



St. Albert  
Seniors Association



*Spring*  
PROGRAM GUIDE  
2025



# 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:** Creating a community where you belong.

**Our Vision:** Experience your best life.

Our Board and staff members sincerely thank all the people who give the gifts of time, talent, and monetary contributions. We also recognize our government funders, sponsors and corporate supporters 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.**

**OPEN SATURDAYS when Centre is available (depending on rentals and other activities.)**

**Bring your friends to play PICKLEBALL**

**Members \$5 or \$2.05 with Activity Card**

**Non-Members \$10**

**Preregistration is required.**

**Call the front desk. 780-459-0433 the week before you plan on attending to confirm**

## 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.
- Scent-free environment.
- Fully wheelchair accessible building, 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 classes begin the week of May 12/25 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 center 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.

## Spring Class Registration

### Registration starts April 22, 2025

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 Classes \$15

**Non-Members:** Activities \$10 Drop-In Classes \$20

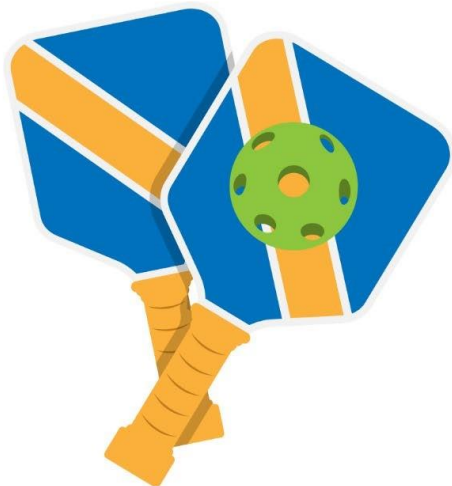
Activity fees are for the following activities:

## Activities:

- Corn Hole
- Floor Curling
- Pickleball
- Snooker

## Cards:

- Euchre
- Mahjong
- Bridge
- Cribbage
- Canasta





# You're Invited!

## JOIN US AT THE THE GOLDEN EXPO TUESDAY, JUNE 3RD, 2025 10AM-4PM



*A resource and vendor fair tailored towards people aged 50+. Plus, take advantage of FREE presentations throughout the day or grab a bite to eat at our award winning Bistro!*

**50**  **St. Albert Seniors Association**  
*Years* *Enriching Lives Since 1975*

 7 Tache Street, St. Albert. 780-459-0433

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

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# 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:** May 12 – June 30th (6 classes)

**Price:** \$132.00 (Non-members \$172.00)

**Blackout:** May 19 & June 2nd

## MOG. THE MAGIC OF GOUACHE

**Instructor:** Muhammed Salayi

Do you enjoy painting with a versatile medium or want to give it a try? Then this class is for you. In this course you will learn how to paint with the flow of gouache, exploring various subjects. Each session will guide you through the process of creating a finished painting to take home. Gouache is a beautiful, water-based medium applied on watercolor paper, offering a rich and expressive painting experience. You will be learning from a professional painter who will teach you the techniques for using this forgiving medium. This class is open for artists of all levels, and each participant will receive individual feedback to help them grow. [Supply list at front desk.](#)

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

**Dates:** May 15-June 26 (7 classes)

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



## WAL1. WATERCOLOR FOR ALL LEVELS

**Instructor:** Willie Wong

In this class we will be doing more small paintings, creating small paintings for 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:** May 13<sup>th</sup> – June 24 (6 classes)

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



**Blackout – June 3**



## 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.



### AC1 SPRING SIGN

Using stencils and wooden boards you will make a sign with the design of your own choosing. Learn about dry brushing techniques and stencilling. Ribbon and other embellishments will be provided. Our classes are led by individuals who will assist you in finishing your project and build confidence all in a fun atmosphere.

Saturday, June 07 10am – 12 pm

\$25 Members (\$40 Non-Members) All Supplies Included

Photo is an example; actual project may vary.

### AC2 PAINTED STEPPINGSTONE

Each participant will use a premade concrete stepping stone. The stone will be painted and sealed so that it can be placed in your garden or use it as a decoration on your deck. You will receive the support you need to ensure you leave happy with your finished project.

Saturday, May 24 10am – 12 pm

\$25 Members (\$40 Non-Members) All Supplies Included

Photo is an example; actual project may vary.



**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.



## **LF1. PAINTING WITH COFFEE (CARDMAKING)**

**Instructor:** Linda Finstad

In this 2-hour class you will learn how to: Stain the watercolor paper to look like burnished wood, understand values and how they impact your composition and create stunning greeting cards.

All materials to create 4 cards (complete with envelopes) are supplied.

All you need to bring is an apron and a willingness to try something new.

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

**Dates:** May 12th

**Price:** \$45.00 (Non-member \$85.00)

## **LF2. PAINTING WITH COFFEE (ADVANCED CLASS)**

**Instructor:** Linda Finstad

Discover how to add texture and special effects. Learn the secret behind preserving the white areas of your composition plus tricks and tips to fix mistakes. Painting with coffee is the perfect way to get started as an artist, the materials are inexpensive and readily available. Suitable for budding artists of ages and skill levels.

It is recommended that you take the above class first.

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

**Dates:** Jul 3rd

**Price:** \$45.00 (Non-member \$85.00)

## **DO1. CARD MAKING ON SATURDAY**

**Instructor:** Donna Olenek

Dawna will instruct you on how to do 2 masculine, 2 feminine birthday cards, 1 get well card and 1 sympathy card. Six cards in total for this class. Come on out and have some fun and meet some new friends. All supplies provided.

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

**Dates:** Jun 21st

**Price:** \$25 (Non-member \$40.00)

# INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

Price: \$5.00 per session

## IS1 BIRDING – IT'S ABOUT FUN!

**Instructor:** Dan Stoker

Join Dan Stoker-Local bird brain extraordinaire, for an hour and half fun and games and birding enlightenment. Bring a friend or find a friend in our group. This will be a friendly gathering. The object will be to have some laughs, gain some skills, play some simple games, compete for some prizes and increase your knowledge of birds, nature and life in general. Participants must be of sound mind and body, well, at least of sound body. We might go for a quick walk outside to find an osprey or something similar. Participants need to own and bring a cell phone (or find a friend with one) and know how to turn it on. If a participant needs hearing aids, they should be in working order during the session.

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

**Dates:** May 28th

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

## IS2. DAVID WANGLER SPEAKS

**Instructor:** David Wangler

Lectures will be:

- Reason, Religion and Reality; Is reconciliation realizable or required?
- Is Morality Possible without Religion?
- Humanists Often Say, "We Believe in Good, Not God." Are Humans Rational Enough to Make That Aspiration Real?
- For Some Thinkers, Only Religion can Integrate a Society. Are There Other Options?

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

**Dates:** May 12-June 16 Black Out May 19

**Price:** \$20 Members (Non-member \$40.00)

## IS3. OPTIMIZING THE RETIREMENT BENEFITS OF A TAX-FREE SAVING ACCOUNT

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

The Tax-Free Saving Account has been out since 2009, it is now 2025 and many retire Canadians are still confused about how to best use this tax saving investment shelter. What complicates matter further, is depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice, especially regarding the estate planning side of it. Come join Wei Woo for clarifying the myths surrounding this account, as we discuss how to use this highly flexible account in maximizing your personal financial strategies during your retirement years as well as the final estate year.

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

**Dates:** June 19

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

## SW4. KNEE & HIP REPLACEMENT

**Instructor:** Heidi Fedoruk

Heidi from Leading Edge Physiotherapy will touch on everything you need to know about the before and after of knee and hip replacements. We will cover topics such as: how to tell when you need a joint replacement, how to help manage your pain while you are on the waitlist, a brief overview of the current process including private versus public, and what to expect from your rehab and recovery after the surgery.

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

**Dates:** May 21st

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

## SW5. REFLEXOLOGY

**Instructor:** Lori Hole

(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:** Tuesday 10:00 am – 11:00 am

**Dates:** May 27th

**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.

**Time:** 11:00 am – 12:00 pm

## ST. ALBERT PUBLIC LIBRARY

**Host:** Janice Cheung & Emily

Come join us in the lobby on Friday July 18<sup>th</sup> from 11:30 am – 1:30 pm all are welcome!



# FITNESS & DANCE CLASSES

## MONDAY

### NG1. LINE DANCING – BEGINNER

**Instructor:** Tracy Walters

Line dancing is low impact, a great exercise and fun for all ages. If you love to dance and like country music (we dance to other genres of music as well), you will love line dancing. No experience necessary. Shoes with leather soles recommended.

**Day and Time:** Monday 9:00 am – 10:00 am

**Dates:** May 12<sup>th</sup> – June 30<sup>th</sup> (7 classes)

**Blackout Dates:** May 19 and June 2

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

### NG2. 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

**Price:** \$65.00 (Non-member 95.00)

**Blackout Dates:** May 19 and June 2

**Dates:** May 12-June 30th (7 classes)

### NG3. 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:** May 12-June 30 (6 classes)

**Blackout Dates:** May 19 and June 2

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

### NG36. 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 10:15 am – 11:15 pm

**Dates:** May 12<sup>th</sup> – June 30 (6 classes)

**Blackout Dates:** May 19 and June 2

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

## **NG37. CONTAINER VEGETABLE & TOMATO GARDENING\*\*NEW\*\***

**Instructor: Connie Poon**

Do you now live in a condo or apartment and no longer have a yard? Do you have a yard but is no longer physically able to manage a garden? Do you know that you can grow your own fresh vegetables and tomatoes in containers right on your balcony or deck? You'll no longer have to worry about rising prices of produce and tariff threats.

You will learn the basics in this hands-on course from seeding to harvest. All supplies will be provided. You will be required to commit to coming into water the plants once a week outside of class time. Included in the course is a tomato plant that you can bring home.

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

**Dates:** May 12<sup>th</sup> – June 30 (7 classes)

**Blackout Dates: May 19 and June 2**

**Price:** \$45.00 (Non-member \$85.00)

## **NG4. 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:** May 12<sup>th</sup> – June 30 (7 classes)

**Blackout Dates: May 19 and June 2**

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

## **NG5. 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:** May 12<sup>th</sup>-June 30 (6 classes)

**Blackout Dates: May 19 and June 2**

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

## **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

**Price:** \$5.00 or ACTIVITY CARD for Members

(Non-member \$10.00)

**Blackout Dates:** May 19 and June 2

**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.

## **NG6. BETTER NECK AND SHOULDERS THRU TAI CHI**

**Instructor: Brad Schultz**

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

Learn how you can release long-term neck and shoulder tension and relieve chronic pain through the tried and true methods of Tai Chi. Through a collection of individual Tai Chi and Qigong movements specially chosen to help with neck and shoulder issues, you will be able to relax, release and rejuvenate your tired, tense shoulders and neck. Through gentle and invigorating movements you can experience

Reduced: inflammation, swelling, restriction, tightness, pain And Increased: energy, circulation, relaxation, range of motion, positive mood

Discover how Tai Chi can roll-back the years, relax your neck and liberate your shoulders!

**Day and Time:** Monday 1:00 pm – 1:45 pm

**Dates:** May 12<sup>th</sup>-June 30 (7 classes)

**Blackout Dates: May 19 and June 2**

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

## **NG40. CREATIVE WRITING CLASS \*\*NEW\*\***

**Instructor: Kelly Edgeworth (Author)**

Are you looking for inspiration to write about, or do you need a little push to get writing? In this 6-week workshop with a published author you will be taught some techniques such as sustained silent writing and peer review support. Bring in your writing device and materials. This class is beginner friendly, and no experience is required.

**Day and Time:** Monday 2:00 pm – 3:00 pm

**Dates:** Jun 9<sup>th</sup> – July 14<sup>th</sup> (6 classes)

**Blackout Dates: May 19 and June 2**

**Price:** \$45.00 (Non-member \$85.00)

## **NG35. GROOVY GANG SEE YOU IN THE FALL**

Current session ends April 28





## 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 or ACTIVITY CARD for Members

(Non-member \$10.00)

**Blackout Dates:** June 4

## TUESDAY

### NG7. 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:** Tuesday 9:00 am – 10:00 am

**Dates:** May 13 - June 24 (6 classes)

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

**BLACKOUT DAY June 3**

### NG28. 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:** May 13-June 24 (6 Classes)

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

**BLACKOUT DAY June 3**

### NG9. 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:** Tuesday 10:15 am – 11:15 am

**Dates:** May 13 - June 24 (6 classes)

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

**BLACKOUT DAY June 3**

## NG10. AGING BACKWARDS

**Instructor: Stephanie Weihmann**

Join Stephanie for this dynamic full body workout that simultaneously combines stretching and strengthening. Developed as 'Classical Stretch and Eccentrics' by Miranda Esmonde-White, this workout is effective for flexibility, mobility, pain relief, injury prevention and recovery, leading to a healthier and youthful body - hence, aging backwards. Experience deep activation of the muscles and joints thereby releasing tightness as well as improving balance and brain power. This class incorporates dynamic positions in standing, sitting, and lying down. Get ready to 'Age Backwards'. Bring your own mat, water bottle, TheraBand strap, small pillow, towel, and a yoga block.

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

**Dates:** May 13 -June 24 (6 classes)

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

## NG11. PILATES IS FOR EVERYONE

**Instructor: Heike Scott**

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

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

**Dates:** May 13 - June 26 (6 classes)

**BLACKOUT June 3**

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

## NG12. BEGINNER YOGA

**Instructor: Barb Hagen**

A class for the person who has never done yoga, or someone who wants to develop a breath focused yoga practice. Gentle meditative movement linked with the breath grounds and relaxes the practitioner offering tools and practices to do at home. Can be done completely with a chair if needed. If you can breathe, you can do yoga!

**Day and Time:** Tuesday 12:45 pm – 1:45 pm

**Dates:** May 13-June 24 (6 classes)

**BLACKOUT DAY June 3**

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

## 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 or ACTIVITY CARD for Members  
(Non-member \$10.00)

**BLACKOUT DAY June 3**

## MAHJONG

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 1:30 pm – 3:30 pm

**Price:** \$5.00 or ACTIVITY CARD for Members

(Non-member \$10.00)

**BLACKOUT DAY - June 3**

## 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 DAY - June 3**

## WEDNESDAY

### NG29. PERFORMANCE STORYTELLING – \*\*DRAMA CLASS NEW\*\*\*

**Instructor:** Becca Barrington (GeriActors Theatre)

In this 8-week class, participants will explore storytelling, acting and improv. Learn how to create unique characters, perform dynamic stories, and be completely creative on the spot. Through theatre games, laughter and a whole lot of fun, participants will share stories and watch them come alive. Whether you have a history in the theatre, have always dreamt of performing, or just want to try something new, this class is the place to be.

**Day and Time:** Wednesday 9:30 am – 11:00 am

**Dates:** May 14<sup>th</sup> – July 9<sup>th</sup> (8 classes)

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

**BLACKOUT June 18<sup>th</sup> (morning only)**

### NG14. STRETCH & RELEASE

**Instructor:** Elise Millard

This program is a style of stretch and self-massage class that helps increase range of motion and mobility and offers you various types of exercises that can be done at home. The term 'myofascial' comes from an increasingly popular form of program that involves releasing tension or massaging out the larger and smaller connective tissues and muscle groups using things like tennis balls, rollers etc. Anyone can benefit from this type of class including those who are less mobile, recovering from injuries, have plantar fasciitis or just really want a great overall stretch from head to toe. We use chairs and yoga mats for those who can do floor work. Otherwise, chairs can be used to assist movements, making this class perfect for everyone regardless of preference of seated or standing workouts. Please bring to class: 2-4 tennis balls, one large sock, and a yoga mat. If you have questions, please call Elise at 780-504-1545.

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

**Dates:** May 14-June 25 (6 classes)

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

**BLACKOUT June 18<sup>th</sup> (morning only)**



## NG15. CARDIO DANCE FIT

**Instructor:** Elise Millard

If you enjoy moving to music, all while receiving a great workout, then this is the class for you! Cardio Dance Fit will give you a well-rounded workout incorporating popular dances, while benefitting from increased cardio endurance, strength training, stretching, balance and posture, just to name a few. Please bring resistance loop band and weights to class. Weights can be provided by the facility. This class can be modified to suit your fitness needs. If you have questions, please contact Elise at 780-504-1545.

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

**Dates:** May 14-June 25 (6 classes)

**BLACKOUT JUNE 18<sup>th</sup> (morning Only)**

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

## NG16. 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:** Wednesday 11:30 am – 12:30 am

**Dates:** May 14<sup>th</sup> – June 25<sup>th</sup> (6 classes)

**Blackout: June 18<sup>th</sup> (morning only)**

**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

## NG17. BALLROOM DANCE

**Instructor:** Elise Millard

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

**Day and Time:** Wednesday 1:00 pm – 2:00 pm

**Dates:** May 14-June 25 (6 classes) **BLACKOUT Day – June 4**

**Price:** \$65.00 (Non-member \$105)

## CORNHOLE

**Cornhole** is a game that is sweeping the nation in popularity, and it's known by various names so you may have heard it called bags, bean bags, or some other variation. There are a lot of reasons why cornhole is becoming such a popular game. Easy to learn, rules can be taught in a matter of minutes. The only physical activity that it requires is that you stand there and toss a bean bag. So virtually anybody can play, regardless of their age or coordination.

**IT'S EASY AND A LOT OF FUN!**

**Day and Time:** Wednesday 3:30 pm – 4:30 pm

**BLACKOUT June 4**

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

UNLESS YOU HAVE AN ACTIVITY CARD

## NG18. 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:** May 14 – June 25 (6 classes)

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



## NG31 BALLET-ROBICS

**Instructor:** Twyla Domoslai

This dance flow aerobics class is perfect for those who want to stretch and tone, all while looking beautiful and finding your grace and having fun! Based mostly on ballet exercises we will go through full body stretches, gentle exercise and drills, routines and simple chores, ballet arm and leg positions and movements all while standing with our chairs beside us as our barres. Get your heart rate up gently, increase flexibility and fall in love with moving again as we find our inner ballerina! Our movements are sourced in ballet, Pilates, yoga, stretching as well as elements from other dance styles. "

**Day and Time:** Wednesday 3:15 pm – 4:00 pm

**Dates:** May 14 – June 25 (6 classes)

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

## NG19. SPINAL QIGONG

**Instructor:** Brad Schultz

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

**Day and Time:** Wednesday 2:15 pm – 3:00 pm

**Dates:** May 14 – June 25 (8 classes)

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

## THURSDAY

### NG20. AGING BACKWARDS

**Instructor:** Stephanie Weihmann

Join Stephanie for this dynamic full body workout that simultaneously combines stretching and strengthening. Developed as 'Classical Stretch and Eccentrics' by Miranda Esmonde-White, this workout is effective for flexibility, mobility, pain relief, injury prevention and recovery, leading to a healthier and youthful body - hence, aging backwards. Experience deep activation of the muscles and joints thereby releasing tightness as well as improving balance and brain power. This class incorporates dynamic positions in standing, sitting, and lying down. Get ready to 'Age Backwards'. Bring your own mat, water bottle, TheraBand strap, small pillow, towel, and a yoga block.

**Day and Time:** Thursday 8:45 am – 9:45 am

**Dates:** May 16 – June 26 (5 classes)

**BLACKOUT DAYS – May 29**

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

### NG22. ONGOING HATHA YOGA

**Instructor:** Barb Hagen

A class for the mature yoga student implementing postures with breath, chant, and mental focus. Addressing all the elements of our being from the physical right to our deep interior. May be done with a chair, all sequences can be adapted to the individual. Experience with yoga is recommend.

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

**Dates:** May 15<sup>th</sup> – June 24<sup>th</sup> (7 classes)

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



## NG23. 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:** May 15<sup>th</sup> – Jun 24<sup>th</sup> (7 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)

## 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

## MAHJONG

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:** Thursday 1:30 pm – 3:30 pm

**Price:** \$5.00 or ACTIVITY CARD for Members

(Non-member \$10.00)



## FRIDAY

### NG24. 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). No experience needed.

**Day and Time:** Friday 9:00 am – 10:00 am

**Dates:** May 16<sup>th</sup> – June 27<sup>th</sup> (7 Classes)

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

### NG25. AEROBIC STRENGTH

**Instructor:** Heike Scott

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

**Day and Time:** Friday 9:00 am – 10:00 am

**Dates:** May 16<sup>th</sup> – Jun 27<sup>th</sup> (7 Classes)

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

### NG26. STRENGTH, BALANCE & FLEXIBILITY

**Instructor:** Heike Scott

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

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

**Dates:** May 16<sup>th</sup> – Jun 27<sup>th</sup> (7 Classes)

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

### NG27. FLOW YOGA

**Instructor:** Frances Gagnon

This class is designed for those who are looking for more flow and strength in their yoga practice. Breath, movement, and mindfulness are linked to flow through yoga poses. Creating this fluidity is rooted in a style called Vinyasa Yoga. The class is for maintaining or increasing strength, flexibility, balance, and energy, to support an active lifestyle. Please bring a yoga mat. Suitable for students with experience and knowledge of basic yoga poses.

**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:** May 16<sup>th</sup> – Jun 27th (7 Classes)

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

## 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 or ACTIVITY CARD for Members  
(Non-member \$10.00)

## 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 or ACTIVITY CARD for Members  
(Non-member \$10.00)



**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.

## 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.

Proceeds are donated to S.A.S.A

# 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 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  
Walking Club  
Wednesday Happy Hour  
Wood Working  
Workshop  
Volunteer Opportunities

# 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 Monday 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 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 Mary Matsayev (780) 459-0433 or email [mary.matsayev@stalbertseniors.ca](mailto:mary.matsayev@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 3:30 pm – 4:30 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.

# WEEK AT A GLANCE

## Monday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Snooker	11:30 am	Stretch Balance & Flexibility
09:00 am	Woodshop	12:30 pm	Euchre
09:00 am	Line Dancing-Beginner	01:00 pm	Better Neck & Shoulders thru Tai Chi
10:00 am	Walking Club	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	Gardening Course		

## 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
12:45 pm	Chair Pilates
12:45 pm	Beginner Yoga
01:00 pm	Mahjong
02:00 pm	Contract Bridge (serious)
	Floor Curling

## Wednesday

Time	Classes/Activities
09:00 am	Woodshop
09:30 am	Performance Storytelling
10:15 am	Stretch & Release
11:30 am	Cardio Dance Fit
11:30 am	Strength, Balance & Flexibility
12:30 am	Contract Bridge (relaxed)
01:00 pm	Ballroom Dance
02:15 pm	Spinal Qigong (Tai Chi)
02:15 pm	Dance Flow Chair Yoga
3:15 pm	Ballet-Robics
03:15 pm	Pickleball
03:30 pm	Cornhole

## Thursday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	Snooker
08:45 am	Aging Backwards
10:15 am	Ongoing Hath 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
12:30 pm	Contract Bridge (serious) Gentle
1:00 pm	Flow Yoga