



# NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

August 2022

Dear SASA members,

Greetings and a warm welcome back after a great summer! We have had two safe and successful sessions this year and look forward to our Fall session. Although we see a trend for the relaxing of safety protocols, our SASA board has voted to continue with our protocols that helped us ensure a safe environment for our activities. We see restrictions being lifted, but for the present time we shall continue with the same precautionary measures used in our last two sessions with success. We look forward to a continued opportunity of friendly companionship in our shared activities.

## **PLEASE NOTE:**

As you are aware the SASA Board has passed a decision in an effort to promote health and safety for our SASA members, instructors and community for the upcoming season. Due to the ongoing issues with variants and the Covid-19 pandemic, **we require all members who wish to register in any of our programs to be fully vaccinated against the Covid-19 virus and show proof of vaccination before starting our session.**

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## **SASA AGM**

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Look for further details on the event in the fall.

## **How to Contact Us**

- \* EMAIL: [swanseaeaseniors@gmail.com](mailto:swanseaeaseniors@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 Symczyk, Lesley Dowbenka (office & general support), Taimi Holmberg-Smith (Other support)

## SUMMARY OF SASA ACTIVITIES - FALL 2022

13/15 weeks

Starting Tuesday, September 6th to Thursday, December 16th, 2022

	Time	Activity	Instructor		Cost
<b>MONDAYS</b> from Sept 12th 13 weeks <small>(closed on Labour Day &amp; Thanksgiving holiday)</small>	10:00 - 11:00	<b>Qi Gong</b>	<i>Richard Booth / Nataliya Gasenko</i>	<b>Council Ch</b>	\$95
	10:00 - 11:00	<b>Osteofit</b>	<i>Joanne Deane</i>	<b>Rousseau</b>	\$95
	11:15 - 12:15	<b>Living Yoga</b>	<i>Joanne Deane</i>	<b>Rousseau</b>	\$110

<b>TUESDAYS</b> from Sept 6th 15 weeks	9:30 - 10:30	<b>Zumba Gold Toning</b>	<i>Veronica Tahirovic</i>	<b>Rousseau</b>	\$110
	10:45 - 11:45	<b>Essentrics</b>	<i>Veronica Tahirovic</i>	<b>Rousseau</b>	\$150

<b>WEDNESDAYS</b> from Sept 7th 15 weeks	9:30 - 10:30	<b>Yoga</b>	<i>Karen Weinthal</i>	<b>Rousseau</b>	\$150
	10:00 - 11:00	<b>Qi Gong</b>	<i>Richard Booth / Nataliya Gasenko</i>	<b>Council Chambers</b>	\$110
	11:00 - 12:00	<b>Osteofit</b>	<i>Joanne Deane</i>	<b>Rousseau</b>	\$110
	11:30 - 12:30	<b>Fundance</b>	<i>Elaine Thorne</i>	<b>Council Chambers</b>	\$110
	12:15 - 1:15	<b>Chair Yoga</b>	<i>Joanne Deane</i>	<b>Rousseau</b>	\$130

<b>THURSDAYS</b> from Sept 8th 15 weeks	10:00 - 12:30	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	<b>Rousseau</b>	\$150
	11:30 - 12:30	<b>Essentrics</b>	<i>Veronica Tahirovic</i>	<b>Council Chambers</b>	\$150
	1:00 - 2:00	<b>Zumba Gold</b>	<i>Elaine Thorne</i>	<b>Rousseau</b>	\$110

## **SASA PROGRAMS**

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

**MULTI –MEDIA ART** – 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. *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** - 10am Monday & Wed. *Richard Booth & Nataliya Gasenko*

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** – Tuesday 10:30 & Thursday 11:30 - with *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** – 10am on Mondays & 11am 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. 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 9:30 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.

**LIVING YOGA** Mondays 11:15am - Instructor *Joanne Deane*

We listen to our body's wisdom to know what is appropriate to us individually. The class will move at a slow pace so each person can fully experience each posture. We will also explore breath control, meditation and chanting. Chairs for support will be optional. *Yoga mat required.*

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

# 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](mailto: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: .....

*Please check one box*  
RENEWAL   
NEW MEMBER

Postal code: ..... Tel: .....

Email \_\_\_\_\_

Date of birth:		
day	month	year
_____	_____	_____

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

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