



# NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto. Ont. M6S 3H9

Telephone: 416 392-1953

August 2023

Dear SASA members,

Welcome back to our fall session which starts on Tuesday, September 5<sup>th</sup>.

There have been quite a few changes to our schedule this term. We have new instructors and will be introducing a new program too. Please check out the schedule of activities page so you are not disappointed and perhaps look into our new free trial session - Yoga/Pilates fusion.

SASA thanks Veronica Tahirovic for introducing us to Essentrics which has become a very popular class. For the fall session, she has decided to “pass the torch” to Nicole Thacker who has replaced her occasionally. We welcome Nicole and will miss Veronica.

Mira Stojanovic who has substituted for Karen at our Yoga classes will be introducing a new medium intensity workout – Yoga/Pilates Fusion on September 7<sup>th</sup>... Welcome Mira.

Renovations to our SASA kitchen on the Ravine level are estimated to be finalized in approximately four to six weeks. On completion the SASA board has approved the purchase of a Table Tennis top for our pool table in that room, which will allow members to play Table Tennis (or ping pong). Studies have shown that such games are among the best sports for stimulating brain co-ordination, in addition to knitting people together in social communion, thus helping us all live healthier and happier lives. According to an article by Daniel Sanger in the Globe & Mail, as an activity Table Tennis helps develop new neural pathways which can slow down dementia and alleviate depression.

Our next newsletter (In October) will have more information on our Christmas lunch, our AGM as well as the opening of our MAPLE CAFÉ! We would love to know how many of you are interested in playing pool and/or table tennis and welcome your suggestions on what you would like to see in our Maple Café ... playing cards, board games, etc.

## SASA Board:

Roma Anderson (President), Annis Thompson (Publicity & Secretary), Joan Sutcliffe (Secretary), Mai-Liis Toome (Treasury advisor), Sue Ferguson (Co-Treasurer & SASA rep for STH residences at 93 Lavinia), Ann Morton (SASA rep for Swansea Town Hall), Patti Bragg (Archives)

Directors: Lucy Celetti, Lesley Dowbenka, Bernie Hunt, Linda Symsyk, Taimi Holmberg-Smith, Donna Strohschein.

## How to Contact Us

- \* EMAIL: (best way) [swanseaareaseniors@gmail.com](mailto: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

## SUMMARY OF SASA ACTIVITIES - FALL 2023

13/15

Starting TUESDAY, September 5th to FRIDAY, December 15th

	Time	Activity	Instructor		Cost
<b>MONDAYS</b> from Sept 11th 13 weeks (closed Sept 4th & October 9th holidays)	10:00 - 11:00	<b>Qi Gong</b>	<i>Nataliya Gasenko</i>	Council Chambers	\$95
		CLASS IS FULL - WAITLIST ONLY			
	10:00 - 11:00	<b>Osteofit</b>	<i>Joanne Deane</i>	Rousseau Street level	\$95
	11:30 - 12:30	<b>Essentrics</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$130
	11:30 - 12:30	<b>Qi Gong</b>	<i>Richard Booth / Nataliya Gasenko</i>	Council Chambers	\$95
<b>MONDAYS</b> from Sept 18th 12 weeks (October 9th holidays)	1:00 to 1:50	<b>Tai-Chi Beginner</b>	<i>Steve Yee</i>	Council Chambers	\$90
	2:00 to 2:50	<b>Tai-Chi Intermediate</b>	<i>Steve Yee</i>	Council Chambers	\$90
<b>TUESDAYS</b> from Sept 5th 15 weeks		CLASS IS FULL - WAITLIST ONLY			
	10:00 - 11:00	<b>Essentrics</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$150
	11:15 - 12:15	<b>Zumba Gold</b>	<i>Sheelah Finlayson</i>	Rousseau Street level	\$110
<b>WEDNESDAYS</b> from Sept 6th 15 weeks	9:30 - 10:30	<b>Yoga</b>	<i>Karen Weinthal</i>	Rousseau Street level	\$140
	9:45 - 10:45	<b>Chair Yoga</b>	<i>Joanne Deane</i>	Gemmell rm 2nd level	\$150
	10:00 - 12:00	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Evergreen Ravine level	\$120
	10:00 - 11:00	<b>Qi Gong</b>	<i>Richard Booth</i>	Council Chambers	\$110
		CLASS IS FULL - WAITLIST ONLY			
	11:00 - 12:00	<b>Osteofit</b>	<i>Joanne Deane</i>	Rousseau Street level	\$110
	11:30 - 12:30	<b>Fundance</b>	<i>Elaine Thorne</i>	Council Chambers	\$110
	1:00 - 2:00	<b>Zumba Gold</b>	<i>Sheelah Finlayson</i>	Rousseau Street level	\$110
<b>THURSDAYS</b> from Sept 7th 14 weeks (Dec 7th - lunch)	10:00 - 12:30	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Rousseau Street level	\$140
	11:30 - 12:30	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers	\$110
<b>FRIDAYS</b> from Oct 6th	10:00 - 12:30	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers	\$95

## **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. 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** – Monday 1 pm - Instructor *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; Wed 10am - *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.*

### **ESSETRICS** – Mondays 11:30 & Tuesdays 10am - with *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.*

**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** – Tuesdays 11:15 & Wed. 1pm - 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.

*Try out our new free trial class on September 7<sup>th</sup> – details on Page 6*

**YOGA/PILATES FUSION** – Thursdays 11:30 - Instructor *Mira Stojanovic*

*A medium intensity workout for all fitness levels*

**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 - 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.

## 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 cover you until December 31<sup>st</sup> 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](mailto: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 all 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](mailto: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 (e.g. SASA membership & class name)

## How to Contact Us

1. EMAIL: (the best way) [swanseaareaseniors@gmail.com](mailto:swanseaareaseniors@gmail.com)
2. PHONE: (416) 392-1953 - Leave a message and someone will contact you. Please understand that we are run by volunteers and not in the office daily. We appreciate your patience.
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

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SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.)      Valid until December 31<sup>st</sup> \_\_\_\_\_  
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  
presents:

NEW CLASS  
Starting Fall  
2023

## Yoga-Pilates Fusion

Medium intensity workout  
for all fitness levels

### Health benefits of Yoga-Pilates fusion

- Better balance
- Deeper relaxation
- Improved flexibility
- Improved focus
- Reduced stress
- Stronger legs and glutes
- Toned core muscles



*Combining Yoga and Pilates is a natural fit because both require us to focus on the breath, precise movements, proper alignment and our core muscles as we flow through the workout.*

*The mind-body benefits of fusion workouts include:*

*Better balance, Deeper relaxation,  
Improved flexibility  
Improved focus, Reduced stress  
Stronger arms, legs and glutes  
And Toned core muscles*

**Instructor – Mira Stojanovic**

**Free Trial on September 7<sup>th</sup>  
11:30**

**Please email SASA if you are  
interested in joining us so we  
can book a suitable room.**

## **Take-out meals \$7 – PARKDALE GOLDEN AGE FOUNDATION**

PGAF will continue to bring in their delicious and popular take-out meals twice a month. Please check out our bulletin board for the menus and dates for these meals. Also, make a note of the deadline for ordering the meals....

## **REMEMBERING SASA MEMBERS**

Long time SASA member **Muriel Moore** was a very gracious lady who lived for many years in the building at 93, Lavinia. In her earlier years she had been an enthusiastic dancer and skier, until issues with MS sadly curbed such activities. However she continued to enjoy interacting socially and was a regular attendee at the Monday luncheons and the Christmas parties. During the pandemic she moved to Owen Sound to live with her family, where she passed away in June.

A very talented painter of large scenic landscapes **Lucy Dodd** was a prominent member of the SASA Multi-Media Art class, where her work was greatly admired. Lucy lived alone with no close family, and we were very sad to learn of her passing in the summer through neighbours who missed seeing her around. SASA hopes to be able to purchase her latest artistic production in which she has included herself amid a beautiful depiction of nature.