



# SPRING CLASS GUIDE



**Red Willow Place**  
7 Tache Street, St. Albert AB T8N 2S3  
**[www.stalbertseniors.ca](http://www.stalbertseniors.ca)**  
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## TABLE OF CONTENTS

CLASS INFORMATION .....	2
CANCELLATIONS AND REFUNDS .....	2
MEMBERSHIP BENEFITS.....	2
GENERAL FITNESS .....	3
DANCE.....	4
YOGA .....	5
MUSIC, BRIDGE & LANGUAGE .....	6
CRAFTS AND HOBBIES .....	6
ART AND MIND FITNESS .....	7
WORKSHOPS.....	7

## CLASS INFORMATION

**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

*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

## **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

## **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

## **MYOFASCIA STRETCH AND RELEASE**

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 Lavedrine

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

**NEW**

### **STRENGTH, BALANCE & STRETCH**

Instructor: Catherine Lavedrine

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 29 (8 classes)  
No Class June 1  
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 29 (8 classes)  
No Class June 1  
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

### **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**

## **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 29 (8 classes)**

**No Classes April 20, 27, May 11 and June 1**

**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 29 (9 classes)**

**No Classes April 20, April 27, May 11 and June 1**

**Price: \$69**

# **MUSIC, BRIDGE & LANGUAGE**

## **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 classes)**

**No Classes April 27 and May 11**

**Price: \$40**

## **SPANISH LEVEL II**

**Instructor: Cecilia Hamel**

This class is for people who have already taken an intro level Spanish course and wish to further their skills.

**Friday 9:00 am - 10:45 am**

**May 25 to June 22 (5 classes)**

**Price: \$71**

# **CRAFTS & HOBBIES**

## **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**

## 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 techniques 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

### 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 and odourless oil 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

## WORKSHOPS

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

### HEALING CRYSTAL GRID

Instructors: Anitta and Charlene

Explore the meaning of crystals and learn how to use them to enrich your lives. Increase the strength of your inner temple with the help of the healing crystal grid. You will go home with a hand-burned grid and 19 crystals.

Wednesday May 23  
5:15 pm - 7:45 pm (2.5 hours)  
Price: \$95

### PAINT NIGHT

Instructor: Lynn Pajunen

Join us for an evening of relaxation while painting a colourful water lily with artist Lynn Pajunen.

Wednesday May 30  
4:30 pm - 7:30 pm (3 hours)  
Price: \$51

### CRYSTAL/DIFFUSER BRACELET WORKSHOP

Instructor: Anitta Jensen, Serendipity Wellness  
Whether you are looking to enhance a particular area in your life such as health, abundance, love or just curious about crystals, this bracelet-making workshop is for you! During the workshop, you can make extra bracelets for \$20 each.

Wednesday June 6  
5:30 pm - 7:30 pm (2 hours)  
Price: \$29

### BIRTHDAY CARD WORKSHOP

Instructor: Hetty Jones  
(Beginners)

Join us in this fun workshop and create 4 birthday/ Father's Day cards for your loved ones.

Wednesday June 13  
5:15 pm - 7:15 pm (2 hours)  
Price: \$19

## **Inspirational Talk**

**Speaker: Tamra Baxter**

Learn how to overcome challenges and mental health issues. No matter what has happened to you in the past, you can overcome anything. Learn how to “Rise Above” with a positive attitude and love in your heart.

**Wednesday June 20**

**10:00 am - 11:30 am (1.5 hours)**

**Price: \$56**

## **BURLAP WREATH WORKSHOP**

**Instructor: Cindy Park**

Sign up for this workshop to create a beautiful burlap wreath to match your décor. There is an additional cost for decorations added to the wreath (flowers, greenery, ribbon, signs) payable during the class.

**Wednesday June 20**

**5:00 pm - 8:00 pm (3 hours)**

**Price: \$73**

## **“CHRISTMAS IN JULY” CARD WORKSHOP**

**Instructor: Hetty Jones**

**(Beginners)**

Join the group in this fun workshop where you will create 4 Christmas cards.

**Wednesday July 11**

**5:15 pm - 7:15 pm (2 hours)**

**Price: \$19**

## **RACCOON IN COLOURED PENCIL**

**Instructor: Susan Casault**

Our subject for the day will be a raccoon on black paper. Layer colours and use your pencil strokes to create the appearance of fur, capturing the character of this mischievous animal. Previous coloured pencil experience is helpful but not mandatory. Photo reference will be provided by the instructor. Supply list available.

**9:30 am to 2:30 pm**

**Monday July 23 (5 hours)**

**Price: \$31**

## **KITTEN IN COLOURED PENCIL**

**Instructor: Susan Casault**

Our subject for the day will be a drawing of an irresistible kitten on a black background. We will explore techniques and share ideas on this versatile medium. Instruction will include demonstrations as well as individual guidance. Some coloured pencil or drawing experience would be helpful. Photo reference will be provided by the instructor. Supply list available.

**9:30 am to 2:30 pm**

**Monday August 13 (5 hours)**

**Price: \$31**