



SouthWest Edmonton
Seniors Association

Summer Program Guide

August 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.

SWESA will be offering in person fitness 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.

WEEKLY BULLETIN

For the most up to date information and SWESA News look to our Weekly Bulletin, it comes out every Friday at 6:00 pm. If you don't receive our bulletin but would like to [CLICK HERE](#) to subscribe.

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
General Meeting/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 780-860-2856 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 & 2</i>	June 1 - 4
4	4	August 10 – September 3 <i>Closed Aug 2</i>	August 3 - 6
5	7	September 13 – October 29 <i>Closed October 11</i>	September 7-10
	7	November 2 – December 17 <i>Closed November 11</i> <i>Make up class Dec 23</i>	October 26 - 29

FITNESS PROGRAMS

TUESDAY	WEDNESDAY	THURSDAY
<p><u>Essentrics For Seniors</u> 2:30 – 3:15 pm August 10,17,24,31 (4 weeks) \$40</p>	<p><u>Yoga Stretch & Strengthen</u> 11:30 am - 12:45 pm August 11,18,25 September 1 (4 weeks) \$32</p>	<p><u>Zumba Gold</u> 12:45 – 1:45 pm August 12,19,26 September 2 (4 weeks) \$32</p>
	<p><u>Gentle Yoga</u> 1:15 – 2:15 pm August 11,18,25 September 1 (4 weeks) \$32</p>	

Program Descriptions:

.ESSETRICS For Seniors

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.

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.

Gentle Yoga

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.

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!

Coffee and Chat		
Coffee and Chat Welcome to SWESA! Join fellow members for interesting conversation and camaraderie.	Mondays: 1-2 pm Thursdays: 1-2 pm	Blue Quill Community League 11304-25 Ave, until further notice.

For further updates or additional programming check the weekly bulletin or the SWESA website.

SWESA Pilot Hybrid Fitness Classes

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.

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

VIRTUAL PROGRAM INFORMATION

All fitness programs with SWESA can be offered through Zoom as part of our Hybrid Pilot Project. 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

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 are encouraged to wear their masks when entering and exiting the building, masks **DO NOT** need to be worn during the class.
3. Members will enter through the Main Entrance doors. You will need to scan your SWESA Key Tag for attendance purposes as per usual and answer the COVID-19 screening questions.
4. Physical distancing protocols and signage will be in place. The floor will be marked for participants to ensure everyone maintains a minimum of **6ft** distance between participants.
5. Classes will have a maximum of 15 participants to ensure we are still social distancing.
6. Remember to wash or sanitize your hands often, especially before and after handling any exercise equipment.
7. When exiting the building after your class we ask that you leave through the Emergency Exit door in the gym.
8. All fitness classes will take place at the Blue Quill Community Center, 11304 - 25 Ave NW Edmonton.

“Toonie Talk” Presentations

There will not be Toonie Talks in the month of August in preparation for our re-opening in September, where Toonie Talks will resume in person at one of our 3 locations.

SWESA PROGRAM LOCATIONS

1. Blue Quill Community League (11304-25 Ave NW) – Office, All Fitness Programs and Luncheons
2. Yellowbird Community League (10710 – 19 Ave NW) - Coffee & Chat, Cards, Art Programs, Choir, etc.
3. Terwilliger Recreation Center (2051 Leger Road NW) - Coffee & Chat, Cards, Toonie Talks, Knitting and Stitching, etc.