

Strathcona Place Society

Jan to Apr 2022

New This Session

**Iyengar Yoga
with Anita
Cullen**

YEG Events

- Ice on Whyte
- SPS Spring Fling
- Deep Freeze

2022 Winter Program Guide

Jan 10 to Apr 29 (15 weeks)

Centre Closed: Family Day (Feb 21), Good Friday (Apr 15), Easter Monday (Apr 18)

Age is a gift to the city.

Let us value all the individuals who bring it to us.



SPS COVID-19 Response

Restrictions Exemption Program

- We will be requiring proof of full vaccination for anyone wishing to enter the Centre.
- We offer free vaccination card printing & lamination at the Centre – inquire at the front desk to learn more.

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.

MEMBERSHIP, REGISTRATION & CLASSES

- **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 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.**

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 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

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**



Strathcona
Place Society

PRESENTS

SPRING FLING

COMING SOON



**NEED YOUR
DRIVEWAY AND
SIDEWALK
SHOVELED?**

**SIGN UP
TODAY!**

FREE service offered by
Strathcona Place Society in
partnership with the Old Scona
Academic Key Club

www.strathconaplace.com

2022 WINTER PROGRAMS & ACTIVITIES

Monday

TABLE TENNIS (PING PONG): on-site

Uninstructed

Session Start dates: January 10, 2022

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

Session Duration: 15 weeks (January 10 – April 21)

*No class on Family Day (February 21) & Easter Monday (April 18)

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 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: TBA

Session Start dates: January 10, 2022

Monday class at 11 a.m. – 1 p.m. (subject to change)

1-on-1 appointment; call the Centre to inquire on weekly availability

Session Duration: 14 weeks (January 10 – April 11)

*No class on Family Day (February 21)

Registration limit for Monday class: 4 participants per class

Cost per session: FREE

Venue: Computer Lab (2ND 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: January 17, 2022

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

Session Duration: 12 weeks (January 17 – April 11)

*No class on Family Day (February 21)

Registration limit: 8 per class

Cost per session: \$55 (Members) and \$65 (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!

ARTS (OIL & ACRYLIC): on-site

Instructor: Joyce Boyer

Session Start dates: January 17, 2022

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

Session Duration: 12 weeks (January 17 – April 11)

*No class on Family Day (February 21)

Registration limit: 8 per class

Cost per session: \$55 (Members) and \$65 (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.

IYENGAR YOGA: on-site

NEW!

Instructor: Anita Cullen

Session Start dates: January 17, 2022

Monday 12:00 p.m. – 1:00 p.m.

Session Duration: 12 weeks (January 17 – April 11)

*No class on Family Day (February 21)

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

NEW!

Uninstructed

Session Start dates: January 17, 2022

Every 2nd Monday of each month at 1:30 p.m. – 4:00 p.m.

Session Duration: 12 weeks (January 17 – April 11)

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, check out our website (strathconaplace.com) to vote on the upcoming movie for our next movie afternoon!

Tuesday

GENTLE YOGA: on-site

Instructor: Lynne Fahlman

Session Start dates: February 1, 2022
Tuesday at 1:30 p.m. – 2:30 p.m.
Session Duration: 9 weeks (February 1 – March 29)
Registration limit for on-site: 9 per class
Cost per session: \$40 (Members) and \$50 (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: online

Uninstructed

Session dates: January 25, February 22, March 22, April 26
Every 4th Tuesday at 1:00 p.m. – 2:00 p.m.
Registration limit: 8 participants
Cost per session: FREE
Venue: Zoom

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.

CREATIVE WRITING: online

Instructor: Rusti Leahy

Session Start dates: January 18, 2022
Tuesday at 10:30 a.m. – 12:30 p.m.
Session Duration: 14 weeks (January 18 – April 19)
*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.

STEP FORWARD: on-site

NEW!

Instructor: Kyle Babiuk

Session Start dates: January 11, 2022

Tuesday and Thursday at 11:45 a.m. – 12:45 p.m.

Session Duration: 15 weeks (January 11 to March 10)

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.

BRIDGE CLUB: on-site

Uninstructed

Session Start dates: January 11, 2022

Tuesday at 9:15 a.m. – 11:30 a.m.

Session Duration: 15 weeks (January 11 – April 19)

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: February 2, 2022

Wednesday at 1:30 p.m. – 2:30 p.m.

Session Duration: 9 weeks (February 2 – March 30)

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 and are recommended to bring a cushion to put under their heads when doing floor work.

WISEMEN: on-site

Instructor: TBA

Session Start dates: January 12, 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: January 12, 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: TBA, dependent on weather
Wednesday at 10:00 a.m.
Session Duration: 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.

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: January 12, 2022
Wednesdays and Thursdays
Session Duration: 15 weeks (January 12 to April 21)
Registration limit: contact Front Desk
Cost per session: \$60 (Members only)
Venue: Weaving room (2ND 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: January 19, 2022
Every 2nd Wednesday at 10 a.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!

Thursday

SEWING GROUP: on-site

Facilitator: Thery van Kuppeveld

Session Start dates: January 13, 2022

Thursday at 10:00 a.m. – 11:30 a.m.

Session Duration: 15 weeks (January 13 – April 21)

Registration limit: 4 participants

Cost per session: FREE

Venue: Sewing room

CRITIQUE WRITING: Blended (on-site & online)

Facilitator: Phyllis Shuell

Session Start dates: January 13, 2022

Thursday at 9:30 a.m. – 11:30 a.m.

Session Duration: 15 weeks (January 13 – April 21)

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: January 20, 2022

Thursday at 3:00 p.m. – 4:00 p.m.

Session Duration: 9 weeks (January 20 – April 14)

*No class on January 27, February 17, February 24, and March 24.

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: January 21, 2022

Friday at 10:00 a.m. – 11:00 a.m.

Session Duration: 11 weeks (January 21 – April 8)

*No class on March 4

Registration limit for on-site: 11 per class

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

Cost per session for online: \$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: January 21, 2022

Friday at 1:00 p.m. – 2:00 p.m.

Session Duration: 12 weeks (January 21 – April 8)

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.