



SouthWest Edmonton
Seniors Association

Spring Program Guide April – May 2021



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SWESA

SWESA is growing every day and is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services.

SWESA's vision is that we are a progressive organization creating a vibrant, welcoming age-friendly community. We ascribe to the core values of collaboration, respect, inclusion, accountability, and innovation.

Our programs are designed for adults aged 55+. You normally 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 or Reciprocal Members until the restrictions are fully lifted.

As Covid-19 restrictions are lifted, SWESA will be offering in person classes at our **[Blue Quill Community Centre Location, 11304 – 25 Ave NW Edmonton.](#)**

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 for time for proper cleaning and sanitization, and to allow extra time for participants to come and go with limited contact.

SWESA MEMBERSHIP

MEMBERSHIP INFO	SWESA 55+	RECIPROCAL
Annual Fee (January 1-December 31)	\$30	N/A
Membership Fee	Non-Refundable Non-Transferable	N/A
Weekly Bulletin Access	Yes	Yes
AGM Voting Privileges	Yes	No
Virtual Classes	Yes-Registration Required	Yes-Registration Required
In Person Classes	Yes-Registration Required	Yes-Registration Required
Drop - In Classes	Not Currently Available	
Non – Member Participation	Not Currently Available	
Benefits	Discounts on Annual Passes to City Recreational Facilities	

SWESA is part of the 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). Currently SWESA is not offering programming to non-members due to the COVID-19 restrictions. Reciprocal members will be required to show proof of a valid membership in one of the centres listed above to participate in SWESA programming.

PROGRAM REGISTRATION

Create your **MyActiveCenter** account today to register for one of our virtual or in person 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!

Step by step Instructions are provided below:

1. Click on this link www.myactivecenter.com to open MyActiveCenter.
2. Login to your MyActiveCentre account.

New User - At the very top, select the **green** button "New Users" to create and activate a new account.

Fill in your Information:

- **Key Tag Number:** Is found on the back of your key tag.
- **Home Phone Number:** Is the number you used to register for your membership.
- **Email Address:** Use your primary email address.
- **Password:** Set your own password. Don't forget to remember it for next time!
- Click continue.

Existing User – At the very top, select "**Sign In**" and log in with the same email and password you used last time.

- If you have forgotten your password, select reset your password and follow instructions (For tablet or smartphone users you will need to go to www.myactivecenter.com/#reset-password).
- Click Continue.

3. Search for "**SouthWest Edmonton Seniors**" in the search bar.
4. Select "**SouthWest Edmonton Seniors Association**" from the search results.
5. Once you have successfully created an account or logged in, all available classes will be listed in alphabetical order. Select the class you wish to register for by clicking the name of the program.

6. Scroll down to the calendar. Select one of the days listed.
If it is a series, confirm you wish to enroll in all classes by hitting “continue” (this step will not appear if it is a one-time class).
7. Scroll above the calendar to a grey box to review and confirm the dates you have selected, hit the **green** “Register” button.
8. One final pop-up will appear to confirm your registration dates, click “**Register**”.
9. **Payment:** 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 10 am-3:00 pm.

CANCELLATION/REFUNDS

- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition. SWESA credit may be given in varying circumstances.

DISCLAIMER/LIBAILITY

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association’s board of directors, staff or volunteers.

Program Sessions For 2021			
Session	Length (Weeks)	Session Dates	Registration Dates
1	6	February 16 - March 26 <i>Closed February 15</i>	February 9 - 12
2	8	April 6 - May 28, <i>Closed April 2,5 & May 24</i>	March 29 - April 1
3	8	June 8 - July 30 <i>Closed July 1</i>	June 1 - 4
4	8	August 10 - October 1 <i>Closed Aug 2 & October 11</i>	August 3 - 6
5	10	October 12 - December 17 <i>Closed November 11</i>	October 5 - 8

PROGRAM UPDATES

On Tuesday April 6, 2021, the province announced we would be required to return to Stage 1, effective midnight April 7, 2021.

What does this mean for SWESA Members?

1. All low- impact in person programming will revert to virtual classes.
2. Hybrid Class Pilot Project - will be on hold until further notice.
3. If you registered in a in person class and **DO NOT** want to participate virtually, please contact Ruth or Melissa at 587-987-3200.

SWESA Pilot's Hybrid Fitness Classes – ON HOLD

Early this year SWESA was successful in receiving a grant from the Edmonton Community Foundation, this grant has allowed us to explore new ways of offering programming in a manner that reassures seniors and staff of a safe environment. Part of the grant was devoted to bringing Hybrid Fitness Classes to SWESA members. The definition of a Hybrid Fitness Class is where participants are online and in person in the same class at the same time. Some of the many benefits to participating in a Hybrid Class are listed below:

1. Provides options for members - If you are not comfortable yet with coming to the center for a class, you could participate virtually in the safety of your home.
2. If the weather were bad in the winter, you could safely participate at home and not have to brave the cold.
3. If you are a snowbird, (Post COVID-19 of course) you could participate virtually in your favorite classes and keep connected with your friends while you are away.
4. Running late and don't have time to drive to the center, it's ok, you could just log in and still be able to participate in your class virtually.

As this is a Pilot Project, we are only offering certain Hybrid classes to start. The trial Hybrid classes will be Gentle Yoga, Yoga Stretch and Strengthen, and the Core and All on Tuesdays and Fridays. To participate in these classes, you must pre-register as space is limited due to the AHS guidelines for in person low intensity fitness classes. If you have questions about the Hybrid classes or would like to register, call Ruth at 780-860-2856.

Program Guide for April & May 2021

Please Note: **Programs cancelled due to low or no enrollment.**

VIRTUAL FITNESS GUIDE		
Session 2 - April 6 - May 28 (8 Week Session)		
Description	Dates/Times	Cost
<p>Sit & Be Fit CANCELLED This is 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 11:30 am – 12:30 pm April 6,13,20,27 May 4,11,18,25</p> <p>Instructor: Catherine Lavedrine</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed items</u> Resistance bands, water bottle</p>
<p>The Core & All 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 10:00 am – 11:00 pm April 6,13,20,27 May 4,11,18,25</p> <p>Instructor: Billy Yu</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed items</u> Supportive footwear, resistance bands, water bottle</p>
<p>Barre CANCELLED Barre (Low Intensity Class) 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. A chair is used instead of a ballet bar. <u>Please note:</u> You must be able to safely lift your leg up onto the chair</p>	<p>Tuesdays 1 pm – 2 pm April 6,13,20,27 May 4,11,18,25</p> <p>Instructor: Catherine Lavedrine</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed items</u> Water bottle</p>
<p>ESSETRICS For Seniors CANCELLED 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 2:30 pm – 3:15 pm April 6,13,20,27 May 4,11,18,25</p> <p>Instructor: Lori Griffith</p>	<p>\$80/8 classes (\$10 per class)</p> <p><u>Needed items</u> Yoga mat, water bottle</p>
<p>Age-Reversing ESSETRICS</p>	<p>Wednesdays</p>	<p>\$80/8 classes</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>10 am – 11 am April 7,14,21,28 May 5,12,19,26 June 2</p> <p>Instructor: Lori Griffith</p>	<p>(\$10 per class)</p> <p><u>Needed items</u> Yoga mat, water bottle</p>
<p>Yoga Stretch & Strengthen In this class you will 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 11:30 am – 12:45 pm April 7,14,21,28 May 5,12,19,26 June 2</p> <p>Instructor: Linda Vaudan</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed items</u> Yoga mat, water bottle</p>
<p>Body Weight <i>CANCELLED</i> This class is for active seniors. Discover just how challenging strength training can be by only using your body weight. This class will get your heart pumping, build strength, and keep you moving. The class consists of cardio, strength training, flexibility, mobility, and core all rolled into a fun, energetic 60-minute workout!</p>	<p>Wednesdays 1:30 pm - 2:30 pm</p> <p>April 7,14,21,28 May 5,12,19,26</p> <p>Instructor: Esther Sipos</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed items</u> Supportive footwear, water bottle</p>
<p>Zumba Gold 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 April 8,15,22,29 May 6,13,20,27</p> <p>Instructor: Tammy Clark</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed items</u> Supportive footwear, water bottle</p>
<p>Gentle Yoga <i>CANCELLED</i> Gentle Yoga is a kind way to stretch and strengthen. The benefits of yoga include better range of motion and muscle tone, more ease in daily activities, improved breathing, better balance, and stress reduction. In these classes we will use the chair during the warmups. The chair will be accessible for those who would like to use it, during the balance, standing, and finishing stretches and poses.</p>	<p>Fridays 11:30 am – 12:30 pm April 9,16,23,30 May 7,14,21,28</p> <p>Instructor: Linda Vaudan</p>	<p>\$64/8 classes (\$8 per class)</p> <p><u>Needed item</u> Yoga mat, water bottle</p>

<p>The Core & All 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>Fridays 1 pm – 2 pm April 9,16,23,30 May 7,14,21,28 Instructor: Billy Yu</p>	<p>\$64/8 classes (\$8 per class) <u>Needed items</u> Resistance bands, water bottle</p>
<p>Total Body Bootcamp This workout will improve your endurance, strength, balance, coordination, and agility with a combination of timed music drills (Tabata – a type of high intensity Interval Training, consisting of 8 sets of 20 second intervals) using your body weight as well as free weights. There will be a cool down and stretch component at the end. Prepare to challenge yourself!</p>	<p>Fridays 2:30 pm – 3:30 pm April 9,16,23,30 May 7,14,21,28 Instructor: Esther Sipos</p>	<p>\$64/8 classes (\$8 per class) <u>Needed items</u> Supportive footwear, free weights, water bottle</p>

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

Virtual Arts		
<p>Introduction to Drawing Anyone can learn to draw! Have fun exploring the essentials of drawing: sketching, lines, proportion, depth, shadows, and more. Learn to design realistic drawings using just a pencil, eraser, and various blending techniques to create form, light, and texture. Divide paper into 4 and then 4 again and 4 again to pinpoint where the image starts or stops. This is a slower paced course, there will be lots of time to practice.</p>	<p>Wednesdays 1:15 pm - 3:15 pm April 7,14,21,28 May 5,12,19,26 Instructor: Willie Wong **Each virtual zoom class will be recorded and emailed to participants.**</p>	<p>\$120/8 classes Supplies are an additional cost. Supply lists will be sent with your registration confirmation</p>
<p>Watercolors CANCELLED Willie has been teaching pencil, watercolors, acrylics, and oil painting for 20 years to students of all ages and</p>	<p>Thursdays 10 am - 12 pm April 8,15,22,29 May 6,13,20,27</p>	<p>\$120/8 classes Supplies are an additional cost.</p>

<p>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>Instructor: Willie Wong</p> <p>**Each virtual zoom class will be recorded and emailed to participants.**</p>	<p>Supply lists will be sent with your registration confirmation</p>
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VIRTUAL PROGRAM INFORMATION

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.

ZOOM

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](#)

IN PERSON PROGRAM INFORMATION – ON HOLD

What to expect when coming to the Center for in person programs:

1. Participants who are sick or experiencing any COVID-19 symptoms are asked to stay home. SWESA will refuse entry to protect the safety and well-being of members, staff, and volunteers.
2. Participants will need to always keep their masks on, including during fitness programs. Free disposable masks are available upon entry.
3. Members will enter through the Main Entrance doors and go directly to their class and wait to be checked in by a SWESA staff member.
4. You will be required to verbally complete the Alberta Health Services COVID-19 Screening Tool and have your SWESA Key Tag scanned for attendance purposes.

5. Physical distancing protocols and signage will be in place. The floor will be marked for participants to ensure everyone maintains the required **3m (9ft)** distance.
6. Water fountains will not be available. Please bring your own water bottle.
7. Remember to wash or sanitize your hands often, especially before and after handling any exercise equipment.
8. When exiting the building after your class we ask that you leave through the Emergency Exit door in the gym and refrain from loitering in the Main Entrance or Hallways.
9. All classes will take place at the Blue Quill Community Center, 11304 - 25 Ave NW Edmonton.

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	
Tuesday, April 13 at 11:15 am	AHS - Moving More During the Pandemic
Tuesday, April 13 at 3:15 pm	Rutherford Heights Virtual Tour - CANCELLED
Tuesday, April 20 at 11:15 am	EPL Databases – An Introduction to Creative Bug
Tuesday, April 27 at 11:15 am	Scotland Travel Presentation - CANCELLED
Tuesday, May 4 at 3:15 pm	CRA – Seniors Benefit and Credit for All

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

For more information or to register you may call Ruth at 780-860-2856 or email programs@swesa.ca.