



St. Albert 50+ Centre
Activities | Resources | Services



Spring & Summer

Program 2024

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

(780) 459-0433

www.stalbertseniors.ca



About the St. Albert Seniors Association

50+ Activity and Resource Centre

Visit us at Red Willow Place, a friendly gathering place for people aged 50 and over. More than 1,325 people attend senior activities and rentals at Red Willow Place, which has 16,495 square feet of space. Full-time and part-time employees, as well as volunteers, provide all services. The Centre offers a wide range of programs, events, and activities for your body, mind, and soul. A bistro, a food program, a transportation program, outreach services, information, and room rentals are among the additional services offered.

Our Mission: Enhancing the lives of older adults with activities and services.

Our Vision: Seniors lives enriched and meaningful.

Our 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.



Membership and Benefits

Yearly fee \$110.00 with a free activity card

Anybody 50 years of age or older may become a member; spouses of members may also become members at any age. Membership has the following benefits:

- Discounted member pricing on special events, classes, activities, drop-in fees, and rental rates.
- 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.
- Voting rights at the Annual General Meeting.
- Activity cards are available to members only.

How to Contact Us

Phone: (780) 459-0433

Website: www.stalbertseniors.ca

Email: info@stalbertseniors.ca

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

March 29th, April 1, May 20, July 1, Aug 5, Sept 2, Oct 14, Nov 11, Dec 25 & 26

The centre will be closed on the following statutory holidays:

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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 are not already a subscriber to our newsletter, you can easily subscribe to it by providing us with your email or by going online, choosing the newsletter dropdown, and signing up. You don't even 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 the time of registration. Refer to program updates in the 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 center. These photos and videos may be used to promote the association in program guides, calendars, e-bulletins, newsletters, posters, social media, and our website. Participants must inform staff if they wish to be excluded from photos and videos; please inform the front desk.

FACILITY AMENITIES

- Free general and handicapped parking
- Free Wi-Fi
- ATM located on premises.
- Scent-free environment
- Fully 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. The Spring/Summer classes begin the week of May 6th unless otherwise stated.

CANCELLATIONS AND REFUNDS

If a full series is cancelled, registrants will be informed and given a refund. If an instructor cancels a 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 helping us serve seniors in the community. As the centre continues to grow and 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.

Summer Class Registration

Registration starts April 2, 2024

Notice to Non-Members: Your spot in a class could possibly be bumped in the case that a class is full, and a member registers. You will be put on a waiting list and contacted should a space become available.

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:

1. Go to www.stalbertseniors.ca
2. Click on the menu bar (may read Menu or display 3 lines)
3. Scroll down to the bottom and click on Member Login.
4. This will take you to the My Active Senior page, click on New Users
5. 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:

1. Go to www.stalbertseniors.ca
2. Click on Member Login. This will take you to the My Active Senior page
3. Click on New Users
4. Follow the steps and enter your key tag number, the same phone number you gave S.A.S.A, your email address and create a password

Members and Guest Activity Fees

Members: Activities \$5

Classes \$15

Non-Members: Activities \$10

Drop-In Classes \$20

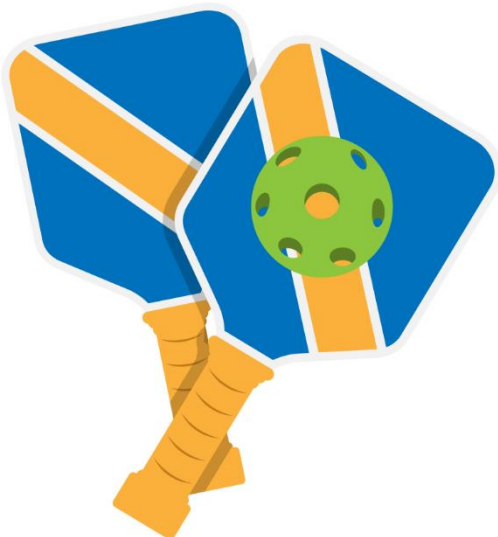
Activity fees are for the following activities:

Activities:

- Corn Hole
- Floor Curling
- Groovy Gang
- Pickleball
- Snooker

Cards:

- Euchre
- Mahjong
- Bridge
- Cribbage
- Canasta



ARTS & CRAFTS

AR1. PEN & WASH

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 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.

Supply list at front desk.

Day and Time: Monday 1:00 pm - 3:00 pm

Dates: May 6th - June 17th (6 classes)

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

AR1A. Session 2 - July 8th - August 19th (6 classes)

Blackout Dates: July 1st and Aug 5th

AR2. DRAWING FOR ALL



Instructor: Willie Wong

Learn how to trace and shade in this class, everyone is welcome no experience or drawing skill needed. Supply list at front desk.

Day and Time: Monday 10:00 am - 12:00 pm

Dates: May 6th - June 17th (7 classes)

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

AR3. EASY SPRING WATERCOLOUR FOR ALL



Instructor: Willie Wong

Learn how to trace and paint in this watercolour class made for all painters of all levels. No previous experience is needed in this simple to follow class. Supply list at front desk.

Day and Time: Tuesday 10:00 am - 12:00 pm

Dates: May 7th - June 18th (7 classes)

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

AR4. DRAWING TREES WITH PENCIL

Instructor: Susan Casault

Learn how to draw different types of trees with graphite pencil by observing their unique shapes and textures. We will practice drawing trees that are in the distance, as well as close-up, using various mark-making techniques to capture the details and values. Instruction will include demonstrations as well as individual guidance. Photo reference will be provided by the instructor. [Supply list at front desk.](#)

Day and Time: Tuesday 1:00 am - 4:00 pm

Dates: May 21st - June 11th (4 classes)

Price: \$95.00 (Non-member \$135.00)

AR5. ART INSPIRED BY NATURE

Instructor: Carmen Wilde

Art Inspired by Nature: Enjoy a six-week beginner class creating 5 different acrylic paintings on 8" x 10" canvas or panel board images inspired by nature. The 6th week will be a catch-up class using this time to finish any paintings from previous weeks. There will be a handout as well for your reference. In this class you will increase your understanding and enjoyment of painting, improve your skills, and discover or rediscover the playful, creative soul that you are. [Supply list at front desk.](#)

Day and Time: Wednesday 1:00 pm - 4:00 pm

Dates: May 8th - June 19th (7 classes)

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

AR5A. Session 2 - July 3rd - August 14th (7 classes)

AR6. CREATE & STRETCH YOUR BRAIN

Instructor: Dawna Kujala, Vicki Ryan & Joanne Umbach

Do you feel like you can't do some of the activities you used to do? This fun creative and social program will allow everyone of all abilities to join in and enjoy a couple of hours of chatting and creating. Each week will include coffee and treat combined with an activity.

May 9 - Tile Art - Paint Pouring on tile

May 16 - Cement Art/Jewellery - stepping stones or Beaded earrings - choose one activity.

May 23 - Wood Art - Porch sign

May 30 - Garden Art - plant stake

June 6 - Tile Art - Dot Art

June 13 - Cement Art/Jewellery Steppingstones or Pendants

June 20- Wood Art - Driftwood hanger

June 27 - Garden Art - recycled wall planter

Day and Time: Thursday 10:00 am - 12:00 pm

Dates: May 9th - June 27th

Price: \$30.00 per session



AR9. PAINTING INTRODUCTION WITH GOUCHE - NEW

Instructor: Muhammed Salayi

Calling all artists ready to explore the wonders of gouache! This incredibly versatile medium, known for its forgiving nature and water-based properties, awaits your creativity. In our course, artists of all skill levels will receive expert instruction from a seasoned painter, learning the ins and outs of gouache application and techniques. From beginners to advanced artists, everyone will gain the skills and confidence to paint a wide array of subjects with gouache. **Supply list at front desk.**

Day and Time: Thursday 1:00 pm – 4:00 pm

Dates: July 4 – Aug 22 (8 classes)

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

AR10. CAPTURE THE LIGHT

Instructor: Mary Anne Jaedicke

Join instructor Mary Anne in the Capture the Light workshop where she will guide you to create a crystal sun catcher. **Supplies are included in the cost of the class.**

Day and Time: Thursday 2:00pm – 4:00pm

Dates: May 9th

Price: \$25

INFORMATION SESSIONS

Pre-registration is required for ALL information sessions

IS1. PEOPLE, PROPERTY, PROSPERITY, AND PROGRESS DOES CAPITALISM MAKE BOTH COUNTRIES AND CITIZENS BETTER?

Instructor: David Wangler

Join instructor David Wangler to discuss the following lecture topics:

Lecture 1 - Adam Smith on the Nature and Creation of Wealth (1776)

Lecture 2 - Is private property related to freedom?

Lecture 3 - Does capitalism generate wealth quickly and extensively in process of doing this, also create much inequality?

Lecture 4 - Are capitalism, democracy and progress related?

Day and Time: Monday 10:00 am – 12:00 pm

Dates: May 6th, 13th, 27th & June 3rd (4 classes)

Price: \$20.00 (Non-member \$40.00)

IS3. RETIREMENT INCOME PLANNING AND DECUMULATION

Instructor: Weichurn Woo, Investment Advisor, CIM, EPC

The year 2022 proved to be extremely difficult for the financial markets, as most investment portfolios experienced losses. The year 2023 has been a tale of two markets, with some segments of the market making a comeback and other, more conventionally safe investments underperforming. As spring arrives in 2024, many more segments of the financial markets are performing nicely. However, it has caused many current retirees to wonder about some of the most crucial parts of their continued retirement, such as how long their money will last.



Day and Time: Thursday 10:00 am - 11:00 am

Dates: May 23rd

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

IS4. WILLS & ESTATES

Instructor: Liam Connelly

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 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.

Day and Time: Wednesday 10:00 am - 11:00 am

Dates: May 15th

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

IS6. HEARING LOSS & AGING

Instructor: Kathy Packford

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

Day and Time: Wednesday 10:00 am - 11:00 am

Dates: May 22nd

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

IS7. RETIREMENT INCOME BLUEPRINT

Instructor: Weichurn Woo, Investment Advisor, CIM, EPC

Feeling the burden of less money and high taxes? Following up on the previous seminar (Retirement Income Planning and Decumulation) on looking at sample financial projections, The Retirement Income Blueprint seminar is designed to show retirees how to address special issues and draw out retirement income in the most tax efficient manner. In the Topics covered include the key differences between the accumulation and the "income" market, tax-efficient disassembly of RRSPs, future financial concerns such as health care costs, and more. Take home practical tools and strategies all reflecting a proven process.

Day and Time: Thursday 10:00 am - 11:00 am

Dates: July 25th

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.



Day and Time: Wednesday 10:00 am - 11:30 am

Dates: June 19th

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

IS10. NUTRITION 102

Instructor: Kristen Hruschak, RD

Join Registered Dietician, Kristen for this four-part information series on healthy eating. Topics include:

Week 1: Healthy Eating for Diabetes

Week 2: Healthy Eating for Heart Health

Week 3: Nutrition for Bone and Digestive Health

Week 4: Hot Topics in Nutrition

Day and Time: Monday 10:00 am - 11:30 am

Dates: May 6th, 13th, 27th and June 3rd (4 Classes)

Price: \$40 members (Non-member \$80)

IS12. FRAUDS AND SCAMS

Instructor: Constable Trung Tran

Join Constable Trung Tran from the Community Policing / Crime Prevention of the St. Albert RCMP Detachment for an information session on frauds, scams, and current trends. Learn to recognize, reject, and report scams.

Day and Time: Thursday 10:00am - 11:00am

Dates: June 20th

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

ST. ALBERT PUBLIC LIBRARY

Host: Janice Cheung

Come join us in the lobby on Thursday, May 9th and Friday, July 19th from 11:30 am - 1:30 pm for information on the library and what it can offer you. Registration is not required for this information session, all are welcome!



FITNESS & DANCE CLASSES

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.

Day and Time: Monday 9:00 am - 10:00 am

Dates: May 6th - June 17th (6 classes)

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

Blackout Dates: May 20th & August 5th

WC1A Session 2 - July 8th - August 19th (6 classes)

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.

Day and Time: Monday 10:15 am - 11:15 am

Dates: May 6th - June 17th (6 classes)

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

Blackout Dates: May 20th & August 5th

WC2A Session 2 - July 8 - August 19th (6 classes)

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.

Day and Time: Monday 11:30 am - 12:30 pm

Dates: May 6th - June 17th (6 classes)

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

Blackout Dates: May 20th & August 5th

WC3A. Session 2 - July 8th - August 19th (6 classes)

WC31. 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.

Day and Time: Monday 11:30 am - 12:30 pm

Dates: May 6th - June 17th (6 classes)

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

Blackout Dates: May 20th & Aug 5th

WC31A. WARRIOR CHAIR ASSISTED YOGA - NEW

Instructor: Twyla Domsalai

Join Twyla Monday mornings for a good way to start your day! We will stretch our muscles and build strength with Pilates integrated warm-up exercises and flow through a modified Warrior Yoga routine that includes seated chair and standing-with-chair stretches, resistance training with light weight and balance training.

We will never be without our chairs whether sitting or standing but we will begin to build and lengthen our muscles in a fun and meditative class that is suitable for many people who have balance or mobility issues while still staying safe. This class does require a little more mobility than the seated chair yoga class, but we are still keeping it slow and safe!

Day and Time: Monday 11:45 am - 12:30 pm

Dates: July 8th - August 19th (5 classes)

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

Blackout Dates: July 29th

WC4. SPINAL QIGONG



Instructor: Brad Schultz

Do you suffer from lower-back issues? Upper-back and neck pain or stiffness? Could your posture be better? You can turn the clock back on a tired, stiff spine, releasing years of chronic tension. These gentle, re-vitalizing stretches coax and nurture your spine into more openness, suppleness, and strength. Being the center of our nervous system, the spine is also the center of our health and well-being. A healthy, open, and flexible spine ensures the energy flows freely through the nervous system supporting the health of the entire body, including the internal organs. These rejuvenating Qigong (Chi Gong) exercises and stretches will entail some laying down (using floor mats from the senior's center) and standing positions. You can heal old injuries and prevent further deterioration of your vertebrae and discs. You can turn back the clock on a tired, stiff spine, and release years of chronic tension!

Day and Time: Monday 1:00 pm - 1:45 pm

Dates: May 6th - June 17th (6 classes)

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

Blackout Dates: May 20th & Aug 5th

WC4A. Session 2 - July 8th - August 19th (6 classes)

WC5. CHAIR YOGA



Instructor: Twyla Domsloi

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 muscles 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 certified in Yin Yoga. She has a background in dance and meditation and has a special way of making everyone feel welcome and safe. Yoga should be accessible to everybody and not limited to only the young and super flexible.

Day and Time: Monday 1:00 pm - 1:45 pm

Dates: May 6th - June 17th (6 Classes)

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

WC5A. Session 2 - July 8th - August 19th (6 classes)

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.

Day and Time: Tuesday 9:00 am - 10:00 am

Dates: May 7th - June 18th (7 classes)

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

WC6A. FUNCTIONALLY FIT CARDIO - NEW

Instructor: Sherry Matter

Using light dumbbells, this low impact class using music and choreography to enhance mobility, daily muscle endurance, balance, and cognitive function - 45 minutes

Day and Time: Tuesday 9:15 am - 10:00 am

Dates: July 2nd - Aug 20th (7 classes)

Price: \$80.00 (Non-member \$120 .00)

Blackout Day: July 30th

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.

Day and Time: Tuesday 10:15 am - 11:15 am

Dates: May 7th - June 18th (7 classes)

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

WC7A. CORE, BALANCE & FLEXIBILITY - NEW

Instructor: Sherry Matter

Using a variety of equipment, strength training, core work, balance, flexibility, and mobility are all incorporated in this program.

Day and Time: Tuesday 10:15 am - 11:15 am

Dates: July 2nd - Aug 20th (7 classes)

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

Blackout Day - July 30

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.

Day and Time: Tuesday 10:15 am - 11:15 am

Dates: May 7th - June 18th (7 classes)

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

WC8A. Session 2 - July 2nd - Aug 20th (8 classes)

Price: \$95.00 (Non-member \$135.00)



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.

Day and Time: Tuesday 11:30 am - 12:30 pm

Dates: May 7th - June 18th (7 Classes)

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

WC10. GENTLE HATHA YOGA

Instructor: Barb Hagen

A class for the mature yoga student to link with the breath in asana, to practice the art of letting go and to move in a gentle thoughtful way to increase awareness, balance, strength, and flexibility.

Day and Time: Tuesday 11:30 am - 12:30 pm

Dates: May 7th - June 18th (7 classes)

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

WC10A. GENTLE HATHA YOGA

Instructor: Priya

A class for the mature yoga student to link with the breath in asana, to practice the art of letting go and to move in a gentle thoughtful way to increase awareness, balance, strength, and flexibility.

Day and Time: Tuesday 11:30 am - 12:30 pm

Dates: July 2nd - August 20th (8 classes)

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

WEDNESDAY

WC32. SPRING INTO YOGA

Instructor: Frances Gagnon

Ready to embrace the vibrant energy of spring? Whether you're new to yoga or well-seasoned, this class offers a welcoming space for all levels. The focus will be enhancing balance, strength, stability, and flexibility to help prevent falls. Learn practical techniques to get up from the ground. Increased body awareness, breath control and mindfulness will help coordination and agility. It gives you the confidence to stay active. Let your practice bloom! Please bring a yoga mat and any props such as yoga blocks, a strap and/or blanket

Day and Time: Wednesday 9:00 am - 10:00 am

Dates: May 8th - June 19th (6 classes)

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

Blackout Dates: June 12th

WC32A. Session 2 - July 3rd - August 21st (8 classes)

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

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.

Day and Time: Wednesday 10:15 am -11:15 am

Dates: May 8th - June 19th (6 classes)

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

Blackout Dates: June 12th

WC15A. Session 2 - July 3rd - August 21 (8 Classes)

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

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.

Day and Time: Wednesday 10:15 am - 11:15 am

Dates: May 8th - June 19th (6 classes)

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

Blackout Dates: June 12th

WC17A. Session 2 - July 3rd - August 21 (8 Classes)

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

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.

Day and Time: Wednesday 11:30 am - 12:30 pm

Dates: May 8th - June 19th (6 classes)

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

Blackout Dates: June 12th

WC13A. Session 2 - July 3rd - August 21 (8 classes)

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

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.

Day and Time: Wednesday 1:00 pm - 2:00 pm

Dates: May 8th - June 19th (6 classes)

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

WC16A. Session 2 - July 3rd - August 21st (8 classes)

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

WC18. MEDITATION MADE EASY

Instructor: Brad Schultz

Find out how easy meditation really is and that anyone can do it. Meditation is ideal for developing a base for relaxation & stress reduction in your life. It is the process for opening the 'gate' to your inner-self and source. Rather than a way to escape from life, meditation ideally is a means to greater clarity and presence in moment to moment living. Various simple methods will be explored with a focus on Mindfulness Meditation. If you have ever felt that you could not meditate or would like to get back into a meditation practice, this is the course for you!

Day and Time: Wednesday 2:15 pm - 3:00 pm

Dates: May 8th - Jun 19th (6 classes)

Blackout Dates: June 12th

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

WC18A. Session 2 - July 3rd - August 21st (8 classes)

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

WC19. DANCE FLOW CHAIR YOGA

Instructor: Twyla Domsolai

This seated yoga class is unique, combining modified dance stretches and gentle exercises with yoga poses. This class is great if you are looking to stretch out stiff limbs, limber up and build strength in a safe, seated environment. Twyla has practiced yoga for over ten years and is a certified Yin Yoga instructor. Twyla has danced all her life in Irish dance, jazz, belly dance and tribal fusion belly dance. She brings her extensive dance experience to the class to show you that these practices don't have to be difficult or painful. These exercises are safe for everyone, and no previous experience is required. Very beginner friendly!

Day and Time: Wednesday 2:15 pm - 3:00 pm

Dates: May 8th - June 19th (6 classes)

Blackout Dates: June 12th

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

WC19A. Session 2 - July 3rd - August 21st (8 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.

Day and Time: Thursday 8:45 am - 9:45 am

Dates: May 9th - June 20th (7 classes)

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

WC20A. Session 2 - July 4th - August 22nd (8 classes)

Price: \$95.00 (Non-member \$135.00)

WC21. BEGINNER GUITAR LESSONS

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.

Day and Time: Thursday 10:00 am - 11:00 am

Dates: May 9th - June 13th (6 classes)

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

WC22. HATHA YOGA

Instructor: Barb Hagen

A breath focused class for experienced students who want to deepen their practice of the inward journey. Focusing the mind through breath linked to the asana, chant, and stretching our breath for the energetic body.

Day and Time: Thursday 10:15 am - 11:15 am

Dates: May 9th - June 20th (7 classes)

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

WC22A. HATHA YOGA

Instructor: Priya

A breath focused class for experienced students who want to deepen their practice of the inward journey. Focusing the mind through breath linked to the asana, chant, and stretching our breath for the energetic body.

Day and Time: Thursday 10:15 am - 11:15 am

Dates: July 4th - August 22nd (8 classes)

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

WC23. ZUMBA GOLD

Instructor: Bella Hanske

Perfect For: Older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. All the fun and great music of a regular Zumba class but low impact and easier to follow movements.

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!

Day and Time: Thursday 10:00 am - 11:00 am

Dates: May 9th - May 30th (4 Classes)

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

WC23A. ZUMBA GOLD

Instructor: Sherry Matter

Perfect For: Older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. All the fun and great music of a regular Zumba class but low impact and easier to follow movements.

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!

Day and Time: Thursday 10:00 am - 11:00 am

Dates: June 6th -27th (4 Classes)

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

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!

Day and Time: Thursday 11:15 am - 12:15 Pm

Dates: May 9th - May 30th (4 classes)

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

WC24A. ZUMBA CHAIR GOLD

Instructor: Sherry Matter

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!

Day and Time: Thursday 11:15 am - 12:15 Pm

Dates: June 6th - June 27th (4 classes)

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

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.

Day and Time: Thursday 12:45 pm - 1:45 pm

Dates: May 9th - June 20th (7 classes)

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

WC25A. Session 2 - July 4th - August 22nd (8 classes)

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

FRIDAY

FG26. 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.

Day and Time: Friday 9:30 am - 10:30 am

Dates: May 10th - June 21st (7 classes)

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

FG26A. Session 2 - July 5th - August 23rd (8 classes)

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

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.

Day and Time: Friday 9:00 am - 10:00 am

Dates: May 10th - June 21st (7 Classes)

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

WC27A. MUSCLE SCULPT FOR STRENGTH

Instructor: Sherry Matter

No cardio - using a variety of equipment - such as dumbbells, gliders, resistance bands, medicine balls (depending what your facility has on hand) this class focuses on building full body strength.

Day and Time: Friday 9:00 am - 9:45 am

Dates: July 5th - Aug 23rd (7 Classes)

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

Blackout Day July 26

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.

Day and Time: Friday 10:15 am - 11:15 am

Dates: May 10th - June 21st (7 classes)

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

WC28A. CORE, BALANCE & FLEXIBILITY

Instructor: Sherry Matter

Using a variety of equipment, strength training, core work, balance, flexibility, and mobility are all incorporated in this program.

Day and Time: Friday 10:00 am - 11:00 am

Dates: July 5th - Aug 23rd (7 classes)

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

Blackout Date: July 26

WC29. YOGA FOR LIFE

Instructor: Frances Gagnon

Discover the joy of yoga in this spring session! Learn yoga poses and variations to boost strength, flexibility, and balance. Challenge yourself with energizing and calming breathing exercises. Enjoy a supportive community on the path to wellness. These simple practices can become part of day-to-day living, for life. All levels of experience welcome. Please bring a yoga mat and any props such as yoga blocks, a strap and/or blanket.

Day and Time: Friday 11:30 am - 12:30 pm

Dates: May 10th - June 21st (7 classes)

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

WC29A. Session 2 - July 5th - August 23rd (8 classes)

Price: \$95.00 (Non-member \$135.00)

WC33. HAWAIIAN DANCE/LATIN DANCE

Instructor: Emily Soriano

ALOHA! Let's dance hula together! Learn to tell a story through movement. From the swaying of the hips to the graceful movements of the arms. Hawaiian dancing engages the mind, enhances coordination, and gives the heart a gentle workout. Helps maintain memory, balance, flexibility, and strength. Let's bring Hawaii to the Prairies! Put on a floral skirt, beautiful flower on your hair and a lei around your neck to make it more fun! See you on the dance floor!

Day and Time: Friday 11:30 am - 12:30 pm

Dates: May 10th - June 21st (7 classes)

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

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.

Day and Time: Friday 12:45 pm - 1:45 pm

Dates: May 10th - June 21st (7 classes)

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

WC30A. Session 2 - July 5th - August 23rd (8 classes)

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

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 from 9:00 am for coffee and 11:00 am to 2:00 pm for lunch service. Chef Lucia prepares freshly made homestyle meals daily and ranges from a variety of sandwiches, soups, salads, and entrees. Tuesday and 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!

Bistro Hours:

Monday - Friday: 11:00 am to 2:00 pm

Visit www.stalbertseniors.ca/willow/weekly-lunch-menus/ or scan the QR code with your mobile device to view the daily menu.



FUN ACTIVITIES AT THE CENTRE

Appreciation Nights

Bus Excursions

Cards

Classes

Cornhole

Dinner & Dances

Fashion Shows

Floor Curling

Fundraisers/Wine Tasting

Golf Tournaments

Information Session

Knitting/Crocheting

Lunchtime Entertainment

Pickleball

Pool/Snooker

Pop-Up Sales

Pub Nights

Raffles

Rosebud Tours

Seasonal Buffets

Special Events & BBQ's

Walking Club

Wednesday Socials

Wood Working

Workshop

Volunteer Opportunities

WILLOWS CRAFT NOOK

The gift shop is operated by volunteers with all proceeds going to support the St. Albert Seniors Association. The in-house woodworking 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!

Willows Craft Nook Hours:

Monday - 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 the Centre at (780) 459-0433 or email info@stalbertseniors.ca for more information.

SENIORS SUPPORT SERVICES

Systems Navigator

Cruz Pinzon

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

Leland Lazowski and Tetiana Dymtrash

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
- Volunteering at Lucia's by The Park La Casa Bistro
- Volunteering in the Woodshop, Willows Gift Shop, and gardening
- Serving as security & hosts during evenings and weekends
- Volunteering at special events as bartenders, servers, ticket sellers
- Serving as a member of the Board of Directors and on various committees
- Assisting 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 Tetiana (780) 459-0433 or email tetiana.dymtrash@stalbertseniors.ca. Volunteer applications can be filled out either on our website or in person at the Front Desk.

KNIFE SHARPENING BY HARVEY

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

- \$10.00 - Large Knives
- \$7.00 - Medium Knives
- \$5.00 - Small Knives
- \$5.00 - Scissors
- All other tools will be priced on site by Harvey

50+ ACTIVITY HUB ACTIVITIES

Games and Hobbies

Snooker

- Monday-Friday 8:30 am - 4:00 pm

Floor Curling

- Tuesdays and Thursdays 2:00 pm - 4:00 pm. Drop-ins welcome. Shooter sticks are provided.

Pickleball

- Mondays 2:15 pm - 4:15 pm & Wednesdays 3:15 pm - 5:15 pm

Cornhole

- Wednesdays 3:15 pm - 5:15 pm

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.
- 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, teams are formed daily. Arrive early if you are a new player.

Canasta

- Fridays 12:30-4:00 pm. No need to bring a partner since teams are formed daily. Arrive early if you are a new player.

Mahjong

- Tuesdays 2:00-4:00 pm

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



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. Practice on Mondays from 2:00 pm - 4:00 pm.

WEEK AT A GLANCE

Monday

| Time | Classes/Activities | Time | Classes/Activities |
|----------|---------------------------|----------|--------------------|
| 09:00 am | Snooker | 12:30 pm | Euchre |
| 09:00 am | Woodshop | 01:00 pm | Spinal Qigong |
| 09:00 am | Line Dancing-Beginner | 01:00 pm | Chair Yoga |
| 10:15 am | Line Dancing-Intermediate | 02:00 pm | Groovy Gang |
| 11:30 am | Cardio Dance Fit | 02:15 pm | Pickleball |

Tuesday

| Time | Classes/Activities |
|----------|-------------------------------|
| 09:00 am | Woodshop |
| 09:00 am | Snooker |
| 09:00 am | Stretch Balance & Flexibility |
| 10:15 am | Stretch Balance & Flexibility |
| 10:15 am | Aging Backwards |
| 11:30 am | Pilates is For Everyone |
| 11:30 am | Hatha Yoga for Everyone |
| 01:00 pm | Contract Bridge (serious) |
| 02:00 pm | Floor Curling |
| 02:00 pm | Mahjong |

Wednesday

| Time | Classes/Activities |
|----------|---------------------------|
| 09:00 am | Woodshop |
| 09:00 am | Snooker |
| 09:00 am | Meditation & Yoga |
| 10:15 am | Stretch & Release |
| 10:15 am | Golden Gloves Boxing |
| 11:30 am | Cardio Dance Fit |
| 12:30 am | Contract Bridge (relaxed) |
| 01:00 pm | Ballroom Dance |
| 02:15 pm | Meditation Made Easy |
| 02:15 pm | Dance Flow Chair Yoga |
| 03:15 pm | Pickleball - Cornhole |

Thursday

| Time | Classes/Activities |
|----------|--------------------------|
| 09:00 am | Woodshop |
| 09:00 am | Snooker |
| 09:00 am | Aging Backwards |
| 10:00 am | Guitar Lessons |
| 10:00 am | Zumba Gold (Standing) |
| 10:15 am | Hatha Yoga |
| 11:15 am | Zumba Chair Gold (Seat) |
| 11:30 am | Henry's Knife Sharpening |
| 12:30 pm | Cribbage |
| 12:45 pm | Chair Pilates |
| 02:00 pm | Floor Curling |

Friday

| Time | Classes/Activities |
|----------|---------------------------|
| 09:00 am | Woodshop |
| 09:00 am | Snooker |
| 09:00 am | Aerobic Strength |
| 09:30 am | Clogging |
| 10:00 am | Knitting/Crocheting |
| 10:15 am | Stretch Balance Flex |
| 11:30 am | Yoga Flow |
| 12:30 pm | Contract Bridge (serious) |
| 12:45 pm | Chair Pilates |

Saturday

| |
|-------------------------------|
| Pickleball - 11:30 - Cornhole |
|-------------------------------|