



Michael Strembitsky School Handbell Choir visits CLSA.

On Dec 19, the Michael Strembitsky School Handbell Choir once again gifted us with their special talents as our members enjoyed the music of the hand bells. The students then adopted a member and enjoyed a sing-a-long to some festive favourites. Thank you for sharing your gifts with us.



Join us on May 3, 2024 for our Health and Wellness Fair and Tradeshow.



Message from the Board Chair, Alex Paterson



Hello fellow members.

The last few days reminds me of Edmonton winters as they used to be. Darn cold!

On behalf of the board, I want to wish each of you a happy new year. I hope 2024 is a banner year for you. The new year for me is a time of reflection and a look forward to the coming year.

When we look back at how things were one year ago, there was uncertainty around the recovery from covid. We were hopeful that things would get back to normal and that the centre would once again be busy with activities.

I am pleased to say that our membership has returned, and we have many new members enjoying the facility. Our membership has grown larger than we had expected for the year, and we are very close to having an all-time record number of members. This translates into more activity and socialization which is what we are here for.

As I mentioned in our last newsletter, the AGM will soon be upon us. It is the time of year that the board makes an accounting to the membership of the state of affairs and what the board is working on.

In preparation for the upcoming AGM, I would like to again send out the call for action. There are a number of seats to fill in order to have a full board. Many hands make the work light as someone once said. Please consider putting your name forward for nomination to serve a term on the board.

2024 is looking like it is going to be an exciting year for our association and its members. Once again, my personal goal is for CLSA to become the largest Seniors Association in Edmonton and then in the province. Yes, we are headed to “world domination” by seniors. Just a pet project of mine.

Cheers,

Alex Paterson



Like



Comment



Share

Follow us on Facebook and Instagram at
[@CentralLionsSeniors](#)

Nominations are Now Open for Positions on the CLSA Board of Directors.

Our AGM is fast approaching, and on March 21 we will be electing Members to eight seats on the Board of Directors. Board Members are a critical piece of the sustainability of the organization and without a full Board it is very difficult to manage the affairs of the organization. Please consider putting your name forward for a two-year term. What you should consider:

- ◆ The Board meets once per month for approximately 1.5—2 hours.
- ◆ The Board is responsible for Risk Management, the Finances, Bylaws and Policies of the organizations.
- ◆ The Board oversees and supports the work of the Executive Director.
- ◆ The Board is responsible for the Strategic Vision (The Big Picture).
- ◆ The Board helps to strengthen our community and ensure ongoing success.

So, if you're looking for something new, want to see CLSA continue to grow and thrive, then a seat on the Board may be just what you are looking for.



Nomination packages are available at the front desk.

Hold the Date!

- Feb 8: Cuppa Corner Social
- Feb 14: BINGO (WIN AN OILERS' JERSEY)
- Feb 19: Family Day, CENTRE CLOSED
- Feb 22: Cuppa Corner Social
- March 14: Cuppa Corner Social
- March 16: School Boys Band Concert
- March 20-22: Big Blowout Book Sale
- March 21: AGM
- March 28: Cuppa Corner Social

Many of our members have severe allergies to perfumes, hairsprays, and aftershaves.

Please avoid the use of scents at the Centre.

Scents can cause migraines, asthma, and respiratory distress. This can be especially an issue in small spaces.



CLSA Board of Directors 2023 – 2024

Chair: Alex Paterson
Vice Chair: Elaine Simmt
Treasurer: Bernice Mills
Secretary: Deb Ward
Directors: Tony Spencer
Claire Redpath
Dan Moynagh
Bob MacDonald

Executive Director: Janice Isberg
Operations Manager: Tara Harris
Business & Events Coordinator: Tracy Thorne
Marketing & Events Coordinator: Marie Schieman
Program & Volunteer Coordinator: Karlie Marrazzo
Members' Service Reception: Lauren Scott
Members' Service Reception: Nadine Paproski
Fitness Coordinator: Stephanie Harris

Cuppa Corner Events

11:00 AM — 1:00 PM

- Feb 8 Bob Layton, Newcaster & Storyteller. His books will be on sale.
- Feb 22 Fraud and Scam Awareness, Constable Amanda Trenchard and Senior's ARC transit card information session
- Mar 14 Seniors Can Shumka
- Mar 28 TBD

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



Our qualified nurses provide foot care for those who:

- are diabetic
- are at high risk for foot disorders
- have impaired circulation
- want to take preventative measures

Services include:

- Clipping and shaping of nails
- assistance with ingrown nails/fungal nails
- removal or reduction of corns/calluses
- plus referrals as needed

Clinic by appointment only:

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

Fee: \$32 per visit for CLSA Members only

If you have moved in the last year or changed your phone number or



email, help keep our records up to date! Let us know at info@CentralLions.org

2023 Volunteers of the Year



Donna Chanasyk (left) and Donna Lozinski (right) were selected for the Carol Keeler Award for Outstanding Volunteers for the 2023 year. Both Donna and Donna have put in over 250 hours of volunteering at Central Lions. Donna Chanasyk is both an ambassador and have taken on the leadership role of the books that are donated, organized, and sold. With Donna and her team's work, we have earned over \$9,200. Way to go!

Donna Lozinski volunteers at the Fitness Centre and is one of Stephanie's right hand women. She works hard to support all the pickleball players, table tennis, and fitness users as well as the multitude of clinics that are scheduled. Donna's quiet and steadfast loyalty is commendable and we are glad that Stephanie has such a devoted and dedicated volunteer she can count on.

Congratulations, Donna and Donna for this well earned recognition!

FUN FACT: There are 36 Donna's currently registered as members at CLSA.



“When you volunteer, you vote every day about the kind of community you want to live in.”

**Dr. Syed Muhammad Zeeshan
Hussain Almashhadi**

What's the Relationship between CLSA and the City

There is much confusion about the **City's** involvement with **CLSA**. Since 2020 **CLSA** has operated the Association independently of the **City** but with some connections. Without hashing out history, here is how we relate to the **City of Edmonton**.

The City of Edmonton	CLSA
The City owns the building and is responsible for all maintenance, updates, and custodial services.	CLSA pays the City for the use of the building. Fees are \$30,000 for 2024, and \$40,000 for 2025.
The City does not pay for any of CLSA's employees.	CLSA pays for 8 employees (two are part-time).
The City also negotiates and holds the contract for Ella Euro's Café.	CLSA does not interfere with the contract between Ella Euro's Café and the City .
The City owns and manages all of the phones and fibre optic cables.	CLSA makes use of the City's technology and the online security that is part of the system.
The City provides and maintains the equipment in the fitness room, lapidary/stained glass studio and audio visuals and sound system with a few exceptions.	CLSA provides all other equipment and supplies as needed by the programs.
The City has a comprehensive emergency plan for all major occurrence.	CLSA follows the Emergency plan as laid out by the City and is trained to this plan.
The City has specific health and safety policies and procedures.	CLSA must follow the rules set up by the City because they own the facility.
Dawn Linman is a City of Edmonton employee.	Janice Isberg is the Executive Director for CLSA and is employed by CLSA .
The City does not organize or operate the Senior's programs.	CLSA's Board governs the activities and the Executive Director guides the operations.



LIC#: 674783

Our new 50/50 raffle has begun and tickets will be on sale in the atrium from now until May 6, 2024. Our last winner took home \$1897.50. Let's see if our next winner takes home even more. Remember that our 50/50 proceeds helps us to provide programming for all Members and helps fund Scholarships for low-income seniors. So buy, buy, buy. The winning ticket will be drawn at our Intergenerational Concert on May 6. *Tickets may only be purchased or sold within Alberta*



Brenda Nobel was the lucky winner of the 50/50 Draw, drawn on Dec 14 at the Holiday Gala. Presenting Brenda with her \$1897.50 winnings is Executive Director, Janice Isberg.

Interested in playing Jazz and Rock and Roll?

There has been some interest in starting up a group who enjoys playing jazz or old rock and roll tunes. Please let us know if you're interested by emailing info@centrallions.org.



Lets Talk About Social Media...



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



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

Follow us on Facebook and Instagram just search for:

[CentrallionsSeniors](#)

SENIOR FRAUD ALERT

spot & stop senior scams

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

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

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress. Chair massage is a clothes-on gentle massage for the head, neck, and shoulders.

Services:

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

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

Clinic by Appointment Only:

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

Must be a CLSA member to book.

You might belong at Central Lions Seniors Association if you remember any of these....





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Elder Abuse – Know the Facts

Did you know that **at least 1 in 10** Albertans may experience elder abuse, but *only 1/3 of cases* gets reported?

The World Health Organization (WHO) defines elder abuse as “a single or repeated act, or **lack of appropriate action, occurring within any relationship** where there is an **expectation of trust**, which causes **harm or distress** to an older person.”

§ Abused adults have a **200%** increased risk of early death.

§ The most common forms of elder abuse are **emotional and financial**.

§ A Government of Canada survey found that **63%** of older adults feel they have been **treated unfairly** due to their age – this is known as **ageism**.

§ At the Sage Seniors Safe House **40%** of older adults were abused by an **adult child/family member**.

§ **1/4** of older adults experiencing abuse report a history of **family violence**.

If you or someone you know is experiencing elder abuse, there is help.

CALL

24/7 Seniors' Abuse Helpline: 780-454-8888

Elder Abuse Resource and Supports (EARS): 780-477-2929

Sage Seniors Safe House: 780-702-1520

OR CLICK www.MySage.ca to view our Directory of Senior Services, visit page 20 for more resources on elder abuse.

More Resources...

<https://www.alberta.ca/get-help-elder-abuse> Many of these resources are still being updated, so may have the old definition or an old ministry name.

The Alberta Elder Abuse Awareness Council also has links to lots of grant resources on their website (under the resources tab): <https://www.albertaelderabuse.ca/>

Their guide “Staying Safe: A Resource for Older Adults Living in Alberta” is also a great tool: <https://www.albertaelderabuse.ca/resources/staying-safe-a-resource-for-older-adults-living-in-alberta>

The Canadian Network for the Prevention of Elder Abuse also has lots of great resources from across the country under the “Tools” and “Resources” sections of their website: <https://cnpea.ca/en/>

CanTreatCOVID

Canadian Adaptive Platform Trial of Treatments
for CCOVID in Community Settings



HAVE YOU TESTED POSITIVE FOR COVID?

Help us find effective, safe, and
affordable medications for COVID-19

18+ Who can
participate

Open to Canadian residents 50+ years of age or
18-49 years old with one or more chronic
condition(s) who tested positive for COVID with
symptoms starting within the last five days



What will
you do

During the research project, you...

- May receive a study drug for mild to moderate COVID-19 or usual care
- Will receive personalized care
- Will complete a daily online diary for 14 days and a survey at baseline, 21, 28 and 90 days, and 36 weeks
- Will receive an honorarium of \$30 per follow up

To learn more,

- Call 1-888-888-3308
- Visit CanTreatCOVID.org
or scan the QR Code



**UNIVERSITY OF
CALGARY**

Version 4.0; Date: February 9, 2023



Thanks for being a part of our Pickleball Christmas 2023 party & supporting Bill's "Clip for a Cause"



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Open Art Studio Workshop

WOpenArtStudio

February 13, 2024

10:30 am - 12:30 pm

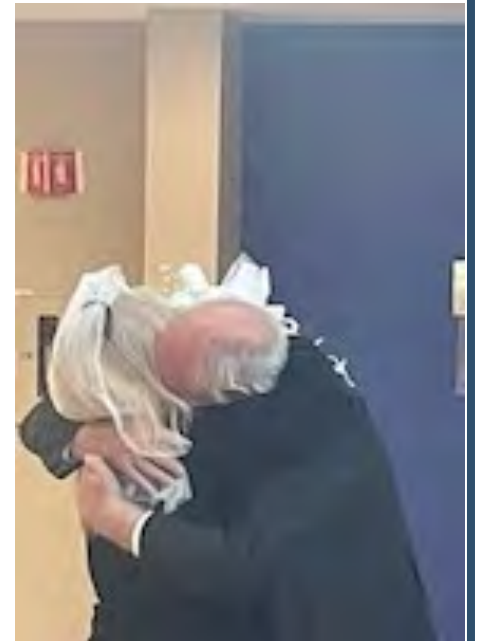
**\$3 Drop In
Fee**

Bring Your Treasures!

Grab your box of memories, your phone or camera, and join Elaine at the open art studio to create an image to be photographed and then turned into a jigsaw puzzle (for a fee at London Drugs or Shoppers Drug Mart)



Silverstage Drama Puts On a Hit Performance



We warmly welcome any new folks who would like to join us, with an extra special invitation to the gentlemen out there. No experience necessary – just enthusiasm and a willingness to work hard and have fun.

We meet every Thursday from 1 - 4 pm. Contact Bernadette at 780-953-0215 for more information.

Join us and unleash your inner performer. Be part of an exciting community that celebrates the joy of the stage!



www.jcspainting.ca

jason@jcspainting.ca

780-238-0072

Seniors Discount

**Book now
for Nov-Feb completion
to maximize savings!**

Stay Informed: Sign up for our Email Newsletter Now!

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

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

Avoid Disappointments — with Early Registration!

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



If the activity that you wish to register in is full, you can be waitlisted. If there is a cancellation and a free spot available, we will contact members in the order received on the waitlist. If there is sufficient interest to run a second course (and depending on instructor or room availability) we will consider this.



CPP or APP

There are many serious issues facing seniors in our province, including the rising cost of living, lack of affordable housing, and high cost of prescription drugs. But what most concerns seniors and retirees is outliving the value of their accumulated savings and assets.

Canada Pension Plan

CPP Investments has a clear mandate to grow and protect the Canada Pension Plan (CPP) Fund, which provides the foundation for millions of Canadians to build their financial security in retirement.

As you know, the Government of Alberta is currently asking residents for their views on withdrawing from the CPP. It's an important decision, which Albertans have every right to make, but one which has long-term implications for Albertans, and all Canadians.

That's why CPP Investments has launched a new online resource yourcpp.ca to support the conversation.

The CPP fund is managed by investment professionals who invest the funds and maximize returns without taking excessive risk.

Governments do not direct how or where the CPP is invested.

Alberta Pension Plan

In response to a recommendation made in 2022 by the Fair Deal Panel, the Government of Alberta commissioned research on the feasibility of an Alberta Pension Plan (APP)

The research was done by Toronto based LifeWorks, a leading actuarial and benefits firm. The Government of Alberta publicly released the report on Sept 21, 2023. You can read the full report by visiting www.albertapensionplan.ca.

Although townhall meetings are now concluded, you can still provide your input by completing a workbook provided at www.albertapensionplan.ca.



INDEPENDENT LIVING

At Christenson, we understand that each lifestyle is unique, which is why we offer maintenance free living with **optional meals and personal services** at each of our **vibrant retirement communities.**

Visit us to learn how you can choose the best options for your current and future lifestyle.

CDLHomes.com



SENIORS HOME SUPPORTS PROGRAM FOR CLSA

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

- | | |
|--------------------------|------------------------------------|
| SNOW REMOVAL | YARD HELP |
| MOVING HELP | HOUSEKEEPING |
| PERSONAL SERVICES | HOME REPAIR & MAINTENCE |

Which Home Supports Coordinator do I contact to receive referrals?

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

How much does it cost? Is the service free?

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

Are the service providers reputable? Is this program safe?

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

<p>Southwest Contact: Barbara (780) 860-2931 homesupport3@jfse.org</p>	<p>Northwest Contact: Kathy (780) 995-2908 homesupport4@jfse.org</p>	<p>Northeast Contact: Amanda (780) 995-8072 homesupport2@jfse.org</p>	<p>Southeast Contact: Jenny (587) 594-7884 homesupport1@jfse.org</p>
<p>T6G T6H T6J T6R T6W T6X T5T T6M T5R</p>	<p>T5M T5E T6V T5N T5G T5X T5P T5H T5L T5S T5J T5T T5V T5K</p>	<p>T5A T5Z T5B T6S T5C T5Y T5W T6A</p>	<p>T6K T6L T6N T6T T6B T6C T6E T6P</p>



Delivered by Jewish Family Services Edmonton

Seniors Coordinated Outreach



Seniors Coordinated Outreach is a program comprised of organizations across Edmonton that have Outreach and Support workers who can help connect Older Adults to relevant services and programs in our city.

This program can help you access a variety of supports in community:

- Applying for Old Age Security or the Canada Pension Plan
- Navigating community services
- We're here to help, if you need support as a senior just ask!

211

Call 211 and press 2 for the Seniors Information Phone Line. An operator will guide you to one of the following organizations that can support you. All seniors are welcome to any organization! See map on back page.

 ASSIST ASSIST Community Services Centre	 Bent Arrow Traditional Healing Society	 EMCN Edmonton Mennonite Centre for Newcomers	 Jewish Family Services	 Multicultural Health Brokers Cooperative
 Operation Friendship Seniors Society	 Sage Seniors Association	 Strathcona Place Seniors Society	 The Shaama Centre	 Westend Seniors Activity Centre

Coordinated Outreach Info/Map:
www.shorturl.at/gkrJ8



Seniors Home Supports Program Info:
www.shorturl.at/pEKQX



Social Prescribing Info:
www.shorturl.at/awGT5



Donate to CLSA and Keep Our Centre Vibrant!



**It's
Easy
to
Help!**

Did you know that CLSA is a charity? Like all senior serving organizations, the past two years have been difficult. With costs rising our budget is stretched tight. If you are in a position to give to our community it would benefit all. All donations over \$20 receive a tax receipt.

Ways to give...

- ◆ Go to our give.crowdfunding.alberta.ca/GivetoCLSA
- ◆ In person at **11113-113 Street, Edmonton**
- ◆ By phone: 780-496-7369
- ◆ By mail: 11113 – 113 St.,
Edmonton, AB T5G 2V1

Another Travel Opportunity For CLSA Members

June 16—23, 2024

9 Day Alaskan Cruise with Norwegian Cruise Line

Day 0	Leave from Seattle
Day 1	Relaxing Day at Sea
Day 2	Sitka, Alaska
Day 3	Icy Strait Point
Day 4	Cruise Glacier Bay
Day 5	Skagway
Day 6	Juneau
Day 7	Ketchikan
Day 8	Victoria
Day 9	Seattle



If interested contact Melissa at

Office: 587-463-6363

**For every stateroom booked, CLSA
receives \$200.**

Support for Low Income Members

CLSA has received generous donations that allow us to provide scholarships for low income seniors. Those Members, who qualify, may receive up to \$150 towards an activity of their choosing each qualifying year.

To qualify, Members need to acquire a City of Edmonton Leisure Access Pass and bring the pass to CLSA to register in your activity. For more information on the Leisure Access Pass go to www.edmonton.ca/programs_services/leisure-access-program.

Talk to Tracy for more information or call 780-496-7369.



E-PREP Emergency Preparedness

More than a kit, building individual and community resiliency.

What is E-Prep?

The intent of the workshop is to 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.

What makes it stand out?

E-Prep is facilitated in small discussion groups, which focus on the importance of emotional and practical preparedness from an all hazards approach. E-Prep is adaptable and flexible; informative and empowering; and 100% of past participants would recommend this workshop to others.

“Overall, both elements (emotional and practical) give me a feeling of control, in that I now have a direction of how to be ready for the next disaster”

“This workshop opened my eyes to some new ideas”

“It was very structured, so I can decide which is most doable and relevant to myself”



Date: Monday, February 12, 2024

Time: 12:30 - 2:30pm

Where: Room 8 (Small Auditorium)

Who is the training for?

Anyone who is interested!

Cost: Free to attend

To Register

Call: 780-496-7369, or register at the front desk

E-mail: info@centrallions.org

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Workshop

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Got Books? We Got Room!

We are once again accepting gently used books.
Please drop off your donation of books at the front.

A donation of books helps us with
program costs and funding our
Scholarship Program for
Low-income seniors.



Let's Talk Refunds

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

Navigating Life's Challenges: Expert Advice for Seniors

In this column, we enlist the expertise of a seasoned professional. Tammy Lautner is the owner and operator of **Peace of Mind Concierge**. She has dedicated her 22 year career as a Registered Social Worker to supporting seniors and their family caregivers.



Tammy is available to listen to your challenges and help you figure out solutions. Whether you are overwhelmed by daily tasks, need help navigating complex systems, such as health care and seniors housing, or would like to talk with someone that will listen, she is here for you.

Question: Can you explain how the **new dental program** from the **Federal Government** will work?

First, let me start by clarifying that if you have dental benefits elsewhere you might not qualify for this new program. Examples of this would be dental coverage through an employer (yours or your spouse), a pension program or paying out of pocket to a private insurer. If you are enrolled in the AB Government Dental Program, your coverage will remain and be coordinated between the two plans.

All seniors over the age of 87 should have received a letter from the Federal Government in December. Those seniors between the ages of 77-86 would have received a letter in January and so on.

In order to qualify for the new program, you need to have an adjusted family income under \$90,000, be a Canadian resident, and filed your last year's tax return.

The dental benefits will not be accessible until May 2024. There are still elements of the program that need to be worked out with dental providers.

It is very easy to sign up for the program. All you have to do is call the phone number indicated on the letter you receive from the Federal Government. They are able to register you over the phone, once they determine you are eligible. Once you are signed up on the program, watch for an application package in the mail from Sun Life which will have further instructions on how to access your dental benefits.

If you would like more information on the program, visit their website at <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html> or call 1-833-537-4342.

If you would like more information on other seniors benefits and programs or if you are caring for a senior and could use some support and guidance, reach out and let's have a chat about how I can help.

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



PEACE OF MIND
CONCIERGE



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

Holiday Gala, 2023





Central Lions Seniors Association
 11113 – 113 St., Edmonton, AB T5G 2V1
 Ph: 780-496-7369 Fax: 780-442-0946
www.CentralLions.org
 Email: info@CentralLions.org
 Hours of operation: 8:30 AM to 4:00 PM

WILLS, ESTATES & NOTARY.

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Featured Programs: Never stop learning and growing!



Needle Felting (Donna Marko)

We will be starting with a charming sculptured heart with adornments, ready for a necklace or brooch. Then move on to a simple chunky cat with attitude and a cute bird, finishing off with a needle felt painting of two bumble bees huddling on top of purple thistles. You will receive step-by-step instructions and tips. **(Program Guide: Pg. 10)**

Member Rate: \$65 plus the cost of supplies.

Thursdays, Feb 22—Mar 21, 12:00—3:00 PM (5 weeks)

Going Within—Know Thyself (Betty Wedman)

Learn to follow your heart. Self-exploration. Only you know what is best for you. Following your heart is your Inner Guidance System or your GPS. You will be led through a series of questions to help you with your self discovery. You will also take some time to find out what your values are.

(Program Guide: Pg. 29)

Member Rate \$24

Mon, Feb 26, 9:00—11:00 AM

Wills & Executorship (Gina Vliet)

Seeing it from both sides: planning and execution. First, we'll look at why it's a good idea to have a will when you die. Second, we'll look at the role of the Executor. Third, we'll look at how the roles of estate owner and executor work best together.

(Program Guide: Page 30)

Member Rate \$20

Fri, Feb 23, 10:00 AM—12:00 PM

Meet Your Staff



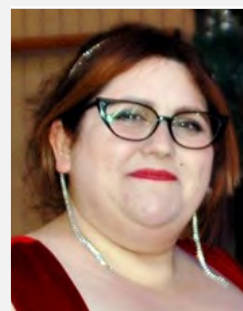
Janice Isberg
Executive Director



Tara Harris
Operations Manager



Tracy Thorne
**Business & Events
Coordinator**



Marie Schieman
**Marketing & Events
Coordinator**



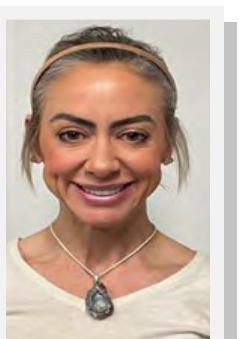
Stephanie Harris
Fitness Coordinator



Karlie Marrasso
**Program and
Volunteer
Coordinator**



Nadine Paproski
**Member Services
Reception**



Lauren Scott
**Member Services
Reception**



A Final Thought....

2023 is behind us, but what a great year it was. Our membership reached over 1750 people and we welcomed our neighbors from NESAs who joined us for some activities as they await the completion of their facility renovation. We introduced floor curling, line dancing, boxing, and some new fitness classes to our current offerings. In addition, we added several general knowledge classes including our series on Our Future: Big Ideas for Discussion. We welcomed back the School Boys Alumni band who you can hear practicing on Thursday mornings. We opened up an Open Art Studio for those who want to create and share with other artists. And, so much more. All in all, it was a pretty great year at CLSA.

On March 21, we have our Annual General Meeting and I hope to see as many of you there as possible as you select eight new directors for your Board.

2024 looks to be another excellent year and I look forward to talking with many of you. Don't hesitate to drop in and say "Hi".

Janice Isberg, Executive Director.



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