



# 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

### GENERAL MEMBERSHIP

#### Eligibility and Perks

- Persons forty-five (45) years and older.
- Register and attend Strathcona Place Society programs at discounted rates.
- Access to participating senior centres in the city; check their program guides for more activities.
- Full voting rights at AGM.
- Courtesy reminder prior to membership renewal date.

### ASSOCIATE MEMBERSHIP

#### Eligibility and Perks

- Persons under the age of forty-five (45) and over the age of thirty-five (35).
- Register and attend Strathcona Place Society programs if space is available.
- Exclusively available at Strathcona Place Society
- Courtesy reminder prior to membership renewal date.

*\*\*Associate members do not have voting rights.\*\**

### FEES

- General Membership - \$30.00
- Associate Membership - \$30.00

### DURATION

- Valid for one (1) full calendar year from the date of purchase

## REGISTRATION & SIGN-UP

- Registration for classes is open for the entire duration of the session.
- Sign up early, as class space is limited.
- 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.**
- 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 2026 HOLIDAY CLOSURES

*Strathcona Place Society will be closed on the following Statutory Holiday dates  
in 2026.*

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	-
	Essentrics Barre for Active Aged	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	-
	Wisemen Wednesday	Wednesday	-
	Weaving Group	Wednesday	Kathy
	Bridge Club	Wednesday	-
	Critique Writing	Thursday	Phyllis
	Sewing Group	Thursday	Thery
	Conversational French Group	Friday	-
<b>Arts</b>	Oil & Acrylic	Thursday	Joyce
	Watercolour	Second or Third Wednesday of the month	Francis

## MONDAYS

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

**Self-Directed**

**Session start:** January 12, 2026  
Monday from 9:30 a.m. - 11:30 a.m.

**End Date:** April 27, 2026

**Session Duration:** 14 weeks

**Registration limit:** 8 participants

**Cost:** \$65

**Venue:** Games room (Basement)

**No Class: February 16th (Family Day) & April 6th (Easter Monday)**

This lively game brings big smiles and gentle fitness benefits. Boost your hand-eye coordination, keep your reflexes sharp, and enjoy a low-impact workout that's kind to the joints. Whether you're picking up a paddle for the first time or returning to an old favorite, table tennis is a wonderful way to stay active and make new friends.

### 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

**No Class: February 16th (Family Day) & April 6th (Easter Monday)**

Looking for good conversation and great company? Our popular Men's Group offers a warm, welcoming space to chat about everyday topics, current events, and life's ups and downs—no judgment, just support. Pull up a chair, share a laugh, and enjoy meaningful connection with like-minded friends.

## MONDAYS

### ESSENTRICS for Seniors: On-site

**Instructor:** Meaghan Hipkin

**Session start:** January 12, 2026

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

**End Date:** April 27, 2026

**Session duration:** 14 weeks

**Registration limit:** 15 participants

**Cost:** \$85

**Venue:** Auditorium

**No Class: February 16th (Family Day) & April 6th (Easter Monday)**

This gentle, full-body class helps wake up muscles, improve mobility, and slowly rebuild strength at an easy, comfortable pace. Perfect for easing stiffness, aches, or getting back into movement, we'll focus on balance, range of motion, and feeling stronger every day. Exercises are done standing and with a chair—please bring a yoga mat and water, and come ready to move with care and confidence.

### 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:** Small Lounge

**No Class: February 16th (Family Day) & April 6th (Easter Monday)**

This popular women's group is all about connection, laughter, and supporting one another. Come share stories, swap ideas, and enjoy uplifting conversation about whatever tickles your fancy. For more information or to join, please call our outreach line at 780-433-5809.

## TUESDAYS

### COFFEE CHAT: On-site

**Self-Directed**

**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

**No Class: February 17th (Family day week break)**

Love meeting new people, sipping free coffee, and enjoying friendly conversation? Join our Coffee Chat group on the 2nd and 4th Tuesdays of each month for warm drinks, good company, and plenty of smiles. It's the perfect excuse to get out and catch up!

### 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 21, 2025

**Session duration:** 14 weeks

**Registration limit:** 10 participants

**Cost:** \$65

**Venue:** Auditorium

**No Class: February 17th (Family day week break)**

Unwind and stretch in this gentle Chair Yoga class, where breathing and easy movement take center stage. Carmella offers thoughtful modifications as she guides you through seated and standing poses using a chair for support. We'll begin with a warm-up and flowing stretches, and finish with a peaceful seated relaxation to leave you feeling calm and refreshed.

## 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

**No Class: February 17th (Family day week break)**

Discover the calming practice of mindfulness and learn to stay present, one moment at a time. Enjoy gentle meditations, share challenges, and support each other along the way. Summaries and recordings are provided for home practice.

### **\*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:** Auditorium

**No Class: February 17th (Family day week break)**

Enjoy a gentle barre workout that stretches, strengthens, and rebalances the whole body, improving flexibility and releasing tension. Movements are easy and accessible—no stiffness required!

Please note: Bring your own yoga mat.



## 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)

**No Class: February 18th (Family day week break)**

A friendly, social weaving class for all skill levels, where members help set up looms and learn as they go. Instructor and society approval required due to space limits—check with the Program Coordinator.

### FOOT CARE CLINIC: On-site

**Providers: 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

Need help caring for your feet due to diabetes or other high-risk conditions? Book an appointment with Liz or Kimberly for a full foot care session, including nail trimming, cuticle cleaning, and moisturising. Minimum of 7 participants required—please register early and 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

**No Class: February 18th (Family day week break)**

A fun, energizing class for all fitness levels, focusing on strength and stability. Chairs, belts, and blocks are used, with modifications to suit everyone's needs. Start your week feeling strong, balanced, and ready to go!

### WEDNESDAY WISEMEN: On-site

Self-Directed

**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:** Small Lounge

**No Class: February 18th (Family day week break)**

Looking for good conversation and friendly company? Our Men's Group offers a welcoming space to share experiences, discuss current events, and connect with like-minded friends. Join us for open dialogue, laughs, and meaningful connections.

## 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

Watercolours and paper are 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 yoghurt tubs)

## BRIDGE CLUB: On-site

Self-Directed

**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

**No Class: February 18th (Family day week break)**

Enjoy friendly group bridge play in a fun and welcoming setting! If you have a love of the game and some basic experience, you'll fit right in. New members are always welcome to join and make new friends while sharpening their skills.

## 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

**No Class: February 18th (Family day week break)**

Stay strong, steady, and independent with this class focused on balance, strength, stamina, and coordination. Using light weights, resistance bands, bender balls, and steps, we'll work through a fun circuit-training format. Build confidence in your movements while keeping your body active and resilient!

## THURSDAYS

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

**Self-Directed**

**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)

**No Class: February 19th (Family day week break)**

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 socialise and stay active.

### CRITIQUE WRITING

**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

**No Class: February 19th (Family day week break)**

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

**No Class: February 19th (Family day week break)**

This class is ideal for acrylic, oil, and pastel artists who want to develop their creativity and strengthen their skills. Joyce, an experienced instructor, provides guidance on composition, colour, and techniques to help participants create strong, confident paintings. 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

**No Class: February 19th (Family day week break)**

This class offers a gentle practice focusing on breathing, stretching, and relaxation, incorporating standing, chair, and floor exercises. Participants of all experience levels are welcome.

Please note: Bring a yoga mat to 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**No Class: February 20th (Family day week break) & April 3rd (Good Friday)**

This Gentle Flow Yoga class combines breathing, alignment, and movement in a moderate-paced practice suitable for all levels. Carmella provides modifications as needed, guiding participants through seated, standing, and floor poses, finishing with a relaxing savasana.

Please note: Bring a yoga mat to class.

**CONVERSATIONAL FRENCH GROUP: On-site****Self-Directed****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**Pas de cours le 20 Février et le 3 Avril (Vendredi Saint).**

Parlez-vous français ? Rejoignez-nous une heure par semaine pour pratiquer la conversation et partager un moment convivial avec d'autres francophones.

## 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 classes on February 20th or April 3rd (Good Friday).**

## 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>