



Central Lions Recreation Centre
11113 – 113 Street | CentralLions.org

SPRING & SUMMER 2024

Program & Activity Guide

Age Well, Live Fully!

MAY - AUG





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Central Lions Recreation Centre

11113 – 113 Street NW
Edmonton, Alberta T5G 2V1

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)

Hours of Operation (Mon–Fri)

Main Entrance (South)

8:30 a.m. – 4:00 p.m.

Closed on statutory holidays

Registration Desk

8:30 a.m. – 4:00 p.m.

Workout Room (North Entrance)

Phone: 780–442–0949

7:30 a.m. – 3:00 p.m.

Executive Director

Janice Pearson

780–442–0937

Janice@CentralLions.org

About Us: CLSA is an independent, non-profit society formed in 1979. 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!

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 15 at 8:30 a.m.** For everyone else, registration opens on **April 22 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 through 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 of our Members.

Helpful Hints When Registering Online

- A CLSA account profile must be completed before you can register online. This cannot be done online. Call 780-496-7369 or stop by the front desk and a staff member will complete your profile for you.
- You can purchase the 55+ preferred memberships online. That would be the \$40 January to December membership and the prorated September to December membership. All other memberships must be purchased through the front desk.
- You must pay for your membership first. A second transaction is necessary for course registration. We accept MasterCard, Visa, and Debit Visa only.
- Do not use spaces between the credit card numbers and do not add the slash (/) with the expiry date.
- If you see a repetitive circle on your screen (🌀) the internet signal might be weak or interrupted. Try again later. The transaction will not have been thoroughly processed as it would have timed out.
- Safari search engine may be unpredictable. If you have problems, try switching to Firefox or Google Chrome.
- Remember to keep scrolling to the bottom of the screen. The whole screen doesn't appear on a phone or tablet.
- The registration system automatically applies any credit in your wallet account to your payment invoice. There is an option to opt out of using this.
- With flex registration, you can register the same day.
- When buying the barcode (bulk), you can click the words "All Sessions" or "Course Session" and all boxes will be checked off. However, if you want to toggle "Exclude Waitlisted" then you will need to check mark each day individually.
- More technical issues like pop-up blockers or needing to clear the cache may cause problems. We are not equipped to help you with these issues. Seek out IT help.
- When you are having problems, take a screenshot with your device to help us troubleshoot problems. On your computer the button will say "Print Screen." If you are using a smartphone it may be a combination of buttons you need to press.

For Supply Lists:

- Make sure you print off your supply list at the time of purchase, from the receipt screen or from the confirmation email sent after purchasing barcode.

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.

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.

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.**

Cancellations, Refunds, and Transfers

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

- 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. If in doubt of details, we recommend calling us at 780-496-7369.

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.

Stay updated! Sign up for our emails on www.centrallions.org. You can also call 780-496-7369 and listen to the voicemail message for updates, friend us on Facebook @CentralLionsSeniors, follow us on Instagram @CentralLionsSeniors, buddy up with a CLSA friend who can share news with you, or share your mailing address with us to receive our print newsletter.

New Programs!

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

- EPL: How To Be an Information Detective
- Introduction to Leatherworking
- Local and Seasonal Flower Arranging
- Backyard Bugs & Composting
- Zumba Gold
- French for Beginners
- Spanish Club
- Acoustic Guitar Maintenance Workshop
- Open Stage

Look for the red '**NEW**' star



Computers & Devices

One-on-One Tutorials

Computer Tutorials: One-on-One

Instructor: Shawn Gramiak

Member Fee per session: \$50 | Non-Member Fee per session: \$90

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*

Edmonton Public Library Presentations

EPL: How To Be an Information Detective *Donation Talk*



Instructor: EPL - Stanley A. Milner Branch Staff

How To Be an Information Detective equips people with information literacy skills. This fun and interactive presentation will help you learn how to access, interpret and evaluate digital information, how to read a search engine results page, what the difference is between a search engine and a database and when to use them, and how to evaluate websites to determine if the information is reliable and trustworthy.

SCD-002 | Wed | June 19 | 10:00 AM - 11:00 AM | One-Day Workshop

Crafts

Bird Carving: Great Grey Owl

Instructor: Diane Sharkey

Member \$95 | Non-Member \$135

This program is a continuation from the previous season. Pre-requisite: Bird Carving: Great Grey Owl from Winter 2024. Register early to avoid class cancellation.

SC-010 | Mon | May 6 - Jun 17 | 9:30 AM - 12:30 PM | 6 Weeks (no class May 20)

Cards & Paper Crafts

Instructor: Pam McLean

Member \$21 | Non-Member \$61 | 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.

Cards & Paper Crafts Continued on Next Page...

Cards & Paper Crafts Continued from Previous Page...

No experience is required. All materials provided with cards pre-cut and ready for you to assemble, stamp and create.

SC-001 | Monday | May 13 | 9:30 AM - 12:30 PM | One-Day Workshop

SC-003 | Monday | July 22 | 9:30 AM - 12:30 PM | One-Day Workshop

SC-004 | Monday | Aug 19 | 9:30 AM - 12:30 PM | One-Day Workshop

Cards & Paper: House of Cards

Instructor: Pam McLean

Member \$36 | Non-Member \$76 | 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 - cafeteria open or bring your own.

SC-002 | Monday | June 17 | 9:30 AM - 4:00 PM | One-Day Workshop



Introduction to Leatherworking

Instructor: Michael Quaedvlieg

Member \$73 | Non-Member \$113 | Supply Kit \$40 (payable upon registration)

In this three-week workshop, you will learn the artful skills of design and how to correctly produce beautiful, handcrafted projects. We will cover the differences between leather, fur, and suede, plus their various uses, leather types, processes and stitching techniques, oils, conditioners and finishes, proper tools and hardware, and traditional and modern techniques. Upon completion you will have a better understanding of this ancient trade, and of the qualities, versatilities, and strengths of leather. Class projects (time permitting): book marker with tooling and acrylic paint, mystery braid bracelet, cat or dog collar or luggage leash, card or billfold wallet. Students must also bring a pencil, eraser, sturdy utility knife with blades, and a ruler.

SC-009 | Monday | Jun 3 - Jun 17 | 1:00 PM - 4:00 PM | 3 Weeks

Local and Seasonal Flower Arranging

Instructor: Moira MacKinnon

Member \$40 | Non-Member \$80 | Supply Kit \$25 (payable upon registration)

Local flowers have lifeforce, and we want to share their beauty with you while we demystify the arranging experience. Learn from your friendly local flower farmer and florist Moira MacKinnon, from Love & Fantasy Flowers, on how to approach a floral project. Get your hands on some of the best in seasonal blooms while letting your creativity blossom into your own mason jar arrangement.

SC-008 | Wed | June 19 | 10:00 AM - 12:00 PM | One-Day Workshop



Open to Non-Members

Free Frame Drum Making Demo

Instructor: Carlo Marrazzo

For your viewing and learning pleasure Carlo will demonstrate how to make a 39cm buffalo or deer hide frame drum on a handmade cedar frame.

SC-005 | Tuesday | May 7 | 11:00 AM - 1:00 PM | One-Day Demo

SC-006 | Tuesday | May 21 | 1:00 PM - 3:00 PM | One-Day Demo

Frame Drum Making Workshop

Instructor: Carlo Marrazzo

Member \$25 | Non-Member \$65 | Supply Kit \$200 (payable upon registration)

Make your own 39cm buffalo or deer hide frame drum, including a drum stick.

Carlo will bring all of the tools and materials needed for this 4-hour workshop.

Please Note: participants are required to have good hand strength as there will be cutting and pulling of rawhide involved.

SC-007 | Wednesday | May 29 | 12:00 PM - 4:00 PM | One-Day Workshop

Dance

Beginner Ballroom

Instructor: Elise Millard

Member \$62 | Non-Member \$102

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! **Fee is per person.**

SD-010 | Thursdays | May 9 - Jun 27 | 9:00 AM - 10:00 AM | 8 Weeks

Ballroom

Instructor: Elise Millard

Member \$62 | Non-Member \$102

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/Latin dance is a great workout, improves balance and coordination, and 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-011 | Thursdays | May 9 - Jun 27 | 10:10 AM - 11:10 AM | 8 Weeks

Combination Ballroom

Instructor: Elise Millard

Member \$54 | Non-Member \$94

In this program you will learn classic ballroom, and Latin dances to help you glide, spin, and turn across the dance floor.

Combination Ballroom Continued on Next Page...

Combination Ballroom Continued from Previous Page...

Besides being a lot of fun, ballroom/latin dance is a great workout, improves balance and coordination, and 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-012 | Thursdays | Jul 4 - Aug 15 | 10:10 AM - 11:10 AM | 7 Weeks

Uninstructed Ballroom Practice

Facilitator: Bob MacDonald

Member \$40 | Non-Member \$80 | Day-of-Rate \$5 (Subject to availability)

This uninstructed time is for ballroom dancers looking to practice their skills. Bring a partner, have fun, and gain confidence as you practice various moves. The facilitator, along with the group, will decide what to practice in each class. Continuous pre-recorded music allows you to work on a wide ballroom repertoire (waltz, cha cha, rumba, tango to name a few); musical requests welcome. Bring indoor dance shoes or slippers.

Fee is per person.

SD-009 | Fri | May 10 - Jun 28 | 2:00 PM - 3:30 PM | 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. Join the fun and move to the beat! Learn more on **page 14**.

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)

Member \$30 | Non-Member \$70

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

SD-006 | Thurs | May 9 - Jun 27 | 1:00 PM - 1:45 PM | 7 Wks (no class May 23)

Hibiscus Level (Choreography)

Member \$51 | Non-Member \$91

Choreographed class. Includes the preceding Coconut Level. Recommended that students have some dance experience.

SD-007 | Thurs | May 9 - Jun 27 | 1:00 PM - 2:30 PM | 7 Wks (no class May 23)

Plumeria Level (Performance)

Member \$63 | Non-Member \$103

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-008 | Thurs | May 9 - Jun 27 | 1:00 PM - 3:15 PM | 7 Wks (no class May 23)

Line Dancing

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-004 | Tuesdays | May 7 - Jun 25 | 9:30 AM - 10:30 AM | 8 Weeks

Line Dancing

Instructor: Tracy Walters

Member \$39 | Non-Member \$79

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-005 | Tuesdays | Jul 9 - Aug 20 | 9:30 AM - 10:30 AM | 7 Weeks

Tap Dance (Beginner)

Instructor: Jeff Gatti

Member \$35 | Non-Member \$75

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-001 | Wed | May 8 - May 29 | 11:40 AM - 12:40 PM | 4 Weeks

Tap Dance (Intermediate)

Instructor: Jeff Gatti

Member \$35 | Non-Member \$75

Enjoy tap exercises throughout this course. Build your aerobic fitness, muscle strength, flexibility, and coordination. **Prerequisite:** Completion of Tap Dance Beginner Technique and/or some previous tap experience is recommended. Tap shoes are suggested.

SD-002 | Wed | May 8 - May 29 | 9:30 AM - 10:30 AM | 4 Weeks

Tap Dance: Performance (Advanced)

Instructor: Jeff Gatti

Member \$35 | Non-Member \$75

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

SD-003 | Wed | May 8 - May 29 | 10:35 AM - 11:35 AM | 4 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.

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

Yearly \$420

* Passes purchased in-person only

New to the Workout Room? Getting started is easy! **Orientations are 50 minutes long and are required. Book yours today at 780-442-0949.**

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)

Instructor: Cathy Taskey

Member \$64 | Non-Member \$104

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-025 | Tues | May 7 - Jun 25 | 1:40 PM - 2:40 PM | 8 Weeks

SF-027 | Thurs | May 9 - Jun 27 | 1:40 PM - 2:40 PM | 8 Weeks

Better Balance & Strength (G-M)

Instructor: Cathy Taskey

Member \$24 | Non-Member \$64

SF-028 | Tues | Jul 2 - Jul 23 | 1:40 PM - 2:40 PM | 3 Weeks (no session Jul 9)

SF-030 | Thurs | Jul 4 - Jul 25 | 1:40 PM - 2:40 PM | 3 Weeks (no session Jul 11)

Cardio Fit & Stretch (M)

Instructor: Marilee Barry

Member \$84 | Non-Member \$124

Improve your heart health, strengthen your muscles, and stretch out in this moderate cardio program. Everyone is encouraged to work at their own pace. Includes restorative floor exercises to strengthen and improve your core muscles, plus relaxation and breathing techniques. Bring your yoga mat.

SF-016 | Tuesdays | May 7 - Jun 25 | 12:15 PM - 1:45 PM | 8 Weeks

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

Cardio Rhythm (M-V)
Member \$62 | Non-Member \$102

Instructor: Elise Millard

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-035 | Thursdays | May 9 - Jun 27 | 11:20 AM - 12:20 PM | 8 Weeks

Cardio Rhythm (M-V)
Member \$54 | Non-Member \$94

Instructor: Elise Millard

SF-036 | Thursdays | Jul 4 - Aug 15 | 11:20 AM - 12:20 PM | 7 Weeks

Co-ed Gentle Move & Groove (G)
Member \$48 | Non-Member \$88

Instructor: Marilee Barry

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-017 | Tues | May 7 - Jun 25 | 2:00 PM - 3:00 PM | 8 Weeks

SF-018 | Tues | Jul 2 - Aug 20 | 2:00 PM - 3:00 PM | 8 Weeks

Co-ed Gentle Move & Groove (G)
Member \$45 | Non-Member \$85

Instructor: Louise Lepore

SF-007 | Fri | May 10 - Jun 28 | 12:30 PM - 1:30 PM | 8 Weeks

Co-ed Keep Fit (M)
Member \$41 | Non-Member \$81

Instructor: Cathy Taskey

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-023 | Mon | May 6 - Jun 24 | 10:30 AM - 11:30 AM | 7 Wks (no class May 20)

Co-ed Keep Fit (M)
Member \$42 | Non-Member \$82

Instructor: Caroline Botting

SF-043 | Wed | May 8 - Jun 26 | 10:15 AM - 11:15 AM | 8 Weeks

Co-ed Keep Fit (M)**Instructor: Louise Lepore****Member \$37 | Non-Member \$77****SF-004 | Fri | May 10 - Jun 28 | 10:00 AM - 11:00 AM | 8 Weeks****Co-ed Keep Fit (V)****Instructor: Cathy Taskey****Member \$41 | Non-Member \$81**

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-022 | Mon | May 6 - Jun 24 | 9:20 AM - 10:20 AM | 7 Wks (no class May 20)**Co-ed Keep Fit (V)****Instructor: Caroline Botting****Member \$42 | Non-Member \$82****SF-042 | Wed | May 8 - Jun 26 | 9:00 AM - 10:00 AM | 8 Weeks****Corrective Fitness****Instructor: Naissa Preston****Member \$67 | Non-Member \$107**

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-031 | Tues | May 7 - Jun 25 | 10:45 AM - 11:45 AM | 8 Weeks**Corrective Fitness****Instructor: Naissa Preston****Member \$58 | Non-Member \$98****SF-032 | Tues | Jul 9 - Aug 20 | 10:45 AM - 11:45 AM | 7 Weeks****ESSETRICS® for Seniors (G)****Instructor: Lori Griffith (eOne Fitness)****Member \$94 | Non-Member \$134**

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-010 | Tues | May 7 - Jun 25 | 11:15 AM - 12:00 PM | 8 Weeks**ESSETRICS® for Seniors (G)****Instructor: Lori Griffith (eOne Fitness)****Member \$94 | Non-Member \$134 | Flex Rate \$13 (per session)****SF-011 | Tues | Jul 2 - Aug 20 | 11:15 AM - 12:00 PM | 8 Weeks**

ESSETRICS® Release, Rebalance, Restore (G-M)

Member \$106 | Non-Member \$146

Instructor: Meaghan Hipkins

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-012 | Wed | May 8 - Jun 26 | 2:15 PM - 3:15 PM | 8 Weeks

SF-015 | Thurs | May 9 - Jun 27 | 10:45 AM - 11:45 AM | 8 Weeks

ESSETRICS® Release, Rebalance, Restore (G-M)

Member \$93 | Non-Member \$133 | Flex Rate \$15 (per session)

Instructor: Meaghan Hipkins

SF-013 | Wed | Jul 3 - Aug 14 | 2:15 PM - 3:15 PM | 7 Weeks

ESSETRICS® Stretch & Tone (M) Instructor: Lori Griffith (eOne Fitness)

Member \$106 | Non-Member \$146

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. ESSETRICS® 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-008 | Tues | May 7 - Jun 25 | 10:00 AM - 11:00 AM | 8 Weeks

SF-009 | Tues | Jul 2 - Aug 20 | 10:00 AM - 11:00 AM | 8 Weeks

ESSETRICS® Stretch & Tone (M)

Instructor: Meaghan Hipkins

Member \$106 | Non-Member \$146

SF-014 | Thurs | May 9 - Jun 27 | 9:30 AM - 10:30 AM | 8 Weeks

Fitness Fusion (M)

Instructor: Caroline Botting

Member \$58 | Non-Member \$98

Move your body to choreographed music while using a variety of props. In this class, you will get a full-body workout through warm up, cardio, floor exercises, and simple Yogasize postures. You will work with a Super ball geared to strengthen your spine and shape your body while having fun.

SF-044 | Wed | May 8 - Jun 26 | 11:30 AM - 12:30 PM | 8 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 46**.

Golden Gloves Fitness (M-V) Member \$56 | Non-Member \$96

Instructor: Louise Lepore

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 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. Let's get moving!

SF-005 | Fridays | May 10 - Jun 28 | 11:15 AM - 12:15 PM | 8 Weeks

Golden Gloves Fitness (M-V) Member \$49 | Non-Member \$89

Instructor: Louise Lepore

Equipment rental fee \$10 (payable upon registration)

SF-006 | Fridays | Jul 5 - Aug 16 | 11:15 AM - 12:15 PM | 7 Weeks

Pickleball Programs – Novice and Intermediate

We are offering several levels of pickleball to suit all levels of play. See **page 40** for details.

Strength Training (M-V) Member \$64 | Non-Member \$104

Instructor: Cathy Taskey

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-024 | Tues | May 7 - Jun 25 | 12:30 PM - 1:30 PM | 8 Weeks

SF-026 | Thurs | May 9 - Jun 27 | 12:30 PM - 1:30 PM | 8 Weeks

Strength Training (M-V) Member \$24 | Non-Member \$64

Instructor: Cathy Taskey

SF-045 | Tues | Jul 2 - Jul 23 | 12:30 PM - 1:30 PM | 3 Weeks (no session Jul 9)

SF-029 | Thurs | Jul 4 - Jul 25 | 12:30 PM - 1:30 PM | 3 Weeks (no session Jul 11)

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: Yang Style - Level 1 (G)

Member \$58 | Non-Member \$98

SF-039 | Mon | May 6 - Jun 24 | 11:45 AM - 12:45 PM | 7 Weeks (no class May 20)

Tai Chi: Yang Style - Level 2 (M)

Member \$58 | Non-Member \$98

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

SF-040 | Mon | May 6 - Jun 24 | 1:15 PM - 2:15 PM | 7 Weeks (no class May 20)

Tai Chi: Yang Style - Level 3 (M)

Member \$58 | Non-Member \$98

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-041 | Mon | May 6 - Jun 24 | 2:30 PM - 3:30 PM | 7 Weeks (no class May 20)

Tai Chi Practice

Practice time for individuals wishing to work on their Tai Chi form. See **page 47**.

Yoga: Gentle Hatha (G)

Instructor: Sylvia Galbraith

Member \$49 | Non-Member \$89

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-002 | Mon | May 6 - Jun 24 | 11:15 AM - 12:15 PM | 7 Wks (no class May 20)

Yoga: Gentle Hatha (G)

Instructor: Sylvia Galbraith

Member \$28 | Non-Member \$68

SF-038 | Mon | Jul 8 - Jul 29 | 11:15 AM - 12:15 PM | 4 Weeks

Yoga: Hatha (M)

Instructor: Sylvia Galbraith

Member \$74 | Non-Member \$114

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

SF-001 | Mon | May 6 - Jun 24 | 9:30 AM - 11:00 AM | 7 Weeks (no class May 20)

Yoga: Hatha (M)
Member \$84 | Non-Member \$124

Instructor: Sylvia Galbraith

SF-003 | Thurs | May 9 - Jun 27 | 9:30 AM - 11:00 AM | 8 Weeks

Yoga: Hatha (M)
Member \$42 | Non-Member \$82

Instructor: Sylvia Galbraith

SF-037 | Mon | Jul 8 - Jul 29 | 9:30 AM - 11:00 AM | 4 Weeks

Yoga: Iyengar Stretch & Relax

Instructor: Barb Deneka

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

Yoga: Iyengar Stretch & Relax – Beginner (G)
Member \$62 | Non-Member \$102

SF-020 | Fri | May 10 - Jun 28 | 10:45 AM - 11:45 AM | 8 Weeks

Yoga: Iyengar Stretch & Relax – Intermediate (M)
Member \$93 | Non-Member \$133

SF-021 | Fri | May 10 - Jun 28 | 9:00 AM - 10:30 AM | 8 Weeks

Zumba Gold
Member \$70 | Non-Member \$110

Instructor: Dagmar Sanchez

A modified workout with low impact moves. Zumba Gold recreates the original moves you love at a lower intensity. It allows you to move to the beat of a song at your own speed. The routine focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility, and coordination. Please have indoor running shoes and come ready to have fun.

SF-033 | Wed | May 8 - Jun 26 | 1:00 PM - 2:00 PM | 8 Weeks



Zumba Gold
Member \$62 | Non-Member \$102

Instructor: Dagmar Sanchez

SF-034 | Wed | Jul 10 - Aug 21 | 1:00 PM - 2:00 PM | 7 Weeks

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

General Interest & Languages

General Interest

Backyard Bugs & Composting

Instructor: Corrienne Brons & John Uilyatt

Member \$22 | Non-Member \$62

Getting outdoors and gardening can get pretty buggy! At Butterfly Wings N' Wishes we are SUPER excited to share our love of bugs – and in this 1-hour interactive, hands-on presentation we're going to do just that. Meet big and small versions of backyard creatures: butterflies, rollie-pollies, beetles worms, millipedes, and more. We'll have live insects and invertebrates on-site that are safe to handle and fun to meet. Investigate the roles these animals play and unlock the secrets of their fascinating roles in the garden. Be prepared to get dirty: a lot of these bugs live in the soil! We're also going to showcase a few "special guests" that might not be found in our Alberta gardens – but will certainly be exciting!

SGI-036 | Wed | Jun 12 | 10:30 AM - 11:30 AM | One-Day Presentation



Book Club

Member \$8 | Non-Member \$48

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

SGI-015 | Tues | May 14, Jun 11, Jul 9, Aug 13 | 1:00 PM - 2:30 PM | 4 Sessions

Genealogy: An Introduction

Instructor: Kathleen Rae

Member \$22 | Non-Member \$62 | Manual \$10 (payable upon registration)

This course is for the very beginner; discover the basic rules of genealogy, pedigree charts, family group sheets and how to fill them in. We will look at a genealogy software, Family Tree Maker 2019 and how to apply genealogy software to your work and how to collect and save documents. Discussions will include related books and magazines; viewing of actual genealogical records and documents; we'll discuss where to find information in Edmonton, as there is a wealth of records here! A manual in note form will be handed out in class covering all things discussed.

SGI-032 | Tues | May 14 | 9:00 AM - 12:00 PM | One-Day Workshop

Genealogy: On the Internet

Instructor: Kathleen Rae

Member \$22 | Non-Member \$62 | Manual \$10 (payable upon registration)

Information for this presentation will be displayed on the large screen with accompanying handouts.

Genealogy: On the Internet Continued on Next Page...

Genealogy: On the Internet Continued from Previous Page...

You are welcome to bring your laptop and tablet to follow along. Genealogy has changed so much in the last five years, learn about the mega databases available for searching, Ancestry is not the only game in town. Learn which ones are free and how to post queries to get the best information. The discussion will follow about the Privacy Laws in Canada and what you will or will not find compared to other countries. Please bring to class a list of family names, dates and places you are researching, Kathleen will be available to assist with locating your family on the web. A manual will be handed out covering all things discussed in class, everything will be written out in note form.

SGI-033 | Tues | May 28 | 9:00 AM - 12:00 PM | One-Day Workshop

Genealogy: DNA

Instructor: Kathleen Rae

Member \$22 | Non-Member \$62 | Manual \$10 (payable upon registration)

Are you interested in DNA testing for genealogy but have questions? Genealogist Kathleen Rae uses herself and her own DNA data to provide actual examples to show what can be achieved when genealogy and DNA testing meet. Kathleen has tested with Ancestry, 23andMe, and has moved her DNA data to other DNA sites such as MyHeritage, Gedmatch, FamilyTreeDNA and LivingDNA and provides examples from all these sites. This workshop is for the very beginner, we discuss strategies for the successful use of the DNA test, ethical issues with DNA, and what DNA companies are doing with the data. A manual will be handed out covering all things discussed in class.

SGI-034 | Tues | Jun 11 | 9:00 AM - 12:00 PM | One-Day Workshop

Casino Outing: River Cree Resort & Casino

Back by popular demand!. See **page 36** for full details.

Languages

Beginner ASL (American Sign Language)

Instructor: TBA

Member \$48 | Non-Member \$88

Ever wanted to learn sign language? Look no further! Join Brenda as she teaches you ASL from the beginning. Learn the alphabet and simple phrases with proper hand shape, proper palm orientation, and much more!

SGI-014 | Wed | May 15 - Jun 19 | 10:00 AM - 12:00 PM | 6 Weeks

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

French for Beginners

Instructor: Karima Afchar

Member \$86 | Non-Member \$126

The language of instruction will be primarily English, but you will have ample opportunity to practice your French. You will learn basic grammar structures along with the following vocabulary and conversational topics: greetings, introducing oneself, furniture in a classroom and in a house, talking about one's family, talking about time and describing oneself and others. Enjoy learning the essentials using illustrations, music and more.

SGI-037 | Thurs | Jul 4 - Aug 15 | 1:00 PM - 2:30 PM | 7 Weeks



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

Learn how to tell your ceviche from your cervesa! Whether you are traveling to Spain or want to learn 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)

Instructor: Tania 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; best obtained through Amazon or Indigo.

SGI-001 | Fridays | May 10 - Jun 28 | 10:00 AM - 12:00 PM | 8 Weeks

Spanish – Intermediate (A)

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-002 | Fridays | May 10 - Jun 28 | 12:30 PM - 2:30 PM | 8 Weeks

Spanish – Intermediate (B)

Instructor: Jorge Oyarzun

Member \$112 | Non-Member \$152

SGI-004 | Fridays | May 10 - Jun 28 | 12:30 PM - 2:30 PM | 8 Weeks

Spanish – Advanced

Instructor: Jorge Oyarzun

Member \$112 | Non-Member \$152

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

SGI-003 | Fridays | May 10 - Jun 28 | 10:00 AM - 12:00 PM | 8 Weeks

Spanish Club

Member \$16 | Non-Member \$56

Meet Spanish language lovers and students for conversation and fun! Participate in a small Spanish language experience where you can practice grammar and pick up conversational structures and ideas. All levels are welcome.

SGI-030 | Fridays | May 10 - Jun 28 | 11:30 AM - 12:15 PM | 8 Weeks



Philosopher's Café

Member \$8 | Non-Member \$8

Presenter: David J. Goa

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.

Café #1 – Star Spangled Christians: Evangelicals in an Age of Extremism

Our discussion will look at the odd, troubling, and perhaps terrifying thought that the evangelical communities in the United States and Canada have been reconfigured. We will look at how it has come about that many who once rooted their faith in the Gospels and its call to “serve the Prince of Peace” and the kingdom in which “there is no slave nor free, no male or female, not Jew or Gentile” now appear to read the scripture through the lens of fear and “Christian nationalism” and see a political leader as the servant of God on a crusade to “save Christianity?”

SGI-010 | Thursday | May 23 | 1:30 PM - 3:00 PM | One-Day Presentation

Café #2 – The Conservative Genius

“The central conservative truth is that it is culture, not politics that determines the health of a society,” so said Senator Daniel Patrick Moynihan. What has been the gifts of the conservative political perspective since its inception in the 18th century? Has it lost its way? Where are conservatives to be found?

SGI-011 | Thursday | Jun 27 | 1:30 PM - 3:00 PM | One-Day Presentation

Café #3 – The Liberal Genius

“The central liberal truth is that politics can change a culture and save it from itself,” so said Senator Daniel Patrick Moynihan. What have been the gifts of the liberal political perspective since its inception in the 17th century? Has it lost its way? Where are liberals to be found?

SGI-012 | Thursday | Jul 25 | 1:30 PM - 3:00 PM | One-Day Presentation

Café #4 – The Progressive Genius

What is the central progressive truth? What has been the gifts of the progressive political perspective since its inception in the 19th and early 20th century? Has it lost its way? Where are progressives to be found?

SGI-013 | Thursday | Aug 15 | 1:30 PM - 3:00 PM | One-Day Presentation

Pay by Donation Talks

Adding Colors to the Rainbow

Presenter: Michael Phair

Adding Colors to the Rainbow: 2SLGBTQ+ folks in Edmonton. This presentation will cover 60 years of Edmonton's Queer History and Map with significant places, events, and issues including the additional 'colors' to the Rainbow Pride Flag and current proposals of the Province.

SGI-024 | Tues | Jun 4 | 1:00 PM - 2:30 PM | One-Day Presentation

Alternative Investing for Retirement Income

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

The amount of income investing tools accessible to individual retired investors is expanding rapidly. Many of the strategies once used by major pension funds and high net worth investors are now being offered to much lower thresholds for investing. One of the more popular investment assets mentioned in investing publications, are the use of Structure Notes, specifically Auto Callable (financial instruments that combine features of both bonds and options). These hybrid securities are structured in such a way that they offer investors the potential for enhanced income returns and some level of principle protection while also providing the issuer with a degree of flexibility. Come join Wei Woo as we look at the basic mechanics of how these financial tools work.

SGI-006 | Tues | May 28 | 1:30 PM - 3:00 PM | One-Day Presentation

Coast to Coast: Holidaying on a Budget

Instructor: Jeff McKeddie

From Cape Breton to Maui, from the White Rail Pass to Niagara Falls, we'll be sharing some of our travels through photos and regaling. For those who have been there, join us to reminisce; for who haven't, let us share the beauty of this land with you. Along the way we'll be discussing ways to experience North America (and the world) for less. Whether you prefer to fly and drive or to cruise, there are numerous ways to save and still enjoy your travels.

SGI-031 | Thursday | May 30 | 10:00 AM - 11:30 AM | One-Day Presentation

Please register in advance as space is limited!

CRA: Benefits and Credits for Seniors

Instructor: Shandra Stephenson

Outreach Officer Shandra Stephenson from the Canada Revenue Agency will share information on how benefits are calculated, how and when you should apply for benefits, how different tax credits can be claimed, and will answer any questions you might have.

SGI-025 | Wed | May 15 | 10:00 AM - 11:30 AM | One-Day Presentation

SGI-026 | Tues | July 2 | 10:00 AM - 11:30 AM | One-Day Presentation

Emergency Preparedness (ePrep)

Instructor: Krista Mulbery

This workshop will encourage individuals to discuss, explore, discover, and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

SGI-016 | Wed | May 8 | 1:00 PM - 3:00 PM | One-Day Presentation

SGI-017 | Tues | July 23 | 9:30 AM - 11:30 AM | One-Day Presentation

Existence and Meditation: Analytical Philosophy

Instructor: Paul Yapp

This presentation defines existence in terms of form and intelligence and further differentiates in human context the relationship between awareness and consciousness. Humanly perceivable forms have impermanence being predicated by time, and that if there is life continuum, it is the continuum of intelligence. How do we know time exists, and what is it? Where do desires come from? Does a desire prompt meditation? What is the definition of meditation? What are the types of meditation? Where are "you" meditating to? Is meditation a pursuit of intelligence or the form? What is the definition of the Creator of God? This presentation will be vocabulary centric in the intellectual pursuit of definitions. The saying goes: If you cannot define "it" you cannot bring "it" into fruition.

Prerequisite: An open mind to explore abstract possibilities.

SGI-027 | Fri | Jul 5 | 1:00 PM - 3:00 PM | One-Day Presentation

Our Future: Big Idea for Discussion - Mondays 1:00 PM to 3:00 PM

Presenter: Don Carmichael & Martin Tweedale

Discussions will address pressing controversies of the day, including those raised by participants themselves, as well as issues of general relevance to the quality of life in our community, such as: the quality of our news media, a guaranteed basic income, happiness, the importance of the humanities, jobs vs. leisure, and social trust and human dignity.

The discussion topic will be advertised shortly before each session.

Session #1 **SGI-018** | May 13

Session #4 **SGI-021** | June 24

Session #2 **SGI-019** | May 27

Session #5 **SGI-022** | July 15

Session #3 **SGI-020** | June 10

Session #6 **SGI-023** | July 29

Planning for an Aging Population

Instructor: Dr. Kyle Whitfield, UofA

Planning for an Aging Population will establish the grounds for why we need to plan for an aging population. It will examine what an age friendly community is discussing why we need to move in this direction. It ends with positive ideas for planning for an aging society. Dr. Whitfield's research focus considers such issues as older people as leaders and change makers, the views of older adults about climate change, and capacity building for community development purposes for a range of populations.

SGI-035 | Mon | May 6 | 10:30 AM - 11:30 AM | One-Day Presentation

Resume Workshop

Instructor: Janice Pearson

Are you looking for part-time work, a volunteer position, or to be on a board? Often, a resume is required. What you put on your resume matters. Get tips on how to craft a resume that highlights your skills and work experience without drawing attention to your age. Learn how AI plays a role in selecting resumes that lead to an interview.

SGI-038 | Thurs | May 16 | 10:00 AM - 11:00 AM | One-Day Presentation

The Role of Mutual Funds in Retirement

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

Learn the ins and outs of how to be successful in mutual fund investing with your retirement portfolio, because GIC interest rates are expected to decline in 2024. Learn how your financial/investment advisor is actually compensated in the traditional method with the different fund load types of mutual funds they recommend to ensure that your best interests are truly aligned with their advice. We will discuss the rapidly growing fee based accounts and how F-class mutual funds operate. We will also discuss fundamental developments in the mutual fund market for financial customers.

SGI-008 | Tues | Jul 16 | 1:30 PM - 3:00 PM | One-Day Presentation

Semi Annual 2024 Market Review and Outlook

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

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 2024, and look at forward guidance on what to expect for the remainder of 2024. We will focus on the US elections in the Fall, and anticipated implications on your retirement investment portfolio as well as the wider global economy as a whole.

SGI-007 | Tues | Jun 25 | 1:30 PM - 3:00 PM | One-Day Presentation

Service Canada: Benefits for Seniors

Presenter: Tina Greyeyes

Service Canada will provide general information for the following programs; Canada Pension Plan, Old Age Security and the Canada Dental Benefit. This session will give you the opportunity to increase your awareness of benefits you may not know about that could help you or your family. Feel free to ask questions during the presentation. You will also have an opportunity to talk with the Service Canada representative after the session.

SGI-028 | Wed | May 22 | 10:00 AM - 12:00 PM | One-Day Presentation

SGI-029 | Tues | Jul 9 | 10:00 AM - 12:00 PM | One-Day Presentation

Transgenerational Trauma

Presenter: Johnathan Hooton Ph.D

Presented by Jonathan Hooton, PhD, SEP, who has extensive professional training in Family and Systemic Constellations, this discussion will focus on trauma with an overwhelming of the nervous, or survival, system. Wars, terrorism, and other lethally violent events are very traumatic and cast a long shadow on descendants. Similarly, the experience of residential schools here in Canada, the UK and the Magdelene orphanages in Ireland have traumatized many children and their descendants. When trauma is unresolved in one generation, a descendent, such as a child, grandchild, or great grandchild, may carry the pain and unconsciously repeat, or re-enact the trauma as a victim or as a perpetrator. In this presentation, Johnathan will give some examples of how this happens and invite some experiential exercises.

SGI-005 | Mon | May 6 | 1:30 PM - 3:00 PM | One-Day Presentation

Women in Personal Financial Management

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

Women are an increasingly important demographic in financial decision making for retirees. The majority of investment assets in Canada will eventually be left to the woman. Many relationships have the husband as the primary financial decision maker. Many surviving widows and divorced female retirees are navigating a steep learning curve after the husband is gone. Come review the fundamentals on important strategies, mindset, and facts of navigating the financial and investment landscape as a woman in retirement.

SGI-009 | Tues | Aug 20 | 1:30 PM - 3:00 PM | One-Day Presentation

Health & Wellness

Advance Care Planning: Part One

Presenter: Gina Vliet, Change Specialist, Charon Consulting

Member \$20 | Non-Member \$60

Get an overview of Advance Care Planning documents and how to best use the AHS Green Sleeve to ensure the right people know how to find and abide by the spirit and intent of your health care and end of life wishes.

SHW-006 | Fri | Aug 16 | 10:00 AM - 12:00 PM | One-Day Presentation

Advance Care Planning: Part Two

Presenter: Gina Vliet, Change Specialist, Charon Consulting

Member \$20 | Non-Member \$60

Guidance through creating your own personal directive or health care plan. Planning for what to do once it's up to date, and for keeping it up to date.

SHW-007 | Fri | Aug 23 | 10:00 AM - 12:00 PM | One-Day Presentation

Chiropractic Care

Presenter: Chiropractor, Dr. Emily Devlin-Irving

Pay by Donation

This presentation will delve into the potential benefits and outcomes associated with chiropractic care. Our discussion will encompass several key topics, including: dispelling common myths about chiropractic care, and providing insight on up-to-date treatment models, exploring how chiropractic interventions alleviate aches and pains, understanding the impact of chiropractic care on quality of life, even in the absence of pain, and its role in maintaining overall health.

SHW-002 | Thurs | Jun 6 | 1:00 PM - 3:00 PM | One-Day Presentation

First Aid

Presenter: Big Hearts First Aid

Member \$40 | Non-Member \$80

This CPR and Choking Workshop is designed to prepare participants to keep their loved ones safe. You will work with our experts building confidence and practicing hands-on First Aid and CPR skills. CPR and First Aid skills should be refreshed and practiced every year. Data supports that just 50 minutes of hands-on practice is incredibly effective! Topics covered in this course: Early recognition – how to identify a medical emergency and when to call 9-1-1 or seek medical attention, hands-on practice of cardiopulmonary resuscitation (CPR) on CPR mannequins, demonstration of automated external defibrillator (AED) on CPR mannequins, and hands-on practice of first aid for choking.

SHW-003 | Mon | May 13 | 1:00 PM - 3:30 PM | One-Day Presentation

Grief Recovery Support

Presenter: Mikel Laurie

Member \$15 | Non-Member \$55 | Workbook \$26 (Payable Upon Registration)

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-008 | Thurs | May 9 - Jun 27 | 9:30 AM - 11:30 AM | 8 Weeks

Setting Healthy Boundaries

Presenter: Gina Vliet, Change Specialist, Charon Consulting

Member \$20 | Non-Member \$60

How to say no without guilt. Discover the difference between boundaries and rules, and how reframing the words we use can improve our well-being. Practice saying no in ways that alleviates self-doubt and resentment.

SHW-004 | Fri | May 17 | 10:00 AM - 12:00 PM | One-Day Presentation

Stress and Change

Presenter: Gina Vliet, Change Specialist, Charon Consulting

Member \$20 | Non-Member \$60

Stress and Change: getting through the emotional and into the practical. Learn how to identify your stressors, what it takes to be energy efficient in stressful times, how to recharge your personal batteries, and how to integrate change in a way that leaves you enough energy to do the things that matter most to you!

SHW-005 | Fri | Jun 21 | 10:00 AM - 12:00 PM | One-Day Presentation

Vertigo/Dizziness

Presenter: Nicolas Pahud - Shift Physiotherapy

Pay by Donation

Delve into a comprehensive exploration of dizziness and vertigo in this presentation, where we unravel the intricacies of their causes. Gain insights into the factors leading to dizziness and engage in a thorough discussion on strategies and interventions specifically tailored to mitigate vestibular challenges.

This seminar promises to enhance your understanding, and provide practical information to address and manage vestibular challenges effectively.

SHW-001 | Thurs | May 16 | 1:00 PM - 3:00 PM | 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.

Music

Drumming

Hand Drumming: Rhythms & Techniques

Instructor: Mike Chenoweth

Member \$70 | Non-Member \$110

Come join us as we discover the wonderful world of hand drums! We'll learn basic playing techniques while applying our newfound talents to basic West African rhythms! We'll also learn how to jam to our favourite Western Hemisphere music genres like Rock, Country, Blues, Reggae, Latin and more! You can be a hit at the next kitchen party! All that participants are required to supply is a medium to large sized djembe (JEM-bay) drum. If you don't own a djembe, Long And McQuade Music Stores will rent one to you for between \$15 and \$25 per month.

SM-008 | Mon | May 6 - Jun 24 | 10:00 AM - 11:00 AM | 7 Wks (no class May 20)

Hand Drumming: Rhythms & Techniques

Instructor: Mike Chenoweth

Member \$40 | Non-Member \$80

SM-010 | Mon | Jul 8 - Jul 29 | 10:00 AM - 11:00 AM | 4 Weeks

Introduction to Hand Drumming

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$50

Be the hit of the next kitchen party or back yard fire pit jam! If you can tap your feet or clap your hands, you have all the prerequisites that you need to get started in the wonderful world of hand drumming. Led by a full time professional musician and music teacher, you will learn the basic techniques and strikes to play many West African rhythms like The Moribayassa and The Kono, and basic rhythms suitable for jamming to popular North American music. Registrants are asked to please supply their own djembe (JEM-bay) drum as djembes are not supplied.

[Introduction to Hand Drumming Continued on Next Page...](#)

Introduction to Hand Drumming Continued from Previous Page...

Djembes are readily available for rent from Long And McQuade music stores. Larger drums with at least a twelve inch diameter drum head are highly recommended.

SM-013 | Tues | Jul 9 | 9:30 AM - 10:30 AM | One-Day Workshop

SM-018 | Tues | Jul 23 | 9:30 AM - 10:30 AM | One-Day Workshop

Guitar

A Guitar Star is Born! (Basic Experience Required)

Member \$76 | Non-Member \$116

Instructor: Daron Panko

Looking to refresh your guitar basics? This course is for you! From one string melodies and one finger chords to advanced playing on all strings, participants will learn basic chord structures and how to put these together to play tunes or accompany them. You will strum, pluck, sing and even improvise before you know it. Some basic guitar experience is required; not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

SM-003 | Fridays | May 10 - Jun 28 | 10:00 AM - 11:00 AM | 8 Weeks

Acoustic Guitar Maintenance Workshop

Instructor: Mike Chenoweth

Member \$17.50 | Non-Member \$57.50

Led by a professional guitar repair technician, learn how to maintain your guitar and add many years of enjoyment to the life of your prized instrument. Alberta has a very dry climate and can be hard on acoustic instruments. Learn the importance of humidifying your acoustic guitar and the danger signs to watch for that tell you that your investment may be drying out and in trouble. Learn to clean, restring and adjust the neck to get the most enjoyment and comfort out of your six string for years to come! Tools and materials you will need: your acoustic guitar, one set of your preferred strings, a large bath towel, a large full roll of paper towel, and three or four clean, non-abrasive rags (cotton is preferred).

SM-015 | Fridays | Jul 12 | 1:00 PM - 2:30 PM | One-Day Workshop



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

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 the '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 | Fridays | May 10 - Jun 28 | 11:15 AM - 12:15 PM | 8 Weeks

Introduction to Guitar

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$50

No matter if you're an outright beginner or have some previous guitar experience, this workshop has something for everyone. Led by a professional musician and music teacher, you will learn tuning tips, good left hand and right hand technique, basic chords, picking, strumming patterns and more. By the time we're done, you'll have all of the knowledge you'll need to get you started on your own personal guitar journey! Registrants are asked to please supply their own guitar as no instruments are supplied for this workshop. Acoustic guitars are preferred, but electric guitars are also acceptable, provided you supply your own amplifier and are considerate towards others regarding volume.

SM-016 | Tues | Jul 16 | 9:30 AM - 10:30 AM | One-Day Workshop

SM-020 | Tues | Jul 30 | 9:30 AM - 10:30 AM | One-Day Workshop

Harmonica

Harmonica for Fun

Instructor: Mike Chenoweth

Member \$70 | Non-Member \$110

Come and join us for a ton o' fun as we learn how to play basic chords and melodies to popular songs! No previous musical experience is needed! We'll be introduced to basic playing techniques as we learn songs like Ian Tyson's "Four Strong Winds", Louis Armstrong's "Wonderful World" and Bo Diddley's famous "I'm A Man" Blues riff! All that participants are required to supply is a 10-hole diatonic harmonica in the key of C Major. Just take this information to your local music store salesperson and they will gladly see that you get the proper harmonica!

CLSA does not provide instruments.

SM-009 | Mon | May 6 - Jun 24 | 11:15 AM - 12:15 PM | 7 Wks (no class May 20)

Harmonica for Fun
Member \$40 | Non-Member \$80

Instructor: Mike Chenoweth

SM-011 | Mon | Jul 8 - Jul 29 | 11:15 AM - 12:15 PM | 4 Weeks

Introduction to Harmonica
Member \$10 | Non-Member \$50

Instructor: Mike Chenoweth

Join us for an introduction to this wonderfully fun, popular and surprisingly versatile instrument! Led by a full time professional musician and music teacher, you'll have all the knowledge you need to play the melodies to at least two popular songs before you're on your way home! **IMPORTANT!** All participants are required to supply a 10-hole diatonic harmonica in the key of C Major. Just take this information to your local music store salesperson and they will gladly see that you get the proper harmonica! Long And McQuade Music Stores are a good place to start.

CLSA does not provide instruments.

SM-014 | Tues | Jul 9 | 10:45 AM - 11:45 PM | One-Day Workshop

SM-019 | Tues | Jul 23 | 10:45 AM - 11:45 PM | One-Day Workshop

One on One Lessons

One-on-One Lessons: Guitar & Ukulele
Member \$225 | Non-Member \$265

Instructor: Daron Panko

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.

SM-006 | Fridays | May 10 - Jun 28 | 12:30 PM - 1:00 PM | 8 Weeks

SM-007 | Fridays | May 10 - Jun 28 | 1:05 PM - 1:35 PM | 8 Weeks

One-on-One Lessons: Piano
Member \$110 | Non-Member \$150

Instructor: Glenda Murphy

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 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.

Piano Continued on Next Page...

Piano Continued from Previous Page...

“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. You are welcome to bring music you want to learn to play.

Fridays | May 10 - May 31 | 4 Weeks

SM-1P9:30	9:30 AM - 10:00 AM	SM-1P11:30	11:30 AM - 12:00 PM
SM-1P10:10	10:10 AM - 10:40 AM	SM-1P12:10	12:10 PM - 12:40 PM
SM-1P10:50	10:50 AM - 11:20 AM	SM-1P12:50	12:50 PM - 1:20 PM

Singing

Sing-A-Long Social

Instructor: Louise Lepore

Member \$30 | Non-Member \$70 | Day-of-Rate: \$5 per drop-in

Let your Lion's voice roar during this fun Friday afternoon pub-style sing-a-long! It doesn't matter if you sing like an angel or squawk like a duck; this will be fun. Non-members are welcome, so bring a friend, your grandchildren, your favourite uncle or anyone that wants to have fun and roar.

SM-012 | Fridays | May 10 - Jun 28 | 1:40 PM - 3:10 PM | 8 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 three progressive levels. Beginner 1 players (new to the instrument) register in Fun and Easy only. More advanced students may enroll in The Next Step. Handouts included, however, **you must bring your own instrument.**

Introduction to Ukulele

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$50

Join us in this super-fun workshop and begin your musical journey with the happiest instrument on the planet! The ukulele is a compact and versatile instrument that's guaranteed to turn your frown upside down. Led by a professional musician and music teacher, you'll learn how to tune, pick melodies and strum basic chords to at least two popular songs. Registrants are asked to supply their own ukulele.

NOTE: This workshop is applicable to all types of ukuleles except baritone and bass ukuleles as tuning and some techniques associated with these instruments will not be discussed.

Introduction to Ukulele Continued on Next Page...

Introduction to Ukulele Continued from Previous Page...

No ukulele? No problem! Music stores such as Long And McQuade have very affordable rental rates. It is advised that you acquire either a Concert or Tenor model ukulele as Soprano ukes are too small and not suited to adult hands.

SM-017 | Tues | Jul 16 | 10:45 AM - 11:45 AM | One-Day Workshop

SM-021 | Tues | Jul 30 | 10:45 AM - 11:45 AM | One-Day Workshop

Ukulele: Fun & Easy (Beg 1 & 2)

Instructor: Daron Panko

Member \$58 | Non-Member \$98

Discover how to play chords, melodies, techniques and read notes with ease. Everyone welcome; no experience is required.

SM-001 | Tuesdays | May 7 - Jun 25 | 12:15 PM - 1:00 PM | 8 Weeks

Ukulele: The Next Step (Beg 2, Int & Adv)

Instructor: Daron Panko

Member \$76 | Non-Member \$116

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-002 | Tuesdays | May 7 - Jun 25 | 1:10 PM - 2:10 PM | 8 Weeks

Ukulele with a Touch of Steel Guitar

Instructor: Ihor Nedoshytko

Member \$50 | Non-Member \$90

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. Off-site performances are optional. This program is not suitable for beginner ukulele students; some experience is required. Beginner students are encouraged to take lessons first. Steel guitar players require experience.

SM-005 | Thurs | May 2 - May 30 | 9:30 AM - 12:00 PM | 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.

Offsite Adventures

Excursion to Alberta Prairies Country Hideaway

Member \$132.30 | Non-Member \$132.30

Registration deadline: July 15 at noon

***Important:** The bus to Stettler will leave CLSA at 9:00 am sharp. Please arrive 15 minutes early. The bus arrives back at CLSA at 7:00 pm. The train departs at 12:30 pm and travels to Alberta Prairies Country Hideaway on the east side of the Warden Junction railyards, south of Stettler, Alberta. This site has a beautiful natural park setting and the experience includes a full course roast beef and gravy buffet. Guests are welcome to dine indoors or outdoors at a picnic tables in wooded areas. These trips include nature walks, bird watching, on-site live entertainment and more. A train robbery by the horse mounted Reynolds Raiders is a certainty and any monies raised is recovered by the law and given to Alberta children's charities.

SO-006 | Thurs | Jul 25 | 8:45 AM - 7:00 PM | One Day Trip

River Cree Resort & Casino

Member \$10 | Non-Member \$10

Thursday - 9:00 AM - 3:00 PM



Monthly outings to the River Cree Resort and Casino. Be sure to register early for these social outings as space is limited. Fee includes round trip transportation (walkers welcome, no wheelchairs please), \$5 play money and a complimentary lunch at Tap 25 restaurant. 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 23

SO-002 | Jun 20

SO-003 | Jul 18

SO-004 | Aug 15

Painting & Drawing

Acrylics

Acrylics: Summer Scenes

Instructor: Muhammed Salayi

Member \$68 | Non-Member \$108

Canada has some of the most breathtaking views in the world. From the serene Arctic North to the lush forests of British Columbia, we have it all. Come and explore these scenes while learning about colour mixing, brush techniques, and composition using acrylics. Your instructor will guide you through projects to give you a greater understanding of how to start and develop your paintings of Alberta's big skies, and much more. Don't miss this opportunity to explore this great country of ours!

SPD-010 | Fridays | Jul 19 - Aug 9 | 1:00 PM - 4:00 PM | 4 Weeks

Painting Landscapes Like Van Gogh Using Acrylics

Member \$73 | Non-Member \$113

Instructor: Frank Haddock

Enjoy summer afternoons learning how Vincent Van Gogh used colours to paint his landscapes. You will be introduced to the colour usage and brushstrokes he used to paint his marvelous scenes. View some of his least known works and learn how he started and developed paintings of the environment around him. Use this knowledge to paint many of his scenes as you become a better painter. Your instructor will provide new paint-a-long projects in each session. Don't miss exploring colour with Van Gogh!

SPD-005 | Wed | Jul 31 - Aug 21 | 1:00 PM - 4:00 PM | 4 Weeks

Petrykivka Painting-Traditional Ukrainian Painting

Instructor: Nataliia Stativa-Zharko

Member \$30 | Non-Member \$70 | Supplies \$10 (Payable upon Registration)

Petrykivka painting is a pictorial and symbolic branch of Ukrainian art. It carries a rich and cultural heritage that inspires and fascinates with its own beauty. Create your own beautiful painting in this afternoon workshop.

SPD-006 | Tues | May 28 | 1:00 PM - 4:00 PM | One Day Workshop

Sunrise and Sunsets in Acrylics!

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Capture the most dramatic time of the day in this perfect afternoon class. Enjoy fellowship with other students as you learn how to paint a variety of skies with and without clouds. Explore the perspective of these skies and discover the hidden details and colours in the shadows. Experience a new paint-a-long demonstration each week and develop your painting skills. Finally, explore the sequence of painting a sunset that would make the perfect gift for family and friends.

SPD-003 | Wed | May 29 - Jun 19 | 1:00 PM - 4:00 PM | 4 Weeks

Drawing

Drawing Figures and People

Instructor: Muhammed Salayi

Member \$68 | Non-Member \$108

Refining the art of drawing figures and portraying human activity requires dedicated practice and guidance. This course offers comprehensive instruction on capturing dynamic gestures and motions through various techniques. Suitable for all skill levels, participants will benefit from personalized feedback and mentorship from an experienced artist, honing their ability to depict human subjects with artistic flair.

SPD-009 | Mon | Jul 8 - Jul 29 | 1:00 PM - 4:00 PM | 4 Weeks

Drawing: Intermediate

Instructor: Muhammed Salayi

Member \$68 | Non-Member \$108

Looking to take your drawing skills to the next level? This course is designed to further develop your observational drawing skills. Through in-class projects, you will work towards making a transition from the observational approach to drawing various subjects to drawing using both photo resources and your imagination. With a blend of traditional and contemporary drawing techniques, learn how to use line, shape and value to enhance expressive possibilities. Completed drawings will be done in class. Prerequisite: Completion of Drawing Basics 101 or previous drawing experience. Minimal supplies extra, list available.

SPD-007 | Mon | May 27 - Jun 17 | 1:00 PM - 4:00 PM | 4 Weeks

Watercolour

Getting Started with Florals Using Watercolours

Member \$73 | Non-Member \$113

Instructor: Frank Haddock

Join this exciting course and learn the basics of painting flowers. Many easy to master techniques for painting flowers will be shown along with lots of demonstrations and handouts. Your florals will retain a glowing quality after you learn an insightful approach to colour theory. Alternative methods of painting backgrounds will complement your flowers and make them spring out of the page!

SPD-002 | Mon | May 27 - Jun 17 | 1:00 PM - 4:00 PM | 4 Weeks

Painting Full Colour Portraits Using Watercolours

Member \$73 | Non-Member \$113

Instructor: Frank Haddock

Want to paint a portrait of a special friend or perhaps even a movie star? Scared? Don't be! Here's a chance to receive professional instruction on painting a basic portrait with watercolours! Each week your instructor will take you through a paint-a-long demonstration of a portrait to show you how to start, develop, and finish full colour portraits. Learn colour mixing and those special tools and colours that will make your portraits come to life.

SPD-004 | Mon | Jul 8 - Jul 29 | 1:00 PM - 4:00 PM | 4 Weeks

Watercolour & Pen: Feathered Friends

Instructor: Valdis Gislason

Member \$73 | Non-Member \$113

Use a pencil, pigma pen and watercolours to draw and paint birds ranging from fun and fanciful to reasonably realistic. No drawing or painting experience required. The course will systematically progress from simple to spectacular. Bring a pencil, eraser, watercolour paints, a fine-tipped pigma pen, and two or more watercolour brushes that come to a good point. Paper will be discussed and provided for the first class.

SPD-001 | Mon & Wed | May 6 - May 15 | 9:30 AM - 12:30 PM | 4 Sessions

Other Painting and Drawing

Painting with Gouache (All levels)

Instructor: Muhammed Salayi

Member \$85 | Non-Member \$125 | Supplies extra, list available.

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 summer-themed picture of fields and flowers. All levels of artists welcome.

SPD-008 | Friday | May 31 - Jun 28 | 1:00 PM - 4:00 PM | 5 Weeks

Special Events

Cuppa Corner: Our Cuppa Corner coffee social takes place on the 2nd and 4th Thursday of every month from 11 a.m. – 1 p.m. Cuppa Corner is a free get-together hosted by our Executive Director Janice. Come enjoy an informative presentation or fun activity, and chat with peers over coffee and treats.

Visit centrallions.org for more information.

Book Sale June 19 - June 20: Bookmark these dates! Our summer 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 & Wellness Fair Friday May 3: 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, a delicious lunch, and draws for door prizes! Check out www.centrallions.org for more details!

Open House Thursday August 22: 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!

Clinics

Chair Massage Clinic

Members Only: \$40 per visit

Take the stress out of your day with a seated, clothes-on, gentle relaxation 1/2 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 1 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 22, June 27, July 25, August 15

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 21, June 18, July 16, August 20

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

Paddle Sports

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.

Mondays Please Note: If space permits, FLEX registration will be available starting May 6.

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

SNovice-M | May 6 - Jun 24 | 12:40 PM - 2:40 PM | 7 Weeks (no session May 20)

Mondays

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

SNovice-M* | Jul 8 - Aug 19 | 12:40 PM - 2:40 PM | 6 Weeks (no session Aug 5)

Tuesdays Please Note: If space permits, FLEX registration will be available starting May 7.

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

SNovice-T | May 7 - Jun 25 | 12:40 PM - 2:40 PM | 8 Weeks

SNovice-T* | Jul 2 - Aug 20 | 12:40 PM - 2:40 PM | 8 Weeks

Wednesdays Please Note: If space permits, FLEX registration will be available starting May 1.

Member Rate \$45 | Non-Member Rate \$85

SNovice-W | May 1 - Jun 26 | 12:40 PM - 2:40 PM | 9 Weeks

Wednesdays

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

SNovice-W* | Jul 3 - Aug 21 | 12:40 PM - 2:40 PM | 8 Weeks

Fridays Please Note: If space permits, FLEX registration will be available starting May 10.

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

SNovice-F | May 10 - Jun 28 | 12:40 PM - 2:40 PM | 8 Weeks

SNovice-F* | Jul 5 - Aug 23 | 12:40 PM - 2:40 PM | 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 Please Note: If space permits, FLEX registration will be available starting May 6.

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

SIinter-M1035 | May 6 - Jun 24 | 10:35 AM - 12:35 PM | 7 Weeks

Monday

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

SIinter-M1035* | Jul 8 - Aug 19 | 10:35 AM - 12:35 PM | 6 Weeks

Tuesdays

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

SIinter-T830 | May 7 - Jun 25 | 8:30 AM - 10:30 AM | 8 Weeks

SIinter-T830* | Jul 2 - Aug 20 | 8:30 AM - 10:30 AM | 8 Weeks

Tuesday Level 3+ (**This day is more competitive than Mon, Wed, Fri.*) Please Note: If space permits, FLEX registration will be available starting May 7.

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

SIinter-T1035+ | May 7 - Jun 25 | 10:35 AM - 12:35 PM | 8 Weeks

SIinter-T1035+* | Jul 2 - Aug 20 | 10:35 AM - 12:35 PM | 8 Weeks

Wednesdays Please Note: If space permits, FLEX registration will be available starting May 1.

Member Rate \$45 | Non-Member Rate \$85

SIinter-W1035 | May 1 - Jun 26 | 10:35 AM - 12:35 PM | 9 Weeks

Wednesdays

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

SIinter-W1035* | Jul 3 - Aug 21 | 10:35 AM - 12:35 PM | 8 Weeks

Thursdays

Member Rate \$45 | Non-Member Rate \$85

SIinter-Th830 | May 2 - Jun 27 | 8:30 AM - 10:30 AM | 9 Weeks

Thursdays

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

SIinter-Th830* | Jul 4 - Aug 15 | 8:30 AM - 10:30 AM | 7 Weeks

Thursdays Level 3+ (**This day is more competitive than Mon, Wed, Fri.*) Please Note: If space permits, FLEX registration will be available starting May 2.

Member Rate \$45 | Non-Member Rate \$85

SIinter-Th1035+ | May 2 - Jun 27 | 10:35 AM - 12:35 PM | 9 Weeks

Thursdays Level 3+

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

SIinter-Th1035+* | Jul 4 - Aug 15 | 10:35 AM - 12:35 PM | 7 Weeks

Fridays Please Note: If space permits, FLEX registration will be available starting May 10

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

SIinter-F1035 | Fri | May 10 - Jun 28 | 10:35 AM - 12:35 PM | 8 Weeks

SIinter-F1035* | Fri | Jul 5 - Aug 23 | 10:35 AM - 12:35 PM | 8 Weeks

Table Tennis

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 | M, W, F | May 1 - Jun 28 | 8:30 AM - 10:30 AM | 24 Sessions
(no session May 3, May 20)

Table Tennis

Member Rate \$110 | Non-Member Rate \$150 | 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* | M, W, F | Jul 3 - Aug 23 | 8:30 AM - 10:30 AM | 22 Sessions
(no session Aug 5)

Uninstructed Activities

Arts & Crafts

Knitting & Crochet

Member Rate \$22.50 | Non-Member Rate \$62.50 | 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.

SKnit1 | Wed | May 1 - Jun 26 | 10:00 AM - 12:00 PM | 9 Weeks

Knitting & Crochet

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

SKnit2 | Wed | Jul 3 - Aug 21 | 10:00 AM - 12:00 PM | 8 Weeks

Lapidary

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.

SLapidary1 | Tuesday | May 7 - Jun 25 | 9:00 AM - 3:00 PM | 8 Weeks

SLapidary2 | Tuesday | Jul 2 - Aug 20 | 9:00 AM - 3:00 PM | 8 Weeks

Open Art Studio

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.

SOpenArtStudio1 | Tues | May 7 - Jun 25 | 10:00 AM - 12:00 PM | 8 Weeks

Open Art Studio

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

SOpenArtStudio2 | Tues | Jul 9 - Aug 20 | 10:00 AM - 12:00 PM | 7 Weeks

Open Stage

Member Rate \$10 | Non-Member Rate \$50

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.

SOpenStage | Thurs | May 9 - May 30 | 11:00 AM - 12:00 PM | 4 Weeks



Silversmithing

Member Rate \$45 | Non-Member Rate \$85

Socialize and share jewelry ideas and techniques with others. No formal instruction; experience required.

SSilversmithing | Fri | May 10 - Jun 28 | 9:00 AM - 3:00 PM | 8 Weeks

Stained Glass

Member Rate \$45 | Non-Member Rate \$85 | 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.

SStainedGlassW | Wed | May 1 - Jun 26 | 9:00 AM - 3:00 PM | 9 Weeks

SStainedGlassTh | Thurs | May 2 - Jun 27 | 9:00 AM - 3:00 PM | 9 Weeks

Stained Glass

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

SStainedGlassW* | Wed | Jul 3 - Aug 21 | 9:00 AM - 3:00 PM | 8 Weeks

Stained Glass

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

SStainedGlassT* | Thurs | Jul 4 - Aug 15 | 9:00 AM - 3:00 PM | 7 Weeks

Cards

Bridge

Member Rate \$17.50 | Non-Member Rate \$57.50 | 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.

SBridge1 | Mon | May 6 - Jun 24 | 12:30 PM - 3:30 PM | 7 Weeks (no session May 20)

Bridge

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

SBridge2 | Mon | Jul 8 - Aug 19 | 12:30 PM - 3:30 PM | 6 Weeks (no session Jul 1, Aug 5)

Canasta

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

Canasta is a card game of the rummy family using, two full decks in which players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for 7-card melds.

SCanasta1 | Tues | May 7 - Jun 25 | 1:00 PM - 3:00 PM | 8 Weeks

SCanasta2 | Tues | Jul 2 - Aug 20 | 1:00 PM - 3:00 PM | 8 Weeks

Cribbage

Member Rate \$22.50 | Non-Member Rate \$62.50 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.

SCrib1 | Thursdays | May 2 - Jun 27 | 1:00 PM - 3:00 PM | 9 Weeks

Cribbage

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

SCrib2 | Thursdays | Jul 4 - Aug 15 | 1:00 PM - 3:00 PM | 7 Weeks

Mahjong

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.

SMahjong1 | Tuesday | May 7 - Jun 25 | 10:00 AM - 12:00 PM | 8 Weeks

SMahjong2 | Tuesday | Jul 2 - Aug 20 | 10:00 AM - 12:00 PM | 8 Weeks

Whist

Member Rate \$22.50 | Non-Member Rate \$62.50 | 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.

SWhist1 | Wed | May 1 - Jun 26 | 1:00 PM - 3:00 PM | 9 Weeks

Whist

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

SWhist2 | Wed | Jul 3 - Aug 21 | 1:00 PM - 3:00 PM | 8 Weeks

Movement

Floor Curling

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

Floor curling is an inclusive curling experience for people of all ages and abilities that provides a social and inclusive curling experience that does not require ice.

SFloorCurling1 | Thurs | May 2 - Jun 27 | 1:00 PM - 4:00 PM | 9 Weeks

Floor Curling

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

SFloorCurling2 | Thurs | Jul 4 - Aug 15 | 1:00 PM - 4:00 PM | 7 Weeks

Hall Walkers

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

Lace up your shoes and join the fun in this self-directed, safe, friendly and interactive environment.

SWalkers1 | Tues & Thurs | May 2 - Jun 27 | 8:30 AM - 10:30 AM | 17 Sessions

Hall Walkers

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

SWalkers2 | Tues & Thurs | Jul 2 - Aug 20 | 8:30 AM - 10:30 AM | 15 Sessions

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

Member Rate \$156 | Non-Member Rate \$196

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

SSnooker | M - F | May 1 - Aug 23 | 9:00 AM - 4:00 PM | 78 Sessions
(no sessions May 20, Jul 1, Aug 5, Aug 22)

Tai Chi Practice

Member Rate \$40 | Non-Member Rate \$80 | 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 at the end of the session. Come and improve your technique in this friendly & supportive atmosphere.

STaiChiPractice1 | Tu & F | May 7 - Jun 28 | 1:15 PM - 2:30 PM | 16 Sessions

STaiChiPractice2 | Tu & F | Jul 2 - Aug 23 | 1:15 PM - 2:30 PM | 16 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

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

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

SF&SBand | Wednesday | May 1 - Jun 26 | 10:00 AM - 12:00 PM | 9 Weeks

Guitar Jam (Practice)

Member Rate \$20 | Non-Member Rate \$60 | 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 | Fri | May 10 - Jun 28 | 12:30 PM - 1:30 PM | 8 Weeks

Lions Big Band

Member Rate \$12 | Non-Member Rate \$52

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

SLions | Mon | May 6 - Jun 17 | 9:30 AM - 12:00 PM | 6 Weeks

Schoolboys Alumni Band

Member Rate \$15 | Non-Member Rate \$55

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

SSchoolboys | Thurs | May 2 - Jun 6 | 9:00 AM - 12:00 PM | 6 Weeks

Young @ Heart Band

Member Rate \$12 | Non-Member Rate \$52

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

SYoung | Mon | May 13 - Jun 24 | 1:00 PM - 2:00 PM | 6 Weeks

2024 CLSA Memberships

Valid Jan 1 – Dec 31, 2024

55+ Membership

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

Eligibility: 55+ Years

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

Benefits:

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

Queen Anne and Prince Rupert Community Membership

(In-person and over the phone only)

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

Price: \$5

Benefits:

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

Gold/Lifetime Membership

(In-person only)

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

Price: Free

Benefits:

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

Reciprocal Membership

(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: \$65

Benefits:

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



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