



FALL & WINTER GUIDE 2024

\$2.00

Phone: 780-459-0433

 **St. Albert**
Seniors Association



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, Benefits & Silver Saver Program

Yearly fee \$110.00

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.
- Membership Appreciation Lunches \$9.00 last Wednesday of the month.

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.

Fall Class Registration

Registration starts August 7th, 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

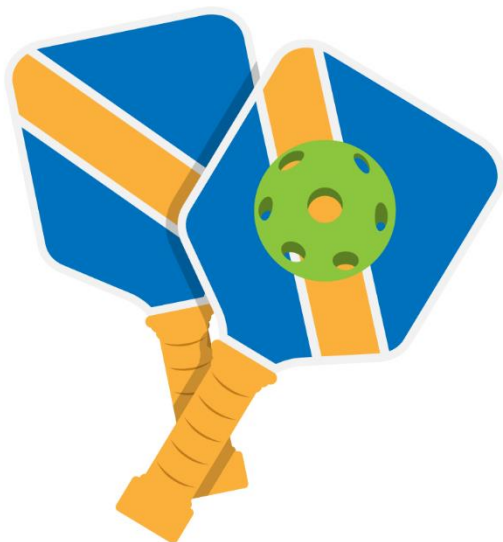
Activity fees are for the following activities:

Activities:

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

Cards:

- Euchre
- Mahjong
- Bridge
- Cribbage
- Canasta



ARTS & CRAFTS

AF1A. PEN & WASH - NEW!!

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 - 4:00 pm

Dates: Nov 4th - Dec 9th (5 classes)

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

AF2A. PAINTING LANDSCAPES WITH ACRYLICS - NEW!!

Instructor: Muhammed Salayi

If you're an art learner interested in exploring the versatile medium of acrylic paints, consider registering for this unique art class. You'll learn to paint various subjects in both academic and impressionist styles, focusing on brush techniques. The class is led by a master artist who welcomes all skill levels. By the end, you'll be able to paint like the great artists. [Supply list at front desk.](#)

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

Dates: Nov 7th - Dec 12th (6 classes)

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

AF3. WATERCOLOR FOR ALL LEVELS - NEW!!!

Instructor: Willie Wong

This is a class for everyone. Beginners and all skills welcome. We will be covering landscape and still life in the easy-to-follow class. Most supplies can be purchased from Willie.

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

Dates: Nov 5th - Dec 10th (6 classes)

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

AF4. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

In this class we will be doing more small paintings, creating small paintings for Christmas gifts. Simple lines to start or now drawing at all for some of these paintings. Beginners are welcome to join. Materials can be purchased from Willie.

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

Dates: Nov 5th - Dec 10th (6 classes)

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

AF7. POPPY PAINTING

Instructor: Linda Finstad

In this class you will discover the secret of how to blend colours to create stunning poppies. All materials are provided. No Experience needed.



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

Dates: November 4th

Price: \$48.00 (Non-member \$88.00)

AF8. REMEMBRANCE DAY ROCK PAINTING

Instructor: Mary Anne Jaedicke

Come join me in painting these remember rocks. Take your rocks home to treasure or place them around the community as a tribute to the veterans. Includes all supplies.

Day and Time: Wednesday 2:00 pm - 4:00 pm

Dates: November 6th

Price: \$5 members (Non-member \$10)



AF9. CHRISTMAS CARD MAKING

Instructor: Mary Anne Jaedicke

Come and learn how to make 3 cards. These are cards that you can make at home too if you wish. Simple designs that don't require a lot of tools. All supplies are provided. Looking forward to having some Christmas joy with you.



Day and Time: Wednesday 2:00 pm - 4:00 pm

Dates: November 20th

Price: \$25.00 members (Non-member \$65.00)

AF10. CRAFTING WITH CORINNE IS BACK!!

Instructor: Corinne Friedrich

Come and learn how to make a decorative door hanger for Christmas. These rustic hangers will look great on your door whether you live in a house or apartment. Any door or wall you would like to dress up for the holidays! All supplies are included in price. Hot chocolate and cookies provided.

Day and Time: Wednesday 10:00 pm - 12:00 pm

Dates: December 4th

Price: \$35.00 members (Non-member \$75.00)



AF12. CREATE & STRETCH YOUR BRAIN WORKSHOPS

Instructor: Dawna Kujala

Come and create new and exciting projects in this group while meeting new friends!! Very relaxed fun atmosphere just sign-up to the classes you would be interested in. All supplies are included in price.

12D. Pendants, bracelets, and earrings

You will have the opportunity to make 2 pieces of jewelry of your choice. We will use beads, glass cabochons and jewelry wire.

Day and Time: Thursday, November 14th from 10:00 pm - 12:00 pm

Price: \$25.00

12E. Winter Door Wreath

Make a door wreath in your choice of Christmas ribbon or winter colors. Wreath will be approximately 15 inches in width.

Day and Time: Saturday, November 16th from 10:00 pm – 12:00 pm

Price: \$50.00



12F. Light Up Holiday Decor

Make a centerpiece for your table, mantle under the tree or anywhere you need a little light. Battery lights will be included because its not Christmas without sparkle.

Day and Time: Saturday, December 14th from 10:00 pm – 12:00 pm

Price: \$30.00



INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

Price: \$5.00 per session

IF2. DAVID WANGLER LECTURES

Is Liberal Democracy DOOMED (from the get-go) DYING (From an incorrect definition of Human Nature) DECEPTIVE (In sense it tells people they are in charge) or DEVELOPING (becoming more flexible. open and consequently more successful.) Four lectures on each of the Ds.

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

Dates: Oct 21st, Oct 28th, Nov 4th and Nov 18th

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

IF3. SELECTING A FINANCIAL ADVISOR AND INSTITUTION

Instructor: Weichurn Woo, Investment Advisor, CIM, EPC

Who we *choose* as our *financial advisor* has a great influence on our satisfaction with financial services, as well as personal financial well being. Quality of financial planning advice, investment performance, amount of client communication, pay structure of the advisor, among others, are very important factors in selecting the right advisor and financial institution. Just as every individual is different, every advisor is also unique, and there needs to be a good match between the two for a complete and happy long-term relationship. Join Wei Woo as we discuss how to find one that best suits your needs.

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

Dates: October 24th

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

IF7. 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: Nov 4, Nov 18, Nov 25 & Dec 2 (4 Classes)

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

IF10. GRANDPARENT SCAMS

Instructor: Rachel Glendenning & Constable McKay

We've seen an influx of "Grandparent Scams" and would like to ensure the online safety and personal safety of the people in our community. Come and discuss how to keep you and your family safe online.

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

Dates: November 19th

Price: FREE!!

IF11. ELDER ABUSE: TALK

Instructor: Liam M. Connelly LLM.

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 - 12:00 pm

Dates: November 13

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

IF12. FALL PREVENTION

Instructor: Naomi Fowler - Health Promotional Facilitator

Could a fall change your lifestyle? Don't Let a Fall Bring You Down is a presentation that will give you the tools to live the way you choose while enjoying a healthy, independent life as you age. By attending you will: Learn to reduce your risk of falling and being injured. Find out how to maintain your independence for years to come.

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

Dates: November 15th

Price: \$2

ST. ALBERT PUBLIC LIBRARY

Host: Janice Cheung

Come join us in the lobby on Nov 6th 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

FP1. 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: Sept 9th - Oct 21st (6 classes)

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

Blackout Dates: Oct 14th & Nov 11th

FP1A. Session 2 - Nov 4th - Dec 16th (6 classes)

FP2. 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: Sept 9th - Oct 21st (6 classes)

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

Blackout Dates: Oct 14th & Nov 11th

FP2A. Session 2 - Nov 4th - Dec 16th (6 classes)

FP3. 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 benefiting 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: Nov 4th - Dec 9th (5 classes)

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

Blackout Dates: November 11th

FP4. 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: Sept 9th - Oct 21st (6 classes)

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

Blackout Dates: Oct 14th & Nov 11th

FP4A. Session 2 - Nov 4th - Dec 16th (6 classes)

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

FP5. 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 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: Sept 9th - Oct 21st (6 classes)

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

Blackout Dates: Oct 14th & Nov 11th

FP5A. Session 2 - Nov 4th - Dec 16th (6 classes)



FP6. SPINE HEALTH THRU TAI CHI

Instructor: Brad Schultz

Do you have lower-back issues? What about neck and upper-back problems?

You can rejuvenate a tired, aching back, reduce or eliminate pain and stiffness, and turn back the clock on years of accumulated tension and bad habits. Learn how you can release long-term back tension and relieve chronic pain through the tried-and-true methods of Tai Chi.

Through a collection of individual Tai Chi movements specially chosen to help with back and spinal issues, you will be able to mobilize and rejuvenate a tired, tense back. You can learn to release deep and habitual tension, allowing your spine to become free and supple once again.

Through these gentle and invigorating movements, you can experience a renewed freedom and flexibility that you perhaps haven't experienced in years. And as these are simple, individual movements, no previous experience with Tai Chi is needed. Discover how Tai Chi can roll-back the years and add new life and health to your spine. An open and free back means a healthier and energized You!

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

Dates: Sept 9th - Oct 21st (6 classes)

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

Blackout Dates: Oct 14th & Nov 11th

FP6A. Session 2 - Nov 4th - Dec 16th (6 classes)

TUESDAY

FP7. 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: Sept 3rd - Oct 22nd (8 classes)

Price: \$97.50 (Non-member \$137.50)

FP7A. Session 2 - Nov 5th - Dec 10th (6 classes)

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

FP8. 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 9:00 am - 10:00 am

Dates: Sept 3rd - Oct 22nd (8 classes)

Price: \$83.00 (Non-member \$123.00)

FP8A. Session 2 - Nov 5th - Dec 10th (6 classes)

Price: \$67.00 (Non-member \$107.00)

FP9. 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: Sept 3rd - Oct 22nd (8 classes)

Price: \$97.50 (Non-member \$137.50)

FP9A. Session 2 - Nov 5th - Dec 10th (6 classes)

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

FP11. 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: Sept 3rd - Oct 22nd (8 classes)

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

FP11A. Session 2 - Nov 5th - Dec 10th (6 classes)

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

FP12. 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: Sept 3rd - Oct 22nd (8 classes)

Price: \$97.50 (Non-member \$137.50)

FP12A. Session 2 - Nov 5th - Dec 10th (6 classes)

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

WEDNESDAY

FP13A. CIRCLE OF JOY YOGA - NEW!!

Instructor: Frances Gagnon

This yoga session is designed to cultivate joy, connection, and inner peace through movement, breath, and awareness practices. Awaiting and preparing for a holiday season and Christmas can be a stressful, painful, or lonely time for many. Rediscover the joy within that is not limited to what is happening around us. As the Winter Solstice marks the return of the light, yoga practices can help honour both darkness and the coming of light, with renewal and growth. The solstice is a time to reflect on the past year, acknowledge what has ended or changed, and release what no longer serves us. This class is suitable for all levels, offering options and challenges as needed, including the use of a chair for seated yoga or standing support. Please bring a yoga mat. Using props such as yoga blocks or a thick blanket, and a yoga strap can be helpful; bring your own or try props available in class. Wishing you health, hope and harmony, joining others in a Circle of Joy!

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

Dates: Nov 6th - Dec 11th (6 classes)

Price: \$73.00 (Non-member \$113.00)

FP14. GOLDEN GLOVES FOR FUN & ALL OVER FITNESS

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 first class for the cleaning and maintaining of the boxing gloves.

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

Dates: Sept 4th - Oct 23rd (8 classes)

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

FP14A. Session 2 - Nov 6th - Dec 11th (6 classes)

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

FP15. 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.

FP15A. Session 2 - Nov 6th - Dec 11th (6 classes)

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

FP16. 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: Sept 4th, 11th, Oct 9th, 16th and 23rd (5 classes)

Price: \$56.00 (Non-member \$96.00)

FP16A. Session 2 - Nov 6th - Dec 11th (6 classes)

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

FP17. 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: Sept 4th, 11th, Oct 9th, 16th and 23rd (5 classes)

Price: \$56.00 (Non-member \$96.00)

FP17A. Session 2 - Nov 6th - Dec 11th (6 classes)

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

FP18. DANCE FLOW CHAIR YOGA

Instructor: Twyla Domoslai

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: Sept 4th - Oct 23rd (8 classes)

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

FP18A. Session 2 - Nov 6th - Dec 11th (6 classes)

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

FP19. THE 8 PIECES OF BROCADE CHI GONG (TAI CHI)

Instructor: Brad Schultz

This is an ancient form of movement Chi Gong (Qigong) consisting of a sequence of eight gentle exercises. It is easy to learn, fun to do and takes only ten minutes from start to finish. It is designed to stimulate the major acupuncture meridians, thereby restoring a strong and balanced energy flow throughout the body as well as increasing muscular strength, improving balance and flexibility.

The 8-Pieces leaves you feeling energized, refreshed, and ready to go. This very popular Chi Gong routine is tremendous for dissolving tension and releasing stress from the body while building strength and vitality.

The 8-Pieces of Brocade will help you to increase your energy levels; improve strength, muscle-tone, and balance; release stress from your body and mind; stimulate your immune system; improve metabolism & digestion; improve flexibility, endurance, and stamina; ease and improve chronic conditions and pain; sharpen and vitalize your mind.

Through Chi Gong you have a simple and direct way to actively stimulate your body's natural tendency toward health!

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

Dates: Sept 4th - Oct 23rd (8 classes)

Price: \$85.50 (Non-member \$125.50)

FP19A. Session 2 - Nov 6th - Dec 11th (6 classes)

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

THURSDAY

FP20. 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: Sept 5th - Oct 24th (7 classes)

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

FP20A. Session 2 - Nov 7th - Dec 12th (6 classes)

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

FP22. INTERMEDIATE 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: Nov 7th - Dec 12th (6 classes)

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

FP23. 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: Sept 5th - Oct 24th (7 classes)

Price: \$77.00 (Non-member \$117.00)

FP23A. Session 2 - Nov 7th - Dec 12th (6 classes)

Price: \$67.00 (Non-member \$107.00)

FP25. CHAIR PILATES

Instructor: Priya Sanjeevi

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: Sept 5th - Oct 24th (7 classes)

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

FP25A. Session 2 - Nov 7th - Dec 12th (6 classes)

Price: \$56.00 (Non-member \$96.00)

FRIDAY

FP26. 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 9:00 am - 10:00 am

Dates: Sept 6th - Oct 25th (7 classes)

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

FP26A. Session 2 - Nov 8th - Dec 13th (6 classes)

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

FP27. 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: Sept 6th - Oct 25th (7 Classes)

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

FP27A. Session 2 - Nov 8th - Dec 13th (6 classes)

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

FP28A YOGA FOR LIFE

Instructor: Frances Gagnon

Enjoy flowing yoga sequences, connecting body, breath, and mind. This is an active and energizing class that finishes with relaxation. Experience increased balance, flexibility, strength, and an overall sense of well-being in your life. Familiarity with basic yoga poses is recommended. 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: Nov 8th - Dec 13th (6 classes)

Price: \$73.00 (Non-member \$113.00)

FP31A. 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

FP31A. Session 2 - Nov 8th - Dec 13th (6 classes)

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

FP32A. CHAIR PILATES

Instructor: Priya Sanjeevi 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 11:30 pm – 12:30 pm

Dates: Nov 8-Dec 13 (6 classes)

Price: \$56.00 (Non-member \$105.00)

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.

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

RED WILLOW BISTRO

Our award-winning 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 Richard prepares freshly made homestyle meals daily and ranges from a variety of sandwiches, soups, salads, and entrees. 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 Richard'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 Richard 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 Happy Hour

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

SENIORS SUPPORT SERVICES

Systems Navigator

Trish Leduc

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

Jennie Rivard

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

Cruz Pinzon

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 the Red Willow 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 Trish (780) 459-0433 or email trish.leduc@stalbertseniors.ca. Volunteer applications can be filled out 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 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	Spine Health thru Tai Chi
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 - Cornhole
11:30 am	Stretch Balance & Flexibility		

Tuesday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	Snooker
09:00 am	Gentle Hatha Yoga
90:00 am	Strength Balance & Flexibility
10:15 am	Aging Backwards
10:15 am	Strength, Balance & Flexibility
11:30 am	Pilates is 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	Mindful 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	8 Pieces of Brocade (Chi Gong)
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
10:15 am	Hatha Yoga
11:00 am	Henrys Knife Sharpening
11:15 am	Awakening Chakras
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, & Flexibility
11:30 am	Chair Pilates
11:30 am	Sun Salutations
12:30 pm	Yoga For Life
12:45 pm	Contract Bridge (serious)
	Yoga Dancing