

SEE



You belong here

Session 7



November 8, 2021–December 17, 2021

Registration Day October 22, 2021 @ 9:15 AM–12 Noon

SEESA LATE FALL SESSION 2021.7 PROGRAM GUIDE

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SEESA – You Belong Here

SEESA is a place for individuals 55+ to have fun, learn, share and join in activities that help keep us active and healthy. At SEESA we're all about living life to the fullest, building relationships, seeking opportunity and adventure. Our focus is the wholeness of a person, including diet and exercise, social connectedness, life-long learning and the ability to reach needed services. Our activities are made available through class registration, club fees, donations, and general fundraising. However, we are thankful for the many generous and dedicated volunteers who share their talents and energy so that working together, we can achieve our mission:

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

Come experience SEESA. You belong here!

CLASSES VS CLUBS

With all the activities going on at SEESA, it's hard to know what Class to take or which Club to join. We know we want to be involved and that there are a variety of programs to choose from, but sometimes we just don't understand the difference in the programs.

Classes require an instructor and members need to register for each class they take. The instructor charges SEESA a set fee to come in and teach our members a new skill. They are qualified in their trade and have special skills that allow them to lead a class that results in members acquiring a set goal. SEESA in return charges our members a set session fee to cover the overhead expenses of the centre. Some classes make enough money to cover the cost of instruction and some don't. Either way the cost is the same to all of our registrants no matter which class they choose to take. Member pricing refers to those who have paid the \$30 membership fee that helps support SEESA's everyday operations. Non-member pricing applies to those who have not become members of SEESA but would still like to participate in our classes.

Clubs on the other hand are created for fun and socializing. They are run by our members who become the Club Activity Liaisons. Participants who join a club don't need to formally register into a club activity. Clubs usually run all year long rather than having specific time frames. Clubs don't have an instructor—they are self run and self taught.

As we have moved away from having cash payments in the classrooms, we will now have a booklet of club activity tickets for sale at the front desk. Each person attending a club will have to buy the booklets prior to going to your activity. There will be booklets of 8 tickets available for the \$2.50 (1 hour clubs) and \$4.50 (longer than 1 hour clubs) drop ins for members as well as \$3 and \$5.50 tickets for non-members. When you go to the classroom the club liaison will take your appropriate valued ticket and mark your name off on the attendance sheet. It's that easy to use the ticket system instead of cash.

If you would like to have instruction in a class not offered or would like to start a club that does not currently exist, please let us know by contacting Gina-Marie at gina-marie@seesa.ca. We are always striving to bring new and exciting programs to SEESA!

SESSION 7 LATE FALL CLASS REGISTRATION

Our in person **Session 7 2021 Class Registration** will take place at SEESA on **Friday, October 22** beginning at **9:15 am**. We will be open to help members **until 12:00 pm**. **The Online Registration and Payment system link will open on Friday, October 22 at 9:15 am** and will be available up until the day *before* a class starts. Go to our website at www.seesa.ca/activities to find the classes you want to join follow the prompts to register online. **Registration at the Front Desk** and over the phone will start on **Friday, October 22 at 12 noon** and continue up until a class starts.

Registration by telephone is accepted with Visa or MasterCard. **Registration Drop Off** will not be accepted prior to October 22. If the program for which you wish to register is full, you will be added to a **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.

Sometimes changes need to be made. Program dates, times, fees, and instructors are subject to change. Check our website at www.seesa.ca/activities for any changes or program updates made after publication of this Program Guide activities.

DROP IN CLASSES

You can now try a new program or choose to only attend some of the non-progressive classes with our **drop in** option. This option is for those who may not be available to

take the entire session but still want the option of attending a fitness class when they can. Call the centre to ensure there is room in the class prior to showing up.

Please **pay at the Front Desk BEFORE** heading to the class. Show your receipt to the instructor who will record your name and the receipt number on the attendance sheet. It's that easy to give a new class a try. Remember – check the program guide to ensure the class you want to attend offers drop in.

Please see the enclosed Participation Options page for member and non-member pricing for onsite and online classes and clubs.

PAYMENT

Online & Front Desk

How do I make sure my payment gets applied?

When paying in person at the Front Desk, we accept cash, cheque, debit card, Visa or Mastercard. Our **Online System** is supported by PayPal so making your payment when you register online is as simple as paying in person. You are not considered registered for the class until payment is processed.

REFUNDS AND TRANSFERS

Class cancellations are determined by the number of people who register prior to the program starting and may be **cancelled or altered if minimums are not met**. You can help **prevent cancellations of your class** by registering before the class starts.

Participants will be contacted **if a class is cancelled**. If the instructor cancels, every attempt will be made to notify participants with as much notice as possible.

What if I can't take the class after I register—can I get my money back?

Refunds will not be issued to any participant who withdraws from a program of their own volition, however, if you have **an injury or other medical reasons**, and can't attend the class you've registered for, please submit in writing to the Program Coordinator the reason you are asking for a refund and we may be able to refund the remaining portion of the class. We may ask for a doctors note specifying the reason you cannot attend the class.

What if I registered for a class I no longer want to take and would like to transfer?

Transferring from one class to another can be requested but only if the class is not full. All transfers will be subject to a \$10 administration fee. Ensure you have picked the right class for your schedule to avoid the extra fees.

MEMBERSHIP

At what age can I become an active member of SEESA?

Memberships are available for people 55 years age and older for \$30 per calendar year (January—December).

Note: Membership fees are non refundable, not transferable and not pro-rated.

Non-Members are welcome to join all classes and clubs and are subject to the increase price noted on the Participation Options page.

COVID GUIDELINES

- All people entering SEESA must provide proof of double vaccine. Show your double vaccine information at the door and you will get a SEESA card that says you have been double vaccinated. You only need to show that card on all of your visits.
- Everyone is required to wear a mask while moving around in the hallways, sanitize often and practice social distancing whenever and wherever possible. All attendees, including staff and volunteers, will wear a mask or face covering when in the building. Masks or face coverings must be worn to cover both the nose and mouth and should fit snugly.
- **Masks are optional during fitness programs including all classes and clubs.** We have rechecked the City of Edmonton and Provincial protocols and have adjusted our guidelines to reflect their updated measures. Masks will continue to be mandatory at the centre, except when eating/drinking.
- COVID screening posters have been put up all around the building. If you have any of the symptoms or have been in contact with anyone that has tested positive for COVID please stay home.
- The procedure to put a mask on is to sanitize hands and then put the mask on. The procedure to take a mask off is to sanitize hands, take the mask off and sanitize again. Wash reusable masks after each use.
- Disposable masks must be put into the garbage after each use.

Hand Washing

- Members will be expected to use hand sanitizer as they enter the building.
- Please wash your hands or use hand sanitizer BEFORE you enter the class area and as you leave.

Information About Returning to Classes

- SEESA equipment will no longer be available during fitness and yoga programming at the centre. Please bring your personal equipment for each class.
- The following items can be used in place of standard fitness equipment, should you require it:
 - Hand weights – water bottles, socks filled with beans, soup cans

- Therabands – Cut off panty hose
- Wands – Yard sticks, broom sticks
- Bender Balls – Small cushions

Steps for Attending a Class

Step 1 – GO DIRECTLY TO YOUR ACTIVITY

We are limited as to the number of people allowed in each area. This means you must go directly to the room your activity is in. Continue practicing social distancing in all areas and classrooms.

Step 2 – USE THE SANITIZER

Each room has a sanitizer dispenser that you can use to sanitize your hands prior to your activity starting. We suggest you sanitize as you enter the room prior to touching any surfaces and then again as you exit the room.

Step 3 – HAVE FUN

Our team has worked hard to get to this point where we can reopen our centre. We are all excited to be back and we hope you are too!

Step 4 – HELP US CLEAN AFTER YOUR ACTIVITY

See below

Step 5 – DO NOT LINGER WHEN YOU LEAVE

Please do not linger in the classrooms or hallways when you are finished your activity. If you want the opportunity to visit with your friends please consider stopping in Tillie's Café to visit. This is to help us ensure we are meeting all guidelines.

Cleaning After Classes and Clubs

Please lend a hand after your class or club to make sure we can get things clean and ready for the next one by:

- Wipe down all touched surfaces with the wipes provided.
- Wipe it dry and do not touch the surface again with your hands.

If we all pitch in to work together, our centre will stay clean and we will all stay safe and healthy!

Participation Options

	SEESA Member (55+)	Non SEESA Members
Annual fee	Regular Member = \$30	n/a
Vote at general meetings	Yes	n/a
Onsite Class Fees	\$9 per hour plus \$3 equipment and music licensing fee per session	\$12 in person per hour plus \$3 equipment and music licensing fee per session
Onsite Class Drop-in Fees	\$12 per hour	\$15 in person per hour
Online Class Fees	\$9 online per hour plus \$3 equipment and music licensing fee per session	\$12 online per hour plus \$3 equipment and music licensing fee per session
Online Class Drop-in Fees	n/a	n/a
Club Drop-in Fees	\$2 per hour up to \$4 plus \$0.50 equipment and music licensing fee per drop in	\$2.50 per hour up to \$5 plus \$0.50 equipment and music licensing fee per drop in
Social event Fee	Yes	Yes
Social event Fee for member's guest	Yes	Yes
Access to Cafeteria	Yes	Yes
Access to Fitness Centre	\$65 per year plus \$100 equipment fee per year	\$85 per year plus \$100 equipment fee per year

Art Classes

These classes provide an opportunity to develop your skills in the arts while having fun!

Acrylic Painting

All stages of artists are welcome to this "not so serious" acrylics art class. Lori's teaching style is individually tailored, one on one, to your skills and to the style or technique for each painting. She provides guidance and suggestions every step of the way, or as needed for every painting that you create. For the first class she will provide photos of a recommended piece for you. Moving forward she encourages you to bring printed photos of what you would like to paint, and she will also provide recommendations. She will mentor you along the way. Her goal as a teacher is to help you to experiment, grow, take risks, make mistakes, learn the rules, then to break them; and most of all to gain the skills and confidence to paint while having fun and making friends along the way. Participants must have some experience

Instructor: Lori Frank

Spaces: 9

On Site Course Session Fee: Member \$138.00 | Non-Member \$183.00

VA-001 Tuesdays | November 9 - December 14 | 12:30 PM - 3:00 PM | 6 Weeks

Forest Heights Room

Watercolours - Advanced

Learn perspective while drawing a street scene with buildings. 140lbs Arches cold pressed paper is a must. No drawing experience necessary.

Check at the front desk or on our website at www.seesa.ca for a supply list prior to class

Instructor: Willie Wong

Spaces: 9

On Site Class Session Fee: Member \$93.00 | Non-Member \$123.00

VA-002 Thursdays | November 18 - December 16 | 1:00 PM - 3:00 PM | 5 Weeks

(No Class on Nov 11)

Forest Heights Room

Art Classes

Watercolours - Beginner/Intermediate

This class is for the beginner to intermediate level students. This course will start with the understanding of colours, brushes, and paper. Willie will show you how to mix the entire palette with 8 cotman paints on a San Francisco Slant palette. You will practice small basic watercolour techniques. No drawing experience necessary.

Check at the front desk or on our website at www.seesa.ca for a supply list prior to class

Instructor: Willie Wong

Spaces: 9

On Site Class Session Fee: Member \$93.00 | Non-Member \$123.00

VA-003 Thursdays | November 18 - December 16 | 3:15 PM - 5:15 PM | 5 Weeks

(No Class on Nov 11)

Forest Heights Room

Art Clubs

These clubs provide an opportunity to develop your skills in the arts and exchange ideas with others while having fun!

Accidental Drama Club

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.

Rehearsal time: Mondays | 1:45 PM - 5:00 PM | in the Auditorium and Fridays | 1:00 PM - 4:00 PM | in the Ottewell Room. Please see Liaison for added dates and cancellations.

Liaison: Joan James

On Site Club Drop-in Fee: Member \$2.50 | Non-Member \$3.00

PA-001 Mondays | 12:00 PM - 1:00 PM

Holyrood Room

Art Clubs

Art Club

Enjoy weekly studio time with like-minded artists working in a variety of media. There is no formal instruction but support and advice between members is welcome. Bring your own supplies.

Liaison: Don Evans

Spaces: 9

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

VA-004 Thursdays | 9:30 AM - 12:00 PM
(No Club on Nov 11)

Forest Heights Room

Soapstone Carving Club

Carving in Soapstone can get a little dusty. A face mask is recommended. Cost of supplies extra. There is a \$5 one-time setup fee for new carvers.

Liaison: Annette Evans

Spaces: 6

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

CR-001 Wednesdays | 1:00 PM - 3:00 PM

Workshop

Woodcarving Club

An opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects.

Liaison: Noel Constantin

Spaces: 6

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

CR-002 Tuesdays | 9:00 AM - 11:30 AM

Workshop

Liaison: Noel Constantin

Spaces: 6

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

CR-003 Thursdays | 9:00 AM - 11:30 AM
(No Club on Nov 11)

Workshop

Book and Poetry Clubs

These clubs provide an opportunity to develop your skills in literature appreciation and exchange ideas with others while having fun!

Book Club

If you love to read, the book Club is for you. We invite you to join us for lunch or coffee in Tillie's Café at 12 pm.

For further information, contact the club liaison at jbrad2@telus.net

Liaison: Joan Brady

Spaces: 10

On Site Club Drop-in Fee: Member \$2.50 | Non-Member \$3.00

LA-001 1st Thursday | 1:00 PM - 2:00 PM

Holyrood Room

(No Club on Nov 11)

Poetry Club

Brain Healthy Write poems and massage the brain. Build word skills, memory, imagery, even simple math and leadership skills. We experiment with a new form of poetry each meeting. We support and learn from one another. Members take turns keeping the group on track. Members can choose to attend once or twice per month. Welcome!

Liaison: Karen Sheridan

Spaces: 10

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

LA-002 1st and 3rd Fridays | 1:00 PM - 3:00 PM

Holyrood Room

Community Contributor Clubs

While socializing, volunteer crafters meet to make goods for SEESA to sell. There is no fee to attend.

Card Making for SEESA

Dedicated volunteers recycle old cards into new to be sold to raise funds for our centre. SEESA provides the basic supplies needed. Members bring their own tools and designer paper to create ornate cards. As there is no formal instruction, a creative flair is helpful. See you there. A drop-in fee is charged to cover the cost of the room, licensing, and equipment maintenance and repair.

Liaison: Marcelle Jamieson

Spaces: 9

No Fee

CR-004 Tuesdays | 9:00 AM - 12:00 PM

Forest Heights Room

Quilting & Crafting for SEESA

Quilters—Make quilts and contribute to centre raffles. Crafters—WOW! Our crafts are of the highest quality and the sales prove it. Knitters, and other folks working on portable projects, are welcome to join in on the camaraderie.

Liaison: Marjorie McLean

No Fee

CR-005 Mondays | 1:00 PM - 3:30 PM

Forest Heights Room

Computer Clubs

With their knowledge and availability, our mentors will be able to fulfill your computer learning requirements, one-on-one or in a group. Club activities have a drop-in fee to cover the use of the room, licensing and equipment maintenance and repair.

Computer Club

The Computer Club for everyone who wants to learn more than they know now. Any skill level, no question is silly! If you need to know, ask us, we'll help you find the answer. We teach the Google panel as basic information on request. Limited Apple product knowledge. If you are a beginner please talk to one of our mentors directly, and we can offer one on one support at your request.

Postponed until January 2022. Please email gina-marie@seesa.ca. if you require any computer help and we will put you in contact with a computer mentor.

Dance Clubs

Dance Clubs are run by our members for other members to come out and get some physical activity while learning specific dance themes. Club activities have a drop-in fee to cover the use of the room, licensing and equipment maintenance and repair.

Ballroom Dancing Club

A weekly opportunity for dancers to gather. Instruction may be given by volunteers followed by a chance to practice techniques. Although ballroom is partner dancing, single dancers are encouraged to come as there may be other single dancers needing to find a partner. Same sex couples are welcome.

A \$10 Ballroom Dance Club fee is due in September and January.

Liaison: Carol Foreman

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

PA-002 Tuesdays | 6:30 PM - 8:30 PM

Auditorium

Dance Clubs

Clogging Club

Extra practice for experienced clog dancers.

Posponed until January 2022.

Old Time & Sequence Dancing Club

It's ballroom dancing but everyone does the same steps. Advantages: the man is relieved of the responsibility of having to constantly plot the next element because it is already set and the lady also knows what comes next without having to wait for a lead.

Posponed until January 2022.

Dance Fitness Classes

Health benefits of dancing. include improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness, increased aerobic fitness, improved muscle tone and strength, weight management, stronger bones and reduced risk of osteoporosis, better coordination, agility and flexibility. Classes run for the session and a fee is charged to cover the cost of the instructor, use of the room, licensing and equipment maintenance and repair.

Clogging

We dance in shoes with special taps on them (not wooden shoes) that give clogging its unique sound.

Beginner: You will learn some basic steps and terms associated with clogging. No experience required. For the first few classes wear comfortable shoes (shoes with rubber soles not recommended).

Instructor: Tracy Walters

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-001 Tuesdays | November 9 - December 14 | 1:30 PM - 2:30 PM | 6 Weeks

Ottewell Room

Dance Fitness Classes

Intermediate: This is a class for those who have had at least 1 year experience with clogging. This class is a continuation of the beginner class. More difficult steps and patterns will be taught. Knowledge of the basic steps is required. Clogging shoes required.

Instructor: Tracy Walters

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-002 Wednesdays | November 10 - December 15 | 10:15 AM - 11:15 AM | 6 Weeks
Ottewell Room

Experienced: This is a class for those who have had at least 3-4 years experience with clogging. Intermediate and advanced dances will be taught, plus a few easy ones just for fun. Clogging shoes required.

Instructor: Tracy Walters

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-003 Tuesdays | November 9 - December 14 | 11:00 AM - 12:00 PM | 6 Weeks
Ottewell Room

Line Dancing

Line dance is a form of low impact dancing for all ages. Not only is it fun but it is great exercise too. If you love to dance and like country music (we dance to other music too), you will love line dancing.

Beginner: No experience necessary. Shoes with leather or suede soles recommended, no running shoes.

Instructor: Tracy Walters

Spaces: 20

On Site Class Session Fee: Member \$48.00 | Non-Member \$63.00

PF-004 Thursdays | November 18 - December 16 | 10:00 AM - 11:00 AM | 5 Weeks
(No Class on Nov 11) Auditorium

Intermediate: This class for those who have taken the beginner line dance class and wish for a little bit more challenge. We will include dances from the beginner class and some dances for those who want to improve their line dance skills. Must have taken at least 2 sessions of beginner line dance classes. Shoes with leather soles recommended, no running shoes.

Instructor: Tracy Walters

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-005 Tuesdays | November 9 - December 14 | 12:15 PM - 1:15 PM | 6 Weeks
Ottewell Room

Dance Fitness Classes

Experienced: This will be a fun class for those who have some experience with line dancing or who have taken any of the previous classes. We will review dances already learned and new dances will be taught. Some of the dance steps will be more challenging than the beginner class. Shoes with leather soles recommended, no running shoes.

Instructor: Tracy Walters

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-006 Wednesdays | November 10 - December 15 | 9:00 AM - 10:00 AM | 6 Weeks
Ottewell Room

Salsa-Cardio

Perfect for active older adults looking for a fun workout. This class is low impact cardio workout. 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 focuses on rhythm, balance, range of motion and coordination. This is a happy and fun class, so a smile and indoor shoes are required.

Instructor: Dagmar Sanchez

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-007 Fridays | November 12 - December 17 | 1:00 PM - 2:00 PM | 6 Weeks
Auditorium

Zumba Gold

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. Please ensure you have indoor running shoes to wear—sock feet are not permitted.

Instructor: Melanie Kidder

Spaces: 12

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-008 Tuesdays | November 9 - December 14 | 5:00 PM - 6:00 PM | 6 Weeks
Auditorium

Dance Fitness Classes

Instructor: Dagmar Sanchez

Spaces: 20

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-009 Fridays | November 12 - December 17 | 9:00 AM - 10:00 AM | 6 Weeks

Auditorium

For Your Information (FYI) Seminars

For Your Information (FYI) Seminars are meant to share information about specific topics from experts in their field. They are informative and are the opinions of the presenters. A fee is charged to cover the cost of use of the room, licensing and equipment maintenance and repair.

1. Insomnia and Sleep Health

Are you having trouble falling asleep, staying asleep, or want to learn about improving your sleep health? Tobi Obatusin, a final year Doctor of Pharmacy student from the University of Alberta, will be presenting the topic "Sleep well, Live well." We invite you to attend this presentation to get answers to your sleep-related questions.

Presenter: Toby Obatusin

Spaces: 10

On Site Seminar Fee: \$3.50

GI-001 Tuesday | November 2 | 1:30 PM - 3:00 PM

Edmonton Room

2. Home and Personal Safety

A look at Crime prevention through environmental design (CPTED) strategies to make you home and neighbourhood safer.

Presenter: Amanda Trenchard, Edmonton Police Service

Spaces: 10

On Site Seminar Fee: \$3.50

GI-002 Wednesday | November 10 | 1:30 PM - 3:00 PM

Edmonton Room

For Your Information (FYI) Seminars

3. Healthy Aging

Join Lesley in a discussion about active aging, observable changes with age and the challenges that go with it.

Presenter: Lesley Knull, Seniors Resource Coordinator, Seniors Protection Partnership Spaces: 10

On Site Seminar Fee: \$3.50

GI-003 Wednesday | November 17 | 1:30 PM - 3:00 PM Edmonton Room

4. Ageism

Donna Wilson is a Registered Nurse, with a full-time tenured position at the University of Alberta. She has travelled widely and has gained extensive knowledge of aging and continuing care services. Donna's program of research focuses on health services and health policy, primarily in relation to aging, ageism, and end-of-life care, including bereavement. Much of her work is oriented to myth busting, with the aim of eliminating ageism and ensuring effective and accessible healthcare services for older and also younger people. She is frequently and widely consulted for expert commentary on aging, end-of-life care, health policy, healthcare services, and health system trends and issues.

Presenter: Donna Wilson, Professor, Faculty of Nursing, University of Alberta Spaces: 10

On Site Seminar Fee: \$3.50

GI-004 Tuesday | November 23 | 1:30 PM - 3:00 PM Edmonton Room

5. Fraud Prevention

A look at types of fraud and what you can do to prevent yourself from becoming a victim. We will point out red flags that are associated with fraud and scams.

Presenter: Amanda Trenchard, Edmonton Police Service Spaces: 10

On Site Seminar Fee: \$3.50

GI-005 Wednesday | December 8 | 1:30 PM - 3:00 PM Edmonton Room

For Your Information (FYI) Seminars

6. Interested in Free University Course?

Join us for the opportunity to learn about free online and in person courses offered through the University of Alberta. Humanities 101 (HUM) is a long-standing U of A program that provides free university-style courses to people such as seniors.

Presenter: Lisa Prins, Humanities 101, Community Service-Learning, University of Alberta

Spaces: 10

On Site Seminar Fee: \$3.50

GI-006 Tuesday | December 14 | 1:30 PM - 2:30 PM

Edmonton Room

Games & Sports Clubs

The activities listed here relate to groups that actually play games. They include those games that relate to sporting activities. Club activities have a drop-in fee to cover the use of the room, licensing and equipment maintenance and repair.

Badminton

The Badminton Club welcomes all beginner and experienced players. Games are played in "doubles" format. Shuttlecocks (birdies) are provided. Our objective is to promote badminton, social interaction, physical health, and fun for all. A 5–10 minute warmup is strongly recommended.

Liaison: Bob Hyndman

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

SP-001 Mondays | 11:30 AM - 1:30 PM

Auditorium

Liaison: Bob Hyndman

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

SP-002 Tuesdays | 9:00 AM - 11:30 AM

Auditorium

Liaison: Bob Hyndman

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

SP-003 Fridays | 11:00 AM - 1:00 PM

Auditorium

Games & Sports Clubs

Bingo

An afternoon of socializing while playing Bingo. Donations for the payout are optional.

Postponed until January 2022. This club requires a bingo caller and two (2) people to help organize this club .activity. Please email gina-marie@seesa.ca if you can help.

Cards Online

Play Spades, Hearts, Euchre, or Crazy 8s online with the program Plato.

Liaison: Barb Willis

Spaces: 12

Online Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-002 Tuesdays | 1:00 PM - 3:00 PM

Online

Contract Bridge

Bridge is a sociable card game played by sociable people. It's fun and it's good for the brain too. As lessons are not provided, except through playing at the table, it is helpful to be familiar with bridge or its antecedent game - whist. Everyone is welcome.

Lessons are available at various venues. Please check with your Liaison for locations.

Liaison: Ted Elford

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-003 Mondays | 12:30 PM - 3:30 PM

Bonnie Doon Room

Liaison: Ted Elford

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-004 Thursdays | 12:45 PM - 3:45 PM

Bonnie Doon Room

(No Club on Nov 11)

Games & Sports Clubs

Cribbage Club

Cribbage involves playing and grouping cards in combinations which gain points. The game has several distinctive features: the cribbage board used for scorekeeping, the eponymous crib or box (a separate hand counting for the dealer), two distinct scoring stages (the play and the show), and a unique scoring system including points for groups of cards that total fifteen. (source: wikipedia.org) Beginners welcome, however, basic knowledge of the value of cards and how to count is recommended. A partner is not needed to play.

Liaison: Sharon Moffatt

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-005 Fridays | 12:45 PM - 3:00 PM

Bonnie Doon Room

Euchre

Euchre is a card game where four players (two teams of two people each) take turns playing cards to win tricks. Partners sit across from one another and cooperate to win. The Euchre deck consists of the 9, 10, J, Q, K and Ace of all suits. One player determines TRUMP (Hearts, Spades, Diamonds or Clubs) and that player and their partner try to take at least THREE of the FIVE tricks. Euchre occurs when the team that calls trump is defeated, and does not get their THREE tricks. The first team to achieve TEN points is the winner.

Liaison: Alexandra Anderson

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-006 Wednesdays | 1:00 PM - 3:00 PM

Holyrood Room

Games & Sports Clubs

Floor Curling

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.

Liaison: Ted Anderson

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

SP-004 Wednesdays | 12:30 PM - 3:30 PM

Auditorium

Hand & Foot Canasta

Due to the nature of the 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.

Liaison: Sharon Moffatt

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-007 Wednesdays | 12:45 PM - 3:15 PM

Bonnie Doon Room

Outdoor Adventures

Join with other SEESA outdoor enthusiasts for walking, bird watching, star gazing, picnics, kayaking and other outdoor adventures

Liaison: JudyLynn Archer

On Site Club Drop-in Fee: Member \$2.50 | Non-Member \$3.00

GI-007 Wednesdays | 11:00 AM - 12:00 AM

Tillie's Café

Games & Sports Clubs

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Liaison: Karen Hayny

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-008 Tuesdays | 10:15 AM - 12:30 PM

Auditorium

Liaison: Karen Hayny

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-009 Thursdays | 1:30 PM - 4:30 PM

Auditorium

(No Club on Nov 11)

Pinochle

Pinochle is a trick-taking game typically for three or four players and played with a 48 card deck. Come out for some friendship and social activity, and give this fun, yet challenging, card game a try. The current members are willing to teach new members how to play.

Liaison: Bea Ceretzke

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

GA-010 Wednesdays | 9:00 AM - 12:00 PM

Bonnie Doon Room

Games & Sports Clubs

Table Tennis

Come and join our Table Tennis group and learn to play the game with other members. This group does not play competitively, scores are not kept and a monitor will ensure that everyone has equal time to play. You will have the opportunity to play with all skill levels. No experience required.

Liaison: Gerald Cliff

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

SP-005 Wednesdays | 2:00 PM - 5:30 PM Ottewell Room

Liaison: Gerald Cliff

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

SP-006 Thursdays | 2:30 PM - 5:30 PM Ottewell Room
(No Club on Nov 11)

Music Classes

These classes provide an opportunity to develop your skills in the performing arts while having fun!

Christmas Carol Boot Camp

Join this group for a fun filled tune up of all your Christmas favourites! When December comes, be prepared to enjoy singing along to traditional and contemporary songs as a group or a soloist. We will be working on Christmas music every week with a focus on having a large repertoire prepared for the season. A great way to meet other members who may want to form caroling groups and an excellent opportunity to practice singing harmony parts. No experience necessary!

Please note: Nov 11 and Nov 26 classes have been moved to FRIDAY Nov 12 and FRIDAY Nov 27

Instructor: Kate Haginicoulakis

Spaces: 10

On Site Class Session Fee: Member \$84.00 | Non-Member \$111.00

PA-005 Thursdays | November 11 - December 16 | 11:30 AM - 1:00 PM | 6 Weeks Edmonton Room
(No Class on Nov 11)

Music Classes

Group Vocal Lessons

Have you ever thought about taking a vocal lesson? If you enjoy singing we invite you to join us in a fun and welcoming environment as we explore singing technique. This class is designed to allow participants the opportunity to work on various facets of vocal training (breathing, intonation etc) while applying the concepts to a variety of musical selections. No prior singing experience necessary!

Please note: Nov 11 and Nov 26 classes have been moved to FRIDAY Nov 12 and FRIDAY Nov 27

Instructor: Kate Haginicolakis

Spaces: 10

On Site Class Session Fee: Member \$84.00 | Non-Member \$111.00

PA-006 Thursdays | November 11 - December 16 | 9:30 AM - 11:00 AM | 6 Weeks

(No Class on Nov 11)

Edmonton Room

Performance Skills

Whether you are an aspiring vocalist, novice to expert level instrumentalist or something in between, you will find this class most helpful in building your confidence as a performer! We invite you to join our workshop class in a nurturing and friendly environment with the specific objective of honing performance skills. Each week brings a new opportunity to perform for the class on our mock stage set up. Concepts will include microphone technique, building audience rapport, stage set up and much more.

Please note: Nov 11 and Nov 26 classes have been moved to FRIDAY Nov 12 and FRIDAY Nov 27

Instructor: Kate Haginicolakis

Spaces: 10

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PA-007 Thursdays | November 11 - December 16 | 1:15 PM - 2:15 PM | 6 Weeks

(No Class on Nov 11)

Edmonton Room

Music Classes

Ukulele Lessons

The Ukulele is a small instrument with BIG possibilities—especially when you play with friends! Choose a level of instruction that suits you and join in the fun.

A non-medical mask is required for these classes.

Absolute Beginners: This class will be offered at a later date due to COVID-19 and the close proximity required. For further information, please contact Elaine Mann at eemann@shaw.ca

Beginners: 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.

Instructor: Elaine Mann

Spaces: 9

On Site Class Session Fee: Member \$84.00 | Non-Member \$111.00

PA-008 Fridays | November 12 - December 17 | 12:00 PM - 1:30 PM | 6 Weeks

Strathearn Room

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

Instructor: Elaine Mann

Spaces: 9

On Site Class Session Fee: Member \$70.50 | Non-Member \$93.00

PA-012 Thursdays | November 18 - December 16 | 12:00 PM - 1:30 PM | 5 Weeks

(No Class on Nov 11)

Strathearn Room

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

Instructor: Elaine Mann

Spaces: 9

On Site Class Session Fee: Member \$70.50 | Non-Member \$93.00

PA-013 Thursdays | November 18 - December 16 | 2:00 PM - 3:30 PM | 5 Weeks

(No Class on Nov 11)

Strathearn Room

Music Classes

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

Instructor: Elaine Mann

Spaces: 12

On Site Class Session Fee: Member \$84.00 | Non-Member \$111.00

PA-009 Wednesdays | November 10 - December 15 | 12:00 PM - 1:30 PM | 6 Weeks
Forest Heights Room

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

Instructor: Elaine Mann

Spaces: 12

On Site Class Session Fee: Member \$84.00 | Non-Member \$111.00

PA-010 Wednesdays | November 10 - December 15 | 2:00 PM - 3:30 PM | 6 Weeks
Forest Heights Room

Music Clubs

These clubs provide an opportunity to develop your skills in the performing arts and exchange ideas with others while having fun! There will be a cost for printing and photocopying at SEESA.

Guitar Clubs

We welcome players of all stringed/chording instruments including guitar, banjo, ukulele, mandolin and autoharp. Club meetings will operate as "song circles" or "campfire" gatherings with each member having opportunity to lead songs of their choice. Vocal (singing) skills are welcome but not mandatory.

Club members wishing to sing must provide a microphone with an XLR connector. See the club liaison for details. There will be a cost for printing and photocopying at SEESA.

Level 1: This club is focused on players at a beginner level having minimal experience in playing with others. Members are expected to play open chords and simple strum patterns. The club will provide a song book by email that includes song lyric/chord sheets, chord charts, strum and picking patterns and other resource material that may be helpful to members. Members are encouraged to share knowledge and skill development.

Liaison: Roger Smeland

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

PA-014 Tuesdays | 1:00 PM - 4:00 PM

Strathearn Room

Level 2: This club is focused on players at intermediate and advanced levels having experience in playing with others. The club will provide lyric/chord sheets for players to follow. Prospective members are invited to attend a session for an informal discussion regarding their skill level and those expected by the club.

Liaison: Bill Tkachuk

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

PA-015 Tuesdays | 9:30 AM - 12:30 PM

Strathearn Room

Music Clubs

Jam Sessions

Bring an instrument or just come to listen.

Coordinator: Roger Smeland

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

PA-016 1st and 3rd Fridays | 6:45 PM - 10:00 PM

Strathearn Room

Melody Singers

The Melody Singers are a four-part choir. New members are accepted in September and January. Auditions are required with the director Marg Daly at 780.288.0802. There may be performances in addition to rehearsals, based on health guidelines for COVID-19.

This club is open to SEESA members only. A \$40.00 fee is due in September and January.

Liaison: Jackie Rawson

Spaces: 30

On Site Club Drop-in Fee: Member \$4.50

PA-017 Tuesdays | 1:00 PM - 3:00 PM

Auditorium

SEESAtones Band

With the number of internal and external performance requests this group gets our SEESAtones have become a performance band whose goal is to entertain! Performances include SEESA activities, as well as any outside performance requests. Members must understand musical fundamentals and must be proficient on their instruments. Positions are limited. Members are accepted for audition in September only.

Liaison: Shirley Yakimishyn

On Site Club Drop-in Fee: Member \$4.50 | Non-Member \$5.50

PA-018 Wednesdays | 12:30 PM - 4:30 PM

Strathearn Room

Organize Your Photographs Classes

Organize Your Photographs classes will help you save, organize and share the photographs that you have created and collected. Classes run either for the session or are single events and a fee is charged to cover the cost of the instructor, use of the room, licensing and equipment maintenance and repair.

Easy Photobooks

For this session each participant will need 90 – 350 pictures on a theme (holiday, birthday, special event) for a book. The first week will be on how to upload, edit, and organize your pictures. The second week would be how to use the Autobook feature. Third week would be to make final edits on your photo book and learn how to use the Design and Print feature for future books or projects.

Instructor: Ann Ozdoba

Spaces: 10

On Site Class Session Fee: Member \$30.00 | Non-Member \$39.00

GI-008 Mondays | November 8 - November 22 | 1:45 PM - 2:45 PM | 3 Weeks

Edmonton Room

Organizing Printed Photos

This session will cover what you need to start organizing your printed photos. You will learn some quick and helpful tips to help this process go quicker, We will cover setting goals and what you want your photo collection to be. Please bring 5 - 10 packages of photos to practice with. The instructor will be available to provide one-on-one assistance if further assistance is needed.

Instructor: Ann Ozdoba

Spaces: 10

On Site Class Session Fee: Member \$12.00 | Non-Member \$15.00

GI-009 Monday | November 8 | 12:30 PM - 1:30 PM

Edmonton Room

Organize Your Photographs Classes

Photo Legacy

This session is how to set goals and make plans to leave a photo legacy not a photo mess for our families. It goes over what is important, how to record your stories and what ways can we pass our pictures on so they bring comfort and understanding, not stress. The instructor will be available to provide one-on-one assistance if further assistance is needed.

Instructor: Ann Ozdoba

Spaces: 10

On Site Class Session Fee: Member \$12.00 | Non-Member \$15.00

GI-010 Monday | November 15 | 12:30 PM - 1:30 PM

Edmonton Room

SOS: Save, Organize and Share Your Photos

This is a quick introduction class to some steps to start getting your photos organized. We will cover setting goals and things to think about before adding to or setting up your picture organizational system. This is a great session to ask questions, make decisions as to what is right for your photo collection and where you want to start. The instructor will be available to provide one-on-one assistance if further assistance is needed.

Instructor: Ann Ozdoba

Spaces: 10

On Site Class Session Fee: Member \$12.00 | Non-Member \$15.00

GI-011 Monday | November 22 | 12:30 PM - 1:30 PM

Edmonton Room

Physical Fitness Classes

Our Physical Fitness Classes are instructor led and include many levels. There is some type of physical activity for everyone. Please consult with your healthcare professional before starting a physical fitness class or when returning from injury. Classes run for the session and a fee is charged to cover the cost of the instructor, use of the room, licensing and equipment maintenance and repair. Come out and get active!

Barre Fitness

If you're looking for a fun way to improve flexibility and strength, this class is for you! Kate will lead you through a series of exercises that work the whole body. Barre class is great for maintaining and improving mobility with a weight-bearing form of exercise. This class is fast-paced and you're sure to break a sweat! No dance experience necessary!

Instructor: Kate Stashko

Spaces: 15

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-010 Mondays | November 8 - December 13 | 6:00 PM - 7:00 PM | 6 Weeks

Ottewell Room

Chair Yoga

Explore tools of yoga to grow your mind and body awareness and well-being. Poses, body sensing, breath and relaxation practices, anchored with brief discussions of the ancient text, and some smaller group work to see and refine movement patterns. Standing and chair work; no getting down on the floor.

Instructor: Megan Kim

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-012 Tuesdays | November 9 - December 14 | 10:45 AM - 11:45 AM | 6 Weeks

Bonnie Doon Room

Instructor: Megan Kim

Spaces: 15

Online Class Session Fee: Member \$48.00 | Non-Member \$63.00

PF-011 Thursdays | November 18 - December 16 | 11:00 AM - 12:00 PM | 5 Weeks

(No Class on Nov 11)

Online

Physical Fitness Classes

Instructor: Dagmar Sanchez

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-023 Fridays | November 12 - December 17 | 2:15 PM - 3:15 PM | 6 Weeks

Ottewell Room

Essentrics®

A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. A slow-paced, full body workout created by Miranda Esmonde-White, the author of the New York Times bestseller, "Aging Backwards" and latest book, "Forever Painless".

Stretch and Tone: A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy. Level 3 – Moderate fitness, includes standing and floor work (back and side only). Bring a yoga mat and water.

Instructor: Liz Olson

Spaces: 12

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-013 Mondays | November 8 - December 13 | 10:00 AM - 11:00 AM | 6 Weeks

Ottewell Room

Age Reversing: 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. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Bring yoga mat and water.

Instructor: Carol Smith

Spaces: 14

Online Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-015 Tuesdays | November 9 - December 14 | 10:00 AM - 11:00 AM | 6 Weeks

Online

Physical Fitness Classes

Gentle Stretch: This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work.

Instructor: Samara Hipkin

Spaces: 12

On Site Class Session Fee: Member \$36.75 | Non-Member \$48.00

PF-015 Thursdays | November 18 - December 16 | 12:00 PM - 12:45 PM | 5 Weeks

(No Class on Nov 11)

Ottewell Room

Age Reversing: 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. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Bring yoga mat and water.

Instructor: Samara Hipkin

Spaces: 12

On Site Class Session Fee: Member \$48.00 | Non-Member \$63.00

PF-014 Thursdays | November 18 - December 16 | 1:00 PM - 2:00 PM | 5 Weeks

(No Class on Nov 11)

Ottewell Room

Fit for All Seated/Standing

This Seated & Standing class is for people who have mobility and health challenges. Wendy's class will improve your cardio fitness, balance, muscular strength, and flexibility. Work-out to music using a Bender Ball, tennis ball, resistance band, and hand weights. (bring your own)

Instructor: Wendy Kinsman

Spaces: 9

Online Class Session Fee: Member \$43.50 | Non-Member \$57.00

PF-017 Wednesdays | November 10 - November 24 | 12:00 PM - 1:30 PM | 3 Weeks

Online

Physical Fitness Classes

Living Fit

Wendy instructs a fun, low impact fitness class, where she moves you in all directions to improve your cardio fitness, balance, muscular strength and flexibility. Work-out to music using a Bender Ball, tennis ball, resistance band, and hand weights. (bring your own)

Instructor: Wendy Kinsman

Spaces: 15

On Site Class Session Fee: Member \$48.00 | Non-Member \$63.00

PF-019 Wednesdays | November 17 - December 15 | 10:00 AM - 11:00 AM | 5 Weeks
Strathearn Room

Pound Fitness

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.

Instructor: Melanie Kidder

Spaces: 9

On Site Class Session Fee: Member \$36.75 | Non-Member \$48.00

PF-020 Thursdays | November 18 - December 16 | 11:45 AM - 12:30 PM | 5 Weeks
(No Class on Nov 11) Bonnie Doon Room

Physical Fitness Classes

Qigong

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.

Instructor: Carolynne Melnyk

Spaces: 25

Online Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-021 Mondays | November 8 - December 13 | 6:00 PM - 7:00 PM | 6 Weeks

Online

Instructor: Carolynne Melnyk

Spaces: 25

Online Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-022 Wednesdays | November 10 - December 15 | 2:00 PM - 3:00 PM | 6 Weeks

Online

Soft Pilates Level 1

Pilates combines strengthening movements with a focus on full, functional breath work. It improves core stability, prevents and relieves back and joint pain, and increases range of motion, while reducing stress. This level 1 class is intended for beginners wishing to learn the basic principles and technique of Pilates.

Instructor: Linda Turnbull

Spaces: 11

On Site Class Session Fee: Member \$48.00 | Non-Member \$63.00

PF-024 Thursdays | November 18 - December 16 | 9:00 AM - 10:00 AM | 5 Weeks

(No Class on Nov 11)

Ottewell Room

Physical Fitness Classes

Step & Strength Cardio for Active Agers

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 and floor work. Requires running shoes and water.

Instructor: Lisa Doyle

Spaces: 24

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-026 Wednesdays | November 10 - December 15 | 9:30 AM - 10:30 AM | 6 Weeks
Auditorium

Stretch and Release

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

Instructor: Kate Stashko

Spaces: 11

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-032 Mondays | November 8 - December 13 | 7:15 PM - 8:15 PM | 6 Weeks
Ottewell Room

Yoga for Guys and Gals

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.

Instructor: Ken Strachan

Spaces: 14

Online Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-027 Mondays | November 8 - December 13 | 9:30 AM - 10:30 AM | 6 Weeks
Online

Physical Fitness Classes

Instructor: Ken Strachan

Spaces: 14

Online Class Session Fee: Member \$48.00 | Non-Member \$63.00

PF-028 Thursdays | November 18 - December 16 | 9:30 AM - 10:30 AM | 5 Weeks

(No Class on Nov 11)

Online

Instructor: Ken Strachan

Spaces: 14

Online Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-029 Fridays | November 12 - December 17 | 9:30 AM - 10:30 AM | 6 Weeks

Online

Yoga Gentle Core

In this class we will focus on postures that aid in supporting a healthy spine by building core strength and flexibility to help create balance and ease in the aging body. Each class will focus on breath and finish with deep relaxation.

Instructor: Linda Turnbull

Spaces: 11

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-030 Tuesdays | November 9 - December 14 | 9:00 AM - 10:00 AM | 6 Weeks

Ottewell Room

Yoga with Megan

Explore tools of yoga to grow your mind and body awareness and well-being. Poses, body sensing, breath and relaxation practices, anchored with brief discussions of the ancient text, and some smaller group work to see and refine movement patterns.

Instructor: Megan Kim

Spaces: 9

On Site Class Session Fee: Member \$57.00 | Non-Member \$75.00

PF-031 Tuesdays | November 9 - December 14 | 9:30 AM - 10:30 AM | 6 Weeks

Bonnie Doon Room

Activity	Dates	Time	Venue	Page
Monday				
Yoga for Guys and Gals	Nov 8 - Dec 13	9:30 AM - 10:30 AM	Online	30
Essentrics® - Stretch and Tone	Nov 8 - Dec 13	10:00 AM - 11:00 AM	Ottewell Room	26
Badminton	Continuous	11:30 AM - 1:30 PM	Auditorium	12
Accidental Drama Club	Continuous	12:00 PM - 1:00 PM	Holyrood Room	2
Organizing Printed Photos	Nov 8 - Nov 8	12:30 PM - 1:30 PM	Edmonton Room	23
Photo Legacy	Nov 15 - Nov 15	12:30 PM - 1:30 PM	Edmonton Room	24
SOS: Save, Organize and Share Your Photos	Nov 22 - Nov 22	12:30 PM - 1:30 PM	Edmonton Room	24
Contract Bridge	Continuous	12:30 PM - 3:30 PM	Bonnie Doon Room	13
Quilting & Crafting for SEESA	Continuous	1:00 PM - 3:30 PM	Forest Heights Room	5
Easy Photobooks	Nov 8 - Nov 22	1:45 PM - 2:45 PM	Edmonton Room	23
Barre Fitness	Nov 8 - Dec 13	6:00 PM - 7:00 PM	Ottewell Room	25
Qigong	Nov 8 - Dec 13	6:00 PM - 7:00 PM	Online	29
Stretch and Release	Nov 8 - Dec 13	7:15 PM - 8:15 PM	Ottewell Room	30

Activity	Dates	Time	Venue	Page
Tuesday				
Yoga Gentle Core	Nov 9 - Dec 14	9:00 AM - 10:00 AM	Ottewell Room	31
Badminton	Continuous	9:00 AM - 11:30 AM	Auditorium	12
Woodcarving Club	Continuous	9:00 AM - 11:30 AM	Workshop	3
Card Making for SEESA	Continuous	9:00 AM - 12:00 PM	Forest Heights Room	5
Yoga with Megan	Nov 9 - Dec 14	9:30 AM - 10:30 AM	Bonnie Doon Room	31
Guitar Clubs - Level 2	Continuous	9:30 AM - 12:30 PM	Strathearn Room	21
Essentrics® - Age Reversing	Nov 9 - Dec 14	10:00 AM - 11:00 AM	Online	26
Pickleball	Continuous	10:15 AM - 12:30 PM	Auditorium	16
Chair Yoga	Nov 9 - Dec 14	10:45 AM - 11:45 AM	Bonnie Doon Room	25
Clogging - Experienced	Nov 9 - Dec 14	11:00 AM - 12:00 PM	Ottewell Room	8
Line Dancing - Intermediate	Nov 9 - Dec 14	12:15 PM - 1:15 PM	Ottewell Room	8
Acrylic Painting	Nov 9 - Dec 14	12:30 PM - 3:00 PM	Forest Heights Room	1
Cards Online	Continuous	1:00 PM - 3:00 PM	Online	13
Melody Singers	Continuous	1:00 PM - 3:00 PM	Auditorium	22
Guitar Clubs - Level 1	Continuous	1:00 PM - 4:00 PM	Strathearn Room	21
6. Interested in Free University Course?	Dec 14	1:30 PM - 2:30 PM	Edmonton Room	12
Clogging - Beginner	Nov 9 - Dec 14	1:30 PM - 2:30 PM	Ottewell Room	7
1. Insomnia and Sleep Health	Nov 2	1:30 PM - 3:00 PM	Edmonton Room	10
4. Ageism	Nov 23	1:30 PM - 3:00 PM	Edmonton Room	11
Zumba Gold	Nov 9 - Dec 14	5:00 PM - 6:00 PM	Auditorium	9
Ballroom Dancing Club	Continuous	6:30 PM - 8:30 PM	Auditorium	6

Activity	Dates	Time	Venue	Page
Wednesday				
Line Dancing - Experienced	Nov 10 - Dec 15	9:00 AM - 10:00 AM	Ottewell Room	9
Pinochle	Continuous	9:00 AM - 12:00 PM	Bonnie Doon Room	16
Step & Strength Cardio for Active Agers	Nov 10 - Dec 15	9:30 AM - 10:30 AM	Auditorium	30
Living Fit	Nov 17 - Dec 15	10:00 AM - 11:00 AM	Strathearn Room	28
Clogging - Intermediate	Nov 10 - Dec 15	10:15 AM - 11:15 AM	Ottewell Room	8
Outdoor Adventures	Continuous	11:00 AM - 12:00 AM	Tillie's Café	15
Fit for All Seated/Standing	Nov 10 - Nov 24	12:00 PM - 1:30 PM	Online	27
Ukulele Lessons - Intermediate	Nov 10 - Dec 15	12:00 PM - 1:30 PM	Forest Heights Room	20
Floor Curling	Continuous	12:30 PM - 3:30 PM	Auditorium	15
SEESAtones Band	Continuous	12:30 PM - 4:30 PM	Strathearn Room	22
Hand & Foot Canasta	Continuous	12:45 PM - 3:15 PM	Bonnie Doon Room	15
Euchre	Continuous	1:00 PM - 3:00 PM	Holyrood Room	14
Soapstone Carving Club	Continuous	1:00 PM - 3:00 PM	Workshop	3
2. Home and Personal Safety	Nov 10	1:30 PM - 3:00 PM	Edmonton Room	10
3. Healthy Aging	Nov 17	1:30 PM - 3:00 PM	Edmonton Room	11
5. Fraud Prevention	Dec 8	1:30 PM - 3:00 PM	Edmonton Room	11
Qigong	Nov 10 - Dec 15	2:00 PM - 3:00 PM	Online	29
Ukulele Lessons - Experienced	Nov 10 - Dec 15	2:00 PM - 3:30 PM	Forest Heights Room	20
Table Tennis	Continuous	2:00 PM - 5:30 PM	Ottewell Room	17

Activity	Dates	Time	Venue	Page
Thursday				
Soft Pilates Level 1	Nov 18 - Dec 16	9:00 AM - 10:00 AM	Ottewell Room	29
Woodcarving Club	Continuous	9:00 AM - 11:30 AM	Workshop	3
Yoga for Guys and Gals	Nov 18 - Dec 16	9:30 AM - 10:30 AM	Online	31
Group Vocal Lessons	Nov 11 - Dec 16	9:30 AM - 11:00 AM	Edmonton Room	18
Art Club	Continuous	9:30 AM - 12:00 PM	Forest Heights Room	3
Line Dancing - Beginner	Nov 18 - Dec 16	10:00 AM - 11:00 AM	Auditorium	8
Chair Yoga	Nov 18 - Dec 16	11:00 AM - 12:00 PM	Online	25
Christmas Carol Boot Camp	Nov 11 - Dec 16	11:30 AM - 1:00 PM	Edmonton Room	17
Pound Fitness	Nov 18 - Dec 16	11:45 AM - 12:30 PM	Bonnie Doon Room	28
Essentrics® - Gentle Stretch	Nov 18 - Dec 16	12:00 PM - 12:45 PM	Ottewell Room	27
Ukulele Lessons - Beyond Beginners	Nov 18 - Dec 16	12:00 PM - 1:30 PM	Strathearn Room	19
Contract Bridge	Continuous	12:45 PM - 3:45 PM	Bonnie Doon Room	13
Book Club	Continuous	1:00 PM - 2:00 PM	Holyrood Room	4
Essentrics® - Age Reversing	Nov 18 - Dec 16	1:00 PM - 2:00 PM	Ottewell Room	27
Watercolours - Advanced	Nov 18 - Dec 16	1:00 PM - 3:00 PM	Forest Heights Room	1
Performance Skills	Nov 11 - Dec 16	1:15 PM - 2:15 PM	Edmonton Room	18
Pickleball	Continuous	1:30 PM - 4:30 PM	Auditorium	16
Ukulele Lessons - Beyond Beginners	Nov 18 - Dec 16	2:00 PM - 3:30 PM	Strathearn Room	19
Table Tennis	Continuous	2:30 PM - 5:30 PM	Ottewell Room	17
Watercolours - Beginner/Intermediate	Nov 18 - Dec 16	3:15 PM - 5:15 PM	Forest Heights Room	2

Activity	Dates	Time	Venue	Page
Friday				
Zumba Gold	Nov 12 - Dec 17	9:00 AM - 10:00 AM	Auditorium	10
Yoga for Guys and Gals	Nov 12 - Dec 17	9:30 AM - 10:30 AM	Online	31
Badminton	Continuous	11:00 AM - 1:00 PM	Auditorium	12
Ukulele Lessons - Beginners	Nov 12 - Dec 17	12:00 PM - 1:30 PM	Strathearn Room	19
Cribbage Club	Continuous	12:45 PM - 3:00 PM	Bonnie Doon Room	14
Salsa-Cardio	Nov 12 - Dec 17	1:00 PM - 2:00 PM	Auditorium	9
Poetry Club	Continuous	1:00 PM - 3:00 PM	Holyrood Room	4
Chair Yoga	Nov 12 - Dec 17	2:15 PM - 3:15 PM	Ottewell Room	26
Jam Sessions	Continuous	6:45 PM - 10:00 PM	Strathearn Room	22