

Schedule for S.A.S.A. Weekly Activities - Spring 2017

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

Phone: 416-392-1953 Classes run from April 3 to June 29, 2017

Mondays



Yoga - April 3- June 26 Good for flexibility, strength, balance. No yoga experience necessary.
 9:30 -10:30am 4 weeks @ \$40.00 Instructor: Karen Weinthal

Taoist Tai-Chi Good for balance, memory, co-ordination and circulation. And fun too!

Beginners 1 10:15 -11:10) Apr 3 - Jun 26 Instructor: Brenda Bailie 11wks @40

Beginners 2 11:20 -12:15) Apr 3 - Jun 26 Instructor: Brenda Bailie " "

Intermediate 11:15 -12:15) Apr 3 - Jun 26 Instructor: Gillian Teiman " "

Tuesdays

Multi-media Art April 4 - Jun 27. 10:00 -12:30pm watercolours, acrylics, pastels, ink, drawing, collage.
 Lessons, themes and individual choices. \$30.00 per month Instructor: Bernadette Hunt

Zumba Gold Toning (with weights 1:00 -2:00pm 13 weeks @ 48.00 Apr 4 - Jun 27
 13 wks @ 48.00 great music & lots of fun. Instructor: Veronica Tahirovic

Wednesdays



Fundance- 10:15 - 11:15am Apr 5 - Jun 28. 13 weeks @ \$48, waltz, fox trot, meringue, rumba, salsa, samba. No partner needed - lots of fun Instructor: Elaine Thorne

Osteofit - 11:15-12:15 pm fun exercise to maintain & build bone strength.... weights, thera bands, moving to music Apr 5 - Jun 28 9 wks; @ \$54:00 Instructor: Joanne Deane

Bridge -new members welcome. Drop in for a friendly game. 1:00 - 4:00 pm / 5:00 pm. \$1.00

Thursdays



***See new dates for Chinese Brush Painting: May 4-July6 9:00 am- noon 10 wks @100.00**
 Discover your artistic talent working in this delicate art form. Instructor: Hera Cheng

Adare Art Atelier -Noon-3:00pm Jan 12-June 29 Share ideas/techniques in a small supportive group. \$1.

Zumba Gold 1:00-2:00 pm Apr 6 - Jun 29 13 weeks @ \$48 It's lots of fun. The lively music makes you want to move & groove. Instructor: Veronica Tahirovic

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

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

Susie has outlined below the program for the 7 weeks in the spring session. Please note that we have applied for a grant in the fall of 2017.

SEVEN WRITING CIRCLES MAY 3 – June 14

Members of the SASA writing circle are eager to write together again this spring and starting on May 3rd we will meet together on Wednesday mornings from 10.00 to 12:30 in the Evergreen Room on the Ravine level of the Swansea Town Hall. The cost is \$112.00 for the 7 sessions and spaces are limited to 12.

We follow the Amherst Writers and Artists method, write to prompts, and follow our minds to see where they lead us. It is always a wonder to hear what comes forth and the critiquing is very supportive.

If you are interested please email Susie Whelehan swhelehan@gmail.com

We have applied for a Provincial grant for the fall and hope to make the class available at reduced cost.

Cross your fingers.

NEW

ESSEINTRICS®

AGE REVERSING WORKOUTS

with Veronica

Essentrics is for Women and Men of all ages!

Join us for a FREE 1/2 hour class on: Wednesday April 26
2 pm Founders Room

New session begins: May 3 – June 26

Cost: 9 weeks @ \$36:00

Essentrics is a dynamic workout, created by Miranda Esmonde-White, that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean, long muscles. It draws from the flowing movements of tai chi, the strengthening theories behind ballet and healing principles of physiotherapy, which create a pain free body.

For Body Shaping

- Defines the waist
- Creates toned, lean and strong arms
- Slenderizes thighs and quads
- Creates flat, defined abs
- Improves posture
- Lifts the butt
- Targets and firms every muscle in the body

For Health & Performance

- Increases full body flexibility
- Helps relieve pain
- Unlocks tight muscles and joints
- Strengthens the spine and core
- Helps to treat and prevent back pain
- Age-defying workout: creates a youthful feeling body
- Improves agility and speed for sports
- Supports injury prevention
- Helps speed-up recovery time through increased blood flow

Note: This is a barefoot class: please bring a yoga mat and wear comfortable clothes.

Essentrics

SWANSEA AREA SENIORS ASSOCIATION AGM

Join us for

DECADENT DESSERTS

AT OUR SPRING GET-TOGETHER

AND ANNUAL GENERAL MEETING

Thursday 2:00 pm. May 11th-Evergreen Room

2:00 pm

ELECTION OF BOARD FOR MAY 2017 - MAY 2018

Followed by

**DECADENT DESSERTS
TEA OR COFFEE**

Followed by



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ACTIVITY TO SEND YOU

HOME IN A GOOD MOOD

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