



# Fall 2021 Program Guide



**September 2021 – December 2021**

Blue Quill Community Centre – 11304 - 25 Ave NW  
Yellowbird East Community Centre – 10710 - 19 Ave NW  
Terwillegar Community Recreation Centre – Room 7, 2051 Leger Rd NW

Main Line: 587-987-3200

[programs@swesa.ca](mailto:programs@swesa.ca)

[www.swesa.ca](http://www.swesa.ca)

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## **A Great Place to be 55+**

SouthWest Edmonton Seniors Association (SWESA) offers social, cultural and recreational programs at several locations that are gathering places for individuals 55+ living in southwest Edmonton. SWESA is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization working 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. Our 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.

## **Membership**

SWESA's annual membership fee is \$30. The membership year runs from January 1 to December 31; membership fees are not pro-rated if you join part way through the year. New memberships purchased September through December will be offered at \$40 and will be valid until December of the following year.

## **Benefits of Membership**

- Access to our facilities
- Enjoy our drop-in lounge and the book and puzzle exchange at Blue Quill Community Centre
- Priority registration for programs and events
- Member rates for some programs and activities
- Reciprocal rights at partnered Senior Centres in Edmonton
- Discounts at most City of Edmonton recreational facilities
- Receive a weekly email bulletin with up-to-date news and events
- Vote at the Annual General Meeting and Special General meetings

## **Reciprocal Membership**

Valid membership from partnered seniors' centres (reciprocal membership) will be recognized for participation in instructor led programs at member rates. SWESA members will be given priority if class size capacity is reached.

## **Volunteering**

Volunteers are an important and integral part of our organization – without them we wouldn't be where we are today! There are many ways you can contribute your time and talents. Roles include special event and committee work, program hosts, personal phone callers, and many more. If you are interested in volunteering, email [volunteers@swesa.ca](mailto:volunteers@swesa.ca).

## **Program and Activity Registration**

Program and Activity registration can be done through MyActiveCenter (see instructions at the end of this program guide), by phone or email, or by visiting our office in the Blue Quill Community Centre. Please call 587-987-3200 or visit [www.swesa.ca](http://www.swesa.ca) for program and activity details. Preferred payment by credit card, debit, cheque payable to SWESA. Cash will be accepted. Registration for programs is only confirmed upon payment. Sign up early to avoid disappointment as some classes fill up quickly.

### **NEW THIS YEAR**

We are introducing a stamp card for all programs that were \$2 in the past; this includes WISE Talks (formerly known as Toonie Talks), all games, cards, and self-directed activities (Art Group, Knitting & Stitching, Paper Quilling).

**Our goal is to limit the coin we are taking due to COVID-19.** Stamp cards will be sold as 5 visits for \$10 or 10 visits for \$20 and will be valid for these activities September – December 2021. Stamp cards can be purchased at our Blue Quill office. When you attend, your card will be dated by staff or the volunteer program Host.

**NOTE: Pre-registration for all programs and activities is required. This includes WISE Talks (formerly known as Toonie Talks), all games, cards and self-directed groups (Art Group, Knitting & Stitching, Paper Quilling). There are no drop-in programs at this time. At present we are only accepting registrations from SWESA members or reciprocal members.**

### **Cancellations/Refunds**

- SWESA reserves the right to cancel programs.
- Registered 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 or should they cancel after a registration deadline. SWESA credit may be given at the discretion of the Program Coordinator.

### **Disclaimer/Liability**

SWESA is not responsible for any physical injuries that may take place during any of its programming. As a program or activity participant, individuals also recognize and accept that there is a risk of contraction COVID-19 due to his/her participation and recognize that SWESA cannot be held liable for a COVID-19 outbreak or transmission caused by his/her negligence. Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SWESA's board of directors, staff or volunteers.

## **Centre Hours/Closures**

Blue Quill Community Centre, 11304 – 25 Ave NW

Hours: Monday to Friday 9:00 am – 4:30 pm

Yellowbird East Community Centre, 10710 - 19 Ave NW

Hours: Monday to Thursday 9:00 am – 3:00 pm

Terwillegar Community Recreation Centre, Room 7, 2051 Leger Road NW

Hours: Monday to Friday 9:00 am – 4:30 pm

All locations will be closed on:

September 6 (Labour Day)

September 30 (National Day for Truth and Reconciliation)

October 11 (Thanksgiving Day)

November 11 (Remembrance Day)

December 24-26 (Christmas holidays)

**Due to the civic election, Blue Quill Fitness classes will NOT run October 4 – 15.**

**Yellowbird East will be closed September 20 for the federal election and October 18 for the civic election.**

## COVID-19 Notice to all Participants and Visitors

SWESA is doing its best to minimize the risks of contracting COVID-19 for individuals attending programs or activities at all of its locations. All individuals and visitors participating in SWESA programs and activities are expected to abide by the following guidelines:

- Non vaccinated individuals must wear a mask.
- Masks are mandatory for vaccinated individuals especially when entering the building, in the corridors or the washrooms. Masks may be removed when exercising or when eating or drinking.
- Sanitize hands upon arrival and departure.
- As much as possible, maintain physical distance.
- Do not come to any SWESA facility if you are feeling unwell (including fever, cough, shortness of breath, loss of taste or smell, sore throat or runny nose and have not been tested for COVID-19), or if you have been in contact with someone who has tested positive for COVID-19 in the past 14 days.
- Follow the directions of staff, your activity host, or instructor about disinfecting the area where you will be sitting (chair, table surface, equipment) with the disinfecting wipes provided.
- These procedures are subject to change based on Alberta COVID-19 public health measures and City of Edmonton bylaws.
- Any questions or concerns may be directed to the Business Manager by calling 587-987-3200 or email [admin@swesa.ca](mailto:admin@swesa.ca)

### Checking In

Blue Quill Community Centre: Members will enter through the main entrance doors. You will need to scan your SWESA Key Tag and you may be required to answer the COVID screening questions. This includes everyone attending programs, visiting, or book/puzzle returns and exchanges.

Yellowbird East Community Centre and Terwillegar Community Recreation Centre: Staff or the designated volunteer host will scan your SWESA Key Tag and check your name off on the registration list.

**No Scent Please:** In respect of those with allergies, we ask that you do not wear scent when in our facilities.

## Seniors Home Supports Program (SHSP)

Do you need help around your home but don't know who to call? The Seniors Home Supports Program is a referral service that connects Edmonton seniors with referrals to affordable and screened service providers. The goal of this program is to assist seniors to remain in their homes longer, safely and independently by connecting them with affordable service providers. Seniors may choose a service provider from the referrals provided and pay them directly for work completed. There is no charge to register for the program or for the referrals given.

Referrals are provided for the following services:

Snow Removal: snow removal and de-icer (not chipping ice)

Yard Help: lawn mowing and fall/spring clean-up (small tree removal, trimming, etc.) and gate, sidewalk and concrete repairs

Housekeeping: cleaning of floors, bathrooms, and refrigerators, dusting, and laundry

Minor Home Repairs and Maintenance: plumbing and electrical work, handyman services (painting, furnace and appliance repairs, window cleaning, roofing/eavestrough work, and deck/railing repairs)

Personal Services: hair, foot, home, and respite care

Moving Help: downsizing, organizing, junk removal

For more information on the program, or to register, contact Barbara Newell, Home Supports Program Coordinator by calling 780-860-2931 or email [homesupport@swesa.ca](mailto:homesupport@swesa.ca).

Barb's hours of work are Monday to Thursday between 9:00 am and 3:00 pm. She is also available to meet with you at the Yellowbird East Community Centre on Mondays and Wednesdays.

# Fall Programs and Activities

## SOCIAL

### Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow members in an informal, casual setting and an enjoyable way to stay in touch with fellow SWESA members. Stay for a short time or stay all morning or afternoon! Coffee, tea and cookies are always available.

**In an effort to reduce waste, SWESA suggests that individuals bring a reusable beverage container from home.**

**When:** Monday and Wednesday, 1:30 pm – 4:00 pm

**Location:** Terwillegar Community Recreation Centre, Room 7

**When:** Tuesday and Thursday, 9:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre



## GAMES

Come and learn to play a friendly game in a casual and warm setting. Some refer to this type of play as “kitchen cards.” Both beginners and experienced players are welcome and can join at any given time throughout the season. If you are interested in another game, please contact the Program Coordinator to discuss.

Game	Date	Location	Time
American Mahjong	Monday, September 13- December 20	YECC Coffee Room	9:30 – 12:00
Bridge (Contract)	Monday September 13- December 20	TCRC Room 7	9:30 – 1:00
Canasta (Hand and Foot)	Monday September 13- December 20	YECC Hall	12:30 – 2:45
Cribbage	Monday September 13- December 20	YECC Coffee Room	12:30 – 2:45
Arizona 10	Tuesday September 14- December 21	YECC Coffee Room	12:30 – 2:45
Bridge (Contract)	Wednesday September 15- December 22	YECC Coffee Room	12:30 – 2:45
Canasta (Hand and Foot)	Thursday September 16- December 23	YECC Hall	9:15 – 12:00
Euchre	Thursday September 16- December 23	TCRC Room 7	9:30 – 12:00
Cribbage	Thursday September 16- December 23	YECC Coffee Room	12:30 – 2:45

**Pre-registration is required. Cost: \$20 for the season or purchase a stamp card at Blue Quill for occasional visits.** Please arrive ahead of the listed program time to allow teams and tables to be set for game play.

## **ARTS, CRAFTS and HOBBIES**

### **Art Group**

Calling all artists! This is an informal program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment. There is no instructor for this program.

#### **Pre-registration is required.**

**When:** Monday, 9:30 am – 12:00 pm

September 13 to December 20 (no class September 20, October 11, October 18)

**Location:** Yellowbird East Community Centre Hall

**Cost:** \$20 (12 classes) or purchase a stamp card at Blue Quill for occasional visits

### **Knitting and Stitching Group**

Join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other.

#### **Pre-registration is required.**

**When:** Friday, 12:30 pm – 3:00 pm

September 17 to December 17

**Location:** Terwillegar Community Recreation Centre Room 7

**Cost:** \$20 (12 classes) or purchase a stamp card at Blue Quill for occasional visits

### **Paper Quilling Group**

Quilling is an art form that involves the use of rolling, shaping and gluing strips of paper to create decorative designs. During the Renaissance, French and Italian nuns and monks used quilling to decorate book covers and religious items. In the 18th century, quilling became favored by European "ladies of leisure." It is becoming more popular due to the simplicity and the low cost of materials.

#### **Pre-registration is required.**

**When:** Thursday, 12:30 pm – 3:00 pm

September 16 to December 23 (no class September 30, November 11)

**Location:** Terwillegar Community Recreation Centre Room 7

**Cost:** \$20 (11 classes) or purchase a stamp card at Blue Quill for occasional visits

## **SWESA Choir**

Come sing your heart out! Boost your self-esteem, meet new people and learn something new! Led by a professional choir instructor from Visionary Centre for the Performing Arts, SWESA welcomes all music lovers to enjoy the benefits of singing in a relaxed and friendly environment. No experience is necessary. There may be a scheduled performance at the end of the session.

### **Pre-registration is required.**

**When:** Thursday, 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre Hall

**Session 1** (6 classes) September 16, 23, October 7, 14, 21, 28 (no class September 30)

**Session 1 Cost:** \$60

There may be an additional small charge for music sheets.

**Session 2** (6 classes) November 4, 18, 25, December 2, 9, 16 (no class November 11)

**Session 2 Cost:** \$60

There may be an additional small charge for music sheets.

## **Introduction to Drawing**

**Instructor:** Susan Casault

Anyone can learn to draw! Have fun exploring the essentials of drawing: sketching, lines, proportion, depth, shadows, and more. Discover how to create realistic drawings using just a pencil, eraser and various blending techniques to create form, light and texture. A slower-paced course using different subjects each week, there is lots of time to practice what you learn. Photo reference will be provided by the instructor.

**When:** Friday, 9:30 am - 12:00 pm

**Dates:** October 29, November 5, 12, 19, 26, December 3

**Location:** Terwillegar Community Recreation Centre, Room 7

**Cost:** \$60

## **Watercolours for All Levels**

Willie Wong has been teaching pencil, watercolors, acrylics, and oil painting for 20 years to students of all ages and all skill levels. He excels at inspiring beginner artists with his easy-to-learn watercolor basics. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish.

**When:** Wednesday, 10:00 am – 12:00 pm

**Session 1** (5 classes) October 27, November 3, 10, 17, 24

**Session 1 Cost:** \$50

**Session 2** (4 classes) December 1, 8, 15, 22, 2021

Session 2 Cost: \$40

**Location:** Yellowbird East Community Centre

You are required to purchase supplies. The list will be available at our Blue Quill office or can be picked up on your first day of class. Materials are NOT needed on the first day of class.

### **Book Club**

At their meetings, members discuss books they have read and express their opinions, likes, dislikes, etc. Members provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes. This is an informal and friendly group whose members have dynamic personalities, varying backgrounds, and interesting conversations. Do not hesitate to join this group at any time throughout the year or come for the company and conversation.

**When:** 1<sup>st</sup> Wednesday of each Month

**Dates:** September 1, October 6, November 3, December 1

**Cost:** Free

**Location:** Blue Quill Community Centre

# FITNESS

All SWESA fitness programs take place in the Blue Quill Community Centre.

**Due to the civic election, Fitness classes will NOT run October 4 – 15.**

## Important Information

- Classes will have a maximum of 15 participants to ensure adequate distancing. Please maintain a 6ft distance between participants in fitness classes.
- Wash or sanitize your hands often, especially before and after handling any exercise equipment.
- We encourage participants to bring their own fitness equipment. If you do not have your own equipment, please come early to avoid hallway traffic and get what you need for your class. After class, place used equipment in the bin provided so we can properly disinfect.
- When exiting the building after your class we ask that you refrain from loitering in the main entrance or hallway. Participants in the main gym should exit through the side door of the gym.

## Barre

**Instructor:** Deb Proc

**Fitness Level 2:** Moderate to Active

Barre is a workout technique inspired by elements of ballet, yoga, and Pilates; it focuses on low-impact, high-intensity movements designed to strengthen your body, develop agility and flexibility. Barre is beginner-friendly and adaptable to different skill sets and ability levels.

**When:** Thursday, 2:30 pm – 3:30 pm

**Session 1** (4 classes) September 16, 23, October 21, 28

**Session 1 Cost:** \$32

**Session 2** (7 classes) November 4, 18, 25, December 2, 9, 16, 23

**Session 2 Cost:** \$56

## Core & All

**Instructor:** Esther Sipos (Wednesday) or Deb Proc (Friday)

Fitness Level 2: Moderate to Active. Bring yoga mat and water.

This class is designed to focus on your core and increase your overall strength and improve your posture, balance and flexibility. You will warm up, stretch, and exercise your entire body; weights and resistance bands may be used, as well as chairs to assist with stability.

**When:** Wednesday, 10:15 am – 11:15 am

**Instructor:** Esther Sipos

**Session 1** (5 classes) September 15, 22, 29, October 20, 27

**Session 1 Cost:** \$40

**Session 2** (8 classes) November 3, 10, 17, 24, December 1, 8, 15, 22

**Session 2 Cost:** \$64

**When:** Friday, 11:30 am – 12:30 pm

**Instructor:** Deb Proc

**Session 1** (5 classes) September 17, 24, October 1, 22, 29

**Session 1 Cost:** \$40

**Session 2** (7 classes) November 5, 12, 19, 26, December 3, 10, 17

**Session 2 Cost:** \$56

## **Essentrics for Seniors**

**Instructor:** Lori Griffith

Fitness Level 1: Gentle, standing and chair work. Bring a yoga mat and water.

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

**When:** Tuesday, 2:30 pm – 3:15 pm

**Session 1** (5 classes)

September 14, 21, 28, October 19, 26

**Session 1 Cost:** \$50

**Session 2** (8 classes)

November 2, 9, 16, 23, 30, December 7, 14, 21

**Session 2 Cost:** \$80

## **Essentrics – Age Reversing**

**Instructor:** Lori Griffith

Fitness Level 2: Gentle to Moderate, includes standing and some floor work (back and side only). Bring yoga mat and water.

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. This class will increase flexibility and mobility for a healthy, toned and pain-free body. A slow-paced, full body workout created by Miranda Esmonde-White, the author of the New York Times bestseller, Aging Backwards and latest book, Forever Painless.

**When:** Friday, 1:00 pm – 2:00 pm

**Session 1** (5 classes)

September 17, 24, October 1, 22, 29

**Session 1 Cost:** \$50

**Session 2** (7 classes)

November 5, 12, 19, 26, December 3, 10, 17

**Session 2 Cost:** \$70

## **Essentrics- Cardio Total Fit for Active Agers 55+**

**Instructor:** Jannine Otto

Fitness Level 2: Moderate to Active, standing and floor work. Requires running shoes, light hand weights and water.

Maintain your health and cardiovascular fitness in this whole-body class suitable for all levels. Have fun and move to music in a 60-minute class that will enhance cardiovascular health, increase strength, mobility, flexibility and balance. Using an interval style format, the hour includes a variety of low impact cardio exercises combined with strength building resistance intervals using handheld weights. The instructor is certified in active aging and has years of experience teaching all fitness levels. Plenty of modifications will be provided so that everyone is welcome.

**When:** Thursday, 9:45 am – 10:45 am

**Session 1** (4 classes) September 16, 23, October 21, 28

**Session 1 Cost:** \$40

**Session 2** (7 classes) November 4, 18, 25, December 2, 9, 16, 23

**Session 2 Cost:** \$70

## **Sit & Be Fit**

**Instructor:** Deb Proc

Fitness Level 1: Gentle

This gentle fitness class is designed for those with mobility and/or chronic issues. All exercises are performed from a chair. Learn different adaptive exercises with light weights and resistance bands to build strength and stamina.

**When:** Tuesday, 11:30 am – 12:30 pm

**Session 1** (5 classes)

September 14, 21, 28, October 19, 26

**Cost:** \$40

**Session 2** (7 classes)

November 2, 9, 16, 23, 30, December 7, 14

**Cost:** \$56

## **Total Body Bootcamp**

**Instructor:** Esther Sipos

Fitness Level 3: Be prepared to sweat and challenge yourself! Bring a yoga mat and water. This program is for Active older adults looking to maintain or improve their strength, stamina, balance, flexibility and coordination. It will have a warmup component, followed by intervals of cardio and strength drills, using weights or resistance bands, followed by balance, core work and a cool down/stretch on the mat. Options will be given for different fitness levels.

**When:** Friday, 10:15 am – 11:15 am

**Session 1** (5 classes) September 17, 24, October 1, 22, 29

**Session 1 Cost:** \$40

**Session 2** (7 classes) November 5, 12, 19, 26, December 3, 10, 17

**Session 2 Cost:** \$56



## **Yoga – Gentle**

**Instructor:** Darria Hirsekorn

**Fitness Level 1:** Gentle, standing and floor work. Bring a yoga mat, water and a blanket or shawl.

Gentle Yoga is a kind way to practice yoga. 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 and the chair will be accessible for those who would like to use it, during the balance, standing, and finishing stretches and poses. Join this relaxing health promoting and see the benefits in your life.

**When:** Wednesday, 1:30 pm – 2:30 pm

**Session 1** (5 classes) September 15, 22, 29, October 20, 27

**Session 1 Cost:** \$50

**Session 2** (8 classes) November 3, 10, 17, 24, December 1, 8, 15, 22

**Session 2 Cost:** \$80

## **Yoga – Stretch and Strengthen I**

**Instructor:** Linda Vaudan

**Fitness Level 1:** Bring a yoga mat, water and a blanket or shawl.

Explore stretching and strengthening your body, in a variety of poses on your back, seated on the floor, standing, and on your belly. This class will start with the foundations of yoga and gradually progress and build on these important foundations. Some of the benefits of Stretch and Strengthen Yoga I can include: improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being, and increased enjoyment of being in a body.

**When:** Friday, 2:30 pm – 3:30 pm

**Session 1** (5 classes) September 17, 24, October 1, 22, 29

**Session 1 Cost:** \$50

**Session 2** (7 classes) November 5, 12, 19, 26, December 3, 10, 17

**Session 2 Cost:** \$70

## **Yoga – Stretch and Strengthen II**

**Instructor:** Darria Hirsekorn

Fitness Level 2: An advanced yoga class. Bring a yoga mat, water and a blanket or shawl. This class is an invitation into more challenging explorations of yoga in a variety of poses on your back, seated on the floor, standing and on your belly. There will be opportunities to stretch and strengthen the body in new and challenging ways, while building on the foundations of yoga. Some of the benefits of Stretch and Strengthen Yoga II can include: greater flexibility, muscle tone and strength, improved range of motion of the joints, more body awareness, greater calm and ease of being.

**When:** Wednesday, 11:45 am – 1:00 pm

**Session 1** (5 classes) September 15, 22, 29, October 20, 27

**Session 1 Cost:** \$50

**Session 2** (8 classes) November 3, 10, 17, 24, December 1, 8, 15, 22

**Session 2 Cost:** \$80

## **Zumba- Gold**

**Instructor:** Tammy Clark

Fitness Level 2: Moderate to Active.

If you're looking for a low-impact workout with simple, fun steps, this class is for you. Move your body to the Latin rhythms of reggaeton, cumbia, salsa, and merengue. Sixty minutes will fly by in this fun and supportive class. Suitable for all abilities and mobility levels. Come dance your way to improved health and fitness!

**When:** Thursday, 11:30 am – 12:30 pm

**Session 1** (4 classes) September 16, 23, October 21, 28

**Session 1 Cost:** \$40

**Session 2** (7 classes) November 4, 18, 25, December 2, 9, 16, 23

**Session 2 Cost:** \$70

## **Zumba – Chair**

**Instructor:** Tammy Clark

Fitness Level 1: Gentle to Moderate

This class is a Zumba Gold class with the Latin rhythms you love with all exercises done while sitting in a chair synched to the beat. The Chair class will be more fitness based than the standing Zumba Gold which is more of a dance fitness class but is still a full body workout. All moves can be modified to be less, or more intense, depending on your fitness level.

Some standing songs will be done as well to showcase the regular Zumba Gold standing class which includes balance and toning songs. Decide which style you like better!

**When:** Tuesday, 1:00 pm – 2:00 pm

**Session 1** (5 classes) September 14, 21, 28, October 19, 26

**Session 1** Cost: \$50

**Session 2** (8 classes) November 2, 9, 16, 23, 30, December 7, 14, 21

**Session 2** Cost: \$80

## **WISE Talks: Wisdom, Inspiration, Self-Awareness and Education**

Previously called Toonie Talks, WISE Talks are presentations by professionals and knowledgeable individuals on a wide range of topics. Watch the weekly bulletin for upcoming presentations. Registration in advance is required so that presenters can be prepared and we can inform you should there scheduling changes.

**When:** TBD, for updates please see weekly bulletin or visit our website [here](#).

**Location:** Terwillegar Community Recreation Centre and Yellowbird East Community Centre

**Cost:** \$2 Purchase a stamp card at Blue Quill.

As we work to develop more programming, we will be introducing new classes and activities that do not appear in this guide. For updated program information visit our website at [www.swesa.ca](http://www.swesa.ca) and look under the SWESA Programs.

New programs will also be featured in issues of SWESA's weekly bulletin. You can subscribe to the weekly bulletin by clicking [here](#).

If you have any questions or would like more information about programming, please call our Program Coordinator at 587-987-3200 or email [programs@swesa.ca](mailto:programs@swesa.ca).

## Weekly Ongoing Programs

Blue Quill Community Centre (11304 - 25 Ave NW) = BQCC

Yellowbird East Community Centre (10710 - 19 Ave NW) = YECC

Terwillegar Community Recreation Centre (Room 7, 2051 Leger Road NW) = TCRC

<b>Day</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>
Monday	American Mahjong	9:30 am – 12:00 pm	YECC
Monday	Art Group	9:30 am – 12:00 pm	YECC
Monday	Cribbage	12:30 pm – 2:45 pm	YECC
Monday	Canasta (Hand and Foot)	12:30 pm – 2:45 pm	YECC
Monday	Bridge (Contract)	9:30 am – 1:00 pm	TCRC
Monday	Coffee and Chat	1:30 pm – 4:00 pm	TCRC
Tuesday	Zumba Chair	1:00 pm – 2:00 pm	BQCC
Tuesday	Sit & Be Fit	11:30 am – 12:30 pm	BQCC
Tuesday	Essentrics for Seniors	2:30 pm – 3:15 pm	BQCC
Tuesday	Coffee and Chat	9:30 am – 12:00 pm	YECC
Tuesday	Arizona 10	12:30 pm – 2:45 pm	YECC
Wednesday	Core & All	10:15 am – 11:15 am	BQCC
Wednesday	Yoga – Stretch & Strengthen II	11:45 am – 12:45 pm	BQCC
Wednesday	Yoga – Gentle	1:30 pm – 2:30 pm	BQCC
Wednesday	Bridge (Contract)	12:30 pm – 2:45 pm	YECC
Wednesday	Coffee and Chat	1:30 pm – 4:00 pm	TCRC
Thursday	Essentrics- Cardio Total Fit	9:45 am – 10:45 am	BQCC
Thursday	Zumba Gold	11:30 am – 12:30 pm	BQCC
Thursday	Barre	2:30 pm – 3:30 pm	BQCC
Thursday	Coffee & Chat	9:30 am – 12:00 pm	YECC
Thursday	Cribbage	12:30 pm – 2:45 pm	YECC
Thursday	Canasta (Hand & Foot)	9:15 am – 12:00 pm	YECC
Thursday	Choir	12:30 pm – 2:00 pm	YECC
Thursday	Euchre	9:30 am – 12:00 pm	TCRC
Thursday	Paper Quilling Group	12:30 pm – 3:00 pm	TCRC
Friday	Total Body Bootcamp	10:15 am – 11:15 am	BQCC
Friday	Intro to Drawing	9:30 am – 12:00 pm	TCRC
Friday	Core & All	11:30 am – 12:30 pm	BQCC
Friday	Essentrics – Age Reversing	1:00 pm – 2:00 pm	BQCC
Friday	Yoga – Stretch Strengthen I	2:30 pm – 3:45 pm	BQCC
Friday	Knitting & Stitching Group	12:30 pm – 3:00 pm	TCRC

## MyActiveCenter- Instructions for Using and Setting Up

1. Click on this link <http://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](http://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.

# SWESA Program Registration Form

(cheques payable to SWESA)

Please detach and submit with payment.

Date

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Program	When	Cost
1.		
2.		
3.		
4.		
5.		
6.		
7.		
		<b>Total</b>