

St. Albert Seniors

Association

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

Upcoming Summer Programming

With the uncertainty of Alberta Health Services COVID restrictions we have made the decision to not publish a formal summer programming session. This will alleviate the need to postpone or cancel classes if things continue to fluctuate. If you are registered in an in-person class that had been postponed the week of April 5th you have received a credit on your S.A.S.A. account for the missed classes. If we are able to continue with the classes before the original class end date (which seems unlikely at this point) we will use a credit from your account for the day fee of that class. We are working with the instructors of the current classes in scheduling from June through August as restrictions allow. We will be working with slots for our Floor Curlers, Card Players, etc., in the continued hope we can resume those programs as soon as possible. As always, we will continue to update you via email directly as well as this programming update in each e-bulletin. At this point we are in the planning for a full complement of Fall programming.

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

NEW ONLINE CLASS!!!

- **Reversing the Aging Process** **10:30-11:30am** **Tue. May 11-July 13**
with Joanne Kryski OL57 **Members: \$53.00** **Non-Members: \$83.00**

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.

- **Reversing the Aging Process** **10:30-11:30am** **Thur. Apr. 01-Jun 10**
with Joanne Kryski OL55 **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.
- **Tai Chi with Brad Schultz** **2:00-2:45pm** **Thur. Apr. 22-May 27**
Members: \$45.00
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. This is an online Zoom Class

Watch for Seniors Week (June 7-13) announcements!