

Active Aging at Veiner Centre



What's Happening in May

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

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

May 3-5

Scrapbooking Fanatics

Starting at 4:30pm on the 3rd | Registration Required

May 7

Ask an Advisor – Craig Elder, RBC Dominion Securities

10am – 11am | Registration Required | South MP

May 7

Card Makers

1pm – 4pm | Registration Required | Please bring your own supplies

May 7

Book Review Crew

1pm – 2pm | Dining Room

May 9

Counselling Services with Ben Feere

9am – 12pm | Registration Required

May 14

Alzheimer Society Care Partner Support Group

1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

May 15

Parkinson Association Support Group

12 pm – 2 pm | Boardroom | Register with Brienne at 403-317-7710

May 21

Bridges Grandparents who Parent Group

10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

May 21

First Link Connections

1pm – 3pm | Boardroom | Register by calling 403-528-2700

May 22

Cooking for Connection

1pm – 3:30pm | Strathcona Kitchen | \$20/pp | Registration Required

May 29

Kitchen For Support

1pm – 3:30pm | Strathcona Kitchen | Intake with Nicole Required 587-770-1420

May 31

Book Club

10am – 11am | Dining Room | Registration Required

Wellness Wednesdays

For members and non-members

May 1 | Movie Matinee with popcorn "Star Wars: The Empire Strikes Back" | South MP | 2pm – 4:15pm

May 8 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm – 4pm | Registration Required

May 8 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

May 15 | How Rheumatoid Arthritis Became My Greatest Life Coach: Lessons Learned Over 45 Years
2pm – 3:30pm | Boardroom | Registration Required

May 15 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

May 22 | Life Long Learning Presents: "Conflict"
Boardroom | 10am – 12pm | Registration Required

Looking Forward

June 3 – 7 – Seniors Week at the Veiner Centre!

June 3 – Coffee with a Cop | 10am – 12pm

June 5 – Fitness in the Park | 9:30am

June 7 – Arts & Crafts Unleashed | 11am – 4pm

**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 – Community Connections

May 16 | North MP Room
9:45am – 12pm | Everyone Welcomed
Registration Required

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 Open Play | 1pm
 Pickleball Open Play | 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 | 8:30am
 Beginner Line Dancing | 9am
 Table Tennis | 10am
 Qigong & Chair Yoga | 12pm
 Pickleball Open Play | 1pm
 Pickleball Open Play | 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
 Pickleball Open Play | 1pm
 Pickleball Open Play | 3pm
 Pickleball Open Session | 6pm

Free Event for Members and Non-Members

Grasslands Naturalist Walking Tour of Strathcona Trails
 May 29 | 9am - 10am | Registration Required

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 | Mondays | April 1 – June 24 | Free

Absolute Beginner Line Dancing

8:30am – 9:00am | Wednesdays | April 3 – June 26 | Free

Beginner Line Dancing

9:00am – 9:50am | Wednesdays | April 3 – June 26 | Free

Chair Yoga & More

12:00pm – 12:45pm & 4:00pm – 4:45pm | Mondays

May 13 – June 24 | 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

Tuesdays & Thursdays

May 7 – June 13 | M: \$60 Non-Member: \$84

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 | Tuesdays

May 14 – June 25 | M: \$49 Non-Member: \$70

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 | Wednesdays

May 15 – June 26 | M: \$49 Non-Member: \$70

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

Silver Steppers

1:00pm– 2:00pm | Thursdays

May 16 – June 13 | M: \$35 Non-Member: \$50

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

Yin Yoga

May 2 – May 30 | Thursdays | 6:30pm – 7:30pm

Members: \$25 | Non-Members: \$50

Yin Yoga is a gentle form of yoga where poses are held for extended periods compared to other styles. These postures aim to focus on the connective tissues and enhance inner mindfulness.

Evening Classes

Yang Short Form

7:00pm – 8:00pm & 7:00 – 7:30pm | Mondays & Tuesdays

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

Yang Long Form

8:00pm – 9:00pm | Mondays

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

Chen Style Short Form

7:30pm – 8:15pm | Tuesdays

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

Fan Form

8:15pm – 9:00pm | Tuesdays

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

Weapons Form

7:00pm – 9:00pm | Wednesdays

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

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