

St. Albert Seniors Association



MID FALL PROGRAM



Red Willow Place
7 Tache Street, St. Albert AB T8N 2S3
780-459-0433

www.stalbertseniors.ca



Last Update: October 5, 2018

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CLASS INFORMATION

All CLASS registration fees listed are member prices.
Non-Members please add \$30 to member prices (unless marked otherwise).
All classes starting in September must meet minimums by September 5.
Classes begin the 2nd week of September.
NOTE: Limited classes November 9; no classes October 8 and November 12.

CANCELLATIONS AND REFUNDS

If a class is cancelled, registrants will be contacted and refunded one week prior to start date. 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 FEE & BENEFITS

Membership Fee is ½ price until November 1 (\$27.50)
Voting rights at the Annual General Meeting
Reduced class registration fees
Reduced drop-in fees
Reduced price on special events
Activity cards available to members only



E-BULLETIN

Check your email for our weekly e-bulletin. If you are not a member and would like to receive our e-bulletin, please contact us by email, telephone or visit.

HOW TO CONTACT US

Red Willow Place
7 Tache Street, St. Albert AB T8N 2S3
780-459-0433
www.stalbertseniors.ca
info@stalbertseniors.ca
officeadmin@stalbertseniors.ca



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

FITNESS



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

September 14 to December 7 (12 classes)

No Class November 9

Price: \$65

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

September 13 to December 13 (14 classes)

Price: \$76

AGING BACKWARDS

Instructor: Carol Smith

This is a dynamic, full body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. Experience a deep activation stretch that will work through all the joints and release tight muscles. It is effective for flexibility, mobility and pain relief, as well as injury prevention and recovery. Perfect for men and women of all fitness levels, with a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized and healthy.

Monday 9:00 am - 10:00 am

October 15 to December 10 (8 classes)

Price: \$57

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

October 10 to December 12 (10 classes)

Price: \$60

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.

Wednesday 10:15 am - 11:15 am

September 12 to December 12 (14 classes)

Price: \$59

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.

Wednesday 11:30 am - 12:30 pm

October 17 to December 12 (9 classes)

Price: \$49

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

September 11 to November 27 (12 classes)

Price: \$92

YOGA: EVENING

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

September 12 to November 28 (12 classes)

Price: \$92

YOGA: GENTLE/BEGINNER

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

September 12 to November 28 (12 classes)

Price: \$92

YOGA: YIN

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

September 10 to November 26 (10 classes)

No Classes October 8 and November 12

Price: \$77

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

September 13 to December 13 (14 classes)

Price: \$76



DANCE

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

September 13 to December 6 (12 classes)

No Class October 11

Price: \$64

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

September 10 to December 10 (12 classes)

No Classes October 8 and November 12

Price: \$59

SPECIAL INTERESTS

CREATIVE WRITING

NEW

Instructor: Shari Narine

Whether your interest is in short stories or novels, fiction or non-fiction, good writing is all about keeping the reader reading. Each class will involve instruction on a different aspect of creative writing (characters, plot, points of view, writing styles, settings, descriptions, etc). Participants can work on exercises specific to each class or use what they learn in each class to advance their own personal writing project. Participants will have the opportunity to write during class time and then an opportunity to share their work for valuable feedback.

Tuesday 2:45 pm - 4:45 pm

November 6 to December 11 (6 classes)

Price: \$75

MEMOIR WRITING: INTRODUCTION

Instructor: Shari Narine

Write about your life in vignettes. Each class will see you reflect on an aspect of your life and write about it. By using prompts – such as keepsakes, photographs, a favourite toy, a recipe, and other items – you will reflect on what these “things” meant to you back then and what they mean to you now. It is an opportunity to explore growth and change, to explore feelings and memories, and to put all of this into writing. You will get the opportunity to discuss your written work with others in class. The completed works will be something you can share with your family and friends, or hold on to for yourself.

Tuesday 12:30 pm - 2:30 pm

September 11 to October 16 (6 classes)

Price: \$75

MEMOIR WRITING: ADVANCED

Instructor: Shari Narine

A memoir is different from an autobiography as it focuses on a single aspect of a person’s life. Working off what participants have learned in Introduction to Memoir Writing (although this is not a prerequisite for this class), participants will have a better understanding of what aspect of their lives they wish to write about. These classes will guide participants in honing their writing skills, allowing them to tell a strong, focused piece about a time in their lives. It will also allow participants to reflect on what past events meant and how they influenced future decisions. Participants will have the

opportunity to discuss their written work with others in class.

Tuesday 12:30 pm - 2:30 pm

November 6 to December 11 (6 classes)

Price: \$75

SPANISH: BEGINNER

Instructor: Cecilia Hamel

Learn the basics of Spanish: greetings; numbers; days of the week, months and seasons; time; helpful vocabulary; basic food & vegetables.

Friday 9:00 am - 10:45 am

November 23 to December 14 (4 classes)

Price: \$56

SPANISH: LEVEL II

Instructor: Cecilia Hamel

Come and learn Spanish with Cecilia Hamel. This class is meant for those who have either taken “Say It In Spanish”, or another intro level Spanish course and wish to further their skills.

Friday 11:00 am - 12:45 pm

November 23 to December 14 (4 classes)

Price: \$56

HEALTH & WELLNESS



SELF-DEFENSE

NEW

Instructor: Sensei Manuel Desa

Practicing traditional Karate is a great way to help maintain good health and has the added benefit of providing effective and practical self-defense techniques. In addition, movements can be adapted for people of all ages, sizes, and physical abilities. In this class you will be introduced to basic self-defense principles and applications.

Thursday 11:30 am - 12:30 pm

October 18 (1 class)

Price: \$10; \$15 for non-members

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 \$60 and \$65 (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

September 10 to November 26 (10 classes)

No Classes October 8 and November 12

Price: \$57

ARTS

PAINTING: ABSTRACT

Instructor: Dixie Orriss

Are you interested in abstract art but have no idea where to begin? Instructor Dixie Orriss will give you ideas, guidance and inspiration to help you create your own abstract art. Join a group of like-minded people who want to get away from the realm of realism. Students can work in acrylic, oil, watercolour and pastel. (A list of supplies will be provided upon registration)

Wednesday 9:00 am - 12:00 pm

September 12 to October 10 (5 classes)

Price: \$65

PAINTING: OIL

Instructor: Debbie Olafson

We will paint a glorious fall day in full colour in palette knife. Bring all your reds, yellows and oranges and plan for fun. A misty morning mountain sunrise and a waterfall will round out the class. (A list of supplies will be provided upon registration)

Tuesday 9:00 am – 12:00 pm

October 30 to November 27 (5 classes)

Price: \$49

PENCIL: PASTEL

Instructor: Debbie Olafson

Have you ever wanted a truly dry, portable medium that allows both the blending of oils and the precision of pencils? If so, come give Pastel Pencils a try. They are inexpensive and so much fun. Class will start with a sampler to introduce the medium and techniques. Then we'll do a rural scene with old buildings and water. (A list of supplies will be provided upon registration)

Tuesday 9:00 am – 12:00 pm

September 25 to October 23 (5 classes)

Price: \$49



WEDNESDAY WORKSHOPS

View posters at Centre

INTRO TO USING DIVINATION TOOLS

Instructor: Christine Kowalshyn

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 October 10

5:15 pm – 7:15 pm (2 hours)

Price: Members \$23; Non-Members \$28

TREE OF LIFE

Instructor: Laura Ouimet

In this workshop, you will create a beautiful 5 inch silver Tree of Life. It is a circle with a tree in the middle holding a single leaf. Kits are \$40 payable to the instructor at beginning of the class.

Wednesday October 17

5:00 pm - 7:30 pm (2.5 hours)

Price: Members \$18; Non-Members \$23

CRYSTAL GRID

Instructor: Anitta and Charlene

Gather your friends for a fun interactive evening with Anitta and Charlene. Increase the strength of your inner temple with the help of the Healing Crystal Grid. As beginners, you will explore the meaning of crystals and learn how to use them to enrich your lives with sacred geometry, connection to the crystals amazing energy. You will learn how to design and install your own grid at home to bring in abundance, peace, protection and well-being into your everyday life. During the workshop you will receive step-by-step guidance through the process of selecting your own crystals, how to work with their healing vibrations and how to cleanse and program them so they can assist you in manifesting your intentions. We have created special grid outlines for you to choose from and then take home.

Wednesday October 24

5:15 pm - 7:45 pm (2.5 hours)

Price: Members \$95; Non-Members \$100

PAINT NIGHT

Instructor: Linda Brunet

Join us for an evening of relaxation while learning to paint a colourful painting to take home. Painting: Cardinal.

Wednesday November 7

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

Price: Members \$45; Non-Members \$50

GREETING CARDS – CARE CARDS

Instructor: Hetty Jones

Take this class to create 4 lovely care cards, 2 each of 2 designs. See bulletin board at Centre for samples.

Wednesday November 21

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

Price: Members \$19; Non-Members \$24

GREETING CARDS – CHRISTMAS

Instructor: Hetty Jones

Take this class to create elegant Christmas cards (4 different designs). See bulletin board at Centre for samples.

Wednesday November 28

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

Price: Members \$19; Non-Members \$24

INFORMATION SESSIONS

Emerging Markets Investing

Presenter: Investment Advisor Wei Woo, CIM, EPC

Emerging markets stocks has been the best performer of 2017, and many financial institutions are recommending that clients increase these investments in their retirement portfolios. As well, large pension plans, including the Canadian Pension Plan, are adding exposure from these markets. Emerging markets are projected to represent 39% of the global stock market by 2030. While valuations look reasonable, the investment composition has changed significantly over the past eight years. As a result of these changes, the investment risk level between emerging market stock and American/European stocks has narrowed considerably. Come join Wei Woo as we discuss how to incorporate these investments into your retirement strategy.

Thursday, October 18 at 10:30 am

Register for this free information session.

Understanding Investment Fees with your Financial Institution

Presenter: Investment Advisor Wei Woo, CIM, EPC

An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee based accounts, and if they are truly beneficial to your situation.

Thursday, November 15 at 10:30 am

Register for this free information session.

SPECIAL EVENTS



To attend, register and purchase tickets at Reception (drop in or telephone)

Breakfast at Tiffany's

Ladies, get your tickets and dress up for a pleasant morning with girl-friends. You will enjoy our delicious breakfast buffet and dynamic invited guest speaker or presenter.

This event occurs every fourth Tuesday of the month: Oct 23; Nov 27

9:00 am – 11:00 am

Tickets: Members \$16; Non-Members \$19

Men's Breakfast

Gentlemen, buy your tickets early for a breakfast buffet fit for a king. Enjoy coffee with friends and be entertained by an invited guest speaker or presenter.

This event occurs every second Tuesday of the month: Oct 9; Nov 13; Dec 11

9:00 am – 11:00 am

Tickets: Members \$13; Non-Members \$16

Dinner & Dance

Reserve Friday evenings for a night out at the St. Albert Seniors Association. Join your friends for a great evening of food, music and dance.

Oct 26; Nov 16; Dec 14

5:00 pm – 8:00 pm

Tickets: Members \$17; Non-Member \$19