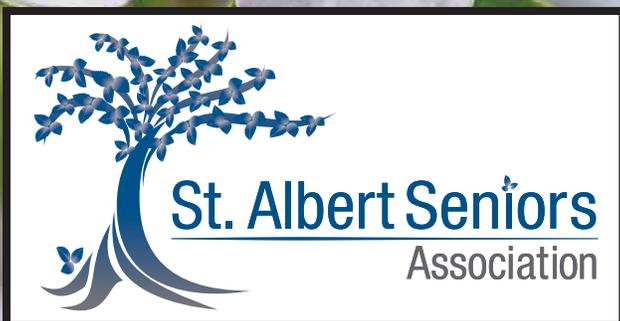


SPRING & SUMMER 2020 PROGRAM GUIDE



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



Photo credit: Wendy Oor

Welcome to the St. Albert Seniors Association

The St. Albert Seniors Association is a gathering place for people aged 50 and over. We host numerous classes, activities and events for your mind, body and spirit. Services provided include our Red Willow Café, Meals on Wheels Program, Transportation Programs, Senior Services, Chef's Choice Frozen Meal Program and facility rentals.

The St. Albert Seniors Association (SASA) is located in Red Willow Place, a beautiful facility owned by the City of St. Albert. It features 16,495 square feet of space for senior activities and rentals. The Association currently has more than 1,600 members, with services provided by 16 full-time and part-time staff. We also benefit from the generosity of more than 250 active volunteers who give thousands of hours of their time annually towards supporting our Association.

SASA MISSION: Enhancing the lives of older adults with activities and services

SASA VISION: Seniors live enriched and meaningful lives

MEMBERSHIP AND BENEFITS

For persons aged 50 and over (spouses younger than 50 may join)

Annual fee of \$55 January 1 to December 31

Reduced drop-in fees

Reduced rate on room rentals

Reduced price on special events

Reduced class registration fees

Priority registration for classes

Voting rights at the Annual General Meeting

Activity cards available to members only

HOW TO CONTACT US

Red Willow Place

7 Tache Street, St. Albert AB T8N 2S3

780-459-0433

www.stalbertseniors.ca

info@stalbertseniors.ca



HOURS OF OPERATION

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

Closed on statutory holidays: April 10, 2020 - Good Friday

April 13, 2020 - Easter Monday

May 18, 2020 - Victoria Day

July 1, 2020 - Canada Day

August 3, 2020 - Civic Holiday

The Board and Staff members sincerely thank all the people who give their gifts of time, talent and treasure.

We also recognize our government funders who generously contribute to the organization.



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St. Albert Seniors Association presents:

Spring & Summer
2020
Class Registration

Wednesday, March 18

10:00 am to 3:00 pm

ALL CLASSES



Registration will continue for Members and Non-Members starting Thurs, Mar 19th. Registrations can be done in person during our Hours of Operation (8:30 am to 4:30 pm) or by calling 780-459-0433 ext. 0

- **No registrations will be done outside of this time slot**
- **Only Members can register on March 18**
- **No NEW Memberships can be purchased on March 18**
- **Membership renewals CAN be done at time of registration**

Exciting News from SASA!

Online Registration is just around the corner! In preparation for this, you must set up an Online Account. All you need is to be a current member, have the Key Tag issued to you by SASA and a valid email address.

Just follow the easy steps below.

(please note a tablet or iPad might use one or the other method below)

On your phone:

1. Go to www.stalbertseniors.ca
2. Tap on the Menu Bar
(may look like 3 lines or say "Menu")
3. Scroll to the bottom of the menu and tap on "Member Login". This will take you to the My Active Senior page.
4. Click on "New Users"
5. Follow the steps by entering your Key Tag number, the phone number you gave SASA, a valid email address and create a password.

On your computer:

1. Go to www.stalbertseniors.ca
2. Click on "Member Login".
This will take you to the My Active Senior page
3. Click on "New Users"
4. Follow the steps by entering your Key Tag number, the phone number you gave SASA, a valid email address and create a password.

Once you have activated your Online Account, you will be able to keep track of upcoming activities on your personal My Activities Calendar. You can see what classes and sessions you have signed up for along with their dates and times!

For questions or assistance with activating your online account you can visit or call our Front Desk at 780-459-0433 ext. 0

COMING SOON!

Members, you will be able to use your Online Account to pay for your membership fee, sign up for classes, excursions, Dinner & Dances and much, much more!

Our official launch date will be announced soon!
Watch for updates at SASA and online!



E-BULLETIN

Everyone who is subscribed to our e-bulletin receives it by email on the 1st and 15th of each month. Its contents may include Association news, programs, upcoming events, and messages from the Executive Director or the Board President. If you don't already receive our free e-bulletin, you can easily subscribe to it by providing us with your email address. All you need to do is contact us by email, telephone or visit the Association to sign up. You don't even need to be a member to subscribe!

HEALTH and SAFETY

SASA strives to ensure participants' safety in all our programs and events. We encourage participants to modify physical activities as needed to prevent injuries. SASA is not responsible for injuries incurred during any class, event, or other sponsored SASA activity. Please note that SASA is a scent free facility.

PHOTOS and VIDEOS

Staff members and volunteers often take photos and videos during activities and events held at the Association. These photos and videos may be used to promote the Association in program guides, calendars, e-bulletins, newsletters, posters, Facebook, Twitter and our website. SASA respects your privacy. We encourage our staff and volunteers to ask for your permission prior to taking photos and videos. If you wish to be excluded from photos and videos, please inform the photographer.

FACILITY FEATURES

ATM Wi-Fi
Free parking Several allocated handicapped parking stalls
Wheelchair accessible building (classes, café, activities, events, washrooms)

CLASS INFORMATION

All class registration fees including non-member rates are listed in our Program Guide. All classes must meet a minimum number of registrants in order to run.

Please read class descriptions and dates carefully to ensure you understand what days and times your classes are running and any dates it is not running before you make your decision to register. We list out dates that either the Instructor has informed us they are not available or that other Association activities might be occurring so you are aware.

Spring classes begin the week of April 6, 2020, unless otherwise stated.

Summer classes begin the week of July 6, 2020, unless otherwise stated.

The Association will be closed on all statutory holidays as listed inside the front cover.

CANCELLATIONS and REFUNDS

St. Albert Seniors Association endeavors to ensure all classes run as scheduled, however, 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.

Dates, times, fees and Instructors/Presenters are subject to change. Confirm all class, activity and event details at time of registration. Refer to program updates in our e-bulletins or call the Association at 780-459-0433 ext. 0 if you have any questions.

CLASSES

ART

EASY OIL PAINTING



Instructor: Carmella Haykowski

This class will introduce you to the principles of oil painting: composition, colour, value, contrast, line, form and space. Learn the properties of oil paint; its applications and range of uses. Try a variety of exercises and techniques such as glazing, layering and the direct approach. You will complete 4 paintings in this class. Carmella's classes are fun, informative and encouraging. Come play, experiment and grow as an artist!

A supply list will be provided at registration

Spring Session

Mondays, 9:00 am – 12:00 pm **S-001**
April 6 to June 22 (9 classes)
No Class April 13 & May 18
Price: \$124 (Non-member \$154)

INTRODUCTION TO DRAWING



Instructor: Susan Casault

Have fun exploring the essentials of drawing using line, proportion, depth, shadows and more! Discover how to create realistic drawings using just a pencil, eraser and various blending techniques to create form and texture. This is a slower-paced course using different subjects each week with lots of time to practice what you learn.

*No previous drawing experience needed.
Photo reference provided by the instructor
A supply list will be provided at registration*

Spring Session

Mondays, 1:00 pm – 4:00 pm **S-002**
April 20 to May 25 (5 classes)
No Class May 18
Price: \$100 (Non-member \$130)
\$3.00 cash to be paid directly to the instructor at first class for materials



PAINTING: FINE ART INTERMEDIATE

Instructor: Deborah Blair

In this class, you will pick your own projects by bringing pictures that you choose to paint and work with at your own pace. Deb provides individual instruction, as well as group demonstrations. Acrylics and odorless oils are the mediums accepted. This is a fun, non-regimented class to enhance your art journey! You must bring your own canvas and painting supplies. *Intermediate - participants must be experienced painters*



Spring Session

Thursdays 1:00 pm – 3:30 pm **S-003**
April 9 to May 21 (7 classes)
Price: \$50 (Non-member \$80)

PAINTING WITH ACRYLICS

Instructor: Carol Maxwell

Learn the basic skills when painting with acrylic paints. For those who have painted before but left it for a while, this is a chance to practice and rediscover the joy found when creating. Painting is a great stress reliever, a wonderful way to meet people and make unique or special gifts for yourself or loved ones. 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. You can complete as many projects as time allows. Each project should take two to three classes to complete.

*Beginners and intermediate painters welcome!
A supply list will be provided at registration*

Spring Session # 1

Tuesdays, 12:30 pm – 3:00 pm **S-004**
April 7 to May 12 (6 classes)
Price: \$58 (Non-member \$88)

Spring Session # 2

Tuesdays, 12:30 pm – 3:00 pm **S-005**
May 19 to June 23 (6 classes)
Price: \$58 (Non-member \$88)

Summer Session

Tuesdays, 12:30 pm – 3:00 pm **S-006**
July 7 to August 11 (6 classes)
Price: \$58 (Non-member \$88)

BRING YOUR OWN PAINTING PROJECT: ACRYLICS TUTORIAL



Instructor: Carmella Haykowski

Come with a painting you are working on or with an idea for a new painting you want to start! This class will help you choose the next steps to develop your painting in the right direction; give you options if you are stuck and show you how to complete your painting with confidence! Carmella will use demos, guided instruction and one-on-one attention so you can make your painting outstanding. *Bring drawings or photo references. Suitable for all levels, including beginners!*

Summer Session

Wednesdays, 1:00 pm – 4:00 pm **S-007**
July 8 to July 29 (4 classes)
Price: \$56 (Non-member \$86)

PEN AND INK – BIRDS



Instructor: Susan Casault

Whether you are new to the medium of Pen & Ink or if you have fallen in love with it already, join us in drawing a variety of birds over a 4-week session. You will experiment with line, textures and values using different techniques. Several small drawings will be completed. *Photo reference will be supplied by the instructor. All levels welcome*
A supply list will be provided at registration

Spring Session

Mondays, 1:00 pm – 4:00 pm **S-008**
June 1 to June 22 (4 classes)
Price: \$82 (Non-member \$112)
\$3.00 cash to be paid directly to instructor at beginning of class for materials.

URBAN SKETCHING



Instructor: Johanne Yakula

Join the worldwide movement where artists draw in their sketchbook, on location, and from direct observation. St. Albert is full of beautiful landscapes that can be captured! Each session begins with a discussion and demonstration followed by sketching outside. The group then meets to share their sketches. A great opportunity for people to broaden their sketching experience! *Prior experience is an asset. A supply list will be provided at registration*

Spring Session

Tuesdays, 9:00 am - 12:00 pm **S-009**
June 2 to June 23 (4 classes)
Price: \$90 (Non-member \$120)

ONE-DAY CREATIVE ART WORKSHOPS

ART OF PYSANKA EGG DECORATING



Instructor: Lyrissa Sheptak

Learn to make Easter eggs - Ukrainian style! Pysanka is an art form that has survived over 6000 years. Let an experienced instructor guide you through all the steps transforming a plain egg into a work of art. *No experience required. All materials supplied. *Extra time will be needed at end of class for the instructor to remove wax. Eggs will be available to take home after 4:00 pm**

Wednesday, April 8 **S-010**
1:00 pm to 3:30 pm (2.5 hours)
Price: Members \$16 (Non-member \$46)

COLORED PENCILS: HUMMINGBIRDS



Instructor: Susan Casault

Our subject for this 5-hour workshop will be a drawing of a Hummingbird nest with a mother and 2 babies. This picture will be full of intricate details and you can do it with or without a background. Photo reference will be supplied by the instructor. *Some colored pencil experience would be helpful.*
A supply list will be provided at registration

Thursday, July 16 **S-011**
9:30 am to 2:30 pm (5 hours)
Price: \$40 (Non-Member \$70)
\$1.00 to be paid directly to instructor at beginning of class for materials

PAINTING WITH ACRYLICS: VAN GOGH INSPIRED SUNFLOWERS



Instructor: Carmella Haykowski

This workshop will be a fun, engaging and informative hands on approach to Van Gogh's painting process. Discover influences that inspired Van Gogh to create his unique style of painting. In this full day workshop you will learn the steps to paint your own version of sunflowers in his impressionist style. Practice colour theory and mixing, brushwork, layering and texture. Carmella will demonstrate the techniques and work with each participant one-on-one.
A supply list will be provided at registration



Monday, July 20 **S-012**
9:30 am to 3:30 pm (6 hours)
Price: \$32 (Non-Member \$62)

PAINTING WITH ACRYLICS: VAN GOGH INSPIRED IRISES



Instructor: Carmella Haykowski

Join Carmella in this second fun-filled Van Gogh inspired workshop! Learn how Van Gogh made use of the principles of painting, colour, line, shape, pattern and texture. Paint your version of Irises in his unique impressionist style. Carmella will demonstrate the techniques and work with each participant one-on-one.

A supply list will be provided at registration

Monday, Aug 10

9:30 am to 3:30 pm (6 hours)

Price: \$32 (Non-Member \$62)

S-013



Did you know?

We have a Support a Senior Fund here at the St. Albert Seniors Association (SASA). If finances are holding you back from participating in programs and events here at SASA, or if you have other areas of financial need and could use a little extra help, please call our Senior Services Coordinator at 780.459.0433 ext. 4, for more information.

FITNESS

AEROBICS

Instructor: Esther Sipos

This throwback to the 80's aerobics class is a well rounded workout with choreography to music and a strength and flexibility component to round it off. Mats and weights used. *Low to moderate intensity*

Spring Session

Fridays, 10:15 am – 11:15 am

April 17 to June 26 (9 classes)

No Class May 1 & May 29

Price: \$55 (Non-member \$85)

S-014

Summer Session

Fridays, 10:15 am – 11:15 am

July 17 to Aug 14 (5 classes)

Price: \$31 (Non-member \$61)

S-015

AEROBICS, STRENGTH

Instructor: Esther Sipos

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. *Intermediate level*

Spring Session

Thursdays, 10:15 am - 11:15 am

April 9 to June 25 (11 classes)

No Class June 4

Price: \$67 (Non-member \$97)

S-016

AGING BACKWARDS

Instructor: Carol Smith

This dynamic, full body workout simultaneously combines stretching and strengthening! Experience a deep activation stretch that will work through all the joints and release tight muscles. Effective for flexibility, mobility and pain relief; injury prevention and recovery. Perfect for men and women of all fitness levels. Bring your own yoga mat. *All levels welcome!*

Spring Session

Mondays, 9:00 am - 10:00 am

April 6 to June 22 (9 classes)

No Class April 13, May 18 & May 25

Price: \$69 (Non-member \$99)

S-017

See more info and pricing on next page >>>

Thursdays, 9:00 am - 10:00 am
April 9 to June 25 (10 classes) S-018
No Class May 28 & June 4
Price: \$77 (Non-member \$107)

Summer Session

Mondays, 9:00 am - 10:00 am
July 6 to Aug 17 (6 classes) S-019
No Class Aug 3
Price: \$46 (Non-Member \$76)

Thursdays, 9:00 am - 10:00 am
July 9 to Aug 13 (6 classes) S-020
Price: \$46 (Non-member \$76)

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

Instructor: Carol Smith

This slow and gentle, full body stretch workout focuses on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. Reawaken the power of your 650 muscles while slowly building strength in your body. This is a gentler, slower paced class than our general Aging Backwards class, designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. For men and women of all ages. Chairs used for balance. 45-minute class. *For Beginners*

Spring Session

Mondays, 10:15 am - 11:00 am
April 6 to June 22 (9 classes) S-021
No Class April 13, May 18 & May 25
Price: \$53 (Non-member \$83)

Thursdays, 10:15 am - 11:00 am
April 9 to June 25 (10 classes) S-022
No Class May 28 & June 4
Price: \$59 (Non-member \$89)

Summer Session

Mondays, 10:15 am - 11:00 am
July 6 to Aug 17 (6 classes) S-023
No Class Aug 3
Price: \$35 (Non-member \$65)

Thursdays, 10:15 am - 11:00 am
July 9 to Aug 13 (6 classes) S-024
Price: \$35 (Non-member \$65)

CARDIO RHYTHM

Instructor: Elise Seehagel

This class is a great way for anyone looking for a little more cardio in their workouts and loves moving to the beat of the music. Learn the foundations of popular social dances. This class will focus on movement, balance and posture for a well-rounded workout.

Spring Session

Thursdays, 11:30 am – 12:30 pm
April 9 to June 25 (10 classes) S-025
No Class May 28 & June 4
Price: \$62 (Non-member \$92)

Summer Session

Thursdays, 11:30 am – 12:30 pm
July 9 to Aug 6 (5 classes) S-026
Price: \$31 (Non-member \$61)

CHAIR TOTAL BODY CARDIO

Instructor: Joanne Kryski

Joanne will get your heart pumping from the chair allowing you to recover with strength and ab exercises and stretches. Your entire body will be strengthened and stretched to improve joint range of motion. Each major muscle group will be engaged using bands, walls, dumb bells and chairs. This class is a great fit for all participants! *No floor work*

Spring Session

Mondays, 2:15 pm – 3:15 pm
April 6 to June 22 (9 classes) S-027
No Class April 13, May 18 & May 25
Price: \$49 (Non-member \$79)

Wednesdays, 9:00 am - 10:00 am
April 8 to June 24 (10 classes) S-028
No Class May 13 & June 3
Price: \$53 (Non-member \$83)

Summer Session

Mondays, 2:15 pm – 3:15 pm
July 6 to Aug 17 (6 classes) S-029
No Class Aug 3
Price: \$32 (Non-member \$62)

Wednesdays, 9:00 am – 10:00 am
July 8 to Aug 12 (6 classes) S-030
Price: \$32 (Non-member \$62)

ESSETRIC GENTLE STRETCH



Instructor: Leslee Poholka

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. Ideal for those who are looking for a gentle slow tempo class that is aimed at regaining your mobility while slowly building strength. This low-impact class is perfect for men and women and will leave you feeling energized, youthful and healthy!



Spring Session

Fridays, 11:30 am - 12:30 pm S-031
April 17 to June 26 (9 classes)
No Class May 1 & May 29
Price: \$69 (Non-member \$99)

Summer Session

Thursdays, 10:15 am - 11:15 am S-032
July 9 to Aug 13 (6 classes)
Price: \$46 (Non-member \$76)

ESSETRIC RELEASE, REBALANCE & RESTORE



Instructor: Leslee Poholka

Essentrics is a slow and gentle full body workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. This has a slower pace and is designed to slowly build strength, increase mobility, flexibility and relieve chronic aches, pains and joint stiffness. For men and women who are looking for a gentle slow tempo class.

Spring Session

Fridays, 9:00 am - 10:00 am S-033
April 17 to June 26 (9 classes)
No Class May 1 & May 29
Price: \$69 (Non-member \$99)

Summer Session

Thursdays, 9:00 am - 10:00 am S-034
July 9 to Aug 13 (6 classes)
Price: \$46 (Non-member \$76)

INTRODUCTION TO MAT PILATES



Instructor: Lella Soutar

Pilates emphasizes proper alignment, core strength and muscle balance. This beginner mat session will concentrate on improving body, mind and spirit. Attention will be placed on breathing, flexibility and core strength.

You must bring your own yoga mat

Summer Session

Wednesdays, 1:00 pm - 2:00 pm S-035
July 8 to July 29 (4 classes)
Price: \$20 (Non-member \$50)

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 Myofascial system.

The technique used in this program is gentle, sustained pressure on the soft tissues while applying traction to the fascia. This results in lengthening and releasing the fascia, as well as the breaking down of scar tissue between skin, muscles, bones, and internal organs. You will learn how to stretch safely and effectively, gain range of motion, learn how to recover from previous traumas, help relieve inflammation, and prevent injury. *All levels welcome*

Spring Session

Wednesdays, 12:45 pm - 1:45 pm S-036
April 8 to June 24 (10 classes)
No Class May 27 & June 3
Price: \$62 (Non-member \$92)

Summer Session

Wednesdays, 12:45 pm - 1:45 pm S-037
July 8 to Aug 12 (6 classes)
Price: \$37 (Non-member \$67)



PILATES FOR EVERYBODY



Instructor: Ayla Hermanutz

Learn to engage your muscles while increasing range of motion. Chairs can be used throughout the class. We will also use gliders, resistance bands and other small apparatuses to strengthen and lengthen the body. Focus is on balance, breath and core connection. Enjoy the discovery of what your body can do. Good for those who have difficulty getting down onto the floor.

Both Spring & Summer sessions are suitable for all levels. Beginners welcome!

Spring Intro Session # 1

Thursdays, 12:45 pm - 1:45 pm S-038
May 7, 14 & 21 (3 classes)
Price: \$15 (Non-member \$45)

Spring Intro Session # 2

Thursdays, 12:45 pm - 1:45 pm S-039
June 11, 18 & 25 (3 classes)
Price: \$15 (Non-member \$45)

Summer Session

Fridays, 11:30 am - 12:30 pm S-040
July 10 to July 31 (4 classes)
Price: \$20 (Non-member \$50)

REVERSING THE AGING PROCESS: Building Muscle and Bone Density

Instructor: Joanne Kryski

You can still build strength, muscle and bone density even if you have a chronic condition. Using dumb bells is an effective way to do this in a gentle safe way. Class consists of a gentle dynamic stretching warm up, full body resistant weight training exercises, balance and cool down. Instructor will supply water bottles as weights but encourages you to bring your own dumb bells.

No mat required; no floor work.

Beginners welcome

Spring Session

Wednesdays, 11:30 am - 12:30 pm S-041
April 8 to June 24 (10 classes)
No Class May 13 & June 3
Price: \$53 (Non-member \$83)

Summer Session

Wednesdays, 11:30 am - 12:30 pm S-042
July 8 to Aug 12 (6 classes)
Price: \$32 (Non-member \$62)

STRENGTH, BALANCE, FLEXIBILITY & STRETCH

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.

No floor work



Spring Session

Instructor: Joanne Kryski
Mondays, 1:00 pm - 2:00 pm S-043
April 6 to June 22 (9 classes)
No Class April 13, May 18 & May 25
Price: \$54 (Non-member \$84)

Instructor: Esther Sipos

Thursdays, 11:30 am - 12:30 pm S-044
April 9 to June 25 (11 classes)
No Class June 4
Price: \$67 (Non-member \$97)

Summer Session

Instructor: Joanne Kryski
Mondays, 1:00 pm - 2:00 pm S-045
July 6 to Aug 17 (6 classes)
No Class Aug 3
Price: \$37 (Non-member \$67)

Instructor: Esther Sipos

Wednesdays, 10:15 am - 11:15 am S-046
July 8 to Aug 12 (6 classes)
Price: \$37 (Non-member \$67)

TAI CHI: SILK REELING

Instructor: Brad Schultz

A foundational Tai Chi exercise, Silk Reeling uses soft, flowing, yet controlled movements which yield many benefits for the mind and body. It develops leg and hip strength and flexibility, and can help relieve stress, tension, stiffness and pain. It activates your joints, has a purging effect on the lymph glands and boosts your immune system. 45-minute class. *All levels welcome*

Spring Session

Thursdays, 2:15 pm - 3:00 pm S-047
April 9 to June 25 (9 classes)
No Class April 23, April 30 & June 4
Price: \$72 (Non-member \$102)

TAI CHI: SUN-STYLE MINI-SET

Instructor: Brad Schultz

Through fluid, yet controlled movements, Tai Chi enables you to restore the natural balance of your mind and body. Discover within this set of gentle movements an ability to eliminate tension and restore your health and vitality. This easy to learn mini-set is ideal for both beginners and those wishing to add to their Tai Chi experience. Tai Chi can improve chronic conditions, increase strength and stamina and boost the immune system. 45-minute class.

All levels welcome



Summer Session

Thursdays, 2:15 pm - 3:00 pm
July 9 to Aug 13 (6 classes)
Price: \$48 (Non-member \$78)

S-048

STRONG & STEADY!

Instructor: Joanne Kryski

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. A great class for those with chronic conditions or mobility issues.

Spring Session

Mondays, 11:30 am - 12:30 pm
April 6 to June 22 (9 classes)
No Class April 13, May 18 & May 25
Price: \$49 (Non-member \$79)

S-049

Wednesdays, 10:15 am - 11:15 am
April 8 to June 24 (10 classes)
No Class May 13 & June 3
Price: \$53 (Non-member \$83)

S-050

Summer Session

Mondays, 11:30 am - 12:30 pm
July 6 to Aug 17 (6 classes)
No Class Aug 3
Price: \$32 (Non-member \$62)

S-051

Wednesdays, 10:15 am - 11:15 am
July 8 to Aug 12 (6 classes)
Price: \$32 (Non-member \$62)

S-052

TOTAL BODY CONDITIONING

Instructor: Esther Sipos

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 to improve your endurance, balance, strength, coordination, agility and flexibility.
For active older adults

Spring Session

Wednesdays, 11:30 am – 12:30 pm
April 8 to June 24 (10 classes)
No Class May 27 & June 3
Price: \$60 (Non-member \$90)

S-053

Fridays, 11:30 am – 12:30 pm
April 17 to June 26 (9 classes)
No Class May 1 & May 29
Price: \$55 (Non-member \$85)

S-054

Summer Session

Wednesdays, 11:30 am – 12:30 pm
July 15 to Aug 12 (5 classes)
Price: \$31 (Non-member \$61)

S-055

Friday 11:30 am – 12:30 pm
July 17 to Aug 14 (5 classes)
Price: \$31 (Non-member \$61)

S-056

YOGA: ALL LEVELS

An adaptable, gentle flow class suitable for all levels. Breathing techniques and poses will be practiced leaving you with a feeling of vitality, well-being and peace. Balance, breath and strength are benefits of the practice. *All levels*
You must bring your own yoga mat

Spring Session

Instructor: Alison Irwin
Tuesdays, 9:00 am - 10:00 am
April 7 to June 23 (11 classes)
No Class April 21
Price: \$89 (Non-member \$119)

S-057

Instructor: Frances Gagnon
Fridays, 9:00 am - 10:00 am
April 17 to June 26 (9 classes)
No Class May 1 & May 29
Price: \$73 (Non-member \$103)

S-058

See Summer info and pricing on next page >>>

Summer Session:

Instructor: Frances Gagnon
Tuesdays, 9:00 am - 10:00 am **S-059**
July 7 to Aug 11 (6 classes)
Price: \$48 (Non-member \$78)

Instructor: Frances Gagnon
Fridays, 9:00 am - 10:00 am **S-060**
July 10 to Aug 14 (6 classes)
Price: \$48 (Non-member \$78)

YOGA: BEGINNER

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!

Beginner level

You must bring your own yoga mat



Spring Session
Fridays, 10:15 am - 11:15 am
April 17 to June 26 (9 classes) **S-061**
No Class May 1 & May 29
Price: \$73 (Non-member \$103)

Summer Session
Fridays, 10:15 am - 11:15 am
July 10 to August 14 (6 classes) **S-062**
Price: \$48 (Non-member \$78)

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, well-being and peace. Balance, breath and strength are benefits of the practice.

All levels welcome

You must bring your own yoga mat

Spring Session
Wednesdays, 6:30 pm - 7:30 pm
April 8 to June 24 (11 classes) **S-063**
No Class June 3
Price: \$89 (Non-member \$119)

YOGA: GENTLE/BEGINNER

Instructor: Frances Gagnon

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 have never experienced the practice, this class is for you. We will practice yoga breathing techniques and simple stretches and poses. *Beginner level*
You must bring your own yoga mat

Spring Session

Wednesdays, 9:00 am - 10:00 am
April 8 to June 24 (9 classes) **S-064**
No Class May 6, May 27 & June 3
Price: \$73 (Non-member \$103)

Summer Session

Wednesdays, 9:00 am - 10:00 am
July 8 to August 12 (6 classes) **S-065**
Price: \$48 (Non-member \$78)

YOGA: ONGOING

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. *Intermediate and beyond*
You must bring your own yoga mat to class

Spring Session

Tuesdays, 10:15 am - 11:15 am
April 7 to June 23 (11 classes) **S-066**
No Class April 21
Price: \$89 (Non-member \$119)

Summer Session

Tuesdays, 10:15 am - 11:15 am
July 7 to Aug 11 (6 classes) **S-067**
Price: \$48 (Non-member \$78)



**The St. Albert
Seniors Association
is a scent free zone.
Please help us
share the air!**

NO PERFUMED PRODUCTS PLEASE

your perfume = my poison

we share the air • "no scents" makes sense

YOGA: VINI

Instructor: Barb Hagen

For people who have mobility issues or have difficulty getting down on the floor but still want to experience the benefits of yoga. You can use a chair for support and adaptation. Stimulating to all the major muscle groups and joints in the body. Breath awareness and mindfulness help to focus and calm the mind. *Beginner level; no experience needed. You must bring your own yoga mat*

Spring Session

Tuesdays, 11:30 am - 12:30 pm
April 7 to June 23 (11 classes) **S-068**
No Class April 21
Price: \$89 (Non-member \$119)

Summer Session

Tuesdays, 11:30 am - 12:30 pm
July 7 to Aug 11 (6 classes) **S-069**
Price: \$48 (Non-member \$78)

YOGA: YIN

Instructor: Val Whitehead

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.

All levels welcome

You must bring your own yoga mat

Spring Session

Mondays, 3:00 pm - 4:00 pm
April 6 to June 22 (9 classes) **S-070**
No Class April 13, May 18 & May 25
Price: \$73 (Non-member \$103)

Summer Session: Val & Friends

Mondays, 3:00 pm - 4:00 pm
July 6 to July 27 (4 classes) **S-071**
Price: \$32 (Non-member \$62)



MUSIC & DANCE

BALLROOM: THE BASICS

Instructor: Elise Seehagel

Did you ever want to learn to dance or would like to brush up 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 to try something fun, work on balance, practice for special occasions and gain confidence on the dance floor. Singles and couples are both welcome. *Beginner*

Spring Session

Tuesdays, 11:30 am - 12:30 pm
April 7 to June 23 (10 classes) **S-072**
No Class April 21 & May 26
Price: \$62 (Non-member \$92)

Summer Session

Tuesdays, 11:30 am - 12:30 pm
July 7 to Aug 11 (6 classes) **S-073**
Price: \$37 (Non-member \$67)

BALLROOM: BEYOND THE BASICS

Instructor: Elise Seehagel

Are you an experienced dancer and want to expand on your foundation and learn 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. No partner is required. Most suitable for participants who have previously ballroom danced or have already taken previous ballroom classes at SASA. *Intermediate*



Spring Session

Thursdays, 1:00 pm - 2:00 pm
April 9 to June 25 (10 classes) **S-074**
No Class May 28 & June 4
Price: \$62 (Non-member \$92)

Summer Session

Thursdays, 1:00 pm - 2:00 pm
July 9 to Aug 6 (5 classes) **S-075**
Price: \$31 (Non-member \$61)

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*). *Prior dancing experience required*

Spring Session

Mondays, 11:30 am - 12:30 pm
April 6 to June 22 (10 classes) **S-076**
No Class April 13 & May 18
Price: \$50 (Non-member \$80)

Summer Session

Mondays, 11:30 am - 12:30 pm
July 6 to Aug 17 (6 classes) **S-077**
No Class Aug 3
Price: \$30 (Non-member \$60)

GUITAR LESSONS

Instructor: Gunnar Lang

Learn basic chords, strumming and finger-picking techniques and play along to simple songs. Learn basic music theory such as scales and intervals, common chord progressions, open chords and barre chords. Use a capo; tune your guitar learning standard tuning vs. custom tuning. Song sheets and chord charts provided. Some lessons may include playing along to your own voice, however you're not expected to sing.

Requirements: bring your own guitar (electric guitars can be accommodated).

Spring Session

Thursdays, 9:00 am - 10:00 am
April 9 to May 14 (6 classes) **S-078**
Price: \$24 (Non-member \$54)

LINE DANCING – BEGINNER

Instructor: Tracy Walters

Line Dancing is a great low-impact 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 previous experience necessary. Shoes with leather soles recommended. *Beginner*

See info & pricing on next column >>>

Spring Session

Mondays, 9:00 am – 10:00 am
April 6 to June 22 (10 classes) **S-079**
No Class April 13 & May 18
Price: \$50 (Non-member \$80)

Summer Session

Mondays, 9:00 am – 10:00 am
July 6 to August 17 (6 classes) **S-080**
No Class Aug 3
Price: \$30 (Non-member \$60)

LINE DANCING – INTERMEDIATE

Instructor: Tracy Walters

Line dancing is great low-impact exercise and fun for all ages. This is a class for those who have taken beginner line dance classes and want a little bit more of a challenge. We will include dance steps learned in the beginner class plus some steps that are a little more difficult. Shoes with leather soles recommended. *Intermediate*

Spring Session

Mondays, 10:15 am - 11:15 am
April 6 to June 22 (10 classes) **S-081**
No Class April 13 & May 18
Price: \$50 (Non-member \$80)

Summer Session

Mondays, 10:15 am - 11:15 am
July 6 to Aug 17 (6 classes) **S-082**
No Class Aug 3
Price: \$30 (Non-member \$60)

Did you know?



Stay up to date on all the events and activities going on at our Association by visiting our website or signing up for our e-bulletin!

GENERAL INTEREST

ARMCHAIR ADVENTURES: **AUSTRALIA BY AUTO, BOAT & BOOTS**

Presenter: Joyce Tutt

Explore the land down under from the Great Barrier Reef, to Ulura, to the Opera House in Sydney, to the prison in Port Arthur, to Wineglass Bay and so much more! Encounter native animals in their natural surroundings in the wild: from kangaroos to koalas, camels to crocodiles. Discover what makes this country so unique and appealing to visit!



Friday, June 19

10:00 am – 11:30 am (1.5 hours) S-083
Price: \$2 (Non-member \$7)

ARMCHAIR ADVENTURES: **EGYPT & JORDAN**

Presenter: Joyce Tutt

Join in this presentation that takes you to the great Pyramids, the Temples of Abu Simbel, the Valley of the Kings and the tombs of Petra. Take a journey down the Nile on a river boat and a hike up Mt. Sinai; enjoy a “sleepover” at a Bedouin camp in Wadi Rum, a swim in the Dead Sea and more! Egypt and Jordan will forever entice you to visit.

Wednesday, May 6

10:00 am – 11:30 am (1.5 hours) S-084
Price: \$2 (Non-member \$7)

ARMCHAIR ADVENTURES: **THE LEFT SIDE OF SOUTH AMERICA**

Presenter: Dave Buck

From Colombia to the very southerly tip of Argentina, with stops in Ecuador, Bolivia, Peru and Chile, visit South America, where you can see vistas of great beauty, displays of wealth and poverty, vast plains and towering mountains. From the well-known sights of Machu Picchu and the Galapagos Islands, to the lesser known but no less wonderful places such as Tayrona National Park, the Salar de Uyuni, the Atacama Desert, or the Old Town of Quito; come on a tour of this wonderful destination!

Thursday, April 23

10:00 am – 12:00 pm (2 hours) S-085
Price: \$2 (Non-member \$7)

CRYSTAL BRACELET WORKSHOP

Instructor: Anitta Jensen

Explore the world of crystals while crafting beautiful bracelets unique to you! You will have over 50 different crystal beads and a wide variety of embellishments to choose from to make your own unique and perfect bracelet. *All materials supplied. Your fee covers the cost of one bracelet; additional bracelets can be made if time allows for \$20.00 each (payable to instructor).*

Wednesday, June 10

9:30 am - 11:30 am (2 hours)
Price: \$35 (Non-Member \$65)

S-086



CONNECTIONS

Facilitator: Jan Tworek, RSW

Are you new to St. Albert; to the St. Albert Seniors Association? Do you want to connect with others and learn about all we have to offer as an Association? This may be the program for you! Join us as we get together for lunch the first Monday of the month (order off the menu at your cost). The other Mondays, we will discuss current events, play brain games, listen to guest speakers and more. This staff-led, small group environment is the perfect opportunity to get to know each other. Bus transportation is available; please arrange in advance; trips are \$4 each way. Subsidy is available for lunch and the bus if you qualify. Call Jan at 780.459.0433 ext. 4 for more info. Space is limited.

Choose from one of the following five sessions:
Mondays, 11:00 am - 12:30 pm

- 1. April 6 lunch; April 20 & 27 activity days S-087**
- 2. May 4 lunch; May 11 & 25 activity days S-088**
- 3. June 1 lunch; June 8 & 15 activity days S-089**
- 4. July 6 lunch; July 13 & 20 activity days S-090**
- 5. Aug 10 lunch; Aug 17 & 24 activity days S-091**

Price: FREE for Members & Non-members
Please note price of lunch can range from \$5.00 to \$15.00

EXERCISES AND NUTRITION FOR ARTHRITIS (OA and RA)

Instructor: Joanne Kryski

We will explore how to live more comfortably with arthritis. There is increasing evidence in scientific literature that healthy eating is associated with reduced arthritic pain. We will discuss the recommended food groups to eat and those to avoid to reduce arthritic pain. In addition, we will discuss physical exercises that minimize the pain of this condition.

Thursday, May 21 **S-092**
10:00 am - 11:30 am (1.5 hours)
Price: Members \$8 (Non-member \$13)

EXERCISES AND NUTRITION FOR THE BRAIN

Instructor: Joanne Kryski

This class explores how to keep your brain cells alive and healthy. We will discuss the recommended food groups to avoid dementia and Alzheimer's. We will also discuss physical and brain exercises that maximize the neuro-conductivity of the brain cells.

Thursday, June 25 **S-093**
10:00 am - 11:30 am (1.5 hours)
Price: Members \$8 (Non-member \$13)

HAPPINESS BASICS

Instructor: Jan Tworek, RSW

This 4-week, empowering course is grounded in positive psychology. This interactive course was developed by the Red Deer Primary Care Network and is based on current research and best practices. It can help to improve mood, vitality and energy levels, boost physical and mental health, and reduce pain. In order to gain the most from this course, participants are encouraged to share during class and practice skills in between sessions. **Class price of \$10 covers cost of supplied workbook.**

Spring Session
Wednesdays, 1:30 pm - 3:30 pm **S-094**
April 29 to May 20 (4 classes)
Price: \$10

Summer Session
Wednesdays, 10:00 am - 12:00 pm **S-095**
July 8 to July 29 (4 classes)
Price: \$10

INTRODUCTION TO MEDITATION



Instructor: Anitta Jensen

This interactive workshop series explores the benefits of meditation. Meditation can help improve sleep patterns, manage stress and anxiety, lower blood pressure and so much more!

No experience necessary

Participants are asked to bring their own yoga mat, meditation cushion (if you have one), water bottle, and a journal and pen

Wednesdays, 1:00 pm - 2:00 pm **S-096**
April 29 to May 20 (4 classes)
Price: Members \$80 (Non-member \$110)
****Please note the first class will be a bit longer class; approx. 1:00 pm - 2:30 pm.****

NORDIC WALKING: AN INTRODUCTION



Instructor: St. Albert Trekkers Volkssport Club

Compared to regular walking, Nordic walking uses more of the body's muscles including those of the upper body and core. The use of poles also can help improve stability, balance and posture and takes stress off the hips and knees. Our certified instructors will give you a brief overview of the benefits of Nordic walking, information about the poles and the differences between fitness and activator poles, and the techniques used with each. Then we will head out on to the paths alongside the Association to practice with the poles! *Poles will be provided for participants, or you can bring your own. Two sessions will be offered, both are for beginners.*

Wednesday, July 22 **S-097**
9:45 am - 11:00 am
Price: Members \$2 (Non-member \$7)

OR/

Wednesday, August 5 **S-098**
9:45 am - 11:00 am
Price: Members \$2 (Non-member \$7)

Did you know?

SASA has Gift Certificates for purchase!

Gift Certificates are the perfect gift for birthdays, anniversaries, holidays or any other special occasion. No need to worry about choosing the right gift. Let that special person in your life choose from a variety of SASA programs, activities, special events, or have lunch at our Cafe. You can't go wrong!

INFORMATION SESSIONS

ASK A CONTRACTOR: ELECTRICAL SAFETY IN YOUR HOME

Presenter: Cam Van De Walle;
Resi Electric

Electrical safety inside the home is often one of the most overlooked aspects of any home's safety. Our friends at Resi Electric are here to give some tips and tricks to keeping your home safe. After the talk there will be a Q & A.

Resi Electric is a proud supporter of the St. Albert Seniors Association

Friday, April 24 **S-099**
10:00 am – 11:30 am (1.5 hours)
Price: FREE (Pre-registration required)

ASK A CONTRACTOR: WHAT SHOULD I KNOW BEFORE I HIRE SOMEONE TO DO WORK?

Presenter: Cam Van De Walle;
Resi Electric

Hiring a contractor can be a struggle, especially when you don't know who to trust and what to ask. Our friends at Resi Electric are here to give you some tips to keep you safe when looking to hire a contractor. Everything from what to ask, what to look for and how to get the best price will be answered. After the presentation there will be a Q & A.

Resi Electric is a proud supporter of the St. Albert Seniors Association

Friday, August 7 **S-100**
10:00 am – 11:30 am (1.5 hours)
Price: FREE (Pre-registration required)

CONVERSATIONS ABOUT LATE LIFE PLANNING

Presenter: Dr. Elisa Mori Torres;
St. Albert Sturgeon Hospice Association (SASHA)

SASHA is dedicated to creating a haven in our region that honors people in their end of life care. Dr. Elisa Mori Torres examines the reasons people avoid talking about end of life care and explores a variety of ways to broach this often difficult subject.

Friday, April 17 **S-101**
10:30 am – 12:00 pm (1.5 hours)
Price: FREE (Pre-registration required)

CREATING AN AGE IN PLACE PLAN

Presenter: Jolyn Hall; Edmonton55

Do you plan to live in your home as long as possible? Do you understand what aging in place truly means? Jolyn will guide you through the steps to creating your own unique age in place plan that will help you keep in control of your health and care decisions as you age.

Friday, May 15 **S-102**
10:30 am – 12:00 pm (1.5 hours)
Price: FREE (Pre-registration required)

DISCOVER WHAT YOU'VE BEEN MISSING!

Presenter: Nicole Schmidt; Discover Hearing

Learning more about your personal hearing health can bring awareness of how your hearing may be affecting your interactions with family, friends, or coworkers. Find out how you can improve your quality of life through hearing aids, assistive listening devices or medical referrals.

Friday, May 22 **S-103**
1:00 pm - 2:00 pm (1 hour)
Price: FREE (Pre-registration required)

FINANCIAL WELLBEING FOR WOMEN IN RETIREMENT

Presenter: Investment Advisor
Wei Woo, CIM, EPC

90% of women will be the sole financial decision-maker at some point in their lives. Your husband may be the primary financial decision-maker, and surviving partners can face a steep learning curve after being widowed. Learn the basics in important strategies, mindset and facts of navigating the financial and investment landscape as a woman in retirement.

Wednesday April 15 **S-104**
10:30 am – 12:00 pm (1.5 hours)
Price: FREE (Pre-registration required)

NUTRITION FOR THE OLDER ADULT

Presenter: Stephanie Karkutly;
St. Albert Sturgeon Primary Care Network

As we age our nutrition requirements change. With so much information out there it can be confusing to know what nutrients your body needs at this stage of life. Manage your diet with the right information & how to use the new Canada Food Guide to help you.

Wednesday June 24 **S-105**
10:00 am – 11:30 am (1.5 hours)
Price: FREE (Pre-registration required)

SEMI-ANNUAL 2020 GLOBAL FINANCIAL REVIEW

**Presenter: Investment Advisor
Wei Woo, CIM, EPC**

We will discuss the latest updates on global political, economic, and market developments in the world that happened in the first half of 2020 that are currently affecting your retirement savings and investment strategies. Wei Woo will give guidance on what to expect for the second half of the year.

Wednesday June 17 **S-106**
10:30 am - 12:00 pm (1.5 hours)
Price: FREE (Pre-registration required)

UNDERSTANDING DEMENTIA: TIPS & TECHNIQUES

Presenter: Alzheimer's Society of Northern AB

Learn the difference between dementia, Alzheimer's disease and other types. We will provide you with tips and techniques to help you and your family and friends who may have a dementia. We will also provide you tips on the things you can do to help yourself stay healthy.

Wednesday July 15 **S-107**
10:30 am - 12:00 pm (1.5 hours)
Price: FREE (Pre-registration required)

WHO YOU GONNA CALL? NOT GHOST BUSTERS!

**Presenter: Teresa Sutherland;
Stop Abuse in Families (SAIF)**

Has your partner's health and behaviours changed? Do your children or grandchildren come to you for financial support? Are you worried about how someone is treating you, your neighbour, or your friend? Feeling vulnerable and exposed and do not know where to turn? This interactive presentation will identify how to navigate through programs, supports and get you the help you need.

Thursday, June 11 **S-108**
10:30 am - 11:30 am (1 hour)
Price: FREE (Pre-registration required)

YOUR LIFE, YOUR LEGACY

Presenter: Memories Funeral Home

Join us for a fun and informative seminar focused on providing emotional and financial support, as well as protection for your family. Enjoy the relaxed atmosphere, candid discussion and have all your questions answered by our friendly, knowledgeable speakers. Attendees will leave knowing the four simple steps to creating and sharing their final wishes.

Memories Funeral Home & Crematorium are proud supporters of SASA and were Signature Sponsors of this year's Wine-Tasting Event!

Thursday, April 30 **S-109**
10:00 am - 12:00 pm (2 hours)
Price: FREE (Pre-registration required)

CHARTWELL PRESENTS: FIT MINDS® ACTIVE LIVING SERIES

BOOST YOUR BRAIN FITNESS
with **CHARTWELL**
and **FIT MINDS®**

DID YOU KNOW! Keeping your brain active by giving it a new experience and workout every day can help reduce your risk of dementia.

DO YOU WANT TO IMPROVE OR MAINTAIN YOUR COGNITIVE HEALTH?

Call 780-220-6125 today to RSVP for our exclusive Fit Minds® workshops, conducted by Retirement Living Consultant Caroline Redington MEd., BA!

April 8-May 27, 2020, 11:00 am to 12:00 Noon
St. Albert Seniors Association, Red Willow Place
#7 Tache Street, St. Albert Alberta

 **CHARTWELL**
retirement residences

 **FIT MINDS**

Chartwell Retirement Residences is a proud supporter of the St. Albert Seniors Association

Wednesdays, 11:00 am - 12:00 pm
April 8 to May 27
Price: FREE (Must pre-register: Please call Chartwell directly at 780-220-6125 to register)

BUS EXCURSIONS

HANSEN DISTILLERY TOUR



Tour this family-run distillery with generations of tradition and experience in making quality locally sourced products. We will start with lunch at The Refinery Grill, then head to the distillery for a 45 minute tour and get a chance to try 5 selected spirits.

Cost covers travel & tour; lunch must be paid for individually at restaurant

S-110

Saturday, April 18

Bus Departs SASA: 10:30 am; Returns at 2:30 pm

Price: \$35 (\$40 Non-member)

ROYAL ALBERTA MUSEUM

Come get a chance to tour and experience the newly relocated Royal Alberta Museum.

This has been a popular outing that has been selling out months in advance, so we have booked TWO buses for this trip!

Cost covers travel ONLY; must purchase admission upon arrival at Museum

S-111A

S-111B

Saturday, May 16

Bus A Departs: 9:45 am; Returns 2:15 pm

Bus B Departs: 11:15 am; Returns 3:45 pm

Price: \$18 (\$23 Non-member)

DEVONIAN BOTANICAL GARDENS



Enjoy a day touring the largest botanical gardens in Alberta, featuring over 240 acres of stunning gardens, plant collections, indoor showhouses and natural areas. **May require lots of walking**

Cost covers travel ONLY; purchase admission upon arrival at Gardens; approx. \$13.50

S-112

Saturday, June 20

Bus Departs SASA: 10:00 am; Returns 3:30 pm

Price: \$20 (\$25 Non-member)

ROOTS & RESOURCES TOUR



Take a guided bus tour through Edmonton's history and explore some iconic neighbourhoods. Enjoy some shopping on Gibbard Block, a newly revitalized part of the Highlands neighbourhood.

Cost covers travel & tour

S-113

Saturday, July 11

Bus Departs SASA: 2:00 pm; Returns 6:15 pm

Price: \$40 (\$45 Non-member)

PRAIRIE GARDENS TOUR & LUNCH



You'll feel like you've gone "Back to the Country" with this fantastic outing that will include a country-style lunch, tour and plenty of time to explore at the Prairie Gardens Adventure Farm.

Cost covers travel, admission, tour & lunch.

Sunday, July 19

S-114

Bus Departs: 10:30 am; Returns 3:15 pm

Price: \$49 (\$54 Non-member)

HERITAGE FESTIVAL



Spend a day touring the world's largest multicultural festival. Enjoy food, culture and entertainment as you explore 70 pavilions representing 90 different countries. Entry is free; non-perishable food donations gratefully accepted.

Cost covers travel ONLY; food tickets can be purchased on site. Lots of walking involved

S-115

Saturday, August 1

Bus Departs SASA: 10:30 am; Returns 3:30 pm

Price: \$19 (\$24 Non-member)

WESTLOCK AGRICULTURAL FAIR



Come out to the 106th Westlock Agricultural Summer Fair! Lots of fun country activities like a horseshoe tournament, rodeo, threshing demos, midway, petting zoo, tradeshow and concession!

Cost covers travel ONLY; gate admission is \$10.00 / person. Lots of walking involved

S-116

Saturday, August 15

Bus Departs SASA: 10:30 am; Returns 5:30 pm

Price: \$24 (\$29 Non-member)

STONY PLAIN MURAL TOUR



Take a horse and wagon tour and see over 39 murals that are located throughout the downtown and surrounding areas of the Town of Stony Plain. Take a self-guided tour of the local multicultural heritage centre, walk to local shops or have lunch at the newly opened Red Brick Eatery.

Cost covers travel ONLY; tour admission is \$10.50 / person. May not be suitable if you have mobility issues

S-117

Saturday, August 22

Bus Departs SASA: 10:00 am; Returns 2:15 pm

Price: \$24 (\$29 Non-member)

More info about our excursions is available on our website, or call 780.459.0433 ext. 0

SASA DAILY ACTIVITIES

An **Activity Fee** is required to participate in any of these activities. SASA prides itself on having its members administering these fees on an honor system by having a fellow member mark your Activity Card or collect the Activity fee. If this doesn't happen during your activity please come to the Front Desk and they will look after it. Thank you for your assistance with this.

Members: \$2 - or an **Activity Card** can be purchased for \$30 which makes each activity cost only \$1.25 for Members. (Activity cards can only be used by members)

Non-members: \$7 drop-in fee

Games and Hobbies

Pool.....Monday-Friday 8:30 am - 4:00 pm. Drop in anytime.

Floor Curling..... Tuesdays 2:00 - 4:00 pm and Thursdays 2:15 - 4:15 pm.
Drop-ins are welcome. Shooter sticks are provided

Small Bingo..... Fridays 1:00 - 3:00 pm. Drop-ins are welcome

Cards

Euchre.....Mondays 1:00 - 3:00 pm. Arrive by 12:40 pm to join warm-up games.
No partner needed since partners are formed for every game.

Canasta..... Mondays 1:00 - 3:00 pm.
No need to bring a partner since teams are formed daily.

Bridge..... Contract Bridge Tuesdays and Fridays 1:00 - 4:00 pm are **serious games**.
Bring a partner to join a table.

Bridge..... Contract Bridge Wednesdays 1:00 - 4:00 pm are **relaxed games**.
No need to bring a partner to join a table.

Cribbage Thursdays 1:00 - 3:00 pm. No need to bring a partner since teams are formed daily. Arrive early.

Crafts

Knitting/Crocheting..... ..Fridays 10:00 am - 12:00 pm. Volunteers create items for sale for Willows Gift Shop and for other SASA fundraisers.

Woodshop..... ..Monday-Friday 8:30 am - 4:00 pm
Volunteers create items for sale for Willows Gift Shop, for SASA fundraising events and complete customer orders.
Members can work on personal projects. To do so, you must receive an orientation in the woodshop. To schedule an orientation, please call the Front Desk at 780-459-0433 ext. 0.

Music

Groovy Gang Choir.....Monday practices 1:00 - 2:30 pm.
Usually perform once each week at seniors facilities and lodges in the St. Albert area. At this time, the choir is at capacity and is not accepting new members. A wait list is not being kept.

SIGN UP FOR OUR HOUSING TOUR!



Are you considering a move to subsidized seniors housing here in St. Albert?

The St. Albert Seniors Association invites you to join us on a housing tour on **Wednesday, April 22nd**, to Chateau Mission Court (independent and lodge living) and to North Ridge Place/Lodge (independent and lodge living).

Transportation will be provided. Pre-registration is required and space is LIMITED. FREE to register. Please call our Front Desk at 780-459-0433 ext. 0 to register.

SENIORS WEEK AT SASA

We will be celebrating Seniors Week at the St. Albert Seniors Association the week of June 1 - 5, 2020. This is a week to celebrate the skills, knowledge, experience and contributions seniors bring to our community!

To celebrate, we have a few events planned:

Wednesday, June 3 - Seniors Expo (see the back cover for info)

Thursday, June 4 - GeriActors performance with a High Tea

RED WILLOW POP UP SALES

Check out our Pop-Up Sales this Spring/Summer featuring items from our Willows Gift Shop. All items are handcrafted by SASA Volunteers or local Artisans who sell them on consignment.

Shop here to find treasures such as handbags, jewelry, puzzle boards, clothing, baby items and bird houses, to name a few!

Save the date for the following upcoming Pop Up Sales:

March 27, June 13, July 11, August 15, & September 12



DAVE'S KNIFE SHARPENING

Drop in to meet Dave "The Knife Sharpener" on Thursdays between 10:00 am to 4:00 pm.

For more than three years now, Dave has been coming each week to sharpen knives, scissors and small garden tools at the St. Albert Seniors Association. He charges a nominal fee for his services starting as low as \$2.00 per item. Dave donates all his proceeds back to the Association. Thank you, Dave!

Note: Please bring your items in by 3:00 pm .

RED WILLOW CAFÉ

Our Red Willow Café is open daily, Monday to Friday, from 8:30 am - 2:00 pm. Lunch is served from 11:00 am to 2:00 pm. You do not have to be a member to come in and enjoy the delicious food we offer.

Our renowned “Fish & Chips Fridays” is a MUST TRY!

Please check out our website for weekly menu options. Note that our menu can change without notice.



WILLOWS GIFT SHOP

Our gift shop is operated by volunteers with all proceeds supporting the St. Albert Seniors Association. It features items that are both functional and seasonal, and handmade by our own talented volunteers and local artisans.

We sell clothing and accessories, aprons, baby and children’s clothing, purses, carvings, jewelry, greeting cards, planters, puzzle boards, toys and other wonderful creations.

A great place to buy unique gifts for all occasions!
Open Monday to Friday from 9:30 am - 3:30 pm.



FACILITY RENTALS

Are you planning an Event? Did you know the St. Albert Seniors Association offers a variety of room rental opportunities to fit every occasion! Red Willow Place has a unique L-shaped configuration which can be used to accommodate up to 250 people. Depending on your needs the space can be customized to allow for the perfect set up. Our Facility Booking Coordinator will work with you to customize your rental to fit your budget. As a member you receive 10% off your room rental! Contact our Facility Booking Coordinator at booking@stalbertseniors.ca for more information and to set up a tour!



SAVE THE DATE: VOLUNTEER APPRECIATION NIGHT!

Join us on **Friday, April 24** for our Annual Volunteer Appreciation Night to celebrate our amazing volunteers! If you volunteered with SASA in 2019 and recorded your hours, you will receive an email invite to join us for this fabulous evening!

Our theme this year will tie into our 50th Anniversary: “A Walk through Time” celebrating volunteers throughout the past five decades. Volunteers will enjoy a fun evening of food, activities, and entertainment! There will be draw prizes to win!



VOLUNTEER PROGRAM

More than **250** Volunteers generously give their time and energy each year helping our Association! In 2019, our amazing volunteers contributed over **19,000 hours** of their time in support of SASA!

Volunteers help us with various roles:

- Meals on Wheels, Bus and Transportation Drivers
- Kitchen and Dinner & Dances
- Ticket Sellers, Willows Gift Shop, Pop-Up Sales, Special Events and RunWild
- Knitting/Crocheting and Wood Shop
- Hosts, Library, Foot Clinic, Reception and Administration
- Program Registration, Seniors Expos, 50th Anniversary
- Board and Committee members



SASA has volunteer openings for members and non-members alike who have different interests and skills to offer. Call 780-459-0433 ext. 5 or email volunteers@stalbertseniors.ca for more info

50th ANNIVERSARY GALA

Our year of celebration will conclude with our Celebrate Gala on the evening of **August 28, 2020**. Come join 200 of SASA's friends to celebrate 50 years of service to St. Albert seniors. We are thrilled to announce that Corey Gallant and his band will be performing for us! Corey just won Country - New Artist & Entertainer of the Year at the ECMA Awards.



Last year's 50th Anniversary kick-off event sold out quickly so we encourage you to purchase your tickets as soon as they become available in July. Tickets will be \$100 each. Watch the website and e-bulletin for more information.

50/50 FOR 50 YEARS!

We are excited to once again be doing a month long 50/50 in **August 2020!** Our previous raffles have been a huge success with the winners taking home over \$1000 each. Keep an eye out for ticket sales. The winner will be drawn and announced at the Celebrate Gala on August 28th. Good Luck!



SOCIAL EVENTS

The St. Albert Seniors Association is proud to host a variety of social events throughout the year. Our Dinner & Dances and Wednesday Night Socials are evenings filled with great food, and sometimes music and dancing. Watch for our Summer Barbeques on our back deck where we can enjoy the lovely back garden and fresh air.



New this season is our SASA Breakfast Club, where the women and men of SASA can come together and enjoy a delicious breakfast as well as each other's company.

To find out about our upcoming events please visit our website, check the bulletin board, or sign up for our e-bulletin. You can also call our Front Desk at 780-459-0433 ext. 0

SENIORS SUPPORT SERVICES

One to One Support

One to one support, referrals and information are provided in areas such as housing, financial assistance, help with filling out forms, and accessing government benefits. Call 780-459-0433 ext.4

Volunteer Transportation

Volunteer Drivers provide free transportation for seniors 65 and over who receive or qualify for Alberta Seniors Benefit and require transportation to medical appointments in Edmonton. Riders must complete an in-person registration prior to requesting a ride. For more information, call 780-459-0433 ext. 0.

Seniors Association Bus

Providing door-to-door transportation within St. Albert for \$4.00 (one-way). Safe, friendly and reliable. Monthly subscription payment plan also available. Call 780-459-0433 ext.0 or check our website for more detailed information.

Meals on Wheels

Affordable, convenient, nutritious and delicious! Our Meals on Wheels service promotes nutrition and independence by providing meals to anyone in St. Albert requiring long or short term assistance. Choose your meals and delivery days with no long term commitment, all at an affordable price. For more information, call 780-459-0433 ext. 6 or see our website for more details.

Chef's Choice Frozen Meal Program

Affordable, convenient and delicious frozen meals available for purchase at SASA (limited inventory), or pre-order for pickup or delivery on Fridays. Specialty options are also available (minced, pureed, gluten free, vegan, vegetarian by advanced order only). Call 780-459-0433 ext.6 or see our website for more detailed information.

Foot Clinic

The Seniors Association hosts a Foot Clinic each month. Ten minute appointments for nail trimming are booked in advance by calling our Front Desk. You must have an appointment; no drop-ins. Call our Front Desk at 780-459-0433 ext. 0 or check our website for more detailed information.

Support A Senior Fund

We have a Support a Senior Fund here at the St. Albert Seniors Association (SASA). If finances are holding you back from participating in programs and events here at SASA, or if you have other areas of financial need and could use just a little extra help, please call our Senior Services Coordinator at 780-459-0433 ext. 4, for more information.

SPRING 2020 SENIORS EXPO

**WEDNESDAY, JUNE 3, 2020
11:00 AM - 4:00 PM**

SEMINARS AND VENDORS

**COVERING TOPICS INCLUDING:
TRANSPORTATION, HOUSING, FINANCIAL BENEFITS & MORE!**

RED WILLOW CAFE OPEN

**11:00 AM - 2:00 PM FOR LUNCH
2:00 PM - 3:30 PM FOR LIGHT REFRESHMENTS & SNACKS**

FREE PARKING! DRAW PRIZES!

**WATCH OUR WEBSITE FOR MORE INFORMATION:
WWW.STALBERTSENIORS.CA/EXPO**

**CAN'T MAKE IT TO OUR EXPO? SAVE THE DATE FOR OUR FALL EXPO:
THURSDAY, NOVEMBER 5, 2020**