



# NEWS OF THE PHOENIX

**Swansea Area Seniors Association**

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

**December 2023**

Dear SASA members,

Thank you for hanging in with us through all the renovations this year.

**We had a successful year and the board approved a decision to reward our 2023 members with free membership for 2024!** New members in 2024 will pay the \$12 membership fee.

Thank you to all who joined us for our Christmas lunch. We have had nothing but very positive feedback. Please check out some pictures sent to us. Thank you Kirsten!

Our new classes we added this year have been very well received and will continue as part of our regular activities. Please note that there is a section on our Bulletin Board on the Ravine for activities in the Maple Café. We would like you to be able to make good use of our facilities to socialize with your friends. We welcome your thoughts on how to make this work for you.

We are overwhelmed by your generosity and the way you have responded to our “Out of the Cold” collection. This has been the largest collection we’ve had yet.

**December 15<sup>th</sup> is the last day of classes for this term.**

**Monday, January 8<sup>th</sup> is the start of our new term.** Early registration is going well and is here to make re-registering for your session easier.

We wish you and yours a happy and peaceful holiday and look forward to seeing you again in the new year.

## **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 - WINTER 2024**  
*11 / 12 weeks*  
**Starting MONDAY, January 8th to Thursday, March 28th**

	Time	Activity	Instructor		Cost
<b>MONDAYS</b> from January 8th 11 weeks <small>(closed February 19th Family Day)</small>	10:00 - 11:00	<b>Qi Gong</b>	<i>Nataliya Gasenko</i>	Council Chambers	\$85
	10:00 - 11:00	<b>Osteofit</b>	<i>Joanne Deane</i>	Rousseau Street level	\$85
	11:30 - 12:30	<b>Qi Gong</b>	<i>Richard Booth / Nataliya Gasenko</i>	Rousseau Street level	\$85
<b>MONDAYS</b> from January 22 9 weeks <small>(closed February 19th Family Day)</small>	1:00 to 1:50	<b>Tai-Chi Beginner</b>	<i>Steve Yee</i>	Council Chambers	\$80
	2:00 to 3:30	<b>Tai-Chi Intermediate</b>	<i>Steve Yee</i>	Council Chambers	\$90
<b>TUESDAYS</b> from Jan 9th 12 weeks	10:00 - 11:00	<b>Essentrics</b>	<i>Nicole Thacker</i>	Rousseau Street level	\$120
	11:15 - 12:15	<b>Essentrics</b>	<i>Nicole Thacker</i>	Council Chambers (2nd)	\$120
	11:15 - 12:15	<b>Zumba Gold</b>	<i>Sheelah Finlayson</i>	Rousseau Street level	\$95
<b>WEDNESDAYS</b> from Jan 10th 12 weeks	9:30 - 10:30	<b>Yoga</b>	<i>Karen Weinthal</i>	Village rm Ravine level	\$120
	10:00 - 11:00	<b>Chair Yoga</b>	<i>Joanne Deane</i>	Gemmell rm 2nd level	\$120
	10:00 - 12:00	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Evergreen Ravine level	\$100
	10:00 - 11:00	<b>Qi Gong</b>	<i>Richard Booth</i>	Council Chambers	\$95
	11:15 - 12:15	<b>Osteofit</b>	<i>Joanne Deane</i>	Rousseau Street level	\$95
	11:30 - 12:30	<b>Fundance</b>	<i>Elaine Thorne</i>	Council Chambers	\$95
	1:00 - 2:00	<b>Zumba Gold</b>	<i>Sheelah Finlayson</i>	Rousseau Street level	\$95
<b>THURSDAYS</b> from Jan 11th 12 weeks	10:00 - 12:30	<b>Multi-Media Art</b>	<i>Bernie Hunt</i>	Rousseau Street level	\$120
	10:00 - 11:00	<b>Essentrics</b> <small>new - starting Feb 6th</small>	<i>Nicole Thacker</i> <b>NEW</b>	Village Rm Ravine Level	\$80
	11:30 - 12:30	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers	\$120
<b>FRIDAYS</b> from Jan 12th 11 wks (good Fri)	10:00 - 11:00	<b>Yoga/Pilates Fusion</b>	<i>Mira Stojanovic</i>	Council Chambers	\$110

## **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 1:00 Beginner, 2:00 Intermediate - 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 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.***

**ESSETRICS** –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.***

**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. 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.

**YOGA/PILATES FUSION** – Thurs 11:30 & 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, and glutes And toned core muscles. *Yoga mat required*

**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 - 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 covers 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 : [swanseaaareaseniors@gmail.com](mailto:swanseaaareaseniors@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](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) [swanseaaareaseniors@gmail.com](mailto:swanseaaareaseniors@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

-----  
**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
_____	_____	_____

## Community Lunches

While we continue to get enquiries about the resumption of Community Lunches, our partners are not yet ready to resume this. However, since renovations to the main kitchen is almost complete, please stay tuned and check our bulletin board. In the interim, please try out:

**\$7 TAKE OUT MEALS twice a month – in partnership with PGAF**

**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 the 1<sup>st</sup> and 3<sup>rd</sup> week. Below are a couple of examples of previous meals. Please check out our Bulletin Boards for the latest menus and order by the dates provided to reserve your meal. **\$7 CASH ONLY – PICK UP** approx. 12:30.

**The next meal is Their Christmas Special Meal on Tuesday, December 19<sup>th</sup>.**  
**(Reserve by 9:30 Dec 18<sup>th</sup>) Roast Chicken with Stuffing & Cranberry and Christmas Cake.. Along with a vegetable soup and garden vegetable.**

### SENIORS TAKE-OUT MEALS

Swansea Area Seniors Association

---

**Tuesday April 4, 2023**  
Swansea Town Hall  
95 Lavinia Ave.  
Will arrive approximately at  
**12:30 PM**

To reserve your meal, please call **PGAF AT 416-536-6077**

**\$7 TICKET CASH ONLY**

LAST DAY TO RESERVE IS APRIL 3 AT 10:00 AM

**MENU**

CHICKPEAS AND KALE SOUP

MEAT LOAF

STEAMED RICE

GREEN BEANS

TIRAMISU CAKE

A partnership between   
With support from the City of Toronto Community Service Partnerships Program, Ontario Local Health Integration Network/Ontario Health and the Ministry of Health and Long-Term Care.

### SENIORS TAKE-OUT MEALS

Swansea Area Seniors Association

---

**Tuesday April 18, 2023**  
Swansea Town Hall  
95 Lavinia Ave.  
Will arrive approximately at  
**12:30 PM**

To reserve your meal, please call **PGAF AT 416-536-6077**

**\$7 TICKET CASH ONLY**

LAST DAY TO RESERVE IS APRIL 17 AT 10:00 AM

**MENU**

SQUASH+CHICKPEAS SOUP

HAWAIIAN HAM

PARSLEY MASHED POTATOES

BABY CARROTS

TROPICAL FRUIT SALAD

A partnership between   
With support from the City of Toronto Community Service Partnerships Program, Ontario Local Health Integration Network/Ontario Health and the Ministry of Health and Long-Term Care.