

# Active Aging



## Course Registration **Fall Session**

Registration opens **August 6th** for members  
and **August 15th** for non-members

Register in person at Kerby Centre in  
Room 306 or by phone at 403-705-3233

Online registration and full details at  
[KerbyCentre23.WildApricot.org](http://KerbyCentre23.WildApricot.org)

### Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!

### Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up.  
[Program@UnisonAlberta.com](mailto:Program@UnisonAlberta.com) or 403-705-3233

## Classes offered in our satellite locations: **Wild Rose Church** (1317 1 St NW, Calgary, AB T2M 2S5)

**Line Dancing** (Member \$36 | Non-Member \$66) Instructor: Dianne Sandstrom

*No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Improve your coordination, mental acuity and boost your confidence!*

- **W01 Mondays Sept 9 – Oct 28 (6 Weeks – No Class Sept 30 & Oct 14)** 10am – 11am | Wild Rose Church

**Chair Yoga** (Member \$36 | Non-Member \$66) Instructor: Gina Komanac

*Improve range of motion and learn ways to relax, release and rejuvenate. Options provided for all levels.*

- **W02 Mondays Sept 16 – Nov 4 (6 Weeks – No Class Sept 30 & Oct 14)** 1pm – 2pm | Wild Rose Church

**Photography with Smartphone!** (Member \$35 | Non-Member \$65) Instructor: Hamideh Khadem Sohi

*Learn how to capture stunning images with your mobile device. From composition techniques to editing tips, she aims to unleash your creativity through mobile photography.*

- **W03 Thursday Dec 12** 10am – 12pm | Wild Rose Church

## Active Living Courses *Appropriate workout attire and footwear are required for all fitness classes*

**Chen Tai Chi & Tai Chi Qi Gong** (Member \$64 | Non-Member \$94 per course) Instructor: Adrian Buczek

*Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.*

- **A01 Tuesdays Sept 10 – Nov 26** 10am – 11am | Room 305 – Kerby Centre
- **A02 Thursdays Sept 12 – Nov 28** 2:15pm – 3:15pm | Room 205 – Kerby Centre

**Fitness with Dan** (Member \$64 | Non-Member \$94) Instructor: Dan Leung

*Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.*

- **A03 Wednesdays Sept 11 – Nov 27** 10am – 11am | Gym – Kerby Centre

**Muscle Strength & Core Balance** (Member \$64 | Non-Member \$94) Instructor: Dan Leung

*Strong core balance. Various equipment will be used to train muscles associated with activities for daily living.*

- **A04 Fridays Sept 13 – Nov 29** 9am – 10am | Gym – Kerby Centre

**Stretching & Mobility** (Member \$44 | Non-Member \$74 per course) Instructor: Dave Goldenberg

*Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.*

- **A05 Tuesdays Sept 10 – Oct 15 (6 Weeks)** 11:15am – 12:15pm | Room 205 – Kerby Centre
- **A06 Tuesdays Oct 29 – Dec 3 (6 Weeks)** 11:15am – 12:15pm | Room 205 – Kerby Centre

**Core Essentials** (Member \$64 | Non-Member \$94) Instructor: Navin Jetha

*Strengthen your core and enhance overall fitness with foundational exercises!*

- **A07 Thursdays Sept 12 – Nov 28** 11am – 12pm | Room 205 – Kerby Centre

**Feat to the Beat** (Member \$64 | Non-Member \$94) Instructor: Kym Butler

*Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.*

- **A08 Fridays Sept 13 – Nov 29 (4 Weeks)** 1pm – 2pm | Room 205 – Kerby Centre

**Longsword for Seniors** (Member \$70 | Non-Member \$100) Instructor: Dave Lawless

**ONLY 10 Spots Available!** Learn the foundational practices of Historical European Martial Arts including: breathing, balance, footwork, the proper angles for attacks.

- **A09 Wednesdays Sept 25 – Oct 30 (6 Weeks)** 1pm – 2:30pm | Gym – Kerby Centre

**Line Dancing** (Member: \$64 | Non-Member: \$94 per course) Instructor: Glenis Martin

*No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting.*

Introductory Beginners

- **A10 Thursdays Sept 12 – Nov 28** 11:30am – 12:30pm | Gym – Kerby Centre

Intermediate Beginners

- **A11 Thursdays Sept 12 – Nov 28** 1pm – 2pm | Gym – Kerby Centre
- **A12 Mondays Sept 9 – Dec 2 (No Class Oct 14)** 1pm – 2pm | Gym – Kerby Centre

<p><b>Gentle Soulful Yoga</b> (Member \$64   Non-Member \$94) <u>Instructor:</u> Navin Jetha Experience inner peace with Gentle Yoga and Meditation, blending soothing yoga poses with guided meditation for holistic wellness.</p> <ul style="list-style-type: none"> <li>• <b>A13 Thursdays Sept 12 – Nov 28</b> 9:30am – 10:30am   Room 205 – Kerby Centre</li> </ul>
<p><b>Chair Yoga</b> (Member \$64   Non-Member \$94) <u>Instructor:</u> Gina Komanac Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.</p> <ul style="list-style-type: none"> <li>• <b>A14 Wednesdays Sept 11 – Nov 27</b> 1:15pm – 2:15pm   Room 205 – Kerby Centre</li> </ul>
<p><b>Yoga for You</b> (Member \$64   Non-Member \$94) <u>Instructor:</u> Gina Komanac Learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class.</p> <ul style="list-style-type: none"> <li>• <b>A15 Mondays Sept 9 – Dec 2 (No Class Oct 14)</b> 11:30am – 12:30pm   Room 205 – Kerby Centre</li> </ul>
<p><b>Zumba Gold</b> (Member \$64   Non-Member \$94 per course) <u>Instructor:</u> Maaike Seaward A fun, easy-to-follow dance-fitness class with modified, low-impact moves for active older adults or anyone seeking a low-intensity workout. Enjoy invigorating Latin music and rhythms that will uplift you!</p> <ul style="list-style-type: none"> <li>• <b>A16 Tuesdays Sept 10 – Nov 26</b> 10am – 11am   Room 205 – Kerby Centre</li> <li>• <b>A17 Thursdays Sept 12 – Nov 28</b> 10am – 11am   Gym – Kerby Centre</li> </ul>
<p><b>Circle Dance</b> (Member \$30   Non-Member \$60) <u>Instructor:</u> Jo-Anne Lynd Join Circle Dance to feel the rhythm, experience the joy of boundary-free dance, and connect with a supportive community.</p> <ul style="list-style-type: none"> <li>• <b>A18 Thursdays Oct 10 – Oct 3</b> 1pm – 2pm   Room 205 – Kerby Centre</li> </ul>
<p><b>Intro to Baton Twirling</b> (Member \$44   Non-Member \$74) <u>Instructor:</u> Lorraine Meek Learn Baton Twirling Basics! Improve hand-eye coordination, reduce arthritis, and enjoy fun exercises like gripping, tossing, figure 8's, wrist twirls, passes, and finger twirls.</p> <ul style="list-style-type: none"> <li>• <b>A19 Tuesdays Oct 8 – Oct 29 (4 Weeks)</b> 10am – 10:45am   Room 205 – Kerby Centre</li> </ul>

## Art Courses

<p><b>Arts in the Afternoon: Acrylic</b> (Member \$140   Non-Member: \$170) <u>Instructor:</u> Carol Marasco This fun course is perfect for beginners! Carol will guide you step-by-step to create a finished acrylic painting each week. Learn blending, reflection, depth, brush techniques, and more. All supplies included.</p> <ul style="list-style-type: none"> <li>• <b>B01 Wednesdays Oct 9 – Nov 13 (6 Weeks)</b> 1pm – 3pm   Room 313 – Kerby Centre</li> </ul>
<p><b>Arts in the Afternoon: Acrylic</b> (Member \$94   Non-Member: \$124) <u>Instructor:</u> Carol Marasco This fun course is perfect for beginners! Carol will guide you step-by-step to create a finished acrylic painting each week. Learn blending, reflection, depth, brush techniques, and more. All supplies included.</p> <ul style="list-style-type: none"> <li>• <b>B02 Wednesdays Nov 20– Dec 11 (4 Weeks)</b> 1pm – 3pm   Room 313 – Kerby Centre</li> </ul>
<p><b>Christmas Theme Wine Glass Decorations!</b> (Member \$35   Non-Member \$65) <u>Instructor:</u> Carol Marasco All supplies are included! Design and decorate your own Wine Glass. All supplies are included. No painting experience necessary!</p> <ul style="list-style-type: none"> <li>• <b>B03 Monday Dec 2</b> 1pm– 3pm   Games Room, Kerby Café – Kerby Centre</li> </ul>
<p><b>Drawing</b> (Member \$90   Non-Member: \$120 per course) <u>Instructor:</u> Hamideh Khadem Sohi Build a solid foundation in drawing basics and become the artist you've always dreamed of. Supplies not included.</p> <p><u>Beginner Drawing</u></p> <ul style="list-style-type: none"> <li>• <b>B04 Mondays Sept 9 – Oct 28 (No Class Sept 30 &amp; Oct 14)</b> 1pm – 3pm   Room 313 – Kerby Centre</li> </ul> <p><u>Intermediate Drawing</u></p> <ul style="list-style-type: none"> <li>• <b>B05 Mondays Nov 4– Dec 9</b> 1pm – 3pm   Room 313 – Kerby Centre</li> </ul>
<p><b>Calligraphy for Beginners</b>(Member \$64   Non-Member \$94) <u>Instructor:</u> Renate Worthington Discover how calligraphy pens work (demo pens provided), explore various alphabets, and complete a project. Handouts provided; bring a pencil, eraser, and ruler to the first class. Additional supplies discussed as needed (e.g., paper, marker or nib).</p> <ul style="list-style-type: none"> <li>• <b>B06 Tuesdays Sept 24 – Oct 15 (4 Weeks)</b> 1pm – 3pm   Room 305 – Kerby Centre</li> </ul>
<p><b>Beginner Watercolour</b> (Member \$144   Non-Member: \$174 per course) <u>Instructor:</u> Hamideh Khadem Sohi Join us and bring your artistic visions to life with the mesmerizing medium of watercolor. (*Supplies not included.)</p> <ul style="list-style-type: none"> <li>• <b>B07 Thursdays Sept 12 – Oct 17</b> 10am – 3pm   Room 108 – Kerby Centre</li> <li>• <b>B08 Thursdays Oct 31 – Dec 5</b> 10am – 3pm   Room 108 – Kerby Centre</li> </ul>
<p><b>Advanced Watercolour</b> (Member \$144   Non-Member: \$174 per course) <u>Instructor:</u> Hamideh Khadem Sohi Join us and bring your artistic visions to life with the mesmerizing medium of watercolor. (*Supplies not included.)</p> <ul style="list-style-type: none"> <li>• <b>B09 Fridays Sept 13 – Oct 18</b> 10am – 3pm   Room 313 – Kerby Centre</li> <li>• <b>B10 Fridays Nov 1 – Dec 6</b> 10am – 3pm   Room 313 – Kerby Centre</li> </ul>
<p><b>Creative Crafts! Fabric Painting Workshop</b>(Member \$35   Non-Member \$65) <u>Instructor:</u> Hamideh Khadem Sohi Unleash your hidden artistic talents in this workshop where you'll create a unique tote bag. Supplies provided: tote bag, brush, and fabric paint.</p> <ul style="list-style-type: none"> <li>• <b>B11 Tuesday Sept 24</b> 1pm – 3pm   Room 313 – Kerby Centre</li> </ul>
<p><b>Colour Pencil Painting!</b>(Member \$90   Non-Member \$120) <u>Instructor:</u> Hamideh Khadem Sohi Our instructor offers expert guidance in color theory and technique for creating stunning artwork with color pencils, focusing on both technical skill and creative expression. Supplies not included.</p> <ul style="list-style-type: none"> <li>• <b>B12 Tuesdays Oct 15 – Nov 19 (Weeks)</b> 10am – 12pm   Learning Lab – Kerby Centre</li> </ul>
<p><b>Photography with Smartphone!</b> (Member \$35   Non-Member \$65) <u>Instructor:</u> Hamideh Khadem Sohi Learn how to capture stunning images with your mobile device. From composition techniques to editing tips, she aims to unleash your creativity through mobile photography.</p> <ul style="list-style-type: none"> <li>• <b>B13 Tuesday Nov 26</b> 10am –12pm   Learning Lab – Kerby Centre</li> </ul>

**Chinese Knot** (Member: \$35 | Non-Member: \$65) Instructor: Valerie Wu  
 Learn to create decorative Chinese knots for gift boxes, wine packages, or even tree decorations with Valerie Wu in this workshop. No prior knotting experience needed. Supplies provided: gift card, gift box, and wrapping paper.

- **B14 Monday Dec 9** 10am – 12pm | Games Room, Kerby Cafe – Kerby Centre

**Sketching Workshop!** (Member: \$35 | Non-Member: \$65) Instructor: Hamideh Khadem Sohi  
 Join our Sketching Workshop to explore and develop your artistic confidence and individual expression through technical sketching techniques.

- **B15 Tuesday Dec 10** 10am – 12pm Room 313 – Kerby Centre

## Languages

**Spanish** (Member \$140 | Non-Member \$170 per course) | Instructor: Norah Hutchinson  
 The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com.

Spanish Grammar I – Beginner <b>B16 Mondays Sept 16– Dec 9 (No Class Oct 14)</b> 10am – 12pm   Room 311 – Kerby Centre	A comprehensive course for students with no prior knowledge of Spanish. Chapters 1-3 will be covered.
--	---

Spanish Grammar II <b>B17 Tuesdays Sept 17 – Dec 3</b> 1pm – 3pm   Room 311 – Kerby Centre	A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.
--	--

Spanish Grammar III <b>B18 Tuesdays Sept 17 – Dec 3</b> 10am – 12pm   Room 311 – Kerby Centre	A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Chapters 7-9 will be covered.
---	--

Spanish Grammar IV <b>B19 Thursdays Sept 19 – Dec 5</b> 1pm – 3pm   Room 311 – Kerby Centre	A continuation of Spanish Grammar III. Chapters 10-12 will be covered.
---	--

Spanish Grammar V <b>B20 Wednesdays Sept 18 – Dec 4</b> 1pm – 3pm   Room 311 – Kerby Centre	A continuation of Spanish Grammar IV. Requirement to finish Grammar IV.
---	---

Spanish Conversation II <b>B21 Monday Sept 16 – Dec 9 (No Class Oct 14)</b> 1pm – 3pm   Room 311 – Kerby Centre	Advanced Spanish. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.
---	--

**Beginner French** (Member \$90 | Non-Member \$120) Instructor: Chancie Moyo  
 This beginner French course will sharpen your listening skills, memory, and French. Just bring your curiosity to improve your conversation skills, build confidence, and enjoy friendly dialogue.

- **B22 Fridays Sept 13 – Nov 29** 10am – 12pm | Room 305 – Kerby Centre

## Sing & Play

**Singing Circle** (Member \$60 | Non-Member \$90) Instructor: Barry Luft  
 Join our long-standing Singing Circle! Bring your love of singing to a dynamic group and enjoy well-known songs. Note: no songbooks, lyric sheets, or visual aids, including cell phones. We have a song bag with popular titles to help if memory fails. Experience the joy of community singing!

- **B23 Thursdays Sept 12 – Nov 28** 10:30am – 11:30am | Room 305 – Kerby Centre

**Ukulele Beginner Plus** (Member \$105 | Non-Member \$135) Instructor: Lorraine Smith  
 This ukulele class follows the Beginner course. We'll review strumming and C family chords (I, IV, V, V7) and learn F family chords and the Heart and Soul progression. We'll sing beginner and new songs. Bring a CAPO (advice provided in class).

- **B24 Thursdays Sept 5 – Dec 12 (No Class Oct 10, 17 & 24)** 10am – 11:00am | Room 313 – Kerby Centre

**Intermediate Ukulele** (Member \$105 | Non-Member \$135) Instructor: Lorraine Smith  
 This ukulele class follows the Beginner PLUS course. We'll review strumming, the C and F chord families, I, IV, V, V7, IVm (Am and Dm), and the H&S Progression. Learn the Calypso rhythm and the G, A, and D chord families. Bring a CAPO and prepare to sing and learn with classmates. You'll have the chance to perform solo or in groups.

- **B24 Thursdays Sept 5 – Dec 12 (No Class Oct 10, 17 & 24)** 10am – 11am | Room 313 – Kerby Centre

**Ukulele Magic! Intermediate Plus** (Member \$105 | Non-Member \$135) Instructor: Myra Maillot  
 This course reviews uke-friendly keys and regular strumming patterns for song accompaniment. Topics include calypso strum, uke tablature, and ear training. Prerequisite: Basic intermediate-level course.

- **B26 Wednesdays Sept 11 – Nov 27** 11:15am – 12:15pm | Room 305 – Kerby Centre

**Ukulele Magic! Advanced Play & Sing: Strum with Flare – Sing with Authority** (Member \$105 | Non-Member \$135)  
 Instructor: Barry Luft  
 Improve your playing and singing for song accompaniment, including strum variations, finger-picking patterns, and tab reading. Solos, small ensembles, and class "aces" are encouraged. Alumni are always welcome! Prerequisite: High intermediate or advanced course.

- **B27 Wednesdays Sept 11 – Nov 27** 10am – 11am | Room 305 – Kerby Centre

**Ukulele Refresher! Returning to the Ukulele** (Member \$55 | Non-Member \$85) Instructor: Barry Luft  
This course is for those returning to the instrument after a break. We'll review strumming and singing, rekindling your skills and fun!  
• **B28 Tuesdays Sept 24 – Oct 29 (6 Weeks)** 10:30am – 11:30am | Room 313 – Kerby Centre

**Guitar Basics!** (Member \$105 | Non-Member \$135) Instructor: Kaitlyn Southgate  
*This class will quickly have you playing your guitar and singing old favorites! Perfect for beginners or those needing a refresher, you'll learn basic chords and strumming patterns while singing along. Bring your guitar and an electronic tuner.*  
Guitar Beginner

- **B29 Thursdays Sept 12 – Nov 28** 12:30pm – 1:30pm | Room 305 – Kerby Centre

Guitar Beginner Level I

- **B30 Thursdays Sept 12 – Nov 28** 1:45pm – 2:45pm | Room 305 – Kerby Centre

**Choir at Kerby** (Member \$75 | Non-Member \$105) Instructor: Kaitlyn Southgate  
*While solos or small group performances may be offered, the main focus is on working within a supportive large group setting.*  
• **B31 Tuesdays Sept 10 – Dec 3 (No Class Sept 24)** 1:15pm – 2:45pm | Room 205 – Kerby Centre

## General Interest

**Mahjong** (Member \$25 Non-Member \$55) Instructor: Swee Wong  
*Join our three-week introductory workshop to learn the basics and join our Mahjong drop-in group.*  
• **B32 Mondays Nov 11, 18 & 25** 10:30am – 12:30pm | Room 312 – Kerby Centre

**Origami Workshop** (Member \$10 | Non-Member \$40) Instructor: Kumiko Sato  
*Join our Origami Workshop tailored for seniors, offering a delightful and engaging activity that sparks creativity and joy in a relaxed environment.*  
• **B33 Monday Sept 23** 10am – 11am | Room 108 – Kerby Centre  
• **B34 Monday Oct 21** 10am – 11am | Room 108 – Kerby Centre  
• **B35 Monday Nov 18** 10am – 11am | Room 108 – Kerby Centre

**Pickleball Lessons!** (Member \$35 | Non-Member \$65 per course)  
*Learn the basics, including rules, techniques, and strategies in a supportive environment with experienced volunteer instructors. Whether you want to stay active, meet new friends, or try a new hobby, these lessons are ideal for starting out. Equipment is provided—just bring your enthusiasm and get ready to play!*  
• **B39 Tuesdays Sept 17 – Oct 8** 10am – 12pm | Gym – Kerby Centre  
• **B40 Tuesday Oct 22 – Nov 12** 10am – 12pm | Gym – Kerby Centre

**Self Defense Level II** (Member: \$30 Non Member: \$60) Instructor: Don Muldoon  
*Learn simple self-defense techniques effective for anyone, regardless of size or strength. These skills include verbal and physical strategies to create effective diversions and ensure personal safety.*  
• **B36 Tuesday Sept 24** 10am – 12pm | Room 313 – Kerby Centre

**Travel Safety** (Member \$30 | Non-Member \$60) Instructor: Don Muldoon  
*Learn important tips for staying safe while traveling, including what to do in case of an emergency.*  
• **B37 Tuesday Oct 29** 10am – 12pm | Room 313 – Kerby Centre

**Emergency Planning: For Home & Away** (Member \$30 | Non-Member \$60) Instructor: Don Muldoon  
*Understand how to prepare for emergencies, create a plan, and ensure you have the necessary supplies and information.*  
• **B38 Tuesday Nov 26** 10am – 12pm | Room 313 – Kerby Centre

## Digital Skills Training

**Using your iPhone** (Member \$65 | Non-Member \$95) Instructor: Adrian Ray  
*Learn how to maximize your smartphone's capabilities in this course. Discover Google Maps for trip planning, photo editing, social networking, and gaming. The course follows a structured curriculum with weekly topics.*  
• **B41 Wednesdays Sept 11 – Oct 16** 11am – 12:30pm | Room 205 – Kerby Centre

**Social Media for Beginners** (Member \$65 | Non-Member \$95) Instructor: Adrian Ray  
*Master social media platforms to stay engaged and nurture relationships. Share photos and videos with loved ones in this structured course with weekly topics.*  
• **B42 Wednesdays Oct 30 – Dec 4** 11am – 12:30pm | Room 205 – Kerby Centre

# Active Aging Online

## Course Registration **Fall Session**

Registration opens **August 6th** for members  
and **August 15th** for non-members

Register in person at Kerby Centre in  
Room 306 or by phone at 403-462-5080

Online registration and full details at  
[KerbyCentre23.WildApricot.org](https://KerbyCentre23.WildApricot.org)



### Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!

### Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up.  
**HeatherD@UnisonAlberta.com or 403-462-5080**

## FREE Classes Included with Your Membership

### **Members Fitness Over 50!** FREE with Membership

Join us for a movement, strength, core, and stretch class. Enjoy a warm-up, mild cardio, higher intensity intervals, and a long cool down. We'll use hand weights and household items like stretch bands and towels. All abilities welcome, with options to exercise standing or seated.

- **Z01 Tuesdays Sept 10 – Dec 3** 9:30am – 10:30am | Online

### **NEW! Members Art Jam for Seniors** FREE with Membership

Designed specifically for seniors who want to explore their creative side in a relaxed and supportive environment. No prior art experience is required—everyone is capable of creating beautiful artwork with the materials they have on hand.

- **Z15 Fridays Sept 13 – Nov 29** 9:30am – 10:30am | Online

### **NEW! Members Gentle Soulful Yoga** FREE with Membership

Join our new instructor Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.

- **Z16A Wednesdays Sept 4 – Nov 27** 9am – 10am | Online

## Online Classes

### **Ski Fit IS BACK!** (Member \$64 | 2-member household \$102.40 | Non-Member Price \$84 | SASC (Seniors Alpine Ski Club) \$74)

This six-week conditioning course focuses on balance and strength training to prepare you for the hill and keep you fit. Ideal for skiing and all outdoor activities, it's perfect for enthusiasts

- **Z03A Mondays & Thursdays Sept 9 – Oct 24** 11am – 12pm (12 Class Sessions) | Online

### **Ski Fit IS BACK!** (Member \$64 | 2-member household \$102.40 | Non-Member \$84 | SASC (Seniors Alpine Ski Club) \$74)

This six-week conditioning course focuses on balance and strength training to prepare you for the hill and keep you fit. Ideal for skiing and all outdoor activities, it's perfect for enthusiasts

- **Z03B Mondays & Thursdays Nov 4 – Dec 12** 11am – 12pm (12 Class Sessions) | Online

### **Tai Chi** (Member \$64 | Non-Member \$94)

Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Helps to reduce stress, increase coordination, balance and range of motion.

- **Z06 Tuesdays Sept 10 – Dec 3** 1:45 pm – 2:45 pm (12 Class Sessions)

### **NEW! Journaling 101** (Member \$35 | Non-Member \$65)

Write for yourself. In this class, you'll learn to journal for personal growth, uncover your truth, and find well-being through writing. Expect thought-provoking questions and exercises. By the end, you'll have tools for self-care through writing.

- **Z17A Tuesdays Sept 3 – Oct 8** 11am – 12pm (6 Class Sessions) | Online

### **Memory Writing** (Member \$35 | Non-Member \$65)

With age comes wisdom and stories of adventure, comedy, sadness, family, and love. Writing your memories is a great way to reflect and share your experiences. Join this small group and start your journey.

- **Z14A Wednesdays Sept 11 – Oct 16** 3pm – 4pm (6 Class Sessions) | Online

### **Functionally Fit** (Member \$35 | Non-Member \$65)

A class that mimics everyday movements and activities to improve strength, balance and mobility. This class is designed to enhance independence and reduce the risk of falls.

- **Z09A Mondays Sept 9 – Oct 21** 1pm – 2pm (6 Class Sessions) | Online

### **Fitness with Dan** (Member \$64 | Non-Member \$95)

Traditional aerobics class with emphasis on cardiovascular training. You are encouraged to work at your own pace.

**Z11 Fridays Sept 13 – Nov 29** 11:30am – 12:30pm (12 Class Sessions) | Online

## FREE Online Presentations

### **A Journey Through Our Solar System**

With Patricia Jeffery, Chair. Public education and outreach, Royal Astronomical Society of Canada-Calgary Centre

- **Tuesday, August 20** 10am – 11am | Online

### **You Are Not Alone: Support to Live as Optimally as you can with a Life-Changing Diagnosis**

With Ruth Kohut RN. BSc. MSc., Director, Living with Advanced Illness Centre

- **Wednesday, August 28** 10am – 11am | Online

### **Myths and Realities: Transitioning gracefully to your Next Stage**

With Zoe Agashea & Lisa Falkowski from Next Stage Services

- **Wednesday, September 18** 10am – 11am | Online