

# PROGRAM & ACTIVITIES GUIDE

September – December 2022

Revised September 2, 2022

**Main Line:** 587-987-3200 | **Website:** [www.swesa.ca](http://www.swesa.ca) | **E-mail:** [programs@swesa.ca](mailto:programs@swesa.ca)

**Administration Office:**

Blue Quill Community Centre: **BQCC** - 11304 25 Ave NW

**Program Locations:**

Blue Quill Community Centre: **BQCC** - 11304 - 25 Ave NW

Yellowbird East Community Centre: **YECC** - 10710 - 19 Ave NW

Terwillegar Community Recreation Centre, Room 7: **TCRC** 2051 Leger Rd NW

**Mailing Address:**

SWESA

Box 88008 Rabbit Hill PO

Edmonton, AB T6R 0M5

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## **Land Acknowledgement**

SouthWest Edmonton Seniors Association (SWESA) acknowledges that we operate on Treaty 6 territory, the traditional land of the Cree, Dene, Anishinaabe, Saulteaux, Nakota Sioux, Blackfoot, and Métis.

We call on our collective traditions and spirits to work on reconciliation and on building a strong community for today and future generations.

## **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 Information**

## **Regular Member**

Regular Members are ages 55+ who have paid their membership fee for the current year.

SWESA's annual membership fee is \$30. The membership year runs from January 1 to December 31; membership fees are non-refundable, non-transferrable and not pro-rated if you join part way through the year.

## **Benefits of SWESA Membership**

- Priority registration will be given to SWESA members for programs, activities, and events
- Access to our facilities
- Enjoy our drop-in lounge and the book and puzzle exchange at Blue Quill Community Centre (BQCC)
- Member rates for programs, activities, and events
- Reciprocal rights at partnered Senior Centres in Edmonton
- Discounts at most City of Edmonton recreational facilities
- E-mail Bulletin with up-to-date news and events
- Vote at the Annual General Meeting and Special General meetings
- FYI Talks, formerly known as Toonie Talks, are complimentary to members
- Activity Pass (unlimited access to join multiple non-instructional activities)

## **Associate Member**

An associate member is a spouse/partner of a regular member. Regular membership fees will apply.

## **Reciprocal Member**

Reciprocal members are current members in another seniors centre organization that is included in the Reciprocal Agreement. A valid membership from partnered seniors centres (reciprocal membership) will be recognized for participation in instructor-led programs at member rates only. Reciprocal members must complete and sign a SWESA participant agreement form prior to attending programs, activities, or events. Priority registration will be given to SWESA members for programs and events.

Reciprocal Members must purchase a SWESA Membership and an Activity Pass to participate in non-instructional activities offered (see page 5).

## **Non-member**

A non-member is a person who has not purchased a membership with SWESA. Non-member rates will apply.

## **NEW THIS GUIDE: Activity Pass**

### **What is an Activity Pass?**

An Activity Pass will enable SWESA members to attend an unlimited number of SWESA's non-instructional activities such as Art Group, Bunco Game, Knitting & Stitching, Cribbage, Hand and Foot Canasta, Book Club, Bridge (Contract), American Mahjong, Arizona 10, Scrabble Group.

### **Who can purchase an Activity Pass?**

The Activity Pass is available to SWESA members only. Potential members are welcome to attend an activity one time as a guest. Please purchase a membership and activity pass if you'd like to attend again. Reciprocal Members must purchase a SWESA Membership to purchase and participate in the SWESA Activity Pass.

### **How much does it cost?**

The Activity Pass can be purchased for \$20 per Program Guide. (2022 Fall Program Guide from September 1 – December 23, 2022). It is non-refundable, non-transferable, and not pro-rated if you join part way through season.

### **How does an Activity Pass work?**

When an Activity Pass is purchased, it is registered in MySeniorCenter; there is no physical pass given to a member. Members will use their key tag to sign in at YECC or BQCC and choose the activity they are attending that day. If a member is attending more than one activity in the day, they will choose all that they are attending from the sign in screen. It is important for SWESA to continue to take attendance to generate statistics needed for granting and planning purposes.

### **What about Toonie Talks?**

We are evolving and have a changed the name of this program. Toonie Talks are now called "FYI Talks". (For Your Information) FYI's will be offered at no charge and will be open to the public. Registration is recommended so that the presenter along with staff/volunteers can be prepared for the number of people attending.

### **What if a member and/or guest would like to pay for an individual activity on the day they attend?**

All the activities listed above are covered by the Activity Pass. If you wish to financially support SWESA, consider donating to our 2022 Annual Appeal. Visit our website at <http://swesa.ca/2022-annual-appeal/> for more information.

## Registration and Acceptable Forms of Payment

Priority registration is given to members who enroll in a session. Drop-ins and partial registration are no longer accepted. Registration is only confirmed once payment is received. Sign up early to avoid program cancellation due to low enrollment or to avoid disappointment as some classes fill up quickly.

**Online:** Program and activity registration including credit card payment online, can be done through MyActiveCenter by going to [www.MyActiveCenter.com](http://www.MyActiveCenter.com). See Page 8 for login instructions. You must be a valid SWESA member and or Reciprocal member with SWESA key tag to register online.

**In Person:** Visit SWESA Administration Office at Blue Quill Community Centre to register and pay in person. Debit, Credit are preferred methods of payment. Cash or Cheque made payable to SWESA are accepted.

**Phone:** Register by calling 780-860-2856 and have your credit card information ready. Registration is only confirmed once payment is received.

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## Cancellations/Refunds

SWESA reserves the right to cancel programs. Programs and activities may change with minimal notice. 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 SWESA.

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## Checking In: Scanning your Member Key Tag and guests of SWESA

Please check-in by scanning your key tag at entry before going to your class or activity at all our locations. This includes everyone attending programs, activities, visiting, book/puzzle returns and exchanges. Guests participating in all SWESA programs/activities **must** complete and sign a participant agreement form prior to attending.

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

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## **Disclaimer/Liability**

All participants (member, associate, reciprocal, and non-member) are required to sign a participant agreement form/waiver. SWESA is not responsible for any physical injuries that may take place during any of its programming. Program dates, times, locations, and fees are subject to change.

As a program or activity participant, individuals also recognize and accept that there is a risk of contracting COVID-19 due to their participation and recognize that SWESA cannot be held liable for a COVID-19 outbreak or transmission caused by participant negligence. We ask that you stay home if you are feeling unwell or exhibiting COVID-19 symptoms, or if you have been in contact with someone who has recently tested positive for COVID-19.

Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of the opinions of SWESA's board of directors, staff, or volunteers.

## MyActiveCenter- Instructions for Using and Setting Up

1. Go to this link <https://myactivecenter.com/> to open MyActiveCenter.
2. Login to your MyActiveCenter 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 login 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 <https://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: Online payment is now accepted on [MyActiveCenter](#). If you wish for a SWESA staff to process your credit card payment over the phone, please call 587-987-3200.



## Centre Hours/Closures

**Administration Office: Blue Quill Community Centre, BQCC: 11304 - 25 Ave NW**

Monday to Friday 9:00 am – 4:30 pm

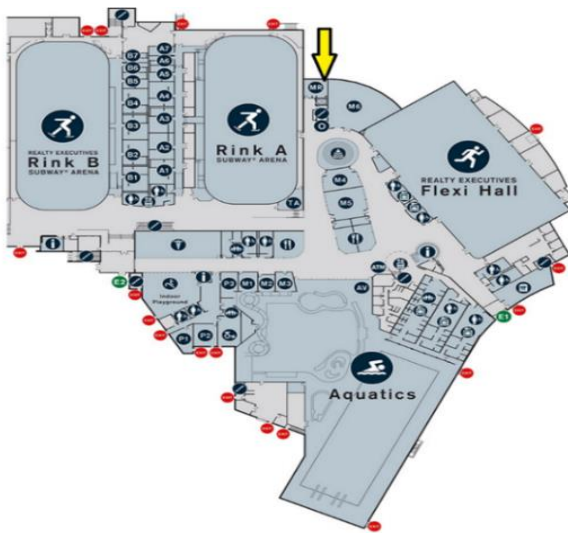
Please call 587-987-3200 if the Blue Quill Community Centre entrance door is locked during office hours.

**Yellowbird East Community Centre, YECC: 10710 - 19 Ave NW**

\*Hours vary, only open during scheduled programs. Please visit BQCC-Admin Office for membership, payment matters and other inquiries or call 587-987-3200.

**Terwillegar Community Recreation Centre, TCRC: Room 7, 2051 Leger Road NW**

\*Hours vary, only open during scheduled programs. Please visit BQCC-Admin Office for membership, payment matters and other inquiries or call 587-987-3200.



**All locations are closed on statutory holidays. There will be no programming on the following dates:**

Monday, September 5 Labour Day  
Friday, September 30 Truth & Reconciliation Day

Monday, October 10 Thanksgiving  
Friday, November 11 Remembrance Day

Programs will be suspended for the winter break from December 26 – January 2, 2023, and will resume Tuesday, January 3, 2023

## Volunteering at SWESA

Volunteers are one of the main reasons why SWESA can provide affordable programs to members. SWESA members are willing to help as volunteers, bringing a wealth of experience, talent, and willingness to roll up one's sleeves and help. This is an amazing show of enthusiasm! Additionally, we are always looking for volunteers in our non-instructional activities whether to teach games, host and or present workshops and educational sessions.

Your help makes everything at SWESA possible, and your enthusiasm is the welcoming face to our membership.

Please visit our website at <http://swesa.ca/volunteer/>, e-mail [volunteer@swesa.ca](mailto:volunteer@swesa.ca) call 780-860-3603 to inquire how you can volunteer at SWESA.

## **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

**To register and for more details on the Seniors Home Support Program please contact:**

**Barbara Newell, Home Supports Coordinator**

**Direct Line:** 780-860-2931

**E-mail:** [homesupport@swesa.ca](mailto:homesupport@swesa.ca)

### **Mailing Address:**

SWESA  
Box 88008 Rabbit Hill PO  
Edmonton, AB T6R 0M5  
Attn: Barbara Newell

# FALL PROGRAMS AND ACTIVITIES

## Café SWESA

Stop by at Café SWESA for coffee, tea, water, and treats. Café SWESA is open at BQCC during office hours and at TCRC and YECC during scheduled meets. Café SWESA is complimentary to all SWESA members.

## Terwillegar Community Recreation Centre (TCRC), Room 7

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

(No meet: September 5, October 10, December 26)

## Yellowbird East Community Centre (YECC)

**When:** Thursday from 9:30 am – 12:00 pm

(No meet: September 15, October 27, November 24, December 22)

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## ACTIVITY PASS

Listed are activities included in the Activity Pass program valid from September 1 – December 23, 2022.

### Art Group

This is a self-directed, informal program for many artists or aspiring artists to create art, connect, learn, or share new techniques and studio space in a supportive environment. Participants bring their own art supplies such as drawings, watercolours, or mixed media.

**When:** Monday, 9:30 am – 12:00 pm

**Dates:** September 12, 19, 26, October 3, 17, 24, 31, November 7, 14, 21, 28, December 5, 12, 19 (No meet October 10)

**Location:** Yellowbird East Community Centre - YECC Hall

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### Book Club

Come for the company and conversation and join our friendly and informal group! Although the group selects one specific book for the featured discussion each month, the discussion is never limited to it alone. The featured book must be easily available at the Edmonton Public Library of and can be any genre, fiction or non-fiction.

**When:** 1<sup>st</sup> Wednesday of each month from 1:00 pm – 2:15 pm

**Dates:** September 7, October 5, November 2, December 7

**Location:** Yellowbird East Community Centre - YECC Coffee Room

## **Book Club, BYOB Meet (Bring Your Own Book)**

Join us at BYOB; another opportunity for readers to meet, discuss and recommend any book, even a cookbook! Pre-registration is encouraged as seats are limited.

**When:** Tuesday, 1:00 pm – 2:15 pm

**Dates:** September 14, October 18, November 22, December 13

**Location:** Blue Quill Community Centre - BQCC Office

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## **Knitting and Stitching Group**

Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc.) to share ideas, learn from each other and work in a fun, social group.

**When:** Friday, 11:30 am – 2:45 pm

**Dates:** September 9, 16, 23, 30, October 7, 14, 21, 28, November 4, 18, 25, December 2, 9, 16 (No meet, November 11)

**Location:** Yellowbird East Community Centre - YECC Hall

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## **Cards and Games**

Join the group to learn and play a friendly game! Beginners and experienced players are welcome and can join at any time throughout the season. Please arrive ahead of the listed time to allow tables and teams to be set for game play.

**No Cards and Games September 5, 15, 29, October 10, 27, November 11, 24.**

<b>Cards and Games</b>	<b>When</b>	<b>Time</b>	<b>Location</b>
American Mahjong	Monday (Start Sept. 12)	9:30 am – 12:00 pm	YECC - CR
Canasta Hand & Foot	Monday (Start Sept. 12)	12:30 pm – 2:45 pm	YECC - Hall A
Bunco Game	Monday (Start Sept. 12)	12:30 pm – 2:45 pm	YECC - Hall B
Cribbage	Monday (Start Sept. 12)	12:30 pm – 2:45 pm	YECC - CR
Arizona Ten	Wednesday (Start Sept. 7)	12:30 pm – 2:45 pm	YECC - Hall A
Bridge Contract	Wednesday (Start Sept. 7)	12:30 pm – 2:45 pm	YECC - Hall B
Cribbage	Thursday (Start Sept. 8)	12:30 pm – 2:45 pm	YECC - CR
Scrabble	Thursday (Start Sept. 8)	10:00 am – 12:00 pm	YECC - Hall

# INSTRUCTOR-LED PROGRAMS

## ARTS

### **Acrylic Painting for All Levels | Instructor: Willie Wong**

Acrylic painting is a great skill to learn and easy to work with if you're new to painting. Acrylics are fast drying paints. They are versatile, vibrant and can be thinned with water, like watercolours, offering the artist a wide range of textures, colours, and consistencies. This is a fragrance-free class. You are required to purchase supplies. The list will be available upon registration.

**Dates:** Wednesday, November 2, 9, 16, 23, 30 (5 classes)

**Time:** 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre, YECC Coffee Room

**Cost:** \$50 member/reciprocal member rate | \$75 non-member rate

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### **Introduction to Pen and Ink | Instructor: Susan Casault**

Be amazed at what you can achieve with the simple medium of pen and ink. You will learn the basics of creating an image using lines, as well as creating textures and values using different techniques. See the beauty in a loose expressive style of sketching as well as a more detailed, precise approach. Several small drawings will be completed. Photo reference will be provided by the instructor. You are required to purchase supplies. The list will be available upon registration.

**Dates:** Thursday, October 27, November 3, 10, 17, 24, December 1 (6 classes)

**Time:** 9:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre, YECC Coffee Room

**Cost:** \$60 member/reciprocal member rate | \$90 non-member

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### **Watercolours for All Levels | Instructor: Willie Wong**

Beginner artists will be inspired with this easy-to-learn watercolour basics. Willie Wong has been teaching watercolours for over 20 years. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish. You are required to purchase supplies. The list will be available upon registration.

**Dates:** Wednesday, September 14, 21, 28, October 5, 12, 19 (6 classes)

**Time:** 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre, YECC Coffee Room

**Cost:** \$60 member/reciprocal member rate | \$90 non-member

## SWESA Choir

SWESA welcomes all music lovers who can carry a tune to enjoy the benefits of singing in a relaxed and friendly environment. Join us, meet new people, and learn something new from a professional choir instructor with Visionary Centre for the Performing Arts.

**Dates:** Thursday, September 22, October 6, 13, 20, November 3, 10, 17, December 1, 8, 15 (10 classes; no class on September 15, 29, October 27, November 24)

**Time:** 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre, Hall

**Cost:** \$100 member/reciprocal member rate | \$150 non-member \*There may be an additional small charge for music sheets.

Drop-ins may join to try out the group on the 1<sup>st</sup> and last day of class (September 22<sup>nd</sup> and December 15<sup>th</sup>) for a \$12 member/reciprocal rate or \$15 non-member rate. To register, please contact Program Coordinator.

**Free Trial/Demo: Thursday, September 8, 2022, at 12:30pm – 2:00 pm**

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## DANCE

### Line Dance, Beginners

**Instructor:** Tracy Walters

Line dancing is a form of low impact exercise and great for all ages. We will dance to many different genres of music (rock, country, pop, just to name a few). You do not need a partner to participate, and no experience is necessary. Shoes with leather or suede soles are recommended.

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

**Cost:** \$60 member/reciprocal member rate | \$90 non-member rate

**Session 2:** Friday, November 4, 18, 25, December 2, 9, 16 (6 classes, no class September 30, November 11, December 23)

**Cost:** \$60 member/reciprocal member rate | \$90 non-member rate

**Time:** 2:30 pm – 3:30 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo: Friday, September 9, 2022, at 2:30 pm – 3:30 pm**

## **Line Dance, Intermediate**

**Instructor:** Tracy Walters

Intermediate Line Dance is for those who have taken a beginner line dance class and are looking for a challenge. We continue to perfect your basic steps and progress to learn more dances such as “Help Me Rhonda,” the “tush push” and “Let your love flow” just to name a few dances. Pre-requisite: Beginner Line Dance. Shoes with leather soles are recommended.

**Session 1:** Wednesday, September 14, 21, 28, October 5, 12, 19, 26, (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Session 2:** Wednesday, November 2, 9, 16, 23, 30, December 7, 14 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Time:** 3:00 pm – 4:00 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo: Wednesday, September 7<sup>th</sup>, 2022, at 2:45 pm - 3:45 pm**

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# FITNESS & WELLNESS

## Important Information

- Please bring your own fitness equipment such as yoga mat, blocks, belts and stretch bands. For weights, please wipe down with sanitizer before and after use.
- We recommend you wipe down your chairs with sanitizer before and after use.
- Please wash or sanitize your hands often, especially before and after handling any exercise equipment.

**Free Trial/Demo Fitness Classes are scheduled on SWESA Welcome Week  
September 6 – 9, 2022**

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## Boxing, Get Fit!

**Instructor:** Louise Lepore | **Fitness Level 1-2:** The class is suited to all levels of fitness and mobility, exercises are adaptable. No special equipment or boxing gloves are required, just comfortable clothing, a good pair of sneakers and water.

Boxing is designed to increase balance, muscular strength, coordination, and cardiovascular health. Not only can this be good for your physical wellbeing but also your mental health while providing a full body workout in a fun, upbeat and supportive environment.

**Session 1:** Thursday, September 22, 29, October 6, 13, 20 (5 classes)

**Cost:** \$50 member/reciprocal member rate | \$75 non-member rate

**Session 2:** Thursday, November 3, 10, 17, December 1, 8, 15 (6 classes, no class November 24, December 22)

**Cost:** \$60 member/reciprocal member rate | \$90 non-member

**Time:** 11:00 am – 12:00 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Thursday, September 8 at 11:00 am – 12:00 pm**

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## **Cardio Total Fit**

**Instructor:** e-One Fitness | **Fitness Level 2:** Moderate to Active, standing and floor work. Bring running shoes, light hand weights and water. Plenty of modifications will be provided to suit your fitness level.

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.

**Session 1:** Thursday, September 22, 29, October 6, 13, 20 (5 classes)

**Cost:** \$50 member/reciprocal member rate | \$75 non-member rate

**Session 2:** Thursday, November 3, 10, 17, December 1, 8, 15 (6 classes)

**Cost:** \$60 member/reciprocal member rate | \$90 non-member rate

**Time:** 9:45 am – 10:45 am

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Thursday, September 8 at 9:45 am – 10:15 am**

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## **Core & All**

**Instructor:** Esther Sipos | **Fitness Level 2:** Moderate to Active. Bring yoga mat, resistance band and water.

The class is designed to focus on your core, increase your overall strength, 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.

**Session 1:** Wednesday, September 14, 21, 28, October 5, 12, 19, 26 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member

**Session 2:** Wednesday, November 2, 9, 16, 23, 30, December 7, 14 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member

**Time:** 10:15 am - 11:15 am

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Wednesday, September 7 at 10:15 am – 11:15 am**

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## Essentrics for Seniors

**Instructor:** Lori Griffith **Fitness Level 1:** Gentle, standing and chair work. Bring a yoga mat, resistance band 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.

**Session 1:** Tuesday, September 13, 20, 27, October 4, 11, 18, 25 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Session 2:** Tuesday, November 1, 8, 15, 22, 29, December 6, 13 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Time:** 2:30 pm – 3:15 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Tuesday, September 6 at 2:30 pm – 3:15 pm**

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## 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, resistance band and water.

This is an age reversing, slow-paced and a full body workout created by Miranda Esmonde-White. This class will restore movement in your joints, improve mobility, flexibility, strength in your muscles, relieve pain, stimulate your cells to increase energy, vibrancy, and strengthen your immune system.

**Session 1:** Friday, September 16, 23, 30, October 7, 14, 21, 28 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

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

**Cost:** \$60 member/reciprocal member rate | \$90 non-member rate

**Time:** 1:00 pm – 2:00 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Tuesday, September 6 at 3:30 pm – 4:30 pm**

(Updated 8.23.22)

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## **Tabata Fitness**

**Instructor:** Esther Sipos | **Fitness Level 2-3:** Moderate to Active. Bring yoga mat and water.

Tabata Fitness is an interval exercise class for the active participant. Participants work for 20 seconds and rest for 10, this pattern is repeated for 8 rounds then the exercise changes, and a new cycle begins. Tabata benefits an individual's cardiovascular fitness level as well as improving the body's metabolism. Exercises vary from cardio, strength, and core. "Tabata" is named after Dr. Izumi Tabata, a Japanese scientist and researcher.

**Session 1:** Friday, September 16, 23, October 7, 14, 21, 28 (6 classes)

**Cost:** \$60 member/reciprocal member rate | \$90 non-member

**Session 2:** Friday, November 4, 18, 25, December 2, 9, 16 (6 classes)

**Cost:** \$60 member/reciprocal member rate | \$90 non-member

**Time:** 10:15 am - 11:15 am

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Friday, September 9 at 10:15 am – 11:15 am**

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## **Tai Chi, Beginners**

**Instructor:** Master Ken Chui | **Fitness Level 1:** Gentle, includes standing. Bring water.

Learn the 24 forms of Tai Chi Quan with Master Ken Chui. Tai Chi is a form of martial art that involves a series of elegant, graceful circular movements performed in a slow, focused matter accompanied by deep breathing. This class will allow participants to relax while building harmony, coordination and balance in mind, body, and soul.

**Session 1:** Tuesday, September 13, 20, 27, October 4, 11, 18, 25 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Session 2:** Tuesday, November 1, 8, 15, 22, 29, December 6, 13 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Time:** 10:15 am – 11:15 am

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Tuesday, September 6 at 10:30 am – 11:30 am**

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## **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 this class, 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 class and see the benefits in your life.

**Session 1:** Wednesday, September 14, 21, 28, October 5, 12, 19, 26 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non- member rate

**Session 2:** Wednesday, November 2, 9, 16, 23, 30, December 7, 14 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Time:** 1:30 pm – 2:30 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Wednesday, September 7 at 1:30 pm – 2:30 pm**

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## **Yoga Stretch and Strengthen I**

**Instructor:** Pat Selmser, Vera Resera | **Fitness Level 1-2:** Bring a yoga mat, water and a blanket or shawl.

This class will start with the foundations of yoga and gradually build to explore stretching and strengthening your body, in a variety of poses on your back, seated on the floor, standing, and may include floor work on your stomach. 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. Plenty of modifications will be provided to suit your fitness level.

**Session 1:** Friday, September 16, 23, 30, October 7, 14, 21, 28 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non- member rate

**Session 2:** Friday, November 4, 18, 25, December 1, 8, 15 (6 classes, no class November 11)

**Cost:** \$60 member/reciprocal member rate | \$90 non- member rate

**Time:** Friday, 11:30 am - 12:30 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Friday, September 9 at 11:30 am – 12:30 pm**

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

**Instructor:** Darria Hirsekorn | **Fitness Level 3:** Advanced Class. Bring a yoga mat, water and a blanket or shawl.

This class is an invitation to more challenging explorations of yoga. There will be opportunities to stretch and strengthen the body in a variety of challenging poses on your back, seated on the floor, standing and in floor work on your stomach. The benefits of this class can include greater flexibility, muscle tone and strength, improved range of motion of the joints, more body awareness, greater calm, and ease of being.

**Session 1:** Wednesday, September 14, 21, 28, October 5, 12, 19, 26 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Session 2:** Wednesday, November 2, 9, 16, 23, 30, December 7, 14 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Time:** 11:45 pm – 1:00 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Wednesday, September 7 at 11:45 am – 1:00 pm**

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## **Zumba Gold**

**Instructor:** Tammy Clark | **Fitness Level 1-2:** Moderate to Active.

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

### **Tuesday**

**Session 1:** Tuesday, September 13, 20, 27, October 4, 11, 18, 25 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Session 2:** Tuesday, November 1, 8, 15, 22, 29, December 6, 13 (7 classes)

**Cost:** \$70 member/reciprocal member rate | \$105 non-member rate

**Time:** 1:00 pm – 2:00 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Tuesday, September 6 at 1:00 pm – 2:00 pm**

## **Zumba Gold**

**Instructor:** Tammy Clark | **Fitness Level 1-2:** Moderate to Active.

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

### **Thursday**

**Session 1:** Thursday, September 22, 29, October 6, 13, 20 (5 classes)

**Cost:** \$50 member/reciprocal member rate | \$75 non- member rate

**Session 2:** Thursday, November 3, 10, 17, December 1, 8, 15 (6 classes)

**Cost:** \$60 member/reciprocal member rate | \$90 non- member rate

**Time:** 1:00 pm – 2:00 pm

**Location:** Blue Quill Community Centre, Gym

**Free Trial/Demo Class: Thursday, September 8 at 1:00 pm – 2:00 pm**

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## SWESA SNEAK PEEK

### SAVE THE DATES!

Here is a Sneak Peek of SWESA's upcoming Special Events, Workshops, Outings, FYI Talks & New Horizons "Hello Neighbour we'd like to meet you" events.

A Special Events Calendar will be published separately from the Program and Activities Guide.

Also, as we work to develop more programming, we will be introducing new events, classes and activities that do not appear in this guide; they will be featured in issues of SWESA's Bulletin and on the website.

**Stay in the know and SUBSCRIBE to the SWESA Bulletin by visiting our website at**

<http://swesa.ca/newsletter/>

If you have any questions, would like more information and or share program ideas, please contact April Williamson, Program Coordinator by e-mail at [programs@swesa.ca](mailto:programs@swesa.ca) or call 780-860-2856.

<b>September</b>	
<b>Dates</b>	<b>Events</b>
	SWESA Welcome Week, Sept 6 – 9, 2022
Sept. 7	FYI Talks: Fraud Prevention Topics with Edmonton Police Service
Sept. 8	Seniors Home Supports Social with Barbara
Sept. 9	FYI Talks – Electric Bikes aka "E-Bikes" and demo with Pedego Edmonton
Sept. 13	New Members Meet – Onboarding with Programs
Sept 14	FYI Talks: Estate Planning from a Financial Perspective
	BYOB, 1 <sup>st</sup> Bring Your own Book Meet
Sept. 15	Luncheon "Summer Falls into Sept at SWESA"
Sept. 19	Outing: "Country Soul Stroll" Trip to Prairie Gardens
Sept. 20	SWESA Town Hall
Sept. 21	Workshop: Save your Printed Photos
Sept. 22	September B-Day @ SWESA Café YECC
Sept. 23	Spouse & Partners Support Meet
Sept. 28	Workshop: Save your Digital Photos
Sept. 29	FYI Talks: "Ethics & Privacy in an Age of Big Data" by Dr. G. Rockwell U of A Professor
Sept. 29	New Horizons "Hello Neighbour" Event
<b>October</b>	
	-EPL programming will resume - stay tuned for dates!
	-Flu Immunization Program will start mid-Oct 2022
Oct TBD	SWESA Wellness Fair, a New Horizons Event
Oct 4	FYI Talks: Fire Prevention Presentation
Oct 5	FYI Talks: Fraud Prevention Topics with EPS
Oct 7	New Members Meet
Oct 11	FYI Talks: Heart Health with Medicine Shoppe
Oct 12	FYI Talks: Winter Skincare by J. Under
Oct TBD	Outing: Edmonton Fall Home Show Oct 14-16
Oct 19	FYI Talks: Mindful Investing with Wei Woo
Oct 20	October B-Day @ SWESA Café YECC
Oct 24	FYI Talks: Seniors Home Supports Program
Oct 27	SWESA Luncheon "SWESA Spooktacular"
Oct 28	Spouse & Partner Support Group Meet
Oct 31	Outing: The Phantom of the Opera at Winspear
<b>November &amp; December Highlights...</b>	
Nov 10	Outing: Northern Alberta Jubilee Auditorium
Nov 16	Workshop: Card Making, Holiday edition
Nov 17	Outing: Cow Patti Opening Day in Lacombe
Nov 23	FYI Talks: "Big Data: What to do with millions of digital books?" by Dr. G. Rockwell
Nov 24	SWESA Luncheon
Dec 2	Workshop: Lilibits of Life & Crafts, Festive Crafts
Dec 15	Workshop: Susan Casault, Woodpecker in Coloured Pencil
...Christmas Event/Luncheon, December Holiday Outing, <b>AND MUCH MORE TO FOLLOW!</b>	

## SWESA Regular Weekly Programs and Activities

Location	Day	Program	Time
YECC - Hall A & B	Monday	Art Group	9:30 am – 12:00 pm
YECC - CR	Monday	American Mahjong	9:30 am – 12:00 pm
YECC - CR	Monday	Cribbage	12:30 pm – 2:45 pm
YECC - Hall A	Monday	Canasta (Hand and Foot)	12:30 pm – 2:45 pm
YECC - Hall B	Monday	Bunco Game	12:30 pm – 2:45 pm
TCRC - Rm 7	Monday	Café SWESA, TCRC	1:30 pm – 4:00 pm
BQCC - Gym	Tuesday	Tai Chi	10:15 am – 11:15 am
BQCC - Gym	Tuesday	Zumba Gold	1:00 pm – 2:00 pm
BQCC - Gym	Tuesday	Essentrics for Seniors	2:30 pm – 3:15 pm
YECC - Hall A	Wednesday	Arizona Ten	12:30 pm – 2:45 pm
YECC - Hall B	Wednesday	Bridge (Contract)	12:30 pm – 2:45 pm
BQCC - Gym	Wednesday	Core & All	10:15 am – 11:15 am
BQCC - Gym	Wednesday	Yoga – Stretch & Strengthen II	11:45 am – 1:00 pm
BQCC - Gym	Wednesday	Yoga – Gentle	1:30 pm – 2:30 pm
BQCC - Gym	Wednesday	Line Dance, Intermediate	3:00 pm – 4:00 pm
TCRC - Rm 7	Wednesday	Café SWESA, TCRC	1:30 pm – 4:00 pm
YECC - CR	Thursday	Café SWESA, YECC	9:30 am – 12:00 pm
YECC - Hall A	Thursday	Scrabble Group	10:00 am – 12:00 pm
YECC - CR	Thursday	Cribbage	12:30 pm – 2:45 pm
YECC - Hall A & B	Thursday	Choir	12:30 pm – 2:00 pm
BQCC - Gym	Thursday	Cardio Total Fit	9:45 am – 10:45 am
BQCC - Gym	Thursday	Boxing, Get Fit!	11:00 am – 12:00 pm
BQCC - Gym	Thursday	Zumba Gold	1:00 pm – 2:00 pm
YECC – Hall	Friday	Knitting & Stitching Group	11:30 am – 3:00 pm
BQCC - Gym	Friday	Tabata Fitness	10:15 am – 11:15 am
BQCC - Gym	Friday	Yoga Stretch and Strengthen I	11:30 am – 12:30 pm
BQCC - Gym	Friday	Essentrics – Age Reversing	1:00 pm – 2:00 pm
BQCC - Gym	Friday	Line Dance, Beginners	2:30 pm – 3:30 pm

**Please note:** Programs and activities are subject to change with minimal notice. Registered participants will be notified if a program is cancelled.

**Website:** [www.swesa.ca](http://www.swesa.ca) | **E-mail:** [programs@swesa.ca](mailto:programs@swesa.ca) | **Phone:** 587-987-3200

**Program Locations:**

Blue Quill Community Centre: **BQCC** – (Administration Office) 11304 - 25 Ave NW

Yellowbird East Community Centre: **YECC** - 10710 - 19 Ave NW

Terwillegar Community Recreation Centre, Room 7: **TCRC** - 2051 Leger Rd NW

