# St. Albert Seniors Association

# 2021 Winter Program Guide

**"How many lessons of faith and beauty we should lose, if there were no winter in our year!"**

***Thomas Wentworth Higginson***


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


**Cover Photo Credit** **Catherine Page** **Winner of Our Photo Contest**

# Message from the Executive Director

Wendy Orr

**As we move into 2021, we are hopeful with the recent news of a COVID vaccine, but we also look back at all that has happened in 2020. It was a year that impacted all of our lives. Many of us spent more time alone than ever before and are in need of human contact.**

**We hope as you look through this guide you find something that will satisfy that need and connect you with the Seniors Association community.**

## How Can You Help?

- **Purchase your 2021 membership and encourage your friends and family to join so they can share in the fun (only $55 or 15 cents per day).**
- **Make a Donation (tax receipts are provided for any amount over $25)**
- **Buy Raffle Tickets, 50/50 tickets, participate in online silent auctions, etc.**
- **Purchase and Enjoy Meals to eat in or take out, including our delicious homemade frozen entrees and soups**
- **Sign up for a Class or two and encourage your friends to do so too**
- **Ride our Seniors Association Bus to get around town**

Wendy Orr

**We are here for you! Please reach out and ask if you are in need of support and we will do our best to help you.**

**Please Take Care of Yourself and Each Other**

**Jonna Grad, Executive Director**

Sandy Kordyback

"Kindness is like snow. It beautifies everything it covers."

Kahlil Gibran

# REGISTRATION INFORMATION

**Registration for classes is online, in person, and by phone in for MEMBERS ONLY starting on Monday November 30. NON-MEMBER registration in person, and phone in starts on Monday December 07. All class registration deadlines are listed in the class descriptions.**

# ONLINE REGISTRATION

**In preparation for online registration, you must set up an Online Account. All you need is to be a current member, have the Key Tag issued to you by S.A.S.A. and a valid email address. Just follow the easy steps 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 S.A.S.A., 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 S.A.S.A., 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 view what classes and sessions you have signed up for along with their dates and times. For questions or assistance with activating your online account call us at 780-459-0433.**

## CANCELLATIONS & REFUNDS

**S.A.S.A. endeavors to ensure all classes run as scheduled, however, if a class is cancelled, registrants will be contacted and arrangements will be made for a make-up class or refunded one week prior to the 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 note must be submitted.**

# CLASS INFORMATION

- Class codes IP or OL in the class description denotes if classes are in-person or online.
- Online class ZOOM information will be sent to registrants 5 business days before the class start date.
- Additional details and supply lists (if applicable) will be sent to registrants the week of December 14.
- There will be no shared equipment. Please bring whatever is indicated in the class description
- Class participants will use separate entrance and exit (subject to change).
- Masks ARE NOT required during fitness classes and ARE required during Art and Music classes. (subject to change).
- When possible, please arrive only a few minutes early to limit congestion.
- Please bring your own water as the fountain will not be available.
- Please wear your "workout" clothing to your class. There will be no changing in the facility.
- Carry your indoor footwear and bring a bag to place your outdoor shoes in.
- Registering for online classes gives us consent to provide the Instructor with your contact information for ZOOM login purposes
- Participation in online ZOOM classes requires a device with a microphone, speakers, camera, and a high-speed internet connection. If you are interested in registering for an online class but are unsure about using the technology, please call and we will do our best to assist you.

Kelly Rombough

# SAFETY GUIDELINES

- We have reduced the number of classes each day to allow for social distancing and extra cleaning.
- All class participants and visitors must wear a mask on entry to the facility
- Sanitizing station on entry, masks (mandatory) available if needed
- Upon entry to the facility participants must take part in an AHS COVID screening
- Please follow all directional signage
- Please travel lightly and take all belongings with you when you leave

## HEALTH & SAFETY

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

## DISCLAIMER

Opinions expressed by Instructors and Presenters do not necessarily reflect the opinions or views of the St. Albert Seniors Association.

# FOR YOUR PLEASURE!

**The Red Willow Café** is open Monday thru Friday from 9am to 1:30pm with lunch being served from 11am to 1pm(times subject to change). The Café serves up homemade soups, sandwiches, salads and daily specials. Fish & Chips Friday has become very popular! We offer take-out, curbside pick-up and delivery options. Please check our website www.stalbertseniors.ca for our weekly or daily menus as well as our homemade frozen meals and soups to go. If you have questions please call iur kitchen 780-459-0433 ext. 8 of drop-in and we will be happy to assist you.

**Social Events** The plan is to try to get back to a "new normal" and have some fun social events back at the Seniors Association. The planning will involve more served buffet lunch and breakfast social times which will include a Christmas Lunch and Dinner as well as our monthly Breakfast Club. Currently we are in the process of planning an early Robbie Burns dinner on January 22, 2021, and if all goes well, more social dinners. Please keep up to date with all of the most current news by visiting our website and/or subscribing to our E-Message.

**Facility Rentals** Due to the current COVID-19 restrictions our rental options are limited. We are still able to accommodate meetings up to 30 people, and evening fitness class rentals following all required AHS protocols. If you are in need of rental space, please inquire to booking@stalbertseniors.ca or call 780-459-0433 ext. 5. Members receive a 10% discount on room rental rates.

**Raffles & 50/50 Draws** Watch for all of our upcoming raffles and 50/50 draws! Our much anticipated MONTH LONG 50/50 is coming in February! Tickets will be available starting February 01, 2021. Let's make it the biggest jackpot in S.A.S.A. history! Please keep up to date with the most current S.A.S.A. raffle and 50/50 updates by visiting our website and/or subscribing to our E-Message.

**Activities** We know people are missing their favorite activities and are hoping they come back soon. We have completed COVID-19 Hazard Assessments on several popular activities and the risk level is still so high that we are unable to recommend going forward with them at this time. We know this is disappointing but know you will understand that at this point safety takes precedence over what we all want. Thank you for your continued support and patience. Please keep up to date with the most current S.A.S.A. news and updates by visiting our website and/or subscribing to our E-Message.

"Once you choose hope anything is possible"

Christopher Reeve"

# SENIORS SUPPORT SERVICES

*We have a Support a Senior Fund at the Seniors Association. If finances are holding you back from participating in programs and events here at S.A.S.A., or if you have other areas of financial need and could use just a little extra help, please contact our Senior Services Coordinator at seniorservices@stalbertseniors.ca or call 780-459-0433 ext. 4 for additional information.*

**ONE TO ONE SUPPORT** These are difficult times. Our Seniors Services Coordinator is here to provide you with the support and problem solving you need! Emotional support, information and referrals are available in areas such as housing, transportation, financial assistance, as well as to help with filling out forms and accessing government benefits. Do not hesitate to reach out - even if you just want to connect. Call 780-459-0433 ext. 4.

**SENIORS ASSOCIATION BUS** The Bus is back in operation Monday, Wednesday and Friday from 9am-3pm. Providing door-to-door transportation within St. Albert. Safe, friendly and reliable. One way trip is $5.00. Click here to view our Bus Brochure

**CHEF'S CHOICE FROZEN MEAL PROGRAM** Affordable, convenient and delicious frozen entrees, soups and extras available for pick up or delivery. Specialty options are also available (minced, pureed, gluten free, vegan and vegetarian). Call 780-459-0433 ext.7. Click here to view the extensive options and pricing

**FOOT CARE CLINIC** Our ever popular Foot Care Clinic with Dr. Sonnema (Podiatrist) is operational on most Fridays call 780-459-0433 ext. 0 for exact clinic dates and to book an appointment. Members $10.00 and Non-Members $15.00.

**VOLUNTEER TRANSPORTATION** In the past we have provided transportation free of charge to medical appointments in Edmonton for Seniors age 65 and over who qualify for the AB Seniors Benefit. This service was made possible by volunteer drivers and provided 167 trips in 2019. Due to COVID-19, we made the difficult decision to temporarily discontinue this program until the risk for our volunteer drivers (who are mostly seniors) is decreased. Please watch for updates in our E-Message and on our website.

**MEALS ON WHEELS** Our daily Meals on Wheels delivery program is currently on hold. Please watch for updates in our E-Message and on our website.

**SENIORS EXPOS** In 2019, we held two Seniors Expos; one in May and one in October, with an average attendance of 350 people. Unfortunately, due to the pandemic, we were unable to carry through with the plans we had for 2020. It is our hope to once again offer this opportunity either in person or virtually in 2021. Please watch for updates in our E-Message and on our website .

**"What good is the warmth of summer, without the cold of winter to give it sweetness" John Steinbeck**

# Monday In-Person

## BEGINNER LINE DANCING with Tracy Walters

**IP14**

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 as well), you will love Line Dancing! No previous experience necessary. Shoes with rubber soles are recommended.

9:00-10:00am Feb 01-Apr 19 (10 classes) No class February 15 & April 05

Members $55.00 Non Members $85.00

Deadline for registration Monday January 25

## INTERMEDIATE LINE DANCING with Tracy Walters

**IP15**

Line Dancing is a great low impact exercise and fun for all ages. This is a class for those who have taken beginner line dancing 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 rubber soles is recommended.

10:15-11:15am Feb 01-Apr 19 (10 classes) No class February 15 & April 05

Members $55.00 Non-Members $85.00

Deadline for registration Monday January 25

## BALLROOM DANCE with Elise Seehagel

**IP16**

Did you ever want to learn how to dance or would you like to brush up on your basic Ballroom skills? This is the perfect opportunity for brand new or seasoned dancers who wish to learn a variety of the most popular social dances, try something fun, work on balance, practice for special occasions and gain confidence on the dance floor. *Only couples from the same household please.* Please contact Elise, elsieseehagel@gmail.com for additional details.

1:00-2:00pm Feb 01-Apr 19 (10 classes) No class February 15 & April 05

Members $68.00 Non-Members $98.00

Deadline for registration Monday January 25

## MYOFASCIAL STRETCH & RELEASE with Elise Seehagel

**IP17**

The fascia is a soft connective tissue located just under the skin. It wraps and connects the muscles, bones, nerves, and blood vessels 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. 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. Please bring your own equipment for class (2 tennis balls, one sock and a Yoga mat). All levels welcome

2:15-3:00pm Feb 01-Apr 19 (10 classes) No class February 15 & April 05

Members $47.00 Non-Members $77.00

Deadline for registration Monday January 25

## BIRDS IN PEN & INK with Susan Casault

**IP18**

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 five-week session. You will explore line, textures and values using different drawing techniques. Several small drawings will be completed. Photo reference will be provided by the Instructor. All levels welcome. A supply list will be provided at registration.

12:30-3:00pm Feb 22-Mar 22 (5 classes)

Members $90.00 Non-Members $120.00

$3.00 cash to be paid directly to the Instructor at beginning of class for materials

Deadline for registration Monday February 08

# Tuesday In-Person

## CLOGGING with Tracy Walters

IP19

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 are not recommended. Prior dancing experience required.

9:00-10:00am Feb 02-Apr 13 (11 classes)
Members $55.00 Non Members $85.00
Deadline for registration Tuesday January 26

## ONGOING YOGA with Barb Hagen

IP20

A classical yoga practice focusing on the linking of the breath to the movement. Adaptation for individuals. Intermediate and beyond.

10:30-11:30am Feb 02-Apr 13 (11 classes)
Members $89.00 Non Members $119.00
Deadline for registration Tuesday January 26

## EASY ACRYLIC PAINTING with Carmella Haykowsky

IP21

In this class you will learn to take your paintings to the next level. Work on paintings you have already started or begin some new projects in the studio. With instructor prompts and guidance, you will challenge yourself to try new techniques, tools and tips. Learn to make the right choices to start, develop and complete your paintings to your satisfaction. Join us as we explore, experiment and expand our approach to painting! A supply list will be provided at registration.

12:00-3:00pm Feb 02-Mar 23 (8 classes)
Members $144.00 Non Members $174.00
Deadline for registration Tuesday January 26

## PAINTING WITH ACRYLICS with Carmella Haykowsky
## VAN GOGH INSPIRED SUNFLOWERS

IP22

Thoughts of Spring will be in the air! 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. You will learn the steps to paint your own version of sunflowers in his impressionist style. Practice color theory and mixing. Carmella will demonstrate the techniques and work with each participant one-on-one. A supply list will be provided at registration.

12:00-3:00pm Mar 30 & Apr 06 (2 session workshop)
Members $36.00 Non Members $66.00
Deadline for registration Tuesday March 23

## PAINTING WITH ACRYLICS with Carmella Haykowsky
## VAN GOGH INSPIRED IRISES

IP23

Join Carmella in this fun-filled Van Gogh inspired workshop! Learn How Van Gogh made use of the principles of painting, color, line, shape, pattern and texture. Paint your own 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.

12:00-3:00pm Apr 13 & Apr 20 (2 session workshop)
Members $36.00 Non Members $66.00
Deadline for registration Tuesday April 06

# Wednesday In-Person

## STRONG & STEADY with Joanne Kryski

**IP124**

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 a 5 minute warmup and cool down, 10-25 minutes of strength training and 10-25 minutes of cardio stretching used for recovery. A great class for those with chronic conditions or mobility issues. Please bring 2 water bottles or 2lb weights (Instructor will provide sanitized weights over 2lbs), and resistance bands to class. No floor work.

9:00-10:00am Feb 03-Apr 14 (11 classes)
Members $53.00 Non Members $83.00
Deadline for registration Wednesday January 27

## STRENGTH, BALANCE, FLEX & STRETCH With Joanne Kryski

**IP25**

A specialized approach to exercise for older adults. The focus of this class is to develop balance, strength, flexibility, core and mobility. These sessions will help you create a stronger body to continue regular activities and to help prevent falls. Please bring 2 water bottles or 2lb weights (Instructor will provide sanitized weights over 2lbs), and resistance bands to class. No floor work.

10:30-11:30pm Feb 03-Apr 14 (11 classes)
Members $53.00 Non Members $83.00
Deadline for registration Wednesday January 27

## CHAIR TOTAL BODY DANCE with Joanne Kryski

**IP26**

Chair dance to popular 60's and 70's music. Joanne will get your heart pumping from the chair allowing you to recover with strength and abdominal exercises and stretches. Your entire body will be strengthened and stretched to improve joint range of motion. Each major muscle group will be focused on. Please bring 2 water bottles or 2lb weights (Instructor will provide sanitized weights over 2lbs), and resistance bands to class. No floor work.

1:00-2:00pm Feb 03-Apr 14 (11 classes)
Members $53.00 Non Members $83.00
Deadline for registration Wednesday January 27

Wendy Orr

# Thursday In-Person

## BEGINNER YOGA with Barb Hagen

IP27

**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.**

**9:00-10:00am Feb 04-Apr 15 (11 classes)**
**Members $89.00 Non Members $119.00**
**Deadline for registration Thursday January 28**

## BETTER FITNESS & BALANCE THROUGH TAI CHI with Brad Schultz

IP28

**Join us for weekly sessions designed to ensure your ongoing health, fitness and safety. Follow along with the Instructor and learn enjoyable movements and exercises derived directly from Tai Chi that will strengthen your legs and hips, develop balance, improve flexibility and increase your cardiovascular health. Become safer, stronger and more fit with enjoyable, simple exercises from Tai Chi.**

**2:00-2:45pm Feb 04-Apr 29 (13 classes)**
**Members $96.00 Non Members $126.00**
**Deadline for registration Thursday January 28**

## CROSS STITCH FOR BEGINNERS with Kim Krapohl

IP29

**Learn the fundamental stitches to create a variety of unique cross stitch pieces. We will begin with long stitch on plastic canvas, then progress to working on traditional Aida cloth and even using cross stitch paper. We will work with you to find the right material and size to make this an enjoyable time. Weekly projects will be introduced in class and can be completed at home. Projects will be a coffee cozy, fridge magnet, bookmarker, gift tags, pin cushion, and cards. We will finish with a completed cross stitch picture using French knots and back stitching. This will give you the foundation to complete most projects. If you wish to start a new hobby or have not picked up a project in a while, join us to share a common interest and create a needlecraft and chat group for the next 11 weeks. Cost of individual projects will vary.**

**1:00-3:00pm Feb 04-Apr 15 (11 classes)**
**Members $87.00 Non Members $117.00**
**Deadline for registration Thursday January 28**

Catherine Page

# Thursday In-Person

IP32

## WEI WOO FINANCIAL SEMINARS

**2020 Global Financial Market Review and 2021 Outlook**

**Thursday Feb 04 10:30-12pm FREE**

Join Wei Woo as we discuss the latest updates on global political, economic, and market developments that are currently affecting your retirement portfolio and investment strategies. We will review what has happened in 2020, and look at forward guidance on what to expect for the new year.

IP33

**Understanding Basic Paperwork you signed at your Investment Firm**

**Thursday Mar 04 10:30-12pm FREE**

It is not uncommon for the average person to not fully comprehend what they are signing at their investment firm, and choose instead to fully trust the verbal disclosure regarding important information given to them by their investment advisor before they open an account. With Client Relationship Management 2 regulations now in place for complete investment fees and cost transparency, as well as the recent media spotlight on the ethical questionability of the big 5 banks, it is more crucial than ever for clients of investment firms to understand the legal paperwork they have signed with their accounts. Come join Wei Woo as we discuss the basic paperwork that most investment clients go through in their regular course of a client relationship with an investment firm.

IP34

**Optimizing the Retirement Benefits of a Tax Free Savings Account**

**Thursday Mar 25 10:30-12pm FREE**

The Tax Free Savings Account has been out since 2009, it is now 2021 and many retired Canadians are still confused about how to best use this tax saving investment shelter. What complicates matters further, is that depending on which financial representative of the bank you deal with, there seems to be conflicting advice. Come join Wei Woo for clarifying the myths surrounding this account, as we discuss how to use this highly flexible account in maximizing your personal financial strategies during your retirement years.

# Friday In-Person

IP35

## HAWAIIAN DANCE with Emily Soriano

Join Emily for a weekly escape to the Hawaiian Islands! Learn basic Hula Dancing for fun or for performance. This is a great exercise class to help improve your posture and coordination. Aloha!!!

**9:00-10:00am Feb 05-Apr 23 (11 classes) No class April 02**

**Members $66.00 Non Members $96.00**

**Deadline for registration Friday January 29**

**A'a I ka hula, hula, waiho I ka maka'u I ka hale**

**(Dare to dance, leave shame at home.)**

# Friday In-Person

## GUITAR LESSONS with Gunnar Lang

**IP36**

**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 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. Please bring your own guitar (electric guitars can be accommodated).**

**10:00-11:00am Feb 05-Mar 12 (6 classes)**
**Members $24.00 Non Members $54.00**
**Deadline for registration Friday January 29**

## PILATES FOR EVERYBODY with Ayla Hermanutz

**IP37**

**Back by popular demand! 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, breathing and core connection. Enjoy the discovery of what your body can do. Good for those who have difficulty getting down onto the floor. Suitable for all levels. Beginners welcome!**

**11:30-12:30pm Feb 05-Apr 23 (11 classes) No class April 02**
**Members $44.00 Non Members $74.00**
**Deadline for registration Friday January 29**

# LEARN HOW TO ZOOM

**Interested in learning more about Zoom? This introductory workshop will walk you through the basics of Zoom, how to sign up, join a meeting and even schedule and host a meeting. Bring your own device to get hands on experience. If you don't have a portable device, that's okay you can still come and learn and our Instructor will do her best to equip you with the information you need to set up Zoom from your computer at home. This is a free workshop. 3 dates to choose from. Pre-registration is required.**

| | | |
|---|---|---|
| **Monday February 01** | **10:00-11:00am** | **IP38** |
| **Wednesday February 10** | **11:00-12:00pm** | **IP39** |
| **Wednesday March 10** | **11:00-12:00pm** | **IP40** |

Wendy Orr

# ONLINE VIA ZOOM

## BUILDING RESILIENCE with Gina Vliet

OL35

## HOW TO HANDLE WHATEVER LIFE THROWS AT YOU

**Change, even good change, can be stressful, and navigating life's little quirks can be an adventure. Wouldn't it be nice to take a journey without freaking out, burning out, or just wanting to get out? In this workshop, we'll talk about how to equip ourselves with simple tools that will make the trip worth the cost of admission. Learn how building personal resilience allows you to focus your energy on the things that matter, to accomplish more, and to enjoy life as the great adventure it can be! A worksheet will be emailed to you on Monday January 18th. This is an online Zoom session.**

**Monday January 25 1:30-3:30pm**
**Members $20.00 Non Members $27.00**
**Deadline for registration Monday January 18**

## FINDING YOUR TRIBE with Gina Vliet

OL36

## MAKING FRIENDS THE GROWN UP WAY

**Explore the age defying benefits of purposeful activity. Learn how social engagement and connecting to community can improve your quality of life.**

- **Find your vibe! Learn why building new friendships and cultivating the ones you have is important to your well-being.**
- **Describe your tribe! Identify the kind of relationships you are looking for by matching them to your values.**
- **Vibe your tribe! Explore the traits of a good friend and then be that person!**
- **Find your tribe! Map out where to begin looking for new friendships in your community.**

**This is an online Zoom session**

**Monday February 22 1:30-3:30pm**
**Members $20.00 Non Members $27.00**
**Deadline for registration Friday February 12**

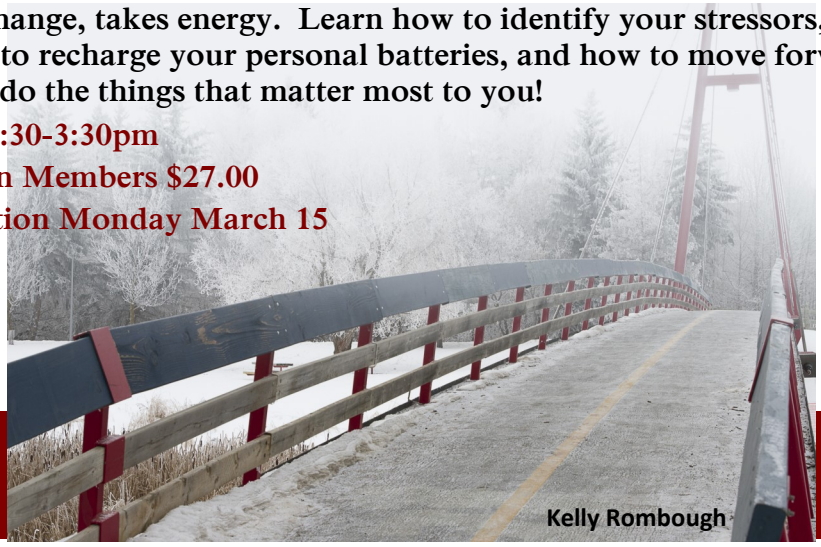
## STRESS & CHANGE MANAGEMENT with Gina Vliet

OL37

## GETTING THROUGH THE EMOTIONAL & INTO THE PRACTICAL

**Change, even good change, takes energy. Learn how to identify your stressors, what it takes to be energy efficient, how to recharge your personal batteries, and how to move forward leaving enough energy in the tank to do the things that matter most to you!**

**Monday March 22 1:30-3:30pm**
**Members $20.00 Non Members $27.00**
**Deadline for registration Monday March 15**



Kelly Rombough

# ONLINE VIA ZOOM

## LEARN TO SPEAK SPANISH with Cecilia Hamel

OL39

Join Cecilia for Level 2. This class is for those who have either taken Level 1 or another introductory Spanish course and wish to further their skills. This is an online Zoom class.

Tuesday Jan 12-Feb 16 11:00-12:45pm

Members $87.00 Non Members $117.00

Late Registrations can be taken for this class. Fee will be pro-rated.

Call 780-459-0433 ext. 0 to register

## STRENGTH, BALANCE, FLEX & STRETCH with Joanne Kryski

OL40

A fun approach to exercise for older adults that will help you create a stronger body to continue regular activities and to help prevent falls. Class format consists of dancing to popular 60's & 70's music for 1-2 minutes, then recover with strength, core and stretching, ending the class with balance. Please have water bottles, 2lb weights, and resistance bands available. No Floor Work

Tuesday Jan 12-Mar 23 11:00-12:00pm (11 classes)

Members $58.00 Non Members $88.00

Late Registrations can be taken for this class. Fee will be pro-rated.

Call 780-459-0433 ext. 0 to register

## YOGA ALL LEVELS with Frances Gagnon

OL41 & OL42

So great to have Frances back! Enjoy the nourishing benefits of Yoga. A gentle flowing class with emphasis on flexibility, balance and strength. Breathing techniques and mindful awareness are linked to the practice. Feel refreshed and move with more ease. All are welcome for fun and friendly classes. This is an online Zoom class.

Session One (OL41)

Wednesday Jan 13-Feb 17 (6 classes)

10:30-11:30am

Members $60.00 Non Members $90.00

Late Registrations can be taken for this class.

Fee will be pro-rated.

Call 780-459-0433 ext. 0 to register

Session Two (OL42)

Wednesday Feb 24-Apr 07 (7 classes)

10:30-11:30am

Members $70.00 Non Members $100.00

Deadline for registration Friday Feb 19

# ONLINE VIA ZOOM

## YMCA DIGITAL SKILLS LITERACY PROGRAM

## FREE ONLINE ZOOM TUESDAYS 1:30-2:30

To view the full series descriptions please click here

| | | |
|---|---|---|
| January 19 - Understanding Safe Online Gambling | (1.5-2 hours) | OL45 |
| January 26 - Recognizing Phishing & Safe Online Dating | (1 hour) | OL46 |
| February 02 - Popular Apps | (1-1.5 hours) | OL47 |
| February 09 - iPhone & iPad Basics | (1-1.5 hours) | OL48 |
| February 16 - Android Basics | (1-1.5 hours) | OL49 |
| February 23 - Web Browsing and Email | (1.5 hours) | OL50 |
| March 02 - Malware and Scam Protection | (1-1.5 hours) | OL51 |
| March 09 - Social Engineering | (1 hour) | OL52 |
| March 16 - How to Google | (.5-1 hour) | OL53 |

March 23 - Introduction to Microsoft Office (1-2 hours depending on what programs are needed) OL54

Please register for the above sessions through the St. Albert Seniors Association

Either online www.stalbertseniors.ca for Members

Or call 780-459-0433 extension 0

# CREATIVE WAYS TO CONNECT

## Bring Your Own Book Club

Our Bring Your Own Book Club is a little different than most book clubs. There is no need to read the same book as everyone else, just read whatever you are currently reading, and come and share thoughts, ideas and book recommendations with others who love to read too! Sessions are FREE.

The Book Club will be run in person on the second Tuesday of each month at 1:30-2:30pm

February 09 BC2 March 09 BC3

The Book Club will be run online on the third Wednesday of each month at 10:30-11:30am

February 17 BCOL55 March 17 BCOL56

Pre-registration is required. Call 780-459-0433 ext. 0

## Save Money: Discover Electronic Resources at the Library

This winter even more than most, it might be nice to watch a movie or take a class right in the comfort of your own home. Did you know that you can watch movies, read books and take classes online all for FREE with your St. Albert Public Library card? Join a librarian as they walk you through the many exciting options. This will be at a pace you can make sense of-not like when your grandchildren are showing you on your computer and there will be time to ask questions! If you don't have a library card, you can get one for free with proof of a St. Albert address.

Wednesday January 27 2:00-3:00pm Via Zoom Did we say it's FREE!

Pre Registration is required

Deadline to Register is Wednesday January 20

Call 780-459-0433 ext. 0

OL57

Watch for Willows POP UP SALES
In the near future!

# Shop Willows Gifts Online.

Many one of a kind and unique items
Don't forget the PUZZLE BOARDS
www.stalbertseniors.ca/shopwillows

Marilyn Carlyle-Helms

## Homemade Soups To Go

**$10.00/Quart or $5.00/Bowl**

*Beef Barley

*Borscht GF

*Cream of Broccoli GF

*Carrot Ginger GF

*Chicken Noodle

*Clam Chowder GF

*Corn Chowder

*Cream of Mushroom GF

*Hamburger GF

*Italian Wedding GF

*Lentil GF

*Loaded Potato GF

*Minestrone

*Roasted Vegetable GF

*Tomato Bisque GF

*White Bean

**Varieties On Hand May Vary,*

*Please Contact The Kitchen*

*780-459-0433 Ext. 8*

## Single Serve Meals To Go

**$12.00 Each**

*Lasagna

*Turkey Dinner

*Ham & Scalloped Potatoes GF

*Shepherd's Pie

*Roast Beef Dinner GF

*Ukrainian Dinner

*Meatloaf Dinner

*Sweet & Sour Meatballs & Rice GF

*Pork Schnitzel Dinner

*Liver & Onions Dinner

*Salmon Filet & Rice GF

*Cod Filet & Potatoes & Veg. GF

*Chicken Breast, Rice & Mushroom Sauce Dinner

****In House or Curbside Pick Up**

**Take-Out and Delivery Available**

***GF (Gluten Free)**

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

Catherine Page

## Watch for additional classes, activities and events!

Liz Edmunds

Kelly Rombough

"Winter passes and one remembers one's perseverance"

Yoko Ono