

SENIORS' WEEK 2026



RECOGNIZE. CONNECT. GROW.

**JUNE
1-7**

Celebrating seniors
through appreciation,
connection and possibility!

LAND ACKNOWLEDGEMENT

We acknowledge that these events take place on Treaty 6 territory in amiskwacîwâskahikan (St. Albert) and mistahi sâkahikan ('Big Lake'), the traditional territories and gathering place of many diverse First Nations and Métis Peoples.



Accessible
Parking



Accessible
Building



Accessible
Washroom



Courtesy
Parking for
Seniors



Gender
Inclusive
Washroom

If you or a family member need language interpretation or sign language support to participate in any event, please contact FCSS at **780-459-1756**.

Monday, June 1, 2026

9 AM – 12 PM

AFRICAN SEWING WORKSHOP

St. Albert Seniors Association, 7 Tache Street 

Learn the basics of African sewing in this hands-on cultural workshop with the Africans & African Descendants Friendship Club of St. Albert. Participants will explore vibrant fabrics and patterns and create a simple sewn project in a friendly, social setting. No sewing experience required. All materials provided. This is a free, registered program with limited space. To register, call **780-459-0433**.

1 PM

MOVIE MATINEE

St. Albert Legion, 6 Tache Street 

Join us for a free movie matinee at the St. Albert Legion. Guests can enjoy a film on the big screen with complimentary popcorn. Bar service will be available; however, no food service will be provided. This is a free, drop-in event. For more information, call **780-458-3330**.

Tuesday, June 2, 2026

10 AM – 2 PM

GOLDEN EXPO

St. Albert Seniors Association, 7 Tache Street 

A free, drop-in community fair where older adults, caregivers and families can discover ways to stay connected, informed and engaged while aging well in our community. This event brings together a wide range of community organizations, private businesses and service providers offering programs, products and services that promote health, independence, connection and quality of life. For more information, call **780-459-0433**.

BREAK OUT SESSIONS AT THE EXPO

NUTRITION TO SUPPORT HEALTHY AGING

10 – 11 AM

Join us for an information session on Nutrition to Support Healthy Aging. Learn how eating well can help maintain strength, confidence and overall well-being. A registered dietitian, from Primary Care Network will share practical tips and key nutrients to support bone health and healthy aging. To register, call **780-459-0433**.

STAY SCAM SMART: FRAUD AND SCAM PREVENTION FOR SENIORS

11 AM – 12 PM

Learn how to recognize common scams and protect yourself from fraud. An RCMP representative will share practical tips, warning signs and steps you can take to stay safe and informed. To register, call **780-459-0433**.

SOCIAL MEDIA 101 FOR SENIORS: STAYING CONNECTED SAFELY

1 – 2 PM

Learn the basics of social media and how it can help you stay connected with family, friends and community. This session will cover common platforms, privacy and safety tips and how to use social media with confidence.

To register, call **780-459-0433**.

1:30 – 2:30 PM

BLOOMS AND BELONGING

St. Albert Public Library (Downtown), 5 St. Anne Street 

Bring a vase and join us for a creative floral arranging session. Spend time connecting with others while making a beautiful bouquet in a welcoming library setting. Facilitated by Stop Abuse in Families (SAiF). For more information, call **780-459-1530**.

3 – 4 PM

**EXHIBIT TOUR — THE FIRST DRAFT OF HISTORY:
NEWSPAPERS IN ST. ALBERT**

Musée Héritage Museum, 5 St. Anne Street 

Join Curator Martin Bierens for a guided tour of the exhibition The First Draft of History: Newspapers in St. Albert. Refreshments provided. For more information, call **780-459-1528**.

3 – 5:30 PM

PLAY CRIBBAGE

St. Albert Legion, 6 Tache Street 

Enjoy an afternoon of cribbage and friendly competition. Enter the singles tournament for a \$10 entry fee or drop-in for free play. Drop-ins are welcome. Bar service will be available. For more information or to register in advance, call Gerry at **780-499-4958** or email gerryipa@telus.net.

Wednesday, June 3, 2026

9:30 – 11:30 AM

SENIORS SOCIAL AT FOUNTAIN PARK REC CENTRE

Fountain Park Recreation Centre, 4 Cunningham Road 

Join us for a Seniors Social with coffee and tea before or after your swim at Fountain Park in the community room. For more information, call **780-459-1553** or email fprc@stalbert.ca.

11:30 AM – 1 PM

SENIORS' WEEK PROCLAMATION & SENIORS AND ELDERS SERVICE AWARDS LUNCH

St. Albert Place (Progress Hall), 5 St. Anne Street 

The Mayor and Members of City Council invite the community to attend a reception marking Seniors' Week and recognizing seniors and elders whose service, leadership, and contributions have positively impacted St. Albert. A light lunch will be provided in honour of the award recipients. For more information, call **780-459-1756**.

2 – 4 PM

MÉTIS FINGER WEAVING

Musée Héritage Museum, 5 St. Anne Street 

Join St. Albert Métis District for a fun, hands-on finger and loom weaving session, and a fascinating discussion about our regional textile history. Participants will have the opportunity to try their hand at creating a mini sash and experience the art of weaving. Perfect for beginners and those curious about local traditions! This is a free, drop-in event. For more information, call **780-459-1528**.

2:30 – 4 PM

MEMORY LANE — CHILDHOOD TREASURES

Little White School, 2 Madonna Drive 

Join us at the Little White School as staff share artifacts and stories about childhood in St. Albert. Explore the 1948 two-room schoolhouse and help identify mystery objects from the museum collection. Refreshments provided. For more information, call **780-459-1528**.

4 – 7 PM

HAPPY HOUR & HORSE RACES

St. Albert Seniors Association, 7 Tache Street 

Enjoy a relaxed, social atmosphere during this casual Happy Hour at the St. Albert Seniors Association. Pub style food and beverages will be available for purchase. For more information, call **780-459-0433**.

Thursday, June 4, 2026

10:30 AM –
12 PM

WRITER IN RESIDENCE: WRITING FROM YOUR LIFE

Downtown Library's Training Room, 5 St. Anne Street 

Everybody has a story to tell. Learn how to use literary essay techniques to share stories from your life. We will explore sources of inspiration, discuss effective story structure and practice methods for clarifying your message. Whether you're writing a full memoir or simply sharing a memory, this session will help bring your story to life. Presented by David Berry, the Library's regional 2026 Writer in Residence. This is a free, registered program with limited space. Register at sapl.ca or call **780-459-1682**.

11 AM – 1 PM

FIT MINDS: BRAIN HEALTH FOR SENIORS

Chartwell St. Albert, 20 Hebert Road 

This interactive introduction to **Fit Minds** focuses on brain health, cognitive resilience and quality of life for seniors. Participants will take part in engaging activities that support memory, language and critical thinking in a welcoming, social setting. Snacks will be provided. Drop-ins are welcome. Brought to you by Chartwell and St. Albert Sturgeon Hospice Association. For more information and to register, call **587-921-1345** or email alisha.coyston@sasha-cares.com.

11 AM – 2 PM

'ASK A NURSE' BOOTH

St. Albert Seniors Association, 7 Tache Street 

Drop by the *Ask a Nurse* table hosted by **Senior Helpers** to ask general health questions and learn about available supports and services. Speak directly with a Licensed Nurse with hospital to home support experience, proudly serving local seniors. Peace of mind starts with a conversation. Free blood pressure readings.

12 – 3 PM

**EVERITT GARDENS AFTERNOON OF MUSIC,
FOOD & COMMUNITY**

Everitt Gardens, 125 Everitt Drive    

Enjoy live music and entertainment at 1:00 p.m., themed food truck (food available for purchase), and a lighthearted “pie-in-the-face” fundraiser, with food donations collected for the local food bank. Informational vendors will also be on site, sharing programs and services for older adults. For more information, call **587-290-1600** ext. **425** or email **Isabella.kary@optimaliving.ca**.

1:30 – 2:30 PM

PRESERVING YOUR FAMILY ARCHIVES

St. Albert’s Historic River Lots + Grain Elevators, 4 Meadowview Drive    

Learn how to preserve your family photographs and other important personal documents. For more information, call **780-459-1528**.

2 – 4 PM

MÉTIS DOT ART

Musée Heritage Museum, 5 St. Anne Street     

Dot art is an art form translating traditional floral beadwork into painting, using thousands of small, distinctive dots of paint to simulate beads. Join St. Albert Métis District for this engaging activity and let your artist out! This is a free drop-in event. For more information, call **780-459-1528**.

3 – 4 PM

HERITAGE SITE TOUR

St. Albert’s Historic River Lots + Grain Elevators, 4 Meadowview Drive    

Explore St. Albert’s Métis, Francophone and agricultural history with a guided tour of the heritage buildings at St. Albert’s Historic River Lots + Grain Elevators. Refreshments provided. For more information, call **780-459-1528**.

Friday, June 5, 2026

9 – 11 AM

BINGO & GOOD COMPANY

St. Albert Seniors Association, 7 Tache Street     

Join us for a lively morning of BINGO with friendly competition, social time and the chance to win prizes. For more information, call **780-459-0433**.

1:30 – 3:30 PM

HEALTHY CHINESE COOKING DEMO

St. Albert Community Village and Food Bank, #30 - 50 Bellerose Drive  

Join the St. Albert Chinese Cultural Association for a hands-on demonstration of healthy Chinese cooking, featuring delicious tastings to enjoy. It's a wonderful opportunity to learn traditional techniques and sample authentic flavours in a relaxed, social setting. Register by calling **780-459-1756** or on Eventbrite: eventbrite.ca/e/healthy-chinese-cooking-demo-tickets-1986034642077?aff=oddtcreator

2 PM

TRANSCENDENCE EXHIBITION TOUR

Art Gallery of St. Albert, 19 Perron Street    

Follow Curator Emily Baker for an exclusive first look exhibition tour of *Transcendence* by Speplól Tanya Zilisnki. Learn more about the intricate process of creating loom beaded tapestries and Speplól's intentional introduction of chaos to create mesmerizing artworks that transcend time, materials, knowledge and experience. For more information, call **780-651-7202**.

3 – 4 PM

HERITAGE SITE TOUR

Father Lacombe Chapel, 5 St. Vital Avenue  

Explore St. Albert's early mission history with a guided tour of Mission Hill including the Father Lacombe Chapel, grotto and historic cemetery. Refreshments provided. For more information, call **780-459-1528**.

Saturday, June 6, 2026

11:30 AM

BEER GARDENS AND BBQ AT THE LEGION

St. Albert Legion, 6 Tache Street  

Join us for beer gardens with free entertainment starting at 11:30 a.m. Burgers and hot dogs are available for purchase at 12 p.m. For more details, call **780-458-3330**.

2 – 3:30 PM

ARCHAEOLOGY & ST. ALBERT'S MÉTIS HISTORY

St. Albert's Historic River Lots + Grain Elevators, 4 Meadowview Drive   

In 2023, St. Albert's Historic River Lots + Grain Elevators hosted an archaeological field school with the University of Alberta's Institute of Prairie and Indigenous Archaeology (IPIA). Learn about what was unearthed and how that informs our understanding of St. Albert's rich Métis history. For more information, call **780-459-1528**.

Sunday, June 7, 2026

9 AM – 12 PM

SUNDAY MORNING COFFEE IN THE PARK

Lions Park, 21 Sir Winston Churchill Avenue 

Join the Lions Club for Sunday morning coffee in the park to wrap up Seniors' Week. Bring your favourite breakfast food, enjoy a free cup of coffee, and spend a relaxed morning connecting outdoors. This is a free, drop-in event, welcome to all!

1 – 2 PM

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3 – 4 PM

HERITAGE SITE TOUR

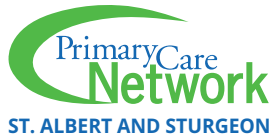
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My Notes / Reminders

(Locations, registration numbers, transportation, questions, etc.)

Thank you to all the partners:



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FOR MORE INFORMATION CONTACT FCSS

Phone: 780-459-1756

Email: fcss@stalbert.ca

stalbert.ca/seniors-week

