



NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

March 2022

Dear SASA members,

Greetings and welcome to spring and a new session of SASA programs! You have given us your loyal support through a cold snowy winter, and we have enjoyed all your warm and appreciative comments. It is with hope that we are now seeing many of the general restrictions being lifted, but for the present time we shall continue to run our classes with the same precautionary measures used in our last two sessions with success. We do not wish to lose again the precious opportunity of friendly companionship in our shared activities. The board is looking forward to your participation this session.

We received a big thank you from the Out of the Cold program for the generous donations of toiletries for the homeless that we collected in December. Their situation was worse than usual with many centres closed for meals and overnight stays. Vans were on the street delivering these donations and our contribution is hugely appreciated.

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New Program - Returning to SASA – Memory Techniques – details on Page 5

Special Event - June 8th – SASA AGM - to elect your Board.

Look for further details on the event in April. Please join us for tea, Special Treats, door prizes and to hear about the plans for your Seniors Association.

How to Contact Us

- * EMAIL: swanseaareaseniors@gmail.com
- * Phone: (416) 392-1953 (please leave a message and someone will contact you)
- * Come speak to one of our volunteers at the SASA Office on the Ravine level
- * Drop us a note and slip it into our mail slot

SASA Board:

Roma Anderson (President), Annis Thompson (Publicity & Secretary), Joan Sutcliffe (Secretary), Mai-Liis Toome (Treasurer), Sue Ferguson (Co-Treasurer & SASA rep for Swansea Town Hall Residences at 93 Lavinia), Patti Bragg (Archivist, membership), Ann Morton (SASA rep for Swansea Town Hall), Bernadette Hunt, Linda Symsyk, Lesley Dowbenka (office & general support), Diana Hirschmann, Taimi Holmberg-Smith (Other support)

SUMMARY OF SASA ACTIVITIES - SPRING 2022

11/13 weeks

Starting Monday, April 4th to Thursday, June 30th, 2022

	Time	Activity	Instructor		Cost
MONDAYS from Apr 4th 11 weeks <small>(closed on Easter & Victoria day holiday)</small>	10:00 - 11:00	Qi Gong	<i>Richard Booth / Nataliya Gasenko</i>	Council Ch	\$80
	10:00 - 12:30	Multi-Media Art	<i>Bernie Hunt</i>	Rousseau	\$110
TUESDAYS from Apr 5th 13 weeks	10:00 - 11:00	Essentrics	<i>Veronica Tahirovic</i>	Rousseau	\$130
	11:15 - 12:15	Zumba Gold Toning	<i>Veronica Tahirovic</i>	Rousseau	\$95
	12:30 - 1:30	Essentrics	<i>Veronica Tahirovic</i>	Rousseau	\$130
WEDNESDAYS from Apr 6th 13 weeks	9:30 - 10:30	Yoga	<i>Karen Weinthal</i>	Rousseau	\$130
	10:00 - 11:00	Qi Gong	<i>Richard Booth / Nataliya Gasenko</i>	Council Chambers	\$95
	11:00 - 12:00	Osteofit	<i>Joanne Deane</i>	Rousseau	\$95
	11:30 - 12:30	Fundance	<i>Elaine Thorne</i>	Council Chambers	\$95
	12:15 - 1:15	Chair Yoga	<i>Joanne Deane</i>	Rousseau	\$110
THURSDAYS from Apr 7th 13 weeks	10:00 - 11:00	Osteofit	<i>Joanne Deane</i>	Rousseau	\$95
	11:15 - 12:15	Gentle Yoga * NEW	<i>Joanne Deane</i>	Rousseau	\$110
	1:00 - 2:00	Zumba Gold	<i>Elaine Thorne</i>	Rousseau	\$95

SASA PROGRAMS

Safety Measures for SASA Spring/Summer session: You must show proof that you are fully vaccinated, sign our waiver and keep our required safe distances.

MULTI-MEDIA ART – Monday 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. *Participants supply their own painting equipment and material as required.*

If you are interested in joining and haven't participated before, please contact us to check on availability of spaces.

FITNESS & LOTS OF FUN

QI - GONG - *NEW 10am Mon & Wed. *Nataliya Gasenko & 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 and 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 (10am & 12:30 pm) - 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) – *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 – 11am on Wednesday & 10am Thursday - 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. *Light weights suggested and Thera Band required*

ZUMBA GOLD – Thursday 1pm - Instructor *Elaine Thorne*

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 – Tuesday 11:15 am - Instructor *Veronica Tahirovic*

This is Zumba Gold above with light weights to improve toning.

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 flexibility and strength. No experience necessary - *Yoga mat required.*

CHAIR YOGA – Wednesday 12:15 - 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.

Joanne has over 15 years Yoga teaching experience specializing in Older Adults and certificated in both Hatha and Viniyoga Styles.

GENTLE YOGA with *Joanne Deane* on **Thursdays 11:15am**

Gentle yoga for mobility, strength and flexibility. *Yoga mat required.*

Memory Techniques Workshop – with Patricia McCully

“Remember, if you don’t use it, you lose it.”

Join us for a fun, practical and interactive program about how to sharpen your memory.

Learn how to remember:

- people’s names, faces, details
- facts, dates, numbers
- effective practical techniques for daily life
- appointments, conversations
- lifestyle habits and brainy research...

Dates and times: *Fridays, April 22 to May 27th (6 weeks)*

10:00 a.m. - 12:00 noon (Evergreen Room – Ravine Level)

Course Fee: \$50

Facilitated by Patricia McCully, BA, OTC, teacher, life coach, motivational speaker and author. She has taught memory courses and other wellness programs to numerous community groups, seniors clubs and residences.

SASA members – remember to mark your calendar today!

To Register: *contact Patricia - 416-763-2540 or pmccully5@gmail.com*

REGISTRATION FOR SASA CLASSES

- **Email your intention to join a class**
- **When you receive confirmation**
 - Please arrive at least 15 mins before start of class
 - You will be required to sign a waiver indicating that you are fully vaccinated
 - On the first day of the class, you will be required to show proof of your vaccination
 - Proof of vaccination will be in accordance with provincial guidelines
 - If you are paying by cheque, please make your cheque payable to SASA
 - If you are paying by cash, we appreciate the correct amount as we may not be able to provide change.
- SASA membership is a requirement to join our classes please see note below

BECOMING A MEMBER OF SASA

- Annual Membership fees is - \$12.00 single; \$20.00 double (for a couple)
- Membership fees cover you until the end of 2022
- You may join SASA anytime during the year
- Please complete the form below and mail it to us or drop it off to our office

How to Contact Us

- * EMAIL: swanseaareaseniors@gmail.com
- * Phone: (416) 392-1953 (Leave a message and someone will contact you. Please understand that we are run by volunteers and we appreciate your patience)
- * Our Address: Swansea Area Seniors Association (SASA)
Swansea Town Hall, 95 Lavinia Ave, Toronto, Ontario, M6S 3H9

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For Office Use: Data Base Card email Membership #

SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.) Valid until the end of 2022
Membership Application and Renewal form. Please print and fill out the form in full.

Date: /.... /2022 Name:

Amount paid: \$.....

Apt # Street Address:

Postal code: Tel:

Please check one box

RENEWAL

NEW MEMBER

Email _____

Emergency Contact: Telephone:.....

Date of birth:
 day month year

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