

# Strathcona Place Society

Sep to Dec 2021

Back to program

**Art**  
**Book club**  
**Bridge Club**  
**Gentle Strength Training**  
**Seated Tai Chi**  
**Sewing group**  
**Weaving group**

- Federal Election  
Sep 20, 2021  
- New Art Program  
"Mixed Media" p7  
- Big Book sales (Art room)  
- Bazaar  
Coming Soon

Closed Centre:  
Sep 6 (Labour Day)  
Oct 11 (Thanksgiving Day)  
Nov 11 (Remembrance Day)

*Age is a gift to the city.  
Let us value all the individuals who bring it to us.*



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## *SPS COVID-19 Response*

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### **Cleaning Protocol**

- Regular sanitisation of commonly touched surfaces using an AHS-approved cleaner.
- Class areas cleaned before and after classes.

### **Entering the Center**

- Face masks are highly recommended.
- All visitors will be asked to sanitise their hands and fill out declaration form upon arrival.
- Temperature will be checked and recorded before access is granted.

### **Building Configurations**

- Every activity space in the Centre has been assessed to find the new maximum capacity while adhering to physical distancing.
- All fabric furniture removed.
- Physical glass barriers have been installed at the front desk and indoor seated activity spaces.
- Only one person will be allowed in the washroom at a time.

### **Other considerations**

- We ask that anyone 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, to keep building capacity low.

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## ***MEMBERSHIP, REGISTRATION & CLASSES***

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- **MEMBERSHIP:** Available to seniors 55 years and older
- **FEE:** \$30 per yearly membership
- **DURATION:** Valid for 1 year after purchase

Membership enables you to participate in Strathcona Place Society's programs at a reduced rate. Members will have full voting rights. Membership is shared across participating city senior centres, check their program guides for further information. 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 as some classes have space limits.
- 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.

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## ***CLASS INFORMATION & DROP-IN FEES***

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- **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 pending approval.**
- 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 class by purchasing drop-in coupons.

## Foot Care Clinic & Chiropractic Workshop



### Foot Care Clinic

Happening every 2nd  
Thursday of every month.  
Call to book an  
appointment!

#### Therapeutic Foot Care services include:

- ✓ Nail trimming
- ✓ Callus and corn reduction
- ✓ Skin Hydration
- ✓ Assistance with ingrown and fungal nails
- ✓ Education regarding proper footwear
- ✓ Plus a foot massage!



 (780) 433 5807

 10831 University Ave

Chiropractic workshop dates:

September 7 - Balance

September 22 - Migraine  
Headaches

October 12 - Posture & Pain

October 22 - Philosophy of  
Health

A promotional graphic for Chiropractic Workshops. It features a woman with curly hair smiling and touching her neck. The text "Chiropractic Workshops" is written in a white serif font. Below the woman, there is a small inset image showing hands performing a chiropractic adjustment on a person's back. The text "AT STRATHCONA PLACE SOCIETY" is written in white. The logo for Strathcona Place Society is in the bottom right corner.

Chiropractic  
Workshops

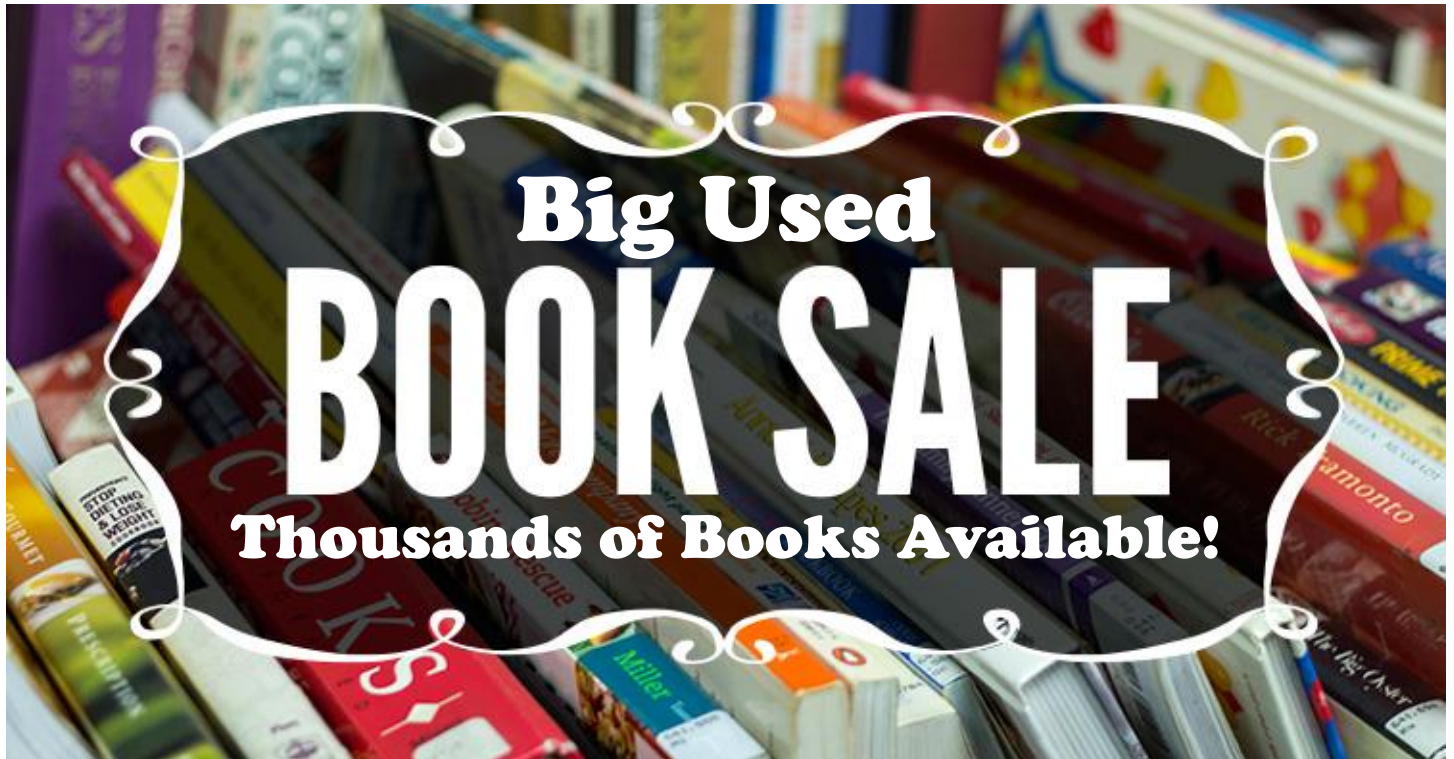
AT  
STRATHCONA  
PLACE  
SOCIETY



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*Big Used Book Sale*

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**Monday to Friday  
9:00am to 4:00pm**

**10831 University Ave  
Edmonton AB T6E4R1  
780 433 5807**

**COMING SOON**



*To Be Announced*

# 2021 FALL PROGRAMS & ACTIVITIES

## Monday

### **TABLE TENNIS (PING PONG): on-site**

**Not instructed**

Session Start dates: September 13, 2021

Monday & Thursday at 9:15 a.m. – 11:45 a.m.

Session Duration: 14 weeks (September 13 – December 16)

\*No class on Thanksgiving Day (Oct. 11), Remembrance Day (Nov. 11)

Registration limit for on-site: 8 per class

Cost per session for on-site: \$50 (Members) and \$60 (Non-members)

Venue: Game room (Basement)

Table Tennis is now open for singles and doubles! Players of all skills and levels of experience are welcome to this activity where you can take it at your own speed, from high calorie fast paced games to casual games. This activity is known to improve hand-eye coordination, reflexes and balance.

### **COMPUTER 101: on-site**

**Instructor: Isaac Kim**

Session Start dates: September 13, 2021

Monday Class at 12:00 p.m. – 1:30 p.m. or 1:30 p.m. – 3:00 p.m.,

Friday 1-on-1 support by appointment 10:00 a.m. – 2:00 p.m.

Session Duration: 12 weeks (September 13 – November 29)

\*No class on Thanksgiving Day (Oct. 11)

Registration limit for Monday class: 4 participants per class

Cost per session: Free

Venue: New computer lab (2<sup>ND</sup> floor)

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 used 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 learning the basic skills to use and navigate the internet for everyday use. There are also opportunities to get 1-on-1 help and support with any technical difficulties and questions you may have, as well as support with setting up your new device.



## **Arts (Oil & Acrylic): on-site**

**Instructor: Joyce Boyer**

Session Start dates: September 20, 2021  
Monday 1:00 p.m. - 3:00 p.m.  
Session Duration: 13 weeks (September 20 – December 13)  
\*No class on Thanksgiving Day (Oct. 11)  
Registration limit: 8 per class  
Cost per session: \$60 (Members) and \$70 (Non-members)  
Venue: Art room

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.



## **Arts (Mixed Media): on-site**

**Instructor: Joyce Boyer**

Session Start dates: September 20, 2021  
Monday 10:30 a.m. - 12:30 p.m.  
Session Duration: 13 weeks (September 20 – December 13)  
\*No class on Thanksgiving Day (Oct. 11)  
Registration limit: 8 per class  
Cost per session: \$60 (Members) and \$70 (Non-members)  
Venue: Art room

If you are an acrylic, oil, or pastel artist and you wish to further your creativity in these mediums and you would like help with composition, seeing colour, techniques this is the class for you. Joyce is an artist that is well versed in these mediums and will be able to help you in your quest to create strong paintings. This class is open to all skill levels!

## Tuesday

### **BRIDGE CLUB: on-site**

**Instructor: Carol Bahry**

Session Start dates: September 14, 2021  
Tuesday 10:00 a.m. – 11:30 a.m.  
Session Duration: 12 weeks (September 14 – November 30)  
Registration limit for on-site: 8 per class  
Cost per session: \$40 (Members) and \$50 (Non-members)  
Venue: Dining Room

Instruction with Carol Bahry takes place from 10:00 – 10:30 am – Group play continues through to 11:30 am. Basic knowledge and experience playing bridge and a love of the game is all that is required to join the club. New members welcome!

### **GENTLE YOGA: on-site**

**Instructor: Lynne Fahlman**

Session Start dates: October 5, 2021  
Tuesday at 1:30 p.m. – 2:30 p.m.  
Session Duration: 10 weeks (October 5 – December 7)  
Registration limit for on-site: 9 per class  
Cost per session: \$45 (Members) and \$55 (Non-members)  
Venue: Auditorium

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.

### **BOOK CLUB: on-site**

**Not instructed**

Session dates: September 21, October 19, November 16, December 14  
Tuesday at 1:00 p.m. to 2:00 p.m.  
Registration limit: 8 participants  
Cost per session: Free  
Venue: Small lounge

Strathcona Place Society in partnership with EPL 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 yourself up to new people and ideas.

## **CREATIVE WRITING: Blended (on-site & online)**

**Instructor: Rusti Leahy**

Session Start dates: September 14, 2021

Tuesday at 10:30 a.m. – 12:30 p.m.

Session Duration: 6 weeks (September 14 – October 19) \*2<sup>nd</sup> session TBA

Registration limit for on-site: 8 per class

Cost per session: \$35 (Members) and \$45 (Non-members)

Venue: Main Lounge

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.

## Wednesday

### **WEAVING GROUP: on-site**

**Instructor: Kathy Buse**

**Session Start dates: September 15, 2021**

Wednesday 9:30 a.m. – 12:00 p.m, Wednesday 1:00 p.m. – 3:30 p.m or Thursday 9:30 a.m. – 12:00 p.m.

Session Duration: Make up class for 6 weeks (September 15 – October 27)

\*2<sup>nd</sup> session TBA

Venue: Weaving room (2<sup>ND</sup> floor)

Designed for participants of all levels, Members of the group share teaching, and help to prepare looms and offer assistance as requested. This is an informal, highly sociable class where participants learn as they go. (Due to space limitations approval from the instructor and society are needed, please check with Front reception)

### **WISEMEN: on-site**

**Instructor: Jojomon Anthony, RSW**

Session Start dates: September 15, 2021

Wednesdays 10:00 a.m.

Duration: Ongoing

Cost per session: Free

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

### **WONDER WOMEN: on-site**

**Instructor: Laura Rexhepi, RSW**

Session Start dates: September 15, 2021

Wednesdays 1:00 p.m.

Duration: Ongoing

Cost per session: 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’.

## **WALKING GROUP: on-site**

**Instructor: Isaac Kim**

Session Start dates: September 15, 2021

Wednesday at 10:00 a.m. (subject to later start times as weather becomes cooler)

Session Duration: 6 weeks (September 14 – October 21)

\*2<sup>nd</sup> session TBA

Registration limit: 10 participants

Cost per session: Free

Organized walking groups are a senior's ticket to the great outdoors on a budget. Enjoy the beautiful topography of the Queen Alexandra neighborhood. This group is also known to frequent the Allendale and Pleasantview communities. Whether you are a fast or slow walker, or looking to walk for just 20 minutes, the group is always willing to accommodate. Walking groups are a great way to meet new people, stay fit, and find balance.

## **FLOOR YOGA: on-site**

**Instructor: Lynne Fahlman**

Session Start dates: October 6, 2021

Wednesday at 1:30 p.m. – 2:30 p.m.

Session Duration: 10 weeks (October 6 – December 8)

Registration limit for on-site: 9 per class

Cost per session: \$45 (Members) and \$55 (Non-members)

Venue: 2<sup>nd</sup> floor

A gentle afternoon yoga practice that will include floor work, chair work, and standing. The practice will focus on stretching, relaxing, and breath work. Participants will require a yoga mat and are recommended to bring a cushion to put under their heads when doing floor work.

# Thursday

## **SEWING GROUP: on-site**

**Not instructed**

Session Start dates: September 9, 2021  
Thursday at 10:00 a.m. – 12:00 p.m.  
Session Duration: 14 weeks (September 9 – December 9)  
\*No class on Remembrance Day (Nov. 11)  
Registration limit: 5 participants  
Venue: Sewing room

## **CRITIQUE WRITING: on-site**

**Facilitator: Phyllis Shuell**

Session Start dates: September 16, 2021  
Thursday at 9:30 a.m. – 11:30 a.m.  
Session Duration: 13 weeks (September 16 – December 9)  
\*No class on Remembrance Day (Nov. 11)  
Registration limit: 5 per class  
Cost per session for on-site: \$40 (Members) and \$50 (Non-members)  
Venue: Small Lounge

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

## **YOGA STRONG: Blended (on-site & online)**

**Instructor: Vera Resera**

Session Start dates: September 23, 2021  
Thursday at 3:00 p.m. – 4:00 p.m.  
Session Duration: 13 weeks (September 16 – December 9)  
\*No class on Remembrance Day (Nov. 11) or on December 2  
Cost per session for on-site: \$60 (Members) and \$70 (Non-members)  
Cost per session: \$50 (Members) and \$60 (Non-members)

Do you enjoy a physical challenge? Do you want to improve your body's awareness and mechanics? This intense (no chairs allowed) yoga class will help you to achieve greater mobility and improve joint range of motion. Challenging but accessible poses will be done to build strength.

## **FULL BODY: online**

**Instructor: Lara Reynolds**

Session Start dates: September 16, 2021

The class video link is available Thursday 12:30 p.m. to Friday 12:30 p.m. (24hr access) every week. You will not be able to access the video if you missed the video access period.

Session Duration: 12 weeks (September 16 – December 2)

Cost per session for online: \$40 (Members) and \$50 (Non-members)

This is a sixty-minute low-impact workout that can be done in the comfort of your home and is perfect for seniors with low mobility. The instructor utilizes everyday articles in your home to incorporate in the exercises and provides modifications to fit every fitness level.

## Friday

### **GENTLE STRENGTH TRAINING: Blended (on-site & online)**

**Instructor: Elaine Soong**

Session Start dates: September 17, 2021

Friday at 10:00 a.m. – 11:00 a.m.

Session Duration: 13 weeks (September 17 – December 10)

Registration limit for on-site: 9 per class

Cost per session for on-site: \$60 (Members) and \$70 (Non-members)

Cost per session for online: \$50 (Members) and \$60 (Non-members)

Venue: Auditorium

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.

### **SEATED TAI CHI: on-site**

**Instructor: Ken Chui**

Session Start dates: September 17, 2021

Friday at 1:00 p.m. - 2:00 p.m.

Session Duration: 13 weeks (September 17 – December 10)

Registration limit for on-site: 9 per class

Cost per session for on-site: \$50 (Members) and \$60 (Non-members)

Venue: Auditorium

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 while in a seated position on a chair.