



ST. ALBERT AND AREA RETIRED TEACHERS' ASSOCIATION

BULLETIN

June 23, 2019

Summer is finally here!

*Please note the times and locations
of our two annual summer events:*

**July 24, 2019: Potluck Picnic
@ 5:00 pm**

at Lions Park in St. Albert

Committee members will phone with
further information prior to the event.

Saturday August 24, 2019: *An Afternoon at the Races*

We have reserved seats at the thoroughbred races at
the new venue. 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 plan
to attend please call Maurine before July 20, 2019 at 780-418-8032 or
e-mail her at momaslen@telusplanet.net



“Get Moving”

ARTA Wellness challenge

Congratulations to those who are participating in the ARTA Wellness Challenge. We're in the home stretch now!!

When the challenge ends on June 30, you are asked to send the list of the best 30 days since April 1 to Marian Oberg by email to mroberg@telusplanet.net or call Marian at 780 459 4764 to discuss alternate possibilities. The final report has to be submitted to ARTA by July 12. Happy Fitness!!



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

We need your HELP!

We are looking for members who would be willing to share pictures and travel experiences in a short 15 minute presentation at the Lively Living mini conference. If you would like to volunteer, please contact Marian Oberg by email at mroberg@telusplanet.net or call Marian at 780-459-4764.

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.

Instead of a STARTA event in September, we encourage our members to attend the Second Wind Conference sponsored by ERTA on September 5, 2019. The early-bird registration due date is just around the corner!

Second Wind Conference 2019

The 8th annual Second Wind Conference for retirees will be held at the Chateau Louis Conference Centre at 11727 Kingsway Avenue on Thursday, September 5, 2019.

Participants will enjoy a continental breakfast followed by a presentation by the keynote speaker, Catherine Samson, a humourist who once resided in St. Albert and still has family in the city.

Following the keynote address, registrants will have the option of attending three one-hour presentations from the twenty-one breakout sessions available. Choose from gardening in small spaces, travelling solo but not alone, improving your flexibility and health, employing strategies for improved sleep or cooking for one, as well as recognizing the healing benefits of laughter, pet therapy or learning more about cannabis. Go to secondwindconference.ca and click on the 'Speakers' tab for more information about specific sessions.

The day will conclude with a 'wine down' and draws for door prizes.

Register before July 19, 2019, to take advantage of the early bird fee of \$85. After that date the registration fee for the conference will be \$100. To register, go to the website at

<https://secondwindconference.ca/schedule.html>

Submitted by Vi Oko

Save the Date

November 21, 2019

for

‘Lively Living’

A Wellness Conference for Retirees

- **PRESENTATIONS:** Top Issues in Wellness for Retirees, Hearing, Travel, Financial Wellness, Photography
- **SERVICES:** Free Hearing Screening, 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 support from TW Insurance, Hearing Life Canada Ltd. and many other local businesses.

Watch upcoming News Bulletins for updates and registration information.

Thank you to those who contributed to this News Bulletin.