



# NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

September 2018

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Dear SASA members,  
*Please take note of these dates*

Tuesday	Sept 4	Classes start
Monday	Sept 17	Writing course with Susie Whelehan begins
Monday	Sept 24	Community Lunch 12:30 pm \$5
Monday	Oct 8	Thanksgiving holiday
Wednesday	Oct 24	Essentrics classes begin with Veronica Tahirovic
Monday	Oct 29	Community Lunch 12:30 pm \$5.00
Sunday	Nov 11	Remembrance Day Service
Monday	Nov 26	Community Lunch 12:30 pm \$5
Thursday	Dec 6	Xmas dinner with entertainment-1:00 pm Main floor
Friday	Dec 19	Fall term ends

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**Welcome back to our fall session!**

We have several changes to tell you about. First, two of our instructors will be offering additional programs. Joanne Deane will begin a second Osteofit class on Monday afternoons and Bernadette Hunt is going to start a new multi-media art class for beginners on a Wednesday morning.

Secondly, we will welcome two new Zumba instructors, Sheelah Finlayson and Melissa Mazzucco. Melissa will take Zumba Gold Toning on Tuesdays and Sheelah will take Zumba Gold on Thursdays. Veronica will resume her two Essentrics classes on Wednesdays, commencing October 24<sup>th</sup> and also give some assistance in the office.

At our Annual General Meeting we were sad to lose Lisa Igashira from the board. We thanked her for her services to SASA, and were pleased to welcome Linda Symsyk and Lesley Dowbenka as new board members.

**Registration**:- Please come 15 minutes earlier on the first day of your class and bring a cheque or exact change for the full amount of the term. If you are unable to attend the initial class, a friend can pay and register for you. This is the longest term – up to 15 weeks for some classes. It is reflected in the price for the term although the cost per class remains unchanged.

Sincerely,  
Merle Hudson and Joan Sutcliffe,

on behalf of our Board: Roma Anderson (President), Patti Bragg, Lesley Dowbenka, Sue Ferguson, Diana Hirschmann, Taimi Holmberg-Smith, Bernadette Hunt, Ann Morton, Linda Symsyk, Annis Thompson, Mai-Liis Toome



## **CHRISTMAS DINNER - Thursday, December 6 in the Rousseau Room**

Buy your ticket early for our Christmas dinner with Entertainment

Owing to the high demand for tickets, it has been decided that this year tickets will be limited to members who are actively participating in SASA classes or activities.

- \* 80 tickets will be available
- \* Tickets will not be sold at the door
- \* Tickets for SASA members - \$20
- \* Members may bring one guest @ \$25

Doors open at 12:30 – Dinner begins at 1:00 pm

We are happy to have as Caterers again **Absolutely Famished**, who have made our dinners such a successful event in the last few years.

**Community Lunch** We will continue with our Community Lunch program on the last Monday of the month. Just a gentle reminder that you must phone in your name by the previous Thursday so that our partner, West Toronto Support Services will know how much food to buy. Leave your first and last name for Laura at 416-653-3535, extension 240

**Remembrance Day** service will be held on Sunday, Nov 11 at 10:45 am. on the Swansea Town Hall piazza, followed by refreshments in the Rousseau Room.

**Winter Collections:** We will again collect toiletries in December for the “out of the cold” program. Details will be in the November Newsletter.

## Art course descriptions



Art is one of our most popular programs with long waiting lists. Our instructor has kindly agreed to offer another class to alleviate this situation. Below is a general description for each class.

### **MULTIMEDIA ART CLASS    TUESDAY 10 a.m. UNTIL 12:30**

This class is for those who wish to explore traditional and new techniques of drawing and painting using different media in an individual and open format in a lively and social atmosphere. Input and help will be given as the works progress. There will also be one or two group projects and/or workshops in which the whole group would participate. Participants would supply their own painting equipment and paper or canvass supports. This session begins on Tuesday, September 4<sup>th</sup> at 10 a.m.

### **BEGINNING ARTISTS.    WEDNESDAY 9:30 A.M. TO 12:00**

This session is for the beginning artist who would like to learn the basics of drawing and painting in order to progress to the next level of skill. The focus at first, will be on the basic fundamentals of looking, seeing, form, perspective, colour and composition using various exercises and materials. Participants will then have the opportunity to work in a medium of their choice with input given as the work progresses. Participants will be asked to provide some art materials and a suggested list will be provided at the first class. Please bring a good pencil and a black fine line marker to the first class. The session begins on Wednesday, September 5<sup>th</sup> at 9:30 a.m.

## SASA WRITING CIRCLE

2018-2019

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 5-15 minute writing periods. You will be invited to read aloud (always optional) and receive feedback in a style that will highlight our 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 to twelve spaces in order to maximize the amount of time each writer can read and be critiqued each week. The course will culminate in a salon on Friday, January 25th where we will present favourite selections of our writings to invited guests and friends, in conjunction with an art display by the Tuesday morning Art Group.

Susie Whelehan will lead this course from Monday, September 17 to January 21 (16 Mondays excluding Thanksgiving). It will be held in the Evergreen Room from 12:30pm – 3:00pm.

The cost for the course is \$256.00. You are asked to confirm your attendance with a payment of \$100.00 by cheque, cash or e-transfer and the remainder will be paid at the first gathering.

Please register at: [swhelehan@gmail.com](mailto:swhelehan@gmail.com)

Susie, is a published poet, co- editor and author of “My Wedding Dress: True Life Tales of Lace, Laughter, Tears and Tulle”, Vintage/Random House, 2007, and is certified in the Amherst Writers and Artists (AWA) method of writing facilitation.

# Schedule for S.A.S.A. Weekly Activities - Fall 2018 -

Classes run from Sept 4th to Dec 17th, 2018

@ Swansea Town Hall, 95 Lavinia Avenue, Toronto \*Swansea Area Seniors Association Tel: 416-392-1953

## **Mondays**

**Yoga** 9:30 -10:30am Sept 10th – Dec 17<sup>th</sup> 14wks @ \$140

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 Sept 10 – Dec 17 Instructor: Susan Mason 14wks @\$50

**Beginners 2** 11:20 -12:15 Sept 10 – Dec 17 Instructor: Susan Mason 14wks @\$50

**Intermediate** 11:15 -12:15 Sept 10 – Dec 17 Instructor: Gillian Teiman 14wks @\$50

\*NEW **Osteofit** 2:00-3:00pm Sept 10-Oct 29 7wks@42; Nov 5 -Dec 17<sup>th</sup> 8wks @\$48

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

## **Tuesdays**

**Multi-Media Art** 10:00am -12:30pm Sept 4 – Dec 11 15wks @ \$100

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

**Zumba Gold Toning** (with weights) 1:00 -2:00pm Sept 4 – Dec 11 15wks @ \$60

Great music & lots of fun. Welcome to instructor: Melissa Mazzucco

## **Wednesdays**

**Osteofit** 11:15-12:15 Sept 5-Oct 24 8wks @ \$48; Oct 31-Dec 12 7wks @ \$42

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

\*NEW **Multi-Media Art (Beginning Artists)** 9:30-12:00 Sept 5- Dec12 15wks @ 100

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

**Fundance** 11:30- 12:30 pm Sep 5- Dec 12 15 weeks @ \$54. Fox trot, Meringue,

Rhumba, Salsa, Samba. No partner needed. Lots of fun Instructor: Elaine Thorne

**Essentrics:** Two classes a) 11:45am or b)1:00pm Oct 24 – Dec 19 9wks @ \$36

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

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

## **Thursdays**

**Chinese Brush Painting** 9:00 am - noon Discover your artistic talent working in this

delicate art form. Sept 13-Nov 15 10 classes @ \$100.00 Instructor: Hera Cheng

**Adare Art Atelier** Noon-3:00pm Sept 6 Share ideas/techniques in a small supportive group \$1

**Zumba Gold** 1:00-2:00 pm Sept 6-Dec 13. 15 weeks @ \$60 It's a lot of fun.

Lively music makes you want to move & groove. Welcome instructor Sheelah Finlayson

**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.



## A Day at Casino Woodbine

### Tuesday September 25, 2018

- Pickup:** 9:30 am check-in at Jane Park Plaza, for 10:00 am departure
- Return:** Approx. 3:00 pm Jane Park Plaza
- Cost:** Members: \$20 Non-members: \$27

Join us for a fun day at the Woodbine slots! We will travel by minibus to Casino Woodbine, where you can sign up for a free Winner's Circle Rewards membership (details below). Lunch on your own at the Willows Dining Room beside the slots.

Sign up at Syme reception as soon as possible to ensure that you get one of the 14 places on this fun trip! Full payment is required at time of registration. We accept cash or cheque.

For a group to become eligible to receive \$10 in Free Slot Play, they must obtain a Free Winner's Circle Rewards membership card and bring valid government issued photo identification. The preferred form of ID is a valid driver's licence. Passports and health cards with photos are also accepted. Valid government ID must include a photo of the person and not be expired. Photocopies are not acceptable.

Groups must first come to the Guest Services Station located in the main lobby before entering the gaming floor area to obtain their Free Play offer. All group members must insert their cards into the gaming machines. This may earn them points towards cash back and future deals. Members may also receive discounts on selected menu items. Ask our Guest Services staff about daily specials and contests.



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

FRIDAY NOVEMBER 2ND 2018

24TH ANNUAL CRAFT SHOW AT HERNDER ESTATE WINES

**Cost: \$80.00**

**Pick-up:** Jane Park Plaza 8:30 am

**Return:** Approx. 5:30-6:00 pm

This popular Craft Show, held at Hernder Estate Wines in St. Catherine's is a great way to kick off the month of November.

We'll head Niagara –way to start off our day with a morning visit to Chocolate FX in St. Davids/Niagara on the Lake. Next we will visit Betty's Restaurant in Chippawa/Niagara Falls for a tasty lunch of your choice; Roast Beef, Roast Chicken or their famous Fish and Chips. After lunch it's off to the picturesque Hernder Estate Winery 2:00 to 4:00 PM.

Drive down a county lane across a unique covered bridge to an 1867 restored barn housing the Winery and Craft Show. Enjoy tasting some of Hernder's fine wines, then browse their 24th Annual Craft Show offering two floors of homemade crafts and gift ideas. (Note there is a ramp for anyone with walkers.)

After a busy fun filled day we will head home.

We will need 25 people to make this trip a go.

Please sign up at Syme Reception with full payment. This will be a popular trip since we will be visiting Betty's for lunch.

*Syme***55+**  
CENTRE

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

**BRIDGE:** Adele Pick will resume supervised bridge classes on Friday mornings starting on September 14<sup>th</sup>. No partner needed. 9:15- 11:30 Participants must be current members of SASA. For more information telephone Adele at 416- 622- 7361

TRIPS: Tuesday, September 25<sup>th</sup>- a day at Casino Woodbine. Pick-up at Jane Park Plaza 9:30am Return at approx. 3pm

Friday, November 2<sup>nd</sup> 24<sup>th</sup> Annual Craft Show. This popular Craft show held at Hernder Estate Wines in St. Catherine's, is a great way to kick off the month of November, with Chocolate Fix in the morning, lunch at Betty's Restaurant in Chippawa/Niagara Falls, and the winery from 2:00 - 4:00. Pick up – Jane Park Plaza 8:30 am Return Time 5:30 ish

\*\*\*\*\* **Membership** The form below is only for new members and those members who have not yet paid their \$12 fee for 2018

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<p><i>For Office Use:</i> email <input type="checkbox"/> Data Base <input type="checkbox"/> Card <input type="checkbox"/> Pd. ....M'ship</p>	<p><i>Please complete this side.</i></p>	
<p><b>SWANSEA AREA SENIORS ASSOCIATION ( S.A.S.A.)</b>  <b>Membership Application and Renewal form. <i>Please print.</i></b></p> <p>Date: .... /... / 2018 Name .....</p> <p>Apt #: ..... Street Address: .....</p> <p>Postal code: ..... Tel: ..... .....</p> <p>Email: .....</p> <p>Emergency Tel: .....</p> <p>Classes/Activities: ..... Could you volunteer? Yes <input type="checkbox"/> Classes /Activities</p> <p>*****</p>	<p>S.A.S.A ANNUAL FEE            Single \$12.00 Double \$20.00</p> <p>Amount paid: \$.....</p> <p><i>Please check one box</i>  <b>RENEWAL</b> <input type="checkbox"/>  <b>NEW MEMBER</b> <input type="checkbox"/></p> <p>Name: .....</p>	
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