

PROGRAM GUIDE

FOR CLASSES & CLUBS / JANUARY 4 - APRIL 30 2027

A Session 1 - Monday January 4 - Friday February 26 2027

B Session 2 - Monday March 1 - Friday April 30 2027

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



Online and In-person

A Session 1 - January - February
Tuesday, December 1 at 9:15 am
(Last Day to Register: January 6)

B Session 2 - March - April
Tuesday, February 9 at 9:15 am
(Last Day to Register: Feb 24)

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SEESA
You belong here

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ABOUT SEESA

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

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

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

VISION

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

MISSION

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

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

2027 Fees & Benefits

Fees & Benefits*	55+ Members	35-54 years Associate Member	Lifetime Members	Reciprocal Members**	Non-Members
2027 Annual Fee (effective January 1, 2027)	$40	$55	Free	$10	N/A
Member Rates at SEESA for Classes, Seminars Events	Yes	Yes	Yes	Yes	**No**
Class Drop-in Fee:1 Hour	$14	$14	$14	$14	$16
Club Drop-in Fee	$3	$3	$3	$3	$6
10 pack Club Drop-in	$30	$30	$30	$30	$60
Fitness Centre Access	$100/ year	$100/ year	$100/ year	$100/ year	$200/ year
FYI Seminar: 1 seminar	$3	$3	$3	$3	$3
Email Updates	Yes	Yes	Yes	Yes	**No**
Voting Privileges	Yes	**No**	Yes	**No**	**No**

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

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

WAYS TO REGISTER

Save the Date:

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

- Tuesday, December 1 for Session 1 - January-February
- Tuesday, February 9 for Session 2 - March-April



ONLINE REGISTRATION

To register online, you must have a valid 2027 membership.

Visit seesa.ca, click 'Things to Do' > 'Classes', select your class, and click the red 'MEMBERS: Click here to register' link to be redirected to MyActiveCenter. Alternatively, go directly to MyActiveCenter.com, sign in, select your classes, and checkout via PayPal.

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 2027 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 1 and February 9 head to Tillie's Café to begin your registration! A volunteer will assist you with the necessary paperwork and provide you with a number. Starting at 9:15 AM, the volunteer will call numbers in groups of five to proceed to the Edmonton Room. Once there, a volunteer at the Welcome Table will verify your membership. The volunteer will then direct you to a seat/station. At the registration stations, registration and payment for classes will be processed. After registration day, you can continue to register at the Front Desk during regular hours. For in-person registration, we will use wallet credits, and any outstanding balances can be paid by cash, cheque, debit, Visa and Mastercard.

CAN'T MAKE REGISTRATION DAY? - REGISTRATION DROP OFF

For your convenience, an Activity Registration Form is available at the back of this program guide. Please use one form per person. You can drop off your completed form, along with payment and wallet credit instructions, at the front desk before registration day. Starting at 1:00 pm on December 1 and February 9, forms will be processed in the order received. Note: Submission does not guarantee a spot in the class if it's already full.

BY PHONE

Phone registrations will be accepted starting at 1:00 pm on December 1 and February 9, call the Front Desk at 780-468-1985 ext. 0 during regular hours. We accept Visa, Mastercard, and wallet credits. Note: Phone registration does not guarantee a spot in the class if it's already full.

TILLIE'S CAFÉ

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

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

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

- Lunch Service: 11:30 am – 1:00 pm

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

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

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

CLASS CHANGES & CANCELLATIONS

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

REFUNDS & WALLET CREDITS

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

CLASS TRANSFERS/ WITHDRAWALS

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

PAYMENT AND CONFIRMATION

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

CLASS REGISTRATIONS

- The cut off for class registrations is January 6 for Session 1 and February 24 for Session 2.

WAIT LISTS

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

CLASSES VS. CLUBS

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

DROP-IN

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

CLUB TICKET PRICES

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

CHECK IN KIOSK

- Every time you visit SEESA, please check in at the Kiosk located under the clock by the Front Desk. Check in with your key fob or by typing in your first name and phone number.
- To replace a lost or inoperative key fob, please stop by the Front Desk.
- The Kiosk ensures we know who is in the building and tracks statistics for funding purposes.
- The Kiosk alerts you to any receipts or special notices that need to be picked up from the Member's mailbox at the Front Desk.

LIABILITY AND DISCLAIMER

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

ART



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

ACRYLIC PAINTING

Instructor: Barbara Hull Chan

Venue: Forest Heights

Class Limit: 13

List of supplies is online

A **Friday** **Jan 15 - Feb 26** (7 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: $ 140 Non-Member: $ 182
No Class Drop-in

B **Friday** **Mar 5 - Apr 30** (7 Wks) | 10:00 am - 12:00 pm
Session Fee: Member: $ 140 Non-Member: $ 182
No Class Drop-in
No session Mar 26 and Apr 2



In this class, you will learn to paint abstract and impressionism, and discover 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 by mentioning that you are a student of Barbara Hull Chan at SEESA. .

ACRYLIC PAINTING- ABSTRCT/ IMPRESSIONISM

Instructor: Barbara Hull Chan

Venue: Forest Heights

Class Limit: 13

List of supplies is online

A **Friday** **Jan 15 - Feb 26** (7 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: $ 140 Non-Member: $ 182
No Class Drop-in

ART



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.

CARTOONING IS FUN

Instructor: Valdis Gislason
Venue: Forest Heights
Class Limit: 12

List of supplies is online

B **Tuesday** **Mar 9 - Mar 30** (4 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: $120 Non-Member: $156
No Class Drop-in

Ready to Make a Difference? Volunteer with Us!

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

Why Volunteer?

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

How to Apply for a Volunteer Position:

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

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

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

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

ART



In this course, you will learn simple, practical perspective techniques to create depth and space in your drawings through demonstrations and guided practice. Focusing on key concepts like horizon lines, vanishing points, proportion, and angles, we'll explore standard subjects including roads, buildings, fences, and landscapes to help you gain confidence in making your artwork look realistic and well-structured. All skill levels are welcome, with personalized guidance provided throughout the class.

DRAWING PERSPECTIVES MADE SIMPLE

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

List of supplies is online

A **Wednesday Jan 13 - Feb 24** (7 Wks) | 1:00 pm - 3:30 pm

Session Fee: Member: $ 175 Non-Member: $ 227.5

Class Drop-in Fee: Member: $ 28 Non-Member: $ 32



In this course, you will learn practical techniques for drawing animals with confidence and character through step-by-step demonstrations and guided practice. We'll explore basic anatomy, proportions, fur, and expressive poses, focusing on understanding body structure, capturing movement, and adding texture and personality to each drawing to help you create animals that feel natural, lively, and realistic. All skill levels are welcome, with personalized guidance provided throughout the class.

DRAWING ANIMALS

Instructor: Muhammed Salayi

Venue: Forest Heights

Class Limit: 13

List of supplies is online

B **Wednesday Mar 3 - Apr 28** (8 Wks) | 1:00 pm - 3:30 pm

Session Fee: Member: $ 200 Non-Member: $ 260

Class Drop-in Fee: Member: $ 28 Non-Member: $ 32

No session Apr 21

ART



Start the New Year with creativity! Join Dotable Mandalas for a fun and relaxing dot-painting workshop where you'll create your very own beautifully designed mug.No experience needed! All materials and step-by-step instructions are included. Enjoy a creative experience and take home a unique, hand-painted mug!

DOTABLE MANDALAS 20 OZ MUG DOT-PAINTING WORKSHOPS

Instructor: Agnes Toros

Venue: Workshop

Class Limit: 12

A **Monday** **Jan 18** (1 Wks) | 1:30 pm - 3:00 pm

Session Fee: Member: $ 50 Non-Member: $ 60

No Class Drop-in



Bring a little winter magic to life with our Frozen-inspired dot-painting workshop! Create your own beautiful 4" candle holder featuring stunning icy blues, shimmering whites, and elegant winter-inspired details.No experience needed! All materials and easy-to-follow instructions are included. Enjoy a fun and relaxing creative experience while making a beautiful candle holder to take home!

DOTABLE MANDALAS-FROZEN THEME 4" CANDLE HOLDER WORKSHOP

Instructor: Agnes Toros

Venue: Workshop

Class Limit: 12

A **Friday** **Feb 19** (1 Wks) | 1:30 pm - 3:00 pm

Session Fee: Member: $ 50 Non-Member: $ 60

No Class Drop-in

ART



Sip, relax, and get creative this March! Join Dotable Mandalas for a fun and relaxing workshop where you'll transform a stemless wine glass into a beautiful, hand-painted masterpiece using colourful dot-painting techniques.No experience needed! All materials and easy-to-follow instructions are included. Enjoy a creative experience with friends and take home your very own uniquely designed wine glass!

DOTABLE MANDALAS-STEMLESS WINE GLASS DOT-PAINTING WORKSHOP

Instructor: Agnes Toros
Venue: Workshop
Class Limit: 12

B **Friday** **Mar 12** (1 Wks) | 1:30 pm - 3:00 pm
Session Fee: Member: $ 48 Non-Member: $ 58
No Class Drop-in



Spring into creativity this April! Join Dotable Mandalas for a fun and relaxing workshop where you'll transform a terracotta flower pot into a beautiful, hand-painted masterpiece using colourful dot-painting techniques.No experience needed! All materials, easy-to-follow instructions, and flower seeds to plant at home are included. Create your own unique flower pot and bring a little colour and creativity to your home or garden.

DOTABLE MANDALAS-TERRACOTTA POT DOT-PAINTING WORKSHOP

Instructor: Agnes Toros
Venue: Workshop
Class Limit: 12

B **Friday** **Apr 16** (1 Wks) | 1:30 pm - 3:00 pm
Session Fee: Member: $ 45 Non-Member: $ 55
No Class Drop-in

ART



Join Serina to learn about encaustic (beeswax) painting. In this class, you'll explore the medium and the tools used to create 5 to 7 of your own unique paintings. You'll work on various sizes and then transform them into beautiful greeting cards for any occasion.

ENCAUSTIC (BEESWAX) ART CARDS

Instructor: Serina Boffey

Venue: Workshop

Class Limit: 10

A **Friday** **Feb 12** (1 Wks) | 10:00 am - 11:30 am

Session Fee: Member: $ 40 Non-Member: $ 50

No Class Drop-in



Discover the beautiful art of Kinusaiga— creating fabric artwork without a single stitch— with instructor and artist Linda Finstad. In this relaxing three-hour class, you'll learn the history of this unique art form, how to prepare your foam board, and how to choose fabrics for colour, contrast, and texture. Linda will guide you through the technique of securing fabric pieces without sewing, along with tips for achieving crisp lines and a polished finish. An 8"x10" foam board with a pre-drawn design and all specialty tools are included. Bring cotton fabric or quilting scraps if you have them, or choose from the community fabric stash provided. You'll leave with a completed fabric artwork and the skills to continue exploring Kinusaiga at home.

KINUSAIGA NO SEW FABRIC ART

Instructor: Linda Finstad

Venue: Forest Height

Class Limit: 10

A **Tuesday** **Feb 16** (1 Wks) | 9:00 am - 12:00 pm

Session Fee: Member: $ 55 Non-Member: $ 65

No Class Drop-in

ART



Join instructor Sharon for a beginner-friendly, hands-on workshop exploring the art of stained glass! All supplies are included—including pre-cut glass pieces—so you can focus on assembling and bringing your design to life without any prior experience. This amazing swan will be cut in many different colors, letting your imagination run wild as you craft a stunning, handcrafted stained glass piece to brighten any window.

STAINED GLASS SWAN

Instructor: Sharon Waunch

Venue: Workshop

Class Limit: 10

A **Wednesday Jan 20** (1 Wks) | 9:00 am - 12:00 pm

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

No Class Drop-in



Explore the art of stained glass with instructor Sharon in this beginner-friendly, hands-on workshop! All supplies and pre-cut glass pieces are provided so you can jump right into assembling your project—no experience needed. These crazy little birds will brighten up any space, making them perfect as gifts or sitting on your desk.

STAINED GLASS CRAZY BIRDS

Instructor: Sharon Waunch

Venue: Workshop

Class Limit: 10

A **Wednesday Feb 3** (1 Wks) | 9:00 am - 12:00 pm

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

No Class Drop-in

ART



Bring your creativity and join instructor Sharon for a hands-on stained glass workshop! Designed for beginners, this class provides all materials and pre-cut glass pieces, allowing you to focus purely on assembling your creation. These extraordinary peacocks will be cut into a multitude of beautiful colors, leaving you with a gorgeous handcrafted piece guaranteed to put a smile on your face and brighten any window.

STAINED GLASS BEAUTIFUL PEACOCK

Instructor: Sharon Waunch
Venue: Workshop
Class Limit: 10

B **Wednesday Mar 3** (1 Wks) | 9:00 am - 12:00 pm
Session Fee: Member: $ 95 Non-Member: $ 105
No Class Drop-in



Discover the art of stained glass with instructor Sharon in a fun, beginner-friendly hands-on workshop! No prior experience is needed, and all materials are included. You'll work with 5 butterflies in clear as well as colored glass mounted on wire, making them easy to display in a plant or a small vase to add a vibrant handcrafted touch to your space.

STAINED GLASS BUTTERFLY BOUQUET

Instructor: Sharon Waunch
Venue: Workshop
Class Limit: 10

B **Wednesday Apr 7** (1 Wks) | 9:00 am - 12:00 pm
Session Fee: Member: $ 95 Non-Member: $ 105
No Class Drop-in

ART



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

SOAPSTONE CARVING EAGLE HEAD

Instructor: Kay McCormack
Venue: Workshop
Class Limit: 10

B **Tuesday** **Mar 2 - Mar 16** (3 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: $ 165 Non-Member: $ 175
No Class Drop-in



In this 3 hours class you will learn how to paint a waterfall, understand values and how they impact your composition, how to achieve depth of field, create reflections in the water, and understanding how color harmony takes your art from so-so to stunning. All supplies is included. All you need to bring is an apron to protect your clothing (or wear an old shirt)

WATERFALL PAINTING

Instructor: Linda Finstad
Venue: Forest Heights
Class Limit: 12

B **Tuesday** **Mar 9** (1 Wks) | 9:00 am - 12:00 pm
Session Fee: Member: $ 55 Non-Member: $ 65
No Class Drop-in

ART



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.

WATERCOLOUR FOR ALL LEVELS

Instructor: Willie Wong

Venue: Forest Heights

Class Limit: 13

List of supplies is online

A **Thursday** **Jan 14 - Feb 25** (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 4

B **Thursday** **Mar 4 - Apr 29** (6 Wks) | 1:00 pm - 3:00 pm
Session Fee: Member: $ 120 Non-Member: $ 156
Class Drop-in Fee: Member: $ 120 Non-Member: $ 156
No session Mar 25, Apr 1 & Apr 8



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

WATER MARBLING WORKSHOP - PAPER & SILK

Instructor: Karen

Venue: Forest Heights

Class Limit: 6

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

B **Tuesday** **Jan 12** (1 Wks) | 1:00 pm - 4:00 pm
Session Fee: Member: $ 75 Non-Member: $85
No Class Drop-in

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

Instructor: Donna Fountain & Sonja Idema

Venue: Forest Heights

Class Limit: 6

A **Monday** **Jan 11 - Feb 22** (6 Wks) | 9:00 am - 11:30 am
Wednesday **Jan 13 - Feb 24** (7 Wks) | 9:00 am - 11:30 am
Session Fee: Member: $ 50 Non-Member: $ n/a
No Class Drop-in
No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 9:00 am - 11:30 am
Wednesday **Mar 3 - Apr 28** (9 Wks) | 9:00 am - 11:30 am
Session Fee: Member: $ 50 Non-Member: n/a
No Class Drop-in
No session Mar 29

SEESA ACCESS PASS (SAP)



Who Is Eligible?

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

What SAP Covers

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

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

Interested in applying or know someone who could benefit?

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

DANCE



BALANCED BEATS

Instructor: Dani Nicol

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

A **Friday**
Jan 15 - Feb 26 (7 Wks) | 9:30 am - 10:30 am

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

B **Friday**
Mar 5 - Apr 30 (7 Wks) | 9:30 am - 10:30 am

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

No session Mar 26 and Apr 2

Venue: Gymnasium **Class Limit:** 30

BOLLY X EVENING

Instructor: Mousumi Mukherjee

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

A **Thursday**
Jan 14 - Feb 4 (4 Wks) | 6:00 pm - 7:00 pm

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

Venue: Gymnasium **Class Limit:** 25

DANCE



CHA-CHA CHARGE

Instructor: Dani Nicol

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

A **Wednesday**
Jan 13 - Feb 24 (7 Wks) | 11:00 am - 12:00 pm

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

B **Wednesday**
Mar 3 - Apr 28 (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



DANCE



CLOGGING ABSOLUTE BEGINNER

Instructor: Tracy Walters

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

A **Wednesday**
Jan 13 - Feb 24 (7 Wks) | 9:00 am - 10:00 am

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

No Class Drop-in Fee

B **Wednesday**
Mar 3 - Apr 28 (9 Wks) | 9:00 am - 10:00 am

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

No Class Drop-in Fee

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 13 - Feb 24 (7 Wks) | 10:15 am - 11:15 am

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

No Class Drop-in Fee

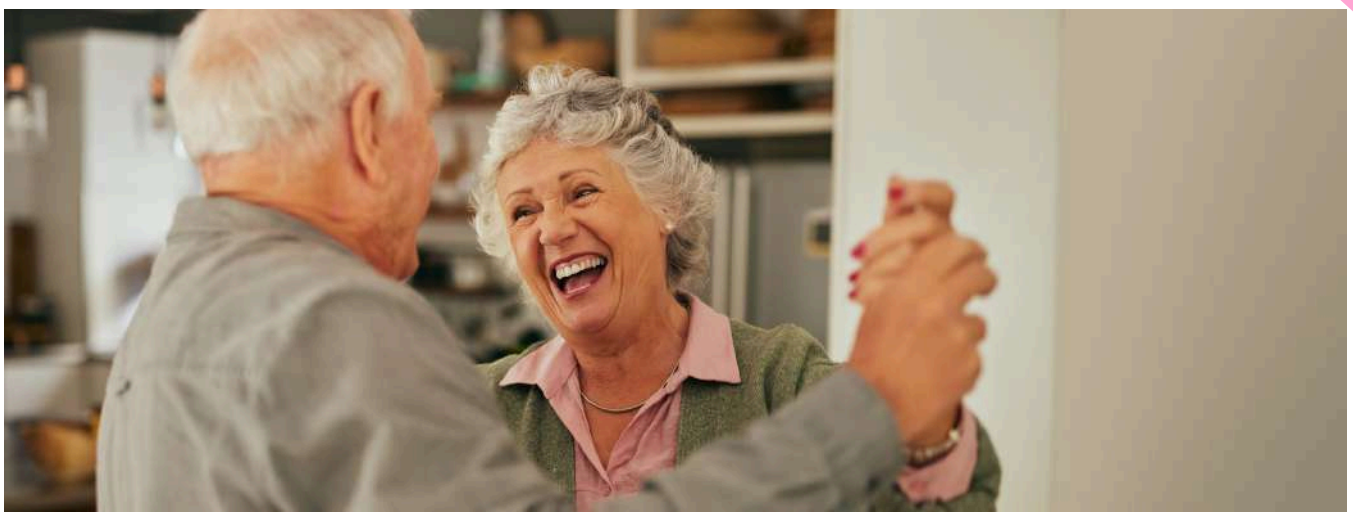
B **Wednesday**
Mar 3 - Apr 28 (9 Wks) | 10:15 am - 11:15 am

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

No Class Drop-in Fee

Venue: Bonnie Doon **Class Limit:** 12

DANCE



DANCING THRU THE DECADES

Instructor: April Redl

Dancing thru the Decades is a fun dance and exercise class set to music that will bring back memories. Great for men and women- singles and couples. We will explore movement patterns that will ignite your passion for music and dance. Styles may include country two stepping, swing, jive and creative combinations. Expect a fun adventure with April who has been dancing and teaching for over 35 years.

A **Monday**
Jan 11 - Feb 22 (6 Wks) | 12:00 pm - 12:45 pm

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

No session Feb 15

Venue: Bonnie Doon **Class Limit:** 12

LINE DANCE BEGINNER MONDAY EVENING

Instructor: Tracy Walters

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

A **Monday**
Jan 11 - Feb 22 (6 Wks) | 6:15 pm - 7:15 pm

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

No session Feb 15

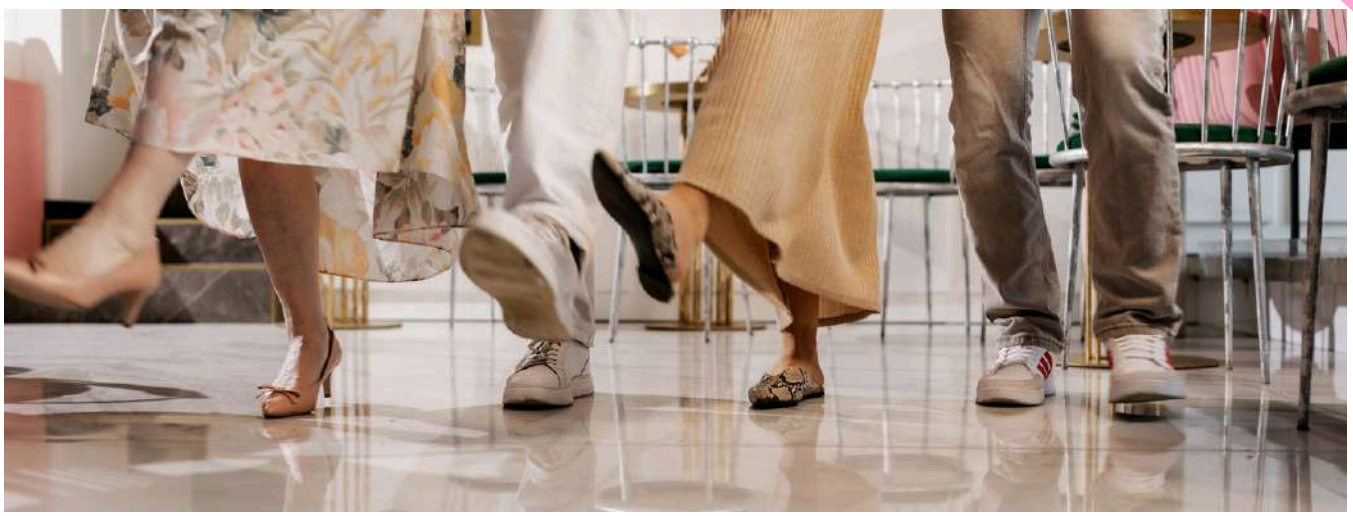
B **Monday**
Mar 1 - Apr 26 (8 Wks) | 6:15 pm - 7:15 pm

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

No session Mar 29

Venue: Bonnie Doon **Class Limit:** 12

DANCE



LINE DANCE BEGINNER THURSDAY

Instructor: Tracy Walters

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

A **Thursday**
Jan 14 - Feb 25 (7 Wks) | 10:00 am - 11:00 am

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

B **Thursday**
Mar 4 - Apr 29 (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 12 - Feb 23 (7 Wks) | 11:00 am - 12:00 pm

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

B **Tuesday**
Mar 2 - Apr 27 (9 Wks) | 11:00 am - 12:00 pm

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

Venue: Bonnie Doon **Class Limit:** 12

DANCE



ZUMBA GOLD EVENING

Instructor: Melanie Kidder

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

A **Tuesday**
Jan 12 - Feb 23 (7 Wks) | 5:00 pm - 6:00 pm

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

B **Tuesday**
Mar 2 - Apr 27 (8 Wks) | 5:00 pm - 6:00 pm

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

No session Mar 9

Venue: Gymnasium **Class Limit:** 30

ZUMBA GOLD CHAIR

Instructor: Tammy Clark

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

A **Wednesday**
Jan 20 - Feb 24 (5 Wks) | 3:30 pm - 4:30 pm

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

No session Feb 10

Venue: Bonnie Doon **Class Limit:** 12

FYI: STAYING INDEPENDENT: YOUR VISION AND EYE HEALTH

$3.00

Instructor: Brynna Robinson

In this presentation a Doctor of Optometry will go over common seniors eye health concerns, how to have an eye healthy lifestyle, Alberta Health Coverage and other coverage programs available in Alberta for Seniors, as well as how often seniors should have their eye's checked.

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

FYI: 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.

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

FYI: PERIPHERAL NEUROPATHY

$3.00

Instructor: Melanie Morrill

Burning feet, numb toes, or pins and needles? Learn what peripheral neuropathy is, why it happens, and how it impacts balance and foot health. Discover practical daily strategies, home care tips, acupuncture, and medical options to manage symptoms safely. Includes time for general Q&A. Leave feeling confident and informed!

A **Date:** Mon Jan 18 | 1:00 pm - 2:30 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: PROS & CONS OF CONDO LIVING

$3.00

Instructor: Tamara Dabels

Thinking about downsizing to a low-maintenance lifestyle? While condos offer freedom from yard work, added security, and great amenities, they also come with monthly fees, bylaws, and shared spaces. Join Seniors Real Estate Specialist Tamara Dabels for a practical look at condo ownership, red flags to watch for, and how to decide if it's the right fit for you.

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

FYI: THE HEART OF PALLIATIVE CARE: LESSONS FROM A LIFETIME AT THE BEDSIDE

$3.00

Instructor: Adam Russcher

The topic will be "the light side of palliative care journey" by Adam Russcher. Adam is a personal assistant at A Helpful Hand. He is a retired Palliative RN with 30 yrs of experience working in healthcare. He will give his perspective of palliative care when it actually starts filled with lightness and understanding that anyone going through health issues as we age or supporting loved ones can follow.

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

FYI: LIVING WITH SCHIZOPHRENIA

$3.00

Instructor: Stephanie Mitton

Curious about schizophrenia? Join the Schizophrenia Society of Alberta for an engaging presentation on symptoms, misconceptions, treatment, and recovery. You'll hear directly from individuals living with schizophrenia as they share their personal journeys and finding hope. Whether you're supporting a loved one or eager to learn, all are welcome!

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

FYI: HEALTHY SMILES FOR LIFE: ORAL HEALTH AS WE AGE

$3.00

Instructor: Kyria Elliott

Did you know oral health directly impacts your overall wellness? Join Registered Dental Hygienist Kyria Elliott for a practical guide to senior dental care. We'll cover dry mouth, gum health, tooth loss, and denture care, plus simple daily tips for a healthy smile. Learn how mobile hygiene services can bring care right to your door!

A **Date:** Wed Jan 27 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: HEARING BINGO AND INFO SESSION

$3.00

Instructor: Masuma Manji

Join us for interactive Hearing Bingo and a hearing health presentation led by Masuma Manji, owner of Amplify Hearing Clinic! As a hearing care professional who wears hearing aids herself, she offers a relatable perspective. Learn about hearing loss signs, tech, funding, and ask questions in a fun setting with prizes for bingo winners!

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

FYI: PERSONAL DIRECTIVES AND POWERS OF ATTORNEY

$3.00

Instructor: Shelley Smith

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

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

FYI: EXPLORING RETIREMENT LIVING

$3.00

Instructor: Tracy Shaw-Ache

What does retirement living look like today? Explore the many options available to Alberta seniors, from remaining at home with private or funded support, downsizing or adapting your home, to considering the different levels of care offered in retirement residences. This presentation will provide helpful information to support you and your family in making informed decisions for the future.

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

FYI: CHOOSING A HOMECARE MODEL

$3.00

Instructor: Tammy Whittaker

Learn how to navigate home care options in Alberta, from public and self-managed to private care. This session covers care assessments, key questions for providers, and balancing client control with management. Plus, discover survey insights from over 10,000 Albertans on their home care experiences.

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

FYI: ANNUAL GLOBAL MARKET REVIEW AND 2027 OUTLOOK

$3.00

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 2026, and look at forward guidance on what to expect for 2027 . With Trump entering into his third year of presidency after a very volatile 2nd year with the Iran War and continued Trade War , we will dive into what it will mean for the financial markets and the implications for the world

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

FYI: ACCESSIBLE TRAVEL, YOUR WAY: PLANNING FOR COMFORT AND CONFIDENCE

$3.00

Instructor: Kim Mpofu

Every traveller has different needs. In this practical session, travel advisor Kim Mpofu will share what to consider when choosing transportation, accommodations and experiences, and what questions to ask before booking. The focus is on helping you find options that work for your comfort, mobility and accessibility needs.

A **Date:** Tues Feb 23 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: HAND & FOOT SPA PAMPERING

$3.00

Instructor: Holly Oliver

Treat yourself to a relaxing, spa-style experience focused on renewal and self-care. Enjoy gentle skin exfoliation, deep hydration, and calming massage techniques designed to leave you feeling completely refreshed and pampered. Note: Participants are asked to bring a small basin/pan and a towel for the foot care portion.

A **Date:** Wed Feb 24 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Foot Care Clinic

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

FYI: CHOOSING THE RIGHT FINANCIAL ADVISOR: THE QUESTIONS THAT MATTER

$3.00

Instructor: Jonathan Lesyk

Join Jonathan Lesyk, CFP, Wealth Advisor with Raymond James Ltd. for an interactive session on how to interview a Financial Advisor before committing to work with them. This presentation focuses on practical, plain-language questions that reveal whether the Advisor is qualified, trustworthy, and the right match for your needs.

B **Date:** Tues Mar 2 | 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.

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

FYI: CANNABIS 101: OVERVIEW, STIGMA & FAQ'S

$3.00

Instructor: Kylie Morey

Curious about medical cannabis? Join RN Kylie Morey (Vital Holistic Care) for an engaging session on how cannabis may support chronic pain, arthritis, sleep, and anxiety. Learn CBD vs. THC, dosing, safety, and how to talk with your doctor. No experience needed—just bring your curiosity!

B **Date:** Tues Mar 9 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: REFLEXOLOGY

$3.00

Instructor: Louella Klyne

Join Certified Reflexology Therapist Louella Klyne as she explores how reflexology can support deep relaxation, comfort, and overall well-being. Reflexology is a gentle, complementary therapy that involves applying targeted pressure to specific points on the feet, hands, ears, and face—areas that correspond directly with various body systems. Louella will share how this holistic practice helps ease tension and balance the body, and if time allows, she will offer a quick live demonstration on a lucky participant!

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

FYI: SENIOR LADIES BLADDER HEALTH

$3.00

Instructor: Melanie Morrill

Bladder concerns are common, but leaking, urgency, and frequent UTIs don't have to be accepted as normal aging. Join us for a practical presentation on understanding bladder issues, pelvic floor habits, hydration tips, acupuncture, and medical care options. Delivered with humor in a comfortable setting. Q&A included!

B **Date:** Mon Mar 15 | 1:00 pm - 2:30 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: STAY SAFE, STAY INFORMED: A SENIORS SAFETY & FRAUD PREVENTION WORKSHOP

$3.00

Instructor: Edmonton Neighbourhood Watch

Staying safe starts with being informed! Join Edmonton Neighbourhood Watch for an interactive workshop helping older adults recognize risks, protect against fraud, and feel secure at home. Learn to spot emerging trends—like AI scams and distraction crimes—plus get expert banking advice on safeguarding your money. Includes a live Q&A!

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

FYI: RETIREMENT INCOME BLUEPRINT

$3.00

Instructor: Wei Woo

Feeling the burden of less money and high taxes? The Retirement Income Blueprint Program is designed to show retirees how to address special issues and draw out retirement income in the most tax efficient manner. Topics covered include the key differences between the accumulation and the "income" market, tax-efficient disassembly of RRSPs, future financial concerns such as health care costs, and more. Take home practical tools and strategies all reflecting a proven process.

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

FYI: HEALTHCARE OPTIONS FOR AGING ALBERTANS

$3.00

Instructor: Izabella Roth

Explore healthcare and support options for aging Albertans, from publicly funded and private home care to independent living, assisted living, and long-term care. Learn about the Client Directed Home Care Invoicing (CDHCI) program, tools that support aging at home, and practical considerations to help you and your family plan with confidence.

B **Date:** Tues Mar 23 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: SKINCARE: NOT JUST FOR WOMEN!

$3.00

Instructor: Holly Oliver

Join us for a friendly, practical workshop designed for everyone! Discover the fundamentals of healthy skin, including simple cleansing, daily moisturizing, and easy habits to keep your skin feeling its best at any age.

B **Date:** Wed Mar 24 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: EXECUTOR DUTIES AND PREPLANNING FUNERALS

$3.00

Instructor: Dusko Trivic

What to do after someone dies? What should I do to prepare? What is your role as an Executor? These questions and more will be answered and procedures explained so that family ends up feeling protected and prepared.

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

FYI: DOWNSIZING WITH CONFIDENCE

$3.00

Instructor: Kaytlyn Beakhouse

Feeling overwhelmed by the idea of downsizing? The experts from Sort & Simple Professional Organizing are sharing their top strategies to help you navigate decluttering, downsizing and moving with confidence! You'll gain practical tips for letting go of clutter, resources for rehoming items, and discover how to simplify your move, so you can focus on the excitement of your next chapter.

B **Date:** Wed Mar 31 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: KNOW-BEFORE-YOU-GO: THE FINANCIAL CONVERSATIONS EVERY COUPLE NEEDS TO HAVE BEFORE MEETING THEIR FINANCIAL ADVISOR

$3.00

Instructor: Jonathan Lesyk

Join Jonathan Lesyk, CFP, Wealth Advisor with Raymond James Ltd. for an interactive session on helping you prepare for your meeting with your Financial Advisor. This presentation will help you arrive at your meeting feeling prepared to talk about key financial planning topics, empowered to make decisions on your terms, and avoid spending the meeting debating what's important.

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

FYI: THE POWER OF 55+: REINVENTING WORK THROUGH SELF- EMPLOYMENT

$3.00

Instructor: Tracy Fraser

I'm not ready to go out to pasture! Giving back to your community on your terms. Being an older adult that doesn't follow societies beliefs of losing value just because of our age. Lean to become self employed and the benefits and continuing to contribute to your community.

Date: Wed Apr 7 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

FYI: AGING SAFELY AT HOME: PLANNING AHEAD FOR INDEPENDENCE, HEALTH & PEACE OF MIND

$3.00

Instructor: Indy Toor

Aging well is about more than staying healthy—it's about maintaining independence, confidence, and quality of life. Join us in recognizing early changes in health, preventing falls, staying safe at home, and knowing when additional support may be helpful. Participants will learn practical strategies for aging safely, navigating home care options in Alberta, and planning ahead to remain independent for as long as possible. This session is designed for older adults, family members, and caregivers.

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

FYI: THE "NO-MAKEUP" MAKEUP LOOK

$3.00

Instructor: Holly Oilver

Learn how to enhance your features with a simple, fresh approach to daily beauty! Discover easy techniques for light coverage, soft definition, and a natural, healthy "you-but-better" glow in a relaxed, friendly environment.

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

FYI

FYI: MAID

$3.00

Instructor: Karen

What is Medical Assistance in Dying? When and how did it become legal, what are the eligibility requirements and safeguards?

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

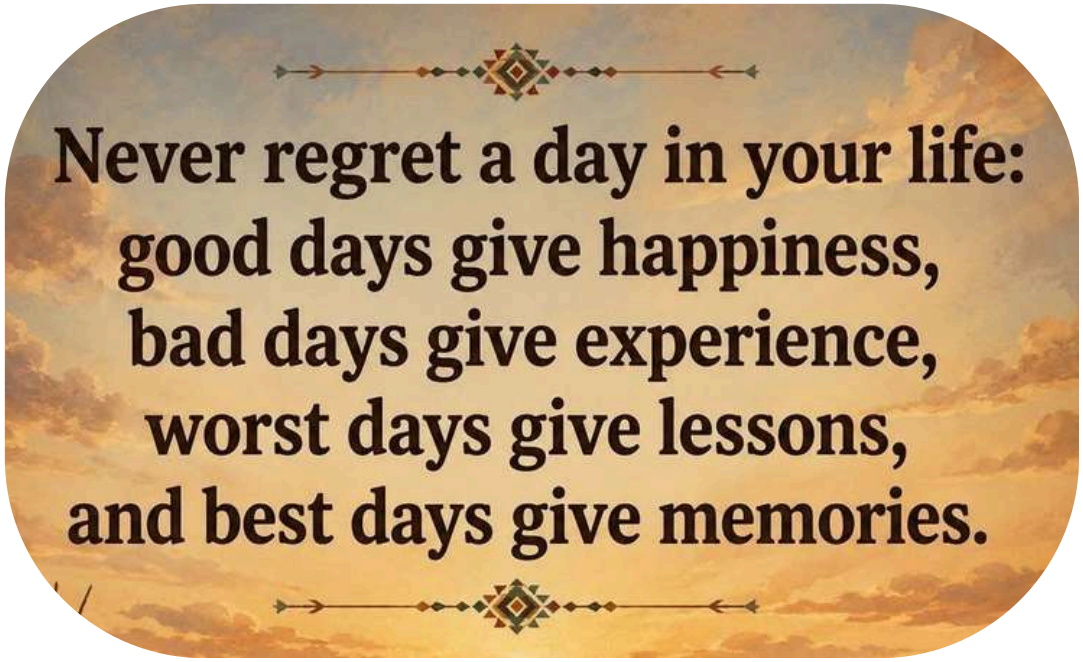
FYI: FALL PREVENTION: STAY STEADY ON YOUR FEET

$3.00

Instructor: Angela Anderson

Worried about falling? Join specialist Angela Anderson (J3 Health & Wellness Supplies) for a practical, encouraging session. Learn simple daily strategies to lower your fall risk—from home safety and supportive footwear to balance tips and mobility aids—so you can stay confident and independent!

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



GENERAL INTEREST - CULINARY

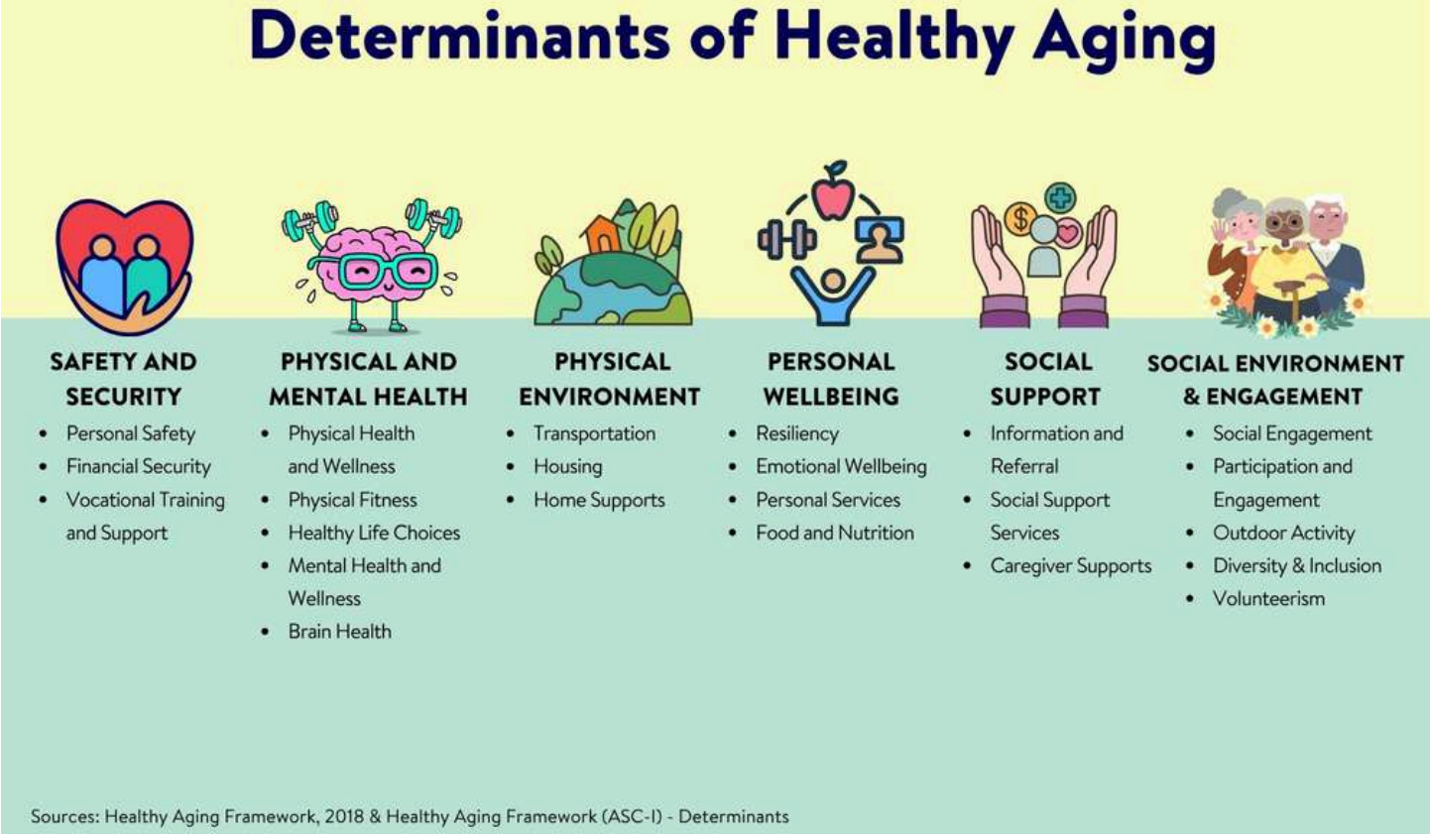
ADVENTURES IN SNACKING

Instructor: Lisa

Discover a variety of crispy, crunchy, and sweet delights from across Asia, each bite offering a unique story. Perfect for snack enthusiasts and culinary explorers alike, this 1.5 hour interactive session promises to expand your palate and satisfy your cravings. Don't miss this exciting opportunity to indulge and explore

B **Date:** Fri Mar 12 | 1:00 pm - 2:30 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**



GENERAL INTEREST - ESTATE PLANNING

DEMYSTIFYING EXECUTORSHIP

Instructor: Gina Vilet

Being named an executor doesn't come with an instruction manual. But it can come with a lot of bad advice! Learn the facts behind some common myths about executorship. Explore what the role involves, what to expect, how to prepare, and where to find help. This session is suitable for estate owners, executors, and beneficiaries. Test your assumptions and assess role readiness. This is an educational session only; no professional or situation-specific advice given.

A **Date:** Mon Feb 22 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 5 **Non-Member Fee: $ 10**

DEMYSTIFYING POWER OF ATTORNEY

Instructor: Gina Vilet

What decisions can someone make on your behalf, and under what circumstances? Explore the boundaries of authority, when a PoA takes effect, and what happens when capacity changes. Learn about what to consider when choosing an attorney and discover practical steps you can take now to prepare for future situations where a PoA will come in handy. This is an educational session only. No professional or situation-specific advice will be provided

B **Date:** Mon Mar 22 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 20 **Non-Member Fee: $ 30**

GENERAL INTEREST - INDIGENOUS

ART READING AND WATERCOLOR THERAPY

Instructor: Mah'koos

In this course, you will create artwork on black paper using watercolor pucks while learning guided brush strokes. You'll also complete three personal drawings: a self-portrait, a family activity, and a vision of your future in five years. Together, we'll explore and reflect on the deeper meaning behind each piece. No artistic skill is required—just bring your imagination!

B	**Date:** Mon Mar 8 & 15	10:00 am- 12:00 pm	**Venue:** Bonnie Doon	**Class Limit:** 25
			Member Fee: $ 40	**Non-Member Fee: $50**

BENT ARROW AT SEESA

Instructor: Amanda Sawyer

Gather with the Wahkomatowin Senior Wellness Program from Bent Arrow Traditional Healing Society and members of the SEESA community. Open to all individuals 55+ looking to socialize and connect through a variety of activities. We offer a welcoming space to explore creativity, share skills, and build meaningful relationships. Coffee, tea, and a light snacks provided.

A	**Date:** Mon Jan 18	1:00 pm - 3:00 pm	**Venue:** Bonnie Doon	**Class Limit:** 25
			Member Fee: Free	**Non-Member Fee: Free**
A	**Date:** Mon Feb 22	1:00 pm - 3:00pm	**Venue:** Bonnie Doon	**Class Limit:** 25
			Member Fee: Free	**Non-Member Fee: Free**
B	**Date:** Mon Mar 22	1:00 pm - 3:00pm	**Venue:** Bonnie Doon	**Class Limit:** 25
			Member Fee: Free	**Non-Member Fee: Free**

GENERAL INTEREST - INDIGENOUS

LEARNING TO FORGIVE AND SELF FORGIVENESS

Instructor: Mah'koos

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

A **Date:** Mon Jan 18 & 25 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 40 **Non-Member Fee: $ 50**

LOSS AND GRIEVING

Instructor: Mah'koos

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

B **Date:** Mon Apr 12 & 19 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 40 **Non-Member Fee: $ 50**

STORY TELLING AND PARANORMAL ACTIVITY

Instructor: Mah'koos

Join Mah'koos as he shares a blend of mythical, spiritual, and humorous tales—many inspired by true events from his remarkable life. He will also dive into true stories of paranormal activity, including hauntings, spirit attachments, entities following you home, portals, and the feeling of being watched, along with practical guidance on what to do to feel safe

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

Member Fee: $ 40 **Non-Member Fee: $ 50**

GENERAL INTEREST - LANGAUGE

SPANISH CONVERSATION

Instructor: Ivonne Quintero

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

A **Date:** Fri Jan 15-Feb 26 | 10:30 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $105 **Non-Member Fee: $136.50**

B **Date:** Fri Mar 5-Apr 30 (no Mar 26 & Apr 2) | 10:00am - 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $105 **Non-Member Fee: $136.5**

SPANISH BEGINNER LEVEL 2

Instructor: Ivonne Quintero

A friendly, relaxed course designed for those looking to build on their foundational Spanish skills. Perfect for anyone who wants to continue learning from scratch, prepare for upcoming travel, or keep the mind active, this session covers basic conversation, pronunciation, and everyday phrases at a gentle pace with plenty of opportunity for practice. You can expect a small, supportive group environment with ample time for questions and casual discussion. Please note that to register for this January-April session, participants must have completed the September–December Spanish - Beginner course.

A **Date:** Fri Jan 15-Feb 26 | 8:45 am - 10:15 am | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $105 **Non-Member Fee: $136.50**

B **Date:** Fri Mar 5-Apr 30 (no Mar 26 & Apr 2) | 8:45 am - 10:15 am | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $105 **Non-Member Fee: $136.50**

CLUTTER IS NOT A CRIME... IT'S AN INSIDE JOB & THE UPSIDE OF DOWNSIZING WITH LYNN FRASER

Instructor: Lynn Fraser

Are you embarrassed by having too much stuff, feeling judged by your clutter style, or overwhelmed by the daunting task of downsizing your life's possessions? Join Lynn to learn the insider's code to decluttering and prepare for your future move with fearlessness, ease, and grace! In this session, Lynn shares practical strategies, move-day stories, and a transformative four-step reflective process to help you gain total clarity on what you truly want for your next home. You will walk away with a top 10 checklist, simple tools, and holistic techniques to reduce stress for you and your family. Discover how to take charge, get motivated, and finally experience The Upside!

Date: Mon Mar 8 & 22 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $30 **Non-Member Fee: $ 40**



GENERAL INTEREST -PHILOSOPHERS CAFE

PHILOSOPHERS CAFÉ: AI AND HUMAN DIGNITY

Instructor: David Goa

Artificial Intelligence? What does it offer? Reports and considerations of AI span utopian visions and disastrous nightmares. Our conversation will explore how we think of being human, our common social life in a fragile world and technical innovation.

A **Date:** Thurs Jan 21 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 20**

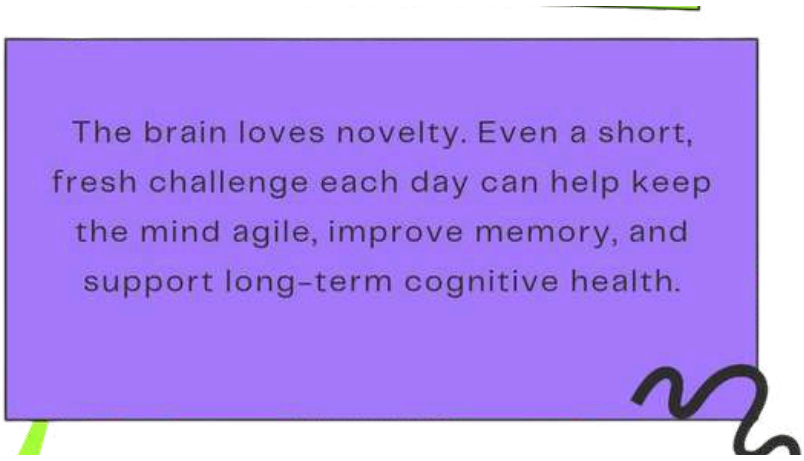
PHILOSOPHERS CAFÉ: ISRAEL: WHAT WENT WRONG

Instructor: David Goa

Israel, What Went Wrong? is the title of Omer Bartov's provocative book published in 2026. Our conversation will engage this book that maps the aspirations of Zionism, the founding of the state of Israel to what unfolded on October 7th in the assault led by Hamas into Israel and the occupation and destruction of Gaza. Why has this unfolded? Is there a pathway to reconciliation and restoration for Israel and Palestine?

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

Member Fee: $ 15 **Non-Member Fee: $ 20**



GENERAL INTEREST -PHILOSOPHERS CAFE

PHILOSOPHERS CAFÉ: AMERICA AT 250

Instructor: David Goa

"The American Experiment" has reached its 250th birthday. What do we make of our neighbour to the South? Is the "experiment" at an end? Is a "more perfect union" in the offing? Is America the "canary in the coal mine" signaling the end of liberalism? What challenges lay ahead for liberal democratic societies?

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

Member Fee: $ 15 **Non-Member Fee: $ 20**

PHILOSOPHERS CAFÉ: ALBERTA THE PROVINCE OF RICHES GALORE

Instructor: David Goa

The vote in the October 19th referendum is in. What does it say about our Alberta, about Canada? Is the debate, the struggle, over? Why did it arise? What is the pathway forward? Is there a conversation to be had between parties on either side of the referendum?

B **Date:** Thurs Apr 22 | 1:30 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 20

Member Fee: $ 15 **Non-Member Fee: $ 20**



GENERAL INTEREST - TECHNOLOGY

AI FOR EVERYONE

Instructor: Shawn Gramiak

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

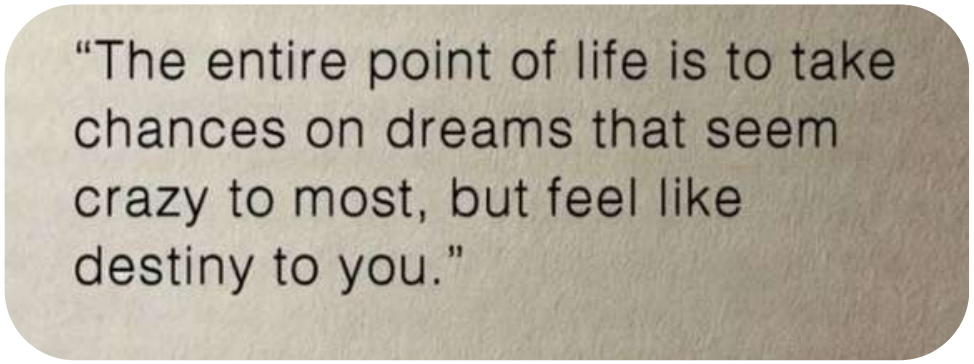
A	**Date:** Thurs Jan 14	10:00 am- 12:00 pm	**Venue:** Edmonton	**Class Limit:** 15
			Member Fee: $ 20	**Non-Member Fee: $ 30**
B	**Date:** Thurs Mar 25	10:00am - 12:00 pm	**Venue:** Edmonton	**Class Limit:** 15
			Member Fee: $ 20	**Non-Member Fee: $ 30**

ANDRIOD PHONE LEVEL 2

Instructor: Shawn Gramiak

Expand practical Android skills with photo sharing, spam call blocking, turn-by-turn navigation, calendar management, cloud backups and a whole lot more! This two hour session is meant for folks already comfortable with their Android phone

B	**Date:** Thurs Mar 11	10:00 am- 12:00pm	**Venue:** Edmonton	**Class Limit:** 15
			Member Fee: $ 20	**Non-Member Fee: $ 30**



GENERAL INTEREST - TECHNOLOGY

COMPUTER TUTORIALS

Instructor: Shawn Gramiak

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

A	**Date:** Thurs Jan 28	1:00 pm - 4:00 pm	**Venue:** Holyrood	**Class Limit:** 3
			Member Fee: $ 50	**Non-Member Fee: $ 60**
A	**Date:** Thurs Feb 25	1:00 pm - 4:00 pm	**Venue:** Holyrood	**Class Limit:** 3
			Member Fee: $ 50	**Non-Member Fee: $ 60**
B	**Date:** Thurs Mar 25	1:00 pm - 4:00 pm	**Venue:** Holyrood	**Class Limit:** 3
			Member Fee: $ 50	**Non-Member Fee: $ 60**

DATA BACKUP: KEEPING YOUR PHOTOS AND DOCUMENTS SAFE

Instructor: Shawn Gramiak

Protect your precious memories and key files. This two-hour hands-on laptop class teaches simple, secure backup methods with confidence. We'll talk about memory sticks, external drives and cloud backups that you might already be using (and not know you are). This session is meant for laptops, although backup methods for mobile devices will also be discussed.

A	**Date:** Thurs Feb 25	10:00 am- 12:00 pm	**Venue:** Edmonton	**Class Limit:** 15
			Member Fee: $ 20	**Non-Member Fee: $ 30**

GENERAL INTEREST - TECHNOLOGY

GMAIL CLEANUP: ORGANIZE YOUR GMAIL

Instructor: Shawn Gramiak

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

A **Date:** Thurs Feb 11 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

GOOGLE CHROME BASICS

Instructor: Shawn Gramiak

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

A **Date:** Thurs Jan 14 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

GOOGLE GEMINI AI AND THE GOOGLE PLAY STORE

Instructor: Shawn Gramiak

Gemini is Google's AI chatbot, and it can be ton of fun. It can be useful too! This two-hour session will introduce participants to the basics of using AI by using Gemini. We'll also take a look at the Google Play store, which is the way you can get apps for your tablet or phone. This session is more for phones and tablets (or iPhones and iPads).

A **Date:** Thurs Feb 11 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

GENERAL INTEREST - TECHNOLOGY

GOOGLE MAPS

Instructor: Shawn Gramiak

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

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

Member Fee: $ 20 **Non-Member Fee: $ 30**

GOOGLE PHOTOS AND GOOGLE TAKEOUT

Instructor: Shawn Gramiak

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

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

Member Fee: $ 20 **Non-Member Fee: $ 30**

INTRO TO CANVA: BASIC ONLINE DESKTOP PUBLISHING

Instructor: Shawn Gramiak

Canva is a free online service that helps you design greeting cards, flyers, and posters easily. Bring your laptop for this two-hour introduction to creating beautiful, simple digital projects. Canva can be used on mobile devices, but working on a laptop makes it MUCH simpler. It does require that you create an account, but if you have a Gmail/Email account, that's quick and easy. Join us for a couple hours of creative fun!

B **Date:** Thurs Apr 8 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

GENERAL INTEREST - TECHNOLOGY

IPHONE NEXT STEPS: LEVEL 2

Instructor: Shawn Gramiak

Advance your iPhone confidence by attaching and sending photos, blocking unwanted callers, using Siri, scanning QR codes, and managing iCloud storage backups. This two-hour session is meant for folks already comfortable with their iPhone.

B **Date:** Thurs Mar 11 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

YOUR GOOGLE ACCOUNT: CONTACTS & GMAIL BASICS

Instructor: Shawn Gramiak

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

A **Date:** Thurs Jan 28 | 10:00 am- 12:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

YOU TUBE BASICS

Instructor: Shawn Gramiak

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

B **Date:** Thurs Apr 8 | 1:00 pm - 3:00 pm | **Venue:** Edmonton | **Class Limit:** 15

Member Fee: $ 20 **Non-Member Fee: $ 30**

MUSIC



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 26 - Feb 23 (5 Wks) | 10:00 am - 11:30 am

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

No Class Drop-in Fee

Venue: Idylwylde **Class Limit:** 10

BEGINNER FINGER PICKING GUITAR

Instructor: Bob Zukerman

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

B **Tuesday**
Mar 9 - Apr 20 (7 Wks) | 10:00 am - 11:30 am

	Member:	Non-Member:
Session Fee:	$105	$136.50

No Class Drop-in Fee

Venue: Idylwylde **Class Limit:** 10

MUSIC



PERFORMANCE SKILLS

Instructor: Kate Haginicolakis

Do you sing, play an instrument, perform monologues or comedy? Jugglers welcome too! This workshop style class allows each student the opportunity to work on their presentation skills by performing for the class on a weekly basis. Have a fun and enriching time commenting, sharing tips and ideas and honing your skills. Beginners to advanced are all welcome.

A **Monday**
Jan 25 - Feb 22 (4 Wks) | 3:00 pm - 4:30 pm

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

No Class Drop-in Fee

No session Feb 15

Venue: Edmonton **Class Limit:** 10





UKULELE: ABSOLUTE BEGINNER

Instructor: Elaine Mann

This course continues from the September 2026 session and will be offered again for new participants in September 2027. If you are interested in learning ukulele or have questions about getting started, please email Elaine at emann@gshawcom.

A **Friday**
Jan 15 - Feb 26 (7 Wks) | 2:30 pm - 4:00 pm

	Member:	Non-Member:
Session Fee:	$105	$136.50

No Class Drop-in Fee

B **Friday**
Mar 5 - Apr 30 (7 Wks) | 2:30 pm - 4:30 pm

	Member:	Non-Member:
Session Fee:	$105	$136.50

No Class Drop-in Fee
No session Mar 26 & Apr 2

Venue: Strathearn **Class Limit:** 8

UKULELE: BEGINNER

Instructor: Elaine Mann

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

A **Friday**
Jan 15 - Feb 26 (7 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	$105	$136.50

No Class Drop-in Fee

B **Friday**
Mar 5 - Apr 30 (7 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	$105	$136.50

No Class Drop-in Fee
No session Mar 26 & Apr 2

Venue: Strathearn **Class Limit:** 15

MUSIC



UKULELE: BEYOND BEGINNER

Instructor: Elaine Mann

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

A **Thursday**
Jan 14 - Feb 25 (7 Wks) | 12:30 pm - 2:00 pm

	Member:	Non-Member:
Session Fee:	$105	$157.50

No Class Drop-in Fee

B **Thursday**
Mar 4 - Apr 29 (8 Wks) | 1:00 pm - 2:30 pm

	Member:	Non-Member:
Session Fee:	$120	$156

No Class Drop-in Fee
No session Apr 1

Venue: Strathearn **Class Limit:** 25

UKULELE EXPERIENCED

Instructor: Elaine Mann

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

A **Wednesday**
Jan 13 - Feb 24 (7 Wks) | 1:00 pm - 2:30 pm

	Member:	Non-Member:
Session Fee:	$105	$157.50

No Class Drop-in Fee

B **Wednesday**
Mar 3 - Apr 28 (8 Wks) | 1:00 pm - 2:30 pm

	Member:	Non-Member:
Session Fee:	$120	$156

No Class Drop-in Fee
No session Apr 21

Venue: Bonnie Doon **Class Limit:** 15



VOCALPALLOZA

Instructor: Kate Haginicolakis

This class is sure to please any of you that love to sing. Class begins with a vocal warmup with exercises designed to build your vocal skills while practicing various techniques. The feature of this session will be songs from the Doowop era of music. Get the benefits of a vocal lesson along with the fun and security of singing with a group. No experience necessary, all levels are welcome!

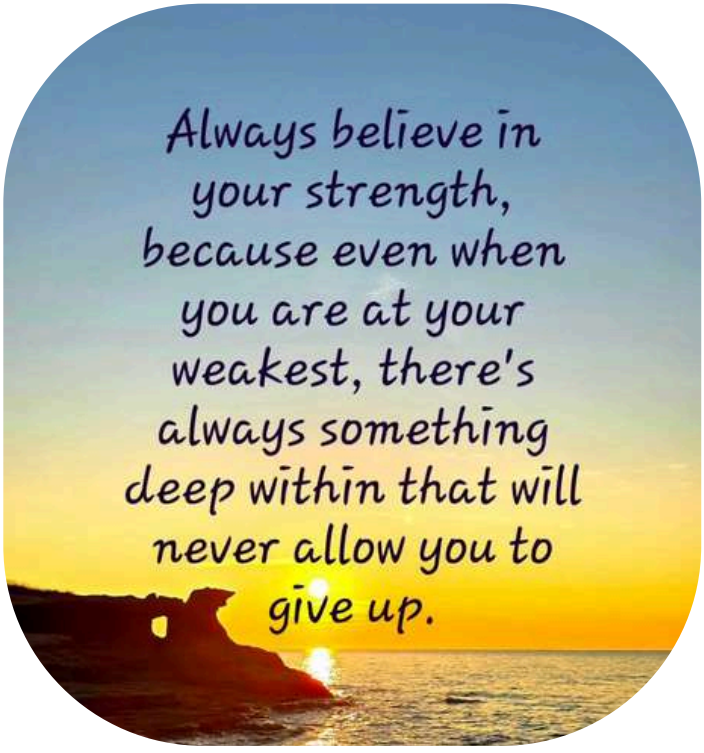
A **Monday**
Jan 25 - Feb 22 (4 Wks) | 4:30 pm - 6:00 pm

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

No Class Drop-in Fee

No session Feb 8 & Feb 15

Venue: Edmonton **Class Limit:** 10



PHYSICAL FITNESS



BARRE FITNESS MONDAY

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 11 - Feb 22 (6 Wks) | 8:45 am - 9:45 am

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

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 8:45 am - 9:45 am

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

No session Mar 29

Venue: Gymnasium **Class Limit:** 25

BARRE FITNESS FRIDAY

Instructor: Kim Ashley

If you have never tried a barre class, why not give it a try? This total-body, low-impact workout is both fun and challenging, blending elements of strength training, ballet, Pilates, and yoga to create a unique and energetic routine. Fueled by motivating music, barre typically incorporates small, controlled, isometric, and high-rep movements designed to sculpt and strengthen the entire body. Come join the fun—all fitness levels are welcome!

A **Friday**
Jan 15 - Feb 26 (7 Wks) | 1:00 pm - 2:00 pm

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

Venue: Gymnasium **Class Limit:** 25

PHYSICAL FITNESS



BEYOND NORDIC WALKING

Instructor: Melanie Kidder

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

A **Wednesday**
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 **Wednesday**
Mar 3 - Apr 28 (7 Wks) | 5:00 pm - 6:00 pm

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

No session Mar 10 and Apr 21

Venue: Gymnasium **Class Limit:** 20

BODY BLITZ EVENING

Instructor: Gregory Pagdato

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

A **Wednesday**
Jan 13 - Feb 24 (7 Wks) | 4:30 pm - 5:30 pm

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

B **Wednesday**
Mar 3 - Apr 28 (8 Wks) | 4:30 pm - 5:30 pm

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

No session Apr 21

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS



CIRCUIT TRAINING

Instructor: Deborah Ravbar

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

A **Tuesday**
Jan 12 - Feb 23 (7 Wks) | 9:00 am - 10:00 am

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

B **Tuesday**
Mar 2 - Apr 27 (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



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



CORRECTIVE EXERCISE AND AGING STRONG

Instructor: Kera Amero

Focus on the four core pillars of aging strong! This class combines resistance training to preserve bone density, dynamic stretches for flexibility and posture, single-leg balance drills to lower fall risks, and steady cardio to support heart health and stamina. Perfect for building everyday strength, mobility, and confidence.

A **Monday**
Jan 11 - Feb 22 (6 Wks) | 9:00 am - 10:00 am

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

No session Feb 15

Venue: Bonnie Doon **Class Limit:** 12

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.

A **Thursday**
Jan 14 - Feb 25 (7 Wks) | 6:00 pm - 7:00 pm

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

B **Thursday**
Mar 4 - Apr 29 (9 Wks) | 6:00 pm - 7:00 pm

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

Venue: Bonnie Doon **Class Limit:** 12

PHYSICAL FITNESS



ESSENTRICS® - AGE REVERSING

Instructor: Meg Hipkins

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 14 - Feb 25 (7 Wks) | 2:00 pm - 3:00 pm

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

B **Thursday**
Mar 4 - Apr 29 (9 Wks) | 2:00 pm - 3:00 pm

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

Venue: Bonnie Doon **Class Limit:** 12

ESSENTRICS® - STRETCH AND TONE MONDAY

Instructor: Liz Olsen

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 11 - Feb 22 (6 Wks) | 10:00 am - 11:00 am

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

No Class Drop-in Fee

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 10:00 am - 11:00 am

	Member:	Non-Member:
Session Fee:	$80	$104

No Class Drop-in Fee

No session Mar 29

Venue: Gymnasium **Class Limit:** 30

PHYSICAL FITNESS



ESSENTRICS® - STRETCH AND TONE FRIDAY

Instructor: Lynn Bohuch

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 15 - Feb 26 (7 Wks) | 12:00 pm - 1:00 pm

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

B **Friday**
Mar 5 - Apr 30 (7 Wks) | 12:00 pm - 1:00 pm

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

No session Mar 26 and Apr 2

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



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 11 - Feb 22 (6 Wks) | 10:15 am - 11:15 am

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

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 10:15 am - 11:15 am

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

No session Mar 29

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 14 - Feb 25 (7 Wks) | 10:15 am - 11:15 am

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

B **Thursday**
Mar 4 - Apr 29 (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 11 - Feb 22 (6 Wks) | 11:15 am - 12:15 pm

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

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 11:15 am - 12:15 pm

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

No session Mar 29

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 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 **Friday**
Mar 5 - Apr 30 (7 Wks) | 9:00 am - 10:00 am

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

No session Mar 26 and Apr 2

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 15 - Feb 26 (7 Wks) | 10:45 am - 11:45 am

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

B **Friday**
Mar 5 - Apr 30 (7 Wks) | 10:45 am - 11:45 am

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

No session Mar 26 and Apr 2

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.

A **Wednesday**
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 **Wednesday**
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: Strathearn **Class Limit:** 12

PHYSICAL FITNESS



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

Instructor: Lorraine Wigston

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

A **Tuesday**
Jan 19 - Feb 23 (6 Wks) | 1:00 pm - 2:00 pm

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

B **Tuesday**
Mar 2 - Apr 27 (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

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 11 - Feb 22 (6 Wks) | 10:00 am - 11:00 am

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

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 10:00 am - 11:00 am

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

No session Mar 29

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS



NOT FALLING FOR YOU

Instructor: Wendy Doughty

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

A **Thursday**
Jan 14 - Apr 29 (14Wks) | 2:15 pm - 3:15 pm

	Member:	Non-Member:
Session Fee:	$Free	$Free

No Class Drop-in Fee

No session Jan 28 & Feb 25

Venue: Idylwylde **Class Limit:** 12

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

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

PHYSICAL FITNESS



PICKLEBALL INTRODUCTION EVENING

Instructor: Leslie Strogen

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

A **Monday**
Jan 11 - Jan 25 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	$70	$80

No Class Drop-in Fee

-

Venue: Gymnasium **Class Limit:** 12

PICKLEBALL PLAYER DEVELOPMENT EVENING

Instructor: Leslie Strogen

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

B **Monday**
Apr 5 - Apr 19 (3 Wks) | 5:30 pm - 7:00 pm

	Member:	Non-Member:
Session Fee:	$70	$80

No Class Drop-in Fee

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 14 - Feb 25 (7 Wks) | 11:45 am - 12:30 pm

	Member:	Non-Member:
Session Fee:	$52.50	$ 68.25
Class Drop-in Fee:	$14	$16

B **Thursday**
Mar 4 - Apr 29 (9 Wks) | 11:45 am - 12:30 om

	Member:	Non-Member:
Session Fee:	$67.50	$87.75
Class Drop-in Fee:	$14	$16

Venue: Bonnie Doon **Class Limit:** 12

STRONG AND STEADY

Instructor: Amy Petersen

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

A **Monday**
Jan 11 - Feb 22 (6 Wks) | 12:30 pm - 1:30 pm

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

No session Feb 15

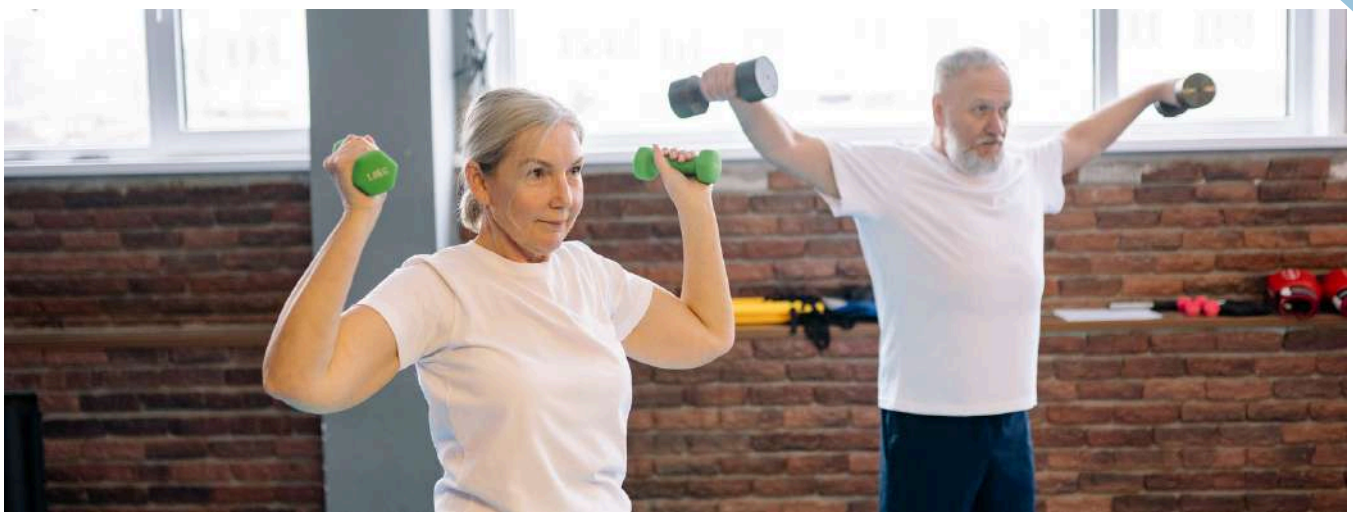
B **Monday**
Mar 1 - Apr 26 (8 Wks) | 12:30 pm - 1:30 pm

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

No session Mar 29

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS



TABATA

Instructor: Deborah Ravbar

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

A **Thursday**
Jan 14 - Feb 25 (7 Wks) | 8:45 am - 9:45 am

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

B **Thursday**
Mar 4 - Apr 29 (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

DID YOU KNOW?

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



PHYSICAL FITNESS



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 14 - Feb 25 (7 Wks) | 10:00 am - 11:00 am

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

B **Thursday**
Mar 4 - Apr 29 (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 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 **Friday**
Mar 5 - Apr 30 (7 Wks) | 10:00 am - 11:00 am

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

No session Mar 26 & Apr 2

Venue: Strathearn **Class Limit:** 12

PHYSICAL FITNESS



YOGA CHAIR WITH MEGAN TUESDAY

Instructor: Megan Kim

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

A **Tuesday**
Jan 12 - Feb 22 (7 Wks) | 9:30 am - 10:30 am

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

B **Tuesday**
Mar 2 - Apr 26 (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

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 14 - Feb 25 (7 Wks) | 12:45 pm - 1:45 pm

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

B **Thursday**
Mar 4 - Apr 29 (9 Wks) | 12:45 pm - 1:45 pm

	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 14 - Feb 25 (7 Wks) | 9:00 am - 10:00 am

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

B **Thursday**
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: Idylwylde **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 11 - Feb 22 (6 Wks) | 9:30 am - 10:30 am

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

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 9:30 am - 10:30 am

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

No session Mar 29

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 14 - Feb 25 (7 Wks) | 9:30 am - 10:30 am

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

B **Thursday**
Mar 4 - Apr 29 (9 Wks) | 9:30 am - 10:30 am

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

Venue: Online **Class Limit:** 20

YOGA FOR GUYS AND GALS - FRIDAY ONLINE

Instructor: Ken Strachan

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

A **Friday**
Jan 15 - Feb 26 (7 Wks) | 9:30 am - 10:30 am

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

B **Friday**
Mar 5 - Apr 30 (8 Wks) | 9:30 am - 10:30 am

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

No session Mar 26

Venue: Online **Class Limit:** 20

PHYSICAL FITNESS



YOGA HATHA WITH BARB EVENING

Instructor: Barbara 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 11 - Feb 22 (6 Wks) | 5:30 pm - 6:30 pm

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

No session Feb 15

B **Monday**
Mar 1 - Apr 26 (8 Wks) | 5:30 pm - 6:30 pm

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

No session Mar 29

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 12 - Feb 23 (7 Wks) | 9:30 am - 10:30 am

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

B **Tuesday**
Mar 2 - Apr 27 (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

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



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

QUILTERS AND CRAFTING CLUB

Instructor: Shirley Baynes

Venue: Forest Heights

Class Limit: 25

A **Monday** **Jan 4 - Feb 22** (7 Wks) | 12:30 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ n/a
No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 12:30 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: n/a
No session Mar 29



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

SOAPSTONE CARVING CLUB

Instructor: Annette Evans

Venue: Workshop

Class Limit: 12

A **Wednesday Jan 6 - Feb 24** (8 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (6 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 24, Mar 31 and Apr 21

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

Instructor: Colin Kinnell

Venue: Workshop

Class Limit: 12

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

B **Tuesday** **Mar 2 - Apr 27** (7 Wks) | 9:00 am - 11:30 am
Thursday **Mar 4 - Apr 29** (7 Wks) | 9:00 am - 11:30 am
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 23 , Mar 25, Mar 30 and Apr1



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

ACCIDENTAL DRAMA CLUB

Instructor: Jim Klingle

Venue: Holyrood

Class Limit: 25

A **Monday** **Jan 4 - Feb 22** (7 Wks) | 12:00 pm- 2:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 12:00 pm- 2:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 29

CLUBS



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

BOARD GAME CLUB

Instructor: Vicki Dowd
Venue: Idylwylde
Class Limit: 20

A **Friday** **Jan 15 - Feb 19** (3 Wks) | 5:30 pm - 8:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ $ 6
No session Jan 22, Jan 29 & Feb 12

B **Friday** **Mar 5 - Apr 16** (3 Wks) | 5:30pm - 8:30pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 12, Mar 26, Apr 2 & Apr 9



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: Idylwylde
Class Limit: 20

A **Monday** **Jan 4 - Feb 22** (7 Wks) | 12:30 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 12:30 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 29

CLUBS



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

CONTRACT BRIDGE CLUB LESSONS

Instructor: Laurie Reid

Venue: Idylwylde

Class Limit: 20

A **Monday** **Jan 4 - Feb 22** (7 Wks) | 3:30 pm - 4:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 3:30 pm - 4:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 29



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

CRIBBAGE CLUB

Instructor: Sharon Moffatt

Venue: Idylwylde

Class Limit: 16

A **Friday** **Jan 8 - Feb 26** (8 Wks) | 12:45 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Friday** **Mar 5 - Apr 30** (7 Wks) | 12:45 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 26 & Apr 2

CLUBS



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

EUCHRE CLUB

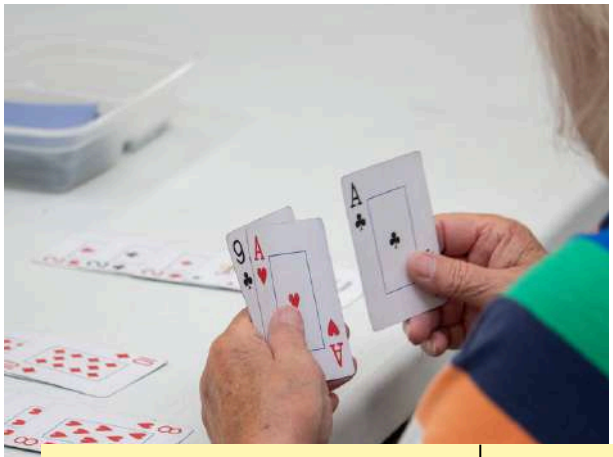
Instructor: Alexandra Anderson

Venue: Holyrood

Class Limit: 16

A **Wednesday Jan 6 - Feb 24** (8 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (8 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Apr 21



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

HAND AND FOOT CANASTA CLUB

Instructor: Sheila Nelles
Ian Macintosh

Venue: Idylwylde

Class Limit: 16

A **Wednesday Jan 6 - Feb 24** (8 Wks) | 12:45 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (8 Wks) | 12:45 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Apr 21

CLUBS



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

KAISER CLUB

Instructor: Dorothy Mayall
Venue: Holyrood
Class Limit: 16

A **Wednesday Jan 6 - feb 24** (8 Wks) | 3:15 pm - 5:15 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (8 Wks) | 3:15 pm - 5:15 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Apr 21



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

FRENCH CONVERSATION CLUB

Instructor: Sylvia Rodrigue
Venue: Holyrood
Class Limit: 16

A **Wednesday Jan 6 - Feb 24** (8 Wks) | 9:30 am - 12:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (9 Wks) | 9:30 am - 12:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

CLUBS



Join us as we share travel stories, discover helpful travel tips, and explore new places, both locally and abroad. Enjoy guest presentations featuring exciting destinations and adventures. Come be inspired, meet potential travel companions and start planning your next adventure!

TRAVEL CLUB

Instructor: Shelene Runzer
Karen Hayney
Venue: Bonnie Doon /Tillies

Class Limit: 20

A **Wednesday Jan 27 - Feb 24** (2 Wks) | 3:30 pm - 4:30 pm
Friday Jan 15 - Feb 12 (2 Wks) | 3:30 pm - 4:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Jan 22, Jan 29, Feb 3, Feb 5, Feb 10 & Feb 17

B **Wednesday Mar 31 - Apr 28** (2 Wks) | 3:30 pm - 4:30 pm
Friday Mar 19 - Apr 16 (2 Wks) | 3:30 pm - 4:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 26 Apr 2 Apr 7 Apr 9, Apr 24 & Apr 21

Follow us on Social Media

@SEESAActivityCentre

@SEESA_Activity_Centre

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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 for when space opens.

BOOK CLUB TUESDAY

Instructor: Barbara Lyon
Venue: Holyrood
Class Limit: 10

A **Tuesday** **Jan 12 - Feb 9** (2 Wks) | 2:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Jan 19, Jan 24, & Feb 2

B **Tuesday** **Mar 9 - Apr 13** (2 Wks) | 2:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 16,Mar 23, Mar 30 & Apr 6



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

BOOK CLUB THURSDAY

Instructor: Maggie Hensel
Venue: Holyrood
Class Limit: 12

A **Thursday** **Jan 7 - Feb 4** (2 Wks) | 1:00 pm - 2:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Jan 14, Jan 21, & Jan 28

B **Thursday** **Mar 4 - Apr 1** (2 Wks) | 1:00 pm - 2:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 11, Mar 18 & Mar 25

CLUBS



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

WRITER'S CORNER CLUB

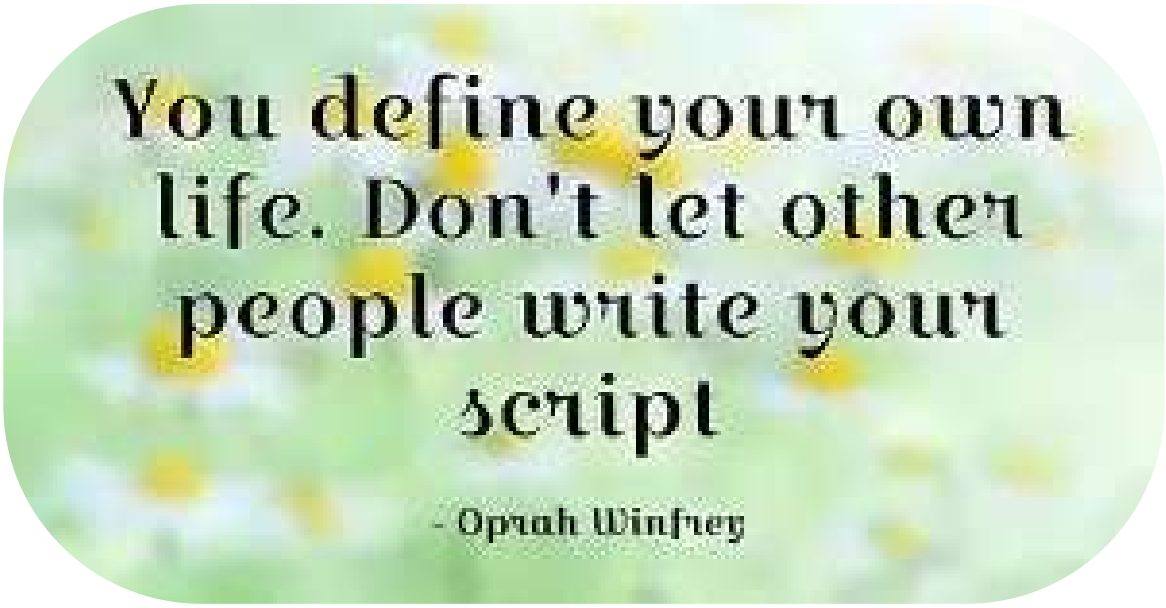
Instructor: Carol Kodish-Butt

Venue: Idylwylde

Class Limit: 20

A **Tuesday** **Jan 5 - Feb 23** (8 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Tuesday** **Mar 2 - Apr 27** (9 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6



CLUBS



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

GUITAR CLUB

Instructor: Ron Adams
Venue: Strathearn
Class Limit: 20

A **Tuesday** **Jan 5 - Feb 23** (8 Wks) | 1:00 pm - 4:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Tuesday** **Mar 2 - Apr 27** (9 Wks) | 1:00 pm - 4:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6



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

JAM SESSION CLUB

Instructor: Ron Adams
Venue: Strathearn
Class Limit: 20

A **Friday** **Jan 8 - Feb 26** (8 Wks) | 6:00 pm - 8:45 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Jan 29

B **Friday** **Mar 5 - Apr 30** (7 Wks) | 6:00 pm - 8:45pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 26 & Apr 2

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 5 - Feb 23** (8 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Tuesday Mar 2 - Apr 27** (9 Wks) | 1:00 pm - 3:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6



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 6 - Feb 24** (8 Wks) | 1:00 pm - 4:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (8 Wks) | 1:00 pm - 4:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Apr 21

CLUBS



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

BADMINTON CLUB

Instructor: Dave Lapp

Venue: Gymnasium

Class Limit: 20

A

Monday **Jan 4 - Feb 22** (7 Wks) | 11:30 pm - 1:30 pm

Wednesday **Jan 6 - Feb 24** (8 Wks) | 9:00 am - 12:00 pm

Friday **Jan 8 - Feb 26** (8 Wks) | 10:45 am - 12:45 pm

Friday **Jan 8 - Feb 26** (4 Wks) | 6:00 pm - 8:45pm

Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

No session Jan 15, Jan 29,Feb 5, Feb 15 & Feb 19

B

Monday **Mar 1 - Apr 26** (8 Wks) | 11:30 am - 1:30 pm

Wednesday **Mar 3 - Apr 28** (7 Wks) | 9:00 am - 12:00 pm

Friday **Mar 5 - Apr 30** (7 Wks) | 10:45 am - 12:45 pm

Friday **Mar 12 - Apr 23** (3 Wks) | 6:00pm - 8:45pm

Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

No session Mar 10 ,Mar 19 Mar 26 Mar 29 , Apr 2, Apr 16 & Apr 21

"Nothing is impossible. The word itself says I'm possible."

AUDREY HEPBURN

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: Tony Spencer

Venue: Gymnasium

Class Limit: 20

A **Wednesday Jan 6 - Feb 24** (8 Wks) | 12:30 pm - 3:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Wednesday Mar 3 - Apr 28** (7 Wks) | 12:30pm - 3:30pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 10 & Apr 21

SEESA VALUES

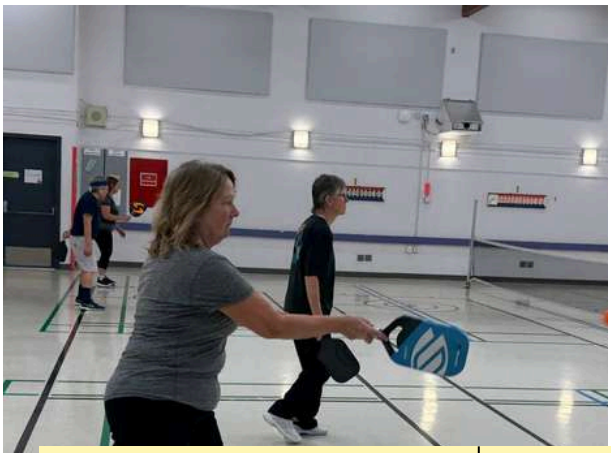
With the 6 Determinants of Healthy Aging as our framework, SEESA serves its membership, our city, province and country. We live our values.

Human Dignity is paramount. Every individual, with their own unique background, beliefs, and circumstances, is welcomed with respect, empathy, and compassion. At SEESA, we embrace interpersonal, intercultural, and intergenerational unity.

Belonging & Community is vital to the well-being of every human. A sense of belonging helps each person in truly becoming and being the best version of themselves. With a sense of well-being, individuals are able to live with meaningful purpose, see the beauty, share the happiness and contribute to a healthy society.

Collaboration with internal constituents and external partners enables us to make informed decisions with thoughtful intention. By working together and exchanging ideas, we create programs and services with the awareness of the changing needs of our community and trends in the environment at large. Collaborations are essential in the development, growth, and sustainability of SEESA.

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 fast-paced, competitive game for experienced players.

PICKLEBALL CLUB DROP

Instructor: Dan Smith
Lynn Kaluzniak

Venue: Gymnasium

Class Limit: 20

A **Monday** **Jan 4 - Feb 22** (7 Wks) | 2:00 pm - 4:30 pm
Thursday **Jan 7 - Feb 25** (8 Wks) | 11:15 am - 1:30 pm

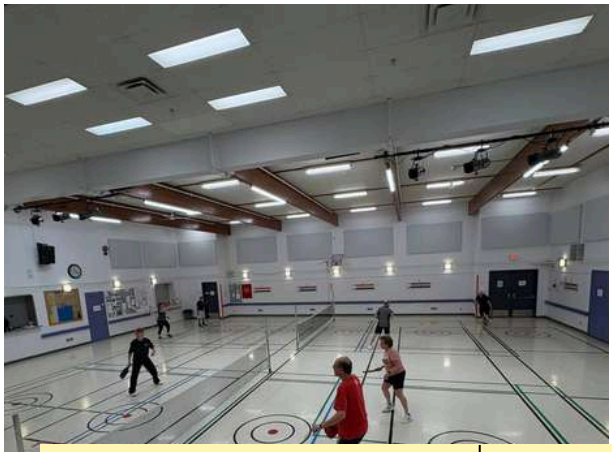
Club Drop-in Fee: Member: $ 3 Non-Member: $ $ 6

No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 2:00 pm - 4:30 pm
Thursday **Mar 4 - Apr 29** (9 Wks) | 11:15 am - 1:30 pm

Club Drop-in Fee: Member: 3 Non-Member: 6

No session Mar 29



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

PICKLEBALL CLUB ROUND ROBIN

Instructor: Richard LaBranche
Shelene Runzer

Venue: Gymnasium

Class Limit: 20

A **Tuesday** **Jan 5 - Feb 23** (8 Wks) | 10:15 am - 12:30 pm
Friday **Jan 15 - Feb 19** (3 Wks) | 6:00 pm - 8:45 pm

Club Drop-in Fee: Member: $ 6 Non-Member: $ 12

No session Jan 22, Jan 29 & Feb 12

B **Tuesday** **Mar 2 - Apr 27** (9 Wks) | 10:15 am - 12:30 pm
Friday **Mar 5 - Apr 16** (3 Wks) | 6:00 pm - 8:45 pm

Club Drop-in Fee: Member: $ 6 Non-Member: $ 12

No session Mar 12, Mar 26, Apr 2 & Apr 9

CLUBS



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

PICKLEBALL FRANCOPHONE

Instructor: Nicole Fortin

Venue: Gymnasium

Class Limit: 20

A **Thursday** **Jan 7 - Feb 25** (8 Wks) | 2:00 pm - 4:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6

B **Thursday** **Mar 4 - Apr 29** (9 Wks) | 2:00 pm - 4:00 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6



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

TABLE TENNIS CLUB

Instructor: Jim Der

Venue: Bonnie Doon

Class Limit: 12

A **Monday** **Jan 4 - Feb 22** (7 Wks) | 3:30 pm - 5:30 pm
Friday **Jan 8 - Feb 26** (8 Wks) | 3:30 pm - 5:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Feb 15

B **Monday** **Mar 1 - Apr 26** (8 Wks) | 3:30 pm - 5:30 pm
Friday **Mar 5 - Apr 30** (7 Wks) | 3:30 pm - 5:30 pm
Club Drop-in Fee: Member: $ 3 Non-Member: $ 6
No session Mar 26, Mar 29 and Apr 2

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 Mar-Apr	FH	$50 $50
Corrective Exercise and Aging Strong	9:00-10:00	Jan-Feb	BD	$60
Yoga for Guys and Gals – Monday Online	9:30-10:30	Jan-Feb Mar-Apr	ONL	$60 $80
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
STEP Forward	10:00-11:30	Jan-Apr	IDL	Free
Learning to Forgive and Self Forgiveness	10:00-12:00	Jan 18-25	EDM	$40
Story Telling and Paranormal Activity	10:00-12:00	Feb 1-8	EDM	$40
Loss and Grieving	10:00-12:00	Apr 12-19	EDM	$40
Art Reading and Watercolor Therapy	10:00-12:00	Mar 8-15	EDM	$40
Demystifying Executorship	10:00-12:00	Feb 22	EDM	$5
Demystifying Power of Attorney	10:00-12:00	Mar 22	EDM	$20
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
Dancing Thru the Decades	12:00-12:45	Jan-Feb	BD	$60
Strong and Steady	12:30-1:30	Jan-Feb Mar-Apr	STR	$60 $80
FYI: Peripheral Neuropathy	1:00-2:30	Jan 18	EDM	$3
Bent Arrow at SEESA	1:00-3:00	Jan 18 Feb 22, Mar 22	BD	Free
Dotable Mandalas 20oz Mug Dot-Painting Workshops	1:30-3:00	Jan 18	WRK	$50
FYI: Senior Ladies Bladder Health	1:30-2:30	Mar 15	EDM	$3
Clutter is Not a Crime... It's an Inside Job & the Upside of Downsizing with Lynn Fraser	1:00-3:00	Mar 8 & 22	EDM	$30
Performance Skills	3:00-4:30	Jan 25-Feb 22	EDM	$60
Vocalpalloza	4:30-6:00	Jan 25-Feb 22	EDM	$60
Yoga Hatha with Barb Evening	5:30-6:30	Jan-Feb Mar-Apr	STR	$60 $80

Pickleball Introduction Evening	5:30-7:00	Jan 11-Jan 25	GYM	$70
Pickleball Player Development Evening	5:30-7:00	Apr 5-Apr 19	GYM	$70
Line Dance Beginner Monday Evening	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 Workshop	9:00-12:00	Jan 12	FH	$75
Kinusaga No Sew Fabric Art	9:00-12:00	Feb 16	FH	$55
Waterfall Painting	9:00-12:00	Mar 9	FH	$55
Yoga with Megan	9:30-10:30	Jan-Feb Mar-Apr	STR	$70 $90
Beginner Finger Picking	10:00-11:30	Mar-Apr	IDL	$105
Guitar Level 2	10:00-11:30	Jan-Feb	IDL	$75
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
Movement/Muscle Mix-Up Formerly202020	1:00-2:00	Jan-Feb Mar-Apr	BD	$60 $90
Water Marbling Workshop	1:00-4:00	Jan 12	FH	$75
Cartooning is Fun	1:00-4:00	Mar 9-30	FH	$120
Soapstone Carving: Eagle Head	1:00-4:00	Mar 2-16	WRK	$165
FYI: Staying Independent: Your Vision and Eye Health	1:30-3:00	Jan 12	EDM	$3
FYI: Pros & Cons of Condo Living	1:30-3:00	Jan 19	EDM	$3
FYI: Living with Schizophrenia	1:30-3:00	Jan 26	EDM	$3
FYI: Hearing Bingo and Info Session	1:30-3:00	Feb 2	EDM	$3
FYI: Choosing a Homecare Model	1:30-3:00	Feb 16	EDM	$3
FYI: Accessible Travel, Your Way: Planning for Comfort and Confidence	1:30-3:00	Feb 23	EDM	$3
FYI: Choosing the Right Financial Advisor: The Questions That Matters	1:30-3:00	Mar 2	EDM	$3
FYI: Cannabis 101: Overview, Stigma & FAQ's	1:30-3:00	Mar 9	EDM	$3
FYI: Stay Safe, Stay Informed: A Seniors Safety & Fraud Prevention Workshop	1:30-3:00	Mar 16	EDM	$3
FYI: Healthcare Options for Aging Albertans	1:30-3:00	Mar 23	EDM	$3
FYI: Executor Duties and Preplanning Funerals	1:30-3:00	Mar 30	EDM	$3

FYI: Know-Before-You-Go: The Financial Conversations Every Couple Needs to Have Before Meeting their Financial Advisor	1:30-3:00	Apr 6	EDM	$3
FYI: The "No-Makeup" Makeup Look	1:30-3:00	Apr 20	EDM	$3
FYI: MAID	1:30-3:00	Apr 27	EDM	$3
Essentrics- Gentle Stretch	2:30-3:15	Jan-Feb Mar-Apr	BD	$52.50 $90
Zumba Gold Evening	5:00-6:00	Jan-Feb Mar-Apr	GYM	$70 $80

CLASSES – Day-at-a-Glance

Wednesday

Program Name	Time	Months	Room	Member Price
Clogging Absolute Beginner	9:00-10:00	Jan-Feb Mar-Apr	BD	$70 $90
Move Well	9:00-10:00	Jan-Feb Mar-Apr	STR	$70 $90
Card Making Fun: Learn, Keep & Contribute Wednesday	9:00-11:30	Jan-Feb Mar-Apr	FH	$50 $50
Stained Glass Swan	9:00-12:00	Jan 20	WRK	$95
Stained Glass Crazy Birds	9:00-12:00	Feb 3	WRK	$95
Stained Glass Beautiful Peacock	9:00-12:00	Mar 3	WRK	$95
Stained Glass Butterfly Bouquet	9:00-12:00	Apr 7	WRK	$95
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
Drawing Perspectives Made Simple	1:00-3:30	Jan-Feb	FH	$175
Drawing Animals	1:00-3:30	Mar-Apr	FH	$200
Ukulele Experienced	1:00-2:30	Jan-Feb Mar-Apr	BD	$105 $120
FYI: Wills	1:30-3:00	Jan 13	EDM	$3
FYI: The Heart of Palliative Care: Lessons From a Lifetime at the Bedside	1:30-3:00	Jan 20	EDM	$3
FYI: Healthy Smiles for Life: Oral Health as We Age	1:30-3:00	Jan 27	EDM	$3
FYI: Personal Directives and Powers of Attorney	1:30-3:00	Feb 3	EDM	$3
FYI: Exploring Retirement Living	1:30-3:00	Feb 10	EDM	$3
FYI: Annual Global Market Review and 2027 Outlook	1:30-3:00	Feb 17	EDM	$3
FYI: Hand & Foot Spa Pampering	1:30-3:00	Feb 24	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	Mar 3	EDM	$3
FYI: Reflexology	1:30-3:00	Mar 10	EDM	$3
FYI: Retirement Income Blueprint	1:30-3:00	Mar 17	EDM	$3
FYI: Skincare: Not Just for Women!	1:30-3:00	Mar 24	EDM	$3
FYI: Downsizing with Confidence	1:30-3:00	Mar 31	EDM	$3
FYI: The Power of 55+: Reinventing Work Through Self-employment	1:30-3:00	Apr 7	EDM	$3

FYI: Aging Safely at Home: Planning Ahead for Independence, Health & Peace of Mind	1:30-3:00	Apr 14	EDM	$3
FYI: Fall Prevention: Stay Steady on Your Feet	1:30-3:00	Apr 28	EDM	$3
Zumba Gold Chair	3:30-4:30	Jan-Feb	BD	$50
Body Blitz Evening	4:30-5:30	Jan-Feb Mar-Apr	STR	$70 $80
Beyond Nordic Walking	5:00-6:00	Jan-Feb Mar-Apr	GYM	$70 $70

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
Yoga Flow	9:00-10:00	Jan-Feb Mar-Apr	IDL	$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
Your Google Account: Contacts & Gmail Basics	10:00-12:00	Jan 28	EDM	$20
Gmail Cleanup: Organize Your Gmail	10:00-12:00	Feb 11	EDM	$20
Data Backup: Keeping Your Photos & Documents Safe	10:00-12:00	Feb 25	EDM	$20
Android Phone Level 2	10:00-12:00	Mar 11	EDM	$20
AI for Everyone	10:00-12:00	Jan 14	EDM	$20
AI for Everyone	10:00-12:00	Mar 25	EDM	$20
Intro to Canva: Basic Online Desktop Publishing	10:00-12:00	Apr 8	EDM	$20
Google Maps	10:00-12:00	Apr 15	EDM	$20
Fit For All – Thursday	10:15-11:15	Jan-Feb Mar-Apr	BD	$70 $90
Pound Fitness	11:45-12:30	Jan-Feb Mar-Apr	BD	$52.50 $67.50
Ukulele Beyond Beginner	12:30-2:00	Jan-Feb Mar-Apr	STR	$105 $120
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 $120
Google Chrome Basics	1:00-3:00	Jan 14	EDM	$20
Computer Tutorials	1:00-4:00	Jan 28	HLY	$50
Google Gemini AI & the Google Play Store	1:00-3:00	Feb 11	EDM	$20
Computer Tutorials	1:00-4:00	Feb 25	HLY	$50
iPhone Next Steps: Level 2	1:00-3:00	Mar 11	EDM	$20
Computer Tutorials	1:00-4:00	Mar 25	HLY	$50
You Tube Basics	1:00-3:00	Apr 8	EDM	$20
Google Photos & Google Takeout	1:00-3:00	Apr 15	EDM	$20
Philosophers Café: AI and Human Dignity	1:30-3:00	Jan 21	EDM	$15

Philosophers Café: Israel: What Went Wrong?	1:30-3:00	Feb 18	EDM	$15
Philosophers Café: America at 250	1:30-3:00	Mar 18	EDM	$15
Philosophers Café: "Alberta the Province of Riches Galore"	1:30-3:00	Apr 22	EDM	$15
Essentrics® - Age Reversing	2:00-3:00	Jan-Feb Mar-Apr	BD	$70 $90
Not Falling For You	2:15-3:15	Jan-Apr	IDL	Free
Bolly X Evening	6:00-7:00	Jan-Feb	GYM	$40
ELDOA	6:00-7:00	Jan-Feb Mar-Apr	BD	$70 $90

CLASSES – Day-at-a-Glance

Friday

Program Name	Time	Months	Room	Member Price
Spanish Beginner Level 2	8:45-10:15	Jan-Feb Mar-Apr	EDM	$105 $105
Flex and Flow with Arthritis – Friday	9:00-10:00	Jan-Feb Mar-Apr	BD	$70 $70
Balanced Beats	9:30-10:30	Jan-Feb Mar-Apr	GYM	$70 $70
Yoga for Guys and Gals – Friday Online	9:30-10:30	Jan-Feb Mar-Apr	ONL	$70 $80
Acrylic Painting	10:00-12:00	Jan-Feb Mar-Apr	FH	$140 $140
Encaustic (beeswax) Art Cards	10:00-11:30	Feb 12	WRK	$40
Tai Chi - Yang 24 - Level 2	10:00-11:00	Jan-Febr Mar-Apr	STR	$70 $70
Spanish Conversation	10:30-12:00	Jan-Feb Mar-Apr	EDM	$105 $105
Friday Power Hour	10:45-11:45	Jan-Feb Mar-Apr	BD	$70 $70
Essentrics® - Stretch and Tone Friday	12:00-1:00	Jan-Feb Mar-Apr	BD	$70 $70
Ukulele Beginner	12:30-2:00	Jan-Feb Mar-Apr	STR	$105 $105
Barre Fitness Friday	1:00-2:00	Jan-Feb	GYM	$70
Adventures in Snacking	1:00-2:30	Mar 12	EDM	$20
Acrylic Painting Abstract/Impressionism	1:00-3:00	Jan-Feb	FH	$140
Dotable Mandalas- Frozen Theme 4" Candle Holder Workshop	1:30-3:00	Feb 19	WRK	$50
Dotable Mandalas- Stemless Wine Glass Dot-Painting Workshop	1:30-3:00	Mar 12	WRK	$48
Dotable Mandalas- Terracotta Pot Dot-Painting Workshop	1:30-3:00	Apr 16	WRK	$45
Ukulele Absolute Beginner	2:30-4:00	Jan-Feb Mar-Apr	STR	$105 $105

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
Quilting and Crafting Club	12:30-3:00	Jan-Apr	FH	$3
Contract Bridge Club	12:30-3:30	Jan-Apr	IDY	$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	9:30-12:30	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
Kaiser Club	3:15-5:15	Jan-Apr	HLR	$3
Travel Club (4th Week of the Month)	3:30-4:30	Jan-Apr	TIL	$3

CLUBS – Day-at-a-Glance

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

Activity Registration Form

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

SEESA *You belong here*

Activity Registration Form

Name: _____ Phone #: _____

Office Use	ACTIVITY NAME	DAY of Activity	DATE of Activity	AMOUNT
	(Office use only)		**TOTAL**	

Membership Type: _____
Wallet Balance =: _____
Receipt #: _____ Issued by: _____ Date: _____

Receipt Required: Yes ☐ No ☐
Payment method: Cash / Cheque / Debit / Credit Card / Wallet (*circle all that apply*)

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

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

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

PAYMENT OPTIONS:

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

Credit Card Number

_____

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

Name on card _____

CONTACT US



SEESA (SOUTH EAST EDMONTON SENIORS ASSOCIATION)

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Website: www.seesa.ca

Facebook: @SEESAActivityCentre
Instagram: @SEESA_Activity_Centre
Linked In: @southeastedmontonseniorsassociation

Closed Weekends and Statutory Holidays

Use this QR Code to access SEESA's website.

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

SEESA
You belong here