

# Senior Adult Services

Spring 2021

Program Update



# Program Update

Dear Members,

The Spring Session is just a few weeks away and we wanted to update you on a few important items ahead of the new session.

## 1. Program Break & Spring Session Start Date

Program Break: Monday, April 26 to Friday, May 7

Spring Session: Monday, May 10 to Friday, August 20

## 2. Paying via e-transfer

We are happy to announce that we can now receive payments via e-transfer. Email us if you're interested in finding out more about how to pay via e-transfer.

## 3. Program Fee Increase

This session we are raising our fees by \$5, this is a modest increase that will go a long way for SAS. As a non-profit we rely on a combination of government funding, registration fees, and donations to fund our programs. With the cancellation of the Toronto Challenge for a second year in a row, we are once again missing out on our most important annual fundraising event. Starting this month, we are also giving our instructors a raise to better compensate them for their invaluable service and dedication. With these things in mind we decided to make this small fee increase to make SAS just a bit more financially fit.

We would also like to mention that registration fees, as with donations, go solely towards programs (instructors and supplies etc.), they are not used to pay for SAS staff salaries.

## 4. Spring Session Lecture Series

We have three lecture series lined up for the Spring Session covering a broad range of topics:

**June:** Nutrition & The Aging Brain

**July:** Histories of Toronto

**August:** Women Artists of The Surrealist Movement

## New SAS Registration Fees:

### \$25 Annual Membership Fee

*Due this session. If you've already paid the Annual Membership this Winter Session, you do not have to pay again.*

### \$70 General Programs

*This package allows you to take all of the following classes: Tai Chi, Functional Fitness, Stretch & Relax, Watercolour Art, Gentle Yoga, Gentle Chair Yoga, Dancercise, Pilates*

**\$70 Specialty Program:** *Osteoporosis Fitness, BeFit!, and Memoir Writing are each a Specialty Program*

\$140.....2x Specialty Programs

\$210.....3x Specialty Programs

\$280.....4x Specialty Programs

### General Programs + Specialty Program Combos

\$125.....General Programs + Specialty Program

\$195.....General Programs + 2x Specialty Programs

\$265.....General Programs + 3x Specialty Programs

Make sure to make cheques payable to "SMBH" and mail to:

Senior Adult Services ALC  
St. Matthew's Bracondale House  
707 St. Clair Ave. West  
Toronto, ON M6C 4A1

Please get in contact with us if you have any questions or concerns.

Warm wishes,  
Brian & Betty

# Spring Session Schedule

Monday, May 10 - Friday, August 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 – 10:30 <b>Tai Chi</b> Susan	9:30 – 10:30 <b>Osteoporosis Fitness</b> Julie	9:30 – 10:30 <b>Osteoporosis Fitness</b> Sue	9:30 – 10:30 <b>Gentle Fitness</b> Edith	9:30 – 10:30 <b>Osteoporosis Fitness</b> Julie
11:00 – 12:00 <b>BeFit!</b> Marie	11:15 – 12:15 <b>Functional Fitness</b> Marie	11:00 – 12:00 <b>Gentle Yoga</b> Vaness	10:45 – 11:45 <b>Dancercise</b> Joseph	11:00 – 12:00 <b>Functional Fitness</b> Julie
12:30 – 2:00 <b>Memoir Writing II</b> Beth	12:30 – 1:30 <b>Stretch &amp; Relax</b> Edith	12:15 – 1:15 <b>Gentle Chair Yoga</b> Vaness	12:30 – 1:30 <b>Pilates</b> Gabe	12:30 – 1:30 <b>Hispanic Seniors Club</b> Teleconference (Limited enrolment)
	1:45 – 3:45 <b>Watercolour Art</b> Gabriele		1:00 – 3:00 <b>People &amp; Current Events</b> Teleconference (Limited enrolment)	 

# Spring Session Lecture Series

## Nutrition & The Aging Brain

Nutritionist Patricia Borsato delivers this two-part series on the relationship between nutrition and the brain. Learn how specific foods and food combinations can restore imbalances, promote healthy brain function, and reduce stress. This series will introduce you to the growing scientific evidence validating the vital role of foods that when synergistically combined help to promote balanced mood, mental fortitude, stress resilience and stable energy.

### Part 1 | Nutrition: The Key To Brain Health Longevity

Friday, June 4, 2:00pm-3:30pm

### Part 2 | Building The Ultimate Stress-Busting Longevity Diet

Friday, June 11, 2:00pm-3:30pm

**Fee:** \$30 for SAS Members & SMBH residents, \$35 for guests

## Women Artists of The Surrealist Movement

The names of men like Breton or Dali usually come to mind when we think of Surrealist art, but many female artists were integral to the movement. In this four-part series, Art historian Elizabeth Iturbe will introduce us to this revolutionary artistic movement and the female artists who radically broke from tradition and used their art to explore identity, the unconscious, and challenge cultural norms.

**Dates:** August 4, 6, 13, & 20. 1:30pm-3:00pm

**Fee:** \$30 for SAS Members & SMBH residents, \$35 for guests

## Histories of Toronto

This three-part lecture series explores the history of Toronto through three focal points:

### Part 1 | Toronto Book of Love

Friday, July 9, 1:30pm-3:00pm

Toronto's past is filled with passion and heartache. Author Adam Bunch brings the city's history to life and explores the evolution of the city from a remote colonial outpost to a booming modern metropolis through the fascinating stories of those who have fallen in love among its ravines, church spires, and skyscrapers

### Part 2 | E.J. Lennox "Builder of Toronto"

Friday, July 16, 1:30pm-3:00pm

E.J. Lennox became known as the "builder of Toronto" through designing all types of buildings. Several of his buildings are Toronto landmarks: Old City Hall, Casa Loma, and the King Edward Hotel. Architectural historian Marta O'Brien will discuss this important Toronto-born architect while illustrating his works.

### Part 3 | Toronto Between The Wars

Friday, July 23, 1:30pm-3:00pm

During the 1920s and '30s, Toronto went through massive changes that affected the physical and the social life of the city. In this talk, author Charis Cotter, takes us back in time through archival photographs to show us what life was like in Toronto as it was finding its place in the swiftly changing world of the twentieth century.

**Fee:** \$30 for SAS Members & SMBH residents, \$35 for guests

# SAS Annual Calendar 2021

WINTER SESSION

JANUARY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SPRING SESSION

MAY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FALL SESSION

SEPTEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# Holiday or Program Break, no classes