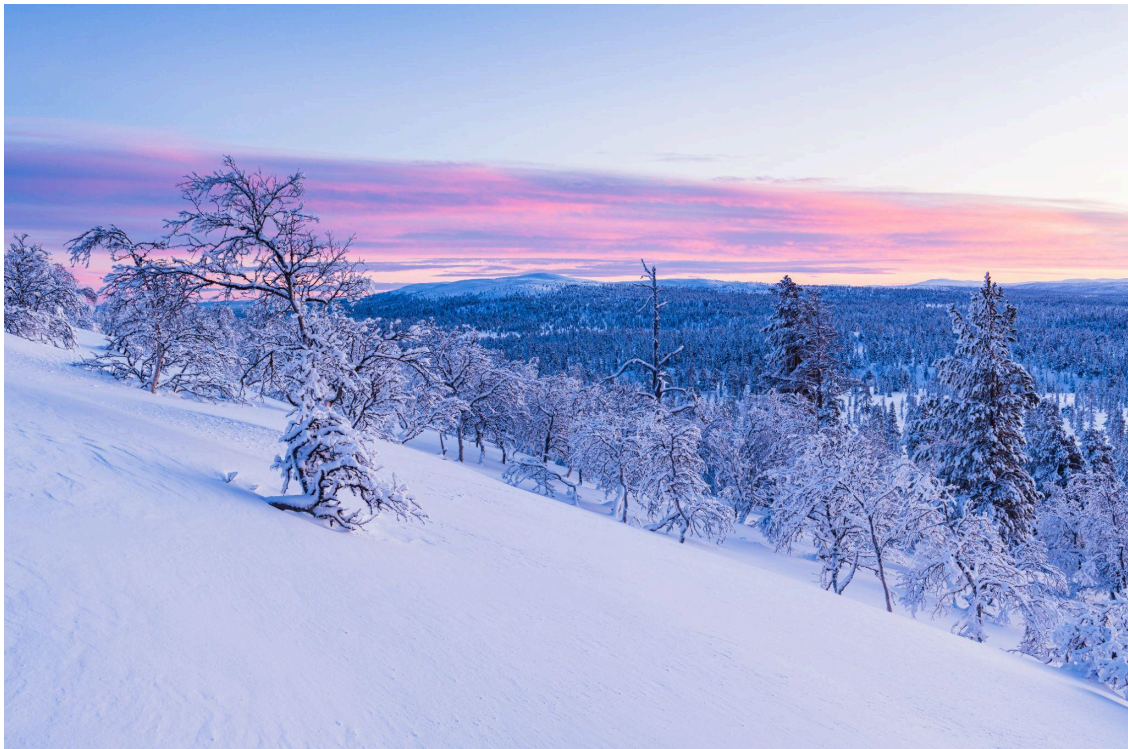




# WINTER 2026

## PROGRAM GUIDE





## Welcome to Strathcona Place Society!

**Registration** will begin on **Monday, January 5th**, at **10:00 a.m.** **Programs start on Monday, January 12th.** 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 discussion 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 centre!**

- **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 before commencing the class. By participating in any of our programs, you acknowledge and accept these terms.

## **MEMBERSHIP, REGISTRATION, & CLASSES**

### **MEMBERSHIP**

- Available to people 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 centres 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 annual 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 pro-rated rates for late registrations.
- Remote, over-the-phone registration is available; call 780-433-5807 if you need assistance or would like to register. **You must speak directly with a staff member or front-desk volunteer to register; voicemail and online registrations will not be accepted.**
- Payment methods: Cash, cheque, and major credit/debit cards.
- Registration is confirmed upon receipt of payment.
- 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, but not limited to, low enrollment, lockdowns, bad weather, or special events, and advance notice will be provided, where possible.**
- Participants will be notified and refunded if a program is cancelled by the instructor or Strathcona Place Society.
- **No makeup classes will be held for courses that fall on statutory holidays** - class dates will be planned to exclude holidays so the promised number of classes are held for each course.
- No refunds will be provided 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 following 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 centre 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.

## STRATHCONA PLACE SOCIETY WINTER 2026 PROGRAMS & ACTIVITIES

Please note: The following dates are all of the Statutory Holidays in 2026. Strathcona Place Society will be closed on these dates.

Thursday, January 1, 2026 - New Year's Day

Monday, February 16, 2026 - Family Day

Friday, April 3, 2026 - Good Friday

Monday, April 6, 2026 - Easter Monday

Monday, May 18, 2026 - Victoria Day

Wednesday, July 1, 2026 - Canada Day

Monday, August 3, 2026 - Heritage Day

Monday, September 7, 2026 - Labour Day

Wednesday, September 30, 2026 - National Day for Truth and Reconciliation

Monday, October 12, 2026 - Thanksgiving

Wednesday, November 11, 2026 - Remembrance Day

Friday, December 25, 2026 - Christmas Day

<b>Class Type</b>	<b>Class Name</b>	<b>Day of Week</b>	<b>Instructor/Facilitator</b>
<b>Fitness</b>	Essentrics for Seniors	Monday	Meaghan
	Table Tennis	Monday, Thursday	None
	Essentrics Barre for Active Agers	Tuesday	Meaghan
	Chair Yoga	Tuesday	Carmella
	Iyengar Yoga	Wednesday	Anita
	Gentle Strength Training	Wednesday	Etienne
	Gentle Hatha Yoga	Thursday	Lynne
	Flow Yoga	Friday	Carmella
	Seated Tai Chi	Friday	Ken
<b>Wellness</b>	Golden Mindfulness	Tuesday	Dr. Priscilla
	Foot Care Clinic	Second Wednesday of the month	Liz or Kimberly
<b>Social</b>	Wisemen Monday	Monday	Laura
	Wonder Women	Monday	Laura
	Coffee Chat	Tuesdays	None
	Wisemen Wednesday	Wednesday	None
	Weaving Group	Wednesday	Kathy
	Bridge Club	Wednesday	None
	Critique Writing	Thursday	Phyllis
	Sewing Group	Thursday	Thery
	Conversational French Group	Friday	None
<b>Arts</b>	Oil & Acrylic	Thursday	Joyce
	Watercolour	Second or Third Wednesday of the month	Francis

## MONDAYS

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

Uninstructed

**Session start:** January 12, 2026  
 Monday from 9:30 a.m. - 11:30 a.m.  
**End Date:** April 20, 2026  
**Session Duration:** 14 weeks  
**Registration limit:** 8 participants  
**Cost:** \$65  
**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. **Table tennis is cancelled for February 16th and April 6th.**

### WISEMEN: On-site

Facilitator: Laura Rexhepi

**Session start:** January 12, 2026  
 Monday 10:00 a.m. - 11:00 a.m.  
**Session duration:** Ongoing  
**Registration limit:** Call ahead to book a spot  
**Cost:** Free  
**Venue:** Small 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. **Wisemen is cancelled for February 16th and April 6th.**

## MONDAYS

### ESSETRICS for Seniors: On-site

**Instructor: Meaghan Hipkin**

**Session start:** January 12, 2026

Monday 1:00 - 1:45 p.m.

**End Date:** April 20, 2026

**Session duration:** 14 weeks

**Registration limit:** 15 participants

**Cost:** \$85

**Venue:** Auditorium

This is a full-body fitness class aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower-paced class, designed for those who have muscle stiffness/atrophy, frozen shoulders, chronic aches and pains, or for those who are beginning to exercise after being inactive. Ideal for people who are looking for a gentle, slow-tempo class that focuses on improving range of motion, mobility, balance, and strength. This class is done standing and using a chair. Please bring a yoga mat and water to drink. **No class on February 16th and April 6th.**

### WONDER WOMEN: On-site

**Facilitator: Laura Rexhepi**

**Session start:** January 12, 2026

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

**Session duration:** Ongoing

**Registration limit:** Call ahead to book a spot

**Cost:** 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. **Wonder Women is cancelled on February 16th and April 6th.**

## TUESDAYS

### COFFEE CHAT: On-site

**Uninstructed**

**Session start:** January 13, 2026  
 Tuesdays 11:00 am - 12:00 pm (noon)  
**Session duration:** Ongoing  
**Registration limit:** Contact the Front Desk  
**Cost:** Free  
**Venue:** Small Lounge

Do you like to meet new people? Do you like free coffee and good conversation? Come join our coffee chat group, running on the 2nd and 4th Tuesdays of every month!

### CHAIR YOGA: On-site

**\*NEW\* Instructor: Carmella Haykowsky**

**Session start:** January 13, 2026  
 Tuesday 1:00 p.m. - 2:00 p.m.  
**End Date:** April 14, 2025  
**Session duration:** 14 weeks  
**Registration limit:** 10 participants  
**Cost:** \$65  
**Venue:** Auditorium

Join us for a gentle Chair Yoga stretch class. The pace is moderate with an emphasis on breathing and movement. Carmella will modify the poses to suit the participants. She will guide the class through a series of poses that are done seated chair or standing at the chair. This class starts with seated warm-up poses, followed by a series of seated flow yoga poses and standing balance poses. This class ends in a seated relaxation/savasana.

## TUESDAYS

### **GOLDEN MINDFULNESS: On-site**

**Instructor: Dr. Priscilla Koop**

**Session start:** January 13, 2026

Tuesdays 2:30 - 3:45 p.m.

**End Date:** April 14, 2026

**Session duration:** 14 weeks

**Registration limit:** 10 participants

**Cost:** \$80

**Venue:** Small lounge

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.

### **\*NEW\* ESSETRICS BARRE for Active Agers: On-site**

**Instructor: Meaghan Hipkin**

**Session start:** January 13, 2026

Tuesdays 2:15 - 3:15 p.m.

**End Date:** April 14, 2026

**Session duration:** 14 weeks

**Registration limit:** 15 participants

**Cost:** \$75

**Venue:** Small lounge

Everything you ever wanted from a barre workout, but without the pain and stiffness! A dynamic, full-body workout that combines standing, floor and barre exercises in one class. All the benefits of a regular ESSETRICS® workout - stretch, strengthen and rebalancing all 650+ muscles. Respectful to the body, barre work helps to unlock and stretch the deep muscles of the spine, hips, hamstrings and quads, in order to relieve pain and permit full range of motion. **Yoga mat required. \*Please note that Essentrics Barre is more challenging than the regular Barre Fitness classes we have had in the past.\***

## WEDNESDAYS

### WEAVING GROUP: On-site

**Instructor: Kathy Buse**

**Session start:** January 14, 2026  
 Wednesday 9:00 am - 12:00 pm  
**End Date:** April 22, 2026  
**Session Duration:** 14 weeks  
**Registration Limit:** Contact the Front Desk  
**Cost:** \$75  
**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 the Program Coordinator.)

### FOOT CARE CLINIC: On-site

**Provider: Liz Synnott or Kimberly Hudson**

**Session start:** January 14, 2026  
 Second Wednesday of every month  
**Session duration:** Once monthly, with enough participants  
**Registration limit:** Minimum 7 participants  
**Cost:** \$32 members; \$37 non-members  
**Venue:** Main Lounge

Are you someone who has diabetes or other high-risk conditions? Do you find it difficult to take care of your feet? Book an appointment with Liz to get an assessment, have your nails cut and filed, your cuticles cleaned, your feet moisturized, etc. Spots are booked consecutively, and we need a minimum of 7 participants for the foot care clinic to run, so register today!

**Please pay the provider directly. Dates:**

**Liz: January 14th & March 11th**

**Kimberly: February 11th & April 8th**

## WEDNESDAYS

### IYENGAR YOGA: On-site

Instructor: Anita Cullen

**Session start:** January 14, 2026  
 Wednesday 10:00 a.m. - 11:00 a.m.  
**End Date:** April 22, 2026  
**Session duration:** 14 weeks  
**Registration limit:** 12 participants  
**Cost:** \$75  
**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.

### WEDNESDAY WISEMEN: On-site

Uninstructed

**Session start:** January 14, 2026  
 Wednesday 10:00 a.m. - 11:00 a.m.  
**Session duration:** Ongoing  
**Registration limit:** Call ahead to book a spot  
**Cost:** 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.

## WEDNESDAYS

### ARTS (WATERCOLOUR): On-site

**Instructor: Francis Marte**

**Session start:** January 14, February 11, March 11, and April 8, 2026

Wednesday 10:00 am - 2:00 pm

**Session duration:** Once monthly

**Registration limit:** 12 Participants

**Cost:** \$35 per workshop

**Venue:** Art Room

In this class designed for beginners, you will learn how to paint the Northern Lights in watercolour. This painting will almost paint itself! It's quite fascinating!

The instructor will teach you how to do the wet-on-wet technique using carefully selected paint colours and how to paint simple details while using a reference photo. A reference photo, paints to use during class, and watercolour paper are all included in the registration fee.

Students are asked to bring:

1. Watercolour round brush #6 and #2 or #3
2. Snack and drink
3. Apron, pen, and paper for note-taking (optional)
4. 2 containers to hold water (size of yogurt tubs)

### BRIDGE CLUB: On-site

**Uninstructed**

**Session start:** January 14, 2026

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

**Session duration:** Ongoing

**Registration limit:** Contact the Front Desk

**Drop-in cost:** \$3

**Venue:** Small Lounge

Group play in a fun and welcoming environment! Basic knowledge and experience playing bridge and a love of the game are all the requirements to join. New members are welcome!

## WEDNESDAYS

### GENTLE STRENGTH TRAINING: On-site

**\*NEW\*** Instructor: Etienne Thompson-Legare

**Session start:** January 14, 2026

Wednesday 2:15 p.m. - 3:15 p.m.

**End Date:** April 22, 2026

**Session duration:** 14 weeks

**Registration limit:** 15 participants

**Cost:** \$65

**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, in a circuit-training format.

## THURSDAYS

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

Uninstructed

**Session start:** January 15, 2026  
 Thursday from 9:30 a.m. - 11:30 a.m.  
**End Date:** April 23, 2026  
**Session duration:** Ongoing  
**Registration limit:** 8 participants  
**Cost:** \$65  
**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.

### CRITIQUE WRITING: Blended (on-site & online)

Facilitator: Phyllis Shuell

**Session start:** January 15, 2026  
 Thursday 10:00 a.m. - 12:00 p.m.  
**End Date:** April 23, 2026  
**Session duration:** 14 weeks  
**Registration limit:** 6 participants (on-site)  
**Cost:** \$70  
**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.

## THURSDAYS

### SEWING GROUP: On-site

Facilitator: Thery van Kuppeveld

**Session start:** January 15, 2026

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

**Session duration:** Ongoing

**Registration limit:** 4 participants

**Cost:** Free

**Venue:** Lobby

Open to all sewers and knitters; join our social group, which is 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!

## THURSDAYS

### ARTS (OIL & ACRYLIC): On-site

Instructor: Joyce Boyer

**Session Start:** January 15, 2026

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

**End Date:** April 23, 2026

**Session duration:** 14 weeks

**Registration limit:** 12 participants

**Cost:** \$90

**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 media and will be able to help you in your quest to create strong paintings. This class is open to all skill levels!

### GENTLE HATHA YOGA: On-site

Instructor: Lynne Fahlman

**Session start:** January 15, 2026

Thursday 2:00 p.m. - 3:00 p.m.

**End Date:** March 26, 2026

**Session duration:** 10 weeks

**Registration limit:** 10 participants

**Cost:** \$60

**Venue:** Auditorium

A gentle practice focusing on breathing, stretching, and relaxing. This practice will include standing, chair and floor work. **Please bring a yoga mat for this class.**

## FRIDAYS

**\*NEW\* FLOW YOGA: On-site****Instructor: Carmella Haykowsky****Session start:** January 16, 2026

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

**End Date:** May 1, 2026**Session duration:** 14 weeks**Registration limit:** 15 participants**Cost:** \$65**Venue:** Auditorium

Join us for a Gentle Flow Yoga stretch class. The pace is moderate to quick with an emphasis on breathing, proper movement and alignment. Carmella will modify the poses to suit the participants, as needed. She will guide the class through a series of poses that are done sitting or lying on the mat as well as standing. This class starts with a seated warm-up, flows through standing balance poses, and ends with poses done sitting *and* lying on the mat. This class ends in a relaxation/savasana on the floor. **Yoga mat required.**

**No class on April 3rd.****CONVERSATIONAL FRENCH GROUP: On-site****Instructor: Uninstructed****Session start:** January 16, 2026

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

**Session duration:** Ongoing**Registration limit:** Contact the Front Desk**Cost:** Free**Venue:** Small Lounge

Parlez-vous français ? Rejoignez-nous pour une heure par semaine pour conversation et camaraderie! **Pas de cours le 3 Avril.**

## FRIDAYS

**SEATED TAI CHI: on-site****Instructor: Ken Chui****Session start:** January 16, 2026

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

**End Date:** May 1, 2026**Session duration:** 14 weeks**Registration limit:** Contact the Front Desk**Cost:** \$65**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. **No class on April 3rd.**

## 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>