



2023 FALL PROGRAM GUIDE

SEPTEMBER - DECEMBER





WELCOME TO STRATHCONA PLACE SOCIETY!

Strathcona Place Society, 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.
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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 available; call 780-433-5807 if you need assistance or would like to register.
- Payment methods: Cash, check, major credit/debit cards; online payment also possible.
- Registration confirmed upon payment receipt.
- No class switching or participant transfers allowed.
- Waitlist available for full classes; you'll be notified if a spot opens.
- **Priority given to Strathcona Place Society members; non-members may be moved to a waitlist.**

REGISTRATION FOR THIS SESSION STARTS:

SEPTEMBER 11, 2023 AT 10:00 AM

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 canceled 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 canceled 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 Finance Manager's approval.**
 - Unforeseen circumstances may lead to short-notice cancellations; make-up classes will be offered.
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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.
- Try out classes available for certain programs. 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 in your class, you acknowledge and accept full responsibility for your own 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 canceled 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 prior to 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.

Rent Strathcona Place Society's Space for Your Next Event!

Affordable, Flexible, and Convenient

Why Choose Us?

- **Versatile Spaces:** Whether you're planning a small meeting, a workshop, or a performance, we have the perfect space to fit your needs.
- **Affordable Rates:** Starting as low as \$26.25 per hour, our rental rates are budget-friendly without compromising on quality.
- **Weekday Discounts:** Take advantage of our special discounted rates for weekday rentals.
- **Fully Accessible:** Our center is wheelchair accessible, ensuring everyone can join in on the fun.

Amenities

- **Equipment Available:** Need audio-visual equipment or other special requests? Just let us know!
 - **No Minimum Hours:** Rent for as long or as short as you need, with no minimum hour requirement.
 - **\$200 Deposit:** A simple deposit secures your booking.
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Booking is Easy

1. **Call Us:** Speak with our Financial Manager or Program Coordinator to discuss your needs and check availability.
 2. **Secure Your Spot:** A \$200 deposit will secure your booking.
 3. **Enjoy Your Event:** That's it! You're all set to enjoy your event in our welcoming and versatile space.
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Rules & Regulations

- No illegal activities are permitted.
 - Renters are responsible for cleaning up after their event.
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Contact Us

For more information or to book your space, call us today!

 (780) 433 - 5807

We look forward to hosting your next event!

Space	Weekday 2-Hour Rate (Before 4 pm)	Weekend Half-Day (Up to 4 hrs)	Weekend Full-Day (Up to 8 hrs)	Hourly Rate
Auditorium	\$80	\$140	\$280	\$35.00
Art Room	\$70	\$123	\$245	\$30.63
Main & Small Lounge	\$60	\$105	\$210	\$26.25

Strathcona Place Society is not responsible for any physical injuries sustained while participating in any activities in our rented spaces. All renters must adhere to our terms and conditions.

Advertise with Strathcona Place Society: Reach Your Target Audience Effectively!

Silver Times Newsletter

Duration	Full Page (8X10.5")	Half Page (8x5.25" or 4x10.5")	¼ Page (4x5.25" or 2x10.5")
1-4 Weeks	\$50.00	\$30.00	\$20.00
5-10 Weeks	\$45.00	\$26.25	\$17.50
More than 10 Weeks	\$40.00	\$25.00	\$15.00

Program Guide

Duration	Full Page (8X10.5")	Half Page (8x5.25" or 4x10.5")	¼ Page (4x5.25" or 2x10.5")
1 Issue (4 months)	\$200	\$150	\$100
2 Issues (8 months)	\$380	\$280	\$180
3 Issues (12 months)	\$540	\$390	\$240

All Program Guide ads are in Grayscale.

Why Advertise with Us?

- **Targeted Audience:** Reach a dedicated and engaged audience of seniors and their families who are actively interested in products and services that cater to their needs.
- **Digital and Print Reach:** Our newsletter and program guides are offered in both digital and print media which offer you the best of both worlds. Allowing you to reach our audience wherever they are most comfortable engaging.
- **Flexible Options:** With a variety of ad sizes and durations to choose from, you can tailor your advertising campaign to meet your budget and marketing objectives. Whether you're looking for short-term visibility or a long-term presence, we have an option that's right for you.
- **Non-Profit Support:** As a non-profit, the proceeds from your ad directly fund our senior programs and keeps us open. By advertising with us, you're not just promoting your business—you're also supporting a meaningful cause in the community.

Don't miss this unique opportunity to connect with a dedicated and engaged community. Contact Strathcona Place Society to book your advertising space today!

Computer 101: Exclusive Tech Support for Our Members

Are you a member of Strathcona Place Society and find yourself puzzled by technology? We've got you covered! Our **FREE** Computer 101 program is designed exclusively for our senior members.

What We Offer:

- **Appointment-Based Help:** Secure your 30-minute to 1-hour slot during our regular operating hours.
- **Tailored Assistance:** Bring the device that's causing you trouble, and we'll help you navigate it.
- **All Skill Levels:** Whether you're a beginner or just need a quick refresher, we're here to assist.
- **Members-Only:** This valuable service is reserved for Strathcona Place Society members.

***Please Note:** The focus of this program is educational. Come with specific tech-related questions or issues you'd like to resolve.*

To schedule your appointment, simply contact Strathcona Place Society. Take advantage of this members-only perk and boost your tech skills today!

FOOTCARE APPOINTMENTS



2nd Friday of
every month

2nd Thursday of
every 2nd
month

\$27: MEMBERS

\$32: NONMEMBERS

2023 FALL PROGRAMS & ACTIVITIES

MONDAYS

TABLE TENNIS (PING PONG): on-site

Uninstructed

Session start: September 18, 2023

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

Session duration: September 18 - December 4

Registration limit: 8 participants

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

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.

IYENGAR YOGA: on-site

Instructor: Anita Cullen

Session start: September 18, 2023

Monday 12:00 p.m. - 1:00 p.m.

Session duration: September 18 - December 4

Registration limit: 12 participants

Cost per season: \$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. 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.

BARRE FITNESS: on-site**Instructor: Lara Reynolds****Session start:** September 18, 2023

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

Session duration: September 18 to December 4**Registration limit:** 12 participants**Cost per season:** \$65 (Members) and \$75 (Non-members)**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!

TUESDAYS

BRIDGE CLUB: on-site

Uninstructed

Session start: September 19, 2023

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

Session duration: Ongoing

Registration limit: 12 participants

Drop-in only: \$3 (Members) and \$5 (Non-members)

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!

GENTLE YOGA: on-site

Instructor: Lynne Fahlman

Session start: October 10, 2023

Tuesday 1:30 p.m. - 2:30 p.m.

Session duration: October 10 to December 12

Registration limit: 10 participants

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

Venue: Auditorium

A gentle practice with emphasis on breathing, stretching and relaxing. This practice will include chair, standing and floor work. Participants will require a mat.

DOCUMENTARY AFTERNOONS: on-site**Uninstructed****Session start:** September 19, 2023

Tuesday 12:00 p.m. - 1:00 p.m.

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

Join us for an engaging afternoon of thought-provoking films and lively discussions. The subject matter of the documentaries will be decided through group consensus, ensuring a variety of interesting topics that cater to our diverse community. To confirm the schedule and secure your spot, please visit the Front Desk. Don't miss out on this opportunity to expand your horizons and connect with fellow documentary buffs!

WEDNESDAYS

WEAVING GROUP: on-site

Instructor: Kathy Buse

Session start: September 20, 2023

Wednesday and Thursday

Session duration: September 20 to December 6

Registration limit: Contact Front Desk

Cost per season: \$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)

WISEMEN: on-site

Facilitator: TBA

Session start: September 20, 2023

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: TBA****Session start:** September 20, 2023

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 any-thing that ‘tickles their fancy’. If you’re interested, please call our outreach line at 780 433 5809.

GOLDEN MINDFULNESS: on-site

Instructor: Dr. Priscilla Koop

Session start: September 20, 2023

Wednesday 2:00 p.m. - 3:30 p.m.

Session duration: September 20 to November 22

Registration limit: 10 - 25 participants

Cost per season: \$70 (Members) and \$80 (Non-members)

Venue: Dining Room

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.

During the classes I will guide you in 2 or more meditations and there will be time to discuss any challenges you encounter or questions you have about meditation or mindfulness. People who take this course often find that the challenges they thought made them "bad meditators" are entirely normal and natural and that challenges can be worked with.

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.

THURSDAYS

CRITIQUE WRITING: blended (on-site & online)

Facilitator: Phyllis Shuell

Session start: September 21, 2023

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

Session duration: September 21 - December 7

Registration limit: 6 participants (on-site)

Cost per season: \$55 (Members) and \$65 (Non-members)

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.

WALKING GROUP: on-site

Facilitator: TBA

Session start: September 21, 2023

Thursday 10:00 a.m.

Session duration: Ongoing (weather permitting)

Registration limit: 10 participants

Cost per season: FREE

Step into the great outdoors with our organized walking groups, designed specifically for seniors who want to explore the scenic beauty of the Queen Alexandra neighborhood without breaking the bank. Whether you're a brisk walker or prefer a leisurely pace, or even if you're looking to walk for just 20 minutes, our group is flexible and accommodating. This is more than just a walk; it's an opportunity to socialize, stay fit, and find your balance in a welcoming community. Stay in the loop, call the Centre at 780-433-5807 to be added to our contact list. Come join us and take the first step towards a healthier, more connected you!

Patanjali YOGA: on-site**Instructor: Jwalant Desai****Session start:** September 21, 2023

Thursday at 10:00 a.m. - 11:00 a.m.

Session duration: September 21 - December 7**Registration limit:** 12 participants**Cost per season:** \$40 (Members) and \$50 (Non-members)**Venue:** Auditorium

Join us for a rejuvenating one-hour yoga class led by Jwalant, featuring elements of Patanjali Yoga. We'll begin with 10 minutes of stretching to prepare the body, followed by 30 minutes of yoga postures that align with the ancient teachings of Patanjali. The class concludes with breathing exercises and meditation to help you achieve a state of inner calm and balance. Experience the holistic benefits of this timeless yoga practice! For this special occasion, we're excited to **offer a discount** on this class! We look forward to your enthusiastic response!

YOGA STRONG: on-site**Instructor: Vera Resera****Session start:** September 21, 2023

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

Session duration: September 21 - December 7**Registration limit:** 12 participants**Cost per season:** \$65 (Members) and \$75 (Non-members)**Venue:** Auditorium

Do you enjoy a physical challenge? Do you want to improve your body's awareness and mechanics? This intense 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.

ARTS (OIL & ACRYLIC): on-site**Instructor: Joyce Boyer****Session start:** September 18, 2023

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

Session duration: September 18 to December 4**Registration limit:** 8 participants**Cost per season:** \$75 (Members) and \$85 (Non-members)**Venue:** Art Room

Explore the potential of acrylic paints as we look at ways of controlling this fast-drying medium through the use of retarders or new, slow drying acrylics that take five hours to dry, giving you the flexibility of oil paint without the long drying times. Instruction will include how to copy from your favorite source material, be it a photograph, illustration of your own drawing. Bring your source ideas to first class we'll look at ways to transfer it onto your preferred surface be it paper, canvas, wood or other.

SEWING GROUP: on-site**Facilitator: Thery van Kuppeveld****Session start:** September 21, 2023

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

Session duration: September 21 to December 7**Registration limit:** 4 participants**Cost per season:** FREE**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!

STRATHCONA PLACE SENIORS BOOK CLUB: on-site**Facilitator: TBA****Session start:** September 14, 2023

Thursday 2:00 p.m. (select weeks, please see schedule)

Session duration: Ongoing**Registration limit:** 12 participants**Cost per season:** 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.

FRIDAYS
GENTLE STRENGTH TRAINING: blended (on-site & online)
Instructor: Dr. Elaine Soong
Session start: September 22, 2023

Friday at 10:00 a.m. - 11:00 a.m.

Session duration: September 22 - December 8

****NO CLASS on Oct 20 & Nov 10**
Registration limit: 10 participants

Cost for entire on-site season: \$65 (Members) and \$75 (Non-members)

Cost for entire online season: \$60 (Members) and \$70 (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, 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.

SEATED TAI CHI: on-site
Instructor: Ken Chui
Session start: September 22, 2023

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

Session duration: September 22 - December 8

****NO CLASS from Oct 27 to Nov 24**
Registration limit: Contact Front Desk

Cost per season: \$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.

FRENCH DISCUSSION GROUP: on-siteNEW**Facilitator: TBA****Session start:** September 22, 2023

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

Session duration: Ongoing bi-weekly**Registration limit:** Call ahead to book a spot**Cost per season:** FREE**Venue:** Small Lounge

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.

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

 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>
