



NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

November 2022

Dear SASA members,

As we approach another holiday season, we are grateful for your continued support in attending our programs safely. We will continue to be in full compliance with all health and safety protocols as we plan for our next session. Sadly, we cannot have our Christmas party this year, but hope to have a party in the spring!

We have added more classes for you to enjoy and keep healthy. So let's continue to keep each other safe and stay home if you feel unwell or show any symptoms of the flu.

Summary of Activities including timing and cost of Classes	-	Page 2
Activities/Program Descriptions	-	Page 3 – 4
Registration for Classes and membership form	-	Page 5
Special events for the holidays	-	Page 6

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Dates to keep in mind

- SASA AGM** - **December 5th, 2022 1:00 pm**
Please join us to meet and elect your Board and hear our plans for SASA
- Last day of this session** - **Thursday, December 15th**
- Week of January 9th** - **Start of our Winter 2023 Session**
Registration for this session will begin 1st week of January

Our community lunches are still on hold but the Parkdale Golden Age Foundation has been providing us delicious take-out meals on the 1st and 3rd Tuesday of the month. See page 6 for further details and check out our Website and Bulletin boards at the Town Hall.

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

SASA Board:

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

SUMMARY OF SASA ACTIVITIES - WINTER 2023

11/12 weeks

Starting Monday, January 9th to Thursday, March 30th, 2023

	Time	Activity	Instructor		Cost
MONDAYS from Jan 9th 11 weeks <small>(closed on Family Day holiday)</small>	10:00 - 11:00	Qi Gong	<i>Richard Booth / Nataliya Gasenko</i>	Council Ch	\$80
	10:00 - 11:00	Osteofit	<i>Joanne Deane</i>	Rousseau	\$80
	11:30 - 12:30	Qi Gong	<i>Richard Booth / Nataliya Gasenko</i>	Council Ch	\$80

TUESDAYS from Jan 10th 12 weeks	10:00 - 11:00	Zumba Gold Toning	<i>Veronica Tahirovic</i>	Rousseau	\$90
	11:15 - 12:15	Essentrics	<i>Veronica Tahirovic</i>	Rousseau	\$120

WEDNESDAYS from Jan 11th 12 weeks	9:30 - 10:30	Yoga	<i>Karen Weinthal</i>	Rousseau	\$120
	10:00 - 12:00	Multi-Media Art	<i>Bernie Hunt</i>	Evergreen	\$100
	10:00 - 11:00	Qi Gong	<i>Richard Booth / Nataliya Gasenko</i>	Council Chambers	\$90
	11:00 - 12:00	Osteofit	<i>Joanne Deane</i>	Rousseau	\$90
	11:30 - 12:30	Fundance	<i>Elaine Thorne</i>	Council Chambers	\$90
	12:15 - 1:15	Chair Yoga	<i>Joanne Deane</i>	Rousseau	\$100

THURSDAYS from Jan 12th 12 weeks	10:00 - 12:30	Multi-Media Art	<i>Bernie Hunt</i>	Rousseau	\$120
	11:45 - 12:45	Essentrics	<i>Veronica Tahirovic</i>	Council Chambers	\$120
	1:00 - 2:00	Zumba Gold	<i>Elaine Thorne</i>	Council Chambers	\$90

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.

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 – 10:00 & 11:30 Monday & 10 am 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 11:15 & Thursday 11:45 - 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 1:00pm - Instructor *Sheelah Finlayson*

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 10:00 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.



Toiletries for Out of the Cold

Co-ordinated by Karen Weinthal –
SASA's Yoga Instructor -

If you have any used, sample sized toiletries that you care to donate, please bring them to SASA, to be delivered to the homeless this winter season. Toothbrushes, toothpaste, combs, bandaids, and sample sizes of shampoo, skin lotion, feminine products, razors . . . things like that are especially useful and appreciated. Also needed are socks! You can drop off to the STH front desk or directly to Karen at the Yoga class Wed. mornings 9:30-10:30. stilljustkaren@gmail.com

SAINT OLAVE'S, SWANSEA

CHRISTMAS CRAFT SHOW

JOIN US! Saturday, November 19, 10 a.m. to 4 p.m.

22 UNIQUE ARTISTS

Toonie admission in support of Ukraine

PLUS

Check out our Food Emporium and St. Olave's gift items for sale on the stage

Art prints, books and other items for sale with our Anglican Church Women

Coffee, Tea and Hot Chocolate with our Junlor Church



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www.stolaves.ca

\$7.00 Seniors Take-Out Meal by Parkdale Golden Age Foundation

Meals will be available on the 1st and 3rd Tuesdays of the month. Latest menus will be posted on Swansea Town Hall Website and Bulletin Boards.. Please check them out.

You will need to call PGAF to reserve your meal by the deadlines indicated ...

December 6th menu

Split Pea Soup, Oven Baked Ham, Scalloped Potatoes, Baby Carrots and a Fruit Cup

December 20th

Vegetable Soup, Oven Roasted Chicken with Stuffing and Cranberry Sauce, Mashed Potatoes, Turnip Medley And Yule log