

# Enhancing the Lives of Older Adults with Activities and Services



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Photo: Majestic Beauty  
Credit: Joanne Niewenhuis

# WINTER 2022 PROGRAM GUIDE

# 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, Senior Services, and Chef's Choice Frozen Meal Program. The St. Albert Seniors Association (S.A.S.A.) 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 50+ activities. The Association currently has more than 900 members, with services provided by 10 full-time and part-time staff.

## HOURS OF OPERATION

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

Friday 8:30 am to 4:00 pm

Closed on statutory holidays:

Monday February 21 Family Day

Friday April 15 Good Friday

Monday April 18 Easter

## MEMBERSHIP AND BENEFITS

For persons aged 50 and over  
(spouses younger than 50 are welcome to join)

- Voting rights at the Annual General Meeting
- Annual fee of \$55
- Reduced class registration fees
- Priority registration for classes
- Reduced price on special events

## Seniors Association Mission

*Enhancing the lives of older adults with activities and services*

## Seniors Association Vision

**Seniors live enriched and meaningful lives**

**Red Willow Place  
780-459-0433**

**7 Tache Street, St. Albert AB  
[www.stalbertseniors.ca](http://www.stalbertseniors.ca)**

**T8N 2S3  
[info@stalbertseniors.ca](mailto:info@stalbertseniors.ca)**

**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**



# **S.A.S.A. DAILY ACTIVITIES**

**NO ACTIVITY FEES UNTIL FURTHER NOTICE  
\$7 NON-MEMBER ACTIVITY DROP-IN FEE**

## **Games and Hobbies**

**Floor Curling - Tuesdays 2:00 pm to 4:00 pm and Thursdays 2:00 pm - 4:00 pm**

**Drop-ins are Welcome Shooter Sticks are Provided**

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

## **Cards**

**Euchre - Mondays 12:30 pm-3:30 pm.**

**Arrive by 12:15 pm to join warm-up games.**

**No partner needed/partners are formed for every game**

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**Canasta - Mondays 12:30 pm-3:30 pm.**

**Arrive early if you are a new player**

**No need to bring a partner since teams are formed daily**

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**Bridge - Contract Bridge Tuesdays & Fridays 12:30 pm-3:30 pm**

**Serious games/Bring a partner to join a table**

**Arrive early if you are new players**

**Bridge - Relaxed Bridge Wednesdays 12:30 pm-3:30 pm**

**No need to bring a partner to join a table**

**Arrive early if you are a new player**

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**Cribbage - Thursdays 12:30 pm-3:30 pm**

**No need to bring a partner since teams are formed daily**

**Arrive early if you are a new player**

## **GROUPS**

**Knitting/Crocheting Group - Fridays 10:00 am - 12:00 pm.**

**Volunteers create items for sale at S.A.S.A & other S.A.S.A. fundraisers**

**Woodshop (MEMBER USE ONLY)- Monday-Friday 8:30 am - 3:30 pm**

**Volunteers create items for sale at S.A.S.A. & fundraising events**

**Members can work on personal projects**

## **Music**

**Groovy Gang Choir - Friday practices 1:00 - 2:30 pm.**

**Usually perform once each week at seniors facilities and lodges in the St. Albert area**

## **Lunchtime Entertainment**

**Check the Events Calendar section of the website for information**

## **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 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 do not need to be a member to subscribe!**

## **HEALTH and SAFETY**

**S.A.S.A. strives to ensure participants' safety in all 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 S.A.S.A. activity. Please note that we are a scent free facility.**

## **PHOTOS & 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. S.A.S.A. 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 with 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 black 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. Winter classes begin the week of January 17, 2022 unless otherwise stated in the program guide. 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 due to low registration, registrants will be contacted and refunded one week prior to start date. If a single class is cancelled due to unforeseen circumstances the class may be extended for a make-up date or a credit will be applied to your account.**

**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 should be submitted (case by case basis).**

**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.**

# S.A.S.A. SUPPORT SERVICES

## One to One Support

One to one emotional support, information and resources are provided in areas such as housing, financial assistance, help with filling out forms and accessing government benefits. Call our Seniors Services Coordinator at 780-459-0433 Ext. 4.

## Seniors Association Bus

8:30 am-3:45 pm

Monday through Friday

Let Us Do the Driving!

Providing door-to-door transportation within St. Albert for \$5.00 (one-way)

Safe, friendly and reliable

Call 780-459-0433 ext.0 for more detailed information or to book your ride

Please call 48 hours in advance

## Chef's Choice Frozen Meal Program

Affordable, convenient and delicious frozen meals available for purchase at S.A.S.A., or pre-order for pickup or delivery on Fridays. Specialty options are also available (minced, pureed, gluten free, vegan, vegetarian by advanced order only). Order by 11am on Tuesday for Friday pick-up or free delivery. Call 780-459-0433 ext. 7 for further details. Check out the entrée menu on the back page of the guide

## Foot Care Clinic

The Seniors Association hosts a Foot Care Clinic most Fridays 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 to book an appointment

\$10 Members/\$15 Non-Members

Cash only

We have a "Support a Senior Fund" at the St. Albert 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 a little extra help, please call our Senior Services Coordinator at 780.459.0433 ext. 4, for more information.

# **WE ENCOURAGE YOU TO REGISTER FOR CLASSES ONLINE!**

**Go to [www.stalbertseniors.ca](http://www.stalbertseniors.ca) 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. (please note a tablet or iPad might use one or the other method below)**

**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**

**If you have a credit on file from 2021 you will need to register in-person or over the phone**

**Member Registration begins at 9:00 am Monday December 6th**

**Non-Member Registration begins Wednesday December 8th**

**Registration is also available over the phone and in-person**

## **On your Computer:**

- 1. Go to [www.stalbertseniors.ca](http://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.**

## **On your phone:**

- 1. Go to [www.stalbertseniors.ca](http://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.**

# Monday Fitness Classes



## **BEGINNER LINE DANCING** **W1**

***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.**

**Mondays, 9:00 am – 10:00 am**

**January 17 to April 25**

**(13 classes) *Deadline for Registration Mon. Jan.10***

**No Class Feb. 21 & Apr. 18**

**Price: \$81 (Non-member \$101)**

## **INTERMEDIATE LINE DANCING** **W2**

***Instructor: Tracy Walters***

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

**Shoes with leather soles recommended.**

**Mondays, 10:15 am – 11:15 am**

**January 17 to April 25**

**(13 classes) *Deadline for Registration Mon. Jan.10***

**No Class Feb. 21 & Apr. 18**

**Price: \$81 (Non-member \$101)**

## **CARDIO DANCE FIT** **W3**

***Instructor: Elise Seehagel***

If you enjoy moving to music, all while receiving a great workout, then this is the class for you! Cardio Dance Fit will give you a well rounded workout incorporating popular dances, while benefiting from increased cardio endurance, strength training, stretching, balance and posture, just to name a few. You can expect a typical class setup to include a warmup, cardio dance and strength exercises, and a cool down. The following equipment will be utilized throughout the program: resistance loop band & weights (provided by the facility). Can be modified to suit your fitness needs. Questions ?, please contact Elise directly. (780) 504-1545

**Mondays, 11:30 am - 12:30 am**

**January 17 to April 25**

**(13 classes) *Deadline for Registration Mon. Jan.10***

**No Class Feb. 21 & Apr. 18**

**Price: \$102 (Non-Member \$132)**

## **SPINE HEALTH THROUGH TAI CHI** **W4**

***Instructor: Brad Schultz***

Do you have lower-back issues? What about neck and upper-back problems? Learn how you can release long-term back tension and relieve chronic pain through the tried-and-true methods of Tai Chi. Through a collection of individual Tai Chi movements specially chosen to help with back and spinal issues, you will be able to mobilize and rejuvenate a tired, tense back. Through these gentle and invigorating movements, you can experience a renewed freedom and flexibility that you perhaps haven't experienced in years. Discover how Tai Chi can roll-back the years and add new life and health to your spine!

**Mondays, 1:00 pm – 1:45 pm**

**January 17 to April 25**

**(13 classes) *Deadline for Registration Mon. Jan.10***

**No Class Feb. 21 & Apr. 18**

**Price: \$132 (Non-member \$162)**

## **YOGA RESTORE & RENEW** **W5**

***Instructor: Frances Gagnon***

A class to help you balance energy, quiet the mind and feel revitalized. Poses focus on longer holds, finding stillness and breathing. Suitable for all levels. Please bring your own yoga mat, and any supportive props, such as a blanket.

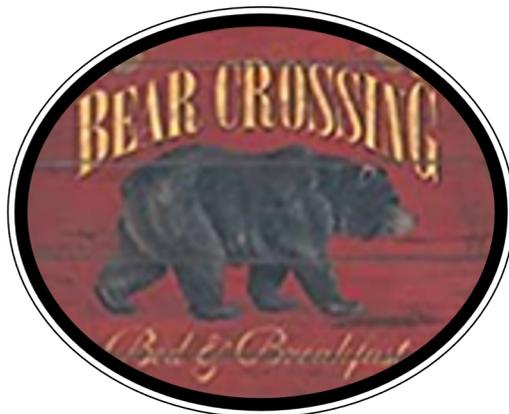
**Mondays, 2:15 pm – 3:15 pm**

**January 17 to April 25**

**(13 classes) *Deadline for Registration Mon. Jan.10***

**No Class Feb. 21 & Apr. 18**

**Price: \$132 (Non-member \$162)**





# Tuesday Fitness Classes

## CLOGGING

**W7**

### **BEGINNER HULA DANCE**

**Instructor: Emily Soriano**

ALOHA! For this class, you will learn the basic steps in Hawaiian Dancing, whether you want to participate for exercise, leisure or performance. Get in the Aloha spirit and come to class in your favorite Hula outfit and accessories to add more fun! Let us bring Hawaii to St. Albert!

Tuesdays, 9:00am-10:00am

January 18 - April 12

(13 classes) **Deadline for Registration Tues. Jan. 11**

Price: \$81 (Non-member \$111)

## ONGOING YOGA

**Instructor: Barb Hagen**

A classical yoga practice focusing on linking the breath to the movement. Adaptations for individuals. This class incorporates chants and pranayama. Intermediate and beyond. Please bring your own yoga mat and any props you would use in practice to class.

Tuesdays, 10:30 am - 11:30 am

January 18 to April 12

(13 classes) **Deadline for Registration Tues. Jan. 11**

Price: \$132 (Non-member \$162)

## PILATES FOR ALL

**W9**

**Instructor: Ayla Hermanutz**

This gentle Chair Pilates flow will help participants improve their core strength and stability, while heightening their mind-body awareness. We will utilize basic Pilates principles to stretch and lengthen the body, with an emphasis on improving spinal posture and alignment. Chairs will be used to assist our movements, making this class perfect for those who prefer seated or standing workouts. All levels of experience and ability are welcome!

Beginner friendly :)

Tuesdays, 12:15 pm - 1:15 pm

January 18 to April 12

(13 classes) **Deadline for Registration Tues. Jan. 11**

Price: \$107 (Non-member \$137)

**W8**



## Volunteer Program

**Countless Volunteers generously give their time and energy each year helping our Association!**

### Volunteers Assist in Various Roles

**Meals on Wheels**

**Kitchen and Dinner & Dances**

**Ticket Sellers**

**Special Events**

**Knitting/Crocheting and Wood Shop**

**Reception and Administration**

**Board and Committee Members**

**S.A.S.A. has volunteer openings for members and non-members alike who have different interests and skills to offer. Call 780-459-0433 ext. 0 or fill out a volunteer application on our website [www.stalbertseniors.ca](http://www.stalbertseniors.ca) or in-person at our front desk.**

# Wednesday Fitness Classes



## **AGING BACKWARDS**

**W10**

**Instructor: Stephanie Weihmann**

Join Stephanie for this dynamic full body workout that simultaneously combines stretching and strengthening. Developed as: 'Classical Stretch and Essentrics' by Miranda Esmonde-White this workout is effective for flexibility, mobility, pain relief, injury prevention and recovery leading to a healthier and youthful body, hence - Aging Backwards. Experience deep activation of the muscles and joints thereby releasing tightness as well as improving balance and brain power. Even though there are no high impact movements that doesn't mean we don't 'get our sweat on'. This class incorporates dynamic positions in standing, sitting and lying down. Get ready to 'Age Backwards'. Bring your own mat, water bottle, yoga mat, Thera band or strap, small pillow and towel.

**Wednesdays, 9:00 am - 10:00 am**

**January 19 to April 13**

**(13 classes) Deadline for Registration Wed. Jan. 12**

**Price: \$120 (Non-Member \$150)**

## **CARDIO DANCE FIT**

**W12**

**Instructor: Elise Seehagel**

If you enjoy moving to music, all while receiving a great workout, then this is the class for you! Cardio Dance Fit will give you a well rounded workout incorporating popular dances, while benefiting from increased cardio endurance, strength training, stretching, balance and posture, just to name a few. You can expect a typical class setup to include a warmup, cardio dance and strength exercises, and a cool down. The following equipment will be utilized throughout the program: resistance loop band & weights (provided by the facility). Can be modified to suit your fitness needs. Questions ?, please contact Elise directly (780) 504-1545

**Wednesdays, 11:30 - 12:30 am**

**January 19 to April 13**

**(13 classes) Deadline for Registration Wed. Jan.12**

**Price: \$102 (Non-Member \$132)**

## **STRETCH & RELEASE**

**W11**

**Instructor: Elise Seehagel**

This program, is a style of stretch and self-massage class that will help with increasing range of motion, mobility, and give you various types of exercises that you can also utilize at home, in your own health and wellness routine. The term 'Myofascial' comes from an increasingly popular form of program that involves releasing tension, or 'massaging out' the larger and smaller connective tissues and muscle groups using different tools such as tennis balls, rollers, etc. Anyone can benefit from this type of class, including those who are less mobile, recovering from injuries, have plantar fasciitis, or just really want a great over-all stretch head to toe. Stretch and Release will always begin with a warm up, followed by stretching, balance exercises, and massage techniques where we use chairs and the wall to gain the most benefit. We also use yoga mats in this class closer to the end for floor work, however, if you choose to remain seated or standing, modifications can always be made. Please see the list of equipment below to bring to class:

- Tennis balls (2-4)
- One large sock
- Yoga mat
- Any additional rolling equipment you would like to utilize (foam roller, balls,etc.)
- Chair (provided at the facility)

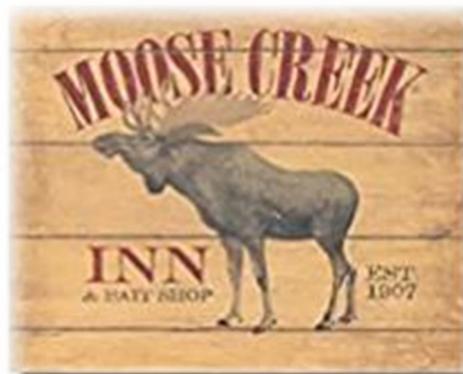
If you have any questions about the program, or would like more information, please contact Elise directly (780) 504-1545

**Wednesdays, 10:15 am - 11:15 am**

**January 19 to April 13**

**(13 classes) Deadline for Registration Wed. Jan. 12**

**Price: \$102 (Non-Member \$132)**





# Wednesday Fitness Classes

## BALLROOM DANCE

**W13**

*Instructor: Elise Seehagel*

Whether you are preparing for a special event, or brushing up on your skills, dancing is a fantastic way to meet new friends, engage in your community, and even receive a great workout! In this program you will learn the classic Ballroom and Latin dances, all while developing their unique styles and techniques. Currently, this class is suitable for couples, (or a set partner for the duration of the term) and for those participants that have a basic understanding of primary dance patterns, or basic dance experience. If you have any questions regarding your dance experience or the program, please contact Elise directly prior to registering. (780) 504-1545

Wednesdays, 1:00 pm - 2:00 pm  
January 19 to April 13

(13 classes) **Deadline for Registration Wed. Jan. 12**  
Price: \$102 (Non-Member \$132)

## BETTER FITNESS & BALANCE THROUGH TAI CHI

**W14**

*Instructor: Brad Schultz*

Join us for weekly sessions designed to ensure our 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.

Wednesdays, 2:15 pm - 3:00 pm  
January 19 to April 13

(13 classes) **Deadline for Registration Wed. Jan.12**  
Price: \$132 (Non-member \$162)



# Thursday Fitness Classes

## BEGINNER YOGA

**W15**

*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 everyone's life. This class is for everyone! If you can breathe you can do yoga! Beginner level. Please bring your own yoga mat and any props you would use in practice to class.

Thursdays, 10:00 am - 11:00 am  
January 20 to April 14

(13 classes) **Deadline for Registration Thur. Jan. 13**  
Price: \$132 (Non-Member \$162)

## BOOTCAMP LITE

**W17**

*Instructor: Emily Soriano*

Strengthen your lungs, heart and improve your endurance in this light but intensive class. Modified specially for you! Please bring your towel and water bottle. Wear comfortable clothing and shoes. Get ready to sweat and challenge yourself.

Thursdays, 11:30 am - 12:30 pm  
January 20 to April 14  
(13 classes)

**Deadline for Registration Thur. Jan.13**  
Price: \$81 (Non-member \$111)

## BASIC LATIN SOLO DANCE

**W18**

*Instructor: Emily Soriano*

This class includes dances like Salsa, Bachata, Cha Cha, Cumbia and Merengue. No partner needed.

Thursdays, 12:45 pm - 11:45 pm  
January 20 to April 14  
(13 classes)

**Deadline for Registration Thur. Jan.13**  
Price: \$81 (Non-member \$111)



# Friday Fitness Classes



## **CLOGGING**

**W20**

**Instructor: Tracy Walters**

You will learn basic steps and terms associated with Clogging and dance to different types of music. You do not need special shoes to start. For the first few weeks, wear comfortable shoes. No experience is needed!

Fridays, 9:00 am – 10:00 am  
January 21 to April 22  
(13 classes) **Deadline for Registration Fri. Jan.14**  
No Class April 15  
Price: \$81 (Non-member \$111)

## **YOGA ALL LEVELS**

**W21**

**Instructor: Frances Gagnon**

A class of gentle poses and flowing sequences, connecting breath with movement. Enhance your balance, flexibility, strength and mindfulness. Feel refreshed and move with more ease. Please bring your own yoga mat, and props such as yoga blocks and strap.

Fridays, 11:00 am – 12:00 pm  
January 21 to April 22  
(13 classes) **Deadline for Registration Fri. Jan.14**  
No Class April 15  
Price: \$132 (Non-member \$162)

Price: \$60 (Non-Member \$90)

## **PILATES FOR ALL**

**W22**

**Instructor: Ayla Hermanutz**

This gentle Chair Pilates flow will help participants improve their core strength and stability, while heightening their mind-body awareness. We will utilize basic Pilates principles to stretch and lengthen the body, with an emphasis on improving spinal posture and alignment. Chairs will be used to assist our movements, making this class perfect for those who prefer seated or standing workouts.

All levels of experience and ability are welcome! Beginner friendly :)

Fridays, 2:00 pm – 3:00 pm  
January 21 to April 22  
(13 classes) **Deadline for Registration Fri. Jan.14**  
No Class April 15  
Price: \$107 (Non-member \$137)

Wishing you  
fuzzy mittens  
& toasty toes,  
A cozy hearth  
& a warm nose!

# NEW! Saturday Fitness Classes

## **AGING BACKWARDS**

**W23A**

**Instructor: Stephanie Weihmann**

See class description on Wednesday class page.

### **Session One**

Saturdays, 9:00 am - 10:00 am  
January 15 to Feb 19  
(6 classes) **Deadline for Registration Fri. Jan. 7**

## **AGING BACKWARDS**

**W23B**

**Instructor: Stephanie Weihmann**

See class description on Wednesday class page.

### **Session Two**

Saturdays, 9:00 am - 10:00 am  
March 12 to April 23 No class April 16  
(6 classes) **Deadline for Registration Fri. Mar. 4**  
Price: \$60 (Non-Member \$90)

## **YIN & YANG YOGA**

**W24**

**Instructor: Frances Gagnon**

This class brings together two styles of yoga. Yin yoga refers to a slow practice of passively holding poses, focusing on deep connective tissues, for flexibility and mobility. In contrast, Yang is active with standing postures and flow, using the muscles, for strength and stamina. Suitable for all levels. Please bring your own yoga mat, and props such as yoga blocks, strap, and blanket.

Saturdays, 10:15 am – 11:15 am  
January 15 to April 16 No class April 09  
(13 classes) **Deadline for Registration Fri. Jan. 7**  
Price: \$132 (Non-member \$162)





# Special Interest

## **BEGINNER FINE ART**

**W6**

***Instructor: Deb Blair***

Come and enjoy learning to paint in acrylics with Deb. You don't need to be able to draw or paint! Participants paint the same landscape piece while learning the basics of color theory, and painting composition. Deb will teach you how to use the brushes and mediums. The Instructor will purchase the canvases and paint. Just come with a set of synthetic brushes. Please bring \$10 to the first lesson to cover the cost of canvas and paints.

**Mondays, 10:00 am - 12:00 pm  
January 17 to April 25**

**No class Feb. 21 & Apr. 18**

**(13 classes) *Deadline for Registration Mon. Jan. 10***

**Price: \$86 (Non-Member \$116)**

## **PAINTING FINE ART**

**W19**

**INTERMEDIATE**

***Instructor: Deb 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. We will work in medium acrylics. This is a fun, non-regimented class to enhance your own art journey! You must bring your own canvas and painting supplies. *Intermediate level, participants need to be experienced painters.*

**Thursdays, 1:00 pm - 3:30 pm  
January 20 to April 14**

**(13 classes) *Deadline for Registration Thur. Jan. 13***

**Price: \$86 (Non-Member \$116)**

## **GUITAR LESSONS**

**W16**

***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.

**Requirements: Please bring your own guitar (electric guitars can be accommodated). Some lessons may include playing along to your own voice, however you're not expected to sing.**

**Thursday 10:00 am - 11:00 am**

**January 20 to April 14 (13 classes) *Deadline for Registration Thur. Jan. 13***

**Price: \$47 (Non-member \$77)**

## **INTRODUCTION TO WATERCOLOUR PENCILS**

**W25**

***Instructor: Susan Casault***

Do you have a set of watercolour pencils, but you're not sure what to do with them? Whether you're brand new to the medium, or would like more of an opportunity to play, bring your set to class and see the beautiful effects you can achieve with your water-soluble pencils. You will learn a variety of drawing and painting techniques while experimenting with colour, line, texture and washes to create small paintings. Photo reference will be provided by the instructor.

**A supply list will be provided at registration.**

**Mondays, 1:00 pm - 4:00 pm  
January 17 to February 28**

**No class Feb. 21**

**(6 classes) *Deadline for Registration Mon. Jan. 10***

**Price: \$127 (Non-Member \$157)**

## **DRAWING BEYOND THE BASICS**

**W26**

***Instructor: Susan Casault***

For pencil enthusiasts who have completed a basic drawing class, or have previous drawing experience, this 6 week session is a chance to take the basics that you have learned and use them with a variety of subjects. Gain more confidence in your abilities, using line, proportion, depth, values and perspective to create realistic drawings. The class will be taught with demonstrations and one-on-one guidance. Photo reference will be provided by the instructor.

**A supply list will be provided at registration.**

**Mondays, 1:00 pm - 4:00 pm  
March 07 to April 11**

**(6 classes) *Deadline for Registration Mon. Feb. 28***

**Price: \$127 (Non-Member \$157)**

## **VALENTINE CRAFT WORKSHOP**

***Instructor: Anne Marie Craig***

**W40**

Join Anne Marie for a crafty session creating a one-of-a-kind Valentine craft. Work at your own pace. Knowing Anne-Marie the project will be fabulous!

**Wednesday February 2  
10:00 am - 2:00 pm**

***Deadline for Registration Wed. Jan. 26***

**Price: \$25.00 (Non-member \$55.00)**



# Special Interest



## **LEARN TO SPEAK SPANISH LEVEL ONE, NIVEL UNO    **OLW1** VIA ZOOM**

***Instructor: Cecilia Hamel***

Beginners join Cecilia and learn the basics of Spanish: greetings; numbers; days of the week, months and seasons; time; helpful vocabulary; basic food & vegetables.  
Diviertete y aprende

**Tuesdays, 9:00 am to 10:45 am**

**January 18 to February 22**

**(6 classes) *Deadline for Registration Tues. Jan.13***

**Price: \$87.00 (Non-Member \$117.00)**

## **LEARN TO SPEAK SPANISH LEVEL TWO, NIVEL DOS    **OLW2** VIA ZOOM**

***Instructor: Cecilia Hamel***

Come and learn more Spanish. This class is meant for those who have either taken Spanish Level One, or another intro level of Spanish course and wish to further their skills and be more confident with the oral language.

**Tuesdays, 11:00 am to 12:45 pm**

**March 01 to April 5**

**(6 classes) *Deadline for Registration Tues. Feb. 22***

**Price: \$87.00 (Non-Member \$117.00)**

## **EASTER CRAFT WORKSHOP    **W41****

***Instructor: Anne Marie Craig***

Join Anne Marie for a crafty session creating a one-of-a-kind Easter craft CREATION. Work at your own pace. Knowing Anne-Marie the project will be fabulous!

**Wednesday March 30**

**10:00 am - 2:00 pm**

***Deadline for Registration Wed. Mar. 23***

**Price: \$25.00 (Non-member \$55.00)**

## **S.A.S.A. GIFT CERTIFICATES**

**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 S.A.S.A. programs, activities, special events, or have lunch at the Red Willow Cafe.**

**YOU CAN'T GO WRONG!**



# Info. Sessions & Workshops

## 3 PART LECTURE SERIES

### Part One - Schooling

**Facilitator: David Wangler**

**W29**

The first and most important question of any social institution is "What is it for? What purpose (s) does it fulfill and how effective is the social institution in achieving this purpose? There is much debate-see recent discussion about the new UPC curriculum-about what the process of schooling is supposed to do. This initial lecture will look at this issue and consider different approaches to the aim (s) of the educational process.

Monday January 24 10:00 am - 11:30 am

**Deadline for Registration Mon. Jan. 17**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

### Part Two - Society

**Facilitator: David Wangler**

**W27**

Is society real? Question sounds dopey or even absurd but whatever answer is given, it will deeply influence what actually happens on a daily basis in school rooms. If society is real and somewhat or extensively independent of its members, are we simply puppets within it or shills for it? How important is the individual to the effective operation of any society and which way does influence go--society to individual or reverse?

Monday January 31 10:00 am - 11:30 am

**Deadline for Registration Mon. Jan. 24**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

### Part Three - The Self

**Facilitator: David Wangler**

**W28**

All or most Democratic states have a high regard for the individual and his/her dignity. Plato commented on this in his "The Republic" as did Francis Fukuyama in his recent book "Identity". The issue considered here will be is the process of schooling for the individual self or for the overall well-being of the society? Many modern educational thinkers think that the individual self should be the primary focus of the educational endeavor and that democracy requires that this be the case. We will consider both sides of this controversy.

Monday February 07 10:00 am - 11:30 am

**Deadline for Registration Mon. Jan. 31**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

## Annual 2021 Global Financial Market Review & 2022 Outlook

**Presenter: Weichurn Woo, CIM, EPC**

**W30**

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting you retirement savings and investment strategies now and into the future. We will review what has happened in 2021, and look at forward guidance on what to expect for 2022.

Thursday January 27 10:30 am - 12:00 pm

**Deadline for Registration Thur. Jan. 20**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

## Investing in a Socially

## Responsible & Ethical Way

**Presenter: Weichurn Woo, CIM, EPC**

**W31**

The fastest growing trend among both millennials and seniors is responsible and environmental investing. It is an approach to investing that targets environmental, social, and ethical corporate governance into investment selections, to generate sustainable, long term returns. Investors are more aware than ever when a company does questionable activities that are unethical, and will stay away from investing in the stock on the grounds of their principles and values. People want to feel good about the type of companies they invest in, while still potentially generating decent investment returns.

Thursday February 17 10:30 am - 12:00 pm

**Deadline for Registration Thur. Feb. 10**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

## Optimizing the Retirement

## Benefits of a Tax Free Savings

## Account

**Presenter: Weichurn Woo, CIM, EPC**

**W32**

The tax free savings account has been out since 2009, it is now 2022 and many Canadians are still confused about how best to use this tax saving investment shelter. What complicates matters further, is that depending on which financial rep. of the bank you deal with, there seems to be conflicting advice. Join Wei Woo to clarify 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.

Thursday March 24 10:30 am - 12:00 pm

**Deadline for Registration Thur. Mar. 17**

Price: \$2 (Non-member \$5)

# Info. Sessions & Workshops



## OPTOMETRY PRESENTATION

**Presenter: Dr. Sunny Singh** **W33**

Join Dr. Singh for a presentation discussing Ocular disease and how to treat/prevent or slow progression of said disease. Discussion on different dry eye therapies including new technologies involved. Following the presentation there will be a question and answer period.

Tuesday January 11 10:00 am - 12:00 pm

**Deadline for Registration Tue. Jan. 4**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

## AUDIOLOGY PRESENTATION **W34**

**Presenter: Kathy Pickford, MSc., R. Aud.**

Join Kathy Packford and learn about the significance of hearing loss in issues such as dementia and mild cognitive decline. You will gain information about different types of hearing loss, ways to improve hearing using hearing aids and other assistive devices and the importance of a diagnosis and treatment of hearing loss on overall health and quality of life.

Monday February 28 10:00 am - 11:00 am

**Deadline for Registration Fri. Feb. 18**

Price: \$2 (Non-member \$5)

Fee to be paid at check-in

## ADVANCE CARE PLANNING

### TWO PART WORKSHOP

#### CREATE/UPDATE YOUR PERSONAL DIRECTIVE **W35**

**Facilitator: Gina Vliet, Change Specialist, Death Educator, Certified Executor Advisor, Licensed Funeral Services Pre-Planner**

By the end of this two-part workshop, you will:

1. Be able to explain why a Personal Directive is important, outline what goes in it, and discuss how to use it effectively as an end of life/quality of life planning tool.
2. Have created or updated your Personal Directive, based on your own personal values, priorities, and health requirements.

#### Part One

Monday February 25 9:30 am - 11:30 am

#### Part Two

Monday March 04 9:30 am-11:30 am

**You will be registered in both dates**

**Deadline for Registration Fri. Feb. 18**

Price: \$46 (Non-member \$76)

## CARING FOR THE CAREGIVER

**Facilitator: Gina Vliet** **W42**

Before you can support others, you must support yourself. In this workshop we will discuss what caregiver self-care looks like. We will delve into resources, stress management and other areas of control that will allow for respite, helping us avoid caregiver burnout.

Friday January 21 9:30 am - 11:30 am

**Deadline for Registration Fri. Jan. 14**

Price: \$23 (Non-member \$53)

## SIMPLIFYING YOUR LIFE **W43**

**Embracing Minimalism Where it Counts**

**Facilitator: Gina Vliet**

Did you know that decluttering has many hidden benefits? It can reduce stress, improve focus, and increase productivity. In this workshop we explore how the smallest decluttering habits can provide big mental health benefits for us and for those around us.

Friday April 01 9:30 am - 11:30 am

**Deadline for Registration Fri. Mar. 25**

Price: \$23 (Non-member \$53)

## SETTING HEALTH

### BOUNDARIES

**Facilitator: Gina Vliet** **W36**

We all want to do the right thing, to be helpful, useful, and productive. But saying yes to everything can be exhausting! In this session we explore how to make authentic, nurturing decisions, and how to banish the 'shoulds' from our lives without feeling guilty about saying no.

Friday March 11 9:30 am - 11:30 am

**Deadline for Registration Fri. Mar. 04**

Price: \$23 (Non-member \$53)

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

[www.stalbertseniors.ca](http://www.stalbertseniors.ca)



# Info. Sessions & Workshops

## **PREPARING TO SELL YOUR HOME THIS SPRING?** W37 *Facilitator: Jolyn Hall*

The spring real estate market starts much earlier than most people expect. Learn how to get your home ready for the spring market rush and know how to make your home stand out amongst all the other homes in your neighborhood. Join Jolyn Hall, Seniors Real Estate Specialist® with Schmidt Realty Group Inc. as she helps you prepare to get your home on the market this spring with confidence.

Monday January 17 10:30 am - 11:30 pm  
**Deadline for Registration Mon. Jan. 10**  
Price: \$2 (Non-member \$5)  
Fee to be paid at check-in

## **DOES YOUR HOME MEASURE UP TO AGING IN PLACE?** W38 *Facilitator: Jolyn Hall*

Learn about the 3 feet rule and other tips that can help you prepare your home to age in place. Join Jolyn Hall of Edmonton55 as she shares both simple and more complex changes you can make to your home to maintain your independence as long as possible. Participants will get a mini assessment they can do at home to see how their home measures up for aging in place.

Monday February 14 10:30 am - 11:30 pm  
**Deadline for Registration Mon. Feb. 07**  
Price: \$2 (Non-member \$5)  
Fee to be paid at check-in

## **DOWNSIZE TO RIGHT SIZE** W39 *Facilitator: Jolyn Hall*

Learn the benefits of downsizing your home to a right size that can promote increased independence for aging well. Jolyn Hall, a 55+ Housing Navigator with Edmonton55 will guide you through figuring out if a downsize is right for you, what to consider when looking for the next living option, and how to plan to minimize your moves in the future. Learn if a downsize could be of benefit to your aging well goals.

Monday March 14 10:30 am - 11:30 pm  
**Deadline for Registration Mon. Mar. 07**  
Price: \$2 (Non-member \$5)  
Fee to be paid at check-in

## **Social Events at S.A.S.A.**

**The St. Albert Seniors Association is proud to host a variety of social events throughout the year. They can include Dinner & Dances, Breakfast Clubs, Social Dinners, Thanksgiving, Easter and Christmas brunches or dinners.**  
[www.stalbertseniors.ca/specialevents](http://www.stalbertseniors.ca/specialevents)



The Red Willow

CAFE

**Our Red Willow Café is open daily Monday to Friday 9am to 2pm. Lunch is served 11am to 2pm. You do not have to be a member to come and enjoy delicious homemade meals everyone is welcome. Fish & Chips Friday and Liver & Onions Thursday have become increasingly popular.**  
[www.stalbertseniors.ca/willow/weekly-lunch-menus/](http://www.stalbertseniors.ca/willow/weekly-lunch-menus/)



**\*\*Varieties On Hand May Vary,  
Please Contact The Kitchen  
780-459-0433 Ext. 8**

**Homemade**

**Soups To Go**

**\$10.00 Large**

**\$5.00 Medium**

- \*Beef Barley **DF**
- \*Borscht **GF DF**
- \*Cream of Broccoli **GF**
- \*Carrot Ginger **GF**
- \*Chicken Noodle **DF**
- \*Clam Chowder **GF**
- \*Cream of Mushroom **GF**
- \*Hamburger **GF DF**
- \*Italian Wedding **GF DF**
- \*Lentil **GF DF**
- \*Loaded Potato **GF**
- \*Minestrone
- \*Roasted Vegetable **GF**
- \*Tomato Bisque **GF**

**Single Serve Meals To Go**

**\$12.00 Each**

- \*Turkey Dinner
- \*Ham & Scalloped Potatoes
- \*Shepherd's Pie
- \*Lasagna
- \*Roast Beef Dinner **GF**
- \*Ukrainian Dinner
- \*Meatloaf Dinner
- \*Sweet & Sour  
Meatballs & Rice
- \*Pork Schnitzel Dinner
- \*Liver & Onions Dinner
- \*Salmon Filet & Rice **GF**
- \*Chicken, Rice, Mushroom Sauce
- \*BBQ Ribs, Potato, Corn Dinner **GF**
- \*Chicken Fried Rice & Vegetables

**\*GF (Gluten Free)**

**\*DF (Dairy Free)**



**RED WILLOW CAFÉ**

**7 TACHE STREET**

*Mindy's Gazebo*

# Chef's Choice Entrée Menu

**Chef's Choice is a frozen product made and packaged at Edmonton Meals on Wheels**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

<sup>1</sup> Pick up or Delivery: **Minimum Order for Delivery is \$12.00**

Delivery Date: \_\_\_\_\_

Total of Order: \$ \_\_\_\_\_

**Orders for Friday delivery must be received in our office by 11am on the Tuesday of the same week.  
Call 780-459-0433 ext. 7 or email [businessmanager@stalbertseniors.ca](mailto:businessmanager@stalbertseniors.ca)**



St. Albert Seniors Association



Edmonton meals on wheels  
feeding body and soul\*

\*items and prices subject to change

<span style="font-size: 2em; color: red;">beef</span>	
<b>Classic Meatloaf</b> with mushroom gravy, mashed sweet potatoes, and peas	<b>\$6.00</b>
<b>Shepherd's Pie</b> with carrots and peas	<b>\$6.00</b>
<b>Salisbury Steak</b> with gravy, sauteed onions, roasted potatoes, and cauliflower	<b>\$6.00</b>
<b>Beef and Spinach Lasagna</b> with cauliflower and french beans	<b>\$6.00</b>
<b>Spaghetti and Meatballs</b> with carrots and corn	<b>\$6.00</b>
<b>Ukrainian Duo</b> of perogies, a cabbage roll, and dilled beets	<b>\$6.00</b>
<b>Beef Stew</b> with mashed potatoes and corn	<b>\$6.00</b>
<b>Beef Stir-fry Bowl</b> with mixed peppers	<b>\$6.00</b>
<b>Savoury Meat Pie</b> with roasted root vegetables, mashed potatoes, and gravy	<b>\$6.00</b>
<b>Roast Beef</b> with gravy, garlic mashed potatoes, and carrot-turnip mash	<b>\$6.00</b>
<b>Spicy Beef Stew</b> with rice, carrots, and turnips <span style="color: teal;">HALAL</span>	<b>\$7.00</b>

<span style="font-size: 2em; color: yellow;">poultry</span>	
<b>Mushroom Chicken</b> with mashed potatoes and sunrise vegetables	<b>\$6.00</b>
<b>Roasted Chicken with Gravy</b> and cheesy potatoes, peas, and red pepper	<b>\$6.00</b>
<b>Fresh Herb Baked Chicken Thighs</b> with yellow rice and cauliflower	<b>\$6.00</b>
<b>Chicken Stir-fry Bowl</b> with mixed peppers	<b>\$6.00</b>
<b>Chicken Cordon Bleu</b> with garlic mashed potatoes and PEI mix vegetables	<b>\$6.00</b>
<b>Butter Chicken Bowl</b> with broccoli	<b>\$6.00</b>
<b>Sweet Curry Chicken</b> <span style="color: teal;">HALAL</span>	<b>\$7.00</b>
<b>Roasted Turkey</b> with gravy, stuffing, mashed potatoes, peas, and pearl onions	<b>\$6.00</b>
<b>Turkey Pot Pie</b> a savoury blend of turkey and vegetables in homemade gravy	<b>\$6.00</b>

<span style="font-size: 2em; color: teal;">seafood</span>	
<b>Cod with Dill Sauce</b> with rice pilaf and peas and carrots	<b>\$6.00</b>
<b>Pesto Salmon</b> with rice and broccoli	<b>\$6.00</b>
<b>Baked Salmon with Herb Butter</b> with wild rice pilaf and honey yellow carrots	<b>\$6.00</b>
<b>Pesto Shrimp Linguine Bowl</b> tiger shrimp in a basil pesto sauce with linguine and mixed vegetables	<b>\$6.00</b>

<span style="font-size: 2em; color: red;">pork</span>	
<b>Roasted Pork Loin</b> with gravy, apple stuffing, roasted sweet potatoes, and broccoli	<b>\$6.00</b>
<b>Ham with Cranberry Apricot Sauce</b> with scalloped potatoes and brussels sprouts topped with caramelized onion	<b>\$6.00</b>
<b>BBQ Pork Riblets</b> with potato wedges and green beans	<b>\$6.00</b>
<b>Bratwurst</b> with sauerkraut, braised cabbage, and fried potatoes	<b>\$6.00</b>