

PROGRAM GUIDE \$2.00

WINTER GUIDE 2024

AT THE 50+ ACTIVITY CENTRE

RED WILLOW PLACE
7 TACHE STREET
ST. ALBERT, AB
T8N 2S3



PHONE: 780-459-0433

WWW.STALBERTSENIORS.CA

St. Albert Seniors Association

50+ Activity Centre

Visit us at Red Willow Place, a friendly gathering place for people aged 50 and over. The Centre hosts numerous classes, activities and events for your mind, body, and spirit. Other services provided include a bistro, meal program, transportation program, outreach services, information, and facility rental.

The 50+ Activity Centre (S.A.S.A) is located at Red Willow Place. It features 16,495 square feet of space for senior activities and rentals. The Association currently has more than 1,325+ participants, with services provided by full-time and part-time staff as well as volunteer opportunities.

S.A.S.A MISSION: Enhancing the lives of older adults with activities and services.

S.A.S.A VISION: Seniors lives enriched and meaningful.

MEMBERSHIP AND BENEFITS - Yearly fee \$110.00 with a free activity card

For persons aged 50 and over (spouses younger than 50 may join) ^[OBJ]

Voting rights at the Annual General Meeting with reduced drop-in fees

Priority registration for classes – If a class is full, non-member registrants will be put on a waiting list and members will receive priority placement.

Annual S.A.S.A calendar

Reduced class registration fees

Reduced price on special events

Activity cards available to members only

Reduced rental rates

HOW TO CONTACT US

Red Willow Place, 7 Tache Street, St. Albert AB T8N 2S3

Phone: 780-459-0433

www.stalbertseniors.ca

email: info@stalbertseniors.ca

HOURS OF OPERATION: Monday to Friday from 8:30 am to 4:30 pm.

CLOSED ALL HOLIDAYS AND WEEKENDS

Board and staff members sincerely thank all the people who give the gifts of time, talent, and treasure. We also recognize our government funders who generously contribute to the organization.



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NEWSLETTER

Everyone who has subscribed to our newsletter receives it by email weekly. Its contents are Association news, programs, upcoming events, and messages from the Executive Director and/or the Board President. If you don't already receive our newsletter, you can easily subscribe to it by providing us with your email or going online, choose the newsletter dropdown and sign up. You don't need to be a member to subscribe!

DISCLAIMER

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

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 sustained by participants.

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 weekly newsletter or call the Centre at 780-459-0433.

PHOTOS AND VIDEOS

Staff members and volunteers often take photos and videos during activities and events held at the Centre. These photos and videos may be used to promote the Association in program guides, calendars, e-bulletins, newsletters, on posters, social media, and our website. Participants must inform staff or front desk if they wish to be excluded from photos and videos.

FACILITY AMENITIES

ATM	Scent-free environment	Free - Wi-Fi
Free parking	Several allocated handicapped parking	
Wheelchair accessible building (classes, bistro, activities, events, washrooms)		

CLASS INFORMATION

All classes list both member and non-member prices.
All classes must meet a minimum number of registrants to run.
Winter classes begin the week of **January 8th** unless otherwise stated.

CANCELLATIONS AND REFUNDS

If an entire series is cancelled, registrants will be contacted and refunded. If an instructor cancels the single class, the class will be rescheduled. If the Association cancels the class, you will either be rescheduled or refunded. After the first class, **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.

DONATIONS

Your generous donations contribute in many ways to help us serve seniors in the community. As the center is growing, and as government funding continues to be reduced, we are more reliant on our donors to help us fulfill our mission.

The Board has adopted the Donor Bill of Rights as Policy, so you can be assured your money will be used as directed by you.

If you can help us, you can donate over the phone, on our website by pressing the DONOR button at the top of the page on the right, or at the front desk.

Donations over \$500.00 are acknowledged publicly unless you say you'd rather not have us do that.

Fall Class Registration

Registration starts December 1/2023

Non -members could possibly be bumped if a class is full, you will be put on a waiting list and contacted if spaces open.

How To Register Online

To register online, you must have an online account. If you don't have an online account, all you need is to be a current S.A.S.A member, your key tag, and your email address. If you need assistance activating your online account or wish to use an existing credit, please visit the Front Desk, or call 780-459-0433.

On Your phone:

Go to www.stalbertseniors.ca.

Click on the Menu Bar (may read Menu or display 3 lines)

Scroll down to the bottom and click on Member Login. This will take you to the My Active Senior page.

Click on New Users

Follow the steps and enter your key tag number, the same phone number you gave S.A.S.A, your email address and create a password.

On Your Computer, Tablet, smart phone, or iPad:

Go to www.stalbertseniors.ca.

Click on Member Login. This will take you to the My Active Senior page.

Click on New Users

Follow the steps and enter your key tag number, the same phone number you gave S.A.S.A, your email address and create a password.

ACTIVITY FEES

ARE FOR: MEMBERS & GUESTS



ARTS & CRAFTS

REGISTER EARLY TO AVOID CLASS CANCELLATIONS

WAR1. PEN & WASH AT ALL LEVELS

Instructor: Lily Jeung

In this class you will learn how to sketch with a pen and apply water or watercolor.

You will be shown how to sketch and paint quickly in an expressive and loose style which will lead you to keep a painting journal/sketch book for your everyday life or travel journal wherever you go.

The paint subjects will be flowers, nature scenes, everyday life objects, streets, buildings, people, etc. anything that would make good sketches/paintings.

Monday 1:00 am – 4:00 pm

Jan 8, 15, 22, 29, Feb 5 & 12 (6 Classes)

Price: \$140.00 (Non-member \$180.00)

AR1A. Session 2 – Mar 4, 11, 18, 25 Apr 8, 15 (6 Classes)

Price: \$140.00 (Non-Member \$180.00)

WAR2. DRAWING ALL LEVELS

Instructor: Willie Wong

Learn to draw simple designs and shade with different pencils and tools. Easy to follow handouts available.

Supply list at front desk.

Monday 10:00 am – 12:00 pm

Jan 15, 22, 29, Feb 5 & 12 (5 classes)

Price: \$120.00 (Non-member \$160.00)

WAR3. WATERCOLOUR FOR ALL LEVELS

Instructor: Willie Wong

This session will challenge you to draw or sketch freehand the subjects we are going to paint. There will be handout as well to help you along. We will also cover small paintings (part 3). **Supply list at front desk.**

Tuesday 10:00 am - 12:00 pm

Jan 9, 16, 23, 30 Feb 6 & 13 (6 Classes)

Price: \$135.00 (Non-member \$175.00)

WAR4. WATERCOLOUR MADE EASY

Instructor: Willie Wong

This session will challenge you to draw or sketch freehand the subjects we are going to paint. There will be handout as well to help you along. We will also cover small paintings (part 3). **Supply list at front desk.**

Tuesday 10:00 am - 12:00 pm

March 12, 19, 26 April 2 & 9 (5 Classes)

Price: \$120.00 (Non-member \$160.00)

WAR5. ANIMALS IN COLORED PENCIL

Instructor: Susan Casault

Join us in drawing a variety of animals in coloured pencil. Explore the versatile medium of coloured pencil through demonstrations and one-on-one guidance. You will learn different mark-making and blending techniques and how to layer colors to create depth and richness in your drawings. Photo reference will be provided by the instructor. Some experience with coloured pencil is recommended. **Supply list at front desk.**

Tuesday 1:00 am – 4:00 pm

Mar 5, 12, 19, 26, Apr 2, 9 (6 classes)

Price: \$140.00 (Non-member \$180.00)

WAR7. BEGINNER WOODSHOP CLASS

Instructor: Tony Robinson and Darryl Wolter

In this class you will learn how to use the tools to build your own birdhouse. The instructors will guide you on how to use the equipment safely to cut and assemble your project. This is a 4-week class and when you are finished you will have a beautiful, stained birdhouse to take home with you!!

Wednesday 10:00 am – 12:00 pm

Jan 10, 17, 24 & 31st (4 classes)

Price: \$50.00 (Non-member \$90.00)

WAR8. BIRD CARVING: BLACK-CAPPED CHICKADEE

Instructor: Diane Sharkey



Carving and painting a Black-Capped Chickadee Learn to carve with award winning instructor Diane Sharkey. Diane has taken numerous courses with world class carving champions and is excited to share her skills with you. Whether you are experienced or new to carving, she will guide you through step by step to a completed bird you will be proud to display.

Wood cutout is \$25.00 paid to the instructor on first class.

Supply list at front desk.

Thursday 1:00 pm – 4:00 pm

Jan 11, 18, 25, Feb 1, 8, 15, 22, 29, Mar 7, 14, 21, & 28 (12 classes)

Price: \$200.00 (Non-member \$240.00)

You cannot join this class after it has started it is progressive and ongoing to finish your project in the time frame listed above.

WAR9. MELT & POUR SOAP MAKING CLASS

Instructor: Di Burga

The soap is a premade glycerin soap base. The lye part is already complete. Learn how to make beautiful, incredible fancy, colorful soap with melt and pour. The possibilities are endless. The best part of this class is discovering what you can create. The hardest part of this class is deciding. Customize your soap with

your favorite colors and scents. This class will demonstrate advanced techniques like layers, embeds, and swirls so that you may make soap like a pro. **All supplies included in the price.**

- Learn swirls, layers and embeds
- You will use and take home the mold
- Your choice of essential oil or fragrance and colors.
- Discover the difference between our high-quality Melt and Pour soap bases and cheap ones and the benefits for your skin.
- Extra Soap supplies and molds are also available for sale after class.

Wednesday, February 14th

Price: \$90.00 (Non-member \$130.00)



INFORMATION SESSIONS

Pre-register for ALL information sessions

REGISTER EARLY TO AVOID CLASS CANCELLATIONS

WIS1. FREEDOM, FEELING, FEAR PHILOSOPHY AND FREUD

Instructor: Dr. David Wangler

Five lectures that will consider each of these issues and the relationships among all of them.

Monday 10:00 am – 11:00 am

Jan 8, 15, 22, 29 & Feb 5

Price: \$5.00 (Non-member \$10.00)

WIS2. ANNUAL 2023 GLOBAL FINANCIAL REVIEW & 2024 OUTLOOK

Instructor: Weichurn Woo

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2023 and look forward guidance on what to expect for 2024. Of note is

how the landscape continued to change in 2023, with the growing importance of alternatives investments in retirement portfolios to help offset the dismal performance of bond returns in the past 3 years.

Thursday, January 25 from 10:00 am – 11:00 am

Price: \$5.00 (Non-member \$10.00)

WIS3. UNDERSTANDING INVESTMENT FEES WITH YOUR BANK

Instructor: Weichurn Woo

An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of investment and financial advice fees they are paying directly or indirectly, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee-based accounts, and if they are truly beneficial to your situation.

Thursday, March 21 from 10:00 am – 11:00 am

Price: \$5.00 (Non-member \$10.00)



WIS4. "THE RIGHT SUPPORTS IN THE RIGHT PLACE"

Instructor: Cruz Pinzon

A follow up conversation with users of home care services and community-based in-home and personal supports.

This class is intended mostly for the older age in St. Albert and Sturgeon County who've been referred to care and in-home supports to age in place.

Wednesday, April 10th from 10:00 am – 12:00 am

Price: \$5.00 (Non-member \$10.00)

WIS5. ST. ALBERT PUBLIC LIBRARY PRESENTATIONS

Instructor: Janice Cheung

Come join us in the lobby for information on the library and what it can offer you. Thursday February 22nd and Thursday March 14th from 11:30 am – 1:30 pm

WIS6. WILLS & ESTATE PLANNING

Instructor: Liam Connelly & Jaylyn Michalchuk

Have you made your Will; do you need to make changes to your will? Has anyone explained in English and not Legalese the actual process of making your Will? Has anyone explained how to set up a trust?

Liam Connelly with over 25 years law experience and over 20 years teaching in university will demystify and explain the process. Come and find out what is exactly involved in writing a Will and the related documents

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including Personal Directive and Enduring Power of Attorney. Come and find out about leaving money to charities and setting up trusts.

Come and find out about the process of doing a Will and the estate planning that can go into it to be able to leave for your family the correct information of what you want done. Remember where there is a Will there is a Way.

Jaylyn Michalchuk CERTIFIED FINANCIAL PLANNER with IG Wealth management is on a mission to help everyone have an estate plan to ensure end of life wishes are fulfilled and assets are passed on in the intended manner that is tax efficient. She believes a good estate plan keep's family relationship intact. Jaylyn will provide insight and education on what an estate plan is, what happens when you pass away and items to consider.

Friday February 2nd from 10:00 am – 11:30 am

Price: \$5.00 (Non-member \$10.00)

WIS11. WHAT'S MY TREASURE WORTH?

Instructor: Johanne Yakula

Have you ever wondered how appraisers calculate value when looking at antiques? Attend this informative two hour talk and learn how you can do it yourself. This event is in three parts.

Part 1 - you will learn the specific criteria that affect the value of an object.

Part 2 - Johanne will show how she does online research by using items the participants brought.

Part 3 - will cover how best to sell your items when and if that time comes.



Wednesday March 20th from 10:00 am – 11:00 am

Price \$10.00 per person per session

Each attendee is invited to bring one item for discussion.

Johanne is providing her services as a fundraiser for us!!

WIS7. EMPOWERING AGING: STRENGTH TRAINING FOR OLDER ADULTS

Instructor: Amy Eversley, Aquatic Therapist

Join Amy Eversley, Leading Edge Physiotherapy Kinesiologist and Aquatic Therapist, for a strength training talk tailored for seniors. This session will focus on safe and effective exercises to improve muscle strength, balance, and overall well-being, promoting a more active and independent lifestyle in your golden years.

Wednesday, February 7th from 10:00 am – 11:30 am

Price: \$5.00 (Non-member \$10.00)

WIS8. ELDER ABUSE TALK – MAKING CHANGES TO YOUR WILL

Instructor: Liam Connelly

Have you been asked to make changes to your Will? Have your children or family asked you to leave them something in your Will or change your Will?



Change is inevitable, there are good ways and bad ways to go about this. Liam Connelly with over 25 years law experience and over 20 years teaching in university will demystify and explain the process. Come and learn about making changes to your Will and related documents including Personal Directive and Enduring Power of Attorney. Come and find out how to set up trusts, leave money to charity and do gifts to your family while you are still here. There are good ways to do this and bad ways to do this. I will explain how to do it well.

Come and find out about the process of changing a Will and the estate planning that can go into it to be able to leave for your family the correct information of

what you want done.

Come and find out how to do this properly and safely. Remember where there is a Will there is a Way.

Wednesday March 13th from 10:00 am – 11:30 am

Price: \$5.00 (Non-member \$10.00)

WIS9. TRINITY FUNERAL HOME SEMINAR

Instructor: Vince Gobeil

“Bring Your Questions”

Topics:

Traditional Burial

Green Burial Services

Cremation Services

Final Document Services

Pre-Planning

Travel Plans

Question Period

Wednesday February 21st from 10:00 am – 12:00 pm

Price: \$5.00 (Non-member \$10.00)

WIS10. AGING WELL WITH NUTRITION - NEW

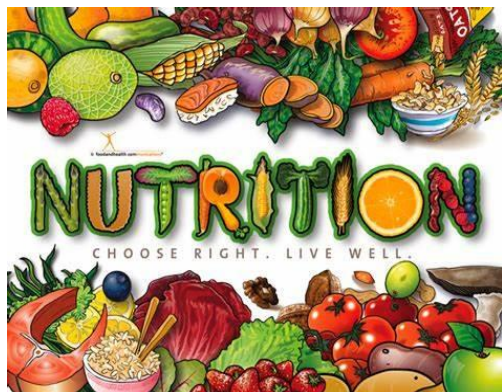
Instructor: Kristen Hruschak

Introducing a 4-week course on all things nutrition for healthy aging. Learn how nutrition needs change with age and discover the foods essential for healthy aging. Common challenges to eating well will be discussed and you will be provided with practical solutions. Curious about nutrition for brain health? We will explore the most up-to-date research on how the foods we eat can impact our brain health. Practical advice will be provided to improve brain health as we age. You will also learn how to save money at the grocery store.

Kristen will share tips and tricks for affording a healthy diet without breaking the bank. We'll also explore various funding sources available for meeting older adults' nutritional needs. Tired of the same old recipes? You will also learn how to simplify meal planning and save time and energy with Kristen's expert knowledge. Learn fresh ideas and healthy recipes to try at home.

Course explanation by class breakdown:

1. **Nutrition 101** Learn how nutrition needs change with age and discover the foods essential for healthy aging. Common challenges to eating well will be discussed and you will be provided with practical solutions.
2. **Nutrition for Brain Health** Curious about nutrition for brain health? We will explore the most up-to-date research on how the foods we eat can impact our brain health. Practical advice will be provided to improve brain health as we age.
3. **Saving Money at the Grocery Store** Kristen will also share tips and tricks for affording a healthy diet without breaking the bank. We'll also explore various funding sources available for older adults' nutrition needs.
4. **What's for Supper?** You will learn how to simplify meal planning and save time and energy with Kristen's expert knowledge. Tired of the same old recipes? Learn fresh ideas and healthy recipes to try at home.



Instructor Bio:

Kristen Hruschak is a Registered Dietitian and Owner of Aging Well Nutrition Services. With a passion for assisting caregivers and older adults in navigating nutrition concerns related to aging, Kristen has actively engaged with various long-term care centers across the Edmonton area for nearly a decade. As the Education and Events Co-chair of the Dietitians of Canada Gerontology Network, Kristen continues to contribute her expertise. She was a contributing author for the "Menu Planning in Long Term Care and Canada's Food Guide 2019" guide and served as the most recent chair of the Long-Term Care Registered Dietitian Action Group for Alberta, advocating for improved

access to nutrition and dietitian services in the province.

Monday 10:00 am – 12:00 pm

Mar 4, 11, 18 & 25 (4 classes)

Price: \$40.00 (Non-member \$80.00)

FITNESS & DANCE CLASSES

REGISTER EARLY TO AVOID CLASS CANCELLATIONS.

MONDAY

WC1. LINE DANCING – BEGINNER

Instructor: Tracy Walters

Line dancing is low impact, a great 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 experience necessary. Shoes with leather soles recommended.

Monday 9:00 am – 10:00 am

Jan 8, 15, 22, 29, Feb 5, 12 (6 classes)

Price: \$55.00 (Non-member \$95.00)

WC1A Session 2 – Mar 4, 11, 18, 25 & April 8 & 15 (6 Classes)

Price: \$55.00 (Non-Member \$95.00)

Blackout Dates: April 1st

WC2. LINE DANCING – INTERMEDIATE

Instructor: Tracy Walters

Line dancing is low impact, a great exercise and fun for all ages. This is a class for those who have taken beginner line dance classes but just 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.

Monday 10:15 am - 11:15 am

Jan 8, 15, 22, 29, Feb 5, 12 (6 classes)

Price: \$55.00 (Non-member \$95.00)

WC2A Session 2 – Mar 4, 11, 18, 25 & April 8 & 15 (6 Classes)

Price: \$55.00 (Non-Member \$95.00)

Blackout Dates: April 1st

WC3. CARDIO DANCE FIT

Instructor: Elise Millard

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 benefitting from increased cardio endurance, strength training, stretching, balance and posture, just to name a few. Please bring resistance loop band and weights to class. Weights can be provided by the facility. This class can be modified to suit your fitness needs.

Monday 11:30 am – 12:30 pm

Jan 8, 15, 22, 29, Feb 5, 12 (6 classes)

Price: \$55.00 (Non-member \$95.00)

WC3A. Session 2 - Mar 4, 11, 18, 25 & April 8 & 15 (6 Classes)

Price: \$55.00 (Non-member \$95.00)

Blackout Dates: April 1st

WC31. MINDFUL MOVEMENT – RECLAIMING HEALTH & VITALITY - NEW

Instructor: Louise Lepore

This program is tailored for individuals who have had a period of inactivity or have chronic conditions that may be improved through gentle exercise. Standing or sitting or both with no floor exercise you will engage in a light cardio warmup, strengthening exercises with an emphasis on improving balance and posture and conclude with gentle overall stretches. Work at your own pace, have fun meet new people while maintaining your fitness level.

Monday 11:30 am – 12:30 pm

Jan 8, 15, 22, 29, Feb 5, 12 (6 classes)

Price: \$55.00 (Non-member \$95.00)

WC31A. Session 2 - Mar 4, 11, 18, 25 & April 8 & 15 (6 Classes)

Blackout Dates: April 1st

Price: \$55.00 (Non-member \$95.00)

WC4. BETTER FITNESS & BALANCE THRU TAI CHI

Instructor: Brad Schultz

Gain greater strength, stamina, and mobility thru Tai Chi. Learn individual movements 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!

Monday 1:00 pm – 1:45 pm

Jan 8, 15, 22, 29, Feb 5, 12 (6 classes)

Price: \$65.00 (Non-member \$105.00)

WC4A. Session 2 - Mar 4, 11, 18, 25 & April 8 & 15 (6 Classes)

Blackout Dates: April 1st

Price: \$65.00 (Non-member \$105.00)

WC5. CHAIR YOGA

Instructor: Twyla Domoslai

This course is suitable for all ages and all fitness levels. If you're looking for an alternative to traditional floor yoga while getting the same benefits, look no further. Chair Yoga is a great way to gently stretch and strengthen key muscle groups while staying safe and respecting your body's limits. This is a wonderful practice for seniors, office workers who want to do yoga at their desk or people working with injuries. Twyla has practiced yoga for over a decade and is a certified Yin Yoga and Chair Yoga instructor. Yoga should be accessible to everybody and not limited to only the young and super flexible. Start the New Year with gentle health and new flexibility!

Monday 1:00 pm – 1:45 pm

Jan 8, 15, 22, 29, Feb 5, 12 (6 Classes)

Price: \$60.00 (Non-member \$100.00)

WC5A. Session 2 - Mar 4, 11, 18, 25 & April 8 & 15 (6 Classes)

Blackout Dates: April 1st

Price: \$60.00 (Non-member \$100.00)

TUESDAY

WC6. STRENGTH BALANCE & FLEXIBILITY

Instructor: Heike Scott

Strength, Balance & Flexibility for seniors is a total body workout with a focus on strengthening the core and limbs for stronger body's and fall prevention. We amplify the body's movement, through stretch, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, light weights. All levels of fitness and mobility are welcome.

Tuesday 9:00 am – 10:00 am

Jan 9, 23, 30, Feb 6, 13 & 20 (6 classes)

Price: \$75.00 (Non-member \$115.00)

WC6A. Session 2 Mar 5, 12, 19, 26, Apr 2, 9 (6 Classes)

Blackout: Jan 16th

Price: \$75.00 (Non-member \$115.00)

WC7. STRENGTH BALANCE & FLEXIBILITY

Instructor: Heike Scott

Strength, Balance & Flexibility for seniors is a total body workout with a focus on strengthening the core and limbs for stronger body's and fall prevention. We amplify the body's movement, through stretch, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, light weights. All levels of fitness and mobility are welcome.

Tuesday 10:15 am – 11:15 am

Jan 9, 23, 30, Feb 6, 13 & 20 (6 classes)

Price: \$75.00 (Non-member \$115.00)

WC7A. Session 2 Mar 5, 12, 19, 26, Apr 2,9 (6 Classes)

Blackout: Apr 16th

Price: \$75.00 (Non-member \$115.00)

WC8. AGING BACKWARDS

Instructor: Stephanie Weihmann

Join Stephanie for this dynamic full body workout that simultaneously combines stretching and strengthening. Developed as 'Classical Stretch and Eccentrics' 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. This class incorporates dynamic positions in standing, sitting, and lying down. Get ready to 'Age Backwards'. Bring your own mat, water bottle, TheraBand strap, small pillow, towel, and a yoga block.

Tuesday 10:15 am - 11:15 am

Jan 9, 23, 30, Feb 6 & 13 (5 classes)

Price: \$70.00 (Non-member \$110.00)

WC8A. Session 2 Mar 12, 19, 26, Apr 2, 9 (5 Classes)

Blackout: Apr 16th

Price: \$70.00 (Non-member \$105.00)

WC9. PILATES IS FOR EVERYONE

Instructor: Heike Scott

Pilates is a low impact workout that trains the body as an integrated whole, focusing on core, strength, balanced muscle development, flexibility, increased range of motion and body-mind connection.

Tuesday 11:30 am – 12:30 pm

Jan 9, 23, 30, Feb 6, 13 & 20 (6 Classes)

Price: \$75.00 (Non-member \$115.00)

WC9A. Session 2 Mar 5, 12, 19, 26, Apr 2, 9 (6 Classes)

Blackout: Apr 16th

Price: \$75.00 (Non-member \$115.00)



WC10. HATHA YOGA FOR EVERYONE

Instructor: Barb Hagen

This gentle class is for everyone who would like to experience the benefits of yoga while practicing in a gentle dynamic way. Alternatives will be offered for those who have immobility issues so that the effect of the poses is achieved without risk.

Tuesday 11:30 am – 12:30 pm

Jan 9, 23, 30, Feb 6, 13 & 20 (6 Classes)

Price: \$75.00 (Non-member \$115.00)

Blackout: Apr 16th

WC10A. Session 2 Mar 5, 12, 19, 26, Apr 2, 9 (6 Classes)

Price: \$75.00 (Non-member \$115.00)

WC11. DANCE EXERCISE

Instructor: Emily Soriano

Try a dance workout! Dance to the beat of Jazz, Latin, and hip hop. Easy to follow steps that can help you lose weight, stay fit, reduce stress and anxiety, feeling active during the day and sleep better at night. No matter what your goal is in physical fitness always remember that your body is an investment.

Tuesday 12:45 pm – 1:45 pm

Jan 9, 23, 30, Feb 6, 13 & 20 (6 Classes)

Price: \$65.00 (Non-member \$105.00)

Blackout: Apr 16th

WC11A. Session 2 Mar 5, 12, 19, 26, Apr 2, 9 (6 Classes)

Price: \$65.00 (Non-member \$105.00)

REGISTER EARLY TO AVOID CLASS CANCELLATIONS.

WEDNESDAY

WC12. BALLROOM BASICS - NEW

Instructor: Elise Millard

Have you ever wanted to learn how to dance for a special event, wedding, vacation, or simply just for fun? The St. Albert Seniors Association is excited to announce that a brand-new Beginner Ballroom program is now being offered at the center! Whether you love the classic Foxtrot, Salsa, or the fun Swing, this class will teach you a variety of dances, so you feel comfortable and confident on the dance floor. No previous experience, or partner is required to take the program, so all are welcome.

If you have any questions about the class, please don't hesitate to contact the instructor Elise personally at (780) 504-1545 and see you on the dance floor!

Wednesday 9:00 am - 10:00 am
Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)
Price: \$70.00 (Non-member \$110.00)

WC12A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$70.00 (Non-member \$110.00)

WC13. CARDIO DANCE FIT

Instructor: Elise Millard

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 benefitting from increased cardio endurance, strength training, stretching, balance and posture, just to name a few. Please bring resistance loop band and weights to class. Weights can be provided by the facility. This class can be modified to suit your fitness needs. If you have questions, please contact Elise at 780-504-1545.

Wednesday 11:30 am – 12:30 pm
Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)
Price: \$70.00 (Non-member \$110.00)

WC13A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$70.00 (Non-member \$110.00)

WC14. KARATE FOR SENIORS - NEW

Instructor: Elaine Radulski

Itosu Kai karate incorporates stretching and various exercises to improve flexibility, strength, stamina, and balance. All moves can be done in original format or adjusted for individual limitations. Repetition allows muscle memory to develop so that moves become reflex. Classes can include beginners and advanced students as all moves evolve as students become more competent. Paired basics help in understanding the use of the moves and Kata (forms) are very useful in improving balance and improving and maintaining memory. Learn Karate! It's a KICK!

Wednesday 11:30 – 12:30 am
Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)
Price: \$70.00 (Non-member \$110.00)



WC14A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$70.00 (Non-member \$110.00)

WC15. STRETCH & RELEASE

Instructor: Elise Millard

This program is a style of stretch and self-massage class that helps increase range of motion and mobility and offers you various types of exercises that can be done at home. 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 things like 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 overall stretch from head to toe. We use chairs and yoga mats for those who can do floor work. Otherwise, chairs can be used to assist movements, making this class perfect for everyone regardless of preference of seated or standing workouts. Please bring to class: 2-4 tennis balls, one large sock, and a yoga mat. If you have questions, please call Elise at 780-504-1545.

Wednesday 10:15 am -11:15 am
Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)

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Price: \$70.00 (Non-member \$110.00)

WC15A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$70.00 (Non-member \$110.00)

WC16. BALLROOM DANCE

Instructor: Elise Millard

Whether you are preparing for a special event or simply brushing up on your skills, dancing is a fantastic way to meet new friends, engage in your community and 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 or basic dance experience. If you have questions, please contact Elise at 780-504-1545.

Wednesday 1:00 pm – 2:00 pm

Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)

Price: \$70.00 (Non-member \$110.00)

WC16A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$70.00 (Non-member \$110.00)



WC17. GOLDEN GLOVES BOXING

Instructor: Louise Lepore

This class is suited to all levels of fitness and mobility exercises are adaptable. Boxing is designed to increase balance, muscular strength, coordination, posture, heart, and cardiovascular health. Wear comfortable clothing, a good pair of sneakers and bring water. Boxing gloves are provided. Bring \$10.00 to instructor first class for the cleaning and maintaining of the boxing gloves.

Wednesday 10:15 am – 11:15 am

Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)

Price: \$70.00 (Non-member \$110.00)

WC17A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$70.00 (Non-member \$110.00)

WC18. TAI CHI BOOSTING THE IMMUNE SYSTEM

Instructor: Brad Schultz

Learn simple movements and techniques from Tai Chi and Qigong to increase blood flow, breath, energy and to supercharge your immune system itself. The regular practice of Tai Chi has been shown to increase T-cells, antibodies, bolster the lymphatic system and reduce stress, all of which directly boosts the immune system. Enhance your ability to fight off illness and sickness by bolstering your body's natural defenses thru Tai Chi and Qigong!

Wednesday 2:15 pm – 3:00 pm

Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)

Price: \$75.00 (Non-member \$115.00)

WC18A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)
Price: \$75.00 (Non-member \$115.00)

WC19. BELLY DANCING - NEW

Instructor: Twyla Domoslai

Belly Dance traditionally has been an art form practiced By women For women. It evolved to help women during their reproductive years from pain relief to more ease in childbirth to transitioning to becoming an elder. It honors the life force of women's bodies and how women naturally move, in soft, circular format rather than hard linear lines.

It is also not restricted to women as many men practice this dance form as well! All are welcome! It is a terrific form of exercise and is adaptable for any age or fitness level.

With fusion belly dance, we are also not restricted to Middle Eastern music. Many times, old and new contemporary music is used as will be in this class.

For this class, standing mobility is required. It is gentle with no experience in dance necessary. This class has an emphasis on having fun with music and movement without too much structure in the traditional dance sense. Bring a hip or coin scarf if you are able and get ready to shimmy into health for the New Year!

Wednesday 2:15 pm – 3:00 pm

Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)

Price: \$70.00 (Non-member \$110.00)

WC19A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)

Price: \$70.00 (Non-member \$110.00)

WC32. MEDITATION & YOGA - NEW

Instructor: Frances Gagnon

Wednesday 3:15 pm – 4:15 pm

Take time for self-care with mindful meditation practices and gentle yin yoga, to calm the mind and stretch the body. There will be movement and stillness, breath awareness, guided meditation, and mindfulness techniques. Mindfulness simply means the experience of being fully present in the moment, with kindness and acceptance. This can be very challenging. Discover what resonates with you, to reduce anxiety, stress, and pain. Suitable for all levels, making it accessible to beginners and those with active minds. Please bring a yoga mat, blanket, and any supportive props.

Jan 10, 17, 24, 31, Feb 7, 14 & 21 (7 classes)

Price: \$80.00 (Non-member \$120.00)

WC29A. Session 2 Mar 6, 13, 20, 27, Apr 3, 10 & 17 (7 Classes)

Price: \$80.00 (Non-member \$120.00)

THURSDAY

WC20. AGING BACKWARDS

Instructor: Stephanie Weihmann

Join Stephanie for this dynamic full body workout that simultaneously combines stretching and strengthening. Developed as 'Classical Stretch and Eccentrics' 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. This class incorporates dynamic positions in standing, sitting, and lying down. Get ready to 'Age Backwards'. Bring your own mat, water bottle, TheraBand strap, small pillow, towel, and a yoga block.

Thursday 8:45 am – 9:45 am

Jan 11, 18, 25, Feb 1, 8, & 15 (6 classes)

Price: \$75.00 (Non-member \$125.00)

WC20A. Session 2 Mar 7, 14, 21, 28, Apr 4, 11, & 18 (7 classes)

Price: \$85.00 (Non-member \$125.00)

WC21. BEGINNER GUITAR LESSONS

Instructor: Gunnar Lang

You are expected to know all the basic (open chords). Elaborate on basic strumming and finger pick techniques. Learn the intros to selected famous songs. Common chord progressions and transitions. Play along to some more elaborate chord structure as well as basic chord pattern. Theory such as reading music, scales bar chords – using a Capo. Standard tuning vs. custom tuning.

Thursday 10:00 am – 11:00 am

Jan 11, 18, 25, Feb 1, 8, 15 & 22 (7 Classes)

Price: \$70.00 (Non-member \$110.00)

WC21A. INTERMEDIATE GUITAR LESSONS

Instructor: Gunnar Lang

You are expected to know all the basic (open chords). Elaborate on basic strumming and finger pick techniques. Learn the intros to selected famous songs. Common chord progressions and transitions. Play along to some more elaborate chord structure as well as basic chord pattern. Theory such as reading music, scales bar chords – using a Capo. Standard tuning vs. custom tuning.

Thursday 10:00 am – 11:00 am

Mar 7, 14, 21, 28, Apr 4, 11, & 18 (7 Classes)

Price: \$70.00 (Non-member \$110.00)

WC22. HATHA YOGA

Instructor: Barb Hagen

A yoga class incorporating all the tools of yoga to achieve an effect on body breath and mind. Postures, breath work and some chanting. Yoga philosophy weaved through the practice.

Thursday 10:15 am – 11:15 am

Jan 11, 18, 25, Feb 1, 8, 15 & 22 (7 Classes)

Price: \$85.00 (Non-member \$125.00)

WC22A. Session 2 Mar 7, 14, 21, 28, Apr 4, 11, & 18 (7 Classes)

Price: \$85.00 (Non-member \$125.00)



WC23. ZUMBA GOLD

Instructor: Bella Hanske

Perfect For: Older adults who are recreates the original moves you love at a lower intensity.

How It Works: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Prepare to leave empowered and feeling strong.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

Thursday 10:00 am – 11:00 am

Feb 1, 8, 15, 22 & 29th (5 Classes)

Price: \$60.00 (Non-member \$100.00)

looking for a modified Zumba® class that

WC23A. Session 2 Mar 7, 14, 21 & 28th (4 Classes)

Price: \$50.00 (Non-member \$100.00)

WC24. ZUMBA CHAIR GOLD

Instructor: Bella Hanske

Perfect For: Adults who are looking for a modified Zumba® class while seated that recreates the original moves you love at low intensity. It is the perfect class for everyone post knee or hip surgery, adults who need a walker or are in a wheelchair.

How It Works: The design of the class introduces easy-to-follow Zumba® choreography while seated that focuses on balance, range of motion and coordination. Prepare to leave empowered and feeling strong.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Thursday 11:15 am – 12:15 Pm

Feb 1, 8, 15, 22 & 29th (5 Classes)

Price: \$60.00 (Non-member \$100.00)

WC24A. Session 2 Mar 7, 14, 21 & 28th (4 Classes)

Price: \$50.00 (Non-member \$100.00)

WC25. CHAIR PILATES

Instructor: Emily Soriano

Providing a refreshing and energizing low impact workout. Promotes harmony and balance. Designed to loosen muscles, tighten, and strengthen the core and encourage improvement of mental and physical health and wellness.

Thursday 12:45 pm – 1:45 pm

Jan 11, 18, 25, Feb 1, 8, 15 & 22 (7 Classes)

Price: \$70.00 (Non-member \$110.00)

WC25A. Session 2 Mar 7, 14, 21, 28, Apr 4, 11, & 18 (7 Classes)

Price: \$70.00 (Non-member \$110.00)

REGISTER EARLY TO AVOID CLASS CANCELLATIONS.

FRIDAY

WC26. CLOGGING

Instructor: Tracy Walters

You will learn basic steps and terms associated with clogging while dancing to different types of music. You DO NOT need special shoes to start. For the first few weeks, wear comfortable shoes (shoes with rubber soles not recommended). Some experience needed.

Friday 9:30 am - 10:30 am

Jan 12, 19, 26, Feb 2, 9, 16 & 23 (7 Classes)

Price: \$65.00 (Non-member \$105.00)

WC26A. Session 2 Mar 1, 8, 15, 22, Apr 5, 12 & 19 (7 Classes)

Price: \$65.00 (Non-member \$105.00)

Blackout: Mar 29th, Apr 1st

WC27. AEROBIC STRENGTH

Instructor: Heike Scott

Enjoy rhythmic movements to great music. This class improves your heart, lungs and blood vessel's function. It will allow for more oxygen to get to active parts of your body and give you more stamina. The Strength training keeps muscles and bones strong and allows you to be more active with less risk of injury and improved balance.

Friday 9:00 am – 10:00 am

Jan 12, 19, 26, Feb 2, 9, 16 & 23 (7 Classes)

Price: \$85.00 (Non-member \$125.00)

WC27A. Session 2 Mar 1, 8, 15, 22, Apr 5, 12 & 19 (7 Classes)

Blackout: Mar 29th & Apr 1st

Price: \$85.00 (Non-member \$125.00)

WC28. STRENGTH, BALANCE & FLEXIBILITY

Instructor: Heike Scott

Strength, Balance & Flexibility for seniors is a total body workout with a focus on strengthening the core and limbs for stronger body's and fall prevention. We amplify the body's movement, through stretch, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, light weights. All levels of fitness and mobility are welcome.

Friday 10:15 am – 11:15 am

Jan 12, 19, 26, Feb 2, 9, 16 & 23 (7 classes)

Price: \$85.00 (Non-member \$125.00)

WC28A. Session 2 Mar 1, 8, 15, 22, Apr 5, 12 & 19 (7 Classes)

Blackout: Mar 29th & Apr 1st

Price: \$85.00 (Non-member \$125.00)

WC29. YOGA FLOW

Instructor: Frances Gagnon

Enjoy flowing yoga sequences, connecting body, breath, and mind. This is an active and energizing class that finishes with relaxation. Experience increasing balance, flexibility, strength, and an overall sense of well-being. Please bring a yoga mat and any props you need, such as yoga blocks, a strap and/or blanket. Familiarity with basic yoga poses is recommended.

Friday 11:30 am – 12:30 pm

Jan 12, 19, 26, Feb 2, 9, 16 & 23 (7 classes)

Price: \$80.00 (Non-member \$120.00)

WC29A. Session 2 Mar 1, 8, 15, 22, Apr 5, 12 (6 Classes)

Blackout: Mar 29th & Apr 1st

Price: \$70.00 (Non-member \$120.00)

WC30. CHAIR PILATES

Instructor: Emily Soriano

Providing a refreshing and energizing low impact workout. Promotes harmony and balance. Designed to loosen muscles, tighten, and strengthen the core and encourage improvement of mental and physical health and wellness.

Friday 12:45 pm – 1:45 pm

Jan 12, 19, 26, Feb 2, 9, 16 & 23 (7 classes)

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Price: \$70.00 (Non-member \$110.00)

WC30A. Session 2 Mar 1, 8, 15, 22, Apr 5, 12 (6 Classes)

Blackout: Mar 29th & Apr 1st

Price: \$65.00 (Non-member \$105.00)

FUN ACTIVITIES AT THE CENTRE

- | | | |
|-----------------------|-------------------------|--------------------------|
| ●Dinner & Dances | ●Classes | ●Knitting/Crocheting |
| ●Wednesday Socials | ●Appreciation Nights | ●Cards |
| ●Lunchtime | ●Floor Curling | ●Pool/Snooker |
| ●Seasonal Buffets | ●Volunteering | ●Pop-Up Sales |
| ●Wood Working | ●Raffles | ●Fundraisers |
| ●Workshops | ●Pub Nights | ●Lunchtime Entertainment |
| ●Information Sessions | ●Walking Club | |
| ●Tournaments | ●Special Events & BBQ's | |

REGISTER EARLY TO AVOID CLASS CANCELLATIONS.

WILLOWS CRAFT NOOK

The gift shop is operated by volunteers with all proceeds going to support the St. Albert Seniors Association. The in-house wood working shop and the knitting ladies both provide functional and seasonal products such as toques, booties, planters, puzzle boards and bird feeders. Drop by to check out all the handcrafted items!

Open Monday to Friday 10:00 am to 4:00 pm.

FACILITY RENTAL

The St. Albert Seniors Association offers a variety of room rental opportunities to fit your event. Red Willow Place has a unique L-shaped configuration which can be used all open to accommodate up to 250 people, or depending on the event, it can be divided into 4 multipurpose rooms for smaller meetings or functions. People rent our facility for birthdays, anniversaries, celebrations of life, meetings, classes, fundraisers, support groups, and church

groups. Call Front Desk or email Denise at denise.mccombe@stalbertseniors.ca for more information and to set up a tour.

Knife Sharpening by Harvey!

Drop in to meet Harvey “The Knife Sharpener” on Thursdays between 11:00 pm and 2:00 pm.

-Large Knives	\$10.00
-Medium Knives	\$ 7.00
-Small Knives	\$ 5.00
-Scissors	\$ 5.00

All other tools will be priced on site by Harvey.

Open to the Public 11am to 2pm
Monday - Friday
7 Tache St. By Red Willow Park

Awarded 5 Stars
by the BBB

Lucia's
BY THE PARK
La Casa Bistro

Lucia's By the Park La Casa Bistro

Our award-winning Lucia's La Casa Bistro is open daily Monday to Friday at 9:00 a.m. for coffee and 11:00 a.m. to 2:00 p.m. for lunch service. Chef Lucia prepares freshly made homestyle meals daily and range from a variety of Sandwiches, Soups, Salads, and Entrees. **Tuesday & Thursday's Liver & Onions** and **Friday's Fish & Chips** have become extremely popular so please plan to arrive early on those days. Our daily menu is posted on our website, so feel free to check it out before venturing out for lunch. If you haven't tasted Chef Lucia's great food yet, do come in and bring a friend! Our beautiful patio will be open for the summer months, and we welcome both members and non-members to the Bistro! Chef Lucia also prepares delicious meals to go!!

SENIORS SUPPORT SERVICES

Systems Navigator – CRUZ PINZON, RSW, MSW

One-to-one support, referrals and information are provided in areas such as housing, financial assistance, income review, advocacy, help with filling out forms, and accessing government benefits.

Association Bus – MILIND JOSHI

Our wheelchair-equipped bus provides door to door transportation within St. Albert for \$7.00 (member) \$10.00 (non-member) per one-way trip. Service is available Tuesday to Friday between 8:30 am and 3:45 pm. To book your trip, call 780-459-0433. Please call 48 hours in advance.

Chef's Choice Frozen Meal Program – DENISE MCCOMBE

You can purchase affordable, convenient, and delicious frozen meals. You must pre-order by 12:00 pm on Tuesdays but for pick-up or free delivery on the 2nd Friday after. Specialty options are available when pre-ordered. We carry a limited variety of meals in our facility for walk ins. For more information, call 780-459-0433.

VOLUNTEER PROGRAMS

Many volunteers generously give their time and energy to:

- ♦ deliver Meals on Wheels
- ♦ volunteer at Lucia's by The Park La Casa Bistro
- ♦ volunteer in the Woodshop, Willows Gift Shop, and gardening
- ♦ serve as security & hosts during evenings and weekends
- ♦ volunteer at special events as bartenders, servers, ticket sellers
- ♦ serve as a member of the Board of Directors and on various committees
- ♦ assist with administrative duties
- ♦ working various fundraising activities

S.A.S.A regularly has volunteer openings for members and non-members who have different interests. For more information about volunteer openings, call 780-459-0433 or email Denise at denise.mccombe@stalbertseniors.ca, fill out a volunteer application either on our website or in person at the Front Desk.

50+ ACTIVITY HUB ACTIVITIES

Games and Hobbies

- Snooker Monday-Friday 8:30 am-4:00 pm
- Floor Curling Tuesdays and Thursdays 2:00-4:00 pm. Drop-ins are welcome. Shooter sticks are provided.
- Bingo..... Fridays 1:00-3:00 pm. Drop-ins are welcome.



Cards

- Euchre Mondays 12:30-3:30 pm. Arrive by 12:30 pm to join warm-up games. Partners are formed for every game.
- Bridge Contract Bridge Wednesdays 12:30-3:30 pm are relaxed games. No need to bring a partner to join a table. Arrive early if you are a new player.
- Bridge Contract Bridge Tuesdays and Fridays 12:30-4:00 pm are serious games. Bring a partner to join a table. Arrive early if you are new player.
- Cribbage Thursdays 12:30-3:30 pm. No need to bring a partner since teams are formed daily. Arrive early if you are a new player.
- Canasta..... Mondays 12:30-3:30 pm. No need to bring a partner since teams are formed daily. Arrive early if you are a new player.



Crafts

Knitting/Crocheting - Fridays 10:00 am-12:00 pm. Volunteers create items for Willow Craft Nook and for other S.A.S.A fundraisers.

Woodshop - Monday-Friday 8:30 am-3:00 pm
 - Free for members only to use
 - Orientation required with one of our experienced volunteers

Music

Free Lunchtime Entertainment..... Local musicians regularly entertain our patrons during lunch hour.

Groovy Gang Choir.... The choir usually perform once each week at seniors' facilities and lodges.



A nominal activity fee is required to participate in any of the above-noted activities.

Members have the option of purchasing an **Activity Card** for \$60 which offers a reduced activity fee rate. For most activities, a coordinator will collect the fee at the beginning of the game. Otherwise, please pay fee at the Front Desk prior to activity.

WEEK AT A GLANCE

Monday

Time	Classes/Activities
09:00 am	Snooker
09:00 am	Woodshop
09:00 am	Line Dancing-Beginner
10:15 am	Line Dancing-Intermediate
11:30 am	Cardio Dance Fit
11:30 am	Mindful Movement
12:30 pm	Euchre and Canasta
01:00 pm	Better Fitness & Balance Thru Tai Chi
01:00 pm	Chair Yoga
02:00 pm	Groovy Gang

Tuesday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Woodshop	09:00 am	Woodshop
09:00 am	Snooker	09:00 am	Snooker
09:00 am	Stretch Balance & Flexibility	09:00 am	Aging Backwards
10:15 am	Stretch Balance & Flexibility	10:00 am	Guitar Lessons
10:15 am	Aging Backwards	10:00 am	Zumba Gold (Standing)
11:30 am	Pilates is For Everyone	10:15 am	Hatha Yoga

Thursday

11:30 am	Hatha Yoga for Everyone	11:15 am	Zumba Chair Gold (Seat)
12:45 pm	Dance Exercise	11:30 am	Henry's Knife Sharpening
01:00 pm	Contract Bridge (serious)	12:30 pm	Cribbage
02:00 pm	Floor Curling	12:45 pm	Chair Pilates
		02:00 pm	Floor Curling

Wednesday

Friday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Woodshop	09:00 am	Woodshop
09:00 am	Snooker	09:00 am	Snooker
09:00 am	Total Body Workout	09:00 am	Aerobic Strength
10:15 am	Golden Gloves Boxing	09:30 am	Clogging
11:30 am	Cardio Dance Fit	10:00 am	Knitting/Crocheting
11:30 am	Karate	10:15 am	Stretch Balance Flex
12:30 am	Contract Bridge (relaxed)	11:30 am	Yoga Flow
01:00 pm	Ballroom Dance	12:30 pm	Contract Bridge (serious)
02:15 pm	Tai Chi Boosting Immune	12:45 pm	Chair Pilates
02:15 pm	Belly Dancing	01:00 pm	Bingo
03:15 pm	Meditation & Yoga		