

CLASSES TO GET READY FOR SUMMER



Session 4—2021

May 25—July 16

Registration opens May 10

at 10:00 AM

SESSION 4 2021 CLASS REGISTRATION AND PAYMENT OPTIONS

- ** Online registration will start at 10:00 AM on May 10, 2021. Go to <https://myactivecenter.com/#centers/USA.AB.Edmonton.South-East-Edmonton-Seniors-Association-SEESA/activities>
- ** If you are having trouble with the website, 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

| Session | Length (weeks) | Dates | Registration Date |
|---------|----------------|-----------------|-------------------|
| 1 | 5 | Jan 18-Feb 19 | Jan-04 |
| 2 | 5 | Feb 22-Mar26 | Feb-08 |
| 3 | 8 | Mar 29-May 21 | Mar 17 |
| 4 | 8 | May 25-July 16 | May 10 |
| 5 | 8 | July 19-Sept 10 | July 5 |
| 6 | 8 | Sept 13-Nov 5 | Aug 30 |
| 7 | 8 | Nov 8-Dec 23 | Oct 25 |

| | MEMBER (55+) | NON SEESA MEMBER |
|---|--|---|
| ANNUAL FEE | Regular = \$30 | n/a |
| VOTE AT GENERAL MEETINGS | Yes | n/a |
| ONSITE CLASSES | 20% discount on the regular fee | \$15 per hour \$3 equipment and music licensing fee per session |
| ONSITE DROP IN | 20% discount on the regular fee | \$18 per hour \$0.50 equipment and music licensing fee per drop in |
| 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
May 31—July 12
No Class May 24

| Time | Start Date & Course Length | Class | Instructor/Liaison | Cost | Location |
|-------------|---|--------------------------------|---------------------------|-----------------------------------|----------------------|
| 8:30-9:30 | May 31 2 weeks | Zumba Gold | Melanie Kidder | \$23.00 | Virtual |
| 8:30-9:30 | June 14 5 weeks | Zumba Gold | Melanie Kidder | \$78.00 20% off for members | Outdoors/ Virtual |
| 9:00-10:00 | May 31 7 weeks | Essentrics Stretch and Tone | Liz Olson | \$73.00 | Virtual |
| 10:00-11:00 | June 7 6 weeks | Stretch and Release | Kate Stashko | \$63.00 | Virtual |
| 6:00-7:00 | May 31 7 weeks | Qigong | Carolynne Melnyk | \$73.00 | Virtual |
| 6:30-7:30 | May 31 7 weeks | Soft Pilates | Kate Stashko | \$73.00 | Virtual |

Tuesday Online May 25—July 13

| Time | Start Date & Course Length | Class | Instructor/Liaison | Cost | Location |
|--------------------------|-------------------------------|-------------------------------------|--------------------|-----------------------------------|----------------------|
| 10:00-11:00 | May 25 8 weeks | Essentrics Age Reversing | Carol Smith | \$83.00 | Virtual |
| 10:30-11:30 | May 25 8 weeks | Yoga with Megan | Megan Kim | \$83.00 | Virtual |
| 12:00-1:00 NEW | May 25 8 weeks | Lunch-time Oasis with Chair Yoga | Megan Kim | \$83.00 | Virtual |
| 2:00-3:00 | May 25 8 weeks | Yoga for Guys and Gals | Ken Strachan | \$83.00 | Virtual |
| 5:15-6:00 | May 25 3 weeks | Pound Fitness | Melanie Kidder | \$33.00 | Virtual |
| 5:15-6:00 | June 15 5 weeks | Pound Fitness | Melanie Kidder | \$59.25 20% off for members | Outdoors/ Virtual |
| 7:00-8:00 | May 25 8 weeks | Barre Fitness | Kate Stashko | \$83.00 | Virtual |

Wednesday May 26—July14

| Time | Start Date & Course Length | Class | Instructor/Liaison | Cost | Location |
|---------------------------|-------------------------------|---|--------------------|-----------------------------------|---------------------|
| 9:30-10:30 | May 26 7 weeks | Fit for All No class Jun 16 | Wendy Kinsman | \$73.00 | Virtual |
| 10:00-11:00 | May 26 4 weeks * 2 | Ukulele Intermediate | Elaine Mann | \$43.00 per 4 week block | Virtual |
| 10:30-11:30 | Jun 16 5 week | Line Dancing | Tracy Walters | \$78.00 20% off for members | Outside/ Virtual |
| 11:00-12:00 NEW | May 26 7 weeks | Gentle Seated Fitness No class Jun 16 | Wendy Kinsman | \$73.00 | Virtual |
| 11:30-12:30 | May 26 4 weeks * 2 | Ukulele Experienced | Elaine Mann | \$43.00 per 4 week block | Virtual |
| 1:30-2:30 | May 26 8 weeks | Qigong | Carolynne Melnyk | \$83.00 | Virtual |
| 6:30-7:30 NEW | May 26 8 Weeks | ESSETRICS® Tone for Gardeners | Carol Smith | \$83.00 | Virtual |

Thursday
May 27—July 15
No Class July 1

| Time | Start Date & Course Length | Class | Instructor/Liaison | Cost | Location |
|---------------------------|---------------------------------------|-----------------------------|---------------------------|-------------------------------------|----------------------|
| 9:30-10:30 NEW | June 17 4 weeks | Essentrics Stretch and Tone | Liz Olson | \$63.00 20% discount for members | Outdoors/ Virtual |
| 10:30-11:30 | May 27 7 weeks | Chair Yoga with Megan | Megan Kim | \$73.00 | Virtual |
| 11:00-12:00 NEW | June 17 4 weeks | Step & Strength Cardio | Lisa Doyle | \$63.00 20% discount for members | Outdoors/ Virtual |
| 1:00-3:00 | May 27 7 weeks | Watercolour | Willie Wong | \$143.00 | Virtual |
| 6:30—7:30 | May 27 7 weeks | Yoga for Guys and Gals | Ken Strachan | \$73.00 | Virtual |

Friday

May 28—July 16

| Time | Start Date & Course Length | Class | Instructor/Liaison | Cost | Location |
|-------------|----------------------------|--------------------------------|--------------------|--------------------------|----------|
| 9:30-10:30 | May 28 7 weeks | Fit for All No Class Jun 18 | Wendy Kinsman | \$73.00 | Virtual |
| 10:00-11:00 | May 28 4 weeks * 2 | Ukulele Beginners | Elaine Mann | \$43.00 per 4 week block | Virtual |
| 10:00-11:00 | June 4/11/18 3 weeks | Holistic Decluttering | Lynn Fraser | \$33.00 | Virtual |
| 11:00-12:00 | May 28 8 weeks | Yoga for Guys and Gals | Ken Strachan | \$83.00 | Virtual |
| 11:30-12:30 | May 28 4 weeks * 2 | Ukulele Beyond Beginners | Elaine Mann | \$43.00 per 4 week block | Virtual |
| 1:00-2:00 | May 28 4 weeks * 2 | Ukulele Beyond Beginners | Elaine Mann | \$43.00 per 4 week block | Virtual |

Other Activities

SEESA Mixed Golf League

Michael Dean

We're playing at the Country Side Golf Club on their Woodlands course, a 10-hole course (9 holes + a bonus hole) of par-3 and par-4 holes located one mile east of the junction of Hwy. 14 and the Henday and one mile south of Hwy. 14. They have a nice restaurant and patio area for post-round socialising (COVID permitting). 51466 Range Rd 232, Sherwood Park, AB T8B 1L1. We have space for forty (40) players with tee times from 12:25 - 1:45 p.m. on Thursdays. We hope to begin play no later than May 6. Prospective players must register with SEESA (\$25 fee) on a first-come basis as space is limited; green fees are NOT included. All golfers, regardless of ability, are welcome to play.

SEESA Bowling League at Bonnie Doon Bowling Lanes

Looking for a liaison to run this activity this fall. Please contact Melanie if this is of interest to you.

Walking Group

Looking for a liaison to run this activity. Please contact Melanie if this is of interest to you.

Bird Watching Group

Looking for a liaison to run this activity. Please contact Melanie if this is of interest to you.

Men's Shed

Looking for a liaison to run this activity. Please contact Melanie if this is of interest to you.

Please let us know if you are interested in any of these groups or if you would be interested in a different activity that we could look at starting.

Happy Hour on the Patio

Our patio is going to be open Friday evenings 3-7PM, covid and weather permitting. Come join us for an appetizer and a beverage.

SEESA's Accidental Drama Club
presents their 2021 Variety show on Zoom

Save the date!

*Getting Old
Ain't for Sissies!*

Join us *Senior's Week – June 7–12*

Monday–Thursday evening 7:00 pm

Tuesday, Thursday, Saturday Matinee -2:00 pm

Booking will open soon at [Eventbrite.ca](https://www.eventbrite.ca)

Cost \$10/ticket + 1.25 Booking Fee

To be shown on SEESA's YouTube channel

Age gets better with wine.



Cost \$2.00

Identity Theft, Frauds, and Scams—The Myths and Realities

May 27, 2:00PM

Lloyd Kennedy, LegalShield & IDShield

Learn how to reduce your risk of Identity Theft, Frauds & Scams. It's been said that the latest criminals are "stealing your soul" and it is the fastest growing crime in Canada and the USA. One out of every eight people has already been a victim of Identity Theft. "Despite cybercrime being a \$105 Billion global business, it doesn't get nearly the same attention from police and law enforcement agencies as the drug trade. This is a shocking phenomenon to think that the international drug trade is now less lucrative than the trade in personal information." Jennifer Stoddard, Canadian Privacy Commissioner, Vancouver Sun, Nov. 24, 2008

Green Burials

June 1, 10:00AM

Brandy Rollins, Trinity Funeral Home

Green burial is designed to have a minimal environmental impact and conserve natural resources. Also called natural burial or eco-friendly burial, green burial emphasizes simplicity and sustainability. Attend this informative session and learn about how your end of life options have expanded to include traditional methods of burial.

Elder Abuse: Awareness and Prevention

June 3, 1:00PM

Lesley Knull, BSW, RSW, Seniors Resource Coordinator , Elder Abuse Resource and Supports (EARS)

Topics: types of abuse, prevention, resources available

Funeral Home Myth Busters

June 8, 10:00AM

Brandy Rollins, Trinity Funeral Home

Have a question you've always wanted to ask of a funeral home? Would you like to better understand Funeral Home processes to be better prepared? Join us for this hour of debunking common myths, learn how to avoid paying much more than necessary and become familiar with terminology and requirements that will empower you to make the best decisions for yourself and your loved ones.



Cost \$2.00

Seniors: Doing Your Taxes—What's in it for You?

June 9, 10:00AM

Sandra Paul, CRA

Why file your tax return? What benefits and credits are available – GST Credit, Disability Tax Credit, Age Amount? Don't Get Scammed! Authorizing a Representative!

Funeral Home Pre-arrangement/

June 15, 10:00AM

Personal Directives and End of Life checklists FAQ's

Brandy Rollins, Trinity Funeral Home

Have you been thinking about being better prepared? Feeling like you should start to look into what's involved with pre-arrangements? Join us for this session and learn the basics as well as the ins and outs of Personal Directives and Pre-arranging a funeral service.

Financial Review

June 17, 1:30PM

Wei Woo

Get the latest updates on global political, economic, and financial market developments that are currently impacting your retirement portfolio and investment strategies. We will review what has happened so far in 2021 and look at forward guidance on what to expect for the remaining year.

Healthy and Active Aging

June 24, 1:00

Lesley Knull, BSW, RSW, Seniors Resource Coordinator, Elder Abuse Resource and Supports (EARS)

Topics: active aging, observable changes with age, challenges

Watch What's Happening for more upcoming FYIs

Program Descriptions

Barre Fitness

Tuesday

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.

Chair Yoga

Thursday

Megan Kim

A mid-morning class where we practice listening to our bodies, using gentle yoga movements to release tension and grow our ability to move with both ease and stability. Ideal for those can sit and stand, and suitable for both beginners and those who have already been practicing yoga.

ESSETRICS® Age Reversing

Tuesday

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.

ESSETRICS® Stretch and Tone

Monday, Thursday

Liz Olson

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!!

For the class held outside at SEESA, the class will be held in the parking lot on nice days and will be on zoom when the weather is less cooperative. The instructor will contact participants to advise of the days that the class will be held online. This class will be starting later in the session to try and work around current health regulations.

Program Descriptions

ESSETRICS® Tone for Gardeners

Wednesday

Carol Smith

Whether you're planting, seeding, watering, digging, or weeding, your body needs to stay strong and mobile to prevent injuries and stiffness. Essentrics is a full body workout that rapidly rebalances the body, prevents injuries, and unlocks tight joint, muscles, and connective tissue. Join Carol Smith for weekly Online Live Interactive classes that will prepare your body for gardening season and make you feel your best! This class is suitable for men and women of all fitness levels and includes standing, chair, and floor work (on back and side only).

Fit for All

Wednesday, Friday

Wendy Kinsman

No classes June 16/18

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!

Gentle Seated Fitness

Wednesday

Wendy Kinsman

No class June 16

This class is designed specifically for people who are challenged by standing for long periods of time and who may have mobility and balance difficulties. You may also be new to fitness and want to start out at a more gently pace before you advance to a standing and/or higher level of activity. If you are seeking to improve your level of fitness to include balance, gentle cardiovascular fitness, strength, endurance, and stretching for improved joint health and relaxation; then this class is designed for you. Equipment required: 1 Bender ball (or any approximately 8" - 10" sized soft air filled ball), 1 tennis ball (or handball), 1-2 resistance bands.

Program Descriptions

Holistic Decluttering

Friday, June 4/11/18

Lynn Fraser

If you thought more time at home to declutter and organize was the answer... perhaps that's not it at all? Let's banish the guilt and the clutter with the support of a mentor and like-minded classmates. Learn the S.P.A.C.E. principle, Top 10 Checklist, Two Pile Plus system and more practical strategies to lighten up while staying safe, happy and independent longer. With Lynn's self-care tools and respect for you and your special memories, you can clear the clutter in your life with less stress and more ease.

Line Dancing

Wednesday

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.

This class will be held outside at SEESA on nice days and will be on zoom when the weather is less cooperative. The instructor will contact participants to advise of the days that the class will be held online. This class will be starting later in the session to try and work around current health regulations.

Lunch-time Oasis with Chair Yoga

Tuesday

Megan Kim

A 50-minute mid-day break to calm your nervous system and gently move your body, without having to change clothes, get down on the floor or leave your space. Ideal for those who can sit and stand, and who are ready to slow down and bring more awareness to our wonderful, sensing bodies.

Pound Fitness

Tuesday

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.

This class will be held outside at SEESA on nice days and will be on zoom when the weather is less cooperative. The instructor will contact participants to advise of the days that the class will be held online. This class will be starting later in the session to try and work around current health regulations.

Program Descriptions

Qigong

Monday, Wednesday

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.

Soft Pilates

Monday

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.

STEP & STRENGTH CARDIO for Active Agers

Thursday

Lisa Doyle

This 60 minute Cardio Step Class, designed for 55+ Active Agers, will improve your cardiovascular health and build muscle strength at the same time. Step aerobics works great for all fitness levels – simply adjust the step height and change the intensity of the workout. This class uses music and choreography to keep you motivated and challenged and guarantees a great workout that will improve your coordination and agility. Resistance exercises will be included in each class to build muscle strength and endurance. Level 3 – Active Fitness – includes standing, step and floor work. Requires running shoes and water.

This class will be held outside at SEESA on nice days and will be on zoom when the weather is less cooperative. The instructor will contact participants to advise of the days that the class will be held online. This class will be starting later in the session to try and work around current health regulations.

Stretch and Release

Monday

Kate Stashko

This class will be a combination of stretching and release techniques to help lengthen and relax tense muscles. Kate's career as a professional dancer continues to provide her with experience and new information on stretching techniques, as well as a deeper understanding of fascia, the body's connective tissue. She is eager to share this with her clients to achieve relaxation and release of both the body and the mind - a great way to start the week!

Program Descriptions

All ukulele classes will be run as 4 week blocks.

There will be 2 blocks in this session. Please sign up for both blocks if you would like to attend all 8 weeks.

This is a trial of the idea of having multiple blocks within a session. This was suggested as a way for people who would have to miss half of a session to still attend part of it.

Blocks may be cancelled due to low enrollment and that will be determined the week before the block begins.

Ukulele Beginner

Friday

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

Friday

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

Wednesday

Elaine Mann

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

Ukulele Experience

Wednesday

Elaine Mann

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

Program Descriptions

Watercolour

Thursday

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

Tuesday, Thursday, Friday

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.

Yoga with Megan

Tuesday

Megan Kim

Slow, mindful movement is more powerful than you might think! Join our small community of fellow yogis as we practice listening more deeply to our felt experience, using both simple movements and classical yoga poses, and discover how the practice helps and heals many layers of our being, from the nervous system to the physical structure.

Zumba Gold

Monday

Melanie Kidder

Get grooving' 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 running shoes to wear—sock feet are not permitted. When at home, this class should be done on a smooth floor like tile or hardwood. No carpet please.

This class will be held outside at SEESA on nice days and will be on zoom when the weather is less cooperative. The instructor will contact participants to advise of the days that the class will be held online.

9350 82 Street NW Edmonton AB T6C 2X8

Ph 780.468.1985

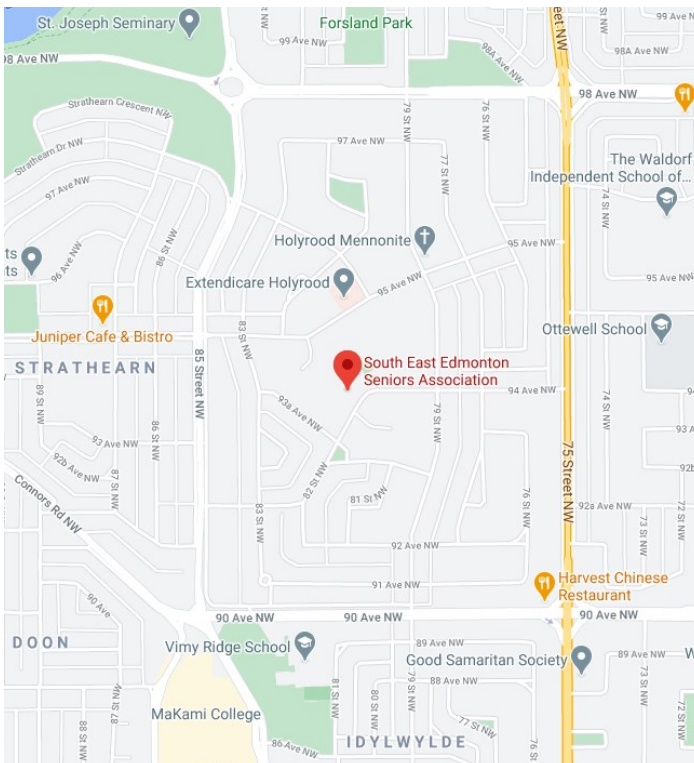
www.seesa.ca

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 bus #524 stops right out front of our building