



NEWS OF THE PHOENIX

Swansea Area Seniors Association
 95 Lavinia Avenue, Toronto. Ont. M6S 3H9
 Telephone: 416 392-1953
 March 2025

We are thrilled to announce our new session will begin on April 1st and conclude on June 30th. Most current members have signed up with our early registration. Attached you will find the schedule for the 13-week program. Please review it carefully as the fees vary depending on start dates, end dates and holidays.

NEW SPRING PROGRAMS



Stretch & Strength – adding Strength training to gentle exercises for seniors – a **free trial on March 27th**. Regular classes in April on Thursdays at 12:00



Introduction to Yoga – If you have never tried yoga this is where you start... **Mondays at 10am**



Sew for fun – Learn basic sewing machine skills, hand sewing skills while having fun – **Tuesdays at 10am**

More information is available on our Bulletin Board and on pages 5 & 6 of this newsletter. Please contact us if you are interested in registering for any of these.

CALLING ALL VOLUNTEERS Are you able to occasionally volunteer for SASA? We are looking for both occasional volunteers and some new Board members. (On the Board, a Treasurer, and skills related to worksheets or publishing). On the attached form you can put exactly what you can manage and will not be asked to go out of your comfort zone. We would love to have you join our dynamic team of volunteers in any capacity.

Don't miss our SASA ANNUAL GENERAL MEETING

Join us for Spring Tea and Sandwiches on **Monday May 27** at noon for a short AGM and to elect your SASA Board for this year. Bring any ideas or suggestions.

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**

SASA Board of Directors:

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



SCHEDULE & FEES - Spring 2025

Tuesday, April 1st to Monday, June 30th, 2025 (13 wks)

	Time	Activity	Instructor	Room	Cost	
MONDAYS from April 7th 11 weeks (Easter Mon & Victoria Day)	10:00 - 11:00	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$95	
	10:00 - 11:00	Osteofit	CLASS IS FULL Waitlist only	<i>Joanne Deane</i>	Rousseau Street level	\$95
	11:15 - 12:15	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers 2nd	\$95	
	1:00	<i>Euchre - Evergreen Room - Ravine Level</i>				
TUESDAYS from April 1st 13 weeks YP & MF end on June 10th 11 wks	9:00 - 9:50	Pilates	<i>Nicole Thacker</i>	Rousseau Street level	\$130	
	10:00 - 11:00	Essentrics	<i>Nicole Thacker</i>	Rousseau Street level	\$130	
	10:00 - 11:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Founders - Ravine lev	\$110	
	11:15 - 12:15	Essentrics	<i>Nicole Thacker</i>	Rousseau Street level	\$130	
	11:15 - 12:15	Mobility Fit	<i>Mira Stojanovic</i>	Founders - Ravine lev	\$95	
	11:15 - 12:15	Qi Gong	<i>Richard Booth</i>	Teiaiaagon Room 2nd	\$105	
	11:30 - 12:30	Zumba Gold	begins in MAY	<i>Sheelah Finlayson</i>	Council Chambers 2nd	\$70
	1:00 - 3:00	<i>Writing Group - Evergreen Room - Ravine Level</i>				
WEDNESDAY April 2nd 13 weeks	9:30 - 10:30	Yoga	<i>Karen Weinthal</i>	Council Chambers 2nd	\$130	
	10:00 - 11:00	Chair Yoga	<i>Joanne Deane</i>	Rousseau Street level	\$130	
	10:00 - 12:00	Multi-Media Art	<i>Bernie Hunt</i>	Evergreen Ravine lev	\$130	
	10:00 - 11:00	Qi Gong	<i>Richard Booth</i>	Gemmell rm 2nd level	\$105	
	11:15 - 12:15	Osteofit	CLASS IS FULL Waitlist only	<i>Joanne Deane</i>	Rousseau Street level	\$105
	11:30 - 12:30	Fundance	<i>Elaine Thorne</i>	Council Chambers 2nd	\$105	
	1:00	<i>Cards, games - Evergreen Room - Ravine Level</i>				
THURSDAYS April 3rd 13 weeks Y/P fusion ends on June 11th - 11 wks	10:00 - 12:00	Multi-Media Art	CLASS IS FULL Waitlist only	<i>Bernie Hunt</i>	Evergreen Rm Ravine	\$130
	10:00 - 11:00	Essentrics	<i>Nicole Thacker</i>	Rousseau Street level	\$130	
	11:00 - 12:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$110	
	12:00 - 1:00	Strength & Stretch	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$110	
	12:30	<i>Adare Art Atelier - Evergreen Room - Ravine Level</i>				
	1:00 - 2:00	Zumba Gold	begins in MAY	<i>Veronica Tahirovic</i>	Rousseau Street level	\$75
	1:00 - 2:30	Tai-Chi Advanced	<i>Steve Yee</i>	Council Chambers 2nd	\$130	
	2:30 - 4:00	Tai-Chi Beginner	<i>Steve Yee</i>	Council Chambers 2nd	\$130	
FRIDAYS Apr 4 - June 13	10:00 - 11:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$100	
	11:15 - 12:15	Mobility Fit	<i>Mira Stojanovic</i>	Council Chambers 2nd	\$90	

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 : swanseareaseniors@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) swanseareaseniors@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
___	___	___

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 –Thurs 1pm ***Advanced/Intermediate***, 2:30 ***Beginner /Inter.*** - ***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 (*aging backwards*) –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**

Please note: there will be no Zumba in April... New session starts in May

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 11:00 & 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**

STRETCH & STRENGTH **New** – Thurs 12:00 - Instructor **Mira Stojanovic**

Combines Yoga, Pilates with Strength training to restore bone, improve balance and flexibility, control weight and aid sleep.

OUR NEW PROGRAMS – April 2025


NEW CLASS

STRETCH & STRENGTH

Thursday 12:00 pm - 1:00 pm

Stretch & Strength class helps develop the many aspects of functional fitness necessary for aging well, by combining yoga, pilates and strength training.

Why is Strength Training Important for Older Adults?
Strength Training “restores bone, improves balance and flexibility, controls weight, helps the heart and aids sleep.”



Bring your own: Yoga mat, weights and resistance bands
Exercises performed on the floor or standing.

Join Mira – for a FREE trial session on March 27th at 12:00

Please email SASA @ swanseareaseniors@gmail.com to register for the free trial or for the whole session, running 11 weeks from April to Mid June.

***Introduction to Yoga** – a transformative journey into Hatha yoga, a traditional form of yoga that focuses on achieving harmony between the mind, body and spirit through physical postures, breathing techniques and meditation.*

This 5 week program will be on Mondays at 10am starting in April 7th. For more information or to register please contact us.

Tuesdays at 10:am

SEW FOR FUN – Learn basic sewing machine skills, hand sewing, Sashiko embroidery and other sewing skills while having fun with Suzanne Booth, a passionate sewing instructor/designer with years of experience.

Join our Bridge Sessions with Adele Pick!

Are you interested in learning Bridge, brushing up on your skills, or simply enjoying a casual bridge game? We have exciting news for you –

Adele Pick has graciously agreed to teach bridge every **Friday at 10am starting April 11th**. This is a wonderful opportunity to learn and play, and the best part is, it's completely free! However, registration is required to participate. If you are interested, please contact us to secure your spot. We look forward to seeing you at the bridge table.

SASA NEW VOLUNTEERS FORM

(please return via email to melissa.b.ramsey@gmail.com)

PART 1:

NAME:	
EMAIL ADDRESS:	
EXPERIENCE (please list any areas of expertise e.g. printing, graphic design, Excel sheets, lawyer, accountant etc):	

I would be interested in occasional volunteering:

FREQUENCY: Please circle or highlight what interests you.

MONTHLY	BI-MONTHLY	COUPLE TIMES A YEAR	OCCASIONAL SPECIAL EVENTS
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MON	TUES	WED	THURS	FRI
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LENGTH OF TIME: Please circle or highlight what interests you.

UP TO 2 HRS	UP TO 3 HRS	HALF DAY
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PART 2:

SASA BOARD: The SASA Board of Directors meets between 8-10 times a year, in the afternoon for about 2 hours. They are responsible for policy, fees, social event planning, an AGM each year and other occasional duties as needed. Amount of time commitment depends on the board member and what responsibilities they feel they can commit to. It would be lovely to have some new members to keep the board at 12-14 serving members.

If you are interested in serving generally, please indicate below:

NAME:	
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An identified need exists for a Treasurer. Should anyone be interested in this position please indicate below:

NAME:	
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Community Lunches

While we work on resuming community lunches, try these take-out meals

\$7 TAKE OUT MEALS twice a month – in partnership with **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 **1st and 3rd Tuesday**. 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.

Maple Café: Join your friends for a coffee any time before or after class.

Would you like to play Pool or Table Tennis, Games or Cards?

Contact us for more information and to join our group email

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. 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. cost \$1

Mondays & Wednesdays –Evergreen Room

Join your friends to play your favourite Board games or Card Games

Euchre group – Mondays 1pm

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.