

Strathcona Place Society

2023 WINTER PROGRAMS GUIDE

JAN - APRIL 2023

**NEW
PROGRAMS:**

**BARRE
FITNESS**

**GOLDEN
MEDITATION**

**Centre closed for the
following Holidays:**

February 20 - Family Day

April 7 - Good Friday

April 10 - Easter Monday

CENTRE REOPENS: JANUARY 9

Let's reduce ageism together!

SPS COVID-19: Current Protocol

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 currently not required 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.

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.

MEMBERSHIP, REGISTRATION & CLASSES

- **MEMBERSHIP:** Available to seniors 45 years and older
- **FEE:** \$30 per yearly membership
- **DURATION:** Valid for 1 full 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 45 and over the age of 35 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 JANUARY 9, 2023 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 waitlist 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
- **All classes must achieve a total class registration of 5 individuals, or the class may be cancelled.** Some exceptions will apply, so 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.
- Some class dates 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. Make-up classes will be offered.

- **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.

FOOTCARE APPOINTMENTS



2nd Friday of
every month

2nd Thursday of
every 2nd
month

\$27: MEMBERS

\$32: NONMEMBERS

STRATHCONA PLACE SOCIETY TAX CLINIC PROGRAM (CVITP) FOR 2023

These clinics are hosted by community organizations across Canada through the Community Volunteer Income Tax Program, where eligible seniors can get their tax returns done for **free. We only accept senior clients in March and April. Clients are able to make appointments starting at 9am on February 21, 2023.**

1. Choose which type of tax clinic service you'd like:

a) In-person Tax Clinic

We accept a limited number of clients for in-person appointments. Please phone us or contact us through our website to book an in-person appointment.

b) Drop-Off Service

For your convenience, the representative and/or individual can drop off their tax package anytime during Strathcona Place Society's office hours. If any additional information is required, we will contact you in order to complete the return.

c) Mobile Tax Service

This year we will introduce a new tax clinic option - Mobile Tax Clinic. This service will be in conjunction with other organizations. Details will be announced shortly.

2. Find out if you are eligible:

Chart: suggested income level	
Family size	Total family income
One person	Around \$35,000
One person with one dependent	Around \$37,500 (add \$2,500 for each additional dependent)
Couple	Around \$45,000 (add \$2,500 for each dependent)

3. Schedule an appointment of our Daily Clinic

Where: Strathcona Place Society (Strathcona Place Senior Centre) (10831 University Avenue NW)

Dates: Mar 6 to Apr 27, 2023

Available Hours: 9:00am to 3:00pm, Monday to Friday

Please phone us at (780) 433 – 5807

Notice: We currently do not accept any walk-ins.



Strathcona
Place Society

PRESENTS

SPRING FLING

COMING SOON



2023 WINTER PROGRAMS & ACTIVITIES

registration begins January 9, 2023 at 10am

Monday

TABLE TENNIS (PING PONG): on-site

Uninstructed

Session Start dates: January 12, 2023

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

Session Duration: 15 weeks (January 12 – April 17)

** No class on February 20 (Family Day)

Registration limit for on-site: 8 per class

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

ARTS (MIXED MEDIA): on-site

Instructor: Joyce Boyer

Session Start dates: January 16, 2023

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

Session Duration: 14 weeks (January 16 – May 15)

**No class on February 20 (Family Day), March 6, April 10, April 17 or April 24

Registration limit: 8 per class

Cost per session: \$75 (Members) and \$85 (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 16, 2023

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

Session Duration: 14 weeks (January 16 – May 15)

**** No class on February 20 (Family Day), March 6, April 10, April 17 or April 24**

Registration limit: 8 per class

Cost per session: \$75 (Members) and \$85 (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

Instructor: Anita Cullen

Session Start dates: January 16, 2023

Monday 12:00 p.m. – 1:00 p.m.

Session Duration: 11 weeks (January 16 – April 3)

****No class on February 20 (Family Day)**

Registration limit: 14 per class

Cost per session: \$65 (Members) and \$75 (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

Session Start dates: January 16, 2023

Mondays at 1:30pm

Session Duration: Ongoing

**** No class on February 20 (Family Day)**

Cost per session: FREE

Venue: Dining Room/Auditorium

Open to all documentary and movie buffs! Subject matter will be decided through group consensus. Registration is required to attend; please confirm documentary afternoon schedule at the Front Desk.

STEP FORWARD: on-site

Instructor: Chase Grenier

Session Start dates: January 16, 2023

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

Session Duration: 8 weeks (January 16 to March 15)

** No class on February 20 (Family Day)

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.

BARRE FITNESS: on-site

Instructor: Lara Reynolds

Session Start dates: January 16, 2023

Mondays at 1:30 p.m. – 2:30 p.m.

Session Duration: 10 weeks (January 16 to March 27)

** No class on February 20 (Family Day)

Registration limit: 12

Cost per session for on-site: \$55 (Members) and \$65 (Non-members) - **Special NEW CLASS price!**

Venue: Auditorium

Are you looking for a low-impact class that will help you improve your posture, build strength and prevent injuries in the future? Well, look no further! Inspired by elements of ballet, yoga and pilates, Barre Fitness will heavily develop your agility and flexibility as well!

Tuesday

GENTLE YOGA: on-site

Instructor: Lynne Fahlman

Session Start dates: January 31, 2023
Tuesday at 1:30 p.m. – 2:30 p.m.
Session Duration: 10 weeks (January 31 – April 4)
Registration limit for on-site: 11 per class
Cost per session: \$45 (Members) and \$55 (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.

BOOK CLUB: on-site

Facilitator: Program Coordinator

Session dates: January 10, February 14, March 14, April 11
Registration limit: 8 participants
Cost per session: FREE
Venue: Dining Room

Strathcona Place Society hosts a monthly Book Club where seniors 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!

BRIDGE CLUB: on-site

Uninstructed

Session Start dates: January 10, 2023
Tuesday at 9:15 a.m. – 11:30 a.m.
Session Duration: 14 weeks (January 10 – April 11)
Registration limit for on-site: 16 per class
Cost per session: \$55 (Members) and \$65 (Non-members)
Drop-in coupons: \$5/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!

Wednesday

YOGA STRONG: on-site

Instructor: Vera Resera

Session Start dates: January 18, 2023

Wednesdays at 2:00 p.m. – 3:00 p.m.

Session Duration: 10 weeks (January 18 – March 22)

Registration limit: 9 participants on-site

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

GOLDEN MINDFULNESS: blended (on-site & online)

Instructor: Dr. Priscilla Koop

Session Start dates: January 18, 2023

Wednesdays at 2:00 p.m. - 3:30 p.m.

Session Duration: 12 weeks (January 18 – April 5)

Registration limit for on-site: 15 per class

Cost per session: \$50 (Members) and \$60 (Non-members) - **Special NEW CLASS price!**

Venue: Main Lounge

Mindfulness is about paying attention to the present moment. It is all too easy to focus on the future or the past and to miss out on what is actually happening in the present. When what is happening is unpleasant, we can remain focused by being kind to ourselves. When what is happening is pleasant, we can fully experience the moment – actual living! Simple, but not easy. Thankfully, mindfulness can be learned – with gentle persistence.

Classes will consist of a significant meditation component, though the exact outline of the class will vary based on participant feedback.

After each class, participants will receive an email/physical letter, outlining the theme of the class, the meditations that we practiced, the poetry (if any) that was read, and the recommended home practice for the week. Recordings of free guided meditations that you can use in your home practice will also be provided.

If you would like to attend the class from home, please inquire with the Program Coordinator.

WISEMEN: on-site

Instructor: TBA

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! If you're interested, please call our outreach line at 780 433 5809.

WONDER WOMEN: on-site

Instructor: Laura Rexhepi, RSW

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'. If you're interested, please call our outreach line at 780 433 5809.

WALKING GROUP: on-site

Facilitator: TBA

Session Start dates: TBA

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. 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 11, 2023

Wednesdays and Thursdays

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

Registration limit: contact Front Desk

Cost per session: \$65 (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

Instructor: Deanna Marler

Session Start dates: January 18, 2023

3rd 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!

COMPUTER 101: on-site

Instructor: TBA

Session Start dates: January 11, 2023

1-on-1 or small group appointments available: Wednesday mornings, Friday all-day

Session Duration: 13 weeks (January 11 – April 12)

Cost per session: FREE

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. We offer opportunities to get 1-on-1 help and support with any technical difficulties and questions you may have – just inquire at the Front Desk.

Thursday

SEWING GROUP: on-site

Facilitator: Thery van Kuppeveld

Session Start dates: January 12, 2023

Thursday at 10:00 a.m. – 11:30 a.m.

Session Duration: 14 weeks (January 12 – April 13)

Registration limit: 4 participants

Cost per session: FREE

Venue: Sewing room

Open to all sewers and knitters looking for a social group that's totally FREE! Come meet some wonderful individuals who make all sorts of handmade creations!

CRITIQUE WRITING: blended (on-site & online)

Facilitator: Phyllis Shuell

Session Start dates: January 12, 2023

Thursday at 9:30 a.m. – 11:30 a.m.

Session Duration: 14 weeks (January 12 – April 13)

Registration limit: 8 participants on-site

Cost per session: \$50 (Members) and \$60 (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.

FLOOR YOGA: on-site

Instructor: Lynne Fahlman

Session Start dates: February 2, 2023

Thursdays at 1:30 p.m. – 2:30 p.m.

Session Duration: 10 weeks (February 2 – April 6)

Registration limit for on-site: 11 per class

Cost per session: \$45 (Members) and \$55 (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.

Friday

GENTLE STRENGTH TRAINING: blended (on-site & online)

Instructor: Dr. Elaine Soong

Session Start dates: January 20, 2023

Friday at 10:00 a.m. – 11:00 a.m.

Session Duration: 10 weeks (January 20 – March 31)

****No class on one Friday during duration (TBA)**

Registration limit for on-site: 14 per class

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

Cost for entire online session: \$47 (Members) and \$57 (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. This class has an additional waiver to be signed, please inquire at the Front Desk.

SEATED TAI CHI: on-site

Instructor: Ken Chui

Session Start dates: January 20, 2023

Friday at 1:00 p.m. – 2:00 p.m.

Session Duration: 12 weeks (January 20 – April 14)

****No class on April 7 (Good Friday)**

Registration limit: 12 per class

Cost per session: \$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.