

SUMMER 2025

Program Guide



WINE GARDEN

(...and yes, we have beer!)

EVERY SATURDAY
STARTING JUNE 14TH
All summer 11am-2:30pm

A toast to International wines, featuring our Chef Richard as he "show cooks" your food, from crepes to crab melts and chicken fingers for the kiddos!

- Open to the public
- Beautiful garden patio
- Fully licensed bar
- Lunch menu available

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 **Email:** 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 center 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

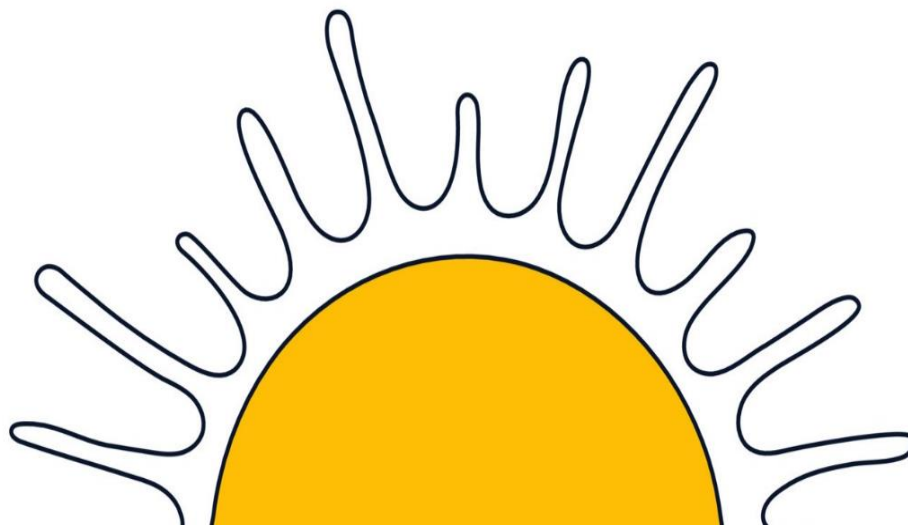
- Free general and handicapped parking
- Free Wi-Fi (classes, bistro, activities, events)
- ATM located on premises.
- Scent-free environment.
- Fully wheelchair accessible building, washrooms,

CLASS INFORMATION

All classes list both member and non-member prices. All classes must meet a minimum number of registrants to run. The Summer classes begin the week of July 7/25 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.



Summer Class Registration

Registration starts June 16, 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
2. Click on the menu bar (may read Menu or display 3 lines)
3. Scroll down to the bottom and click on Member Login.
4. This will take you to the My Active Senior page, click on New Users
5. Follow the steps and enter your key tag number, the same phone number you gave S.A.S.A, your email address and create a password.

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

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

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.

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
- Chess ***NEW***

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: July 7-August 25 (6 classes)

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

BLACK OUT August 4

AP1. ACRYLIC PAINTING

Instructor: Lily Jeung

Acrylic painting is for all levels. Beginners are welcome. Lily will have projects to choose from and help you finish the paintings from start to finish. Or bring your own projects and Lily will guide you individually to create and finish your paintings.

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

Dates: July 10-August 21 (7 Classes)

Price: \$120 (Non-members \$140)

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: July 8 – August 26 (6 classes) **BLACK OUT JULY 8 AND 22**

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



AJ1. CREATE YOUR OWN CAR CHARM

Instructor: Anitta Jensen

Join us for a fun and creative class where you'll design and make your very own crystal car charm! These handmade charms are a beautiful way to bring intention, protection, and good vibes into your vehicle.

Choose from a wide variety of crystal beads and embellishments to create a charm that reflects your personal style and energy. Whether you're drawn to calming amethyst, grounding black tourmaline, or energizing citrine, there's something for everyone.

Perfect for beginners—no experience needed. All supplies are included in the fee. You'll leave with a unique car charm to hang on your rearview mirror or gift to someone special. Come get crafty, connect, and infuse your ride with good energy!

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

Dates: Aug 30th

Price: \$35 (Non-member \$55.00)

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)

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.

INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

Price: \$5.00 per session \$10 (non-members)

IS2. HAPPINESS: WHAT IS IT AND IS IT HAPPENING? IF NOT, WHY NOT?

Instructor: David Wangler- David has taught Philosophy in Canadian universities for almost 50 years.

CLASS 1 THE GREEKS AND HAPPINESS

CLASS 2 DOES ANYONE KNOW WHAT IT IS OR HOW TO GET IT?

CLASS 3 IS H(APPINESS), S(SUBJECTIVE), RELATIVE OR PERSONAL?

CLASS 4 IS HAPPINESS A FEELING OR SOMETHING ELSE AND IF LATTER, WHAT?

CLASS 5 CONTEMPORARY VIEW OF HAPPINESS

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

Dates: July 7th - Aug 11th

Price: \$25 Members (Non-member \$45.00)

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)

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

Dates: August 27

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

IF6. WILL AND ESTATE PLANNING

Instructor: Liam Connelly LL.M.

Have you made your Will; do you need to make changes to your will? Has anyone explained in English and not Legalese the actual process of making your Will? Has anyone explained how to set up a trust? Liam Connelly with over 25 years law experience and over 20 years teaching in university will demystify and explain the process. Come and find out what is exactly involved in writing a Will and the related documents including Personal Directive and Enduring Power of Attorney. Come and find out about leaving money to charities and setting up trusts. Come and find out about the process of doing a Will and the estate planning that can go into it to be able to leave for your family the correct information of what you want done. Remember where there is a Will there is a Way.

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

Dates: July 9th

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

IF10. MAKING CHANGES TO YOUR WILL

Instructor: Liam Connelly LL.M.

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 it. 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 Directives and Enduring Power of Attorney. come and find out how to set up trusts, leave money to charity.

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

Dates: August 6th

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

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**

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: Jul 7th – Aug 25th (7 classes)

BLACK OUT August 4th

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

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

Dates: July 7th – Aug 25th (7 classes)

BLACK OUT August 4th

Price: \$65.00 (Non-member 105.00)

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: Jul 7th – Aug 25th (7 classes)

BLACK OUT August 4th

Price: \$66.00 (Non-member \$165.00)

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: Jul 7th – July 28th (4 classes)

BLACK OUT August 4th

Price: 56.00 (Non-member 96.00)

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: Jul 7th – July 28 (4 classes)

BLACK OUT August 4th

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

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

BLACK OUT August 4th

Dates: Jul 7th – Aug 25th (7 classes)

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

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)

BLACK OUT August 4th

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

BLACK OUT August 4th

Dates: Jul 7th – Aug 25th (7 classes)

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

PICKLEBALL

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

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

Price: \$5.00 or ACTIVITY CARD for Members
(Non-member \$10.00)

Blackout Dates: August 4th

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: July 08th – July 29th (4 classes)

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

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: July 8th – July 29th (4 classes)

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

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: July 8th – Aug 19th (7 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: July 8th – July 29th (4 classes)

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

CONTRACT BRIDGE

Serious games. Bring a partner to join a table. Arrive early if you are new player.

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

Price: \$5.00 or ACTIVITY CARD for Members
(Non-member \$10.00)

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 – 4:00 pm

Price: \$5.00 or ACTIVITY CARD for Members
(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: Tuesday 2:00 pm – 4:00 pm

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

WEDNESDAY

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: Jul 16th – Aug 27th (7 classes)

Price: \$66.00 (Non-member \$106.00)

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: Jul 16th – Aug 27th (7 classes)

Price: \$66.00 (Non-member \$106.00)

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: July 9th – July 30th (4 classes)

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

RELAXED BRIDGE

Come join our fun group of players for an afternoon of Bridge. No need to bring a partner to join a table. Arrive early if you are a new player.

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

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

UNLESS YOU HAVE AN ACTIVITY CARD

NG39. GENTLE YOGA FOR SUMMER

Instructor: Frances Gagnon

Stay cool, calm and flexible this summer with a relaxed yoga class designed for older adults. Move with ease, build balance, and enjoy mindful moments all at your own pace. Yoga poses and variations will be offered, with a balance of slow flowing sequences and yin yoga, a practice promoting flexibility, stillness, and inner calm. Please bring yoga mat and any props you like to use.

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

Dates: July 9 -August 27

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

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 1:00 pm – 1:45 pm

Dates: Jul 9th – Aug 27th (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: Jul 10th – Aug 21st (7 classes)

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

NG40. GENTLE MEDITATION AND BREATHWORK FOR SENIORS

Instructor: Anitta Jensen

Join us for a peaceful and supportive 6-week series combining gentle meditation and breathwork, created especially for seniors. Each class explores a meaningful theme to support your emotional, physical, and mental well-being. No experience is necessary, and all practices can be done seated in a chair.

✦ Each week brings a new focus:

Week 1: Sleep Support

Use soothing breathwork and calming meditation to quiet the mind and relax the body, helping prepare for more restful sleep.

Week 2: Easing Anxiety

Learn simple breathing techniques and mindfulness tools to ease tension and calm racing thoughts.

Week 3: Releasing Stress

Let go of built-up stress and overwhelm through grounding breathwork and visualization.

Week 4: Soothing Pain

Connect with the body through gentle awareness, using breath to bring relief and comfort to areas of discomfort.

Week 5: Clearing Brain Fog & Supporting Memory

Practice breath and focus techniques to increase mental clarity, presence, and cognitive calm.

Week 6: Grief & Loneliness

A tender, heart-centered practice to hold space for difficult emotions and reconnect to inner peace.

Day and Time: Thursday 9:00-10:00

Dates: Jul 10th – Aug 21st (7 classes)

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

NG41. CHAIR PILATES

Instructor: Emily Soriano

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

Day and Time: Thursday 12:00 pm- 1:00 pm

Dates: July 10 - August 28 (8 Classes)

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

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 1:00 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

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: Jul 11 – Aug 29 (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: Jul 11th – July 25th (3 Classes)

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

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: Jul 11th – July 25th (3 Classes)

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

NG41. CHAIR PILATES

Instructor: Emily Soriano

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

Day and Time: Friday 12:00 pm- 1:00 pm

Dates: July 11 - August 29 (8 Classes)

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

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

Serious games. Bring a partner to join a table. Arrive early if you are new player.

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 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

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.

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/ or scan the QR code with your mobile device to view the daily menu.



PLEASE CONTACT US FOR ALL YOUR CATERING NEEDS!!

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.

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

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.

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. 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

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 1:30pm-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.

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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	02:15 pm	Pickleball - Cornhole
10:15 am	Strength Balance & Flexibility		
11:30 am	Cardio Dance Fit		

Tuesday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Woodshop	09:00 am	Woodshop
09:00 am	Snooker	09:00 am	Gentle Yoga for Summer
09:00 am	Strength Balance & Flexibility	10:15 am	Stretch & Release
10:15 am	Strength, Balance & Flexibility	11:30 am	Cardio Dance Fit
10:15 am	Aging Backwards	11:30 am	Strength, Balance & Flexibility
11:30 am	Pilates Is for Everyone	12:30 am	Contract Bridge (relaxed)
01:30 pm	Mahjong	01:00 pm	Spinal Qigong (Tai Chi)
02:00 pm	Contract Bridge (serious)	03:15 pm	Pickleball
	Floor Curling	03:30 pm	Cornhole

Wednesday

Thursday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Woodshop	09:00 am	Woodshop
09:00 am	Snooker	09:00 am	Snooker
08:45 am	Aging Backwards	09:00 am	Aerobic Strength
11:00 am	Henrys Knife Sharpening	09:00 am	Clogging
1:00 pm	Cribbage	10:00 am	Knitting/Crocheting
1:30pm	Mahjong	10:15 am	Stretch, Balance, & Flexibility
02:00 pm	Floor Curling	12:30 pm	Contract Bridge (serious)

Friday