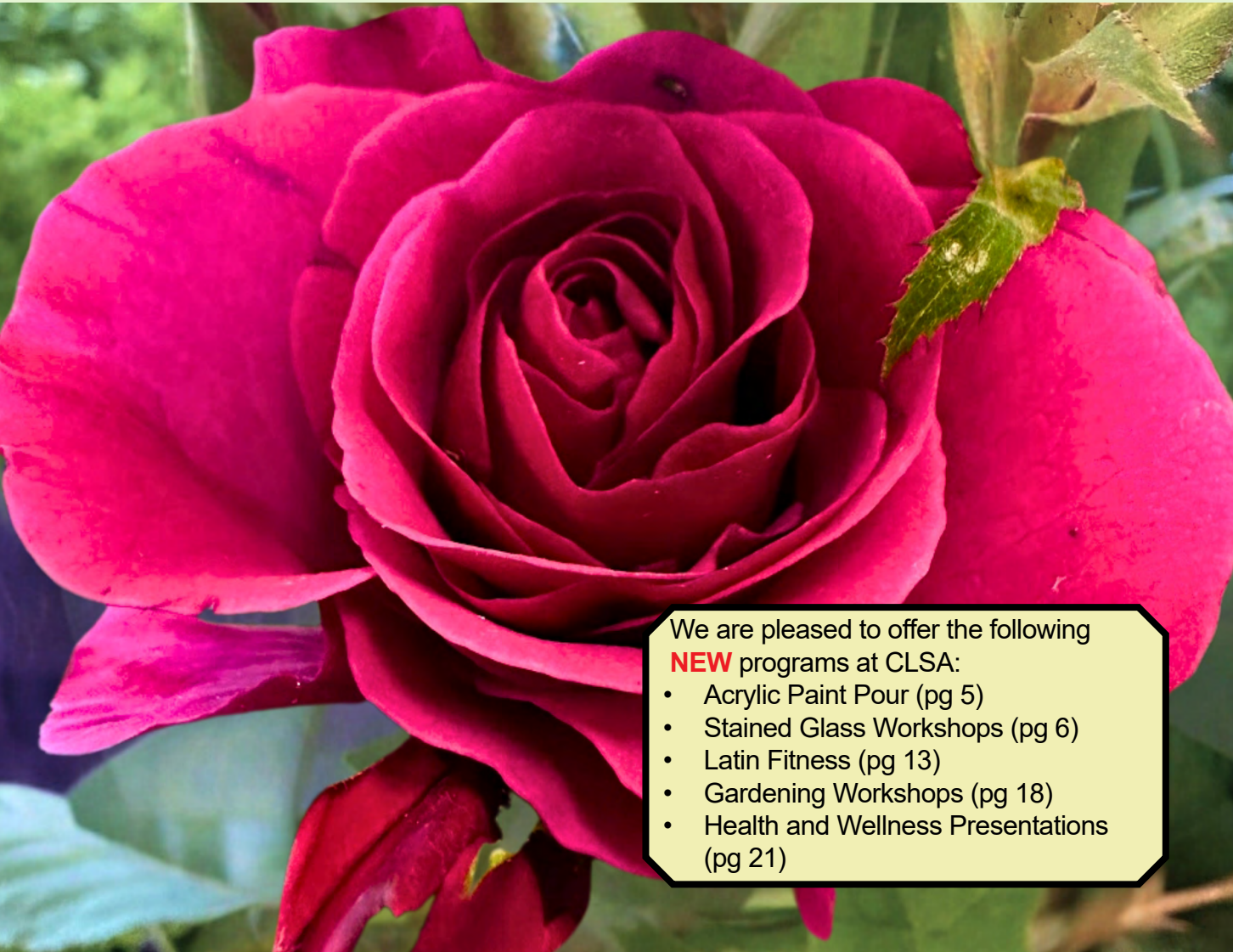


SPRING & SUMMER 2025

Program & Activity Guide

Age Well, Live Fully!

MAY - AUG



We are pleased to offer the following **NEW** programs at CLSA:

- Acrylic Paint Pour (pg 5)
- Stained Glass Workshops (pg 6)
- Latin Fitness (pg 13)
- Gardening Workshops (pg 18)
- Health and Wellness Presentations (pg 21)



Central Lions Recreation Centre

11113 – 113 Street NW
Edmonton, Alberta T5G 2V1

Programs

Computers & Devices.....	4
Crafts.....	5
Dance.....	6
Fitness & Workout Room.....	9
General Interest & Languages.....	16
Health & Wellness.....	21
Clinics.....	25
Music.....	26
Offsite Adventures.....	29
Painting & Drawing.....	29
Special Events.....	35
Paddle Sports.....	36
Uninstructed Activities.....	39

General Information

How to Register.....	3
Code of Conduct.....	46
CLSAMemberships.....	48

Phone: 780-496-7369

Fax: 780-442-0946

Website: www.CentralLions.org

Facebook: [@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)

Instagram: [@CentralLionsSeniors](https://www.instagram.com/CentralLionsSeniors)

About Us: CLSA is an independent non-profit society formed in 1979 and achieved charitable status in 1986. Our programs are made available through registration fees, donations and fundraising. We rely on dedicated volunteers who support our efforts every step of the way.

Our **Mission** is to encourage, promote and provide opportunities through recreation, education and socializing, to enhance the well-being of persons aged 55 and older. ***Come for the programs, stay for the people!***

Executive Director

Karen Melnychuk

780-442-0937

Karen@CentralLions.org

Hours of Operation (Mon-Fri)

Closed on statutory holidays

Main Entrance/Registration Desk (South)

Phone: 780-496-7369

8:30 a.m. – 4:00 p.m.

Fitness Centre (North)

Phone: 780-442-0949

7:30 a.m. – 3:00 p.m.

How to Register for Spring/Summer Programs and Activities

Registration Desk is open from 8:30 AM to 4:00 PM, Mon – Fri

Registration for **Preferred Members** opens on **April 14 at 8:30 a.m.** For everyone else, registration opens on **April 21 at 8:30 a.m.** See page 48 for more information on Preferred Membership.

Online Registration

You must purchase a membership before you can access your online account and register for programs online. You can access the online registration system on our website www.CentralLions.org by clicking on 'My Account' in the upper right corner.

Instructions to log-in for the first time can be found on our website. Look for 'Membership' in the menu bar, then click on 'Registration' to read the log-in instructions.

If you are new to CLSA, or you don't have a current 55+ membership or online account, please call 780-496-7369 or email info@centrallions.org. A member of our team will assist you with setting up your client profile.

If you have any trouble logging into the system, please let us know! Sometimes it's a simple typo on our end, or the name on the account is your birth name and not the name you use every day. It's an easy fix.

Telephone 780-496-7369

If reception is busy, leave a message stating your name and phone number. All messages will be answered within 24 hours. **Registrations must be completed before the program start date.**

In Person

Come to our office and a CLSA member will be happy to serve you.

Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.

Computers & Devices

One-on-One Tutorials

Computer Tutorials: One-on-One

Instructor: Shawn Gramiak

Member \$50 | Non-Member \$90 (Fee is per session)

Are you having trouble with your computer, device, and/or its software? A one-on-one tutorial may help you get the most out of your system. These 45-minute, customized training opportunities are designed to address concerns you might have with your Windows, Apple or Android device (phone, iPad, Android tablet or laptop). Once you have registered, the instructor will contact you to arrange a convenient tutorial time and review the topics you want to address. Multiple concerns may require more than one instructional session.

SCD-001 | *Tutorial time will be determined by instructor and participant*

EPL - Stanley A. Milner Branch Staff Presentations

EPL - All About Libby **Tues 2:00 PM - 3:00 PM**

Member & Non-Member Rate \$3

A deep dive into one of our customers' favourite eBook and Audiobook applications. This workshop will walk you through setting up the Libby app, and help you feel more comfortable accessing resources from anywhere you have internet. Libby also offers offline functionality which allows you to download titles for those moments where you just need to disconnect and lose yourself in a great read. iOS 10+ (get it from the Apple App Store) Android 7.1+ (get it on Google Play); Newer Fire tablets (get it from the Amazon Appstore) If you have a Windows computer, Mac computer, or a Chromebook, you can use Libby in your web browser at libbyapp.co. We suggest using the latest version of Chrome, Safari, Firefox, or Edge.

SCD-002 | May 27 | One-Day Workshop

Other Computers & Devices

Technological Literacy Workshop **Wed 1:30 PM - 3:30 PM**

Instructor: Sharon Rusike

Member & Non-Member Rate \$3

This workshop aims to empower the seniors by simplifying digital communication and teaching seniors how to utilize their phones and computers to communicate with their loved ones, make online sales and purchases, book appointments, order groceries, and more. This workshop will also include a step to step guide on how to download and set up the different social media apps.

SCD-003 | Jun 25 | One-Day Workshop

Technological Literacy Workshop **Thurs 1:30 PM - 3:30 PM**

Instructor: Sharon Rusike

Member & Non-Member Rate \$3

SCD-004 | Aug 14 | One-Day Workshop

Crafts

Acrylic Paint Pour **Wed 10:00 AM - 11:30 AM**

Instructor: Marj Miller

Member \$65 | Non-Member \$105

Come experience the joy and art of acrylic paint pouring and make your own coaster or trivet. **All supplies will be provided**, including a variety of pre-mixed pouring paint colours, a blank coaster or trivet base, a heat resistant topcoat and varnish, plus your choice of cork or rubber feet to apply on the bottom and complete your masterpiece with a professional finish and quality. You will be thrilled to re/discover your inner artist and creative talent.

SC-008 | Jun 25 | One-Day Workshop



Cards & Papercrafts **Mon 9:30 AM - 12:30 PM**

Instructor: Pam McLean

Member \$25 | Non-Member \$65 | Supply Kit \$10 (*payable upon registration*)

Card making has come a long way from simple paper folds and markers. In each workshop, you will complete three projects using a variety of stamps, ink, paper, techniques, accessories and more. No experience is required. All materials provided with cards pre-cut and ready for you to assemble, stamp and create.

SC-001 | May 12 | One-Day Workshop

SC-002 | Jul 21 | One-Day Workshop

SC-003 | Aug 11 | One-Day Workshop

Cards & Papercrafts: House of Cards **Mon 9:30 AM - 4:00 PM**

Instructor: Pam McLean

Member \$38 | Non-Member \$78 | Supply Kit \$35 (*payable upon registration*)

Have fun socializing as you discover your creative side in this all day workshop. Using a variety of fancy folds and creative techniques, you will complete an assortment of 'All Occasion' cards that will 'wow' your family and friends. Invite a friend! There will be a 1/2 hour break for lunch.

SC-004 | Jun 23 | One-Day Workshop

Need more information? Call 780-496-7369 or visit our website at www.CentralLions.org, Facebook, or Instagram @CentralLionsSeniors

Stained Glass Workshop - Monstera Leaf Suncatcher **Mon 9:00 AM - 12:00 PM**
Instructor: Sharon Tomljenovich **Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step by step to create your own beautiful monstera leaf suncatcher. All supplies included (pre-cut glass pieces). No prior experience required.

SC-005 | May 5 | One-Day Workshop

Stained Glass Workshop - Hummingbird Suncatcher **Mon 9:00 AM - 12:00 PM**
Instructor: Sharon Tomljenovich **Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step by step to create your own beautiful hummingbird suncatcher. All supplies included (pre-cut glass pieces). No prior experience required.

SC-006 | Jun 2 | One-Day Workshop

Stained Glass Workshop - Butterfly Suncatcher **Mon 9:00 AM - 12:00 PM**
Instructor: Sharon Tomljenovich **Member \$95 | Non-Member \$135**

Join Sharon for this fun workshop where she will take you step by step to create your own beautiful butterfly suncatcher. All supplies included (pre-cut glass pieces). No prior experience required.

SC-007 | Jul 7 | One-Day Workshop

Dance

Ballroom

Beginner Ballroom **Thurs 9:00 AM - 10:00 AM**
Instructor: Elise Millard **Member \$55 | Non-Member \$95**

Learn how to ballroom dance in this beginner's class by practicing steps and learning choreography that will help you glide across the dance floor with usable patterns, spins, and turns. Ballroom dance is proven to help improve balance and coordination and increase self-confidence and social skills. Join in on the fun!

SD-001 | May 15 - Jun 26 | 7 Weeks

Beginner Ballroom **Thurs 9:00 AM - 10:00 AM**
Instructor: Elise Millard **Member \$63 | Non-Member \$103**

SD-002 | Jul 3 - Aug 21 | 8 Weeks

Ballroom (M) Thurs 10:10 AM - 11:10 AM

Instructor: Elise Millard

Member \$55 | Non-Member \$95

In this program you will learn classic ballroom and Latin dances to help you glide, spin and turn across the dance floor. Besides being a lot of fun, ballroom and Latin dance are a great workout, improves balance and coordination, increases self-confidence and social skills. Lessons are for experienced dancers seeking to learn and renew techniques and complex step patterns. Space is limited, please register with a partner. ***Fee is per person.***

SD-003 | May 15 - Jun 26 | 7 Weeks

Ballroom (M) Thurs 10:10 AM - 11:10 AM

Instructor: Elise Millard

Member \$63 | Non-Member \$103

SD-004 | Jul 3 - Aug 21 | 8 Weeks

Cardio Rhythm (M-V) is a cardio-based program that engages the body with various exercises and equipment for a total body workout. Learn more on **page 10**.

Hula

Hawaiian 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 Level (Beginner) Thurs 1:00 PM - 1:45 PM

Member \$34 | Non-Member \$74

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

SD-005 | May 8 - Jun 26 | 8 Weeks

Hibiscus Level (Choreography) Thurs 1:00 PM - 2:30 PM

Member \$51 | Non-Member \$91

Choreographed class. Includes the preceding Coconut Level. It is recommended that students have some dance experience.

SD-006 | May 8 - Jun 26 | 8 Weeks

Plumeria Level (Performance) Thurs 1:00 PM - 3:15 PM

Member \$72 | Non-Member \$112

Performance class. Includes the preceding Coconut and Hibiscus Levels and uninstructed rehearsal time for the performance troupe "**The Hula Honeys**". Dancers that wish to practice but not perform are welcome to attend.

SD-007 | May 8 - Jun 26 | 8 Weeks

Other Dance

Line Dancing **Tues 9:30 AM - 10:30 AM**

Instructor: Tracy Walters

Member \$45 | Non-Member \$85

Line dancing is a form of low impact exercise danced in lines. You will learn dance patterns which are done to many different genres of music (country, pop, rock and roll; just to name a few). No partner or experience required. If you have a love of dancing, come try it out. Shoes with a leather or slippery sole recommended.

SD-008 | May 6 - Jun 24 | 8 Weeks

Line Dancing **Tues 9:30 AM - 10:30 AM (no class July 1)**

Instructor: Tracy Walters

Member \$40 | Non-Member \$80

SD-009 | Jul 8 - Aug 19 | 7 Weeks

Line Dancing Intermediate **Fri 2:45 PM - 3:45 PM**

Instructor: Tracy Walters

Member \$40 | Non-Member \$80

This is a line dance class for those who have taken the Beginner line dance class and want more of a challenge. We will include some dances from the Beginner class and some dances for those who want to improve their Line Dance skills. Shoes with a leather or no grip sole are recommended.

SD-010 | May 9 - Jun 27 | 7 Weeks

SD-011 | Jul 4 - Aug 22 | 7 Weeks

Tap Dance

Tap Dance (Beginner) **Wed 11:40 AM - 12:40 PM**

Instructor: Jeff Gatti

Member \$50 | Non-Member \$90

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.

SD-012 | May 7 - Jun 4 | 5 Weeks

Tap Dance (Intermediate) **Wed 9:30 AM - 10:30 AM**

Instructor: Jeff Gatti

Member \$50 | Non-Member \$90

Enjoy tap exercises throughout this course. Build your aerobic fitness, muscle strength, flexibility and coordination. Tap is also great for your memory.

Prerequisite: Completion of Tap Dance Beginner Technique and/or some previous tap experience is recommended. Tap shoes are suggested.

SD-013 | May 7 - Jun 4 | 5 Weeks

Tap Dance: Performance (Advanced) **Wed 10:35 AM - 11:35 AM**

Instructor: Jeff Gatti

Member \$50 | Non-Member \$90

Want to work on tap techniques and expand your repertoire to include more complex footwork? Choreographed festival performance opportunities are available during the last week either at CLSA or at an outside location pending the desires of the group.

SD-014 | May 7 - Jun 4 | 5 Weeks

Fitness Programs & Workout Room

Our Workout Room has what you need to get your heart going and strengthen your entire body. You'll find a whole range of cardio machines, free weights and seven special LifeFitness machines that are safe and fun to use. Visit us to get started.

New to the Workout Room? Getting started is easy! **Orientation time varies and are required. Book yours today at 780-442-0949.**

Workout Room Hours

Monday – Friday

7:30 a.m. – 3:00 p.m.

Closed on statutory holidays

*Must be a CLSA Member to work out

Workout Room Fees

Drop-in \$5

10-visit pass \$35

Seasonal Pass \$150

* Passes purchased in-person only

Please Note: Workout intensity level is indicated in the title of the activity by the following letters: **(G)entle, (M)oderate, (V)igorous**

Better Balance & Strength (G-M) **Tues 1:40 PM - 2:40 PM**

Instructor: Cathy Taskey

Member \$65 | Non-Member \$105

This modified Better Balance and Strength program is for those who are seeking an easier, less intense program. Exercises are adapted for both standing and seated workouts. No floor exercises. Participants with health concerns and/or use of walkers or canes are welcome to join.

SF-001 | May 6 - Jun 24 | 8 Weeks

Better Balance & Strength (G-M) **Tues 1:40 PM - 2:40 PM (no class July 1)**

Instructor: Cathy Taskey

Member \$56 | Non-Member \$96

SF-002 | Jul 8 - Aug 19 | 7 Weeks

Better Balance & Strength (G-M) Thurs 1:40 PM - 2:40 PM**Instructor: Cathy Taskey****Member \$65 | Non-Member \$105****SF-003 | May 8 - Jun 26 | 8 Weeks****SF-004 | Jul 3 - Aug 21 | 8 Weeks****Cardio Fit & Yogasize (M) Fri 1:15 PM - 2:45 PM****Instructor: Marlene Marvin****Member \$84 | Non-Member \$124**

A combination of moderate cardio activity to improve heart and lung capacity, followed by yogasize postures standing, sitting and on the floor. This will help strengthen and improve core and lower back muscles. Class ends with various breathing and relaxation techniques. A chair may be placed beside the yoga mat to assist going down to the floor and back up safely.

SF-005 | May 9 - Jun 27 | 8 Weeks**Cardio Rhythm (M-V) Thurs 11:20 AM - 12:20 PM****Instructor: Elise Millard****Member \$55 | Non-Member \$95**

Get your whole body moving while learning the most fun and popular social dances. You get a total body workout by engaging the body with various exercises and equipment. Join the fun and move to the beat! This class will incorporate some equipment. Bring your yoga mat for stretching exercises at the end of the program

SF-006 | May 15 - Jun 26 | 7 Weeks**Cardio Rhythm (M-V) Thurs 11:20 AM - 12:20 PM****Instructor: Elise Millard****Member \$63 | Non-Member \$103****SF-007 | Jul 3 - Aug 21 | 8 Weeks****Co-ed Gentle Move & Groove (G) Tues 2:00 PM - 3:00 PM****Instructor: Marilee Barry****Member \$49 | Non-Member \$89**

This program is for individuals who have been sedentary for a while or have chronic conditions that benefit from gentle exercise. Exercises are performed in both standing and seated positions. A typical class includes a light cardio warmup and strengthening exercises. Balance and posture are often emphasized. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level.

SF-008 | May 6 - Jun 24 | 8 Weeks**Co-ed Gentle Move & Groove (G) Tues 2:00 PM - 3:00 PM (no class July 1)****Instructor: Marilee Barry****Member \$42 | Non-Member \$82****SF-009 | Jul 8 - Aug 19 | 7 Weeks**

Co-ed Gentle Move & Groove (G) Fri 12:00 PM - 1:00 PM

Instructor: Marlene Marvin

Member \$56 | Non-Member \$96

SF-010 | May 9 - Jun 27 | 8 Weeks

Co-ed Keep Fit (M) Mon 10:30 AM - 11:30 AM (no class May 19)

Instructor: Cathy Taskey

Member \$48 | Non-Member \$88

Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. This class builds from 25-35 minutes of aerobic movement followed by balance, chair and/or resistance exercise. Everyone is encouraged to workout at their own pace.

SF-011 | May 5 - Jun 30 | 8 Weeks

Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM

Instructor: Timmie Horvath

Member \$42 | Non-Member \$82

SF-012 | May 7 - Jun 25 | 8 Weeks

Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM

Instructor: Timmie Horvath

Member \$36 | Non-Member \$76

SF-044 | Jul 2 - Aug 13 | 7 Weeks

Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM (no class May 19)

Instructor: Cathy Taskey

Member \$48 | Non-Member \$88

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.

SF-013 | May 5 - Jun 30 | 8 Weeks

Corrective Fitness Tues 10:45 AM - 11:45 AM

Instructor: Naissa Preston

Member \$68 | Non-Member \$108

Corrective fitness helps us understand how to fix movement compensations and imbalances to improve the overall quality of movement during workouts and in everyday life. This class will help with aligning the body to reduce the risk of future injury.

SF-014 | May 6 - Jun 24 | 8 Weeks

Corrective Fitness Tues 10:45 AM - 11:45 AM (no class July 1)

Instructor: Naissa Preston

Member \$58 | Non-Member \$98

SF-015 | Jul 8 - Aug 19 | 7 Weeks

ESSETRICS® for Seniors (G) Tues 11:15 AM - 12:00 PM

Instructor: Lori Griffith

Member \$87 | Non-Member \$127

This gentle, slow-tempo program focuses on 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. Program includes standing and chair work. Bring a yoga mat, water, and towel to class.

SF-016 | May 6 - Jun 24 | 8 Weeks

ESSETRICS® for Seniors (G) Tues 11:15 AM - 12:00 PM (no class July 1)

Instructor: Lori Griffith

Member \$76 | Non-Member \$116

SF-017 | Jul 8 - Aug 19 | 7 Weeks

ESSETRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM

Instructor: Meaghan Hipkin

Member \$98 | Non-Member \$138

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. Program includes standing & floor work exercises. Bring your yoga mat, small towel and water to class.

SF-018 | May 7 - Jun 25 | 8 Weeks

ESSETRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM

Instructor: Meaghan Hipkin

Member \$86 | Non-Member \$126

SF-019 | Jul 2 - Aug 13 | 7 Weeks

ESSETRICS® Release, Rebalance, Restore (G-M) Thurs 10:45 AM - 11:45 AM

Instructor: Meaghan Hipkin

Member \$98 | Non-Member \$138

SF-020 | May 8 - Jun 26 | 8 Weeks

SF-021 | Jul 3 - Aug 21 | 8 Weeks

ESSETRICS® Stretch & Tone (M) Tues 10:00 AM - 11:00 AM

Instructor: Lori Griffith

Member \$98 | Non-Member \$138

This program is a full body, equipment-free workout that uses a dynamic combination of strengthening and stretching to develop lean, strong, and flexible muscles.

Perfect for men and women of all fitness levels. Essentrics can help prevent and treat injuries, unlock tight joints, improve posture and leave you feeling energized and healthy. Program includes standing and floor exercises. Bring a yoga mat, water, and towel to class.

SF-022 | May 6 - Jun 24 | 8 Weeks

ESSETRICS® Stretch & Tone (M) Tues 10:00 AM - 11:00 AM (no class Jul 1)
Instructor: Lori Griffith **Member \$86 | Non-Member \$126**

SF-023 | July 8 - Aug 19 | 7 Weeks

ESSETRICS® Stretch & Tone (M) Thurs 9:30 AM - 10:30 AM
Instructor: Meaghan Hipkin **Member \$98 | Non-Member \$138**

SF-024 | May 8 - Jun 26 | 8 Weeks

SF-025 | Jul 3 - Aug 21 | 8 Weeks

Golden Gloves Fitness (M-V) Fri 11:45 AM - 12:45 PM
Instructor: Louise Lepore **Member \$40 | Non-Member \$80**

Equipment rental fee \$10 (payable upon registration)

Uppercut. Hook, Jab! What better way to weave cardio into your life than throwing a few punches! Golden Gloves Fitness is a no-contact fitness class designed to increase flexibility, balance, muscular strength and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required; just comfy clothes and a good pair of sneakers. Your workout is what you make it. The class is suited to all abilities; exercises are adaptable.

SF-026 | May 9 - Jun 20 | 7 Weeks

SF-027 | Jul 4 - Aug 22 | 7 Weeks

Hall Walkers

One foot in front of the other, and before you know it, you will be walking your way to better health! Learn more about our Hall Walkers on **page 41**.

Latin Fitness (M) Wed 9:00 AM - 10:00 AM
Instructor: Dagmar Sanchez **Member \$71 | Non-Member \$111**

This is a low impact cardio workout where you will learn new salsa dance moves or improve the skills you already have. Burn calories and move your body to some Caribbean and Latin rhythms with a Cuban Salsa Dance Champion. This class focuses on rhythm, balance, range of motion and coordination.

SF-046 | May 7 - Jun 25 | 8 Weeks



Mindful Movement (G) Fri 10:30 AM - 11:30 AM
Instructor: Louise Lepore **Member \$40 | Non-Member \$80**

A typical class includes a light cardio warmup and strengthening exercises. Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level. Exercises can be performed seated or standing.

SF-028 | May 9 - Jun 20 | 7 Weeks

Pickleball Programs – Novice & Intermediate

We are offering several levels of pickleball to suit all levels of play. See **page 36** for details.

Retro Fitness (M) **Wed 1:00 PM - 2:00 PM**

Instructor: Dagmar Sanchez

Member \$71 | Non-Member \$111

Retro Fitness is a dynamic workout for all ages, combining the classic moves you love with a modern twist. Designed with low-impact routines, Retro Fitness lets you groove to your favorite tunes at your own pace. This fun and engaging class focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility, and coordination. Whether you're a seasoned dancer or new to fitness, Retro Fitness offers a welcoming environment to stay active and have a blast. Slip on your indoor running shoes and get ready to dance your way to a healthier and fitter you!

SF-029 | May 7 - Jun 25 | 8 Weeks

Strength Training (M-V) **Thurs 12:30 PM - 1:30 PM**

Instructor: Cathy Taskey

Member \$65 | Non-Member \$105

Strength training - or weight/resistance training - is a physical activity that can provide benefits to your muscles, bones, body weight and shape. Designed to help prevent the natural loss of lean muscle mass, this moderate to active non-cardio workout focuses on the whole body (including the back) using weights and other portable equipment. ***Floor exercises are part of this program.***

SF-030 | May 8 - Jun 26 | 8 Weeks

SF-031 | Jul 3 - Aug 21 | 8 Weeks

Strength Training: Progressive (V) **Tues 12:30 PM - 1:30 PM (no class Jul 1)**

Instructor: Cathy Taskey

Member \$120 | Non-Member \$160

SF-032 | May 6 - Aug 19 | 15 Weeks

Tai Chi

Tai Chi: Yang Style

Instructor: Leslie Sarabin

The most popular and widely practiced Tai Chi style throughout the world, Yang Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Other benefits include improved focus and concentration and increased energy.

Tai Chi Practice

Practice time for individuals wishing to work on their Tai Chi form. See **page 42**.

Tai Chi: Yang Style - Level 1 (G) **Mon 11:45 AM - 12:45 PM (no class May 19)**

SF-033 | May 5 - Jun 30 | 8 Weeks

Member \$67 | Non-Member \$107

Tai Chi: Yang Style - Level 2 (M) Mon 1:20 PM - 2:20 PM (no class May 19)
Member \$67 | Non-Member \$107

Level two is the continuation of the movements learned in Level 1.

SF-034 | May 5 - Jun 30 | 8 Weeks

Tai Chi: Yang Style - Level 3 (M) Mon 2:30 PM - 3:30 PM (no class May 19)
Member \$67 | Non-Member \$107

Level 3 will work towards completing the entire movement sequence. Participants require a good understanding of the movements plus completion of Levels 1 and 2.

SF-035 | May 5 - Jun 30 | 8 Weeks

Yoga

Chair Yoga for Fitness (G) Tues 12:30 PM - 1:30 PM
Instructor: Timmie Horvath **Member \$59 | Non-Member \$99**

Discover the transformative power of yoga without floor poses in this, tailored for seniors seeking an alternative to traditional yoga. This class offers a welcoming, adaptive approach to building strength, enhancing bone density, and improving balance—all from a chair. Enjoy a series of seated poses and stretches that provide a comprehensive yoga experience while nurturing both body and mind. Perfect for those who prefer to stay off the floor, this gentle yet effective workout helps maintain flexibility, increase muscle strength, and find tranquility.

SF-036 | May 6 - Jun 24 | 8 Weeks

Chair Yoga for Fitness (G) Tues 12:30 PM - 1:30 PM (no class July 1)
Instructor: Timmie Horvath **Member \$52 | Non-Member \$92**

SF-045 | Jul 8 - Aug 19 | 7 Weeks

Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM (no class May 19)
Instructor: Sylvia Galbraith **Member \$56 | Non-Member \$96**

Emphasizing flexibility, balance, breathing and body awareness, gentle yoga exercises (asanas) are done sitting in a chair and/or standing, and the equipment is supplied. Everyone is encouraged to work at their own pace and comfort level.

SF-039 | May 5 - Jun 30 | 8 Weeks

Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM
Instructor: Sylvia Galbraith **Member \$28 | Non-Member \$68**

SF-040 | Jul 7 - Jul 28 | 4 Weeks

Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM (no class May 19)

Instructor: Sylvia Galbraith

Member \$84 | Non-Member \$124

Improve your physical and mental well-being with a combination of yoga poses, breathing and meditation exercises. This program aims to increase strength and flexibility, relieve stress, calm the mind, and achieve complete relaxation. Remember to bring your own yoga mat, water and towel.

SF-037 | May 5 - Jun 30 | 8 Weeks

Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM

Instructor: Sylvia Galbraith

Member \$42 | Non-Member \$82

SF-038 | Jul 7 - Jul 28 | 4 Weeks

Yoga: Hatha (M) Thurs 9:30 AM - 11:00 AM

Instructor: Sylvia Galbraith

Member \$84 | Non-Member \$124

SF-041 | May 8 - Jun 26 | 8 Weeks

Yoga: Iyengar Stretch & Relax

Instructor: Barb Deneka

Work towards flexibility, strength, and balance at your own pace under the guidance of an experienced Iyengar yoga teacher. The class will involve a great variety of standing and seated poses as well as some breath work. Modifications will be made to suit your body and props are used to make the poses available to all students. Improve your physical and mental well-being with this fun class.

Please bring a yoga mat and a firm blanket.

Yoga: Iyengar Stretch & Relax – Beginner (G) Fri 10:45 AM - 11:45 AM

SF-042 | May 9 - Jun 27 | 8 Weeks

Member \$63 | Non-Member \$103

Yoga: Iyengar Stretch & Relax – Intermediate (M) Fri 9:00 - 10:30 AM

SF-043 | May 9 - Jun 27 | 8 Weeks

Member \$94 | Non-Member \$134

General Interest & Languages

Financial Management

Financial Literacy Workshop Thurs 1:30 PM - 3:30 PM

Instructor: Nelson Ncube

Member \$3 | Non-Member \$3

This workshop will help seniors establish financial independence by teaching you about various financial resources available in the community, available online budgeting tools & apps, how to detect and avoid financial scams, and how to source quality professional services such as tax accountants, insurance brokers, financial planners, and more.

SGI-011 | May 29 | One-Day Presentation

Financial Literacy Workshop Wed 1:30 PM - 3:30 PM

Instructor: Nelson Ncube

Member \$3 | Non-Member \$3

SGI-012 | Jul 23 | One-Day Presentation

Investing Myths and Realities Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

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

Are you ready to separate fact from fiction in the world of investing?

Join us for an engaging seminar where we'll debunk common investing myths and uncover the realities that every investor should know. Whether you're a seasoned investor looking to refresh and update your knowledge, or just starting your investment journey in the financial markets due to the now much lowered GIC rates compared to the past 2 years, this seminar will equip you with valuable and modern insights to make informed decisions.

SGI-003 | Aug 19 | One-Day Presentation

Optimizing Retirement & Estate Planning of a TFSA Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

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

The Tax Free Savings Account has been out since 2009, it is now 2025 and many retired Canadians are still confused about how to best use this tax saving investment shelter. What complicate matters further, is that depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice, especially regarding the estate planning side of it . Come join Wei Woo for clarifying the myths surrounding this account, as we discuss how to use this highly flexible account in maximizing your personal financial strategies during your retirement years as well as the final estate year.

SGI-001 | May 20 | One-Day Presentation

Semi Annual Global Financial Market Review Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

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

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2025, and look at forward guidance on what to expect for the remaining year. With Trump now back in power for almost half a year , we will dive into what it will mean for the financial markets and the implications for the world going forward.

SGI-002 | Jun 17 | One-Day Presentation

Gardening

Strawberry Patio Planter **Tues 1:00 PM - 3:00 PM**

Instructor: Tam Anderson

Member \$20 | Non-Member \$60 | Supply Kit \$30 (payable upon registration)



Do you like getting your hands dirty and work with nature? Join Prairie Gardens & Adventure Farm in creating your own Strawberry Patio Planter for your patio, balcony or as a gift! In this hands-on Gardening Workshop, you will take home a Planter that includes luscious Strawberry Plants. The \$30 Supply Kit includes the container, soil, fertilizer and 3-4 plants per planter (one per person please). You will also have Hands on instruction and tips for success though the season.

***Please note:** Registration and payment must be complete *prior to May 06, 2025*. No late arrivals will be accepted, given the products must be brought for each participant.

SGI-015 | May 13 | One-Day Presentation

Summer Flower Patio Planter **Tues 1:00 PM - 3:00 PM**

Instructor: Tam Anderson

Member \$20 | Non-Member \$60 | Supply Kit \$30 (payable upon registration)



Do you like getting your hands dirty and work with nature? Join Prairie Gardens & Adventure Farm in creating your own Summer Flower Patio Planter for your patio, balcony or as a gift! In this hands-on Gardening Workshop, you will take home a Floral Planter that includes a variety of bright and showy Floral Plants. - The \$30 Supply Kit includes the container, soil, fertilizer and 3-4 plants per planter (one per person please). You will also have Hands on instruction and tips for success though the season

***Please note:** Registration and payment must be complete *prior to June 3, 2025*. No late arrivals will be accepted, given the products must be brought for each participant.

SGI-016 | June 10 | One-Day Presentation

General Interests

Casino Outing: River Cree Resort & Casino - See page 29 for full details.

Just Do It "Colour" **Mon 9:30 AM - 11:30 AM**

Instructor: Susanne Urbina

Member \$20 | Non-Member \$60

Take the color cues from this beauty expert to learn about color psychology to create mood and to choose the colors to wear that suit your personal coloring. Not all clothing pieces follow the "winter, summer, spring, fall" rules and you may have mistakes in your wardrobe. Learn how to make those items suit you. Get out of your color rut- Just Do It!

SGI-013 | Aug 18 | One-Day Presentation

Just Do It Fit & Style Mon 1:00 PM - 3:00 PM

Instructor: Susanne Urbina

Member \$20 | Non-Member \$60

Learn your figure type and the tips to dress it. Are you short waisted? Petite? Use design and line, collars, bodices, tops, and bottoms to dress your concerns, express your personality, and create mood. Style that's your own.

SGI-014 | Aug 18 | One-Day Presentation

Languages

Spanish - Hello, Welcome! *Hola, Bienvenido!*

Learn how to tell your ceviche from your cervesa! Whether you are traveling to Spain or want to explore a new language, learn how to speak Spanish naturally and confidently in CLSA's Spanish program. Beginners are welcome. Intermediate and Advanced levels include practice of verb tenses, grammar, reading, listening and speaking. Teaching is adjusted per course to meet the needs of the participants.

Spanish – Beginner (Level 1) Fri 10:00 AM - 12:00 PM

Instructor: Jorge Oyarzun

Member \$112 | Non-Member \$152

This introductory course is designed for students with limited or no previous knowledge of Spanish. Please bring a copy of "Spanish Vocabulary" by Dorothy Richmond, which is best obtained through Amazon or Indigo.

SGI-005 | May 9 - Jun 27 | 8 Weeks

Spanish – Intermediate Fri 10:00 AM - 12:00 PM

Instructor: Tania Oyarzun

Member \$112 | Non-Member \$152

Completion of Spanish: Beginner Level 1 and/or some experience and comfort with the Spanish language is required. Please bring a copy of "Spanish Verb Tenses" by Dorothy Richmond; best obtained through Amazon or Indigo.

SGI-006 | May 9 - Jun 27 | 8 Weeks

Spanish – Advanced Fri 12:30 PM - 2:30 PM

Instructor: Tania Oyarzun

Member \$112 | Non-Member \$152

Completion of Spanish Intermediate and/or fluency in Spanish. All class material will be provided by instructor.

SGI-007 | May 9 - Jun 27 | 8 Weeks

Our Future: Big Ideas for Discussion

Our Future: Big Ideas for Discussion - Mon 1:00 PM - 3:00 PM

Discussions will address pressing controversies of the day, including those raised by participants, as well as issues of general relevance to the quality of life in our community.

May 12th: "Nasty, Brutish and Short" - International relations according to Thomas Hobbes. **Facilitator:** Martin Tweedale

May 26: The Future Beckons ... or Does It? - This session will outline a range of social values which are thought to distinguish Canada as one of the best countries in the world. In fact, Canada has fallen behind, sometimes well behind, other countries in these respects. Does this matter? **Facilitator:** Don Carmichael

Travel



Africa and South America/Antarctica Fri 10:00 AM - 11:30 AM

Instructor: Carole & Elizabeth Szwajkowski

Member & Non-Member Rate \$3

Join Carole and Elizabeth as they share stories of their incredible adventures, beginning with a journey through Africa that included exploring Cape Town, a Chobe River cruise in Botswana, a breathtaking helicopter ride over Victoria Falls and thrilling safaris in Kruger National Park. They describe the awe of encountering endangered gorillas in Rwanda and relaxing in Amsterdam and visiting the stunning Keukenhof Tulip Gardens. Their second adventure was a 22-day South America and Antarctica cruise, with highlights such as Iguazu Falls, the wildlife-rich Falkland Islands and the surreal beauty of Antarctica's icy landscapes before concluding in Santiago, Chile.

SGI-017 | May 30 | One Day Presentation

Philosopher's Cafe

Presenter: David J. Goa Thurs 1:30 PM - 3:00 PM

Member \$8 | Non-Member \$8

CLSA's Philosophers' Café provides opportunities to share, discuss and try to understand big issue topics. Some topics are sensitive in nature. Presentations and discussions are led by David Goa, founding Director and International Fellow of the Chester Ronning Centre for the Study of Religion & Public Life. **Topics on Next Page.**

Café #1 – Tell We Have Faces: Walking with Jewish Friends

Jewish friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Jewish fundamentalism and nationalism was understood for what it was.

SGI-009 | May 22 | One-Day Presentation

Café #2 – Tell We Have Faces: Walking with Christian Orthodox Monks & Others

Orthodox Christian monks and friends took me by the hand and walked me into their fields of meaning. Through them Canada and Eastern Europe & the Levant became a larger textured world. Through them I glimpsed the genius of their faith. Through them Christian fundamentalism and nationalism was understood for what it was.

SGI-010 | Jun 19 | One-Day Presentation

Health & Wellness

Ask the Pharmacist **Thurs 11:00 AM - 12:30 PM**

Presenter: Jaimin Prajapati, BeHealthy Pharmacy

Member & Non-Member Rate \$3

Join Jaimin, Pharmacist and Owner of BeHealthy Pharmacy talk about the critical role they play in healthcare, emphasizing their responsibility in medication management, patient education, and ensuring safe medication practices. The presentation covers key topics like drug interactions, side effects, and proper medication storage. He will also highlight the importance of patient counseling, discussing how they help patients understand their medications, adhere to prescriptions, and avoid potential complications. This talk is aimed to raise awareness about pharmacists' integral role in promoting public health and improving patient outcomes. Bring your questions and find answers.

SHW-011 | Jul 3 | One-Day Presentation

Cannabis & Chronic Pain Management **Thurs 10:00 AM - 12:00 PM**

Presenter: Kala Sanmartin, RN, CCHCNC Heather Wilkinson, Rec T CSEP-CP

Member \$3 | Non-Member \$3

Chronic pain is one of the most common health concerns among seniors. Chronic Pain unmanaged can make it difficult to stay active, sleep well, and enjoy social activities, often leading to a decline in overall well-being. Medical cannabis presents a new option for pain management, but it's important to approach it safely.

Continued on Next Page.

Continued from Previous Page. Consulting a healthcare professional can help ensure proper dosing, minimize risks, and avoid potential interactions with other medications. This session will provide a clear understanding of how cannabis works for pain relief and guidance on safe and responsible use.

SHW-016 | Jun 26 | One-Day Presentation

Cannabis for Sleep, Anxiety & Depression Wed 10:00 AM - 12:00 PM

Presenter: Kala Sanmartin, RN, CCHCNC Heather Wilkinson, Rec T CSEP-CP

Member \$3 | Non-Member \$3

This session will help you understand how cannabis works for sleep and mental health and provide you with non-biased education to help you make informed decisions about incorporating cannabis into your health and wellness regime. Poor sleep can significantly affect quality of life, leading to fatigue, memory issues, and worsening mental health. Many seniors experience sleep disruptions, which can contribute to increased feelings of anxiety and depression.

Important Considerations: Cannabis can provide many benefits, but it's not a one-size-fits-all solution. There are potential side effects and interactions to consider, which is why it's highly recommended to consult with a healthcare professional before starting.

SHW-015 | May 28 | One-Day Presentation

Departure Planning: Create an Ethical Will Fri 10:00 AM - 12:00 PM

Presenter: Gina Vliet, Change Specialist

Member \$25 | Non-Member \$65

Learn what goes into an ethical Will to begin building this legacy gift to leave your loved ones. Discover ways to document your values, experiences, life lessons, and other important messages you would like to pass down and leave behind.

SHW-001 | Jun 6 | One-Day Presentation

Fall Prevention Wed 10:00 AM - 11:30 AM

Presenter: Nicolas Pahud, Physiotherapist

Member & Non-Member Rate \$3

This fall prevention session is focused on educating participants about reducing fall risks and maintaining independence, covering topics such as improving balance, strength and flexibility through targeted exercises. It also includes tips on safe movement, proper footwear and modifying the home environment to minimize hazards. Participants will learn practical strategies to build confidence and prevent falls, ensuring a safer, more active lifestyle as they age.

SHW-008 | Jun 4 | One-Day Presentation

Got Skin Care? Fri 9:30 AM - 11:30 AM

Presenter: Susanne Urbina

Member \$20 | Non-Member \$60

Cleanse, tone and moisturize - but is that all you should do? Learn from 2 beauty experts about procedures and products that refresh and revitalize the skin to give you a more youthful appearance. Come with no/minimal make-up and give yourself a facial with the products provided. Got time? We Got You!

SHW-006 | Jul 4 | One-Day Presentation

Grief Recovery Support Tues 9:30 AM - 11:30 AM

Presenter: Kate Steidl

Member \$15 | Non-Member \$55 | Workbook \$25

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

SHW-002 | May 6 - Jun 24 | 8 Weeks

Make-Up to Complement Your Colour Fri 1:00 PM - 3:00 PM

Presenter: Susanne Urbina

Member \$20 | Non-Member \$60

Start with a clean face and a clear canvass and then what? Learn from 2 beauty experts how to apply make-up that suits your coloring, your face shape, lifestyle and budget; from shaping eyebrows to a hairstyle that gives you a polished look.

SHW-007 | Jul 4 | One-Day Presentation

Medi Pedi: Advanced Foot Care Tues 1:00 PM - 3:00 PM

Presenter: Shawna MacNeil

Member & Non-Member Rate \$3

This presentation showcases what sets Medi Pedi Edmonton apart from traditional salons and educates attendees on how to choose safe, qualified foot care providers. We cover the health benefits of our specialized services, including diabetic and senior foot care, and provide practical tips for maintaining foot health between appointments. Participants will learn about common concerns such as nail fungus, ingrown toenails, athlete's foot, and the benefits of ion foot detox, along with essential dos and don'ts for proper care. We also share key statistics on why consistent foot care and regular inspections are vital for preventing complications. Our approach combines pharmaceutical-grade and holistic products to promote healing and wellness from the ground up.

SHW-003 | Jun 10 | One-Day Presentation

Mens Health Thurs 11:00 AM - 12:30 PM

Presenter: Jaimin Prajapati, BeHealthy Pharmacy

Member & Non-Member Rate \$3

Join Jaimin, Owner and Pharmacist of BeHealthy Pharmacy. He will focus on key health issues and concerns affecting men, such as cardiovascular health, prostate health, diabetes, obesity, and lifestyle factors. He will highlight the importance of regular check-ups, exercise, healthy eating, and stress management as well as cover topics like the impact of smoking, alcohol consumption, and sleep on overall well-being. Emphasis on raising awareness about common health risks, encouraging prevention, and promoting healthier habits to improve quality of life.

Bring your questions and voice concerns to a Pharmacist about Mens Health issues arising with our male population.

SHW-010 | Jun 5 | One-Day Presentation

Sound Bath Experience Thurs 1:00 PM - 2:00 PM

Presenter: Dagmar Sanchez

Member \$30 | Non-Member \$70

Indulge in a serene and distinctive 60-minute Sound Bath experience led by Dagmar Dharma. Immerse yourself in the ethereal tones of the Crystal Singing Bowls, rain sticks, and angel bells, seamlessly woven with Restorative yoga, either on a chair or on your mat. This gentle yet powerful journey nurtures the mind and body, offering a chance for personal growth, introspection, and tranquillity. Guided breathwork prepares you for an immersive experience with various instruments and frequencies, skillfully interwoven with intention and compassion, enriching your journey into stillness and self-discovery. Participants who have a pacemaker or use hearing aids should exercise caution. If you have any health concerns, please seek professional medical guidance before attending.

SHW-004 | Jun 12 | One-Day Presentation

Walking Pole Workshop Mon 1:00 PM - 3:00 PM

Presenter: Melanie Kidder

Member \$20 | Non-Member \$60

Have you ever wondered why people walk with poles? We will answer all your questions whether you are wanting to take your walking to the next level by learning about Nordic Walking, or wanting to improve your stability and posture with Activator Poles. If you already have poles, bring them, and Mel will tell you the features of your poles. If you don't have poles, that's okay. There will be a couple pairs to try and you will leave with an idea of what kind would be best for you.

Weather permitted we will practice walking outside.

SHW-005 | Jun 9 | One-Day Presentation

Alberta Health Services Presents:

STEP Forward (Supervised Transitional Exercise Program)

STEP Forward is a beginner to intermediate level physical conditioning program offered by Alberta Health Services at CLSA. It is suitable for people with a chronic health condition which limits their ability to move, or for those who are looking to improve their physical function due to injury or physical rehabilitation. For information: Visit <https://www.centrallions.org/step-forward-program> to see the program info page, or call 780-735-3483.

Clinics

Chair Massage Clinic

Members Only: \$40 per visit

Take the stress out of your day with a seated, clothes-on, gentle relaxation half-hour chair massage for the head, neck and shoulders. **Must be a CLSA Member to book;** fees payable to Julie Leblanc.

Reflexology Clinic

Members Only: \$60 per visit

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. This is a one hour session. **Must be a CLSA Member** to book; fees payable to Julie Leblanc.

To book either a chair massage and/or a reflexology appointment:

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

When: May 28, June 25, July 23

Time: 9:00 a.m. – 2:00 p.m.

How: Call Julie @ (780) 920-3149 to book.

Therapeutic Foot Care Clinic

Members Only: \$32 per visit

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. **Must be a CLSA Member;** fees payable to Edmonton Foot Care Inc.

Note: Services may be tax-deductible.

When: May 20, June 17, July 15, Aug 19

How: Call 780-488-5878 anytime between 8 a.m.- 4 p.m., Mon-Fri.

Music

Drumming

Djembe: From Hearts to Hands Drumming Wed 1:30 PM - 2:30 PM

Instructor: Bill Mitchell

Member \$56 | Non-Member \$96

The djembe originated in West Africa and is now the most popular hand drum in the world. Focusing on traditional African rhythms, students will be introduced to the basic techniques in creating sound quality. The use of simple sentences and syllables bridge the connection between voice and hands in creating musical patterns. In a team atmosphere many patterns played together will create a musical landscape in no time. Simple patterns can be upgraded and tailored for students with prior djembe experience. The djembe is an extraordinary drum so come out, have fun and feel your heart beat through the drum! For those who prefer written notation there will be hand outs available.

SM-001 | May 7 - Jun 18 | 7 Weeks

Djembe: From Hearts to Hands Drumming Wed 1:30 PM - 2:30 PM

Instructor: Bill Mitchell

Member \$48 | Non-Member \$88

SM-002 | Jul 9 - Aug 13 | 6 Weeks

Guitar

A Guitar Star is Born! (Basic Experience Required) Fri 10:00 AM - 11:00 AM

Instructor: Daron Panko

Member \$76 | Non-Member \$116

Looking to refresh your guitar basics? Participants will have fun with one-string melodies and one-finger chords to advanced playing on all strings. You will learn basic chord structures and play tunes or accompany them. Strum, pluck, sing and improvise your way to guitar stardom. Not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

SM-003 | May 9 - Jun 27 | 8 Weeks

Volunteer With Us! Volunteers are the heart of our organization. From smiling at our ambassador's desk to helping organize special events, to serving on our Board and various committees, we couldn't do it without them! If you'd like to help out, let us know at the front desk or call 780-496-7369. Volunteers with at least 25 hours of support are our guests at the Volunteer Appreciation Event. Your help is greatly appreciated!

Guitar Heroes (Int/Adv) Fri 11:15 AM - 12:15 PM

Instructor: Daron Panko

Member \$76 | Non-Member \$116

Been playing for a while? Don't need anyone to teach you your G chord from your A minor? Then this course is for you! Enjoy playing the songs you want with various strumming styles and finger-picking patterns. Explore mastering the guitar fretboard in different keys, playing more melodies and progressions, maybe even taking a solo. You must have completed at 'A Guitar Star is Born' level and/or have previous guitar experience playing with a group. Not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

SM-004 | May 9 - Jun 27 | 8 Weeks

One-on-One Lessons

One-on-One Lessons: Guitar & Ukulele Fri

Instructor: Daron Panko

Member \$225 | Non-Member \$265

Music is good for the soul. These one-on-one lessons are suitable for all levels, including absolute beginners and individuals who want to improve and advance their skills. For those interested in joining ukulele or guitar group lessons but have never played before, this is the place to start. Please list your instrument and level of play when registering. **Instruments not provided.**

May 9 - June 27

SM-005 | 12:30 PM - 1:00 PM | 8 Weeks

SM-006 | 1:05 PM - 1:35 PM | 8 Weeks

One-on-One Lessons: Piano Thurs

Instructor: Ihor Nedoshytko

Member \$110 | Non-Member \$150

It is never too late to try something new. 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 will 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. "Accelerated Piano Adventures for the Older Beginner: Lesson Book 1", Music book by Nancy Faber and Randall Faber, can be purchased from Amazon or Long & McQuade.

May 8 - May 29 | 4 Weeks

SM-1P1:00 | 1:00 PM - 1:30 PM

SM-1P2:20 | 2:20 PM - 2:50 PM

SM-1P1:40 | 1:40 PM - 2:10 PM

SM-1P3:00 | 3:00 PM - 3:30 PM

Email List - We encourage our members to join our email list to hear about updates and other information that may be of interest. You can sign up on our homepage

www.centrallions.org

Other Music

Sing Along Social **Fri 1:00 PM - 2:30 PM**

Instructor: Louise Lepore **Member \$27 | Non-Member \$67 | Drop-in-Rate \$5**

Let your Lion's voice roar during this fun Friday afternoon pub-style sing-along! It doesn't matter if you sing like an angel or squawk like a duck; this will be fun. The instructor will lead the group through musical styles, from folk to funk.

Non-members are welcome, so bring a friend, your grandchildren, your favourite uncle or anyone that wants to have fun and roar.

SM-007 | May 9 - Jun 20 | 7 Weeks

SM-008 | Jul 4 - Aug 22 | 7 Weeks

Ukulele

The Ukulele is a small instrument with BIG possibilities. It's easy to learn; the key to playing is having fun! With these lessons, you will be strumming songs from day one and surprised how quickly you will progress. This program is divided into two levels. Beginner 1 & 2 players (new to the instrument) register in Fun and Easy only. More advanced students may enroll in The Next Step. Handouts are included, however, **you must bring your own instrument.**

Ukulele: Fun & Easy (Beg 1 & 2) **Tues 12:15 PM - 1:00 PM**

Instructor: Daron Panko **Member \$58 | Non-Member \$98**

Discover how to play chords, melodies, techniques and read notes with ease.

Everyone is welcome; no experience is required.

SM-009 | May 6 - Jun 24 | 8 Weeks

Ukulele: The Next Step (Beg 2, Int & Adv) **Tues 1:10 PM - 2:10 PM**

Instructor: Daron Panko **Member \$77 | Non-Member \$117**

This level is a great opportunity for beginner players with some experience to practice techniques and for intermediate/advanced players to review and warm-up.

Sign up early as space is limited. Some playing experience is required.

SM-010 | May 6 - Jun 24 | 8 Weeks

Ukulele with a Touch of Steel Guitar **Thurs 9:30 AM - 12:00 PM**

Instructor: Ihor Nedoshytko **Member \$45 | Non-Member \$85**

Creating beautiful music on the ukulele or steel guitar is both relaxing and fun!

Discover the joy playing in this friendly musical group. Different music genres are played weekly. Opportunities are available to perform with the Hawaiian Treasures.

Continued on Next Page.

Continued from Previous Page. Offsite performances are optional. This program is not suitable for beginner ukulele students; beginner students are encouraged to take lessons first. Steel guitar players require experience.

SM-011 | May 8 - May 29 | 4 Weeks

Offsite Adventures

River Cree Resort & Casino **Thurs 9:30 AM - 3:00 PM**

Member \$10 | Non-Member \$10

Monthly outings to the River Cree Resort and Casino. 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. The bus departs Central Lions at 10 a.m. and departs the casino at 2:30 p.m. for a 3 p.m. return to Central Lions.

SO-001 | May 15

SO-002 | Jun 19

SO-003 | Jul 17

SO-004 | Aug 21

Painting & Drawing

Acrylics

Acrylics: Summer Flowers **Fri 1:00 PM - 4:00 PM**

Instructor: Muhammed Salayi

Member \$52 | Non-Member \$92

Delve into the world of painting nature's wonders with acrylic paints. Explore techniques tailored for creating vibrant floral blooms under the guidance of a professional artist. This course is designed for all skill levels, perfect for anyone eager to explore acrylic painting. **Supplies extra, list available upon registration.**

SPD-011 | Aug 1 - Aug 15 | 3 Weeks

Birch Trees Acrylics **Tues 9:00 AM - 11:00 AM**

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

In this 2 hour class, you will learn how to create a textured background using tissue paper, how to create depth in a forest, and how to introduce Directional Light. You will also learn to use a "Fan" type brush. Linda will take you through a gentle step by step process to create this stunning painting. Please bring an extra shirt or apron to protect your clothing. **All supplies are included.** No experience necessary.

SPD-015 | Aug 19 | One Day Workshop

Explore Canadian Scenery with Tom Thomson **Wed 1:00 PM - 4:00 PM**

Instructor: Frank Haddock

Member \$56 | Non-Member \$96

Spend wonderful afternoons painting scenes using Tom Thomson's style of painting. In this course you will be introduced to methods of brushstrokes and colour mixing that will help you paint with the same looseness that Thomson achieved in his paintings. This is a chance for great insight into the approach he used to paint scenes from the Canadian wilderness. Don't miss this insightful course!

Supplies extra, list available upon registration.

SPD-004 | Jul 2 - Jul 16 | 3 Weeks

Hen Party Painting **Tues 9:00 AM - 11:00 AM**

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

Join Linda and learn to paint funky chickens in this fun 2 hour Art Class! She will guide you step by step through the process. You'll choose from a variety of Funky different Chickens and Paint the one that appeals to your inner artist.

All supplies are included, including the 16"x20" black canvas. No experience necessary! Please bring an apron or extra shirt to protect your clothes from paint.

SPD-012 | May 6 | One Day Workshop

Inquisitive Emu Painting **Tues 9:00 AM - 11:00 AM**

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

In this 2 hour class, Linda will take you gently step by step to learn how to paint a captivating character, the "Inquisitive Emu", by choosing from a variety of expressions. You will also learn how to create the illusion of feathers while getting introduced into cartooning. ***All supplies are included***, including the 16"x20" black canvas. No experience necessary! Please bring an apron or extra shirt to protect your clothes from paint.

SPD-013 | Jun 3 | One Day Workshop

Q-Tip Painting **Mon 9:00 AM - 11:00 AM**

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

Join us and have fun in this 2 hour lesson! Choose to either paint a forest or trees using Q-TIPS instead of paint brushes! Linda takes you through a gentle step by step instruction. Using heavy body acrylics paints, you will learn how to add texture and blend colours. All you need is a positive attitude to learn something new! Bring an apron or extra shirt to protect your clothes. ***All supplies are included***, including the 16" x 20" black canvas. No experience necessary.

SPD-014 | Jul 14 | One Day Workshop

Trees, Rocks and Streams Using Acrylics Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Join this class and explore images where streams weave their way around a forest of trees and large immovable rocks. Learn how to start your painting and develop it with personal guidance and step-by-step instruction. Your instructor will show you how to mix a wide range of colours that will enhance the wonderful scenes you create. Experience colour mixing, superb brush strokes, and a few surprise special tools for extra techniques along with colour theory and composition as you paint these treasures. This course is for beginners and intermediate participants.

Supplies extra, list available upon registration.

SPD-002 | May 28 - Jun 18 | 4 Weeks

Using Van Gogh's Colours In Your Acrylic Paintings Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$56 | Non-Member \$96

Learn how to paint scenes like Van Gogh did with strong vibrant colours. Learn about his painting techniques and how he developed a truly individual style that is treasured even today. In this course you will have a chance to paint scenes using his technique with personal guidance and step-by-step instruction. You won't want to miss this insightful course. ***Supplies extra, list available upon registration.***

SPD-006 | Jul 30 - Aug 13 | 3 Weeks

Drawing

Coloured Pencils Mon 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$52 | Non-Member \$92

Gain experience with choosing colours and problem solving as you focus on basic shapes, values, and textures. Demonstrations and individual guidance included. Photo reference will be provided by the instructor. An introductory class or previous coloured pencil experience is recommended.

Supplies extra, list available upon registration.

SPD-010 | Jul 14 - Jul 28 | 3 Weeks

Drawing Fundamentals Mon 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Learning the fundamentals of drawing is a great place to start for any artist, no matter the level. Have fun learning basic drawing techniques in this introductory course. No experience is required. Different subjects each week will be used to show you how to capture proportion, light, shadows, texture and more. The emphasis of this program is on the drawing itself, not the medium used.

Supplies extra, list available upon registration.

SPD-008 | May 26 - Jun 16 | 4 Weeks

Drawing: Shading Techniques Mon 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$35 | Non-Member \$75

Ready to learn how to shade like an expert? Gain hands on experience as you explore, practice and apply the different shading techniques to apply to your works of art. Demonstrations and individual guidance included

Minimal supplies extra, list available upon registration.

SPD-016 | Aug 11 - Aug 18 | 2 Weeks

Other Mediums

Brushwork Painterly: Sunsets Fri 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Under the guidance and demonstrations of a professional artist, learn how to create expressive painting with lots of tone, texture, brushwork and paint.

Expressive or painterly style art embraces marks made by the paint brush or paint knife rather than trying to hide them. This style of painting is not intended to look smooth or classical like a photograph. All levels of artists are welcome.

Supplies extra, list available upon registration.

SPD-009 | Jul 4 - Jul 25 | 4 Weeks

Gouache: Lakes & Rivers Fri 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$85 | Non-Member \$125

Gouache (goo...wash) is an opaque water-based medium that is often described somewhere between watercolours and acrylics. Extremely pigmented, it dries quickly and can be easily corrected and layered to create a rich, luminous work of art with a matte finish. Learn more about this centuries old, pre-Renaissance painting style under the guidance of a professional artist as you create your own landscape pictures with lakes & rivers. All levels of artists welcome.

Supplies extra, list available upon registration.

SPD-007 | May 23 - Jun 20 | 5 Weeks

CLSA Photo Policy: From time to time, our staff and volunteers will be taking photographs and videos. We may use these to promote the Centre in our newsletters, on our website, Facebook page, and other material intended for the public. Your image is your personal information and is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act. CLSA respects this and realizes that not everyone wishes to be included in photos or videos. If you do not want your photo to appear in our promotions, please **STEP ASIDE, TURN YOUR BACK** or make your position known to the photographer.

A pharmacy designed for you!



ARTARx is a local Edmonton pharmacy, designed by retirees, to meet the needs of seniors in our community! The team at ARTARx offers a worry-free and individually tailored approach to health management.



Free prescription delivery in the Greater Edmonton Area



Seasonal and travel vaccinations to keep you safe and healthy as you explore the world



Access medication organization tools, making it easy to manage your prescriptions



Our pharmacy team will work with you to create a health plan that fits your needs and lifestyle



Visit us today!

You can also book an appointment to set up your first in-person consultation with our dedicated pharmacy team.

YOUR HEALTH, OUR PRIORITY.

ARTARx Pharmacy
1-844-822-3784 (Toll Free)
contact@artarx.net
15505 137 Ave NW
Edmonton, Alberta



Watercolours

How to Paint A Dog Portrait in Watercolour **Mon 1:00 PM - 4:00 PM**

Instructor: Frank Haddock

Member \$40 | Non-Member \$80

Bring a simple piece of paper to life with a painting of a dog. Learn a unique way to mix colours to the loving eyes of our favorite friend. In this course you will learn how to get your drawing onto watercolour paper along with a step-by-step demonstration that will provide you with the knowledge to paint your very own treasured friend. Your instructor will show you how to make your all parts of the face starting with the eyes and other facial features. You will also be shown how to paint the fur and then place the highlights that will make the eyes sparkle! Don't miss this special once in a year course! ***Supplies extra, list available upon registration.***

SPD-005 | Aug 11 - Aug 18 | 2 Weeks

Watercolour: Night Scenes and Sunsets **Mon 1:00 PM - 4:00 PM**

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Capture the moment when dreams and fantasy begin as you learn new colour mixing and special techniques for painting the moon and a host of stars with sequential instruction. Master the wet-in-wet technique with strong colours. Learn how to combine colours to give you the mysterious darks only seen at night. Learn a special technique with masking fluid. Experience paint-a-long demonstrations and individual guidance as each project is demonstrated one step at a time. Don't miss it! ***Supplies extra, list available upon registration.***

SPD-003 | Jul 7 - Jul 28 | 4 Weeks

Watercolours: Sunny Landscapes from Across Canada **Mon 1:00 PM - 4:00 PM**

Instructor: Frank Haddock

Member \$90 | Non-Member \$130

Let the Sun shine in with demonstrations and step-by-step instructions that will help you master this wonderful medium. In this course you will paint five different scenes from huge clouds, thick boreal forests, turquoise mountain lakes and much more. Learn many ways to hold a brush to create all sorts of textures along with unique colour mixing ideas that allow you to paint practically any scene with a limited palette. No previous experience is necessary. Don't miss this course!

Supplies extra, list available upon registration.

SPD-001 | May 26 - Jun 23 | 5 Weeks

Register Early! If enrollment numbers are low, CLSA may have to cancel a class. Show your interest and register early. If there are not enough participants, we will cancel and place fees in your account for future use.

Special Events

Cuppa Corner: It will now be taking place on the 2nd Wednesday of every month from 11 am to 1 pm. Come enjoy an informative presentation or fun activity and chat with peers over coffee and treats. Visit centrallions.org for more information.

Dates: May 9, June 11, no Cuppa Corner for July or August.

Book & Rummage Sale July 18 - 19: Bookmark these dates! Our spring booksale returns with tons of books, DVDs and CDs for you to choose from! Help us prepare for this event and drop off gently-used donations any time at the front desk. **Please note we do not accept magazines, encyclopedias, or dictionaries/thesauruses.**

TLC Health and Wellness Fair Thursday May 1: Join us for a day of fun, inspiration, and education on all things health and wellness! Enjoy informative sessions from engaging experts, our tradeshow featuring local vendors, and draws for door prizes! Check out www.centrallions.org for more details!

Music Monday May 5: Join us for an evening of music, mentorship, and celebration as we come together to honor Music Monday and the importance of music education. Check out www.centrallions.org for more details!

CLSA Open House Wednesday August 20: Come see what we are all about at our Open House Event! Enjoy demonstrations for pickleball, fitness, art, music, and more! Come learn about our quality recreational programming for adults 55+, and bring a friend or two!

Events Hosted by Our Special Events Committee

New Comer Social: This will take place once a term on Thursday (**Apr 17, Aug 14**) from 11 am to 1 pm and is an open coffee social for new and current CLSA members to socialize. Visit centrallions.org for more information. Register at the front desk!

Birthday BINGO: Taking place once a month on Tuesday (**May 27, Jun 24, Jul 22, Aug 19**) from 1 pm to 2 pm. This event is open to all CLSA members and a chance for us to celebrate our peers' birthdays. Visit centrallions.org for more information. Register at the front desk!

Mother's Day Tea: Friday May 9 from 1 pm to 2:30 pm. Our Special Events Committee are hard at work planning this so stay tuned there will be more information coming soon! Visit centrallions.org for more information.

Father's Day Social: Friday June 13 from 1 pm to 2:30 pm. Our Special Events Committee are hard at work planning this so stay tuned there will be more information coming soon! Visit centrallions.org for more information.

National Indigenous Peoples Day: Friday June 20 from 1 pm to 2:30 pm. Our Special Events Committee are hard at work planning this so stay tuned there will be more information coming soon! Visit centrallions.org for more information.

Paddle Sports

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 10:30	Table Tennis	Pickleball L3 Intermediate	Table Tennis	Pickleball L3 Intermediate	Table Tennis
10:35 - 12:35	Pickleball L3 Intermediate	Pickleball L3 Intermediate +	Pickleball L3 Intermediate	Pickleball L3 Intermediate +	Pickleball L3 Intermediate
12:40 - 2:40	Pickleball L2 Novice	Pickleball L2 Novice	Pickleball L2 Novice	Pickleball L3 Intermediate	Pickleball L2

Pickleball

Pickleball Novice - Level 2

Still working on your forehand, backhand and volley? Come and enjoy the game of Pickleball in a friendly non-intimidating setting, while participating in a round-robin play format. Every day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

RECOMMENDED PREREQUISITE: Participants should have at least a rudimentary knowledge of Pickleball or have taken Beginner Pickleball.

Monday 12:40 PM - 2:40 PM Please Note: If space permits, FLEX registration will be available starting May 5. **Member Rate \$40 | Non-Member Rate \$80**

SNovice-M | May 5 - Jun 30 | 8 Weeks (no session May 19)

Monday 12:40 PM - 2:40 PM **Member Rate \$30 | Non-Member Rate \$70**

SNovice-M-2 | Jul 7 - Aug 18 | 6 Weeks (no session Aug 4)

Tuesday 12:40 PM - 2:40 PM Please Note: If space permits, FLEX registration will be available starting May 6. **Member Rate \$40 | Non-Member Rate \$80**

SNovice-T | May 6 - Jun 24 | 8 Weeks

Tuesday 12:40 PM - 2:40 PM

Member Rate \$35 | Non-Member Rate \$75

SNovice-T-2 | Jul 8 - Aug 19 | 7 Weeks (no session Jul 1)

Wednesday 12:40 PM - 2:40 PM *Please Note: If space permits, FLEX registration will be available starting May 7.*

Member Rate \$40 | Non-Member Rate \$80

SNovice-W | May 7 - Jun 25 | 8 Weeks

Wednesday 12:40 PM - 2:40 PM

Member Rate \$35 | Non-Member Rate \$75

SNovice-W-2 | Jul 2 - Aug 13 | 7 Weeks

Friday 12:40 PM - 2:40 PM *Please Note: If space permits, FLEX registration will be available starting May 9*

Member Rate \$40 | Non-Member Rate \$80

SNovice-F | May 9 - Jun 27 | 8 Weeks

SNovice-F-2 | Jul 4 - Aug 22 | 8 Weeks

Pickleball Intermediate - Level 3

Come join other experienced players who want to play competitively in a social atmosphere. Each day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

Monday 10:35 AM - 12:35 PM *Please Note: If space permits, FLEX registration will be available starting May 5.*

Member Rate \$40 | Non-Member Rate \$80

SInter-M1035 | May 5 - Jun 30 | 8 Weeks (no session May 19)

Monday 10:35 AM - 12:35 PM

Member Rate \$30 | Non-Member Rate \$70

SInter-M1035-2 | Jul 7 - Aug 18 | 6 Weeks (no session Aug 4)

Tuesday 8:30 AM - 10:30 AM *Please Note: If space permits, FLEX registration will be available starting May 6.*

Member Rate \$40 | Non-Member Rate \$80

SInter-T830 | May 6 - Jun 24 | 8 Weeks

Tuesday 8:30 AM - 10:30 AM

Member Rate \$35 | Non-Member Rate \$75

SInter-T830-2 | Jul 8 - Aug 19 | 7 Weeks (no session Jul 1)

Tuesday Level 3+ 10:35 AM - 12:35 PM *(*This day is more competitive than Mon, Wed, Fri.)*

Member Rate \$40 | Non-Member Rate \$80

SInter-T1035+ | May 6 - Jun 24 | 8 Weeks

Tuesday Level 3+ 10:35 AM - 12:35 PM (*This day is more competitive than Mon, Wed, Fri.) **Member Rate \$35 | Non-Member Rate \$75**
SInter-T1035+-2 | Jul 8 - Aug 19 | 7 Weeks

Wednesday 10:35 AM - 12:35 PM Please Note: If space permits, FLEX registration will be available starting May 7. **Member Rate \$40 | Non-Member Rate \$80**
SInter-W1035 | May 7 - Jun 25 | 8 Weeks

Wednesday 10:35 AM - 12:35 PM **Member Rate \$35 | Non-Member Rate \$75**
SInter-W1035-2 | Jul 2 - Aug 13 | 7 Weeks

Thursday 8:30 AM - 10:30 AM Please Note: If space permits, FLEX registration will be available starting May 8. **Member Rate \$40 | Non-Member Rate \$80**
SInter-Th830 | May 8 - Jun 26 | 8 Wks **SInter-Th830-2** | Jul 3 - Aug 21 | 8 Wks

Thursday Level 3+ 10:35 AM - 12:35 PM (*This day is more competitive than Mon, Wed, Fri.) **Member Rate \$40 | Non-Member Rate \$80**
SInter-Th1035+ | May 8 - Jun 26 | 8 Wks **SInter-Th1035+-2** | Jul 3 - Aug 21 | 8 Wks

Thursday 12:40 PM - 2:40 PM **Member Rate \$40 | Non-Member Rate \$80**
SInter-TH1240 | May 8 - Jun 26 | 8 Wks **SInter-TH1240-2** | Jul 3 - Aug 21 | 8 Wks

Friday 10:35 AM - 12:35 PM Please Note: If space permits, FLEX registration will be available starting May 9. **Member Rate \$40 | Non-Member Rate \$80**
SInter-F1035 | May 9 - Jun 27 | 8 Wks **SInter-F1035-2** | Jul 4 - Aug 22 | 8 Wks

Table Tennis

Table Tennis Mon-Wed-Fri 8:30 AM - 10:30 AM (no session May 19)
Member Rate \$120 | Non-Member Rate \$160 | Flex Rate \$7 (Per Session)
Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! Come and enjoy a pleasant workout.
STableTennis | May 5 - Jun 30 | 24 Sessions

Table Tennis Mon-Wed-Fri 8:30 AM - 10:30 AM (no session Aug 4, Aug 20)
Member Rate \$105 | Non-Member Rate \$145 | Flex Rate \$7 (Per Session)
STableTennis2 | Jul 2 - Aug 22 | 21 Sessions

Uninstructed Activities

Arts & Crafts

Knitting & Crochet Wed 10:00 AM - 12:00 PM

Member Rate \$20 | Non-Member Rate \$60 | Flex Daily Rate \$3 (Per Session)

Meet, mingle and share tips with fellow knitters and crocheters. This is a friendly group that gets together weekly to socialize, practice and share techniques. Sharpen your knitting skills and have some fun with this tight 'knit' group.

SKnit | May 7 - Jun 25 | 8 Weeks

Knitting & Crochet Wed 10:00 AM - 12:00 PM

Member Rate \$17.50 | Non-Member Rate \$57.50 | Flex Daily Rate \$3 (Per Session)

SKnit-2 | Jul 2 - Aug 13 | 7 Weeks

Lapidary Tues 9:00 AM - 3:00 PM

Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$7 (Per Session)

Lapidary is the art of cutting, shaping and polishing rocks and fine gemstones. Learn the basic techniques from fellow members.

SLapidary | May 6 - Jun 24 | 8 Weeks

Lapidary Tues 9:00 AM - 3:00 PM (no session July 1)

Member Rate \$35 | Non-Member Rate \$75 | Flex Daily Rate \$7 (Per Session)

SLapidary-2 | Jul 8 - Aug 19 | 7 Weeks

Open Art Studio Tues 9:00 AM - 12:00 PM

Member Rate \$20 | Non-Member Rate \$60 | Flex Daily Rate \$3 (Per Session)

Open art studio is to help inspire, connect and create. Whether you are working on a project from class or from home this is a friendly space. Come find your happy place. All levels of artist welcome.

SOpenArt | May 6 - Jun 24 | 8 Weeks

Open Art Studio Tues 9:00 AM - 12:00 PM (no session Jul 1)

Member Rate \$17.50 | Non-Member Rate \$57.50 | Flex Daily Rate \$3 (Per Session)

SOpenArt-2 | Jul 8 - Aug 19 | 7 Weeks

Open Stage Fri 12:30 PM - 2:00 PM

Member Rate \$18 | Non-Member Rate \$58

This group encourages 10-minute performances by aspiring writers, dramatists, poets, musicians, improv artists, clowns and mimes. Discussion and feedback is encouraged. Performance in June.

SOpenStage1 | May 2 - Jun 27 | 9 Weeks

Stained Glass Wed 9:00 AM - 3:00 PM

Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$7 (Per Session)

This group meets in our well-equipped studio space to work on projects in a supportive and friendly environment. Members are expected to have a working knowledge of stained glass processes. This is not for beginners.

SStainedW | May 7 - Jun 25 | 8 Weeks

Stained Glass Wed 9:00 AM - 3:00 PM

Member Rate \$35 | Non-Member Rate \$75 | Flex Daily Rate \$7 (Per Session)

SStainedW-2 | Jul 2 - Aug 13 | 7 Weeks

Stained Glass Thurs 9:00 AM - 3:00 PM

Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$7 (Per Session)

SStainedTh | May 8 - Jun 26 | 8 Weeks

SStainedTh-2 | Jul 3 - Aug 21 | 8 Weeks

Cards

Bridge Mon 12:30 PM - 3:30 PM (no session May 19)

Member Rate \$20 | Non-Member Rate \$60 | Flex Daily Rate \$3 (Per Session)

Bridge is a social card game played by sociable people. Need a little practice trying different hands of play? Come join our fun and casual group of players for an afternoon of Bridge.

SBridge | May 5 - Jun 30 | 8 Weeks

Bridge Mon 12:30 PM - 3:30 PM (no session July 1)

Member Rate \$15 | Non-Member Rate \$55 | Flex Daily Rate \$3 (Per Session)

SBridge-2 | Jul 7 - Aug 18 | 6 Weeks

Cribbage Thurs 1:00 PM - 3:00 PM

Member Rate \$20 | Non-Member Rate \$60 | Flex Daily Rate \$3 (Per Session)

Cribbage is a game for two to four players, in which the object is to play so that the value of one's cards played reaches exactly 15 or 31. Join us every week as we discuss the latest issues facing seniors in between games.

SCribbage | May 8 - Jun 26 | 8 Wks

SCribbage-2 | Jul 3 - Aug 21 | 8 Wks

Mahjong Tues 10:00 AM - 12:00 PM

Member Rate \$20 | Non-Member Rate \$60 | Flex Daily Rate \$3 (Per Session)

Similar to the western card game rummy, Mahjong is a game of skill, strategy and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. No experience required as guidance and instruction are available.

SMahjong | May 6 - Jun 24 | 8 Weeks

Mahjong Tues 10:00 AM - 12:00 PM (no session July 1)

Member Rate \$17.50 | Non-Member Rate \$57.50 | Flex Daily Rate \$3 (Per Session)

SMahjong-2 | Jul 8 - Aug 19 | 7 Weeks

Whist Wed 1:00 PM - 3:00 PM

Member Rate \$20 | Non-Member Rate \$60 | Flex Daily Rate \$3 (Per Session)

Join us for this fun afternoon card game where each person or team wins "tricks" and scores points. The most points at the end of play wins the game.

SWhist | May 7 - Jun 25 | 8 Weeks

Whist Wed 1:00 PM - 3:00 PM (no session Aug 20)

Member Rate \$17.50 | Non-Member Rate \$57.50 | Flex Daily Rate \$3 (Per Session)

SWhist-2 | Jul 2 - Aug 13 | 7 Weeks

Movement

Hall Walkers Tues & Thurs 8:30 AM - 10:30 AM

Member \$40 | Non-Member \$80 | Flex Daily Rate \$3 (Per Session)

Studies have proven that walking is the best thing we can do to improve our overall health and increase our longevity and functional years. Lace up your shoes and join the fun in this self-directed, safe, friendly and interactive environment.

SWalkers | May 6 - Jun 26 | 16 Sessions

Hall Walkers Tues & Thurs 8:30 AM - 10:30 AM (no session July 1)

Member \$37.50 | Non-Member \$77.50 | Flex Daily Rate \$3 (Per Session)

SWalkers-2 | Jul 3 - Aug 21 | 15 Sessions

Waitlist Policy: If the activity in which you wish to register 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. Don't delay – Register today!

Snooker Mon-Fri 9:00 AM - 4:00 PM (no sessions May 19)

\$35 10-punch passes are available (Members Only)

Member Rate \$82 | Non-Member Rate \$122

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred.

SSnooker | May 2 - Jun 30 | 41 Sessions

Snooker Mon-Fri 9:00 AM - 4:00 PM (no sessions July 1, Aug 4, Aug 20)

\$35 10-punch passes are available (Members Only)

Member Rate \$72 | Non-Member Rate \$112

SSnooker-2 | Jul 2 - Aug 22 | 36 Sessions

Tai Chi Practice Tues & Fri 1:15 PM - 2:30 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate (Per Session) \$3

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is led by a peer; two complete yang styles are practiced weekly and sabre form is practiced on Fridays. Come and improve your technique in this friendly and supportive atmosphere.

STaiPractice | May 2 - Jun 27 | 17 Sessions

Tai Chi Practice Tues & Fri 1:15 PM - 2:30 PM (no session July 1)

Member Rate \$37.50 | Non-Member Rate \$77.50 | Flex Daily Rate (Per Session) \$3

STaiPractice-2 | Jul 4 - Aug 22 | 15 Sessions

Music

NOTE Bands are by audition only. If you are interested in auditioning for any of our bands please come to the front desk or call 780-496-7369 and we will put you in touch with the band leader.

Firefighter Alumni Band & Swingtime Band Wed 10:00 AM - 12:00 PM

Member Rate \$16 | Non-Member Rate \$56

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

SF&S Band | May 7 - Jun 25 | 8 Weeks

Guitar Jam (Practice) Fri 12:30 PM - 1:30 PM

Member Rate \$22.50 | Non-Member Rate \$62.50 | Flex Daily Rate \$3 (Per Session)

Come jam your heart out at this uninstructed practice session. Improve your skills while enjoying the company of your peers.

SGuitarJam | May 2 - Jun 27 | 9 Weeks

Lions Big Band **Tues 9:30 AM - 12:00 PM**
Member Rate \$14 | Non-Member Rate \$54

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

SLionsBand | May 6 - Jun 17 | 7 Weeks

Schoolboys Alumni Band **Thurs 9:00 AM - 12:00 PM**
Member Rate \$15

For more information call Carol at 780-259-9707. Auditions not required, must be 55+ years old to participate.

SSchoolboys | May 8 - Jun 12 | 6 Weeks

Young @ Heart Band **Mon 1:00 PM - 3:00 PM (no session May 19)**
Member Rate \$16 | Non-Member Rate \$56

Join us for fun and fellowship. This group plays songs from past eras.

Must be able to read music.

SYoung | May 5 - Jun 30 | 8 Weeks



The poster features a central graphic with the word "Community" in large white letters, surrounded by various related terms like "Inspirational", "Opportunity", "Wellness", "Empathy", and "Age Well, Live Fully!". The background is light blue with abstract wave patterns. A yellow starburst in the top left corner says "Free to Attend!". The event details are listed in the top right, and a list of activities and registration information is in the bottom right.

Free to Attend!

TLC HEALTH & WELLNESS FAIR

Thursday May 1, 2025
9 am to 3 pm

Choose From 3 Panels and 12 Workshops to Attend!

Topics Include:

- Housing
- Wellness
- Health
- Arts & Culture

- ★ Tradeshow Featuring Local Vendors
- ★ Goodie Bags and Door Prizes
- ★ \$7 Healthy Lunch Special
- ★ Coffee Breaks Provided
- ★ 50/50 Tickets

Session Registration Begins Friday April 4th

- Centrallions.org
- 780-496-7369
- In Person
- info@centrallions.org

Thank you to Our Sponsor!

ALBERTA BLUE CROSS

CentralLions.org | 780-496-7369 | 11113 113 St NW



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

wem
west edmonton mall

How to Use Flex Registration

Flex Registration lets you pick and pay for the dates that you want to attend. Flex Registration is available for paddle sports and for some uninstructed activities this Spring/Summer season.

What does this mean?

For paddle sports and some uninstructed activities, there are two options for registration.

1. Buy a barcode that covers all of the dates in the Spring/Summer season;
or
2. To secure your space, pre-register with Flex Registration to pick your times.

How to use it:

1. Log in to your Online Registration Account
<https://app.booking.ca/centrallionspub/account/index.asp>
2. Search for your barcode, or the name of your sport or activity.
3. Pick your barcode:
 - **Full-Season Barcode** – Click '**Course Session**' (left side of the page, in blue colour) to select all of the course dates. Click '**Finish**' (green button at bottom right) to proceed to payment page.
 - **Flex Registration** – Select the dates you want on the calendar. After you've selected your dates, proceed to the payment page. Your total will appear on the payment page. You can pay by Debit Visa, Visa or MasterCard. We do not accept American Express
4. You're registered!

Please note for Flex Registration: If you need to change the dates you've picked, call our front desk at 780-496-7369 for assistance.

Scholarships Available

CSLA provides scholarship funding for low-income individuals.

It is important that every Member be able to take at least one activity each year. To that end, we have a Scholarship program that provides up to \$150 of funding to those who demonstrate a need. The only requirement is a City of Edmonton Leisure Access Pass for low-income Edmontonians. For more information on the Access Pass go to:

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

CLSA Code of Conduct

CLSA believes in creating a positive community and strives to maintain a respectful, friendly and supportive environment for all. Everyone will...

- Be protective of the safety, security, well-being and goodwill of others and the Centre.
- Not participate in any action that disrupts or disturbs the morale, efficiency, safety, or operations 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 behaviours. Violations of the Code of Conduct will be dealt with in accordance with established CLSA procedures. We reserve the right to revoke membership to anyone not complying with our Code of Conduct.

Disclaimers

- All participants (member/non-member) must agree to the liability waiver and agree to abide by the CLSA Code of Conduct before attending any CLSA programs, activities, or special events.
- Opinions expressed by program presenters do not necessarily reflect the views of CLSA.
- CLSA is not responsible for injuries incurred during any program, sport or activity, or other sponsored CLSA activity.
- From time to time, our staff and volunteers will be taking photographs and videos. We may use these to promote the Centre in our newsletters, on our website, Facebook page, and other material intended for the public. Your image is your personal information and is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act. CLSA respects this and realizes that not everyone wishes to be included in photos or videos. If you do not want your photo to appear in our promotions, please STEP ASIDE, TURN YOUR BACK or make your position known to the photographer.

Just a friendly reminder: CLSA is a scent-free zone

Many of our members have severe allergies to perfumes, hairsprays and aftershaves. Please avoid the use of scents at the Centre. Scents can cause migraines, asthma and respiratory distress. This can be especially an issue in confined spaces. Thank you for your cooperation!

Cancellations, Refunds and Transfers

Courses may be cancelled due to low enrollment, extreme weather, instructor unavailability and facility maintenance.

- Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.
- If it is necessary for CLSA to cancel a program, you will be notified by phone or email prior to the program start date. In this situation, refunds or credits will be issued to your account.
- Generally, no refunds or credits are given for programs, presentations, activities, or Fitness Centre registrations unless cancelled by CLSA, except in the event of a serious illness or injury where refund requests may be forwarded in writing to the CLSA Executive Director for review. We will not refund for any reason once a program ends.
- Withdrawals or Transfers to another program are permitted, subject to availability, without penalty up to 15 days prior to the program start date. Careful consideration needs to be taken by CLSA staff when a transfer is requested 14 days or less prior to the program start date or if the program has started. A transfer may not be possible. A \$10 administration fee will be charged. If applicable, any credit balance will be refunded.

Please Note...

- Program dates, times, instructors and fees are subject to change.
- From time to time programs and activities may not occur due to educational programming, facility maintenance, special events, emergencies and external bookings.
- Any registration after the program start date must be completed in person or by phone, space permitting. If in doubt of details, we recommend calling us at 780-496-7369.

Payment and Confirmation

- Participants are not considered registered until full payment has been received.
- Payment can be made using VISA, MasterCard, cheque, debit, or cash. Please make cheques payable to Central Lions Seniors Association. Postdated cheques are not accepted. Online registration is by credit card or debit visa only.
- **Please review the program dates listed on your invoice, as dates can be excluded due to holidays or City of Edmonton rentals.**

2025 CLSA Memberships

Valid Jan 1 – Dec 31, 2025

55+ Membership

(In-person, over the phone, & online)

Eligibility: 55+ Years

Price: \$40 (prorated at \$20 starts Sept 1)

Benefits:

- **Preferred Member**
- Early program registration
- Full voting privileges at Annual General Meeting
- Member rates on CLSA programs and activities
- Reciprocal member rates at participating seniors centres

Gold/Lifetime Membership

(In-person only)

Eligibility: 85+ Years (Must be a member for 3 consecutive years)

Price: Free

Benefits:

- **Preferred Member**
- Early program registration
- Member rates on all activities
- Reciprocal member rates at participating seniors centres
- Full voting privileges at AGM

Queen Mary Park and Prince Rupert Partnership Pass

(In-person and over the phone only)

Eligibility: 55+ Years. (Must have a Queen Mary Park or Prince Rupert Community Association Membership)

Price: \$5

Benefits:

- **Preferred Member**
- Early program registration
- Member rates on all activities
- No voting privileges at AGM

Partnership Pass (Reciprocal)

(In-person only)

Eligibility: Members of Reciprocal Seniors Centres, Marigolds 55+.

Price: \$5

Benefits:

- Member rates on all activities
- No voting privileges at AGM

Associate Membership

(In-person and over the phone only)

Eligibility: Residing at same address as 55+ Membership holder.

For spouse/partner aged 34–55.

Price: \$40

Benefits:

- Member rates on all activities
- No voting privileges at AGM

55+ membership are available in person, over the phone, and ***NEW*** online.

All other memberships can be purchased in person or over the phone.

Note: Membership fees are not refundable nor transferable.