



SouthWest Edmonton  
Seniors Association

# Virtual Winter Program Guide February – March 2021



## Program Guide February - March 2021

SWESA offers a wide variety of programs, including social activities, many types of physical fitness classes, art groups, information talks and workshops. There is something for everyone and many opportunities to try new things and meet new people. Early registration is encouraged as programs fill up quickly.

Our programs are designed for adults aged 55+. You do not need to be a SWESA member to participate. However, with the COVID - 19 Pandemic in full swing, SWESA will only be offering programming to SWESA members until the restrictions are lifted.

SWESA is part of a reciprocal agreement with other seniors' centres including:

- Central Lions Seniors Association Edmonton Centre
- Jewish Senior Citizens' Centre
- Mill Woods Seniors Activity Centre
- Minerva Senior Studies Institute
- North Edmonton Seniors Association
- North West Edmonton Seniors Society
- Seniors Association of Greater Edmonton
- South East Edmonton Seniors Association
- Strathcona County Family and Community Services
- Strathcona Place Senior Centre
- Westend Seniors Activity Centre

Members of these centres will receive the same price discount as SWESA members for instructional programs (e.g., workshops, choir, fitness programs). For all other programs reciprocal members will pay non-member prices. Reciprocal members will be required to show proof of a valid membership in one of the centres listed above to receive member prices.

## Program Registration

**REGISTER NOW!**

While in person programs have temporarily been placed on hold, SWESA is offering a 6-week virtual session to begin February 16, 2021. See below for details for all your favorite classes and some new ones like Chair Yoga, Body Weight, Barre, and Total Body Tabata and Circuit Bootcamp to name a few!

### First Steps for Online Registration

Create your **MyActiveCenter** account today and register for one of our virtual programs or information sessions. **MyActiveCenter** is easy, secure, and mobile. Benefits include:

- An organized catalogue of all programs with dates, times, and locations.
- Live availability – no more waiting to see if you got into a class!
- Flexibility to register for all programs at your convenience.
- Ability to join a waitlist for popular programs or those with limited space.

Once you've activated your account, you can join groups and enroll in your centre's activities online; they will appear on your My Activities page. It's easy to keep track of your courses, and you won't miss out! If you share an email address, you can add that person's name to your account on the My Account page.

All you need to get started is the number from your assigned SWESA keytag.

Click [here](#) to sign up for your new **MyActiveCenter** account today.

You can call Melissa at 780-860-3603 or email her [here](#) with any questions.

SWESA staff will call you to process your payment by credit card over the phone once you have completed your registration.

You may also register by calling 587-987-3200 Monday-Friday from 9-4:30 pm.

## Program Guide for February & March 2021

### VIRTUAL FITNESS GUIDE

#### Virtual Fitness

Description	Dates/Times	Cost
<p><b>The Core and All</b>            Increase your overall strength and improve your posture, balance, and flexibility with a certified personal trainer. You will warm up, stretch, and exercise your entire body with light weights and resistance bands to increase your strength and overall fitness.</p>	<p>Tuesdays            10 am – 11 am            February 16, 23            March 2, 9, 16, 23</p> <p>Fridays            12 pm – 1 pm            February 19, 26            March 5, 12, 19, 26            Instructor: Billy Yu</p>	<p>\$60/6-week session            (\$10 per class)</p> <p>\$60/6-week session            (\$10 per class)</p> <p><u>You will need:</u>            Supportive footwear,            light weights,            resistance bands</p>
<p><b>Barre CANCELLED</b>            Barre classes combine breath, alignment and gentle movements derived from ballet, Pilates, and yoga. Barre conditioning helps create long lean muscles, toned thighs, and stronger abdominals in addition to increasing flexibility and improving posture.</p>	<p>Tuesdays            11 am – 12 pm            February 16, 23            March 2, 9, 16, 23</p> <p>Instructor: Deb Proc</p>	<p>\$60/6-week session            (\$10 per class)</p> <p><u>You will need:</u>            Yoga mat, chair</p>
<p><b>ESSETRICS For Seniors</b>            This class is aimed at regaining mobility while slowly building strength and reawakening muscles. It combines standing and chair exercises for those who have muscle stiffness/atrophy and chronic aches and pains.</p>	<p>Tuesdays            2 pm – 2:45 pm            February 16, 23            March 2, 9, 16, 23</p> <p>Instructor: Lori Griffith</p>	<p>\$60/6-week session            (\$10 per class)</p> <p><u>You will need:</u>            Yoga mat, chair</p>
<p><b>Sit &amp; Be Fit CANCELLED</b>            Here's a gentle fitness class for those with mobility and/or chronic conditions. All exercises are performed from a chair. Learn different adaptive exercises with light weights and exercise bands to build strength, stamina, and flexibility.</p>	<p>Tuesdays            2:30 pm – 3:30 pm            February 16, 23            March 2, 9, 16, 23</p> <p>Instructor: Catherine Lavedrine</p>	<p>\$60/6-week session            (\$10 per class)</p> <p><u>You will need:</u>            Light weights            (soup cans),            exercise bands,            chair</p>

<p><b>Age-Reversing ESSETRICS</b> <b>CANCELLED</b></p> <p>These workouts will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain, and stimulate your immune system and cells to increase energy and vibrancy. This class offers standing and floor work and is suitable for those looking for a gentle to moderate fitness program.</p>	<p>Wednesdays 9:45 am – 10:45 am February 17, 24 March 3, 10, 17, 24</p> <p>Fridays 1:30 pm – 2:30 pm February 19, 26 March 5, 12, 19, 26 Instructor: Lori Griffith</p>	<p>\$60/6-week session (\$10 per class)</p> <p>\$60/6-week session (\$10 per class)</p> <p><u>You will need:</u> Yoga mat</p>
<p><b>Body Weight CANCELLED</b></p> <p>This class is for active seniors. Discover just how challenging strength training can be by only using your body weight. You will get your heart pumping, build strength, and keep moving. Cardio, strength training, flexibility, mobility, and core are all included in this fun, energetic class.</p>	<p>Wednesdays 11 am – 12 pm February 17, 24 March 3, 10, 17, 24</p> <p>Instructor: Esther Sipos</p>	<p>\$60/6-week session (\$10 per class)</p> <p><u>You will need:</u> Supportive footwear</p>
<p><b>Yoga Stretch and Strengthen</b></p> <p>You'll start off with the foundations of yoga and gradually progress and build on them. Some of the benefits can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm, and ease of being.</p>	<p>Wednesdays 11:15 am – 12:30 pm February 17, 24 March 3, 10, 17, 24</p> <p>Instructor: Linda Vaudan</p>	<p>\$60/6-week session (\$10 per class)</p> <p><u>You will need:</u> Yoga mat</p>
<p><b>Gentle Yoga CANCELLED</b></p> <p>Participants will develop strength and flexibility while working at their own pace. Our long-time instructor has her older adult certification and can assist you through any concern or chronic pain. This class is suitable for beginners or those with mobility issues.</p>	<p>Wednesdays 12:45 pm – 1:45 pm February 17, 24 March 3, 10, 17, 24</p> <p>Instructor: Linda Vaudan</p>	<p>\$60/6-week session (\$10 per class)</p> <p><u>You will need:</u> Yoga mat</p>
<p><b>Mixed Music Line Dancing</b> <b>CANCELLED</b></p> <p>Our certified dance instructor and choreographer will take you through fun dynamic routines to a variety of music such as swing, tango, country, disco, and Latin. This class will make an hour of exercise fly by!</p>	<p>Thursdays 9:30 am – 10:30 am February 18, 25 March 4, 11, 18, 25</p> <p>Instructor: Michelle Mitchell</p>	<p>\$60/6-week session (\$10 per class)</p> <p><u>You will need:</u> Supportive footwear</p>

<p><b>Latin Grooves CANCELLED</b>  You will begin working on mini-step combinations in a variety of Latin dance styles (salsa, samba, cha-cha, rumba, mambo, bachata, merengue, and tango) and progress to full dance routines that exercise the body and mind. Enjoy moving and grooving to the pulsating rhythms of beautiful Latin music!</p>	<p>Thursdays  11 am – 12 pm  February 18, 25  March 4, 11, 18, 25</p> <p>Instructor: Michelle Mitchell</p>	<p>\$60/6 classes  (\$10 per class)</p> <p><u>You will need:</u>  Supportive footwear</p>
<p><b>Zumba Gold</b>  If you are looking for a low-impact workout with simple fun steps, this class is for you. Move your body to Latin music with an experienced instructor. Suitable for all abilities and mobility levels, you can dance your way to improved health and fitness!</p>	<p>Thursdays  12:45 pm – 1:45 pm  February 18, 25  March 4, 11, 18, 25</p> <p>Instructor: Tammy Clark</p>	<p>\$60/6 classes  (\$10 per class)</p> <p><u>You will need:</u>  Supportive footwear</p>
<p><b>Mobility, Flexibility, and Balance Arthritis Class CANCELLED</b>  This class is designed for those with osteoarthritis, focusing on the hip and knee joints as they are most affected due to their weight-bearing capacity. Participants will experience improved joint range of motion, muscle strength and endurance, improved posture, balance and coordination, and the increased ability to perform activities of daily living.</p>	<p>Fridays  10:30 am – 11:30 am  February 19, 26  March 5, 12, 19, 26</p> <p>Instructor: Natalia Bandola</p>	<p>\$60/6 classes  (\$10 per class)</p>
<p><b>Chair Yoga</b>  Experience all the benefits of yoga (increased flexibility, muscle strength, energy levels, and improved circulation) from a seated position. This class is perfect for participants looking for a gentle introduction to yoga and those with mobility or chronic conditions. All exercises are performed from a chair. No mat work is required.</p>	<p>Fridays  11:15 am – 12:15 pm  February 19, 26  March 5, 12, 19, 26</p> <p>Instructor: Linda Vaudan</p>	<p>\$60/6 classes  (\$10 per class)</p> <p><u>You will need:</u>  Yoga mat Chair</p>

<p><b>Total Body Tabata and Circuit Bootcamp <del>CANCELLED</del></b></p> <p>This workout will improve your endurance, strength, balance, coordination, and agility with a combination of timed music drills, using your body as well as free weights. There will be a cool down and stretch component at the end. Prepare to challenge yourself!</p>	<p>Fridays 2 pm – 3 pm February 19, 26 March 5, 12, 19, 26</p> <p>Instructor: Esther Sipos</p>	<p>\$60/6 classes (\$10 per class)</p> <p><u>You will need:</u> Yoga mat Supportive footwear, free weights</p>
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#### Virtual Coffee and Chat

<p><b>Coffee and Chat</b></p> <p>Welcome to SWESA! Join fellow members for interesting conversation and camaraderie.</p>	<p>(Click to join) <b>Mondays from 1 pm – 2 pm</b> (Click to join) <b>Thursdays from 1 pm – 2 pm</b></p>	<p>Free for members!</p>
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#### Virtual Arts

<p><b>Watercolors</b></p> <p>Willie has been teaching pencil, watercolors, acrylics, and oil painting for 20 years to students of all ages and skill levels. He excels at inspiring beginner artists with his easy-to-learn watercolor basics. Providing tried-and-true techniques, he walks each student through a piece of their choosing from start to finish.</p>	<p>Thursdays 10 am – 12 pm February 18, 25 March 4, 11, 18, 25</p> <p>Instructor: Willie Wong</p>	<p>\$100/6 classes</p> <p>Supplies are an additional cost. Supply lists will be sent with your registration confirmation</p>
<p><b>Freestyle Art and Chat</b></p> <p>This is an informal art group for members who want to create beautiful works of art of their choosing while socializing from the comfort of their homes.</p>	<p>Thursdays 2 – 4 pm February 18, 25 March 4, 11, 18, 25</p> <p>There is no instructor for this program.</p>	<p>Free for members!</p>

All virtual fitness programs with SWESA are offered through Zoom, interested participants should have access to a working device (e.g., computer, laptop, iPad/tablet smartphone)

equipped with a camera and microphone, the internet, and a private space large enough to accommodate the activity level of the class.

For more information on how to use Zoom, click on one of the helpful links below.

- <https://www.youtube.com/watch?v=9isp3qPeQ0E> A new ZOOM beginner
- <https://www.youtube.com/watch?v=mbbYqiurgeo> How to join a ZOOM meeting (The Basics)

To learn how to hook your TV up to a laptop or iPad for a larger viewing experience while using Zoom. Click [HERE](#)

## Virtual Toonie Talks

To thank our members for their continued support during this unprecedented time, Virtual Toonie Talks will be offered at no charge until restrictions for in-person gatherings are lifted.

Upcoming Toonie Talks	
February 23 @11:15 pm	Service Canada Program Overview
March 2 @11:15 am	Slam the Scam!
March 9 @ 11:15 am	Southside PCN Dietitian
March 23 @11:15 am	Service Canada-Everything you need to know about CPP and OAS
April 6th @11:15 am	CRA-Disability Tax Credit
May 4th @3 pm	CRA-Seniors Benefits and Credit for All

Look in the weekly bulletins for additional virtual presentations from AHS and PCN ... Mental Health and Travel.

## In Person Classes

When Covid-19 restrictions are lifted, SWESA will be offering in person classes at our [Blue Quill Community Centre location, 11304 – 25 Ave, NW](#). With significantly reduced class sizes participants will be able to adhere to the physical distancing requirements. Program and activity times have been adjusted to allow time for proper cleaning and sanitization between classes, and to allow extra time for participants to come and go with limited contact.