

# SENIORS' WEEK 2025



**ADVENTURE AWAITS!**

**JUNE  
2-8**

**Celebrate Seniors' Week  
with New Experiences**



**Accessible  
Parking**



**Accessible  
Building**



**Accessible  
Washroom**



**Courtesy  
Parking for  
Seniors**



**Gender  
Inclusive  
Washroom**

If you or a family member requires a language interpreter to participate in any of the events, please call St. Albert Further Education at 587-590-9371 **no later than one week** before the date of the event.

## Monday, June 2, 2025

**1:00 PM**

**MATINEE at the Legion**

**St. Albert Legion, 6 Tache Street**   

Relax and enjoy a free movie with popcorn on the big screen. The bar is open but there is no food service that day. This is a free, drop-in event. For more details contact 780-458-3330.

## Tuesday, June 3, 2025

**9:00 AM**

**MAYOR'S PROCLAMATION for Seniors Week**

**St. Albert Seniors Association, 7 Tache Street**    

Celebrate the start of Seniors Week with us in a meaningful way, featuring a land acknowledgment, an opening ceremony with Indigenous Elders, and the Mayor's Proclamation. This is a free, drop-in event prior to the start of the GOLDEN EXPO.

**10:00 AM –  
4:00 PM**

## **GOLDEN EXPO**

**St. Albert Seniors Association, 7 Tache Street**    

Celebrate 50 years with the St. Albert Seniors Association by attending this resource fair and vendor expo geared for 50+. This is a free, drop-in event. Visit [www.stalbertseniors.ca](http://www.stalbertseniors.ca) or call 780-459-0433 for more information.

**10:30 AM –  
4:00 PM**

## **GUEST SPEAKER SESSIONS at the EXPO**

**St. Albert Seniors Association, 7 Tache Street**    

*For more information about the above breakout sessions contact FCSS at 780-459-1756 or [fcss@stalbert.ca](mailto:fcss@stalbert.ca).*

### **Fraud and Scam Prevention for Older Adults**

**10:30 AM – 12:00 PM in the art room**

**Presenter: Cst. Rachel Glendenning, RCMP**

Join us for an informative session designed to empower older adults with the knowledge and tools needed to protect themselves from fraud and scams. In today's digital world, scammers are increasingly targeting seniors through phone calls, emails, and social media. This session will cover common types of fraud and scams affecting older adults, including identity theft, phishing, lottery scams, and more. This is a free event; register at: <https://www.eventbrite.ca/e/1310879538989?aff=oddttdtcreator>. Drop-ins are welcome if space allows.

### **SASHA's Connect Café: Advanced Care Planning**

**10:30 AM – 12:00 PM in the boardroom**

Participants will be guided through the process of reflecting on what matters most in their lives, sharing their health and personal care preferences with loved ones, and ensuring their wishes are understood and respected. This is a free event; register at <https://www.eventbrite.ca/e/1311273697929?aff=oddttdtcreator>. Drop-ins are welcome if space allows. For more information call 587-921-1345.

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## How to Plan a Block Party 101

**12:30 – 2:00 PM in the boardroom**

**Presenter: Family and Community Support Services, City of St. Albert**

Are you thinking of hosting a block party but don't know where to start? This is the session for you! This is a free event; register at <https://www.eventbrite.ca/e/1311275854379?aff=oddttdtcreator>. Drop-ins are welcome if space allows.

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## Nutrients to Support Healthy Aging

**12:30 – 2:00 PM in the art room**

**Presenter: St. Albert & Sturgeon Primary Care Network, Annika Krizan**

Join us for an informative workshop on Nutrients to Support Healthy Aging! From nutrition for bone health to maintaining strength - this workshop will provide you with reliable information from a dietitian about key nutrients for health and give you practical information and tips to get them onto your plate easily. This is a free event; register at <https://www.eventbrite.ca/e/1311279866379?aff=oddttdtcreator>. Drop-ins are welcome if space allows.

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## Emergency Preparedness

**2:30 – 4:00 PM in the art room**

**Presenter: City of St. Albert Emergency Management**

Walk away with items for an emergency kit for your home and increase knowledge on how to be prepared for emergencies like flood, fire, and storm. This is a free event; register at <https://www.eventbrite.ca/e/1311276295699?aff=oddttdtcreator>. Drop-ins are welcome if space allows.

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## Service Canada Information Session

**2:30 – 4:00 PM in the art room**

Learn more about the Government of Canada programs and services such as Canada Pension Plan, Old Age Security, and the Canadian Dental Care Plan. This is a free event; register at <https://www.eventbrite.ca/e/1311281230459?aff=oddttdtcreator>. Drop-ins are welcome if space allows.

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**9:45 AM****WALK with St Albert Trekkers**

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**Service Credit Union Place, 400 Campbell Rd (meet at Northside)**

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Put on your sneakers and join the St. Albert Trekkers for a 3 km, 5 km or 10 km walk with experienced guides who will lead you at a steady pace through the neighborhood and Riverlot 56. This is a free, drop-in event. For more details contact 780-499-4958 or [gerryipa@telus.net](mailto:gerryipa@telus.net).

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**2:00 – 3:00 PM****SAiF SPACE for Seniors Sessions**

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**St. Albert Public Library, 5 St. Anne Street**   

Come join us for a social hour with a bit of self-care education tailored for older adults. Beverages and snacks will be provided. Register at <https://www.sapl.ca/> or call 780-459-1682.

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**3:00 PM****CRIBBAGE at the Legion**

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**St. Albert Legion, 6 Tache Street**   

Enjoy seven cribbage games with a friendly bunch of crib players. You have a choice of playing in the \$10 league or at the free tables. This is a drop-in event. Call 780-458-3330 for more information.

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## Wednesday, June 4, 2025

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**8:00 – 10:30 AM****AQUAFIT and COFFEE WITH FRIENDS**

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**Fountain Park Recreation Centre, 4 Cunningham Road**   **8:00 – 9:00 AM (shallow water)****9:30 – 10:30 AM (deep water)**

Join us and invite a friend for free coffee from 9:00 – 9:45 a.m. (before or after your swim). Admission to the pool is still required. For more information contact 780-459-1553 or [fprc@stalbert.ca](mailto:fprc@stalbert.ca).

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**10:00 – 11:30 AM**

**GRIEF WALKS with SASHA**

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**Lois Hole Provincial Park, 400 Ray Gibbon Dr.**  

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The St. Albert Grief Walks Program offers a compassionate space for those experiencing grief and loss, combining the healing power of nature with the support of a caring community. Walking together, participants find comfort, connection, and gentle guidance through their journey of healing. This is a free event, register online at [www.sasha-cares.com](http://www.sasha-cares.com) or call 587-921-1345.

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**10:00 – 11:30 AM**

**ENGLISH CONVERSATION CIRCLE**

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**St. Albert Seniors Association, 7 Tache Street**    

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Join St. Albert Further Education Facilitators in conversational English language learning. This is a free, drop-in event. For more details call 587-590-9371.

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**2:00 – 4:00 PM**

**'NOT SO NEWLY WED' GAME SHOW**

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**River Ridge, 78 McKenney Ave, Suite C**   

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Sign up for couple vs. couple or friend vs. friend in this hilarious version of the classic game show where you will discover just how much you know (or don't know!) about your spouse or best friend! This is a free event, registration preferred but drop-ins are also welcome. Call 780- 470-3700 to register.

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**3:00 – 4:00 PM**

**TOUR ST. ALBERT'S HISTORIC RIVER LOTS  
AND GRAIN ELEVATORS**

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**4 Meadowview Drive (look for the grain elevators)**    

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Our knowledgeable interpreters will take you on a tour of this beautiful historic site during Seniors' Week. Learn about the workings of St. Albert's historic grain elevators and the heritage houses that the Arts and Heritage Foundation manages. We will look at both Métis and Francophone history in St. Albert. This is a free, drop-in event. For more information call 780-459-1528.

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**3:30 – 4:30 PM**

**INTERGENERATIONAL QUILT COMBATting AGEISM**

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**St. Albert Place Lobby, 5 St. Anne Street**    

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The City of St. Albert partnered with youth groups and St. Albert Hugs and Stitches to promote intergenerational connections through quilting. A community quilt was created to symbolize shared experiences and a commitment to combat ageism. Join us for the quilt launch. This is a free, drop-in event with refreshments provided. For more details, contact FCSS at 780-459-1756 or [FCSS@stalbert.ca](mailto:FCSS@stalbert.ca).

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**6:30 – 8:30 PM**

**KNIT-LITS**

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**St. Albert Public Library, 5 St. Anne Street**   

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Calling all knitting and fibre-craft enthusiasts! If you are interested in meeting new people, improving your skills, or if you would like to learn how to knit, the St. Albert Knit-Lits invite you to join them at their weekly meeting. All types of fiber crafts are welcome. This is a free drop-in event.

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## **Thursday, June 5, 2025**

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**10:30 AM –  
12:00 PM**

**MAKING PEACE WITH HISTORY: Seniors' Week Writing**

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

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Presenter: Anna-Marie Sewell, St. Albert Public Library's Regional Writer in Residence. In your youth, what did you know about Indigenous people and their history? As a senior, what do you know, and what do you still want to learn? Together, let's explore these questions through writing. We will then share and expand our understanding of Indigenous history in the context of our own lives, then revisit the questions, writing to make peace across cultural divides. This is a free, registered program, with limited space. Register at [www.sapl.ca](http://www.sapl.ca) or call 780-459-1682.

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**10:00 AM –  
4:00 PM**

**OLDER ADULT ACTIVITIES:  
Choose Your Own Adventure**

**St. Albert Seniors Association, 7 Tache Street**    

Select from a wide range of 50+ activities including pickleball, gardening, painting, games, exercise classes, cooking workshops, and much more! Enjoy everything the St. Albert Seniors Association has to offer year-round in one day! This is a free event, registration is required. For more details visit [www.stalbertseniors.ca](http://www.stalbertseniors.ca) or call 780-459-0433 to register.

**1:00 – 4:00 PM**

**ST. ALBERT QUILTERS' GUILD OPEN HOUSE**

**St. Albert Place Quilters' Studio, 5 St. Anne Street**    

The St. Albert Quilters' Guild is a vibrant group celebrating camaraderie, creativity, and the art of quilting. Drop by to meet members, enjoy demos, learn about our 45th Anniversary Quilt Show, and see beautiful quilts. For more info, email [SA\\_QuiltersGuild@hotmail.com](mailto:SA_QuiltersGuild@hotmail.com).

**2:00 – 4:00 PM**

**MÉTIS FINGER WEAVING**

**Musée Heritage Museum, 5 St Anne Street**    

Join us for a fun and hands-on session finger weaving, loom weaving, 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.

**3:00 – 4:00 PM**

**TOUR ST. ALBERT'S HISTORIC RIVER LOTS AND GRAIN ELEVATORS**

**4 Meadowview Drive (look for the grain elevators)**    

Our knowledgeable interpreters will take you on a tour of this beautiful historic site during Seniors' Week. Learn about the workings of St. Albert's historic grain elevators and the heritage houses that the Arts and Heritage Foundation manages. We will look at both Métis and Francophone history in St. Albert. This is a free, drop-in event. For more information call 780-459-1528.



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**5:30 PM****DINNER and GAMES****St. Albert Legion, 6 Tache Street**   

Enjoy games such as horse racing and bingo at the Legion. Dinner is available for purchase; registration is required by calling 780-458-3330.

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**6:00 – 8:00 PM****OPENING RECEPTION and ARTIST TALK  
for *Kinship Ecologies*****Art Gallery of St. Albert, 19 Perron Street**  

Join us for the opening reception of this beautiful show with an artist talk by Lara Felsing starting at 6:30 pm. To enter *Kinship Ecologies* is to step into an expression of overwhelming gratitude for the natural world. For Lara, this is only a small gift of thanks given to the land - to kin. Being in kinship with the land is a collaboration, a partnership. It is a relationship built *on care that our society has been sorely neglecting. But, within Kinship Ecologies*, we can see a world in which humanity exists gently upon the land. Call 780-460-4310 for more information.

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**6:30 - 8:30 PM****SASHA's Connect Café:  
The Healing Power of the Harp****River Ridge, 78 McKenney Ave Suite C**   

Learn more about the therapeutic power of harp music and how its soothing, healing qualities support individuals in hospice, memory care, and wellness settings. Cheryl Dalmer will lead you in an exploration of the different types of therapeutic music she uses, the seven modes of music, and the individual needs during a one-on-one hospice visit. This is a free, drop in event. Call 780-470-3700 to register.

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## Friday, June 6, 2025

**8:00 – 9:00 AM**

### **AQUAFIT and COFFEE WITH FRIENDS**

**Fountain Park Recreation Centre, 4 Cunningham Road**   

**Shallow water.** Join us and invite a friend for free coffee at 9:15 – 9:30 AM (after your swim). Admission to the pool is still required. For more information contact 780-459-1553 or [fprc@stalbert.ca](mailto:fprc@stalbert.ca).

**3:00 – 4:00 PM**

### **EXHIBITION TOUR of *Kinship Ecologies* by Lara Felsing**

**Art Gallery of St. Albert, 19 Perron Street**   

Join Curator Emily Baker for an in-depth look at the inspirations and materials behind Lara Felsing's exhibition *Kinship Ecologies*. Visit [www.artsandheritage.ca](http://www.artsandheritage.ca) or call 780-460-4310 for more information.

**3:00 – 4:00 PM**

### **TOUR ST. ALBERT'S HISTORIC RIVER LOTS AND GRAIN ELEVATORS**

**4 Meadowview Drive (look for the grain elevators)**    

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**5:00 – 8:00 PM**

### **PUB NIGHT and SENIORS SERVICE Awards**

**St. Albert Seniors Association, 7 Tache Street**     

#### **Awards start at 6:30 p.m.**

Pop in for a pub night with music and entertainment by the Latin Cultural Association. We will be recognizing the successful Seniors and Elders Service award winners. Special guests include Mayor Cathy Heron and the African and African Descendent Friendship Club, steel drumming performance. This is a drop-in event with delicious food available for purchase; to save a seat you can register in advance by calling 780-459-0433.

# Saturday, June 7, 2025

11:00 AM	BEER GARDENS and BBQ at the Legion
St. Albert Legion, 6 Tache Street  	
Join us for Beer Gardens with free entertainment starting at 12:00 p.m. Burgers and hot dogs are available for purchase at 12:00 p.m. For more details call 780-458-3330.	
1:00 – 4:00 PM	NEUTRAL GROUND
St. Albert Place Lobby, 5 St. Anne Street    	
Join us for crafts, knitting and crochet, board games, and more for all ages and groups. This is a free, drop-in event. For more details email <a href="mailto:Richard@Neutral-Ground.ca">Richard@Neutral-Ground.ca</a> .	

# Sunday, June 8, 2025

All day	Moments that Matter
Anywhere in St. Albert	
Seniors Week is all about you, your stories, and the special people who make life meaningful. Invite your family, friends, or neighbors to spend time with you—whether it's a chat over tea, a walk in the park, or sharing a laugh at home. If you want, take a photo together and post it on social media with the hashtag #StAlbertSeniors2025.	

## 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.

## Thank you to all the partners

St. Albert  
Public  
Library



**Legion**  
Branch 271  
St. Albert



PrimaryCare  
**Network**  
ST. ALBERT AND STURGEON



VENVI  
**RIVER RIDGE**  
— Retirement Living —

SAiF  
Society  
Piece Together

CREATE | PLAY | CONNECT  
**NEUTRAL GROUND**

arts and heritage  
ST ALBERT



**SASHA**  
ST. ALBERT STURGEON  
HOSPICE ASSOCIATION



# SENIORS' WEEK 2025 | June 2–8

**FOR MORE INFORMATION  
CONTACT FCSS**

PHONE: 780-459-1756

EMAIL: [fcss@stalbert.ca](mailto:fcss@stalbert.ca)

[stalbert.ca/seniors-week](http://stalbert.ca/seniors-week)



SCAN ME