

Strathcona Place Society

FALL 2026

PROGRAM GUIDE



10831 University Avenue, Edmonton
780-433-5807 | programs@strathconaplace.com |
www.strathconaplace.com

WELCOME TO STRATHCONA PLACE SOCIETY!

As the leaves turn and the air grows crisp, Strathcona Place Society is settling into a brand new season! Fall brings cozy energy, new beginnings, and an exciting lineup of programs to keep you active, connected, and inspired. Whether you're returning from our spring/summer programs or joining us for the first time, we're so glad you're here. From fitness and arts to social groups and community outreach, there's something for everyone this season. Primarily serving Edmonton's senior community, we welcome all ages — because here, age is just a number. Let's embrace the fall season together. We can't wait to see you!



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Welcome to Strathcona Place Society! Our community is built around your well-being — offering programs and activities designed to support your physical health, mental wellness, and social connection. Each season brings new opportunities to engage, grow, and thrive alongside others who share your interests.

We're proud to be a part of your wellness journey and look forward to seeing you at the centre.

— Francisco Yu, Executive Director

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MEMBERSHIP, REGISTRATION, & CLASSES

General Membership

Eligibility and Perks

- Persons forty-five (45) years and older.
- Register and attend Strathcona Place Society programs at discounted rates.
- Access to participating senior centres in the city; check their program guides for more activities.
- Full voting rights at AGM.
- Courtesy reminder prior to membership renewal date.

Associate Membership

Eligibility and Perks

- Persons under the age of forty-five (45) and over the age of thirty-five (35).
- Register and attend Strathcona Place Society programs if space is available.
- Exclusively available at Strathcona Place Society.
- Courtesy reminder prior to membership renewal date.

****Associate members do not have voting rights.****

Fees

- General Membership — \$30.00
- Associate Membership — \$30.00

Duration

- Valid for one (1) full calendar year from the date of purchase.

REGISTRATION & SIGN-UP

- Registration for classes is open for the entire duration of the session.
- Sign up early, as class space is limited.
- There are no pro-rated rates for late registrations.
- Remote, over-the-phone registration is available; call 780-433-5807 if you need assistance or would like to register. **You must speak directly with a staff member or front-desk volunteer to register; voicemail and online registrations will not be accepted.**
- Accepted payment methods: Cash, cheque, and major credit/debit cards.
- Registration is confirmed upon receipt of payment.
- No class switching or participant transfers are allowed.
- A waitlist is available for full classes; you'll be notified if a spot opens.
- **Priority will be given to Strathcona Place Society members; non-members may be moved to the waitlist.**

CLASS CANCELLATION & REFUNDS

- Strathcona Place Society reserves the right to modify, cancel, or move programs online for safety or operational reasons.
- **Classes need at least 5 sign-ups to run, with some exceptions. They may be cancelled due to, but not limited to, low enrollment, lockdowns, bad weather, or special events, and advance notice will be provided, where possible.**
- Participants will be notified and refunded if a program is cancelled by the instructor or Strathcona Place Society.
- **No classes will be held for courses that fall on statutory holidays** — class dates will be planned to exclude holidays so the indicated number of classes are held for each course.
- No refunds will be provided for voluntary withdrawal from a program.
- **For medical-related absences, a refund request with a medical certificate is required and subject to the Finance Manager's approval.**
- Unforeseen circumstances may lead to short-notice cancellations; make-up classes will be offered.

PROGRAM/CLASS DROP-IN

- Not all classes offer a drop-in option; refer to the specific program description for details.
- Drop-in fees may vary depending on each specific program.
- Drop-in availability is not guaranteed and is subject to class size and capacity limitations.
- For additional information, consult the front desk or the Program Coordinator.

PROGRAM PARTICIPANT WAIVER

Strathcona Place Society is not responsible for any physical injuries sustained while participating in any of its programs. We are also not liable to anyone infected with any illnesses at Strathcona Place Society, as we've taken all reasonable steps towards preventing the spread of illnesses. All participants of any fitness classes must check with their doctors before starting classes. By registering for your class, you acknowledge and accept full responsibility for your personal well-being while engaging in Strathcona Place Society's classes and programs.

LEGAL DISCLAIMER FOR PROGRAMS AT STRATHCONA PLACE SOCIETY

By registering for any program at Strathcona Place Society, you acknowledge and agree to the following terms:

1. Program Schedule: Programs will run on an approximate 12-week schedule following the week when registration opens for that session. Registration will remain open for the duration of the session.
2. **Statutory Holidays: Classes that fall on statutory holidays or their observed dates will not have a make-up class if the centre is closed.**
3. Class Descriptions: Participants are signing up for what is described in the class description, which may have fewer days depending on specific class schedules.
4. Cancellations and Last-Minute Changes: Classes may be cancelled or altered due to circumstances beyond our control, including but not limited to city renovations, instructor illness, and severe weather. The renovation schedule is dictated by the City of Edmonton and is entirely out of our control. No monetary refunds will be provided in these cases, but we will attempt to schedule make-up classes when possible.
5. Make-Up Classes: Strathcona Place Society will make every effort to offer any approved make-up classes or approved compensation for unexpected missed classes by the end of the current session.
6. Notifications: Participants will be notified of any cancellations via email unless an alternative method of notification is indicated at the time of registration.
7. Health and Safety: Please refer to the "Program Participant Waiver" for any health-related questions or concerns. Consult your doctor, medical professional, or the course instructor before taking the class if needed.
8. Transfers: Transferring to a different class or program is discouraged and requires approval from both the Program Coordinator and Financial Manager.

By registering for a program, you acknowledge that you have read, understood, and agree to these terms. Failure to comply may result in removal from the program without a refund.

HOLIDAY CLOSURES — FALL 2026

Strathcona Place Society will be closed on the following Statutory Holiday dates in 2026:

- Wednesday, September 30, 2026 — National Day for Truth and Reconciliation
- Monday, October 12, 2026 — Thanksgiving Day
- Wednesday, November 11, 2026 — Remembrance Day

For the full list of 2026 closures, please refer to the centre or visit our website.

FALL 2026 PROGRAM SUMMARY

Type	Name	Instructor	Day of Week	Location
Fitness	Table Tennis	Self-directed	Monday & Thursday	Games Room (Basement)
Social	Wisemen	Self-directed	Monday & Wednesday	Small Lounge
Fitness	Age Reversing ESSETRICS	Meaghan	Monday	Auditorium
Art	Weaving Group	Kathy	Tuesday & Wednesday	Weaving Room
Fitness	Zumba® Gold plus Toning	Sheela	Tuesday	Auditorium
Social	Coffee Chat	Self-directed	Tuesday (2nd & 4th)	Small Lounge
Fitness	Chair Yoga	Carmella	Tuesday	Auditorium
Fitness	Iyengar Yoga	Anita	Wednesday	Auditorium
Fitness	Strength Training	Lisa	Wednesday	Auditorium
Wellness	Foot Care Clinic	Liz	2nd Wed (every other month)	Main Lounge
Art	Arts (Oil & Acrylic)	Joyce	Thursday	Art Room
Art	Needle & Thread Social Group	Self-directed	Thursday	Lobby
Art	Critique Writing	Phyllis	Thursday	Small Lounge
Fitness	Chair Yoga	Lynne	Thursday	Auditorium
Social	Bridge Club	Self-directed	Thursday	Small Lounge
Fitness	Flow Yoga	Carmella	Friday	Auditorium
Fitness	Fan Tai-Chi	Ken	Friday	Auditorium

FALL 2026 DROP-IN

Drop in	Name	Instructor	Day of Week	Location
The first time trial is free.	Table Tennis	Self-directed	Mon & Thu	Basement
Free	Wisemen (free coffee)	Self-directed	Mon & Wed	Small Lounge
\$10.50	Age Reversing ESSETRICS	Meaghan	Mon	Auditorium
\$7.00	Weaving Group	Kathy	Tue & Wed	Weaving Room
\$9.00	Zumba Gold Plus Toning	Sheela	Tue	Auditorium
Free	Coffee Chat (free coffee)	Self-directed	Tue (2nd & 4th)	Small Lounge
\$9.00	Chair Yoga	Carmella	Tue	Auditorium
\$9.00	Flow Yoga	Carmella	Fri	Auditorium
\$10.00	Iyengar Yoga	Anita	Wed	Auditorium
\$9.50	Strength Training	Lisa	Wed	Auditorium
Free	Needle & Thread Social	Thery	Thu	Lobby
The first time trial is free.	Critique Writing	Phyllis	Thu	Small Lounge
\$7.00	Lynn Chair Yoga	Lynn	Thu	Auditorium
\$3.00	Bridge Club	Self-directed	Thu	Small Lounge
The first time trial is free.	Fan Tai-Chi	Ken	Fri	Auditorium

For full class details, including schedules and descriptions, please refer to the Fall 2026

THANK YOU FOR JOINING US!

As we come to the end of this program guide, we want to extend our heartfelt thanks to all our members, volunteers, and community partners. Your participation and support make Strathcona Place Society the vibrant and welcoming place it is.

Contact Us

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Hours of Operation

Monday to Friday: 9 AM – 4 PM
Closed on statutory holidays.

Stay Connected

Follow us on Facebook and Instagram, or sign up for our weekly newsletter, “Silver Times”, for the latest updates and events.

Get Involved

Interested in volunteering or learning more about our programs?
<https://forms.gle/CKfjVyKgKYDsNxWg9>