

Active Aging at Veiner Centre



What's Happening in April

Hours of Operation: Monday & Friday 9am - 4pm. Tuesday, Wednesday & Thursday 9am - 9pm

Mondays

Quilting
Craft Room | 9am-4pm

Tech Support
Boardroom | 9am - 3pm

Board Games
South MP | 9:30am-11:30am

Men's Shed
Boardroom | 11am - 12pm

Canasta
South MP | 12:30pm-4pm

Euchre
North MP | 1pm - 4pm

Shuffleboard
Games Room | 1pm-4pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am-1pm

Chess
Dining Room | 9am-12pm

Ukulele Group
North MP | 10am-12pm

Duplicate Bridge
North MP | 12:45pm-4pm

Crib
South MP | 1pm-4pm & 6:30pm-9pm

Bridge
North MP | 6pm-9pm

Board Games
Dining Room | 6:30pm-9pm

Wednesdays

Mahjong
South MP | 9am-12pm

Bocce Ball
North MP | 9:30am-12pm

Canasta Lessons
Dining Room | 10am-12:30pm

Veiner Centre Choir
Craft Room | 10am

Duplicate Bridge
South MP | 12:30pm-3:30pm

Hearts
Dining Room | 1pm - 4pm

Scrabble
North MP | 1pm-4pm

Pinochle
North MP | 1pm-4pm

Bridge Lessons
South MP | 3:30pm-5pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am-4pm

Jam Session
South MP | 9:30am-11:30am

Canasta
South MP | 12:30pm-4pm

Euchre
North MP | 1pm-4pm

Shuffleboard
Games Room | 1pm-4pm

BINGO
Boardroom | 2pm-4pm

Duplicate Bridge
North MP | 6pm-9pm

Norwegian Whist
South MP | 6pm-9pm

Board Games
Dining Room | 6:30pm-9pm

Fridays

Quilting
Craft Room | 9am-4pm

Mahjong
South MP | 9am-12pm

Kaiser Club
Dining Room | 1pm-4pm

Duplicate Bridge
North MP | 12:45pm-4pm

Mexican Train
Dominoes
South MP | 1pm-4pm

Stitch & Laugh
Boardroom | 1pm-4pm

Walking Club meets in the Lobby of Veiner Centre at 10am. Walk from 10am - 11am.

Billiard's drop-in daily outside of Shuffleboard time.

Presentations Spotlight

April 2
Card Makers
1pm - 4pm | Registration Required | Please bring your own supplies

April 2
Book Review Crew
1pm - 2pm | Dining Room

April 5 - 7
Scrapbooking Fanatics
Starting at 4:30pm on the 5th | Registration Required

April 11
Counselling Services with Ben Feere
9am - 12pm | Registration Required

April 9
Ask an Advisor - Craig Elder, RBC Dominion Securities
10am - 11am | Registration Required | South MP

April 9
Alzheimer Society Care Partner Support Group
1:30pm - 3pm | Craft Room | Register with Kristel (403) 528-2700

April 16
First Link Connections
1pm - 3pm | Boardroom | Register by calling 403-528-2700

April 17
Parkinson Association Support Group
12 pm - 2 pm | Boardroom | Register with Brienne at 403-317-7710

April 20
Spring Tea & Fashion Show
2 pm - 4:30pm | Dining Room | \$10/Ticket

April 24 - May 29
Minds in Motion
10am - 11:45am | Craft Room | Registration Required

April 24
Unison General AGM
10am - 11am | Boardroom

April 25
Cooking for Connection
1pm - 3:30pm | Strathcona Kitchen | \$20/pp | Registration Required

April 26
Book Club
10am - 11am | Dining Room | Registration Required

Wellness Wednesdays

For members and non-members

April 3 | Movie Matinee with popcorn "Pay it Forward"
South MP | 2pm - 4pm

April 10 | BrokerLink: Personal Insurance 101 |
Boardroom | 2pm - 4pm | Registration Required

April 10 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

April 17 | Optima Rocks with Jodi
Craft Room | 2:15pm - 4pm

April 23 | Life Long Learning Presents: "Boundaries" |
Boardroom | 10am - 12pm | Registration Required

Looking Forward

May 29 - National Senior Health & Fitness Day
Walking tour with Grassland Naturalists
9am - 10am
Strathcona Trails

**To Register for Events, Classes & Programs,
please call (403)529-8307, visit
unisonalberta.com, or visit us at Veiner Center**

Active Aging Spotlight

**Senior Safety Series: Aging Matters - Tips
& Tools for Mental Health**

April 18 | North MP Room
9:45am - 12pm | Everyone Welcomed
Registration Required

Active Aging at Strathcona Centre

Hours of Operation: Monday to Friday 9am - 4pm | Saturday 9am - 1pm | PH: 403-529-8364

Mondays

High Beginner Line
Dancing | 9am

Table Tennis | 10am

Chair Yoga & More |
12pm

Pickleball Intermediate
1pm

Pickleball Advance
2:30pm

Chair Yoga & More |
4pm

Yang Short Form | 7pm

Yang Long Form | 8pm

Tuesdays

Fun & Fitness | 9am
& 10am

Solid Gold Fitness |
11:45am

Pickleball -Skills & Drills
11am

Pickleball -Beginner
12:35pm

Floor Curling | 2pm

Yang Short Form | 7pm

Chen Style Short Form
7:30pm

Fan Form | 8:15pm

Wednesdays

Absolute Beginner
Line Dancing | 8:30
am

Beginner Line
Dancing 9am

Table Tennis | 10am

Qigong & Chair Yoga
12pm

Pickleball
Intermediate | 1pm

Pickleball Advance
3pm

Weapons Form | 7pm

Thursdays

Fun & Fitness 9am &
10am

Beginner Pickleball |
11am

Silver Steppers 1pm

Floor Curling 2pm

Fridays

Pickleball Beginner
9am

Table Tennis | 10am

Hatha Yoga | 12pm

Pickleball
Intermediate | 1pm

Pickleball Advance
3pm

Pickleball Open
Session | 6pm

Tax Clinic - Located in the pool lobby

Monday - Friday
9:30am - 3:30pm

By appointment or drop off

To Register for the Tax Clinic, please call (403)529-8364.

Avalon Fitness Centre Orientation

Are you new to working out or trying out new equipment? Don't worry -
Avalon has you covered!

**Join her monthly fitness orientation on the first Thursday of the
month. 4pm - 6pm. Drop in only.**

Weekend Pickleball

Saturday & Sunday - Open Sessions
1:00pm - 4:00pm

Weekend Table Tennis

Saturday - Single Play Only
11am - 1pm

Fitness Class Spotlight

High Beginner Line Dancing

9:00 – 9:50am | Monday's | April 1 – June 24 | Free

Absolute Beginner Line Dancing

8:30am – 9:00am | Wednesday's | April 3 – June 26 | Free

Beginner Line Dancing

9:00am – 9:50am | Wednesday's | April 3 – June 26 | Free

Chair Yoga & More

12:00pm – 12:45pm & 4:00pm – 4:45pm | Monday's

April 1 – May 6 | Members: \$42 | Non-Member: \$60

This chair-based class includes seated and standing exercises and poses designed to enhance strength and mobility.

Fun & Fitness

9:00am – 9:55am & 10:00am – 10:55am

Tuesday's & Thursday's

February 27 – May 2 | M: \$100 Non-Member: \$140

This class is for all fitness levels. Get moving in an energetic class that incorporates aerobics, weights, and plenty of fun.

Solid Gold Fitness

11:45 am – 12:30 pm | Tuesday's

April 2 – May 7 | M: \$42 Non-Member: \$60

Move to upbeat music while having fun! Strength training, balance and stretching will also be included for a well-rounded total body workout!

Qigong & Chair Yoga

12:00pm – 12:45pm | Wednesday's

April 3 – May 8 | M: \$42 Non-Member: \$60

This class will have elements of Qigong (pronounced chee gong), Chair Yoga, and Meditation all rolled into one.

Silver Steppers

1:00pm – 2:00pm | Thursday's

April 4 – May 9 | M: \$42 Non-Member: \$60

Silver steppers is a lively fitness class that teaches line dancing for health and enjoyment.

Hatha Yoga

12:00pm – 1:00pm | Friday's

April 5 – May 10 | Members: \$42 | Non-Member: \$60

This class includes poses to increase strength, flexibility, breath work, and meditation and/or mindfulness.

Evening Classes

Yang Short Form

7:00pm – 8:00pm & 7:00 – 7:30pm | Monday's & Tuesday's

April 8 – June 25 | Members: Free | Non-Members: \$80

Yang Long Form

8:00pm – 9:00pm | Monday's

April 8 – June 24 | Members: Free | Non-Members: \$80

Chen Style Short Form

7:30pm – 8:15pm | Tuesday's

April 9 – June 25 | Members: Free | Non-Members: \$80

Fan Form

8:15pm – 9:00pm | Tuesday's

April 9 – June 25 | Members: Free | Non-Members: \$80

Weapons Form

7:00pm – 9:00pm | Wednesday's

April 10 – June 26 | Members: Free | Non-Members: \$80

Must have completed Yang or Chen form before registering for this class. No exceptions.