



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION BULLETIN

August 17, 2019

Reminder of upcoming event:

Saturday August 24, 2019:

An Afternoon at the Races

Seats have been reserved at the thoroughbred races at the Century Casino/Race track near the airport.

The Finish Line Buffet opens at 12:00 noon and Post time is 1:45 p.m.

The cost for Seniors is **\$28.95 + GST + 18% gratuity**(works out to **\$35.90 or \$36**).

The cost for Adults is \$32.95 + GST + 18% gratuity.

Maurine has booked 4 tables for 6 by the windows and a table for 4 at the top for those who have difficulty with the stairs.

If you have not yet confirmed your attendance, please call Maurine at 780-418-8032 or e-mail her at momaslen@telusplanet.net



PLEASE NOTE: STARTA will have NO group event in September.

The **first breakfast of the year will be Friday, Oct. 4, 2019.** Watch for information on the Oct. event in the fall News Bulletins. Also plan ahead to register for our one-day 'Lively Living' conference at the October breakfast. There is limited registration, and by mid-October, registration will be open to the public, so reserve your spot by registering at the October breakfast!

“Get Moving” ARTA Wellness challenge

Thanks to everyone who participated in the ARTA Wellness Challenge from April 1 to June 30 this year. Activity is good!! That's what I told myself as I struggled to finish the 30 days with a less than stellar performance. I admire those of you who were able to submit many minutes collected over the three months. Every minute counted, though, so if you were like me, remember it's all good.

We began with 25 participants. Some participated but for various reasons could not finish the challenge. This year, participants submitted their total time for their 30 best days of activity. I reported 76 674 minutes of activity by 21 participants to ARTA. Congratulations to Maureen Barrett-Cross who contributed over 10 000 of these minutes!

submitted by Marian Oberg

Upcoming Theatrical Opportunity!

Horizon Stage in Spruce Grove is advertising a very interesting 2019-2020 Season. In particular, the following 2 performances peaked my interest. If you would like to go to either one, let me know and I will arrange for a group of tickets.

Jake's Gift. “A multi-award winning one-actor play about a Canadian World War II veteran's reluctant return to Juno Beach for the 60th anniversary of D-Day.” There he meets a charming 10 year old who challenges him to confront some long-ignored ghosts. Jake's Gift is about the legacy of remembrance.

Thursday, November 7--7:30 pm.

Seniors \$30

Contact garrisonardyth@gmail.com by Sept 12 for tickets.

Going Wild with Brian Keating. Brian has explored some 50 countries on all seven continents. His buoyant method of storytelling, humour and personal anecdotes are engaging.

Friday, May 22--7:30 pm

All Ages \$25

Contact garrisonardyth@gmail.com by October 4 for tickets.

MARK YOUR CALENDAR

Upcoming breakfast dates: most of these are the first Friday of the month

October 4, 2019

November 1, 2019

December 6, 2019

January 10, 2020 (second
Friday)

February 7, 2020

March 6, 2020

April 3, 2020

No date has been set at this time for the BBQ in May.

The cost of breakfast will remain at \$22.00 per member and \$27.00 for non-members. Membership renewals (\$10.00) will be available at the Oct. 4 breakfast.



Thanks to Joyce for the stunning pictures of St. Albert animals!

Lively Living'

Wellness Conference for Retirees

November 21, 2019

- **KEYNOTE SPEAKER:** Su-Ling Goh from Global News on *'Current Issues in Wellness for Retirees'*
- **PRESENTATIONS:** Hearing, Travel Wellness, Financial Wellness, Photography, A pharmacist perspective, Nutrition, Medical Marijuana, and Travel talks from our members!
- **FREE SERVICES:** Hearing Screening (book time), Gait Scan
- **ACTIVITIES:** Line dancing, Stretch and release, Strength and fitness, Card making, Scrabble Challenge, Cribbage Tournament, Crocheting and Knitting Circles

COST: ONLY \$25.00 per person
for any part of, or the whole day, including lunch

Made possible by a grant from ARTA, with sponsorship from Hearing Life Canada Ltd., Merit Travel, and TW Insurance. Support also from, Leading Edge Physiotherapy, the Photography Club and Sobeys/Safeway Canada.

The **speaker/session information** and the **registration form** will be posted on the STARTA website (artabranches.net/starta) after September 10, 2019. On the website, go to the bottom of the home page to the link 'CONFERENCE'.