



NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

December 2024

Dear SASA members,

Thank you for another record-breaking year! A special thanks to our dedicated instructors – your dedication makes a difference. We now have 25 classes that our 400+ members absolutely love. Our success hinges on your participation, and we sincerely appreciate the 120 members and instructors who joined us at our luncheon on the 5th.

“Out of the Cold” was again overwhelmed by your response and generosity for yet again a spectacular collection of toiletries and socks.

Please note that we have a few make-up classes this week and Thursday, 19th will be the last day of classes for this term.

We’re thrilled to report that over 90% of current participants have pre-registered and paid for their classes for the next term which begins on Monday, January 6th, 2025.

The schedule, including fees and details of our programs, our waiver as well as registration information and the membership form will follow in the next few pages – you can also find all this information on the Swansea Town Hall website under Seniors programs section.

Wishing you and your loved ones a peaceful holiday filled with joy and happiness. We look forward to seeing you in the New Year.

SASA Board of Directors:

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

How to Contact Us

- * EMAIL: (best way) 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 - Winter 2025

Monday, January 6th to March 31st, 2025 (12 wks)

	Time	Activity	Instructor	Room	Cost
MONDAYS from January 6th 12 weeks (closed Feb 17 - Family Day)	10:00 - 11:00	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$100
	10:00 - 11:00	Osteofit	<i>Joanne Deane</i>	Rousseau Street level	\$100
	11:15 - 12:15	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$100
	1:00	<i>Euchre - Evergreen Room - Ravine Level</i>			
TUESDAYS from January 7th 12 weeks	9:00 - 9:50	Pilates	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	10:00 - 11:00	Essentrics	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	10:00 - 11:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Founders - Ravine lev	\$120
	11:15 - 12:15	Essentrics	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	11:15 - 12:15	Mobility Fit	<i>Mira Stojanovic</i>	Founders - Ravine lev	\$100
	11:15 - 12:15	Qi Gong	<i>Richard Booth</i>	Teiaiaagon Room 2nd	\$100
	11:30 - 12:30	Zumba Gold	<i>Sheelah Finlayson</i>	Council Chambers 2nd	\$100
1:00 - 3:00	<i>Writing Group - Evergreen Room - Ravine Level</i>				
WEDNESDAY January 8th 12 weeks	9:30 - 10:30	Yoga	<i>Karen Weinthal</i>	Council Chambers 2nd	\$120
	10:00 - 11:00	Chair Yoga	<i>Joanne Deane</i>	Rousseau Street level	\$120
	10:00 - 12:00	Multi-Media Art	<i>Bernie Hunt</i>	Evergreen Ravine lev	\$120
	10:00 - 11:00	Qi Gong	<i>Richard Booth</i>	Gemmell rm 2nd level	\$100
	11:15 - 12:15	Osteofit	<i>Joanne Deane</i>	Rousseau Street level	\$100
	11:30 - 12:30	Fundance	<i>Elaine Thorne</i>	Council Chambers 2nd	\$100
1:00	<i>Cards, games - Evergreen Room - Ravine Level</i>				
THURSDAYS January 9th 12 weeks Tai-Chi start date Jan 23rd	10:00 - 12:00	Multi-Media Art	<i>Bernie Hunt</i>	Evergreen Rm Ravine	\$120
	10:00 - 11:00	Essentrics	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	11:00 - 12:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$120
	12:30	<i>Adare Art Atelier - Evergreen Room - Ravine Level</i>			
	1:00 - 2:00	Zumba Gold	<i>Veronica Tahirovic</i>	Rousseau Street level	\$100
	1:00 - 2:30	Tai-Chi Advanced	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$120
	2:30 - 4:00	Tai-Chi Intermediate	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$120
	4:00 - 5:00	Tai-Chi Beginner	<i>Steve Yee</i>	Teiaiaagon Room 2nd	\$100
FRIDAYS January 10th 12 weeks	10:00 - 11:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$120
	11:15 - 12:15	Mobility Fit	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$100

SASA PROGRAMS

To join our programs you will need to follow Swansea Town Hall Code of Conduct posted in each room, 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.

ESSEINTRICS –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.*

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*

MOBILITY FIT– Tuesdays & Fridays – 11:15 - 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 – Tuesday 11:30 *Sheelah Finlayson*; Thurs – 1pm *Veronica Tahirovic*

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*



SWANSEA AREA SENIORS ASSOCIATION

ASSUMPTION OF RISK, WAIVER AND RELEASE AGREEMENT

Note to SASA Member: By signing this Risk, Waiver and Release Agreement, you will waive certain legal rights including the right to sue. Please read carefully before you sign this Agreement.

You may not participate in any SASA programs or activities, including attendance at SASA meetings until such time as you have signed and submitted this Agreement.

I recognize and acknowledge that a risk of injury may be involved in my participation in the programs and activities of SASA. I voluntarily and willingly agree to assume full risk of any and all injuries, including loss of life, health risk (including increased risk of contracting COVID-19), damages, or losses regardless of severity that I may sustain as a result of my participation in the SASA's programs and activities either on or off the Swansea Town Hall premises and I assume full responsibility for the same. Such risks are herein referred to as the "Assumed Risks".

I hereby waive and relinquish all claims I may have against SASA with respect to all such Assumed Risks and all consequences thereof. I agree to not hold SASA responsible for the Assumed Risks and all consequences thereof.

I also agree to comply with City or Toronto Health and Safety rules and guidelines to avoid the transmission of any communicable illness.

I do hereby release and forever discharge SASA together with its directors, volunteers, and class instructors (collectively SASA) from any and all actions, damages, claims, and demands whatsoever that I may have, arising out of, connected with, or in any way associated with my participation in SASA's programs and activities.

This waiver will remain in effect while I am a member in good standing and after I cease to be a member or until such time as I revoke it in writing. Revocation will be effective only for occurrences that take place after the revocation is delivered to SASA.

I have read and fully understand this assumption of risk, waiver, and release of all claims.

I understand that this Assumption of Risk Waiver and Release Agreement applies to SASA, its directors, volunteers, and class instructors engaged in the Club's business.

I acknowledge that I have read and understood this agreement and that by signing this agreement I am waiving certain legal rights which I or my heirs, next of kin, executors, administrators, assigns and representatives may have against the releasees.

I sign this document voluntarily and without inducement on: date: _____, 202
at Toronto, Ontario

Name (please print): _____

Signature: _____

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 31st 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
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. 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
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

SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.) Valid until December 31st _____
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

Community Lunches

We are looking forward to resuming our Community Lunches – stay tuned

In the interim, many of our members are enjoying these delicious meals:

\$7 TAKE OUT MEALS twice a month – in partnership with PGAF
PARKDALE GOLDEN AGE FOUNDATION (PGAF) with support from the City of Toronto Community Service Partnership Program, Ontario Local Health Integration Network/Ontario Health and the Ministry of Health & Long-term care.
PGAF makes these meals at their facilities and brings them to the Swansea Town Hall on the 1st and 3rd week. The latest menus are posted on the Town Hall Bulletin Boards. Order by the dates provided to **reserve your meal 416-536-6077**.
\$7 CASH ONLY – PICK UP approx. 12:30.

Join your friends for a coffee before or after class on the Ravine level at our Maple Café or play Pool or Table tennis after 1pm

Co-ordinator – Mikhail - michal.zacharowski@gmail.com

Tuesdays – Evergreen Room

EVERYONE HAS A STORY TO TELL - Your stories are important: Memoir, family history, travel adventures, interesting characters you have known, amusing incidents or heart-warming experiences. We are a small group who meet on **Tuesday afternoons from 1 to 3 pm** in the Evergreen Room, cost \$1. If we so wish, we may share what we have written, and feedback is always positive and encouraging. Drop by to join us whenever you are free.

Wednesdays –Evergreen Room

Join your friends to play your favourite Board games or Card Games – Starting **April 3rd Wednesday afternoons – 1:30 pm** –

Thursdays – Evergreen Room

Art Adare Atelier - Bring your water colours, pencils and share ideas/techniques in a small supportive group – **Thursdays 12:30** - Cost is \$1 If you would rather knit or do a craft with friends – we'd love to see you.