



summer class guide



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CLASS INFORMATION

Registration for **MEMBERS ONLY (In-Person ONLY): Wednesday, June 13**

All Classes: 10:00 am to 11:00 am

Non-Member and Telephone registrations:

starting Thursday, June 14 Call 780-459-0433 or Drop-in

All CLASS Registration Fees Listed Are Member Prices

Non-Members Please Add \$30 to Member Prices unless indicated otherwise

All classes starting in July must meet minimums by June 29, 2018

Classes begin during the first two weeks of July

NOTE: No Classes July 2 and August 6

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

Call 780-459-0433

info@stalbertseniors.ca

officeadmin@stalbertseniors.ca

NEW HOURS OF OPERATION

Monday 8:30 am to 4:30 pm

Tuesday 8:30 am to 4:30 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

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
July 3 to July 31 (5 classes)
Price: \$33

Tuesday 11:30 am - 12:30 pm
July 3 to July 31 (5 classes)
Price: \$33

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 levels. 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
July 9 to August 20 (6 classes)
No Class August 6
Price: \$29

Wednesday 10:15 am - 11:15 am
July 11 to August 22 (7 classes)
Price: \$34

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
July 9 to August 20 (6 classes)
No Class August 6
Price: \$29

THE SUN-STYLE TAI CHI MICRO-SET

Instructor: Brad Schultz
(For Beginner and Experienced Exercisers)
Discover within this set of gentle movements an ability to eliminate tension and restore your health and vitality. The regular practice of Tai Chi is well-known to improve chronic conditions, increase strength and stamina, and boost the immune system. Being easy to learn, this mini-set is ideal both for beginners and those wishing to add to their Tai Chi experience. The daily practice of Tai Chi is one of the most powerfully effective things you can do to ensure your long-term health and energy-levels.

Thursday 2:15 pm - 3:00 pm
July 12 to August 23 (7 classes)
Price: \$54

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
July 10 - August 21 (7 classes)
Price: \$38

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
July 12 - August 16 (7 classes)
Price: \$50

NEW

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 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. 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
July 11 to August 22 (7 classes)
Price: \$42

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 9:00 am - 10:00 am
July 12 to August 23 (7 classes)
Price: \$38

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 help prevent falls.

Thursday 11:30 am - 12:30 pm
July 12 to August 23 (7 classes)
Price: \$38

TOTAL BODY CONDITIONING

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
July 20 to August 31 (7 classes)
Price: \$38

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
July 20 to August 31 (7 classes)
Price: \$38

DANCE

ZUMBA GOLD®

Instructor: Catherine Lavedrine

Zumba®Gold 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
July 12 to August 23 (7 classes)
Price: \$38

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
July 12 to August 23 (7 classes)
Price: \$42

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
July 9 to August 20 (6 classes)
Price: \$29



CLOGGING

Instructor: Tracy Walters

You will learn some basic steps and terms associated with clogging and dance to different types of music. We wear shoes with special taps on them that give clogging its unique sound. For the first few weeks, wear comfortable shoes (shoes with rubber soles not recommended). No experience necessary.

Monday 11:30 am - 12:30 pm
July 9 to August 20 (6 classes)
Price: \$29

YOGA

MOVING INTO MEDITATION YOGA

Instructor: Barb Hagen

A yoga class linking the mind and body through the breath, each class developing an object of focus and contemplation.

Thursday 11:30 am - 12:30 pm
July 5 to 26 (4 classes)
Price: \$31

YIN YANG YOGA

Instructor: Alison Irwin

This adaptable gentle flow class is 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
August 7 to 28 (4 classes)
Price: \$31

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
July 9 to July 30 (4 classes)
Price: \$31

YIN YANG YOGA

Instructor: Jeanne Irwin

Yin yoga is a slower, cooler practice where poses are passively held longer, working on deep, dense connective tissue and joints. This will be followed by yang, a more dynamic, warming and energetic practice. This class is suitable for both beginners and experienced students and is a nice blend of two styles of yoga.

Wednesday 9:00 am - 10:00 am
July 4 to July 25 (4 classes)
Price: \$31

YOGA ALL LEVELS

Instructor: Jeanne 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.

Friday 9:00 am - 10:00 am
July 6 to July 27 (4 classes)
Price: \$31

YOGA FOR BALANCE AND WELL-BEING

Instructor: Linda Vaudan

Yoga invites you to Balance and Well Being in this series of yoga classes. Yoga has so many benefits and nurturing balance is a pivotal one: balance not just for fall prevention but balance in overall health. Some of the benefits of yoga include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being, and increased well-being. Explore stretching, strengthening and balancing your body, in a variety of standing and on the floor yoga poses, while nurturing what you are as relaxed awareness. These classes will allow you to make steps towards balance and well-being.

Monday 12:45 pm - 1:45 pm
July 9 to August 20 (6 classes)
Price: \$46

HAPPY HIPS YOGA

Instructor: Linda Vaudan

Would you like to have more mobility and strength in your hips? If so, come to the Happy Hips Yoga classes! Hips affect the way we do many of our daily activities such as walking, sitting, standing, climbing stairs and even sleeping. This series of classes focuses on stabilizing, strengthening and opening the hips. Learn gentle movements and stretches to nurture Happy Hips!

Monday 2:00 pm - 3:00 pm

July 9 to August 20 (6 classes)

Price: \$46

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)

Tuesday 9:00 am - 12:00 pm

July 10 to August 21 (6 classes)

No Class July 17

Price: \$83

ART



PAINTERS' SAMPLER

Instructor: Carol Maxwell

(Beginner/Intermediate)

Just like a sampler plate at your favorite restaurant, this course will present different mediums, subject matter and surfaces. Rather than using just one medium such as acrylics, this course will give you a chance to play with different art/painting mediums to create one a kind treasures. Possible projects

may include faux stained glass, watercolor pencils, pen & ink, mixed media, faux finishing, etc. Summer is a great time to stretch your wings. Join me and together we will have fun learning something new! (Instructor will contact participants re: supplies)

Tuesday 1:00 pm - 4:00 pm

July 17 to August 21 (6 classes)

Price: \$59

ACRYLIC ART CLASS

Instructor: Janice Kope

(For All Levels)

Three techniques of Acrylic mixed with gel on canvas. On the first 3-hour class, we will do pouring on canvas. On the second 3-hour class, we will use a pallet knife to create on canvas. On the third 3-hour class, we will use an old gift card to scrape and move paint on canvas. You can also use the third class to complete the first two projects. (A list of supplies will be provided upon registration)

Wednesday 1:00 pm - 4:00 pm

July 11 to July 25 (3 classes)

Price: \$29

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 (\$41 for non-members)

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 (\$41 for non-members)

WORKSHOPS

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

BRACELET WORKSHOP

Instructor: Kathie Pavelich

Come to this workshop to create a lovely bracelet with Kathie. An additional cost of \$12 for the kit will be payable to Kathie at the beginning of the class.

Wednesday June 20

9:00 am - 12:00 pm (3 hours)

Price: \$10

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

MEDITATION FOR BEGINNERS WORKSHOP

Instructor: Christine Kowalyshyn

Meditation is a simple but life-transforming skill that can help you to relax, enhance understanding about yourself and develop your inherent potential. Simple techniques to guide you to inner peace.

Wednesday July 4

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

Price: \$23

"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

WHAT IS ENREGY & HOW IT WORKS WORKSHOP

Instructor: Christine Kowalyshyn

Energy healing is a holistic practice that activates the body's subtle energy systems to remove blocks. By breaking through these energetic blocks, the body's inherent ability to heal itself is stimulated.

Wednesday July 18

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

Price: \$23

INTRO TO USING DIVINATION TOOLS WORKSHOP

Instructor: Christine Kowalyshyn

Divination usually involves the use of an object or objects to gain answers to questions, or to see events that are not perceptible to the average person. The use of interpretive tools can help the Divine relay guidance through your inner spirit or higher-self.

Wednesday August 1

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

Price: \$23