

Past Events

Date	Event	
Dec 1, 2023	An Awkward Family Christmas: An interactive Comedy Experience! The Saskatchewan Senior Fitness Association is pleased to present this hilarious Christmas party comedy. Dinner will be masterfully catered by Shanigan's Coffee & Dessert Bar while Prince Albert's only improv comedy troupe, Off the Cuff Improv, brings the show right to your table. SOLD OUT!	 <p>YOU ARE INVITED TO AN AWKWARD FAMILY Christmas AN INTERACTIVE COMEDY EXPERIENCE SCHEDULED FRIDAY 01 AT 06:00 PM 3 0 2 2 SHANIGAN'S COFFEE & DESSERT BAR YOUR HOSTS: SHANIGAN'S COFFEE & DESSERT BAR OFF THE CUFF LIMITED SEATING ADVANCE TICKETS ONLY WWW.EVENERITY.CA</p>
November 25, 2023	The Open Cribbage Tournament was a great success, with 16 teams participating for cash prizes and a lot of fun! The Royal Canadian Legion #2 and the SSFA bring you an Open Cribbage Tournament running November 25. This is an open class event with 2 players per team. It will take place at the Legion, 133 8th St. E. in Prince Albert.	 <p>Legion Branch 2 Prince Albert OPEN CRIBBAGE TOURNAMENT 2023 November 25 & 26 \$4m Registration \$4m Start Royal Canadian Legion Branch #2 133 - 8th Street East WWW.SSFA.CA</p>
November 24, 2023	Join us for the third session of the Art Discussion series at the Mann Art Gallery. Groovin' at the Gallery: Art Collections Donated to the Gallery in Recent Years. This event is free and open to the public.	 <p>TALK ABOUT ART Mann Art Gallery We're hosting two new discussion groups Coffee & Conversations This is held by guest Curator as a celebration of the very successful Arts in Residence Program and is held monthly for discussion for the City of Prince Albert through the Mann Art Gallery. At each gathering, an instructor presents a brief presentation on a topic of their choice, or to discuss the work for which we have received the grant money. It's a friendly and fun evening, and you're invited to share your thoughts and ideas with the group. Dates: • September 26, Mann Art Gallery • October 20, 760 • November 13, 109 • December 12, 109</p>
November 2, 9, 15, 30, 2023	Absolutely no experience is necessary for these Acting for Anyone workshops! The goal is to simply have fun. Along the way you will learn some basics of performance and improv that you can take into your everyday life in a beneficial way. Instructor: Adreanna Boucher of Off the Cuff Improv. Venue: Prince Albert Public Library.	 <p>WORKSHOP ACTING FOR ANYONE (18+) ADREANNA BOUCHER Theatre Artist Saskatchewan Senior Fitness Association NOVEMBER 2, 9, 15, 30 6-8pm @John M Cuelenaere Library</p>

<p>September 28-October 26, 2023</p>	<p>Jammin' with Jamie Group Fitness Classes. Anyone over the age of 18 is welcome! Classes are held Tuesdays and Thursdays at the Royal Canadian Legion Auditorium, 133 8th St. E. in Prince Albert.</p>	 <p>Saskatchewan SENIOR FITNESS Association JAMIE Jammin' with JAMIE Group Fitness Classes (18+) • Tuesdays and Thursdays starting September 28th • 7pm - 8:15pm • Legion Auditorium - 133 8th St. E. • SSFA members: \$8/session • Non-SSFA members: \$10/session</p> <p>Attend all 8 sessions and save!</p>
<p>October 11, 2023</p>	<p>We would like to extend heartfelt gratitude to Lynda Monahan for her engaging presentation at the Grace Campbell Gallery of the Prince Albert Public Library on October 11. Her insights on Writing Your Life Story were incredibly inspiring. It was a true pleasure to hear readings of her poetry and descriptions of the life events that formed the foundations of that writing. Her courage in discussing these experiences encouraged audience members to share life experiences of their own. We look forward to following her work and learning from her expertise in the future. We would also like to thank the Prince Albert Public Library for hosting this event, which was sponsored by the SSFA and the Saskatchewan Writers Guild.</p>	
<p>September 22, 2023</p>	<p>Today is our first Art Discussion Series at the Mann Art Gallery! We will be discussing the new exhibition called "Between Us." If you'd like to see what a collaboration between honeybees and artists looks like, join us from 1:00 to 2:30 pm at 142-12th St. W. in Prince Albert. This wonderful discussion is exclusively for SSFA members. \$20 annual memberships are available at the door. Note: The bees are unable to attend.</p>	
<p>September 19, 2023</p>	<p>It's a busy week at the Legion! Tomorrow is the hilarious Improv Comedy Night with Off the Cuff Improv! \$25 gets you an evening of laughs and a one year SSFA membership. The fun starts at 7:30 pm, September 19, at the Royal Canadian Legion #2, 133 8th St. E. in Prince Albert. Must be 18 to attend.</p>	 <p>Saskatchewan SENIOR FITNESS Association Lakeland District 18+ IMPROV COMEDY NIGHT WITH OFF THE CUFF Improv & Entertainment SEPTEMBER 19 DOORS: 7PM SHOW: 7:30PM \$25 - INCLUDES 1 YEAR SSFA MEMBERSHIP! ROYAL CANADIAN LEGION BRANCH #2 133 8TH ST. E.</p>

<p>September 1, 2023</p>	<p>Thank you, Mann-Northway Chevrolet Buick GMC, for hosting September 1's fundraising BBQ. Half of the proceeds has been donated to the Prince Albert SPCA. Here is our Lakeland District secretary, Sandra Greenwood, and President Barry Brezden presenting the cheque to SPCA Manager Ashlee Bober. Thanks also to Shanigan's Coffee & Dessert Bar for providing the lovely backdrop!</p>	
<p>August 24, 2023</p>	<p>Come on down to the Royal Canadian Legion #2 on August 24 for our first Game Night! There is no charge but you must be over 18. It takes place at 7:30 PM at 133 8th Street E in Prince Albert.</p>	