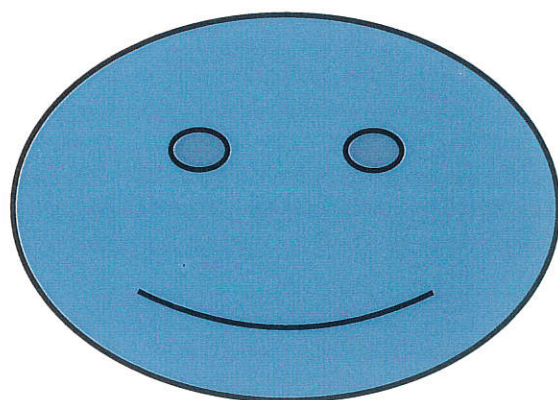


STAY ACTIVE THIS WINTER



Session 2—2021

February 22 – March 26

Registration opens Feb 08 at 10:00 AM

www.seesa.ca/activities

SESSION 2 2021 CLASS REGISTRATION AND PAYMENT OPTIONS

- ** Online registration will start at 10:00 AM on Feb 08, 2021. Go to www.seesa.ca/programs
- ** If you are having trouble with the website or are a non-member, please phone the office at 780-468-1985 and we will help you register.

CANCELLATIONS, REFUNDS, AND TRANSFERS

- ** Classes may be cancelled or altered if minimums are not met—registering before the class starts helps us know if classes need to be cancelled due to low enrollment. Participants will be called if a class is cancelled and your fee will be returned.
- ** Please submit in writing if you have to withdraw from a class for injury or other medical reasons and are asking for a refund. A \$10 administration fee will be taken off all refunds issued. Refunds will not be issued to any participant who withdraws from a program of their own volition.
- ** Transferring from one class to another will be subject to a \$10 administration fee—no exceptions.
- ** Classes are not transferrable meaning that if you register in a Monday class you cannot go to a class on a different day just because you missed the Monday class.

WAITING LISTS

If the program in which you wish to register is full, you can be added to a “wait list”. When registering, you will be added to the wait list but not charged for the class. If there is a cancellation, we will contact you with the option to join the program. Our system tracks names in the order they were received so you will be contacted in the order you registered.

LIABILITY

SEESA is not responsible for any physical injuries that may occur during any of its programs. All participants must sign the waiver and provide emergency contact information prior to registering in programs. Participants must be able to independently participate in the activity unless they bring their own caregivers. Caregivers do not need to pay for the class if they are providing assistance to a participant and not participating themselves. Please ensure you register for a class that is right for your level of ability in that class. Always consult a doctor prior to starting a new exercise program.

Session	Length (weeks)	Dates	Registration Date
1	5	Jan 18-Feb 19	Jan-04
2	5	Feb 22-Mar26	Feb-08
3	6	Mar 29 - May 7	Mar-15
4	6	May 10 - June 18	Apr-26
5	6	June 21 - July 30	Jun-07
6	6	Aug 16 - Sept 24	Aug-02
7	6	Sept 27 - Nov 5	Sep-13
8	6	Nov 8 - Dec 17	Oct-25

	MEMBER (55+)	NON SEESA MEMBER
ANNUAL FEE	Regular = \$30	n/a
VOTE AT GENERAL MEETINGS	Yes	n/a
ONSITE CLASSES	\$12 per hour \$3 equipment and music licensing fee per session	\$12 per hour \$3 surcharge per hour \$3 equipment and music licensing fee per session
ONSITE DROP IN	\$15 per hour	\$15 per hour \$3 surcharge per hour
ONLINE CLASSES	\$10 per hour \$3 equipment and music licensing fee per session No drop in available	
CLUB FEE	\$2 per hour \$0.50 equipment and music licensing fee per drop in	
USE FITNESS CENTRE	\$50 per year \$100 equipment fee per year	n/a
All onsite participation options may be limited by Alberta Health regulations		

CLASSES VS CLUBS

With everything offered at SEESA, it's hard to know what Class to take or which Club to join.

- ** **Classes** require an instructor and participants need to register for each class they take. The instructors are qualified in their trade and have special skills that allow them to lead a class that results in members achieving a set goal. SEESA in return charges our members a set session fee to cover the cost of the instructors for the class they offer.
- ** **Clubs** on the other hand are created for fun and socializing. They are run by our members who act as the Activity Liaisons. Members who join a club don't need to formally register but instead pay a drop in fee every time they want to attend.

Monday Online February 22—March 26

Time	Class	Instructor/Liaison	Cost	Description on Page
10:00-11:00 NEW 1hour	Save, Organize, and Share Your Photos	Ann Ozdoba	\$43 NEW 4 Weeks	10
1:00-2:00 NEW 1 hour	Easy Photobooks	Ann Ozdoba	\$33 NEW 3 Weeks	9
2:30-3:30	Essentrics Stretch and Tone	Liz Olson	\$43	9
6:00-7:00	Qigong	Carolynne Melnyk	\$43	11



Feeling cooped up? Need something fun to do at home?

SEESA, partnering with instructor Tracy Walters, is putting on a “Zoom Line Dancing Party”.

Date: February 28, 2021

Time: 2:00 to 4:00 pm

Cost: \$20 per person

There will be line dancing from 2:00 to 3:00 pm (approximately), followed by social time with friends to chat and have some fun with each other. You can even have a snack while we socialize. No experience necessary for the line dancing and all are welcome.

Register at SEESA <https://seesa.ca/activities/>. Having trouble? Call SEESA at 780-468-1985

Tuesday Online

February 22—March 26

Time	Class	Instructor/Liaison	Cost	Description on Page
9:00-10:00	Salsa Fitness	Dagmar Sanchez	\$53	10
10:00-11:00	Essentrics Age Reversing	Carol Smith	\$53	9
10:15-11:15	Yoga with Megan	Megan Kim	\$53	13
12:00-1:00	Line Dancing	Tracy Walters	\$53	11
1:00-2:00 NEW 1hour	Yoga with Maxine	Maxine Cowan	\$53	13
2:15-3:15	Yoga for Guys and Gals	Ken Strachan	\$53	12
3-4 NEW!	Clogging in the ZOOM Puddle	Tracy Walters	\$53	8
4:30-5:30	Stretch and Release	Kate Stashko	\$53	10
5:15-6:00	Pound Fitness	Melanie Kidder	\$40.50	11
5:45-6:45	Soft Pilates	Kate Stashko	\$53	10
7:00-8:00	Barre Fitness	Kate Stashko	\$53	8

Wednesday Online

February 22—March 26

Time	Class	Instructor/Liaison	Cost	Description on Page
9:30-10:30	Fit for All	Wendy Kinsman	\$53	9
10:00-11:00	Ukulele Intermediate	Elaine Mann	\$53	12
11:30-12:30	Ukulele Experienced	Elaine Mann	\$53	12
12:30-1:30 Starts on Mar 10	Ho'oponopono 3 Weeks	Jeri Tourand	\$33	11
1:00-3:00	Cards Online	Barb Willis	\$4.50 Drop In	8
1:30-2:30	Qigong	Carolynne Melnyk	\$53	11

Thursday Online

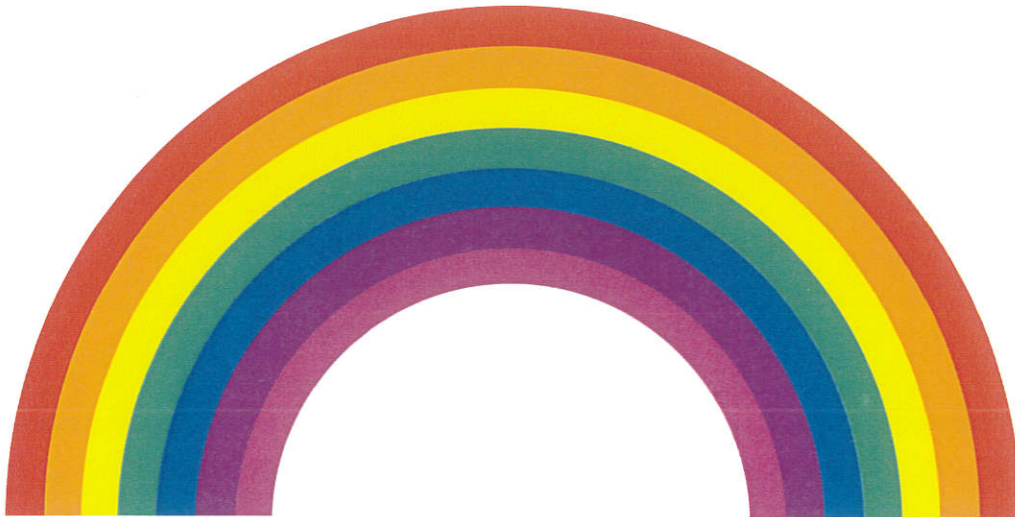
February 22—March 26

Time	Class	Instructor/Liaison	Cost	Description on Page
9:30-10:30	Yoga with Dagmar	Dagmar Sanchez	\$53	13
10:15-11:15	Chair Yoga	Megan Kim	\$53	8
11:00-12:00	Zumba Gold	Dagmar Sanchez	\$53	13
1:00-3:00	Watercolour	Willie Wong	\$83	12
6:30—7:30 NEW	Yoga for Guys and Gals	Ken Strachan	\$53	12

Friday Online

February 22—March 26

Time	Class	Instructor/Liaison	Cost	Description on Page
9:30-10:30	Fit for All	Wendy Kinsman	\$53	9
10:00-11:00	Ukulele Beginners	Elaine Mann	\$53	12
11:00-12:00	Yoga for Guys and Gals	Ken Strachan	\$53	12
11:30-12:30	Ukulele Beyond Beginners	Elaine Mann	\$53	12
1:00-2:00	Ukulele Beginners	Elaine Mann	\$53	12
1:00-4:00	Drama Club	Dan Acheson	\$6.50 Drop In	8
2:30-3:30	Ukulele Beyond Beginners	Elaine Mann	\$53	12



“The way I see it, if you want the rainbow, you gotta make the best of the rain” Dolly Parton Quote

Program Descriptions

Barre Fitness

Kate Stashko

A fun way to improve flexibility and strength through a series of mostly standing exercises that work the whole body. This is a fast-paced class and you're sure to break a sweat! No dance experience necessary.

Cards Online

Barb Willis

Play Spades, Hearts, Euchre, or Crazy 8s online with the program Plato. If you would like to join but are not tech savvy, please email Melanie and she will get you in touch with Barb who will work with you to get Zoom working and download the required apps.

Chair Yoga with Megan

Megan Kim

Sitting and standing work. Using a chair for support, explore the power of bringing awareness into our sensing bodies, in movement and in stillness.

Clogging Beginner

Tracy Walters

You will learn some basic steps and terms associated with clogging and we dance to different types of music. We wear shoes with special taps on them that give clogging its unique sound (not needed for the first session; wear comfortable shoes to start). It is a fun dance to do and once you try it, you will be hooked. No previous experience required.

Drama Club

Dan Acheson

The Accidental Drama group performs plays and musicals for our annual production. If you have a desire to entertain on stage or to assist back stage, please join us. Additional rehearsals may be required.

Easy Photo Books

Ann Ozdoba

This is a 4 week course with classes 1 hour and 15 minutes in length. We will be looking at two ways to make a quick photo book using an online program. The participants will be able to complete one to two photo books. Here is the outline for the classes:

** Picking a project. Learn how to upload, organize and edit your pictures.

** Learning how to use Autobooks.

** Learning how to use Design and Print.

** Work to complete projects. Explore the new Artisan program.

Participants will need to have picked a project (e.g. birthday, Christmas, grandkids, small trip) and have the pictures (40 – 200) on their computer.

Essentrics Age Reversing

Tuesday – Samara Hipkin, Thursday – Carol Smith

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy, and your immune system. A slow paced, full body workout created by Miranda Esmonde-White, the author of the New York Time Bestseller, Aging Backwards.

Essentrics Stretch and Tone

Monday – Liz Olson, Friday – Meaghan Hipkin

A full body workout that rapidly changes the shape of your body through dynamic movement. This technique develops lean, strong, and flexible muscles, and immediate changes in posture. The body is rebalanced, injuries are prevented (and heal faster!) and tight joints are unlocked. It is a moderate level fitness class, including standing, chair, and floor work (on back and side body only). For men and women of all fitness levels. Feel energized! Feel really good!!

Fit for All

Wendy Kinsman

Standing/Seated Exercise Class. This fun physical fitness class will focus on the essential components to maintain healthy, independent living for participants who can either stand or sit to exercise.

Wendy's 'Fit For All Class' will provide both moderate level standing and seated movement options including: safe and gentle warm-up exercises for muscles and joints; no/low impact cardiovascular movements to improve aerobic fitness (heart & circulation); core and lower body balance exercises for preventing falls; muscular strength and endurance exercises to improve independent daily living; and stretching, for increased range of motion for joints improved ease of movement and relaxation.

All classes accompany music to enjoy while getting fit! Equipment required: hand weights (can use water bottles, soup cans or hand weights), squeezable light weight ball (approximately 6-8" diameter), resistance band or bungee cord (with metal cut off) or strip of stretchy fabric, chair, and a fun attitude!

Program Descriptions

Qigong

Carolynne Melnyk

Interested in more energy, improved sleep, reduced stress, relief from aches and pains, clearer thinking, and increased strength and vitality? If so, come and join this simple yet effective Qigong (pronounced cheegong) class. Qigong is an ancient moving meditation practice designed to help gain energy and feel good by using your breath along with slow, simple, gentle movements.

Salsa Fitness

Dagmar Sanchez

Perfect for active older adults who are looking for a fun workout. This class is a low impact cardio workout where you will learn new salsa dance moves and improve the skills you already have, while you burn calories and move your body to some Caribbean rhythms with a Cuban Salsa Dance Champion. This class will focus on rhythm, balance, range of motion and coordination. This is a happy and fun class, so a smile is required, and indoor shoes. This class should be done on a smooth floor like hardwood floor or tile.

Save, Organize and Share (SOS) Your Photos

Ann Ozdoba

This is a 4 week course with classes 1 hour and 15 minutes in length. The 4 week class breakdown would be:

- ** Where are your photos, Setting goals and information about Cloud Storage
- ** Process of going through old photos and digital conversion
- ** Gathering up your devices, backing up and organizing
- ** Organizing, storytelling and next steps of how to protect your photos and information

Since this course is online, the participants will be able to access their photos on their computer. No prep is needed.

Soft Pilates

Kate Stashko

Pilates combines core strength and breath work to reduce back and joint pain while increasing core stability and range of motion and reducing stress.

Stretch and Release

Kate Stashko

A combination of stretching and release techniques to help lengthen and relax tense muscles, improve range of motion and reduce stress.

Ho'oponopono—Forgiveness as a Path to Freedom (Jan 27, Feb 3, Feb 10)

Jeri Tourand

Jeri will lead you through 3 insightful forgiveness lessons and teach the powerful tool of Ho'oponopono (an ancient Hawaiian forgiveness practice of reconciliation and forgiveness). She will walk you through an unforgettable energetic experience for mental cleansing that is extremely effective in freeing you from the stuck energy, resentments and heaviness of the past in order to move forward in your life and into the new year with greater ease and harmony.

Line Dancing

Tracy Walters

Line dancing is a fun, low impact exercise class that includes dancing in lines with no partner required. Different genres of music are used (country, hip hop, Irish to name a few). Please wear comfortable shoes, preferably with leather soles, are required. No experience is needed for this class.

Pound Fitness

Melanie Kidder

Pound is a cardio workout session inspired by the energizing, infectious, sweat- dripping fun of playing the drums. No drumming or musical instruction in this class. Instead you will get an entire body workout by using the specially designed RipStix provided for the class. It includes conditioning moves and cardio interval training. It improves strength, flexibility, and your mind-body connection. No previous fitness experience required. The instructor will provide modifications for different fitness levels and abilities. Seated portions of the class can be done on a chair or sitting on a yoga mat. RipStix or drum sticks are required for the class. SEESA has a number of RipStix available for rent for the semester. Call the office for more details.

Qigong

Carolynne Melnyk

Interested in more energy, improved sleep, reduced stress, relief from aches and pains, clearer thinking, and increased strength and vitality? If so, come and join this simple yet effective Qigong (pronounced cheegong) class. Qigong is an ancient moving meditation practice designed to help gain energy and feel good by using your breath along with slow, simple, gentle movements.

Program Descriptions

Ukulele Beginner

Elaine Mann

For beginning players who know a few chords and want to learn basic strumming styles and how to play simple melodies. Please note: Meant for those who have completed an Absolute Beginner Class. NOT suitable for absolute beginners.

Ukulele Beyond Beginner

Elaine Mann

For higher level beginners - folks who would like review of beginner level skills and are not yet ready for the intermediate level.

Ukulele Intermediate

Elaine Mann

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

Ukulele Experience

Elaine Mann

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

Watercolour

Willie Wong

Join Willie's weekly Zoom to paint landscapes, still life, flowers and anything fun. Easy to follow handout will be sent to participants prior to the class every week. No experience needed, minimum supplies needed.

Yoga for Guys and Gals

Ken Strachan

This class is open to both men and women participants. Come out and join a gentle but progressive class with a friend or on your own.

Program Descriptions

Yoga with Dagmar

Dagmar Sanchez

Carve out some time on the mat for this relaxing and gentle Yoga with Dagmar practice. Relieve stress, cultivate a clear mind and a strong body. This is a chance to connect to your mental health practice while still staying on track for that summer fit. It's perfect for tired or sore muscles, ideal for beginners, seniors or those seeking slow and mindful practice to balance out the bustle. This is a full-length gentle yoga class, perfect for beginners, seniors or just those of you coming back to Yoga or looking for a gentle practice, all you'll need is a mat. Yoga is for all.

Yoga with Megan

Megan Kim

Explore the power of bringing awareness into your wonderful, sensing body! Starting points for exploration include standing, hands and knees, lying on the back, and lying on the front.

Yoga with Maxine

Maxine Cowan

This class is about finding your connection to gravity which makes yoga poses easier, increases energy, strength and flexibility. We'll also do plenty of restorative poses. Must be able to get up and down from the floor. You'll need a few pillows, a blanket, a yoga belt and a chair.

Zumba Gold

Dagmar Sanchez

Get groovin' at your own pace! Perfect for active older adults who are looking for a modified workout with low impact moves. The Zumba Gold® program recreates the original moves you love but at a lower intensity. It allows you to move to the beat at your own speed and focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility, and coordination. It's an invigorating, community oriented dance-fitness class that feels fresh, and most of all, exhilarating! Please ensure you have indoor running shoes to wear—sock feet are not permitted. This class should be done on a smooth floor like tile or hardwood. No carpet please.

9350 82 Street NW Edmonton AB T6C 2X8

Ph 780.468.1985

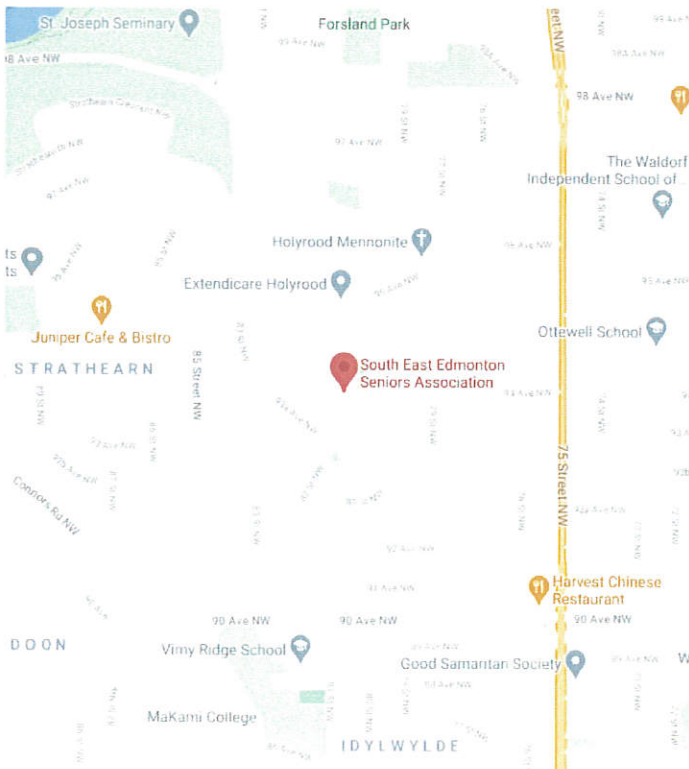
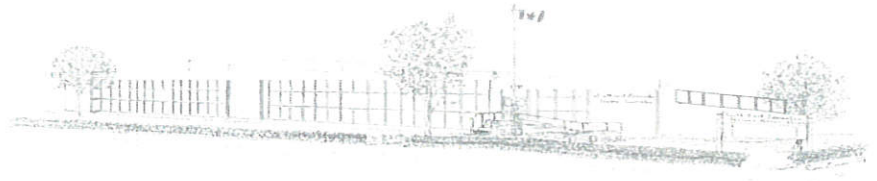
www.seesa.ca

Mission Statement: To empower and enhance the quality of life of people in our community as they age.

Office Hours:

Monday—Friday 8:30 am—4:30 pm

*Closed Holidays



Driving Directions :

From 79th Street turn west on to 94th Avenue (you will see a big green building Holyrood Elementary School on the corner) Follow 94th along the playground. 94th Ave bends and turns into 82nd Street. We are the blue and white building on the bend.

The #307 and #322 buses stop directly outside our building Buslink # 2613 or across the street going East Buslink # 22187