

Central Lions Seniors Association

# 2019 FALL PROGRAMS AND ACTIVITIES

COME FOR THE PROGRAMS,  
STAY FOR THE PEOPLE



Edmonton

Central Lions Seniors Recreation Centre, 11113 – 113 Street, [CentralLions.org](http://CentralLions.org)

# **CENTRAL LIONS SENIORS ASSOCIATION**

at Central Lions Seniors Recreation Centre

11113 - 113 Street NW, Edmonton, Alberta T5G 2V1

Phone: 780-496-7369 Fax: 780-442-0946 Website: [www.CentralLions.org](http://www.CentralLions.org)

Facebook@CentralLionsSeniors

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**\*\* require in-person registration**

Programs and club dates may be bumped for educational programming, facility maintenance, special events, emergencies, and bookings.

Welcome to Central Lions Seniors Association (CLSA) where our members contribute and participate in our community life through activity and social engagement.

This beautiful facility, owned by the City of Edmonton (Citizen Services), features a fitness and wellness centre including weight room, fitness studio, change rooms, showers, and sports gym; multiple general and specialized classrooms; two auditoria; a bright atrium; cafeteria and meeting areas. Our centre is fully accessible, near LRT and bus routes and has ample and free parking.

CLSA is an independent, non-profit Society formed in 1979. Our programs are made available through registration and club fees, donations and general fund-raising. We rely on our generous and dedicated volunteers who support our efforts every step of the way.

Seniors of every age, interest and fitness level will find something to enjoy at CLSA. We invite you to come to CLSA for the programs and stay for the people.

### **MISSION:**

To encourage, promote and provide opportunities, through recreation, education, and socializing, to enhance the well-being of persons aged 55 and older.

### **CLSA VISION:**

Engaging mind, body, and spirit to enhance quality of life.

If you have questions or concerns, please contact our Executive Director, Susan Mann at 780-442-0937 or [susan.mann@CentralLions.org](mailto:susan.mann@CentralLions.org).

**FACILITY: Public Hours:** Monday - Friday,  
8:30 am - 4:30 pm, Closed Dec 25, 26 & Jan 1.  
Facility will be closed Dec 24 & Dec 31 at Noon.

CLSA offices will be closed Dec 23 - Jan 3.  
Registration - 10 am - 2 pm except as listed above.  
Fitness Centre - 8:30 - Noon, Dec 23, 24 27 30, 31, Jan 2, 3.

**In-person registration: 10 am - 2 pm,  
Monday - Friday**

**CLSA members: Registration begins  
August 12 , 2019**

Registration for members of other seniors' centres in Edmonton  
and non members (in person only) starts 26, 2019

**Need more Information?**

Call 780 496 7369 or visit our website at **CentralLions.org** and  
**Facebook@CentralLionsSeniors**

**Program Registration Fees - Important Notice!!!**

Early registrations equal fewer cancellations and fewer disappointments. Help our staff determine which programs have sufficient participants to "run". Register early!

If minimum participant registration is not met, the program will be cancelled five days prior to the start date. You will be notified by phone and you will be offered a refund or credit toward another class.

## **CLSA Membership**

### **55+ Senior Full Membership**

Fee: \$35. Valid January 1, 2020 – December 31, 2020

Benefits:

- Full voting privileges at Annual General Meeting - March 19, 2020
- Full access to the Fitness Centre with purchase of a fitness pass
- Early program registration
- Programs and special event tickets at reduced member rates

### **Associate Membership**

(residing at same address as a full member)

Fee: \$35 for spouse/partner under 55. Valid January 1, 2020 – December 31, 2020

Benefits:

- Full access to the Fitness Centre with purchase of a fitness pass
- Early program registration
- Programs and special event tickets at reduced member rates
- Includes some Sports Clubs - restrictions apply

### **Under 55 Non Senior Annual Pass**

(35 – 54 years of age)

Fee: \$65. Valid January 1, 2020 – December 31, 2020

Benefits:

- Access to the Fitness Centre after 12 pm with purchase of a fitness pass
- Programs and special event tickets at reduced member rates

**Note:** Membership fees are not refundable, transferable, nor pro-rated.

**Memberships must be purchased in person at the  
Central Lions Seniors Recreation Centre**

**Mon - Fri, 10 am - 2 pm**

## **Reciprocal Program Registration for Participating Seniors Centres**

- Registration will start August 26, 2019.
- Must be in person between 10 am - 2 pm, Monday – Friday (closed on stat holidays).
- Applies to paid programs only (excludes drop-in activities, clubs, and Special Events).

You must have a valid membership card from another participating centre.

Participating Centres:

Edmonton Indigenous Seniors Centre	Seniors Association of Greater Edmonton
Edmonton Seniors Centre	South East Edmonton Seniors Association
Jewish Seniors Centre	SouthWest Edmonton Seniors Association
Mill Woods Seniors Association	North Edmonton Seniors Association
Strathcona Place +55 Centre	NorthWest Edmonton Seniors Society
West Edmonton Seniors Activity Centre	

### **CLSA CODE OF CONDUCT:**

CLSA believes in creating a positive community, and strives to maintain a respectful, friendly and supportive environment for members, staff, instructors, volunteers, and guests. To that end, CLSA applies the following Code of Conduct:

Everyone will...

- Be protective of the safety, security, well-being, and goodwill of others and the Centre as a whole.
- Refrain from participating in any action that seriously disrupts or disturbs the morale, efficiency, safety or normal operations and activities of CLSA.
- Conduct themselves in a respectful and responsible manner in all interactions with others. CLSA does not tolerate inappropriate, abusive or undesirable language or behaviour.

Violations of this Code of Conduct will be dealt with in accordance with established CLSA procedures and membership may be revoked.

Our Cafeteria (By Ela Euro Catering) is now fully license. Enjoy a glass of wine with your lunch.

## **With a valid 2020 membership...**

### **Online:**

You can view the program information online on August 12 at <https://movelearnplay.edmonton.ca/COE/public> or [CentralLions.org](http://CentralLions.org). To register online you will need the following:

1. If you previously had an eReg account, simply go to the Log-in page and select the link to reset your password and follow the instructions.
2. Online registrations must be completed before the program start date.
3. You will need access to a printer if you wish to print out your confirmations or your registration will be emailed to you.
4. Follow the instructions to complete your registration.
5. Payments must be made by credit card.

### **By Telephone:**

Register by calling 311. If you are outside the Edmonton area, please call 780 442-5311. Telephone registrations must be completed before the program start date.

### **In Person:**

Register at the front desk of Central Lions Seniors Recreation Centre between 10 am - 2 pm (Monday to Friday) or at any City of Edmonton Recreation Centre.

Reciprocal Seniors Centre members are welcome at Central Lions. You must register in person at Central Lions to qualify for members' rates.

Note: Program dates, times instructors, and fees are subject to change. Any registration after the program start date must be completed in person at the Central Lions Seniors Recreation Centre.

NOTE: We regret that the pricing in the online system has in a few programs is incorrect, these can not be adjusted now that the system is live. The updates have been sent to 311, anyone who has registered in a program at the listed price will be able to apply for a credit or refund at the Centre. Staff at the centre are also monitoring registrations and correcting this issue as well.

## **Payment & Confirmation**

- Program fees will be confirmed at the time of registration and must be paid in full. Participants are not considered registered until payment has been received.
- Payment can be made using VISA, American Express, MasterCard, cheque, money order, debit, or cash. Please make cheques or money orders payable to the City of Edmonton. Post-dated cheques are not accepted. **Online registration is by credit card only.**
- If you register in person, a course confirmation will be given to you. Otherwise, a confirmation will be mailed/emailed to you along with any additional program information.

## **Wait lists:**

If the program in which you wish to register is full, you can be 'waitlisted'. If there is a cancellation, we will contact you and let you know that there is now room for you in the program. Our system tracks names in the order they were received. If there are sufficient names to run a second class, and the instructor is available, we will contact you with the new date and time.

## **Cancellations, Refunds & Transfers**

- If it is necessary for CLSA to cancel a program, you will be notified prior to the program start date. In this situation, refunds will be issued.
- No refunds or credits are given for programs, presentations, club or Fitness Centre registrations unless cancelled by CLSA. Concerns may be forwarded (in writing) to the CLSA Executive Director for review.
- **Transfers** to another program are permitted (subject to availability) without penalty up to 15 days prior to the program start date. A \$10 administration fee will apply if a transfer is requested 14 days or less prior to the program start date or if the program has started. If applicable, any credit balance will be refunded.

## **Disclaimers**

- Opinions expressed by program presenters do not necessarily reflect the views of the CLSA staff or the CLSA Board of Directors.
- All participants (member/non member) must sign a waiver, and agree to abide by the CLSA Code of Conduct, before attending any CLSA programs, activities or special events.
- CLSA is not responsible for injuries incurred during any program, club or other sponsored CLSA activity.



# Glossary of Program Guide Terms:

**Membership Fee:** The costs to be a member of CLSA. Membership allows you to participate in the activities at the Centre at reduced rates. The annual membership fee is \$35.

**Program Fee:** The cost of a course / program session or presentation. This fee covers the expense of the instructor, facility and administration of the programs offered.

**Session:** Courses and programs that have more than one registration intake in a season and/or are offered on more than one day of the week.

**Class:** Occurs only one day within a course or program session.

**Course:** A program that is only offered once in a season.

**Program Session:** A program that has multiple offerings in a season.

**Season:** The actual time of year in which a course, program session, presentation, activity or special event occurs. Three CLSA program guides are produced yearly which cover instructional seasons (Winter, Spring and Fall).

**Workshop:** Used to describe a one or two-day course or program that includes hands-on experience.

**Lecture/Presentation/Demonstration:** Used to describe a one-day course where there is only observation and no hands-on participation.

**Club Fee:** The cost to belong to the club. These fees ensure room rental and helps cover the cost of administration and programming expenses.

**Club Dues:** The cost required to cover expenses of the club.

**Drop-In Fee:** The nominal fee charged per visit to offset the cost of the programming expenses.

## One Day Talks - Last Minute Tickets Sold at the Door!

Please note that our one-day talks have proven extremely popular! Tickets are now available on a last minute basis in a simplified process. You can pick up tickets for these talks at the front desk for a special fee (subject to availability), we have only limited seating on the day of the talk as follows:

Published Fee	At the Door Fee
\$2	\$4
\$3	\$5
\$5	\$7
\$6	\$8
\$8	\$10
\$10	\$12
\$15	\$17

# New for Fall 2019!

## Tuesday and Thursday Expanded CLSA Hours!

All activities enter through the North (Fitness entrance).

### **Fitness Centre 6:30 am - 8:30 am Members only**

#### **Drop In Pickleball 6:30 - 8:30 am**

This uninstructed program is for pickleball players 35 years of age and older who are looking for an early morning game. Bring your own paddle and ball. Fitness Centre access is available for a nominal fee. Locker room/showers are available at no additional charge.

Maximum drop-ins per day: 24.

Fee: \$5 Tue & Thur, 6:30 - 8:30 am, Sept 10 - Dec 19

#### **Essentrics: Stretch & Tone**

Stretch & Tone is a full body, equipment-free workout using a dynamic combination of strengthening and stretching to develop lean, strong and flexible muscles. The immediate benefit is to your posture. A diverse music playlist accompanies each routine. Perfect for men and women of all fitness levels, Essentrics can help prevent and treat injuries, unlock tight joints, and leave you feeling energized and healthy. Note: Please bring your yoga mat, small towel and water to class. Level 3 – Moderate fitness; includes standing and floor work (back and side only).

Tuesday Instructor: Meaghan Hipkins

Barcode:665840 Tue, Sept 10 - Oct 29, 7 - 8 am

Fee: Member: \$96 Non Member: \$132

Barcode: 665833 Tue, Nov 12 - Dec 17, 7 - 8 am

Fee: Member: \$72 Non Member: \$108

#### **Small Group Personal Training**

Instructor: Barb Turner, BKIN, CSEP, AFLCA

By request! This members only program will help you target and achieve your fitness goals through personally supervised training in a group setting. Instructor Barb Turner will tailor your program based on your needs, assessment and analysis. Your exercise prescription will provide you with progression details for your own personal situation. Note: Completion of a needs assessment and fitness centre orientation are required before beginning. Register for both Tuesday and Thursday program days and receive a free 2020 membership when you successfully complete session. Program entrance through north end of facility.

Tuesday

Barcode: 666207 Tue, Sept 10 - Oct 29, 7 am- 8 am

Fee: Member: \$120 Non Member: na

Barcode: 666205 Tue, Nov 12 - Dec 17, 7 am - 8 am

Fee: Member: \$90 Non Member: na

# Computers and Devices

## TUTORIALS ONE-ON-ONE

Instructor: Shawn Gramiak

Are you having trouble with your computer, device and/or its software? A one-on-one tutorial may provide the guidance you are seeking to get the most out of your system. These customized, focused training opportunities are designed to address operational and/or software concerns you might have with your Windows, Apple or Android device (phone, iPad, Android tablet or laptop). Do you want to: learn how to use Word, Excel or PowerPoint, organize files on your computer, use online services like the Google Drive, Kijiji or Pinterest, download movies, music or apps, or learn more about email, text messaging and video calling? Let us know what help you need!

Note: Multiple concerns may require more than one instructional session. You are welcome to schedule back-to-back time slots or book another day. Please advise as to the type of device & concern when registering. 311 registrants will be contacted for this information. Space limited; registrations accepted on a first come, first serve basis.

Mondays

	Oct 7	Oct 21	Oct 28	Nov 4
Barcode: 9:15 - 10 am	664801	664804	664805	660806
10:15 - 11 am	664802	664811	660812	660813
11:15 am - 12 pm	664803	664818	660819	660820
	Nov 18	Nov 25	Dec 4	Dec 9
Barcode: 9:15 - 10 am	664807	664808	664809	664810
10:15 - 11 am	664814	664815	664816	664817
11:15 am - 12 pm	664821	664822	664823	664824

Fee per session: Member: \$45 Non Member: \$80

**Join us for Cuppa Corner every Tuesday morning 10 am  
– watch the newsletter for special dates.**

## **Computers and Devices with Edmonton Public Library (EPL)**

IMPORTANT – Please note: Edmonton Public Library workshops are provided at Central Lions as community outreach service. Everyone is welcome. Participants must supply and be comfortable working with their own devices/laptops, and have a valid Edmonton Public Library card and PIN number in order to access EPL's online materials.

### **EPL: e-Books & Audiobooks**

Presenter: EPL Staff , Woodcroft Library

The Edmonton Public Library has a plethora of free e-books and audiobooks for your enjoyment. In this hands-on session, you will learn how to access and download these resources from the library to your iPad, laptop, tablet or smart phone. There will be time to practice. Note: Participants must supply and be comfortable working with their own devices/laptops.

Barcode: 664796    Tues, Sept 17, 1 - 3:30 pm

Fee: Member & Non Member: \$2

### **EPL: Online Course & e-Resources**

Presenter: EPL Staff , Woodcroft Library

Connect with the Edmonton Public Library's online learning resources and discover how you can access hundreds of different courses with diverse topics. There is literally something for everyone.

Barcode: 664798    Tues, Oct 15, 1 - 3:30 pm

Fee: Member & Non Member: \$2

### **EPL: Digital Privacy**

Presenter: EPL Staff , Woodcroft Library Privacy protection is more important than ever in today's electronic society. Learn tips to ensure your privacy is protected. EPL staff will be discussing information from the Office of the Privacy Commissioner of Canada concerning identity theft, online privacy and mobile privacy.

Barcode: 664800    Tues, Nov 19, 2 - 3:30 pm

Fee: Member & Non Member: \$2

### **"Oh no! You cancelled the program!"**

Did you know it is program policy to cancel classes one week prior to the start date if there are not enough registrations?

Don't delay - sign up today!

# Crafts

## **ACRYLIC PAINT POURING**

Instructor: Susan Mann

Back by popular demand with a new twist! Join Susan for an exciting afternoon of acrylic paint pouring and create your own unique art. Beginners will learn the basics, participants with experience will choose three of the advanced pour techniques such as strainer, tree ring, gravy boat, blow dryer pours or a glass vase pour. All supplies included - participants wishing to try hair blower technique are requested to bring a hair blower.

Barcode: 664971 Fri, Sep 20, 1:00 - 4:00pm

Fee: Member: \$35 Non Member: \$70

## **Cake Decorating: Introduction**

Instructor: Aura Morrison

Under the guidance of professional cake decorator Aura Morrison, learn how to turn iced cupcakes into simple works of art. Includes basic techniques and piping skills using coloured, buttercream icing. Supplies \$20 payable in class. Take home your own cupcakes to enjoy. Note: Bring pen and paper for note taking plus a container for your cupcakes

Barcode: 665092 Fri, Oct 4, 1 - 4 pm

Fee: Member: \$25 Non Member: \$61

## **Cake Decorating: Cupcake Fondant**

Instructor: Aura Morrison

Discover the art of decorating cupcakes using fondant. Learn fondant fundamentals by adding texture with simple cutout flowers. Supplies \$20 payable in class. Note: Bring paper and pen for note taking plus a container to take home your cupcakes. Enjoy!

Barcode: 664972 Fri, Oct 25, 1 - 4 pm

Fee: Member: \$25 Non Member: \$61

## **Cake Decorating: Royal Icing Flowers**

Instructor: Aura Morrison

This workshop is a great class to build skill through many levels. Discover how you can make cupcakes fun and with lots of creative touches using cupcake decorating royal icing. Learn about flower composition, colours, patterns and layered piping. Supplies \$20 payable in class. Take your creations home. Note: Bring a pen and paper for note taking plus a container for cupcakes.

Barcode: 644981 Fri, Nov 8 1 - 4 pm

Fee: Member: \$25 Non Member: \$61

## **Cake Decorating: Edible Sugar Flowers**

Instructor: Aura Morrison

Using gumpaste, cutters and wire, learn how to create the ultimate, edible sugar flowers including sweetpeas, rose and stunning lily. Drying time will be required to these creations. Sample how you can take your cake decoration to the wow factor! Supplies \$20 payable in class. Note: Bring pen and paper for note taking plus a container for cupcakes.

Barcode: 664973 Fri, Nov 29, 1 - 4 pm

Fee: Member: \$25 Non Member: \$61

## **CARDS & PAPER CRAFTS**

Instructor: Pam McLean

Card making has come a long way from simple paper folds and markers. Today's tools allow you to apply stamped images, dimensional texture, heat embossed glitter, watercolours and much more to your card. Under Pam's guidance, you will complete three new projects during each workshop. No experience required. It is fun and easy, and a great way to spend a Monday morning! Note: Supplies extra (\$10) per workshop payable to the instructor

Barcode: 665053 Mon, Sept 23, 9:30 am - 12:30 pm

665069 Mon, Nov 18, 9:30 am - 12:30 pm

Fee per session: Member: \$25 Non Member: \$61

## **CARDS & PAPER CRAFTS: Christmas in A Day!**

Instructor: Pam McLean

It's Christmas in October! There is nothing like receiving personal, homemade gifts - especially during the holiday season. In this workshop, there will be lots of laughter and fun to be had in making 7-10 unique festive and winter-themed cards, complete with envelopes and card holder. Kits will be ready for you to apply stamped images, texture, glitter and ribbon. No experience required. You will be amazed at the quality of cards! Note: All supplies (approx. \$35) provided - payable to the instructor. There will be a short lunch break; cafeteria will be open or bring your own.

Barcode: 665051 Mon, Oct 21, 9:30 am - 4 pm

Fee: Member: \$45 Non Member: \$81

## **CARDS & PAPER CRAFTS: Fun with Christmas Gift Tags**

Instructor: Pam McLean

Come relax and join the fun as we make a variety of special Christmas gift tags. Perfect to add that final finishing touch to your Christmas celebration. Participants should have some card making experience.

Barcode: 665074 Mon, Dec 16, 9:30 am - 12:30 pm

Fee: Member: \$25 Non Member: \$61

## **Introduction to Paper Making (Lecture/Demo)**

Instructor: Frank Haddock

Learn how to recycle paper in this fun demonstration/presentation. Your presenter will go through each step you need to know in order to make your very own specialty paper.

Handouts will accompany the presentation.

Barcode: 665087 Mon, Oct 21, 1:00 - 3:00 pm

Fee: Member & Non Member: \$9

## **Pressed Flowers 101**

Instructor: Melanie Hsiao

With summer coming to an end, what greater way to preserve your favourite flowers than by pressing them. Learn about the tools and discover the techniques of flower pressing with certified Pressed Flower designer Melanie Hsiao. You will learn about the flowers commonly used as you make two key chains to gift or keep. If time, pressed art work may also be completed. Note: Supplies extra (\$10) payable to the instructor.

Barcode: 665150 Wed, Sept 18, 1 – 4 pm

Fee: Member: \$25 Non Member: \$61 (+ supplies)

## **PRESSED FLOWERS: Flowers in Jewellery: Christmas Theme**

Instructor: Melanie Hsiao

Just in time for Christmas gift giving. Have fun creating pendants and coasters using pressed flowers and resin to complete a three dimensional effect. Explore working with floral layers and background resin colours. The results are beautiful! No experience required. Note: Supplies extra (\$25) payable to the instructor. Extra flowers and chains will also be available for purchase. Participants are welcome to bring their own pressed floral embellishments.

Barcode: 665152 Tue, Dec 10, 1 – 4 pm

Fee: Member: \$25 Non Member: \$61 (+ supplies)

## **PRESSED FLOWERS in Sun Glass: Christmas Theme**

Instructor: Melanie Hsiao

No prerequisite required for this afternoon workshop. In this workshop you will learn about composition, colour arrangement, and how to apply Christmas floral art to a transparent surface. The finished project will be a beautiful 8" x 10" sun glass float frame to display.

Notes: Supplies extra (\$20) payable to the instructor. Extra flowers can be purchased as needed. You are welcome to bring your own pressed flower embellishments.

Barcode: 665151 Tue, Dec 3, 1 – 4 pm

Fee: Member: \$25 Non Member: \$61 (+ supplies)

## **Nalbinding for Beginners**

Instructor: Janet Abramic

Nalbinding is a traditional wool craft used to make articles such as hats, gloves and mittens. Also known as Viking (or single needle) knitting, nalbinding is an ancient technique pre-dating the Roman era, well before knitting and crochet were known. Its methods are still used in Peru, Iran and parts of Scandinavia. Join Janet to learn more about this craft and experiment with different stitches. No experience is required. Participants will work towards completing a hat in four weeks. Note: This is not just a ladies course. All Norsemen had to know how to nalbind while they were away from home. Come join the fun! Supplies extra (approx \$30) payable to the instructor.

Barcode: 665161 Fri, Oct 4 - Oct 25, 10 am - 12 pm

Fee: Member: \$60 Non Member: \$96

## **Stained Glass: Introduction**

Instructor: Lori Boutestein

Stained glass is a fun, creative hobby that can become quite addictive. In this two-day workshop, learn the fundamentals of scoring and cutting glass to create a simple window catcher. Step-by-step instruction will show you how to work safely with the tools, and how to use foil to solder pieces together. Once you have completed these basics, you'll be ready for bigger projects - perhaps with our own CLSA Stained Glass Club. Note: Supplies extra, (approx. \$20) available from the instructor. Fee includes use of tools.

Barcode: 665178 Thur, Sept 26 & Oct 3, 2 - 4:15 pm

Fee per session: Member: \$30 Non Member: \$66 (+ supplies)

## **Stained Glass: Christmas Angel Candleholder**

Instructor: Lori Boutestein

What better time to show off stained glass than at Christmas! Whether you are new to stained glass or a hobbyist, have fun creating a Christmas angel for display or gift giving. Learn how to cut, foil and solder curved pieces of glass. No experience required.

Note: Project supply kits (approx. \$20) available from the instructor. Fee includes use of tools. There will be a limited supply of extra kits available for those who wish to make more than one angel.

Barcode: 665180 Thur, No 7 & Nov 14, 2 - 4:15 pm

Fee per session: Member: \$30 Non Member: \$66 (+ supplies)





## **Woven Wall Hanging**

Instructor: Kim McCollum, Co-owner - Gather Textiles

Take your love of yarn to the next level by learning to make art on a hand help loom! In this 1 day workshop, you will learn how to set up an artisan loom and create a textual wall hanging. This workshop encourages experimentation and pushing the limits of what fiber can do! Both new and experienced weavers are welcome. Techniques covered include crochet-weaving, shape building, macramé techniques, looped yarn knotting, and a variety of fringe options. You will also get the chance to experiment with roving and unconventional materials. The workshop will end with a discussion about finishing and hanging or otherwise displaying your finished piece. Note: Looms will be available for purchase after the workshop. All materials included. No experience necessary. There will be a short lunch break; cafeteria open or bring your own.

Barcode: 665189    Tues, Oct 29, 10 am - 4 pm

Fee: Member: \$65    Non Member: \$101

**Dance** - Dance wax is not permitted at Central Lions.

## **Ballroom Dance Uninstructed Practice**

Facilitator: Bob MacDonald

Are you a ballroom dancer looking to practice steps learned in a class or wanting to brush up on your dance skills? This uninstructed dance time is just for you. Invite a partner, have fun and gain confidence as you practice various dances and steps. The facilitator along with the group will decide what to practice when. Taped music to American-style dancing will be used. Note: There may be a nominal fee collected to go towards rented music. Bring indoor dance shoes or slippers.

Barcode: 665120    Fri, Sept 6 - Dec 20, 1 - 2:30 pm    Omit Dates: Sept 27, Oct 1

Fee: Member: \$44    Non Member: \$77

## **Ballroom Social Dance: Anyone Can Dance**

Instructor: Devon Panko

Do you have two left feet when it comes to dancing? The good news is - anyone can dance! Laugh, learn and have fun trying the Waltz, Rhumba, Swing, Fox Trot and Two Step. Great for beginners or anyone wanting to brush up on their dance skills. Registration in partners is preferred but not mandatory. Note: Bring your indoor dance shoes or slippers.

Barcode: 665121 MEN    Tue, Sept 17 - Oct 29, 12:30 - 1:45 pm    Omit Date: Oct 1  
665122 WOMEN

Barcode: 665123 MEN    Tue, Nov 5 - Dec 10, 12:30 - 1:45 pm  
665124 WOMEN

Fee per session: Member: \$72    Non Member: \$108

## **Ballroom Advanced Dance: Semi Private Lessons**

Instructor: Devon Panko

These semi-private lessons are for advanced dancers seeking to learn and renew techniques and complex step patterns. Space is limited to allow for one-on-one personal instruction. Please register with a partner. Registration is on a first come basis.

Barcode: 665245 MEN Tue, Sept 17 - Oct 29, 1:45 - 2:30 pm Omit Date: Oct 1  
665250 WOMEN

Barcode: 665257 MEN Tue, Nov 5 - Dec 10, 1:45 - 2:30 pm  
665258 WOMEN

Fee per session: Member: \$84 Non Member: \$120

**Dance Fitness** - now found under Fitness section

## **Hula Dance:**

Instructor: Tracy Thorne

This program is divided into three progressive levels. Beginners register for Coconut level only. More advanced students should enroll in Hibiscus or Plumeria levels which include the preceding levels. Register in one level only!

## **Coconut**

This is the Beginner level and warm-up for the more advanced levels.

Barcode: 665281 Thu, Sept 19 - Nov 7, 1:00 - 1:45 pm

Fee: Member: \$24 Non Member: \$60

Barcode: 665461 Thu, Nov 14 - Dec 15, 1:00 - 1:45 pm

Fee: Member: \$18 Non Member: \$54

## **Hibiscus**

Choreographed class. Includes the preceding Coconut level.

Barcode: 665288 Thu, Sept 19 - Nov 7, 1 - 2:30 pm

Fee: Member: \$40 Non Member: \$76

Barcode: 665462 Thu, Nov 14 - Dec 19, 1 - 2:30 pm

Fee: Member: \$30 Non Member: \$66

## **Plumeria**

Performance class. Includes the preceding Coconut and Hibiscus levels

Barcode: 665289 Thu, Sept 19 - Nov 7, 1 - 3:15 pm

Fee: Member: \$56 Non Member: \$92

Barcode: 665463 Thu, Nov 14 - Dec 19, 1 - 3:15 pm

Fee: Member: \$42 Non Member: \$78

## **Tap Dance:**

Instructor: Jeff Gatti

### **Beginners Technique**

It's never too late to tap dance; anyone can learn! No experience required. Steps, moves and basic routines including posture and balance will be reviewed.

Barcode: 665469 Wed, Sept 18 - Nov 6, 11:30 am - 12:30 pm

Fee: Member: \$72 Non Member: \$108

Barcode: 665472 Wed, Nov 13 - Dec 18, 11:30 am - 12:30 pm

Fee Member: \$54 Non Member: \$90

### **Intermediate Technique**

Enjoy tap exercises throughout. Build your aerobic fitness, muscle strength, flexibility and coordination. Tap is also great for your memory. Note: Tap shoes are suggested.

Barcode: 665473 Wed, Sept 18 - Nov 6, 9:10 - 10:10 am

Fee: Member: \$72 Non Member: \$108

Barcode: 665486 Wed, Nov 13 - Dec 18, 9:10 - 10:10 am

Fee: Member: \$54 Non Member: \$90

### **Advanced Performance**

Want to work on tap technique and expand your repertoire to include more complex footwork? Choreographed festival performance opportunities are available during the last week either at Central Lions or at a performance location pending the desires of the group. Note: Previous tap dance experience and tap dance shoes required.

Barcode: 665487 Wed, Sept 18 - Nov 6, 10:20 - 11:20 am

Fee: Member: \$72 Non Member: \$108

Barcode: 665515 Wed, Nov 13 - Dec 18, 10:20 - 11:20 am

Fee: Member: \$54 Non Member: \$90

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# Fitness

## Which fitness program is right for you?

**Step 1:** It is advisable to check with your doctor prior to taking any exercise program

**Step 2:** Decide what it is you enjoy doing

**Step 3:** Determine your ability level by answering the questions below:

**Gentle** - Have you been sedentary for the last few months? Get breathless easily? Lack joint flexibility and muscle strength? Do not feel ready for regular physical activity? Gentle programs may include a cardio component of approx. 15-20 minutes with no/limited floor exercises.

- Balance and Strength
- Co-Ed Gentle Move & Groove
- Roaring Lions Walking Group
- Yoga: Iyengar and Structural (Beg.)
- Better Balance
- Essentrics for Seniors
- Yoga - Gentle Hatha

**Moderate** - Have you participated in moderate level physical activities for the past few months? Moderate programs may include a cardio component of 20-30 minutes. Some classes have floor exercises.

- Cardio Fit/Yogasize
- Core Stretch & Strength
- Essentrics - Stretch & Tone
- Pilates: Mat Workout
- Co-ed Keep Fit Moderate
- Essentrics - Release/Rebal/Restore
- Essentrics Tone for Pickleball
- Yoga: Iyengar and Structural (Intermediate)

**Active** - Have you been active for months? Do you have the stamina for 30 or 40 minutes of cardio exercise with floor exercises? Some programs include interval training.

- Cardio Fit/Yogasize (Intermediate)
- Co-ed Keep Fit Active
- Strength Training (Non Cardio)
- Circuit Challenge for Active Older Adults
- Dance Fitness
- Strength Training (Progressive)

**Specialty programs** - Designed to meet individual and group seasonal requests.

- Total Stretch Workshop
- Yoga: Sleeping Yoga for Stress Relief
- Weight Room Workshop

**Specialty Programs** -

- Better Balance
- Essentrics Stretch & Tone
- Small Group Personal Training
- Yoga: Sleeping Yoga for Stress Relief & Insomnia
- Essentrics for Pain Relief
- Ski Conditioning
- The Healthy Back

# Join our Fitness Centre!

**Note:** Check with your doctor prior to taking any exercise program.

Even if you have never been to a Fitness Centre before, getting started is easy. For more information, or to meet our certified fitness coordinators, drop by the Fitness Centre or call 780 442-0949.

**Take a FREE Orientation** - Our coordinators provide information about Centre operations, introduce you to the equipment, and provide some tips on exercising safely.

Note: Must be a member of CLSA prior to joining the Fitness Centre.

## The Benefits of Physical Activity

- A healthy and active lifestyle
- Relaxation and reduced stress
- Better physical and mental health
- Improved quality of life
- More energy
- Better posture and balance
- Weight maintenance
- Stronger muscles and bones
- Reduced risk of heart disease, diabetes, osteoporosis, stroke, colon cancer, depression, and falls

## Check out our Equipment!

Easy to use, designed for all ability levels, great for improving cardio and for increasing muscle strength and bone density.

- Treadmills/exercise bicycles/ellipticals
- Squat machine
- Seated leg curl
- Leg extension
- Abdominal crunch/chest press
- Seated row/lateral pull down
- Dual adjustable pulley machine
- SciFit ProArmagometer
- Bosu & exercise balls

## Fitness Centre Fees\*:

Drop-in \$4.00  
10-Visit Pass \$35  
Monthly Pass \$45

## Hours\*:

M,W,F 8:30 am - 3:00 pm  
Tu,Th - 6:30 am - 3:00 pm  
\*closed statutory holidays

\* Fees and hours subject to change without notice.

# Fitness Classes

## **Balance & Strength (Modified)**

Instructor: Cathy Taskey

By request! A combined modified Better Balance and Strength Training program for those looking for an easier and less intense program. Exercises will be adapted for both standing and seated workouts. No floor exercises. Note: Participants with health concerns and/or use walkers or canes are welcome to join.

Barcode: 665165 Thurs, Sept 12 - Oct 31, 1:30 - 2:30 pm

Fee: Member: \$56 Non Member: \$92

## **Better Balance**

Instructor: Cathy Taskey

Instructor: Cathy Taskey Learn to reduce the risk of falls with balance exercises combined with strength activities. This program's goal is to improve balance with simple low risk exercises, progressing towards exercises that require maintaining balance with moving. Progression is at your own pace. Note: This program is suitable for participants who feel their balance skills are diminishing as a result of age and/or health concerns.

Barcode: 665179 Tues, Sept 10 - Oct 29, 1:30 - 2:30 pm

Fee: Member: \$56 Non Member: \$92

## **BeMoved**

Instructor: Simone Batt

At BeMoved we believe that movement expressed through dance and music has a transformative power that enriches a person's wellbeing above and beyond the well-known physical fitness benefits. The Warm-Up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous, engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body and soul – feeling rejuvenated.

There are a total of 18 genres to experience, these include, Bollywood, Rhythm Country and Blues, Steps That Swing, Roaring 20's, Back Up Singer Moves and Disco."

Barcode: 665175 Mon, Sept 9 - Oct 21, 11:30 am - 12:30 pm Omit Date: Oct 14

Barcode: 665172 Mon, Nov 4 - Dec 16, 11:30 am - 12:30 pm

Fee per session: Member: \$42 Non Member: \$78

## **Cardio Fit/Yogasize**

Instructor: Marlene Marvin

Instructor: Marlene Marvin This combined program with music builds from 20-35 minutes of warm-up and cardio exercises followed by strength training and active Yogasize movements. Includes restorative floor exercise to strengthen and improve core and lower back muscles plus breathing and relaxation techniques. Everyone is encouraged to work at their own pace.

### **Moderate**

Barcode: 665194 Wed, Sept 11 - Oct 30, 11:30 am - 1 pm

Fee: Member: \$88 Non Member: \$124

Barcode: 665195 Wed, Nov 13 - Dec 18, 11:30 am - 1 pm

Fee: Member: \$66 Non Member: \$102

### **Active**

Barcode: 665188 Tues, Sept 10 - Oct 29, 12:15 - 1:45 PM

Fee: Member: \$88 Non Member: \$124

Barcode: 665181 Tues, Nov 12 - Dec 17, 12:15 - 1:45 PM

Fee: Member: \$66 Non Member: \$102

## **Circuit Challenge for Active Older Adults**

Instructor: Cathy Taskey

This hour long program is for those looking for a high intensity workout. Training will consist of cardio, free weights and body exercises in short burst intervals with a short recovery in-between. Join instructor Cathy Taskey as she puts you through the paces to a better, new and healthy you.

Barcode: 665199 Fri, Sept 13 - Oct 18, 9 - 10 am Omit dates: Sept 27/Oct 11

Fee: Member: \$28 Non Member: \$64

Barcode: 665196 Fri, Nov 1 - Dec 6, 9 - 10 am Correction: Start Date: Oct 25

Fee: Member: \$42 Non Member: \$78 Moit Date: Nov 15

## **Hall and Meeting Room Rentals**

We have space to accommodate events and gatherings for up to 350 guests.

Our rooms are suitable for parties, workshops, meetings and much more.

In house catering available through Ela Euro Catering 780 906-5973 .

For more information contact the Booking & Rental Coordinator at 780 496-1627.

[edmonton.ca/facilityrentals](http://edmonton.ca/facilityrentals)

### **Co-Ed Gentle Move & Groove**

For individuals who may be uncomfortable, unable to stand for exercise, suffer from chronic conditions, developing balance issues, or who have been sedentary. Gentle exercises in standing and sitting positions includes warm up, light cardio for 15-25 minutes, 20 minutes of gentle balance, strength work, and finishing with gentle overall stretching. Work at your own pace to maintain and improve your fitness level.

Monday - Instructor: Marlene Marvin

Barcode: 665224 Mon, Sept 9 - Oct 21, 11:30 am - 12:30 pm Omit Date: Oct 14

Barcode: 665223 Mon, Nov 4 - Dec 16, 11:30 am - 12:30 pm Omit Date: Nov 11

Fee per session: Member: \$30 Non Member: \$66

Friday - Instructor: Marilee Barry

Barcode: 665222 Fri, Sept 13 - Nov 1 , 11:30 am - 12:30 pm

Fee: Member: \$40 Non Member: \$76

Barcode: 665221 Fri, Nov 8 - Dec 20, 11:30 am - 12:30 pm Omit Date: Dec 13

Fee: Member: \$30 Non Member: \$66

### **Co-Ed Keep Fit Moderate**

Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. This class builds from 20-30 minutes of aerobic movement followed by balance, chair and/or resistance exercises. Everyone is encouraged to workout at their own pace.

Monday - Instructor: Marlene Marvin

Barcode: 665456 Mon, Sept 9 - Oct 21, 10:15 - 11:15 am Omit Date: Oct 14

Barcode: 665446 Mon, Nov 4 - Dec 16, 10:15 - 11:15 am Omit Date: Nov 11

Fee per session: Member: \$30 Non Member: \$66

Wednesday - Instructor: Marlene Marvin

Barcode: 665458 Wed, Sept 11 - Oct 30, 10:15 - 11:15 am

Fee: Member: \$40 Non Member: \$76

Barcode: 665459 Wed, Nov 13 - Dec 18, 10:15 - 11:15 am

Fee: Member: \$30 Non Member: \$66

Friday - Instructor: Catherine Wirt

Barcode: 665233 Fri, Sept 13 - Nov 1, 10:15 - 11:15 am Omit Date: Oct 11

Omit Dates: Sept 27, Oct 11

Barcode: 665231 Fri, Nov 8 - Dec 20 , 10:15 - 11:15 am Omit Date: Dec 13

Fee per session: Member: \$30 Non Member: \$60



### **Co-Ed Keep Fit Active**

Looking for a high-energy workout? Improve your heart health and stamina as the class progresses from 30-40 minutes of aerobic movement and exercise. Work on mobility or joint flexibility, muscle strength, balance and agility through active movement.

Monday - Instructor: Marlene Marvin

Barcode: 665227 Mon, Sept 9 - Oct 21, 9 - 10 am Omit Date: Oct 14

Barcode: 665225 Mon, Nov 4 - Dec 16, 9 - 10 am Omit Date: Nov 11

Fee per session: Member: \$30 Non Member: \$66

Wednesday- Instructor: Marlene Marvin

Barcode: 665230 Wed, Sept 11 - Oct 30, 9 - 10 am Omit Date: Oct 11

Barcode: 665228 Wed, Nov 13 - Dec 18, 9 - 10 am

Fee: Member: \$30 Non Member: \$66

### **Core Stretch & Strength**

Instructor: Catherine Wirt

Improve your core muscles (the lower back and abdominals) plus increase flexibility with stretches using a yoga/pilates fusion technique. Exercises are easily modified to meet differing fitness levels. Various equipment including therabands and bender balls will be used. Note: Floor exercises. Participants must be able to get up and down from the floor.

Barcode: 665240 Fri, Sept 13 - Nov 1, 11:30 am - 12:30 pm

Omit Dates: Sept 27, Oct 11

Fee: Member: \$28 Non Member: \$64

Barcode: 665468 Fri, Nov 8 - Dec 20, 11:30 am - 12:30 pm

Correction: Start Date Oct 25

Fee: Member: \$42 Non Member: \$78 Omit Date: NOV 15 & Dec 13

#### **Need more Information?**

Call 780 496-7369 or visit our website at **CentralLions.org** and  
**Facebook@CentralLions Seniors**

## **Dance Fitness**

Instructor: Devon Panko

Learn to dance and burn calories in this fitness-inspired ballroom and Latin-based dance program taught by a world-ranked ballroom dancer. Learn dance skills while having fun and getting fit. Ballet floor barre will be a component of this course. Note: Bring indoor dance shoes or slippers.

Barcode: 665620 Wed, Sept 11 - Oct 30, 1:15 - 2:15 pm

Fee: Member: \$64 Non Member: \$100

Barcode: 665612 Wed, Nov 13 - Dec 18, 1:15 - 2:15 pm

Fee: Member: \$48 Non Member: \$84

## **Essentrics: for Pain Relief**

Instructor: Liz Olson, Level 4 Certified Essentrics Instructor

Chronic pain sufferers can discover lasting relief through the gentle, continuous, dynamic yet simple, easy-to-follow movements of Essentrics. Referencing Essentrics founder Miranda Esmonde-White's book Forever Painless, this program will include in-depth discussion of the causes and issues of specific, chronic, muscular-skeletal pain areas. Following there will be a full Essentrics workout to practice exercises that help alleviate discomfort and work out the pain. Be sure to wear comfortable clothes, and bring your fitness/yoga mat and water bottle. Note: Program includes: four Essentrics sessions (90 min. each) A hardcopy of the Essentrics book Forever Painless is available from purchase from the instructor (optional).

Barcode: 665613 Fri, Oct 4 - Oct 25, 1 - 2:15 pm

Fee: Member: \$68 Non Member: \$104

## **Essentrics: for Seniors**

Instructor: Lori Griffith

This gentle, slower paced program focuses on improving your mobility, balance and strength. It is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and are just beginning to exercise after being inactive. Improve your mobility while slowly building strength in this slow tempo class. Note: Please bring your yoga mat, small towel and water to class. Level 1 – Gentle fitness; includes standing and chair work.

Tuesday

Barcode: 665619 Tue, Sept 10 - Oct 29, 10 - 10:45 am

Fee: Member: \$88 Non Member: \$124

Barcode: 665617 Tue, Nov 12 - Dec 17, 10 - 10:45 am

Fee: Member: \$66 Non Member: \$102

Thursday

Barcode: 665615 Thurs, Sept 12 - Oct 31, 10 - 10:45 am

Fee: Member: \$88 Non Member: \$124

Barcode: 665614 Thurs, Nov 14 - Dec 19, 10 - 10:45 am

Fee: Member: \$66 Non Member: \$102

### **Essentrics: Release, Rebalance & Restore**

Instructor: Meaghan Hipkin

This gentle, full body, dynamic stretching program is designed to release tight muscles, rebalance joints and restore the body. It is an age-reversing workout that will restore movement in your joints and flexibility in your muscles, relieve pain and increase your energy. Note: Level 2 – Gentle to Moderate fitness includes; standing and floor work (back and side only).

Barcode: 665623 Wed, Sept 11 - Oct 30, 2:15 - 3:15 pm

Fee: Member: \$96 Non Member: \$132

Barcode: 665625 Wed, Nov 13 - Dec 18, 2:15 - 3:15 pm

Fee: Member: \$72 Non Member: \$108

### **Essentrics: Stretch & Tone**

Stretch & Tone is a full body, equipment-free workout using a dynamic combination of strengthening and stretching to develop lean, strong and flexible muscles. The immediate benefit is to your posture. A diverse music playlist accompanies each routine. Perfect for men and women of all fitness levels, Essentrics can help prevent and treat injuries, unlock tight joints, and leave you feeling energized and healthy. Note: Please bring your yoga mat, small towel and water to class. Level 3 – Moderate fitness; includes standing and floor work (back and side only).

Tuesday Instructor: Meaghan Hipkins

Barcode: 665840 Tue, Sept 10 - Oct 29, 7 - 8 am **NEW TIME!**

Fee: Member: \$96 Non Member: \$132

Barcode: 665833 Tue, Nov 12 - Dec 17, 7 - 8 am **NEW TIME!**

Fee: Member: \$72 Non Member: \$108

Instructor: Lori Griffith

Barcode: 665841 Tue, Sept 10 - Oct 29, 11 am - 12 pm

Fee: Member: \$96 Non Member: \$132

Barcode: 665834 Tue, Nov 12 - Dec - 17, 11 am - 12 pm

Fee: Member: \$72 Non Member: \$108

Thursday

Barcode: 665785 Thurs, Sept 12 - Oct 31, 11 am - 12 pm

Fee: Member: \$96 Non Member: \$132

Barcode: 665625 Thurs, Nov 14 - Dec 19, 11 am - 12 pm

Fee: Member: \$72 Non Member: \$108

**Have fun while supporting CLSA! Attend our fundraising events, purchase a 50/50 ticket or drop a loonie in our donation box at Cuppa Corner.**

### **Essentrics: Tone for Pickleball**

Instructor: Meaghan Hipkin

Time to get ready for the Fall and Winter Pickleball season! Through this full body workout, you will gain the flexibility and toning that you need to be at your best on the court this year! Essentrics rebalances the body, prevents injuries and unlocks stiff joints and muscles and connective tissue. This course is great for both men and women, so come join us to get ready for your best season yet! Level 3 - Moderate fitness, includes standing and floor work (back and side only) Note: Yoga mat required.

Barcode: 665845 Wed, Sept 11 - Oct 2, 1 - 2 pm

Barcode: 666471 Wed, Oct 9 - Oct 30, 1 - 2 pm

Fee per session: Member:\$48 Non Member: \$84

### **Jump Rope for Fun & Fitness**

Instructor: Brent Purnell

"I haven't done that for 35 years....let me try it again!" There is nothing like the face of a kid with a skipping rope - even if that kid is 55 years plus. Come jump, laugh, and try for the first time or re-learn the most enjoyable past-time you have not done in years.

Husband, father, grandfather, instructor Brent brings fun, enthusiasm, and energy to every jump rope sessions. It's challenging. It's fun. It's smile time. It's skipping time! Come get a new jump on life!

Barcode: 665863 Thurs, Sept 26 - Oct 17, 12:30 - 1:30 pm

Barcode: 665862 Thurs, Nov 7 - Nov 28, 12:30 - 1:30 pm

Fee per session: Member: \$32 Non Member: \$68

### **Minds in Motion**

Facilitators: Ashely Cox & Marlene Marvin (CLSA Fitness)

Minds in Motions is a fitness and social program for people living with Alzheimer's disease or another dementia plus their care partner, family member or friend. Combining physical, mental and social stimulation may slow the progression of this disease. It helps people to live well, break through

stigma and improve mental health while building a stronger social network. CLSA is pleased to partner with the Alzheimer Society Canada - Alberta Division. Note: Care partners are required register. - no cost.

Barcode: 666184 Tues, Sept 10 - Oct 29, 2 pm - 4 pm

Fee: Member: \$80 Non Member: \$80

Barcode: 666245 Tues, Nov 12 - Dec 17, 2 pm - 4 pm

Fee: Member: \$60 Non Member: \$60

### **Pilates: Mat Work**

Instructor: Catherine Wirt

Pilates, a mindful body conditioning program, uses slow, controlled movements to strengthen back, abdominals and overall body. It puts minimal impact on joints, and its exercises can be easily modified to meet differing fitness levels. With detailed instruction and individual attention, learn a sequence of classical mat exercises to help improve overall flexibility in this multi-level program. Bring your own mat if you have one. Note: Individuals work at their own pace. Prerequisite: Must be able to get up and down from the floor.

Barcode: 666194 Wed, Sept 11 - Oct 30, 1:15 - 2:15 pm

Fee: Member: \$56 Non Member: \$92

Barcode: 666189 Wed, Nov 13 - Dec 18, 1:15 - 2:15 pm

Fee: Member: \$42 Non Member: \$78

### **Posture, Falls & Functional Fitness**

Instructor: Cathy Taskey

Did you know improving your posture can help prevent falls. In this two-week workshop, you will learn ideas and exercises to help strengthen and lengthen muscles for improving posture and balance. A stronger core through functional fitness can help reduce your chances of falling. Exercise that you can do so stay home will be part of this workshop.

Barcode: 666557 Tues & Thurs, Dec 3 - Dec 12, 1:30 - 2:45 pm

Fee: Member: \$34 Non Member: \$70

### **Self Defense for Older Adults**

Instructor: Lyle Munro

This workshop is a combination of theory and hands on actions. We will look at reasons a person may be chosen as a target, signs someone is trying to con or manipulate you into a dangerous situation, and things you can do to minimize risks. When all else fails and someone has just attacked, the time for talk is over. Learn a pattern of defensive moves in different confrontation scenarios to help you keep safe,

Barcode: 666560 Wed, Oct 9 - Oct 16, 2:30 - 4 pm

Fee: Member: \$20 Non Member: \$20

### **Ski Conditioning**

Instructor: Cathy Taskey

Get ready for fun on the slopes by improving your core strength, leg strength, balance, agility and reactivity. Avoid injuries and maximize enjoyment by getting stronger for the upcoming season. Your muscles and joints will thank you. Note: This program runs 2x/week for four weeks.

Barcode: 666483 Tue & Thurs, Nov 5 - Nov 28, 1:30 - 2:45 pm

Fee: Member: \$68 Non Member: \$104

### **Small Group Personal Training: Needs Assessment**

Instructor: Barb Turner, BKIN, CSEP, AFLCA

Completion of the needs assessment and fitness centre orientation are required prior to beginning your Small Group Personal Training. This 1/2 hour will be used to determine general function, specific goals and time commitment from which a personal exercise prescription will be developed. Please bring to the assessment: a doctor's note indicating clearance to exercise (including any contra indications or goals) or a completed ParQ form. Appointments are available Sept 3,4, 5 & 6 at 6:30 am, 7 am and 7:30 am on a first come first serve basis. Call Tara at 780 442-0934 to schedule. Note: For members and passholders only. Note: Payment by cash or cheque only. Fee: \$65

### **Small Group Personal Training**

Instructor: Barb Turner, BKIN, CSEP, AFLCA

By request! This members only program will help you target and achieve your fitness goals through personally supervised training in a group setting. Instructor Barb Turner will tailor your program based on your needs, assessment and analysis. Your exercise prescription will provide you with progression details for your own personal situation. Note: Completion of a needs assessment and fitness centre orientation are required before beginning. Register for both Tuesday and Thursday program days and receive a free 2020 membership when you successfully complete session. Program entrance through north end of facility.

Tuesday

Barcode: 666207 Tue, Sept 10 - Oct 29, 7 am- 8 am

Fee: Member: \$120 Non Member: na

Barcode: 666205 Tue, Nov 12 - Dec 17, 7 am - 8 am

Fee: Member: \$90 Non Member: na

Thursday

Barcode: 666203 Thurs, Sept 12 - Oct 31, 7 - 8 am

Fee: Member: \$120 Non Member: na

Barcode: 666206 Thurs, 14 - Dec 19, 7 am - 8 am

Fee: Member: \$90 Non Member: na

### **Strength Training**

Instructor: Cathy Taskey

Strength training - or weight/resistance training - is a physical activity that can provide benefits to your muscles, bones, body weight and body shape. Designed to help prevent the natural loss of lean muscle mass, this active, non-cardio workout will focus on the whole body including the back using weights and other portable equipment. Note: Includes floor exercises

Barcode: 666929 Thurs, Sept 12 - Oct 31, 12:20 - 1:20 pm

Fee: Member: \$56 Non Member: (2

Barcode: 666930 Thurs, Nov 7 - Dec 12, 12:20 - 1:20 pm

Fee: Member: \$42 Non Member: \$78

### **Strength Training (Progressive)**

Instructor: Cathy Taskey Strength training - or weight/resistance training - is a physical activity that can provide benefits to your muscles, bones, body weight and body shape. Designed to help prevent the natural loss of lean muscle mass, this active, non-cardio workout will focus on the whole body including the back using weights and other portable equipment. Note: Includes floor exercises. This course is by request for those working towards weekly continuous improvement.

Barcode: 666917 Tue, Sept 10 - Nov 26, 12:20 - 1:20 pm

Fee: Member: \$84 Non Member: \$120

Barcode: 666918 Tue, Dec 3 - Dec 10, 12:20 - 1:20 pm

Fee: Member: \$14 Non Member: \$20

### **Tai Chi: Yang Style**

Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Improved focus and concentration are also key benefits. In this level, all the Tai Chi movements and sequences will be taught and completed.

#### **Level 1**

Prerequisite: The ability to stand for 30 continuous minutes is a must.

Monday - Instructor: Leslie Sarabin

Barcode: 666224 Mon, Sept 16 - Dec 2, 1 - 2 pm Omit Dates: Oct 14, Nov 11

Tuesday: Instructor: Andrew Switzer

Barcode: 666225 Tue, Sept 17 - Nov 26, 10 - 11 am Omit Date: Oct 1

Fee per session: Member: \$80 Non Member: \$115

#### **Level 2**

Prerequisite: Good understanding plus completion of Level 1. Note: Level 2 will add more movement into your fitness regime.

Monday - Instructor: Leslie Sarabin

Barcode: 666226 Mon, Sept 16 - Dec 2, 2:10 - 3:10 pm Omit Dates: Oct 14, Nov 11

Fee: Member: \$80 Non Member: \$115

#### **Level 3**

Prerequisite: Good understanding and completion of Levels 1 & 2.

Instructor: Andrew Switzer

Barcode: 666227 Tue, Sept 17 - Nov 26, 11:15 am - 12:15 pm Omit Date: Oct 1

Fee: Member: \$80 Non Member: \$115

## **The Healthy Back**

Instructor: Colleen Wagner

If you are suffering from chronic back pain, this program is for you! Learn appropriate stretches, exercises and spinal theory to help improve your stability and mobility, and complete daily activities with less (or no) pain. Healing of the back can be a slow process. Learn tips on how to better manage your chronic pain and health condition.

Barcode: 666270 Mon, Sept 16 - Oct 7, 1 - 2 pm

Fee: Member: \$40 Non Member: \$76

## **Think & Move**

Instructor: Rebecca Gooding

This program incorporates cardio fitness, strength training, fine motor skill development and includes a thinking or cognitive component in a group setting. Walking will be a part of this course; walking aids are welcome. Exercises will be adapted to individual conditions, however, individuals must be independent with walking and transfers.

Barcode: 666244 Mon & Fri, Sept 9 - Oct 25, 2:30 - 3:30 pm Omit Dates: Sept 27/Oct14

Barcode: 666280 Mon & Fri, Nov 4 - Dec 16, 2:30 - 3:30 pm

Fee per session: Member: \$66 Non Member: \$102 Fee: Member: Non Member:

## **Yoga: Gentle Hatha**

Instructor: Sylvia Galbraith

Emphasizing flexibility, balance, breathing and body awareness, gentle hatha yoga asanas are done using a chair sitting and/or standing, and the equipment supplied. Everyone is encouraged to work at their own pace and comfort level. Note: Bring your own yoga mat.

MONDAY

Barcode: 666469 Mon, Sept 9 - Oct 21, 11:15 am - 12:15 pm

Barcode: 666470 Mon, Nov 4 - Dec 16, 11:15 am - 12:15 pm

Omit Date: Oct 14, Nov 11

Fee per session: Member: \$48 Non Member: \$84

THURSDAY

Barcode: 666236 Thurs, Sept 12 - Oct 31, 11 - 12 pm

Fee: Member: \$64 Non Member: \$112

Barcode: 666440 Thurs, Nov 14 - Dec 19, 11 - 12 pm

Fee: Member: \$48 Non Member: \$84

**Watch for our monthly newsletter for program updates,  
current events and news.**



## **Yoga: Hatha**

Instructor: Sylvia Galbraith

Improve your physical and mental wellbeing with a combination of yoga poses, breathing and meditation exercises. The goal of this program is to increase strength and flexibility, relieve stress, calm the mind, and achieve complete relaxation. Note: Bring your own yoga mat and towel.

### **MONDAY**

Barcode: 666228 Mon, Sept 9 - Oct 21, 9:30- 11am Omit Date:: Oct 14

Barcode: 666232 Mon, Nov 4 - Dec 19, 9:30 - 11 am Omit Date: Nov 11

Fee per session: member: \$66 Non Member: \$102

### **THURSDAY**

Barcode: 666210 Thur, Sept 12 - Oct 31, 9:30 - 11am

Fee: Member: \$88 Non member: \$124

Barcode: 666202 Thur, Nov 14 - Dec 16, 9:30 - 11 am

Fee: Member: \$66 Non Member: \$102

## **Yoga: Iyengar Stretch & Relax - Beginners**

Instructor: Barb Deneka

The Iyengar tradition of yoga includes a combination of active yoga, breath awareness and restorative yoga. Flexibility, strength, balance and alignment are its focus. Props are used to make the poses accessible to all participants. Note: Bring your yoga mat, towel and/or small fleece blanket. Includes some mat work.

Barcode: 665638 Fri, Sept 13 - Nov 1, 11:15 am - 12:15 pm

Fee: Member: \$64 Non Member: \$100

Barcode: 665640 Fri, Nov 8 - Dec 20, 11:15 am - 12:15 pm Omit date: Dec 13

Fee: Member: \$48 Non Member: \$84

## **Yoga: Iyengar Stretch & Relax - Intermediate**

Instructor: Barb Deneka

The Iyengar tradition of yoga includes a combination of active yoga, breath awareness and restorative yoga. Flexibility, strength, balance and alignment are its focus. Props are used to make the poses accessible to all participants. Note: Bring your yoga mat, towel and/or small fleece blanket. Includes some mat work.

Note: Participants must have previous yoga experience.

Barcode: 665635 Fri, Sept 13 - Nov 1, 9:30 - 11 am

Fee: Member: \$88 Non Member: \$124

Barcode: 665637 Fri, Nov 8 - Dec 20, 9:30 - 11 am Omit date: Dec 13

Fee: Member: \$66 Non Member: \$102

### **Yoga: Sleeping Yoga for Stress Relief and Insomnia**

Instructor: Marthe Murphy

This ancient meditation helps soothe troubling thoughts and emotions, and drops the participant into a deep stage of rest. This is called the sleep of the yogis - a state of being completely relaxed in the present moment where there is nothing wrong and nothing lacking-at the same time being awake and aware.

Barcode: 665633 Mon, Nov 4 - Dec 16 1:15 - 2:45 pm Omit Date: Nov 11

Fee: member: \$66 Non Member: \$102

### **Yoga: Structural - Beginners**

Instructor: Marthe Murphy & Pat Wong

Structural Yoga is very specific regarding which groups of muscles and joints are stretched and strengthened, and in what sequence. This program meets each person where they are, using props and finding the position to work in best, whether seated on a chair, lying down on the floor or standing/kneeling. Experience the part of you that is straight, strong, healthy and whole as you gently unravel stress, strain and pain from your body and mind.

Barcode: 665629 Wed, Sept 11 - Oct 30, 11:30 - 12:45 pm

Fee: Member: \$88 Non Member: \$124

Barcode: 665632 Wed, Nov 13 - Dec 18, 11:30 - 12:45 pm

Fee: Member: \$66 Non Member: \$102

### **Yoga: Structural - Intermediate**

Instructor: Marthe Murphy & Pat Wong

Structural Yoga is very specific regarding which groups of muscles and joints are stretched and strengthened, and in what sequence. This program meets each person where they are, using props and finding the position to work in best, whether seated on a chair, lying down on the floor or standing/kneeling.

Experience the part of you that is straight, strong, healthy and whole as you gently unravel stress, strain and pain from your body and mind. Prerequisite: Yoga - Structural Beginners

Barcode: 665271 Wed, Sept 11 - Oct 30, 9:15 - 10:30 am

Fee: Member: \$88 Non Member: \$124

Barcode: 665628 Wed, Nov 13 - Dec 18, 9:15 - 10:30 am

Fee: Member: \$66 Non Member: \$102

**Did you know that CLSA has yoga mats for sale?  
See staff at the reception desk - \$24.95**

# General Interest

## **Art History: Canadian Artist Mary Pratt**

Presenter: Frank Haddock

Canadian artist that is a modern unsung hero of the realist art movement in Canada. Her work and the work of other realists kept the credible side of Canadian art alive throughout the later half of the 20th century. Learn about her and her work in this presentation with Frank Haddock.

Barcode: 665464 Mon, Nov 4, 1 - 3 pm

Fee: Member & Non Member: \$9

## **Cooking: A Taste of Thai**

Instructor: Sally Vaughan-Johnston, Red Seal Chef

You requested it and here it is - a chance to experience the vibrant flavours of Thai cuisine. Discover how to combine delicious ingredients such as a colourful curry paste, coconut milk, lemongrass, and fresh vegetables and herbs in surprisingly easy dishes. They'll make your taste buds tingle. Chef Sally will also explain where to shop so you can practice your new-found culinary skills. Featured recipes will include Spicy Green Beans and Crisp Apple Salad, Red Thai Chicken Curry and Easy Coconut Rice.

Barcode: 665627 Mon, Sept 23, 1:30 - 3:30 pm

Fee: Member: \$32 Non Member: \$68

## **Cooking: The Prepared Gourmet**

Instructor: Sally Vaughan-Johnston, Red Seal Chef

Remember when a can of mushroom soup was the #1 way to make chicken dinner when you were tired or busy? Now there is a new generation of prepared foods to help kick-start a meal. The good news is that many are healthier and tastier than before, with little to no added salt, sugar or trans-fats, yet tons of flavour. Join Chef Sally as she demonstrates how to combine fresh ingredients with ready-made sauces, spice pastes and a wide variety of frozen foods in delicious dishes such as Creamy Chicken and Vegetable Pasta, Easy Mediterranean Quiche and more.

Barcode: 665630 Mon, Oct 28, 1:30 - 3:30 pm

Fee: Member: \$32 Non Member: \$68

## **Cooking for One or Two - Fab Fish Suppers**

Instructor: Sally Vaughan-Johnston, Red Seal Chef

Fish is the ultimate fast food. It's lean, nutritious and cooks quickly. It's also ideal for those cooking for one or two as it can be purchased in individual fillets and steaks. Yet many land-locked Albertans struggle to prepare fish. Discover what to look for when buying fish and why frozen is often the best choice. Then enjoy sensational recipes such as Baked Tilapia and Roasted Red Peppers and Pan-Friend Sole with Lemon Fill Yogurt Sauce.

Barcode: 665631 Mon, Nov 18, 1:30 - 3:30 pm

Fee: Member: \$32 Non Member: \$68

## **EPL BOOK LOVERS**

Presenter: EPL Staff, Woodcroft Library

Re-discover the joy of reading! This group meets monthly (usually the first Tuesday) to discuss the books we have read in a relaxed, supportive and respectful environment. Readings will include both fiction and non-fiction titles. Books are available for sign out. Space is limited for this popular program so be sure to register early.

Barcode: 665282    Tue, Oct 1, Nov 5 & Dec 3, 1:00 - 2:30pm

Fee: Member & Non Member: \$6

## **Financial Management Series:**

Presenter: Wei Woo, Investment Advisor & Retirement Income Specialist, CIM, EPC

### **New Retirement Realities**

This presentation provides a look at the new landscape of retirement and how the changing retirement experience will impact investors, those who are retired, and their families. Discussion includes the evolving family structure, and redefining what it means to be financially stable during the retirement year.

Barcode: 665342    Tues, Sept 24, 1:30 - 3 pm

Fee: Member & Non Member: \$2

### **Financial Well Being for Women in Retirement**

Women are an increasingly important demographic in retiree financial decision making. By 2026, it is estimated that women will control nearly half of all accumulated financial wealth in Canada. Come learn the basics in how to get started on important strategies, mindset and facts of navigating the financial and investment landscape as a women in retirement.

Barcode: 665347    Tues, Oct 29, 1:30 - 3 pm

Fee: Member & Non Member: \$2

### **Maximizing Your Fixed Income**

Geared towards people who are interested in creating a reliable stream of income, this presentation covers bond and bond mutual fund characteristics and features, as well as key strategies to get the most out of one's fixed-income investments in their private savings. How to make the most of your government pensions and how to qualify for the tax free Guaranteed Income Supplement for low income seniors (regardless of how much money you have in the bank) will also be discussed.

Barcode: 665357    Tues, Nov 26, 1:30 - 3 pm

Fee: Member & Non Member: \$2



## **Languages:**

### **Conversational French**

Instructor: Cindie Thompson

Conversational French: This program is great for those who have been away from the language for a while, and for those who are planning to travel to French-speaking countries. Enjoy learning essentials using illustrations, music and more.

### **Beginners**

Prerequisite: No French or have not spoken since High School.

Barcode: 665465    Tues, Oct 8 - Nov 12, 2:30 - 4 pm

Fee: Member: \$60    Non Member: \$96

### **Intermediate**

French Intermediate - Prerequisite: Some exposure and use of French.

Barcode: 665466    Tues, Oct 8 - Nov 12, 12:45 - 2:15 pm

Fee: Member: \$60    Non Member: \$96

## **Languages:**

### **Spanish**

Instructor: Tani Oyarzun

CLSA's Spanish programs include interactive practice in a fun, social setting. Illustrations and rules are used to reinforce listening, speaking, reading and writing. Beginner levels concentrate on the rudimentary basics of the Spanish language. Intermediate and Advanced levels include practice of present, past and future tenses, the meaning of grammatical patterns, plus skill development regarding reading and speaking a foreign language. Teaching techniques are modified per course to meet the needs of the students registered in the various levels. Note: Spanish: Absolute Beginners will resume in Winter 2020. Prerequisite: Completion of Spanish: Absolute Beginners and/or some exposure to the Spanish language and phrases.

### **Beginners 1-2**

Barcode: 665471    Wed, Sept 11 - Oct 16, 12:15 - 2:15 pm

Barcode: 666623    Wed, Oct 30 - Dec 4, 12:15 - 2:15 pm

Fee per session: Member: \$72    Non Member: \$108

### **Intermediate**

Barcode: 666621    Fri, Sept 13 - Oct 18, 12:30 - 2:30 pm

Barcode: 666622    Fri, Nov 1 - Dec 6, 12:30 - 2:30 pm

Fee per session: Member: \$72    Non Member: \$108

### **Advanced**

Barcode: 666615    Fri, Sept 1 - Oct 18, 10:00 - 12:00 pm

Barcode: 666616    Fri, Nov 1 - Dec 6, 10:00 - 12:00 pm

Fee per session: Member: \$72    Non Member: \$108

## **Spanish Conversation Practice for Beginners**

Barcode: 665455 Wed, Sept 11 - Oct 16, 2:30 - 3:30 pm

Barcode: 665457 Wed, Oct 30 - Dec 4, 2:30 - 3:30 pm

Fee per session: Member: \$36 Non Member: \$72

## **Philosopher's Cafe:**

CLSA's Philosophers' Cafes provide opportunities to share, discuss and try to understand big issue topics. Some topics are sensitive in nature. We may not always agree on the issues but the opportunity is there to help us open our minds towards understanding our world.

Fee per café: Member & Non Member: \$6 in advance, Day-of ticket \$8.

Presenter: David J. Goa, founding Director (retired) and International Fellow of the Chester Ronning Centre for the Study of Religion and Public Life

## **Cafe #1 Ageism: Elders, Sages & Wisdom in a Culture of Speed**

In many cultures growing old brings with it a certain amount of respect and a sense, that cumulative experience bears within it wisdom. Modern culture is oriented towards the young and the future. Our conversation will explore the place of the elderly, or lack of it, in today's society and the implications both for those who are older and for the younger.

Barcode: 665445 Thurs, Sept 26, 1:30 - 3 pm

Fee: Member & Non Member: \$6

## **Cafe #2 Free Speech & Hate Speech: A Question of Dignity**

Against the backdrop of the right to free speech we will explore issues central to a current debate on the subject. How do we define hate speech? Can we define a boundary if crossed that warrants censorship?

Barcode: 665447 Thurs, Oct 17, 1:30 - 3 pm

Fee: Member & Non Member: \$6

## **Cafe #3 Religious Freedom & Secularism: Quebec Bill 21 and Beyond**

Some have argued that the right to religious freedom is the quintessential human right; that it trumps other rights. Others seek to "free" the public square of anything that signifies religious presence. Following a consideration of Quebec's Bill 21 and against the backdrop of the debate in Quebec over conversation will explore the implications for a pluralistic society.

Barcode: 665448 Thurs, Nov 21, 1:30 - 3 pm

Fee: Member & Non Member: \$6

### **"Oh no! You cancelled the program!"**

Did you know it is program policy to cancel classes one week prior to the start date if there are not enough registrations?

Don't delay - sign up today!

## **Sharing More Stories of Our Lives: Guided Autobiography**

Instructor: Dorothy Tovell

This class is a continuation of the semi-structured process, combining individual and supportive group experiences with autobiographical writing, which we began last winter. Therefore it is open only to those who participated in either of the classes. Sharing the Stories of Our Lives held in Nov - Dec 2018 or Jan - Feb 2019. We will continue with the remaining themes in the handout you received in those classes.

Barcode: 665397    Tues, Nov 5 - Dec 3, 1:15 - 3:15 pm

Fee: Member & Non Member: \$20

## **The Internet of Things**

Presenter: Shawn Gramiak

Did William Shatner and Star Trek change the world? One just has to look at all the electronics gadgets and ask 'where is the world' going? The Internet of Things is the idea of connecting anything with an on/off switch to the Internet. Join Shawn for an interesting discussion on what is new and what is possible. From smartphones and voice activated controls to machines "talking" to each other, the future is just around the corner. To embrace or to be concerned, that is the question.

Barcode: 665460    Tues, Nov 19, 1 - 2 pm

Fee: Member & Non Member: \$8

## **Travel:**

### **Cruise Tips for New Cruisers**

Presenter: Barb Spencer, Avid Traveller

Cruise tip for new cruisers. Learn some tips and tricks to help make your first cruise experience more enjoyable. If you have cruised before maybe you will learn something new or have a tip of your own to share.

Barcode: 665367    Wed, Oct 9, 1:30 - 3 pm

Fee: Member & Non Member: \$4

## **Gardens of Southern England**

Presenter: Barb Spencer, Avid Traveller

Come with us on a digital journey to the Gardens of England, Kent and nearby counties to visit the many floral delights they have to offer. You will also enjoy the exhibition gardens and displays at the annual Hampton Court Flower Show.

Barcode: 665386    Wed, Oct 23, 1:30 - 3 pm

Fee: Member & Non Member: \$4



## **U of A Presenter Series:**

Note: These presentations are a UofA Community Service Presentation

### **Big Data & Privacy: How It Affects Us All**

Presenter: Dr. Geoffery Rockwell, Professor of Philosophy & Humanities-Computing, UofA  
Ever since Edward Snowden fled to Hong Kong and began leaking intelligence documents, it has become clear that big data is "all sorts of information being gathered about us".  
More over, we are complicit in that we voluntarily provide social media companies with data about ourselves. Join Dr. Rockwell for this timely lecture on: What is big data? How is it gathered? By whom? What can be done with it? What can we do about it?

Barcode: 665299 Wed, Nov 13, 11 am - 12 pm

Fee: Member & Non Member: \$2

### **The Realities of Climate Change**

Dr. Greg Goss, Dept. of Biological Sciences, UofA  
A Professor in Biological Sciences at the UofA and a Fellow of the National Institute of Nanotechnology, Dr. Goss works jointly with industry, governments and academia to examine environmental issues related to water service. Join him as he explores how climate change (today and in the future), micro pollutants (such as pharmaceuticals and personal care products), and fracturing are impacting Alberta (and beyond).

Barcode: 665292 Wed, Oct 30, 1:30 - 2:30 pm

Fee: Member & Non Member: \$2

### **Will Week - Fall 2019**

Facilitators: Edmonton Community Foundation/Local Lawyer

Wills Week is a series of free public service seminars to help people understand the importance of having an updated and valid will. It is coordinated through the Edmonton Community Foundation with volunteer lawyers. Topics include: why a properly prepared will is important, how to create a will, and what a will can and cannot do...Be sure to sign up for this free seminar.

Barcode: 666576 Fri, Oct 11, 9:30 - 11:30 am

Fee: Member & Non Member: \$0

### **Winter Cycling: Is It For You?**

Presenter: Robert Clinton

Cycling in the winter is like preparing for other outdoor winter activities and sports. It is possible to keep cycling with a few adjustments. From what to wear to what gear is best and equipment is required, learn tips from an avid cyclist who uses the bike year long as a main means of transportation. Learn how to cycle smart and keep your bike in winter worthy and winter working. Note: This session will be both presentation and hands on.

Bring your bike to learn what you may need to be ready to enjoy the great winter outdoors - bike style! Note: Space limited, register early.

Barcode: 665626 Thurs, Nov 14, 1:30 - 4 pm

Fee: Member & Non Member: \$15



# Health and Wellness

## **Ask the Pharmacist:**

Presenter: Pharmacist, National Pharmacy Group, Sobeys/Safeway

## **Know Your Medications**

Did you know 50% of medications are not taken properly? It is important to be aware that increased medication use and normal body changes caused by aging can increase the chance of unwanted and maybe harmful interactions. Be informed, know your medications, ask questions.

Barcode: 665636 Fri, Sept 27, 10:30 - 11:30 am

Fee: Member & Non Member: \$2

## **Immunizations - Not Just for Kids!**

Vaccinations are not just for kids. They are also important for adults - especially older adults with aging immune systems and/or ongoing health conditions. Learn what immunizations are recommended for adults. Are you up to date? Find out!

Barcode: 665639 Fri, Oct 18, 1:30 - 2:30 pm

Fee: Member & Non Member: \$2

## **“Living Long & Prosper”**

Why is a healthy lifestyle so important, especially as we age? Need some incentives for a healthier you? Join the pharmacist for a discussion on ideas for healthy living, healthy weight and tips on living a long, healthy life.

Barcode: 665641 Fri, Nov 15, 1:30 - 2:30 pm

Fee: Member & Non Member: \$2

## **Diabetes & New Technology**

Do you or someone you know have Diabetes? Discover how you can actually check your blood sugar without a finger poke. Learn about the new technology - a small, pain-free abdomen sensor - a truly awesome product. Review what the numbers mean. If interested you will be provided with free products (value \$100) and taught how to use them.

Follow-up appointment with a Certified Diabetes Education available after ten day use.

Come learn more at this informative session.

Barcode: 665643 Fri, Dec 6, 1:30 - 2:30 pm

Fee: Member & Non Member: \$2

### **Be Body-Wise with BMI!**

Presenter: Barb Turner, BKin, CSEP, AFLCA

Gain an understanding of BMI (Body Mass Index), in this interactive presentation. Learn how to measure your own BMI (so you can do it at home), and how adjusting diet and exercise can improve your score. Discussion will also include other methods for testing body composition (i.e. hip to waist circumference) and body style.

Barcode: 665651     Fri, Nov 22, 11:30 - 12:30 pm

Fee: Member & Non Member: \$10

### **Be Your Own Health Advocate**

Presenter: Kristin Veugekers, PhD, Navigate Your Health

Within our stressed healthcare system, patients and loved-ones aren't always heard. You can be a powerful, respected voice for you healthcare needs! Know the most important questions to ask. In this workshop you'll learn what to say to health professionals to draw their attention to what's important, and how to say it to build collaboration. You'll also start organizing your health information to help you stay on top of everything. Note: Health information binder, template and supplies (\$7) payable to instructor.

Barcode: 665652     Thu, Oct 24, 1:00 - 4:00 pm

Fee: Member & Non Member: \$15

### **Boosting Your Brain Health**

Presenter: Staff, Alberta Health Services

Boosting your brain health is an Alberta Health Services community program targeted to adults who have heart health conditions such as high cholesterol, high blood pressure and/or Diabetes and are motivated to increase their brain health to reduce dementia risk factors. Learn about cognitive changes associated with the disease process, factors that can affect our brain health and new ways to improve its function. Go home with goal setting skills and tips on how to apply them for day-to-day wellness.

Barcode: 665647     Thu, Sept 19 - Oct 10 , 9:30 am - 12 pm

Fee: Member & Non Member: \$8

### **Dare to Age Well Forum**

Presenter: Doctors and experts, U of A, Dept. of Medicine

Join us for our annual FREE forum as the medical experts provide you with information on how to age well and debunk aging myths. Get the medical insight you need for the health topics you care about. There will be a 30 min session for questions. Please confirm your attendance with Samia Shire 780 492-9294 or CLSA in person or at 780 496-7369.

Fee: Member & Non Member: \$0     Tue, Oct 1, 1:30 - 3:30 pm

### **Fighting Fat After 50**

Presenter: Barb Turner, BKin, CSEP, AFLCA

Is losing weight something you would like to do? Learn how the physiology of fat loss really works. Regardless of our age, the base of what fat loss is to our body science remains the same. Learn how exercise, sedentary behaviour and medications can affect the body's ability to fight fat after 50. Diet and exercise are seen as one - learn how to separate them to win your battle with fat.

Barcode: 665649    Fri, Oct 4, 11:30 am - 12:30 pm

Fee: Member & Non Member: \$10

### **For Women Only: A Flood of Relief**

Presenter: Mandy Rempfer-Kuncio, Pelvic Health Physiotherapist, Nature Her Inc.

Back by request! Urinary incontinence is extremely common - 55% of Canadian women over the age of 65 will experience bladder leakage; 50%, pelvic organ prolapse. Research evidence shows that up to 80% of patients with stress urinary incontinence can expect to be cured by conservative treatment that includes pelvic floor muscle training! Could this all be about Kegels or is there more? Come learn about your pelvic floor and get some practical advice on how to help these challenges. You don't have to live with leakage!

Barcode: 665653    Wed, Oct 2, 1:30 - 2:30 pm

Fee: Member & Non Member: \$15

### **Good Health Takes Guts!**

Presenter: Kristin Veugekers, PhD, Navigate Your Health

Your intestines and your health...Advertisements urge us to improve our gut health by consuming different foods and supplements. The question is: what do they mean by gut health, and how are their products supposed to help us improve it? In this seminar we'll define what is meant by a healthy gut, discover what we can do to affect the health of our guts, and explore emerging links between gut health and our overall health and well-being.

Barcode: 665644    Wed, Nov 27, 10 - 11:30 am

Fee: Member & Non Member: \$2

### **I Used To...**

Presenter: Barb Turner, BKin, CSEP, AFLCA

Do you find yourself saying "I used to be able to...?" Join Barb for the engaging and thought-provoking presentation of how to connect the loss of functional movement to thriving in aging. Learn how to rethink and change how you move as you age.

Barcode: 665650    Fri, Oct 25, 11:30 am - 12:30 pm

Fee: Member & Non Member: \$10

### **Introduction to Chinese Medicine**

Presenter: Dr. Anne Mageau, Doctorates in Natural Medicine & Indigenous Peoples Knowledge

Chinese Medicine has been around for over 3,000 years and has been keeping people well, in good health, and living very vibrant long lives. Traditional Chinese Medicine stands the "test of time" and only now in North America is it growing in popularity. TCM has many benefits to offer from physical to emotion and mental health benefits. Come experience an old new way of helping yourself to feel better, get well again!

Barcode: 665654 Thu, Nov 28, 1:30 - 3 pm

Fee: Member & Non Member: \$15

### **Pain No More - Effective Natural Medicine Treatment for Chronic Pain**

Presenter: Dr. Anne Mageau, Doctorates in Natural Medicine & Indigenous Peoples Knowledge

Are you or someone you love suffering from chronic pain? Have you had past injuries or surgeries that are still bothering you even with pain medication? Is pain interfering with your life, limiting your movements and keeping you down? Then this presentation is for you. Come learn and witness the effectiveness of neurofunctional acupuncture, medical cold laser, and natural medicine for pain and inflammation. There will be some demonstrations and in class sampling.

Barcode: 665664 Thu, Oct 31, 1:30 - 3 pm

Fee: Member & Non Member: \$15

### **U of A Presenter Series: Sleep, Pain & Non-Drug Ways to Break the Cycle**

Presenter: Dr. Cary Brown, Dept. of Occupational Therapy, U of A

A Professor in the U of A's Dept. of Occupational Therapy, Dr. Brown's research includes sleep deficiency, knowledge translation and chronic pain. She will explain the sleep/pain biological relationship, and explore how non-drug methods can improve sleep and reduce pain. She invites you to join her...everyone deserves a good night's rest. Note: This is a U of A Community Service Presentation

Barcode: 665634 Tue, Sept 17, 1 - 2 pm

Fee: Member & Non Member: \$2

### **Understanding Goals of Care Designations**

Presenter: Brendan Leir, PhD - Clinical Ethicist, AHS

What are Goals of Care Designation and how do they affect you? These goals are instructions that help guide medical decisions for your family/caregiver and health team if you become too ill to communicate your wishes. This workshop will help you understand the care designations within the AHS system, and plan now instead of in a moment of crisis. Designating Goals of Care are part of developing an Advanced Care Plan. Bring your questions.

Barcode: 665646 Thu, Oct 3 , 1:30 - 3 pm

Fee: Member & Non Member: \$2

## **Understanding MAID: Medical Assistance in Dying**

Presenter: Brendan Leir, PhD - Clinical Ethicist, AHS

On June 17, 2016, the "Act to amend the Criminal Code" regarding medical assistance in dying (MAID) was passed. The issue of medically assisted end of life is complex. This workshop (offered by your request) will help address some of the issues and concerns regarding medical assistance in dying and answer questions regarding the options.

Barcode: 665645 Thu, Oct 10, 1:30 - 3 pm

Fee: Member & Non Member: \$2

## **Music**

### **Advancing on Ukulele**

Instructor: Daron Panko

If you've been playing for some time and already know you chords and notes but still want to hone your skills you can join us in this class. We will continue to learn chords, scales, rhythms, note-reading and improvisation in styles from Dixie to modern pop. Having fun is still the key with a little added challenge.

Barcode: 665728 Tues, Sept 17 - Oct 22, 1:45 - 2:45 pm

Barcode: 665721 Tues, Nov 5 - Dec 10, 1:45 - 2:45 pm

Fee per session: Member: \$60 Non Member: \$96

### **A Guitar Star is Born**

Instructor: Daron Panko

Guitar for beginners! Whether you are just starting or want to refresh your basics, this class is for you. Starting with melody lines on one string and one finger chords you will be playing songs your first day! Advance to playing on all the strings, learning all the basic chord structures, and putting these together to play tunes or accompany them. You will strum, pluck, sing, and even improvise before you know it.

Barcode: 665707 Fri, Sept 20 - Oct 25, 10 - 11 am

Barcode: 665708 Fri, Nov 1 - Dec 6, 10 - 11 am

Fee per session: Member: \$60 Non Member: \$96

### **Guitar Heroes**

Instructor: Daron Panko

If you've been playing for some time and already know you chords and notes but still want to hone your skills you can join us in this class. We will continue to learn chords, scales, rhythms, note-reading and improvisation in styles from Dixie to modern pop. Having fun is still the key with a little added challenge.

Barcode: 665709 Fri, Sept 20 - Oct 25, 11:15 am - 12:15 pm

Barcode: 665710 Fri, Nov 1 - Dec 6, 11:15 am - 12:15 pm

Fee per session: Member: \$60 Non Member: \$96

### **Introduction to Ukulele**

Instructor: Daron Panko

Once again, the ukulele is all the rage! Getting started is fun and easy and you'll be playing songs from day one. Learn chords and familiar melodies on the first day - you might even want to sing along! Music sheets and lyrics are provided and you will learn note reading and new techniques as you learn new songs.

Barcode: 665711    Tues, Sept 17 - Oct 22, 12:30 - 1:30 pm

Barcode: 665719    Tues, Nov 5 - Dec 10, 12:30 - 1:30 pm

Fee per session: Member: \$60    Non Member: \$96

### **Hand Drumming: Intro to African Style Rhythms**

Instructor: Deborah Bortscher

Invite a friend and come have fun learning fundamentals of hand drumming. Gain a basic understanding of tempo, dynamics and simple polyrhythms. Different drum rhythms will be introduced each workshop. No experience required. Based on oral tradition of learning, there will be no written sheet music. Note: Drums provided by the instructor for in-class use (\$10 for both days payable to instructor).

Barcode: 665735    Mon, Sept 16 - Sept 23, 2:15 - 3:45 pm

Barcode: 665745    Mon, Oct 21 - Oct 28, 2:15 - 3:45 pm

Fee per session: Member & Non Member: \$20

### **Harmonica for Beginners**

Instructor: Cam Neufeld

Get yourself a "C" harmonica and come and learn all that can be done with this wonderful little instrument. A harmonica can be purchased for \$10 from the instructor if you do not have one. We will explore how to play some blues riffs, chord melodies and simple back-up techniques. Now let's blow and draw together!

Barcode: 665811    Tues, Sept 17 - Oct 8, 11:15 am - 12:15 pm

Barcode: 665812    Tues, Nov 5 - Nov 26, 11:15 am - 12:15 pm

Fee per session: Member: \$40    Non Member: \$76

### **Homegrown Harmonies**

Instructor: Dan MacMullin

Do you like to sing? Join new and old friends in this musical experience as we continue the Homegrown Harmonies tradition - singing old favourites and learning new songs. All voices welcome. No choral singing experience required. Note: Drop-ins welcome; \$5 per sing-a-long.

Barcode: 665703    Fri, Sept 20 - Oct 25, 1:30 - 3 pm

Fee: Member: \$24    Non Member: \$60

Barcode: 665704    Fri, Nov 8 - Nov 29, 1:30 - 3 pm

Fee: Member: \$16    Non Member: \$52

### **Introductory Mandolin**

Instructor: Cam Neufeld

The mandolin is a fascinating instrument used for classical, bluegrass and folk songs. It is small and really quite easy to learn. We will discover how to play chords, melody, read simple tablature and learn some classic mandolin licks. Only a mandolin with its "tremolo" can melt your heart as it plays a simple love song.

Barcode: 665813    Tues, Sept 17 - Oct 22, 10 - 11 am

Barcode: 665814    Tues, Nov 5 - Dec 10, 10 - 11 am

Fee per session: Member: \$60    Non Member: \$96

### **Learn to Play the Mighty Recorder**

Instructor: Dorothy Beyer

Join the fun and learn how to play an instrument that has a noble musical history of 900 years - the recorder! You will discover how to use your breath, fingers and tongue to make music. We will start off with playing by ear and gradually process to reading the wonderful music that is available for the recorded. Exploration of music will be for a variety of levels. Absolute beginners as well as those with more musical experience welcome.

Note: instruments will be available for use courtesy of The Edmonton Recorded Society or bring your own.

Barcode: 665730    Mon, Sept 30 - Oct 28, 9:45 - 10:45 am

Omit Date: Oct 14, Nov 11

Barcode: 655734    Mon, Nov 4 - Dec 2, 9:45 - 10:45 am

Fee per session: Member: \$40    Non Member: \$76

### **Ukulele with a Touch of Steel Guitar**

Instructor: Ihor Nedoshytko

Discover the joy of creating beautiful music on the ukulele or steel guitar in a fun, friendly setting. Different genres played. Opportunities are available to perform with the Hawaiian Treasures. Note: Not suitable for beginner ukulele students; some experience required. Beginner students encouraged to take lessons first. Steel guitar players require experience. Off site performances optional.

Barcode: 665705    Thurs, Sept 12 - Oct 31, 9:30 am - 12 pm

Fee: Member: \$56    Non Member: \$92

Barcode: 665706    Thurs, Nov 14 - Dec 19, 9:30 am - 12 pm

Fee: Member: \$42    Non Member: \$78

## **Music Appreciation Lectures:**

### **The Everyday Person's Approach to Understanding Music Basics**

Instructor: Ihor Nedoshytko

Music is extraordinarily complex, but some basic knowledge can help you understand it more easily and read/play it more readily. This workshop is in support of all CLSA's great music programs. In week one, you will brush up on how to read and understand music basics. Week two will expand on the note values, rhythm reading and writing. Music truly is an international language. Is it never to late to learn.

Barcode: 665753 Wed, Sept 18 - Sept 25, 1:00 - 2:00 pm

Fee: Member & Non Member: \$18

### **Masterful Mozart**

Instructor: Judith Richardson

Born in Salzburg, Austria in 1756, Wolfgang Amadeus Mozart is now recognized as one of the best classical composers of all time. Come and learn about Mozart through active listening of Operas, concerts, and symphonies. Judith has performed as a soloist with symphonies, Baroque ensembles and at numerous concerts and recitals. Join her and get to know them an behind th music.

Barcode: 665755 Wed, Sept 25 - Oct 16, 10:30 - 11:30 am

Fee: Member: \$36 Non Member: \$72

### **History of the Christmas Carol**

Presenter: Judith Richardson

Come and learn about the origins of the Christmas Carol, where and when they started. This is an active listening course. You will hear both old and new ones from the Oxford Books of Carols. This is just in time for all your Christmas festivities, Judith is a performer, teacher and adjudicator in Edmonton and is the President of the Singing Teachers Chapter.

Barcode: 665756 Fri, Nov 29, 10 am - 12 pm

Fee: Member & Non Member:\$12

**Do you have an idea for a novel or new  
program or activity?  
Let us know at [info@CentralLions.org](mailto:info@CentralLions.org)**



## Private Lessons:

### Piano Lessons

Instructor: Glenda Murphy, A.R.C.T.

Learning the piano is an enjoyable and rewarding experience. If you love to listen to music, you can learn to play the piano, no matter your age. New students learn how to read music and play simple, well-known tunes within a few weeks. Advanced students may continue their education in classical piano, or learn to play chord style to pop, country, hymns, old standards or your favourite tunes.

Barcode:	Fri, Sept 20 - Oct 25	Fri, Nov 1 - Dec 6	Omit Dec 13
665766	8:50 AM	665777	8:50 AM
665770	9:30 AM	665778	9:30 AM
665771	10:10 AM	665779	10:10 AM
665772	10:50 AM	665780	10:50 AM
665773	11:30 AM	667781	11:30 AM
665774	12:10 PM	665782	12:10 PM
665775	12:50 PM	665783	12:50 PM

Fee per session: Member: \$156 Non Member:\$192

### Guitar & Ukulele

Instructor: Daron Panko

For those interested in joining ukulele or guitar group lessons but have never played before, this is the place to start! These one-on-one lessons are suitable for absolute beginners and individuals who want to improve and advance in their skills. Please list your instrument and level of play when registering. Note: Lessons will be offered in sequence of time. Music book extra.

Barcode:	Fri, Sept 20 - Oct 25	Fri, Nov 1 - Dec 6	
665784	12:30 - 1 pm	665794	12:30 - 1 pm
665792	1:05 - 1:35 pm	665795	1:05 - 1:35 pm
665793	1:40 - 2:10 pm	665796	1:40 - 2:10 pm

Fee per session: Member: \$156 Non Member: \$192



## Offsite Adventures

### **CLSA MONTHLY OUTING: RIVER CREE RESORT & CASINO**

Host/Hostess: CLSA member

By request! Monthly outings to the River Cree Resort and Casino are continuing this spring and summer – the third Thursday of each month. Be sure to register early for these social outings as space is limited. Fee includes round trip transportation (walkers welcome, no wheelchairs please), \$5 play money and a complimentary lunch at Tap 25 restaurant.

Note: The bus departs Central Lions at 10 am and departs the Casino at 2:30 pm for a 3 pm return to Central Lions.

Barcode: 666646 Thu, Sept 19, 10 am – 3 pm

Barcode: 666656 Thu, Oct 17, 10 am – 3 pm

Barcode: 666657 Thu, Nov 21, 10 am – 3 pm

Fee per outing: Member & Non Member: \$5

### **NAIT Culinary Delights Tour & Fine Dining at Ernest's**

The NAIT School of Hospitality & Culinary Arts is pleased to offer this group tour. NAIT culinary students have the rare opportunity to learn first-hand from some of the best chefs in the world. Enjoy a tour to learn how and where they prepare food into culinary delights. Following the tour, enjoy a 3-course lunch (\$39 value) in one of Edmonton's top fine dining restaurants - Ernest's - where students serve their specialties. Note: ALL expenses included in fee. Depart Central 9:20 am; tour 9:50 am - 12 pm; lunch at Ernest's 12:15-1:25 pm; depart NAIT for Central at 1:30 pm; return Central 1:50 pm (est).

Barcode: 666661 Wed, Nov 6, 9:20 am - 1:50 pm

Fee per outing: Member & Non Member: \$78

### **The Magic of Lights at Castrol Raceway**

By request! Invite a friend and come celebrate the joy of the holidays at Castrol Raceway's Magic of Lights. Experience the magic of the 2km route from the comfort of a coach bus. At every turn, and in every direction, witness the spectacular displays and animations as multiple holiday themes come to life with hundreds of sparkling lights. Note: A portion of proceeds from the Magic of Lights evening will benefit several local charities.

Barcode: 666658 Wed, Dec 11, 6:30 - 9:30 pm

Fee per outing: Member & Non Member: \$20

### **Christmas at Hotel MacDonald**

Invite a friend and join the fun at CLSA's annual outing to the Hotel MacDonald. An amazing Yuletide buffet awaits. A short tour of the hotel will be available for those interested. Past participants have not been disappointed. Make this year your turn! Registration deadline: Thurs, Dec 12 at noon. Note: Space is limited, register early.

Barcode: 666660 Thur, Dec 19, 10:45 am - 1:45 pm

Fee per outing: Member & Non Member: \$66

## Outreach Services

Do you have any questions about community resources, financial benefits, housing, food security or community supports? CLSA is now offering social outreach services. An outreach intern will conduct an initial consultation and then provide referrals to social workers, doctors, pharmacists, and other health professionals. Thursdays by appointment. Call our reception desk at 780 496-7369. Provided by Strathcona Place Society

## Painting

### **Acrylics: Impressionist Landscapes of Alberta**

Instructor: Frank Haddock

Are you just new to acrylics? Do you have some acrylic experience but want to explore new landscapes? This course is for you! Learn about the tools and techniques of acrylics as you paint many famous and some not well known landscapes in Alberta. You will learn the subtleties of mixing colours and how to apply brush to canvas to create impressionistic skies, trees and water in this unique study of sweeping plains and majestic mountains. Come for an afternoon of learning and community. Note Supplies extra, list available.

Barcode: 665744    Wed, Sept 25 – Oct 30, 1 - 4 pm

Fee: Member:\$102    Non Member: \$138

### **Acrylics: New Night Scenes Workshop**

Instructor: Frank Haddock

Back by popular demand two new night scenes for those who have been wanting more! You will be shown how to prepare your canvasses and colours needed to create your painting. Step-by-step instructions will be supports with personal guidance as you develop paintings to fit to frame. Don't miss this course! All levels welcome! Note: Supplies extra, list available.

Barcode: 665752    Tue, Dec 4 & Dec 11, 1 - 4 pm

Fee: Member: \$34    Non Member: \$70

### **Acrylics: Still Life Painting Like Master "Gauguin"**

Instructor: Carmella Haykowsky

Everyone has heard of Van Gogh but have you heard about Gauguin? Gauguin was one of the most inventive and influential artists in the early 20th century. He used vibrant colour, expressive brushwork and a decorative style in his paintings. In this course you will explore Gauguin's techniques and create beautiful, colourful & modern works inspired by this innovative artist. Note: Supplies extra, list available.

Barcode: 665754    Mon, Nov 4 – Dec 16, 9:30 am - 12:30 pm    Omit Date: Nov 11

Fee: Member: \$102    Non Member: \$138

## **Colour Mixing: Putting Colour Theory to Practice**

Instructor: Carmella Haykowsky

In this fun and challenging course, learn colour theory and how to apply it in your painting. Through demonstrations, step-by-step exercises and personal practice, you will gain a working knowledge of colour and build confidence in how to use it effectively.

Discover colour's infinite possible uses while practicing your colour skills on a variety of subjects and themes. Images for painting will be provided. This is a great program for beginners and seasoned painters alike! Note: Supplies extra, list available.

Barcode: 665764 Mon, Sept 16 – Oct 28, 9:30 am - 12:30 pm Omit Date: Oct 14

Fee: Member: \$102 Non Member: \$138

## **Coloured Pencil on Black**

Instructor: Susan Casault

Draw a variety of subjects, including animals, nature and nightscapes, all on black paper, An introductory class or previous coloured pencil experience is recommended. Gain

experience with choosing colours and problem solving as you focus on basic shapes, values and textures. The class will include demonstrations and individual guidance. Photo reference will be provided by the instructor. Note: Supplies extra, list available.

Barcode: 665776 Fri, Nov 1 - Dec 6, 9:30 am - 12:30 pm

Fee: Member: \$102 Non Member: \$138

## **Drawing Essentials**

Instructor: Susan Casault

Anyone can learn to draw! Have fun exploring the essentials of drawing; sketching, lines, proportion, depth, shadows, and more. Discover how to create realistic drawing using just a pencil, eraser and various blending techniques to create form, light and texture. A

slower-paced course using different subjects each week. There is lots of time to practice what you learn. Photo reference will be provided by the instructor. Note: Supplies extra, list available.

Barcode: 665804 Fri, Sept 13 - Oct 18, 9:30 am - 12:30 pm

Fee: Member: \$102 Non Member: \$138

## **Drawing for Painters**

Instructor: Frances Alty-Arscott

To be a successful painter, an artist needs to preplan their painting. This course is designed for painters who would like a refresher course in drawing and for those who have never had a drawing course before. Emphasis is on the basic skills, methods, and techniques involved in both drawing and planning a painting. The course will focus on the combination of these two key areas and involve lots of demonstration and discussion. There will be ample opportunity to create sketches for future paintings. Note: Supplies extra, list available. For information on Frances Alty-Arscott and her art, visit [www.alt yar scott.net](http://www.alt yar scott.net)

Barcode: 665806 Tues, Sept 17 - Oct 22, 1 - 4 pm

Fee: Member: \$102 Non Member: \$138

## **How to Draw Heads & Faces in Perspective**

Instructor: Muhammed Salayi

This course will help you become familiar with head shapes and form. Learn how to draw the face and head using anatomical knowledge, basic facial structure, and different types of hair masses and renderings. The end goal will be a well-constructed, fully rendered realistic face, the beginning of portrait drawing. Some drawing experience helpful. Note: Supplies extra, list available.

Barcode: 665807 Mon, Oct 28 - Nov 25, 1 - 4 pm Omit Date: Oct 14

Fee: Member: \$68 Non Member: \$104

## **How to Paint with Gouache**

Instructor: Muhammed Salayi

Gouache (goo...wash) is an opaque water-based medium that is often described somewhere between watercolours and acrylics. More pigmented than watercolours, it dries quickly and can be corrected and layered, creating rich, vibrant, luminous works of art with a velvety matte finish. Have fun exploring this centuries-old, per-Renaissance paint style under the guidance of a professional painter. All levels welcome. Note: Supplies extra, list available.

Barcode: 665808 Mon, Sept 16 - Oct 7, 1 - 4 pm

Fee: Member: \$68 Non Member: \$104

## **How to Paint with Water Mixable Oils**

Instructor: Muhammed Salayi

Learn how to get started with oil painting using water soluble paints, under the guidance of a professional. Known as "solvent-free" oils, these are real oil paints, formulated with the exact same pigments as traditional oils but modified to make clean-up with soap and water possible. No turpentine or other solvents are needed. Great for artists fond of painting in oils but without the fumes. All artist levels welcome. Note: Supplies extra, list available.

Barcode: 665809 Tue, Nov 5 - Nov 26, 1 - 4 pm

Fee: Member: \$68 Non Member: \$104

## **Paint A Masterpiece with Oils & Acrylics**

Instructor: Frank Haddock

Create a copy of an old master painting! Choose two painting by any of the masters from the 18th, 19th or 20th century and learn how to reproduce the image in acrylic.

Demonstrations and individual guidance will help you mix the right colours and the perfect techniques for making your copies of masterpieces you've always admired. You will also learn a little biographical history of the artists you have chosen! All levels welcome.

Note: Supplies extra, list available.

Barcode: 665828 Wed, Nov 6 - Nov 27, 1 - 4 pm

Fee: Member: \$68 Non Member: \$104

### **Pastel Pencils: Prairie Vignettes**

Instructor: Debbie Olafson

Pastel pencils are an exciting versatile medium with the brilliance and versatility of oils without the mess of drying time. They are inexpensive compared to paint and easy to use and take with you wherever you travel. In this four week course, you will complete four different 6" x 6" vignettes (paintings) to be used as a collection in one frame or as single small pieces. Guided instruction will be provided. No experience required.

Note: Pastel pencils provided. Other supplies extra, list available.

Barcode: 665843 Fri, Oct 4 - Oct 25, 1:30 - 4 pm

Fee: Member: \$48 Non Member: \$84

### **Watercolours: A Guide to Autumn Skies & Trees**

Instructor: Frank Haddock

Using unique colour combinations and techniques, learn how to breathe new life into your watercolour landscape painting. Your new, colourful fall images will be panting.

Step-by-step instructions and expert guidance is provided to assist you along the way.

Great for beginners and intermediate artists. Note: Supplies extra, list available.

Barcode: 665859 Mon, Sept 16 - Oct 7, 1 - 4 pm

Fee: Member: \$68 Non Member: \$104

### **Watercolours: Getting Started with Florals**

Instructor: Frank Haddock

Learn basic techniques for painting flowers with watercolours in this exciting four week course. Plenty of demonstrations and an insightful approach to colour theory will show you how to retain a glowing quality in your art work. Alternative methods of painting backgrounds will complement your flowers and make them spring off the page! Note: Supplies extra, list available.

Barcode: 665860 Mon, Nov 18 - Dec 9, 1 - 4 pm

Fee: Member: \$68 Non Member: \$104

### **Watercolour Explorations: Intermediate**

Instructor: Frances Alty-Arscott

This course is designed for those individuals who have already mastered the basics of working in watercolour. Students will learn to enhance the freshness in their work by experimenting with new ideas and alternative painting techniques. There will be demonstration and class discussion but students will be encouraged to explore their own personal direction through individualized instruction. Note: Previous experience in the watercolour medium required. Supplies extra, list available.

Barcode: 665861 Thurs, Sept 19 - Nov 7, 1 - 4 pm

Fee: Member: \$136 Non Member: \$172

# Clubs

CLSA clubs provide our members with opportunities to regularly participate in their activity of interest and to socialize with others who share their passion.

- Registration in clubs is open to CLSA members and is ongoing **until all spots are filled.**
- Have very low user fees, additional club dues may be charged to cover the cost of supplies and other related club expenses which are payable to Club Coordinator.
- A club must maintain a minimum of eight members.
- Club dates may be bumped for educational programming, facility maintenance, emergencies, etc.
- Drop in once in sports clubs\* then purchase a five time drop-in pass for \$35 (space permitting) from CLSA Front Desk.

For more club information, please contact the Club Coordinator or drop in to the club.

## **BADMINTON CLUB\***

This club has reached its quota, no additional memberships are currently available.

## **EDMONTON FIREFIGHTERS ALUMNI BAND**

Get together and play good music. Must be able to read music.

Coordinator: Gary: 780 416-0005

Barcode: 666625 Wed, Sept 11 - Dec 18, 10:00 am - 12:00 pm

Fee: Member: \$30

## **EDMONTON SCHOOLBOYS ALUMNI BAND**

For more information call: Lorne at 780-455-3656. Auditions not required. Club dues \$100 payable to club coordinator, must be +55 years old to participate.

Barcode: 666724 Thu, Sept 5 - Dec 12, 9:00 am - 12:00 pm

Fee: Member: \$28

## **INVESTORS CLUB**

Save money by not paying expensive commissions, fees and charges. This group meets the 1st and 3rd Wednesday of each month. Coordinator: Dale: 780-458-9004.

Barcode: 666725 Wed, Sept 4 - Dec 18, 1:00 - 3:00 pm

Fee: Member: \$24.50

## **JOY OF WRITING CLUB**

Share memories, passions, poetry or fiction in a welcoming social atmosphere. Studies show putting words on paper improves your ability to plan, problem solve, reason and de-stress. Call CLSA Front Desk: 780 496-7369 for further information.

Barcode: 666726 Tue, Sept 10 - Dec 10, 10:00 am - 12:00 pm

Fee: Member: \$28



### **KNITTING AND CROCHET CLUB**

This is a social group of members who knit or do other handcrafts. We visit and give each other help with our projects. Some instruction is available. Club dues: \$10 annually.

Coordinator: Irene: 780 474-4439.

Barcode: 666727 Wed, Sept 4 - Dec 18, 10:00 am - 12:00 pm

Fee: Member: \$25.50

### **LAPIDARY CLUB**

Lapidary is the art of cutting, shaping and polishing rocks and fine gemstones. Learn basic techniques from club members. Club dues: \$50 annually. Coordinator: Ron: 780 477-1204.

Barcode: 666728 Tue, Wed, Sept 3 - Dec 31, 9:00 am - 4:00 pm

Fee: Member: \$30.60

### **LIONS BIG BAND**

Get together and play good music. Must be able to read music. Auditions required.

Coordinator: Hugh: 780 222-2614.

Barcode: 666729 Tue, Sept 11 - May 28 & Sept 10 - Dec 24, 9:30 am - 12:00 pm

Fee: Member: \$27.20

### **PICKLEBALL CLUB**

Annual Club dues of \$15 are payable to the club coordinator.

For further information: [www.clsa.org](http://www.clsa.org). This club has reached its quota, no additional memberships are currently available.

### **PICKLEBALL CLUB FOR FUN TUES & THURS**

Want to play for fun, meet new people and get a little exercise? Join this non-competitive Pickleball group. Beginners are welcome and equipment is available for use. This club has reached its quota, no additional memberships are currently available.

### **PULSEAIDERS VOLLEYBALL CLUB**

Enjoy a fun, non-competitive game of volleyball in a social atmosphere. Note: Fitness Centre can be used by club members after 5 pm on club days.

Barcode: 666730 Mon, Wed 4:00 - 5:00 pm, Fri 3:30 - 4:30 pm, Sept 3 - Dec 20,

Fee: Member: \$48

### **SILVER STAGE PLAYERS (DRAMA) CLUB**

Our goal is to present two productions per year. Interested in acting or helping behind scene? New members welcome. Contact Tony: 780 481-4860.

Barcode: 666731 Thu, Sept 19 - Dec 19, 1:00 - 4:00 pm

Fee: Member: \$28



### **SNOOKER**

Join this drop-in group for a game of snooker. Everyone welcome! Just drop in and see us.  
Club dues: \$40 annually.  
Barcode: 666732 Mon, Tue, Wed, Thu, 2 - Dec 31\*, 8:30 am - 4:15 pm  
Fee: Member: \$30.60

### **STAINED GLASS CLUB**

This group meets to share ideas and work on projects. It's fun! It's beautiful!  
Club dues: \$10 per season. Call CLSA reception: 780 496-7369 for further information.  
Barcode: 666733 Thu, Sept 5 - Dec 19, 9:00 am - 4:00 pm  
Omit Dates: Sept 26, Nov 7, Nov 14  
Fee: Member: \$27.20

### **SWING TIME BAND**

Join us for fun and fellowship. This group plays songs from past eras. Beginners welcome.  
Must read music. Club dues: \$5 annually.  
Barcode: 666734 Wed, Sept 11- Dec 18, 1:00 - 3:00 pm  
Fee: Member: \$30

### **TABLE TENNIS CLUB**

Great sport for exercise and hand-eye coordination. Make new friends and have fun getting active. Club dues: \$30 annually. Coordinator: Bill: 780 478-3061.  
Barcode: 666735 Mon, Wed, Sept 3 - Dec 30, 8:30 am - 12:00 pm  
Fee: Member: \$30.60

### **WHIST CLUB**

Join us for an afternoon card game and to socialize.  
Coordinator: Olga 780 476-8538  
Barcode: 666736 Wed, Sept 3 - Dec 18, 1:00 - 3:00 pm  
Fee: Member: \$27.20

### **YOUNG AT HEART BAND**

Join us for fun and fellowship. This group plays songs from past eras. Beginners welcome.  
Must read music. Club dues: \$5 annually.  
Contact: Colleen: 780 962-3128 for further information.  
Barcode: 666737 Mon, Sept 16 - Dec 16, 1:00 - 3:00 pm  
Fee: Member: \$30

## **Drop In Activities, Cards & Games**

These informal activities are provided at minimal cost to **CLSA members only**. No instruction is provided. Fee collected by the group coordinator at the time of participation. **Drop-in activities fees are \$2 per visit (unless indicated otherwise).**

### **BRIDGE - PRACTICE**

Need a little practice trying different hands of play? Experience in Audrey Grant Series Bridge lessons preferred. Coordinator: Kay: 780 475-6486  
Mondays, 1:00 – 4:00 pm

### **CRIBBAGE**

Join us for a game or two. Good for the memory and fun social time!  
Coordinator: Gert: 780 479-4169  
Thursdays, 1:00 - 3:00 pm

### **MAH JONG (National-American)**

Join this social drop-in group for a game of Mah Jong. No experience required; guidance and instruction available from activity members.  
Coordinator: Olga: 780 476-8538  
Tuesdays, 10:00am - 12:00 pm

### **OPEN ART STUDIO**

All artists are welcome to this self-guided activity to work on projects with other artists on their own journey. Meet in the dining area of the Atrium.  
Friday Mornings 9:00 am to 12:00 pm

### **PHOTOGRAPHY**

An opportunity to meet other photo enthusiasts, take photos, learn and share experiences in photography, but most importantly have fun! Participants will decide on projects for each month. Open to new members. Contact: Main Office: 780 496-7369  
1st Thursday of the month, 1:00 - 3:00 pm

### **ROARING LIONS WALKING GROUP**

Facilitator: Volunteers  
A regular walking program in a safe, friendly and interactive environment. Improve your fitness level. All that is needed is desire and ability to walk independently. Tuesday & Thursdays, 9:00 – 10:30 am

### **SCRABBLE**

This is a joint CLSA - Marigold 55+ activity. Drop by and put your brain to work in this fun, social game. For more info, call Clint: 780 434-7133.  
Fridays, 1:15 - 3:15 pm  
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## **TAI CHI PRACTICE**

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is lead by a peer; two complete Yang Tai Chi forms practiced weekly. Practice of the Sabre form follows. Come and improve your technique in this friendly and supportive atmosphere. Contact: Sarah at Main Office: 780 496-7369  
Fridays, 1:15 - 2:30 pm

## **UKULELE - PRACTICE**

This group practice time is for individuals to work on chords, strumming technique and songs. This group is peer-to-peer. No formal instruction provided. Contact: Sarah at Main Office: 780 496-7369,  
Fridays, 11:30 - 1:00 pm

## **Clinics**

### **REFLEXOLOGY & CHAIR MASSAGE CLINIC**

Take the stress out of your day with a seated, clothes-on gentle relaxation massage for the head, neck and shoulders. Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress, and assist in relaxation. Pressure is thought to have a beneficial effect on overall health.

Who: Julie Leblanc, Massage Therapist - registered with the NHPC

When: 4th Wednesday of each month - Sep 25, Oct 23, Nov 27, Dec 18.

Time: Flexible between 8:30 am and 2 p.m.

How: By appointment. Call Julie @ (780) 920-3149.

Fee: ½ hour Chair Massage -- CLSA Members \$30; Non-members \$35

1 hour Reflexology -- CLSA Members \$50; Non-members \$55

Fees payable to Julie Leblanc.

### **THERAPEUTIC FOOTCARE**

Edmonton Foot Care provides foot care relief if you are diabetic, have impaired circulation, are at high risk for common foot disorders or need preventive foot care measures. Services include: clipping and shaping of nails, removal or reduction of corns and calluses, assistance with ingrown nails and/or fungal nails, plus referrals as needed. Staff are qualified nurses who possess advanced foot care knowledge. Note: Services may be tax-deductible.

Who: Edmonton Foot Care Inc.

When: Main clinic, 3rd Tuesday of each month\* - Sep 17, Oct 15, Nov 19, Thur\*, Dec 19.

Time: By appointment (20 minutes each) between 9 am and 3 pm

(Note: Pending waitlist, optional clinic on 1st Tues of the month - afternoons.)

How: Call Edmonton Foot Care office @ 780 292-2533.

Fee: Per visit --- CLSA Members \$30: Non-members \$35

Fees payable to Edmonton Foot Care.

Note: Clinic dates, time and fees subject to change.

## Special Events

### **CUPPA CORNER - FREE EVENT**

This popular event has grown and changed. In addition to the weekly "coffee's on" meet and greet time, once-a-month special Cuppa Corner will feature entertainment and fun interactive activities. Watch the newsletter for upcoming dates and special theme days.

### **Welcome Back Wine & Cheese Reception**

Hosted by the CLSA Social Club. Ticket includes your first wine/spirit/non-alcoholic beverage and cheese plate. Additional drinks and plates can be purchased for \$5 each.

Barcode: 666599 Thur, Sept 19, 4-6 pm

Fee: Member & Non Member: \$15

Deadline to register: Sept 16

### **Portrait Day**

Portrait photos – for your loved ones, and for yourself! If your most recent photo is on your driver's license, you'll want to attend portrait day. Local esthetics students will have you looking your best with free hair and cosmetics touch ups. Professional photographer Carlo Marrazzo will provide proofs for you to choose from. Photo packages range from \$25-\$50 with no obligation to purchase. Individual, group or team sittings permitted. Once you've registered, we will call to book your sitting time. Photos will be delivered just in time for the holidays.

Barcode: 666600 Wed, Oct 30, 10 am-3 pm

Fee: Member & Non Member: \$5 Deadline to register: Fri Oct 18

### **WHODUNNIT??- Murder Mystery Night**

It is Mrs. Cordelia Grayson's 70th birthday party, June 1946. But poor Mrs. Grayson is no longer celebrating, she lays murdered on the floor of her sitting room. How? By whose hand? Join us for a night of thrilling mystery and intrigue as you help the detective find the one responsible for Mrs. Grayson's unfortunate demise. Cocktails, wine and hor d'oeuvres are available as you examine the clues and rub elbows with the Grayson family...

Barcode: 666613 Fee: Member: \$25 Non Member: \$35 Fri, Oct 25, 5 - 8 pm

Deadline to register: Fri Oct 18

### **Lion's Den Marketplace - Books, Crafts and Collectibles Sale**

Come check out our growing community arts, crafts and collectibles sale! In addition to CLSA's used book sale, there will be vendors of all sorts. From one of a kind art work, knitwear, jewelry, and handmade crafts to antiques and collectibles, you're guaranteed to find a treasure while supporting your local community. Donations of gently used books/CDs/DVDs are being accepted until Friday November 1st, 2019. This event marks one of CLSA's largest fundraisers for the year.

Fri, Nov 15, 10 am-7 pm & Sat, Nov 16, 9 am-4 pm

Free Admission

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## **Christmas Luncheon**

Register by December 1 to be entered into the early bird draw for a free 2020 membership.

Deadline to register: Fri Dec 6

Join the Board of Directors and fellow CLSA members as we celebrate the Christmas season. Turkey dinner with all the trimmings and caroling round out this traditional annual get-together, just in time to put you in the holiday spirit! Mark your calendars.

Barcode: 666614 Fri, Dec 13, 12-2:30 pm

Fee: Member: \$25 Non Member: \$35

Watch our newsletter and Facebook accounts for details of upcoming events!



## City of Edmonton Evening Activities at Central Lions Seniors Recreation Centre Fitness Centre

Uneasy about exercise? Get comfortable at Central Lions Recreation Centre. You'll find fitness equipment designed to help you gently begin or restart an exercise program.

Open to the public: Monday – Friday 5 – 9 pm (closed Stat. holidays)

Fee\*: Adult Single Visit: \$8.25

Seniors Single Visit: \$7

CLSA members discounted admission rate \$4 (Must show your valid CLSA membership card)

\* Fees subject to change

Use your City of Edmonton Recreation Centre fitness pass, your annual, monthly or multi-pass. For complete membership information, please see: [edmonton.ca/recmemberships](http://edmonton.ca/recmemberships)

### City of Edmonton Leisure Access Program

Leisure Access Program is valid during City of Edmonton public Fitness Centre hours only.

## City Evening Programs at Central Lions

### STAINED GLASS PANEL

Learn the basic skills of making stained glass. Learn to cut, grind, foil, and solder an 18"x10" glass panel with lots of detail. You will be proud to hang it for everyone to see. All supplies included.

**Barcode: 661119**

Thu, Sept 26 - Nov 14, 6 - 9 pm

Fee: \$250

# Corporate Wellness Program

We are happy to announce a new partnership with the City of Edmonton.

Our members are now eligible to participate in the Corporate Wellness Program. With your 2019 CLSA membership, you may receive discounts on admissions at City attractions, self-directed activities (swimming, fitness), and drop-in instructor-led programs.

For more information, visit the CLSA reception desk or visit [Edmonton.ca/wellness](http://Edmonton.ca/wellness)

**Facility Level** includes self directed activities (public swim, lane swim, fitness centre) at ACT, Bonnie Doon, Central Lions, Confederation, Eastglen, Grand Trunk, Hardisty, Jasper Place, Londonderry, O'Leary, Peter Hemmingway, St, Francis Xavier, Mill Woods and all outdoor pools.

**Facility Plus Level** includes drop-in instructor-led programs at all Facility Pass centres as well as Kinsmen Sport Centre, Commonwealth Community Recreation Centre and City Arts Centre.

**All Facility** - includes drop-in instructor-led programs valid at Facility Pass and Plus centres as well as Clareview, The Meadows and Terwillegar Community Recreation Centres.

# ACTIVE AND AGELESS! AT CENTRAL LIONS

- + Computers and Digital Cameras
- + Crafts and Hobbies
- + Dance
- + Fitness
- + General Interest (including Languages)
- + Health & Wellness
- + Music & Song
- + Offsite Adventures
- + Painting Clubs
- + Drop In Activities
- + Clinics



Please recycle! Pass this  
program guide on to a friend.



Edmonton