



# NEWS OF THE PHOENIX

**Swansea Area Seniors Association**

95 Lavinia Avenue, Toronto. Ont. M6S 3H9

Telephone: 416 392-1953

**August 2024**

Dear SASA members,

Welcome back to our fall session starting on Monday, September 9<sup>th</sup>.

Our schedule with costs on the next page has 24 classes! Three new classes including two FREE Trials – Pilates at 9am on Tuesday, September 10<sup>th</sup> and Mobility Fit at 11:15 on September 13<sup>th</sup>.

Join our **FREE** activities for SASA members in our Evergreen Room on the Ravine level: games, cards, art and writing.

Also check our SASA Bulletin Board for special events at SASA;

- Menus for 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month - delicious \$7.00 lunches by PGAF *Parkdale Golden Age Foundation*
- Surprise Activities on the 3<sup>rd</sup> Tuesday afternoon of each month sponsored by the Runnymede library
- Special information presentations including Free Coffee/Tea and snacks.

**Pool and Table Tennis** are also available. Check out Daniel Sanger's article in the Globe & Mail (August 2023): *How ping-pong can help us all live healthier and happier lives.* " . . . . As an activity Table Tennis helps develop new neural pathways which can slow down dementia and alleviate depression". To join our Table Tennis group contact Michal, our TT coordinator (details on our Bulletin Board)

Our SASA kitchen on the Ravine level is OPEN! In October, look for information on our Christmas lunch and activities in our MAPLE CAFÉ! We would love to hear from you if you have any suggestions on how we can get together for more fun at SASA.

On the next few pages we have the schedule and fees, descriptions of the activities we offer, information on Registration, payment of fees and membership form. Our information is also available on the Swansea Town Hall website programs Seniors (SASA).

**SASA is run by volunteers – doing our best for us all**

## **SASA Board of Directors:**

Roma Anderson (President), Directors: Annis Thompson, Ann Morton, Bernie Hunt, Lesley Dowbenka, Linda Symysk, Lucy Celetti, Marilyn Scott, Melissa Ramsey, Sheila Legon, Sue Ferguson

## **How to Contact Us**

- \* EMAIL: (best way) [swanseaareaseniors@gmail.com](mailto:swanseaareaseniors@gmail.com)
- \* Phone: (416) 392-1953 (please leave a message and someone will contact you)
- \* Drop us a note and slip it into our mail slot in our SASA office door – Ravine level



## SCHEDULE & FEES - FALL 2024

Monday, September 9th to Friday, December 13th, 2024 (14 wks)

	Time	Activity	Instructor	Room	Cost
<b>MONDAYS</b> from September 9th 13 weeks (closed Oct 14th Thanksgiving)	10:00 - 11:00	<b>Qi Gong</b>	<i>Nataliya Gasenko</i>	Council Chambers 2nd	<b>\$105</b>
	10:00 - 11:00	<b>Osteofit</b> <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Joanne Deane</i>	Rousseau Street level	<b>\$105</b>
	11:15 - 12:15	<b>Qi Gong</b>	<i>Nataliya Gasenko</i>	Council Chambers 2nd	<b>\$105</b>
	1:00 to 1:50	<b>Tai-Chi Beginner</b>	<i>Steve Yee</i>	Teiaiaagon Room 2nd	<b>\$105</b>
	2:00 to 3:30	<b>Tai-Chi Intermediate</b>	<i>Steve Yee</i>	Teiaiaagon Room 2nd	<b>\$130</b>

*Mondays - Euchre - Evergreen Room - 1:00*

<b>TUESDAYS</b> from September 10th 14 weeks	9:00 - 9:50	<b>Pilates</b> <small>NEW REGISTER FOR FREE TRIAL - SEPT 10th</small>	<i>Nicole Thacker</i>	Rousseau Street level	<b>\$130</b>
	10:00 - 11:00	<b>Essentrics</b> <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Nicole Thacker</i>	Rousseau Street level	<b>\$140</b>
	10:00 - 11:00	<b>Yoga/Pilates Fusion</b> <small>NEW</small>	<i>Mira Stojanovic</i>	Teiaiaagon Room 2nd	<b>\$140</b>
	11:15 - 12:15	<b>Qi Gong</b>	<i>Richard Booth</i>	Teiaiaagon Room 2nd	<b>\$115</b>
	11:15 - 12:15	<b>Essentrics</b>	<i>Nicole Thacker</i>	Council Chambers 2nd	<b>\$140</b>
	11:30 - 12:30	<b>Zumba Gold</b>	<i>Sheelah Finlayson</i>	Rousseau Street level	<b>\$115</b>

*Tuesdays - Writing Group - Evergreen Room 1:00 - 3:00*

<b>WEDNESDAYS</b> September 11th 14 weeks	9:30 - 10:30	<b>Yoga</b>	<i>Karen Weinthal</i>	Village - Ravine level	<b>\$140</b>
	10:00 - 11:00	<b>Chair Yoga</b>	<i>Joanne Deane</i>	Gemmell rm 2nd level	<b>\$140</b>
	10:00 - 12:00	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Evergreen Ravine level	<b>\$140</b>
	10:00 - 11:00	<b>Qi Gong</b>	<i>Richard Booth</i>	Council Chambers 2nd	<b>\$115</b>
	11:15 - 12:15	<b>Osteofit</b> <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Joanne Deane</i>	Rousseau Street level	<b>\$115</b>
	11:30 - 12:30	<b>Fundance</b>	<i>Elaine Thorne</i>	Council Chambers 2nd	<b>\$115</b>

*Wednesdays - Cards, games - Evergreen Room - 1:00*

<b>THURSDAYS</b> September 12th 14 weeks	10:00 - 12:30	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Rousseau Street level	<b>\$140</b>
	10:00 - 11:00	<b>Essentrics</b>	<i>Nicole Thacker</i>	Founders -Ravine Level	<b>\$140</b>
	11:00 - 12:00	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers 2nd	<b>\$140</b>
	1:00 - 2:00	<b>Zumba Gold</b> <small>New Time</small>	<i>Melanie</i>	Council Chambers 2nd	<b>\$115</b>
	1:00 - 2:30	<b>Tai-Chi Advanced</b>	<i>Steve Yee</i>	Founders -Ravine Level	<b>\$140</b>

*Thursdays - Art Adare Atelier - Evergreen Room - 12:30*

<b>FRIDAYS</b> September 13th 14 weeks	10:00 - 11:00	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers 2nd	<b>\$140</b>
	11:15 - 12:15	<b>Mobility Fit</b> <small>NEW REGISTER FOR FREE TRIAL - SEPT 13th</small>	<i>Mira Stojanovic</i>	Council Chambers 2nd	<b>\$105</b>

## **SASA PROGRAMS**

***To join our programs you will need to read our safety protocols, sign our waiver, keep a safe distance and stay away if you have any flu symptoms.***

**MULTI-MEDIA ART** – Wednesday & Thursdays am – 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. If you are a beginner – Wednesday is a better fit. ***Participants supply their own painting equipment and material as required.***

## **FITNESS & LOTS OF FUN**

**TAI-CHI** – Mon 1:00 **Beginner**, 2:00 **Intermediate**; Thurs 1pm **Advanced** - ***Steve Yee***

Ancient practice to improve balance, memory, co-ordination and circulation. Steve will start with beginner level at 1pm and continue into Intermediate level at 2pm. He teaches Yang style Long form Tai-Chi which is similar to Taoist style which was taught at SASA before we shut down for COVID.

**QIGONG** –Mon 10 & 11:30 ***Nataliya Gasenko***; Tues 11 & Wed 10 - ***Richard Booth***

Qigong is an ancient practice like Tai-Chi only easier to learn. Some benefits are less stress and more energy, relieving tension in your body, improving balance and strengthening your immune system. Qigong is done standing but can be done seated. The classes involve flowing movements, gentle stretches and breathing exercises. Oprah, Dr. Oz and Harvard Medical School say Qigong is a must try. ***Comfortable clothing and shoes and some water is all you need.***

**ESSENTRICS** –Tuesdays 10 & 11:15; Thurs 10am - ***Nicole Thacker***

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) – ***Yoga mat required.***

***\* NEW CLASS WITH FREE TRIAL ON TUESDAY, SEPTEMBER 10<sup>TH</sup> 9:00 AM***  
**PILATES** -- ***Nicole Thacker (our Essentrics instructor)*** A gentle workout that strengthens glutes and Core improving toning and flexibility. ***Yoga mat required***

**FUNDANCE** - Wednesday 11:30 am - 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** – 10am- Mondays & 11:15 -Wednesdays - 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. ***Light weights suggested and Thera Band required***

\* **NEW - MOBILITY FIT**– 11:15 - Friday - Instructor *Mira Stojanovic*

Similar to our Osteofit program – A gentle movement class that addresses muscles and joints by moving dynamically through range of motion. Benefits – enhanced mobility, balance and reduced risk of falling. Exercises to improve strength, flexibility and coordination, all performed standing or seated on a chair. ***Light weights suggested and Thera Band required***

**ZUMBA GOLD** – Tuesdays 11:30 *Sheelah Finlayson*; Thurs – 1pm *Melanie*

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.

**YOGA** with **Karen Weinthal on Wednesdays @ 9:30**

This is a gentle yoga that will help you improve your mobility and feel good. It is also great for improving flexibility and strength. No experience necessary - ***Yoga mat required.***

**CHAIR YOGA** – Wednesday 10:00am - Instructor *Joanne Deane*

Yoga done sitting and standing with the support of a chair and the wall focussing on spinal health, the breath and connecting body, mind, soul, and heart. Sensing from the inside out. Very healing and comforting. You can enjoy this class with or without previous yoga experience. Our instructor has over 15 years Yoga teaching Older Adults and certificated in both Hatha and Viniyoga Styles.

**YOGA/PILATES FUSION** – Thurs 11:30 & Fri. 10 - Instructor *Mira Stojanovic*

Combining Yoga & Pilates – focusing on breadth, precise movements, and proper alignment of our Core muscles as we flow through the workout. Benefits are better balance, deeper relaxation, improved flexibility, improved focus, reduced stress, stronger arms, legs & glutes **and** toned core muscles. ***Yoga mat required***

## REGISTRATION for MEMBERSHIP and SASA CLASSES

1. Requirement: Become a SASA member or renew membership  
Annual Membership fees - \$12.00 single; \$20.00 double (couple)  
Membership fees covers you until December 31<sup>st</sup> each year.
2. Please complete the form below and mail or drop it off to SASA office
3. Membership cards will only be provided upon request.

## REGISTRATION FOR SASA CLASSES:

1. Email your intention to join a class to : [swanseaareaseniors@gmail.com](mailto:swanseaareaseniors@gmail.com)
2. You will receive confirmation
3. Please arrive at least 15 mins before start of class. You will be required to sign a waiver indicating that you are willing to comply with all our safety protocols which follow provincial guidelines.
4. *If you have RE-REGISTERED for the same class please ensure your EMERGENCY CONTACT and PERSONAL information is up to date.*

## PAYMENT:

1. Cheques are payable to "SASA", and dated no later than the start date of the session
2. Cash – We appreciate the CORRECT AMOUNT in an envelope with your name and class written on the envelope
3. E Transfer your fees to [treasurersasa474@gmail.com](mailto:treasurersasa474@gmail.com). It is set up for auto-deposit so there is no question to answer but please add details in the comment section for the classes that the fee covers (e.g. SASA membership, Osteofit & Fundance)

## How to Contact Us -

*SASA is run by Volunteers. We do our best and appreciate your patience. We are not in the office everyday*

1. EMAIL: (the best way) [swanseaareaseniors@gmail.com](mailto:swanseaareaseniors@gmail.com)
2. PHONE: (416) 392-1953 - Leave a message and someone will contact you.
3. DROP OFF: mail slot on SASA office door (ravine level)
4. MAIL: Our Address: Swansea Area Seniors Association (SASA)  
Swansea Town Hall, 95 Lavinia Ave, Toronto, Ontario, M6S 3H9

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SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.)      Valid until December 31<sup>st</sup> \_\_\_\_\_  
Membership Application and Renewal form. *Please print and fill out the form in full.*

Date: ... / ... / 20...      Name: .....      Amt pd: \$.....

Apt # .....      Street Address: .....

Postal code: .....      Tel: .....

Email: \_\_\_\_\_

Emergency Contact: .....      Telephone:.....

Classes/Activities:.....      Could you volunteer?      Yes

*Please check one box*  
RENEWAL   
NEW MEMBER

Date of birth:		
day	month	year
_____	_____	_____