



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

PROGRAM GUIDE

Move Learn Create Connect



YOU BELONG HERE

 stalbertseniors.ca

 @stalbert50plus

 780-459-0433

 St. Albert 50+ Activity & Service Center

 7 Tache St. St. Albert AB T8N 2S3

WELCOME

From all of us



Welcome to another exciting season at the St. Albert 50+ Center.

Whether you're looking to improve your health, explore a new hobby, make new friends, or simply enjoy being part of a welcoming community, there is something here for you.

This fall we are excited to continue many of our most-loved programs while introducing new opportunities to learn, connect and have fun!

We invite you to try something new this season...

SOME NEW THINGS THIS FALL



Singles events



Evening programs



Book club



Casino Trip



Legacy Letters



Movie nights



Board Games club



.....and many more

You Belong Here

QUICK REFERENCE



MEMBERSHIP

\$110 per year (non-refundable)

Open to anyone 50+ and their spouse



FALL REGISTRATION DATES

Members: Monday, August 10, 2026

Non-members: Tuesday, August 11, 2026



CONTACT US

Phone: (780) 459-0433

Email: info@stalbertseniors.ca

Address: 7 Tache Street, St. Albert, AB T8N 2S3



SOCIALS

Website: www.stalbertseniors.ca

Facebook: St. Albert 50+ Activity & Service Center

Instagram: @stalbert50plus



NEWSLETTER SIGN UP

Stay up to date! Sign up on our website or at the front desk.



HOURS OF OPERATIONS

Office: Monday-Friday 8:30am-4:30pm

Closed on Statutory Holidays

WHAT'S HAPPENING

this Fall?

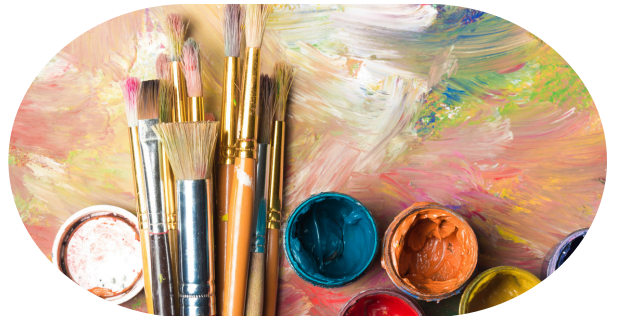
FITNESS & WELLNESS

Stay active, strong, and confident.



CREATIVE ARTS

Explore painting, crafts, creativity.



SOCIAL & GAMES

Meet new friends and enjoy your favourite games.



LEARNING & TECHNOLOGY

Learn something new at any age.



SPECIAL EVENTS

Seasonal celebrations, special events & community gatherings.



AGING BACKWARDS

Instructor: Stephanie Weihman

Essentrics simultaneously strengthens, stretches and rebalances the entire body through flowing, full-body movements. These classes help improve mobility, posture, flexibility, balance and energy. Each class is filled with uplifting music, positive energy, and movements designed to leave you feeling taller, stronger, and younger. **Bring a water bottle, a yoga mat and your enthusiasm to Age Backwards!**

TUESDAYS 10:15AM-11:15AM

F1 Session 1 Sept 8 - Oct 30 (8 classes)

Members \$90 Non-members \$130

F1A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$80 Non-members \$120

THURSDAYS 8:45AM-9:45AM

F2 Session 1 Sept 8 - Oct 30 (8 classes)

No class Oct 1

Members \$90 Non-members \$130

F2A Session 2 Nov 2 - Dec 18

Members \$80 Non-members \$120

ZUMBA

Instructor: Rakia Melham

This Zumba class focuses 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 great!

TUESDAYS 12:45PM-1:30PM

F3 Session 1 Sept 8-Oct 30 (8 classes)

Members \$75 Non-members \$115

F3A Session 2 Nov 2-Dec 18 (7 classes)

Members \$65 Non-members \$105

What's your thing?

Arts & crafts, games, movement, wellness, technology, stories

Everyone has something they can teach.

Let's learn from each other!

Do you have a hobby, collection, passion or story that you'd enjoy sharing for 1 hour on a Tuesday evening?

Contact Maria.Tarnowski-Hawkins@stalbertseniors.ca

LINE DANCING BEGINNER

Instructor: Tracy Walters

Line dancing is a great low impact exercise. If you love to dance, and like music (country and other) you'll love this class. No experience necessary.

Shoes with leather soles
recommended.

LINE DANCING INTERMEDIATE

Instructor: Tracy Walters

Line dancing is a great low impact exercise. If you love to dance and like music (country and other) you'll love this class. This class is for those who have taken beginner class and want something more challenging.

Shoes with leather soles are recommended.

MONDAYS 9:00AM-10:00AM

F4 Session 1 Sep 8 - Oct 30 (6 classes)

Members \$55 Non-members \$95

F4A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$60 Non-members \$100

MONDAYS 10:15AM-11:15AM

F5 Session 1 Sept 8 - Oct 30 (6 classes)

Members \$55 Non-members \$95

F5A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$60 Non-members \$100



CARDIO DANCE FIT

Instructor: Elise Millard

If you enjoy moving to music, and a great workout this is the class for you! Cardio Fit provides strength training, stretching, balance and posture. The class can be modified to suit your needs. **Bring resistance loop band and weights to class. Weights can be provided by the facility if required.**

MONDAYS 11:30AM-12:30PM

F7A Session 2 Nov 2- Dec 18 (7 classes)

Members \$70 Non-members \$110

WEDNESDAYS 11:30AM-12:30PM

F8 Session 1 Sept. 8 - Oct. 30 (6 classes)

No classes Oct. 7, 21

F8A Session 2 Nov 2- Dec 18 (6 classes)

No class Nov 11

Members \$60 Non-members \$100

(prices are per session)

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. Learn the classic Ballroom and Latin dances all while developing their unique styles and techniques. This class is suitable for couples (or a set partner for the duration of the session) and for those with a basic understanding of primary dance.

Questions? Contact Elise 780-504-1545

WEDNESDAYS 1:00PM-2:00PM

F21 Session 1 Sep 8-Oct 30 (8 classes)

No class Oct. 7, 21

Members \$80 Non-members \$120

F21A Session 2 Nov 2 -Dec 18 (6 classes)

No Class Nov. 11

Members \$60 Non-members \$100



BOOTCAMP LITE

Instructor: Emily Soriano

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

FRIDAYS 11:15AM-12:15PM

F27 Session 1 Sept 8 - Oct 30 (8 classes)

Members \$80 Non-members \$120

F27A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$70 Non-members \$110

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.

THURSDAYS 12:00PM - 1:00PM

F25 Session 1 Sept. 8 - Oct. 30 (8 classes)

Members \$80 Non-members \$120

F25A Session 2 Nov. 2 - Dec. 18 (7 classes)

Members \$70 Non-members \$110

MOVE WITH MARIA

Instructor: Maria Tarnowski-Hawkins

A full body class combining seated and standing. We will work on mobility, strength, balance and yoga inspired movement to help you feel fantastic. This is a class that will feel good, you will find encouragement and plenty of laughs along the way. No experience necessary.

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.

AEROBIC STRENGTH

Instructor: Heike Scott

Enjoy rhythmic movements to great music. This class improves your heart, lungs, and blood vessels' 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.

THURSDAYS 12:00PM - 1:00PM

F39 Session 1 Sept. 8 - Oct. 30 (7 classes)

No class Oct. 29

F39A Session 2 Nov. 2 - Dec. 18 (7 classes)

Members \$70 Non-members \$110

(prices are per session)

TUESDAYS 11:30AM-12:30PM

F14 Session 1 Sept 8 - Oct 30 (8 classes)

Members \$120 Non-members \$160

F14A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$105 Non-members \$145



FRIDAYS 9:00AM-10:00AM

F26 Session 1 Sept 8 - Oct 30 (8 classes)

F26A Session 2 Nov 2 - Dec 18

Members \$120 Non-members \$160

(prices are per session)

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. We use chairs, resistance bands, and light weights. All levels of fitness and mobility are welcome



MONDAYS 10:15AM-11:15AM

F32 Session 1 Sept 8 - Oct 30 (6classes)

No class Oct12

Members \$90 Non-members \$130

F32A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$105 Non-members \$145

MONDAYS 11:30AM-12:30PM

F33 Session 1 Sept 8 - Oct 30 (6 classes)

No class Oct 12

Members \$90 Non-members \$130

F33A Session 2 Nov 2- Dec 18 (7 classes)

Members \$105 Non-members \$145

TUESDAYS 9:00AM-10:00AM

F34 Session 1 Sept 8 - Oct 30 (8 classes)

Members \$120.00 Non-members \$160.00

F34A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$105.00 Non-members \$145.00

TUESDAYS 10:15AM-11:15AM

F35 Session 1 Sept 8- Oct 30 (8 classes)

Members \$120 Non-members \$160

F35A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$105 Non-members \$145

WEDNESDAYS 11:30AM-12:30PM

F36 Session 1 Sept 8 - Oct 30 (6 classes)

No class Oct 7, 21

F36A Session 2 Nov 2 - Dec 18 (6 classes)

No class Nov 11

Members \$90 Non-members \$130

(prices are per session)

FRIDAYS 10:15AM-11:15PM

F37 Session 1 Sep 8- Oct 30 (8 classes)

Members \$120 Non-members \$160

F37A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$80 Non-members \$160

CHAIR YOGA

Instructor: Twyla Schultz

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. Twyla has practiced yoga for over a decade and is certified in Yin Yoga. She has a background in dance and meditation and makes everyone feel welcome and safe. Yoga should be accessible to everybody and not limited to young and super flexible.

MONDAYS 1:00PM-1:45PM

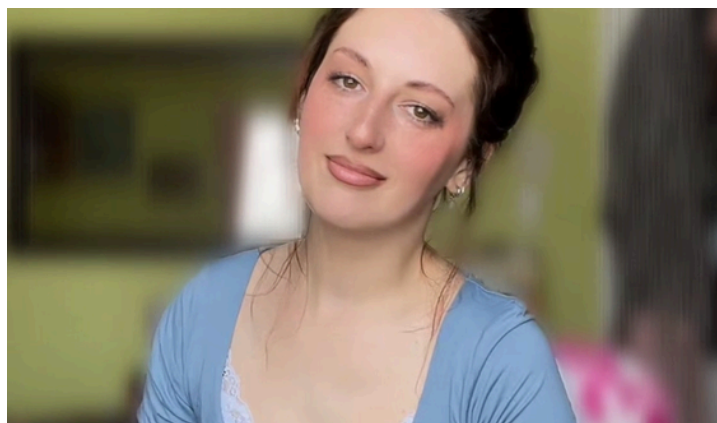
F9 Session 1 Sept 8 -Oct 30 (6 classes)

No classes Oct 12

Members \$60 Non-members \$110

F9A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$70 Non-members \$110



BEGINNER YOGA

Instructor: Barb Hagen

An introductory or refresher course on yoga on the lineage of TKV Desikachar. The focus is on developing the sense of paying attention. To noticing how different postures and movements affect our body, breath and mind. Gentle Hatha yoga postures with adaptations and adjustments for those who need them. Anyone can practice and reap the benefits of yoga.

TUESDAYS 11:30AM-12:30PM

F10 Session 1 Sept 8 - Oct 30 (6 classes)

No class Oct 20, 27

Members \$60 Non-members \$100

F10A Session 2 Nov 2 - Dec 18 (5 classes)

No classes Nov 3, 10

Members \$50 Non-members \$90



***Aging is not about slowing down—it's about
continuing to grow, connect, and thrive.***

YOGA FOR THE PELVIC FLOOR

NEW

TUESDAYS 12:45PM-1:45PM

F42 Session 1 Sept 8 - Oct 20 (7 classes)

Members \$80 Non-members \$120

F42A Session 2 Nov 2 - Dec 18 (5 classes)

No classes Nov 3, 10

Members \$65 Non-members \$105

Instructor: Michelle Dionne

This specialized yoga class is designed to bring awareness, strength, and balance to the pelvic floor—a vital and often overlooked part of the body. Through mindful movement, breathwork, and gentle poses, we'll explore how to both engage and release the muscles of the pelvic floor to support core stability, posture, and overall well-being. Whether you're seeking support for aging, pelvic health conditions or simply want to deepen your connection to your body, this class offers a safe and educational space for all levels. **Please bring a yoga mat.**



REST & RESET YOGA

NEW

TUESDAYS 5:45PM-6:45PM

F38 Session 1 Sept 8 - Oct 30 (7 classes)

Members \$70 Non-members \$110

F38A Session 2 Nov 2 - Dec 18

No class Nov 3

Members \$60 Non-members \$100

Instructor: Maria Tarnowski-Hawkins

A gentle floor practice with an extended guided meditation savasana to help you relax and be ready for the remainder of the week. No yoga experience necessary. And yes every "body" can do yoga! **Please bring a yoga mat and blanket.**



EARLY MORNING YOGA

Instructor: Barb Hagen

Wake up your body and mind with this energizing practice to start your day.

This mindful breath focused movement will have you moving in a flowing style that will help create a sense of calm, focus and intention that you can carry through the rest of your day.

A wonderful way to start your morning feeling refreshed and renewed.

WEDNESDAYS 9:00AM-10:00AM

F20 Session 1 Sept 8 - Oct 30 (6 classes)

No classes Oct 7, 21, 28

Members \$60 Non-members \$100

F20A Session 2 Nov 2 - Dec 18 (5 classes)

No classes Nov 4, 11

Members \$50 Non-members \$90



SPINE & BACK HEALTH CHAIR YOGA

Instructor: Twyla Schultz

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 with balance, circulation, flexibility, eases chronic pain and helps you feel good! Class is entirely on the chair and is a slow, meditative pace. No previous yoga experience is needed.

WEDNESDAYS 2:15PM-3:00PM

F22 Session 1 Sept 8 - Oct 30 (6 classes)

No classes Oct 7, 27

F22A Session 2 Nov 2 - Dec 18 (6 classes)

No Class Nov 11

Members \$60 Non-members \$100

(prices are per session)



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” involves releasing tension or massaging out the connective tissues and muscle groups using things like tennis balls, rollers ect. Anyone can benefit from this class including those less mobile, recovering from injuries, have plantar fasciitis. Standing can be modified to seated. **Please bring 2-4 tennisballs, 1 large sock and a yoga mat to each class.**

WEDNESDAYS 10:15AM-11:15AM

F17 Session 1 Sept 8 - Oct 30 (6 classes)

No classes Oct 7, 21

F17A Session 2 Nov 2 - Dec 18 (6 classes)

No class Nov 11

Members \$60 Non-members \$100

(prices are per session)



STRONG & STEADY WITHIN

Instructor: Michelle Dionne

A weekly meditation for all levels. Find a place of calm in the midst of life's busyness. Strong & Steady Within is a welcoming weekly meditation class designed to help you cultivate inner resilience, presence, and peace through a variety of accessible movements. Each week you'll explore techniques such as mindfulness, breath awareness, body scan, loving kindness, guided meditation, visualization and compassion practices. You'll also learn simple tools to help manage stress, quiet a busy mind, improve focus, and bring greater ease into everyday life. This class offers a supportive environment where you can arrive as you are. When we nurture steadiness within ourselves, we move through life with greater clarity, resilience, and compassion. Join us as we build a strong and steady foundation from the inside out.

NEW

WEDNESDAYS 1:00PM-2:00PM

F43 November 18, 25, December 2, 9, 16

(5 classes)

Members \$65 Non-members \$105



CLASSICAL ONGOING YOGA

Instructor: Barb Hagen

This is an ongoing yoga class in the lineage of TKR Desikachar. This session continues to build on developing an awareness of ourselves of the breath and its importance in creating and shaping the postures of yoga and helping to manage stress. Chant and pranayama are sometimes used to deepen the practice. Some yoga experience is recommended.

STRONG & STEADY YOGA

Instructor: Barb Murray

Strong & Steady Yoga is a progressive 8 week program designed to help adults 50+ improve fitness through yoga-inspired movement. Classes focus on building strength for everyday activities, enhancing balance, increasing flexibility and developing the mind body connection. Students will explore standing and floor-based movements, gentle flow sequences, balance practices, and practical exercises that support healthy movement patterns for daily life. Class will also incorporate pranayama (breathwork) techniques to support nervous system regulation, and cultivate a greater sense of calm. The series will progress gradually, allowing participants to build strength, and confidence, while learning tools that can be carried into everyday life. Suitable for all levels. Variations will be provided to support a variety of abilities and experience levels.

THURSDAYS 10:15AM-11:15AM

F31 Session 1 Sept 8 - Oct 30 (6 classes)

No classes Oct 22, 29

Members \$60 Non-members \$100

F31A Session 2 Nov 2 - Dec 18 (5 classes)

No classes Nov 5, 12

Members \$50 Non-members \$100

NEW

THURSDAYS 6:00PM-7:00PM

F41 Session 1 Sept 8 - Oct 30 (7 classes)

No class Sept 17

Members \$70 Non-members \$110

F41A Session 2 Nov 2 - Dec 18 (6 classes)

No class Dec 3

Members \$60 Non-members \$100



LEG STRENGTHENING STANDING & CHAIR YOGA

Instructor: Twyla Schultz

This class is a combo of seated warmups as well as standing chair assisted exercises. We will tone muscles, build leg strength, and open hips through gentle body weight bearing standing poses and stretches. Building flexibility, balance, engaging the 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 the ability to stand for periods of time is needed.

FRIDAYS 12:30PM-1:15PM

F28 Session 1 Sept 8 - Oct 30 (8 classes)

Members \$80 Non-members \$120

F28A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$70 Non-members \$110



The Best Exercise? The One You'll Actually Do!!!

Forget what you should do. The best exercise is the one that gets you off the couch and makes you want to come back for more!

Dance like nobody's watching. Walk with a friend. Try yoga. Lift some weights. Garden, swim, chase the grandkids. Play pickleball or floor curling. If it gets you moving it counts!!

Your heart doesn't care if you're wearing fancy workout clothes. Your muscles don't know the difference between a gym and a dance floor. Just keep moving. Your future self will be incredibly grateful (and your knees might send you a thank you note)!

HIP HEALTH THRU TAI CHI

Instructor: Brad Schultz

Do you have hip pain or stiffness? What about sciatica? Learn how you can release long-term hip tension & relieve chronic pain through the tried & true methods of tai chi. Through a collection of individual movements specially chosen to help with hip & lower-back issues, you will be able to gently mobilize and rejuvenate a tight and restricted hip area.

Through these gentle releasing movements you can experience a renewed freedom and flexibility that you perhaps haven't experienced in years. As these are simple, individual movements, no previous Tai Chi is needed. Register now to discover how Tai Chi can roll-back the years & add new vitality and freedom to your hips.

BETTER NECK & SHOULDERS TAI CHI

Instructor: Brad Schultz

Do you have shoulder issues? What about neck and upper-back problems? Learn how you can release long-term neck & shoulder tension and relieve chronic pain through the tried & true method of Tai Chi. Through a collection of individual Tai Chi and Qigong movements specially chosen to help with neck & shoulder issues, you will be able to relax, release and rejuvenate your tired, tense shoulders and neck. You can experience reduced inflammation swelling, restriction, tightness, pain, and increase energy, circulation, relaxation, range of motion, positive mood. Discover how Tai Chi can roll-back the years, relax your neck and liberate your shoulders.

MONDAYS 1:00PM-1:45PM

F18 Session 1 Sept 8 - Oct 30 (6 classes)

No class Oct 12

Members \$70 Non-members \$110



MONDAYS 1:00PM-1:45PM

F19 Session 2 Nov 2 - Dec 18 (7 classes)

Members \$75 Non-members \$115



SPINE HEALTH THRU TAI CHI

Instructor Brad Schultz

Do you have lower-back issues? What about neck and upper-back problems? Learn how you can release long-term back tension and relieve chronic pain through the tried and true methods of Tai Chi. Through a collection of individual Tai Chi and Qigong movements specially chosen to help with back and spinal issues, you will be able to mobilize and rejuvenate a tired, tense back. Through gentle and invigorating movements you can experience a renewed and supple spine. Register now to discover how Tai Chi can roll-back the years and add new life and health to your spine.

WEDNESDAYS 2:15PM-3:00PM

F23 Session 1 Sept 8 - Oct 30 (6 classes)

No classes Oct 7, 21

Members \$70 Non-members \$110



BETTER FITNESS & BALANCE THRU TAI CHI

Instructor Brad Schultz

This life-enhancing & health supporting class teaches individual movements based on Tai Chi principles that are designed to ensure your ongoing health, fitness & safety. Learn enjoyable movements and exercises derived directly from Tai Chi and Qigong that will strengthen your legs & 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.

WEDNESDAYS 2:15PM - 3:00PM

F24 Session 2 Nov 2 - Dec 18 (7 classes)

No class Nov 11

Members \$70 Non-members \$110



BETTER FITNESS & BALANCE THRU TAI CHI

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. It can be a moving meditation. Besides the physical benefits 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.

FRIDAYS 12:30PM-1:15PM

F29 Session 1 Sept 8 - Oct 30 (8 classes)

Members \$85 Non-members \$125



BUILDING BETTER BONES THRU TAI CHI

Instructor: Brad Schultz

In this unique course we will be using Tai Chi principles and simple conditioning exercises to specifically stimulate greater bone strength and density. Bone is the hard-tissue of the body and responds to mild and moderate stress or pressure just like muscles do, by growing and getting stronger. A strong and stable skeletal structure is the foundation for a healthier and more robust body and overall health. Building a more stable and durable frame leads to greater health, mobility and safety throughout your life. These exercises will also contribute greatly to increased muscle and tendon strength as well as overall fitness and balance.

FRIDAYS 12:30PM-1:15PM

F30 Session 2 Nov 2 - Dec 18 (7 classes)

Members \$75 Non-members \$115



PICKLEBALL

Centre-run activity

Whether you are a pickleball enthusiast or just out to have some fun. Bring your friends or join up with others. Closed for stat holidays.

Must preregister. Call the front desk.



MONDAYS 2:15PM-4:15PM

WEDNESDAYS 3:15PM-5:15PM

FRIDAYS 2:00PM-4:00PM

(Friday pickleball canceled on event days)

Members FREE Non-members \$10

NEW

EVENING Pickleball!

TUESDAYS & THURSDAYS

5:00PM-8:00PM

Members FREE Non-members \$10

WALKING CLUB INTERMEDIATE

Centre-run Activity

Come on out and enjoy an intermediate brisk 1 hour walk. Meet at the front door of the St. Albert Seniors Association.

MONDAYS 10:00AM-11:00AM

FREE for everyone

FLOOR CURLING

Centre-run activity

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

TUESDAYS & THURSDAYS

2:00PM-4:00PM

Members FREE Non-members \$10/session



SEWING CLASSES

Instructor: Habibat Akinwande

The African & African Decendents Friendship Club is back to instruct you on creating some beautiful beginner friendly projects. Join one or all of the sessions that interest you. Pricing varies for each project. **All supplies and materials are included.**

THURS. OCT. 1 10:00AM-12:00PM

F40C Circle Skirt

Members \$65 Non-members \$105

THURS. OCT. 8 10:00AM-12:00PM

F40D Simple Top

Members \$67 Non-members \$107

THURS. SEPT. 10 10:00AM-12:00PM

F40 Apron

Members \$60 Non-members \$100

THURS. OCT. 15 10:00AM-12:00PM

F40E Beginner Fall Jacket

Members \$80 Non-members \$120

THURS. SEPT. 17 10:00AM-12:00PM

F40A Wide Leg Pants

Members \$65 Non-members \$105

THURS. OCT. 22 10:00AM-12:00PM

F40F Simple Shift Dress

Members \$70 Non-members \$110

THURS. SEPT. 24 10:00AM-12:00PM

F40B Skirt with godets

Members \$67 Non-members \$107

THURS. OCT. 22 10:00AM-12:00PM

F40G Denim Fall Jacket

Members \$90 Non-members \$130



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, and maybe even a travel journal. The painting subjects will be flowers, nature scenes, everyday life objects, streets, buildings, people ect.

Supply list at front desk.

MONDAYS 1:00PM-4:00PM

A1 Session 1 Sept 8 - Oct 30 (6 classes)
No Class Oct 12

Members \$140 Non-members \$180

A1A Session 2 Nov 2- Dec 18 7 classes

Members \$150 Non-members \$190



WATERCOLOR FOR ALL LEVELS

Instructor: Willie Wong

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

TUESDAYS 10:00AM-12:00PM

A2 Session 1 Sept 8 - Oct 30 (8 Classes)

Members \$165 Non-members \$205

A2A Session 2 Nov 2 - Dec 18 (7 classes)

Members \$140 Non-members \$180

TUESDAYS 1:00PM-3:00PM

A3 Session 1 Sept 8 - Oct 30

A3A Session 2 Nov 2- Dec 18 (7 classes)

Members \$140 Non-members \$180

(prices are per session)



DROP IN OPEN ART STUDIO

Centre-run Activity

Bring your creativity and enjoy creating art in good company. Whether you're sketching, painting, colouring, journaling, knitting, or working on your latest masterpiece, our Open Art Studio is a welcoming space to create and be inspired.

Bring your own project and supplies. To keep the space comfortable for everyone, please use only low-odour, non-toxic materials. Strong smelling paints, solvents, sprays and other chemicals are not permitted.

No instruction, no pressure. Bring a project you are excited about, or simply need to finally finish! Settle in, and enjoy creating alongside others. All skill levels welcome

Drop in! No registration required.

KNITTING & CROCHETING (UNINSTRUCTED)

Centre-run Activity

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. We design crafts to sell in our Willows Gift Shop!



TUESDAYS 5:30PM-7:30PM

THURSDAYS 5:30PM-7:30PM

FRIDAYS 1:00PM-3:00PM

Members FREE Non-members \$10/class



FRIDAYS 10:00AM-12:00PM

Members FREE Non-members \$10/session



WOODSHOP

Centre-run Activity

Tony and the gang are always busy designing all sorts of handmade woodwork including bird houses, puzzle boards, and beautiful seasonal pieces. A monitor is always on.

This is a MEMBER ONLY PROGRAM.

Mondays Wednesdays & Fridays

Intermediate Level

Tuesdays & Thursdays

Beginner Level

MONDAY-FRIDAY 9:00AM-4:00PM

A4 Sept. 8 - Dec. 18

Members \$40



PAPER QUILLING

Instructor: Sharon Brown

Create a beautiful project using paper. Each week will consist of a new project from: paper quilling cards, how to cover old jars, ect, pictures, holiday themes and more. Supplies include quilling needles, paper, temp board, glue bottle, tweezer, pins and scissors. **Please bring \$23.00 to the 1st class for Sharon for supplies.**



WEDNESDAYS 1:00PM-3:00PM

A8 Session 1 Sept 9 - Oct 28 (6 classes)

No classes Oct 7, 21

A8A Session 2 Nov 2 - Dec 18 (6 classes)

No class Nov 11

Members \$60 Non-Members \$100

(prices are per session)



MODERN SUNFLOWER

Instructor: Linda Finstad

In this 2 hour class you will learn how to achieve vibrant colours on a black background.

Understand values and how they impact your composition. How to use a dotting tool. Suitable for all ages and skill levels.

All supplies included.



A9 MONDAY OCTOBER 19

10:00AM-12:00PM

Member \$60 Non-Member \$100

STAR CHRISTMAS CARDS

Instructor: Mary Anne Jaedicke

Come make Star Christmas cards. All cards made for our Christmas Craft Sale. Proceeds used to support our Centre.

FRIDAYS 1:00PM-3:00PM

A10 September 11, 18, 25

Members \$5 Non-Members \$10



REMEMBER ROCKS

Instructor: Mary Anne Jaedicke

Come paint remember rocks. We love to put them in the community and Fields of Honour for people to find. Lest We Forget.

A11 FRIDAY NOVEMBER 6

10:00AM-12:00PM

Members \$10 Non-Members \$20

GROOVY GANG

Instructor: Dianne Eustance

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.

S.A.S.A. Members Only



MONDAYS 2:00PM-4:00PM

S1 Session 1 Sep 8- Oct 30 (6 classes)

No session Oct 12

Members \$30

S1A Session 2 Nov 2- Dec 18 (7 classes)

Members \$35



EUCHRE

Centre-run activity

Come join our fun group of players for an afternoon of this popular card game!

CONTRACT BRIDGE

Centre-run activity

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

RELAXED BRIDGE

Centre-run activity

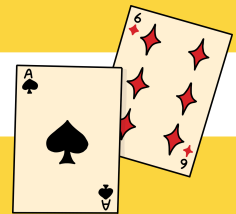
Come join our fun group of players for an afternoon at Bridge

PLEASE NOTE NEW TIME 1:00pm-3:30pm

MONDAY 12:30PM-4:00PM

No session Oct 12

Members FREE Non-members \$10/session



TUESDAYS 1:00PM-4:00PM

FRIDAYS 12:30PM-4:00PM

Members FREE Non-members \$10/session

WEDNESDAYS 1:00PM-3:30PM

No session Oct 7,21, Nov 11

Members FREE Non-members \$10/session

MAHJONG

Centre-run Activity

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. **Experience is required.**

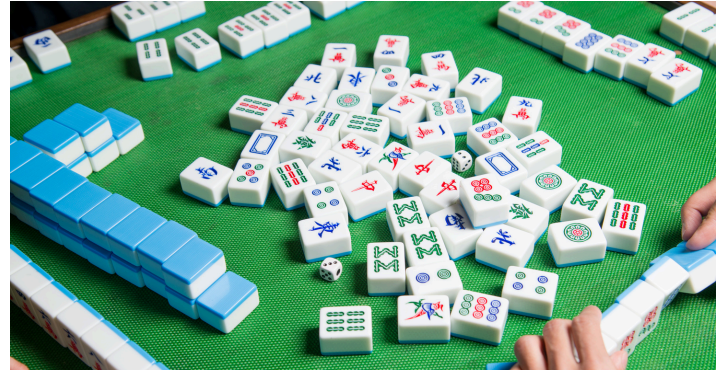
Learn to Play Mahjong!

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

TUESDAYS & THURSDAYS

1:30PM-4:00PM

Members FREE Non-members \$10/session



NEW

BOOK CLUB

Centre-run Activity

Join us at our 1st meeting. Bring your favourite book and be ready to say why!

A new way to participate in book club. We will pick the genre and you pick a book that fits it!

Meet new friends, be exposed to new books, and have fun!

Members only.

LAST WEDNESDAY OF THE MONTH

2:00PM-4:00PM

Sep 30, Oct 28, Nov 25, Dec 23

Members FREE



***You're never too old to try something new,
make a new friend, or discover a new passion.***

CRIBBAGE

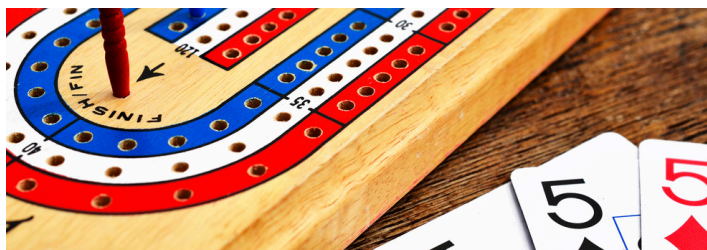
Center-run Activity

Classic card game that combines strategy, counting and a little luck. Whether you're a seasoned player or new to the game, cribbage is a fun way to challenge your mind and connect with others in a friendly social setting.

Drop in! No registration required.

THURSDAYS 12:30AM-3:30PM

Members FREE Non-members \$10/session



CRIB AND CARDS

Centre-run Activity

Looking for a fun evening out? Join us for crib and cards. Bring your favourite deck, grab a table and enjoy a friendly game of cribbage or cards with fellow members. Whether you are a seasoned player, looking to meet new people, all are welcome. Drop in, shuffle up, and enjoy great conversation, a few laughs and a little friendly competition.

Drop in! No registration required.

NEW

TUESDAYS & THURSDAYS

6:00PM-8:00PM

Members FREE Non-members \$10/session



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 are okay).

THURSDAYS 10:00AM-11:00AM

S10 Session 1 Beginner Sept 8 - Oct 30 (8 classes)

S10A Session 2 Intermediate Nov 2- Dec 18

Members \$70 Non-members \$110

(prices are per session)



BILLIARDS, SNOOKER & PING PONG

Centre-run Activity

Rack' em up and join us for a friendly game of pool, snooker or ping pong! Maybe you are a seasoned player, just learning, or looking for a fun evening out. All are welcome. Drop in and enjoy some friendly competition in a welcoming atmosphere.

No registration required.



TUESDAYS & THURSDAYS

6:00PM-8:00PM



BOARD GAMES

Centre-run Activity

Meet up with other board game lovers. Bring your favorite games!

No registration required.

THURSDAYS 4:30PM-5:30PM

Members FREE Non-members \$10/session



MEN'S COFFEE & CONVO

NEW

Pull up a chair, grab a coffee and join other men for good conversation. Each week we'll kick around a different topic, from investing to travel, tools, technology, current events, life experiences. No presentations, no pressure and no sales pitches. Interesting conversations with other guys who enjoy learning from each other.

Whether you've spent your career running a business, working a trade, farming, or teaching, everyone has something interesting to contribute.

Drop in! No registration required.

WEDNESDAYS 10:00AM-11:00AM

Look for the reserved table in the main luncheon area.

FREE for everyone



MEET & GREET WEEKLY SOCIAL

NEW

Centre-run Activity

Are you new to our center?

Or looking to meet new people?

Or just love to chat!

Pop in Friday mornings Room 4 and meet new people.

Drop in! No registration required

FRIDAYS 10:30AM-11:30AM

Members FREE Non-members \$10/session



JAM SESSIONS

NEW

Centre-run Activity

Music lovers unite. Bring your instrument and meet other musicians and jam. No formal instruction or programming.

WEDNESDAYS 3:00PM-5:00PM

No sessions Oct 7, 21, Nov 11

Members FREE Non-members \$10/session

COMPUTER & DEVICES

Instructors Troy Chartier & Gilles Losier, CapsLock IT

One-on-one instruction. Are you having trouble with your computer, device, and/or its software? This 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.

Book a 30 min time slot at the front desk.

WEDNESDAYS 12:00PM-3:00PM
Members FREE Non-members \$20/session



NEWCOMER PROGRAM

Instructors: Muna Abdulhussain & Barb Riley, S.A.F.E.

Looking to practice your English in a friendly and relaxed setting? Come join us every Wednesday from 9am-12pm. This FREE, drop-in program is a great opportunity to improve your English-speaking skills, meet new people, and gain confidence in everyday conversations. All levels of English speaking welcome.

Hosted by the St. Albert Further Education Newcomer Program in partnership with the St. Albert Senior Association.

Drop in! No registration required.

WEDNESDAYS 9:00AM-12:00PM
FREE for everyone



INFORMATION SESSIONS



FREE However Registration is required,

THURSDAYS

10:00AM-11:00AM

Please register by date for the Information Sessions you are interested in.

September 17: Expedition and River Cruising with Terry the Travel Guy

September 24: Preparing for Life Transitions, Getting your Finances in order with Next Path Financial

October 1: Caretaking 101: Caring for a loved one without losing yourself with Perry Kinkaide.

October 8: Dementia Awareness: Recognizing the 10 Warning signs with Qualicare

October 15: Property and Auto Insurance with Allstate Insurance

October 22: Strategies for Caring for a loved one with Dementia with Qualicare

October 29: How to change your Will with Corpus Juris Group Law Firm

November 5: Leading Edge Physio: Arthritis and Fall Prevention with Heidi Fedoruk

November 12: Healthy Aging: Staying Strong and Independent with Qualicare

November 19: Interactive AI with Troy Chartier

November 26: Cell Phone Photography 101 with Jasmin Mustafa

December 3: Chat GPT for Seniors with Jasmin Mustafa

December 10: Understanding Home Care Funding Options with Qualicare

December 17: Multigenerational Travel with Terry the Travel guy

These presentations are hosted by a external organizations that may promote or offer products and/or services for sale. While the St. Albert Seniors Association is pleased to provide space for community education, hosting this event does not constitute an endorsement of the presenter, their products, or their services. Participants are encouraged to make informed decisions and obtain independent advice before entering into any purchase or agreement.

AUPSA

Presents
Horizon Series
\$5/session includes lunch



IS5 September 16, 10-2 Painting with Shauna Madsen.

- No experience required.
- Please bring \$10 to the instructor for supplies

IS6 October 14, Cyber Security with Jason and Presentation from Emergency Services

IS7 October 28, Travel and Fashion Show

IS8 November 18, Card Making

- Please note there will be a supplies cost: TBD
- No experience required.

IS9 December 2, 9-12 Christmas Wreath

- Please note there will be a supplies cost: TBD
- No experience required.

**STAY TUNED TO OUR NEWSLETTER AND POSTERS IN THE CENTRE FOR
MORE INFORMATION ON THE UPCOMING AUPSA CLASSES AND SUPPLY
COST!**

COMPASS for the Caregiver



Caregivers Alberta's award-winning COMPASS for the Caregiver four-week program helps caregivers balance their own well-being with the challenges of caregiving.

This series of the COMPASS for the Caregiver program is proudly sponsored by SASHA.

Details:

In-Person
October 13, 20, 27 &
November 3
11:30 pm- 1:30 pm

St. Albert Seniors
Association
7 Tache Street
\$40 per person

For more information, contact:

Alisha Coyston
SASHA Program Coordinator
(587) 921-1345
alisha.coyston@sasha-cares.com

Topics:

Week 1: Being a Caregiver
Week 2: Managing Your Stress
Week 3: Balancing Relationships
Week 4: Navigating the Journey

Are you a caregiver?
YES, if you do even
one of the following:

- Attend medical appointments with a loved one
- Prepare meals for a family member or friend
- Help with finances or personal/medical care
- Provide transportation or home-living support



caregiversalberta.ca | 780.453.5088
support@caregiversalberta.ca | 1.877.453.5088 (toll-free)

REGISTER DIRECTLY WITH SASHA (587) 921-1345

ST ALBERT PUBLIC LIBRARY

Instructor: Janice Cheung &

Emily Brady

Come and join us in the lobby, all are welcome!

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

TRUTH: IS IT TEMPORARY, TESTABLE, TRUSTWORTHY OR TEMPTING

Instructor: David Wangler

Lecture 1: Many believe that truth is both relative to a specific time and place and on that basis, temporary. Are there universal truths about the physical realm or the human one?

Lecture 2: Are any truths verifiable or capable of being confirmed or disconfirmed? If yes, how?

Lecture 3: Is any idea true because it can be trusted as a description of general human patterns or predicted outcomes? Would this be especially true of things like death or taxes as B. Frankly argued about 250 years ago?

Lecture 4: Is truth attractive or repulsive to human beings? Could humans be the truth avoiding species? See the 2 areas above and note that one of them is often avoided like the plague.

SEPTEMBER 17 11:30AM-1:30PM

NOVEMBER 12 11:30AM-1:30PM

FREE



IS3 MONDAYS 10:00AM-11:30AM

September 14, 21, 28, October 5

Members FREE Non-members \$10/class



FALL INTO WELLNESS SERIES



E4 TUESDAYS 10:00AM-11:00AM

September 15 - November 17

(10 sessions)

Members: \$100 Non-Members \$140

The first of our wellness series!

10 sessions. Each week is a unique topic.

Meet new people, explore new topics and have fun. **Our final session on November 17 will include lunch!**

September 15: Finding your people with Maria

September 22: Acupuncture: Peripheral Neuropathy: My feet hurt & burn with Accessible Acupuncture

September 29: Psychology with Emma from Careadon

October 6: Bloom and Move with Senior Helpers

October 13: Top 10 tips from a Holistic Life Coach with Holistic Ed at Home

October 20: Meditation why and how with Yogapath Wellness

October 27: Healthy aging trivia with Qualicare

November 3: Dr Peter Hamilton (Tanya's Dad!)

November 10: Psychology with Emma From Careadon

November 17: Choosing Joy and LUNCH



RIVERCREE CASINO OUTING



Roll the dice on a new adventure! Join us for an outing to the Rivercree Casino.

FREE lunch

FREE \$5 gaming credit

FREE shuttle

Shuttle leaves S.A.S.A. at 9:30am

Shuttle leaves Casino at 1:30pm (back at 2pm)

E1 FRIDAY SEPT 29 9:30AM-2:00PM

Members Only: FREE

Min 15 people, Max 24

Shuttle not wheelchair accessible.

Must register before September 10, 2026



KNIFE SHARPENING BY HARVEY

Drop in on Thursdays to meet Harvey

"The Knife Sharpener"

- \$15 large knives
- \$10 small & medium knives, scissors
- Misc: priced on site

THURSDAYS

10:00AM-2:00PM

Keep your knives sharp but your mind sharper.

SINGLES MINGLE HAPPY HOUR

NEW

Calling all 50+ singles, widowed, divorcees. Looking to expand your social circle? Tired of having one-sided conversations with your dog or tv?!? Join us for a relaxed happy hour with conversation, laughter and new connections. Whether you're looking for friendship, companionship, or simply a fun evening, you will find a welcoming group of people who are all brave enough to show up and say HELLO!

No pressure. No speed dating. Just good conversation and great company.

E5 SEPTEMBER 23 5:30-7:30PM

E6 NOVEMBER 25 5:30-7:30PM

HELLO
MY NAME IS

(YOUR NAME HERE)

"SLOW" DATING

NEW

Looking to meet someone new? Unlike traditional speed dating we've "slowed" things down.

Participants will enjoy a series of structured, small-group conversations designed to help you get beyond the usual introductions and discover common interests, shared experiences, and genuine chemistry.

At the end of the event, you will have the opportunity to indicate who you would like to connect with again. When interest is mutual, contact information will be shared following the event.

E7 WEDNESDAY OCT 14 6:00-8:00PM

Members \$10 Non-members \$15

**Less speed dating. More conversation.
Better Connections.
Registration is required.**



LEGACY LETTERS

Instructor: MariaTarnowski-Hawkins

What if their mailbox contained more than bills?

Join us once/month for a meaningful gathering where stories, memories and life lessons are transformed into treasured keepsakes. Write a letter to a child, grandchild, spouse, friend, or future generation. Share family stories, words of encouragement, lessons learned, or simply let someone know they are loved. Your words may become one of the most valuable gifts you leave behind.

No writing experience is required. Just bring your memories and your heart.

Because some stories deserve to be remembered.



E2 THURSDAYS 1:15PM-2:15PM

(4 classes)

Sep 10, Oct 8, Nov 12, Dec 10

Members \$20 Non-members \$40/class

E3 Thursday Evening 6:30PM-7:30PM

(4 classes)

Sep 17, Oct 15, Nov 19, Dec 17

Members \$20 Non-members \$40/class



TRY IT TUESDAYS

The only thing you'll know for sure is that every Tuesday is different! Spend an hour trying something new, getting creative, playing games, moving your body, or simply enjoying a fun evening with great people. Whether you come for the activity, the laughs, or the company, there's always something new to discover at Try It Tuesdays.

Registration is required.

Occasionally there is a supply fee.



TUESDAYS 7:00-8:00PM

Session 1 Sep 8- Oct 30

Session 2 Nov 2- Dec 18

Members \$5/class Non-members \$10/class

*Never
STOP
Learning!*

Some of our Upcoming Events



Movie nights
Sept 24, Oct 22,
Nov 26, Dec 17
Movies start at 7pm

September 23 , 2026
Singles Mingle
Happy Hour
5:30-7:30pm



September 29, 2026
River Cree outing
Bus at 9:30-2pm

October 14, 2026
"Slow dating"
6-8pm



October 16, 2026
Oktoberfest Dinner and Dance
Featuring: Sparkling Tones
Doors open at 5pm

November 12 , 2026
Singles Mingle Happy Hour
5:30-7:30pm

November 14, 2026
Wine Tasting Event

December 5 & 12
Christmas Reuse Sale &
Chamber Market

December 22, 2026
Christmas Dinner & Dance
with DJ Mintu
Doors Open at 5pm

December 31, 2026
Happy Noon Year



January 8, 2027
Elvis's Birthday Dinner & Dance
Feat: Elvis impersonator Steve Hillis
Doors open at 5pm

... and so much more!

About the Centre

Our Mission : Creating a community where you belong.

Our Vision: Experience your best life.

Membership: \$110.00/year (non-refundable)

Adults 50+ are welcome to become members.

Member Benefits:

- **Discounted pricing on selected classes, events, and rentals**
- **Priority registration for programs and classes**
- **Voting privileges at the Annual General Meeting**
- **10% Tuesday: 10% off at the Bistro (excludes Butter Chicken)**
- **Access to FREE activities and drop-in programs**

Registration

Registration for fall opens **August 10 for members (August 11 for non-members)**

Register Online

Visit www.stalbertseniors.ca and select **MEMBER LOGIN**

New users will need:

- membership key tag number
- phone number on file
- email address
- password

Need help? Visit the Front Desk or call **780-459-0433**

Program Information

- Programs require a minimum number of registrants to run.
- Dates, Times, fee, and instructors may change without notice.
- Please confirm details at registration.

Cancellations & Refunds

- Programs cancelled by S.A.S.A will be refunded or credited.
- Instructor cancellations will be rescheduled whenever possible.
- No refunds after the first class except in documented medical circumstances.
- Wallet credits & class transfers **7 days before** start date have a \$10 administration change fee.
- **Cancellations received less than 7 calendar days before the 1st scheduled class are NOT eligible for refund or wallet credit.**

Facility Information

RED WILLOW BISTRO

Our award-winning Bistro is open daily Monday - Friday at 9:00am for coffee and 11:00am-2:00pm for lunch service. You can even get a meal to go!

Chef Richard and Mike prepare freshly made homestyle meals daily, ranging from a variety of sandwiches, soups, salads, and entrees. Thursday's Liver & Onions and Friday's Fish & Chips are EXTREMELY popular...arrive early!

Our beautiful patio is open for the summer months.

We welcome both members and non-members to the Bistro!

FACILITY RENTALS

We offer a variety of room rental opportunities to fit your event. Our large room can accommodate up to 250 people, or we can divide it into 4 smaller size rooms for smaller meetings and functions.

People have rented for birthdays, anniversaries, celebrations of life, meetings, classes, fundraisers, support groups, networking groups, weddings and more.

**For more information call 780-459-0433
or email maureen.marsh@stalbertseniors.ca**



Senior Support Services

SYSTEMS NAVIGATOR

Abbey Schmidt

One on one support, referrals are provided in areas such as housing, financial assistance, help with filling out forms, and accessing government benefits.

For more information call 780-459-0433
or email abbey.schmidt@stalbertseniors.ca

CHEF'S CHOICE FROZEN MEAL PROGRAM

Corinne Friedrick

You can purchase affordable, convenient, and delicious frozen meals. Must be pre-ordered by 12:00pm 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



Important Information

Support St. Albert Seniors Association

As a non-profit charitable organization, donations help us provide programs, services, and opportunities for older adults in our community. Donations of **\$100 or more** receive a charitable tax receipt. Please note that donations over \$500 are acknowledged publicly unless you inform S.A.S.A. in writing that you don't want public acknowledgment.

Donation may be made:

- Online at www.stalbertseniors.ca
- By phone 780-459-0433
- In person at the front desk

Safety

Participants are encouraged to participate within their abilities and modify activities as needed.

Photos & Videos

Photos and videos may be taken during programs and events for promotional purposes. Please notify staff if you do not wish to be photographed.

Facility Amenities

- Free parking (including accessible parking)
- Fully wheelchair accessible
- Free wi-fi
- ATM on site
- Scent-free environment

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 participant 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 classes, activities, and event details at the time of registration. Refer to program updates in the weekly newsletter or call the center.