



Cuppa Corner is a free coffee get-together hosted by CLSA. During Cuppa Corner hours, our members come together to enjoy a beverage and chat with peers over coffee and treats.

**THURSDAY JANUARY 12**  
**11 AM - 1 PM**

Join us from 11:00 AM to 12 PM for a free floor curling demonstration.



The next Cuppa Corner: Thurs, Jan 26 at 11 AM  
Come for a free info session with home experts.



# Aging in Place or Not?

Information about keeping/selling your home

**THURSDAY JANUARY 26**

**11 AM - 1 PM**

**Join us for a free info session with home experts.**

## **Cayla Hiscock - Home/Renters Insurance**

Cayla will explain home or renters insurance, what is important to protect, and what your current insurance provider should tell you.

## **David Bates - Home Inspector**

David will describe the home inspection process and the importance of having a home inspection if you plan on staying, selling, or buying.

## **Adrian Michelutti - Real Estate**

Adrian will explain the current housing market in Edmonton and tips and tricks for selling your home.

## **Thomas Bennett - Residential Mortgages**

Thomas will give an overview of real estate lending and discuss senior-specific concerns such as: saving money on borrowing, preferred downsizing options, how to access the equity in your home, and reverse mortgages.

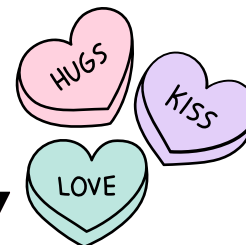




**OPH**

Our Parents' Home

The Churchill



**THURSDAY February 9**

**11 AM - 1 PM**

**Join Our Parents' Home and The Churchill  
anytime between 11 am to 1 pm  
for games and Valentine's Day treats.**



The City of Edmonton will be doing a quick 10-minute presentation on The Sandbox program



**Followed by a concert by the excellent**

Firefighters Alumni Band  
Starting @ 11:15 am





Coffee & Treats  
Sponsored By:



**THURSDAY February 23**  
**11 AM - 1 PM**  
**In the Atrium**

**Join Claire R. and  
Stephanie H. as they  
present on the joys  
and how-tos  
of fostering dogs**



CLSA's Knitting and Crochet group will be on-site to share about their group and sell yarn for their fundraiser.







**Coffee & Treats  
Sponsored By:**



**THURSDAY March 9  
11 AM - 1 PM  
In the Atrium**

## **Puzzle Exchange**

Bring your own puzzles  
to exchange with other  
CLSA members!

**Join us for a fun  
trivia game as well!**



Coffee & Treats  
Sponsored By:

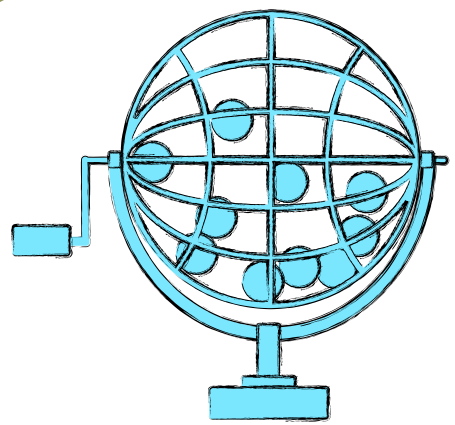
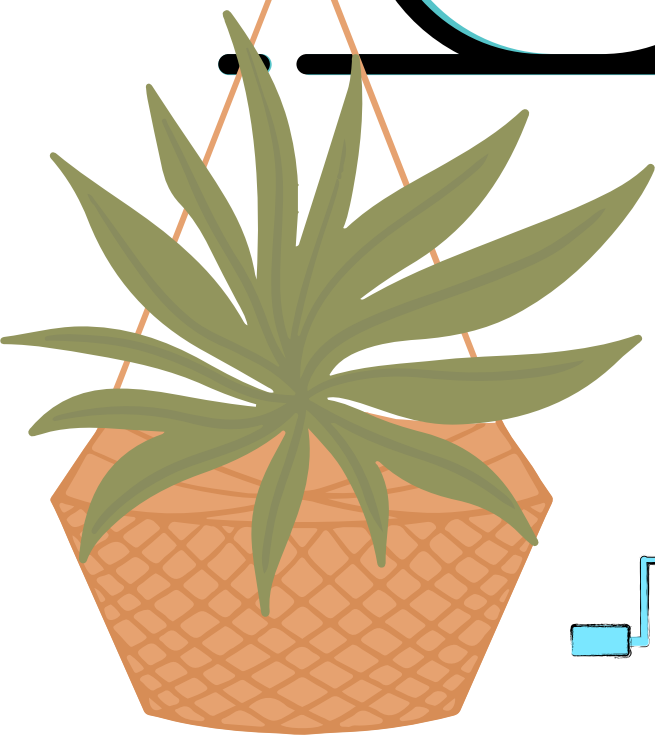


**The Churchill**



**THURSDAY, March 23**  
**11 AM - 1 PM**  
**In the Atrium**

**Our Parents' Home will be providing treats, games, and little plants to take home to get you inspired for spring!**



**Also, join us for a fun round or two of BINGO!**







Coffee & Treats  
Sponsored By:



**THURSDAY, April 13**  
**11 AM - 1 PM**  
**In the Atrium**



**Expedia Cruises**

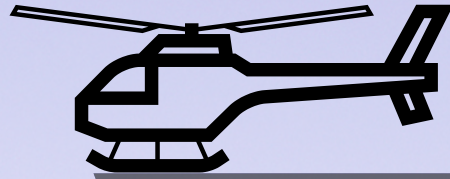
Air, Land & Sea Vacations



**Come listen to a presentation  
on Alaskan Adventures by  
Expedia Cruises!**







Coffee & Treats  
Sponsored By:



**THURSDAY, April 27**  
**11 AM - 1 PM**  
**In the Atrium**



**Shane Blakely - Global Edmonton  
aerial news reporter**

Join Shane at 11 am as he shares his stories of how he has flown over Edmonton since the 1980s and the various things that he has seen from the air. Everything from traffic problems, weather, and festivals and events around the city, such as K-Days.

Since 2008, Shane has flown over Edmonton in the Global 1 helicopter as a reporter and camera operator. For the past 35 years, he has also been a professional photographer. Combining his passion for aviation with photography, he has self-published two books with aerial photos that he has taken. His latest book is "In & Above Edmonton, Then & Now."

**Join the Silver Stage Drama Club  
at 1 pm for a dress rehearsal  
performance!**







**THURSDAY, May 11**  
**11 AM - 1 PM**  
**In the Atrium**



**Join us for a cup of coffee!**  
**And spend some time**  
**socializing with other**  
**CLSA members**







**THURSDAY, May 25**  
**11 AM - 1 PM**  
**In the Atrium**



**Join Michael Strembitsky School  
at 11am for a hand bell performance,  
choir, and sing-along!**



**Followed by a concert with  
CLSA's Lions Big Band at 12 pm**





Coffee and Treats  
Sponsored By:

TOUCHMARK

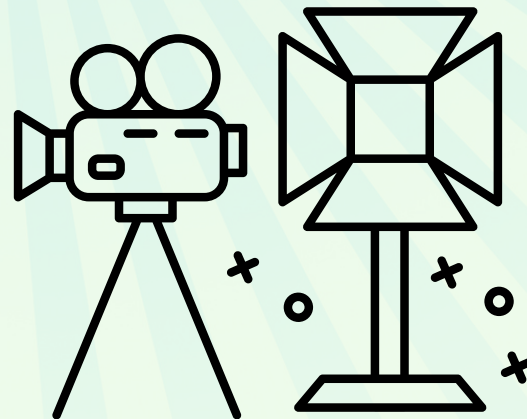
THURSDAY, June 8  
11 AM - 1 PM  
In the Atrium

At 11 AM join Alex Paterson & Perry Bennett  
as they provide a presentation on:

## How Insurance Works at Any Age



Afterward we will be debuting  
a few videos on ageism, aging  
well and the benefits of CLSA!



 **Central  
Lions**  
Seniors Association

Coffee and Treats  
Sponsored By:



**THURSDAY, June 22**  
**11 AM - 1 PM**  
**In the Atrium**

# Understanding Your Housing Options

Are you confused by all the housing options? Not sure what would benefit you?

Join Jolyn Hall of Edmonton55 at 11 am as she helps clarify the types of options for housing and care as we age. Jolyn will demystify when to consider a move and help you understand financial implications of renting vs buying vs life lease.

Once you've learned what options you have you might need to look into downsizing. Sharon Ryan from Remax River City will present on downsizing and how to tackle it without getting overwhelmed.

**Learn to be proactive and stay in control of your housing choices as your needs change!**





Coffee and Treats  
Sponsored By:



**THURSDAY, July 6**  
**11 AM - 1 PM**  
**In the Atrium**



Join us at **11 am** for a  
magic show featuring:  
**Magicman Farley!**



*All are welcome!  
Bring your kids and  
grandkids for an  
afternoon full of  
magic and fun!*





**THURSDAY, July 20**  
**11 AM - 1 PM**  
**In the Atrium**



# **Edmonton Waste Management**

**Hardly anything we dispose of is truly garbage.**

**This presentation will take you on a virtual tour of Edmonton's world renowned waste management system, where you'll discover how much of the waste you set out on the curb can be used as a resource.**

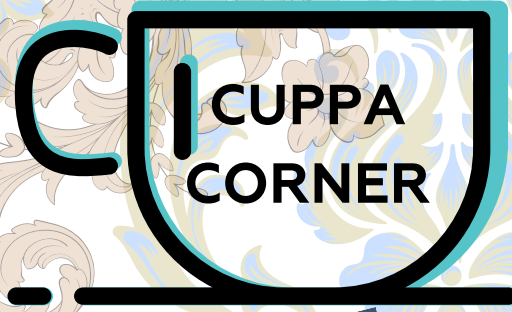




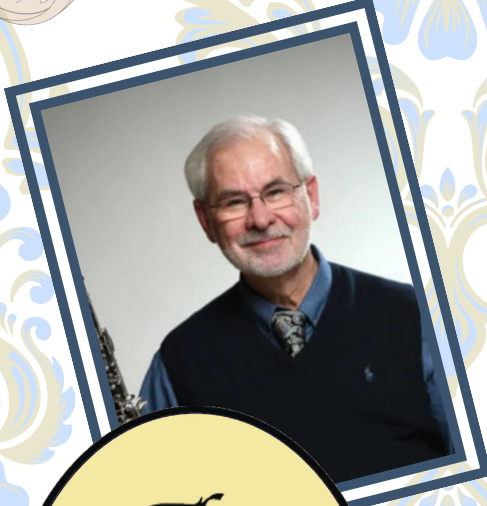
Coffee and Treats  
Sponsored By:



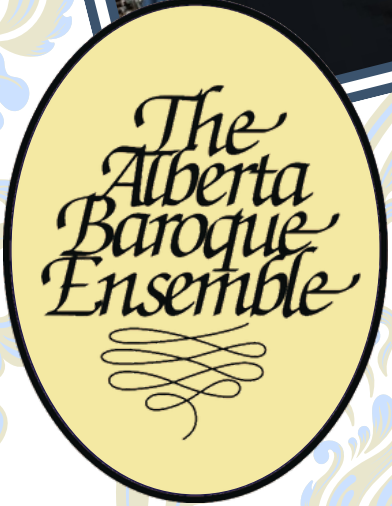
&



**THURSDAY, August 3**  
**11 AM - 1 PM**  
**In the Atrium**



**Come meet Alberta Baroque Ensemble's founder Paul Schieman and learn more about what the Alberta Baroque Ensemble is all about!**



**Touchmark at Wedgewood will be also be presenting on the Canadian Physical Activity Guidelines**

Coffee and Treats  
Sponsored By:



**THURSDAY, September 14**  
**11 AM - 1 PM**  
**In the Atrium**

**Come listen to a presentation at  
11 a.m. and learn more about  
Bayshore Healthcare!**



Bayshore provides customized care services for clients, patients and their families



Coffee and Treats  
Sponsored By:



**THURSDAY, September 28**  
**11 AM - 1 PM**  
**In the Atrium**

# Truth and Reconciliation Ceremony



Opening prayer by Knowledge Holder  
Norma Spicer from the Metis Nation  
of Alberta





Coffee and Treats  
Sponsored By:



**THURSDAY, October 12**  
**11 AM - 1 PM**  
**In the Atrium**

## **My Feet Hurt and Burn:**

### **Recovering from Peripheral Neuropathy**

Are you tired of living with the constant discomfort of peripheral neuropathy? Join us for an enlightening presentation by Accessible Acupuncture on finding relief from the pain, burning sensations, tingling, and numbness associated with neuropathy.



**Dr. Melanie Morrill**  
**Acupuncturist**

**Don't miss this opportunity to gain a deeper understanding of peripheral neuropathy and how Dr. Melanie Morrill Ac. can guide you towards a brighter, pain-free future. Your journey to relief begins here.**





Coffee and Treats  
Sponsored By:



**THURSDAY, October 26**  
**11 AM - 1 PM**  
**In the Atrium**

# Puzzle Exchange

- \*bring puzzles to exchange**
- \*You can also purchase puzzles if you have none to exchange**

**BINGO!**

**Come play a round  
or 2 of BINGO!**







Coffee and Treats  
Sponsored By:



**THURSDAY, November 9**  
**10:30 AM - 1 PM**  
**In the Large Auditorium**

# Join us for a Remembrance Day Ceremony



**Music will be provided by  
the Schoolboys Alumni Band**

**They will play 4 songs:**

- **O'Canada**
- **March Across Canada**
- **Amazing Grace**
- **Hymn for the Fallen Soldiers**



Coffee and Treats  
Sponsored By:



**THURSDAY, November 23**  
**11 AM - 1 PM**  
**In the Atrium**



**Mei Yeung from My Psychological Services will have an interactive presentation on how stress impacts our lives and bodies, and provide tips on how to cope when you hear negative things.**

**Zoe's Animal Rescue Society will also be talking about the joys of dog and cat fostering**



**If you are able to help Zoe's Animal Rescue Society is also looking for donations of canned puppy food, puppy kibble, pee pads, and dog toys.**

**\*Dogs will be present at this Cuppa Corner\***







Coffee and Treats  
Sponsored By:



CUPPA  
CORNER

**THURSDAY, December 7**  
**11 AM - 1 PM**  
**In the Atrium**



Alberta  
55plus



**HULA HONEYES!**

**Come learn more about  
The Alberta 55+ Summer  
and Winter Games!**

**CLSAs Hula Honeyes will also  
present a captivating Hawaiian  
holiday dance performance!**