




TLC HEALTH & WELLNESS FAIR



Age Well, Live Fully!

**Thursday May 1, 2025
9 am to 3 pm**

**Choose From 3 Panels and
12 Workshops to Attend!**

Topics Include:

- Housing
- Wellness
- Health
- Arts & Culture

**Session Registration Begins
Friday April 4th**

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

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

Thank you to Our Sponsor!



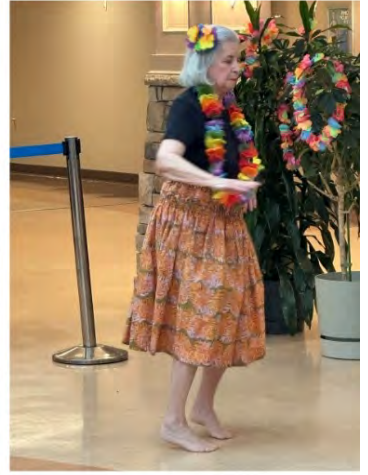
CentralLions.org | 780-496-7369 | 11113 113 St NW



TROPICAL WINTER



WARM-UP!





Lunar New Year



Celebration!



Hold the Date!

- Apr 9 Cuppa Corner
Apr 17 Newcomer Social
Apr 18 Good Friday -
CENTRE CLOSED
Apr 21 Easter Monday –
CENTRE OPEN
Apr 22 Birthday Bingo
Apr 22 Herb & Tomato Planter
workshop
May 1 TLC Health & Wellness
Fair
May 5 Music Monday
May 9 Mother's Day Tea
May 13 Strawberry Patio Planter
workshop
May 14 Cuppa Corner
May 19 Victoria Day -
CENTRE CLOSED
May 27 Birthday Bingo



Cuppa Corner Events

11:00 AM – 1:00 PM

Coffee and Treats served at 11:00 AM
Presentations begin at 11:30 AM

Apr 9 Book Launch, Joan Donaldson-
Yarmey

*"The Art of Growing Older" A playful
futuristic aging memoir that explores
her journey and reveals what she
believes to be her fountain of aging.*

May 14 TBA

CLSA Board of Directors 2025 - 2026

Chair:	Claire Redpath
Vice Chair:	Adele Beaudry
Treasurer:	Michele Kirchner
Secretary:	Deb Ward
Directors:	Dan Moynagh Bob MacDonald Thomas Slaymaker Ron Bride Marilyn Quaedvlieg Fred van de Voort Barbara Ligtvoet Joyce Ricioppo
Executive Director:	Karen Melnychuk
Operations Manager:	Tara Harris

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



Music Monday!

Monday May 5, 2025 @ 5:30 PM

Held at Central Lions Seniors Association
11113 113 Street NW



Through this intergenerational concert, CLSA and the Victoria School of the Arts aim to inspire, educate, and empower young musicians while fostering a love for music within the community!

Tickets Only \$5

Buy Your Tickets Today!

- 780-496-7369
- In Person at the CLSA Front Desk
- Tickets Available at the door (space permitting)

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

**Concession Stand
&
Raffle Draw!**

Thank you to our 2023-2024 Volunteer Board!

Your passion and commitment to serving the members of the Central Lions Seniors Association have not gone unnoticed. Your hard work and dedication have played a vital role in making CLSA a welcoming and vibrant community. Because of your efforts, CLSA continues to be a place of connection, growth, and excitement. We truly appreciate all that you have done!

Meet Your 2025-2026 Board of Directors

Chair:	Claire Redpath
Vice Chair:	Adele Beaudry
Treasurer:	Michele Kirchner
Secretary:	Debra Ward
Directors:	Dan Moynagh Bob MacDonald Thomas Slaymaker Ron Bride Marilyn Quaedvlieg Fred van de Voort Barbara Ligtvoet Joyce Ricioppo

On March 26, at our Annual General Meeting, the quorum in attendance confirmed the nominations of the following new Board members: Marilyn Quaedvlieg, Fred van de Voort, Barbara Ligtvoet, and Joyce Ricioppo.

Re-elected members are: Michele Kirchner and Debra Ward.

Congratulations to all the Board Members for taking on this leadership role and for ensuring that CLSA continues to prosper into the future.



Like



Comment



Share

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



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 Monday to Friday
Closed Stat Holidays

Featured Programs: Never stop learning and growing!



**Stained Glass Workshop:
Monstera Leaf Suncatcher**
SC-005 Monday May 5
9:00 am - 12:00 pm

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

Member Rate \$95.00



Grief Recovery Support
SHW-002
Tuesday May 6 - June 24
9:30 am - 11:30 am

Grief is the normal and natural emotional response to change or loss - death, divorce, moving, financial changes, health changes, relationship changes, and so on. 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.

Member Rate \$15.00
Workbook \$25.00



Walking Pole Workshop
SHW-005 Monday June 9
1 pm - 3 pm

Curious about walking with poles? Learn how Nordic Walking can boost your fitness or how Activator Poles improve stability and posture. Bring your poles, and Mel will explain their features - or try a pair if you don't have any. Weather permitting, we'll practice outside!

Member Rate: \$20.00



Congratulations to our December 2024 50/50 winner, Jenni Stempien!

Jenni took home an amazing \$2,057.50!

Spring 50/50!

Grab your 50/50 tickets today! The current pot is already at \$2,845 and growing.

The draw will take place on Monday, May 5, during our Music Monday concert.

Personalized care in the comfort of home.

Customizable and reliable in-home care, so you can experience a better what's next.

(780)-439-9990

HomeInstead.com/3031

Proudly serving the Edmonton, St. Albert & surrounding areas.



Each Home Instead® office is an independently owned and operated franchise of Home Instead, Inc., an Honor Company. © 2024 Home Instead, Inc.



Oilers Ticket & Jacket Raffle Winners!



Game Tickets Winner: Joe Lennon

He is a CLSA member and was present for the draw and he was so excited! He said his wife always wins but now it is his turn!

Taking her on a date to the game and it only cost him ten bucks!

Jacket Winner - Alex Sharkey

He bought his ticket at the mall and is going to join the centre soon!



Thank you to everyone who bought a ticket!

We sold 248 Tickets, raising a total of \$2480!

Did you know?

CLUSTERS

Clusters is a hanging garden of glass vines, flowers, and fruit, each component is handmade and unique. Artist Keith Walker chose to work with bright colours and exaggerated dimensions knowing that the glass sculptures would be installed near windows, high above.

About 500 separate pieces of glass were created to form the eight clusters, which are suspended from the ceiling of a gathering space in the Central Lions Senior Recreation Centre. This process took nearly a year to complete with a production style akin to that of the traditional glass artisans in Italy and Poland.

Historically, glass making was a highly prized skill and techniques were often kept secret with methods passed down from master to apprentice. There is an elusive quality to glass that has enchanted people for generations. The materiality of glass is extremely technical, something that Walker feels one never fully masters.

This piece is a demonstration of the beauty and versatility of the medium, used in an imaginative way.

Walker intends this piece to generate discussion on the art of glass making.



Edmonton-based glass blower Keith Walker likens his craft to a sport requiring drills and exercises before the final execution of the piece. It requires teamwork, a gambler's sense of risk-taking, and some improvisation as the glass evolves during its creation. Many steps are required before the project is completed, and a team of players (assistants, welders, installers) works together to coordinate such a large-scale project. In terms of the material, working with glass is a physically demanding process, yet must be handled with extreme delicacy.

**- Article Courtesy of the
Edmonton Arts Council**



Upcoming Special Events Committee Events!

Don't forget to pre-register for these events so we know how many people to expect!

- **Mother's Day Tea:** Friday May 9 from 1 pm to 2:30 pm.
- **Father's Day Social:** Friday June 13 from 1 pm to 2:30 pm.
- **National Indigenous Peoples Day:** Friday June 20 from 1 pm to 2:30 pm.

Our Special Events committee are hard at work planning these events. Stay tuned there will be more information coming soon! Visit centrallions.org for more information.

Did you know our Special Events committee is member run? They meet once a month to discuss and plan potential events, then send their ideas to our Executive Director Karen for approval. They are always looking for more members too! Come to the front desk and let our staff know!

Be Healthy Pharmacy

10120 149 Street NW,
Edmonton, AB T5P 1L1

(P) 780-444-3381
(F) 780-444-3380
behealthy.pharmacy5@gmail.com
www.behealthypharmacy.ca

Pharmacy Services We offer,

- Free Prescription Delivery
- Free Blister Packaging
- Immunization Flu / Shot
- Free Blood Pressure Check
- Senior Discount Everyday
- Easy Prescription Transfer
- Free Blood Sugar Check
- Medication Consultation
- Friendly & Reliable Pharmacist
- Smoking Cessation Advice
- Quick & Convenient Service
- Compounding Medication

SCAN ME!

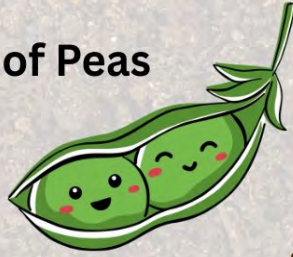
OPENING HOURS
MON - FRI
10:00 AM - 06:00 PM
SAT - SUN - STAT*
10:00 AM - 01:00 PM

Planting Your Spring Garden

For The Garden of Your Daily Living

Plant Three Rows of Peas

1. Peace of Mind
2. Peace of earth
3. Peace of Soul



Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness



Plant Four Rows of Lettuce

1. Lettuce Be Faithful
2. Lettuce Be Rind
3. Lettuce Be Patient
4. Lettuce Really Love One Another



No Garden is Complete Without Turnips

1. Turnip For Meetings
2. Turnip For Service
3. Turnip To Help One Another



To Conclude Our Garden We Must Save Thyme

1. Thyme For Each Other
2. Thyme For Family
3. Thyme For Friends



Water Freely With Patience And Cultivate With Love.
There Is Much Fruit In Your Garden because You Reap What You Sow.
Pass It On!

Spring Plant Fundraiser!

Every plant purchase blossoms into growth opportunities and program funding for CLSA. From vibrant flowers to lush greens, find some green to brighten up your spring! The deadline for orders is **Monday May 5th!**

**You can order online at centrallions.growingsmilesfundraising.com
OR By picking up our form at the front desk, filling it out, and bringing it to our front desk to pay.**

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



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

EAGER BEAVER MOVING & STORAGE

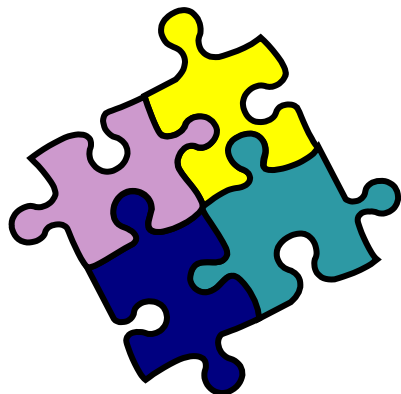
Caring for seniors every step of the way

We understand that moving is more than just boxes—it's about memories. Our team is here to pack, sort, and coordinate deliveries or donations with the care you deserve.

ASK US ABOUT OUR SENIOR DISCOUNTS—BECAUSE EVERY MOVE DESERVES EXTRA CARE.

(780) 434-1100

EAGERBEAVERMOVING.COM



Did You Know?

We have a puzzle table set up in our atrium.

Take a break while putting together a piece or two!



HAWAII CALLS

Aloha from the Hula Honeys. The group was the inspiration of “Auntie Kona”, a.k.a. Donna Legault, our former hula teacher, and a long time member of CLSA, who passed away in 2022. The Honeys have performed for over fifteen years for retirement homes, seniors residences and community groups. Our repertoire is mainly “hapa haole” hulas, to songs in English or Hawaiian/English composed from the 1930s to the 1960s.

The Hula Honeys have had a busy winter season, brushing up on old numbers and learning new ones, planning shows, practicing and performing. We had two shows in December, and seven more from mid-January to mid-March.

Our newest hula is to “Hawaii Calls”: this was the theme song for the radio show featuring Hawaiian performers, broadcast to the US and the Pacific region from the courtyard of the Moana Hotel in Honolulu from 1935 to 1972. The host opened each show by holding his microphone out toward the ocean, proclaiming “The sound of the beach at Waikiki. The people of Hawaii bid you welcome. Hawaii calls.”

And Hawaii still calls us. Hula is not just entertainment for tourists, but an integral part of Hawaiian culture for history, legends and sacred ceremonies, performed from family gatherings to state occasions. “Hula is the language of the heart, therefore the heartbeat of the Hawaiian people.” (Attributed to King David Kalakaua.)

We’d be so happy to have you visit our class. We love to dance and share the gift of aloha. Hula can be done sitting (“hula noho”), and fellas, hula is not just for women! – in previous times it was a man’s dance, part of a warrior’s training.

So channel your inner Hawaiian and join us in Room 8 on Thursdays at 1:00 p.m

HAWAII CALLS....





We would like to extend our heartfelt gratitude to everyone who donated to the Central Lions Seniors Association in 2024. Your generosity makes a meaningful difference in the lives of our seniors, helping us continue to provide valuable programs, services, and a welcoming community.

December was an especially strong month for donations, and we are truly grateful for your support. These donations are used to help alleviate conditions associated with aging and to improve the physical and mental health of our members.

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



A very special **THANK YOU** to Cheryl for all that she does to keep CLSA so clean!



Did you know that Laura bakes amazing fresh bread on Fridays?

You can order a head of time from ELA EURO's catering.

Come and check out her pastries and muffins Monday thru Thursday mornings at ELA EURO catering...

Or order a Hot Lunch Tuesdays & Thursdays!

Feel free to call/text 780-906-5973

contact@elaeurocatering.com



WILLS, ESTATES & NOTARY.

**MARRAZZO
LAW OFFICE**

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

5003 DeWolf Road NW, Edmonton, Alberta T5E 6R5

Email: mlo@marrazzolawoffice.com

Join Us
April 30
10:00-11:30am at



1113 - 113 Street, Edmonton

**SENIORS
for
CLIMATE
ACTION!
NOW** 
EDMONTON



Is news coverage of tariffs, carbon tax, cost of living, coal mine project in the Rockies and other climate related stories causing you to feel stress or concern?

Bring your concerns to this meeting with SCAN!, a group of local seniors, to discuss what we can do together.

Let's leave a better future for our grandchildren.

Birthday Bingo at CLSA!



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

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



There is no cost to play but there are prizes!

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.



Locally owned by Chetan and Roshni Bahl

Get your **FREE** Menu
780-666-2336

HeartToHomeMeals.ca

*Some conditions
may apply.



We accept Veteran Affairs Allowances and offer Special Diet Options

Baroque Ensemble Ticket Raffle

\$5 Per Ticket

**Draw Date: Monday May 5
at our Music Monday Event!**

1st place prize - 2 Season Tickets to the 2025/2026 Alberta
Baroque Ensemble Concert Season

2nd place prize - 2 Tickets to the Alberta Ballet's Performance
of Don Quixote on Friday May 9th (Section CTR, Row G, Seat
30 and 31) Donated by CLSA Member Grace Bokenfohr

Navigating Life's Challenges: Expert Advice for Seniors



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

Dear Tammy:

I've been thinking about making some changes to my living situation, but I'm not sure if it's the right time to move. How can I know if I'm ready to downsize or look for a new place?

– *Contemplating a Move*

Expert Answer:

Spring is a great time to reassess your living situation, as the fresh season often inspires change. Deciding if you're ready to downsize or move can depend on several factors, such as your health, how easily you can manage your current home, and if it still meets your needs. Many of my clients have had similar questions and concerns, and I often help them navigate this important decision. It's helpful to think about what's most important to you – whether it's being closer to family, reducing maintenance tasks, or finding a more accessible space. If you're feeling unsure about the next steps, I'm here to help. I specialize in helping people understand their options for retirement living, and I can do the research to find a place that suits your needs. From understanding different types of retirement communities to recommending trusted businesses for downsizing, I can guide you through every step of the process. If you'd like assistance making a well-informed decision, contact me at Peace of Mind Consulting. I'm here to simplify the process and make this transition easier for you.

– Tammy

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

We encourage readers to submit their questions to

'Dear Tammy' by submitting them to info@Centrallions.org



PEACE OF MIND
CONSULTING



Our Parents' Home

RETIREMENT LIVING

Care, Community & Comfort – Discover Our Parents' Home Retirement Living

Independent Living | Supportive Living | Short Term Stays

**Interested in Retirement Living?
Book a tour 780-732-0412**

10112 119 Street NW, Edmonton
cogirseniorliving.ca/ourparentshome by **COGIR**



Central Lions Rummage

Seniors Association

Sale Coming July 18 - 19!

Now's the perfect time to start setting aside gently used items you no longer need. While we're not ready to accept donations just yet, we'll let you know when it's time to bring them in. Stay tuned for more details, and thank you for your support!

Outreach Program at CLSA

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

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

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

Community Supports may include:

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

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

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



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.



**Keep those bottles
and cans coming!**

**Help support our
programs by
donating your
bottles and cans.**

**Bring your bags/boxes/
truck loads any day of**

the work week, 8:30 AM - 4:00 PM.

We will even help unload them!

CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and physical or mental wellbeing. We have raised \$320 to date all done through our volunteers. Thank you!

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 & MAINTENANCE**

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.

If you are a senior looking for home support, please reach out to the contact that serves your postal code.
If you are a business looking to be a part of the program, please contact either Barbara or Kathy.

Contact: Barbara (780) 860-2931 homesupport3@jfsa.org	Contact: Kathy (780) 995-2908 homesupport4@jfsa.org	Contact: Gaby (780) 483-1209 gaby@weseniors.ca	Contact: Jenny (587) 594-7884 homesupport1@jfsa.org
T6G T6H T6J T6R T6W T6X T6M T5R T6S T5A T6L	T5E T6V T5C T5G T5X T5B T5H T5L T5J T5K T5Y T5Z	T5V T5M T5P T5N T5T T5W T5S	T6K T6N T6T T6B T6C T6E T6P T6A

Delivered by Jewish Family Services Edmonton



Do you have extra tickets to a hockey game, concert, or event in Edmonton that you can't use? Instead of letting them go to waste, donate them to the Central Lions Seniors Association!

We're collecting unused tickets to include in our upcoming raffles, helping to raise funds for CLSA programs and activities. Your generosity will go a long way in supporting our community!

How to Donate:

- Check your tickets—Any event, any date—just ensure it's at least 2 weeks away so we can advertise!
- Contact info@centrallions.org or 780-496-7369 to arrange drop-off.

Thank you for supporting CLSA, Your generosity makes all the difference!

All donations received and funds raised will support CLSA and the seniors we serve to relieve and prevent conditions associated with aging.

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. 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](#)

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



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.

Benefits of Exercise

Engaging in regular fitness activities can offer numerous benefits for seniors, contributing to their overall health and well-being. Here are some key advantages of seniors participating in fitness.

1. Improved Cardiovascular Health:

Regular exercise, such as walking, swimming, or cycling, can enhance cardiovascular health. It helps strengthen the heart, improve circulation, and lower the risk of heart disease and related issues.

2. Maintaining Healthy Weight:

Physical activity helps seniors manage and maintain a healthy weight. This is crucial in preventing obesity-related conditions such as diabetes, high blood pressure, and joint problems.

3. Enhanced Flexibility and Mobility:

Seniors who engage in exercises that focus on flexibility and range of motion can experience improved joint function and increased flexibility. This can lead to better mobility and reduced risk of falls and injuries.

4. Muscle Strength and Bone Density:

Weight-bearing exercises, such as resistance training and weightlifting, can help seniors maintain or increase muscle mass and bone density. This is particularly important in preventing osteoporosis and frailty.

5. Mental Health Benefits:

Regular physical activity has been linked to improved mental health. Exercise releases endorphins, which can help alleviate symptoms of depression and anxiety. Additionally, staying active promotes better cognitive function and may reduce the risk of cognitive decline.

6. Social Interaction:

Group fitness classes or activities provide opportunities for social interaction, which is vital for mental and emotional well-being.

Building connections with others through shared fitness experiences can combat feelings of isolation.

7. Improved Balance and Coordination:

Balance exercises, such as Tai Chi or certain yoga poses, can help seniors enhance their balance and coordination. This is crucial for preventing falls, a common concern among older adults.

8. Chronic Disease Management:

Regular exercise can assist in managing and preventing various chronic conditions such as diabetes, arthritis, and osteoporosis. It may also improve symptoms for individuals already dealing with these conditions.

9. Better Sleep:

Physical activity can contribute to improved sleep quality. Seniors who engage in regular exercise often experience better sleep patterns, promoting overall health and vitality.

10. Increased Independence:

By maintaining physical fitness, seniors can retain their independence for a longer period. Being able to perform daily activities without assistance contributes to a higher quality of life.

It's important for seniors to consult with their healthcare professional before starting any new fitness program to ensure it aligns with their care plans.

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

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

With Costs Rising, Your Donation is Needed More Than Ever

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

Ways to give...

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



CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and improved physical or mental well-being. Donations support our scholarship fund for low income seniors, social events that bring people together, and to bridge the gap between revenue and expenses for the programs we offer.

Support for Low Income Members at CLSA

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

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





SENIORS SOCIAL

FEATURING LIVE MUSIC • GIVEAWAYS • REFRESHMENTS
10 AM - 2 PM • At West Edmonton Mall
Level One, Phase IV Stage

2025
DATES:

February 6th

May 8th

October 1st



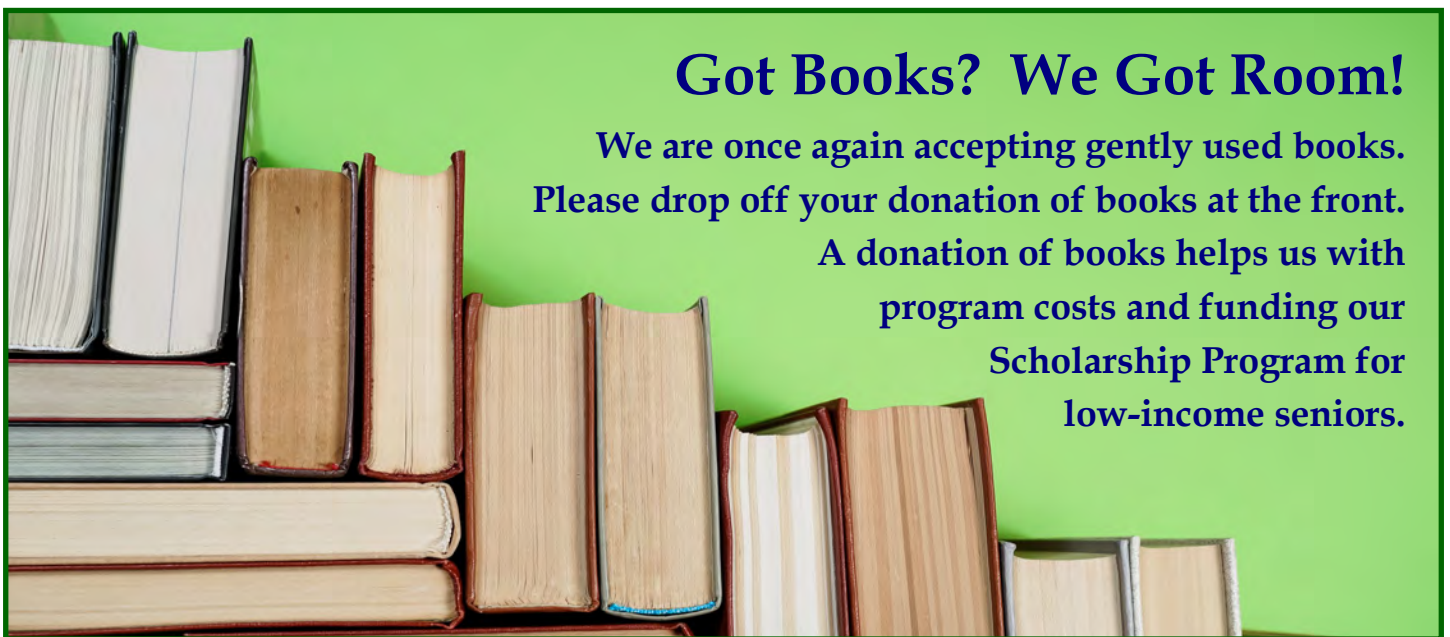
A Final Thought....

Our spring sessions will be announced this week and we have an exciting program to release. I cannot wait to see everyone engaged in activities that will enhance our minds, our physical being, and our friendships.

We are so blessed to have such a strong sense of community!

Despite the snow storms we all know that Spring is around the corner!

*Karen Melnychuk
Executive Director*



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? Our instructors' contracts are set based on the number of people signed up for an activity. There are always exceptions and, if you feel you need a refund, please write a note to Karen, who will make the final decision. Thank you for understanding.