



2026 WINTER PROGRAM GUIDE

Let it snow! Wishing you a winter wonderland
filled with love and laughter



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 facility 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 gift of time, talent, and treasure. We also recognize our government funders, who generously contribute to the organization.

Membership & Benefits

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

NEWSLETTER

Everyone who has subscribed to our newsletter receives it weekly. It consists of association news, program details, 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.)

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
- Fully wheelchair accessible building
- Free Wi-Fi
- ATM located on premises.
- Scent-free environment.

CLASS INFORMATION

All classes list both member and non-member prices. All classes must meet a minimum number of registrants to run. The Winter classes begin the week of January 12/26 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 \$100.00 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 inform the Association, in writing, that you don't want public acknowledgement.

Winter Class Registration

Registration starts December 8th, 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 Drop-In Classes \$15

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



Activities:

- Floor Curling
- Chess Club
- Pickleball
- Snooker

Cards:

- Mahjong
- Bridge
- Cribbage
- Euchre



ARTS & CRAFTS

WA1. 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

Black Out: February 16th & April 6

Dates: Jan 12th – Feb 23rd (6 classes)

WA1A. Session 2 – Mar 9th – Apr 20th (6 classes)

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

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

WA2. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

Learn to draw simple designs and shade with different pencils and tools. All the classes will cover landscapes, florals, building and old vehicles. Easy to follow handouts available. [Supply list at front desk.](#)

Day and Time: Tuesday 10:00 pm – 12:00 pm

Black Out: February 16th & April 6

Dates: Jan 13th – Feb 24th (7 classes)

WA2A. Session 2 – Mar 10 – Apr 28th (8 classes)

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

Price: \$160.00 (Non-members \$200.00)

WA3. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

Learn to draw simple designs and shade with different pencils and tools. All the classes will cover landscapes, florals, buildings and old vehicles. Easy to follow handouts available. [Supply list at front desk.](#)

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

Black Out: February 16th & April 6

Dates: Jan 13th – Feb 24th (7 classes)

WA3A. Session 2 – Mar 10th – Apr 28th (8 classes)

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

Price: \$160.00 (Non-members \$200.00)

WA4. 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, holiday themes and more!! Supplies include quilling needles, paper, temp board, glue bottle, tweezer, pins and scissors. **Please bring \$23.00 to the first class for Sharon to cover the cost of the supplies**

Day and Time: Wednesday 1:00 pm – 3:00 pm

Black Out: February 16th & April 6

Dates: Jan 14th – Feb 25th (7 Classes)

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

W4A. Session 2 – Mar 11th – Apr 22nd (7 classes)

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

WA5. INTRODUCTION TO BAS RELIEF

Instructor: Linda Finstad

This beginner-friendly class teaches you everything you need to know to create stunning 3D art. Perfect for if you want to unleash your creativity, learn a valuable skill or enhance your home décor.

This ancient art form found on walls of caves is otherwise known as Petroglyphs. This technique became popular in churches, especially Romanesque places of worship where it was used to celebrate the lives of important religious events and figures.

In this class you will create a simple bas relief design on a 11 x 14 canvas over this 2-part class (**the plaster needs time to cure**) before applying the colour.

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

Dates: February 23rd (Part 1) & March 2 (Part 2)

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

Supplies included.



WA6. FROM BUD TO BLOOM

Instructor: Linda Finstad

In this 2-hour class you will learn how to blend colours, understand values and how they impact your composition, learn how to create highlights and shadows. Create simple flowers using bold brush strokes.

Linda will take you gently step by step through the process to create this stunning painting on a 16 x 20 canvas. Acrylic paints and all the specialty brushes required for this project are supplied. All you need to bring is an apron to protect clothing or wear an old shirt.

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

Dates: April 20th

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

Black Out: February 16th ,April 3 & April 6

WOODSHOP

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

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

A member only program. All users must be certified.

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

Black Out: February 16th, April 3 & April 6



INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

NI1. REDNECKS, REACTIONARIES, REFORMERS AND RADICALS: ENEMIES OR ADVERSARIES?

Instructor: David Wangler

1. Do people on the right or left side of the political spectrum live within the same reality?
2. Why are their respective views about that reality so different when science presents a uniform picture of the physical dimension of it?
3. Is human nature or physical nature open to extensive change or have both been fixed and unchanging since either existed?
4. Can either philosophy or science help us to understand physical or human nature?
5. Is reason the only power humans have to comprehend the nature of physical or human reality?

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

Dates: Jan 19th – Feb 9th

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

NI2. IS FREUD A FRAUD?

Instructor: David Wangler

1. Most humans hate him. Why?
2. Freud claimed that human nature was the same everywhere. He borrowed this idea from Plato. Is thought accurate or a simple bias on the part of both?
3. Is there a dark, highly irrational, selfish and aggressive component in every human being?
4. If answer to 3 is yes, what can be done?

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

Dates: March 9th – March 30th

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

NI3. INVESTING MYTHS & REALITIES

Instructor: Wei Woo, Investment Advisor, CIM, EPC

Are you ready to separate fact from fiction in the world of investing? Join us for an engaging seminar where we'll debunk common investing myths and uncover the realities that every investor should know. Whether you're a seasoned investor looking to refresh and update your knowledge, or just starting your investment journey in the financial markets due to the now much lowered GIC rates compared to the past 2 years, this seminar will equip you with valuable and modern insights to make informed decisions.

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

Dates: January 22

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

NI4. 10 WARNING SIGNS OF DEMENTIA

Instructor: Daniela Baez

Learn how to recognize the signs of dementia, and create a more understanding, dementia-friendly community.

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

Dates: January 23rd

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

NI5. EARS TO YOU! Hearing Health Check

Instructor: Ahlya Herrera RHAP

Ahlya Herrera, is an RHAP. She will be seeing members for a 30-minute, complimentary hearing evaluation where she will check for hearing loss and discuss/recommend hearing aids if necessary. With the difficulties experienced by those with hearing loss, our goal is to help anyone who would benefit from hearing devices, improve their quality of life, and increase their participation and enjoyment in everyday activities. We achieve this by conducting precise hearing tests and fitting appropriate hearing aids while staying within the client's budget.

Interested members are welcome to call the front desk to book an appointment. If they could please bring their Alberta Health Cards to their appointments, that would be appreciated.

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

Dates: January 26th

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

NI6. PATIENT ADVOCACY – Empowerment for future healthcare

Instructor: Corinne Hewko

Advance Care Planning (ACP) is preparation for a time when you cannot speak for yourself due to serious injury, illness or advancing cognitive decline. It's important to become organized and plan while you are still healthy.

Class Description: This class provides practical tools and strategies to clearly define and document your wishes, appoint a trusted decision-maker, and communicate your choices to loved ones and healthcare professionals. By attending, you'll learn how to prepare legal documents such as personal directives and gain confidence that your voice will be heard, even in challenging circumstances. The session emphasizes the importance of planning ahead to reduce stress for family members and ensure your preferences are respected during critical moments.

This class covers:

- What ACP is and why it matters at every age and stage of health
- How to choose and prepare a substitute decision-maker/Agent
- Tools and legal documents available in Alberta, including Goals of Care Designations, Personal Directives, and Enduring Power of Attorneys
- Understanding consent and capacity.
- How to talk to family, caregivers, and healthcare teams about your wishes
- Practical steps to create or update your own advance care plan

By the end, you'll feel more confident, informed, and prepared to make decisions that ensure you age well, safely, and according to what matters most to you.

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

Dates: February 10th

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

NI7. THE JOINT - FALL PREVENTION

Instructor: Caitlin Kamminga

Join us for a 1-hour Fall Prevention Session combining education and movement. Learn practical strategies to reduce fall risks and what to do in the event of a fall, then take part in gentle, guided exercises designed to improve balance and strength. The program is created and presented by the therapists at The Joint Physiotherapy.

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

Date: February 11th

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

NI8. CANCER AWARENESS (breast and prostate cancer focused)

Instructor: Daniela Baez

We'll discuss the importance of early detection, screening options, and ways to support those living with or recovering from cancer.

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

Dates: February 20th

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

NI9. LEADING EDGE

Instructor: Heidi Fedoruk

Life Shouldn't Hurt! The top 3 painful conditions for seniors:

Heidi Fedoruk, founder at Leading Edge Physiotherapy will cover three common conditions that can trouble us as we age: Neuropathy, Shoulder Pain, and Knee Pain.

Learn more about what can be causing your pain and what you can do about it! 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: March 18th

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

NI10. 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 | -seniors lifestyle |
| -seizures and epilepsy | -stigma |
| -medication interactions | -mental health |

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

Day and Time: Tuesday 9:00 am – 12:00 pm

Dates: March 24th

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

NI11. ROLE OF EXCHANGE TRADED FUNDS IN RETIREMENT PORTFOLIOS

Instructor: Wei Woo, Investment Advisor, CIM, EPC

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. They are also gaining in massive popularity among retirees for the past 10 years and vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

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

Dates: March 26th

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

NI12. HEART HEALTH & STROKE PREVENTION

Instructor: Daniela Baez

Discover simple lifestyle habits and warning signs that can help protect your heart and reduce the risk of stroke.

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

Dates: March 27th

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

NI13. PATIENT ADVOCACY & HEALTHCARE PLANNING FOR SENIORS

Instructor: Daniela Baez

Take Charge of Your Healthcare! A friendly, informative session for seniors and caregivers to feel prepared, supported, and empowered.

Class Description:

As we age, navigating the healthcare system can feel overwhelming. This session focuses on practical tips, real-life examples, and clear, simple steps that make healthcare easier to manage. By the end, seniors and caregivers will feel empowered to make decisions, advocate confidently and stay organized through every stage of care.

In this class, participants will learn:

- What patient advocacy really means and why it's essential in today's healthcare system
- How to communicate clearly with healthcare providers to ensure concerns are heard and needs are met
- How to prepare for medical appointments, tests, and transitions of care
- Understanding patient rights, responsibilities, and available supports in Alberta
- How to keep track of personal information, medications, symptoms, and medical history
- Where to find supports and community resources that can reduce stress and improve safety

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

Dates: April 14th

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

NI14. HEARING & VISION LOSS

Instructor: Daniela Baez

Explore how to protect your hearing and eyesight as you age, recognize early changes, and learn about tools and resources that can help maintain independence.

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

Dates: April 24th

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

ST. ALBERT PUBLIC LIBRARY

Host: Janice Cheung & Emily

Come join us in the lobby on Thursday, February 19th from 11:30 am – 1:30 pm and on Thursday, April 23rd from 11:30 am – 1:30 pm all are welcome!

Janice and Emily are always full of wonderful information with new programs etc. that will be held in the community.

NI15. WILLS & 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 – 12:00 pm

Dates: February 18th

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

NI16. DEALING WITH ESTATES THAT HAVE DEBT

Instructor: Liam Connelly

Yes, this happens, sometimes 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 – 12:00 pm

Dates: March 11th

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

COMPUTERS & DEVICES

Computer Tutorials: One-on-One Instructor: Troy Chartier & Gilles Losier

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) –\$20.00 (Non-Members)

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

NI17. HO'OPONOPONO WORKSHOP: Forgiveness & Path to Freedom

Instructor: Jeri Tourand

In this powerful experience, Jeri will lead you through an insightful forgiveness lesson, share transformational tools and an energetic experience with Ho'oponopono that will shift your energy and release some of your biggest blocks to Love and happiness.

We will be working on all levels to align your Body- Mind and Soul with real, unconditional Love. End the battle and take back your life and your power.

Ho'oponopono is an ancient Hawaiian practice of reconciliation and forgiveness. It is a method of mental & emotional cleansing that is effective in freeing you from the stuck energy, resentments and heaviness of the past to move forward in your life with greater ease and harmony.

Day and Time: Friday 1:00 pm – 3:00 pm

Dates: February 13th

Price: \$30.00 members (Non-member \$70.00)



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.

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

FITNESS & DANCE CLASSES

MONDAY

NY1. 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: Jan 12th – Feb 23rd (6 classes)

Blackout Date: February 16th & April 6th

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

NY1A. Session 2 – Mar 9th – Apr 20th (6 classes)

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

NY2. 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: Jan 12th – Feb 23rd (6 classes)

Blackout Date: February 16th & April 6th

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

NY2A. Session 2 – Mar 9th – Apr 20th (6 classes)

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

NY3. 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: Jan 12th – Feb 23rd (6 Classes)

Blackout Dates: February 16th & April 6th

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

NY3A. Session 2 – Mar 9th – Apr 20th (6 classes)

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

NY4. STRENGTH, BALANCE & FLEXIBILITY

Instructor: Heike Scott

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

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

Dates: Jan 12th – Feb 23rd (6 Classes)

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

Blackout Dates: February 16th & April 6th

NY4A. Session 2 – Mar 9th – Apr 20th (6 classes)

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

NY5. 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 provides 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: Jan 12th – Feb 23rd (6 classes)

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

Blackout Dates: February 16th & April 6th

NY5A. Session 2 – Mar 9th - Apr 20th (6 classes)

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

NY6. LONGEVITY BREATHING

Instructor: Brad Schultz

Youthful Vibrant Energy Can Be Yours!

Breathing is our most basic and vital life function. We breathe more than 20,000 breaths in a single day! However, throughout our life we are usually unaware of the potential of our breath to powerfully impact our overall wellbeing. Mindful Breathing is our most powerful tool to calm and balance our emotional state, quiet and focus our mind, lower blood pressure, reduce stress, improve heart rate variability, digestion and lower inflammation, and other key life functions. These powerful, ancient breathing and relaxation techniques can help you reclaim youthful vitality and abundant energy.

You can learn these tried-and-true methods to energize your body and your mind and fill every day with new-found enthusiasm and vibrancy. In this course, we will explore various breathing and relaxation techniques to help release stress and tension, increase blood and energy flow, and supercharge the immune system.

We will learn to use the power of the breath to support your health and wellbeing for a lifetime!

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

Dates: Jan 12th – Feb 23rd (6 classes)

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

Blackout Dates: February 16th & April 6th

NY6A. Session 2 – Mar 9 – Apr 20 (6 Classes)

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

NY7. 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: Jan 12th – Feb 23rd (6 classes)

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

Blackout Dates: February 16th & April 6th

NY7A. Session 2 – Mar 9 – Apr 20 (6 Classes)

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

NY8. GROOVY GANG

Instructor: Dianne Eustace

Come on down and sing with 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: Feb 2 – Feb 23rd (3 classes)

Price: \$15.00

Blackout Date: February 16th & April 6th

NY8A. Session 2 – Mar 9 – Apr 20 (6 Classes)

Price \$30.00

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: Feb 16th

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: Feb 16th

NY14. 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: Jan 13th – Feb 24th (7 Classes)

Price: \$105.00 (Non-member \$145.00)

NY14A. Session 2 – Mar 10th – Apr 21st (7 Classes)

Price: \$105.00 (Non-member \$145.00)

NY15. 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: Jan 13th – Feb 24th (7 classes)

Price: \$105.00 (Non-member \$145.00)

NY15A. Session 2 – March 10th – Apr 21 (7 classes)

Price: \$105.00 (Non-member \$145.00)

NY16A. AGING BACKWARDS

Instructor: Stephanie Weihmann

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

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

Dates: Mar 10 – Apr 21 (7 Classes)

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

NY18. BEGINNER YOGA

Instructor: Barb Hagen

If you can breathe, you can do yoga!

This is a class for anyone who wants to learn the practice of yoga. It is a gentle class reaching every joint and muscle group and working with the breath. It engages the whole person, body breath and mind. For anyone who is new to Yoga or those who haven't practiced for a while. Modifications for those who don't want to get on the floor or have other limitations.

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

Dates: Jan 13th – Feb 24th (7 classes)

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

NY17. PILATES IS FOR EVERYONE

Instructor: Heike Scott

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

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

Dates: Jan 13th – Feb 24th (7 classes)

Price: \$105.00 (Non-member \$145.00)

NY17A. Session 2 – Mar 10 – Apr 21st

Price: \$105.00 (Non-member \$145.00)

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: 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

WEDNESDAY

NY19. 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: Jan 14th – Feb 25th (7 classes)

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

NY19A. Session 2 – Mar 11th – Apr 22nd (7 classes)

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

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

CHESS

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

NY20. STRETCH & RELEASE

Instructor: Elise Millard

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

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

Dates: Jan 14th – Feb 25th (7 classes)

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

NY20A. Session 2 – Mar 11th – Apr 22nd (7 classes)

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

NY21. 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: Jan 14th – Feb 25th (7 classes)

Price: \$105.00 (Non-member \$145.00)

NY21A. Session 2 – Mar 11th – Apr 22nd (7 classes)

Price: \$105.00 (Non-member \$145.00)

NY22. CARDIO DANCE FIT

Instructor: Elise Millard

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

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

Dates: Jan 14th – Feb 25th (7 classes)

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

NY22A. Session 2 – Mar 11th – Apr 22nd (7 classes)

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

NY23. BALLROOM DANCE

Instructor: Elise Millard

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

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

Dates: Jan 14th – Feb 25th (7 classes)

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

NY23A Session 2 – Mar 11th – Apr 22nd (7 classes)

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

NY24. YOGA FOR BALANCE - Chair Assisted & Standing Yoga

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: Jan 14th – Feb 25th (7 classes)

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

NY24A Session 2 – Mar 11th – Apr 22nd (7 Classes)

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

NY25. BETTER FITNESS & BALANCE THRU TAI CHI

Instructor: Brad Schultz

This life-enhancing and health-supporting class teaches individual movements based on Tai Chi principles that are designed to ensure your ongoing health, fitness and safety.

Learn enjoyable movements and exercises derived directly from Tai Chi and Qigong that will strengthen your legs and hips, develop balance, improve flexibility and increase your cardiovascular health.

Better balance and skill at preventing falls is particularly important at this time of year with slippery, icy conditions all around us.

This course also covers the all-important principles of how to regain balance and prevent falls from occurring.

Become safer, stronger and more fit with enjoyable, simple exercises based on Tai Chi principles.

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

Dates: Jan 14th – Feb 25th (7classes)

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

NY25A. Session 2 – Mar 11th – Apr 22nd (7 classes)

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

PICKLEBALL

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



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

Price: Members FREE - Non-member \$20.00

THURSDAY

NY28. 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: March 12th – April 23rd (7 classes)

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

NY29. 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: Jan 15th – Feb 26th (7 classes)

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

CRIBBAGE

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

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

Price: 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: Thursday 1:30 pm – 4:00 pm

Price: Members FREE - Non-member \$20.00

NY30. 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: Mar 12th – Apr 23rd (7 Classes)

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

NY31. CLASSICAL YOGA

Instructor: Barb Hagen

This is an ongoing yoga class coordinating the breath with movement. Dynamically moving into and out of postures, working with the breath. This class has chanting and philosophy weaved throughout.

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

Dates: Jan 15th – Feb 26th (7 classes)

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

NY31A. Session 2 – Mar 12th – Apr 23rd (7 classes)

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

NY32. 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: Jan 15th – Feb 26th (7 classes)

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

NY32A. Session 2 – Mar 12th – Apr 23rd (7 classes)

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

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

NY35. 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

Blackout: April 3rd

Dates: Jan 16th – Feb 27th (5 Classes)

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

NY35A. Session 2 – Mar 13th – Apr 17th (5 Classes)

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

NY37. 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: Friday 10:15 am – 11:15 am

Dates: Jan 16th – Feb 27th (6 Classes)

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

Blackout: April 3rd

NY37A. Session 2 – Mar 13th – Apr 17th (5 Classes)

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

NY38. 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 11:15 pm – 12:15 pm

Dates: Jan 16th – Feb 20th (7 Classes)

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

NY38A. Session 2 – Mar 13th – Apr 24th (6 classes)

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

Blackout: April 3rd

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.

NY39. SEATED DANCE FLOW BALLET YOGA

Instructor: Twyla Schultz

This seated yoga dance fusion class is unique, combining modified ballet and dance stretches and gentle stretching, toning and exercises with yoga poses. This class is great if you are looking to stretch out stiff limbs, limber up and build strength while finding elegance and grace in a safe, seated environment. Twyla has practiced yoga for over 10 years and is a certified Yin Yoga instructor. Twyla has danced all her life in Irish dance, jazz, ballet, belly dance and tribal fusion belly dance. She brings her extensive dance experience to the class to show you that these practices don't have to be difficult or painful. These exercises are safe for everyone, and no previous dance experience is required! Very beginner friendly!

Day and Time: Friday 12:30pm – 1:15 pm

Dates: Jan 16th – Feb 27th (7 Classes)

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

NY39A. Session 2 – Mar 13th – Apr 17th (5 classes)

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

Blackout: April 3rd

NY40. TAI CHI FOR SELF DEFENSE

Instructor: Brad Schultz

This is a course on the physical and mental techniques that can prevent you from becoming a victim and gives you the tools to survive a physical situation.

It is a no-nonsense, practical approach to self-defence using effective techniques that do not require size, strength or “special skills”. Using Tai Chi principles such as relaxed power and mind-body unification, you will learn to use your mind and body as powerful forces of prevention and protection.

You will learn preventative and emergency self-defence tactics that you can use immediately to make yourself safer and more capable of handling any situation, without requiring superior size, strength or speed.

Self-defence is a basic life-skill, like swimming. Everyone should acquire at least a basic, fundamental understanding and experience of self-defence theory and application. This workshop will help you become safer in all areas of your life.

Learn how to make yourself and your loved-ones safer and more capable through the principles and techniques of preventative and emergency self-defence.

No previous experience with Tai Chi, martial arts or self-defence is necessary.

Day and Time: Friday 12:30pm-1:15pm

Dates: Jan 16th – Feb 27th (7 Classes)

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

NY40A Session 2 – Mar 13th – Apr 17th (5 classes)

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

Blackout: April 3rd

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 12:30 pm – 4:00 pm

Price: Members FREE - Non-member \$20.00

KNIFE SHARPENING BY HARVEY

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

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

RED WILLOW BISTRO

Our award-winning Bistro is open daily Monday to Friday from 9:00 am for coffee and 11:00 am to 2:00 pm for lunch service. Chef Richard prepares freshly made homestyle meals daily ranging 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.



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

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 Jasmine.Mustafa@stalbertseniors.ca for more.

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.

Events at our Center

The St. Albert Seniors Association brings the 50+ community together each month with fun, social events designed for connection and enjoyment. From lively Happy Hour Evenings and themed Dinner & Dances to relaxed backyard BBQs and more, there's always something happening. These gatherings offer seniors a welcoming space to meet new people, indulge in good food, and make lasting memories. Members enjoy a discount on tickets!

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	Longevity Breathing
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
11:30 am	Cardio Dance Fit		

Tuesday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Snooker	09:00 am	Woodshop
09:00 am	Strength Balance & Flexibility	09:00 am	All Level Yoga
10:15 am	Strength, Balance & Flexibility	10:00 am	Chess Club
10:15 am	Beginner Yoga	10:00 am	English Conversation Circle
11:30 am	Pilates Is for Everyone	10:15 am	Stretch & Release
12:30 pm	Contract Bridge (serious)	11:30 am	Cardio Dance Fit
01:30 pm	Mahjong	11:30 am	Strength, Balance & Flexibility
02:00 pm	Floor Curling	12:30 am	Contract Bridge (relaxed)
		01:00 pm	Ballroom dance
		02:15 pm	Better Fitness Through Tai Chi
		02:15 pm	Yoga For Balance – Chair Assisted & Standing
		03:15 pm	Pickleball

Wednesday

Thursday

Time	Classes/Activities	Time	Classes/Activities
09:00 am	Snooker	09:00 am	Woodshop
08:45 am	Aging Backwards	09:00 am	Snooker
10:00 am	Beginner Guitar	09:00 am	Aerobic Strength
10:15 am	Classical Yoga	10:00 am	Knitting/Crocheting
11:00 am	Henrys Knife Sharpening	10:15 am	Strength, Balance, & Flexibility
12:00 pm	Chair Pilates	11:15 pm	Bootcamp Lite
01:30 pm	Mahjong	12:30 pm	Contract Bridge (serious)
02:00 pm	Floor Curling	12:30 pm	Dance Flow Ballet Yoga
12:30 pm	Cribbage	12:30 pm	Tai Chi for Self Defense

Friday