



NEWS OF THE PHOENIX

Swansea Area Seniors Association

95 Lavinia Avenue, Toronto, Ont. M6S 3H9

Telephone: 416 392-1953

March 2024

Dear SASA members,

Tuesday, April 2nd is the start of our Spring Session. Early registration is well underway for all our current programs – details including schedules and fees are on pages 2 to 5.

We are happy to announce a few new activities for you at SASA.

Our long awaited **Table Tennis** top is here. For the rest of March until the middle of April – bring a friend or more to use the Table at no cost. We want to assess the number of people interested in playing and also when you'd like to play. Send us an email to put yourself on our Table Tennis email list. We'll be in touch to work out best times and other details.

We're looking for a Table Tennis coordinator.

Board Games and Card Games. Euchre, Pinochle, Scrabble, Cribbage, Rummycube, Dominos or any other game you enjoy – As above, please email us or contact Rene Klassen - reneklassen45@gmail.com who has kindly agreed to be our **Games coordinator**. At the moment we are looking at Wednesday afternoon at 1:30pm. We will gladly change this to accommodate your preferences. Come and meet Rene on April 3rd – 1:30

INTRODUCTORY free classes –

Scrapbooking and Card Making with Tanja Berger - April 27th – 1 to 5 pm.

Details on page 7 –including who to contact for further information and how to sign up...

Active Meditation with Lynda Chaplin –March 27th - 2:30-3:30 & April 12th – 10:30-11:30

Experience Tao Calligraphy Healing Art Active Meditation ... See page 7 for details

MISCELLANEOUS –

SASA Annual General Meeting – Monday, May 27th Noon

Please join us for sandwiches and tea to discuss how SASA can be more beneficial to you.

The Swansea Town Hall is seeking new Board Members. The application opens on March 18th for anyone interested in applying to join the Board of Management. Here is the link to the application on the city website. <https://secure.toronto.ca/pa/decisionBody/77.do>

Tribute to Merle Hudson – our dear Past President of SASA – Page 6

SASA Board:

Roma Anderson (President), Directors: Annis Thompson (Publicity & Secretary), Joan Sutcliffe (Secretary), Mai-Liis Toome (Treasury advisor), Sue Ferguson (Co-Treasurer & SASA rep for residences at 93 Lavinia), Ann Morton (SASA rep for Swansea Town Hall), Patti Bragg (Archives), Lucy Celetti, Lesley Dowbenka, Bernie Hunt, Linda Symysyk, Taimi Holmberg-Smith, Donna Strohschein.

SCHEDULE & FEES - ACTIVITIES SPRING 2024

11 / 13 weeks

Starting **TUESDAY**, April 2nd to Friday, June 28th

	Time	Activity	Instructor		Cost
MONDAYS from April 8th 11 weeks <small>(closed May 20th, Victoria Day)</small>	10:00 - 11:00	Qi Gong	<i>Nataliya Gasenko</i>	Council Chambers	\$90
	10:00 - 11:00	Osteofit <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Joanne Deane</i>	Rousseau Street level	\$90
	11:30 - 12:30	Qi Gong	<i>Richard Booth / Nataliya Gasenko</i>	Rousseau Street level	\$90
	1:00 to 1:50	Tai-Chi Beginner	<i>Steve Yee</i>	Council Chambers	\$90
	2:00 to 3:30	Tai-Chi Intermediate	<i>Steve Yee</i>	Council Chambers	\$110
<i>Euchre - Evergreen Room - 1:00</i>					
TUESDAYS from April 2nd 13 weeks	10:00 - 11:00	Essentrics <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Nicole Thacker</i>	Rousseau Street level	\$130
	10:00 - 11:00	NEW Qi Gong	<i>Richard Booth</i>	Council Chambers	\$60 <small>8 WKS</small>
	11:15 - 12:15	Essentrics	<i>Nicole Thacker</i>	Council Chambers (2nd)	\$130
	11:30 - 12:30	Zumba Gold	<i>Sheelah Finlayson</i>	Rousseau Street level	\$105
WEDNESDAYS from April 3rd 13 weeks	9:30 - 10:30	Yoga	<i>Karen Weinthal</i>	Village rm Ravine level	\$130
	10:00 - 11:00	Chair Yoga	<i>Joanne Deane</i>	Gemmell rm 2nd level	\$130
	10:00 - 12:00	Multi-Media Art	<i>Bernie Hunt</i>	Evergreen Ravine level	\$130
	10:00 - 11:00	Qi Gong	<i>Richard Booth</i>	Council Chambers	\$105
	11:15 - 12:15	Osteofit <small>CLASS IS FULL - WAITLIST ONLY</small>	<i>Joanne Deane</i>	Rousseau Street level	\$105
	11:30 - 12:30	Fundance	<i>Elaine Thorne</i>	Council Chambers	\$105
	1:00 - 2:00	Zumba Gold	<i>Sheelah Finlayson</i>	Rousseau Street level	\$105
<i>Cards, games - Evergreen Room - 1:00</i>					
THURSDAYS from April 4th 13 weeks	10:00 - 12:30	Multi-Media Art	<i>Bernie Hunt</i>	Rousseau Street level	\$130
	10:00 - 11:00	Essentrics	<i>Nicole Thacker</i>	Founders Rm Ravine Level	\$130
	11:30 - 12:30	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers	\$130
	1:00 - 2:30	Tai-Chi Advanced	<i>Steve Yee</i>	Founders Rm Ravine Level	\$130
FRIDAYS from April 5th 13 wks	10:00 - 11:00	Yoga/Pilates Fusion	<i>Mira Stojanovic</i>	Council Chambers	\$130

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 – Mon 1:00 Beginner, 2:00 Intermediate; ***NEW-*** Thurs 1pm Advanced - ***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 Nataliya Gasenko ; Tues 11& Wed 10 - ***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: 30 & 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 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.

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 & glutes **and** toned core muscles. *Yoga mat required*

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 31st 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
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. It is set up for auto-deposit so there is no question to answer but please add details in the comment section for the classes that the fee covers (e.g. SASA membership, Osteofit & Fundance)

How to Contact Us

1. EMAIL: (the best way) swanseaareaseniors@gmail.com
2. PHONE: (416) 392-1953 - Leave a message and someone will contact you. SASA is run by Volunteers. We do our best, are not in the office every day. 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 31st _____
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
_____	_____	_____

IN MEMORIAM
MERLE HUDSON – SASA PRESIDENT



Many of our SASA members will remember with affection our much-loved Past President, Merle Hudson. It is with sadness that we let you know that Merle passed away on March 16th. She died peacefully in the Palliative Care Unit at Grace Hospital after suffering for the last few years from bone deterioration and memory loss. We remember Merle as a warm and generous spirit with a delightful sense of humour. A devoted worker for SASA, she endeared herself to all who participated in SASA programs and activities, always ready to give support to those in need.

Please join us to remember at a **Celebration of Merle's Life**
at the
Turner and Porter - York Chapel
2357 Bloor St West.
Sunday April 7/24
2 - 4 P.M.

SOUL MIND BODY – *WELLNESS*

Experience Tao Calligraphy Healing Art Active Meditation with
LYNDA CHAPLIN

Incorporating movement, sound, relaxation methods, and mindful breathing into your daily life can lead to significant benefits for greater overall wellbeing and quality of life. ***Please check our SASA Bulletin Board for more details***

Free INTRO CLASSES - March 27 2:30–3:30 & April 12 10:30-11:30.

To Register Contact Lynda: 647-654-7711 or LyndaChaplin@gmail.com



Junction Scrapbooks Tanja Berger
Creative Memories Independent Advisor
416-876-3624
junctionscrapbooks@outlook.com

CREATIVE
MEMORIES

For SASA Members: **Scrapbook & Card Making Introductory Meeting**

Are you interested in learning how to beautifully showcase your photos and memories in a scrapbook? Card making is another creative release, and how fun is it to send cards to friends and loved ones for any occasion?

From layout design to journalling tips, we'll explore various methods to tell your unique story and capture the essence of these special moments. Whether you're a beginner or a seasoned crafter, everyone is welcome to join.

FREE INTRODUCTORY CLASS – April 27th from 1 – 5 pm.
To get more information or to register for the free introductory class, contact Tanja Berger directly: junctionscrapbooks@outlook.com or 416-876-3624. Tanja has an on-line sign up form – please email her.

Community Lunches

While we continue to get enquiries about the resumption of Community Lunches, our partners are not yet ready to resume this. Renovations to the main kitchen are complete and we are hopeful to have good news for you by our next newsletter.

In the interim, many of our members are enjoying these delicious meals:

\$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 1st and 3rd week. The latest menus are posted on the Town Hall Bulletin Boards. Order by the dates provided to **reserve your meal**.

\$7 CASH ONLY – PICK UP approx. 12:30.

Our Evergreen Room – Ravine level

Tuesdays

EVERYONE HAS A STORY TO TELL - Your stories are important: memoir, family history, travel adventures, interesting characters you have known, amusing incidents or heart-warming experiences. We are a small group who meet on **Tuesday afternoons from 1 to 3 pm** in the Evergreen Room, paying \$1 for room rental. If we so wish, we may share what we have written, and feedback is always positive and encouraging. Drop by to join us whenever you are free.

Wednesdays

Join your friends to play your favourite Board games or Card Games – Starting **April 3rd Wednesday afternoons – 1:30 pm** - contact our Games Co-ordinator – Rene Klassen for more information - reneklassen45@gmail.com

Thursdays

Art Adare Atelier - Bring your water colours, pencils and share ideas/techniques in a small supportive group – **Thursdays 12:30** - Cost is \$1