. In four weekly sessions, you'll learn to shape simple clay into beautiful pieces like animals, plates, mugs, or seasonal items. A relaxing, mindful experience where you'll take home three unique creations. All supplies included.

POTTERY: BEGINNER CLAY HAND BUILDING

Instructor: Molly Lim
Venue: Forest Heights
Class Limit: 13

B Thursday Mar 5 - Mar 26 (4 Wks) | 9:00 am - 12:00 pm
Session Fee: Member: \$ 140 Non-Member: \$ 150
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a



In this 2-hour class, you will learn how to: stain watercolor paper to resemble burnished wood, understand values and how they impact your composition, and create stunning greeting cards. All materials to make 4 cards with envelopes are provided—just bring an apron and a willingness to try something new!

PAINTING WITH COFFEE- CARD MAKING

Instructor: Linda Finstad

Venue: Forest Heights

Class Limit: 13

B Friday Mar 20 (1 Day) | 1:00 pm - 3:00pm

Session Fee: Member: \$45 Non-Member: \$55

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



Join Sharon for this fun workshop where she will take you step by step to create your own beautiful flying 3D hummingbird. All supplies included (pre-cut glass pieces). No prior experience required.

STAINED GLASS- FLYING 3D HUMMINGBIRD

Instructor: Sharon Tomljenovich

Venue: Workshop

Class Limit: 13

A Tuesday Feb 17 (1 Day) | 1:00 pm - 4:00 pm

Session Fee: Member: \$95 Non-Member: \$105

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



STAINED GLASS- MOSAIC

Instructor: Sharon Tomljenovich

Venue: Workshop

Class Limit: 13

A **Tuesday Jan 20 - Jan 27** (2 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: \$100 Non-Member: \$110
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a

Join us and learn how to Mosaic! Use your imagination, find a picture of what you would like to mosaic. Mosaic is a 6×6 glass on porcelain tile. Bring eye protection (a must have) and gloves if you choose. All supplies are included.



STAINED GLASS- FLOATING DRAGONFLY OVER LILY PAD

Instructor: Sharon Tomljenovich

Venue: Workshop

Class Limit: 13

B **Tuesday Mar 10** (1 Day) | 1:00 pm - 4:00 pm
Session Fee: Member: \$95 Non-Member: \$105
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a

Join Sharon for this fun workshop where she will take you step by step to create your own floating dragonfly over a lily pad. All supplies included (pre-cut glass pieces). No prior experience required.



TEXTURED BIRCH TREES

Instructor: Linda Finstad

Venue: Forest Heights

Class Limit: 13

A Friday Feb 27 (1 Day) | 1:00 pm - 3:00 pm
Session Fee: Member: \$ 55 Non-Member: \$ 65
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a

In this class you will learn how to create a textured background using tissue paper, learn how to create depth in the forest, introduce directional light, how to paint birch trees and use a fan brush.. All supplies are included. All you need is to bring an apron.



WATERCOLOUR FOR ALL LEVELS

Instructor: Willie Wong

Venue: Forest Heights

Class Limit: 13

List of supplies can be found at the front desk

A Thursday Jan 15 - Feb 26 (6 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: \$ 120 Non-Member: \$ 156
Class Drop-in Fee: Member: \$ 28 Non-Member: \$ 32
 No session Feb 5

B Thursday Mar 5 - Apr 30 (9 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: \$ 180 Non-Member: \$ 234
Class Drop-in Fee: Member: \$ 28 Non-Member: \$ 32 17

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.



Learn the ancient art of water marbling—floating paint on water to create unique patterns, then transferring them to paper or fabric. In this workshop, explore basic techniques using rakes, combs, and brushes, then design your own 14"x72" silk scarf. No experience needed—all supplies included!

WATER MARBLING

Instructor: Karen

Venue: Forest Heights

Class Limit: 6



Tuesday Jan 13 (1 Day) | 9:00 am - 12:00 pm

Session Fee: Member: \$ 75 Non-Member: \$ 85

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

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, Graham, is happy to help!

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

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

CRAFTS



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.

CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE MONDAY

Instructor: Donna Fountain

Venue: Forest Heights

Class Limit: 8

- A Monday Jan 12 - Feb 9** (5 Wks) | 9:00 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: \$ n/a
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a
- B Monday Apr 13 - May 11** (5 Wks) | 9:00 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: \$ n/a
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a



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.

CARD MAKING FUN: LEARN, KEEP & CONTRIBUTE WEDNESDAY

Instructor: Donna Fountain

Venue: Forest Heights

Class Limit: 8

- A Wednesday Jan 14 - Feb 11** (5 Wks) | 9:00 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: \$ n/a
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a
- B Wednesday Apr 1 - May 6** (6 Wks) | 9:00 am - 11:30 am
Session Fee: Member: \$ 50 Non-Member: \$ n/a
Class Drop-in Fee: Member: \$ n/a Non-Member: \$ n/a



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 Jan 16 - Feb 27 (7 Wks) 9:30 am - 10:30 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Friday Mar 6 - May 1 (7 Wks) 9:30 am - 10:30 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

No session Apr 3 and 10

Venue: Gymnasium

Class Limit: 25

BOLLY X

Instructor: Mousumi Mukherjee

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

A	Thursday Jan 15 - Feb 26 (7 Wks) 6:00 pm - 7:00 pm		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Thursday Mar 5 - Apr 30 (9 Wks) 6:00 pm - 7:00 pm		
		Member:	Non-Member:
	Session Fee:	\$90	\$117
	Class Drop-in Fee:	\$14	\$16

Venue: Gymnasium

Class Limit: 25



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 Jan 14 - Feb 25 (7 Wks) 9:00 am - 10:00 am		
	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$n/a	\$n/a

B Wednesday Mar 4 - Apr 29 (9 Wks) 9:00 am - 10:00 am		
	Member:	Non-Member:
Session Fee:	\$90	\$117
Class Drop-in Fee:	\$n/a	\$n/a

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 Jan 14 - Feb 25 (7 Wks) 10:15 am - 11:15 am		
	Member:	Non-Member:
Session Fee:	\$70	\$91
Class Drop-in Fee:	\$n/a	\$n/a

B Wednesday Mar 4 - Apr 29 (9 Wks) 10:15 am - 11:15 am		
	Member:	Non-Member:
Session Fee:	\$90	\$117
Class Drop-in Fee:	\$n/a	\$n/a

Venue: Bonnie Doon

Class Limit:12



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**
Jan 14 - Feb 25 (7 Wks) | 11:00 am - 12:00 pm

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

B **Wednesday**
Mar 4 - Apr 29 (9 Wks) | 11:00 am - 12:00 pm

	Member:	Non-Member:
Session Fee:	\$90	\$117
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12

Foot Care Clinic

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



LINE DANCE BEGINNER MONDAY

Instructor: Tracy Walters

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

A Monday
Jan 12 - Feb 23 (6 Wks) | 6:15 pm - 7:15 pm

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 6:15 pm - 7:15 pm

	Member:	Non-Member:
Session Fee:	\$80	\$104
Class Drop-in Fee:	\$14	\$16

No session Apr 6

Venue: Bonnie Doon

Class Limit: 12

LINE DANCE BEGINNER THURSDAY

Instructor: Tracy Walters

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

A Thursday
Jan 15 - Feb 26 (7 Wks) | 10:00 am - 11:00 am

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

B Thursday
Mar 5 - Apr 30 (9 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	\$90	\$117
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 Jan 13 - Feb 24 (7 Wks) 11:00 am - 12:00 pm		
		Member:	Non-Member:
Session Fee:		\$70	\$91
Class Drop-in Fee:		\$n/a	\$n/a

B	Tuesday Mar 3 - Apr 28 (9 Wks) 11:00 am - 12:00 pm		
		Member:	Non-Member:
Session Fee:		\$90	\$117
Class Drop-in Fee:		\$n/a	\$n/a

Venue: Bonnie Doon

Class Limit: 12

ZUMBA GOLD

Instructor: Melanie Kidder

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

A	Tuesday Jan 13 - Feb 24 (7 Wks) 5:00 pm - 6:00 pm		
		Member:	Non-Member:
Session Fee:		\$70	\$91
Class Drop-in Fee:		\$14	\$16

B	Tuesday Mar 3 - Apr 28 (8 Wks) 5:00 pm - 6:00 pm		
		Member:	Non-Member:
Session Fee:		\$80	\$104
Class Drop-in Fee:		\$14	\$16

No session Mar 10

Venue: Gymnasium

Class Limit: 30

FYI: STAYING INDEPENDENT AND COMFORTABLE AT HOME**\$3.00****Instructor:** Sarah Bartkus

Learn about practical tools and equipment that can make everyday life a little easier and safer. Presented by Congdon's Aids to Daily Living, this session shares simple ways to support comfort, confidence, and independence at home.

Date: Jan 13 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20**FYI: ESTATE PLANNING- WILLS****\$3.00****Instructor:** Shelley Smith

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

Date: Jan 14 | 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 clocked out for the last time—now let's make sure your money clocks in! Join Jonathan Lesyk, Financial Advisor with Raymond James, for a fun, practical session on turning your retirement savings into reliable income. Learn how to combine CPP, OAS, pensions, RRSPs & more in a smart, tax-efficient plan that works for you.

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

FYI: ANNUAL 2025 GLOBAL FINANCIAL MARKET REVIEW**Instructor:** Wei Woo

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

\$3.00**Date:** Jan 21 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20**FYI: BRINGING SIGHT TO YOUR SITE!****Instructor:** Berekti Crapo

Join Licensed Optician and owner of Eye Roll for an interactive session on eye care and vision health. Discover everyday habits that help protect your eyesight, how to spot common signs of vision changes, and tips for finding the right frames for comfort and style. With Eye Roll's mobile optical service, expert care comes directly to you making it easier than ever to stay active, independent, and see clearly.

\$3.00**Date:** Jan 27 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20**FYI: DEFINING THE DIFFERENCES IN HOME CARE FOR SENIORS****Instructor:** Tracy Shaw-Ache

Join us for an informative session presented by Home Instead, exploring the various types of in-home care services available for seniors. Learn about the benefits of aging in place, key questions to ask when evaluating providers, and the financial considerations—including funded care options. Discover how compassionate, personalized care can make all the difference in helping seniors live safely and comfortably at home.

\$3.00**Date:** Jan 28 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: FALL PREVENTION**Instructor:** Angela Anderson

This interactive session explores how to make your home safer, when to consider mobility or medical equipment, and who to contact for support. Learn about financial resources like AADL and private benefits, and discover how compression and bracing can help manage arthritis. Includes hands-on activities such as equipment demos and role-play scenarios to prepare for real-life care situations.

\$3.00**Date:** Feb 3 | **1:30 pm - 3:00 pm** | **Venue:** Edmonton | **Class Limit:** 20**FYI: ESTATE PLANNING – PERSONAL DIRECTIVES AND POWER OF ATTORNEY****Instructor:** Shelley Smith

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

\$3.00**Date:** Feb 4 | **1:30 pm - 3:00 pm** | **Venue:** Edmonton | **Class Limit:** 20**FYI: HELPFUL HAND****Instructor:** Tracey Fraser

Did you know you have a choice of who comes into your home to help you? At "A Helpful Hand" we provide flexible, respectful in-home support tailored to each person's routines, preferences, and cultural needs. Families get reliable care and clear communication while the person receiving care stays independent and valued. Less stress and more living!

\$3.00**Date:** Feb 11 | **1:30 pm - 3:00 pm** | **Venue:** Edmonton | **Class Limit:** 20

FYI: CIVIDA**Instructor:** Connie Knutson

Civida is one of Alberta's largest housing management bodies, overseeing more than 5,300 homes across Edmonton and administering rent subsidies for over 3,000 households each month. I'll be sharing information about our four main programs – Community Housing, Mixed Income, Near Market, and Housing Benefit – including how to apply and what it means to be a tenant with Civida.

\$3.00**Date:** Feb 17 | **1:30 pm - 3:00 pm** | **Venue:** Edmonton | **Class Limit:** 20**FYI: ROMANCE SCAMS AND YOUR FINANCES****Instructor:** Wei Woo

Seniors face growing romance and investment scams powered by AI, making them harder to detect. Join Wei Woo to learn how to spot red flags, understand how scammers use AI, and protect your finances and peace of mind. Gain practical tips to stay safe and help others avoid these tech-savvy traps.

\$3.00**Date:** Feb 18 | **1:30 pm - 3:00 pm** | **Venue:** Edmonton | **Class Limit:** 20**FYI: DEMENTIA 101 – UNDERSTANDING MEMORY, MIND, AND CONNECTION****Instructor:** Rik

Join us for an engaging session presented by Qualicare Edmonton South. Learn about dementia – what it is, common signs and symptoms, how it affects the brain, and practical ways to communicate and support those living with it. Gain valuable insight into promoting safety, compassion, and quality of life for individuals and families impacted by dementia.

\$3.00**Date:** Feb 24 | **1:30 pm - 3:00 pm** | **Venue:** Edmonton | **Class Limit:** 20

FYI: LIVING WELL AT HOME: HOME CARE SUPPORTS INDEPENDENCE**\$3.00****Instructor:** Antionette Quach

CBI Home Health speaks about how they can help seniors across Edmonton stay safe and independent at home through personalized care, trusted professionals, and compassionate support. This session will also walk through the process of how to get started with home care – from understanding your options to arranging the right supports for you or your loved one.

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

FYI: SMARTPHONE BOOT CAMP**\$3.00****Instructor:** Tracey Fraser

We are excited to launch a complementary program designed to help individuals unlock the potential of technology, accessible and enjoyable for everyone, regardless of prior experience. Sessions will run for approximately 45 minutes (depending on the flow of the class). Led by non-IT professionals with real-world smartphone experience, the program will provide hands-on guidance on essential applications, including: Using QR codes and there's an app for that.

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

FYI: PLAN TODAY/PEACE FOR TOMORROW**\$3.00****Instructor:** Sarah Bailey

Our presentation, “Plan Today—Peace for Tomorrow,” will discuss the duties of your Power of Attorney, Personal Directive Agent, and Executor, and review the emotional and financial benefits of preplanning your final arrangements.

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

FYI: HEALTHCARE OPTIONS FOR AGING ALBERTANS**\$3.00****Instructor:** Izabella Roth

Alberta offers a comprehensive system of healthcare services and support for its aging population. From publicly funded care to private and community-based programs, this presentation will explore the diverse range of options available to help seniors in Alberta maintain their health and independence.

Date: Mar 10 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20**FYI: AGING IN PLACE – THE SOLUTION IS IN YOUR OWN BACKYARD WITH SPECIAL GUEST ADAM ARSENAULT****\$3.00****Instructor:** Shelley Smith

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

Date: Mar 11 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20**FYI: INVESTING MYTHS AND REALITIES****\$3.00****Instructor:** Wei Woo

Are you ready to separate fact from fiction in the world of investing? Join us for an engaging seminar where we'll debunk common investing myths and uncover the realities that every investor should know. Whether you're a seasoned investor looking to refresh and update your knowledge, or just starting your investment journey in the financial markets due to the now much lowered GIC rates compared to the past 2 years, this seminar will equip you with valuable and modern insights to make informed decisions.

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

FYI: SHARPEN YOUR DEFENSES AGAINST FINANCIAL FRAUD!**\$3.00****Instructor:** Jonathan Leskey

Fraudsters are sneaky. New scams appear every day. Tactics are becoming more convincing. It's time for us to get (and stay) a step ahead of them. Join Jonathan Lesyk – Financial Advisor with Raymond James – for a conversation on what scams remain a threat in the financial world and helpful tips on how to protect yourself from falling into a trap

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

FYI: BEING IN CONTROL – TAKING ON THE RESPONSIBILITY OF BEING A PERSONAL REPRESENTATIVE, AN ATTORNEY, AND/OR AN AGENT.**\$3.00****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: Apr 8 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: SPEAK WITH EXPERTS**\$3.00****Instructor:** Sarah Bailey

Come meet Sarah Bailey with Trinity Funeral Home and Bob Donaldson with EstateWise to ask all your questions about how to prepare your representatives to fulfill their roles as Power of Attorney, Healthcare Agent, and Executor. These two experts will offer their expertise and experience. Invite your representatives to join you for this informative event.

Date: Apr 15 | 5:30 pm - 7:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: WHAT YOU NEED TO KNOW ABOUT BUCKET LIST PLANNING, CUSTOM TRIPS AND EUROPE 2026, NEW TRAVEL RULES, AS WELL AS BEST PACKING TIPS

Instructor: Mary Webber

Whether you're a new or experienced solo traveler, a Travel Professional can help you make the most of your vacation. Learn about vacation styles, tour types, ocean vs. river cruises, and new Europe travel rules for 2026. Get packing tips and discover why early planning is key—2026 trips are already selling out

\$3.00

Date: Apr 21 | 1:30 pm - 3:00 pm | **Venue:** Edmonton

| **Class Limit:** 20

REUSE AND BOOK SALE

Saturday April 11, 10AM-3PM

Sunday April 12, 11AM-2PM

Donations

Monday to Friday 9:00am-4:00pm

March 28 & April 4 10:00am-3:00pm

Starting March 25, ending April 9th at Noon

9350-82St NW at SEESA's South Doors



GENERAL INTEREST

ART READING

Instructor: Mah'koos

In this course, participants will create three drawings – one of themselves, one of their family doing an activity, and one imagining where they'll be in five years. No artistic skill is required! Together, we'll explore and reflect on the meaning behind each drawing.

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

Member Fee: \$30

Non-Member Fee: \$40

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: Mar 31 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$20

Non-Member Fee: \$30

BOOSTING YOUR BRAIN HEALTH

Instructor: Rebecca Todor

Explore how lifestyle and health impact your brain, discover ways to support brain health, and set meaningful daily goals. Free AHS program. Not suitable for those with dementia, cognitive impairment, or brain injury.

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

Member Fee: Register by calling 7803428302

GENERAL INTEREST

GENEALOGY: AN INTRODUCTION

Instructor: Kathleen Rae

This beginner course covers genealogy basics, including pedigree charts, family group sheets, and how to use Family Tree Maker 2019. Learn to collect and save records, explore related books, view real documents, and discover research resources in Edmonton and beyond. Manual included in fee.

Date: Jan 16 | 1:00 pm - 4:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$60

Non-Member Fee: \$70

GENEALOGY: ON THE INTERNET

Instructor: Kathleen Rae

This session explores major genealogy databases, including free options beyond Ancestry. Learn to post queries, use Facebook for research, and try tools like Google Translate. We'll cover privacy laws in Canada vs. other countries. Bring your family names and dates. Manual included in fee.

Date: Feb 20 | 1:00 pm - 4:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$60

Non-Member Fee: \$70

GENEALOGY: AN INTRODUCTION TO DNA AND GENEALOGY

Instructor: Kathleem Rae

Curious about DNA testing for genealogy? This beginner workshop with genealogist Kathleen Rae uses her own DNA results to show what's possible. Learn about major testing sites, how to use your results, key strategies, ethical concerns, and how companies handle your data. Manual included in fee.

Date: Mar 20 | 1:00 pm - 4:00 pm | **Venue:** Edmonton | **Class Limit:** 10

Member Fee: \$60

Non-Member Fee: \$70

GENERAL INTEREST

GIT-R-DONE WITH GOOGLE!

Instructor: Shawn Gramiak

Need help managing your Gmail or using other Google tools? In this series of three two-hour sessions, you'll learn how to organize your Contacts, create and share documents with Google Docs and Drive, make YouTube playlists, and navigate with Google Maps. All you need is a laptop and a Gmail account—classes run April 7, 14, and 28.

Date: Apr 7-28
(No Apr 21) | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$40

Non-Member Fee: \$50

GRIEF RECOVERY

Instructor: Kate Steidl

If you have breath, you have grief. Grief is the natural response to loss—of a person, job, trust, safety, health, or faith. We often try to ease it by analyzing or solving it, but like painting with a hammer, that doesn't work. The Grief Recovery Method offers the right tools through an eight-session, step-by-step action program to process pain and move forward from past, present, and future losses. \$25 handbook fee included.

Date: Jan 13-Mar 3 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 6

Member Fee: \$135

Non-Member Fee: \$145

"MORE OR LESS? LESS IS MORE" 2 SERIES SESSION

Instructor: Lynn Fraser

Clutter Is Not A Crime... It's An Inside Job & The Upside of Downsizing with Lynn Fraser
Feeling embarrassed by clutter or overwhelmed by too much stuff? Lynn helps you start, stay motivated, and enjoy the process with her Top 10 Checklist, practical tools, and holistic strategies. Then, discover The Upside of Downsizing—Lynn's four-step reflective process, inspiring stories, and practical tips to prepare for your future home with ease and confidence

Date: Mar 9& 23
(No Mar 16) | 1:30 pm - 3:30 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$25

Non-Member Fee: \$35

GENERAL INTEREST

PHILOSOPHERS CAFÉ: NEIGHBOURLINESS, FRIENDSHIP AND REDEEMING POLITICAL 'ENEMIES'

Instructor: David Goa

In a time of spiraling animosity, is neighbourliness and political friendship possible? What is required of each of us to maintain a democratic society? What disposition and skills are called for when we face virulent political animosity?

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

Member Fee: \$15

Non-Member Fee: \$20

PHILOSOPHERS CAFÉ: THE LOSS OF CULTURE AND THE CIVIL LIFE

Instructor: David Goa

The first order of suffering is personal. The second order is seeing others suffer. Is there a third order of suffering, that odd and hard to identify suffering when we experience the loss of political aspirations, of what we thought was our social progress and how we imagined our civil life unfolding? Do Libanius (314 – c.392) and Hypatia (+415), the last of the great philosophers of pagan Rome and witnesses to its end, have something to teach us as we fear an end?

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

Member Fee: \$15

Non-Member Fee: \$20

PHILOSOPHERS CAFÉ: THE VALUES OF OUR 24TH PRIME MINISTER

Instructor: David Goa

Canada's 24th Prime Minister, Mark Carney, wrote a book titled Values, Building a Better World for All. It is rare to have a national leader do so. Growing up in Fort Smith and Edmonton he learned how to stick-handle, an important political skill, earned a PhD at Oxford in Economics, served as Governor of two national banks and the list goes on. What values does he hold? How does he understand the common good and how to extend it?

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

Member Fee: \$15

Non-Member Fee: \$20

GENERAL INTEREST

PHILOSOPHERS CAFÉ: THE FOURTH SEASON OF LIFE: CONTEMPLATION, RECONSIDERATION, INTEGRATION

Instructor: David Goa

For those blessed to reach their “three score and ten”, the seventy years traditionally expected as a lifespan, life takes a turn. What does the fourth season of life offer and how do we live it out?

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

Member Fee: \$15

Non-Member Fee: \$20

STORY TELLING

Instructor: Mah'koos

Join Mah'koos as he shares a mix of engaging mythical, spiritual, and humorous tales — many inspired by true events from his remarkable life.

Date: Jan 26-Feb 9 | 10:00 am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: \$50

Non-Member Fee: \$60

VIBRATION DRUM HEALING

Instructor: Mah'koos

In this class, you'll learn how to use a hand drum for meditation, singing, and self-healing. If you have your own drum, feel free to bring it — extra hand drums will also be provided

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

Member Fee: \$30

Non-Member Fee: \$40

WATER COLOR THERAPY

Instructor: Mah'koos

In this class, you will use two watercolor pucks on black construction paper and be guided through different brush strokes to create a picture, which will then be reflected on and analyzed.

Date: Mar 30 | 10:00 am - 12:00 pm | **Venue:** Edmonton Room | **Class Limit:** 20

Member Fee: \$30

Non-Member Fee: \$40



GUITAR LEVEL 2

Instructor: Bob Zukerman

This Level 2 guitar course builds on the Level 1 foundation. It covers 6 main chords and scales for various keys, practice exercises, strumming techniques for popular songs, reading sheet music for rhythm guitar, and learning barre chords. Perfect for advancing your skills!

A **Tuesday**
Jan 20 - Feb 24 (6 Wks) | 10:00 am - 11:30 am

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

Venue: Idylwyld

Class Limit: 12

UKE N SING

Instructor: Elaine Mann

All the enjoyment of a sing-a-long around the campfire, without the smoke or mosquitos. This is an opportunity for all levels of ukulele players to gather together, and especially for those who like to sing – with or without a ukulele. Open to ALL, but pre-registration required. (drop-in sessions available. Please inform Elaine 3 days before the class date)

A **Monday**
Feb 9 - Mar 23 (4 Wks) | 1:30 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	\$40	\$n/a
Class Drop-in Fee:	\$n/a	\$n/a

No session Feb 16 , Mar 2, & Mar 16

B **Monday**
Apr 13 - May 25(4 Wks) | 1:30 pm - 3:00 pm

	Member:	Non-Member:
Session Fee:	\$40	\$
Class Drop-in Fee:	\$n/a	\$n/a

No session Apr 20, May 4 & May 18

Venue: Bonnie Doon

Class Limit: 15



UKULELE ABSOLUTE BEGINNER

Instructor: Elaine Mann

Absolute Beginner will be offered again in September 2026

UKULELE BEGINNER

Instructor: Elaine Mann

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



Follow us on Social Media



@SEESAActivityCentre



@SEESA_Activity_Centre



@southeastmontonseniorsassociation

A	Friday Jan 16 - Feb 27 (7 Wks) 12:30 pm - 2:00 pm		
		Member:	Non-Member:
	Session Fee:	\$105	\$136.5
	Class Drop-in Fee:	\$n/a	\$n/a

B	Friday Mar 6 - May 1 (7 Wks) 12:30 pm - 2:00 pm		
		Member:	Non-Member:
	Session Fee:	\$105	\$136.5
	Class Drop-in Fee:	\$n/a	\$n/a
	No session Apr 3 & Apr 10		

Venue: Strathearn

Class Limit: 15



UKULELE BEGINNER AND BEYOND

Instructor: Elaine Mann

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

A	Thursday		
	Jan 15 - Feb 26 (7 Wks) 12:30 pm - 2:00 pm		
		Member:	Non-Member:
	Session Fee:	\$105	\$136.5
	Class Drop-in Fee:	\$n/a	\$n/a

B	Thursday		
	Mar 5 - Apr 30 (9 Wks) 12:30 pm - 2:00 pm		
		Member:	Non-Member:
	Session Fee:	\$135	\$175.5
	Class Drop-in Fee:	\$n/a	\$n/a

Venue: Strathearn

Class Limit: 25

UKULELE EXPERIENCED

Instructor: Elaine Mann

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

A	Wednesday		
	Jan 14 - Feb 25 (7 Wks) 1:00 pm - 2:30 pm		
		Member:	Non-Member:
	Session Fee:	\$105	\$136.5
	Class Drop-in Fee:	\$n/a	\$n/a

B	Wednesday		
	Mar 4 - Apr 29 (8 Wks) 1:00 pm - 2:30 pm		
		Member:	Non-Member:
	Session Fee:	\$120	\$156
	Class Drop-in Fee:	\$n/a	\$n/a

No session Apr 22

Venue: Bonnie Doon

Class Limit: 15



UKULELE INDIVIDUAL OR SMALL GROUP LESSONS

Instructor: Elaine Mann

Please contact Elaine directly to arrange a time and for further information at eemann@shaw.ca



LOCKERS

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

PHYSICAL FITNESS



2020 SWEAT, STRENGTH, STABILITY AND STRETCH

Instructor: Lorraine Wigston

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

A Tuesday
Feb 3 - Feb 24 (4 Wks) | 1:00 pm - 2:00 pm

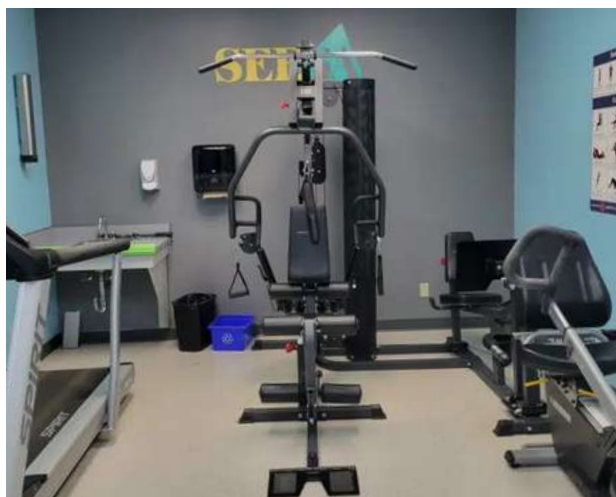
	Member:	Non-Member:
Session Fee:	\$40	\$52
Class Drop-in Fee:	\$14	\$16

B Tuesday
Mar 3 - Apr 28 (9 Wks) | 1:00 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	\$90	\$117
Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12



FITNESS ROOM

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

PHYSICAL FITNESS



BADMINTON CLINIC

Instructor: Ann Gillespie & Stephen Siu
Coaches of this badminton clinic will be instructing members in a variety of skills, drills, and shot techniques to help improve their overall badminton game. Classes will be Jan 16, Feb 13 and Mar 13.

A Friday
Jan 16 - Mar 13 (3 Wks) | 6:00 pm - 8:45 pm

	Member:	Non-Member:
Session Fee:	\$30	\$40
Class Drop-in Fee:	\$n/a	\$n/a

No session Jan 23, Jan 30, Feb 6, Feb 20, Feb 27 & Mar 6

Venue: Gymnasium

Class Limit: 12

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
Jan 12 - Feb 23 (6 Wks) | 8:45 am - 9:45 am

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 8:45 am - 9:45 am

	Member:	Non-Member:
Session Fee:	\$80	\$104
Class Drop-in Fee:	\$14	\$16

No session Apr 6

Venue: Gymnasium

Class Limit: 25

PHYSICAL FITNESS



BODY BLITZ WEDNESDAY

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 Jan 14 - Feb 25 (7 Wks) 4:30 pm - 5:30 pm		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$14	\$16	

B	Wednesday		
	Mar 4 - Apr 29 (8 Wks) 4:30 pm - 5:30 pm		
		Member:	Non-Member:
	Session Fee:	\$80	\$104
	Class Drop-in Fee:	\$14	\$16
No session Apr 22			

Venue: Strathearn

Class Limit: 12

BODY BLITZ THURSDAY

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	Thursday Jan 15 - Feb 26 (7 Wks) 4:30 pm - 5:30 pm		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$14	\$16	

B	Thursday Mar 5 - Apr 30 (9 Wks) 4:30 pm - 5:30 pm		
	Member:	Non-Member:	
Session Fee:	\$90	\$117	
Class Drop-in Fee:	\$14	\$16	

Venue: Bonnie Doon

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	
	Jan 13 - Feb 24 (7 Wks) 9:00 am - 10:00 am	
	Member:	Non-Member:
	Session Fee: \$70	\$91
	Class Drop-in Fee: \$14	\$16

B	Tuesday	
	Mar 3 - Apr 28 (9 Wks) 9:00 am - 10:00 am	
	Member:	Non-Member:
	Session Fee: \$90	\$117
	Class Drop-in Fee: \$14	\$16

Venue: Gymnasium

Class Limit: 25

ELDOA

Instructor: Pat Barford

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

B	Tuesday	
	Mar 17 - Apr 21 (6 Wks) 9:00 am - 10:00 am	
	Member:	Non-Member:
	Session Fee: \$60	\$78
	Class Drop-in Fee: \$14	\$16

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



ESSENTRICS® - 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
Jan 15 - Feb 26 (7 Wks) | 2:00 pm - 3:00 pm

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

B Thursday
Mar 5 - Apr 30 (9 Wks) | 2:00 pm - 3:00 pm

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

Venue: Bonnie Doon

Class Limit: 12

ESSENTRICS® - 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
Jan 12 - Feb 23 (6 Wks) | 10:00 am - 11:00 am

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 10:00 am - 11:00 am

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

No session Apr 6

Venue: Gymnasium

Class Limit: 30

PHYSICAL FITNESS



ESSETRICS® - STRETCH AND TONE WEDNESDAY

Instructor: Belinda Lang

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 Jan 14 - Feb 25 (7 Wks) 6:30 pm - 7:30 pm		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$n/a	\$n/a	

B	Wednesday Mar 4 - Apr 29 (8 Wks) 6:30 pm - 7:30 pm		
	Member:	Non-Member:	
Session Fee:	\$80	\$104	
Class Drop-in Fee:	\$n/a	\$n/a	

No session Apr 22

Venue: Strathearn

Class Limit: 12

ESSETRICS® - STRETCH AND TONE FRIDAY

Instructor: Liz Olson

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

A	Friday Jan 16 - Feb 27 (7 Wks) 12:00 pm - 1:00 pm		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$n/a	\$n/a	

B	Friday Mar 6 - May 1 (7 Wks) 12:00 pm - 1:00 pm		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$n/a	\$n/a	

No session Apr 3 & Apr 10

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
Jan 12 - Feb 23 (6 Wks) | 10:15 am - 11:15 am

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$80	\$104
Class Drop-in Fee:	\$14	\$16

No session Apr 6

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
Jan 15 - Feb 26 (7 Wks) | 10:15 am - 11:15 am

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

B Thursday
Mar 5 - Apr 30 (9 Wks) | 10:15 am - 11:15 am

	Member:	Non-Member:
Session Fee:	\$90	\$117
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
Jan 12 - Feb 23 (6 Wks) | 11:15 am - 12:15 pm

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 11:15 am - 12:15 pm

	Member:	Non-Member:
Session Fee:	\$80	\$104
Class Drop-in Fee:	\$14	\$16

No session Apr 6

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
Jan 16 - Feb 27 (7 Wks) | 9:00 am - 10:00 am

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

B Friday
Mar 6 - May 1 (7 Wks) | 9:00 am - 10:00 am

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

No session Apr 3 & Apr 10

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**
Jan 16 - Feb 27 (7 Wks) | 10:45 am - 11:45 am

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

B **Friday**
Mar 6 - May 1 (7 Wks) | 10:45 am - 11:45 am

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

No session Apr 3 and Apr 10

Venue: Bonnie Doon

Class Limit: 12

MOVE WELL

Instructor: Aarti Sachdeva

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

B **Wednesday**
Mar 4 - Apr 29 (9 Wks) | 9:00 am - 10:00 am

	Member:	Non-Member:
Session Fee:	\$90	\$117
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

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
Jan 12 - Feb 23 (6 Wks) | 10:00 am - 11:00 am

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	\$80	\$104
Class Drop-in Fee:	\$14	\$16

No session Apr 6

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 Tuesday
Jan 13 - Apr 21 (15 Wks) | 2:30 pm - 3:30 pm

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

No session Feb 24

Venue: Bonnie Doon

Class Limit: 12

PHYSICAL FITNESS



PICKLEBALL INTRODUCTION

Instructor: Leslie Stroger

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

A Monday
Jan 12 - Jan 26 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$80
Class Drop-in Fee:	\$n/a	\$n/a

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

	Member:	Non-Member:
Session Fee:	\$70	\$80
Class Drop-in Fee:	\$n/a	\$n/a

Venue: Gymnasium

Class Limit: 12

PICKLEBALL PLAYER DEVELOPMENT

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
Feb 2 - Feb 23 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	\$70	\$80
Class Drop-in Fee:	\$n/a	\$n/a

No session Feb 16

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		
	Jan 15 - Feb 26 (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		
	Mar 5 - Apr 30 (8 Wks) 11:45 am - 12:30 pm		
	Member:	Non-Member:	
	Session Fee:	\$60	\$78
	Class Drop-in Fee:	\$12	\$13
	No session Mar 12		

Venue: Bonnie Doon

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		
	Jan 15 - Feb 26 (7 Wks) 8:45 am - 9:45 am		
	Member:	Non-Member:	
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Thursday		
	Mar 5 - Apr 30 (9 Wks) 8:45 am - 9:45 am		
	Member:	Non-Member:	
	Session Fee:	\$90	\$117
	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		
	Jan 15 - Feb 26 (7 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Thursday		
	Mar 5 - Apr 30 (9 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$90	\$117
	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		
	Jan 16 - Feb 27 (7 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Friday		
	Mar 6 - May 1 (7 Wks) 10:00 am- 11:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16
No session Apr 3 & Apr 10			

Venue: Strathearn

Class Limit:12

PHYSICAL FITNESS



TOTAL FITNESS FUN

Instructor: Amy Petersen

Join Amy for a friendly, low-impact class that strengthens your core, upper, and lower body while improving flexibility, balance, and posture. Perfect for all fitness levels in a supportive environment. Don't forget your mat for some floor work! Let's get strong together!

A Monday
Jan 12 - Feb 23 (6 Wks) | 12:30 pm - 1:30 pm

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

No session Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 12:30 pm - 1:30 pm

	Member:	Non-Member:
Session Fee:	\$80	\$104
Class Drop-in Fee:	\$14	\$16

No session Apr 6

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

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 Jan 13 - Feb 24 (7 Wks) 10:45 am - 11:45 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Tuesday Mar 3 - Apr 28 (9 Wks) 10:45 am - 11:45 am		
		Member:	Non-Member:
	Session Fee:	\$90	\$117
	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 Jan 15 - Feb 26 (7 Wks) 12:45 pm - 1:45 pm		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Thursday Mar 5 - Apr 30 (9 Wks) 12:45pm - 1:45pm		
		Member:	Non-Member:
	Session Fee:	\$90	\$117
	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 Jan 15 - Feb 26 (7 Wks) 9:00 am - 10:00 am		
		Member:	Non-Member:
	Session Fee:	\$70	\$91
	Class Drop-in Fee:	\$14	\$16

B	Thursday Mar 5 - Apr 30 (9 Wks) 9:00 am - 10:00 am		
		Member:	Non-Member:
	Session Fee:	\$90	\$117
	Class Drop-in Fee:	\$14	\$16

Venue: Bonnie Doon

Class Limit: 12

YOGA FOR GUYS AND GALS - MONDAY ONLINE

Instructor: Ken Strachan

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

A	Monday Jan 12 - Feb 23 (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 Feb 16

B	Monday Mar 2 - Apr 27 (8 Wks) 9:30 am - 10:30 am		
		Member:	Non-Member:
	Session Fee:	\$80	\$104
	Class Drop-in Fee:	\$n/a	\$n/a

No session Apr 6

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 Jan 15 - Feb 26 (7 Wks) 9:00 am - 10:00 am		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$n/a	\$n/a	

B	Thursday Mar 5 - Apr 30 (9 Wks) 9:00 am - 10:00 am		
	Member:	Non-Member:	
Session Fee:	\$90	\$117	
Class Drop-in Fee:	\$n/a	\$n/a	

Venue: Bonnie Doon

Class Limit: 12

YOGA FOR GUYS AND GALS - FRIDAY ONLINE

Instructor: Ken Strachan

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

A	Friday Jan 16 - Feb 27 (7 Wks) 9:00 am - 10:00 am		
	Member:	Non-Member:	
Session Fee:	\$70	\$91	
Class Drop-in Fee:	\$n/a	\$n/a	

B	Friday Mar 6 - May 1 (8 Wks) 9:00 am - 10:00 am		
	Member:	Non-Member:	
Session Fee:	\$80	\$104	
Class Drop-in Fee:	\$n/a	\$n/a	
No session Apr 3			

Venue: Online

Class Limit: 20

PHYSICAL FITNESS



YOGA HATHA WITH BARB

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
Jan 12 - Feb 23 (5 Wks) | 5:30 pm - 6:30 pm

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

No session Feb 9 & Feb 16

B Monday
Mar 2 - Apr 27 (8 Wks) | 5:30 pm - 6:30 pm

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

No session Apr 6

Venue: Strathearn

Class Limit: 8

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
Jan 13 - Feb 24 (7 Wks) | 9:30 am - 10:30 am

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

B Tuesday
Mar 3 - Apr 28 (9 Wks) | 9:30 am - 10:30 am

	Member:	Non-Member:
Session Fee:	\$90	\$117
Class Drop-in Fee:	\$14	\$16

Venue: Strathearn

Class Limit: 12



STEP FORWARD: SUPERVISED TRANSITIONAL EXERCISE PROGRAM

Instructor: Alberta Health Services

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

The service offers:

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

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

Steps to get into the program:

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

Session Fee:

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

CLUBS



QUILTING AND CRAFTING CLUB

Instructor: Shirly Baynes

Venue: Forest Heights

Class Limit: 25

A Monday Jan 5 - Feb 23 (7 Wks) | 1:00 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: n/a
No session Feb 16

B Monday Mar 2 - Apr 27 (8 Wks) | 1:00 pm - 3:30 pm
Class Drop-in Fee: Member: \$3 Non-Member: n/a
No session Apr 6

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.



SOAPSTONE CARVING CLUB

Instructor: Annette Evans

Venue: Workshop

Class Limit: 12

A Wednesday Jan 7 - Feb 25 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Wednesday Mar 4 - Apr 29 (6 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session, Apr 1, Apr 8, & Apr 22

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

CLUBS



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

WOODCARVING CLUB TUESDAY

Instructor: Colin Kinnell

Venue: Workshop

Class Limit: 12

A **Tuesday Jan 6 - Feb 24** (8 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B **Tuesday Mar 3 - Apr 28** (7 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Mar 31 & Apr 7



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

WOODCARVING CLUB THURSDAY

Instructor: Colin Kinnell

Venue: Workshop

Class Limit: 12

A **Thursday Jan 8 - Feb 26** (8 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B **Thursday Mar 5 - Apr 30** (7 Wks) | 9:00 am - 11:30 am
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 2 & Apr 9

CLUBS



ACCIDENTAL DRAMA CLUB

Instructor: Jim Klingle

Venue: Holyrood

Class Limit: 25

Want to entertain on stage or help backstage? 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.

A Monday Jan 5 - Feb 23 (7 Wks) | 12:00 pm- 2:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a
No session Feb 16

B Monday Mar 2 - Apr 27 (8 Wks) | 12:00 pm- 2:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a
No session Apr 6



BOARD GAME CLUB

Instructor: Vicki Dowd

Venue: Tillies Cafe

Class Limit: 20

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

A Friday Jan 9 - Feb 20 (4 Wks) | 5:30pm - 8:30pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Jan 16, Jan 30 & Feb 13

B Friday Mar 6 - Apr 24 (4 Wks) | 5:30pm - 8:30pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Mar 13, Mar 27, Apr 3 & Apr 10

CLUBS



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 Jan 5 - Feb 23 (7 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Feb 16

B Monday Mar 2 - Apr 27 (8 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 6



Come and learn how to play beginner Contract Bridge. The goal of this club is to get prepare you to play in our Contract Bridge group 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 Jan 5 - Feb 23 (7 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Feb 16

B Monday Mar 2 - Apr 27 (8 Wks) | 3:30 pm - 4:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 6

CLUBS



CRIBBAGE CLUB

Instructor: Sharon Moffatt

Venue: Idylwyde

Class Limit: 16

A Friday Jan 9 - Feb 27 (8 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Friday Mar 6 - May 1 (7 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 3 & Apr 10

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.



EUCHRE CLUB

Instructor: Alexandra Anderson

Venue: Holyrood

Class Limit: 16

A Wednesday Jan 7 - Feb 25 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Wednesday Mar 4 - Apr 29 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 22

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!

CLUBS



HAND AND FOOT CANASTA CLUB

Instructor: Shelia Nelles
Ian Macintosh

Venue: Idylwyld

Class Limit: 16

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.

A Wednesday Jan 7 - Feb 25 (8 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Wednesday Mar 4 - Apr 29 (8 Wks) | 12:45 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 22



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 figuring out those verb conjugations! All ages and levels welcome.

A Wednesday Jan 7 - Feb 25 (8 Wks) | 10:30 am - 12:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Wednesday Mar 4 - Apr 29 (9 Wks) | 10:30 am - 12:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

CLUBS



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 1st and 3rd Wednesday of the month, 3:30-4:30.

A Wednesday Jan 7 - Feb 18 (4 Wks) | 3:30 pm - 4:30 pm

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

No session Jan 14, Jan 28 & Feb 11

B Wednesday Mar 4 - Apr 15 (4 Wks) | 3:30 pm - 4:30 pm

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

No session Mar 11, Mar 25 and Apr 8



BOOK CLUB THURSDAY

Instructor: Maggie Hensel

Venue: Holyrood

Class Limit: 12

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 when space opens.

A Thursday Jan 8 - Feb 5 (2 Wks) | 1:00 pm - 2:00 pm

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

No session Jan 15, Jan 22, & Jan 29

B Thursday Mar 5 - Apr 9 (2 Wks) | 1:00 pm - 2:00 pm

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

No session Mar 12, Mar 19 & Mar 26

CLUBS



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

BOOK CLUB TUESDAY

Instructor: Barbara Lyon

Venue: Holyrood

Class Limit: 10

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

B Tuesday Mar 10 - Apr 14 (2 Wks) | 2:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No session Mar 17, Mar 24, Mar 31 & Apr 7



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

WRITER'S CORNER CLUB

Instructor: Carol Kodish-Butt

Venue: Idylwyld

Class Limit: 20

A Tuesday Jan 6 - Feb 24 (8 Wks) | 1:00 pm - 3:00pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Tuesday Mar 3 - Apr 28 (9 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

CLUBS



GUITAR CLUB

Instructor: Roger Smeland

Venue: Strathearn

Class Limit: 20

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.

A Tuesday Jan 6 - Feb 24 (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Tuesday Mar 3 - Apr 28 (9 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6



JAM SESSION CLUB

Instructor: Roger Smeland

Venue: Strathearn

Class Limit: 20

Bring an instrument or just come to listen. Jam sessions are held on the 1st and 3rd Fridays of the month. For this session, we meet Jan 9, 23, Feb 6, 20, Mar 6, 20, Apr 17 and 24.

A Friday Jan 9 - Feb 27 (8 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Friday Mar 6 - May 1 (7 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

No session Apr 3 & Apr 10

CLUBS



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 January.

MELODY SINGERS CLUB

Instructor: Joy Horpyniuk

Venue: Gymnasium

Class Limit: 50

A Tuesday Jan 6 - Feb 24 (8 Wks) | 1:00 pm - 3:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ n/a

B Tuesday Mar 3 - Apr 28 (9 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 Jan 7 - Feb 25 (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Wednesday Mar 4 - Apr 29 (8 Wks) | 1:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No session Apr 22



BADMINTON CLUB

Instructor: Bob Hyndman
David Lapp

Venue: Gymnasium

Class Limit: 20

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

A **Monday Jan 5 - Feb 23** (7 Wks) | 11:30 pm - 1:30 pm
Wednesday Jan 7 - Feb 25 (8 Wks) | 9:00 am - 12:00 pm
Thursday Jan 15 - Feb 26 (4 Wks) | 2:00 pm - 4:00 pm
Friday Jan 9 - Feb 27 (8 Wks) | 10:45 am - 12:45 pm
Friday Jan 30 - Feb 27 (2 Wks) | 6:00 pm - 8:45 pm
 No session Feb 6, Feb 13, Feb 16, Feb 20
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B **Monday Mar 2 - Apr 27** (8 Wks) | 11:30 am - 1:30 pm
Wednesday Mar 4 - Apr 29 (7 Wks) | 9:00 am - 12:00 pm
Thursday Mar 12 - Apr 23 (4 Wks) | 2:00 pm - 4:00 pm
Friday Jan 9 - Feb 27 (8 Wks) | 10:45 am - 12:45 pm
Friday Mar 27 - Apr 24 (2 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
 No Session Mar 11, Apr 3, Apr 6, Apr 10, Apr 17, Apr 20, Apr 22

CLUBS



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: New Liaison Needed

Venue: Gymnasium

Class Limit: 20

A Wednesday Jan 7 - Feb 25 (8 Wks) | 12:30 pm - 3:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6

B Wednesday Mar 4 - Apr 15 (7 Wks) | 12:30 pm - 3:30 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



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

PICKLEBALL CLUB DROP IN

Instructor: Dan Smith
Lynne Kaluzniak

Venue: Gymnasium

Class Limit: 20

A **Monday Jan 5 - Feb 23** (7 Wks) | 2:00 pm - 4:30 pm
Thursday Jan 8 - Feb 26 (8 Wks) | 11:15 am - 1:30 pm
Thursday Jan 8 - Feb 19 (4 Wks) | 2:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Feb 16

B **Monday Mr 2 - Apr 27** (8 Wks) | 2:00 pm - 4:30 pm
Thursday Mar 5 - Apr 30 (8 Wks) | 11:15 am - 1:30 pm
Thursday Mar 5 - Apr 16 (4 Wks) | 2:00 pm - 4:00 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 6

TURN THOSE RECYCLABLES INTO A REAL CHANGE FOR SEESA

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





PICKLEBALL CLUB ROUND ROBIN

Instructor: Richard LaBranche
Shelene Runzer

Venue: Gymnasium

Class Limit: 20

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.

A **Tuesday Jan 6 - Feb 24** (8 Wks) | 10:15 am - 12:30 pm
Friday Jan 9 - Feb 20 (4 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 6 Non-Member: \$ 12
No session Jan 16, Jan 30 & Feb 13

B **Tuesday Mar 3 - Apr 28** (9 Wks) | 10:15 am - 12:30 pm
Friday Mar 6 - Apr 17 (4 Wks) | 6:00 pm - 8:45 pm
Class Drop-in Fee: Member: \$ 6 Non-Member: \$ 12
No session Mar 13, Mar 27, Apr 3, & Apr 10

SEESA Access Pass: Removing Financial Barriers for Seniors

Who Is Eligible?

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

How to Apply

Interested in applying or know someone who could benefit?

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

What SAP Covers

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

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

Note:

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

CLUBS



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

TABLE TENNIS CLUB FRIDAY

Instructor: Jim Der

Venue: Bonnie Doon

Class Limit: 12

A **Monday** Jan 5 - Feb 23 (7 Wks) | 3:30 pm - 5:30 pm
Friday Jan 9 - Feb 27 (8 Wks) | 3:30 pm - 5:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Feb 16

B **Monday** Mar 2 - Apr 27 (8 Wks) | 3:30 pm - 5:30 pm
Friday Mar 6 - May 1 (7 Wks) | 3:30 pm - 5:30 pm
Class Drop-in Fee: Member: \$ 3 Non-Member: \$ 6
No session Apr 3, Apr 6, & Apr 10

"I feel safe and welcomed at SEESA. People genuinely care about me there. I find I am laughing a lot more and am inspired to try new things. The variety of activities at SEESA provides something for everyone. I've made friends there and really enjoy being there."

"SEESA lets me get out of the house and socialize with others. There is a true sense of camaraderie, feeling welcomed and interacting with others with similar challenges."

"Thank you for making my community stronger and more supportive of seniors."

CLASSES – Day-at-a-Glance

Monday

Program Name	Time	Months	Room	Member Price
Barre Fitness	8:45-9:45	Jan-Feb Mar-Apr	GYM	\$60 \$80
Card Making Fun: Learn, Keep & Contribute Monday	9:00-11:30	Jan-Feb Apr-May	FH	\$50 \$50
Yoga for Guys and Gals - Monday Online	9:30-10:30	Jan-Feb Mar-Apr	ONL	\$60 \$80
Story Telling	10:00-12:00	Jan 26-Feb 9	EDM	\$50
Vibration Drum Healing	10:00-12:00	Mar 16	EDM	\$30
Art Reading	10:00-12:00	Mar 23	EDM	\$30
Watercolor Therapy	10:00-1:00	Mar 30	EDM	\$35
Essentrics® - Stretch and Tone Monday	10:00-11:00	Jan-Feb Mar-Apr	GYM	\$60 \$80
Nia: Movement Practice	10:00-11:00	Jan-Feb Mar-Apr	STR	\$60 \$80
Fit For All – Monday	10:15-11:15	Jan-Feb Mar-Apr	BD	\$60 \$80
Flex and Flow with Arthritis – Monday	11:15-12:15	Jan-Feb Mar-Apr	STR	\$60 \$80
Total Fitness Fun	12:30-1:30	Jan-Feb Mar-Apr	STR	\$60 \$80
Beginner Mandala Dot Art Painted Stone	1:00-4:00	Jan 26	WRK	\$50
Intermediate Mandala Dot Art Painted Tea Light	1:00-4:00	Mar 16	WRK	\$50
Uke N Sing	1:30-3:00	Feb-Mar Apr-May	BD	\$40 \$40
Yoga Hatha with Barb	5:30-6:30	Jan-Feb Mar-Apr	STR	\$50 \$80
Pickleball Introduction	5:30-7:00	Jan 12-26 Apr 13-27	GYM	\$70 \$70
Pickleball Player Development	5:30-7:00	Feb 2-23	GYM	\$70
Line Dance Beginner Monday	6:15-7:15	Jan-Feb Mar-Apr	BD	\$60 \$80

CLASSES – Day-at-a-Glance

Tuesday

Program Name	Time	Months	Room	Member Price
Circuit Training	9:00-10:00	Jan-Feb Mar-Apr	GYM	\$70 \$90
Water Marbling	9:00-12:00	Jan 13	FH	\$75
ELDOA	9:00-10:00	Mar-Apr	BD	\$60
Yoga with Megan	9:30-10:30	Jan-Feb Mar-Apr	STR	\$70 \$90
Guitar Level 2	10:00-11:30	Jan -Feb	IDY	\$90
Grief Recovery	10:00-12:00	Jan-Mar	EDM	\$135
Yoga Chair with Megan Tuesday	10:45-11:45	Jan-Feb Mar-Apr	STR	\$70 \$90
Line Dance Intermediate/Experienced	11:00-12:00	Jan-Feb Mar-Apr	BD	\$70 \$90
202020 Sweat, Strength, Stability and Stretch	1:00-2:00	Feb 3-24 Mar-Apr	BD	\$40 \$90
Cartooning for Fun	1:00-4:00	Mar-Apr	FH	\$120
Stained Glass -Flying 3D Hummingbird	1:00-4:00	Feb 17	WRK	\$95
Stained Glass - Mosaic	1:00-4:00	Jan 20 & 27	WRK	\$100
Stained Glass- Floating Dragonfly Over Lilypad	1:00-4:00	Mar 10	WRK	\$95
FYI: Staying Independent and Comfortable at Home	1:30-3:00	Jan 13	EDM	\$3
FYI: Retire Like a Pro: Making the Most of Your Retirement Paycheck	1:30-3:00	Jan 20	EDM	\$3
FYI: Bringing Sight to Your Site!	1:30-3:00	Jan 27	EDM	\$3
FYI: Fall Prevention	1:30-3:00	Feb 3	EDM	\$3
FYI: Civida	1:30-3:00	Feb 17	EDM	\$3
FYI: Dementia 101 – Understanding Memory, Mind, and Connection	1:30-3:00	Feb 24	EDM	\$3
FYI: Smartphone Boot Camp	1:30-3:00	Mar 3	EDM	\$3
FYI: Healthcare Options for Aging Albertans	1:30-3:00	Mar 10	EDM	\$3
FYI: What You Need to Know About Bucket List Planning, Custom Trips and Europe 2026, New Travel Rules, as well as Best Packing Tips	1:30-3:00	Apr 21	EDM	\$3
AI for Everyone	1:00-3:00	Mar 31	EDM	\$20
Git-R-Done with Google!	1:00-3:00	Apr 7, 14 & 28	EDM	\$40
Not Falling for You	2:30-3:30	Jan-Apr	BD	n/a
Zumba Gold	5:00-6:00	Jan-Feb Mar-Apr	GYM	\$70 \$80

CLASSES – Day-at-a-Glance

Wednesday

Program Name	Time	Months	Room	Member Price
Card Making Fun: Learn, Keep & Contribute - Wednesday	9:00-11:30	Jan-Feb Apr-May 1	FH	\$50 \$50
Clogging Absolute Beginner	9:00-10:00	Jan-Feb Mar-Apr	BD	\$70 \$90
Move Well	9:00-10:00	Mar-Apr	STR	\$90
Beautiful Birdhouse Workshop	9:30-11:30	Mar 11	WRK	\$60
Clogging Intermediate/ Experienced	10:15-11:15	Jan-Feb Mar-Apr	BD	\$70 \$90
Cha-Cha Charge	11:00-12:00	Jan-Feb Mar-Apr	STR	\$70 \$90
Decorative Wood Gnomes	9:30-11:30	Jan 21	WRK	\$50
Decorative Rafia Wreath	9:30-11:30	Feb 25	WRK	\$60
Drawing: How to Draw Different Kinds of Trees	1:00-3:30	Jan-Feb	FH	\$175
Drawing: How to Draw Pets - Academic Approach	1:00-3:30	Mar-Apr	FH	\$160
Ukulele Experienced	1:00-2:30	Jan-Feb Mar-Apr	BD	\$105 \$120
FYI: Estate Planning-Wills	1:30-3:00	Jan 14	EDM	\$3
FYI: Annual 2025 Global Financial Market Review	1:30-3:00	Jan 21	EDM	\$3
FYI: Defining the Differences in Home Care for Seniors	1:30-3:00	Jan 28	EDM	\$3
FYI: Estate Planning – Personal Directives and Power of Attorney	1:30-3:00	Feb 4	EDM	\$3
FYI: Helpful Hand	1:30-3:00	Feb 11	EDM	\$3
FYI: Romance Scams and Your Finances	1:30-3:00	Feb 18	EDM	\$3
FYI: Living Well at Home: Home Care Supports Independence	1:30-3:00	Feb 25	EDM	\$3
FYI: Plan for Today/Peace for Tomorrow	1:30-3:00	Mar 4	EDM	\$3
FYI: Aging in Place – The Solution is in Your Own Backyard with Special Guest Adam Arsenaault	1:30-3:00	Mar 11	EDM	\$3
FYI: Investing Myths and Realities	1:30-3:00	Mar 18	EDM	\$3
FYI: Sharpen Your Defenses Against Financial Fraud!	1:30-3:00	Mar 25	EDM	\$3
FYI: Being in Control – Taking on the responsibility of being a Personal Representative, an Attorney, and/or an Agent.	1:30-3:00	Apr 8	EDM	\$3
Body Blitz Wednesday	4:30-5:30	Jan-Feb Mar-Apr	STR	\$70 \$80
FYI: Speak with Experts	5:30-7:30	Apr 15	EDM	\$3
Essentrics® - Stretch and Tone Wednesday	6:30-7:30	Jan-Feb Mar-Apr	GYM	\$70 \$80

CLASSES – Day-at-a-Glance

Thursday

Program Name	Time	Months	Room	Member Price
Tabata	8:45-9:45	Jan-Feb Mar-Apr	GYM	\$70 \$90
Pottery: Beginner Clay Hand Building	9:00-12:00	Mar 5-26	FH	\$140
Yoga Flow	9:00-10:00	Jan-Feb Mar-Apr	BD	\$70 \$90
Yoga for Guys and Gals - Thursday Online	9:30-10:30	Jan-Feb Mar-Apr	ONL	\$70 \$90
Line Dance Beginner Thursday	10:00-11:00	Jan-Feb Mar-Apr	GYM	\$70 \$90
Tai Chi - Yang 24-Level 1	10:00-11:00	Jan-Feb Mar-Apr	STR	\$70 \$90
Fit For All – Thursday	10:15-11:15	Jan-Feb Mar-Apr	BDs	\$70 \$90
Pound Fitness	11:45-12:30	Jan-Feb Mar-Apr	BD	\$52.50 \$60
Ukulele Beginner and Beyond	12:30-2:00	Jan-Feb Mar-Apr	STR	\$105 \$135
Yoga Chair with Megan Thursday	12:45-1:45	Jan-Feb Mar-Apr	BD	\$70 \$90
Watercolour For All Levels	1:00-3:00	Jan-Feb Mar-Apr	FH	\$120 \$180
Philosophers Café: Neighborliness, Friendship and Redeeming Political ‘Enemies’	1:30-3:00	Jan 29	EDM	\$15
Philosophers Café: The Loss of Culture and the Civil Life	1:30-3:00	Feb 19	EDM	\$15
Philosophers Café: The Values of Our 24th Prime Minister	1:30-3:00	Mar 19	EDM	\$15
Philosophers Café: The Fourth Season of Life: Contemplation, Reconsideration, Integration	1:30-3:00	Apr 30	EDM	\$15
Boosting Your Brain Health	1:00-3:30	Feb 19- Mar 12	EDM	Register by calling 7803428302
Essentrics® - Age Reversing	2:00-3:00	Jan-Feb Mar-Apr	BD	\$70 \$90
Ukulele Individual or Small Group Lessons	2:30-6:30	Jan-Apr	STR	n/a
Body Blitz Thursday	4:30-5:30	Jan-Feb Mar-Apr	STR	\$70 \$90
Bolly X	6:00-7:00	Jan-Feb Mar-Apr	GYM	\$70 \$90

CLASSES – Day-at-a-Glance

Friday

Program Name	Time	Months	Room	Member Price
Flex and Flow with Arthritis - Friday	9:00-10:00	Jan-Feb Mar-May 1	BD	\$70 \$70
Balanced Beats	9:30-10:30	Jan-Feb Mar-May 1	GYM	\$70 \$70
Yoga for Guys and Gals - Friday Online	9:30-10:30	Jan-Feb Mar-May 1	ONL	\$70 \$80
Acrylic Painting	10:00-12:00	Jan-Feb Mar-May 1	FH	\$140 \$140
Tai Chi - Yang 24- Level 2	10:00-11:00	Jan-Feb Mar-May 1	STR	\$70 \$70
Friday Power Hour	10:45-11:45	Jan-Feb Mar-May 1	BD	\$70 \$70
Essentrics® - Stretch and Tone Friday	12:00-1:00	Jan-Feb Mar-May 1	BD	\$70 \$70
Ukulele Beginner	12:30-2:00	Jan-Feb Mar-May 1	STR	\$105 \$105
Painting with Coffee-Card Making	1:00-3:00	Mar 20	FH	\$45
Textured Birch Trees	1:00-3:00	Feb 27	FH	\$55
Genealogy: An Introduction	1:00-4:00	Jan 16	EDM	\$60
Genealogy: On the Internet	1:00-4:00	Feb 20	EDM	\$60
Genealogy: An Introduction to DNA and Genealogy	1:00-4:00	Mar 20	EDM	\$60
More or Less? Less is More? 2 Series Session	1:30-3:30	Mar 9 & 23	EDM	\$25
Badminton Clinic	6:00-8:45	Jan 16, Feb 13 & Mar 13	GYM	\$30

CLUBS – Day-at-a-Glance

Program Name	Time	Months	Room	Member Price
Monday				
Badminton Club Monday	11:30-1:30	Jan-Apr	GYM	\$3
Accidental Drama Club	12:00-2:00	Jan-Apr	HLR	\$3
Contract Bridge Club	12:30-3:30	Jan-Apr	IDY	\$3
Quilters and Crafters	1:00-3:30	Jan-Apr	FH	\$3
Pickleball Club Drop In Monday	2:00-4:30	Jan-Apr	GYM	\$3
Contract Bridge Club Lessons	3:30-4:30	Jan-Apr	IDY	\$3
Table Tennis Club Monday	3:30-5:30	Jan-Apr	BD	\$3
Tuesday				
Woodcarving Club Tuesday	9:00-11:30	Jan-Apr	WKS	\$3
Pickleball Club Round Robin Tuesday	10:15-12:30	Jan-Apr	GYM	\$6
Writer's Corner Club	1:00-3:00	Jan-Apr	IDY	\$3
Guitar Club	1:00-4:00	Jan-Apr	STR	\$3
Melody Singers Club	1:00-3:00	Jan-Apr	GYM	\$3
Book Club Tuesday (2nd Tues of Month)	2:00-3:00	Jan-Apr	HLR	\$3
Wednesday				
Badminton Club Wednesday	9:00-12:00	Jan-Apr	GYM	\$3
French Conversation Club	10:30-12:30	Jan-Apr	HLR	\$3
Floor Curling Club	12:30-3:30	Jan-Apr	GYM	\$3
Hand and Foot Canasta Club	12:45-3:30	Jan-Apr	IDY	\$3
Soapstone Carving Club	1:00-3:00	Jan-Apr	WKS	\$3
Euchre Club	1:00-3:00	Jan-Apr	HLR	\$3
TCB - A Performance Band Club	1:00-4:00	Jan-Apr	STR	\$3
Travel Club (1 st and 3 rd Wed of month)	3:30-4:30	Jan-Apr	TC	\$3
Thursday				
Woodcarving Club Thursday	9:00-11:30	Jan-Apr	WKS	\$3
Pickleball Club Drop In Thursday Morning	11:15-1:30	Jan-Apr	GYM	\$3
Book Club Thursday (1 st Thurs of Month)	1:00-2:00	Jan-Apr	HLR	\$3
Badminton Club Or Pickleball Club Drop In	2:00-4:00	Jan-Apr	GYM	\$3
Friday				
Badminton Club Friday	10:45-12:45	Jan-May 1	GYM	\$3
Cribbage Club	12:45-3:30	Jan-May 1	IDY	\$3
Table Tennis Club Friday	3:30-5:30	Jan-May 1	BD	\$3
Board Game Club (1 st and 3 rd Fri of Month)	5:30-8:30	Jan-Apr	TIL	\$3
Jam Session Club	6:00-8:45	Jan-Apr	STR	\$3
Badminton Club (2 nd and 4 th Fri of Month)	6:00-8:45	Jan-Apr	GYM	\$3
Pickleball Club Round Robin Friday (1 st and 3 rd Fri of Month)	6:00-8:45	Jan-Apr	GYM	\$6

Activity Registration Form

Drop off Activity Registration forms will be processed in the order they were received beginning at **1:00 pm** on December 2 and February 10. 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



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Instagram: @SEESA_Activity_Centre

Linked In: @southeastmontonseniorsassociation

Hours of Operation (Monday to Friday)

Closed Statutory Holidays

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



Use this QR Code to access SEESA's website.

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

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