



Strathcona  
Place Society

# 2021 Winter Programs Guide

# SPS COVID-19 Response - New Protocols

What to expect when you visit the Centre this Fall:

## **Cleaning Protocol**

- ⇒ Regular sanitisation of commonly touched surfaces using an AHS-approved cleaner.
- ⇒ All cleaning will be tracked.
- ⇒ Class areas cleaned before and after classes.
- ⇒ Fitness equipment that can not be sanitised removed.

## **Entering the Center**

- ⇒ Face masks will be required.
- ⇒ All visitors will be asked to sanitise their hands and complete a COVID-19 screening questionnaire.
- ⇒ Temperature will be checked and recorded before access is granted.
- ⇒ Only one person will be allowed in the washroom at a time.

## **Building Configurations**

- ⇒ Every activity space in the Centre has been assessed to find the new maximum capacity while adhering to physical distancing.
- ⇒ “Sanitation Stations” have been set up in every activity space.
- ⇒ All fabric furniture removed.
- ⇒ Physical glass barriers have been installed at the front desk and seated inside activity spaces.
- ⇒ Brochures, cards and other advertising related materials removed from the front lobby and a digital advertising platform created.

## **Other considerations**

- ⇒ We ask that persons 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. In an attempt to limit the number of bodies in the Centre.

# Table of Contents

Meet the Team.....	Page 4
Membership, Registration and Class Information .....	Page 5
Class Information and Drop-in Fees .....	Page 6
Important dates .....	Page 7
Courses at a glance .....	Page 8-13
Fit Seniors .....	Page 15-20
Creative Seniors .....	Page 22-24
Curious Seniors .....	Page 25
Tax Clinic Drop Off Program.....	Page 26
Roving Seniors .....	Page 27
Sociable Seniors .....	Page 29-30
Free Entertainment/ Activities.....	Page 31
Outreach Services .....	Page 32
Outreach Resources.....	Page 33
Board of Directors .....	Page 34
Executive Director’s Message .....	Page 35
Contact Us .....	Page 36

# Meet the Team

Strathcona Place is run by a hardworking team. Their joint efforts bring to fruition a plethora of programs and services for seniors.



Francisco Yu

Executive Director



Judy Cho

Finance Manager



Jojomon Antony

Outreach Manager



Danielle

Program Coordinator



Laura Rexhepi

Outreach Worker



Fernando Fejardo

Building Services Worker



# MEMBERSHIP, REGISTRATION & CLASS INFORMATION

**MEMBERSHIP:** Available to seniors 55 years and older

**FEE:** \$30 per yearly membership

**DURATION:** Valid for 1 year after purchase

Memberships enable you to participate in Strathcona Place Society's programs at a reduced rate. Members will have full voting rights. Members can also get admission to the majority of city owned recreation facilities. A reminder is usually sent out a couple weeks before membership expires.

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## 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.

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## REGISTRATION & SIGN-UP

Registration will occur at various times throughout the year. Be sure to sign-up early since some classes have limited spaces.

- 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 class credit 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.**
- 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:

**Members and non-members are no longer able to sample a classes by purchasing drop-in coupons.**

**\*\*Registration will now be done monthly. Persons are able to register for a class one week prior to the start of the class cycle.**



# Important Dates

## DATES TO REMEMBER

January 6, 2021	CRA Webinar— Scams (How to recognise a scam. How to protect yourself from identity theft. COVID-19 scams)
January 11, 2021	Winter Programs Begin
January 13, 2021	CRA Webinar—Disability Tax Credit (eligibility, application, claiming the deduction, and gateway to other government programs)
January 20, 2021	CRA Webinar—Seniors Benefits and Credits for All (Common types of income and credits for seniors, pension income splitting, registered retirement savings plan, OAS repayment, payment methods, authorising a representative, and Climate Action Incentive.
February 12, 2021	Happy Hearts Event (Celebrating Valentines Day)
February 24, 2021	Deprescribing Network Presentation and Webinar (medication safety)
March 8, 2021	Donation drive for the Edmonton's Women's Shelter (International Women's Day)
April 7, 2021	5K Challenge (World Health Day)

### The Centre will be **CLOSED** on these dates:

Monday, February 15, 2021 — Family Day Canada

Friday, April 2, 2021 — Good Friday

Monday, April 5, 2021—Easter Monday

# Courses at a Glance

Strathcona Place offers many programs ranging from art to fitness. Take the time to find the course that is right for you.

In response to COVID-19, Strathcona Place Society will shorten class sizes and time to adhere to Alberta Health Service Policies. Some classes may also be offered online. Thank you for your understanding.

Classes will either be instructional or non-instructional, virtual or in-person, and wheelchair accessible or not wheelchair accessible.

Look out for these symbols.



Instructional



In-Person



Virtual



Wheelchair Accessible

## Mondays

### Table Tennis

9:15 a.m. to 11:45 a.m.



### Zumba Gold

Monday 10:00 a.m.—Tuesday 10:00 a.m.



### Gentle Yoga

10:30 a.m. — 11:30 a.m. and 2:00 p.m. — 3:00 p.m.



### Art (Oil and Acrylic)

1:00 p.m.—3:00 p.m.



## Tuesdays

### Needlework Group (Knitting/Crocheting/Sewing)

10:00 a.m. to 12:00 p.m.



### Book Club

1:00 p.m. to 3:00 p.m.



### Creative Writing

10:00 a.m. to 12:00 p.m.



### Golden Barre

Tuesday 2: 30 p.m. —Wednesday 2:30 p.m.





# Courses at a Glance

## Wednesdays

### Wisemen Discussion Group

9:00 a.m. to 10:00 a.m.



### Computer 101

11:00 a.m. to 12:00 p.m.



### Walking Group

12:30 p.m. to 1:30 p.m.



### Wonder Women Discussion Group

1:00 p.m. to 2:00 p.m.



### Hard Core

Wednesday 2:30 p.m.—Thursday 2:30 p.m.



## Thursdays

### Table Tennis

9:15 a.m. to 11:45 a.m.



### Critique Writing

9:30 a.m. to 11:00 a.m.



### SPS Chorale

10:00 a.m.—11:00 a.m.



### Full Body Fitness

11:00 a.m. to 12:00 p.m.



## Fridays

### Gentle Strength Training

10:00 a.m. to 11:00 a.m.



### Novice Artist

11:30 a.m.—12:30 p.m.



### Seated Tai Chi

1:00 p.m. to 2:00 p.m.



### Yoga Strong

Friday 2:30 p.m.—Saturday 2:30 p.m.



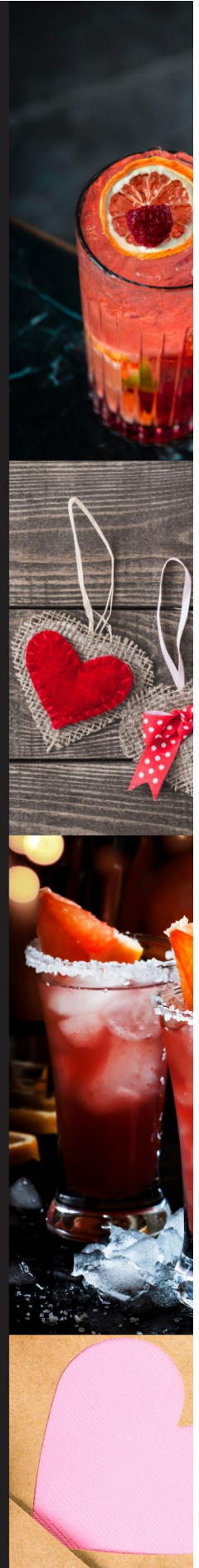
# Happy Hearts

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Valentine's Day Mixology Class  
and DIY Craft Event (Online)

February 12, 2021

\*\*Packages will be provided\*\*



# Courses at a Glance

## January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 Centre Closed—New Years Day</b>
4 Centre Reopen	5 <b>Registration Open (S1)</b>	6 <b>CRA Webinar—Scams</b> Ongoing: Wisemen (online) starts	7	8
11 Winter Programs Start S1: Zumba Gold starts	12 S1: Golden Barre starts	13 <b>CRA Webinar—Disability Tax Credit</b> Ongoing: Wonder Women (online) starts S1: Hard Core starts	14 S1: Full Body Fitness starts Ongoing: SPS Chorale starts	15 S1: Gentle Strength Training starts (Online) S1: Seated Tai Chi starts (Online) S1: Yoga Strong starts
18	19	20 <b>CRA Webinar—Seniors Benefits and Credits for All</b>	21	22 S1: Novice Artist starts
25	26	27	28	29

## February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 S1: Zumba Gold ends	2 S1: Golden Barre ends	3 S1: Hard Core ends	4 S1: Full Body Fitness ends	5 S1: Gentle Strength Training ends S1: Seated Tai Chi ends S2: Yoga Strong ends
8 <b>Registration Open (S2)</b>	9	10	11	12 <b>Happy Hearts Event</b> S1: Novice Artist ends
<b>15 Centre Closed—Family Day Canada</b>	16 <b>Book Club</b> S2: Golden Barre starts	17 S2: Hard Core starts	18 S2: Full Body Fitness starts	19 S2: Gentle Strength Training starts (Online) S2: Seated Tai Chi starts (Blended) S2: Yoga Strong starts
22 S2: Zumba Gold starts	23	24 <b>Deprescribing Network Presentation and Webinar</b>	25	26 S2: Novice Artist starts



Strathcona Place Society

# 'Tighty Whities' Donation Drive 2021

Support the Edmonton Women's Shelter



International Women's Day  
March 8, 2021



# Courses at a Glance

## March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Ongoing: Computer 101 starts	4	5
8 <b>Donation drive</b> S1 Art starts S1: Table Tennis starts S1: Gentle Yoga starts	9 S2: Golden Barre ends	10 S2: Hard Core ends	11 S1: Critique Writing starts S2: Full Body Fitness ends	12 S2: Gentle Strength Training ends S2: Seated Tai Chi ends S2: Yoga Strong ends
15 <b>Registration Open (S3)</b> S2: Zumba Gold ends	16 S2: Creative Writing starts <b>Book Club</b>	17	18	19 S2: Novice Artist ends
22	23 S3 Golden Barre starts	24 S3: Hard Core starts	25 S3: Full Body Fitness starts	26 S3: Gentle Strength Training starts (Blended) S2: Seated Tai Chi starts (Blended) S3: Yoga Strong starts
29 S1: Art ends S1: Gentle Yoga ends S1: Table Tennis ends S3: Zumba Gold starts	30	31		

## April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 S1: Critique Writing ends S1: Table Tennis ends	2 <b>Centre Closed—Good Friday</b>
5 <b>Centre Closed—Easter Monday</b>	6 S2: Creative Writing ends	7 <b>5K Challenge</b>	8 S2: Critique Writing starts	9 S3: Novice Artist starts
12 S2: Art starts (S2 ends May 3) S2: Table Tennis starts (S2 ends May 6) S2: Gentle Yoga starts (S2 ends May 6)	13 S3: Golden Barre ends	14 Walk Group meet S3: Hard Core ends	15 S3: Full Body Fitness ends	16
19	20 <b>Book Club</b>	21 Walk Group meet	22	23 S3: Gentle Strength Training ends S3: Seated Tai Chi ends S3: Yoga Strong ends
26 S3: Zumba Gold ends	27	28 Walk Group meet	29 S2: Critique Writing ends	30 S3: Novice Artist ends



**FEELING ISOLATED?  
CONNECT WITH  
A PHONE PAL  
TODAY!**



**CONNECTING  
COMMUNITIES**

## Phone Pals:

- Are trained volunteers
- Provide a listening ear
- Have your best interest at heart
- Provide companionship
- Support senior independence
- Connect communities

**CONTACT  
US TODAY!  
780 433 5807**

**[volunteers@strathconaplace.com](mailto:volunteers@strathconaplace.com)**

## ABOUT PHONE PAL

Strathcona Place Society launched the Phone Pal Programme to provide ongoing telephone support to seniors who are feeling isolated due to social distancing measures.

# Fit Seniors

## Table Tennis (Ping Pong)

Location: Basement

Session Start Dates: March 8, and April 12 (Subject to change in keeping with public health restrictions)

Mondays and Thursdays at 9:15 a.m. to 11:45 a.m.

Instructor: None

Mode: In-Person

Session Duration: 4 weeks (8 classes per session)

Registration Limit: 8 persons per class

Cost Per Session: \$20 (members) and \$30 (non-members)

This is a two-player high calorie burning sporting activity (doubles suspended for the duration of the pandemic). Players have varying skill levels, and beginners are accepted. This activity is known to improve hand-eye coordination, reflexes, and balance.

## Gentle Yoga

Location: Patio/ Auditorium

Session Start Dates: March 8, and April 12 (Subject to change in keeping with public health restrictions)

Mondays at 10:30 a.m. to 11:30 a.m. or 2:00 p.m. – 3:00 p.m. (2 Classes)

Instructor: Lynne Fahlman

Mode: In-person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 8

Cost per Session: \$20 (members) and \$30 (non-members)

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.

# Fit Seniors

## Full Body Fitness

Location: Online

Session Start Dates: January 14, February 18, and March 25

Link accessible Thursdays 11:00 a.m. to Fridays 11:00 a.m. weekly. You will not be able to access the video if you missed the video access period. Instructor: Lara Reynolds

Mode: Online

Session Duration: 4 weeks

Classes Per Session: 4

Registration Limit: None

Cost: \$15 (members) and \$25 (non-members )

This is a sixty-minute low-impact workout that can be done in the comfort of your home and is perfect for wheelchair-bound and immunocompromised seniors. The instructor utilizes everyday articles in your home to incorporate in the exercises and provides modifications to fit every fitness level.

## Gentle Strength Training

Location: Auditorium/ Online

Session Start Dates: January 15 (Online), February 19 (Online), and March 26 (Blended)

Fridays at 10:00 a.m. to 11:00 a.m.

Instructor: Dr Elaine Soong

Mode: Blended (Online and In-Person)

Session Duration: 4 weeks (4 classes per session)

Registration Limit for In-Person: 9

Registration Limit for Online: None

Cost for Online: \$15 (members) and \$25 (non-members)

Cost for In-Person: \$20 (members) and \$30 (non-members)

The four-week in-person and online Gentle Strength Training Class is focused on building and preserving independence through exercises that improve balance and strength. The training may involve light weights, resistance bands, and body awareness training. Participants will receive coaching modified to their abilities and may progress at their own pace. This class is useful for persons who wish to prevent muscle loss.



**Strathcona Place Society**

**5K**  
**CHALLENGE**

**WORLD HEALTH DAY**

**APRIL 7, 2021**

# Fit Seniors

## Seated Tai Chi

Location: Auditorium/ Online

Session Start Dates: January 15 (Online), February 19 (Online), and March 26 (Blended)

Fridays at 1:00 p.m. to 2:00 p.m.

Instructor: Ken Chui

Mode: Blended (Online and In-Person)

Session Duration: 4 weeks (4 classes per session)

Registration Limit for In-Person: 9

Registration Limit for Online: None

Cost for Online: \$15 (members) and \$25 (non-members)

Cost for In-Person: \$20 (members) and \$30 (non-members)

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.

## Zumba Gold

Location: Online

Session Start Dates: January 11, February 22, and March 29

Link Accessible Monday 10:00 a.m.—Tuesday 10:00 a.m. weekly. You will not be able to access the video if you missed the video access period.

Instructor: Dr Elaine Soong

Mode: Online

Session Duration: 4 weeks (4 classes per session)

Registration Limit: None

Cost: \$15 (members) and \$25 (non-members)

This online class is perfect for the busy senior who works part-time, are caring for loved ones, or who simply cannot fit a scheduled class into their schedule for one reason or another. These are pre-recorded classes, accessed by a link that is valid for up to twenty-four hours from the start of the class.

Zumba is more than learning a new dance move or two, it is a fitness routine that is heart-healthy, builds and tones muscles, improves cardio, promotes flexibility, and decreases stress.

# Fit Seniors

## Yoga Strong

Location: Online

Session Start Dates: January 15, February 19, and March 26

Link Accessible Fridays 2:30 p.m. to Saturday 2:30 p.m. weekly. You will not be able to access the video if you missed the video access period. (45-Minute Class)

Instructor: Lara Reynolds

Mode: Online

Session Duration: 4 weeks (4 classes per session)

Registration Limit : None

Cost: \$15 (members) and \$25 (non-members)

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.

These classes are pre-recorded and accessed by a link that is valid for up to twenty-four hours from the start of the class.

## Hard Core

Location: Online

Session Start Dates: January 13, February 17, and March 24

Link Accessible Wednesdays 2:30 p.m. to Thursdays 2:30 p.m. weekly. You will not be able to access the video if you missed the video access period.

Instructor: Elaine Soong

Mode: Online

Session Duration: 4 weeks (4 classes per session)

Registration Limit : None

Cost : \$15 (members) and \$25 (non-members)

Calling all young at heart and fit seniors. This new exercise program focuses on abdominal and back muscles to improve balance, stability, and reclaim the chiselled physique of your youth. This class is intense and flexible enough to fit into your busy schedule as the pre-recorded classes can be accessed by a link for up to twenty-four hours from the start of the class.

# Fit Seniors

## Golden Barre

Location: Online

Session Start Dates: January 12, February 16, and March 23

Link Accessible Tuesday 2:30 p.m. to Wednesday 2:30 p.m. weekly. You will not be able to access the video if you missed the video access period. (45-Minute Class)

Instructor: Lara Reynolds

Mode: Online

Session Duration: 4 weeks (4 classes per session)

Registration Limit : None

Cost: \$15 (members) and \$25 (non-members)

Barre is a fusion of ballet, yoga, pilates and dance. The movements are highly repetitious, requires very small isolated movements for a low impact workout.

These classes are pre-recorded and accessed by a link that is valid for up to twenty-four hours from the start of the class.



# Strathcona Place Outreach Team

## *Seniors Food Basket*

Are you living on a tight budget?

Experiencing food insecurity?

Are mobility issues affecting your diet?



**WE  
CARE!**

Call: 780-433-5809

Email : [outreach2@strathconaplace.com](mailto:outreach2@strathconaplace.com)

Must be 55+ or a family member of a senior in need of assistance.

# Creative Seniors

## ART (Oil and Acrylic)

Location: Art Room

Session Start Dates: March 8, and April 12 (Subject to change in keeping with public health restrictions)

Mondays at 1:00 p.m. – 3:00 p.m.

Instructor: Joyce Boyer

Mode: In-Person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 6 persons

Cost: \$30 (members) and \$40 (non-members)

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.

## Creative Writing

Location: Auditorium

Session Start Date: March 16 (Only offered in Session 2) (Subject to change in keeping with public health restrictions)

Tuesdays at 10:30 a.m. – 12:30 p.m.

Instructor: Rusti Leahy

Mode: In-person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 11

Cost: \$30 (members) and \$40 (non-members)

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 by 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.

# Creative Seniors

## Critique Writing

Location: Small Lounge

Session Start Dates: March 11, and April 8 (Subject to change in keeping with public health restrictions)

Thursdays at 9:30 a.m. – 11:30 a.m.

Facilitator: Phyllis Shuell

Mode: In-Person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 5 persons

Cost: \$20 (members) and \$30 (non-members)

Do you love to write and would appreciate constructive criticism to improve your craft? This class is the perfect informal space to receive thoughtful in-depth feedback on your latest writing project.

## Needlework Group

Location: Board Room

Session Start Dates: Class Postponed

Tuesdays at 10:00 a.m. – 12:00 a.m.

Facilitator: Thery Van Kuppeveld

Mode: In-Person

Session Duration: 4 weeks (4 classes per session)

Registration Limit: 5 persons

Cost: \$20 (members) and \$30 (non-members)

Want to get in touch with your creative side or learn a new skill? Then sign up for our all things needle class (crocheting, sewing and knitting).

# Creative Seniors

## Novice Artist

Location: Online

Session Start Dates: January 22, February 26, and April 9

Fridays at 11:30 a.m. – 12:30 a.m.

Instructor: Joyce Boyer

Mode: Online

Session Duration: 4 weeks (4 classes per session)

Registration Limit: None

Cost: \$15 (members) and 25 (non-members)

Learn the basics of drawing, mixing colours (oil and acrylic), techniques to take your talent to the next level, and so much more!

New talent can emerge at any point in life.





# Curious Seniors

## Computer 101

Location: Dining Room

Start Date: March 3 (Subject to change in keeping with public health restrictions)

Wednesdays at 1:00 p.m. – 1:30 p.m. and 1:30 p.m. – 2:00 p.m.

Instructor: SPS Staff and Volunteers

Mode: In-Person, Telephone, and Online (Google Classroom short course)

Duration: Ongoing

Registration Limit for In-Person and Telephone: 4 persons (2 Persons Per Half Hour)

Registration Limit for Online: None

Cost: Free

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 use 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 computer hardware and building an understanding of how different software work.

## Book Club

Location: Small Lounge

Meeting Dates (Third Tuesdays every month): March 21, and April 20 (Subject to change in keeping with public health restrictions)

1:00 p.m. to 2:00 p.m.

Instructor: Peer-led

Mode: In-person

Duration: Ongoing

Registration Limit: 8 persons

Cost: Free

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 up yourself to new people and ideas.



## **Tax Clinic Drop Off Program (Organization/Partnership only)**

2020 has been a challenging year with the COVID-19 pandemic affecting our daily lives as well as how our CVITP clinics are run. It has been amazing to see how many of our CVITP partners have been able to adapt their procedures to continue to provide tax preparation services to our clients.

The Drop-Off program is one of the many responses to COVID-19 that Strathcona Place Society has modified to continue supporting the wellbeing of local communities and that of volunteers and clients in 2021. You may be eligible if you have a modest income and a simple tax situation. Community organisations and volunteers cannot charge for their services as CVITP services are free of charge. This program is currently open to organisation partnerships that will represent or assist seniors in collecting and dropping off their tax packages. It is not open to individual tax service at this time.

**The deadline to file your return and pay your taxes is April 30, 2021.** Until the CRA announces anything, we cannot expect any deadline delays for the 2020 income tax year. However, there is a chance that the government may decide to provide some flexibility. Doing your taxes is easier than you think. There are many services available to help you this tax season.

### **Ways to do your taxes**

#### **File online to avoid delays**

If you choose to stay at home to practice social distancing and limit your potential exposure to COVID-19, you should consider filing your tax return online and use our digital services. By filing online and using our digital services, you can improve how fast your assessment is processed, and how quickly you will receive any refund or payments you are owed.

Certified software products are available to make online filing easy, and some are free. Go to [canada.ca/netfile](https://canada.ca/netfile) to view your options. Follow the directions to install the software and enter your tax information as requested. NETFILE is fast, easy, secure and convenient. If you are registered for My Account, you can also use Auto-fill my return to quickly fill in parts of your return with information the CRA has on file, so you don't have to.

#### **The Community Volunteer Income Tax Program**

If you have a modest income and a simple tax situation, volunteers near you may be able to help you do your taxes for free. This year, volunteers may be able to complete and file your taxes virtually via videoconferencing software, telephone, or document drop-off arrangement. Go to [canada.ca/taxes-help](https://canada.ca/taxes-help) for more information.

#### **File my Return Service**

If you have a low or fixed income, you may be able to use 'File my Return'. It is a service that lets you file your return by answering a series of short questions through a secure, dedicated, and automated telephone service. If you filed a paper return last year and are eligible to use File my Return, you will receive your personalised invitation letter in the mail, or with the 2020 income tax package that will be mailed to you.

#### **Filing by paper**

If you filed your return on paper last year, the CRA will automatically mail you the 2020 Income tax and benefit package by February 19, 2021. You can see, download and order forms and publications as of January 18, 2021, at [canada.ca/taxes-general-package](https://canada.ca/taxes-general-package). Starting February 5, 2021, you can call the CRA at **1-855-330-3305** to order forms and publications.

**Judy Cho (Finance Manager/Tax Clinic Manager)**

# Roving Seniors

## Walking Group

Location: The Great Outdoors

Meet-up Days: April 7 (5K Challenge), April 14, April 21, and April 28

Wednesdays at 12:30 p.m. – 1:30 p.m.

Instructor: SPS Staff and Volunteers

Mode: In-Person

Duration: 4 weeks (4 outings)

Registration Limit: 10 persons

Cost: Free

Organised walking groups are a senior's ticket to the great outdoors on a budget. Enjoy the beautiful topography of the Queen Alexandra, Pleasantview, and Allendale communities. Walking groups are a great way to meet new people, get fit, and find balance. Let us welcome the Spring in fine walking (and jogging, for those are able to) style.





STRATHCONA PLACE SOCIETY

**ADVERTISE WITH US**

**OVER 500  
COPIES OF THE  
PROGRAM  
GUIDE PRINTED  
3 TIMES YEARLY**

**SOCIAL MEDIA EXPOSURE!**

**Full Page (8x10.5")**

\$165 per issue or \$455 per year

**Half Page (8x5.25" or 4x10.5")**

\$115 per issue or \$325 per year

**1/4 page (4x5.25" or 2x10.5")**

\$100 per issue or \$285 per year

**CALL NOW!**

# Sociable Seniors

## Wisemen

Location: Online

Start Date: January 6

Wednesdays at 10:00 a.m. – 11:00 a.m.

Facilitator: Jojomon Anthony, RSW

Mode: Online

Duration: Ongoing

Registration Limit: 6 persons for in-person

Cost: Free

Do you enjoy group discussions about everyday issues? Are you feeling isolated and in need of a non-judgemental support group? Then this popular men's group is the non-prescriptive cure you are seeking!

## Wonder Women

Location: Online

Start Date: January 13

Wednesdays at 1:00 p.m. – 2:00 p.m.

Facilitator: Laura Rexhepi, RSW

Mode: In-Person

Duration: Ongoing

Registration Limit: 4 Persons

Cost: Free

“Behind a successful woman is a tribe of other successful 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'.

# Sociable Seniors

## SPS Chorale

Location: Online

Start Date: January 14

Thursdays at 10:00 a.m. – 11:00 a.m.

Facilitator: Jojomon Anthony, RSW

Mode: Online & In-Person

Duration: Ongoing

Registration Limit: None

Cost: Free

No auditions and prior experience required. The choir provides an enjoyable opportunity to expand your musical knowledge with a supportive group. Learn about other cultures through music and hone your musical talent.

The choir will take part in concerts and events hosted throughout the year.



# FREE ENTERTAINMENT/ ACTIVITES

## [BBC Music Memories](#)

This website is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and take part in our survey to help us discover the nation's favourite music memories.

## [BFI Player](#)

BFI Player is a video on-demand streaming service, showing critically acclaimed classic, cult and archive films. Thousands of titles from the BFI National Archive are available online for free.

## [Open Culture](#)

Watch 1,150 movies free online. Includes classics, indies, film noir, documentaries and other films, created by some of our greatest actors, actresses and directors. The collection is divided into the following categories: Comedy & Drama; Film Noir, Horror & Hitchcock; Westerns (many with John Wayne); Martial Arts Movies; Silent Films; Documentaries, and Animation. Special collections of Oscar Winning Movies and Films by Andrei Tarkovsky and Charlie Chaplin are also available.

## [Jigidi](#)

Online social community where puzzlers from all around the world come to solve jigsaw puzzles. If you join Jigidi, you can save your progress, create your own puzzles and communicate with your fellow puzzlers

## [TED Talks](#)

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.

## [Bob Ross: The Joy of Painting](#)

Join Bob Ross as he paints a lovely scenic mountain surrounded by quiet, soft, misty foothills — a beautiful painting that even a beginner can do with ease!

# Outreach Services

We provide information & referrals to the following services:



Transportation



Housing



Food Security



Physical & Mental Health



Art and Recreational Activities



Financial/Legal

## Healthy Living

The Outreach Team hosts semi-regular information sessions on healthy living, and living with chronic diseases. Come in, ask questions, and have a discussion with experts on the best ways you can stay active and learn healthy habits.

## Languages Spoken

Cantonese

French

Spanish

Kannada

Malayalam

Punjabi

Hindi



# Outreach Resources

## City Phone Numbers

211 | Community and Social Services Help Line

311 | General city information and services

811 | Health advice and general information

911 | Emergency Services

780 423 4567 | Police reporting number

## Elder Abuse

Edmonton Seniors can get support by calling:

⇒ Elders Abuse Intake Line: 780 477 2929 (available Mon. to Fri. from 9 am to 4 pm)

⇒ Elder Abuse Help Line: 780 454 8888 (available 24 hours a day)

⇒ Edmonton Seniors Safe Housing: 780 702 1520

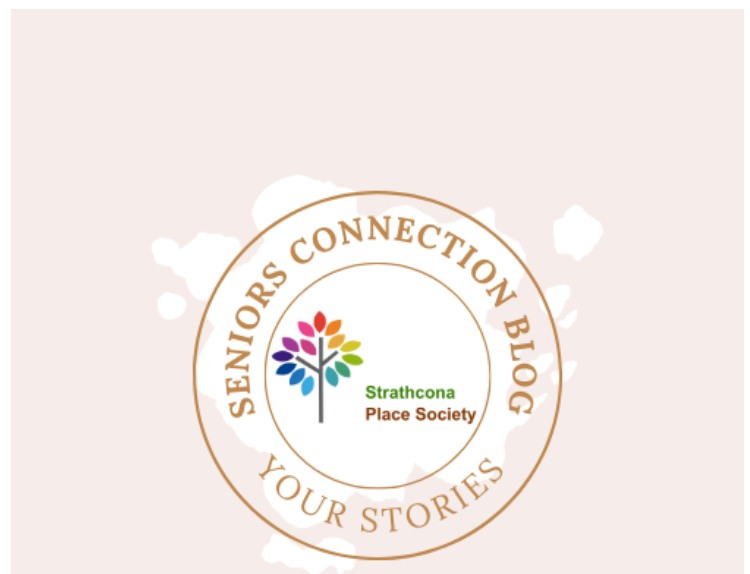
## Cleaning Services

Personal Work Force 780 424 4385 (15/h)

Elders and Angels 780 999 8958

## Health

AlbertaFindADoctor.ca – For anyone that is in need of a family doctor.



Want to keep up to date on issues affecting seniors? Then check out our blog, you will be amazed at how much you can learn.

Fitness, health, finance, gardening, and so much more!

<https://strathconaplace.com/seniors-blog>

# Board of Directors

**President:** Joy Mackenzie

**Past President:** Larena Lewchuk

**Vice President:** Angela Ostafichuk

**Treasurer:** Dr. Jane Arscott

**Director:** Judith Tomlinson

**Director:** Jean Crozier

**Director:** Prem Kalia

**Director:** Donna Trenholm

**Director:** Jim Hyrve

**Director:** Don Ingram

**Director:** Monika Weber



## Volunteer With Us

The Centre is always abuzz with activities. How about helping out at the front desk, building meaningful relationships with seniors with our Phone Pal Program, or helping out with special events such as luncheons and book sales?

Visit <https://strathconaplace.com/become-a-volunteer> and submit your application online. Do not have a computer? Call our Volunteer Coordinator at 780 433 5807 or send an email to [volunteers@strathconaplace.com](mailto:volunteers@strathconaplace.com).

Our volunteers make what we do here possible. Get involved! Help to make our Centre even better.

# EXECUTIVE DIRECTOR'S MESSAGE



**Francisco Yu, RSW**



**Strathcona  
Place Society**

## **Happy New Year from the Executive Director**

To the Strathcona Place Family,

As we move onboard into a brand new year, I want to take a moment to send out, on behalf of our team, a sincere thanks to the Strathcona Place Family. This message is a reminder that even though we are apart, we are still together.

We have seen many drastic changes here at the organisation. In the early stages of the 1st lockdown as we responded strongly with the guidance of government advisors and our stakeholders, introduced modified programs and services, adapted and created innovative solutions to the running of our community and outreach services. We have seen the creativity of staff members who have modified existing programs and created new COVID response initiatives. I can say that I am very proud of the team here for the incredible work they do. I have had the opportunity to speak with many of our members during the holidays from wonderful letters and cards I have received, to phone calls to compliment what we do. From the bottom of my heart, I can say I am happy to hear that we are successfully maintaining this connection with our community members and I hope we can continue to serve in the best way we can as a City of Edmonton funded service.

We look forward to a brand new year moving forward together, full of hope and inspiration. It is your dedication and support to our organisation that we are able to continue to keep providing our programs and services. We know that our community services to the senior sector are important and help to strengthen the community. It is because of you that we can continue to have this positive impact on others. Thank you for your support and encouragement. On behalf of the SPS Team, we wish you a Happy New Year. Here is to a great 2021!

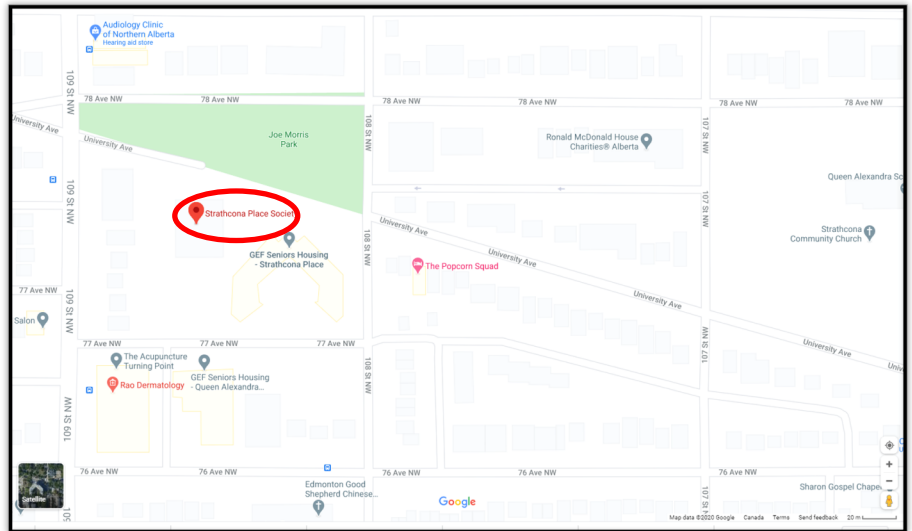
# CONTACT US

**Address:** 10831 University Avenue NW

**Front Desk:** 780 433 5807

**Outreach:** 780 433 5809

**Centre Hours:** 9 a.m. – 4 p.m.



## Follow Us Online!



Website: <https://www.strathconaplace.com>

Facebook: <https://www.facebook.com/sp55sc/>

YouTube Channel: Strathcona Place

Instagram: @sp55plus



**Executive Director**

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



**Strathcona Place Outreach Team**

**Tel: 780 433 5809**

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



**Finance Department and Tax Clinic**

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



**Programs & Volunteers Department**

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

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

Strathcona Place Society is funded by:



### Thank you!

The Centre would like to thank our Board of Directors and members for their continued support over the years. There would be no us without you!