



# NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

November 2018

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Dear SASA members,

*Please take note of these dates*

Sunday	Nov 11	Remembrance Day Service
Monday	Nov 26	Community Lunch 12:30 pm \$5
Wednesday	Dec 5	Christmas Tea & Books
Thursday	Dec 6	SASA Christmas Dinner
	Dec 17	Fall Term Ends
Sunday	Dec 30	New Year's Eve Trip
Monday	Jan 7	Winter Term Begins
Monday	Jan 28	First Community Lunch for 2019
Thursday	May 9	Annual General Meeting
Thursday	June 27	Break for the summer

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Swansea Town Hall commemorates the men of Swansea who gave their lives in World War I and for whom the Swansea Memorial Library was created. We also honour all those who served in wars and peacekeeping missions and those who have sacrificed themselves for Canada. Everyone welcome. The service will be followed by a short reception in the Rousseau Room, Main Floor

**Date: Sunday, 11 November 2018 Time: 10:45 AM - 12:00**

**Swansea Town Hall**

**XMAS DINNER - TIME REMINDER - Thursday December 6<sup>th</sup> at 1:00 pm in the Rousseau Room on the main floor of the Town Hall. Fortunately (or unfortunately for some) all our tickets have been sold.**

**We the Board for SASA wish you and yours a Merry Christmas and a safe and happy Holiday season.**

Roma Anderson (President), Merle Hudson (Past President), Annis Thompson (Publicity & Secretary), Joan Sutcliffe (Secretary), Mai-Liis Toome (Treasurer), Sue Ferguson (Co-Treasurer), Patti Bragg (Archivist), and the rest of our volunteer Board Members Diana Hirschmann, Taimi Holmberg-Smith, Bernadette Hunt, Ann Morton, Linda Symyk and Lesley Dowbenka.

## Summary - \*S.A.S.A. Weekly Activities – WINTER 2019

Classes run from Jan 7th to March 28th, 2019

At Swansea Town Hall, \*Swansea Area Seniors Association Tel: 416-392-1953

### *Mondays - January 7<sup>th</sup> to March 25<sup>th</sup>*

**Yoga** 9:30 -10:30am 11wks - \$110

#### **Taoist Tai-Chi**

**Beginners 1** 10:15 -11:10 11wks - \$40

**Beginners 2** 11:20 -12:15 11wks - \$40

**Intermediate** 11:15 -12:15 11wks - \$40

**Osteofit** 2:00-3:00pm Jan 7 – Feb 11 6wks - \$36  
Feb 25 – Mar 25 5wks - \$30

### *Tuesdays - January 8<sup>th</sup> to March 26<sup>th</sup>*

**Multi-Media Art** 10:00am -12:30pm 12wks - \$100

**Zumba Gold Toning** (with weights) 1:00 -2:00pm 12wks - \$60

### *Wednesdays - January 9<sup>th</sup> – March 27<sup>th</sup>*

**Osteofit** 11:15-12:15 Jan 9 – Feb 13 6wks - \$36  
Feb 20 – Mar 27 6wks - \$36

**Multi-Media Art** (Beginning Artists) 9:30-12:00 12wks - 90

**Fundance** 11:30 - 12:30 pm 12 weeks - \$50

**Essentrics:** Two classes a) 11:45am or b) 1:00 pm 12wks - \$60

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

### *Thursdays - January 10<sup>th</sup> to Mar 28<sup>th</sup>*

**Chinese Brush Painting** 9:00 am - noon April 4 – June 6 10 classes - \$100.00

**Adare Art Atelier** 12-3:00pm Share ideas/techniques in a small supportive group \$1

**Zumba Gold** 1:00-2:00 pm Jan 10 – Mar 28 12 weeks @ \$60

**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) Join at any time.

## DETAILS ON OUR CURRENT ACTIVITIES AT SASA

Please email us at [swanseareaseniors@gmail.com](mailto:swanseareaseniors@gmail.com) if you have questions on any of our programs. You may come by and check out our classes anytime or try them out for \$5.00 (if the class is not full).

### ART

ART ADARE - Bring your water colours, drawing pencils, acrylics – any medium you enjoy to paint, draw or sketch. Share ideas/techniques in a small supportive group.

### CHINESE BRUSH PAINTING CLASS – Instructor Hera Cheng

Learn the fine art of this beautiful and delicate ancient Chinese Art.

### MULTI –MEDIA ART – Tuesday Class – Instructor Bernie Hunt

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.

### MULTI –MEDIA ART – Wednesday Class – Instructor Bernie Hunt

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.

## **BRIDGE**

**BRIDGE CLASSES:** Adele Pick will resume supervised bridge classes on **Friday mornings starting on January 11th.**

No partner needed. 9:15- 11:30am. Participants must be current members of SASA. COST: \$7 per class

For more information telephone Adele at 416- 622- 7361.

**Bridge Drop in** – Drop by for a friendly game of bridge on Wednesdays – 1pm to approx. 4pm on the Ravine level. No partners necessary and new members are welcome.

## **EXERCISE & LOTS OF FUN**

**ESSEINTRICS** – Two Classes - Instructor Veronica Tahirovic

For pain-free joints and re-balanced muscles. Essentrics is a dynamic workout that strengthens every muscle and joint in the body. It draws from the flowing movements of Tai Chi, the strengthening theories of ballet and healing principles of physiotherapy.

Created by Canadian fitness expert Miranda Esmonde-White (of Classical Stretch on PBS)

**FUNDANCE** - Instructor Elaine Thorne

Join a fun group and dance to the beat. No Experience or partner necessary. Line dances and basics of Tango, Cha Cha and Merengue, Rumba, Salsa, Fox trot, Waltz, Samba and Jive.

**OSTEOFIT** - Instructor Joanne Deane

Do you want strong bones, fuller breath, better balance, improved co-ordination plus have fun and meet nice people? You will get a lot of variety in this program. You will use weights and Thera resistance bands while stretching and getting a cardio workout moving to music. This is a popular program which we now offer twice a week - Mondays and Wednesdays.

## TAI-CHI (Taoist)

Great exercise to keep those joints and muscles moving. Tai-Chi will help with your balance, memory, co-ordination and circulation. We offer three levels of Tai-chi. This is one program that requires you to start at the Beginner 1 level. We start a new B1 level each Term. You can progress at your own pace to our B2 or Intermediate level.

## Yoga - Instructor Karen Weinthal



***Yoga therapy for individuals and Small Groups***

*Personalized yoga practice for physical and emotional healing*

This is a great program provided by Karen Weinthal. It will help you improve your mobility and feel good. It is also great for flexibility and strength. No experience necessary.

## ZUMBA GOLD - Instructor Sheila Finlayson

Zumba Gold is a gentle dance fitness class suitable for older adults and anyone looking for a low impact Zumba class. ZUMBA ® is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements.

## ZUMBA GOLD TONING – Instructor Melissa Mazzucco

This is Zumba Gold above with light weights to improve toning. Great music and lots of fun

**Registration for 2019 – Winter Session – Starts Jan 7th:**

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 you may enlist a friend to do this for you. The Summary of Activities (page 2) shows the class fee and dates and times.

Details for our SASA Activities are covered on Pages 3-5.

**SASA MEMBERSHIP – YOUR 2018 SASA MEMBERSHIP EXPIRES IN DECEMBER**

In September we added a beginner Art class and another Osteofit class. Our two Essentrics classes are at capacity and most of our classes are full with registrations at a record high, and we have a lot of interest for classes beginning in January. To streamline the registration process in January, we would like to start our 2019 membership sign up early.

**Signup for 2019 Membership**

- Below is the new membership form for 2019.
- Membership forms and envelopes will also be available in your class folders and on the bulletin boards within the next week.
- Please complete the form and include your Annual membership fee (\$12 single; \$20 for a couple) in the envelope. If you are paying by cheque please make it payable to SASA.
- Drop your form and the fee at the SASA Office on the Ravine level. If the office is closed please drop your envelope into our mail slot on the office door.

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**For Office Use:** Data Base  Card  email  Membership # .....

**SWANSEA AREA SENIORS ASSOCIATION ( S.A.S.A.)**

**Membership Application and Renewal form. *Please print.***

**Date:** .... /.... /2019 **Name:** ..... **Amount paid:** \$.....

**Apt #** ..... **Street Address:** ..... **Please check one box**

**Postal code:** ..... **Tel:** ..... **RENEWAL**

**Email:** \_\_\_\_\_ **NEW MEMBER**

**Emergency Contact:** ..... 

D. O.B. day month year
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**Classes/Activities:**..... **Could you volunteer?** Yes



## Toiletries for *Out of the cold*

It is time for the annual Toiletries for Out of the Cold collection, so if you have any unused toiletries that you care to donate please bring them to yoga class or to the SASA office or the front desk at Swansea Town Hall any time until December 15th.

Combs, toothbrushes, band-aids, and sample sizes of toothpaste, shampoo, skin lotion . . . things like that are especially useful.

*Thanks to Karen Weinthal, our yoga teacher for organizing this drive*

### SWANSEA TOWN HALL CHRISTMAS CLOTHING DRIVE

Our annual Christmas Winter Clothing drive will run for 3 weeks this year from Wednesday November 21 to December 12.

Bring us any New or Gently Used (and CLEAN) hats, mitts, scarves, socks, coats and boots and drop them in the main lobby boxes at 95 Lavinia.

We distribute all the clothes donated to 4 charities in need for men, women, teens and children.

**THANK YOU!**

### CHRISTMAS TEA & BOOKS WITH SWANSEA MEMORIAL LIBRARY

Wednesday December 5<sup>th</sup> in the Swansea Town Hall main lobby and Swansea Memorial Library

Drop in for tea, hot apple cider and treats between 4:00 pm and 7:30 pm.

There will be crafts for children in the library!

Also consider dropping off an item for the Daily Bread Food Bank or donate to our clothing drive in our mail lobby when you come!

### MAY TREATS AND AGM

Our annual general meeting will be held on Thursday May 10 at 1:00 pm in the Evergreen Room. It's a very short meeting, an important election and delicious treats and some fun. Mark it on your calendar - details to follow.



**IN MEMORIAM (Janet Sayer)**

We are sad to lose our long time SASA member and friend Janet Sayer who passed away on Sept 12<sup>th</sup> at the age of 96. Janet joined SASA in 1990, was a Board Member and was named a Life Member in recognition of her many services to SASA.

**COMMUNITY LUNCHEON** The final luncheon for 2018 will be held on Monday November 26<sup>th</sup>. We are sad to say good bye to Laura Campos Juarez and will miss her delicious soups. We welcome Galina Barasheva whose soups are also good. Just a gentle reminder that you must phone in your name by the previous Thursday so that our partners, West Toronto Support Services will know how much food to buy.

Leave your first & last name for Galina at 416- 653-3535, extension 240

**SWANSEA TOWN HALL HOMEWORK CLUB:**

Do you like children and would you like to help them learn and succeed in school? Swansea Town Hall holds a free Homework Club for neighbourhood children in grades 3 to 8. The program runs on Thursdays after school for 1.5 hours from mid-October to April. It is currently recruiting "Senior" volunteers to join the team as tutors.

More information about the program is on the Swansea Town Hall website. Please contact them if you would like to become a Senior Tutor or if you have any questions about this fun and fulfilling role!

Email: sthomeworkclub@gmail.com or phone Carol at 416-392-19540.

**Memory Techniques Workshop**

*"Remember, if you don't use it, you lose it."*

Patricia McCully is offering a fun-filled interactive program to sharpen your memory skills, which will include learning how to remember names and faces, facts and figures, dates and numbers. The course will focus on practical techniques for daily life and concentration skills to help you to keep in mind appointments, books and movies, and to enjoy interesting conversations.

If you are interested please contact **Patricia 416-763-2540, 99heart@bell.net**



# New Year's Eve

Featuring *The Piano Men* & *The Show Must Go On*

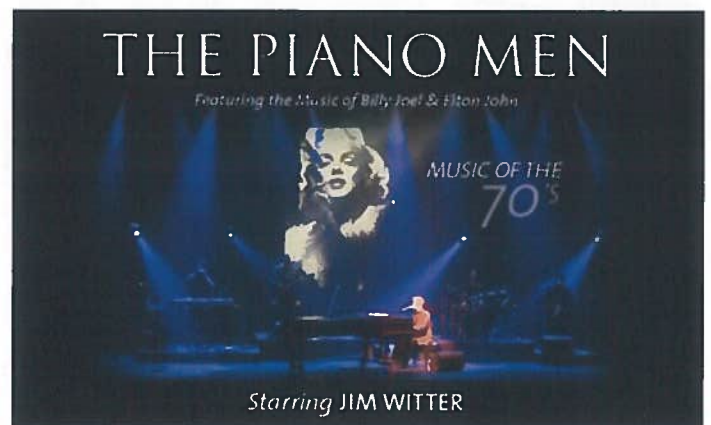
Once again, Year Round Travel is pleased to be working with the 4 star Holiday Inn Hotel and Conference Centre, St. Catharines. Our group will enjoy their many amenities including an indoor swimming pool, restaurant, and bar. All deluxe rooms are tastefully furnished and contain king size or two queen size beds, flat panel television, four piece bathroom and more! **THE PIANO MEN**: a musical celebration of the 1970's- year by year, hit by hit- from the **songbooks of Billy Joel and Elton John**. Award winning Canadian recording artist Jim Witter and his incredible band lead an expertly crafted tour of an entire decade that begins with "Your Song" and winds us along on a musical time machine, saluting two of the century's most popular contemporary songwriters. Along the way, the sounds of "My Life", "Candle in the Wind", "Rocket Man", "Just the Way You Are", and many more classic hits create an evening that's so much fun, you won't want it to end. By the time you hit 1979, you're begging these musicians to move back to 1970 and start all over again.

## Inclusions:

- \* Home pick-up/drop off (Metro Toronto)
- \* Return transportation via deluxe coach
- \* 2 nights accommodation at the Holiday Inn Hotel and Conference Centre, St. Catharines
- \* 1 buffet breakfast & 1 continental breakfast
- \* 5 course Prime Rib dinner on New Year's Eve including wine
- \* New Year's Day brunch
- \* New Year's Eve - The Piano Men at the Performing Arts Centre
- \* Post show reception at the hotel including hors d'oeuvres and champagne toast at midnight
- \* Dinner and "The Show Must Go On" show at the Oh Canada Eh Dinner Theatre
- \* Winery visit including tasting
- \* Visit to the Fallsview Casino
- \* All gratuities on included meals
- \* Shopping
- \* All hotel taxes and service charges
- \* Baggage handling
- \* Tour escort

To Book Contact Year Round Travel  
at 416-499-1444

*Some*  
**55+**  
CENTRE



**December 30 - January 1, 2019**

Price per person in Canadian Dollars

**TWIN \$729.00 SINGLE \$979.00**

\$100.00 deposit due upon booking. Balance due 60 days prior to departure.

Optional Cancellation Insurance for \$49.00



**TOUR DESIGNED BY YEAR ROUND TRAVEL INC.**

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