



Strathcona
Place Society

2020 Fall Programs Guide

SPS COVID-19 Response - New Protocols

What to expect when you visit the Centre this Fall:

Cleaning Protocol

- ⇒ Regular sanitisation of commonly touched surfaces using an AHS-approved cleaner.
- ⇒ All cleaning will be tracked.
- ⇒ Class areas cleaned before and after classes.
- ⇒ Fitness equipment that can not be sanitised removed.

Entering the Center

- ⇒ Face masks will be required.
- ⇒ All visitors will be asked to sanitise their hands and complete a COVID-19 screening questionnaire.
- ⇒ Temperature will be checked and recorded before access is granted.
- ⇒ Only one person will be allowed in the washroom at a time.

Building Configurations

- ⇒ Every activity space in the Centre has been assessed to find the new maximum capacity while adhering to physical distancing.
- ⇒ “Sanitation Stations” have been set up in every activity space.
- ⇒ All fabric furniture removed.
- ⇒ Physical glass barriers have been installed at the front desk and seated inside activity spaces.
- ⇒ Brochures, cards and other advertising related materials removed from the front lobby and a digital advertising platform created.

Other considerations

- ⇒ We ask that persons experiencing COVID-19 like symptoms or who have been in contact with someone diagnosed with the virus refrain from visiting the Centre.
- ⇒ Reception volunteers will be invited on a modified schedule. In an attempt to limit the number of bodies in the Centre.

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Meet the Team

Strathcona Place is run by a hardworking team. Their joint efforts bring to fruition a plethora of programs and services for seniors.



Francisco Yu

Executive Director



Judy Cho

Finance Manager



Jojo Antony

Outreach Manager



Danielle Moffatt

Volunteer Coordinator



Laura Rexhepi

Outreach Worker



Fernando Fejardo

Building Services Worker



MEMBERSHIP, REGISTRATION & CLASS INFORMATION

MEMBERSHIP: Available to seniors 55 years and older

FEE: \$30 per yearly membership

DURATION: Valid for 1 year after purchase

Memberships enable you to participate in Strathcona Place Society's programs at a reduced rate. Members will have full voting rights. Members can also get admission to the majority of city owned recreation facilities. A reminder is usually sent out a couple weeks before membership expires.

ELIGIBILITY FOR NON-SENIORS

Associate memberships: participants under the age of 55 and over the age of 45 are eligible to take part in classes if space is available, by paying an associate membership fee of \$30 per year.

Associate members do not have voting rights.

REGISTRATION & SIGN-UP

Registration will occur at various times throughout the year. Be sure to sign-up early since some classes have limited spaces.

- Register for programs online. If you do not have access to a computer or a reliable internet connection, please call 780 433 5807 for assistance.
- Cash, cheque, or major credit and debit cards are all acceptable methods of payment. Please note that payments can be made online via our website.
- Your registration for any program is confirmed when payment is received.
- Classes are **not** interchangeable (between classes or between participants).
- If classes are full, interested participants will be put on a wait list and notified if a spot becomes available.
- Non-members may be put on a waiting list at the time of registration, and may be bumped to give priority to Strathcona Members.

CLASS INFORMATION & DROP-IN FEES

CLASS CANCELLATION & REFUNDS

- SPS has the right to make modifications and cancellations to programs or move them online at any time for safety or operational reasons
- Classes may be cancelled or altered if minimum registration is not met, there is a lockdown, or due to inclement weather.
- Participants will be notified if a program is cancelled and a refund issued.
- **No refund will be issued to any participant who withdraws voluntarily from a program.**
- **Absences due to a medical condition, will require a written request for a refund accompanied by a medical certificate for submission to the Finance Manager.**
- Sign-up early to avoid cancellation of classes due to minimum numbers not being met.
- Classes may be cancelled due to special events at the Centre. Notice will be given.
- Classes may be cancelled with short notice due to unforeseen circumstances.

DISCLAIMER & LIABILITY

Strathcona Place Society is not responsible for any physical injuries sustained while participating in any of its programs. The Centre is also not liable to anyone infected with COVID-19 at our Centre as the building is as safe as we can make it. All participants for **FITNESS** classes must check with their doctors before starting the class.

DROP-IN FEES CANCELLED:

Members and non-members are no longer able to sample a classes by purchasing drop-in coupons.

****Registration will now be done monthly. Persons are able to register for a class one week prior to the start of the class cycle.**



Important Dates

DATES TO REMEMBER:

September 14, 2020	Fall Programs Begin
September 30	Maintaining a healthy diet webinar by the University of Alberta's Speaking of Healthy group
October 3, 2020	Managing Grief Online Discussion with Dr Tharayil
October 30, 2020	Seniors Trick or Treat (Social Distancing Event)
November 10, 2020	Remembrance Day Poppy Celebration
December 18, 2020	Neighbourhood Caroling

The Centre will be **CLOSED** on these dates:

Monday, September 7 — Labour Day
Monday, October 12 — Thanksgiving Day
Wednesday, November 11 — Remembrance day
Monday, December 21, 2020—Monday, January 4, 2020—Winter Break

SPS Tax Clinic

Schedule a visit during March to April to receive assistance completing your tax return.

You can receive help if you have:

1. A simple tax situation. That is, no income or if your income comes from the following sources:

- ◇ Employment (T4), Employment Insurance (T4E)
- ◇ Pension Income (OAS, CPP, T4A, T4RSP, T4RIF)
- ◇ Benefits such as CPP-disability, social assistance payment (T5007)
- ◇ Scholarships, fellowships, bursaries, or grants (T4A)
- ◇ Investments (T3 & T5)

2. Your total family income is less than the following:

Family Size	Total family income
One person	\$35,000
Two persons	\$45,000
Three persons	\$47,500



Walk-ins not accepted. Please call 780 433 5807 to schedule an appointment.

Courses at a Glance

Strathcona Place offers many programs ranging from art to fitness. Take the time to find the course that is right for you.

In response to COVID-19, Strathcona Place Society will shorten class sizes and time to adhere to Alberta Health Service Policies. Some classes may also be offered online. Thank you for your understanding.

Classes will either be instructional or non-instructional, virtual or in-person, and wheelchair accessible or not wheelchair accessible.

Look out for these symbols.



Instructional



In-Person



Virtual



Wheelchair Accessible

Mondays

Table Tennis

9:15 a.m. to 11:45 a.m.



Gentle Yoga

10:30 a.m. — 11:30 a.m. and 2:00 p.m. — 3:00 p.m.



Art (Oil and Acrylic)

1:00 p.m.—3:00 p.m.



Tuesdays

Wisemen Discussion Group

11:30 a.m. to 12:30 a.m.



Computer 101

12:00 a.m. to 1:00 p.m.



Book Club

1:00 p.m. to 3:00 p.m.



Creative Writing

10:00 a.m. to 12:00 p.m.



Courses at a Glance

Wednesdays

Wisemen Discussion Group

9:00 a.m. to 10:00 a.m.



Wonder Women Discussion Group

1:00 p.m. to 2:00 p.m.



Walking Group

12:00 p.m. to 1:00 p.m.



Thursdays

Table Tennis

9:15 a.m. to 11:45 a.m.



Full Body Fitness

11:00 a.m. to 12:00 p.m.



Critique Writing

9:30 a.m. to 11:00 a.m.



Fridays

Gentle Strength Training

10:00 a.m. to 11:00 a.m.



Seated Tai Chi

1:00 p.m. to 2:00 p.m.



Courses at a Glance

September 2020

Monday	Tuesdsy	Wednesday	Thursday	Friday
	1	2	3	4
7 Labour Day - Centre closed	8	9	10	11
14 Fall Programs Begins Table Tennis Starts Gentle Yoga starts Art (Oil & Acrylic) starts Zumba starts	15 Book Club starts Computer 101 starts Wisemen starts Creative Writing starts	16 Walking Group starts Wisemen (Virtual) starts Wonder Women starts	17 Full Body Fitness starts Table Tennis Starts Critique Writing starts	18 Gentle Strength Training starts
21	22	23	24	25
28	29	30 Maintaining a Healthy Diet		

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 No Gentle Strength Training Class. Class resumes October 9.
5	6 Managing Grief	7	8	9 Free Seated Tai Chi
12 Thanksgiving Day Centre Closed	13 Session 2 Registration Open	14	15	16 Free Seated Tai Chi
19 Table tennis starts Gentle Yoga starts Art (Oil & Acrylic) starts Zumba starts	20 Creative Writing starts	21	22 Full Body Fitness starts Table Tennis Starts Critique Writing starts	23 Gentle Strength Training starts Seated Tai Chi starts
26	27	28	29	30 Seniors social distancing 'Trick or Treat' event

Courses at a Glance

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Session 3 Registration Open	10 Remembrance Day Celebration	11 Remembrance Day - Centre closed	12	13
16 Table Tennis starts Gentle Yoga starts Art (Oil & Acrylic) starts	17	18	19 Table Tennis Starts	20
23 Zumba starts	24 Creative Writing starts	25	26 Full Body Fitness starts Critique Writing starts	27 Gentle Strength Training starts Seated Tai Chi starts
30				

December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18 Neighborhood Caroling
21 Winter Break— Centre Closed	22	23	24	25
28	29	30	31	Centre reopens January 5, 2020



FEELING ISOLATED?

**CONNECT WITH
A PHONE PAL
TODAY!**



CONNECTING
COMMUNITIES



Phone Pals:

- Are trained volunteers
- Provide a listening ear
- Have your best interest at heart
- Provide companionship
- Support senior independence
- Connect communities

**CONTACT
US TODAY!**

780 433 5807

volunteers@strathconaplace.com

ABOUT PHONE PAL

Strathcona Place Society launched the Phone Pal Programme to provide ongoing telephone support to seniors who are feeling isolated due to social distancing measures.

Fit Seniors

Table Tennis (Ping Pong)

Venue: Basement

Session Start Dates: September 14 & 17, October 19 & 22 and November 16 & 19

Mondays and Thursdays at 9:15 a.m. to 11:45 a.m.

Instructor: None

Mode: In-Person

Session Duration: 4 weeks (8 classes per session)

Registration Limit: 6 persons per class

Cost Per Session: \$20 (members) and \$30 (non-members)

This is a two-player high calorie burning sporting activity (doubles suspended for the duration of the pandemic). Players have varying skill levels, and beginners are accepted. This activity is known to improve hand-eye coordination, reflexes, and balance.

Gentle Yoga

Venue: Patio/ Auditorium

Session Start Dates: September 14, October 19, and November 16

Mondays at 10:30 a.m. to 11:30 a.m. or 2:00 p.m. – 3:00 p.m. (2 Classes)

Instructor: Lynne Fahlman

Mode: In-person

Session Duration: 4 weeks (4 classes per session)

Classes Per Session: 4

Cost per Session: \$20 (members) and \$30 (non-members)

This class is done with the use of a chair for seated yoga poses and support while standing. Build strength, improve flexibility, reduce stress, and increase mental clarity with calming poses that are gentle on the muscles. This class is highly recommended for persons with limited mobility and individuals suffering from chronic pain.

Fit Seniors

Full Body Fitness

Venue: Online

Session Start Dates: September 17, October 22, and November 26

Thursdays at 11:00 a.m. – 12:00 p.m.

Instructor: Lara Reynolds

Mode: Online

Session Duration: 4 weeks

Classes Per Session: 4

Registration Limit: None

Cost: \$15 (members) and \$25 (non-members)

This is a sixty-minute low-impact workout that can be done in the comfort of your home and is perfect for wheelchair-bound and immunocompromised seniors. The instructor utilizes everyday articles in your home to incorporate in the

Gentle Strength Training

Venue: Auditorium/ Online

Session Start Dates: September 18 (No class on October 2), October 23, and November 27

Fridays 10:00 a.m. to 11:00 a.m.

Instructor: Dr Elaine Soong

Mode: Blended (Online and In-Person)

Session Duration: 4 weeks (4 classes per session)

Registration Limit for In-Person: 9

Registration Limit for Online: None

Cost for Online: \$15 (members) and \$25 (non-members)

Cost for In-Person: \$20 (members) and \$30 (non-members)

The four-week in-person and online Gentle Strength Training Class is focused on building and preserving independence through exercises that improve balance and strength. The training may involve light weights, resistance bands, and body awareness training. Participants will receive coaching modified to their abilities and may progress at their own pace. This class is useful for persons who wish to prevent muscle loss.

Fit Seniors

Seated Tai Chi

Venue: Auditorium/ Online

Session Start Dates: **Two Free Classes - October 9 and 16**, Paid Sessions - October 23 and November 27

Fridays 1:00 p.m. to 2:00 p.m.

Instructor: Ken Chui

Mode: Blended (Online and In-Person)

Session Duration: 4 weeks (4 classes per session)

Registration Limit for In-Person: 9

Registration Limit for Online: None

Cost for Online: \$15 (members) and \$25 (non-members)

Cost for In-Person: \$20 (members) and \$30 (non-members)

Seated Tai Chi is a gentle exercise that improves balance, reduces fall risks, and improves posture which leads to an overall improvement in health and wellness. It consists of making slow, graceful movements while breathing deeply.

Zumba

Venue: Online

Session Start Dates: September 14, October 19, November 23

The class video link is available Monday 10:00 a.m.—Tuesday 10:00 a.m. weekly. You will not be able to access the video if you missed the video access period.

Instructor: Dr Elaine Soong

Mode: Online

Session Duration: 4 weeks (4 classes per session)

Registration Limit: None

Cost: \$15 (members) and \$25 (non-members)

This online class is perfect for the busy senior who works part-time, are caring for loved ones, or who simply cannot fit a scheduled class into their schedule for one reason or another. These are pre-recorded classes, accessed by a link that is valid for up to twenty-four hours from the start of the class.

Zumba is more than learning a new dance move or two, it is a fitness routine that is heart-healthy, builds and tones muscles, improves cardio, promotes flexibility, and decreases stress.

WHO WE ARE

The Audiology Clinic of Northern Alberta is one of Edmonton's premium hearing health care providers. Owned and operated by the Lewchuk family since 1982, our clinic follows a medical model of service that incorporates best audiology practices, state of the art equipment, registered audiologists and exceptional patient care.



Comprehensive communication solutions
so you can hear the sounds of life!



What we test:

- Hearing sensitivity
- Middle ear function
- Hearing in noise
- Predictors of success with amplification
- Functional communication abilities

What we do to improve hearing:

- Dispense hearing aids (by non-commissioned registered audiologists and a hearing aid practitioner)
- Program hearing aids to maximize audibility of speech as well as patient comfort and satisfaction
- Objectively verify hearing aid benefit by measuring amplified speech at the eardrum
- Aural Rehabilitation (patient counselling/education)

Diagnostic hearing assessments for adults and children can include:

- ✓ Air and bone conduction testing
- ✓ Tympanometry
- ✓ Acoustic reflex testing
- ✓ Speech testing
- ✓ Distortion product otoacoustic emission testing

Other services we provide:

- Cerumen removal
- Tinnitus evaluations
- Tinnitus Retraining Therapy
- Custom hearing protection

Visit our website for hearing health information, helpful tips and to read our blog!
www.acnahearing.com

Book Your Appointment Today!
7807 109 St. NW • Edmonton, AB • T6G 1C6
Tel: 780-433-4441 • Text: 780-937-ACNA (2262)

Creative Seniors

ART (Oil and Acrylic)

Venue: Art Room

Session Start Dates: September 14, October 19, and November 16

Mondays at 1:00 p.m. – 3:00 p.m.

Instructor: Joyce Boyer

Mode: In-Person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 6 persons

Cost: \$30 (members) and \$40 (non-members)

Open to all oil and acrylic painters! You will enjoy the company of other painters as you work on your own art. Exchange ideas, tips, and tricks with others while you benefit from Joyce Boyer's expertise. Joyce will help you with your composition, colour choices and style, answer your questions, and encourage your art practice. Bring your art supplies and paintings you are working on or new, fresh canvases.

Creative Writing

Venue: Auditorium

Session Start Dates: September 15, October 20, and November 24

Tuesdays at 10:30 a.m. – 12:30 p.m.

Instructor: Rusti Lehay

Mode: In-person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 11

Cost: \$30 (members) and \$40 (non-members)

This program focuses on two creative writing genres; poetry and prose. Participants will get the gentle push needed to finally put 'pen to paper' and create their own masterpiece. They will also develop their editorial skills through giving and receiving respectful feedback. Learn how to make your writing appeal to your target audience, brainstorm ideas, and learn how to borrow the techniques of seasoned writers to sharpen your own skills.

Creative Seniors

Critique Writing

Venue: Small Lounge

Session Start Dates: September 17, October 22, and November 26

Thursdays at 9:30 a.m. – 11:30 a.m.

Facilitator: Phyllis Shuell

Mode: In-Person

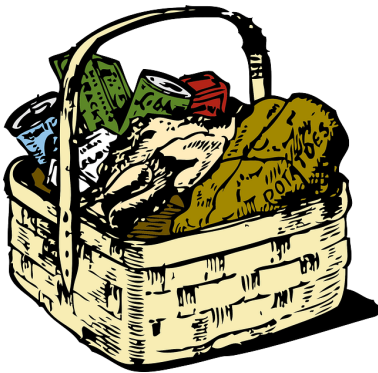
Session Duration: 4 weeks (4 classes per session)

Registration Limit: 5 persons

Cost: \$20 (members) and \$30 (non-members)

Do you love to write and would appreciate constructive criticism to improve your craft? This class is the perfect informal space to receive thoughtful in-depth feedback on your latest writing project.

SENIORS FOOD BASKET



Contact Outreach Services for more information.

780 433 5807 or outreach2@strathconaplace.com

Curious Seniors

Computer 101

Venue: Dining Room

Start Date: September 15

Tuesdays 1:00 p.m. – 1:30 p.m. and 1:30 p.m. – 2:00 p.m.

Instructor: SPS Interns and Staff

Mode: In-Person (Online coming soon)

Duration: Ongoing

Registration Limit: 4 persons (2 Persons Per Half Hour)

Cost: Free

Today's society relies so much on one's ability to navigate technology. We need computers for work, school, keeping in touch, day-to-day task management, remote education, and online shopping. Research that use to be done in a library can now be done online. You also need an email address to sign-up for new services, make online purchases, and communicate with friends and families. This class is for adults who lack familiarity with computers and will focus on computer hardware and building an understanding of how different software work.

Book Club

Venue: Small Lounge

Start Date: September 15

Third Tuesdays every month

1:00 p.m. to 2:00 p.m.

Mode: In-person


Duration: Ongoing

Registration Limit: 8 persons

Cost: Free

Strathcona Place Society in partnership with the Edmonton Public Library hosts a monthly Book Club where seniors can have access to thousands of titles to read, enjoy, and discuss. A new book is discussed every month.

Share your love of reading, keep in touch with your peers, or open up yourself to new people and ideas.

A photograph of an older couple sitting on a boat. The woman, on the left, has blonde hair and is wearing a light blue cardigan over a red top, a colorful beaded necklace, and white pointed-toe shoes. The man, on the right, is balding with a grey beard and mustache, wearing a light purple shirt and patterned shorts. They are both looking towards the camera with slight smiles. The background shows the wooden structure of the boat and a body of water.

70% of spouses
don't know the details
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wishes*

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Memorial Chapel
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www.southsidememorial.com

*Arbor Memorial Inc. survey of 1,002 Canadians conducted by
Environics Research Group Ltd. in December 2013.

Arbor Memorial Inc.

Roving Seniors

Walking Group

Venue: The Great Outdoors

Start Date: September 16

Wednesdays at 12:00 p.m. – 1:00 p.m.

Instructor: SPS Staff

Mode: In-Person

Duration: 4 weeks (4 outings)

Registration Limit: 10 persons

Cost: Free

Organised walking groups are a senior's ticket to the great outdoors on a budget. Enjoy the beautiful topography of the Queen Alexandra neighbourhood. The group is also known to frequent the Pleasantview Community. Walking groups are a great way to meet new people, get fit, and find balance.

WANT TO ADVERTISE WITH US?

More than 500 copies of the Program Guide is printed three times per year and distributed to local senior residences, community centres, and businesses. The Program Guide is also posted online. Our website receives over 1,500 hits per week, and our Facebook page has a large audience base.

Full Page (8x10.5")

\$165 per issue or \$455 per year

Half Page (8x5.25" or 4x10.5")

\$115 per issue or \$325 per year

1/4 page (4x5.25" or 2x10.5")

\$100 per issue or \$285 per year



LOCALLY OWNED (St Albert)
GUIDED MOTOR-COACH TOURS & CUSTOM GROUP

780-460-4408 or 1-866-460-0777
promotiontours.ca

2020 TOURS

FEBRUARY & MARCH

•Arizona Explorer includes Tucson	18 Days	Departing February 13
•Moose Jaw Temple Gardens	4 Days	Departing February 23
•Laughlin and the Grand Canyon	11 Days	Departing March 14
•Moose Jaw Temple Gardens	4 Days	Departing March 21

APRIL & MAY

•Bonners Ferry Gambling & Shopping	4 Days	Departing April 20
•Victoria Spring Tour	9 Days	Departing April 20
•Moose Jaw Temple Gardens	4Days	Departing April 26
•Deadwood & The Black Hills via SK	7 Days	Departing May 2
•Mother's Day Jasper Getaway	2 Days	Departing May 9
•Polson & Coeur d'Alene Casino Tour	6 Days	Departing May 24
•Moose Jaw Temple Gardens	4 Days	Departing May 24

JUNE

•Newfoundland-Celebrating the Icebergs	10 Days	Departing June 1
•Yellowstone & Wild West Adventure	7 Days	Departing June 14
•Moose Jaw Temple Gardens	4 Days	Departing June 21
•Canadian Mystery Tour	4 Days	Departing June 25

JULY & AUGUST

•Montana Mystery Tour	6 Days	Departing July 12
•Moose Jaw Temple Gardens	4 Days	Departing July 12
•Toronto Blue Jays in Seattle	6 Days	Departing July 23
•Moose Jaw Temple Gardens	4 Days	Departing Aug 23
•A Taste of Atlantic Canada	16 Days	Departing Aug 31

September

•Moose Jaw Temple Gardens	5 Days	Departing Sept 6
•Deadwood and The Black Hills via GF	7 Days	Departing Sept 6
•Historic Cities (Ottawa, Montreal, Quebec City)	8 Days	Departing Sept 15
•A Taste of Atlantic Canada	16 Days	Departing Sept 15
•Minot Norsk Hostfest	8 Days	Departing Sept 28

Let us take you there

Sociable Seniors

Wisemen

Venue: Small Lounge/ Patio/ Online

Start Date: September 15 & 16

Online: Wednesdays 10:00 a.m. – 11:00 a.m.

In-Person: Tuesdays 10:30 a.m. - 11:30 a.m.

Instructor: Jojomon Anthony, RSW

Mode: Online & In-Person

Duration: Ongoing

Registration Limit: 6 persons for in-person

Cost: Free

Do you enjoy group discussions about everyday issues? Are you feeling isolated and in need of a non-judgemental support group? Then this popular men's group is the non-prescriptive cure you are seeking!

Wonder Women

Venue: Small Lounge/ Patio/ Online

Start Date: September 16

Wednesdays 1:30 p.m. – 2:30 p.m.

Instructor: Laura Rexhepi, RSW

Mode: In-Person

Duration: Ongoing

Registration Limit: 4 Persons

Cost: Free

"Behind a successful woman is a tribe of other successful women, who have her back" _Unknown.

This very popular support group allows women to connect with their peers, laugh, share ideas, and chat about anything that 'tickles their fancy'.

Outreach Services

We provide information & referrals to the following services:



Transportation



Housing



Food Security



Physical & Mental Health



Art and Recreational Activities



Financial/Legal

Healthy Living

The Outreach Team hosts semi-regular information sessions on healthy living, and living with chronic diseases. Come in, ask questions, and have a discussion with experts on the best ways you can stay active and learn healthy habits.

Languages Spoken

Cantonese

French

Spanish

Kannada

Malayalam

Punjabi

Hindi

Outreach Resources

City Phone Numbers

211 | Community and Social Services Help Line

311 | General city information and services

811 | Health advice and general information

911 | Emergency Services

780 423 4567 | Police reporting number

Elder Abuse

Edmonton Seniors can get support by calling:

⇒ Elders Abuse Intake Line: 780 477 2929 (available Mon. to Fri. from 9 am to 4 pm)

⇒ Elder Abuse Help Line: 780 454 8888 (available 24 hours a day)

⇒ Edmonton Seniors Safe Housing: 780 702 1520

Cleaning Services

Personal Work Force 780 424 4385 (15/h)

Elders and Angels 780 999 8958

Health

AlbertaFindADoctor.ca – For anyone that is in need of a family doctor.

Seniors Connection Blog

Want to keep up to date on issues affecting seniors? Then check out our blog, you will be amazed at how much you can learn.

Fitness, health, finance, gardening, and so much more!

<https://strathconaplace.com/seniors-blog>



Meet the Board

President: Larena Lewchuk

Past President: Margaret Allen

1st Vice President: Joy Mackenzie

Treasurer: Dr. Jane Arscott

Executive Director: Francisco Yu

Director: Jean Crozier

Director: Prem Kalia

Director: Angela Ostafichuk

Director: Jim Hyrue

Director: Don Ingram

Director: Monika Weber



Left to right: Prem Kalia, Helen Biltek (Past Director), Jim Hyrue, Angela Ostafichuk, Joy Mackenzie, Larena Lewchuk, Dr. Jane Arscott, Margaret Allen, Jean Crozier, Wei-Ching Chang

Volunteer With Us

The Centre is always abuzz with activities. How about helping out at the front desk, building meaningful relationships with seniors with our Phone Pal Program, or helping out with special events such as luncheons and book sales?

Visit <https://strathconaplace.com/become-a-volunteer> and submit your application online. Do not have a computer? Call our Volunteer Coordinator at 780 433 5807 or send an email to volunteers@strathconaplace.com.

Our volunteers make what we do here possible. Get involved! Help to make our Centre even better.

EXECUTIVE DIRECTOR'S MESSAGE



Francisco Yu, RSW



The COVID-19 pandemic has had such a tremendous impact on the way we normally do things at Strathcona Place Society; some have been positive while others have been negative. The Centre has had to rise to the challenge of revamping all our programs to meet public health guidelines. We brainstormed, trialed, and went back to the drawing board on numerous occasions but we persevered.

We are very proud of what we were able to accomplish in an era of finite resources and restrictions. This program guide is symbol of our resiliency, dedication to our target group, and genuine love for the work we do.

Strathcona Place Society is extremely thankful for the support of our members and Board of Directors over the years and we look forward to many more years of laughter and fond memories.

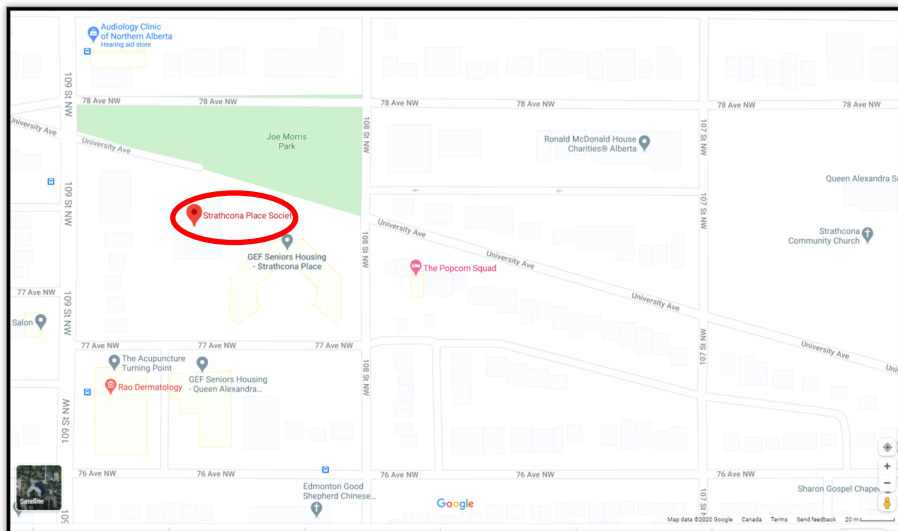
CONTACT US

Address: 10831 University Avenue NW

Front Desk: 780 433 5807

Outreach: 780 422 3809

Centre Hours: 9 a.m. – 4 p.m.



Follow Us Online!



Website: <https://www.strathconaplace.com>

Facebook: <https://www.facebook.com/sp55sc/>

YouTube Channel: Strathcona Place

Instagram: @sp55plus



Executive Director

francisco@strathconaplace.com



Strathcona Place Outreach Team

Tel: 780 433 5809

outreachcoordinator@strathconaplace.com



Finance Department and Tax Clinic

finance@strathconaplace.com



Volunteers & Programs Department

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Thank you!

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