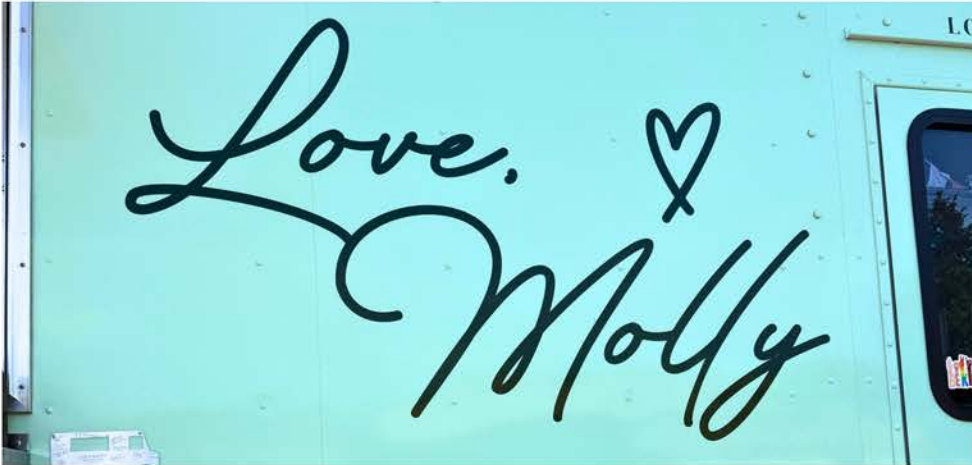


Issue 4.25

There's no age limit on life!

Aug/Sept 2025

CLSA COMMUNITY MARKET!



Hold the Date!

Aug 4 - Heritage Day - Closed

Aug 14 - Newcomer Social

Aug 19 - Birthday Bingo

Aug 20 - Open House

Aug Maintenance Week -
25-29 - Closed

Sept 1 - Labour Day - Closed

Sept 2 - Fall Season Opens

Sept 10 - Cuppa Corner

Sept 23 - Birthday Bingo

Sept 30 - National Day for Truth &
Reconciliation



Cuppa Corner Events

Wednesday Sept 10

11:00 AM — 1:00 PM

Coffee and Treats served
at 11:00 AM

Presentation @ 11:30 AM
from Home Instead!

If you have
moved in the
last year or
changed your phone
number or email, help
keep our records up to
date! Let us know at
info@CentralLions.org



CLSA Board of Directors 2025 – 2026

Chair: Claire Redpath

Vice Chair: Adele Beaudry

Treasurer: Michele Kirchner

Secretary: Deb Ward

Directors: Dan Moynagh
Bob MacDonald
Ron Bride
Marilyn Quaedvlieg
Fred van de Voort
Barbara Ligtoet
Joyce Ricioppo

Executive Director: Karen Melnychuk
Operations Manager: Tara Harris

July 2025 Book Sale

A number of thank yous need to be mentioned as CLSA had another successful book sale:

1. to all the people who donated books, puzzles, CD's and DVD's in good or as good-as-new condition on an ongoing basis
2. to all the people who purchased some of the items that were donated
3. to all of the 25+ volunteers who helped with the set up, take down, sorting and selling of books for this book sale
4. to the CLSA staff members who helped in various tasks associated with hosting the book sale
5. to the volunteers who sort and categorize the donations on a weekly basis

The Book Room is open daily from 8:30 to 3:00 when CLSA is open. Please check the shelving units on either side of the TV/Fireplace in addition to the two tables usually set up in the atrium. Please pay for the items at the volunteer desk. If you are looking for a specific book, please complete the form that is on the top of the shelving unit on the right side of the entrance to the Book Room.

Please consider donating items and then attending the next book sale in the fall.





Come See What We Are All About!

Free Hot Dog Lunch!
**while supplies last*



**Door Prizes, Tradeshow,
Class Demonstrations
and Loads of Fun!**

OPEN HOUSE!

Wed August 20, 2025 10 am - 3 pm

Thank You to Our Sponsors!



780-496-7369 info@centrallions.org www.centrallions.org



Message from our Board Chair Claire Redpath

Hi everyone,

I hope you are all having a wonderful and relaxing summer! It's hard to believe how quickly time flies! Fall is just around the corner, and with it comes the start of a new program season.

I want to take this opportunity to say welcome to our Brand New Members. Over the past few months, we've seen over 100 brand new members join our community. We are so blessed to have you here, and we welcome you with open arms. If you have not had the opportunity to attend one of our Newcomer Socials, we will be hosting our next one on Thursday, August 14 at 1:00 to 2:30 pm. We would love to meet you! Come learn more about our centre, meet some new people, enjoy a coffee and some treats and get a tour of the building!

Wishing you a wonderful rest of the summer and see everyone soon!

Claire Redpath
Board Chair, CLSA

Featured programs: Never stop learning and growing!



Grief Recovery Support - FHW-002

Fri Sept 26 - Nov 14

Member Rate - \$60 plus \$25 workbook

Grief is the normal and natural emotional response to change or loss – death, divorce, moving, financial changes, health changes, relationship changes, and so on. Grief is also the result of unmet hopes, dreams and expectations and the loss of intangible concepts such as safety, trust, security, respect, faith and hope. People say you must let go and move on in your life, but they don't tell you how to accomplish that. The Grief Recovery Method makes that possible and provides partnerships and guidance to ensure that it happens. For more information, go to www.youtube.com/@Griefrecoverymethod



Self Defense for Older Adults - FF-039

Mon Sept 8 - Oct 27

Member Rate - \$98

Ludus Martial Arts presents self defense for older adults using Jiu-Jitsu and Kickboxing techniques. Start your self defense journey today. Keep away and get away. No class Oct 13.



Central Lions Singers - FM-020

Wed Sept 24 - Dec 17

Member Rate - \$92

Do you enjoy singing? Are you looking for a mentally stimulating challenge as well as getting to know others through social interactions and musical performances? Consider joining the Central Lions Singers, a non-auditioned choir, and improve your breath control, your singing voice, your music reading ability and your feeling of well-being that comes with making music together. The conductor, Dianne Eustace, will review selections from last year's repertoire and add something fresh to perform at a few venues during the Christmas season.

50/50

TICKETS \$5

On your ticket, clearly print your:

- Name
- Phone Number

DRAW DATE: DECEMBER 11, 2025

We will contact the winner by phone.

**No need to be present
at the time of the draw!**

**Past Winner Take
Home Totals**

- Dec 12 - \$2057.50
- May 5 - \$2040.00

Raffle License # 742635

Max 1000 tickets sold

Tickets may only be bought and sold within Alberta



Sausage, Peppers, Onions, & Potato Bake

Submitted by Beccabo73

Ingredients

- 2 tsps olive oil
- 2 pounds Italian sausage links, cut into 2-inch pieces
- ¼ cup olive oil
- 4 large potatoes, peeled and thickly sliced
- 2 large green bell peppers, seeded and cut into wedges
- 2 large red bell peppers, seeded and cut into wedges
- 3 large onions, cut into wedges
- ½ cup white wine
- ½ cup chicken stock
- 1 teaspoon Italian seasoning
- salt and freshly ground black pepper to taste

Directions

1. Preheat oven to 400 °F (200 °C)
2. Heat 2 tsps olive oil in a large skillet over medium heat, and cook and stir the sausage until browned, 5 - 10 minutes. Transfer cooked sausage to a large baking dish.
3. Pour 1/4 cup of olive oil into the skillet, and cook potatoes, stirring occasionally, until browned, about 10 minutes.
4. Place the potatoes into the baking dish, leaving some oil in the skillet.
5. Cook and stir green and red peppers and onions in the hot skillet until they are beginning to soften, about 5 minutes.
6. Add the vegetables to the baking dish. Pour wine and chicken stock over the vegetables and sausage, and sprinkle with Italian seasoning, salt, and pepper.
7. Gently stir sausage, potatoes, and vegetables together.
8. Bake in the preheated oven until hot and bubbling, 20 - 25 minutes. Serve hot.

<https://www.allrecipes.com/recipe/214500/sausage-peppers-onions-and-potato-bake/>

Do you have a recipe that you are known for? Would you like to have it featured in our next newsletter? Email your recipe to info@centrallions.org or drop off a paper copy at the front desk!

Our next newsletter goes out in October so get your recipe in today!



Central Lions Seniors Association

11113 113 St Edmonton, AB T5G 2V1

PH: 780-496-7369

www.centrallions.org

Email: info@centrallions.org

Hours of Operation: 8:30 AM to 4:00 PM Mon to Fri

Closed Stat Holidays



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September 20th, 1-4pm



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Edmonton, Alberta



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laurelheights.ca
3110 - 22 Avenue,
Edmonton, Alberta



**RUTHERFORD
HEIGHTS**
An OPTIMA LIVING Community

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rutherfordheights.com
949 Rutherford Rd SW,
Edmonton, Alberta



**MacTaggart
PLACE**
An OPTIMA LIVING Community

780-540-2273

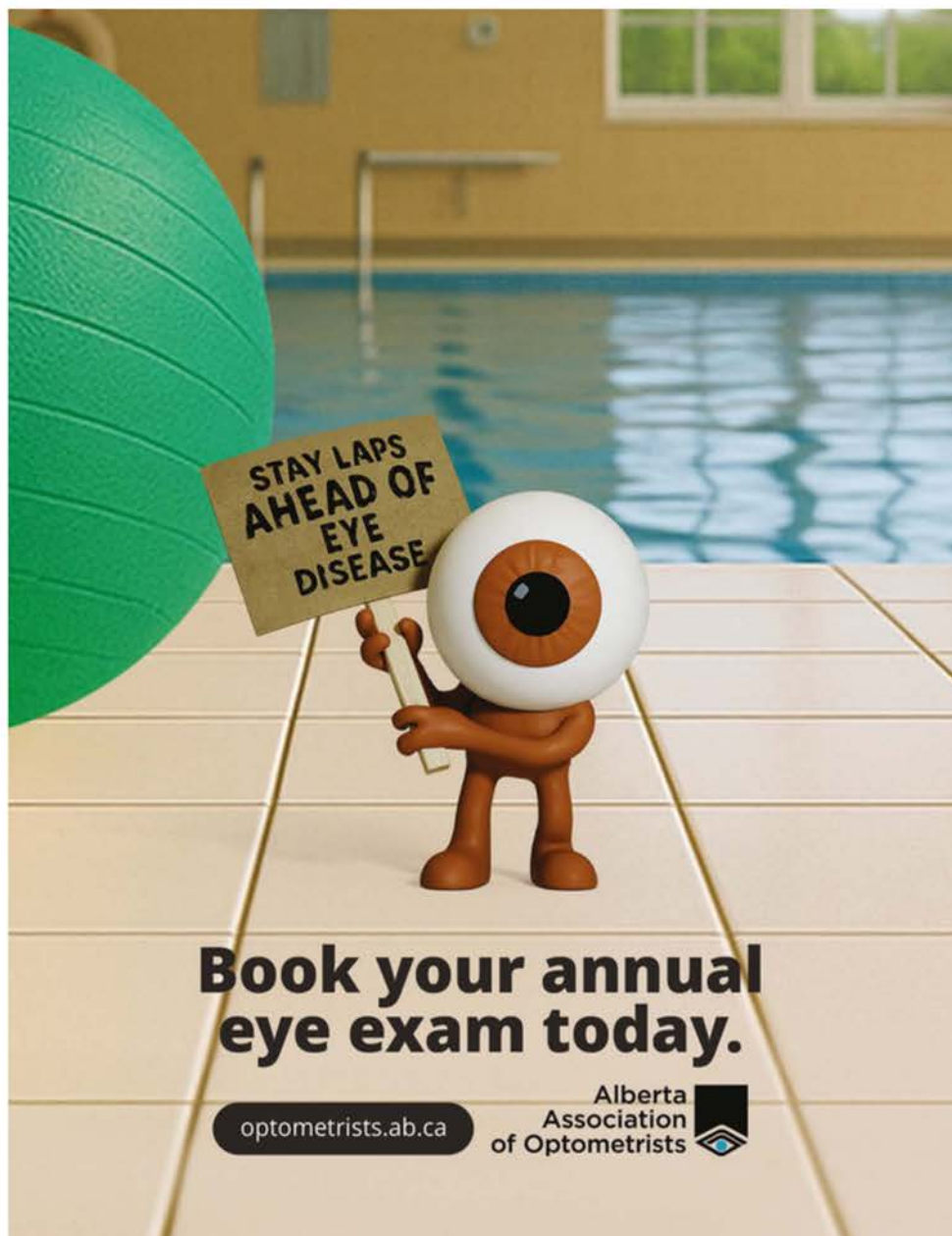
mactaggartplaceseniors.ca
5149 Mullen Road,
Edmonton, Alberta



Wild Rose
An OPTIMA LIVING Community

780-443-1234

wildroseseniors.ca
9612 - 172nd Street NW,
Edmonton, Alberta





SPECIAL EVENTS

COMMITTEE UPDATE!



There has been a name change and the special events committee will now be referred to as the "Social Team"

They are also looking for any volunteers or members who would be interesting in assisting in decorating, setting up, cleaning up, and tearing down for social events.

DID YOU KNOW?

COURAGE: Action for Better Aging is a social movement that believes everyone deserves to age on their own terms, in the place we call home and in the communities we love. COURAGE invites you to reimagine aging and spark innovation for change through storytelling.

Seniors Recreation and Activity Centres Provide:

- Recreation
- Wellness
- Creative Arts
- Education
- Social Events
- Information
- Volunteerism and Social Support



What comes to mind when you think of a “seniors moment”? Is it laughter, connection, and shared stories—or something more lacklustre? At a seniors

recreation centre, every moment is a chance to spark joy, try something new, and most importantly—make meaningful connections.

Whether you’re reconnecting with familiar faces or meeting brand new friends over coffee, cards, or lunch, there’s a place here for you. You never know who you’ll cross paths with—or how much fun you’ll have along the way!

Our Fall Program Guide is out now! Online and in print. Let’s make this season one to remember, together!



 Like  Comment  Share

Join Our Online Community on Facebook and Instagram:
@CentralLionsSeniors

July 15, 2025

A poem created by our member

Aldo Grebaz

Life is but
one makes of it.....
Challenges each day
Along the way.....
It's but how we
Look at them
And do
That counts.
Life is NOT boring.....



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Keep Those Bottles & Cans Coming!

Help support our programs by donating your bottles and cans. Bring your bags/boxes/truckloads any day Mon—Fri 8:30 AM - 4:00 PM. We will even help unload them!

CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and physical or mental wellbeing. We have raised **\$698** to date all done through our volunteers.



Our Parents' Home
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**Interested in Retirement Living?
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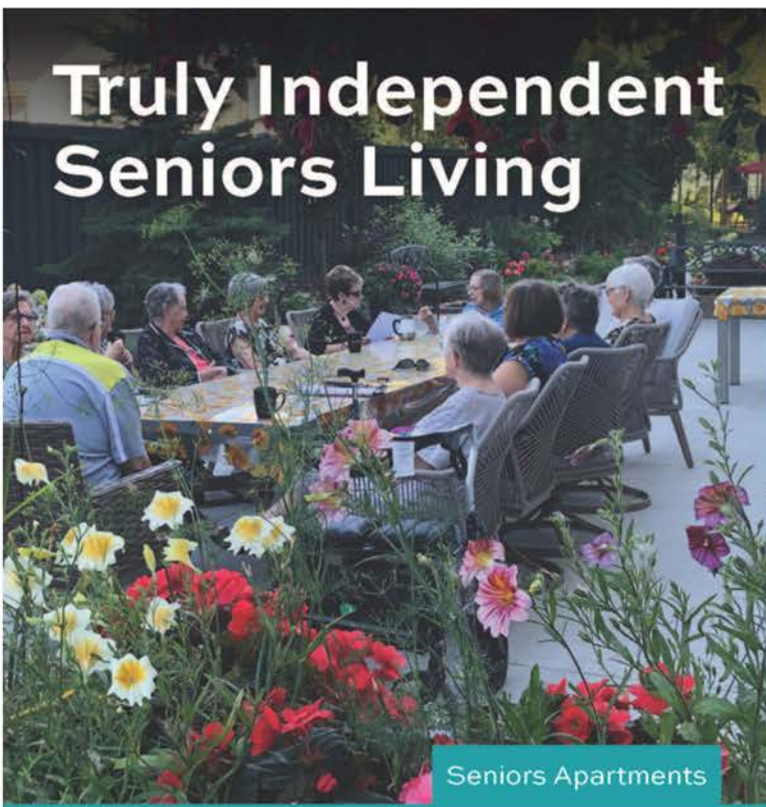
by **cogir**



FATHER'S DAY SOCIAL!



Truly Independent Seniors Living



Seniors Apartments

Harmony at Rutherford helps you find the balance you want in retirement living.

Be independent, or be social. Be active or enjoy a more peaceful activity like gardening. With more options and flexibility than traditional retirement homes, discover your harmony today.



24/7 live response, state-of-the-art safety and security systems, utilities, telephone, Wi-Fi, and cable are all included in rent.



Premium amenity spaces include salon, fitness studio, games room, crafts studio, party room, wood working shop, theatre and rooftop patio.



Daily activities, fitness classes, and events for residents.



Full kitchen, laundry, and patio or balcony in every suite.



On-site full-service Tutti Frutti restaurant with exclusive Dining Club access for residents.



Book a tour and see firsthand how our residents are living their best lives!

Call Alex at 780-655-2929



12020 22 AVE. SW, Edmonton AB | harmonyatrutherford.com

SENIOR FRAUD ALERT

spot & stop senior scams

Check out SeniorFraudAlert.ca to help spot and stop senior scams. This free resource helps you learn how to identify fraudulent behaviour and to protect yourself. Resources include a free course and the ability to report scams.





Explore & Engage Edmonton's Seniors Centres Video

The Edmonton Age Friendly Alliance created a video on the importance of seniors centres and the important roles they provide in the community. Check it out today!

<https://www.youtube.com/watch?v=4NNIsK3QhLM>



SENIORS SOCIAL

FEATURING LIVE MUSIC • GIVEAWAYS • REFRESHMENTS

10 AM - 2 PM • At West Edmonton Mall
Level One, Phase IV Stage

2025
DATES:

February 6th

May 8th

October 1st



**Paid Advertisement*

Outreach Program at CLSA

In partnership with the Seniors Coordinating Council, Central Lions will be providing an Outreach Worker located right in our facility. The Outreach Worker will be available on the third Wednesday of each month from 1:00 - 4:00 PM.

An Outreach Worker is a social worker who provides support to older adults, helping connect them with the resources and supports they need to thrive. They are community connectors that work with an older adult to provide short-term support through referrals, introduction to community services, form filling, support with navigation, and follow ups for participants within the system.

If your needs are more complex, the Outreach Worker can help you get the ongoing support that you need to navigate the system.

Community Supports may include:

- Diversity and Inclusion support
- Transportation
- Financial & Legal
- Information, Referral & Advocacy
- Nutrition/Food
- Home Supports
- Social Engagement
- Mental & Physical Health
- Caregivers
- Wellbeing
- Support Living

To book an appointment with our Outreach Worker call our main line at 780-496-7369 or come in-person to our main office reception.

All appointments will remain confidential. You can also call **211** and they will refer you to an appropriate organization.



Key Resources for Seniors Outreach in Edmonton:

✓ 211 Seniors Information Line:

This is a central point of contact to connect with programs, services, and resources for seniors in the community. You can call 211 and press 2 for information and referrals, or press 3 for 24/7 crisis diversion.

✓ Seniors Coordinated Outreach:

Led by the Edmonton Seniors Coordinating Council, this collaborative effort involves various agencies that provide outreach and support workers. They help seniors navigate services, complete applications, and connect with community resources.

✓ Hello Seniors (part of Seniors Coordinated Outreach):

This ESCC program offers social work services to older adults (55+) for building resilience, setting goals, and addressing challenges like mental health, addiction, elder abuse, housing, and social isolation.

Continued on Next Page...



 10120 149 Street NW,
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10:00 AM - 01:00 PM

✓ **Multicultural Senior Outreach Program:**

This program partners with SAGE (Senior Association of Greater Edmonton) and uses Multicultural Health Brokers to reach isolated seniors within their ethnocultural communities.

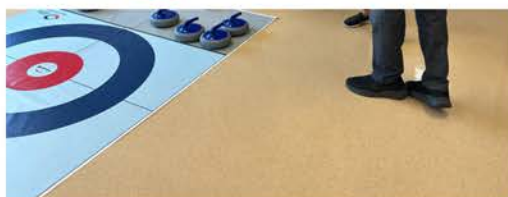
✓ **Edmonton Seniors Centre Outreach:**

This program provides information and assistance for various needs, including housing, health care navigation, benefits, and other services like elder abuse support, mental health services, and transportation.

✓ **Seniors' Centre Without Walls Program:**

This Edmonton O-day'l'min Primary Care Network initiative offers phone-based health and well-being information sessions, recreational activities, and social connection

Seniors in Edmonton, Alberta, can access a variety of outreach services through initiatives like Seniors Coordinated Outreach, the 211 Seniors Information Line, and programs offered by organizations including the Edmonton Seniors Coordinating Council (ESCC). These services aim to connect older adults with necessary support, including help with housing, finances, health, and social engagement.





BINGO

BINGO has become a staple at CLSA and there is one held every month. Some players would like them much more often. We have a great deal of fun, some laughs, and of course some groans when their number isn't called.

Come visit with our retired Executive Director Janice and make this the highlight of her month.

There is no cost to play but there are prizes!



Stay Informed: Sign up for our Email Newsletter Today!

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our newsletters and program guides.



Here are some ways you can get information from us: make sure you are on our email list (or provide a family member's email address), friend and follow us on Facebook and Instagram, check out our website occasionally, call our main line and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.

Avoid Disappointments — with Early Registration!

Early registration results in fewer cancellations and fewer disappointments. Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled five business days prior to the start date. You will be notified by phone, and you will be offered a credit toward another class.

If the activity that you wish to register in is full, you can be waitlisted. If there is a cancellation and a free spot available, we will contact members in the order received on the waitlist.



WILLS, ESTATES & NOTARY.

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Psyanky Easter Egg Painting Workshop



A CLSA Donation Story

Why We Donate to the Central Lions Seniors Association (CLSA)

My wife Lynne and I have been fortunate to enjoy the benefits of living in a wonderful city, Edmonton, in the wonderful country of Canada. We feel privileged to now be able to give back.

The reasons people donate are many, e.g. helping nonprofits reach their objectives, helping the needy, building a stronger community, being generous and kind is contagious, it feels good to learn about and help others.

The above reasons all apply to why we donate to CLSA . Personal experience though has made it even more compelling to provide support.

The CLSA website sums up what they want to achieve.

We provide a welcoming and supportive environment for persons 55 years of age and older to participate in exercise, art, music, and educational classes that enrich body, mind, and spirit to enhance longevity and quality of life.

From what we have experienced the CLSA is doing an excellent job of meeting their stated objectives.

On a personal note. Since retirement, in 2005, I have volunteered extensively, including many years with the CLSA.

- I ventured into the newly renovated centre in 2008 not expecting much.
- The overall excitement of the various activities going on was wonderful to experience.
- Then, after one look at the marvelous new fitness centre, I was hooked. I wasn't disappointed. The staff and fellow volunteers took pride in providing a friendly, clean facility where those using it felt at home. Many friends were made!
- Pickleball is very popular at the centre. That's where I began playing. Again another positive experience.
- Although my activities were mainly fitness oriented the wide range of available activities provide something for most seniors.

My wife Lynne and I feel privileged to be able to donate to and help such a wonderful organization.

Doug Sigler, August 2025

A CLSA Donation Story

Why We Donate to the Central Lions Seniors Association (CLSA)

Firstly, I would thank you for your call on August 1st, 2025. I was asked on the voice mail as to why I donated to Central Lions Senior Recreation Centre. The answer is mindfulness. It is a way to say Thank you for providing a facility for growth, friendship and learning.

My life was like everyone else's with it's ups and downs, enjoying life and enjoying being a grandmother.

In 2023 my life was turned upside down. I lost both of my brothers within a six week period of time.

I was very lucky that I had a good chiropractor and a helpful doctor.

I needed more in life as I tried fixing my body. I went on "Google" and started my journey as to where I could go to meet people and learn.

I signed up for membership and started taking classes, Tai Chi, Meditation and French classes, I then progressed to ballroom dancing, line dancing and Spanish Class.

The staff and everyone I've met in my classes gave me , hope, kindness and MINDFULNESS. I have learned a lot by attending your facility and listening to our people who go there.

I'm looking forward to Fall 2025 as I will continue with Central Lions and be grateful that we have such wonderful facility offering us many choices to keep us engaged and to meet familiar faces and new ones.

Thank you Central Lions for being part of my life.

I. M. Tkaczuk





Pro Coro Canada is Edmonton's professional choir. Since 1981, we have brought the beauty of the professional choral arts to audiences in Edmonton, across Canada and worldwide. Widely recognized as one of Canada's finest professional choirs, we perform classic and contemporary choral works and commission ground-breaking Canadian choral compositions.

Pro Coro Canada is very happy to provide Edmonton seniors with delightful choral music experiences whether in-person at concerts, or online through our free ProCoroTV streaming platform. Concert-going seniors can enjoy professional choral performances and may be eligible for group discounts. For seniors who are unable to attend concerts in-person, we offer a professionally produced concert live stream and performance archive with FREE registration. It is our privilege to share the joy of professional choral music with ALL of Edmonton's seniors community. To purchase concert tickets or to access ProCoroTV, please [visit www.procoro.ca](http://www.procoro.ca).

Pro Coro Canada is pleased to offer a free weekly email newsletter with interesting and unique insight into Canadian choral music. You can subscribe at www.procoro.ca. We also offer free entertaining and educational open rehearsals throughout our season, providing an opportunity to ask questions and learn more about Pro Coro Canada.

For questions or more information about Pro Coro Canada concerts or ProCoroTV, please contact development@procoro.ca.

Let's Talk About Social Media



CLSA posts often on Facebook, highlighting upcoming events or celebrating the events and people of our community. It's a great way to keep up-to-date. Please like and share each post to get the word out about our great Association.



Instagram is fairly new for our community but, again, its quick and easy to follow us on Instagram. You will receive three to four postings a week to help you keep up-to-date on all the happenings and fun

Edmonton Foot Care Clinic 3rd Tuesday of Every Month at CLSA



Our qualified nurses provide foot care for those who:

- Are diabetic
- Are at high risk for foot disorders
- Have impaired circulation
- Want to take preventative measures

Services include:

- Clipping and shaping of nails
- Assistance with ingrown nails/fungal nails
- Removal or reduction of corns/calluses
- Referrals as needed

Clinic by appointment only:

To book an appointment call 780-488-5878 (call between Mon-Fri; 8-4 pm)

Fee: \$32 per visit for CLSA Members only



Reflexology & Chair Massage Clinic 4th Wednesday of Every Month at CLSA

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress.

Chair massage is a clothes-on gentle massage for the head, neck, and shoulders.

Services:

1/2 Hour Chair Massage - CLSA Members \$40; Payable to Julie Leblanc

1 Hour Reflexology - CLSA Members \$60; Payable to Julie Leblanc

Clinic by Appointment Only:

To book an appointment call Julie at 780-920-3149.

Must be a CLSA member to book.

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We would like to extend our heartfelt gratitude to everyone who donates to Central Lions Seniors Association.



Your generosity makes a meaningful difference in the lives of our seniors, helping us continue to provide valuable programs, services, scholarships and a welcoming community.

If it was not for your generosity experiences like our CLSA Community Market and Open House would not exist. Your donations are used to help alleviate conditions associated with aging and to improve the physical and mental health of our members.

Thank you for being a part of our mission—we couldn't do it without you!

Navigating Life's Challenges: Expert Advice for Seniors



In this column, we enlist the expertise of a seasoned professional. Tammy Lautner is the owner and operator of ***Peace of Mind Consulting***. She has dedicated her 24 year career as a Registered Social Worker to supporting seniors and their family caregivers.

Dear Tammy,

My daughter is constantly trying to “help” me by offering to handle things I still feel capable of doing myself. I know she means well, but it’s starting to feel like she doesn’t trust me to manage my own life. How do I talk to her about respecting my independence?

– *Capable (and a bit frustrated)*

Dear Capable,

This is such a common situation, and I appreciate how honestly you're naming it. When adult children step in quickly to help, it often comes from a place of love and worry, but it can unintentionally feel like they're taking over.

It’s okay to feel frustrated. Wanting to maintain your independence is not only understandable, it’s important. The key here is to open a calm, respectful conversation where you can both be heard.

You might say something like: “I appreciate how much you care, and I know you’re trying to make things easier for me. But when things are done for me that I’m still able to manage, it makes me feel like I’m losing control over my own life.”

Then, consider inviting her to have a conversation. For example: “Can we talk about what kind of help I do want, and what I still enjoy doing on my own? That way we’re both on the same page.”

Framing the conversation this way can ease tension and help your daughter see that supporting you doesn’t have to mean stepping in before it’s needed.

Warmly,

Tammy

Peace of Mind Consulting



PEACE OF MIND
CONSULTING

To speak directly to Tammy, call 780-720-3035 or email hello@peaceofmindalberta.com

We encourage readers to submit their questions to ‘Dear Tammy’ by submitting them to info@Centrallions.org

"If You Can Still Remember These 10 things From Your Past, Your Mind is Sharper Than Most in Retirement"

-by Farley Ledgerwood

1: Phone numbers you used to dial by heart (this is a sign that your long term memory is holding strong). It also shows you've trained your brain to retain information, even decades later.

2: The exact Lyrics to songs from your youth. Music is deeply tied to memory. When we hear familiar tunes, our brains light up in ways that are resistant to age-related decline. Your brain's recall mechanisms are doing just fine.

3: The way certain people made you feel, Remembering these feelings, not just the events, is a sign of sharp emotional intelligence. It means your mind is still able to reach into the deeper layers of memory where empathy and nuance live.

4: The smell of places you haven't been to in decades. Smell is one of the strongest triggers of memory. Scientists say it's because scent is wired together in the Brain's limbic system. If your brain is making these scent connections, it's a sign your sensory memory is intact - and that's a good thing.

5: How you learned certain life lessons (the hard way). We all have "I'll never do that again" moments. The real memory test isn't just recalling what happened - it's remembering How it changed you. When you can tie experiences to growth, it shows your memory isn't just passive. It's working at a higher level, integrating past experiences into present-day wisdom. And let's face it, that kind of recall is something even young folks struggle with.

6: Specific moments from raising your kids or being raised yourself. They aren't all random flashbacks. They're powerful indicators that your episodic memory (the ability to recall specific personal experiences) is still firing on all cylinders. And in retirement, when you have more time to reflect, these memories can be a rich source of joy, meaning, and even insight.

- Continued on Next Page

7: Old recipes you used to make from memory: If you can whip up something from decades ago without looking up, that's not muscle memory - it's a blend of procedural, emotional and sensory memory all working together. And that kind of multi-layered recall? It's a strong indicator your brain is keeping its edge.

8: the layout of a home or homes you haven't visited in decades. Can you still remember where the cookie jar was in your grandmothers Kitchen? Or which floorboard creaked in your childhood bedroom? That level of detail is a sign of strong spatial memory. It shows your brain hasn't just remembered facts - it's remembered environments. And in an age where GPS handles all our directions, having a mind that still stores mental maps is a pretty rare thing.

9: What you used to daydream about as a child. If you can still recall what you used to imagine - whether it was becoming a cowboy, exploring outer space, or just getting your own room! - it suggests your imaginative memory is still very much alive. And that's important because imaginative memory plays a role in creativity, problem-solving, and even emotional flexibility. It's the part of your brain that says "what if"? And if that part is still active in retirement, you've got more going on for you than you might think.

10: The details of books you read decades ago. I'm no know-it-all, but i've always been a reader. And i'm constantly surprised by how many lessons from older books still float around in my head. The fact that I can recall specific quotes or stories from books I haven't touched in years tells me my retention hasn't packed it's bags just yet. If you're the same - if names like Viktor Frankl, Benjamin franklin, or Jane Austin still bring to mind more than just a dusty cover, you've likely got a sharp and well-fed mind.

I'm still figuring things out myself, but there's one more thing I've come to believe: memory is more than just recall. It's connection. To people, places, to lessons, to who we've been and who we're still becoming. So if Any of these things still live vividly in your mind, don't take it lightly. It means your brain is still doing it's job - and doing it well. And here's a little question to leave you with.....What's one memory from your past that still surprise you with how clear it feels? You might be sharper than you think!

Word Search

Y Y L A P I D A R Y L I O N S
 E I R M E N T A L H E A L T H
 I N V I T I N G S E N I O R S
 S S T A I C H I O I D V F W F
 T A J U R E C R E A T I O N V
 A D A N C I N G C E N T R A L
 I W Z F R I E N D L Y Y O G A
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 S J Y P A R T I C I P A T E C
 S C E N T R E O P E N A R T S

Cardiovascular	StainedGlass	Mentalhealth	Yoga
Recreation	Watercolor	Friendly	
Strength	Participate	Lapidary	
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SENIORS HOME SUPPORTS PROGRAM FOR CLSA

Members of Central Lions Seniors Association have access to the Seniors Home Support Program which provides referral to screened businesses, community groups and individuals that offer:

SNOW REMOVAL

YARD WORK

MOVING HELP

HOUSEKEEPING

PERSONAL SERVICES

HOME REPAIR & MAINTENANCE

Which home support coordinator do I contact to receive referrals?

This program is divided into four districts and each has their own Home Supports Coordinator. Depending on the first three digits of your postal code is, you contact the coordinator for your postal area. Although there is no coordinator physically located at CLSA, our members still have access to this program.

How much does it cost? Is the service free?

The referrals are free, the services are not. The businesses or individuals that are on the referral list charge for their services and costs vary. We encourage you to speak with each service provider to determine the costs. You will be provided with three service providers for you to contact. You can contact the coordinator to receive more names if needed.

Are the service providers reputable? Is this program safe?

Each service provider on the list went through a vetting process. The service providers on the list must provide a copy of their liability insurance (annually), a police information check including vulnerable sector and their references have been contacted. Each provider also goes through an interview process. We want to keep our seniors safe.

Contact: Barbara

780-860-2931

homesupport3@jfse.org

Contact: Kathy

780-995-2908

homesupport4@jfse.org

Contact: Gaby

780-483-1209

gaby@weseniors.ca

Contact: Jenny

587-594-7884

homesupport1@jfse.org

T6G T6H

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With Costs Rising, Your Donation is Needed More Than Ever

Did you know that CLSA is a charity? Like all senior serving organizations we strive to provide the best experiences for our Members. With costs rising our budget is stretched tight. If you are in a position to give to our community it would benefit all. All donations over \$20 will receive a tax receipt.

Ways to give:

- Go to <https://www.canadahelps.org/en/dn/79408>
- In person at 11113-113 Street, Edmonton
- By phone: 780-496-7369
- By mail: 11113 113 St., Edmonton, AB T5G 2V1



CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and improved physical or mental well-being.

Donations support our scholarship fund for low income seniors, social events that bring people together, and to bridge the gap between revenue and expenses for the programs we offer.

Support for Low Income Members at CLSA

CLSA has received generous donations that allow us to provide scholarships for low income seniors. Those Members who qualify may receive up to \$150

towards \ an activity of their choosing each qualifying year.

To qualify, Members need to acquire a City of Edmonton Leisure Access Pass and bring the pass to CLSA to register in your activity. For more information on the Leisure Access Pass go to:

www.edmonton.ca/programs_services/leisure-access-program.



WE ARE LOOKING FOR PEOPLE TO SHARE THEIR CLSA STORIES



We want to hear your story!

Be a part of CLSA's 60th anniversary! We are looking for 60 people to share their experiences and memories with us. Stories will be collected between now and October!

Help us celebrate this incredible milestone!

**Interested? Want to learn more? Ready to sign up and
be part of CLSA history?**

Contact Marie at: marie@CentralLions.org or
call 780-442-0943

A Final Thought...

It has been over 6 months since I have been the Executive Director at Central Lions Senior Center and it has been a great journey!

It is wonderful to see how Central Lions has grown in new members in the past several months. We are fulfilling our Mission which is to encourage, promote and provide opportunities, through recreation, education and socializing, to enhance the well-being of persons aged 55 and older. Everyone continue to reach out to your neighbours, friends and relatives and share your story here at CLSA.

A big thank you to staff, volunteers and members who attended and made our Community Market & Book Sale so successful. We were able to raise over \$2,500 during this event.

To our faithful donors, thank you for supporting Central Lions Senior Association. Your donations support our programs in continuing to be successful and a great experience for our members!

Enjoy the rest of the summer and see you soon

Karen Melnychuk

Executive Director for the Central Lions Seniors Association

Let's Talk Refunds

CLSA, along with other senior associations in the city, have a no refund policy. Why? Our instructors' contracts are set based on the number of people signed up for an activity. There are always exceptions and, if you feel you need a refund, please write a note to Karen, who will make the final decision. Thank you for understanding.