



# SPRING CLASS GUIDE



**Registration for MEMBERS ONLY (In-Person ONLY): Wednesday, March 7**  
**Music, Bridge, Crafts, Hobbies, Art and Workshops: 10:00 am to 12:00 pm**  
**Fitness, Dance and Yoga: 2:00 pm to 4:00 pm**

Non-Member and Telephone registrations:  
starting Thursday, March 8 Call 780-459-0433 or Drop-in

**Red Willow Place**  
7 Tache Street, St. Albert AB T8N 2S3  
**[www.stalbertseniors.ca](http://www.stalbertseniors.ca)**  
**Last Update: March 2, 2018**

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## CLASS INFORMATION

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starting Thursday, March 8 Call 780-459-0433 or Drop-in

*All CLASS Registration Fees Listed Are Member Prices; Non-Members Please Add \$30 to Member Prices*

All classes starting in April must meet minimums by April 6, 2018

Classes begin the 2<sup>nd</sup> week of April

**NOTE:** No Fitness/Dance Classes April 17 & 20; Limited Classes April 25, May 4, 9, 11, 28, 29, 30, 31, June 1, 6 & 8; No Classes April 27 & May 21

## CANCELLATIONS AND REFUNDS

If a class is cancelled, refunds will be given. NO REFUNDS will be given to any participant when they withdraw from a program of their own volition. In the event of a medical issue, a written request for a refund accompanied by a medical certificate must be submitted for consideration.

## MEMBERSHIP BENEFITS

Voting Rights at the Annual General Meeting

Reduced Fees on Classes

Reduced Drop-in Fees and Activity Card

Reduced Fees on Special Events

Get Weekly Updates via email

**info@stalbertseniors.ca or call 780-459-0433**

## NEW HOURS OF OPERATION

**Monday 8:30 am to 4:30 pm**

**Tuesday 8:30 am to 6:00 pm**

**Wednesday 8:30 am to 8:00 pm**

**Thursday 8:30 am to 6:00 pm**

**Friday 8:30 am to 4:30 pm**

# GENERAL FITNESS

## **NEW** FUNCTIONALLY FIT & FLEXIBLE

Instructor: Falon Letourneau

Let's hit the mat and work to improve flexibility, range of motion and of course, strength. This class is designed to help balance out the body and work to improve underactive muscles, while calming and relaxing through overactive muscles. Using bodyweight and a small selection of exercise equipment, come prepared to find balance and strength to take on daily functional movements. Must be able to get down on the floor.

**Tuesday 9:00 am - 10:00 am**

April 10 to June 19 (9 classes)

No Classes April 17 and May 29

Price: \$59

## STAND OR SIT - LET'S GET FIT

Instructor: Falon Letourneau

(For Beginner Exercisers)

For beginners, this exercise program will teach you the basics of how to safely and efficiently stretch and strengthen your muscles, and increase your joint range of motion with low-risk exercises from a standing and seated position.

**Tuesday 10:15 am - 11:15 am**

April 10 to June 19 (9 classes)

No Classes April 17 and May 29

Price: \$59

**Tuesday 11:30 am - 12:30 pm**

April 10 to June 19 (9 classes)

No Classes April 17 and May 29

Price: \$59

## STRONG AND STABLE

Instructor: Bill Climie

(For Exercisers with Chronic Conditions or Mobility Issues)

It is important to stay active when you have a chronic condition. Learn safe and effective movements to improve your flexibility, strength and endurance level. Class format consists of 10-15 minutes of flexibility, 10-25 minutes of strength training, and 15-25 minutes of cardio and cool down.

**Monday 10:15 am -11:15 am**

April 9 to June 18 (9 classes)

No Classes May 21 and 28

Price: \$44

**Wednesday 10:15 am -11:15 am**

April 11 to June 20 (9 classes)

No Classes May 9 and 30

Price: \$44

## **NEW** BALANCE OUT YOUR WEEK

Instructor: Bill Climie

(For Exercisers with Chronic Conditions or Mobility Issues)

This class will assist you to be steadier on your feet by working on core strength and flexibility. The class can be done seated or standing or a combination of both. No floor work. There will be some walking but you can use your walking aides such as walkers, canes and crutches if needed. After the first 2-3 weeks, classes will be done in a circuit training style with eight positions from which to work.

**Monday 9:00 am - 10:00 am**

April 9 to June 18 (9 classes)

No Classes May 21 and 28

Price: \$44

## THE LIVING FLOW CHI GONG

Instructor: Brad Schultz

(For Beginner and Experienced Exercisers)

The Living Flow Chi Gong is a simple and gentle routine with a very meditative, soothing and healing quality. It offers a wonderful way to start or end your day with a sense of calm and wholeness that will permeate your entire being. The Living Flow will provide you with the opportunity to cultivate a keen awareness of your energy (chi) and the ability to build and develop it. This simple and very enjoyable routine can be easily learned and practiced anywhere, requiring only a few minutes a day for a direct and positive influence on your mental, emotional and physical well-being. This internal exercise system will provide you with the tools and understanding to cultivate greater health, wellness and vitality!

**Thursday 2:15 pm - 3:00 pm**

April 12 to June 21 (10 classes)

No Class May 31

Price: \$77

## **AGING BACKWARDS: RELEASE, REBALANCE & RESTORE**

Instructor: Carol Smith

This is an age-reversing work out that will restore movement in your joints, increase flexibility and strength in your muscles, and stimulate your cells to increase energy, vibrancy and your immune system. This slow-paced, full body workout was created by the author of the New York Times bestseller "Aging Backwards".

Tuesday 12:45 pm - 1:30 pm

April 10 – June 19 (9 classes)

No Classes April 17 and May 29

Price: \$49

## **AGING BACKWARDS**

Instructor: Carol Smith

Did you know that we can choose how we want to age? Most of us are unaware that the process of aging is triggered by cell death. In an Aging Backwards class, Carol explains how you can slow down and reverse the speed in which your cells die, showing scientifically how anyone can stay feeling young and vibrant their entire life!

Thursday 9:00 am - 10:00 am

April 12 – June 21 (10 classes)

No Class May 31

Price: \$71

## **BELLYFIT SAGE®**

Instructor: Annyse Rayne

(Light to moderate intensity and low-impact)

A holistic fitness experience designed for mature women. Each class moves through an opening meditation, followed by fun fusion of cardio moves from Belly Dance, Bollywood & African dance to get the sweat flowing! Afterwards, learn effective core strength exercises and relax with restorative stretches and gentle meditation. This class works the body, mind and spirit offering a new routine every time! Can be done with a chair or walker for balance.

**FREE DEMO**

Monday March 19 at 12:45 pm

Monday 11:30 am - 12:30 pm

April 9 to June 18 (9 classes)

No Classes May 21 and May 28

Price: \$46

## **QI GONG – MOVING MEDITATION**

**NEW**

Instructor: Annyse Rayne

(For all levels of mobility)

Sometimes referred to as Chinese Yoga, this ancient practice weaves together 8 simple and effective energy cultivation exercises (8 Section Silk Brocade sequence). These gentle, meditative movements promote optimal physical and mental health. Ba Duan Jin Qi Gong is beneficial for everyone and benefits hundreds of common ailments.

Monday 12:45 pm - 1:45 pm

April 9 to June 18 (9 classes)

No Classes May 21 and May 28

Price: \$46

## **MYOFASCIA STRETCH AND RELEASE**

**NEW**

Instructor: Elise Seehagel

The fascia is a soft connective tissue located just under the skin. It wraps and connects the muscles, bones, nerves, and blood vessels all together. Muscle and fascia together make up what is called the Myofascia system. The technique used in this program is gentle, sustained pressure on the soft tissues while applying traction to the fascia, which results in lengthening and softening (release) of the fascia, as well as the breaking down of scar tissue between skin, muscles, bones, and internal organs. In this class you will learn how to stretch safely and effectively, and receive the tools you need to develop your own stretching practice, gain range of motion, learn how to recover from previous traumas, help relieve inflammation, and prevent injury.

Wednesday 12:45 pm - 1:45 pm

April 11 to June 20 (9 classes)

No Classes May 9 and May 30

Price: \$54

**NEW**

## **AEROBICS, STRENGTH**

Instructor: Catherine Levedrine

This well-rounded workout is designed for adults 50+. The first part of the class focuses on cardio heart health by increasing the heart rate to rhythmic movement. The second part focuses on strength and core development. The class finishes with a relaxing stretching routine for better flexibility.

Thursday 10:15 am - 11:15 am

April 12 to June 21 (10 classes)

No Classes May 31

Price: \$55

## **STRENGTH, BALANCE & STRETCH**

**NEW**

**Instructor: Catherine Levedrine**

A specialized approach to exercise for older adults, the focus of this class is to develop balance, strength, flexibility and core. These sessions will help you create a stronger body to continue regular activities and to prevent falls.

**Thursday 11:30 am - 12:30 pm**

**April 12 to June 21 (10 classes)**

**No Classes May 31**

**Price: \$55**

## **TOTAL BODY CONDITIONING**

**NEW**

**Instructor: Esther Sipos**

**(For Active Older Adults)**

This class is a well-rounded workout alternating between cardio drills and strength building, with options given for all levels. You will use your body weight as well as free weights. You will improve your endurance, balance, strength, coordination, agility and flexibility.

**Friday 10:15 am - 11:15 am**

**May 4 to June 22 (8 classes)**

**Price: \$44**

## **AEROBICS**

**Instructor: Esther Sipos**

**(Low to Moderate Intensity)**

This throwback to the 80s aerobics class is a well-rounded workout with choreography to music and a strength and flexibility component to round it off.

**Friday 11:30 am - 12:30 pm**

**May 4 to June 22 (8 classes)**

**Price: \$44**

## **DANCE**

### **ZUMBA GOLD®**

**Instructor: Terri Kokotilo**

What is Zumba®Gold? It is a modified Zumba® class that focuses on all the elements of fitness (cardiovascular, muscle conditioning, flexibility and balance), but at a lower intensity. Easy to follow choreography using Latin and World rhythms equals dance fitness classes that are fun, energetic & make you feel amazing!

**Thursday 10:15 am - 11:15 am**

**April 12 to June 21 (10 classes)**

**No Class May 31**

**Price: \$60**

### **ZUMBA GOLD CHAIR®**

**NEW**

**Instructor: Terri Kokotilo**

Join the party! What is Zumba® Gold Chair? It is a modified Zumba® class that is designed for those with medical, mobility or balance issues who still want to have fun while keeping fit. Dance moves are modified allowing participants to be seated while exercising. Easy-to-follow moves using Latin and World Rhythms equal chair-based dance fitness classes that are fun and energetic which make you feel amazing.

**Thursday 9:00 am – 10:00 am**

**April 12 to June 21 (10 classes)**

**No Class May 31**

**Price: \$60**

### **BALLROOM DANCING - BASICS**

**Instructor: Elise Seehagel**

Do you want to learn how to dance or simply brush up on your basic ballroom skills? This is the perfect opportunity for brand new or seasoned dancers who wish to learn a variety of the most popular social dances, try something fun, work on balance, practice for special occasions, and gain confidence on the dance floor. Singles and couples are both welcome!

**Wednesday 2:00 pm - 3:00 pm**

**April 11 to June 20 (9 classes)**

**No Classes May 9 and May 30**

**Price: \$54**

### **BALLROOM: BEYOND THE BASICS**

**Instructor: Elise Seehagel**

Are you an experienced dancer and want to expand on your foundation and move on to additional ballroom techniques? This class will allow you to develop more variety in your dancing, develop your style, become a stronger leader and follower, and learn to move more gracefully down the floor. No partner is required. This class is most suitable for participants who have previously ballroom danced, or have already taken my Ballroom Classes at the St. Albert Seniors Association.

**Thursday 1:00 pm - 2:00 pm**

**April 12 to June 21 (10 classes)**

**No Class May 31**

**Price: \$60**

## **BEMOVED® DANCE**

**Instructor: Simone Batt**

At BeMoved®, we are passionate about sharing the joy of dance with people of all movement abilities. The movement expressed through dance and music has a transformative power that enriches a person's wellbeing above and beyond the well-known physical fitness benefits. The warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. This genre section of class uses continuous, engaging dance combinations to inspire dancers of all levels. Finally, the cool down brings your workout full circle, leaving you balanced in mind, body and soul - feeling rejuvenated!

**Thursday 12:45 pm - 1:45 pm**

**April 12 to June 21 (10 classes)**

**No Class May 31**

**Price: \$54**

## **LINE DANCING**

**Instructor: Tracy Walters**

Line dancing is low-impact, a great exercise and fun for all ages. If you love to dance and like country music (we dance to other genres of music as well), you will love line dancing. No experience necessary. Shoes with leather soles are recommended.

**Monday 10:15 am - 11:15 am**

**April 9 to May 14 (6 classes)**

**Price: \$29**

**Tuesday 12:45 pm - 1:45 pm**

**April 10 to May 22 (6 classes)**

**No Class April 17**

**Price: \$29**

**NEW**

## **SQUARE DANCING**

**Instructor: Tom Gray**

Square dancers do it in groups! Have fun with "friendship set to music". Enjoy low-impact exercise and a light cardio workout while improving balance and coordination through a wide variety of musical styles and lively dance activities. Casual dress, comfortable shoes. Partner recommended but not necessary.

**Wednesday 11:30 am - 12:30 pm**

**April 11 to June 20 (8 classes)**

**No Classes May 2, 9 and 30**

**Price: \$26**

## **YOGA**

### **ONGOING YOGA**

**Instructor: Barb Hagen**

A classical yoga practice focusing on the linking of the breath to the movement. Adaptations for individuals. This class incorporates chants and pranayama.

**Tuesday 10:15 am - 11:15 am**

**April 10 to June 19 (9 classes)**

**No Classes April 17 and May 29**

**Price: \$69**

### **BEGINNER YOGA**

**Instructor: Barb Hagen**

This class introduces the participant to the practice of yoga and provides an experience to observe how yoga can make a difference in one's life. This class is for everyone! If you can breathe, you can do yoga!

**Friday 10:15 am - 11:15 am**

**April 13 to June 22 (8 classes)**

**No Classes April 20, 27 and May 11**

**Price: \$61**

### **YOGA ALL LEVELS**

**Instructor: Alison Irwin**

An adaptable, gentle flow class, suitable for all levels. Breathing techniques and poses will be practiced leaving you with a feeling of vitality, wellbeing and peace. Balance, breath and strength are benefits of the practice.

**Tuesday 9:00 am - 10:00 am**

**April 10 to June 19 (9 classes)**

**No Classes April 17 and May 29**

**Price: \$69**

## **EVENING YOGA**

**Instructor: Alison Irwin**

An adaptable, gentle flow class, suitable for all levels. Breathing techniques and poses will be practiced leaving you with a feeling of vitality, wellbeing and peace. Balance, breath and strength are benefits of the practice.

**Wednesday 6:30 pm - 7:30 pm**  
**April 11 to June 20 (10 classes)**  
**No Classes May 30**  
**Price: \$77**

## **YIN YOGA**

**Instructor: Jeanne Irwin**

Yin yoga is a practice that stimulates the deeper tissues of the body. We accomplish this with a slow, simple practice, holding our prone (down on the mat) poses for longer periods of time. This results in connective tissue that over time becomes longer, thicker and stronger. Suitable for beginners and ongoing students.

**Monday 3:00 pm - 4:00 pm**  
**April 9 to June 18 (9 classes)**  
**No Class May 21 and May 28**  
**Price: \$69**

## **GENTLE/BEGINNER YOGA**

**Instructor: Jeanne Irwin**

Suitable for absolute beginners or students wanting a slower, gentle class. If you've been away from yoga for a while and are ready to come back or never experienced the practice, this class is for you. We will practice yoga breathing techniques and simple stretches and poses.

**Wednesday 9:00 am - 10:00 am**  
**April 11 to June 20 (9 classes)**  
**No Classes May 9 and May 30**  
**Price: \$69**

## **YOGA ALL LEVELS**

**Instructor: Jeanne Irwin**

An adaptable, gentle flow class, suitable for all. Breathing techniques and poses will be practiced leaving you with a feeling of vitality, wellbeing and peace. Balance, breath and strength are benefits of the practice.

**Friday 9:00 am - 10:00 am**  
**April 6 to June 22 (9 classes)**  
**No Classes April 20, April 27 and May 11**  
**Price: \$69**

## **CHAIR YOGA**

**Instructor: Linda Vaudan**

Chair Yoga makes yoga accessible to you. The benefits of yoga include better range of motion and muscle tone, improved breathing, healthful stretching and stress reduction. All of this, and more, can be available to you by attending Chair Yoga.

**Monday 2:00 pm - 3:00 pm**  
**April 9 to June 18 (9 classes)**  
**No Classes May 21 and May 28**  
**Price: \$69**

## **HAPPY HIPS YOGA**

**Instructor: Linda Vaudan**

Hips affect the way we do many of our daily activities such as walking, sitting, standing, climbing stairs and even sleeping. This class focuses on stabilizing, strengthening and opening the hips. Learn gentle movements and stretches to nurture Happy Hips!

**Monday 3:15 pm - 4:15 pm**  
**April 9 to June 18 (9 classes)**  
**No Classes May 21 and May 28**  
**Price: \$69**

## **MUSIC & BRIDGE**

### **LEARN TO PLAY GUITAR**

**Instructor: Gunnar Lang**

Learn basic chords, strumming and finger-picking techniques; play along to simple songs; learn basic music theory such as scales and intervals, common chord progressions, Open chords and Bar chords; use a Capo; tune your guitar learning standard tuning vs. custom tuning. Song sheets and chord charts provided. Requirements: Bring your own guitar (electric guitars can be accommodated). Some lessons may include playing along to your own voice, however you're not expected to sing at these lessons. Please indicate level of experience when registering.

**Thursday 9:00 am - 10:00 am**  
**April 12 to May 24 (7 classes)**  
**Price: \$27**

## **BEGINNER LEVEL BRIDGE LESSONS**

**Instructor: Tom Clarke**

Designed for those who have never played bridge or have not played for many years, these introductory sessions will introduce you to the “chess of card games”. You will learn how to evaluate your hand, about scoring, bidding and play, progressing at a pace with which you are comfortable. A program is being developed to teach this logic-based game in schools. Don't let your grandchildren get ahead of you!

**Friday 9:00 am - 11:30 am**  
**April 13 to June 22 (9 weeks)**  
**No Classes April 27 and May 11**  
**Price: \$40**

## **CRAFTS & HOBBIES**

### **WOOD CARVING – WALKING STICK**

**Instructor: Laurie Wilson-Larson**

Bring your imagination and a story to tell on a walking stick designed and carved by you. This is a class that even a beginner carver can enjoy and succeed. You will peel the bark from your chosen stick and clean it as you prepare to carve your design. We will look at samples of walking sticks, consider finishing options and try our hand at different types of things you might carve on a walking stick. Bring your own stick or you can purchase a stick from the instructor. You will need a basic knife for cleaning the bark off the stick, a Flexcut Detail Carving knife and a small set of gouges and chisels. Wear old clothes, a smock or apron to protect clothing since cleaning the stick is a dirty process. (A list of supplies will be provided upon registration)

**Monday 9:00 am - 12:00 pm**  
**April 9 to June 18 (6 classes)**  
**No Classes April 30, May 7, 14, 21, 28**  
**Price: \$83**

## **BUNKA**

**Instructor: Anne Williams**

Work with a punch needle and special rayon yarn, affecting texture, layering and added dimension to give your picture a very unique look. Beginners will learn on a small sampler that can be framed. Kit cost is between \$40 and \$45 (available for purchase through the instructor). The kits are complete with threads, stamped fabric, needle and work frame.

**Monday 10:00 am - 12:00 pm**  
**April 9 to June 18 (10 classes)**  
**No Class May 21**  
**Price: \$57**

### **LEARN TO RUG HOOK**

**Instructor: Laurie Wiles**

Come learn the heritage craft of Traditional Rug Hooking with a McGown certified rug hooking instructor. You will learn the basics of Traditional rug hooking from pulling your first loop to finishing your project. We will make a small trivet sized piece to get you started. Kits will cost \$35 and will include hook, pattern, backing and enough wool to finish your project. You need to provide a heavy embroidery or quilting hoop.

**Wednesday 10:45 am - 12:45 pm**  
**April 11 to May 23 (6 classes)**  
**No Class May 9**  
**Price: \$80**

## **ART & MIND FITNESS**

### **PORTRAITS IN PENCIL**

**Instructor: Susan Casault**  
**(Beginner/Intermediate)**

Gain confidence in your ability to draw realistic portraits of children and adults. Experiment with various pencil tech-niques and learn the fundamentals of shading, blending, and creating depth through layering. Learn to capture the unique expressions that embody the personalities of your subjects. Some drawing experience is helpful. (A list of supplies will be provided upon registration)

**Monday 1:00 pm - 4:00 pm**  
**April 9 to May 14 (6 classes)**  
**Price: \$116**





## **BIRDS IN COLOURED PENCIL**

**Instructor: Susan Casault  
(Beginner/Intermediate)**

Learn to draw life-like birds in coloured pencil. An introductory class or some coloured pencil experience is recommended. Gain experience with choosing colours and problem solving, as you focus on basic shapes, values and a variety of textures. The class will include demonstrations and individual guidance. Photo reference will be provided by the instructor. (A list of supplies will be provided upon registration)

**Monday 1:00 pm - 4:00 pm  
May 28 to June 25 (5 classes)  
Price: \$97**

## **BEGINNER ACRYLICS**

**Instructor: Carol Maxwell**

Learn some basic skills when painting with acrylic paints. We will start at the beginning and build skills using proven methods to create lovely works of art. You will discover that painting with acrylics can be a diverse art form utilizing a variety of techniques to decorate functional and non-functional surfaces. Painting is also a great stress reliever and a wonderful way to meet people. (A list of supplies will be provided upon registration)

**Tuesday 1:00 pm - 4:00 pm  
April 10 to June 12 (10 classes)  
Price: \$98**

## **INTERMEDIATE ACRYLIC PAINTING**

**Instructor: Dixie Orriss**

Take this class to learn more about painting with acrylics. Painting demonstrations will be given weekly to show you what to look for when painting clouds, rocks, trees, water reflections, waves, glass, skin tones plus of your requests. You may work on a subject of your choice: abstract, landscape, still life or figures. Dixie will help you with your painting techniques and teach you about the seven painting success principles along the way. (A list of supplies will be provided upon registration)

**Wednesday 9:00 am - 12:00 pm  
April 10 to June 12 (10 classes)  
Price: \$131**

## **WATERCOLOUR**

**Instructor: Janice Kope  
(Beginner/Intermediate)**

**Beginners** will learn about working on wet and dry paper; how to enhance pic with stamps, stencils & products; layering colours to brighten the colour or change it; how important the value scale is to a picture; how to mask a picture area to save the whites or colour; working on a flower, mountain scene and finally a bird or pet to complete the 10 week class. **Intermediates** will work on better quality arches paper using various mediums with your paints. You may work from a photo of your own or complete an ongoing painting. You may also sit in on the beginners' class. Ask Reception for instructor's email for supply list and/or questions. Must bring all supplies on list to first class.

**Wednesday 1:00 pm - 4:00 pm  
April 11 to June 13 (9 classes)  
No Class April 25  
Price: \$88**

## **INTERMEDIATE FINE ART WITH DEBORAH**

**Instructor: Deborah Blair**

In this class you will pick your own projects by bringing a picture or photograph that you choose to paint and work with at your own pace. The instructor provides individual instruction, as well as group demos. You bring your own canvas and painting supplies. Aspects of fine art such as colour mixing, composition, perspective, creating texture, form, space and depth are some of the elements taught. Acrylics, odourless oil or Genesis are the mediums accepted. This is a fun, non-regimented class to enhance your art journey!

**Thursday 10:15 am - 1:15 pm  
April 12 to June 21 (10 classes)  
No class May 10  
Price: \$85**

## **MIND FIT SERIES II**

Instructor: Zain Ali

Home Care Assistance Edmonton

While participating in this series of 6 workshops, you will learn the benefits of exercising the brain while engaging in fun activities that stimulate each of the five cognitive domains. You will learn the importance of keeping the mind active, developing positive exercise habits and how to engage in mindful exercises. These Mind Fit Training workshops teach you about the important factors that contribute to a healthier and longer lifespan, promote total wellness and encourage your maximum independence.

Wednesday 9:00 am - 10:00 am  
April 11, April 18, April 25 (3 classes)

Wednesday 1:00 pm – 2:00 pm  
May 2, May 16, May 23 (3 classes)  
Price: \$56

## **WORKSHOPS**

(Prices listed for WORKSHOPS are for members. Non-members add \$5)

### **YOGA – HEALTHY BACK WORKSHOP**

Instructor: Linda Vaudan

Wednesday April 25  
2:00 pm - 3:30 pm (1.5 hours)  
Price: \$13

### **YOGA – HEALTHY NECK & SHOULDERS WORKSHOP**

Instructor: Linda Vaudan

Wednesday May 2  
2:00 pm - 3:30 pm (1.5 hours)  
Price: \$13

### **CRYSTAL/DIFFUSER BRACELET WORKSHOP**

Annita Jensen, Serendipity Wellness

Whether you are looking to enhance a particular area such as health, abundance, love or just curious about crystals, this bracelet-making workshop is for you!

Wednesday March 14  
5:30 pm - 7:30 pm (2 hours)  
Price: \$29

## **SPRING FLOWER ARRANGEMENT WORKSHOP**

Valerie Loseth, The Wheelbarrow Gardener

Celebrate the first day of Spring with a beautiful Spring-inspired flower arrangement full of bright and fragrant blooms.

Wednesday March 21  
6:00 pm - 7:30 pm (1.5 hours)  
Price: \$50

## **RUSTIC SIGN WORKSHOP**

Jodi Dancause, Brushstrokes by Jodi

Create a beautiful rustic sign for your home, the cottage or a friend. You will use chalk paint, learn distressing methods and choose from a variety of stencils and colours.

Wednesday April 4  
5:30 pm - 7:30 pm (2 hours)  
Price: \$45

## **WHAT ARE CHAKRAS? WORKSHOP**

Christine Kowalyshyn

Discover the 7 main chakras in this workshop and utilize various techniques to restore your energy flow.

Wednesday April 11  
5:15 pm - 7:15 pm (2 hours)  
Price: \$23

## **TAPPING (EFT) WORKSHOP**

Christine Kowalyshyn

Learn how to drastically reduce or eliminate the distress that accompanies problems you face by using EFT.

Wednesday April 25  
5:15 pm - 7:15 pm (2 hours)  
Price: \$23

## **WHAT IS INTUITION? WORKSHOP**

Christine Kowalyshyn

Explore different ways of using your intuition.

Wednesday May 9  
5:15 pm - 7:15 pm (2 hours)  
Price: \$23

## **GREETING CARD WORKSHOP**

Sylvia Pirnak

Create 3 beautiful handmade cards in one workshop.

Wednesday April 18

5:30 pm - 7:30 pm (2 hours)

Price: \$7

## **GIFT BAG & CARD WORKSHOP**

Sylvia Pirnak

Create a handmade card and matching gift bag in one workshop.

Wednesday May 16

5:30 pm - 7:30 pm (2 hours)

Price: \$7