

A decorative border of watercolor flowers in various colors (pink, yellow, red, blue) surrounds the central text.

PROGRAM & ACTIVITY GUIDE 2026

COME FIND YOUR PASSION



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 is \$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 them at 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 the minimum number of registrants to run. The Spring classes begin the week of May 4/26 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 center continues to grow and government funding continues to be reduced, we are more reliant on our donors to help us fulfill our mission.

The Board has adopted the Donor Bill of Rights as policy, so you can be assured your money will be used as directed by you. If you can help us, you can donate over the phone, on our website by pressing the DONOR button at the top of the page on the right, or at the front desk. Donations over \$500.00 are acknowledged publicly, unless you inform the Association, in writing, that you don't want public acknowledgement.

Spring Class Registration

Registration starts April 13th/26

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 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 \$10 Drop-In Classes \$20

Activities:

- Floor Curling
- Pickleball
- Snooker
- Bingo
- Corn Hole

Cards:

- Mahjong
- Bridge
- Cribbage
- Euchre



SECOND ANNUAL GOLDEN EXPO

TUESDAY, JUNE 2ND, 2026, 10AM-2PM

A resource and vendor fair for people aged 50+

 **St. Albert 50+ Centre**
Activities | Resources | Services

- Over 50 vendors
- FREE Info Sessions
- Bistro Lunch Specials
- Door Prizes & 50/50 Raffle

 **HEART TO HOME MEALS**
DELICIOUS MEALS MADE FOR SENIORS™

 **InHome**
Physiotherapy Solutions

 **MNP**

 **three robins**
ACTIVE LIVING COMMUNITY

 **RE/MAX**

 **amplifon**

 **SENIOR HELPERS**
Care and comfort at a moment's notice.


 **Qualicare**
Breadth of Service, Depth of Care.™

 **BMO**



MARAZZO LAW OFFICE



 7 Tache Street, St. Albert

ARTS & CRAFTS

SA1. 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 painting subjects will be flowers, nature scenes, everyday life objects, streets, buildings, people, etc., anything that would make good sketches/paintings. [Supply list at front desk.](#)

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

Dates: May 4 – June 29th (7 classes)

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

SA1A. Session 2 – July 13th – Aug 24th (6 Classes)

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

Blackout Dates: May 18th & June 1st & Aug 3rd

SA2. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

Start the new year in watercolor with Willie Wong. Learn to paint without drawing skills. Easy to follow handouts. Perfect for all levels. Most supplies can be obtained from Willie at a low cost. Great group and great atmosphere

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

Dates: May 5th – Jun 30th (8 classes)

Price: \$150.00 (Non-members \$190.00)

Blackout Date: June 2

SA2A. Session 2 – July 28th – Aug 25th (5 Classes)

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



SA3. WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

Start the new year in watercolor with Willie Wong. Learn to paint without drawing skills. Easy to follow handouts. Perfect for all levels. Most supplies can be obtained from Willie at a low cost. Great group and great atmosphere.

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

Dates: May 5th – Jun 30th (8 classes)

Price: \$150.00 (Non-members \$190.00)

Blackout Date: June 2

SA3A. Session 2 – July 28th – Aug 25th (5 Classes)

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

SA4. 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. **Supplies included.**



Dates: Jun 22nd (Part 1) & Jun 29th (Part 2)

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

BACK BY POPULAR DEMAND!!

SA5. BUTTERFLY LIGHT CATCHER

Instructor: Mary Anne Jaedicke

Butterflies are associated with lightheartedness, freedom, and the transient joyous beauty of life. As is light. Capture the sunshine and rainbows with this butterfly light catcher. Join Mary Anne Jaedicke for this Sunshine Circle where we will make this butterfly light catcher. We will also share positives stories.

Shine On!

Dates: Thursday, May 28th at 1:00 pm

Price: \$25.00 members (Non-member \$30.00)



SA6. CANADA ROCKS

Instructor: Mary Anne Jaedicke

Come for pancakes and maple syrup. Then we will paint some Canada day rocks. No experience necessary.

WEAR RED!!

Dates: Tuesday, June 30th at 9:30 am

Price: \$10.00 members (Non-member \$20.00)



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 – NEW PROGRAM!

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.

MEMBER only program. All registered will be orientated by instructor.

Hours of operation: Tuesday and/or Thursday

May 4th – July 3rd – Session 1 - \$40.00

July 13th – Aug 28th – Session 2 - \$40.00

Mornings from 9:00 am – 12:00 pm – **Beginner Level**
Instruction Provided

Afternoons from 1:00 pm – 4:00 pm – **Intermediate Level**
Instruction Provided



INFORMATION SESSIONS

Pre-registration is required for ALL information sessions.

SI1. BROW WOW & NO-MAKEUP MAKEUP

Instructor: Holly Oliver

Want to look effortlessly beautiful in less time each day? This hands-on beauty experience is all about enhancing what you already have — not covering it up.

At our **Brow Wow & No-Makeup Makeup** session, you'll discover how small techniques can make a **BIG** difference.

💡 Here's what you'll learn:

- How to shape and define your brows to frame your face
- Simple brow techniques that create a lifted, more youthful look
- How to achieve a fresh, natural “no-makeup makeup” glow
- Easy tips to even skin tone without heavy foundation
- Soft, natural eye and lip techniques for everyday confidence

This session is fun, interactive, and perfect for all skill levels — whether you wear makeup every day or hardly at all. You'll leave feeling confident, refreshed, and empowered with quick techniques you can use in real life.

Spots are limited so everyone gets personal guidance 💕

Day and Time: Thursday 10:00 am – 11:30 am

Date: May 14th

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

SI2. INTRODUCTION TO AI – What is it and why not as scary as you think

Instructor: Troy Chartier

Curious about Artificial Intelligence but not sure where to start? You're not alone! Join us for a friendly, jargon-free session that explains what AI is, how you're already using it every day (yes, really!), and how it can make your life a little easier. No computer experience needed—bring your questions and curiosity. We'll cover practical tools like voice assistants and helpful apps, plus important tips for staying safe. Whether you're excited, skeptical, or a little nervous about this technology, this session is designed for you.

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

Date: June 10th

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

SI3. BLUNT BOTANICALS

Instructor: Sarah Jones

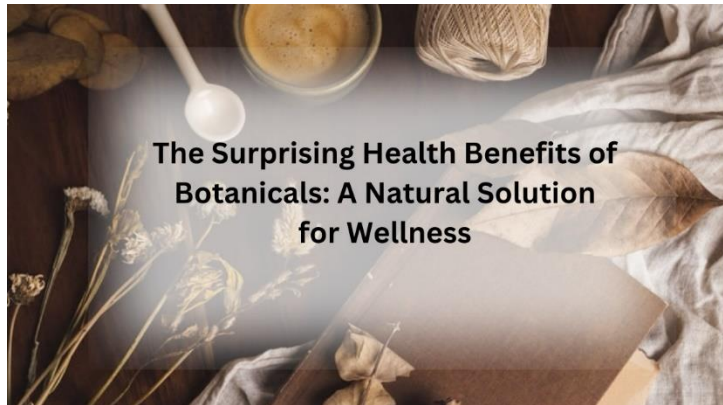
****Plant-Based Topical Wellness: Getting to Know Your Product****

This session offers a practical introduction to plant-based topical wellness. We will explore how our products work with the body to promote comfort and support for active aging. Learn non-intimidating tips for daily routines and muscle/joint recovery.

Day and Time: Tuesday 10:00 am – 11:30 am

Dates: June 16th

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



SI4. A. Automated E. External D. Defibrillator

Instructor: Victor Ferrumeyer

BE READY.....BE PREPARED, to save a life today!

Learn the ins and outs of the use of the **A.E.D. (Automatic External Defibrillator)**, a portable, easy-to-use, battery-powered medical device designed to treat sudden cardiac arrest by analyzing the heart's rhythm and delivering an electrical shock to restore function of the heart.

You can find this device on Public Places, Malls, Schools, Restaurants they feature voice prompts to guide rescuers, making them safe for untrained bystanders use.



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

Dates: June 23rd

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

DO YOU KNOW WHERE OURS IS KEPT HERE AT THE CENTRE?

SI5. SPA DAY

Instructor: Holly Oliver

💎 Timeless Hands & Feet Spa Experience 💎

A Relaxing, Confidence-Boosting Spa Program for Seniors. Treat yourself to a soothing and rejuvenating spa experience designed especially for mature skin. This hands-on session focuses on pampering-tired hands and feet while nourishing and hydrating skin for a soft, healthy glow.

During this relaxing program, participants will enjoy:

💖 **Satin Hands® & Satin Lips® Treatment**

A gentle exfoliation and deeply moisturizing treatment that leaves hands silky-smooth and lips soft and supple. Perfect for dry or delicate skin.

💖 **Hydrating Cream Mask Glow Boost**

Long days, late nights or even seasonal dryness can take a toll on skin at any age. The Mary Kay® Hydrating Cream Mask helps revive skin's natural glow with a rich, no-rinse, mess-free formula.

Packed with shea butter, glycerin and hyaluronic acid, this ultra-hydrating mask delivers intense moisture in one easy step. In consumer testing, 94% of women loved the immediate results — and continued to love it with ongoing use. **

Participants will enjoy a relaxing application and learn how to incorporate this simple step into their skincare routine at home.

💖 **Comforting Foot Pampering**

A gentle foot soak, exfoliation and moisturizing massage to soothe tired feet and improve overall comfort.

Must bring your own towel and pan for the foot pampering.

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

Dates: July 8th

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

SI6. TRENDS IN SENIORS' FRAUD - Protect Yourself and Your Loved Ones

Instructor: Troy Chartier

Scammers are getting smarter—but so can we. Join us for an eye-opening session on the latest fraud tactics targeting seniors, from fake "grandchild in trouble" calls to sophisticated phone and online scams. This isn't about fear, it's about confidence. You'll learn how to spot the warning signs, what to say to stop a scammer in their tracks, and simple steps to protect your money and personal information. We'll share real examples, practical tips, and plenty of time for your questions. Leave feeling informed, empowered, and ready to help your friends and family stay safe too.

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

Date: July 22nd

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

SI7. LIFE AFTER 60: Rediscovering Purpose & Connection

Instructor: Shannon Montpetit

Life after 60 is a new chapter, full of change, possibility, and opportunity for growth. Whether you're adjusting to retirement, shifting family roles, or simply wondering "What's next?", you're not alone.

Join us for an engaging and supportive workshop where we'll explore identity, purpose, friendship, and meaningful connection. Together, we'll share stories, build community, and discover new ways to create joy and belonging in this stage of life.

Because it's never too late to grow, connect, and begin again.

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

Date: July 17th

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

SI8. STAY SAFE. STAY STRONG. STAY INDEPENDENT.

Instructor: Janelle Brandsma

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Day and Time: Friday 10:00 am – 11:30 am

Date: June 19th

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



SI9. STRATEGIES FOR CARING FOR A LOVED ONE WITH DEMENTIA

Host: Daniela Baez

Caring for someone with dementia can bring both meaningful moments and daily challenges. This session will share practical strategies to help caregivers communicate more effectively, respond to behavioral changes with confidence, and create simple routines that support comfort and safety. We will also explore gentle ways to support memory and promote a calm, supportive environment for both the person living with dementia and their caregiver.

Day and Time: Friday at 10:00 am – 11:30 am

Date: June 26th

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

ST. ALBERT PUBLIC LIBRARY

Host: Janice Cheung & Emily

Come join us in the lobby on Thursday, June 18th 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.

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.

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 **9:00 AM to 12:00 PM** 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.

FITNESS & DANCE CLASSES

MONDAY

SY1. LINE DANCING – BEGINNER

Instructor: Tracy Walters

Line dancing has low impact, 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 are recommended.

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

Dates: May 4th – June 29th (7 classes)

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

SY1A. Session 2 – July 13th – Aug 24th (6 classes)

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

Blackout Dates: May 18th & June 1st & Aug 3rd

WALKING CLUB – INTERMEDIATE



Instructor: Velma Childs

Come on out and enjoy an Intermediate brisk 1-hour walk. Meet at the front door of the St. Albert Seniors Association. Walking poles are available for \$2.00.

Day and Time: Mondays 10:00 am

Price: FREE

Walking Poles: \$2.00 rental fee (Optional)

SY2. LINE DANCING – INTERMEDIATE

Instructor: Tracy Walters

Line dancing has low impact, 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 are recommended.

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

Dates: May 4th – June 29th (7 classes)

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

SY2A. Session 2 – July 13th – Aug 24th (6 classes)

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

Blackout Dates: May 18th & June 1st & Aug 3rd

SY3. 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 stretching, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome.

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

SY3A. Session 2 – July 13th – Jul 27th (3 classes)

Dates: May 4th – June 22nd (6 classes)

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

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

Blackout Dates: May 18th & June 1st

SY3B. STRONG & STEADY

Instructor: Shannon Montpetit

A full-body fitness class focused on strength, balance, core stability, flexibility, and light cardio to help you stay active, confident, and independent.

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

Dates: Aug 10-Aug 31 (4 classes)

Price: \$45.00 (Non-member \$85.00) **Blackout Dates: Aug 3rd**

SY4. 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 stretching, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome.

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

SY4A. Session 2 – July 13th – Jul 27th (3 classes)

Dates: May 4th – June 22nd (6 classes)

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

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

Blackout Dates: May 18th & June 1st

SY4B. STRONG & STEADY

Instructor: Shannon Monpetit

A full-body fitness class focused on strength, balance, core stability, flexibility, and light cardio to help you stay active, confident, and independent.

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

Dates: Aug 10-Aug 31 (4 classes)

Price: \$45.00 (Non-member \$85.00) **Blackout Dates: Aug 3rd**

SY5. 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: May 4th – June 29th (7 classes)

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

SY5A. Session 2 – July 13th – Aug 24th (6 classes)

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

Blackout Dates: May 18th & June 1st & Aug 3rd

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 \$10.00

Blackout Dates: May 18th & June 1st & Aug 3rd

SY6. SPINAL QIGONG

Instructor: Brad Schultz

Do you suffer from lower-back issues? Upper-back and neck pain or stiffness? Could your posture be better?

You can turn the clock back on a tired, stiff spine, releasing years of chronic tension. These gentle, re-vitalizing stretches coax and nurture your spine into more openness, suppleness and strength. Being the center of our nervous system, the spine is also the center of our health and well-being. A healthy, open and flexible spine ensures the energy flows freely through the nervous system supporting the health of the entire body, including the internal organs.

These rejuvenating Qigong (Chi Gong) exercises and stretches will entail some laying down (using floor mats from the senior's center) and standing positions. You can heal old injuries and prevent further deterioration of your vertebrae and discs. You can turn back the clock on a tired, stiff spine, and release years of chronic tension!

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

Dates: May 4th – June 29th (7 classes)

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

SY6A. Session 2 – July 13th – Aug 24th (6 Classes)

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

SY7. CHAIR YOGA

Instructor: Twyla Domoslai

This course is suitable for all ages and at 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 wonderful practice for seniors, office workers who want to do yoga at their desk or people working with injuries. Twyla has practiced yoga for over a decade and is certified in Yin Yoga. She has a background in dance and meditation and has a special way of making everyone feel welcome and safe. Yoga should be accessible to everybody and not limited to only the young and super flexible.

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

Dates: May 4th – June 29th (7 classes)

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

SY7A. Session 2 – July 13th – Aug 24th (6 Classes)

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

Blackout Dates: May 18th & June 1st & Aug 3rd

SY8. GROOVY GANG

Instructor: Donna Graham

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: May 4th – May 25th (3 classes)

Price: \$15.00

Blackout Dates: May 18th

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 \$10.00



St. Albert
SENIORS ASSOCIATION

Wine Garden

Join us in our beautiful
back garden for
food & wine!
(...and yes, we have beer)

Every Saturday 12-4pm
June 13th - August 29th



TUESDAY

SY14. 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 stretching, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome.

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

Dates: May 5th – June 30th (8 classes)

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

SY14A. Session 2 – July 14th – Jul 28th (3 Classes)

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

Blackout Dates: June 2nd

SY14B. STRONG & STEADY

Instructor: Shannon Montpetit

A full-body fitness class focused on strength, balance, core stability, flexibility, and light cardio to help you stay active, confident, and independent.

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

Dates: Aug 04-Aug 25 (4 classes)

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

SY15. 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 stretching, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome.

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

Dates: May 5th – Jun 30th (8 classes)

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

SY15A. Session 2 – July 14th – Jul 28th (3 classes)

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

Blackout Dates: June 2nd

SY15B. STRONG & STEADY

Instructor: Shannon Monpetit

A full-body fitness class focused on strength, balance, core stability, flexibility, and light cardio to help you stay active, confident, and independent.

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

Dates: Aug 04-Aug 25 (4 classes)

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

SY16. 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

SY16A. Session 2 – July 14th – Aug 18th (6 Classes)

Dates: May 5th – Jun 30th (8 Classes)

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

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

Blackout Dates: June 2nd

SY18. BEGINNER YOGA

Instructor: Barb Hagen

If you can breathe, you can do yoga!

This is a class for anyone who wants to learn yoga practice. It is a gentle class reaching every joint and muscle group and working with 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 11:30 am – 12:30 pm

Dates: May 5th – Jun 30th (8 classes)

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

Blackout Dates: June 2nd

SY18A. HATHA YOGA

Instructor: Rakia Melhem

This yoga class is inspired by Hatha yoga and focuses on gentle stretching, mobility, and stability. We hold poses for a few breaths to help improve flexibility, strength, and balance. It's suitable for all levels.

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

Dates: July 7th – Aug 25th (8 classes)

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

Blackout Dates: June 2nd

SY19. 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

SY19A. Session 2 – July 14th – 28th (3 Classes)

Dates: May 5th – Jun 30th (8 classes)

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

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

Blackout Dates: June 2nd

SY13. ZUMBA ALL LEVELS – NEW!!!

Instructor: Rakia Melhem

This Zumba classes focus on simple movements and lots of modifications so everyone can participate comfortably. It's not about perfection it's about enjoying the music, staying active, smiling, and feeling good.

Day and Time: Tuesday 12:45 pm – 1:30 pm

SY13A. Session 2 – July 14th – August 25 (7 Classes)

Dates: May 5th – Jun 30th (8 classes)

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

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

Blackout Dates: June 2nd

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 \$10.00

Blackout Dates: June 2nd

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. Must know how to play.

Day and Time: Tuesday 1:30 pm – 4:00 pm

Price: Members FREE - Non-member \$10.00

Blackout Dates: June 2nd

LEARN TO PLAY MAHJONG

If you are interested in learning how to play Mahjong, please contact Shirley Miller, 780-458-5235 and I will arrange for teaching sessions on Thursdays between 12 and 1:30pm. No charge.

FLOOR CURLING

Whether you are a floor 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 \$10.00

Blackout Dates: June 2nd



WEDNESDAY

SY20. ALL LEVELS YOGA

Instructor: Barb Hagen

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 calm 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: May 6th – Jun 24th (8 classes)

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

Blackout Dates: July 1st

SY20A. YOGA FOR EVERYBODY

Instructor: Barb Murray

This welcoming 60-minute class is designed with accessibility mind, whether your brand new to yoga or have an established practice. We'll begin with gentle breathwork and a short meditation to help settle the mind and connect with the body. From there, we'll move through a series of full body stretches, poses and functional movements to support strength, mobility, and flexibility in everyday life.

A variety of options and props will be offered throughout, so you can choose what feels best for your body. This is a supportive, judgment-free space where you're encouraged to move at your own pace, and leave feeling balanced, and at ease.

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

Dates: July 8th-Aug 26th (8 classes)

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

Blackout Dates: July 1st

SY21. 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 780-504-1545.

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

Dates: May 6th – Jun 24th (8 classes)

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

SY21A. Session 2 – July 15th – Aug 26th (7 classes)

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

Blackout Dates: July 1st

SY22. 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 stretching, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome.

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

Dates: May 6th – Jun 24th (8 classes)

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

SY22A. Session 2 – July 15th – Jul 29th (3 classes)

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

Blackout Dates: July 1st

SY22B. STRONG & STEADY

Instructor: Shannon Montpetit

A full-body fitness class focused on strength, balance, core stability, flexibility, and light cardio to help you stay active, confident, and independent.

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

Dates: Aug 5-Aug 26 (4 classes)

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

SY23. CARDIO DANCE FIT

Instructor: Elise Millard

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

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

Dates: May 6th – Jun 24th (8 classes)

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

SY23A. Session 2 – July 15th – Aug 26th (7 classes)

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

Blackout Dates: July 1st

SY24. BALLROOM DANCE

Instructor: Elise Millard

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

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

Dates: May 6th – Jun 24th (8 classes)

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

SY24A Session 2 – July 15th – Aug 26th (7 classes)

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

Blackout Dates: July 1st

SY25. SPINE & BACK HEALTH CHAIR YOGA

Instructor: Twyla Domoslai

This class focuses on the backbone of our health! With focus on stretching, flexibility and posture through the comfort and safety of chair yoga, we will build muscle, stretch sore tendons and connective tissue and improve posture all while relaxing and getting in tune with our breath. This class will get you in touch with your spine and with regular stretching we will find our backs more supple and mobile which helps us with balance, circulation, flexibility, eases chronic pain and all around helps to help you feel good! This class is done entirely in a chair and is a very slow, meditative pace. No previous yoga experience is needed.

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

Dates: May 6th – Jun 24th (8 classes)

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

SY25A Session 2 – July 15th – Aug 26th (7 Classes)

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

Blackout Dates: July 1st

SY26. THE SUN STYLE TAI CHI MINI SET

Instructor: Brad Schultz

Through fluid yet controlled movements, Tai Chi enables you to restore the natural balance of mind and body. As the flowing postures are performed, the internal organs receive a mild massage, and the joints are gently stretched. This action releases blocked energy and stress throughout the body and refreshes your mind.

Discover within this set of gentle movements an ability to eliminate tension and restore your health and vitality. The regular practice of Tai Chi is well-known to improve chronic conditions such as arthritis and pain, increase strength and stamina, and boost the immune system. Being easy to learn, this mini set is ideal both for beginners and those wishing to add to their Tai Chi experience. The daily practice of Tai Chi is one of the most powerfully effective things you can do to ensure your long-term health and energy levels.

Day and Time: Wednesday 2:15-3pm pm

Dates: May 6th – August 5th (12 classes)

Price: \$127.50 (Non-member \$167.50)

Blackout Dates: July 1st

RELAXED BRIDGE

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

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

Price: Members FREE - Non-member \$10.00

Blackout Dates: July 1st



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 \$10.00

**St. Albert**
SENIORS ASSOCIATION

Wine Garden

Join us in our beautiful
back garden for
food & wine!
(...and yes, we have beer)

Every Saturday 12-4pm
June 13th - August 29th

Every Saturday this summer in our back garden.

THURSDAY

SY27. AGING BACKWARDS

Instructor: Stephanie Weihmann

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

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

Dates: May 7th – July 2nd (8 classes)

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

SY27A. Session 2 – July 16th – Aug 20th (6 classes)

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

Blackout Dates: May 28th

SY28. BEGINNER GUITAR LESSONS

Instructor: Gunnar Lang

Learn basic chords, strumming and finger-picking techniques and play along with 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 with 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: May 7th – June 11 (6classes)

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



CRIBBAGE

Cribbage is a game for two to four players, in which the object is played 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 \$10.00

MAHJONG



Mahjong is a game of skill, strategy, and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. Must know how to play.

Day and Time: Thursday 1:30 pm – 4:00 pm

Price: Members FREE - Non-member \$10.00

LEARN TO PLAY MAHJONG

If you are interested in learning how to play Mahjong, please contact Shirley Miller, 780-458-5235 and I will arrange for teaching sessions on Thursdays between 12 and 1:30pm. No charge.

SY29. CLASSICAL YOGA

Instructor: Barb Hagen

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

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

Dates: May 7th – July 2nd (8 classes)

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

Blackout Dates: May 28th

SY29A. LEVEL 1 BEGINNER YOGA

Instructor: Rakia Melhem

This yoga class focuses on gentle movements, stretching, and mobility. The class is slow-paced, with many exercises done on the back to promote relaxation, flexibility, and overall well-being

Day and Time: Thursday 12:45 pm – 1:45 pm

Dates: July 16th – Aug 27th (7 classes)

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

Blackout Dates: June 2nd

SY30. AGE REVERSING ESSENTRICS

Instructor: Karen Meunier

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. This is a Slow to Moderate paced fitness program and includes standing and some floor work (back and side only). Students will need a yoga mat and water to drink. ***(This class is a good starter class for brand new students as it is slower paced and is suitable for a larger range of students. While it still requires mobility to go to the ground, we can provide some modifications for students to use a chair as well)***

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

Dates: May 7th – July 2nd (8 classes)

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

SY30A. Session 2 – July 16th – Aug 27th (7 classes)

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

Blackout Dates: May 28th

SY31. 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: May 7th – June 25 (7 classes)

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

SY31A. Session 2 – Jul 16th – Aug 27th (7 classes)

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

Blackout Dates: May 28th

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 \$10.00

Blackout Dates: May 28th



FRIDAY

SY32. 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. Strength training keeps muscles and bones strong and allows you to be more active with less risk of injury and improved balance.

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

Dates: May 8th – July 3rd (8 Classes)

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

SY32A. Session 2 – July 17th – Jul 31st (3 Classes)

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

Blackout: May 29th

SY33. 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 stretching, improving overall balance, posture, muscle tone and mobility. In this class we use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome.

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

Dates: May 8th – Jul 3rd (8 Classes)

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

Blackout: May 29th

SY33A. Session 2 – Jul 17th – Jul 31st (3 Classes)

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

SY33B. STRONG & STEADY

Instructor: Shannon Montpetit

A full-body fitness class focused on strength, balance, core stability, flexibility, and light cardio to help you stay active, confident, and independent.

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

Dates: Aug 7-Aug 28 (4 classes)

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

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 to avoid the use of scents as scents can cause migraines, asthma, and other respiratory distress. Thank you for your cooperation.

SY34. 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: May 8th – Jul 3rd (8 Classes)

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

SY34A. Session 2 – Jul 17th – Aug 28th (7 Classes)

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

Blackout: May 29th

SY37. BINGO – NEW ACTIVITY!



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

MEMBERS ONLY ACTIVITY.

PLEASE BRING YOUR OWN DABBER TO PLAY.

BACK BY POPULAR DEMAND!!

SY35. LEG STRENGTHENING STANDING & CHAIR ASSISTED YOGA

Instructor: Twyla Schultz

This class is a combination of seated warmups and stretches as well as standing chair assisted exercises. We will tone muscles, build our leg strength and open hips through gentle body weight bearing standing poses and stretches that will build our flexibility, balance, engage our entire leg and glute muscles to keep us strong and upright, all while the chair is right beside us for stability. No previous yoga experience is required, however an ability to stand for periods of time is needed.

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

Dates: May 8th – Jul 3rd (8 Classes)

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

SY35A. Session 2 – Jul 17th – Aug 28th (7 Classes)

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

Blackout: May 29th

SY36. TAI CHI WALKING

Instructor: Brad Schultz

A step-by-step guide to cultivating balance, calm, and mindful movement.

Tai Chi Walking transforms ordinary walking into slow, intentional, meditative practice, developing strength and balance along the way. Each step becomes an opportunity to feel grounded, centered, and fully present.

Tai Chi Walking is not just an exercise — it can also be a moving meditation. Besides the physical benefits of increased strength, balance and mobility, it teaches:

- Patience
- Presence
- Inner Balance
- Inner quiet
- Grace in motion

With consistent practice, the slow steps of Tai Chi Walking begin to influence everyday life — helping you move with more ease, awareness, and confidence.

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

Dates: May 8th – Jul 3rd (8 Classes)

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

SY36A Session 2 – Jul 17th – Aug 28th (7 classes)

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

Blackout: May 29th

PICKLEBALL FRIDAYS!!!

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: Friday 2:00 pm – 4:00 pm

Price: Members FREE – Non-member \$10.00

FRIDAY PICKLEBALL WILL BE CANCELLED WHEN THERE ARE EVENTS HAPPENING. PLEASE CALL AHEAD TO MAKE SURE IT IS SCHEDULED.

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

Blackout: May 29th

KNIFE SHARPENING BY HARVEY

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

- \$15.00 - Large Knives
- \$10.00 - Medium Knives
- \$10.00 - Small Knives
- \$10.00 – 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 maureen.marsh@stalbertseniors.ca for more info.

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

Corinne Friedrick

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 or email corinne.friedrick@stalbertseniors.ca

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	Strength Balance & Flexibility
09:00 am	Woodshop	12:30 pm	Euchre
09:00 am	Line Dancing-Beginner	01:00 pm	Spinal 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
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	Beginner Yoga
10:15 am	Aging Backwards
11:30 am	Beginner Yoga
11:30 am	Pilates
12:30 pm	Bridge
12:45 pm	Zumba
01:30 pm	Majong
02:00 pm	Floor Curling

Wednesday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	All Level Yoga
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 pm	Contract Bridge (relaxed)
01:00 pm	Ballroom dance
02:15 pm	Spine & Back Health Chair Yoga
02:15 pm	Sun Style Tai Chi Mini Set
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	Harvey's Knife Sharpening
11:30 am	Chair Pilates
11:30 am	Age Reversing Essentrics
12:00 pm	Chair Pilates
12:30 am	Cribbage
01:30 pm	Mahjong
02:00 pm	Floor Curling

Friday

Time	Classes/Activities
09:00 am	Woodshop
09:00 am	Snooker
09:00 am	Aerobic Strength
10:00 am	Knitting/Crocheting
10:15 am	Strength, Balance, & Flexibility
11:15 am	Bootcamp Lite
12:30 pm	Contract Bridge (serious)
12:30 pm	Leg Strengthening Yoga
12:30 pm	Tai Chi Walking
2:00 pm	Pickleball (dates will change)