

WINTER PROGRAMS

# ST. Albert Seniors Association

CHAIR  
PILATES

LINE  
DANCING

YOGA

FITNESS AND DANCE

TAI CHI

CLOGGING

ART CLASSES

BOXING

INFORMATION SESSIONS

7 Tache Street  
St. Albert, AB  
T8N 2S3

Phone: 780-459-0433  
[www.stalbertseniors.ca](http://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 **Our Vision:** Seniors lives enriched and adults with activities and services. 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 (NON-REFUNDABLE)

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

**Email:** [info@stalbertseniors.ca](mailto:info@stalbertseniors.ca)

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

**Centre will be closed on all 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 (classes, bistro, activities, events,
- ATM located on premises. washrooms)
- Fully wheelchair accessible building
- Scent-free environment.

## CLASS INFORMATION

All classes list both member and non-member prices. All classes must meet a minimum number of registrants to run. The Winter classes begin the week of January 6/25 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

St. Albert Seniors Association is a non-profit charity organization. Donations are gratefully accepted and all donations over \$25.00 will receive an income tax receipt.

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.

## Winter Class Registration

**Registration starts December 2nd, 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](http://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](http://www.stalbertseniors.ca)
2. Click on Member Login. This will take you to the My Active Senior page.
3. Click on New Users
4. Follow the steps 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  
\$10 Drop-In Classes \$20

Classes \$15 **Non-Members:** Activities

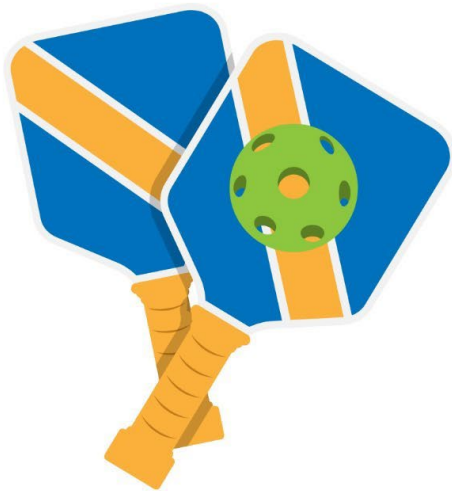
Activity fees are for the following activities:

## Activities:

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

## Cards:

- Euchre
- Mahjong
- Bridge
- Cribbage
- Canasta



# ARTS & CRAFTS

## PW1. 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 – 4:00 pm

**Dates:** Jan 6<sup>th</sup> – Feb 24<sup>th</sup> (8 classes)

(Non-member \$180.00)

**PW1A. Session 2 – March 3<sup>rd</sup> – Mar 31<sup>st</sup> (4 classes) Price: \$140.00**

**Price: \$70.00 (Non-members \$110.00)**

## PWS. PAINTING WINTER SCENES WITH ACRYLICS

**Instructor:** Muhammed Salayi

In this acrylic painting class, we'll explore techniques to create a peaceful winter snowy scene. Students will learn how to paint soft, snowy textures and use cool tones to convey the stillness of winter. We'll cover essential techniques, such as layering shades of blue, white, and gray, along with adding simple details like trees and shadows for depth. Whether you're new to acrylics or experienced, this class will guide you in bringing a winter wonderland to life on canvas. [Supply list at front desk.](#)

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

**Dates:** Jan 9<sup>th</sup> – Feb 27<sup>th</sup> (8 classes)

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

## PVB. HOW TO PAINT VARIOUS BIRDS USING ACRYLIC

**Instructor:** Muhammed Salayi

Will have a series of vibrant bird portraits, showcasing their progress and creativity in acrylic painting. Join this engaging class to capture the beauty of birds in acrylics under the guidance of a professional artist. Each session features a different bird, focusing on techniques like sketching, layering, color mixing, and texture to create lifelike portraits. Students will learn how to build up depth, bring out unique feather patterns, and create harmonious compositions. By the end, each participant will have a series of vibrant bird portraits, showcasing their progress and creativity in acrylic painting.

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

**Dates:** Mar 13<sup>th</sup> – May 1<sup>st</sup> (8 classes)

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



## WAL1. 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.  
[Supply list at front desk.](#)

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

**Dates:** Jan 7<sup>th</sup> – Feb 25<sup>th</sup> (8 classes)

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

**WAL1A. Session 2 – March 10<sup>th</sup> – April 28<sup>th</sup> (7 classes)**

**Price: \$130.00 (Non-members \$170.00)**

## CP1. COLORED PENCIL ON BLACK PAPER

**Instructor:** Susan Casault

Draw a variety of subjects, including animals, nature, and nightscapes, all on black paper. Drawings always go a little quicker with a black background, and it gives a dynamic quality to the finished piece. An introductory class or previous coloured pencil experience is recommended. Gain experience with choosing colors and problem solving as you focus on basic shapes, values, and textures. The class will include demonstrations and 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:** Feb 25<sup>th</sup> – Apr 1<sup>st</sup> (6 classes)

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



## KNITTING & CROCHETING – UNINSTRUCTED

This is a friendly group that gets together weekly to socialize, practice, and share techniques. Sharpen your knitting skills and have some fun with this tight 'knit' group. Design crafts for our Willows Gift Shop.

**Day and Time:** Friday 10:00 am – 12:00 pm **Price:** Free



## WOODSHOP

Tony and the gang are always busy designing all sorts of handmade woodwork from bird houses, puzzle boards and seasonal items.

Come on down and enjoy some hands-on fun, bring your skills and knowledge.

**Hours of operation:** Monday, Wednesday, and Friday mornings.



**Waitlist Policy:** If the activity in which you wish to register is full, you can be waitlisted. If there is a cancellation and a free spot available, we will contact members in the order received on the waitlist. Don't delay – Register today!

**Don't delay!!** – Sign up today! Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled.

## INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

Price: \$5.00 per session

### IW1. WOMEN IN PERSONAL FINANCIAL MANAGEMENT

**Instructor:** Weichurn Woo, Investment Advisor, CIM, EPC

Women are an increasingly important demographic in financial decision making for retirees. Many investment assets in Canada will eventually be left to the woman. As in many relationships the husband or partner is often the case the primary financial decision maker, with many surviving widows and divorced female retirees finding a steep learning curve after the spouse is gone. Come review the fundamentals on important strategies, mindset, and facts of navigating the financial and investment landscape as a woman in retirement.

**Day and Time:** Thursday 10:00 am – 11:00 am

**Dates:** January 30th

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

### IW2. ARTHRITIS AND FALL PREVENTION

**Instructor:** Heidi Fedoruk

"Heidi Fedoruk from Leading Edge Physiotherapy will educate and entertain you with this informative and interactive session about arthritis and fall prevention. You will learn about the different types of arthritis including osteoarthritis and rheumatoid arthritis, self-management techniques including common exercises, and when to seek care from your healthcare provider for common treatment techniques. We will also talk about the impact of falls and what you can do to help prevent a fall."

**Day and Time:** Thursday 10:00 am – 11:00 am

**Dates:** February 5th

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

## IW3. REGULATIONS FOR YOUR FINANCIAL ADVISOR

**Instructor:** Weichurn Woo, Investment Advisor, CIM, EPC

Since 2009 implementation, there has been a new set of rules and reporting requirements on your nonregistered, RRSP, and TFSA accounts. The current phase is called CRM2, with the 3rd phase called CRM3 still in development and expected to be in force by start of 2027. Client Relationship Model, or Phase 2 (**CRM2**) is a regulatory initiative designed to help clarify investment performance, communication, and costs for investors, as well provide more transparency. Come join Wei Woo as we discuss what this all means, and to find out if your financial advisor or investment advisor is doing what is in your best interest.

**Day and Time:** Thursday 10:00 am – 11:00 am

**Dates:** March 27th

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

## IW4. FUNDING OPTIONS FOR HOME CARE

**Instructor:** Dana Chan

This winter, we are excited to welcome Dana, the Director, and Owner of Qualicare Home Care, for an insightful presentation on the various funding options available for home care in Alberta. With a deep commitment to enhancing the quality of senior care, Dana will draw on her extensive educational background and professional experience to guide you through the financial support available for home care services.

Whether you're navigating funding through government programs, private insurance, or other resources, Dana's expertise will offer clarity on how you or your loved ones can access the right home care services while managing costs effectively. This is an excellent opportunity for seniors, families, and caregivers to learn more about the practical ways to ensure ongoing quality care at home.

Don't miss this chance to hear from an expert who is dedicated to supporting seniors and their families. Stay warm this winter by joining us for this important discussion!

**Day and Time:** Wednesday 10:00 am – 11:00 am

**Dates:** February 19th

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

## IW5. INTRODUCTION TO GENEALOGY

**Instructor:** Sue Hobson

One of the fastest growing hobbies in this century has been the search for our roots: Genealogy. The most common complaint is "I wish I'd asked more questions when Grandma/Auntie/Grandad was still with us". This session will show you how to record your information and the memories you have of your own parents and grandparents, so that you can pass it down to your children and grandchildren.

We will create a basic family tree and find out how to locate additional details. We will also have access to Ancestry to learn how this website can help our research.

**Day and Time:** Wednesday 10:00 am – 11:00 am

**Dates:** March 5th

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

## IW6. AUPSA HORIZON SERIES

**Instructor:** Various Presenters

AUPSA empowers individuals by offering an extensive array of programs. AUPSA supports personal growth and well-being of individuals and community by a series of topics geared toward seniors. Sign up for our workshops and you will receive a complimentary muffin, coffee, and a hot lunch. You must be in attendance to enjoy your lunch.

**Day and Time:** Wednesday 9:00 am – 12:00 pm

**Dates:** Jan 8<sup>th</sup> & 22<sup>nd</sup>, February 12<sup>th</sup> & 26<sup>th</sup>, March 12<sup>th</sup> & 26<sup>th</sup>

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

**SPOTS FILL UP FAST SO REGISTER TODAY. WATCH THE NEWSLETTER FOR THE WEEKLY TOPIC.**

## IW7. SWAP& SHOP: CLOTHING SWAP

**Instructor:** Lis Faulkner

Join Go Organize for a fun and sustainable clothing swap! Bring 10 gently used, up-to-date, clean, smokefree, clothing items (clothes, jackets, handbags, shoes, or accessories) and exchange them for up to 10 new-to-you treasure. It's a fantastic way to declutter your closet, discover hidden gems, and contribute to a more sustainable future. There will be an opportunity for any leftover items to be donated to a local charity. Plus, you'll have a chance to meet new people and enjoy some refreshments while you shop. Don't miss this opportunity to refresh your wardrobe without breaking the bank!

**Day and Time:** Saturday 10:00

**Dates:** January 25<sup>th</sup>

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

## IW8. WILLS AND ESTATE PLANNING

**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:** Tuesday 10:00 am – 11:00 am

**Dates:** March 11th

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

## IW9. JUNK DRAWER RESCUE: A FUN EASY DECLUTTER WORKSHOP

**Instructor:** Lis Faulkner

Tired of the mess in your junk drawer? Join Go Organize for a fun and informative workshop where you'll learn how to declutter, organize, and upcycle your way to a tidy space. Bring your junk drawer chaos and leave with a sense of accomplishment and a well-organized drawer! What to bring: \* Your messy junk drawer (or a bag/box of its contents) What's provided: \* Organization tips and strategies \* A variety of organizers available for purchase, starting at \$2 each (bring cash) Let's turn your junk drawer into a functional and organized space!

**Day and Time:** Wednesday 10:00 am – 11:30 am

**Dates:** March 27th

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

## IW10. ELDER ABUSE – CHANGES TO YOUR WILL

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.

**Instructor:** Liam Connelly

**Day and Time:** Tuesday 10:00 am – 11:00 am

**Dates:** February 4th

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

## IW11. COMPLIMENTARY HEARING CHECK

**Instructor:** Nicole Hunter

January 15th 10:00 a.m.-3:30 p.m. Ears To You is a mobile hearing clinic that will be available for a hearing test at a time that suits you. Get advice from registered hearing aid practitioners and rediscover the sounds you've been missing. We conduct a series of specialized assessments to understand your unique hearing situation and each appointment is for an hour. Book yours at (780) 459-0433.

**Day and Time:** Wednesday 10:00 am – 3:00 pm

**Dates:** January 15th

**Price:** Free (Space limited to 6 people)

## IW12. GO ORGANIZE

**Instructor:** Lis Faulkner

Discover the secrets to simplifying your life with Go Organize! This workshop covers easy tips and tricks for decluttering, downsizing, and organization. Learn how to get organized when downsizing for life changes, how to handle sentimental items, how to manage and store photos and bills, when to ask for help, and much more!

**Day and Time:** Wednesday 10:00 am – 11:30 am

**Dates:** April 9th

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

## IW13. TRUTH: WHAT IS IT AND WHY IS IT?

**Instructor:** David Wangler

**LECTURE 1** - Is whatever being true fixed, absolute, or permanent?

**LECTURE 2** - Is the truth relative to a place, time, culture or even person.

**LECTURE 3** - Are the 3 most important questions for all humans these?

1. It is true or false.
2. Is it good or bad?
3. 3-Is it beautiful or ugly? (This last one assumes Keats' Truth is beauty and beauty truth)

**LECTURE 4** - Is the flat denial of any truth creating social chaos?

**Day and Time:** Monday 10:00 am – 11:30 am

**Dates:** Jan 6<sup>th</sup> – Jan 27<sup>th</sup>

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

## IW14. WHAT IS MY BOOKS WORTH?

**Instructor:** Barry Bailey

Barry Bailey, of Bailey Books in St. Albert has been in the book business for over 25 years. He has expertise in evaluating and pricing books of all descriptions, providing professional services to estates, insurance adjusters, downsizers and the curious. He will provide an overview of the current market and take time to answer all your questions.

**Day and Time:** Monday 10:00 am – 11:30 am

**Dates:** Feb 10th

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

## IW15. REFLEXOLOGY WORKSHOP?

**Instructor:** Lori Hohle

(re)Discover Reflexology; Join Lori Hohle with Holistic Reflexology for an enlightening presentation where we'll explore how this ancient practice promotes relaxation, improves wellness, and supports your body's natural healing. Don't miss this opportunity to learn how reflexology can enhance your life—see you there!

**Day and Time:** Wednesday 10:00 am – 11:30 am

**Dates:** Jan 29th

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

## COMPUTERS & DEVICES

Computer Tutorials: One-on-One Instructor: Troy Chartier



Are you having trouble with your computer, device, and/or its software? A one-on-one tutorial may help you get the most out of your system. These 30 min, customized training opportunities are designed to address concerns you might have with your Windows, Apple, or Android device. Once you have registered, the instructor will contact you to arrange a convenient tutorial time and review the topics you want to address. Multiple concerns may require more than one instructional session.

Price: Free (Members) – Non-Members \$20.00



## THE SCOOP

Host: Linda Ensley



The Scoop is a coffee social taking place on the 2nd and 4th Tuesday of every month.

The Scoop is a free get-together hosted by our Executive Director Linda. Chat over coffee, sharing your stories, knowledge, and your humorous stories.

Price: Free

Time: 11:00 am – 12:00 pm

## ST. ALBERT PUBLIC LIBRARY

Host: Janice Cheung & Emily

Come join us in the lobby on Friday Feb 21<sup>st</sup> from 11:30 am – 1:30 pm and on Wednesday March 19<sup>th</sup> from 11:30 am – 1:30 pm all are welcome!

**Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.**

**Don't delay!! – Sign up today! Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled.**

# FITNESS & DANCE CLASSES

## MONDAY

### CW1. 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

**Blackout Dates:** Feb 17<sup>th</sup>, March 17<sup>th</sup> & April 1<sup>st</sup>

**Dates:** Jan 6<sup>th</sup> – Feb 24<sup>th</sup> (7 classes)

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

**CW1A. Session 2 – Mar 10<sup>th</sup> – April 28<sup>th</sup> (7 classes)**

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

### CW2. 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

**Blackout Dates:** Feb 17<sup>th</sup> March 17<sup>th</sup> & April 1<sup>st</sup>

**Dates:** Jan 6<sup>th</sup> – Feb 24<sup>th</sup> (7 classes)

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

**CW2A. Session 2 – Mar 10<sup>th</sup> – April 28<sup>th</sup> (7 classes)**

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

### CW3. 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

**Blackout Dates:** Feb 17<sup>th</sup> March 17<sup>th</sup> & April 1<sup>st</sup>

**Dates:** Jan 6<sup>th</sup> – Feb 24<sup>th</sup> (7 classes)

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

**CW3A. Session 2 – Mar 10<sup>th</sup> – April 28<sup>th</sup> (7 classes)**

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

## CW4. 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 bodies 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:** Jan 20<sup>th</sup> – Feb 24<sup>th</sup> (5 classes)  
(Non-member \$110.00)

**Blackout Dates:** Feb 17<sup>th</sup>, March 17<sup>th</sup> & April 1<sup>st</sup>

**Price:** \$70.00

**CW4A. Session 2 – Mar 10<sup>th</sup> – Apr 28<sup>th</sup> (7 classes)**

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

## EUCHRE

Come join our fun group of players for an afternoon of Euchre.

Euchre is a trick taking game with a trump, played by four players in teams of two.



**Day and Time:** Monday 12:30 pm – 4:00 pm

**Blackout Dates:** Feb 17<sup>th</sup>, March 17<sup>th</sup> & April 1<sup>st</sup>

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

**UNLESS YOU HAVE AN ACTIVITY CARD**

## CW5. 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:** Jan 6<sup>th</sup> – Feb 24<sup>th</sup> (7 classes)

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

**Blackout Dates:** Feb 17<sup>th</sup>, March 17<sup>th</sup> & April 1<sup>st</sup>

**CW5A. Session 2 – Mar 10<sup>th</sup> – Apr 28<sup>th</sup> (7 classes)**

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



## CW6. HIP 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:** Jan 6<sup>th</sup> – Feb 24<sup>th</sup> (7 classes)      **Price:** \$75.00      **Blackout Dates:** Feb 17<sup>th</sup>, Mar 17<sup>th</sup> & Apr 1<sup>st</sup>  
(Non-member \$115.00)

**CW6A. Session 2 – Mar 10<sup>th</sup> – Apr 28<sup>th</sup> (7 classes)**

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

## GROOVY GANG

**Instructor: Danielle Lee**

Come on down and sing with our very own choir!! Everyone is welcome to attend, sing your heart out and enjoy some great company with people who love singing as much as you do.

**Day and Time:** Monday 2:00 pm – 4:00 pm

**Price:** \$5.00 (Non-member \$10.00) UNLESS YOU HAVE AN ACTIVITY CARD

**Blackout Dates:** Feb 17<sup>th</sup>, March 17<sup>th</sup> & April 1<sup>st</sup>

## PICKLEBALL

Whether you are a pickleball enthusiast or just out to have some fun. Bring your friends or join up with others.

**Day and Time:** Monday 2:15 pm – 4:15 pm

**Price:** \$5.00 (Non-member \$10.00) UNLESS YOU HAVE AN ACTIVITY CARD

**Blackout Dates:** Feb 17<sup>th</sup>, March 17<sup>th</sup> & April 1<sup>st</sup>

## TUESDAY

### CW7. 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:** Jan 14<sup>th</sup> – Feb 25<sup>th</sup> (7 classes)

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

**Blackout Dates: March 17<sup>th</sup> & April 1st**

**CW7A. Session 2 – Mar 11 – Apr 29th (7 classes)**

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

### CW8. 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:** Tuesday 12:45 pm – 1:45 pm

**Dates:** Jan 7<sup>th</sup> – Feb 25<sup>th</sup> (8 Classes)

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

**Blackout Dates: March 17<sup>th</sup> & April 1st**

**CW8A. Session 2 – Mar 11<sup>th</sup> – April 29th (7 classes)**

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

### CW9. 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:** Jan 14<sup>th</sup> – Feb 25<sup>th</sup> (7 classes)

(Non-member \$125.00)

**Blackout Dates: March 17<sup>th</sup> & April 1st Price: \$85.00**

**CW9A. Session 2 – Mar 11<sup>th</sup> – Apr 29th (7 classes)**

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

## CW10. 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:** Mar 11<sup>th</sup> – Apr 29<sup>th</sup> (7 classes)  
member \$120.00)

**Blackout Dates: March 17<sup>th</sup> & April 1st Price:** \$80.00 (Non-

## CW11. 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:** Jan 14<sup>th</sup> – Feb 25<sup>th</sup> (7 classes)  
member \$125.00)

**Blackout Dates: March 17<sup>th</sup> & April 1st Price:** \$85.00 (Non-

**CW11A. Session 2 – Mar 11<sup>th</sup> – Apr 29<sup>th</sup> (7 classes)**

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

## CONTRACT BRIDGE

Come join our fun group of players for an afternoon of Bridge.

**Day and Time:** Tuesday 1:00 pm – 4:00 pm

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

UNLESS YOU HAVE AN ACTIVITY CARD

**Blackout Dates: March 17<sup>th</sup> & April 1st**

## MAJONG

Mahjong is a game of skill, strategy, and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. No experience required as guidance and instruction are available.

**Day and Time:** Tuesday 12:30 pm – 3:30 pm

**Price:** \$5.00 (Non-member \$10.00) UNLESS YOU HAVE AN ACTIVITY CARD

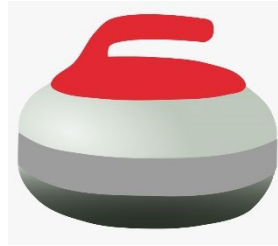
**Blackout Dates: March 17<sup>th</sup> & April 1st**

## FLOOR CURLING

Whether you are a floor curling enthusiast or just out to have some fun. Bring your friends or join up with others.

**Day and Time:** Tuesday 2:00 pm – 4:00 pm  
**Price:** \$5.00 (Non-member \$10.00) UNLESS YOU HAVE AN ACTIVITY CARD

**Blackout Dates:** March 17<sup>th</sup> & April 1st



## WEDNESDAY

### CW29. BRAIN, BODY & BREATH - \*NEW\*

**Instructor:** Priya Sanjeevi

Discover a holistic wellness program designed to sharpen your mind, strengthen your body, and enhance your breath. B3 integrates cognitive exercises to help prevent conditions such as Alzheimer's and Parkinson's, physical movements to build strength and flexibility, and breathwork to improve respiratory health and reduce stress. Each session combines all three elements, offering a balanced approach to overall well-being.

This class is highly recommended for individuals seeking to manage and prevent conditions like high blood pressure, cholesterol, diabetes, stress, depression, asthma, and wheezing. It also offers potential benefits for preventing certain neurological diseases and improving overall health.

**Day and Time:** Wednesday 10:15 am – 11:15 am

**Dates:** Jan 15<sup>th</sup> – Feb 26<sup>th</sup> (7 classes)

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

**CW29A. Session 2 – Mar 12<sup>th</sup> – Apr 30<sup>th</sup> (7 classes)**

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

### CWSS. SING ALONG AND SOCIAL

**Instructor:** Louise Lepore

Let your voice roar during this pub-style sing-along! It doesn't matter if you sing like an angel or squawk like a duck; this will be fun. The instructor will lead the group through musical styles, from folk to funk. Non-members are welcome, so bring a friend, your grandchildren, your favorite uncle, or anyone that wants to have fun and roar.

**Day and Time:** Wednesdays from 11:30 am - 12:30 pm

**Dates:** Jan 8<sup>th</sup> – Feb 26<sup>th</sup> (8 classes)

**Price:** \$25.00

**Drop-In Rate:** \$5.00



## CW14. 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:** Jan 8<sup>th</sup> – Feb 26<sup>th</sup> (8 classes)

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

**CW14A. Session 2 – Mar 12<sup>th</sup> – Apr 30<sup>th</sup> (7 classes)**

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

## CW15. 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:** Jan 8<sup>th</sup> – Feb 26<sup>th</sup> (8 classes)

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

**CW15A. Session 2 – Mar 12<sup>th</sup> – Apr 30<sup>th</sup> (7 classes)**

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

## CW16. 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:** Wednesday 11:30 am – 12:30 am **Dates:** Jan 15<sup>h</sup>

– Feb 26<sup>th</sup> (7 classes)

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

**CW16A. Session 2 – Mar 11<sup>th</sup> – Apr 29<sup>th</sup> (7 classes)**

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

## RELAXED BRIDGE

Come join our fun group of players for an afternoon of Bridge.

**Day and Time:** Wednesday 1:00 pm – 4:00 pm

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

UNLESS YOU HAVE AN ACTIVITY CARD

## CW17. 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:** Jan 8<sup>th</sup> – Feb 26<sup>th</sup> (8 classes)

**Price:** \$80.00 (Non-member \$125.00)



**CW17A. Session 2 – Mar 12<sup>th</sup> – Apr 30<sup>th</sup> (7 classes)**

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

## CW18. 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:** Jan 8<sup>th</sup> – Feb 26<sup>th</sup> (8 classes)

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

**CW18A. Session 2 – Mar 12<sup>th</sup> – Apr 30<sup>th</sup> (7 classes)**

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



## CW19. 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:** Jan 8<sup>th</sup> – Feb 26<sup>th</sup> (8 classes)

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

**CW19A. Session 2 – Mar 12<sup>th</sup> – Apr 30<sup>th</sup> (7 classes)**

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

## PICKLEBALL

Whether you are a pickleball enthusiast or just out to have some fun. Bring your friends or join up with others.



**Day and Time:** Wednesday 3:15 pm – 5:15 pm

**Price:** \$5.00 (Non-member \$10.00) UNLESS YOU HAVE AN ACTIVITY CARD

**Just a friendly reminder:** St. Albert Seniors Association is a scent-free zone. Many of our members have severe allergies to perfumes, hairsprays, and aftershaves. We ask you avoid the use of scents as scents can cause migraines, asthma, and other respiratory distress. Thank you for your cooperation.

# THURSDAY

## CW20. 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:** Mar 13<sup>th</sup> – May 1<sup>st</sup> (8 classes)

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

## CW21. 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:** Jan 9<sup>th</sup> - Feb 27<sup>th</sup> (8 classes)

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

## CW22. CLASSICAL 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:** Jan 9<sup>th</sup> - Feb 27<sup>th</sup> (8 classes)

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

**CW22A. Session 2 – Mar 13<sup>th</sup> – May 1<sup>st</sup> (8 classes) Price:** \$85.00  
(Non-member \$125.00)



## CW23. 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:** Jan 9<sup>th</sup> – Feb 27<sup>th</sup> (8 classes)

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

**CW23A. Session 2 – Mar 13<sup>th</sup> – May 1st (8 classes)**

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

## CRIBBAGE

Cribbage is a game for two to four players, in which the object is to play so that the value of one's cards played reaches exactly 15 or 31.

**Day and Time:** Thursday 12:30 pm – 3:30 pm

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

UNLESS YOU HAVE AN ACTIVITY CARD

## FLOOR CURLING

Whether you are a floor curling enthusiast or just out to have some fun. Bring your friends or join up with others.

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

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

UNLESS YOU HAVE AN ACTIVITY CARD

## FRIDAY

## CW24. 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:** Jan 10<sup>th</sup> - Feb 28<sup>th</sup> (8 classes)

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

**CW24A. Session 2 – Mar 14<sup>th</sup> – May 2<sup>nd</sup> (8 classes)**

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

## CW25. 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:** Jan 17<sup>th</sup> – Feb 28<sup>th</sup> (7 Classes)

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

**CW25A. Session 2 –Mar 14<sup>th</sup> – May 2<sup>nd</sup> (8 classes)**

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

## CW26. 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:** Jan 17<sup>th</sup> – Feb 28<sup>th</sup> (7 Classes)

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

**CW26A. Session 2 –Mar 14<sup>th</sup> – May 2<sup>nd</sup> (8 classes)**

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

## CW27. FLOW YOGA

**Instructor:** Frances Gagnon

This class is designed for those who are looking for a little more flow and strength. The practice is about linking breath and movement to flow through familiar poses. Creating this fluidity is rooted in a style called Vinyasa Yoga. Over the weeks, we will break down the Sun Salutation variations, while building strength in the core, major muscles, and the mind. The class is for maintaining or increasing strength, flexibility, balance, and energy, to support an active lifestyle. Please bring a yoga mat and props such as yoga blocks and a strap. **Suitable for students with experience, knowledge, and a foundation in Hatha Yoga, not requiring instruction for basic poses.**

**Day and Time:** Friday 11:30 am – 12:30 pm

**Dates:** Jan 10<sup>th</sup> – Feb 28<sup>th</sup> (8 Classes)

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

**CW27A. Session 2 –Mar 14<sup>th</sup> – May 2<sup>nd</sup> (8 classes)**

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

## CANASTA

Canasta is a card game of the rummy family using, two full decks in which players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for 7-card melds.

**Day and Time:** Friday 12:30 pm – 3:30 pm

**Price:** \$5.00 (Non-member \$10.00) UNLESS YOU HAVE AN ACTIVITY CARD

## CONTRACT BRIDGE

Come join our fun group of players for an afternoon of Bridge.



**Day and Time:** Friday 1:00 pm – 4:00 pm

**Price:** \$5.00 (Non-member \$10.00)  
UNLESS YOU HAVE AN ACTIVITY CARD

## GARDENING WORKSHOPS

Are you interested in gardening? The St Albert Seniors Association has a gardening club where we have designed a pollinator garden in our backyard and have experimented with various herbs and vegetables growing for our bistro.

Do you want to join us in our planning and maintenance of the gardens?

Gardening has been shown to benefit one's mental health by improving moods and lowering levels of stress and anxiety. It is also beneficial for one's physical health. Working in the garden is an enjoyable way to improve your strength, flexibility, and mobility like a whole-body workout. Breathing fresh air working outside improves your lung health, digestion, and immunity.

The sunlight while working outside will also increase your Vitamin D levels which has been shown to improve your bone health and may reduce certain types of cancer. Working together in a garden brings people together. It reduces loneliness and forms new friendships by having a common goal. You will feel a sense of satisfaction when you see the accomplishments made.

Planning for 2025 will start in February/early March. Please leave your name and contact information at the front Desk.

### ***Message from one of our garden volunteers:***

*I have worked in many yards over the years, but I get a special feeling from our pollinator garden.*

*The results I get from working in our garden have me not wanting to leave...even when it's getting dark. I found new friends that have the same style that I have as well as friends that teach me something new.*

*Our pollinator garden can be a place of meditation and reflection and accomplishment.*



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## 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 [TanyaHamilton@stalbertseniors.ca](mailto:TanyaHamilton@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.



## 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

# 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/](http://www.stalbertseniors.ca/willow/weekly-lunch-menus/) or scan the QR code with your mobile device to view the daily menu.



**PLEASE CONTACT US FOR ALL YOUR CATERING NEEDS!!**

# 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 Oppo

# SENIORS SUPPORT SERVICES

## Systems Navigator

### Claire Mbong

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](mailto: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	HIP 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	Strength Balance & Flexibility
10:15 am	Strength, Balance & Flexibility
10:15 am	Aging Backwards
11:30 am	Pilates Is For Everyone
12:30 pm	Majong
01:00 pm	Contract Bridge (serious)
02:00 pm	Floor Curling

## Wednesday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	Snooker
10:15 am	Stretch & Release
10:15 am	Brain Body & Breath
11:30 am	Cardio Dance Fit
11:30 am	Sing Along and Social
12:30 am	Contract Bridge (relaxed)
01:00 pm	Ballroom Dance
02:15 pm	8 Pieces if Brocade (Tai Chi)
02:15 pm	Dance Flow Chair Yoga
03:15 pm	Pickleball – Cornhole

## Thursday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	Snooker
08:45 am	Aging Backwards
10:00 am	Beginner Guitar
10:15 am	Classical Yoga
11:00 am	Henrys 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
09:00 am	Clogging
10:00 am	Knitting/Crocheting
10:15 am	Stretch, Balance, & Flexibility
11:30 am	Flow Yoga
12:30 pm	Contract Bridge (serious) Gentle
1:00 pm	Yoga