

# Winter Program Guide

January - March 2012



# Registration & Membership:

## The *Not-So-Fine* Print

### Membership:

- SEESA Memberships are available for people 55 years of age and older for \$30 per calendar year (January - December).
- Associate Memberships are available for at the same cost for people under the age of 55 who would like to participate in clubs and classes. Associate Members do not have the right to vote at our Annual General Meeting.
- Visitor Memberships are available for \$5 per month *up to 3 months* and may be switched to a SEESA Membership with the amount already paid credited to the SEESA Membership fee within the same calendar year the Visitor membership was taken out (offer does not apply to any promotions).
- Valid membership from other seniors recreation centres (cross registration) will be recognized for instructional classes only. SEESA Memberships are required to participate in drop-in club activities. SEESA members receive priority at time of class registration. Non-SEESA members may be put on a waiting list at the time of registration for up to one week before the start of class. Non-SEESA members may be bumped to give priority to SEESA members.

### Class Registration:

- Please register in person at the SEESA Front Desk during office hours:
  - Monday & Friday 8:30 am - 4:30 pm
  - Tuesday - Thursday 8:30 am - 8:30 pm
  - Saturday\* 9 am - noon \*between Labour Day & Victoria Day - not open long weekends
- Register early to receive the Early Bird Fee which is \$10 off the Regular Fee. If you register on the day the class starts the Regular Fee will apply. **Cash & Cheques ONLY.** You are not registered until you pay.
- Classes may be cancelled or altered if minimums are not met. Participants will be called if a class is cancelled and fees collected at the time of registration will be fully refunded.
- NO REFUNDS will be given to any participant when they withdraw from a program of their own volition.
- Check individual listings for Drop In availability. Drop In for classes may be allowed if space is available. Check with the Front Desk BEFORE heading to the class.

### Liability:

SEESA is not responsible for any physical injuries that may occur during any of its programs. All participants (including cross registrations and visitors) must sign a waiver form and provide emergency contact information.

### Club Fees:

Some clubs have an extra fee on top of the Drop In usage fee. These fees help to offset the cost of equipment replacement, choir sheet music and photocopies.

# Contents

Arts & Crafts	3 - 7	Health Services	19-20
Computers	8	Community Partners	20
Games	9-11	Volunteer	21
Physical Fitness	11 - 18	Guide by Day	22 - 26
Outreach	19		

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## Arts

### Acrylic Painting

Monday Jan 9- Mar 26 10 am—noon (10 sessions) Arts & Crafts Room

Fee: \$81.25 Early Bird \$91.25 Regular Drop In \$10

(no class Jan 16 & Holiday Mondays)

Instructor: Darlene Konduc

Acrylic paint is fast drying paint containing pigment suspension in acrylic polymer emulsion. Acrylic paints can be diluted with water, but become water-resistant when dry. Depending on how much the paint is diluted (with water) or modified with acrylic gels, media, or pastes, the finished acrylic painting can resemble a watercolor or an oil painting, or have its own unique characteristics not attainable with other media.

(source: wikipedia.org)

### Drawing

Dates: Friday Jan 27 - Feb 24 10 - 11:15 am (5 sessions) Arts & Crafts Room

Fee: \$67 Early Bird \$77 Regular or Drop in \$16

Supplies included

Instructor: Linda Vaudan

Drawing is the foundation of all art. This 5 session arts program will focus on the enjoyment of developing drawing skills and drawing together.

Each week a foundational pillar of drawing will be presented and explored through a variety of exercises. Emphasis will be on increasing awareness and enjoying drawing - "together".

No experience in drawing is necessary. Beginners and intermediates welcome.

# Arts continued...

## Poetry

Thursday, Mar 8 - Apr 12 (6 sessions) 2:45 -5:15 pm Program Room

Fee: \$62.50 Early Bird \$72.50 Regular No Drop In

Instructor: Jannie Edwards

## Writing Poetry: Promise, Pleasure and Play

### Poetry: Play, Promise and Pleasure

Poet Robert Frost famously said "Writing free verse is like playing tennis with the net down," (which, when you think of it, could be kind of fun). Nevertheless, there is a great pleasure to be discovered in writing poetry in traditional (and not so traditional) forms. This course will guide you through writing sonnets, villanelles, ghazals, glosas and pantoums. We write and share in a mutually supportive, welcoming and creatively encouraging environment.

Jannie Edwards is the 2011-12 Canadian Authors Association Writer in Residence for the Greater Edmonton area. She is available for consultation with writers from the general public in all genres. Contact Jannie at [ewir@canauthorsalberta.ca](mailto:ewir@canauthorsalberta.ca)

## Watercolour: Beginners

Tuesday, Jan 10 - Mar 27 (11 sessions) 10 am - noon Arts & Crafts Room

Fee: \$118 Early Bird \$128 Regular No Drop In (no class Jan 17)

Class Limit: 10

Instructor: Darlene Konduc

## Watercolour: Experienced

Thursday, Jan 12 - Mar 29 (10 sessions) Arts & Crafts Room 12:30 - 2:30 pm

Fee: \$108 Early Bird \$118 Regular Drop In \$12 (no class Jan 19 & Mar 8)

Class Limit: 12

Instructor: Darlene Konduc



# Arts Clubs

## Accidental Drama Club

Monday 1 - 3 pm Gym

Fee: \$1 Drop In

Activity Liaison: Brenda Remin

Our Drama Club typically produces two shows per year: one in the Fall and one in the Spring. Regular meeting time is Mondays; however, closer to productions there are extra rehearsals with the schedule set by the director. New members are welcome. Stage hands are especially needed.

## Art Club

Thursday 9:30 am – noon Arts & Crafts Room

Fee: \$1 Drop In

Activity Liaison: Don Evans

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 painting supplies.

## Book Club

1st Wednesday of the month 7-9 pm Library

Fee: \$1 drop In

Activity Liaison: Lois Gangl

## Card Making

Wednesday 9– 11:30 am Arts & Crafts Room

Fee: none

Activity Liaison: Ann Lawrence

Dedicated volunteers recycle old cards into new to be sold as an ongoing fundraiser for SEESA.

## Creative Writers

Tuesday 9:30 - noon Card Room

Fee:\$1 Drop In

Activity Liaison: Lois Gangl

Most people have a story they would like to write. It does not matter whether it is truth or fiction. We would be glad to help. In between formal Minerva Advanced Creative Writing sessions the creative writers meet informally to continue on their work and get feedback from their peers. We would love to have you visit us and share your stories.

# Arts Clubs continued...

## Guitar

Tuesday 1 pm - 3:30 pm Arts & Crafts Room

Fee:\$1 Drop In

Activity Liaison: Gordon Block

Guitarists of all levels and styles are invited to join in on an afternoon of music. Newcomers welcome as the group will help you learn.

## Jam Sessions

Usually the 1st and 3rd Friday of the Month and the occasional Saturday 7 - 10 pm Gym

Fee: \$2 Drop In (includes refreshments)

Activity Liaison: Gordon Block

Bring your instrument and join in the fun or just come to listen.

## Melody Singers

Tuesday 1 pm - 3 pm Program Room

Fee:\$20 sheet music fee (\$10 in January and \$10 in Sept) plus \$1 Drop In

Choir Director: Anne Marshall

New singers are welcome to join in January and again in September.

## Playing with Poetry

Thursday 1 pm - 3 pm Holyrood Room

Fee:\$1 Drop In

Activity Liaison: Carol Kodish-Butt

Drop-in Peer writing group with a focus on creating mini-projects in poetry or prose. Write, share and comment. Have fun with writing. Open to all SEESA members.

## Quilting

Monday 1 - 3:30 pm Arts & Crafts Room

Fee: none

Activity Liaison: Maxine Stone

Our quilters make wonderful works which are raffled off periodically as an excellent SEESA fundraiser.

# Arts Clubs continued...

## Soapstone Carving

Wednesday 1–3 pm Work Shop

Fee: \$5 set up fee plus \$1 Drop In / Cost of supplies extra

Space Limit: 12

Activity Liaison: Sue Manning

## Woodcarving

Tuesday & Thursday 9– 11:30 am Work Shop

Fee: Yearly workshop fee \$20 plus \$1 Drop In

Activity Liaison: Noel Constantin

An opportunity to meet with fellow woodcarvers to discuss techniques and offer support while working on your own projects. For safety reasons there is a 2 person minimum when using power tools in the work shop. Users are responsible for cleaning up after themselves.

## Work Shop Open Studio

Tuesday & Thursday 1 - 4 pm Work Shop

An opportunity for Shop members to work on their own projects while enjoying the company of others. Shop membership is required. Two people must be present for power tool use. May need to arrange for a spotter if working alone.



# Computers

## Where Did I Put That File?

Wednesday, Jan 11 & 25 (2 sessions) 1 - 4 pm Edmonton Room

Fee: \$45 Early Bird \$55 Regular No Drop In

Class limit: 8

Instructor: Shawn Gramiak

File management is an essential computing skill. Learn how to organize files and turn your personal hard drive into a well organized and efficient machine. This class will teach you how to clear the clutter and manage folders on your personal computer. We will be doing specifically created “general” exercises on SEESA’s computers. You will learn the skills in the class to adapt them to your own needs. You can bring your own; HOWEVER, the class is being taught on computers running the Windows 7. If yours is a laptop more than 5 years old, you may have to adapt the steps in the training material to suit your own computer. In short, although we try and serve everyone, we teach to what the majority of the computers in the class are running.

Please note this is **NOT a Mac class**: we won’t be dealing directly with file management on the Mac.

## Computer Mentor Program

### Get On Line

Since January 2011 we have been delivering the program, Get on Line. This program has SEESA members volunteer to be Mentors. These leaders help other SEESA members, Mentees, learn to surf the net and email. We have 12 mentors and by the end of this year we will have graduated 61 people from the program. Due to the overwhelming success of our program, we have quite a few people on the waiting list. To this end, we are not accepting any new names for mentees at this time.

If you have computer savvy, can email and surf the web, we need you as a Mentor. This can take a little as 3 hours a week and you can make a big difference in a senior’s life. Please contact Mary Anne Jaedicke or Myrna Reeves to get started as a Mentor.



# Game Clubs

## Bingo

Monday 12:45 - 3 pm Program Room (not on Holiday Mondays)

Fee: 25¢/card 20 games

Activity Liaison: Ursula Matzke

## Contract Bridge

Monday & Thursday 1- 3:30 pm Card Room (not on Holiday Mondays)

Fee: \$1 Drop In

Activity Liaison: Ted Elford & Marilyn Anderson

Contract bridge, usually known simply as bridge, is a trick-taking card game using a standard deck of 52 playing cards played by four players in two competing partnerships. (source: wikipedia.org) Our bridge club is for *intermediate players only*—previous bridge experience is required.

## Cribbage

Friday 1 - 3:30 pm Card Room

Fee: \$1 Drop In

Activity Liaison: Dorothy Bennett

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.

## Duplicate Bridge

Wednesday 6:15- 9:30 pm Card Room

Fee: \$1 Drop In

Activity Liaison: Catherine & Jim Haiste

Duplicate bridge is called *duplicate* because the same bridge hand (i.e. arrangement of cards) is duplicated at other tables, in order to allow a fair comparison of playing skill and reduce "luck of the cards". In this way, every hand, whether good or bad, is played in competition with others playing the identical cards, and the element of skill is heightened whilst that of chance is reduced. (source: wikipedia.org)

Newcomers and beginners welcome. Partners are encouraged, but if you do not have one please contact the Activity Liaison who may be able to pair you up with another player.

# Game Clubs

## Hand & Foot Canasta

Wednesday 1- 3:30 pm Card Room

Fee: \$1 Drop In

Activity Liaison: Dorothy Bennett

This version is a quad deck game that is played with a hand and a foot, unlike traditional canasta that just has a hand. Hand & Foot is a Canasta variant involving four to six decks rather than two and is played by teams of two players. (source: wikipedia.org) Beginners welcome.

## Military Whist

Monday 9:30 am - noon Card Room (not on Holiday Mondays)

Fee: \$1 Drop In

Activity Liaison: Louise Libich

Don't know what this is? Come find out - we are willing to teach you how to play.

## Pinochle

Wednesday 9 am - noon Card Room

Fee: \$1 Drop In

Activity Liaison: Judy Axelson

Pinochle is a trick-taking game typically for two to four players and played with a 48 card deck. Derived from the card game bezique, players score points by trick-taking and also by forming combinations of cards into melds. Each hand is played in three phases: bidding, melds, and tricks. (source wikipedia.org)

## Pool

Monday - Friday 8:30 am - 8:30 pm Saturday 9 - noon Pool Hall

(not on long weekends & holidays)

Fee: \$10 yearly fee plus \$1 Drop In

Activity Liaison: George Orescan

New players always welcome. Check in the Pool Hall for schedules of specific game types: Pea Pool, Golf Pool, Poker Pool or 101 Pool. Attendance is recorded on a monthly list of current players posted on a bulletin board in the Pool Hall . If your name does not show up on the list you have not paid your yearly fee of \$10. Please see Front Desk.

Thursday afternoons are reserved for women only.

# Game Clubs continued...

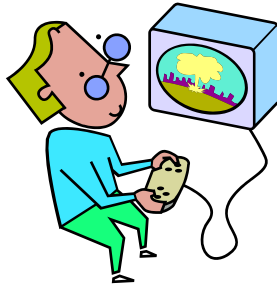
## Wii Games: Bowling, Golf and More....

Friday 1 pm - 3 pm Library

Fee: \$1 Drop In

Activity Liaison: Vacant

Do you think Wii® Nintendo is just for kids? Do you feel too “old” to be playing “video games”? We don’t think so, in fact Wii® gaming systems are being used in senior centres across Canada and the United States as a useful tool in keeping the mind and body fit. Great for eye/hand coordination- and it’s a lot of FUN!



# Physical Fitness

## Clogging:

Instructor: Joan Tharme

Clogging is Appalachian mountain tap dancing. A terrific aerobic activity for the body and mind. No partner is needed.

### Beginner Clogging (Part II)

Tuesday, January 10 – April 10 (12 sessions) 9 – 10 am Gym

Fee: \$70 Early Bird \$80 Regular Drop in \$7 (No class Feb 14 & Mar 20)

A continuation of a class that began in September - some clogging experience is necessary. No special shoes required. Come out and have fun!

### Clogging: Experienced

Tuesday, January 10 – April 10 (12 sessions) 10 – 11:15 am Gym

Fee: \$60 Early Bird \$70 Regular Drop in \$7 (No class Feb 14 & Mar 20)

Designed for the experienced clogger. Not for a new dancer.

# Physical Fitness continued...

## Cued Ballroom:

Instructor: Joan Tharme

Cued or choreographed ballroom dance (also know as round dancing). Couples move in a circular pattern around the hall. Steps/figures are taught and cued for dancers. A great exercise for mind and body. Many rhythms are available.

Note: This activity requires a partner. If you do not have a partner please leave your name at the Front Desk and perhaps we can match you up with another partnerless dancer. Same sex couples welcome.

## Cued/Choreographed Ballroom: Beginners Plus (began in October)

Tuesday, Jan 17 – April 3 (11 sessions) 12 noon – 1:30pm

Fee: \$69 Early Bird \$79 Regular Drop In \$8 (No class Feb 14)

Continue the basics of two step and learn to waltz. Some two step experience required.

## Cued/Choreographed Ballroom: Beginners

Tuesday, Jan 17 – April 3 (11 sessions) 1 – 2pm

Fee: \$46 Early Bird \$56 Regular Drop In \$6 (No class Feb 14)

Learn to waltz, cha cha and rumba. No experience required.

## Cued/Choreographed Ballroom: Experienced

Tuesday, Jan 17 – April 3 (11 sessions) 1:30 – 3pm

Fee: \$69 Early Bird \$79 Regular Drop In \$8 (No class Feb 14)

This class is for those with experience in two step and waltz. This session we will begin rumba and cha cha.

## Fit For Your Life

Monday, Feb 6 - Mar 26 (7 sessions) 10:45 - 11:45 am Gym

(no class Holiday Mondays)

Fee: \$28 Early Bird \$38 Regular Drop in \$6

Class limit: 25

Wednesday, Feb 8 - Mar 28 (8 sessions) 11:15 am - 12:15 pm Gym

Fee: \$32 Early Bird \$42 Regular Drop In \$6

Class limit: 25

Instructor: Mariline Vincent

A 1/2 hour of cardio and a 1/2 hour of strength training and stretches. If floor exercises are not for you... this class is!

# Physical Fitness continued...

## Gentle Dance Moves

Wednesday Feb 8 - Mar 28 (8 sessions) (9:30 - 10:30 am Program Room

Fee: \$48 Early Bird \$58 Regular Drop-in \$9

Instructor: Barb Mickleson

If you love to dance any you are looking for a complete fitness program that is fun, motivating, and safe, look no further! Get a comfortable, complete, balanced body workout while learning exciting dance routines.

## Just Stretching

Thursday, Jan 12 - Mar 29 (12 sessions) 10:35 am - 11:05 am Program Room

Fee: \$24 Early Bird \$34 Regular Drop In \$4

Instructor: Gail Rogers

Treat yourself to a 'feel good' workout. This ½ hour class uses the Classical Stretch to improve posture and balance, range of motion and stress release.

## Keep Fit with Louise

Monday, Jan 9 - Mar 26 (11 sessions) 9:30 - 10:30 am Gym

(no class Holiday Monday)

Fee: \$44 Early Bird \$54 Regular Drop In \$6

Instructor: Louise Lapore

Start your week off with Louise for an energizing workout including warm up exercise, cardio, strength and stretching. Fitness and fun for all levels using a variety of equipment. Fun fun fun for everyone.

## Keep Fit With Mary (Louise sub to March)

Wednesday, Jan 11 - Mar 28 (12 sessions) 10 - 11 am Gym

Fee: \$48 Early Bird \$58 Regular Drop in \$6

Friday, Jan 13 - Mar 30 (12 sessions) 10 - 11 am Gym

Fee: \$48 Early Bird \$58 Regular Drop in \$6

Instructor: Mary Chesney

# Physical Fitness continued...

## Keep Fit with Gail

Thursday, Jan 12 - Mar 29 (12 sessions) 9:30 - 10:30 am Gym

Fee: \$48 Early Bird \$58 Regular Drop In \$6

Instructor: Gail Rogers

Keep fit is all about Energy + Vitality + Functional Fitness ! This class focuses on a variety of activities including fitness walking, full body strengthening, stretching, and relaxation. Perfect for the older adult who wants to keep on going.

## Line Dancing Beginner & Warm Up

Thursday, Jan 12 - Mar 29 (11 sessions) 12:30-1 pm Gym (no class Mar 8)

Fee: \$23 Early Bird \$33 Regular Drop In \$4

Instructor: Jim & Sheila New

Why Line Dancing is especially good for seniors: First and foremost it is a fun thing to do. Our aches and pains can be caused by sitting. Proven physical activities such as laughter, music, and Line Dancing will increase happiness. Activities are more effective when done in groups with others. Line Dancing ramps up the production of endorphins thereby improving our feeling of well being, thus improving our health buoying up our spirits.

Line Dancing improves our balance and strength, activating little sensors and deep muscles around joints ,helping us keep physically active and stay cognitively fit. Studies prove just 20 minutes of Line Dancing measurably reduces degeneration of the brain by improving blood supply (fuel to the brain)

This half hour is designed for beginners to learn basic steps and easier line dances. It is also a great warm up activity for experienced dancers who will be taking the more advanced class next.

## Line Dancing Experienced

Thursday, Jan 12 - Mar 29 (11 sessions) 12:30 pm - 2 pm Gym (no class Mar 8)

Fee: \$42 Early Bird \$52 Regular Drop In \$6

Instructor: Jim & Sheila New

The first half hour of the session is warm up, review basic steps then more progressively harder the further into the class. A terrific mind and body exercise!

## Sit Down For Fitness

Wednesday, Jan 11 - Mar 28 (12 sessions) 11:15 am - 12:15 pm Program Room

Fee: \$48 Early Bird \$58 Regular Drop In \$6

Instructor: Mary Chesney

# Physical Fitness continued...

## Soft Pilates

Thursday, Jan 12 - Mar 29 (11 sessions) 2 - 3 pm Program Room

Fee: \$69 Early Bird \$79 Regular Drop In \$7 (no class Mar 8)

Instructor: Linda Turnbull

Perfect for those who are new to Pilates or who are looking for a gentle fitness routine. This class will help to align the body by combining breath and core strengthening techniques.

## Stability Ball

Thursday, Jan 12 - Mar 29 (12 sessions) 8:40 am - 9:25 am Gym

Fee: \$48 Early Bird \$58 Regular Drop In \$6

Class Limit: 10

Instructor: Gail Rogers

This class is all about the stability ball and the things you never knew that you could do with one. It delivers a great strength and core workout you're sure to love. Your balance and core strength are sure to improve! The instructor's use of the stability ball is done with the utmost care and attention so you will feel safe as you exercise. A wonderful warm up before Keep Fit.

## Tai Chi Chuan (Yang Style)

Thursday, Jan 12 - Mar 29 (11 sessions) 12:30 - 1:30 pm Program Room

Fee: \$69 Early Bird \$79 Regular Drop In \$7 for experienced participants only

Class limit: 15

Instructor: Hiromi Takahashi

Slow but focused movements with softness to improve coordination and circulation; gentle exercise to tone muscles and sinews with a feeling of renewed vigor; regular breathing and relaxed concentration.

## Yoga (Hatha-Slow Flow)

Tuesday, Feb 7 - Mar 27 (8 sessions) 9 - 10:15 am Program Room

Fee: \$69 Early Bird \$79 Regular Drop In \$9

Thursday, Jan 12 - Mar 29 (12 sessions) 9 - 10:15 am Program Room

Fee: \$94 Early Bird \$104 Regular Drop In \$9

Instructor: Carmella Haykowsky

A very gentle, slow and flowing yoga class. The poses and movements are modified and adapted in a gentle and easy style. The emphasis is on breathing and coordinating the breath with the movement. Class ends with a complete lying relaxation. It's rejuvenating and restorative for the body, mind and soul.

# Physical Fitness continued...

## Yoga (Chair)

Tuesday, Jan 10 - Mar 27 (12 sessions) 10:30 - 11:30 am Program Room

Fee: \$75 Early Bird \$85 Regular Drop In \$8

Instructor: Carmella Haykowsky

This program guides you through a flowing series of poses that gently stretch, tone, and strengthen muscles and bones. It provides an overall sense of well-being. Designed for every body type but pays specific attention to those individuals with mobility issues and who are unable to get up and down from the floor with ease.

## Yoga with Maxine

Fridays Jan 13 - Mar 30 (12 sessions) 1 - 2:30 pm Program Room

(No class Remembrance Day)

Fee: \$94 Early Bird \$104 Regular Drop In \$9

Instructor: Maxine Cowan

A yoga class that emphasizes alignment, flexibility and relaxation. Ideal for those returning to active movement after an accident, injury or illness.



ZUMBA® Gold takes the popular Latin-dance inspired workout of ZUMBA® and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. ZUMBA® Gold builds cardiovascular health by challenging the heart and working the muscles of the abs, hips, legs and arms with Latin dance styles. Plus learning dance patterns helps keep the mind active.

## Zumba Gold with Angela

Monday Jan 16 - Mar 26 (10 sessions) 9:30 - 10:30 pm Program Room

Fee: \$40 Early Bird \$50 Regular Drop In \$6

Instructor: Angela Gamboa

## Zumba Gold with Kerri

Wednesday Jan 11 - Mar 28 (12 sessions) 5 - 6 pm Gym

Fee: \$48 Early Bird \$58 Regular Drop In \$6

Instructor: Kerri Orthner

# Physical Fitness continued...

## Zumba Gold with Susana

Friday Jan 13 - Mar 30 (12 sessions) 10-11 am Program Room

Fee: \$48 Early Bird \$58 Regular Drop In \$6

Instructor: Susana Braden

This is the newest fitness dance routine designed for active older participants as well as for those just starting their journey to a fit and healthy lifestyle. Zumba Gold maintains a party atmosphere that is different, fun, easy to follow along and extremely effective. The music uses dance moves and rhythms from... Cumbia, Salsa, Merengue, Tango, Rumba, Cha-Cha and many other exciting Latin rhythms. You'll move, you'll exercise and you'll love the music! Dance experience is not required.

## Zumba Gold

Saturday Feb 25 - Mar 31 (6 sessions) 10:30 - 11:30 am Program Room

Fee: \$30 Early Bird \$40 Regular Drop In \$6

Instructor: TBA

# Physical Fitness Clubs

## Badminton

Tues 3:15 - 4:45 pm/Thurs 10:45 am - 12:15 pm/Fri 11:15 am - 12:45 pm Gym

Fee: \$1 Drop in

Activity Liaison: Brenda Remin

Badminton helps to keep yourself in good physical condition and is generally played in doubles at SEESA. At any time of the year, join the group of players who enjoy this sport.

## Ballroom Dancing

Monday 6:30 - 9 pm Gym (No meeting on Holiday Mondays)

Fee: \$1 Drop in

Activity Liaison: Colin Carter

A weekly opportunity for dancers to gather. Instruction may be given by volunteer instructors 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 dancing together are welcome.

# Physical Fitness Clubs cont...

## Carpet Bowling

Wednesday 1 - 3 pm Drop in Play /Thursday 6:30 - 9 pm Competitive League Play

Fee: \$1 Drop in

Activity Liaison: Louise Libich

Carpet Bowling is a scaled down version of indoor bowls. The principle aim of the game, the same as all other bowls, is to deliver your wood closer to the jack than your opponent. (source: englishcarpetbowls.com)

## Floor Curling

Tuesday 6 - 6:30 pm Practice 6:30 - 9 pm /Competitive League Play Gym

Fee: \$1 Drop in & \$1 (optional) 50/50

Activity Liaison: Roz Schilberg

Wednesday 6:30 - 9 pm Competitive League Play Gym

Fee \$1 Drop-in & \$1 (optional) 50/50

Activity Liaison: Harvey Norstrom

## PickleBall

Thursday 2:15 - 4:15 pm (except last Thursday of the month and Mar 8)

Saturday 9:30 - 11:30 am Gym (no Jan 14, Mar 17 & 24)

Fee: \$1 Drop in

Activity Liaison: Vacant

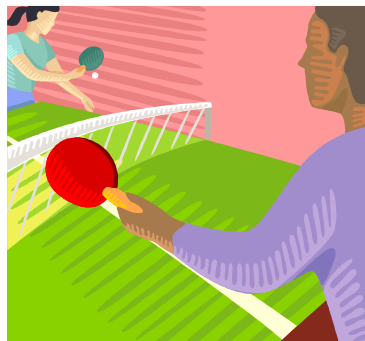
Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive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

## Ping Pong

Tuesday 3:15 - 5:15 pm Program Room

Fee: \$1 Drop in

Activity Liaison: Linda Jennings



# Outreach

## Social Circle

Thursday 11 am - 1 pm Various locations (see below)

1st Thursday of month ALWAYS **SEESA**

2nd Thursday of month ALWAYS **BONNIE DOON FOOD COURT**

3rd Thursday of the month ALWAYS **MORAVIAN CHURCH**

4th Thursday of the month ALWAYS **ZELLERS**

If there is a 5th Thursday ALWAYS **CAPILANO ALBERTS**

A Friendship group that meets every Thursday.

## Walking With Widows & Widowers

2nd Monday of the month 1 - 4 pm Library

An afternoon social and support for grieving spouses

**For more information about our Outreach Programs and other services  
contact Kim Boyd, Outreach Coordinator.**

# Health Services

## Boosting Your Memory

Wednesday, Jan 18 - Feb 22 (6 sessions) 9:30 - noon Holyrood Room

Fee: \$15 Early Bird \$25 Regular

Instructor: Alberta Health

Boosting Your Memory is a memory enhancement program for adults, age 50 and over, who are interested in addressing some of their concerns around memory in relation to normal aging. Workshops will cover topics on how memory works, normal changes in memory due to aging, memory boosting strategies, memory training techniques to help with remembering and retrieving, thoughts and feelings about memory and forgetfulness and various factors that affect memory such as nutrition, physical activities, sleep, medication and stress. Boosting Your Memory is facilitated by Occupational Therapists and Primary Care Community Nurses, with special presentations by community dietitians and pharmacists.



# Health Services continued...

## COMPASS for the Caregiver Workshop

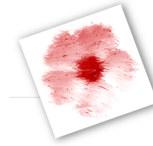
Thursday, Jan 19 - Mar 8 (8 sessions) 1 - 3 pm Edmonton Room

Fee: \$20 to cover manual costs

Instructor: Alberta Caregivers Association

COMPASS provides a safe and serving closed environment that helps caregivers reduce and illuminate the stress and guilt around the unexpected responsibilities caring for a love one.

You learn how to bend time and find more energy for yourself!



**Alberta  
Caregivers  
Association**  
*Caring for Caregivers*

## Neighbourhood Chat

Returns Friday, March 19 10 - noon Art Room

A group session for clients with communication challenges arising as a result of Stroke, Parkinson's Disease, Primary Progressive Aphasia and Dysathria. This service is not available to everyone. Call 780-735-2413 for more information.

## VON Footcare

1st & 3rd Friday of the month by appointment 780-466-0293

# Community Partners

## Forester's Stitch & Stuff: Crafts & Card Games

2nd & 4th Wednesday 7 pm Art Room

Come and join us for fun and fellowship. Coffee & Goodies. You do not need to be a Forester Member to attend.

Contact: Evelyn at 780-461-5680 or Lorna at 780-469-2441

## Toastmasters

Tuesdays 7 - 9 pm Edmonton Room

The Foresters Toastmasters Club meets on a regular basis for members to practice various skills useful in public speaking, including giving speeches, speaking extemporaneously, listening, and providing each other with feedback and evaluation.

## T.O.P.S. (Take off Pounds Sensibly)

Mondays 6:30 Weigh In Personal Care Room 7 pm Meeting Library

# Volunteer

Volunteers are very important to SEESA! Staff keep things going from day to day, but we rely on volunteers to ensure our organization's feasibility. Most of the opportunities listed below require a minimal amount of time and can be tailored to fit your lifestyle. If you have any spare time please have a look and consider where you might want to help out.

Bingo	Kitchen Cashier	Bartender
Birthday Party	Monthly Dinner Prep	Ticket seller
Board of Directors	Library Committee	Set Up/Tear Down
Building Maintenance Committee	Meals On Wheels	Decorating Committee
Card Making	Melody Singers	Greeters
Casino	Newsletter	Instructor - workshops
Drama Activities	Outreach Assistant	Computer Mentor
Entertainer/Performer	Phoning Committee	Kitchen Help
Front desk Reception	Plant Care	Rummage Sale
Clerical/Admin Support	Publicity & Promotion	Archives/Historian
Fundraising	Quilting	Activity Liaison

For more details about these jobs, or any others that may not be listed here, please see Sherr, our Coordinator of Volunteers, to explore the possibilities.



## WEEKLY

Pool Hall	Monday-Friday Saturday	8:30 am - 8:30 pm 9 am - noon	Page 10
Library	Monday - Friday	8:30 am - 4:30 pm	

## MONDAY

Military Whist	9:30 am - noon	Card Room	Page 10
Keep Fit with Louise	9:30 - 10:30 am	Gym	Page 13
Zumba Gold	9:30 - 10:30 am	Program Room	Page 16
Acrylic Painting	10 am - noon	Art Room	Page 3
Fit For Your Life	10:45 - 11:45 am	Gym	Page 12
Bingo	12:45 - 3 pm	Program Room	Page 9
Contract Bridge	1 - 3:30 pm	Card Room	Page 9
Drama	1 - 3 pm	Gym	Page 5
Quilting	1 - 3:30 pm	Art Room	Page 6
Walking With Widows	1 - 4 pm (2nd week)	Library	Page 19
Ballroom Dance	6:30 - 9 pm	Gym	Page 17
TOPS (Take Off Pounds Sensibly)	6:30 - 7 pm weigh in 7 - 8 pm meeting	Personal Care & Library	Contact Ida 780-466-6863 for info Page 20

# TUESDAY

Clogging: Beginners	9-10 am	Gym	Page 11
Yoga Hatha	9-10:15 am	Program Room	Page 15
Woodcarving	9 -11:30 am	Work Shop	Page 7
Advanced Creative Writing	9:30 am - noon	Card Room	Through Minerva 780-497-5082
Creative Writers Club	9:30 am - noon	Card Room	Page 5
Watercolour: Beginners	10 am - noon	Art Room	Page 4
Clogging: Experienced	10 - 11:15 am	Gym	Page 11
Chair Yoga	10:30 - 11:30 am	Program Room	Page 16
Cued Ballroom: Beginner +	Noon- 1:30 pm	Gym	Page 12
Cued Ballroom: Beginners	1 - 2 pm	Gym	Page 12
Guitar Club	1 - 3:30 pm	Art Room	Page 6
Melody Singers	1 - 3 pm	Program Room	Page 6
Open Studio Time	1 - 4 pm	Work Shop	Page 7
Cued Ballroom: Experienced	1:30 - 3 pm	Gym	Page 12
Ping Pong	3:15 - 5:15 pm	Program Room	Page 18
Badminton	3:15 pm - 4:45 pm	Gym	Page 17
Floor Curling Practice	6- 6:30 pm	Gym	Page 18
Floor Curling League	6:30 - 9 pm	Gym	Page 18
Toast Masters	7 - 9 pm	Edmonton Room	Through Foresters

## WEDNESDAY

SEESA Card Making	9 - 11:30 am	Art Room	Page 5
Pinochle	9 am - noon	Card Room	Page 10
Boosting Your Memory	9:30 am - noon	Holyrood Room	Page 19
Gentle Dance Moves	9:30 - 10:30 am	Program Room	Page 13
Keep Fit	10 - 11 am	Gym	Page 13
Fit For Your Life	11:15 am - 12:15 pm	Gym	Page 12
Sit Down for Fitness	11:15 am - 12:15 pm	Program Room	Page 14
Carpet Bowling	1 - 3 pm	Gym	Page 18
Hand & Foot Canasta	1 - 3:30 pm	Card Room	Page 10
Soapstone	1 - 3 pm	Work Shop	Page 7
Where Did I Put That File?	1 - 4 pm	Edmonton Room	Page 8
Zumba Gold with Kerri	5 - 6 pm	Gym	Page 16
Floor Curling League	6:30 - 9 pm	Gym	Page 18
Duplicate Bridge	6:15 - 9:30 pm	Card Room	Page 9
Book Club (1st week)	7 - 9 pm	Library	Page 5
Stitch & Stuff (2nd & 4th)	7-9 pm	Art Room	Through Foresters

# THURSDAY

Stability Ball	8:40 - 9:25 am	Program Room	Page 15
Woodcarving	9 - 11:30 am	Work Shop	Page 7
Yoga Hatha	9 - 10:15 am	Program Room	Page 15
Art Club	9:30 am - noon	Art Room	Page 5
Keep Fit with Gail	9:30 - 10:30 am	Gym	Page 14
Just Stretching	10:35 - 11:05 am	Program Room	Page 13
Badminton	10:45 - 12:15 pm	Gym	Page 17
Tai - Chi (Yang Style)	12:30 - 1:30 pm	Program Room	Page 15
Social Circle	11 am - 1 pm	Various	Page 19
Watercolour: Experienced	12:30 - 2:30 pm	Art Room	Page 4
Line Dancing: Beginner	12:30 - 1 pm	Gym	Page 14
Line Dancing: Experienced	12:30 - 2 pm	Gym	Page 14
Contract Bridge	1- 3 :30 pm	Card Room	Page 9
COMPASS	1 - 3 pm	Edmonton Room	Page 20
Ladies Pool	1 - 3 pm	Pool Hall	Page 10
Soft Pilates	2 - 3 pm	Program Room	Page 15
PickleBall	2:15 - 4:15 pm	Gym	Page 18
Poetry	2:45 - 5:15 pm	Art Room	Page 4
Carpet Bowling League	6:30 - 9 pm	Gym	Page 18

## FRIDAY

Drawing	10 - 11:15 am	Art Room	Page 3
Keep Fit	10 - 11 am	Gym	Page 13
Zumba Gold	10 - 11 am	Program Room	Page 17
Neighbourhood Chat (Returns March 19)	10 - noon	Art Room	Through AB Health 780-735-2413
Badminton	11:15 am- 12:45 pm	Gym	Page 17
Yoga with Maxine	1 - 2:30 pm	Program Room	Page 16
Wii	1 - 3 pm	Library	Page 11
Cribbage	1 - 3:30 pm	Card Room	Page 9
VON Footcare (1st & 3rd)	(by appointment)	Personal Care	780-466-0293
Jam Sessions (1st & 3rd)	7 - 10 pm	Gym	Page 6
Crib Tournament	7 pm - 9:30 pm	Gym	

## SATURDAY

PickleBall	9:30- 11:30 am	Gym	Page 18
Zumba Gold	10:30 - 11:30 am	Program Room	Page 17

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