

# Strathcona Place Society

May, June & July  
2022

## New This Month

- SPS  
Gardening  
Program

## Summer event

- Canada Day BBQ!  
- Old Strathcona  
Farmer's Market  
- Intl. Jazz  
Festival

# 2022 Summer Program Activities Guide

May 13 to July 27

*Closed Centre: Victoria Day (May 23),  
Canada Day (July 1)*

*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: Current Protocol***

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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 required at all times while inside the Centre.

### **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 a 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 calendar year after purchase

Membership enables you to participate in Strathcona Place Society's programs at a reduced rates and also enables you to other perks. Members will have full voting rights. Membership is shared across participating city senior centres, so 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 FOR THIS SESSION STARTS MAY 9, 2022 AT 10AM**

- Registration will occur at various times throughout the year. Be sure to sign-up early as some classes have space limits.
  - You can 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 must achieve a total class registration of 5 individuals, or the class may be cancelled. Some exceptions will apply, contact the Centre and speak with the Program Coordinator if you're concerned.
- 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**

**EXCEPTION:** Members and non-members are able to purchase drop-in coupons for Bridge class.





## IMPORTANT NEWS

### Foot Care Clinic





**FOOT CARE**

**When: 2nd Friday of  
every 2nd month.**  
***Call the Centre to inquire  
about availability!***

#### **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**

A stylized poster for a Canada Day Barbeque. The background is a light cream color. In the top left, there are three red cherries on a branch. In the top right, there is a red and white striped grill with a flame. In the center, a large, light pink maple leaf is the background for the text. The text 'CANADA DAY' is in a bold, dark red, sans-serif font. Below it, 'BARBEQUE' is in a larger, dark red, serif font, set within a yellow rectangular banner. Underneath the banner, 'COMING SOON' is in a bold, dark red, sans-serif font. Below that is a small logo of a tree with colorful leaves (blue, purple, pink, orange, yellow, green) and a dark brown trunk. To the right of the tree logo, the text 'Strathcona Place Society' is written in a green, serif font. At the bottom left, there is a large, yellow, stylized fork. At the bottom right, there is a brown apron with a yellow pocket. The entire poster is framed by a thin purple border.

**CANADA DAY**

**BARBEQUE**

**COMING SOON**



Strathcona  
Place Society

# 2022 SPRING/SUMMER PROGRAMS & ACTIVITIES

## Monday

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

**Uninstructed**

Session Start dates: May 16, 2022

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

Session Duration: 10 weeks (May 16 – July 25)

\*No class on Victoria Day (May 23)

Registration limit for on-site: 8 per class

Cost per session for on-site: \$55 (Members) and \$65 (Non-members)

Venue: Game room (Basement)

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

### COMPUTER 101: on-site

**Instructor: TBA**

Session Start dates: May 16, 2022

1-on-1 or small group appointments only; call the Centre to inquire on weekly availability

Session Duration: 10 weeks (May 16 – July 25)

\*No class on Victoria Day (May 23)

Registration limit for Monday class: 4 participants per class

Cost per session: FREE

Venue: 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 (MIXED MEDIA): on-site**

**Instructor: Joyce Boyer**

Session Start dates: May 2, 2022

Monday 10:30 a.m. - 12:30 p.m.

Session Duration: 4 weeks (May 2 – May 30)

\*No class on Victoria Day (May 23)

Registration limit: 8 per class

Cost per session: \$30

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!

## **ARTS (OIL & ACRYLIC): on-site**

**Instructor: Joyce Boyer**

Session Start dates: May 2, 2022

Monday 1:00 p.m. - 3:00 p.m.

Session Duration: 4 weeks (May 2 – May 30)

\*No class on Victoria Day (May 23)

Registration limit: 8 per class

Cost per session: \$30

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.

## **IYENGAR YOGA: on-site**

**Instructor: Anita Cullen**

Session Start dates: May 16, 2022

Monday 12:00 p.m. – 1:00 p.m.

Session Duration: 10 weeks (May 16 – July 25)

\*No class on Victoria Day (May 23)

Registration limit: 10 per class

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

Venue: Auditorium



This class is suitable for all levels of fitness and will focus on building strength and stability in the yoga postures. Props, including chairs, belts and blocks, will be incorporated into the classes and modifications will be given to adapt poses for specific needs. Prepare yourself for increased energy, lots of fun, and a great start to your week.

## **DOCUMENTARY AFTERNOONS: on-site**

**Uninstructed**

Variable Mondays; contact Centre (780 433 5807) regarding screening times

Session Duration: Ongoing

Registration limit: 12 per day

Cost per session: FREE

Venue: Auditorium

Open to all documentary and movie buffs! If you're interested in this FREE movie-viewing event, call the Front Desk at 780 403 5807.

## **STEP FORWARD: on-site**

**NEW!**

**Instructor: Kyle Babiuk**

Session Start dates: July 4, 2022

Monday and Wednesday at 10:00 a.m. – 11:30 a.m.

Session Duration: 8 weeks (July 4 to August 30)

Registration limit: contact 780-735-3483

Cost: contact 780-735-3483

Venue: Auditorium

This group physical conditioning program is run by Alberta Health Services in partnership with Strathcona Place Society and is suitable for those who are ready to:

- participate in a beginner to intermediate level physical conditioning program; or
- better manage physical status while living with a chronic health diagnosis; or
- reintegrate into the community following medical or rehabilitation intervention; or
- prevent injury by improving physical function

Interested, or looking for more information? Call the STEP Forward Intake Line at 780-735-3483.

## Tuesday

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

**Instructor: Lynne Fahlman**

Session Start dates: May 17, 2022

Tuesday at 1:30 p.m. – 2:30 p.m.

Session Duration: 10 weeks (May 17 – July 26)

\*No class on last week of June and first week of July

Registration limit for on-site: 9 per class

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

Venue: Auditorium

A gentle yoga practice focusing on stretching, breathing and relaxing using a chair for support. This practice will include both seated and standing work. This class is highly recommended for persons with limited mobility and individuals suffering from chronic pain.

### **BOOK CLUB: online**

**Uninstructed**

Session dates: May 31, 2022

Last Tuesday of every month from 1:00 p.m. – 2:00 p.m.

Registration limit: 8 participants

Cost per session: FREE

Venue: Dining Room

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 yourself up to new people and ideas. Coffee and cookies will be available!

### **CREATIVE WRITING: online**

**Instructor: Rusti Leahy**

Session Start dates: May 17, 2022

Tuesday at 10:30 a.m. – 12:30 p.m.

Session Duration: 10 weeks (May 17 – July 26)

\*Minimum 5 registrants required for class to proceed

Cost per session: \$80 (Members) and \$90 (Non-members)

Venue: Zoom

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.

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

**NEW!**

**Uninstructed**

Session Start dates: May 17, 2022

Tuesday at 9:15 a.m. – 11:30 a.m.

Session Duration: 10 weeks (May 17 – July 26)

Registration limit for on-site: 16 per class

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

Drop-in coupons: \$4/class

Venue: Dining Room

Group play in a fun and welcoming environment! Basic knowledge and experience playing bridge and a love of the game is all that is required to join the club. New members welcome! At the moment, there will be no instruction portion for this club.

## Wednesday

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

**Instructor: Lynne Fahlman**

Session Start dates: May 18, 2022

Wednesday at 1:30 p.m. – 2:30 p.m.

Session Duration: 10 weeks (May 18 – July 27)

\*No class on last week of June and first week of July

Registration limit for on-site: 9 per class

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

Venue: Auditorium

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.

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

**Instructor: TBA**

Session Start dates: May 18, 2022

Wednesdays at 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: May 18, 2022

Wednesdays at 1:00 p.m.

Duration: Ongoing

Cost per session: Free

“Behind a successful woman is a tribe of other successful women, women who have her back”  
- Unknown.

This very popular support group allows women to connect with their peers, laugh, share ideas, and chat about any-thing that ‘tickles their fancy’.

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

**Instructor: TBA**

Session Start dates: May 18, 2022

Wednesday at 10:00 a.m.

Session Duration: indefinite (as long as weather permits)

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.

This session will start once weather becomes appropriate for walking again. If you'd like to be put on a contact list for when we begin again, please call the Centre at 780-433-5807.

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

**Instructor: Kathy Buse**

Session Start dates: May 1, 2022

Wednesdays and Thursdays

Session Duration: 6-week pass (expires June 30)

Registration limit: contact Front Desk

Cost per session: \$35 (Members only)

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)

## **INJURY PREVENTION: on-site**

**NEW!**

**Instructor: Deanna Marler**

Session Start dates: May 18, 2022

3<sup>rd</sup> Wednesday of every month at 12 p.m. (presentations last 1 to 2 hours)

Session Duration: Ongoing

Registration limit: 10 participants

Cost per session: FREE

Venue: Auditorium



The Injury Prevention program is operated through Alberta Health Services and is free of charge. We work with service organizations throughout greater Edmonton to provide workshops, presentations, information resources, and support to reduce non-workplace related injuries. These resources are available to anyone, including community members, staff, and volunteers. Some of the topics we cover include: Home Safety, Older Adults Falls Prevention, Pedestrian Safety and many more!

## **COMMUNITY GARDEN PROGRAM: on-site**

**Instructor: Shana Condo**

Session Start dates: May 18, 2022

Meeting Times TBD - contact Centre to learn more

Session Duration: Ongoing

Registration limit: 10 participant

Cost per session: FREE

Venue: Kitchen and Dining Room

For those who love gardening, great company and delicious food, here is an opportunity to connect with other like-minded people. This spring come and learn about the wonderful world of biodynamic gardening. Together, we will then be growing a small community garden and learning traditional recipes that have been nourishing families through the ages and from around the world. Join us for a journey to connect with others, delight the senses and renew the heart.

## Thursday

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

**Facilitator: Thery van Kuppeveld**

Session Start dates: May 19, 2022  
Thursday at 10:00 a.m. – 11:30 a.m.  
Session Duration: 10 weeks (May 19 – July 28)  
Registration limit: 4 participants  
Cost per session: FREE  
Venue: Sewing room

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

**Facilitator: Phyllis Shuell**

Session Start dates: May 19, 2022  
Thursday at 9:30 a.m. – 11:30 a.m.  
Session Duration: 10 weeks (May 19 – July 28)  
Registration limit: 6 participants on-site  
Cost per session: \$45 (Members) and \$55 (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: on-site**

**Instructor: Vera Resera**

Session Start dates: May 19, 2022  
Thursday at 3:00 p.m. – 4:00 p.m.  
Session Duration: 10 weeks (May 19 – July 28)  
\*No class between June 27 and July 18  
Registration limit: 9 participants on-site  
Cost per session for on-site: \$55 (Members) and \$65 (Non-members)  
Venue: Auditorium

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.

## Friday

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

**Instructor: Dr. Elaine Soong**

Session Start dates: May 13, 2022

Friday at 10:00 a.m. – 11:00 a.m.

Session Duration: 11 weeks (May 13 – July 29)

\*No class on May 20 or Canada Day (July 1<sup>st</sup>)

Registration limit for on-site: 11 per class

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

Cost for entire online session: \$42 (Members) and \$52 (Non-members)

Venue: Auditorium

This class is focused on building and preserving independence through exercises for balance, strength, stamina, and neuromuscular challenge. Classes may involve light weights, resistance bands, bender balls, step and body awareness training. Modifications can be provided to accommodate different levels of fitness within reason. Useful for those who wish to prevent muscle loss and beginners to fitness as the instructor emphasizes form and technique. This class is not meant to rehabilitate from injury or illness but can be used as the next step in recovery.

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

**Instructor: Ken Chui**

Session Start dates: May 20, 2022

Friday at 1:00 p.m. – 2:00 p.m.

Session Duration: 10 weeks (May 20 – July 29)

\*No class on June 17 or Canada Day (July 1<sup>st</sup>)

Registration limit for on-site: 9 per class

Cost per session for on-site: \$45 (Members) and \$55 (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.