



# 2024 FALL PROGRAM GUIDE





## Welcome back to Strathcona Place Society!

We are so excited to announce that we are beginning a phased re-entry of our building for programs! Our building is still under partial construction and we are waiting to pass inspection. For this reason, we ask that people only come to the Centre for their scheduled classes and appointments. Please watch the Silver Times for further re-entry details as they become available. Strathcona Place Society is your community hub where age is merely a number! Primarily serving Edmonton's senior community, we welcome all ages through our intergenerational programs and outreach initiatives. Our mission is to enrich lives by offering a diverse range of courses, groups, and social services. From art and fitness classes to our Wonder Women and Wisemen's groups, we provide ample opportunities for recreation, social support, and meaningful

engagement. Together, let's work to Reduce Ageism and build a more inclusive, vibrant community. We can't wait for you to join us and explore all that we have to offer!

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**We're thrilled to have you join our community! This is a place where you'll find a variety of activities, supportive friendships, and resources to enrich your daily life. Whether you're interested in staying active or simply want to enjoy good company, we've got something for everyone.**

**Looking forward to seeing you around the center!**

**-Francisco Yu** Executive Director

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## DISCLAIMER & LIABILITY



Strathcona Place Society disclaims all liability for any physical injuries or damages sustained by participants while engaged in any programs offered by the Centre. Additionally, Strathcona Place Society shall not be held liable for any individual contracting COVID-19 while on the premises, as all reasonable safety measures are implemented to minimize risk. Participants enrolling in FITNESS classes are required to consult with their healthcare providers for medical clearance prior to commencing the class. By participating in any of our programs, you acknowledge and accept these terms.

## **MEMBERSHIP, REGISTRATION & CLASSES**

### **MEMBERSHIP**

- Available to seniors forty-five (45) years and older
- Becoming a member of Strathcona Place Society allows you to enjoy our programs at discounted rates and gives you access to additional perks such as being recognized across participating senior centers in the city; check their program guides for more activities.
- As a member, you'll also have full voting rights.
- We typically send out a reminder a few weeks before your membership is due to expire.

### **FEE**

- \$30 per yearly membership

### **DURATION**

- Valid for one (1) full calendar year after purchase

### **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 classes is open for the entire duration of the session.
- Sign up early for limited-space classes.
- There are no prorated rates for late registrations.
- Remote, over-the-phone registration is available; call 780-433-5807 if you need assistance or would like to register.
- Payment methods: Cash, cheque, and major credit/debit cards; online payment is also accepted.
- Registration is confirmed upon payment receipt.
- 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 INFORMATION & DROP-IN FEES

### 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.**
- Participants will be notified and refunded if a program is cancelled by the instructor or Strathcona Place Society.
- No refunds 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 preceding 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 center 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.

## 2024 FALL PROGRAMS & ACTIVITIES

### MONDAYS

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

Uninstructed

**Session start:** To be announced (TBA)  
Monday & Thursday at 9:30 a.m. - 11:30 a.m.

**Session duration:** Ongoing

**Registration limit:** 8 participants

**Venue:** Games room (Basement)

This fast-paced game is incredibly fun, but it also offers a range of health advantages. Improve your hand-eye coordination, sharpen your reflexes, and enjoy a low-impact workout that's easy on the joints. Whether you're a seasoned player or a complete beginner, table tennis is a fantastic way to socialize and stay active.

#### SENIOR FITNESS CLASS: on-site



Instructor: Amy Petersen

**Session start:** To be announced (TBA)

Monday 9:30-10:30 a.m.

**Session duration:** To be announced (TBA)

**Registration limit:** Contact the Front Desk

**Venue:** Auditorium

Description TBA



**BARRE FITNESS: on-site****Instructor: Vera****Session Start:** To be announced (TBA)

Monday 1:30-2:15 p.m.

**Registration Limit:** 12 participants**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!

**SEATED TAI CHI: on-site****Instructor: Ken Chui****Session start:** To be announced (TBA)

Monday 2:30-3:30 p.m.

**Session duration:** To be announced (TBA)**Registration limit:** Contact the Front Desk**Venue:** Auditorium

Seated Tai Chi is a gentle exercise that improves balance, reduces fall risks, and improves posture, leading to overall improvements in health and wellness. It consists of making slow, graceful movements while breathing deeply while in a seated position on a chair.

## TUESDAYS

### SEATED TAI CHI (Beginner): on-site

Instructor: Ken Chui

**Session start:** To be announced (TBA)

Tuesday & Thursday 8:30 a.m. - 10:00 a.m.

**Session duration:** To be announced (TBA)

**Registration limit:** Contact the Front Desk

**Venue:** Auditorium

Seated Tai Chi is a gentle exercise that improves balance, reduces fall risks, and improves posture, leading to overall improvements in health and wellness. It consists of making slow, graceful movements while breathing deeply while in a seated position on a chair.

### BRIDGE CLUB: on-site

Uninstructed

**Session start:** To be announced (TBA)

Tuesday 12:30 p.m. - 3:00 p.m.

**Session duration:** Ongoing

**Registration limit:** 12 participants

**Venue:** Small Lounge

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!

## CHAIR YOGA: on-site

Instructor: Lynne Fahlman

**Session start:** To be announced (TBA) - October 15th - December 3rd  
Tuesday 1:00 p.m. - 2:00 p.m.

**Session duration:** To be announced (TBA)

**Registration limit:** 10 participants

**Venue:** Auditorium

A gentle practice of stretching, breathing, and relaxing. This practice will include both chair and some standing work (using the chair for support if needed).

## GOLDEN MINDFULNESS: on-site

Instructor: Dr. Priscilla Koop

**Session start:** To Be Announced (TBA)

Tuesday 2:30 - 3:30 p.m.

**Session duration:** To Be Announced (TBA)

**Registration limit:** TBA

**Cost per season:** TBA

**Venue:** TBA

Learn mindfulness by staying present in the moment. In our classes, we'll guide you through meditations and discuss any challenges you face. You'll discover that common struggles are part of the learning process.

After each class, you'll receive a summary and recordings for home practice. Attend from home by reaching out to the Program Coordinator. Mindfulness is simple, but with practice, it becomes easier.

## WEDNESDAYS

### IYENGAR YOGA: on-site

Instructor: Anita Cullen

**Session start:** To be announced (TBA)

Wednesday 10:00 a.m. - 11:00 a.m.

**Session duration:** To be announced (TBA)

**Registration limit:** 12 participants

**Venue:** Auditorium

This class is suitable for all levels of fitness and will focus on building strength and stability. 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.

### WEAVING GROUP: on-site

Instructor: Kathy Buse

**Session start:** To be announced (TBA)

**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 is needed, please check with front reception)

**WISEMEN: on-site****Facilitator: Laura Rexhepi****Session start:** To be announced (TBA)

Wednesday 10:00 a.m. - 11:00 a.m.

**Session duration:** Ongoing**Registration limit:** Call ahead to book a spot**Cost per season:** FREE**Venue:** Main Lounge

Looking for a space to engage in meaningful discussions about everyday issues? Feeling isolated and in need of a supportive, non-judgmental environment? Our popular Men's Group could be just the remedy you're seeking! This group offers a safe space to share experiences, discuss current events, and connect with like-minded individuals. Come be a part of a community that values open dialogue and mutual support.

**WONDER WOMEN: on-site****Facilitator: Laura Rexhepi****Session start:** To be announced (TBA)

Wednesday 1:00 p.m. - 2:00 p.m.

**Session duration:** Ongoing**Registration limit:** Call ahead to book a spot**Cost per season:** FREE**Venue:** Main Lounge

"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 anything that 'tickles their fancy'. If you're interested, please call our outreach line at 780 433 5809.

## ESSETRICS GENTLE STRETCH: on-site



Instructor: Lori Griffith

**Session start:** To be announced (TBA)

Wednesday 2:30-3:30

**Session duration:** To be announced (TBA)

**Registration limit:** 12 participants

**Venue:** Auditorium

Come try out this gentle form of exercise for seniors! A free demonstration session will occur prior to the series starting. There are plans for a six-week program to begin at a later date.

## THURSDAYS

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

**Session start:** To be announced (TBA)  
Monday & Thursday at 9:30 a.m. - 11:30 a.m.

**Session duration:** Ongoing

**Registration limit:** 8 participants

**Venue:** Games room (Basement)

This fast-paced game is incredibly fun, but it also offers a range of health advantages. Improve your hand-eye coordination, sharpen your reflexes, and enjoy a low-impact workout that's easy on the joints. Whether you're a seasoned player or a complete beginner, table tennis is a fantastic way to socialize and stay active.

**SEATED TAI CHI (Beginner): on-site****Instructor: Ken Chui**

**Session start:** To be announced (TBA)  
Tuesday & Thursday 8:30 a.m. - 10:00 a.m.

**Session duration:** To be announced (TBA)

**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.

**CRITIQUE WRITING: blended (on-site & online)****Facilitator: Phyllis Shuell****Session start:** To be announced (TBA)

Thursday 10:00 a.m. - 12:00 p.m.

**Session duration:** To be announced (TBA)**Registration limit:** 6 participants (on-site)**Venue:** Small Lounge

Do you love to write? Would you 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.

**SEWING GROUP: on-site****Facilitator: Thery van Kuppeveld****Session start:** To be announced (TBA)

Thursday at 10:00 a.m. - 1:00 p.m.

**Session duration:** To be announced (TBA)**Registration limit:** 4 participants**Venue:** Sewing Room

Open to all sewers and knitters; join our social group that's completely FREE! Bring your own projects and work in a self-directed manner while enjoying the company of wonderful individuals who are passionate about handmade creations. Come meet, create, and socialize!



**GENTLE FLOOR YOGA: on-site****Instructor: Lynne Fahlman****Session start:** To be announced (TBA) - October 24th - December 12th  
Thursday 10:30- 11:30 a.m.**Session duration:** To be announced (TBA)**Registration limit:** 10 participants**Venue:** Auditorium

A gentle yoga practice focusing on stretching, breathing, and relaxation. This practice will include floor, chair, and standing work.

**ARTS (OIL & ACRYLIC): on-site****Instructor: Joyce Boyer****Session start:** To be announced (TBA)

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

**Session duration:** To be announced (TBA)**Registration limit:** 10 participants**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, or techniques, this is the class for you. Joyce is an artist who 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!

## FINDING YOUR WAY THROUGH GRIEF AND LOSS: on-site

Facilitator: Carol Kodish-Butt

**Session start:** To be announced (TBA)

Thursday 1:30 p.m. - 3:00 p.m.

**Session duration:** To be announced (TBA)

**Registration limit:** 10 participants

**Venue:** TBA

No matter what we do in life, we experience change – and loss. In a safe and supportive setting, this six-week group will cover both theory and a chance for personal reflection. The focus is on each individual's unique grief journey and the understanding that we do not have to do this alone. All participants will be invited to explore their own way and own time through grief.

Carol is a retired social worker and the founder of the Edmonton Bereavement Centre (now renamed the Healing Centre of Jewish Family Services). She has provided group and individual counselling for persons with grief and loss issues for over thirty years.

## FRIDAYS

**GENTLE STRENGTH TRAINING: blended (on-site & online)****Instructor: Dr. Elaine Soong****Session start:** Returning January 2025

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, and steps. Online participants should obtain sufficient equipment. A wide-based stool that won't tip over will work for a step. A chair that won't slide around and has no arms is needed. **Please note that this class will resume in January 2025. Please watch the winter program guide for registration details.**

**FRENCH DISCUSSION GROUP: on-site****Facilitator: TBA**

To be announced (TBA)

Join us for our French Discussion Group, a perfect place to practice your French language skills in a supportive and engaging environment. Whether you're a beginner or more advanced, this group offers a welcoming space to converse and improve.

Rejoignez-nous pour notre groupe de discussion en français, l'endroit idéal pour pratiquer vos compétences en français dans un environnement stimulant et bienveillant. Que vous soyez débutant ou plus avancé, ce groupe offre un espace accueillant pour converser et vous améliorer.

**SPEAKER SERIES: on-site****Facilitator: TBA****Session start:** To be announced (TBA)**Session duration:** To be announced (TBA)**Registration limit:****Venue:**


Join us for our new speaker series. Speakers will change regularly and will discuss a variety of topics of interest to seniors. Suggestions for future topics or speakers can be directed to the program coordinator. **Our first speaker will be Krista Mulbery from the Edmonton Seniors' Coordinating Council who will be talking about Emergency Preparedness for seniors!**

## 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

 10831 University Avenue

 780-433-5807

 [programs@strathconaplace.com](mailto:programs@strathconaplace.com)

 [www.strathconaplace.com](http://www.strathconaplace.com)

## 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>