Fall Programs

St. Albert Seniors Association

Enriching lives Since 1975



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 treasure. We also recognize our government funders, who generously contribute to the organization.

Membership, Benefits & Silver Saver Program

Yearly fee $110.00 (Non-Refundable)

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

- Discounted member pricing on special events, classes, activities, drop-in fees, and rental rates.
- Priority registration for classes: If a class is full, non-member registrants will be put on a waiting list, and members will receive priority placement.
- Voting rights at the Annual General Meeting.
- Activity cards are available to members only.
- Membership Appreciation Lunches $9.00 last Wednesday of the month.
- Free Activities

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

Bring your friends to play PICKLEBALL
Preregistration is required.
Call the front desk at 780-459-0433

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
- Scent-free environment.
- Fully wheelchair accessible building

ATM located on premises.

CLASS INFORMATION

All classes list both member and non-member prices. All classes must meet a minimum number of registrants to run. The Winter classes begin the week of January 6/26 unless otherwise stated.

CANCELLATIONS AND REFUNDS

If a full series is cancelled, registrants will be informed and given a refund. If an instructor cancels a single class, the class will be rescheduled. If the association cancels the class, you will either be rescheduled or refunded. After the first class, no refunds will be given to any participant when they withdraw from a program of their own volition. In the event of a medical issue, a written request for a refund, accompanied by a medical certificate, must be submitted.

DONATIONS

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

Your generous donations contribute in many ways to helping us serve seniors in the community. As the centre continues to grow and government funding continues to be reduced, we are more reliant on our donors to help us fulfill our mission.

The Board has adopted the Donor Bill of Rights as policy, so you can be assured your money will be used as directed by you. If you can help us, you can donate over the phone, on our website by pressing the DONOR button at the top of the page on the right, or at the front desk. Donations over $500.00 are acknowledged publicly, unless you say you'd rather not have us do that.

Fall/Winter Class Registration

Registration starts August 18th, 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

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 FREE Classes $10

Non-Members: Activities $20 Drop-In Classes $20





Activities:

- Corn Hole
- Floor Curling
- Chess Club
- Pickleball
- Snooker

Cards:

- Euchre
- Mahjong
- Bridge
- Cribbage
- Canasta







ARTS & CRAFTS

FA1. PEN & WASH

Instructor: Lily Jeong

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: Sept 8-Oct 27 (7 classes) **Black Out Oct 13**
Price: $155.00 (Non-Non-member $195.00)

FA1A. Session 2 – Nov 3-Dec 15 (7 classes)
Price: $155.00 (Non-members $195.00)

FA2. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

Learn to draw simple designs and shade with different pencils and tools. Easy to follow handouts available. Supply list at front desk.

Day and Time: Tuesday 1:00 pm – 3:00 pm
Dates: Sept 2-Oct 14 (7 classes)
Price: $140.00 (Non-member $180.00)

FA2A. Session 2 – Nov 4-Dec 16 (6 classes) Black Out Nov 11
Price: $120.00 (Non-members $160.00)

FA3. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

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

Day and Time: Tuesday 10:00 am - 12:00 pm
Dates: Sept 2-Oct 14 (7 classes)
Price: $140.00 (Non-member $180.00)

FA3A. Session 2 – Nov 4-Dec 16 (6 classes) Black Out Nov 11
Price: $120.00 (Non-members $160.00)

FA4. CRYSTAL CHRISTMAS ORNAMENTS CLASS

Instructor: Mary Anne Jaedicke

Come and make 2 crystal Christmas ornaments with Mary Anne. Great for your tree or a treasured gift. There is no experience necessary, and all supplies will be provided.

Day and Time: Thursday, 1:00-3:00pm
Dates: December 2
Price: $25 (Non-member $45)



FA5. HANDMADE CHRISTMAS CARDS

Instructor: Mary Anne Jaedicke

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

Day and Time: Thursday 1:00 pm – 4:00 pm
Dates: November 20th
Price: $25.00 members (Non-member $45.00)

FA6. SPIRITUAL WATERCOLOR THERAPY – NEW!!

Instructor: Mah'Koo

Mah'koos is an acknowledged Canadian Métis Elder from Northern Alberta as well as a 4th Generation Shaman, Spiritual Guide and certified Reiki Master and Practitioner
Mah'koos is presenting a Spiritual Watercolor Therapy session. Join him for a 2-hour step by step directed session. Combing the creative process of watercolor with spiritual practices to promote emotional healing and personal growth. No experience necessary and all supplies provided.

Day and Time: Thursday 1:00 pm – 3:00 pm
Dates: November 13th
Price: $50.00 members (Non-member $90.00)

FA7. PAPER QUILLING CLASS – NEW!!

Instructor: Sharon Brown

Come and learn how to quill with Sharon. She has lots of experience and can teach you how to create your own beautiful projects using paper. Each week will consist of a new project from: paper quilling cards, how to cover old jars etc., pictures and holiday themes and more!! **Please bring to first class $23.00 for Sharon for the cost of the supplies** that you will keep. Supplies include quilling needles, paper, temp board, glue bottle, tweezer, pins and scissors.

Day and Time: Wednesday 1:00 pm – 3:00 pm
Dates: September 3rd – Oct 15th (7 Classes)
Price: $65.00 members (Non-member $105.00)

FW4A. Session 2 – Nov 5-Dec 17 (7 classes)
Price: $65.00 (Non-member $105.00)

FA8. CHUNKY KNIT PUMPKINS – NEW!!

Instructor: Shantel Toma

In this workshop you will learn to make a set of 2 chunky knit pumpkins different sizes. Soft and adorable. Great for your Halloween and Thanksgiving themes or just out on a table or fireplace. All supplies are included in the cost.



Day and Time: Thursday 10:00 am –12:00 pm
Dates: October 16th
Price: $45.00 members (Non-member $85.00)

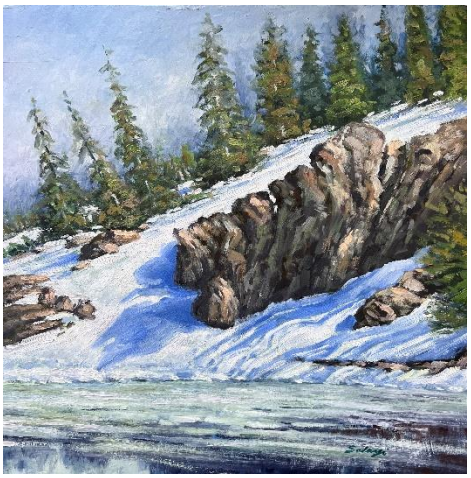
FA9. PAINTING LANDSCAPE MOODS WITH ACRYLIC

Instructor: Muhammed Salayi

Capture the beauty and mood of Canadian landscapes in every season. Learn colour harmony, expressive brushwork, and composition under the guidance of a professional artist. All skill levels welcome—personal feedback included—in a friendly, inspiring setting. Supply list at front desk.

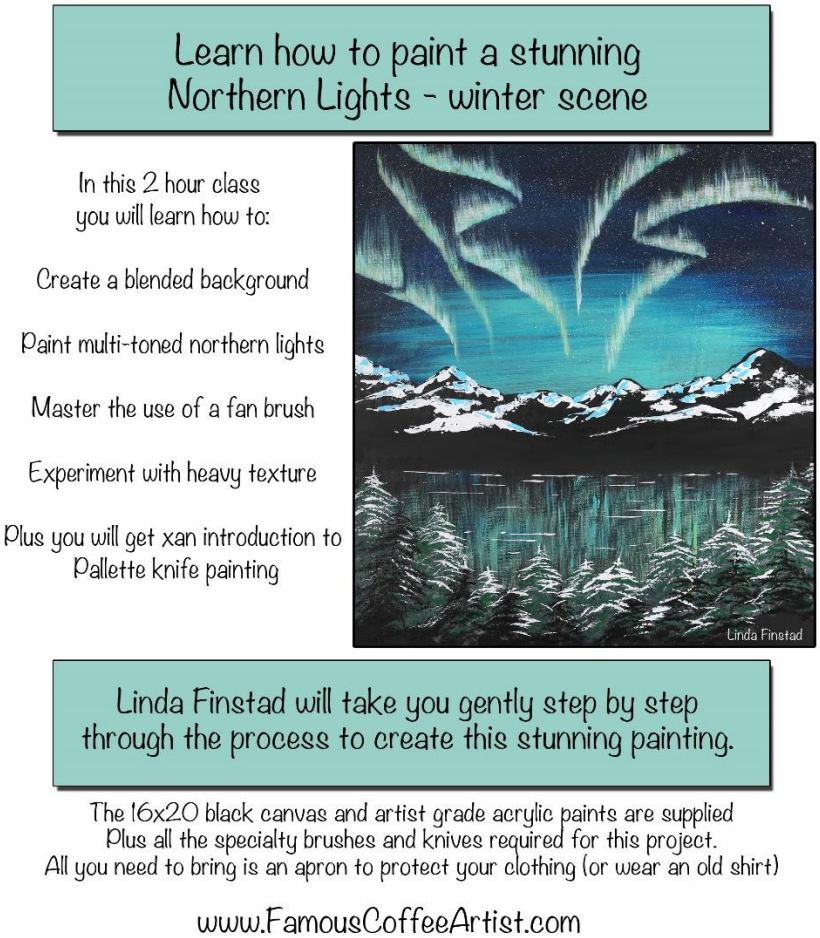
Day and Time: Thursday 1:00 pm – 4:00 pm
Dates: September 11th – Oct 16th (6 Classes)

Price: $120.00 members (Non-member $160.00)



FA10. PAINTING NORTHERN LIGHTS– NEW!!

Instructor: Linda Finstad



Day and Time: Friday 1:00 pm-3:00 pm
Dates: November 7th
Price: $45.00 members (Non-member $85.00)

FA11. AFRICAN THEMED APRONS– NEW!!

Instructor: Helen Agbonison

African Themed Apron making using African artisan sewing techniques. Sewing machines, fabric and instruction included in price. This will be a fun and vibrant class with many colorful fabrics.

Day and Time: Thursday 10:00 am -2:00 pm
Dates: November 25th
Price: $45.00 members (Non-member $85.00)



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.

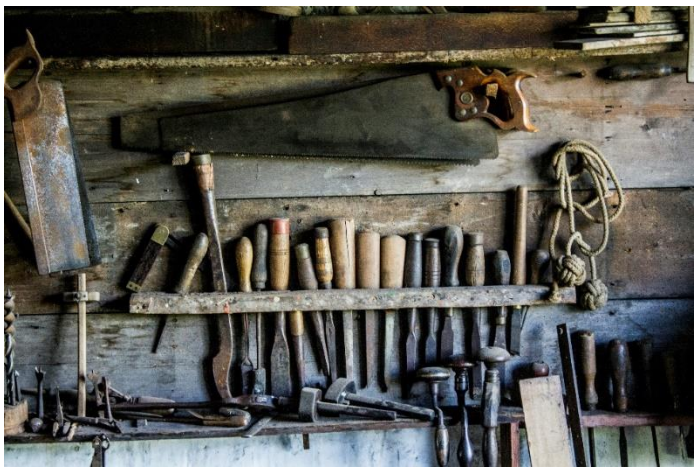
Day and Time: Fridays 10:00 am – 12:00 pm
Price: Free

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.
A member's only program. All users must be certified.

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



INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

FP1. CONSERVATIVES & PROGRESSIVES: Do they live in different world?

Instructor: David Wangler

LECTURE 1- Do Conservatives and Progressives perceive reality differently?

LECTURE 2- What are the major differences between Conservatives and Progressives which may lead them to react differently to the independent, external, fixed, and indifferent to their wishes, desires or definitions physical and human universes?

LECTURE 3-Is whatever being real, a function of what we, as Conservatives or Progressives interpret to be real, not reality itself?

LECTURE 4-Francis Bacon in 17th and Freud in 20th Century both claimed that humans believe what they want to believe not what is external and independent of them. Could this be a problem or maybe "The Problem" in the contemporary world? Can philosophy alone help to fix this?

Day and Time: Monday 10:00 am – 12:00 pm
Dates: Sept 8 – Sept 29th
Price: $20.00 (Non-member $40.00)

FP1A. IS TRUTH TEMPORARY; REALITY RELATIVE- AND IF YES, TO WHAT ; IS SCIENCE, SCIENTIFIC AND IS FEAR FUNCTIONAL?

Instructor: David Wangler

Lecture 1- Are the existing, known truths about the physical realm universal?
Lecture 2-are there "laws" of human behavior and if yes, what is the source of these uniform patterns?
Lecture 3-Does our empirical science rest upon scientifically unverifiable assumptions?
Lecture 4-Is fear necessary for human survival but can it be as detrimental as it is beneficial to us?

Day and Time: Monday 10:00 am – 12:00 pm
Dates: October 20-November 10
Price: $20.00 (Non-member $40.00)

FP2. BONE HEALTH 101

Instructor: Cathy Pearcy

Did you know at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime. Bone Health 101 provides a general overview about what osteoporosis is, risk factors, how to maintain healthy bones, the impact of nutrition & physical activity, and fall prevention. Learn how to reduce your risk of fracture and about resources available for those living with or at risk for osteoporosis.

Day and Time: Tuesday 10:00 am – 12:00 pm
Dates: October 21st
Price: $5.00 (Non-member $10.00)

FP3. COGNITION & MEMORY TALK

Instructor: Alex Walton

Alex Walton from Leading Edge Physiotherapy will cover common cognitive concerns in an aging population from an Occupational Therapy perspective, such as difficulties with memory, concentration and processing. He will provide insight on what can lead to cognitive decline, as well as techniques that can be used to maintain or even improve cognition.

Day and Time: Tuesday 10:00 am – 12:00 pm
Dates: October 7th
Price: $5.00 (Non-member $10.00)

FP4. PHYSIO FIVE

Instructor: Heidi Fedoruk

Heidi Fedoruk from Leading Edge Physiotherapy will cover five key topics for seniors from a physiotherapist's perspective: Arthritis, Fall Prevention, Joint Replacements, Osteoporosis Care and Memory well-being. Heidi is known for her fun-spirited and interactive presentations and is sure to entertain and educate!

Day and Time: Wednesday 10:00 am – 12:00 pm
Dates: November 19th
Price: $5.00 (Non-member $10.00)

FP5. CHRONIC PAIN WORKSHOP

Instructor: David Midiburo

Better Choices, Better Health® (BCBH®) Chronic Pain is a six-week workshop for adults who live with chronic (long-term) pain and, if desired, their support people. Participants meet once per week for 2 ½ hours. In addition to providing valuable information about how to properly manage a health condition or chronic pain, the safe and supportive learning space allows people facing similar challenges to connect and support each other in finding solutions to living healthier and more fulfilling lives.

Day and Time: Friday 9:00 am – 12:30 pm
Dates: Sept 12 – Oct 17 (6 Classes)
Price: $30.00 (Non-member $70.00)

FP6. DEALING WITH ESTATES THAT HAVE DEBT

Instructor: Liam Connelly

Yes, this happens some time a person will die, and they owe more than they have in assets.
What should you do if you face this with an estate? Come listen to my talk about how to deal with these situations; this will include dealing with family debt if you are the Power of Attorney for a family member.
These are difficult situations, yet there are ways to deal with it and can be dealt with respectfully.

Day and Time: Wednesday 10:00 am – 11:00 am
Dates: October 25th
Price: $5.00 (Non-member $10.00)

FP7. WILLS AND ESTATE PLANNING

Instructor: Liam Connelly

Have you made your Will; do you need to make changes to your will? Has anyone explained in English and not Legalese the actual process of making your Will? Has anyone explained how to set up a trust?

Liam Connelly with over 25 years law experience and over 20 years teaching in university will demystify and explain the process. Come and find out what is exactly involved in writing a Will and the related documents including Personal Directive and Enduring Power of Attorney. Come and find out about leaving money to charities and setting up trusts.

Come and find out about the process of doing a Will and the estate planning that can go into it to be able to leave for your family the correct information of what you want done. Remember where there is a Will there is a Way.

Day and Time: Wednesday 10:00 am – 11:00 am
Date: November 5
Price: $5.00 (Non-member $10.00)

FP8. BACK TO BASICS-ROLE OF MUTUAL FUNDS IN RETIREMENT

Instructor: Weichurn Woo, Investment Advisor, CIM, EPC

What they are and how they work – Learn the real ins and outs of how to be successful in mutual fund investing with your retirement portfolio, especially vital now that GIC interest rates are have declined. Just as important, learn how your financial advisor or investment advisor is actually compensated and paid in the traditional method with the different fund load types of mutual funds they recommend (front end, low load, low load 2, low load 4, deferred sales charge) to ensure that your best interests is truly aligned with their advice. We will discuss the rapidly growing fee-based accounts and how F class mutual funds operate. We will also discuss fundamental developments in the mutual fund market for financial customers.

Day and Time: Thursday 10:00 am – 12:00 pm
Dates: October 23rd
Price: $5.00 (Non-member $10.00)

FP10. EDMONTON EPILEPSY ASSOCIATION

Instructor: Valeria Palladino

NAVIGATING EPILEPSY: SENIOR INSIGHTS AND STORIES

Join us for a half-day workshop and learning experience. We will offer 3 hours of learning, insights, discussions and some fun social activities around life with epilepsy. Workshop topics will include conversations around epilepsy and the following:

-the brain
-seizures and epilepsy
-medication interactions
-seniors lifestyle
-stigma
-mental health

Each session will include a social activity, such as a craft or games!

Day and Time: Wednesday 9:00 am – 12:00 pm
Dates: November 26/25
Price: $5.00 (Non-member $10.00)

FP13. DEFINING THE DIFFERENCES IN HOME CARE FOR SENIORS

Instructor: Tracy Shaw

- Intro to Home Instead
- Types of Services
- Benefits of In-Home Care
- What questions to ask when comparing in-home care providers
- Financial Advantages of In-Home Care
- Evaluating the cost of Care – Funded Options

- **Come and have a free coffee included in this presentation.**

- **FREE GIFT FOR ALL ATTENDEES**

Day and Time: Wednesday 9:00 am – 12:00 pm
Dates: November 26/25
Price: $5.00 (Non-member $10.00)

ST. ALBERT FURTHER EDUCATION NEWCOMER PROGRAM

Instructor: Muna Abdulhussain & Barb Riley

Looking to practice your English in a friendly and relaxed setting? Come join us every Wednesday from **10:30 AM to 11:30 AM** at the **St. Albert Senior Centre**!

This free, drop-in program is a great opportunity to improve your English-speaking skills, meet new people, and gain confidence in everyday conversations.

🤝 Hosted by the **St. Albert Further Education Newcomer Program** in partnership with the **St. Albert Senior Centre**. All English levels are welcome!

No registration needed—just drop in and join the conversation

- **FREE GIFT FOR ALL ATTENDEES**

Day and Time: Wednesday 9:00 am – 12:00 pm
Dates: November 26/25
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.

Wednesdays from 12:00 pm – 3:00 pm

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

Call the front desk to book a 30 min time slot.

ST. ALBERT PUBLIC LIBRARY

Host: Janice Cheung & Emily

Come join us in the lobby on Thursday, Sept 25 from 11:30 am – 1:30 pm and on Thursday, November 20th from 11:30 am – 1:30 pm all are welcome!



FITNESS & DANCE CLASSES

MONDAY

FW1. LINE DANCING – BEGINNER

Instructor: Tracy Walters

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

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

Dates: Sept 8-Oct 27 (6 classes)

Price: $55.00 (Non-member $95.00)

Blackout Dates Oct 13 & 20

FW1A. Session 2 – Nov 3-Dec 15 (7 classes)

Price: $70.00 (Non-member $110.00)

FW2. LINE DANCING – INTERMEDIATE

Instructor: Tracy Walters

Line dancing is low impact, a great exercise and fun for all ages. This is a class for those who have taken beginner line dance classes but just want a little bit more of a challenge. We will include dance steps learned in the beginner class plus some steps that are a little more difficult. Shoes with leather soles recommended.

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

Dates: Sept 8-Oct 27 (6 classes)

Price: $55.00 (Non-member $95.00)

Blackout Dates Oct 13 & 20

FW2A. Session 2 – Nov 3-Dec 15 (7 classes)

Price: $70.00 (Non-Members $110.00)

FW3. 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: Sept 8-Oct 27 (6 Classes)

Price: $65 (Non-member $105)

Blackout Dates: Oct 13 & 20

FW3A. Session 2 – Nov 3-Dec 15 (7 classes)

Price: $70.00 (Non-member $110.00)

FW4. 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: Sept 8-Oct 27 (6 Classes) **Blackout Dates: Oct 13 & 20**
Price: $65 (Non-member $105)

FW4A. Session 2 – Nov 3-Dec 15 (7 classes)
Price: $70.00 (Non-member $110.00)

FW5. 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 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: Sept 15- Oct 27 (5 classes) **Blackout Dates: Oct 13 and 20**
Price: $45.00 (Non-member $85.00)

FW5A. Session 2 – Nov 3 -Dec 15 (7 classes)
Price: $70.00 (Non-member 110.00)

FW6. FASCIA QIGONG

Instructor: Brad Schultz

This is all about fascia, stretching and engaging this vital system of the body. Modern body science has discovered that an active and vibrant fascia system is the key to keeping and increasing our flexibility, mobility and resilience, even as we age. It's been shown that an ageing fascia system contributes more to decreased mobility and increased pain, than even muscle and joint deterioration.

The fascia is the web-like connective tissue that winds through your entire body, wrapping and supporting every muscle, organ and nerve fiber. Remember the vibrancy, buoyancy and resilience you had as a very young person? Now you can actively develop and reclaim this same youthful, vibrant quality through gentle but thorough stretches that stimulate and awaken your elastic body!

With these exercises you can strengthen your body,
from the inside-out!

Day and Time: Monday 1:00 pm – 1:45 pm
Dates: Sept 8-Oct 27 (6 classes) **Blackout Dates: Oct 13 & 20**
Price: $70.00 (Non-member $110.00)

FW6A. Session 2 – Nov 3-Dec 15 (7 classes)
Price: $80.00 (Non-member $120.00)

FW7. CHAIR YOGA

Instructor: Twyla Domoslai

This course is suitable for all ages and all fitness levels. If you're looking for an alternative to traditional floor yoga while getting the same benefits, look no further. Chair Yoga is a great way to gently stretch and strengthen key muscles while staying safe and respecting your body's limits. This is a wonderful practice for seniors, office workers who want to do yoga at their desk or people working with injuries. Twyla has practiced yoga for over a decade and is certified in Yin Yoga. She has a background in dance and meditation and has a special way of making everyone feel welcome and safe. Yoga should be accessible to everybody and not limited to only the young and super flexible.

Day and Time: Monday 1:00 pm – 1:45 pm
Dates: Sept 8-Oct 27 (6 classes)
Price: $60.00 (Non-member $100.00)

Blackout Dates: Oct 13 & 20

FW7A. Session 2 – Nov 3-Dec 15 (7 Classes)
Price $70.00 (Non-member $110.00)

FW8 GROOVY GANG

Instructor: Dianne Eustace

Come on down and sing our very own choir!! Sing your heart out and enjoy some great company with people who love singing as much as you do. You must pre-register for the session; SASA Members only please**.**

Day and Time: Monday 2:00-4:00 pm
Dates: Sept 8-Oct 27 (6 classes)
Price: $30.00

Blackout Dates: Oct 13 & 20

FW8A. Session 2 – Nov 3-Dec 15 (7 Classes)
Price $40.00

PICKLEBALL

Whether you are a pickleball enthusiast or just out to have some fun. Bring your friends or join up with others. Must pre-register. Phone the front desk.

Day and Time: Monday 2:15 pm – 4:15 pm
Price: Members FREE - Non-member $20.00
Blackout Dates: Oct 13 & 20

EUCHRE

Come join our fun group of players for an afternoon of Euchre.
Day and Time: Monday 12:30 pm – 4:00 pm
Price: Members FREE - Non-member $20.00
Blackout Dates: Oct 13

TUESDAY

FW13. GENTLE YOGA WITH SHARON

Instructor: Sharon Ryan

Stay Strong, Flexible & Centered= One Breath at a Time Join us for a welcoming and supportive Gentle Yoga class designed for older adults. Slow, mindful movement, gentle stretching and relaxation techniques that promote strength, balance, and peace of mind. No experience needed. All genders are welcome. Please note: Participants must be able to get down to - and up from - a yoga mat on the floor. Bring your own mat and water. Props provided.

Day and Time: Tuesday 9:00 am – 10:00 am
Dates: Sept 2-Oct 28 (8 classes)
Price: $90.00 (Non-member $130.00)

Blackout Date Oct 21

FW13A. Session 2 – Nov 4-Dec 16 (6 classes)
Price: $80.00 (Non-member $120.00)
Blackout Date Nov 11

FW14. 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: Sept 2-Oct 28 (8 classes)
Price: $85.00 (Non-member $125.00)

Blackout Date Oct 21

FW14A. Session 2 – Nov 4-Dec 16 (6 classes)
Price: $65.00 (Non-member $105.00)
Blackout Date Nov 11

FW15. 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: Sept 2-Oct 28 (8 classes)
Price: $85.00 (Non-member $125.00)

Blackout Date Oct 21

FW15A. Session 2 – Nov 4-Dec 16 (6 classes)
Price: $65.00 (Non-member $105.00)
Blackout Date Nov 11

FW16. AGING BACKWARDS

Instructor: Stephanie Weihmann

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

Day and Time: Tuesday 10:15 am - 11:15 am
Dates: Sept 2-Oct 28 (8 classes)
Price: $85.00 (Non-member $125.00)

Blackout Oct 21

FW16A Session 2 – Nov 4-Dec 16 (6 Classes)
Price: $60.00 (Non-member $100.00)
Blackout Nov 11

FW17. PILATES IS FOR EVERYONE

Instructor: Heike Scott

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

Day and Time: Tuesday 11:30 am – 12:30 pm
Dates: Sept 2-Oct 28 (8 classes)
Price: $85.00 (Non-member $125.00)

Blackout Oct 21

FW17A. Session 2 – Nov 4-Dec 16 (6 classes)
Price: $65.00 (Non-member $105.00)
Blackout Date Nov 11

CONTRACT BRIDGE

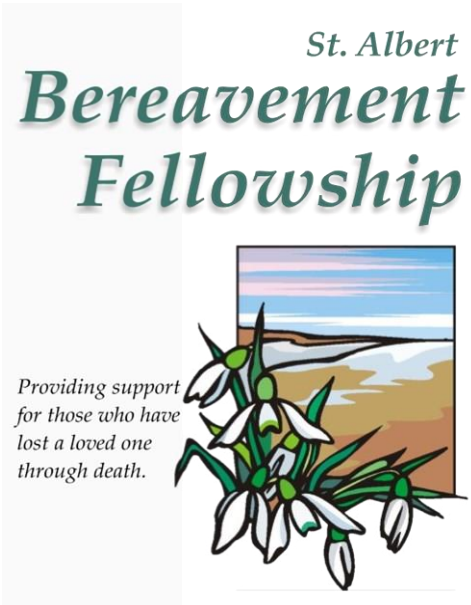
This afternoon of bridge is for players who are familiar with the game. Please bring a partner to join a table.
Day and Time: Tuesday 1:00 pm – 4:00 pm
Price: Members FREE - Non-member $20.00

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: Members FREE - Non-member $20.00

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: Members FREE - Non-member $20.00



Join Us

A **Guest Speaker Meeting** is held on the second Tuesday of each month.

Our **Informal Support Group** is held on the fourth Tuesday of the month.

There is no charge to attend.

Membership is not required to join meetings.

September 9 and 23.

October 14 and 28.

November 11.

November 25. Candlelight Celebration December 09. Christmas Dinner 6 pm.

There will be a charge for dinner.

WEDNESDAY

FW19. ALL LEVELS YOGA

Instructor: Frances Gagnon

This yoga session is a warm and welcoming space for beginners or anyone looking to deepen their practice at their own pace. Whether you're new to yoga or want to explore more, you'll be guided through gentle, accessible poses that focus on improving mobility, flexibility, strength, and balance. We'll also explore calming breathing exercises to energize and refresh, along with relaxation techniques to help you unwind and manage stress. Come as you are, bring a yoga mat, and a blanket for extra comfort!

Day and Time: Wednesday 9:00 am – 10:00 am
Dates: Sept 3 – Oct 22 (7 classes)
Price: $80.00 (Non-member $120.00)

Blackout Oct 15

FW19A. Session 2 - Nov **5-Dec 17 (7 classes)**
Price $80.00 (Non-member $120.00)

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: Members FREE - Non-member $20.00

FW20. 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: Sept 10-Oct 22 (6 classes) **Blackout Date Oct 15**
Price: $60.00 (Non-member $100.00)

FW20A. Session 2 – Nov 5-Dec 17 (7 classes)
Price: $70.00 (Non-member $110.00)

CHESS

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: Wednesday 10:00 am – 12:00 pm
Price: Members FREE - Non-member $20.00

FW21. 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: Sept 3-Oct 22 (7 classes) **Blackout Date Oct 15**
Price: $80.00 (Non-member $120.00)

FW21A. Session 2 – Nov 5-Dec 17 (7 classes)
Price: $80.00 (Non-member $120.00)



FW22. CARDIO DANCE FIT

Instructor: Elise Millard

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

Day and Time: Wednesday 11:30 am – 12:30 pm
Dates: Sept 10-Oct 22 (7 classes)
Price: $60.00 (Non-member $100.00)

Blackout Date Oct 15

FW22A. Session 2 – Nov 5-Dec 17 (7 classes)
Price: $70.00 (Non-member $110.00)

FW23. BALLROOM DANCE

Instructor: Elise Millard

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

Day and Time: Wednesday 1:00 pm – 2:00 pm
Dates: Sept 10-Oct 22 (6 classes)
Price: $60.00 (Non-member $100.00)

Blackout Date Oct 15

FW23A Session 2 – Nov 5-Dec 17 (7 classes)
Price: $70.00 (Non-member $110.00)

FW24. YOGA FOR BALANCE

Instructor: Twyla Domoslai

This course will focus on building and strengthening our core and coordination for better balance. With the help of a chair always by our side, we will do standing exercises with plenty of seated exercises and breaks in between. Comfort with standing and getting up out of a chair is required but as with all of Twyla's classes, we will still take it nice and slow! Find your balance and build on it. Let's get moving without a fear of falling!

Day and Time: Wednesday 2:15 pm – 3:00 pm
Dates: Sept 3-Oct 22 (7 classes)
Price: $70.00 (Non-member $110.00)

Blackout Date Oct 15

FW24A Session 2 – Nov 5-Dec 17 (7 Classes)
Price: $70.00(Non-member $110.00)

FW25. PROGRAM NAME: BETTER BONES THRU TAI CHI

Instructor: Brad Schultz

In this unique course we will be using Tai Chi principles and simple conditioning exercises to specifically stimulate greater bone strength and density.

Bone is the hard tissue of the body and responds to mild and moderate stress or pressure just like muscles do, my growing and getting stronger.

A strong and stable skeletal structure is the foundation for a healthier and more robust body and overall health. Building a more stable and durable frame leads to greater health, mobility and safety throughout your life.

These exercises will also contribute greatly to increased muscle and tendon strength, as well as overall fitness & balance.

Day and Time: Wednesday 2:15 pm – 3:00 pm
Dates: Sept 3-Oct 22 (7classes)
Price: $80.00 (Non-member $120.00)

Blackout Date Oct 15

FW25A. Session 2 – Nov 5-Dec 17 (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 ahead to pre-register.

Day and Time: Wednesday 3:15 pm – 5:15 pm
Price: Members FREE - Non-member $20.00



THURSDAY

FW28. AGING BACKWARDS

Instructor: Stephanie Weihmann

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

Day and Time: Thursday 8:45 am – 9:45 am
Dates: Sept 4-Oct 23 (7 classes) **Blackout Sept 18**
Price: $75.00 (Non-member $115.00)

FW28A Session 2 – Nov 6-Dec 18
Price: $75.00 (Non-member $115.00)

FW29. BEGINNER GUITAR LESSONS

Instructor: Gunnar Lang

Learn basic chords, strumming and finger-picking techniques and play along to simple songs. Learn basic music theory such as scales and intervals, common chord progressions, open chords, and barre chords. Use a capo; tune your guitar learning standard tuning vs. custom tuning. Song sheets and chord charts provided. Some lessons may include playing along to your own voice; however, you're not expected to sing.
Requirements: Please bring your own guitar (electric guitars can be accommodated). Some lessons may include playing along to your own voice; however, you're not expected to sing.

Day and Time: Thursday 10:00 am – 11:00 am
Dates: Sept 11-Oct 23 (7 classes)
Price: $70.00 (Non-member $110.00)

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.

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: Members FREE - Non-member $20.00

FW30. INTERMEDIATE GUITAR LESSONS

Instructor: Gunnar Lang

You are expected to know all the basic (open chords). Elaborate on basic strumming and finger pick techniques. Learn the intros to selected famous songs. Common chord progressions and transitions. Play along to some more elaborate chord structure as well as basic chord pattern. Theory such as reading music, scales bar chords – using a Capo. Standard tuning vs. custom tuning. Some lessons may include playing along to your own voice; however, you're not expected to sing.



Requirements: Please bring your own guitar (electric guitars can be accommodated).

Day and Time: Thursday 10:00 am – 11:00 am
Dates: Nov 6-Dec 18
Price: $70.00 (Non-member $110.00)

FW31. CLASSICAL YOGA

Instructor: Barb Hagen

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

Day and Time: Thursday 10:15 am – 11:15 am
Dates: Sept 4 – Oct 23 (8 classes)
Price: $90.00 (Non-member $130.00)

FW31A. Session 2 – Nov 6 – Dec 18 (7 classes)
Price: $80.00 (Non-member $120.00)

FW32. 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: Sept 4– Sept 25 (4 classes)
Price: $40 (Non-member $80)

FW32A. Session 2 – Oct 3 & 10 Nov 21-Dec 18 (7 classes)
Price: $70.00 (Non-member $110.00)

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: Thursday 1:30 pm – 4:00 pm
Price: Members FREE - Non-member $20.00



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: Members FREE - Non-member $20.00

FRIDAY

FW35. AEROBIC STRENGTH

Instructor: Heike Scott

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

Day and Time: Friday 9:00 am – 10:00 am
Dates: Sept 05-Oct 24 (8 Classes)
Price: $90.00 (Non-member $130.00)

FW35A. Session 2 – Nov 07-Dec 12 (6 Classes)
Price: $55.00 (Non-member $95)

FW36. CLOGGING

Instructor: Tracy Walters

You will learn basic steps and terms associated with clogging while dancing to different types of music. You DO NOT need special shoes to start. For the first few weeks, wear comfortable shoes (shoes with rubber soles not recommended). Some experience needed.

Day and Time: Friday 9:00 am - 10:00 am
Dates: Sept 5-Oct 24 (8 Classes)
Price: $70.00 ($110 Non-Member)

FW36A. Session 2 – Date: Nov 7-Dec 12 (6 Classes)
Price: $65.00 (Non-member $105.00)

FW37. 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: Sept 5-Oct 24 9 (8 Classes)
Price: $85.00 (Non-member $125.00)

FW37A. Session 2 – Nov 7-Dec 12 (6 Classes)
Price: $65.00 (Non-member $105.00)

FW38 BOOTCAMP LITE

Instructor: Emily Soriano

Strengthen your lungs, heart, and improve your endurance in this light but intensive class. Modified specially for you! Please bring your towel and water bottle. Wear comfortable clothing and shoes. Get ready to sweat and challenge yourself.

Day and Time: Friday 12:00pm-1pm
Dates: Sept 5-Sept 26 (4 Classes)
Price: $40.00 (Non-member $80.00)

FW38A Session 2 – Oct 3 & 10 Nov 21-Dec 18 (7 classes)
Price: $70.00 (Non-member $110.00)

CONTRACT BRIDGE

This afternoon of bridge is for players who are familiar with the game. Please bring a partner to join a table.



Day and Time: Friday 1:00 pm – 4:00 pm
Price: Members FREE - Non-member $20.00

FACILITY RENTAL

The St. Albert Seniors Association offers a variety of room rental opportunities to fit your event. Red Willow Place has a unique L-shaped configuration which can be used all open to accommodate up to 250 people, or depending on the event, it can be divided into 4 multipurpose rooms for smaller meetings or functions. People rent our facility for birthdays, anniversaries, celebrations of life, meetings, classes, fundraisers, support groups, and church groups. Call the Centre at (780) 459-0433 or email TanyaHamilton@stalbertseniors.ca for more information.

KNIFE SHARPENING BY HARVEY

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

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

WILLOWS CRAFT NOOK

The gift shop is operated by volunteers with all proceeds going to support the St. Albert Seniors Association. The in-house woodworking shop and the knitting ladies both provide functional and seasonal products such as toques, booties, planters, puzzle boards and bird feeders. Drop by to check out all the handcrafted items!

Willows Craft Nook Hours:

Monday – Friday: 10:00 am to 4:00 pm



RED WILLOW BISTRO

Our award-winning Bistro is open daily Monday to Friday from 9:00 am for coffee and 11:00 am to 2:00 pm for lunch service. Chef Richard prepares freshly made homestyle meals daily and ranges from a variety of sandwiches, soups, salads, and entrees. Thursday's Liver & Onions and Friday's Fish & Chips have become extremely popular, so please plan to arrive early on those days.

Our daily menu is posted on our website, so feel free to check it out before venturing out for lunch. If you haven't tasted Chef Richard's great food yet, do come in and bring a friend! Our beautiful patio will be open for the summer months, and we welcome both members and non-members to the Bistro! Chef Richard also prepares delicious meals to-go!

Bistro Hours:

Monday – Friday: 11:00 am to 2:00 pm

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

FUN ACTIVITIES AT THE CENTRE

Appreciation Nights
Bus Excursions
Cards
Classes
Cornhole
Dinner & Dances
Fashion Shows
Floor Curling
Fundraisers/Wine Tasting
Golf Tournaments
Information Session
Knitting/Crocheting
Lunchtime Entertainment
Pickleball
Pool/Snooker
Pop-Up Sales Pub Nights
Raffles
Rosebud Tours
Seasonal Buffets
Special Events & BBQ's Walking Club
Walking Club
Wednesday Happy Hour
Wood Working Workshop
Volunteer Opportunities

SENIORS SUPPORT SERVICES

Systems Navigator

Abbey Schmidt

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.

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.

ACTIVITY HUB ACTIVITIES

Games and Hobbies

Chess

- Wednesdays 10:00 am – 12:00 pm

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

Mahjong

- Tuesday and Thursday 1:30-4:00 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.

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

50 Years St. Albert Seniors Association Enriching Lives Since 1975

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	Fascia Qigong
10:00 am	Walking Club	01:00 pm	Chair Yoga
10:15 am	Line Dancing-Intermediate	02:00 pm	Groovy Gang
10:15 am	Strength Balance & Flexibility	02:15 pm	Pickleball - Cornhole
11:30 am	Cardio Dance Fit		

Tuesday

Time	Classes/Activities
09:00 am	Snooker
09:00 am	Strength Balance & Flexibility
10:15 am	Strength, Balance & Flexibility
10:15 am	Aging Backwards
11:30 am	Pilates Is for Everyone
12:30 pm	Contract Bridge (serious)
01:30 pm	Mahjong
02:00 pm	Floor Curling

Wednesday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	All Level Yoga
10:00 am	Chess Club
10:00 am	English Conversation Circle
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	Better Bones Through Tai Chi
02:15 pm	Yoga For Balance
03:15 pm	Pickleball

Thursday

Time	Classes/Activities
09:00 am	Snooker
08:45 am	Aging Backwards
10:00 am	Beginner Guitar
10:15 am	Classical Yoga
11:00 am	Henrys Knife Sharpening
12:00 pm	Chair Pilates
01:30 pm	Mahjong
02:00 pm	Floor Curling
01:00 pm	Cribbage

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
12:00 pm	Bootcamp Lite
12:30 pm	Contract Bridge (serious)