

SENIOR ADULT SERVICES ALC



WINTER PROGRAMS 2024

JANUARY 8 / APRIL 12

SENIOR ADULT SERVICES ALC

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

416-923-8909 | sasannex@rogers.com
www.sasannex.com



2024

SAS WEEKLY SCHEDULE



WINTER SESSION: MONDAY, JANUARY 8 - FRIDAY, APRIL 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 BeFit! Marie VIRTUAL	9:30-10:30 Osteo Fitness Julie VIRTUAL	9:30-10:30 Osteo Fitness (Marie & Julie) HYBRID	9:30-10:30 Gentle Fitness Edith HYBRID	9:30-10:30 Osteo Fitness Julie VIRTUAL
11:00-12:00 Gentle Yoga Vaness HYBRID	11:15-12:15 Functional Fitness Marie HYBRID	11:00-12:00 Chair Fit Julie HYBRID	10:45-11:45 Dancercise Joe HYBRID	11:15-12:15 Functional Fitness Julie HYBRID
11:00-2:00 Madison Pub (Monthly)	12:30-1:30 Stretch & Relax Edith HYBRID	12:15-1:15 Gentle Chair Yoga Vaness VIRTUAL	12:30-1:30 Pilates Marie HYBRID	11:00-2:00 Spanish Speaking Group BIWEEKLY (FULL)
12:30-2:30 Water Colour Art Gabriele IN-PERSON (FULL)	12:30-2:00 Congregate Dining Lunch (Social)	2:00-3:30 Singing for Joy Ramona IN-PERSON	1:00-3:00 People & Current Events Kathryn PHONE CHAT	1:30-3:00 Virtual Lecture Series
2:30-4:30 Beginner Bridge Marilynne IN-PERSON	2:00-4:00 Social Bridge Marilynne IN-PERSON		2:00-3:00 Chair Fit Marie HYBRID	2:00-4:30 Friday Movie IN-PERSON
	2:00-4:00 BINGO IN-PERSON			

*Hybrid (Virtual & In-person)

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JANUARY

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

MARCH

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

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HOLIDAY/PROGRAM BREAK
NO CLASSES

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START & END OF SESSION

#

MAKE UP CLASSES

FEBRUARY

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

APRIL

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			





ELIZABETH ITURBE
ART HISTORIAN

University Researcher, Professor and International Lecturer for many years with several prestigious educational institutions such as: York University, University of Toronto, Toronto Public Library, CCEAM (Commonwealth Council for Educational Administration and Management), UCEA (University Council for Educational Administration)

Travel Advisor at the specialized Travel Agency: Trips and Culture (Mexico City) Viajes y Cultura

In Toronto, Canada, she is also a member of the Editorial Board of Antares Publishing House and has been a volunteer lecturer at Collective 65, Spanish Media and other organizations.



WINTER LECTURE SERIES PART 2

ART AND CULTURE

VIRTUAL

by Elizabeth Iturbe
Art Historian & Travel Advisor



Ecuador, Paraguay, Guatemala and Mexico

Join us for this incredible journey!

March 15, 22, April 5 and 12

From 1 to 3pm

\$40 for SAS Members and SMBH Residents, \$50 for Guests

SAS Program Prices



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\$25 Annual Membership

The annual Membership fee is required to enrol in SAS programs and activities.

General Programs \$80

\$80 per 13-week session. Includes Functional Fitness, Water Colour Art, Gentle Yoga, Chair Fit, Gentle Chair Yoga, Stretch & Relax, Dancercise, Gentle Fitness, Bridge and Pilates.

Singing for Joy \$30

Bridge Program (Only) \$30

Specialty Programs \$70

Osteoporosis Fitness and BeFit! are both Specialty Programs costing \$70 each per session.

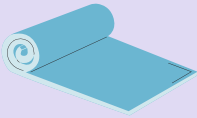
General Programs + Specialty Programs Combos

\$135 - General programs + 1 Specialty Program

\$205 - General Programs + 2 Specialty Programs

\$275 - General Programs + 3 Specialty Programs

\$345 - General Programs + 4 Specialty Programs



SAS Programs Descriptions



BeFit! - Virtual - BeFit class is a low-impact body conditioning fitness class. Which includes low-impact aerobics, seated (functional chair), strength training, stretching and flexibility exercises.

Water Colour Art - In-person - This course guides you through the many tricks and techniques needed to paint in the delicate medium of watercolour. Explore your artistic side through this soothing and peaceful medium. Please note that class size is limited.

Osteo Fitness - Virtual or Hybrid - An instructor-led basic weight training class that helps participants increase bone density, decrease risk of osteoporosis, increase metabolic rate while decreasing body fat, increase strength and endurance, and prevent injuries.

Functional Fitness - Hybrid - An instructor-led fitness class that includes a mix of seated and standing exercises to enhance cardiovascular health, strengthen muscles and improve balance.

Stretch & Relax - Hybrid - An instructor-led class that is complimentary with Gentle Fitness, with a focus on stretching the entire body utilizing mats and easy movements.

Gentle Yoga - Hybrid - An instructor-led yoga class geared towards seniors at all levels of fitness with a focus on strength, flexibility and posture.

Chair Fit - Hybrid - Chair Fit offers a mix of slow and gentle seated conditioning exercises aimed to enhance cardiovascular health, strengthen muscles, and improve balance. This is a completely seated exercise class tailored to the needs of people with limited mobility.

Gentle Chair Yoga - Virtual - A gentle practice during which postures are performed seated in the chair or with the aid of a chair. Best suited for practitioners who may have chronic & other conditions preventing them from doing traditional seated & standing poses, as well as for those looking for a safe & gentle introductory class.

Gentle Fitness - Hybrid - This instructor-led class focuses on strength exercises utilizing mats and light weights, and stretching focusing on legs, lower body, core, arms and upper body.

Dancercise - Hybrid - An instructor-led aerobic exercise class that utilizes Latin, ballroom and country dancing.

Pilates - Hybrid - This is a mat class that draws on the basic principles of Pilates. This class focuses on developing core stability and better joint function through a series of accessible exercises, on the floor and standing, the class will explore how bodies were meant to move. This class is safe for people living with osteoporosis.

People & Current Events - Telephone chat - Member led weekly discussion group exploring a wide range of topics from international and local news stories, arts and culture, history, you name it.

Singing for Joy - In-person - A time to gather once a week to enjoy each other's company while making a variety of music together. The class will sing a variety of songs both well known and new, and learn some simple harmonies along the way.

Bridge - In-person - Come join us on Monday afternoons from 2:30 to 4:30 to learn the wonderful game of bridge, and have loads of fun playing while learning. If you already know the game, then join us on Tuesdays from 2pm to 4pm to play and socialize and make new friends!

SAS Madison Pub Lunch

Join us at **The Madison Pub** social each month from **11 am - 2 pm**



Lunch
(Members - \$6)
(Non members - \$10)



Music

Drinks - \$2
Coffee & tea - \$1

PLEASE NOTE

No food substitutions from the SAS menu.
You may order from the regular menu but you
pay the regular price.



Madison Pub
14 Madison Ave
Toronto, ON M5R 2S1
(Near Spadina Station)

Monday, January 15th
Monday, February 5th
Monday, March 18th
Monday, April 8th



Please send us an email to sasannex@rogers.com
to reserve a spot or call 416-923-8909.