St. Albert Seniors Association

Our in-person low-intensity classes have been postponed until further notice due to the AHS current restrictions.

For information on current in-person classes please contact us. Thank you again for your continued patience and support. If you are interested in registering for a class that has already started the fee will be pro-rated. Call 780-459-0433 ext. 0 for information or to register in any of the classes

Online Via Zoom

- **Reversing the Aging Process with Joanne Kryski** — **10:30-11:30am** — **Thur. Apr. 01-Jun 10** — **Members: $58.00**

  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. The class will end with face exercises while cooling down and class videos will be provided if you miss the class. Please bring 2 water bottles or 2lb weights and resistance bands to class. No floor work. This is an online zoom class.

- **Online Yoga with Frances Gagnon** — **10:30-11:30am** — **Wed. Apr. 14-June 30** — **Members: $110.00**

  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.

- **Ongoing Spanish with Cecilia Hamel** — **10:30-11:30am** — **Tue. Apr. 13-May 25** — **Members: $87.00**

  Come and learn Spanish with Cecilia Hamel. This class is meant for those who have either taken 'Say it in Spanish', or another intro level Spanish course and wish to further their skills. This is an online Zoom class.

- **Bring Your Own Book Club Jan, Senior Services Coordinator** — **2:00-3:00pm** — **Wed. April 21** — **Free**

  Our Bring Your Own Book Club is a little different than most book clubs. 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! If you need additional support with Zoom, please ask in advance so that we can iron out the process prior to the book club meeting. Free but pre-registration is required please. To register call 780-459-0433 ext. 4 or email seniorsservices@stalbertseniors.ca. This is an online Zoom club

In -Person Financial Info. Sessions with Wei Woo

- **Understanding Basic Paperwork 10:30-12:00 Thursday May 06 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. This is an in-person workshop.

- **Semi-Annual Global Market Review & Outlook 10:30-12:00 Thursday June 03 Free**

An increasing number of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly on their retirement accounts and why. This includes their RRSP, RRIF, LIRA, and Tax-Free Savings Account. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee-based accounts, which the major banks are pushing for with their clients, and if they are truly beneficial to your personal situation. This is an in-person workshop.