



NEWS OF THE PHOENIX

Swansea Area Seniors Association
95 Lavinia Avenue, Toronto. Ont. M6S 3H9

Telephone: 416 392-1953

March 2018

Welcome back to our Spring Session which begins on April 3

REGULAR CLASSES begin Tuesday April 3 page 2

end Thursday June 28

SPECIAL CLASSES

Writing course	Monday	April 9	page 3
Conversation Course	Monday	April 9	page 4
Bridge	Fridays	starting May 4	page 8

IN MEMORIAM page 8

TRIPS

Music Man at the Stratford Festival, Wednesday May 9 page 5

Mont Tremblant and Quebec City September 16-22 page 6

Portugal- the Algarve and Lisbon October 9-17 page 7

SPECIAL EVENTS

MAY 10 AGM AND CELEBRATION TICKETS \$5-for sale in the last two weeks of April.

We hope you can join us for dainty sandwiches and decadent desserts. There will also be our short AGM to elect our board for next year & a big celebration of Merle's retirement after 10 years as president of the SASA board.

Joan Sulcliffe, Merle J. Hudson

Schedule for S.A.S.A. Weekly Activities - Spring 2018

revised P. 2.

@ Swansea Town Hall, 95 Lavinia Avenue, Toronto *Swansea Area Seniors Association

Phone: 416-392-1953 Classes run from April 3rd to June 29, 2018



Mondays

Yoga - 9:30 -10:30am

April 9-June 25 @ \$110

For flexibility, strength, balance. No yoga experience necessary. Instructor: Karen Weinthal

Taoist Tai-Chi Good for balance, memory, co-ordination and circulation.

Beginners 1 10:15 -11:10 Apr 9 - Jun 25 Instructor: Susan Mason 11wks @\$40

Beginners 2 11:20 -12:15 Apr 9 - Jun 25 Instructor: Susan Mason 11wks @\$40

Intermediate 11:15 -12:15 Apr 9 - Jun 25 Instructor: Gillian Teiman 11wks @\$40

Tuesdays

Multi-media Art 10:00am -12:30pm Apr 3-Jun 26 13 wks @ \$90.

Watercolours, acrylics, pastels, drawing, ink, collage Instructor: Bernadette Hunt

Zumba Gold Toning (with weights) 1:00 -2:00pm Apr 3 - Jun 26 13 wks @ \$52

Great music & lots of fun. Instructor: Veronica Tahirovic

Wednesdays



Osteofit -11:15-12:15 Apr 4-May 9 6 wks @ \$36. May16- Jun 27 7 wks @ \$42.

Fun exercise to maintain & build bone strength. Instructor: Joanne Deane

Fundance: 11:30 – 12:30 pm Apr 4 - Jun 27. 13 weeks @ \$48. fox trot, meringue, rhumba, salsa, samba. No partner needed. Lots of fun Instructor: Elaine Thorne

Essentrics a) 11:45 or b) 1: 00 Apr 4-Jun 27 13 wks @ \$52

How to improve body flexibility- Barefoot with mat. Instructor: Veronica Tahirovic

Bridge- new members welcome. Drop in for a friendly game. 1:00 4:00 pm / 5:00 pm. \$1

Thursdays

Chinese Brush Painting 9:00 am - noon Discover your artistic talent working in this delicate art form. Mar 22-May 24 10 classes @ \$100.00 Instructor: Hera Cheng

Adare Art Atelier -Noon-3:00pm Apr 5 -June 28 Share ideas/techniques in a small supportive group. \$1.

Zumba Gold 1:00-2:00 pm Apr 5 - Jun 28. 13 weeks @ \$52 It's a lot of fun.

Lively music makes you want to move & groove. Instructor: Veronica Tahirovic

POOL Any time - Try our pool room. Table has been refurbished. \$2:00 per session

** Note: Please join SASA to participate- \$12 single/\$20 double (Jan to Dec). You may join at any time.

SASA WRITING CIRCLE WITH SUSIE WHELEHAN

12:30 – 3:00 pm- Mondays starting April 9th

Everyone has a unique voice. Everyone has a story to tell. The circle is open to all seniors regardless of education or experience. Writing prompts will be provided and we will respond to them in 5-20 minute writing periods. You will be invited to read aloud (always optional) and receive feedback in a style that will highlight your strengths. Craft will be taught without damaging your self-esteem.

All styles of writing are welcomed: memoir, essay, poetry, fiction.

The circle will be limited in order to maximize the amount of time each writer can read and be critiqued each week. There are 12 spaces in the circle.

Susie Whelehan will lead this circle for 10 Mondays between April 9th and June 18th, with no class on the holiday, May 21st. It will be held from 12:30 – 3:00 in the Evergreen room, except for the last Monday of each month when it will be held in her home.

Susie is a published author and poet, and is certified in the Amherst Writers and Artists (AWA) method of writing facilitation. She has led writing circles for 12 years.

The cost for the course is \$160.00. You are asked to confirm your attendance with a payment of \$60.00 by cheque, cash or e-transfer and the remainder will be paid at the first gathering.

Please register at: swhelehan@gmail.com

The Art of Conversation

Join us for an informative, interactive and fun course!

- * start with variety of small talk topics*
- *ask questions, give feedback, maintain stimulating conversations*
- *deal effectively with different situations*
- *learn 5 ways to end conversations*
- *gain confidence applying skills*

Dates and Times: Monday mornings, - 10 am - 12 noon,
April 9 - May 14, 2018 (6 classes)

Location: Swansea Town Hall, 95 Lavinia Ave., Rm 4.

Fee: \$45.00

Facilitator: Patricia McCully - BA, life coach, teacher, author and resident of Swansea. She teaches a variety of programs in the GTA -Memory Techniques, Chair Yoga, The art of Conversation , Write Your Life Stories

For more information and registration, call Patricia at 416-763-2540 or 99heart@bell.net



See Music Man at the Stratford Festival!

Wednesday May 9, 2018

Pickup: 9:30 am Jane Park Plaza

Return: Approx. 6:30 pm Jane Park Plaza

Cost: Members: \$140 Non-members: \$147
(includes transportation, lunch, gratuities, theatre ticket)
Bus only: \$28 members, \$33 non-members

Join us for a bus trip to Stratford, lunch at the beautiful Bruce Hotel, and a matinee performance of The Music Man at the Festival Theatre.

In Music Man, travelling con man Harold Hill convinces the locals of River City to start a band by purchasing uniforms and instruments from him. He intends to skip town as soon as he receives the money, but as he develops feelings for town librarian Marion Paroo, he faces a difficult decision.

Our three-course lunch will consist of soup plus a delicious assortment of sandwiches and a variety of cookies with tea or coffee.

This trip usually sells out, so sign up at Syme reception as soon as possible. Full payment is required on registration. We accept cash or cheque. Please inform the receptionist of any food allergies.

NOTE: As of January 1, 2017, the surcharge for non-members is \$7 on all day trips.

Syme55+
CENTRE

33 Pritchard Ave., Toronto, ON 416-766-0388

SHINING CHARLEVOIX, MAGNIFICENT MONT TREMBLANT AND QUAIN T QUEBEC CITY

Syme
55+
CENTRE

Join Year Round Travel on this wonderful vacation to "La Belle Province" Quebec. Our tour includes fabulous fall colours in the very picturesque region of Charlevoix, located east of Quebec City. Rolling hills, farm land, cheese factories, and art galleries dot the rural landscape creating a beautiful panorama. Before visiting Charlevoix, we spend two nights in Quebec City. This very French city exudes charm and is the only walled city in Canada. The lovely old town is full of shops, cafes and restaurants. The world renowned 4 seasons resort of Mont Tremblant is our last stop before returning home. Mont Tremblant has a lovely pedestrian village and of course the area will be ablaze in fall colour colours!

TOUR INCLUDES:

- * Home pickup/drop off (Metro Toronto)
- * Return transportation via highway coach
- * 6 nights 4 and 5 star accommodation including
 - 2 nights Quebec City
 - 2 nights Charlevoix
 - 2 nights Mont Tremblant
- * 6 breakfasts
- * 3 dinners
- * Half day city tour in Quebec City with step on guide
- * Half day tour of Laurentians/Mont Tremblant area with step on guide
- * Full day tour with step on guide in Charlevoix region

- * Visit to St. Anne De Beaupre
- * Visit to Montmorency Falls
- * Full day train ride along the St. Lawrence River from Quebec City to La Malbaie in Charlevoix Region
- * Whale watching cruise including Saguenay Fjords
- * Cheese Factory Visit
- * Art Gallery Visit
- * Cruise on Lac Tremblant
- * Time for Shopping in Quebec City
- * Optional Casino visit - Mont Tremblant
- * Optional Casino visit - Charlevoix
- * All Hotel Taxes and Service Charges
- * Baggage Handling
- * Tour Escort

September 16 - 22, 2018

Price per person in Canadian Dollars

TWIN \$1699.00 SINGLE \$2099.00

\$200.00 deposit due upon booking. Balance due 60 days prior to departure.

To Book Contact Kelly at the Syme 55+ Centre at 416-766-0388. For Information call Year Round Travel at 416-499-1444



Optional Cancellation Insurance
\$ 120.00 per person



TOUR DESIGNED BY YEAR ROUND TRAVEL INC.

150 Consumers Road #509
North York ON
M2J 1P9

P: 416 499 1444
F: 416 499 1448
TF: 1 888 804 8841

Ontario Registration #4281143
Email: yearroundtravel@on.aibn.com
www.yearroundtravel.com



**Go Ahead
Tours**

Syme 55+
CENTRE



Join Syme 55+ Centre on
**Portugal: Porto,
the Algarve & Lisbon**



9 DAYS
October 9-17, 2018

YOUR TOUR PACKAGE INCLUDES:

- 7 nights in handpicked hotels
- 7 breakfasts
- 3 three-course dinners
- 5 guided sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

INCLUDED HIGHLIGHTS:

Porto's Old-World Ribeira district, Stock Exchange Palace, Douro riverfront, Coimbra Évora's "Chapel of Bones," Sagres Fortress, Jerónimos Monastery

**Don't miss your
opportunity!**

INFORMATION:

Please attend our Syme Portugal trip presentation on **Thursday, January 18th at 1pm** at the Syme Centre, 33 Pritchard Avenue, Toronto M6N 1T4. Light refreshments will be served.

IN MEMORIAM: We are sad to announce the recent passing of Barbara Hopkins and Lois Weir, two of our former board members. Lois was a SASA member for 15 years and was a stalwart participant of the osteofit class. Her cheerful outlook on life and amazing sense of humour will be sorely missed. Barbara was a SASA member for many years. Always a happy soul she volunteered in several community projects and held a number of positions on the board from trip coordinator to Vice- President, We sent condolences to their families.

BRIDGE: Adele Pick will resume supervised bridge classes in May on Friday mornings. Time: 9:30 - 11:30 Cost \$7:00. Participants must be current members of SASA.

REGISTRATION: Our new method for registration worked well last term and we will follow the same procedure this new session. Please come 15 minutes early for your first class with cheque or cash for the correct amount as shown on the activities schedule.

OFFICE HELP: Members of the Zumba and Essentrics classes will be pleased to hear that Veronica Tahirovic has volunteered to assist us with some of the office work.

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For Office Use: email <input type="checkbox"/> Data Base <input type="checkbox"/> Card <input type="checkbox"/> Pd.M'ship #...		
SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.) Membership Application and Renewal form. <i>Please print.</i> \$20.00		S.A.S.A ANNUAL FEE SINGLE 12.00 DOUBLE
Date: /.... /2018 Name		Amount paid: \$.....
Apt #: Street Address:		<i>Please check one box</i> RENEWAL <input type="checkbox"/> NEW MEMBER <input type="checkbox"/>
Postal code: Tel:	D.O.B. day month year _____	
Email:	Emergency Tel:	Name:
Classes/Activities:	...Could you volunteer? y es <input type="checkbox"/>	Classes/Activities: